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MEET THIS MONTH'S CLINICIAN!

ROCHELLE MCLELLAND

Co-Founder & Clinical Director
Clinical Mental Health Counselor
(CMHC)

Specializing in family dynamics/
relationships, trauma, and more.

Rochelle works with children 10+,
teens, families, and young adults.

Her approach is DBT, IFS, EMDR, and
play therapy.



WELCOME TO ROOTS COUNSELING & WELLNESS

Rochelle McLelland is a Clinical Mental Health Counselor and the Clinical Director at Roots Counseling in Cedar City, Utah. Known for her warmth, clarity, and steady leadership, Rochelle plays a central role in shaping both the culture and clinical excellence of the practice. Rochelle is especially passionate about supporting teenagers and families. She understands that adolescence can be an emotionally intense season—not only for teens, but for parents who are trying to stay connected while navigating stress, conflict, and uncertainty. Her approach emphasizes emotional safety, honest communication, and rebuilding trust in ways that feel practical and sustainable.

She is also closely involved in Roots Counseling's DBT youth group program, which helps teens develop essential skills for managing emotions, strengthening relationships, reducing impulsive behaviors, and building healthier coping strategies. Rochelle believes in equipping young people with tools they can use in real-life situations—especially during the high-pressure challenges of school, friendships, family stress, anxiety, and depression.

In addition to her client work, Rochelle is deeply invested in mentoring clinicians. As Clinical Director, she provides guidance and support to the therapists at Roots Counseling, helping them grow in skill and confidence so they can better serve those seeking care. She believes meaningful therapy happens when clinicians feel grounded and supported—and she is committed to fostering a team that continues to learn and improve.

Rochelle's leadership balances compassion with purposeful growth. She is passionate about helping individuals and families move forward—not through pressure or perfectionism, but through encouragement, accountability, and a strong belief in resilience. If you would like to contact Roots Counseling or submit a question for a future column, email info@rootscw.com.

Healthy connection starts with understanding, both yourself and others.

"People don't need to be fixed—they need to be understood, supported, and reminded that they're capable of change."

-Rochelle M.



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News

Board approves boundary adjustments

-page 4



IRON COUNTY

today



Cedar Fort Monument

STORY IN NEWS

Board approves boundary adjustments

by Shauna Lund

FOR IRON COUNTY TODAY

The Board of Education approved proposed boundary changes for six elementary schools beginning the fall of 2026. Boundary adjustments for two middle schools and two high schools were also approved beginning in the fall of 2027.

Superintendent Dr. Lance Hatch said the school district followed the state requirements for boundary adjustments. The district announced its intent to adjust boundaries in the fall of 2025. Input from parents was sought through a comment form, town halls at two locations, a public hearing on Feb. 17 and several public comment periods during regular board meetings.

Additionally, board members said they

received emails and questions from their constituents. The final step was approval from the Board. The adjustments were adopted unanimously. Hatch said families affected by the boundary changes have 30 days to submit a request to stay at their current schools. District administrators will consider those on March 31 and notify families by mid-April. A special variance request form is accessible on the boundary study page on the district website.

Parents will need to provide transportation for students attending school outside of their assigned boundaries.

Variance requests for secondary students impacted by the boundary change do not need to be submitted this year as the changes do not go into effect until the 2027-28 school year.

Parents can view their boundary school by inputting their home address on the interactive map at <https://bit.ly/newICSDboundaries>.

Kindergarten priority registration now open

Kindergarten priority registration kicks off on March 1 and continues through April 2.

Children who are 5 years old on or before Sept. 1 may register for the 2026-27 school year. Parents are encouraged to complete the online registration at <https://tinyurl.com/ICSDKReg26ENG> and plan to attend one of the in-person registrations scheduled at each of the schools. In-person registrations will be held as follows:

- South Elementary, Monday, March 16, 12:30-3 p.m.
- East Elementary,



Tuesday, March 17, 12:30-3 p.m.

- Enoch Elementary, Thursday, March 26, 12:30-3 p.m.
- Iron Springs Elementary, Monday, March 30, 12:30-3 p.m.
- North Elementary, Wednesday, April 1, 12:30-3 p.m.
- Three Peaks Elementary, Thursday, April 2, 12:30-3 p.m.
- Fiddlers Elementary, Tuesday, March 24, 12:30-3 p.m.
- Escalante Valley Elementary, Thursday, March 27, 9-11 a.m.
- Parowan Elementary, Tuesday, March 31, 12-2 p.m.

At the in-person registration, staff will give a K Readiness Assessment, screen hearing and vision, verify registration and teachers will be available to meet with students. Spanish translation will be available at those times as well. Kindergarten options include full day, embedded half-day and half-day (if enough students register).

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rshipp@le.utah.gov

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Salt Lake City, UT 84114-2220
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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.

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MARCH 17, 2026 7:00 PM

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DUP Company Members with Cedar City Councilman R. Scott Phillips, at the old location

by May Hunter

FOR IRON COUNTY TODAY

On Friday, February 27, 2026, the iconic “Fort Cedar” historical marker, along with an impressive 35-ton solid iron ore rock, was carefully relocated 850 feet from its original location. This remarkable move was accomplished by Schmidt Construction with the support of dedicated Cedar City employees.

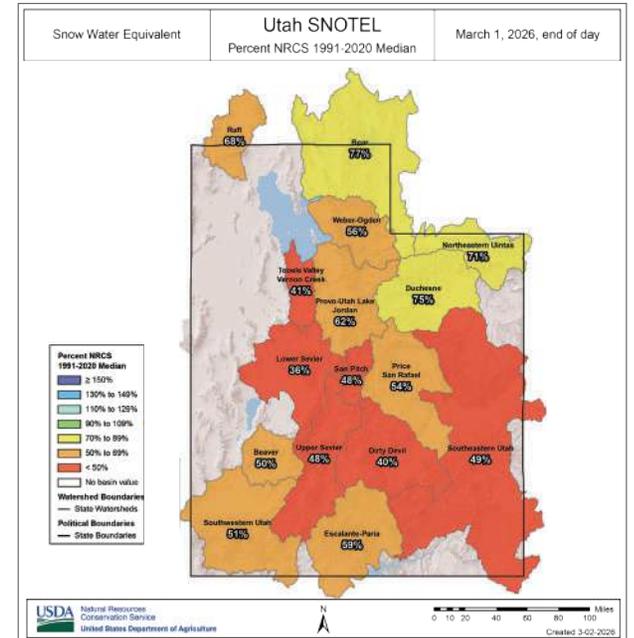
Relocating the monument and iron ore rock was no small task. The project required extensive planning, heavy industrial equipment, a specialized crane, skilled machine operators, and expert engineering. We extend a heartfelt thank you to everyone who worked diligently to make this historic move possible.

Fort Cedar’s story dates back to November 1851, when thirty-five men from Parowan settled Cedar City. To survive their first winter, they built a temporary encampment using wagon boxes and sagebrush walls. By 1853, a fort measuring 100 rods square was constructed on this site. Its walls stood nine feet high, three feet thick at the base, and enclosed 63 acres of land. Inside

see **MONUMENT** » 11



Cedar City Councilman Phil Schmidt/Schmidt Construction and Kyle Hulet.



IRON COUNTY FORECAST

A COLD FRONT BRINGS RAIN AND SNOW SHOWERS TO THE REGION ON THURSDAY. THE WEEKEND INTO NEXT WEEK WILL FEATURE PARTLY SUNNY SKIES AND MILD TEMPERATURES.

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

THURSDAY
Rain/Snow Showers
49°/25°
PRECIP: 50%
WINDS: N 15-25

FRIDAY
Mostly Cloudy
49°/21°
PRECIP: 20%
WINDS: N 10-20

SATURDAY
Partly Cloudy
56°/26°
PRECIP: 10%
WINDS: NE 5-15

SUNDAY
Mostly Sunny
59°/28°
PRECIP: 0%
WINDS: W 10-15

MONDAY
Mostly Sunny
59°/28°
PRECIP: 0%
WINDS: NE 5-10

TUESDAY
Partly Sunny
58°/32°
PRECIP: 0%
WINDS: N 5-10

WEDNESDAY
Mostly Sunny
59°/28°
PRECIP: 0%
WINDS: N 5-10

opinion

FROM THE EDITOR



**ESTHER
HAILSTONE**
OFFICE MANAGER

the end of the day.

Still, jumping back and forth twice a year can get old. I've heard some very convincing arguments both for keeping daylight saving time and for doing away with it altogether. It seems to be one of those issues where, if change is ever going to happen, most people will need to agree on what that change should look like. Until then, we adjust our clocks and carry on.

For me, it takes about a week to fully recover from losing that single hour. It's funny how "just one hour" can throw everything off. Bedtimes feel different. Mornings feel earlier. Routines feel slightly out of step. It's a small shift, but it has a noticeable effect.

Maybe that's the real lesson in all of this. Small changes matter. An hour matters. If one lost hour can leave us feeling tired and out of rhythm, imagine what a well-spent hour can do.

We are each given 24 hours in a day. How we choose to invest them shapes our work, our relationships, and our sense of purpose. As we step into March and watch the days stretch a little longer, perhaps it's a good time to think about where our hours are going, and where we want them to go instead. The clock may change, but the value of our time does not. Let's make it count.

WORD OF THE WEEK

HALCYON

[hal-cy-on]

adjective

denoting a period of time in the past that was idyllically happy and peaceful.

If you are anything like me, you probably have mixed feelings about Daylight Saving Time. This time of year, we lose an hour of sleep but gain an extra hour of daylight in the evening. Suddenly, 7 p.m. doesn't feel quite so late. There's something refreshing about seeing the sun linger a little longer at



Carter Carillon Rings for America250

from Ron Cardon

SUU ALUMNI & COMMUNITY RELATIONS

To celebrate our nation's semiquincentennial anniversary, the iconic Carter Carillon at Southern Utah University is set to play patriotic hymns each Friday at 2:50 p.m.

The community is invited to visit upper campus and enjoy the melodic music.

Playing patriotic hymns that include "The Star-Spangled Banner," "America the Beautiful," and "Battle Hymn of the Republic," is part of SUU's participation in the nationwide celebration and recognizes the institution's role as an America250 campus.

"Patriotic music is a mainstay anytime we celebrate our nation," said Kenten Pope, SUU executive events manager.

"We are excited to have the Carter Carillon ring with patriotic music from now until July 4, and we invite community members to visit campus and enjoy the bells."

see **CARTER** » 7

QUOTE OF THE WEEK

"The future starts today, not tomorrow."

- Pope John Paul II

IRON COUNTY **today**

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opinion

CARTER

« CONTINUED FROM PAGE 6

The Carter Carillon, built and named after the Cal and Gaye Carter family, was dedicated in 2007, and stands 76 feet tall. Its 25 bells, cast in the Royal Bellfoundry Petit & Frisen in the Netherlands, cover a range of two octaves and play more than 100 songs.

The Carillon is also the focus of a beloved campus tradition as it welcomes freshmen to campus each year as they process eastward beneath the Carillon, signifying the sunrise on their SUU careers. Students then refrain from walking beneath the Carillon until commencement day, when the tradition comes full-circle

and graduates process westward through the tower pillars, signifying the sunset on their educational careers at SUU.

America250 commemorates the 250th anniversary of the signing of the Declaration of Independence and celebrates the history and resiliency of the United States. Locally, Iron County's America 250 Committee is leading the planning and coordination of several events designed to educate, engage and unite our communities as we honor our nation's past and look forward to its future.

To learn more about SUU's America250 events, visit <https://events.suu.edu/>, and to learn more about events in Iron County, visit <https://visitcedarcity.com/america250/>.



Cedar City man arrested on suspicion of DUI after crash that damaged power line

by *Tracie Sullivan*
FOR IRON COUNTY TODAY

A Cedar City man was recently arrested after police say he crashed into a power line and fled the scene on foot.

Kevin Chavez Cerna, 25, was taken into custody Feb. 21 after officers responded to a report of a vehicle that had gone off the road and struck a power line.

According to charging documents filed in 5th District Court, the

A Cedar City man was recently

impact knocked the line down and caused more than \$5,000 in damage, the affidavit states.

Officers arriving in the area were told the driver had run from the scene. Cerna was located nearby and taken into custody a short time later.

During the encounter, officers reported a strong odor of alcohol allegedly coming from Cerna, along with slurred speech and glossy eyes. Because of the crash and the con-

see **CEDAR CITY MAN** » 11



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IRON COUNTY GOVERNMENT RECAPS

Cedar City Council Meeting Summary

by Iron County Today Staff

FOR IRON COUNTY TODAY

Love Where You Live — Third Grade Essay Contest

The annual “Love Where You Live” essay contest, presented by Events Director Brandon Burke in partnership with the Iron County School District, drew more than 300 third-grade entries this year under the theme “Why I Love Living in America” in honor of America 250. Winners received certificates, medals, enlarged essay copies, stickers, and prize money.

Third place went to Nova Jensen (Enoch Elementary), second to Carson Milner (Fiddler’s Elementary), and first to Willow Valerio (Iron Springs Elementary). Prize money was awarded to both students and teachers, with first place earning \$150 and \$300 for the classroom. Thanks to the Cedar City Rotary Club and medal donors Clark and Lynford.

Water Meter Upgrade and Customer Portal

The city’s major water meter replacement project, which began last fall, is nearly complete, with only a few meters remaining, including one at the

hospital and four at city facilities.

A new online customer portal allows residents to monitor water usage in real time, view daily and monthly consumption, set alerts for unusual usage or high thresholds, detect potential leaks, and manage multiple accounts. The portal works on most browsers, though it may have issues with Safari. City staff highlighted that the tool will reduce service calls, streamline meter reading, and help residents detect leaks early, with roughly 900 accounts currently showing signs of continuous water leaks, emphasizing its value for conservation.

Utah Shakespeare Festival — 65th Anniversary Season

The Utah Shakespeare Festival announced its 65th season, themed “The Madness of Love,” with ticket sales already ahead of last year.

The lineup includes Hamlet, Twelfth Night, Troilus and Cressida, Something Rotten!, She Loves Me, See How They Run, Frankenstein, and The Book Club Play, along with free nightly Green Shows. Local discounts and a student pass are available, and an April 20 open house will feature tours and giveaways.

Iron County Care and Share — Annual and Mitigation Fund Report

Iron County Care and Share reported a record-breaking 2025, distributing 48,000 pounds of food and nearly 15,000 pounds of non-food items to 3,324 residents, with 528 new household sign-ups.

The emergency shelter served 445 clients, 26% of whom were seniors, with mental health and physical disability rates rising sharply. Mitigation funding supports security, case management, and drop-in services, reducing law enforcement calls. The organization also received notice of potential grant funding for a tiny home and transitional housing project with centralized services.

Budget, Engineering, and Other Business

The council approved a \$570,598 engineering design for a pressure reduction and chlorination project and a contract modification for water modeling.

An ordinance revising sidewalk standards (Section 32-9) was adopted unanimously.

The midyear budget review projected a significant general fund surplus, with revenues coming in well above budget. The city’s unassigned fund balance remains strong, and the council discussed potential state legislation that could lower the allowable fund balance cap.

LEGISLATIVE UPDATES



REP. CARL ALBRECHT

UTAH HOUSE DISTRICT 70

Representative Albrecht’s Weekly Update Week 6

Dear Friends and Neighbors,

As we approach the end of the 2026 Legislative Session, my focus remains on keeping life affordable and holding government accountable for every family in our communities. This session, we’ve passed meaningful legislation to lower costs and ease the burdens families are facing. We’re also taking proactive steps to safeguard critical resources, strengthen innovation in education, and keep Utah among the safest states in the nation.

Your voice is the most important part of this process, and I encourage you to stay involved as we head into the final week. You can read every bill, watch live floor debates, and track daily committee agendas in real time

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

by visiting le.utah.gov.

Lowering Gas Prices for Utahns

I know the rising cost of living is the top concern for families in our communities. As a Legislature, we are taking action to provide relief. Utah has reached a landmark agreement with industry partners to strengthen our gasoline fuel supply and help lower prices at the pump by reducing the gas tax.

Through H.B. 575, we are cutting red tape to expand energy infrastructure. By streamlining the permitting process for pipelines and midstream facilities, we are clearing the way for additional fuel to enter our market every day. This isn't just about infrastructure, it's about basic economics: when supply increases, prices come down.

While we build for the long term, we are also delivering near-term savings. Beginning July 1, the state gas tax will be reduced by 15%, providing direct relief each time you fill up. I'm committed to a future where energy is reliable, taxes stay low, and Utah remains the best place in the nation to live, work, and raise a family.

Legislative Update: Bills to Watch

Bills on Governor's Desk

HCR01 – House Concurrent Resolution Regarding Advanced Nuclear Manufacturing

HB369 – Agriculture and Food Amendments

HB238 – Utah Energy Generation and Transmission Planning

HB222 – Limitation of Actions Amendments

HB69 – Drinking Water Restructuring Amendments

HB66 – Soil Health Program Amendments

In the Senate

HB145 School Excused Absence Amendments:

Updates excused absence and attendance reporting rules to create clearer standards for schools and families, including Shooting Sports, Mountain Biking Clubs, and 4-H projects that students are involved with.

HB78 Nuclear Regulatory Amendments:

Sets a clearer regulatory framework for nuclear-related activities as Utah evaluates future Nuclear Energy options.

HB376 Land Management Funding Amendments:

Strengthens coordination and investment in land and watershed restoration to improve resilience and reduce long-term risk for wildland fires. This was a very popular bill all along the way in both the House and Senate, considering all the wildland fires we have experienced.

Committees and Caucus Leadership

As Chair of the House Natural Resources, Agriculture, and Environment Standing Committee, I'm committed to practical, rural-focused policy. I also serve on the House Public Utilities and Energy Committee, Natural Resources Appropriations Subcommittee, Utah Energy Council, Water Development Commission, Federalism Commission, Constitutional Defense Council, and the Colorado River Authority Caucus. I'm also Co-Chair of the Rural Caucus and serve on a Rural Legislative Education Working Group focused on improving rural education delivery and facilities, including capital improvements and campus infrastructure.

Stay Engaged

Your feedback helps shape the decisions we make at the Capitol. Thank you for allowing me to represent you. Please follow the process, track legislation, and watch proceedings at le.utah.gov. If you have questions or concerns, please call, email, or text my intern, Curtis Byrne, at #385-420-3096, or me at #435-979-6578. Thanks for staying engaged—I'll be back next week with a final Week 7 update.

Week 6 at the Capitol: Delivering Results for Utah



REP. REX SHIPP
UTAH HOUSE DISTRICT 72

As we approach the final week of the 2026 Legislative Session, my priority remains clear: keeping life affordable and government accountable. This week, we took decisive action to provide direct relief to your household budget and increase transparency across the state. To combat the rising cost of living, we passed H.B. 575, a landmark energy agreement. By cutting red tape to boost fuel supply and slashing the state gas tax by 15% starting July 1, we are providing immediate relief at the pump. Furthermore, H.B. 493 strengthens "Weights and Measures" protections, ensuring that the price you see on the shelf is the price you pay at the register.

We are also bringing much-needed transparency to the legal system with H.B. 540. This bill creates a secure, free portal for public court records and implements financial disclosure requirements for judges, ensuring the judiciary is as open as any other branch of government. Finally, to keep our economy competitive, H.B. 373 modernizes higher education by aligning research funding and student credentials directly with Utah's high-wage industries. Stay Involved: Your voice is vital. As we enter the final stretch, I encourage you to watch live debates and track legislation at le.utah.gov.

Updates on My Bills

HB 125 Aquatic Invasive Species Amendments: Senate Rules Committee

Updates Utah's rules to help stop invasive mussels from spreading in our lakes and reservoirs, clarifies which boats need to pay an annual fee, who must take the short online education course, and which vessels are exempt. It also adds clearer responsibilities

for boat rental businesses and strengthens inspection and decontamination requirements so the state can better protect its waterways.

HB 157 Department of Natural Resources Amendments:

Up for debate on the Senate 2nd reading calendar

Streamlines Department of Natural Resources statutes and programs—modernizing record-keeping, adjusting water-rights processes, and updating Geological Survey duties. It also provides a one-time \$5 million appropriation to cover DNR's water-related litigation and related costs.

HB 168 Hunting and Fishing Amendments:

Senate Natural Resources, Agriculture, and Environment Committee

Strengthens efforts to prevent poaching by creating a new Poaching Mitigation Fund. The bill updates rules for hunting guides, limits how many people can guide at once, removes outdated language, and requires violators to reimburse the state for investigation costs. It also clarifies rules around aircraft-assisted hunting and makes several clean-up changes to wildlife law.

HB 170 S2 School Board Amendments:

Up for debate on the Senate 2nd reading calendar

Gives local voters more power over their school boards by creating a clear process to refer school-board decisions to a public vote — including decisions that raise taxes or create new taxes.

HB 174 S1 Sex Characteristic Change Treatment Amendments:

Up for debate on the Senate 3rd reading calendar

Strengthens Utah's protections for minors by ending the use of puberty blockers and cross-sex hormones for anyone under 18 after January 28, 2027. Minors receiving these drugs may only continue long enough to safely discontinue treatment. This bill keeps

LEGISLATIVE UPDATES

Utah's laws simple and focused on safeguarding children.

HB 326 S1 Animal Depredation Amendments: In Senate Natural Resources, Agriculture, and Environment Committee

Updates Utah's approach to protecting farms and wildlife from animal damage. The bill allows the state to issue permits for aerial coyote control and sets annual predator-control fees on certain livestock. It also strengthens Utah's feral-swine laws, modernizes definitions, clarifies agency roles,

and tightens enforcement to better safeguard agricultural operations. **HB 432 Egg Amendments:** In Senate Natural Resources, Agriculture, and Environment Committee

Updates Utah's rules for producing and selling shell eggs. It requires large producers to register as food establishments and follow inspection and record standards. Small producers can keep selling locally, but must label their eggs clearly, use clean packaging, and cannot sell outside Utah. The bill also clarifies licensing, fees, and rulemaking authority.

I would love to hear from you!

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

Week 6 at the Capitol: Delivering Results for Utah



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28

Friends and neighbors,

With just one week left in the session, things are moving quickly. Our final committee meetings will wrap up on Tuesday, and then we'll transition into longer floor days as we work through the remaining bills. Even though committees are coming to a close, your feedback is still incredibly important. If there's a bill you're concerned about or one you support, please reach out. Hearing from you helps guide the work we do here.

I also wanted to take a moment to update you on a few bills I am running this year and share what I've been focused on as we head into the final stretch.

S.B. 31 Office of Professional Licensure Review Amendments, updates Utah's licensing laws for several health-care professions so the system better reflects current medical practice. This bill gives physical and occupational therapists clearer authority to prescribe certain equipment and allows physical therapists to order basic imaging, which helps reduce delays in patient care. It also strengthens hands-on training requirements for Advanced Practice Registered Nurses (APRNs), expands apprenticeship opportunities for RN students and grants Certified Registered Nurse Anesthetists (CRNAs) limited prescriptive authority in surgical settings. In addition, the bill streamlines rules for athletic trainers,

respiratory therapists, physician assistants and acupuncturists. These updates support Utah's health-care workforce, improve access for patients and help maintain strong safety standards across the system.

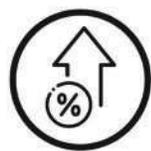
S.B. 72 Obscene Animal Abuse Material, creates a clear law for distributing obscene animal abuse material. Previously, this conduct was buried in Utah's general obscenity statute, which made enforcement more difficult. The bill adds animal-crushing videos, an extreme form of abuse not fully addressed before, and makes clear that sharing, promoting or possessing this

material for distribution is illegal. This legislation does not raise penalties; instead, it clarifies the law so it aligns with federal standards and can be used more effectively. These updates strengthen accountability, close gaps in current law and help protect animals from severe and disturbing abuse.

S.B. 150 Healthcare Providers Scope of Practice Amendments, takes a proactive approach to emerging healthcare technologies and practices. Rather than waiting for conflicts to arise between professions, this bill creates a pathway for early review. When new tools or clinical innovations enter the field, the Office of Professional Licensure Review (OPLR) can work with the relevant licensing board to study the issue and determine whether further action is needed. If appropriate, the matter is forwarded to the Business and Labor Interim Committee for a deeper review. Their recommendations can then guide whether legislation is necessary. This process helps us stay ahead of future challenges, avoid unnecessary turf battles and ensure that patient safety and access to care remain the top priorities.

I am looking forward to the final work ahead. I appreciate everyone who has reached out, and I welcome your continued input as we finish the 2026 General Session.

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Man arrested on I-15 in Iron County in stolen vehicle case

by **Tracie Sullivan**

FOR IRON COUNTY TODAY

A 27-year-old man was recently arrested

after Utah Highway Patrol troopers stopped a vehicle reported stolen out of California.

Tywion Harris was taken into custody at approximately 9:27 p.m. Feb. 11. According to the charging documents filed in 5th District Court, a trooper

observed the northbound Ford sedan traveling northbound on Interstate 15 near mile marker 64.

After confirming the vehicle had been reported stolen, troopers waited for additional units to arrive before stopping the car and taking the driver into custody using a high-risk stop. This tactic allows officers to control the scene and remove the driver from a safe distance.

Harris was identified as the driver and sole occupant of the vehicle and was taken into custody at the scene.

During a search of the car, the trooper reported finding raw marijuana, a

smoked marijuana cigarette and a THC vape pen with cartridges.

“The driver and the inside of the vehicle both smelled like marijuana,” the affidavit states. The report also notes Harris was not wearing his seat belt properly.

“The driver seat was still buckled, which indicates that the seat belt had been buckled, and the suspect was sitting on top of it instead of wearing his seat belt,” court records state.

Harris allegedly told the trooper he had “just been arrested” earlier that day and still had a Los Angeles County jail wristband in his possession at the

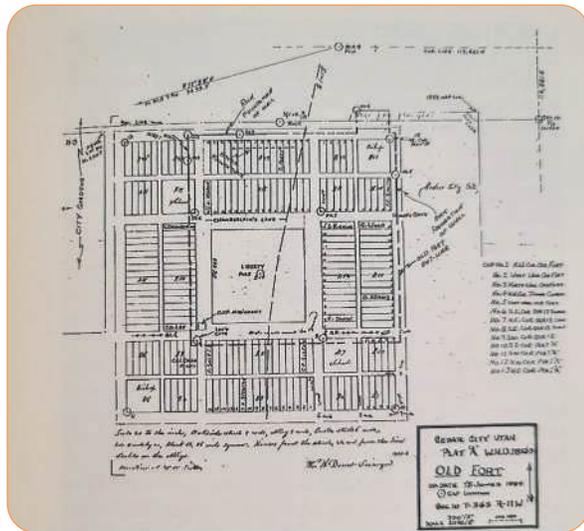
time of the stop.

Court documents further show the trooper believed the circumstances supported continued detention due to the primary offense being a felony and Harris having been released from custody earlier the same day.

Harris was booked into the Iron County Jail late that night on suspicion of receiving or transferring a stolen vehicle, a second-degree felony. He is also facing two misdemeanor counts for possession of marijuana and possession of drug paraphernalia, along with an infraction for an alleged seat belt violation.

MONUMENT

« CONTINUED FROM PAGE 5



Originally formed by a ring of wagons, Fort Cedar later became a permanent structure and was established as an iron-working settlement along the north bank of Coal Creek. The monument once stood at the southwest corner of the fort, near the historic John D. Lee Gate, before being moved to its third and final home along the scenic Fort Cedar Railroad Trail, originally known as the Coal Creek Trail.

Historical markers like this one are placed not only to honor and preserve our pioneer heritage, but also to educate and inspire all who visit, highlighting the determination, ingenuity, and accomplishments of

early settlers.

the fort, 120 city lots were laid out, and pioneers lived here from 1851 to 1855.

CEDAR CITY MAN

« CONTINUED FROM PAGE 7

ditions at the scene, standardized field sobriety tests were not performed, but officers wrote they had sufficient cause to believe he had been driving under the influence.

Court documents also note Cerna was found with only one shoe on, which was later located inside the vehicle.

A records check showed Cerna has one prior DUI conviction within the past 10 years. The affidavit also notes several other DUI cases are pending, including one filed as a felony.

Cerna was booked into the Iron County Jail on suspicion of felony property damage for the downed power line, along with driving under the influence, two class A misdemeanors for a second offense within 10 years, and failure to remain at the scene of an accident involving property damage.

The Daughters of Utah Pioneers, a nonprofit organization dedicated to historical and educational service, proudly maintains 16 markers throughout Iron County, Utah. Their mission is to honor the men, women, and children who founded Utah by preserving historic landmarks and

teaching future generations lessons of faith, courage, fortitude, and patriotism.

A pioneer is someone who does what has never been done before, creating new paths, breaking new ground, and paving the way for generations to follow.



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Poverty Reduction Initiative Launches in Cedar City

New chapter of Circles USA will help dozens of families move out of poverty

by Dayna Peterson

FIVE COUNTY ASSOCIATION

Cedar City, Utah – Five County Association of Governments is launching a unique poverty-reduction initiative called Circles that is based on building intentional friendships across income lines. In dozens of communities across the country,

low-income families have been matched with middle- and upper-income volunteers, and the relationships that form have helped those in poverty achieve financial independence.

These relationships across income lines, or “circles” of support, meet weekly for a minimum of 18 months. The volunteers learn about

the culture and trauma of poverty. And, in return, the participants learn how to navigate into the middle class. About half of those who start the program end up sticking with it and achieve an average 71 percent increase in their income at the 18-month mark. They achieve an average 121 percent increase in income after three years.

Graduation from the Circles program occurs when a family’s income reaches 200 percent of the federal poverty level. In Iron County, Utah, 200 percent of the poverty level for a family of four is an annual income of \$64,300.

Five County Association of Governments is currently gathering volunteers and referrals for program participants. It’s hoped that the initial class will help 20 participant families.

Circles USA, a national non-profit based in Albuquerque, N.M., has helped thousands of families in dozens of states since 2008. The Circles USA model is currently being utilized in more than 70 locations.

In the Circles program, participants gain training on how to budget, save money, and increase their income. But what sets this program apart from other poverty-reduction programs is its focus on building social capital. While middle-income families enjoy networks of support through their workplaces, schools, neighborhoods and churches, families living in poverty rarely develop such networks.

In Circles, those living in poverty find peers who are also hardworking and motivated to become financially stable. And this peer support is supplemented with encouragement from middle- and upper-income volunteers who are eager to come alongside them. When support forms around a family, questions are asked, advice is offered, a network of contacts is shared, and the barriers that keep

people in poverty start to disappear. With middle- and upper-income friends who have landed jobs, negotiated a lease, or managed credit card debt, those in crisis are more equipped and more confident when it comes to finding a job, asking for a raise, securing housing, or restructuring their debt.

In addition to these supportive relationships, Circles also leverages the resources in a given community to help move a family out of poverty and off of public assistance. Every Circles location has volunteer Resource Teams that link participants to existing community services, jobs, and educational programs. Circles also hosts occasional meetings with community leaders to draw attention to social service gaps or obstacles in the system that are inadvertently keeping people in poverty.

Five County Association of Governments plans to interview potential participants and volunteers for the Circles program in March. Training sessions for both groups will begin in mid-April. There will be an informational session for the general public held on Tuesday, March 17th, from 4:00 to 6:00 p.m. at St. Jude’s Episcopal Church, 70 N. 200 W., Cedar City.

To learn more about volunteer opportunities or participating in the program, contact Dayna Peterson (dpeterson@five-county.utah.gov) or Kathryn Moster (kmoster@fivecounty.utah.gov or 435-865-6902, ext. 162) at Five County Association of Governments.

**THIS IS WHERE
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Where your future comes into focus

SOUTHERN UTAH UNIVERSITY
suu.edu

“The Five County Association of Governments is committed to strengthening Cedar City’s fight against poverty. We’ve chosen the Circles model because it’s backed by 25 years of proven success in communities nationwide. Circles is more than a program—it’s a movement that empowers individuals and mobilizes local resources to create lasting change. By bringing partners together and building actionable plans, Circles aims to reduce poverty rates by at least 10%, transforming lives and strengthening our community,” says Kathryn Moster, Circles Southwest Utah Coordinator.



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ICT GOLD



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showcase

ARTS + ENTERTAINMENT IN IRON COUNTY

by *Marty Warburton*

CEDAR CITY MUSIC ARTS

The smoke is finally clearing from last month's presentation of "Due West" by Cedar City Music Arts. Over 1,500 southern Utahns, both young and old, squeeze into the Heritage Center Theater and were treated to a day of fantastic top notch professional musicianship. But yeah, that's what CCMA does and has been doing for the last 96 years and counting.

Season number ninety-six continues on Tuesday, March 10th when the Grammy nominated, award winning and well traveled band "The Special Consensus" blows into Cedar City and takes the Heritage Center Theater stage. This highly polished, highly respected quartet is one of Bluegrass music's longest tenured bands, tracing its roots back to 1975.

Celebrating its 50th Anniversary in 2025, Special Consensus, known as "Special C" by fans and contemporaries, is a Grammy-nominated bluegrass band led by banjo master and International Bluegrass Music Association's Distinguished Achievement Award recipient Greg Cahill. With twenty two albums, eight IBMA awards, and two Grammy nominations, the band is known for its distinctive blend

of traditional bluegrass drive with contemporary harmonies and songwriting. Current members include Cahill (5 string banjo), current IBMA Male Vocalist of the Year award winner Greg Blake (guitar), Nico Humby (bass), and Brian McCarty (mandolin). Their dynamic sound continues to push the envelope of

legacy includes international performances, symphony collaborations, and the long-running Traditional American Music (TAM) educational program. With a deep respect for bluegrass roots and an ever-evolving creative spirit, Special C remains one of the genre's most enduring and innovative bands.

indoctrination into the lifestyle of serious professional touring musicianship like no other. Included are coveted nods of respect for having been graced with such an opportunity, and such an education. They are Masters of pure, powerful, acoustic music.

By getting this far into this article, you now deserve the answer to the question that has been on your mind since the onset: Why is a Bluegrass band called "Special Consensus". Right?

Ok, so, the band name was inspired by a series of books written by Carlos Castaneda about rituals of the Yaqui Indians. "Special Consensus" was a state where spiritual and physical good things physically came together. If you have any doubts about the possibility of such a metaphysical confluence happening in Cedar City, buy a ticket. Bring a note from your mother and be ready to ride the ride.



precision musicianship and intricate vocal acrobatics.

Special Consensus tours worldwide and records for Compass Records, most recently releasing *Been All Around This World* to mark their 50-year milestone. Their

Greg Cahill has become somewhat of a Bluegrass Jedi, performing as the only original member of the band; dozens upon dozens of virtuoso grade musicians have passed through the ranks of performing with Special C over the years. An

Go to cedarcitymusicarts.org, or call The Heritage Center Theater Box Office at 435-865-2882 for Tickets, or just purchase at the door on March 10th. Doors open at 6:30pm, concert at 7:30pm.

The Special Consensus

Bluegrass Music at it's Finest

Horses and Hands

by *Russell Wrangle*

GUEST CCAC COLUMN

This is my daughter Brynn and Leroy. Recently she found a chance to volunteer at a horse stable in Kanarraville. She's wanted to work with horses for years, ever since taking horsemanship at Southern Utah University, where I also teach.

Brynn has a tendency toward gloom. Most of us do at some point. When life circumstances shrink hope, it's easy and natural to default to a dim world view.

She goes to the stable once or twice a week. The last time she left for the stable, I suggested she pay attention to how she feels when she gets home compared to before she left.

She can leave the house visibly down, sometimes depressed, and return exhausted, the good kind of

tired and glowing either from a five-hour ride in the desert of Southern Utah, or feeding the horses, or simply being around them. I've noticed that she's transformed. Bouncing with delight. Talking fast. The kind of brightness that comes when we're getting outside of ourselves.

The pottery wheel works in a similar way. It takes a awhile, but there's a mental shift that happens as I trim or throw, anticipation turning into focus, focus into rhythm. After writing this column, I'll head to Shape Theory Ceramics, trim a few cups, pull and attach handles, and do it in the company of studio members and students.

The studio has become a regulation mechanism for my mind and body, it's a place where idea becomes action, and action completes the circuit. Even in

those midnight hours when sleep is evasive, the anticipation for the next day helps steady me. The making finishes the sentence the mind begins. Then we get to make again.



I'm not a neuroscientist. But you don't need to be one to know that working with your hands change minds.

Physical engagement rewrites brain chemistry in a way passive consumption can't. Horses seem to do this for Brynn. Clay does it for me. Maybe something tactile does it for you too.

Brynn adopted a horse named Leroy. The stable gives her a place to act on something she needed to express.

So in 2026, whether it's horses, pottery, painting, reading, yoga, or anything that absorbs you in the real world, we encourage you to choose

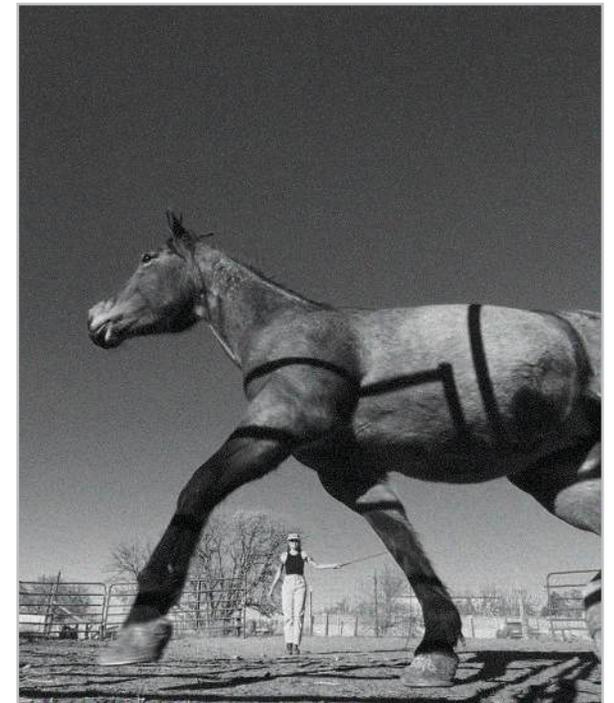
that over doom scrolling or anything that keeps you from thriving.

The best therapies are often the ones that look like work, play, or connection.

At Shape Theory Ceramics, we're shaping more than pottery. We're shaping ourselves. Clay teaches you to begin again, push through resistance, and trust what's possible.

We love clay in all its forms: wet → bone dry → bisque → glazed → fired.

Classes start this week.



Join the community. Make something with your hands.

Shape Theory Ceramics Community Guided by the belief that making things changes us, and that change is the reason we make.

Cedar Area Interfaith Alliance presents "Lamb of God"

by *Julie Jordan*

CEDAR AREA INTERFAITH ALLIANCE

IN CELEBRATION OF Easter, the Cedar Area Interfaith Alliance is sponsoring a production of Rob Gardner's "Lamb of God". Lamb of God is a

musical oratorio depicting the final weeks of the life of Jesus Christ. It is a beautiful work of art that takes us on an emotional journey of joy, sadness, self reflection, faith, and hope. Music director, David Jordan, said "the music is powerful, heartfelt, thought provoking, and inspiring". The orchestra, choir, soloists, and directors are all volunteer musicians from our community. People of all ages, different walks of life, and different faiths have dedicated their time and talents to make this beautiful production a reality.

PERFORMANCES WILL TAKE PLACE ON MARCH 21 AND 22 at 7:00 P.M. in the Canyon View High School Auditorium. Admission is free, but tickets are required to secure a seat. Tickets can be picked up at Cedar Music Store or Whittlesticks. If tickets run out, there will be a standby line.

Join us for a Multi-Faith Easter Celebration of Rob Gardner's
LAMB of GOD



March 21st & March 22nd @ 7:00pm
Canyon View High School Auditorium
Free Admission

Tickets are required. Please secure your tickets in advance at Cedar Music Store or Whittlesticks (Limit 5 per guest).

Doors open at 6:15 PM. We kindly request guests be seated by 6:45 PM. At that time, any unclaimed seats will be released to patrons in the standby line.

Directed and conducted by David Jordan with choral conductor Jackie Jackson

Be your own kind of beautiful.

Daylight Saving Time

Why Do We Have It?

by *May Hunter*

FOR IRON COUNTY TODAY

Daylight Saving Time begins on Sunday, March 8, 2026, when clocks “spring forward” one hour from 2:00 a.m. to 3:00 a.m. This shift gives us one less hour of sleep, but in exchange, we gain more bright, beautiful evening sunlight! For most of the United States, this marks the official start of our seasonal time adjustment.

The original idea behind Daylight Saving Time was actually pretty clever. It was first adopted during World War I as a way to conserve fuel and coal by making better use of natural daylight. The United States followed suit in 1918, and many parts of the country have kept the tradition ever since. The goal was simple: more daylight in the evening meant less need for artificial lighting and less energy use overall. That’s why it’s called “Daylight Saving Time” we’re literally saving energy by making the most of the sun!

But what if we stopped changing our clocks altogether? In November, when we typically “fall back” and gain an extra hour, many people look forward to that bonus sleep.

However, keeping time consistent year-round could actually be beneficial, especially for people who are already sleep-deprived or struggle with sleep disorders.

Our exposure to natural light plays a huge role in regulating our sleep-wake cycle, also known as our circadian rhythm. Light is one of the most powerful tools our body uses to determine when to feel awake and when to feel sleepy. Without Daylight Saving Time, we would follow the natural rhythm of the seasons more smoothly throughout the year.

Think about it: December 21 is the shortest day of the year, but starting December 22, daylight slowly begins to increase again. Each day brings a little more morning light as the sun rises earlier and earlier. In the fall, daylight would gradually decrease in the same natural way, without a sudden clock shift that throws our bodies off balance.

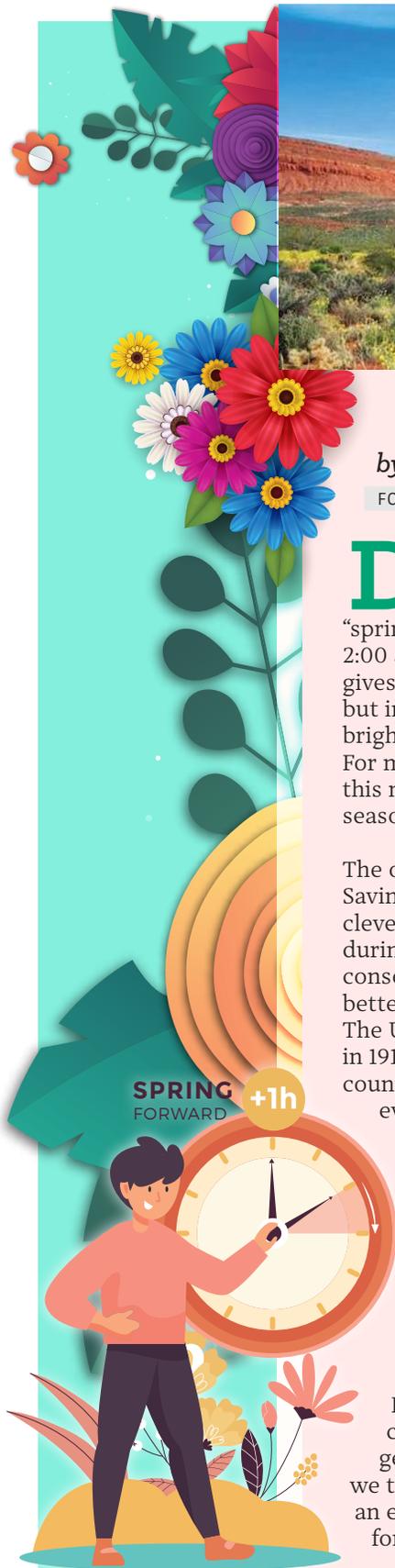
Of course, there are downsides to keeping Daylight Saving Time year-round, especially in winter. In some places, the sun wouldn’t rise until well after many people are already at work or school. That missing morning light can make winter mornings feel extra dark and groggy. That’s why getting enough sleep is so important, especially

during time changes. Try to keep a consistent bedtime and wake-up time so your body can adjust more easily. It can take up to a week (or longer!) for your internal clock to catch up. But once it does, you may notice less brain fog, better focus, and more energy during your day.

One thing to remember: Daylight Saving Time doesn’t actually create more sunlight. The sun follows the same schedule no matter what our clocks say. We typically experience about 12 hours of daylight per day, which stretches to around 15 hours in June and shrinks to just over 9 hours in December.

If policymakers ever decide to eliminate Daylight Saving Time, many experts suggest sticking with standard time year-round. And if someone prefers waking up earlier? They can simply set their alarm, no clock change required! For now, though, it looks like we’re still changing our clocks twice a year.

*Happy
Daylight
Saving Time!*



schools

IRON COUNTY SCHOOL DISTRICT NEWS NUGGETS

by Braylie Tullis

FOR IRON COUNTY TODAY

South Elementary

4th grade has had a busy February filled with enrichment and fun! On February 17th, the SUU STEM library and students from SUU's Geo-Sciences put on an amazing and interactive Geology Camp! 4th grade students rotated between seven centers learning about Utah fault lines, sedimentary rocks, fossils, rock classification and even built and tested earthquake proof structures! 4th graders ROCK!

Three Peaks Elementary

February is National Children's Dental Health month. We would like to thank Alayna Marriot from Cedar View Pediatric Dentistry for visiting our Kindergarten classes and teaching them how



to take care of their teeth and the proper way to brush. Mrs. Kari Abeyta, our school nurse, and some SUU nursing students, taught 1st and 2nd grade students about dental hygiene. Students learned how to brush and floss their teeth properly, what foods to eat for proper teeth and bone health, and learned that developing good oral hygiene habits is vital to keeping them healthy for years to come. Thank you to the PTA for providing a toothbrush, toothpaste, and floss for every student.



The Three Peaks Elementary Student Leadership Team had the opportunity to teach lessons to younger grade students. SLT members helped 1st and 2nd grade students with Osmos Interactive coding games on the iPads. They also taught 3rd grade students how to program their chromebooks and answer questions to complete different missions. Mission i.o requires solving math problems and working together as a class to solve the mission. The student leadership team meets every Tuesday before school to work on service projects, learn leadership skills, and help teachers with various projects. We would like to thank the Student Leadership team teachers, Jason Robison and LeAnn Roberts, for facilitating these early morning meetings and focus activities.

East Elementary

Tricia Adams, a 3rd grade teacher at East Elementary, is being recognized as an Innovative Teacher of the Year at the Utah Coalition for Educational Technology Conference for the second year in a row. This award honors educators who enhance student learning through innovative, technology-supported teaching practices. Mrs. Adams uses a Modern Classroom approach that empowers students to take ownership of their learning and progress at their own pace.



Parowan Senior Activities Center sure felt the Love!

by Britni Robertson

FOR IRON COUNTY TODAY

The Senior Citizens of Parowan sure felt the love with valentines sent from all over the community. They were surprised with a bag full of cards, treats, and crafts.

We want to give a heartfelt thank you to Parowan 3rd Ward Young Men & Women and their Activity Day kids, Parowan 1st Ward Young Women, Leslie & Mckenzie Nims, Ms. Bangerter's Class of Parowan Elementary, Perry Heath, Parowan 4H Clubs, Genessa Hagerand the Special Education Depart of East Elementary.

Thank you for taking the time to send our friends some love. They sure felt special. Everyone had a smile on their face as they were going through their bags. Joy said, "This is so fun! What a fun day!" Elizabeth said, "Thank you for all this. This sure made me feel loved. It was so fun to see each special valentine."

Everyone is welcome to our special Activities Center. Please come join the fun and get to know our wonderful seniors - and make some amazing friends while you're at it.

Thanks again for making this a special Valentine's for some special people.



Cedar City Music Arts

PRESENTS

The SPECIAL CONSENSUS

Tuesday, March 10th

The Heritage Center Theater • 7:00 PM

Special Consensus, marking its 50th anniversary in 2025, continues to deliver a vibrant contemporary bluegrass sound deeply rooted in tradition. Led by Greg Cahill, Special Consensus has been a cornerstone of the bluegrass community for five decades.

(435) 865-2882 or
Cedarcitymusicarts.org for tickets

Cedar City Farmers Market Moves to New Location

by Nancy Dalton

CEDAR CITY FARMERS MARKET

CEDAR CITY, UT — Your family-friendly Cedar City Farmers Market is moving

March 7 to its new location at Design & Flooring, 2232 North Main Street.

“While long-time customers will remember this as the original site of the Farmers Market from over 25 years ago, returning to this historic location allows us to reconnect with our roots and celebrate the growth of our market community,” said Market Manager Nancy Dalton.

“We appreciate IFA’s longstanding support of nine years,” said Dalton, adding, “We are grateful for Design & Flooring and Steve and Celeste Johnson’s willingness to host the Cedar City Farmers Market, and we look forward to continuing our tradition of serving the needs of our community.”

The Cedar City Farmers Market provides farmers, bakers, artisans, and youth entrepreneurs with an opportunity to sell their local homemade products

every Saturday, regardless of the weather, from 9 a.m. to 1 p.m.

“Our Farmers Market also provides an option for families and individuals to purchase their meats, eggs, honey, produce, sauerkraut, and baked goods from local ranchers, farmers, and bakers,” said Dalton, adding that consumers get to know the people who grow and bring local produce and foods to the Farmers Market every Saturday.

During the winter months, the market is smaller, as it is primarily farmers and bakers who provide meats, eggs, produce, honey, and baked goods to the community, which has come to depend on the market each Saturday for quality food items, Dalton said.

Starting in April, artisans with their handcrafted items begin returning to the Farmers Market. Local farmers and gardeners start showing up in June when their gardens begin to produce.

Besides knowing where your food comes from, the Cedar City Farmers Market operates a food assistance program:

- For SNAP/EBT recipients, you can use your EBT card to purchase food items.
- Double-Up Food Bucks (DUFEB) provides a 2-to-1 match for every EBT dollar spent, up to a maximum of \$20 every Saturday. These green tokens can only be used to purchase fruits and vegetables.
- ProduceRx vouchers can be redeemed for \$20 in purple tokens to purchase fruits and vegetables. Eligible individuals can apply for this program at Family

Healthcare Cedar City East Clinic.

• Senior Farmers Market Nutrition Program (SFMNP) starts in June and provides vouchers for eligible seniors to purchase fruits, vegetables, and honey.

The SNAP/EBT, DUFEB, and ProduceRx food assistance programs run year-round, while the SFMNP operates from June through mid-October.

The Cedar City Farmers Market also provides opportunities for youth to learn how to run a business by offering once-a-month FREE booth space to youth under the age of 17. The rest of the month, the booth fee for youth is \$5.

Other activities during the summer include monthly FREE activities for kids and adults, as well as performances from area musicians.

To become a vendor or to get on the list to perform, contact Dalton at 435-463-3735.



CEDAR CITY Farmers MARKET

We Are Moving!
MARCH 7TH

Design & Flooring
2232 N Main
Cedar City, UT
Every Saturday
9 am - 1 pm



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 Tues, 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 @ Threshingfloor.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

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@sunrisechurch.net, sunrisechurch.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

welcome all religious backgrounds, agnostics, and atheists. 3rd Sundays at 12 noon. 5101 W 1125 S, Cedar City. Leave a message or call Valerie if interested at 435-704-4262.

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 signup: 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/SmGygtCfvQ1tS2pB7

Adolescent: forms.gle/BZlepPW63pR6Zd8k9

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 Artists Guild

Wed, 9:30-11:30 am • Arid 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@sunrisechurch.net.

calendar

THURS, MAR 5

DR SEUSS BIRTHDAY PARTY (4-6PM)

Dr. Seuss's Birthday Party Celebration is held at the Cedar City Public Library (303 N 100 E, Cedar City). Everyone is invited to come for games, snacks, and celebrity readers. For information call (435) 586-6661.

CANYON VIEW HIGH SCHOOL

THEATRE: MUCH ADO ABOUT NOTHING & OUR PLACE (7PM) Dates March 5th, 6th, 7th & 9th. In the Canyon View High School Auditorium (166 W 1925 N, Cedar City). Tickets are \$2 for students and \$5 for adults. Doors will open at 6:30 pm.

BEST OF CEDAR CITY AWARDS GALA

(6-8:30PM) in the SUU Sharwan Smith Center - Ballroom (351 W University Blvd, Cedar City). Individual tickets are available online at cedarcitychamber.org/gala.

FRI, MAR 6

CEDAR CITY ROCK & GEM SHOW

Dates March 6th, 7th (10AM-7PM) & March 8th (10AM-5PM) at the Diamond Z Arena, 11 S. Cross Hollow Dr., Cedar City. Hosted by Southern Utah Rock Club, invites attendees to explore a fascinating collection of crystals, minerals, lapidary art, jewelry, silent auctions and drawing contests, and much more. Admission is free. For more information, please visit www.southernutahrockclub.org.

AMERICA 250: SUMA FIRST FRIDAY

(6-8PM) at Southern Utah Museum of Art - SUMA (13 S 300 W, Cedar City). Admission is FREE. Everyone is invited to join a hands-on activity and pick up art supplies for Art Exchange in the open studio.

PATRIOTIC MOVIE (7PM) FREE

Patriotic Movie: An American Tail at 7:00 pm at the Historic Aladdin Theatre (27 N Main St, Parowan). Bring your family and friends and celebrate 250 years of America with this heartwarming classic on the big screen. Admission is FREE, and everyone is welcome!

SAT, MAR 7

CEDAR CITY STAR SEARCH (7PM) AT

the Heritage Center Theater. The 6th annual Cedar City Star Search is a community event hosted by Cedar City Events to showcase local talent in Cedar City and Iron County! 12 finalists will perform in front of a live audience and three local celebrity judges for their chance to win \$250 in cash. Enjoy an exciting evening of music, dance, and much more! Entry to this event is \$3 per person. Buy tickets at cedarcityut.gov/starsearch. This year we will be accepting donations for Canyon Creek Services.

AMERICA 250: O'BEAUTIFUL ART

EXCHANGE 10AM-4PM at Frontier Homestead State Park Museum (635 N Main St, Cedar City). Painting, drawings, photos, collages, and more. Bring our original, 5x7-inch art to Frontier Homestead and exchange it for another piece of art. Everyone who brings artwork receives free entry to the museum during the event. Art supplies will be available on the day of the event; regular admission will apply if art is created at the museum.

CEDAR CITY FARMERS MARKET

MOVING (9AM-1PM) New location: Design & Flooring 2232 N Main Street. Our Farmers Market also provides an option for families and individuals to purchase their meats, eggs, honey, produce, sauerkraut, and baked goods from local ranchers, farmers, and bakers," said Dalton, adding that consumers get to know the people who grow and bring local produce and foods to the Farmers Market every Saturday.

SUN, MAR 8

Daylight Saving Time

TUES, MAR 10

THE JAZZ ALLIANCE OF CEDAR CITY

PRESENTS TANNER DAWSON (7PM) Join us for our next JAZZCast. At Off The Cuff for an unforgettable evening of smooth sounds and soulful improvisation. Tanner Dawson takes the stage on tenor saxophone, joined by the dynamic OTC House Band for a night of inspired

collaboration and high-energy jazz. Experience rich tones, cool vibes, and the electric spark that only live jazz can deliver. Whether you're a longtime jazz enthusiast or simply looking for a great night out in Cedar City, this is the perfect way to spend your evening. Free Admission. Free Desserts. Bring your friends, grab a seat, and let the music move you. We'll see you there!

CEDAR CITY MUSIC ARTS: SPECIAL

CONSENSUS (7:30PM) in the Heritage Center Theater (105 N 100 E, Cedar City). Special Consensus, marking its 50th anniversary in 2025, continues to deliver a vibrant contemporary bluegrass sound deeply rooted in tradition. Tickets are \$30 for adults and \$15 for students, available at ci.ovationtix.com/35507/production/1250986?performanceid=11691088

ADULTS WITH DISABILITIES (1-2PM)

Join us for Music, Motion, and Art Workshops! Dancing, juggling, drum circles, art projects & so much more! At the Lighthouse Art & Learning Center (Near Applebees - between Sweet Basil & Subway). Questions? Call Jill Spatafore 702-917-2151

THURS, MAR 12

AMERICA 250: LECTURE SERIES (7PM)

Join Dr. Michelle Orihel on the SUU Campus in Bristlecone Hall room 105 (S 800 W, Cedar City). Her title is: "To A Candid World": The American Revolution Goes Global.

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.

obituaries

Fermin George Valentini



Fermin George Valentini, or George to those who loved him, passed away Saturday, February 21, 2026. He fought several medical conditions and is now at peace. He is survived by his wife Pamela, his sister, Theresa and her daughters, Marisa and Elisabeth, brother and sister-in-law Warren and Theresa and their children, Emily and Graham. He was loving and always interested in those he held dear.

George was born in Queens (New York City) to Fermin George and Dorothy (nee Lindeborg) Valentini. Following his dad's job, the family moved to Hawthorne (Los Angeles) California where he attended Hawthorne High School. Shortly after returning to New York, he entered the Air Force where he was stationed in Texas, Maine, and the Philippines (Vietnam Era). George spent his career after the Air Force, setting up and maintaining computer networks for several companies, before working for himself. He loved his time in retirement with Pam, living in Cedar City, and traveling to their home in Kauai to enjoy the tropical beauty and swimming each day.

He also loved traveling to the western National Parks for a week or more of hiking, star gazing and sometimes camping. He had received his bachelor's degree in geology, attending night courses at Queens College. The western trips were made so much more interesting by his description of natural history on spectacular display. George was a lifelong animal lover and history buff, including both American history and the local history of where he grew up in Queens, New York. He was an avid reader. He played baseball from childhood through high school, and followed the sport throughout his life.

George was also an accomplished JOAT – a jack of all trades. He knew how everything worked, and could fix anything. He learned these skills from his father, working on cars, in the Air Force, as a computer repair technician, a networking expert, and then as a home owner. George maintained lifelong friendships from childhood, high school, the Air Force, jobs, and those he met along the way. He was a thoughtful and faithful friend.

A funeral Mass will be held at Christ the King Catholic Church, 690 South Cove Drive. Cedar City at 11:30 Wednesday, February 25, 2025. George will be interred at the Southern Utah National Cemetery following the service. In lieu of flowers, donations may be sent to Best Friends Animal Society in Kanab, Utah.

obituaries

Douglas Own Maxwell



Douglas Owen Maxwell, 92 years of age, peacefully passed away on Monday, February 23, 2026 surrounded by family in his home in Cedar City, Utah. He was born October 25, 1933 in Cedar City to Rex Dean and Olive Matheson Maxwell, the second child of two brothers and one sister.

In his early years he was raised on the family farm in Enoch and then moved with his family to Cedar City at the age of 9, where he remained. He attended Cedar High School, graduating in 1952, and earned an Associate's Degree in Drafting from the College of Southern Utah (CSU) in Cedar City in 1959.

After high school, he was drafted by the army and served active duty in Korea from 1953 to 1955.

Upon returning home, he chose to serve as a missionary for the Church of Jesus Christ of Latter-day Saints. He was called to the Western States Mission, which consisted of New Mexico, Colorado, Wyoming and Western Nebraska, and he served for two years in most of those states. While in Colorado, he was called to be the first Branch President of the new Leadville Branch at the age of 24.

In the Spring of 1958, on March 12th, Doug married his sweetheart, Sandra Langford, in the St. George Utah Temple of the Church of Jesus Christ of Latter-day Saints.

His employment through the years gave him many opportunities to utilize his skills doing automotive body repair and paint, drafting, movie projector operation and repair, and industrial machine maintenance and repair. Companies he worked for included Lunt Motor Company, Sperry Univac, Tri-State Motors, Conaco Service Station, Bradshaw Chevrolet, Rolling Rubber, Cedar Theaters, Valley View Medical Center, and Western General Dairies.

As a part of the community, he served on the Iron County Council on Aging, as a member for 20 plus years, and many of those years as president.

Throughout his life he served in many church callings and temple worker positions. Doug and Sandra served a mission together in the Minnesota Minneapolis Mission from 1999 to 2000.

In his spare time, his favorite hobbies were restoring old cars and tinkering in his shop, fixing things, and spending time on the mountain at the cabin in Duck Creek Village.

Doug is survived by his dear wife, Sandra Langford; children: Jeffrey Douglas (Nancy) Maxwell, Conroe, Texas; Jana (Lindy) Davis, Cedar City, Utah; Troy Bert (Kim) Maxwell, Cedar City, Utah; Tiffany (Jeff) Andersen, Richfield, Utah; 11 grandchildren; 15 great-grandchildren; sister, Patsy Woods, Tremonton Utah.

He was preceded in death by his parents, Rex Dean and Olive Maxwell; brothers, Dean Maxwell and Bill Maxwell; grandson, Brady Kirk Davis.

Funeral services will be held on Saturday February 28, 2026 at 11:00 am at the Cedar City 8th Ward chapel (500 W. 400 N., Cedar City, UT). Viewings will be held at the church on Friday evening from 6:00 to 8:00 PM and again on Saturday morning from 9:30 to 10:30 AM. Interment will be at the Cedar City Cemetery, under the direction of Southern Utah Mortuary.

To view a livestream of the services and share online condolences, please visit www.mortuary.org.

Helen Scogings Leavitt



Helen Scogings Leavitt, lovingly known by her family as "Granny" embarked on her eternal journey on March 1, 2026. Helen was born in Salt Lake City November 24, 1929 to Alton Phillip and LaNora (Pat) Briggs Scogings. She was their first child and was much loved and cherished by her parents. One sister Carrol followed later. Her father was an excellent mechanic. He passed away just 7 years later from an accident that happened as he was working at a CCC Camp in Hinckley, Utah. Helen and Carrol were raised by their mother and grew up in Salt Lake City.

Helen was a much loved mother and grandmother, especially because being a homemaker was the joy of her life. She was well known for her homemade rolls and special desserts to celebrate every holiday and every dinner together. Her happiest days were when she could work in her beautiful garden. She always loved being outside digging and spent hours to keep the flowers growing and thriving. Helen was an avid reader. She read everyday and was able to finish a book quickly and talk about what she had learned. Always organized and hard working, she accomplished many tasks each day. She believed in being self-reliant and productive and taught these traits to her children by her example.

A life long member of the Church of Jesus Christ of Latter Day Saints, she served in many capacities and shared her talent and love of people in the service she gave in Primary, Relief Society, Scouting and especially in her own home where she excelled in raising an outstanding family. She had a generous and loving nature and the gift of helping each one who knew her feel that they were important and special. She will be very missed by her family,

Helen is survived by six of her nine children. Bonnie Cook (Ft. Smith AK), Berne Leavitt (Jan) Las Vegas, NV, Valeni (Terry) Witbeck, Cedar City, UT, Coby Leavitt, Ivins, Ut. Trieste (Karl) Bentley, New Harmony, UT. Dolene Hartlerode (Curtis) Elko NV. She has 32 grandchildren and close to 100 great grandchildren. She was preceded in death by her husband Dudley Maurice Leavitt who passed on April 9, 1999. Also her 3 children: Kathi Leavitt Baldwin, Carrick Dudley Leavitt, and Elethra Sue Leavitt Curtis.

A celebration of life will be held on March 7, 2026 at 1:00 at the Greenslake Bldg in Cedar City, Utah. In lieu of flowers please make a donation in her name.



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CV swimmers celebrate pair of titles

by Tom Zulewski

IRON COUNTY TODAY

As the 3A state

swimming meet was happening at the BYU pool on Feb. 14, Canyon View head coach Kirt Brown wasn't about to do any scoreboard watching. After running the Falcon teams for more than two decades, Brown had plenty of reason to exercise superstition.

Both the boys and girls squads did what they needed to do and made history for themselves and their coach, winning state titles for the very first time. Nine days later, the Canyon View community got to celebrate the achievement when the teams were driven to campus by a Cedar City Fire Department truck Feb. 23.

Even while the girls won the team title going away, Brown still wasn't paying attention to the scores on Day 2.

"I don't count the points at a meet. I just let things happen," Brown said. "It's all about what they're doing individually, anyway. I just want what's best for them."

On Valentine's Day, both Falcon teams did their best, and the end result was more than special as the girls won eight individual

titles and the boys brought home seven. Both teams won a pair of relays as well – the 200 medley and 400 freestyle.

"They knew they were capable of being champions, and they did everything to do it," Brown said. "They had the coaching that helped them get through all the hard work, especially at the bigger meets."

As the team members took their turns ringing the victory bell, Brown noted that Soleil Grimshaw was named Girls Swimmer of the Year and Sean Cannon won the same honor for the boys. For swimmers like CV senior Faith Riddle, the feeling of team unity was strongest with this triumph.

"I've never felt as connected to a team over the last couple of years as I have with this team," Riddle said. "I got to feel it through my dad at this meet. He passed away last year, so it was really, really special. He really carried me through."

Riddle finished seventh in the 100-yard butterfly that was won by teammate Sydni Lauer and added a second-place



Members of the Canyon View swimming teams take turns ringing the victory bell during the celebration of their 3A team titles Feb. 23.

(Tom Zulewski/Iron County Today)



The Canyon View swim teams celebrate on campus Feb. 23 with their championship trophies following their victory at the 3A state swim meet.

(Tom Zulewski/Iron County Today)

see **CV SWIMMERS** » 24

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TOM'S SPORTS TRIVIA

And now, we have liftoff on another dozen sporting trivia questions for your guessing enjoyment. This week's collection is a grab bag of challenging stuff that won't break your brain – at least that's the intended goal here. Have fun, embrace the chaos, and please remember...no wagering!

- No. 19 BYU men's basketball suffered a tough 97-84 home loss to UCF on Feb. 24. The Knights shot 56 percent from the floor and 58 percent from 3-point range. How many 3s did the Knights have in the win? (Hint: It was more than 10)
- Anaheim Ducks head coach Joel Quenneville made history, becoming the second head coach in NHL history with 1,000 career wins after the Ducks rallied in the third period for a 6-5 victory over the Edmonton Oilers on Feb. 25. Who was the first coach – who finished with 1,244 wins and nine Stanley Cups – to reach the milestone?
- What New York Yankees pitcher and 2025 Hall of Famer will become the 24th player to have his number (52) retired in Monument Park this September?
- True or False: Luka Doncic of the L.A. Lakers leads the NBA in scoring at 32.5 points per game through Feb. 25.
- What city played host to the NFL Combine, which scouts likely player choices for the NFL Draft coming up in April?
- The Utah Jazz do not own the worst record in the NBA as of Feb. 25, but they're only slightly better than their opponent who came to the Delta Center on Feb. 26. Who was it?
- No. 6 UConn rolled to a convincing 72-40 rout over No. 15 St. John's, snapping the Red Storm's 13-game winning streak and giving its head coach one of the worst losses of his career. Name him.
- While the UConn women's team is still unbeaten and No. 1 in the AP Top 25, what Big 12 school is ranked second with a 27-1 record?
- Colorado's Nathan McKinnon leads the NHL with 40 goals scored as the league returned from the Olympic break last week, but two players are tied in points with 84. Tampa Bay's Nikita Kucherov is one. What Edmonton Oilers player is the other?
- What Toronto Blue Jays pitcher – who had three key starts in the team's run to the 2025 World Series – signed a one-year deal to stay in a Toronto uniform?
- With the Formula 1 racing season still a month away, what streaming service will carry all of the races on the 2026 schedule?
- Who is the defending F1 champion as the new season begins?

LAST WEEK'S ANSWERS

- Tyler Reddick.
- There were 5 caution flags thrown at the Daytona 500.
- Tony Clark.
- Mick Cronin.
- Mike Evans.
- Purdue.
- Steve Cohen.
- Mark Cuban.
- Doug Moe.
- Mikaela Shiffrin.
- True.
- The Team USA women had allowed only one goal.

THIS WEEK WITH THE T-BIRDS



MEN'S BB
MAR. 5 • 6:30 PM

WEAR A JERSEY NIGHT



GYMNASTICS
MAR. 6 • 6:30 PM

SENIOR NIGHT - WEAR RED!



MEN'S BB
MAR. 7 • 6:30 PM

SENIOR NIGHT - WEAR RED!



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It's almost NCAA Tournament time

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



As the you saw in this space last week – thank you for reading – I devoted some deep thoughts to the RedHawks of Miami-Ohio and what an undefeated regular season would mean in relation to the NCAA Tournament. As of this writing, the MAC school is still perfect at 29-0 after needing a buzzer-beating layup to beat Western Michigan, 69-67, on Feb. 27.

With that game mercifully in the rear-view mirror, Miami faced two more regular-season matchups this week – vs. Toledo at home Tuesday, then a road game at Ohio University (they wear green and white, different from the big school in Columbus)

on Friday. That game can be seen live at 7 p.m. on ESPN2.

In a small bit of funny irony, the Rockets and Bobcats would play each other in the 4-5 matchup in the first round of the MAC Tournament that begins March 12. It's subject to change, but not likely.

As for the RedHawks, they will clinch the 1 seed with one more win or a loss by No. 2 Akron. After that, the countdown to the best weekend on the sports calendar can begin.

On the local front, I found something that can only be described as shocking. In its final season as a member of the WAC, Utah Tech's men's team was projected in the most recent bracketology from ESPN as a No. 16 seed in the West Regional. The Trailblazers would open in San Diego against the No. 1 seed Arizona Wildcats – no First Four game in Dayton required. Before anyone makes a mad dash to plan a road trip, the bracket hacks are trusting that UTU will make the WAC Tournament final at Orleans Arena in Las Vegas, then beat Utah Valley (probably... still could be Cal Baptist) for the NCAA berth.

Utah Tech has one regular-season game left at Burns Arena against UVU on Saturday, and they will

need serious help to get a shot at the 1 seed. The Trailblazers, who are 18-13 overall, lost to SUU, 81-67 on Feb. 27, and they'll need them to beat the Wolverines in Cedar City on Thursday to get a shot at the title.

On the WAC women's side, Southern Utah has a shot at earning a solid seed of its own heading into the postseason tournament. The T-Birds are third, trailing leader Cal Baptist by two games with Abilene Christian in the middle at one game off the pace.

SUU has to travel for the final week to UVU on Thursday, then close at CBU on Saturday. With a win over the Lancers, the T-Birds (19-9) would own the head-to-head tiebreak by virtue of a 2-1 edge in the season series, ensuring a higher seed for Las Vegas. It's an impressive rebound after Tracy Mason's team finished 9-21 a year ago.

The time for talk is over. It's time to show everyone what you're made of as we celebrate the imminent destruction of our own regrettable bracket choices before the end of the first weekend.

Contact Tom Zulewski at tominator19@yahoo.com.

PREP SCOREBOARD - WINTER STANDINGS

SCORES

Boys Basketball

Region 18

- 2/23** 2A playoffs, quarterfinals
At UCCU Center, Orem
South Sevier 65, Rowland Hall 48
Kanab 53, San Juan 50
Gunnison 65, North Summit 62
South Summit 54, Am. Leadership 51
- 2/24** 2A playoffs, semifinals
South Sevier 61, Kanab 39
South Summit 47, Gunnison 43
- 2/25** 2A playoffs, championship
South Sevier 58, South Summit 44

Girls Basketball

Region 18

- 2/23** 2A playoffs, quarterfinals
At UCCU Center, Orem
Enterprise 57, Draper APA 46
Beaver 43, Millard 34
Kanab 45, San Juan 34
North Summit 59, Duchesne 49
- 2/24** 2A playoffs, semifinals
Enterprise 55, Beaver 52
Kanab 48, North Summit 33
- 2/25** 2A playoffs, championship
Kanab 52, Enterprise 29

STANDINGS

RPI RANKINGS IN PARENTHESES

Boys Basketball

Region 18

	REGION	OVERALL
Kanab (1)	12-0	22-3
South Sevier (4)	9-3	19-8
San Juan (9)	8-4	16-11
Parowan (10)	6-6	11-11
Enterprise (13)	5-7	11-14
Beaver (14)	2-10	11-13
Grand (23)	0-12	2-21

Girls Basketball

Region 18

	REGION	OVERALL
Kanab (1)	12-0	25-2
Beaver (2)	10-2	22-5
Enterprise (3)	8-4	21-5
San Juan (8)	6-6	11-13
South Sevier (15)	4-8	6-19
Grand (18)	2-10	6-18
Parowan (23)	0-12	0-22

CV SWIMMERS

« CONTINUED FROM PAGE 22

finish as part of the 200-yard freestyle relay. As the girls were able to secure their team championship, Riddle said she and her teammates were more than happy to watch the scores.

"We had been keeping track of the points

through the entire meet, as one does," Riddle said. "We were knocking on wood, but right before we got to the 100 back and the 200 free relay, we had to put this in the bag. Right before the finals, there was a shift where we thought 'we got this.'"

The wait for the fire truck ride may have taken nine days, but winning both team titles gave the Falcons more than enough joy to sweeten the celebration.

Thunderbirds Open New Field with Ribbon-Cutting and Two Wins

by Regan Hunsaker

SUU ATHLETICS

CEDAR CITY, Utah — Southern Utah wrapped up the weekend with a pair of wins following the ribbon-cutting at the new Kathryn Berg Field. The Thunderbirds took down Weber State 3-2 in game one and 3-1 in game two. With the wins, the Thunderbirds improve to 9-12 overall and a perfect 2-0 on the brand new home field.

Freshman Savannah Lira collected a team-high four hits across the two games, including two doubles. McKenzy Becerra, Taralyn Ollison, and Arianna Ramirez each picked up two hits, with Becerra tallying two RBIs and Ollison posting an RBI triple. Michaela Salvatierra was clutch, picking up two RBIs on the day.

In the circle, the Thunderbirds had a great day with Hannah Duncan earning the game one win with a complete game effort. Duncan gave up just one earned run while racking up an impressive eight strikeouts and only three walks. In game two, it was the Nielson Sisters who took to the rubber with Riley Nielson getting the start. Riley pitched 4.1 innings, allowing one run on three hits and stranding a handful of baserunners. Avery Nielson pitched 2.2 innings of relief and earned the win without allowing a hit or run and striking out one batter.

Coach Don Don Williams Said

"These weren't the prettiest wins, but the team showed a lot of grit. We had to fight through some mistakes and missed opportunities, but our team never backed down. Hannah competed her tail off in game one, Riley and Avery gave us exactly what we needed in game two, and when it mattered most, we found ways to get the hit or the out that we needed. Sometimes this game isn't clean, it's about toughness and responding, and I'm proud of the way we stayed with it



and defended our new home field."

Game 1 Summary

Weber State struck first in the second inning. After a double by Sammy Gallegos put runners on second and third, Jordan McMahon delivered an RBI single to score Kiara Smith and give Weber State a 1-0 lead.

The Thunderbirds answered in the third inning when Michaela Salvatierra reached on an error and later scored on a sacrifice fly from McKenzy Becerra to even the game at 1-1.

The Wildcats regained the lead in the fourth. McMahon tripled and came

home on a sacrifice bunt by Victoria Rey, aided by a Southern Utah error. The unearned run pushed Weber State ahead 2-1.

Southern Utah rallied in the final frame. A walk by Michelle De la Cruz and bunt singles from Isabella Knight and Taralyn Ollison loaded the bases. Salvatierra drew an RBI walk to tie the game at 2-2. Moments later, Becerra delivered a walk-off sacrifice fly to center field, scoring Knight and sealing the 3-2 victory for the Thunderbirds.

Game 2 Summary

Weber State Wildcats struck early in the opening inning. After Victoria Rey drew a walk and moved into scoring

position, Apollonia Maldonado singled to center field to bring her home for a 1-0 lead. A double later in the inning put two in scoring position, but Southern Utah limited the damage to one run.

The Thunderbirds broke through in the sixth. Isabella Knight was hit by a pitch and came all the way around to score on a triple to left field by Taralyn Ollison, tying the game at 1-1.

Southern Utah took the lead moments later. Salvatierra laid down a sacrifice bunt that resulted in a Weber State fielding error, allowing Ollison to score an unearned run and give the Thunderbirds a 2-1 advantage. The T-Birds added an insurance run in the same inning when Arianna Ramirez singled to right center, scoring Salvatierra and extending the lead to 3-1.

Southern Utah retired the side in order in the seventh to secure the 3-1 victory.

On Deck

Southern Utah is back on the road to continue its preconference slate this weekend. The Thunderbirds travel to Salt Lake City for a midweek matchup against the Utah Utes on Thursday, March 4, before heading to Pocatello for the Idaho State Tournament. Southern Utah will play a double-header against the Idaho State Bengals on March 5, take on both Idaho State and Maine on March 6, and close tournament play against Maine on March 7. Live stats are available through the schedule link on suutbirds.com.

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Published March 5, 2026

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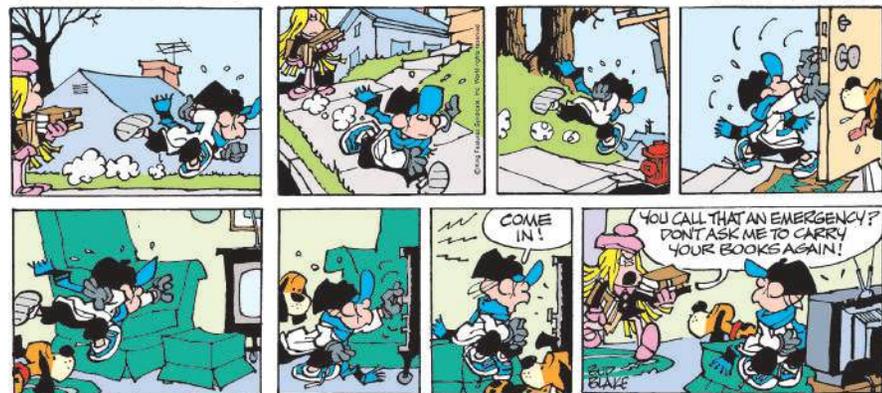
Amber Waves



by Dave T. Phipps

TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



Weekly SUDOKU

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

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!

HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

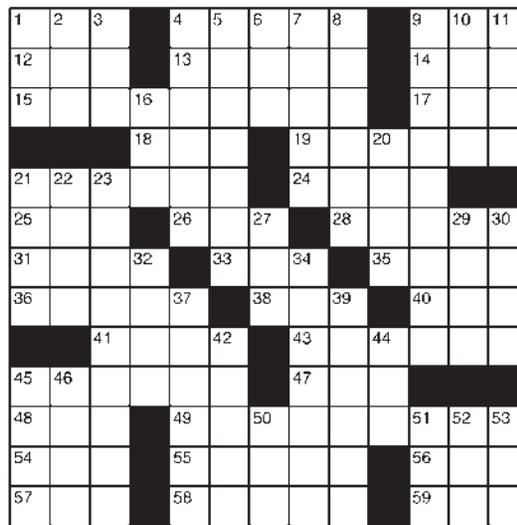
Differences: 1. Page is added to newspaper. 2. Hat is smaller. 3. Arm is shorter. 4. Pillow is different. 5. Curtin is not as wide.

March 2, 2026 Posting Date

King Crossword

ACROSS

- 1 Lawn coating
- 4 Daring deeds
- 9 Droid
- 12 "That feels so good!"
- 13 Host
- 14 Ruckus
- 15 Type of cable
- 17 Sine qua —
- 18 Feathery wrap
- 19 Garish
- 21 Mellow yellows
- 24 Winter blanket
- 25 Mauna —
- 26 Fire sign?
- 28 Emulate Scott Hamilton
- 31 Grecian vessels
- 33 Evergreen tree
- 35 "Zounds!"
- 36 Army doc
- 38 Karaoke prop, for short
- 40 Assoc.
- 41 Friendly
- 43 Crude dwelling
- 45 Brit's word of surprise
- 47 Where Ger. is
- 48 Help
- 49 Timepiece attachment



- 54 Blasting stick
- 55 Follow
- 56 Luau dish
- 57 Sneaky chuckle
- 58 Reading lights
- 59 Bradley and Asner
- 6 Fed. health law
- 7 Camping shelters
- 8 Family cars
- 9 Something to jump on
- 10 Skunk's defense
- 11 Theater award
- 16 Jurist Fortas
- 20 Stirred
- 21 Grad
- 3 "— goes there?"
- 4 Soft felt hat
- 5 Diplomat's post
- 27 Skirt edge
- 29 Like lemons
- 30 Jittery
- 32 Thailand, once
- 34 Gets smart
- 37 Embroidery yarn
- 39 Waterpark slides
- 42 Actress Loy
- 44 Wall St. whiz
- 45 Tub session
- 46 Queue
- 50 Doctrine
- 51 Mimic
- 52 Silent assent
- 53 Insult

DOWN

- 1 Apply cream
- 2 Listener
- 3 "— goes there?"
- 4 Soft felt hat
- 5 Diplomat's post

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

Answer

Weekly SUDOKU

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

Solution time: 22 mins.

Answers

King Crossword

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Trivia Test Answers
1. Maine; 2. George Washington; 3. Lord Maximus Farguad; 4. Virginia Woolf; 5. Heck; 6. Florence Nightingale; 7. Malaysia; 8. The gallbladder; 9. "I think, therefore I am"; 10. Eleven; 11.



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