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- 6 Opinion
- 12 Showcase
- 14 Life
- 19 Sports
- 25 Classifieds
- 27 Comics/Puzzles

Life

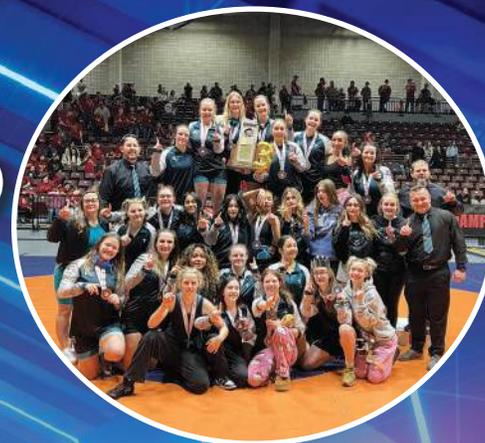
A Quilter's Dream -
19th Annual Quilters
Retreat -page 17



IRON COUNTY

today

CV girls wrestle to third straight title, boys runner-up



STORY IN SPORTS



Rotary Centennial Veterans Park to Undergo Repairs

by Neal Smith

CEDAR CITY ROTARY CLUB

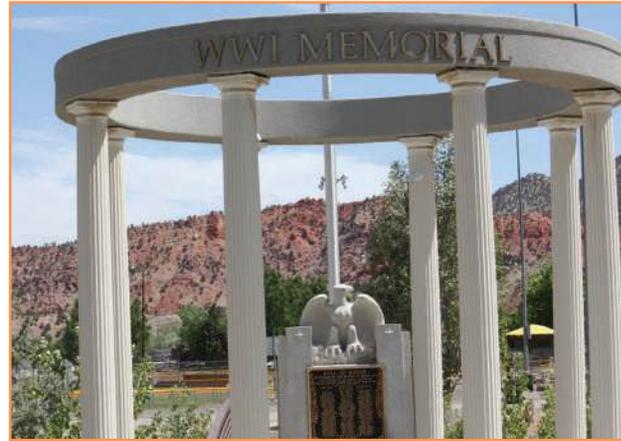
The Cedar City Rotary Club has announced a project to repair and update the war

memorials in Veterans Park in time for America's 250th celebration. All five memorials are in need of some repairs.

The World War I memorial was relocated from the Cedar City Cemetery to Rotary Veterans Park by then Mayor Gerald Sherratt.

A Rotunda and columns were added when the monument was moved to the park. The concrete at the top of the columns is chipping away and needs to be replaced and sealed to prevent this erosion in the future.

The World War II memorial is in need of relatively minor repairs. Along the base of the monuments there is a separation shown by this photo.



the soil. The base also needs to be sealed to prevent deterioration.

Korean Memorial

This memorial also needs to be sealed along the base. In addition, because of water breaching the lighting, cracks have appeared in the image of



the Korean Peninsula, which if not repaired could severely damage the memorial.

Viet Nam Memorial

This memorial requires extensive work. Along the rear of the memorial, the top is eroding away. The base holding the bronze image, is also eroding. This is also caused by water breaching the base.



Park Memorial Lighting

As we have mentioned lighting several times, all the lighting in the park will be reworked and upgraded. When completed the lighting will resemble the light level of a full Moon fitting for a memorial. The photo below details the water penetration.

Many weeks have been spent walking the Park, looking carefully for items in need of repair. The final bid, includes a contingency amount is \$38,850. Rotary has raised over half of the necessary monies allowing the park renovation to begin immediately. If you would like to join the Cedar City Rotary Club renovate our Veterans Park or sponsor a specific memorial, you may send your donations to the Cedar City Rotary Foundation a 501©3 at: Venmo @ CedarCityRotary OR by mail to PO Box 1401, Cedar City, UT 84721. For more information text Neal Smith at 435 327 1073.

Article by Neal Smith with an assist by Sue Longson



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Toll Free: 800-705-2464
<https://governor.utah.gov/contact/>

board@schools.utah.gov

Communications sent to this email address will be received by all board members, the USBE superintendency and select board staff. Please include the city where you live in your emails so your recognized board member may choose to email you personally.

Enoch man arrested after making threats against child, police

by Tracie Sullivan

FOR IRON COUNTY TODAY

Enoch police arrested a man for allegedly making threats to kill his 4-year-old daughter and himself and warned he would shoot officers if they responded to his home. Brandon Robert Macdonald, 28, was booked into the Iron County Jail early Friday on a third-degree felony count of prohibited dangerous weapon conduct involving a firearm and several misdemeanor counts of threat of violence and reckless endangerment. According to charging documents, Enoch City Police received a request for a welfare check shortly after 1 a.m. Friday at a home in the 4900 block of North Bald Eagle Drive. The complainant, identified in the affidavit as the suspect's mother, asked officers to follow up with her before contacting anyone at the residence.

The mother told police her son was "heavily armed" and was threatening the life of his daughter and himself.

She said that since October, Macdonald had made numerous statements about killing his daughter. She reported he told her he would not feed the child and that they would go hungry, that he would take her into the mountains and leave her, and that he had destroyed her toys in front of her.

During a recorded call, she said she heard Macdonald rack a firearm followed by muffled sounds as he "stuck it in his mouth."

"The mother also reported hearing a child crying in the background," the affidavit states. Officers reviewed the recording and confirmed they heard Macdonald making homicidal and suicidal statements, the affidavit states. Police also reported the threats were ongoing, noting the call between Macdonald and his mother ended and he called back.

The affidavit states Macdonald repeatedly told his mother that if she hung up, he would kill the child and then himself.

Due to the seriousness of the situation, the Iron Metro SWAT team was mobilized to secure

Macdonald and his daughter.

As SWAT members took Macdonald into custody and secured the child as they exited the front of the home, officers reported smelling the odor of burnt marijuana coming from Macdonald and the residence.

Police obtained a second search warrant for firearms and illegal controlled substances. During the search, officers reported locating a green leafy substance consistent with marijuana, along with firearms and firearm accessories and ammunition.

Macdonald was later interviewed at the Enoch City Police Department, according to the affidavit.

During the interview, Macdonald

acknowledged making threats to kill himself.

However, he disputed making threats against his daughter or law enforcement, according to the affidavit.

He later told investigators the statements he made were "stupid" and said he should not have made them.

Macdonald also allegedly told officers there would be marijuana in the home. He denied it was his but admitted he had smoked marijuana within the last few days, the affidavit states.



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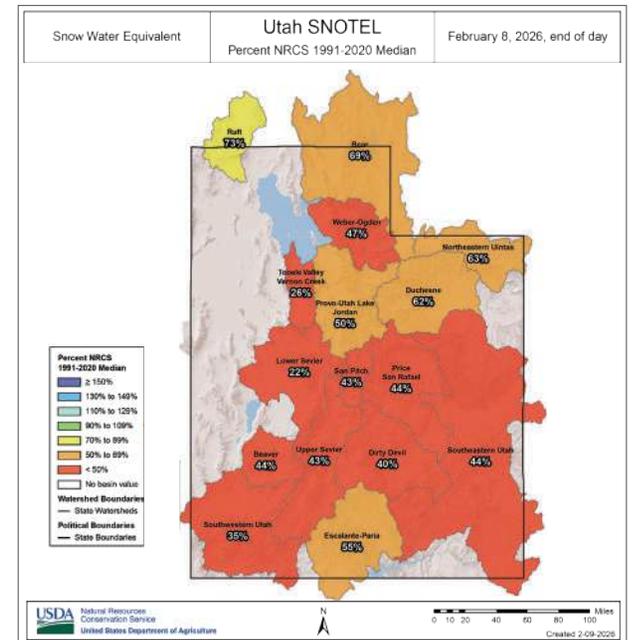
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IRON COUNTY FORECAST

A STORM SYSTEM WILL BRING RAIN AND MOUNTAIN SNOW SHOWERS TO WRAP UP THE WEEK. THE WEEKEND SHOULD BE MAINLY DRY AND MILD BEFORE A COLDER AND WETTER PATTERN DEVELOPS FOR NEXT WEEK.

Check your local forecast anytime at: ABC4.com/weather



THURSDAY
Rain/Snow Mix
50°/27°
PRECIP: 50%
WINDS: SW 5-15

FRIDAY
Partly Cloudy
47°/24°
PRECIP: 20%
WINDS: SW 5-10

SATURDAY
Mostly Cloudy
52°/21°
PRECIP: 10%
WINDS: NE 5-10

SUNDAY
Partly Cloudy
50°/27°
PRECIP: 20%
WINDS: NE 5-15

MONDAY
Isolated Showers
45°/26°
PRECIP: 30%
WINDS: N 5-15

TUESDAY
Rain/Snow Mix
43°/23°
PRECIP: 40%
WINDS: N 5-15

WEDNESDAY
Rain/Snow Mix
41°/21°
PRECIP: 50%
WINDS: N 5-15

opinion

FROM THE EDITOR



**ESTHER
HAILSTONE**
OFFICE MANAGER

One of my favorite pastimes is reading. I enjoy all kinds of books, but I've always believed there is something especially powerful about stories. Stories have a way of teaching life's most important principles, often more

clearly and deeply than if someone simply tried to explain them to us.

The stories that impact me the most are those that show selfless love. These are stories about people who do something for another person, or even for an entire community, without expecting anything in return. They act not for recognition or reward, but simply because they care.

With Valentine's Day this week, it feels like an appropriate time to reflect on the importance of loving unconditionally. Whether that love is shared with a spouse, family member, friend, neighbor, or community, it is often the driving force behind the very best things in our lives.

So many great things in this world have happened because people were willing to look beyond themselves, because they loved someone enough to act. That kind of love has the power to strengthen families, build communities, and inspire change.

This Valentine's Day, I hope we all take a moment to recognize and practice unconditional love in our own lives. Sometimes the smallest acts, done with genuine care, can make the biggest difference.

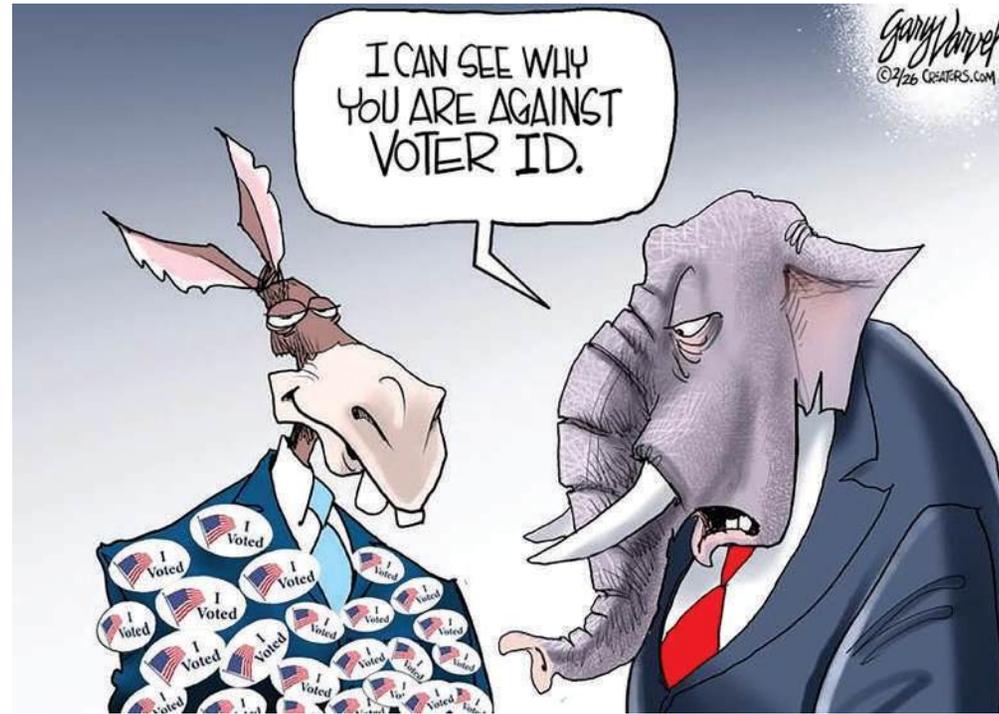
QUOTE OF THE WEEK

ENDEARMENT

[en-dear-ment]

noun

a word or phrase expressing love or affection



Today Who Defends Freedom

PART 3

by *Edy Meredith*

FOR IRON COUNTY TODAY

As citizens of the United States, we all have the duty and moral obligation to defend freedom. It was not just the duty of the original patriots who waged war, male and female, against the strongest empire in the 1700's when our founding mothers and founding fathers engaged in a bloody revolutionary and uncommon war. Our founding mothers were actively engaged in that battle, and they included the following women: 1) Mary Katherine Goddard who printed the first version of the Declaration of Independence bearing the signature of the Continental Congress while serving as postmistress in Baltimore, published newspapers in Providence, Philadelphia, and Baltimore. 2) Martha Washington the home inspiration for her husband George where her famous dinners allowed fighting leaders to associate with each other and exchange ideas. 3) The camp women who helped keep the

army intact by making bandages to heal the wounds of soldiers, fixing meals, maintaining the clothing of men and providing the soldiers with fresh water. 4) Deborah Sampson, who enlisted as Robert Shurtleff in 1782 and fought the war disguised as a man. 5) Abigail Adams who provided wise counsel to her husband John as well as to other founding fathers. 6) Lucy Flucker Knox lost her entire loyalist family because of her support of the Patriots. 7) Mercy Otis became a correspondent and advisor to Bostonians including Samuel Adams, John Hancock, John Adams, Thomas Jefferson, Patrick Henry, and George Washington, arguing for the need for a Bill of Rights, and publishing a history of the Revolution in 1800. 8) Esther Reed created a society to provide relief for the Continental Army. 9) Mary Norris Dickinson owned and managed large estates, one of which was burned by the British. 10) Dolley Madison, the wife of America's fourth

see **FREEDOM** » 7

QUOTE OF THE WEEK

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear... all of which have the potential to turn a life around."

- Leo Buscaglia.

IRON COUNTY **today**

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opinion

FREEDOM

« CONTINUED FROM PAGE 6

President, James Madison who brought experience as an open and skilled hostess to the widowed Thomas Jefferson. 11)

Elizabeth Schuler Hamilton who helped write the Federal Papers and Washington's Farewell Address and following Hamilton's death in the duel with Aaron Burr, she became an influential reformed and philanthropist when in 1806 she helped form the Orphan Asylum Society. 12) Mary Ball Washington, the mother of George Washington, who prevented her son from serving in the British Navy. 13) Catherine Littlefield Greene, the wife of Nathanael Green in 1774 who became George Washington's most trusted and capable commander, assuming considerable debts using his personal credit to acquire needed supplies for the Revolution but following the War was reduced the poverty. 14) A woman known only as Agent 355 helped reveal Benedict Arnold's treachery as she worked as a spy. There are more of these patriotic women which I will discuss next week.

Today we are in a constant battle to use our rights to continue creating a more perfect union including participation in our communities, running for offices local and national, communicating with our elected officials, and staying abreast and knowledgeable about worldwide affairs. The duties of citizenship are innumerable. Recently I was at a local business when I spoke with a young lady and found out that she had been born in Iran and still has a mother and father there. I was surprised to meet her and immediately planned to interview her about what is happening in Iran today. With the internet and worldwide communications, our world is not the small world of yesteryear. We can even speak in real time with people across the globe, although the current Iranian regime has shut down the internet, and it is very difficult to find out what is happening there. According to the New York Times in an article titled "In Counting the Dead in Iran, A Picture of Ferocity" it is believed that possibly 12,000 people, young and old, have been killed by the current regime with a possibility (given the Regimes history of violence against its own people) that the wounded may be as high as 300,000. These statistics are of a magnitude that are difficult to believe, but the history of civil disturbance in Iran demonstrates that the current regime operates with impunity and without control in the countryside and in the cities. Iranians who live in the United States are fearful that their families may be found to be dead once communications are restored. They are pleading with President Trump to be careful in negotiations with the Iranian regime bluster notwithstanding. If you believe in the power of prayer, please pray for the Iranians, the Chinese, the North Koreans, and for all humans yearning to be free.

Southern Utah's snowpack is only getting worse. Here's how it stacks up.

Experts are sounding the alarm about the rain-snow paradox



(Rick Egan | The Salt Lake Tribune)
Gunlock Reservoir on Monday, August 11, 2025.

by Mark Eddington

SALT LAKE TRIBUNE

St. George • Southern Utah's winter keeps getting worse. Four months into the water year, southwest

Utah's snowpack sits at just 37% of its 30-year average as of Thursday, according to National Resources Conservation Service data. That's down from 56% of normal just last month.

Jordan Clayton, a hydrologist at the Utah Snow Survey, said the percentages only tell part of the story. More alarming, he said, are the percentiles. Snowpack in the mountains of southwestern Utah and the Escalante-Paria Basin is critically low, ranking at the 5th and 16th percentile, respectively, according to the agency's data.

"When we say something is about the 5th percentile," he continued, "we are really saying that we have done better 95% of the time."

Clayton said nine SNOTEL measuring sites in the mountains between Richfield in central Utah and the Arizona border are also flirting with record lows. That's worrisome, he explained, since the water that melts from that snowpack accounts for 75% of the water needed by cities, farmers and to fill up reservoirs.

Topping the snowpack charts are high-elevation sites like Midway Valley in the mountains above Cedar City, where the snow water equivalent is 70% of average, placing it in the 32nd percentile. Conversely, he pointed out, the snow water equivalent in the Upper Sevier River Basin ranks in the

second percentile, a paltry 41% of what it should be. "That is nothing to brag about," Clayton said. Glen Merrill, hydrologist with the National Weather Service's Salt Lake City office, said the current weather picture in southern Utah is an anomaly. He noted that precipitation across southern Utah's river basins ranges from 118% to 138% of normal, compared to between 40% and 60% a year ago. The U.S. Drought Monitor shows that much of the region is now in "moderate"

see **SOUTHERN UTAH'S SNOWPACK** » 10

76TH ANNUAL BEST OF CEDAR CITY AWARDS GALA

5:45 PM DOORS OPEN
6:00 PM PROGRAM BEGINS

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LEGISLATIVE UPDATES

Week 3 at the Capitol

The 2026 session is moving quickly as we wrap up our third week. We're focused on crafting a balanced budget, debating policy, and passing bills that will keep Utah the best state in the nation. I remain committed to the common sense principles that matter most: keeping costs low for families, holding government accountable to the people, and ensuring our community remains the best place to call home.

As this 45-day legislative session continues, I invite you to stay connected to the process by following the daily calendars, committee meetings, and live-streamed debates at le.utah.gov.

Academic Excellence in our District

This week, I had the privilege of welcoming Southern Utah University President Mindy Benson to join us on the House floor. It was a great opportunity to highlight the important role SUU plays in strengthening higher education across our state. While on the floor, we also recognized SUU students in the gallery who are doing tremendous academic work and representing their university with excellence. Seeing students engaged



REP. REX SHIPP
UTAH HOUSE DISTRICT 72

in the legislative process is always a powerful reminder of why the work we do here matters—for their futures and for Utah's future.

How Utah Balances the Budget

Just like Utah families balance their household budgets, the state does the same. Utah is unique – the only state in the nation where every legislator serves on an appropriations committee, meaning every corner of the state has a voice in the budget. Appropriations committees determine where state funding should be directed, and closely review spending to make sure tax dollars are going to programs that actually work. The Legislature will always fund essential services. However, there is always room to eliminate waste, reduce duplication, and focus resources where they deliver real value.

Next week is the final week of appropriations committees, where we will provide our recommendations to the Executive Appropriations Committee. We remain committed to keeping government lean, accountable, and focused on putting Utah families first.

Promoting Accountability and Transparency in Government

Utahns benefit from some of the most robust transparency tools in the nation, with real-time access to legislation, committee hearings, floor debates, voting records, and public comment

through the legislative website that allows anyone to follow the process from start to finish. Financial transparency is equally critical. Every taxpayer dollar can be tracked, audited, and reviewed by the public, with appropriations meetings and audit reports fully open and accessible. Combined with strong ethics rules, disclosure requirements, and penalties for violations of public trust, these efforts reflect mine and my colleagues' commitment to honest government that answers to the people it serves.

Water for the Great Salt Lake

Utah is taking meaningful, concrete steps to preserve the Great Salt Lake. This month, the state moved to acquire the US Magnesium plant and its associated water rights. This move will secure over 100,000 acre-feet of water annually for the lake. It's a significant, long-term step to strengthen the lake's health, protect its economic and recreational value, and preserve this vital natural resource for future generations.

Cleaner Air, Even as Utah Grows

Here's some good news worth sharing: Utah's air is getting cleaner, even as our state continues to grow. Over the past two decades, fine particulate pollution in the Salt Lake Valley has been cut by more than half, all while our population increased by about 50%. That tells me something important—when we're thoughtful and intentional, we can protect our quality of life and still grow strong communities. This progress shows that Utah can be a place where

families, jobs, and clean air all thrive together.

I would love to hear from you!

District 71
Representative Rex Shipp
Rshipp@le.utah.gov



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28

Friends and Neighbors,

As we wrap up the second week of the 2026 General Session, I want to share an update on

several key pieces of legislation that have received attention at the Capitol. From discussions about our court system to policy debates involving kratom and elections, my focus remains on advancing practical, commonsense solutions that serve Utah families and communities.

S.B. 134, Court Amendments: I have concerns about expanding the judiciary at this time. While I understand the intent behind expanding the Supreme Court, the Court of Appeals, and the District Courts, adding permanent judicial positions requires clear, long-term data showing sustained need. Expanding the courts is a significant and ongoing financial commitment, and without greater certainty about future

BUDGET SUMMARY

YEAR	STATE OF UTAH	IRON COUNTY	SCHOOL DISTRICT	CEDAR CITY	COUNTY POPULATION	INFLATION RATE
2020	\$18,500,000,000	\$64,397,882	\$97,275,145	\$84,121,067	57,286	1.4
2021	\$20,300,000,000	\$68,529,185	\$111,206,179	\$82,661,906	58,672	7.0
2022	\$25,600,000,000	\$80,413,678	\$116,183,977	\$82,219,239	62,508	6.5
2023	\$26,000,000,000	\$78,255,317	\$172,080,787	\$97,198,239	64,211	3.4
2024	\$29,400,000,000	\$67,789,445	\$200,512,950	\$150,125,060	65,765	3.2
2025	\$30,800,000,000	\$132,282,649	\$221,113,931	\$77,269,263	67,617	2.7
ANNUAL INCREASE	10.7%	15.5%	17.8%	0%	3.4%	4.3

* Information was obtained directly from the governmental entities listed.

LEGISLATIVE UPDATES

caseloads and fiscal impact, I could not support S.B. 134.

S.B. 45, Kratom Revisions: The Senate considered whether kratom should be banned while public health risks are better understood. In Senate Business and Labor, we discussed the evolving concerns surrounding kratom, including testimony from individuals who believe it has helped them and from others who described serious harm. These discussions highlighted the need for caution when public safety is involved.

S.B. 140, Election Adjustments: This bill clarifies ballot order and candidate filing timelines. It establishes a clear schedule for the Lieutenant Governor to create the randomized ballot order list, sets a uniform signature-submission deadline for 2026 U.S. House candidates, and aligns election procedures with recent changes to congressional filing deadlines.

S.B. 194, Election Modifications: This legislation strengthens election integrity and transparency. It adds verification for mail-in ballots, improves voter registration accuracy, and establishes conflict-of-interest safeguards when the Lieutenant Governor oversees an election while appearing on the ballot. The bill also addresses voter record access, audits, citizenship verification, and candidate signature requirements.

It is an active and productive time at the Capitol, and I look forward to keeping you informed as these conversations continue and as we work toward policies that reflect the values we share and the needs of our communities.

Thank you for taking the time to follow along this session. It's an honor to represent you, and I'm grateful for the thoughtful engagement and conversations that help guide this work.

If you have questions, concerns, or ideas you'd like to share, please don't hesitate to reach out. Your feedback matters, and hearing directly from you helps ensure the decisions we make reflect the needs and values of our communities.

You can contact my office through my

intern Gavin Clarke, 385-441-0604, or reach out to me at 435-817-5565.

We welcome your thoughts and look forward to staying connected throughout the session.

Warm regards,

Evan

Representative Albrecht's Weekly Hill Update

Third Week

Hello Friends and Neighbors,

The 2026 Session is moving quickly as we wrap up our third week. We're focused on crafting a balanced budget, debating policy, and passing bills that will keep Utah the best state in the nation. I remain committed to the common sense principles that matter most: keeping costs low for families, holding government accountable to the people, and ensuring our community remains the best place to call home.

As this 45-day Legislative Session continues, I invite you to stay connected to the process by following the daily calendars, committee meetings, and live-streamed debates at le.utah.gov.

Legislative Update: Bills I'm Working on

Passed the House Floor

- HB 78 – Nuclear Regulatory Amendments

Establishes a state regulatory framework for nuclear energy and materials oversight to align Utah with emerging nuclear technologies.

- HCR 1 – House Concurrent Resolution on Advanced Nuclear Manufacturing

Expresses the Legislature's support for advanced nuclear manufacturing and signals Utah's openness to innovation in this sector.

- HB 64 – School and Institutional Trust Lands Amendments

Creates a structured process for counties to nominate culturally or scientifically significant trust lands for preservation

- Moving Forward in the House

- HB 222 – Limitations of Actions Amendments

Clarifies liability standards related to greenhouse gas claims and makes conforming changes.



REP. CARL
ALBRECHT
UTAH HOUSE DISTRICT 70

Floor Sponsor in the House

- SB 26 – Pest Control Amendments

Updates provisions related to statewide pest control programs that help protect agriculture and natural resources.

- SB 20 – Natural Resources, Agriculture, and Environment Technical Changes

Makes technical updates in conservation and environmental statutes to improve implementation and coordination.

In the Senate

- HB 66 – Soil Health Program Amendments

Extends the repeal date of Utah's Soil Health Program, ensuring continued support for land stewardship.

- HB 67 – Lead Acid Battery Disposal Sunset Amendments

Removes the sunset on the state's lead-acid battery disposal system to prevent any lapse in environmental protections.

- HB 69 – Drinking Water

Restructuring Amendments

Enhances clarity around enforcement and compliance tools tied to Utah's drinking water oversight.

Committees and Caucus Leadership

As Chair of the House Natural Resources, Agriculture, and Environment Committee, I continue working to bring thoughtful, rural-focused policy to the forefront of the legislative conversation. I'm also actively serving on the:

- House Public Utilities and Energy Committee
- Natural Resources Appropriations Subcommittee
- Water Development Commission
- Federalism Commission
- Constitutional Defense Council
- Colorado River Authority of Utah

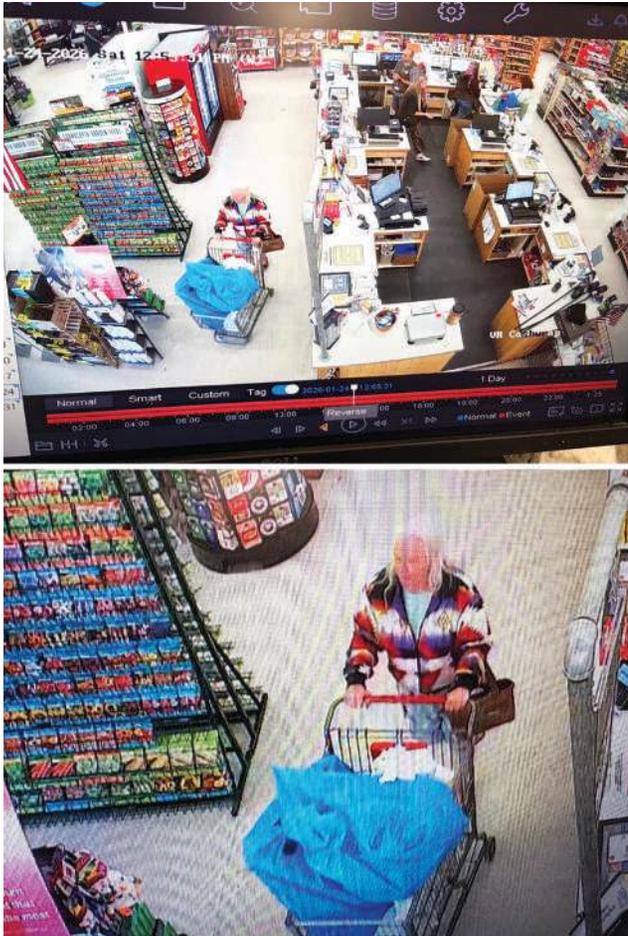
I also serve as Co-Chair of the Rural Caucus, one of the most well-attended and longest-standing caucuses on the Hill. We focus on ensuring rural needs are heard and addressed in all areas of state policy.

Additionally, I serve on a Rural legislative Education Working Group focused on strengthening education delivery and facilities in rural areas. This includes supporting capital improvement funding, enhancing rural campus infrastructure, and ensuring students across Utah, no matter their ZIP code, have access to strong learning environments that prepare them for the future.

Stay Engaged

Your feedback helps shape the decisions we make here at the Capitol. I encourage you to follow live committee meetings, explore bills of interest, and stay connected through the official website: le.utah.gov.

Thanks again for your continued engagement. I'll be back next week with another update.



Search for DeEtte Spencer is expanded and ongoing

from Garfield County Sheriff's Office

FOR IRON COUNTY TODAY

Garfield County, Utah — The search for 70-year-old DeEtte Spencer, missing since January 26, 2026, is still underway. Garfield County Sheriff's Office investigators have enlisted the assistance of many other agencies to expand the search area in multiple counties in Utah. The total search area covers approximately 10,000 to 15,000 square miles. Sheriff's deputies and Search and Rescue patrols have searched and continue to search roads and other areas in all of Emery County and parts of Sevier,

Wayne, Sanpete, and Grand Counties.

The Civil Air Patrol is flying over the most likely routes leading away from Spencer's last known location in Price, searching for her car. Spencer was last seen at Walmart in Price, after visiting family in Colorado. She was driving a white Buick Lucerne, with a Utah license number E604JU. The nationwide Attempt to Locate bulletin and the statewide Silver Alert, both issued by the Garfield County Sheriff's Office on January 30, will remain active until no longer needed. Investigators have exhausted all electronic means of tracking

Spencer, including financial transactions, cell tower pinging, and Wi-Fi activity. All credible possible sightings and tips from the public are being investigated, so far without any results. There is still no reason to suspect foul play, but it hasn't been ruled out. The Garfield County Sheriff's Office appreciates all support being provided by state and local law enforcement, CAP, and other agencies. Anyone who may have information regarding Spencer's location should call the Garfield County Sheriff's Office at 435-676-2678.

SOUTHERN UTAH'S SNOWPACK

« CONTINUED FROM PAGE 7

Water Conservancy District, which is roughly the same as a year ago, drought, as opposed to being in "severe" drought last October. The reservoirs in the St. George metro area are at 72% of total capacity, according to the Washington County The problem, Merrill explained, lies in the fact that the record-warm temperatures Utah experienced in November and December meant most of the precipitation that came through the region fell as rain, not snow. Merrill said a good example of the area's precipitation paradox is Gardner Peak. Situated at 8,300 feet in the Pine Valley Mountains north of St. George, the peak's precipitation levels are 136% of normal, but its snowpack stands at 26%, an all-time record low. Clayton said there is one silver lining, though. All that rain has left the soils soaked, with soil moisture across southwestern Utah range between 106% to 141% of average. High soil moisture levels means that less water will soak into the soil during the spring snowmelt, and more of that water will reach the streams and rivers that feed the reservoirs. Both experts said the winter isn't lost yet, either, as just five or six major snowstorms over the region could make up the deficit. Alas, Merrill lamented, the forecasts are showing the more active storms over the coming weeks will likely head further north. "The signals for southern Utah show the highest probabilities are for below-normal precipitation and above-average temperatures the remainder of the winter," he said.

This article is published through the Utah News Collaborative, a partnership of news organizations in Utah that aims to inform readers across the state.


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ARTS + ENTERTAINMENT IN IRON COUNTY

America In Harmony with the Orchestra of Southern Utah

by Amy Gold

ORCHESTRA OF SOUTHERN UTAH

Cedar City — In celebration of America250, the Orchestra of Southern Utah (OSU) presents a concert of iconic American music on Thursday, Feb. 19, at 7:30 p.m. in the Heritage Theater in Cedar City.

The program opens with *The Star-Spangled Banner*, honoring the nation's founding. The anthem grew out of Francis Scott Key's 1814 poem written after the bombardment of Fort McHenry and was officially designated the national anthem in 1931.

Music Director Carylee Zwang conducts a program that traces American music from the Revolutionary era through the 20th-century rise of jazz. "The OSU season this year is America's Playlist, as we explore a wide variety of American music," Zwang said.

George Gershwin's *Rhapsody in Blue* epitomizes the fusion of classical and jazz styles that define American music. Gershwin described it as "a musical kaleidoscope of America." Christian Bohnenstengel, SUU Music Department faculty member, performs the piano solo, with Trevor Davis, Director of Woodwinds, opening the work with its iconic clarinet solo. Bohnenstengel, praised internationally for his artistry and versatility, is a founding member of SUU's faculty jazz combo *Kind of Blue* and is familiar to OSU audiences from his performances in *Handel's Messiah*.

Aaron Copland's *Rodeo Suite*, written in 1942 for choreographer Agnes DeMille, captures the spirit of the American West, from *Buckaroo Holiday* to the exuberant *Hoedown*. The John Mead Dance Company will perform live with the orchestra. Since relocating to Cedar City in 2023, John Mead and Mei Chian Lim have launched a professional dance company featuring

local dancers.

The program also includes Samuel Barber's deeply moving *Adagio for Strings*, conducted by assistant conductor David Jordan; Leroy Anderson's *Blue Tango*; Scott Joplin's *The Entertainer*; and *Boogie Woogie Bugle Boy*, performed with the vocal quartet SideNote. OSU will also present an orchestral arrangement of *Souvenir d'Amerique*, based on *Yankee Doodle*, by French composer Henry Vieuxtemps.

"This America250 concert promises to be a highlight of the season," said Harold Shirley, OSU President. "We hope you will join us."

Tickets are available at myosu.org. Children over five are welcome with adult supervision. The Orchestra of Southern Utah is a community orchestra of professionals and dedicated amateurs bringing live orchestral music to our region.



Muscle Memory in Music

by Sara Penny

CCAC VICE PRESIDENT



Imagine you are at the piano ready to play a Mozart Concerto with an orchestra.

You are in front of 2000 people and they start a different concerto than you prepared. Portuguese pianist Maria João Pires was in Amsterdam when this happened at an open rehearsal. She panicked, the conductor leaned over and said you can do this, and she played beautifully. She prepared #23 and the orchestra started playing #20. Details matter. It had been perhaps 11 months since she'd last played the piece. She said, "that's the moment where you start losing the memory of the details. That's how the memory functions, you know. And when people see this panic, they perhaps don't know that the reality is, we lose our memories after just a couple of months." In the Open Culture article they explain, "The eleventh-hour call Pires received asking her to take the gig was part of the problem, but so was a misheard number. According to the Köchel catalogue, which organizes all of Mozart's work, the Piano Concerto No. 20 in D minor is 466, whereas the Piano Concerto No. 23 in A major is 488." It is not clear if Pires misheard the K-number or the caller misspoke.

Muscle memory came to the rescue. When you repeat an activity your muscles retain the action. This is why accurate practice is so important. The music transfers from an analytic activity into an automatic response. If you get nervous sometimes this pro-

cess short circuits, so soloists have to learn their pieces as perfectly as possible. The famous Utah piano teacher Dr. Irene Peery-Fox told her students they needed to be able to play straight through a concerto from memory three times in a row as preparation for performance.

The Orchestra of Southern Utah is preparing some of the great American compositions for the upcoming Feb. 19 concert, as part of America250 celebrations. The first time I played the Copland Rodeo Suite was in 1970 at Cedar High under June Thorley. It is amazing how the finger patterns come back quickly. The tricky part for me is that I have to relearn sections as harmony since I am playing the second violin part this time. My fingers want to go back to what I played before, so some retraining is in order. Even though we have played Gershwin's Rhapsody in Blue before this is also taking some extra practice to remind my fingers where they belong.

Four-time national figure skating champion Ilija Malinin, the only person in the world to have landed a quad axel in competition, talked about after all the practice and repetitions he relies on muscle memory for competitions.

Muscle memory came in handy while preparing Claire Wood for the Honors Orchestra at Carnegie Hall on Feb. 7. They programmed the fast and furious overture from Ruslan and Ludmilla by Glinka. There are cascading scales and some tricky rhythms. I was lucky because this was another piece that June Thorley

drilled into us in high school. At a music workshop the clinician reminded us that we are "small muscle" athletes. The intricate finger action required to place the finger on the exact spot on the fingerboard and adjusting through hearing is a practiced skill.

One of the advantages of learning music with so many modern professional recordings available is that it is easier to listen. This helps with pitch, rhythm and musical expression. At a music

lesson it is pretty obvious when a student has taken the time to listen and when they have not, because they have mistaken ideas about where the music is headed. You can preview the orchestra concert music at <https://osulisting.blogspot.com>. It is more enjoyable to hear orchestra music if you are familiar with the music because there are so many layers of sound. Sometimes you really notice the woodwinds and other times you are super aware of the brass. Orchestra music

stays exciting because there is so much to hear. I know I am ready for a performance when I wake up with the music in my head.

Dancers and other athletes also depend on muscle memory. The drills and the repetition allow the body to respond for a leap on stage or catching a ball on the field, as well as intricate finger movement. Hooray for muscle memory that rewards those who practice carefully.

THE ORCHESTRA OF SOUTHERN UTAH
 Carylee Zwang, Music Director & Conductor
 David Jordan, Assistant Conductor

WITH GUEST PERFORMERS:

Dr. Christian Bohnenstengel
 performing
RHAPSODY IN BLUE

The John Mead Dance Company
 SideNote

AMERICA IN Harmony

Featuring music by
 GERSHWIN • BARBER • COPLAND • JOPLIN

FEBRUARY 19, 2026
 Heritage Center Theater • 7:30 PM
 Tickets: \$15, Students: \$10 with ID

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 IRON COUNTY



Valentine's Day: A Celebration of Love

by *May Hunter*

FOR IRON COUNTY TODAY

Valentine's Day can be a bit of a dividing holiday for many people. But at its heart, the sweet meaning behind this day of love is truly something to celebrate and look forward to on February 14th. After all, you don't have to be in a committed relationship to share love, it's a perfect time to tell the people in your life just how much you love and appreciate them.

Not all of us have the gift of saying "I love you" like poets, writers, or public figures do, but that doesn't make our words any less meaningful. Valentine's Day is a wonderful reminder to try our best to share those heartfelt feelings with siblings, cousins, parents, grandparents, friends, and anyone else who holds a special place in our lives, so they truly know how valued and appreciated they are. Still, it's completely normal to feel a little overwhelmed when trying to find the right words on Valentine's Day.

Valentine's Day is a celebration of love with roots in both a Roman festival and a Christian feast day, and it is celebrated annually on February 14th. By the 14th and 15th centuries, the holiday became associated with romantic love, and people began exchanging love poems with their loved ones. During the Middle Ages, paper Valentine cards became popular, and by the 19th century, the Industrial Revolution made it possible to mass-produce

Valentine's Day cards as we know them today.

While we all love a good love story, the history of Valentine's Day is a little different from its modern, romantic version. Today, February 14th is often celebrated with gifts, chocolates, flowers, and romantic dinners, yet many people aren't familiar with the holiday's true origins. Most of us remember making Valentine's Day crafts in school or sharing candy with classmates, but how did all these traditions even begin? Much like Christmas, the religious roots of Valentine's Day have been overshadowed by its more commercial side, and interestingly, both holidays share some surprising similarities.

Valentine's Day has continued to evolve over time. St. Valentine's Day is now recognized as a celebration of romantic love, friendship, and admiration. Each year on February 14th, people express love and affection through kind words, thoughtful messages, and meaningful gestures to partners, family members, and friends. Valentine's Day is named after Saint Valentine, a Catholic priest who lived in Rome during the 3rd century, and many stories about him have grown into the legend we know today.

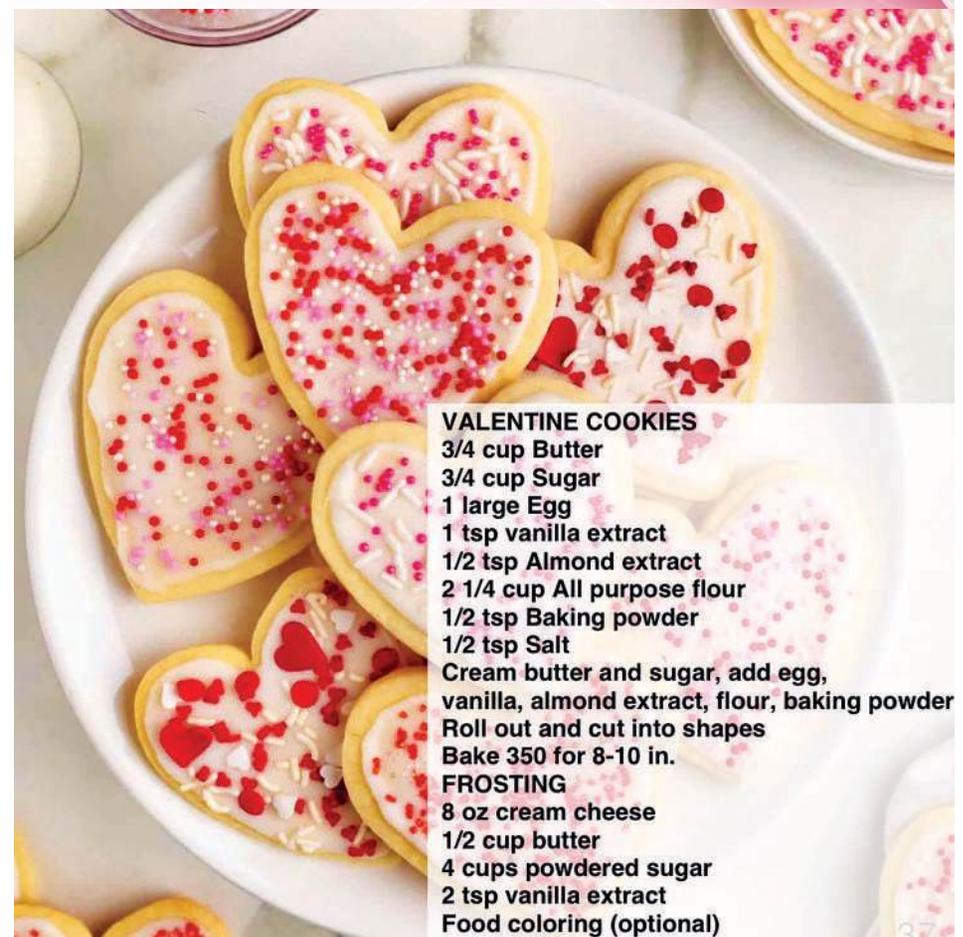
It's widely believed that chocolate can boost a person's mood, which is why giving chocolate on Valentine's Day is such a popular way to express

love and admiration. Flowers, especially red roses, also symbolize love, passion, and deep affection, making them a timeless way to say "I love you."

Valentine's Day is all about love in every form.

Happy Valentine's Day to the world! Spread the love and wish everyone a joyful day. Whether you're celebrating with a partner, friends, or family, take a moment to cherish the love around you today.

HAPPY VALENTINE'S DAY!



VALENTINE COOKIES

3/4 cup Butter
3/4 cup Sugar
1 large Egg
1 tsp vanilla extract
1/2 tsp Almond extract
2 1/4 cup All purpose flour
1/2 tsp Baking powder
1/2 tsp Salt
Cream butter and sugar, add egg, vanilla, almond extract, flour, baking powder
Roll out and cut into shapes
Bake 350 for 8-10 in.

FROSTING

8 oz cream cheese
1/2 cup butter
4 cups powdered sugar
2 tsp vanilla extract
Food coloring (optional)

calendar

THURS, FEB 12

GRACE A. TANNER DISTINGUISHED FACULTY LECTURE MICHELLE ORIHEL (11:30AM) At the Bilgert Great Hall. American Independence: Stories of Freedom, Struggle, and Resilience.

FAMILY LITERACY NIGHT (6-8PM) COME ENJOY pizza and a book on us. Families are invited to attend a regional Family Literacy Night at North Elementary School, 550 W. 200 North, Cedar City. The evening includes workshops on how parents can support literacy in the home. There is no cost for the event, pizza will be served, and family members will go home with a free book.

FRI, FEB 13

A MILLION DREAMS - COMMERCIAL MUSIC CONCERT (7-9PM) The SUU Commercial Music program presents A Million Dreams: Spring Showcase at the Heritage Center Theater (105 N 100 E, Cedar City). This concert is FREE and open to the public. Featuring Alternate Currents, Direct Currents, Commercial Breaks, Grupo Batuque do Trovão, Backyard Arcade, and the SUU Choirs, this concert will have music for everyone!

SKI WITH A RANGER PROGRAM (12:30 PM) THE free program educates guests about forest health and local geology. Second Friday of each month: Mar. 13 (Navajo base area; youth-focused), Apr. 10, plus Saturday, Apr. 25, 2026. Base of the Giant Steps Express Lift at 1 p.m. (except Mar. 13 at the Navajo base area). Approximately one hour, weather and conditions permitting. Reservations are not required. Participants must be intermediate-level skiers or snowboarders and have a lift ticket or season pass. Attendance is first-come, first-served.

SAT, FEB 14

Valentine's Day

CELEBRATE VALENTINE'S DAY WITH SPRING SWING THING & AMERICA250 (7-10PM) Celebrate Valentine's Day with live jazz and social dancing featuring SUU Jazz Ensemble One. The evening includes complimentary swing dance lessons

from 7:00-7:30 p.m., followed by dancing to classic swing-era favorites. Free and open to all adults.

THE LOVE LIFE SPEED DATING AT BRIAN HEAD RESORT (11AM-1PM) at the Brian Head Resort - Blackfoot Chairlift (329 S Hwy 143, Brian Head) scan the QR code near the lift line to sign up, then join the Speed Dating singles line to be paired for short chairlift conversations on the ride up. Looking for a fun and unexpected way to celebrate Valentine's Day? A valid lift ticket or season pass is required. More details on the event are available online at brianhead.com.

COUPLE CANDLELIGHT CHOCOLATE YOGA (3:30-4:30PM) @ Spirit Fitness, 1615 N.Main Street, Cedar City, Utah. No experience necessary, literally connect with a partner. Free to members, \$8 drop in fee per person. Info @ (702)460-2317

MON, FEB 16

President's Day

LINCOLN DAY DINNER (6-8PM) THE LINCOLN Day Dinner is held at the Cedar City Elks Lodge #1556 (111 E 200 N, Cedar City). Tickets are \$45 and are limited. Tickets will be sold at ERA Realty (259 W 200 N, Cedar City) or by contacting a member of the Cedar Livestock and Heritage Festival Board. Everyone is invited to join for an evening of auction, raffle, delicious food, and great company!

WED, FEB 18

FREE DRAW ALONG (7-8PM) BRING YOUR ART pencils and draw along with professional portrait artist Ashlyn Judd. She'll share all her tips and tricks for drawing realistic portraits. At the Johnson Center for Community Arts and Education.

Want your event on our calendar?

There is no charge for calendar items. Your submissions can be made online at ironcountytoday.com, or emailed to news@ironcountytoday.com or brought to 479 N 100 W, #1, Cedar City, Utah 84721. The deadline is Friday at noon. The calendar is not to be used for advertising. Items will be printed at our discretion.

IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

by Colby Leavitt

FOR IRON COUNTY TODAY



Three Peaks Elementary

Three Peaks Elementary welcomed the Canyon View Middle School band and orchestra teachers and students on Thursday, January 29, 2026. They talked to the fifth grade students about music classes available to them when they register for 6th grade, did a live demonstration of the instruments, and let the students try out the different instruments. Thank you to the music directors for providing this opportunity for our students and introducing them to opportunities they may take advantage of as they move on to middle school. Shakespeare in the Schools presented the play, "Comedy of Errors" on Wednesday, February 4, 2026. Since 1993, the Utah Shakespeare Festival's education touring program—Shakespeare in the Schools—has brought professional theatre performances to schools and communities across the state of Utah and the Intermountain West. Their mission is to meet students where they are, and provide everyone with the opportunity to access and create theatre. Students were educated about the play before each scene and had discussions about what was happening. Thank you to the Utah Shakespeare Festival for providing this educational opportunity.

Canyon View Middle School

At CVMS 8th graders were able to attend a career exploration field trip last week. Students rotated between SUU, SWATC, and Red Peak Gym. 8th graders participated in problem solving activities, a Q & A session with SUU students and staff, and a tour of the programs offered at SWATC. At Red Peak Gym, students explored all of the activities and equipment while learning about entrepreneurship, business skills, and investing.

South Elementary

South Elementary's Afternoon of Art, sponsored by our BTS teacher Mr Raham, brought 3rd, 4th, and 5th grade students and their parents together for a creative afternoon. Families worked side by side painting masks, using classroom art vocabulary, exploring techniques, and connecting art to history along the way. It was a fun & meaningful event. Other artwork created recently in class with Mr. Raham is proudly displayed throughout the school during the week of Parent/Teacher conferences. We are grateful for all the beautiful and amazing things we learn about and create with Mr. Raham.

calendar

ONGOING OPPORTUNITIES

GOVERNMENT

Brian Head Council

2nd & 4th Tues, 1 pm • Brian Head Town Hall, 56 N. Hwy 143

Cedar City Council

Wed (except 5th), 5:30 pm • City Hall, 10 N. Main St (435) 586-2950

Central Iron County Water Conservancy District Board Meetings

3rd Thurs., 6:30pm. 710 S. Westview Drive

Enoch City Council

1st & 3rd Wed, 6 pm • City Hall, 900 E Midvalley Rd • (435) 586-1119

Enoch Planning Commission

2nd & 4th Tues, 5:30 pm • City Hall, 900 E Midvalley Rd • (435) 586-1119

Iron County Commission

2nd & 4th Mon, 9 am • Commission Chambers, 68 S 100 E, Parowan

Iron County Democrats

3rd Sat, 10 am-11:30 am • Cedar City Library, 303 N 100 E

Iron County Republican Women

3rd Wed, 11:30 am. Tickets \$20, <https://www.ironcountyrepublicanwomen.com>

Parowan City Council

2nd & 4th Thurs, 5:30 pm • City Hall, 35 E 100 N • (435) 477-3331

SERVICE GROUPS

American Legion Post 74

2nd Mon, 6pm, Cedar Library, 303 N 100 E. Learn about Veteran benefits, opportunities, fellowship. Honor Guard provides military honors at Veterans Funerals. Post Commander Tris Colman (805) 268-4287.

Bikers Against Child Abuse

2nd Thurs 7 pm • Courtyard Marriott, 1294 S Interstate Dr (Cedar Breaks Conference Rm)

Cedar Area Inter-Faith Alliance (CAIFA)

3rd Tues 10:30am @ Cedar Library, West room. Help us plan and organize fundraising projects and quarterly community events. (No meet Jul, Nov, Dec)

DAR – Bald Eagle Chapter

3rd Thurs, 11:30 AM @ the Cedar City Brian Head Visitors Center.

Elks Lodge #1556

111 E Freedom Blvd. Cedar City, (435) 586-8332

Kiwanis Club of Iron County

6-7pm • 1st Tuesday of each month at the Cedar City Library. ironcountykiwanisclub@gmail.com

Lion's Club

Tues, 12 pm • Call Pres. Michelle Wilson for mtg. info. Everyone welcome! (802) 359-2183

Marine Corps League

Detachment 1315, 2nd Wed, 6:30 pm
Elks Lodge (303 N 100 E)

Rotary Club

Tues, 12:15 • Southwest Tech, 757 W 800 S, Cedar City • (435) 233-0244

Veterans of Foreign Wars (VFW)

1st Thurs, 6PM, Post 10846 meets @ Elks Lodge, 111 E 200 N.

SUPPORT GROUPS

AA—Alcoholics Anonymous

(435) 635-3603 • www.utahaa.org. Helpline: John (702) 802-1332, Kara (702) 232-6829

KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Speaking From The Heart • M – Sa, Noon
Steps and Traditions • M – Su, 7 am

Red Road to Sobriety • Mon, 6 pm Paiute Tribe, 440 N Paiute (435) 586-1112 Ext. 307

Misfits • M – F, 6 pm

Cedar Group • Tues, 8 pm

The Great Fact • T, F, Noon. True Life Center 2111 N. Main. (702) 802-1332 or (702) 533-7856

Red Creek Group • Wed, 7 pm • 685 N 300 E, Parowan • (435) 477-8925

Uncommon Sense • Sat, 10:00 am

My Story • Sat, 8 pm

Thank God Sunday Spiritual • Sun, 11 am

What a Way to Start the Day • Su, W, F 7-8 am • All are welcome

Al-Anon

KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Easy Does It • Tues, 6-7 pm • (435) 559-3333

Hope for Today (Family Groups)

Thurs, 6 pm • (435) 559-3333

Key to Harmony (Online/Email Meeting) Sun & Tues 435-704-4979 • <https://keytoharmony.org/>

Alzheimer's/Dementia

Last Tues, 5:30-6:30 pm • Cedar Library (303 N 100 E). Learn, access resources, connect. Virtual option available. Raven Albertson, 385.831.7124, utahprograms@alz.org.

ARP—Addiction Recovery

1st Wed, 7 pm • Parowan Seminary building, Main & 300 N, Parowan
Sun 7:30 pm • 85 N 600 W, Cedar, Rm. 102 – LDS bldg. Back entrance. 435-218-9578

Caregivers

3rd Thurs, 5:45-7 pm • Zion's Way Home Health, 369 N 100 W #1, Cedar. All levels of the caregiver's journey from pre-caregiving to bereavement and rebuilding welcome. INFO: Kat at 702-292-9911.

Embrace Grace

Unmarried, pregnant? You don't have to walk alone! Safe, judgment-free zone. Free baby stuff at a baby shower for you. Text or call 407-719-8595. Info under Resources tab @ Thrashingfloor.life.

Grief Support Group

2nd Tues, 5 pm • Southern Utah Mortuary (190 N 300 W, Cedar). Safe, supportive for those who have lost loved ones. You are not alone. Free. INFO: 435-586-4040

Helproom

Fri, 2-3 pm • Free online support group for survivors of Domestic Violence, Sexual Assault. Safe to communicate, share perspectives on healing, recovery. Join: affiliate.rainn.org/helproom/canyoncreekservices.

Multiple Sclerosis

3rd Thurs, 6-8 pm • Cedar Visitor's Center, 581 N Main. Caregivers and those with MS

Narcotics Anonymous

www.nasouthernutah.org • (435) 635-9603
KKCB Club (203 E. Cobblecreek Dr, Cedar City) unless otherwise listed

Basic Text Study • Mon, 8 pm

Just for Today • Wed, 8 pm

It Works - How and Why • Thurs, 7:30-8:30 pm

Live and Let Live • Fri, 8 pm

Candle Light Mtg • Sat, 9:30 pm (Sm rm)

Women Only • Sun, 11 am

Dopeless Hope Fiends • Sun, 8 pm • Mtg Hall, 1067 S Main, Cedar (877) 865-5890

Nicotine Anon (12-Step)

Fri 5 pm • KKCB 203 Cobble Creek Dr. Ste. 201

(North Room), Cedar • (435) 559-0394

Porn Addiction Recovery

Men Only • Thurs, 7:30pm • Canyon View seminary building (54 W 1925 N). North entrance.

Pregnancy, Infant Loss

1st Thurs, 7:30 pm • Share Families of So. Utah • 565 N Main Street, Ste. 6, Cedar • www.southernutahshare.com

Reel Mental Health

1st Tues, 6PM • Mountain View Lodge 625 W 200 S Parowan UT 84724 • A fun interactive support group focused on your mental health and well-being.

Senior Blind/Visually Impaired

3rd Thurs, 1:30 pm • Cedar City Library

Southern Utah Veterans Assoc.

1st Thurs, 7 pm • Westview Christian Center, 2624 W Hwy 56, Cedar. INFO: Chuck Waddell 907-252-1365.

Southwest Parkinson's Alliance

2nd Tues, 1:30-2:30 pm • Cedar City Senior Center, 489 E 200 S • Kristy 435-559-9681.

Widows Ministry

2nd Sat, 11-1 pm • New Journey-Widow's Ministry @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, info@sonrisechurch.net, sonrisechurch.net.

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

Wed, 11 am-noon, Spirit Wellness Club, 1615 N Main, Cedar City • All levels, Free to members, or \$8 drop-in fee.

Arthritis Foundations Exercise

Time TBA, Cedar Senior Center, 489 E 200 S • 435-586-0832. FREE. Trained instructors. Range-of-motion exercises, endurance-building activities, relaxation techniques, and health education topics.

Bingo & Lunch

Fri, lunch @Noon, Bingo @3 pm. Free for Seniors @ Our House Assisted Living (995 S Regency Rd, Cedar). INFO: 435-867-0055.

Book Club

2nd Thurs, 6 pm • Cedar Library 303 N 100 E.

Cars & Custard

2nd Mon., 6-8 PM at Culver's Treasures Thrift Store is: 1093 S Main Street, Cedar City, UT. Classic Cars & Trucks, Customs, Your pride and joy. A free small Custard for each car entry, provided by Culver's! Contact Mike @ 909-717-1232 or ekimjacobs@gmail.com for more info.

Cedar Breaks Model A/Vintage Car Club

1st Thurs, 6pm • Get to know other vintage vehicle enthusiasts, great camaraderie, have fun, win awards at car shows, parades, etc. INFO: Mel @ 435-919-4183 or email cedarmodela@gmail.com.

Cedar Chest Quilters' Guild

Thurs, 10 am • Cedar Senior Center, 489 E 200 S. Projects for all abilities. Block of the Month. Make friends, improve skills & have fun. Visitors welcome. Info: Ms. Ronnie Badgett. 435-477-2243. cedarchestquiltersguild.org

Cedar City ESL

Wed, 6:30 - 7:30 pm • Free ESL lessons offered at Cedar Library, Rare Book Room (303 N 100 E). No pre-registration required.

Cedar City parkrun

Saturday 9 am • West Canyon Park, (133 S 400 E) • Free 5K for runners, joggers & walkers. Volunteers welcome. Info: Bruce @ 435-301-5480

or coalcreektrail@parkrun.com

Cedar City Toastmasters

Thurs, 7 am • Cedar City Visitor Center, 581 North Main. Find your voice, shape your future. Be the leader & speaker you want to be. (603) 731-0116

Cedar City Unitarian Universalists

2nd Sundays at 2:00pm @ 1280 E Midvalley Rd. Leave a message for Bonnie at 435 590-0596 if interested.

Cedar Professionals

Tues, 7:30 am • Springhill Suites, 1477 S Highway 91, Cedar City. Organization of business people. Stimulate business through exchange of ideas, information, referrals. visit www.cedarprofessionals.org

Cedar Radio Control Club

4th Thurs, 7 pm • Cedar City Library, 303 N 100 E.

Cedar City Community Band

We offer a wealth of opportunities for individuals of all ages and skill levels to get involved and experience the joy of ensemble music-making. Contact us at www.cedarcitycommunityband.org or by calling 435-590-2513.

Explorer Bible Club

Wed, 6:30-8 pm • 4yrs. to 6th grade, Valley Bible Church (4780 N Hwy 91, Enoch). 435-586-0253

International Folk Dancing

Fri, 1-2 pm • Cedar Senior Center (489 E 200 S) FREE; No Partner Needed; teaching! INFO: 626-808-6129

Iron County Moms For America

4th Thurs, 7pm at 2321 W Cove View Dr, Cedar City. Join a growing number of women throughout the nation to strengthen and preserve liberty. INFO: Kami Merrill 435-592-4152 or email: ironcountymoms4america@gmail.com

Iron County Democrats

Come meet with an exciting and welcoming group committed to improving our world. Monthly meetings and annual convention. For more information find us at Facebook- Iron County Utah Democrats, or call Mike Keil at (435)840-4712.

Friends of Festival Country K9s

offers Dog Training classes and therapy dogs for libraries, schools, and more. We also have events like animal adoptions and microchip clinics. Call Gail Workman at 435-592-5487 for info.

Labyrinth Walk

Last Saturday, 12:00-2:00. St. Jude's Episcopal Church (70 N 200 W, 1 block north of W University Blvd). No Charge. Please join us in a sacred, calm environment for walking prayer on the largest indoor labyrinth in the state of Utah. No experience required, facilitators are present.

Local Cub Scout Pack (K–5th).

Wednesday @ 6 p.m. For more information, go to myscouting.org or contact local Cubmaster Tristin L. at CubScoutTroop1848UT@gmail.com

OARS (Open, Authentic, Relevant, Spiritual)

meetings every Tuesday night 6pm-8pm at the Cedar City Library in the Park - excluding holidays. Includes dinner, faith-oriented discussion and prayer for ages 18-30. Info: text 541-579-1554 or pastorschuyler@gmail.com

Parowan Pickleball

Mon, 6-8 pm • Tues-Thurs, 9-12 pm • Iron County Exhibit Building. Range of skill levels, 3 indoor courts, beginners welcome. INFO, fees and sign-up: Season: October 21 to July 25. Parowan Rec, 35 E 100 N, Parowan, UT 84761. 435-600-1597.

PB&J Therapy Groups

These two groups teach skills for different areas of life by utilizing recreational activities and engaging in other forms of expressing emotions. INFO: 435-267-4212.

College: forms.gle/SmGytgCfvQ1tS2pB7

Adolescent: forms.gle/BZiepPW63pR6Zd8k9

Rock Club

1st Thurs, 6 pm • Gateway Academy, 201 W Thoroughbred Way, Enoch. Learn about geology, find gems, fossils and minerals. Learn to cut and polish and make jewelry. southernutahrockclub.org

Sagebrush Fiber Artisans Guild

Wed, 9:30-11:30 am • Grind Coffee House (19 N Main, Cedar City). Knit, crochet, weave, spin, etc. Come learn a craft, work on a project, or just socialize. Beginners welcome! Questions: Jane 435-233-8366.

Senior Yoga Classes

Mon, 10-11 am & Wed, 1-2 pm • Cedar City Senior Center (489 E 200 S). Easy to do. Please bring own mat. (435) 586-0832

Sewing Group

Wed 9-2:30 pm • Cedar Senior Center (489 E 200 S). Bring machine, cord, projects, supplies. No fees. All abilities welcome. Annie Anzalone (702) 232-0063.

Southern Utah Woodturners

2nd Sat, 9 am, Cedar High School wood shop, 703 W 600 S.

StrongBoard Classes

M-W-Fri, 9 am • IFS Studio, 2390 UT-56 #9, Cedar City. Improve core strength, balance, stability. All fitness levels welcome. Class size limited to 8. Call (661) 436-0259 to register/reserve your spot.

Tai Chi For Health

Wed & Fri, 9:30-10:30 am • Cedar Senior Center, 489 E 200 S. FREE low-impact, health for Seniors. Helps coordination, balance, flexibility. Maria Bailey, 435-673-3548 x103. Pre-registration not required.

TOPS—Take Off Pounds Sensibly

Wed • Weigh-in 9 am, mtg 9:30 am., Cedar City Library, 303 N 100 E. Lose weight affordably • 586-3233 (am mtg)

Water Aerobics Class

Tues, Thurs, 9 am • SUU pool, 2-56 N 600 W., Fun, up-tempo workout to music. Intensive cardio, full body muscle toning. Any fitness level. All ages. \$3/class, including pool admission. (435) 327-2091 (no text)

Wellness Place

583 S Main Suite #5, Cedar City. (435) 592-5308. Classes: thewellnessplacecc.com/upcoming-classes

Wellness Wednesdays

Wed Noon-1 pm • Create Better Health. ZOOM Mtg ID: 841 6308 8990. PW: health, Info: Kristi Sharp (435) 986-2564, ksharp@swuhealth.org

Youth Group

Wed, 6:30-8 pm • Ages 12-18. Meal, games & Bible Study. @ Sunrise Christian Church (6843 W 1800 N, Cedar). INFO: 435-586-3640, info@sonrisechurch.net.

A Quilter's Dream – 19th Annual Quilters Retreat

by May Hunter

FOR IRON COUNTY TODAY

The 19th Annual Quilters Retreat was held this past week at the Heritage Center. A total of 288 participants—including several men—attended the three-day event. Quilters traveled from Oregon, Wisconsin, North Carolina, Nevada, Wyoming, and Utah to take part in the gathering. More than 35 classes were offered, led by 21 teachers who covered a wide range of quilting techniques and topics. On Saturday, the final day of the retreat, over 200 quilters filled the Heritage Center for the “Sit and Sew” event, where participants worked on their own individual projects. More than 75 beautiful handmade quilts were displayed throughout the venue. The “America 250” baby quilt project in Cedar City, Utah, was initiated by City Councilman R. Scott Phillips in collaboration with the Cedar Chest Quilters’ Guild and local hospital officials. The initiative aims to provide a handmade quilt for every baby born at Cedar City Hospital in 2026 in celebration of the nation’s 250th anniversary. The quilt guild committed to creating and donating these quilts. Initially, organizers estimated approximately 200 quilts would be needed; however, between 800 and 900 babies are born at Cedar City Hospital each year, significantly increasing the project’s scope.

Liz Jacomb, president of the Cedar Chest Quilters’ Guild, began leading this effort alongside guild members, with each quilt made using America-themed fabric. During the recent Quilters Retreat, 40 finished baby quilts were turned in, and at least 100 quilt kits were distributed to be completed and returned. Participants from multiple states are now contributing to the project, reflecting its growing reach and community impact. To date,

133 completed baby quilts had been delivered to the hospital as of last Monday.

The Cedar Chest Quilters’ Guild is a nonprofit organization based in Cedar City, Utah, serving Iron County and surrounding areas as a local chapter of the Utah Quilt Guild. The organization promotes the art of quilting and community service through monthly meetings, workshops, and annual retreats. Guild members worked together to organize and host this year’s successful three-day event, which received many positive comments. Next year’s retreat will mark their 20th anniversary and is expected to be even larger. The guild extends heartfelt thanks to everyone who helped plan, support, and attend this year’s retreat.

Beyond their shared passion for quilting, members of the Cedar Chest Quilters’ Guild have formed meaningful friendships rooted in care and connection. Quilters possess a unique blend of artistic vision and technical precision, transforming fabric into heartfelt, functional works of art. Through mastery of color theory, intricate patterns, and consistent stitching, they create heirloom pieces that tell stories of love, creativity, and dedication.

To learn more or join this remarkable guild, contact ccqqweb@gmail.com.

“A quilt is a treasure to cherish forever”



Raffle winner, Reggie Ford, Juki Sewing Machine donated by ‘Scrappy Apple Quilt Shop’. Liz Jacomb, President Cedar Chest Quilter Guild, Reggie Ford, Ronnie Badgett.



The Iron County 4-H Horse Program served concessions at the Quilters Guild Event.

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by May Hunter

FOR IRON COUNTY TODAY

What Is Presidents' Day?

Presidents' Day is a celebration of leadership, integrity, and service in public office. Originally established to honor George Washington, the nation's first president, the holiday recognizes the ideals that have shaped the presidency throughout American history.

George Washington's birthday falls on February 22. In 1885, it became a federal holiday officially known as "Washington's Birthday." When the holiday was later observed on a Monday between Washington's and Abraham Lincoln's birthdays, it gradually became known as Presidents' Day, honoring all U.S. presidents—past and present.

Although Washington died on December 14, 1799, the holiday was not enacted until nearly one hundred years later. Today, Presidents' Day is always celebrated on the third Monday in February, following the Uniform Monday Holiday Act of 1968.

Presidents' Day is one of several federal holidays that honor those who shaped and protected our nation. Along with Labor Day, Memorial Day, Independence Day, and Veterans Day, it reminds Americans of the sacrifices made to secure the freedoms we enjoy today.

George Washington: A Legacy of Leadership

George Washington remains one of the most respected leaders in American history. He is the only U.S. president to have been unanimously elected, earning the full support of the Electoral College. He also holds the unique distinction of receiving a six-star general rank, the highest in U.S. military history.

As the general who created the first military achievement badge, Washington's influence on the armed forces remains strong. His image appears on

Honoring Presidents' Day

Classic 2-Crust Cherry Pie
Ingredients:
 • 1 box (14.1 oz) Pillsbury™ refrigerated pie crusts (2 count)
 • 2 cans (21 oz each) cherry pie filling
 • 1 tsp milk
 • 1 tsp sugar.
Preparation:
 1. Preheat oven to 425°F.
 2. Fit one softened crust into a 9-inch pie plate.
 3. Fill with the cherry pie filling.
 4. Top with the second crust, seal edges, and flute.
 5. Cut slits in the top for steam, brush with milk, and sprinkle with sugar.
 6. Bake for 40-45 minutes or until golden brown.



"Cherry Pie" is an American tradition linked to young George cutting down a cherry tree and admitting it to his Father symbolizing Honesty and Integrity.

the Purple Heart medal, which was reintroduced in 1932 to mark the 200th anniversary of his

birth.

Although Washington selected the site for the White House, he never lived there. His successor, John Adams, became the first president to occupy the still-unfinished residence in 1800.

Presidential Facts

- **A Dangerous Job:**

The presidency is both rewarding and risky. In 1841, William Henry Harrison, the ninth U.S. president, died of pneumonia just 31 days after taking office—becoming the first president to die while in office.

- **Immigrant Presidents:**

The first seven presidents of the United States were born in England and later immigrated to the American colonies. Martin Van Buren, the eighth president, was the first to be born a U.S. citizen.

- **Signing the Constitution:**

Only George Washington and James Madison among all U.S. presidents signed the United States Constitution.

Famous Presidential Quotes

- George Washington: "Happiness and moral duty are inseparably connected."
- Abraham Lincoln: "In the end, it's not the years in your life that count. It's the life in your years."
- John F. Kennedy: "One person can make a difference, and everyone should try."
- Theodore Roosevelt: "Believe you can and you're halfway there."
- Thomas Jefferson: "On matters of style, swim with the current; on matters of principle, stand like a rock."
- Ronald Reagan: "There can be no greater good than the quest for peace, and no finer purpose than the preservation of freedom."
- Barack Obama: "If you're walking down the right path and you're willing to keep walking, eventually you'll make progress."
- Franklin D. Roosevelt: "The only limit to our realization of tomorrow will be our doubts of today."

These words reflect the strength, vision, and dedication required of leadership throughout American history.

Honoring the Leaders Who Shaped Our Nation

Happy Presidents' Day!



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CV girls wrestle to third straight title, boys runner-up

RANDOM thoughts

Tom Zulewski

IRON COUNTY TODAY



In the chase for their third straight 3A championship at Sevier Valley Center in Richfield on Feb. 5, the Canyon View girls wrestling team found itself in a three-way battle to hold on to the crown. Despite winning three individual titles, the rest were more

than enough to finish off the three-peat.

Gemma Carter (135), Gwendaline Gardiner (145) and Nellie Carter (155) stood at the top of the podium with the first-place medals, and the Falcons finished with 273

points, 16 more than runner-up Grantsville (257), while Juab was 31 points behind in third.

While the Cowboys had five individual champions, the Falcons had the edge in second-place finishers by a 4-3 count. CV also had at least two

wrestlers who finished no worse than sixth to round off the team total. The team returned to campus Feb. 6 on a fire truck with friends and family to greet them, and completed the celebration with a ringing of the victory bell.

Here are all of Canyon View's 17 wrestlers who finished in the top six at the 3A girls state tournament: 100 – Daisy Callaway, 2nd – lost to Grantsville's Samatha Wingfield by fall at 1:00.

Capri Zorn, 4th – lost by technical fall to Juab's Jenay Tinoco, 17-0.

105 – Mayra Castillo, 2nd – lost to Kabree Duncan of Union by fall at 5:01.

110 – Taylor Whittom, 3rd – defeated Chloe Hague of Union by fall at 1:51.

115 – Brynlee Lauritzen, 4th – lost to Kelly Morales of Logan by technical fall, 22-7.

120 – Takyera Taylor, 3rd – beat Adriana Beltran of Union by fall at 5:21.

130 – Serenitee Bushnell, 3rd – won by decision over Chloe Parker of

see **RANDOM THOUGHTS** » 24



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Reds boys drop two to close season

by Tom Zulewski

IRON COUNTY TODAY

Ty Rowley scored 20 points, but the Cedar Reds fell short of Pine View's scoring punch in a 66-61 loss for the Senior Night home finale Feb. 4. Caleb Schmidt led all scorers for the visiting Panthers with 25 points and Cooper Ranson added 22. Cedar led by a point at

14-13 after the first quarter, but Pine View (9-3 Region 9, 17-6 overall) responded over the next two quarters and led 51-46 heading to the fourth. The Panthers played on even terms with the Reds, 15-15 over the final eight minutes and secured the win. Owen Ryan added 11 points in the loss for Cedar. In the regular-season finale, Cedar traveled

to the Hangar and got grounded in an 80-55 loss to the Dixie Flyers on Feb. 6. The Reds trailed by only 21-17 after a quarter, but couldn't keep pace as they suffered their 16th straight Region 9 loss, finishing 0-12 and 3-20 overall. Collin Simmons led all scorers for Dixie (7-5, 14-8) with 27 points. Rowley led Cedar with 23 points in the loss and

Benson Tippets added 12. Cedar was able to claim the 24th and final spot in the RPI to land in the 4A playoffs. They won't have to travel far as they opened on the road at No. 9 Snow Canyon on Feb. 10. The winner advanced to play at No. 8 Sky View, and that game happens Friday starting at 7 p.m.



Pine View

66

Cedar

61

Pine View	14	15	22	15	-	66
Cedar	15	13	18	15	-	61

Pine View – Sommer 3, Tueller 9, Salley 4, Schmitt 25, Ranson 22, Ott 3. Totals 22 14-24 66. 3-pointers – Sommer 1, Tueller 1, Salley 1, Schmitt 1, Ranson 4.

Cedar – Tippets 9, Ryan 11, Barrick 2, Rowley 20, Kelling 3, Crowley 3, Englebright 4, Crosby 2, Rasmussen 5, Hassler 2. Totals 23 7-11 61. 3-pointers – Tippets 3, Ryan 3, Kelling 1, Rasmussen 1.

CV boys fall in Senior Night finale

by Tom Zulewski

IRON COUNTY TODAY

At this late point in the basketball season, Canyon View boys head coach Kim Blackner knows his team has little margin for error. Once the second half began, the visiting Richfield Wildcats ran away and left the Nest with a Region 14 championship. Trey Yardley led four players in double figures with 19 points, and Richfield used a 15-1 third-quarter run to break the game open and cruise to a 69-53 victory over the Falcons on Feb. 4. CV trailed 37-32 after Jeter Sanders hit a 3-pointer before the Wildcats started the run that swung the game in their favor.

“My concern was when we came out of the locker room, we were just awful to start the third,” Blackner said. “Turnovers led to runouts and easy buckets for them. They got layups and open threes, and we got in a hole trying to dig ourselves out.” Yardley got additional help on offense from Jorgen Southwick, who scored 15 points, along with teammates Grant Wayman and Derek Barton, who added 11 points each in the win. Richfield never let the lead fall below double figures in the second half. CV enjoyed its only lead of the night



Canyon View head coach **Kim Blackner** talks to his team during a timeout as the Falcons faced the Richfield Wildcats at the Nest on Feb. 4.

(Tom Zulewski/Iron County Today)

with 3:42 to play in the first half when Zach Maine (10 points)

hit his third 3-pointer of the game that gave the Falcons a 24-23 edge. The Wildcats had an answer with a 14-5 run that staked them to a 37-29 advantage at the break. Sanders and Jack Meyer led the

Falcons with 15 points each in the loss.

To finish the regular season, the Falcons rebounded behind 22 points from Sanders and 15 from Meyer as they used a big second quarter and cruised past Providence Hall, 70-41, on Feb. 6, improving to 5-3 in region and 11-12 overall. CV held a 15-11

lead after the opening quarter, but outscored the Patriots 24-11 in the second to take a 39-22 halftime lead and add on from there.

Canyon View finished the season with the No. 8 RPI ranking and will stay home to host the Union Cougars in the opening round of the 3A playoffs that start Friday. The winner advances to the 3A state quarterfinals at America First Events Center that begin Feb. 19.



Richfield

69

Canyon View

53

Richfield	16	21	19	13	-	69
Canyon View	13	16	10	14	-	53

Richfield – Wayman 11, Yardley 19, Gardner 2, Southwick 15, Whatcott 5, Spell 6, Barton 11. Totals 26 9-9 69. 3-pointers – Wayman 1, Yardley 1, Southwick 2, Whatcott 1, Barton 3.

Canyon View – Whittaker 7, Maine 10, Sanders 15, Meyer 15, Bealer 2, Winters 2, Barnes 2. Totals 18 11-15 53. 3-pointers – Maine 3, Sanders 2, Meyer 1.

Reds girls hold on, beat Panthers

by Tom Zulewski

IRON COUNTY TODAY

The math wasn't hard for the Cedar girls basketball team as it faced a tough road test Feb. 3.

Sharing the ball made a big difference as the Reds got off to a hot start. After surviving a rough stretch in the second half, Cedar held on and left with a well-earned victory. Gabby Gomez scored 25 points and Brooke Vargas added 14 as Cedar raced out to a 16-3 first-quarter lead and made it hold up for a 55-51 win over the Pine View Panthers in the game played at The Pit. "We have the ability to make shots and when we share the ball, we have good shooters," Nielsen said. Pine View, who finished its regular season 8-4 in Region 9 and 17-6 overall, was able to wipe out the big early deficit and take its first lead early in the third quarter. Gomez and Vargas hit key 3-pointers in the period, but the Panthers answered with a 7-0 run and took a 40-39 lead heading to the fourth.

"It takes a lot of courage for a team to say 'we're still in the fight. We can do this,'" Nielsen said of the Pine View effort. "It's hard to fight back on the other team's court when they have all the momentum going. That was big-time for us. We stepped up and made foul shots."

The Panthers had three separate chances to reclaim the lead in the final minutes, but the shots did not fall. Cedar made three free throws to help secure the

victory.

The Reds returned home to close out the regular season and fell 61-52 to the Dixie Flyers at the Wolf Den on Feb. 5. Izzy Hollingshead led three players in double figures with 23 points as the Flyers clinched the Region 9 title outright with a 9-2 record, 21-2 overall.

Cedar got 27 points from Gomez in the loss as the Reds finished the regular season at 5-7 in region, 11-12 overall. The team finished 11th in the final RPI and started the 4A state playoffs with a home game Feb. 11 against the Park City Miners. The winner advanced to a second-round matchup Feb. 14 at No. 6 Mountain Crest, and the 4A tournament will be played at Dee Events Center in Ogden on the Weber State campus starting Feb. 18.



Cedar

55



Pine View

51

Cedar	16	9	14	16	55
Pine View	3	15	22	11	51

Cedar – Nielsen 4, Corry 2, Vargas 14, Jones 3, York 2, Gomez 25, Fielding 2, Esplin 3. Totals 18 11-17 55. 3-pointers – Vargas 4, Gomez 4.

Pine View – Schlenker 11, Calico 3, Gustin 14, Harris 4, Fiefla 16, Eves 1, Seve 2. Totals 18 10-14 51. 3-pointers – Schlenker 1, Calico 1, Gustin 1, Harris 1, Fiefla 1.

Cedar's **Gabby Gomez** looks to pass while challenged by a Pine View defender during their game against the Panthers on Feb. 3. The Reds won, 55-51. (Tom Zulewski/Iron County Today)



MONTHLY MENTAL HEALTH COLUMN

VOL. 1

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and IFS



My name is Milton McLelland. I am a clinical mental health counselor and the co-owner of Roots Counseling, alongside my wife, Rochelle. Since 2016, Roots Counseling has operated as a Dialectical Behavior Therapy (DBT)-based treatment center. DBT was originally developed to help individuals who have experienced complex trauma and who struggle with emotional regulation, relationships, and daily life functioning. It is a skills-based model grounded in the belief that people are doing the best they can with the skills they currently have—and that growth and change are always possible.

At Roots, DBT serves as the foundation of our work. By combining traditional talk therapy with practical, evidence-based skills, we help individuals learn how to manage emotions, build healthier relationships, and move toward the life they want to live. Over the years, we have continued to grow and evolve while maintaining our commitment to DBT. We have also integrated additional therapeutic approaches that strengthen and complement this foundation, including Internal Family Systems (IFS), often referred to as "parts work." IFS helps individuals better understand their inner world, identify where they feel stuck, and work compassionately with themselves so that insight and skills can come together in meaningful ways.

This column is part of our effort to support mental health not only in our practice, but within our community and beyond. Life feels especially demanding right now, and connection, understanding, and hope matter. Each month, we will explore mental health topics relevant to everyday life and share what we see working in recovery right here in Iron County. If you have questions you would like us to address, you may email Roots Counseling at info@rootscw.com with the subject line "Newspaper Question." Your privacy will always be respected. We look forward to building a healthier, more resilient community as we continue to serve Iron County.

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PREP SCOREBOARD - WINTER STANDINGS

SCORES

Boys Basketball

Region 9

2/2 Crimson Cliffs 56, Snow Canyon 53

2/4 Pine View 66, Cedar 61
Crimson Cliffs 62, Hurricane 58
Desert Hills 51, Dixie 43

2/6 Dixie 80, Cedar 55
Crimson Cliffs 62, Desert Hills 54
Hurricane 59, Snow Canyon 54

2/10 4A state playoffs, first round
Cedar at Snow Canyon
Stansbury at Mountain View
Bear River at Ridgeline
Judge Memorial at Desert Hills
Mountain Crest at Green Canyon
Summit Academy at Timpanogos
Uintah at Murray
Jordan at East

2/13 4A playoffs, second round
Teams TBD

Region 14

2/4 Richfield 69, Canyon View 53
Juab 93, Providence Hall 57

2/6 Canyon View 70, Providence Hall 41
Richfield 57, Delta 26
Juab 66, North Sanpete 50

2/13 3A state playoffs, first round
Union at Canyon View
Ben Lomond at Morgan
Logan at Emery
Grantsville at Juab
Providence Hall at Richfield
Manti at Ogden
North Sanpete at Am. Heritage
Carbon at Delta

2/19 3A playoffs, quarterfinals
At America First Events Center
Teams TBD

Region 18

2/4 Parowan 60, Beaver 34
Kanab 69, Enterprise 49
South Sevier 75, Grand 37

2/6 Kanab 61, Beaver 41
San Juan 70, Grand 59
Parowan 51, Enterprise 48

2/10 2A state playoffs, first round
Grand at Parowan
Vanguard at San Juan
UMA Camp Williams at Waterford
Rockwell at Enterprise
Maeser Prep at Millard
North Sevier at Duchesne
Merit Prep at Beaver
Intermountain Christian at Draper
APA

2/13 2A playoffs, second round
Teams TBD

Girls Basketball

Region 9

2/3 Cedar 55, Pine View 51
Crimson Cliffs 72, Hurricane 48
Dixie 62, Desert Hills 52

2/5 Dixie 61, Cedar 52
Snow Canyon 67, Hurricane 41
Desert Hills 80, Crimson Cliffs 68

2/11 4A state playoffs, first round
Park City at Cedar
Bear River at Judge Memorial
Highland at Uintah
Hurricane at Tooele
Murray at Mountain View
Crimson Cliffs at Sky View
Jordan at Cottonwood
Deseret Peak at Timpanogos

2/14 4A playoffs, second round
Teams TBD

Region 14

2/3 Canyon View 41, Richfield 36
Juab 44, Providence Hall 13

2/5 Canyon View 66, Providence Hall 6
Delta 46, Richfield 30

2/14 3A state playoffs, first round
Juab at Canyon View
North Sanpete at Logan
Carbon at Grantsville

Providence Hall at Emery
Ogden at Morgan
Ben Lomond at Delta
Richfield at Union
Manti at Layton Christian

2/19 3A playoffs, quarterfinals
At America First Events Center
Teams TBD

Region 18

2/3 Beaver 53, Parowan 23
Kanab 53, Enterprise 35
South Sevier 45, Grand 43

2/5 Enterprise 51, Parowan 15
Kanab 57, Beaver 33
San Juan 64, Grand 42

2/11 2A state playoffs, first round
Parowan at North Sevier
Am. Leadership at Maeser Prep
Freedom Prep at Waterford
South Summit at Rockwell
Rowland Hall at Am. Heritage
Grand at South Sevier
Vanguard at Intermountain
Christian
APA West Valley at Gunnison

2/14 2A playoffs, second round
Teams TBD

STANDINGS

RPI RANKINGS IN PARENTHESES

Boys Basketball

Region 9

	REGION	OVERALL
Crimson Cliffs (3)	10-2	16-7
Pine View (2)	9-3	17-6
Dixie (5)	7-5	14-8
Hurricane (6)	7-5	13-10
Snow Canyon (9)	6-6	13-10
Desert Hills (16)	3-9	9-13
Cedar (24)	0-12	3-20

Region 14

	REGION	OVERALL
Richfield (2)	7-1	15-7
Canyon View (8)	5-3	11-12
Delta (6)	4-4	12-9
Juab (5)	4-4	12-10
Providence Hall (15)	0-8	4-19

Region 18

	REGION	OVERALL
Kanab (1)	12-0	19-2
South Sevier (4)	9-3	15-8
San Juan (9)	8-4	14-9
Parowan (10)	6-6	10-10
Enterprise (13)	5-7	10-13
Beaver (14)	2-10	10-12
Grand (23)	0-12	2-20

Girls Basketball

Region 9

	REGION	OVERALL
Dixie (1)	10-2	21-2
Snow Canyon (5)	9-3	14-9
Pine View (3)	8-4	17-6
Desert Hills (4)	8-4	16-6
Cedar (11)	5-7	11-12
Hurricane (18)	1-11	7-16
Crimson Cliffs (19)	1-11	4-18

Region 14

	REGION	OVERALL
Delta (1)	8-0	19-2
Canyon View (4)	6-2	14-10
Richfield (9)	4-4	9-14
Juab (13)	2-6	4-14
Providence Hall (14)	0-8	5-16

Region 18

	REGION	OVERALL
Kanab (1)	12-0	21-2
Beaver (2)	10-2	21-3
Enterprise (3)	8-4	18-4
San Juan (8)	6-6	11-10
South Sevier (15)	4-8	5-18
Grand (18)	2-10	6-17
Parowan (23)	0-12	0-21

RANDOM THOUGHTS

« CONTINUED FROM PAGE 19 »

Carbon, 8-2.

135 – Gemma Carter, 1st – defeated Summer Rowley of Manti, 10-4.

140 – Lizbet Rodriguez, 2nd – lost to Chloe Critchlow of Grantsville by fall at 5:28.

145 – Gwendaline Gardiner, 1st – defeated Emma Moriarty of Richfield, 6-2.

Jacksyn Kippen, 5th – beat Brynleigh Jensen of Morgan by fall at 1:25.

155 – Nellie Carter, 1st – beat Rickelle Collins of Carbon by fall at 5:19.

Shelby Sands, 6th – lost to Danika Nielsen of Delta by fall at :31.

170 – Rylee Carter, 5th – beat Lillie Balosso of Juab by fall at 3:24.

190 – Karissah Haymore, 2nd – lost to Madison Arroyo of Carbon by fall at 4:42.

Shalyse Parke, 6th – lost to Danyelle Shields of Union by fall at 1:31.

235 – Valeria Estrada, 4th – lost to Macee Ercanbrack of Juab by fall at :21.

Canyon View's boys team proved to be a serious challenger, but the Juab Wasps overcame an early deficit and finished with 277.5 points to claim its 10th straight 3A state title Feb. 5. The Falcons finished with more individual champions than Juab (4-2), but the Wasps added five second-place and five third-place finishers to give them a 44.5-point edge (277-232.5).



“We were closer than ever, and we will catch them next year,” said CV boys head coach Dallas Lowry, who was named 3A Coach of the Year after the tournament.

Here are all of the boys wrestlers who finished on the podium for Canyon View at the 3A state championship meet:

106 – Teagan Griffiths, 3rd – beat Traeton Manis of Delta by fall at 3:00.

113 – Jaxten Bowler, 1st – beat Trevor Cowan of Juab, 5-4.

Cael Imlay, 6th – lost to Max McKinlay of Richfield by technical fall, 19-2.

120 – Kooper Nowell, 1st – defeated Nash Jensen of Delta, 7-3.

132 – Gage Nielson, 3rd – beat Brevan Miller of Juab by fall at 3:43.

138 – Abraham Meraz, 3rd – defeated Carter Anderson of Delta, 12-11.

144 – Cole Cavalieri, 6th – lost by forfeit to Zaiden Clark of Grantsville.

150 – Kallen Cavalieri, 4th – lost to Kolt Redd of Logan by technical fall, 16-1.

157 – Limoni Matakaiongo, 2nd – lost



to Luke Woolsey of Morgan, 6-5.
165 – Josiah Barker, 6th – lost to Kai Olsen of Logan by technical fall, 18-0.
175 – Alex Crawley, 1st – beat Skyler Crowther of Morgan by technical fall, 19-3.

285 – Tate Killian, 1st – defeated Jared Simmons of Carbon by fall at :37.

Cedar's Vargas signs basketball letter of intent with Park University

After a single senior season with the Cedar girls basketball team, Brooke Vargas signed a letter of intent Feb. 6 to play at Park University, an NAIA school located in Gilbert, Arizona. Vargas averaged nearly 9 points per game to complement fellow senior Gabby Gomez for a Reds team that finished the regular season with an 11-12 overall record. Vargas also has a streak of 11 straight games with at least one made 3-pointer in progress as Cedar headed to a playoff home game Feb. 11 against the Park City Miners.

She talked about what the transition was like to play with her teammates and the process behind her college choice. “Coming here to Cedar was a huge step for me and my mom,” Vargas said. “These girls have been everything to me. They didn't really have to be nice to me, but they are, so it just goes to show their character, not to mention Corry (Nielson) and the coaches. It's been a really easy adjustment, and I didn't think it would be.” With another adjustment to

college in the desert on the horizon, Vargas knows it's a challenge she's ready to take on with the help of the school's coaches.

“Coach (Ben) York cares about me as a human and not just a basketball player. It's gonna be great,” said Vargas, who plans to study biology and become a radiologist. “You gotta take steps outside your comfort zone. It has to happen.”

Contact Tom Zulewski at tominator19@yahoo.com.



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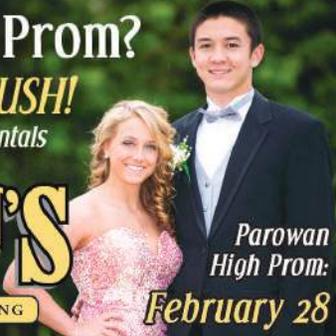
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legal notices

ANNOUNCEMENT OF APPOINTMENT AND NOTICE TO CREDITORS

Estate of Scott Giles Carlile, Case No. 253500229ES

Elizabeth Irene Miller Carlile has been appointed personal representative of this estate. All persons having claims against the decedent must present their claims in writing within three months after the date of the first publication of this notice or the claims will forever be barred.

Written claims may be:

- Delivered or mailed to the personal representative's attorney at the address below, or
- Filed with the Clerk of the District Court in Iron County.

DATED THIS 30th day of January 2026.

WILLARD R. BISHOP, ESQ

Attorney for Personal Representative, Elizabeth Irene Miller Carlile

P.O. Box 279

Cedar City, Utah 84721-0279

Phone: (435)586-9483

Email: willardrbishoppc@gmail.com

Published on February 5th, 12th, & 19th 2026.

PUBLIC HEARING

The Central Iron County Water Conservancy District will hold a Public Hearing concerning an Official Name Change to Cedar Valley Water Conservancy, February 19th, 2026, at 6:30 PM in the Board Meeting Conference Room, CICWCD Office 710 S Westview Drive, Cedar City, Utah. For more information visit www.cicwcd.org, or the office at the address below or call 435-865-9901. Written comments may be submitted to the District Office at 710 S Westview Drive, Cedar City, Utah 84720.

Published February 12, 2026



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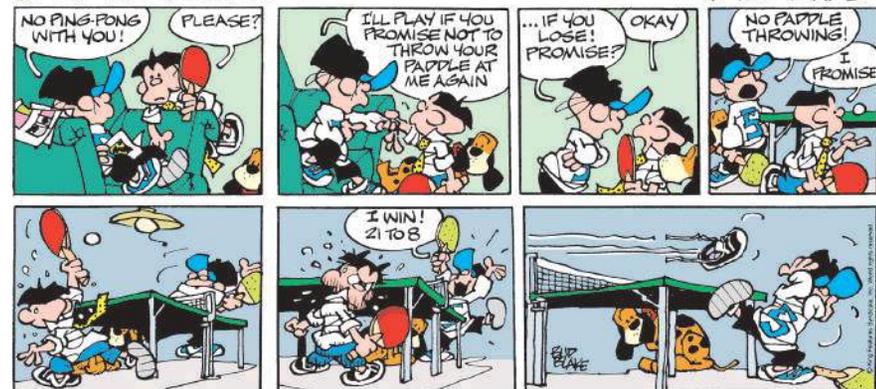
Amber Waves

by Dave T. Phipps



TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



Weekly SUDOKU

		1	7	4		8	3
4	9	8	6	5		1	2
		2		1			5
		6	8	3			
3		1	5	8	9		
	1	3	4	5	2		
	2			4	6	1	
	4		4	6	2	5	9

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

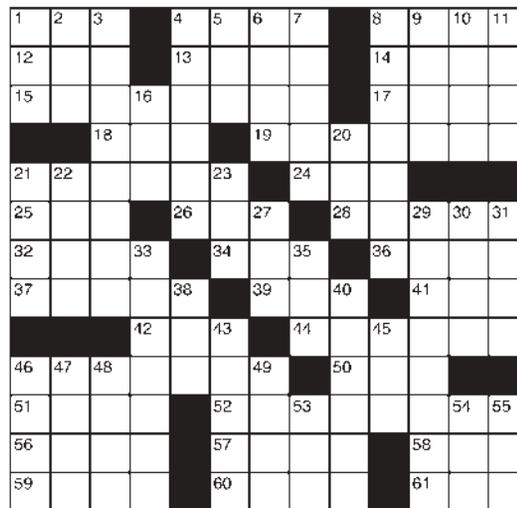
Differences: 1. Tail is smaller. 2. Arms are longer. 3. Rabbit's ears are different. 4. Leg is different. 5. Hairtip is longer. 6. Rabbit's ears are moved.

February 9, 2026 Posting Date

King Crossword

ACROSS

- 1 Canine cry
- 4 Dalai —
- 8 Sultry Horne
- 12 Uncle, to Juan
- 13 Bard's river
- 14 401(k) relatives
- 15 Provider of free groceries
- 17 Lapel jewelry
- 18 Fawn's mom
- 19 Nome resident
- 21 Nuanced
- 24 English cathedral city
- 25 100%
- 26 Poseidon's realm
- 28 Follow
- 32 L-Q bridge
- 34 Cover
- 36 Gear teeth
- 37 Avid
- 39 Kauai souvenir
- 41 Last (Abbr.)
- 42 Conducted
- 44 Justice Antonin
- 46 Movie promo
- 50 Sprite
- 51 Campus mil. group
- 52 Eats for para-keets
- 56 Jazzy James
- 57 Singer Braxton



- 58 French assent
- 59 Twain hero
- 60 Jazz legend
- 61 ER workers
- 9 Composer Satie
- 10 "Peter Pan" dog
- 11 Professional gp.
- 16 Speck
- 20 Pub pint agency
- 21 "Ditto"
- 22 Forearm bone
- 23 Snaky fish
- 27 Be sick
- 29 1997 Vanessa Williams film
- 30 Hybrid fruit
- 31 "Como — usted?"
- 33 Louisiana symbol
- 35 — Moines
- 38 Seminary subj.
- 40 Stranded during a blizzard
- 43 Unpaid bills
- 45 TV alien
- 46 Not kosher
- 47 Indian flat-bread
- 48 Envelope abbr.
- 49 Funny person
- 53 Genetic letters
- 54 Wilder's "— Town"
- 55 Insult, slangily

DOWN

- 1 Justice Dept. agency
- 2 2016 Olympics city
- 3 Gourmand's online journal
- 4 File stickers
- 5 Director DuVernay
- 6 "— Lisa"
- 7 Bracelet site
- 8 Feign singing

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8	3	7	2	9	6	5	1	4
9	6	2	7	1	4	8	3	5
1	4	6	1	7	2	5	8	3
2	7	4	8	3	5	9	2	6
7	2	5	9	3	4	6	8	1
6	9	8	1	2	5	3	7	4
4	5	6	7	8	9	3	1	4
5	6	7	8	9	1	2	3	4
3	4	5	6	7	8	9	1	2

Answer

Weekly SUDOKU

D	S		N	S	S	N	N	I	E
I	U		I	N	I	T	A	V	I
O	O		O	F	B	I	O	F	R
L	A		L	E	R	E	L	E	F
I	A		L	E	S	C	A	L	L
I	A		L	E	R	L	E	I	L
G	S		L	I	D	C	O	N	M
A	L		S	E	A	N	E	N	S
S	U		B	T	L	E	L	A	Y
N	S		O	D	E	A	L	A	S
K	A		N	S	P	I	N	S	
L	E		N	A	V	O	N	I	R
A	H		L	A	M	A	L	E	N

Solution time: 25 mins.

Answers

King Crossword



1. GEOGRAPHY: What is the capital of Honduras?
2. FOOD & DRINK: What is the name of the Pillsbury Doughboy?
3. TELEVISION: In which state is the sitcom "Roseanne" set?
4. PSYCHOLOGY: What is the fear represented in the condition called arachibutyrophobia?
5. MUSIC: Which 1992 Radiohead song has the lyric "I wish I was special"?
6. MOVIES: Who is Indiana Jones' nemesis in "Raiders of the Lost Ark"?
7. U.S. PRESIDENTS: Which president is known for giving the longest inauguration speech to date?
8. LITERATURE: "Cry, the Beloved Country" is a novel set in which country?
9. HISTORY: Which organization was awarded the Nobel Peace Prize in 1917?
10. ANATOMY: Which element is a primary component of bones?

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1. Tegucigalpa; 2. Poppin' Fresh; 3. Illinois; 4. Fear of peanut butter sticking to the roof of one's mouth; 5. "Creep"; 6. Dr. Rene Bellot; 7. William Henry Harrison, 1 hour and 45 minutes; 8. South Africa; 9. International Committee of the Red Cross; 10. Calcium

Trivia Test Answers

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