



Listed by
**Stormy
Bulloch**
Call Stormy at
435-590-3030
Or Ashley at
435-592-2214



Custom home 3,519 sq ft, 5 bed + den, 3 baths, 3-car garage, beautifully landscaped 0.31-acre lot. RV parking 220V hookups. Gas fireplace, Finished bsmnt w/ family room, LVP flooring. Fenced yard, covered patio. \$649,900.



Listed by
**Ashley
Milne**
HavenLane
Realty
REALTOR®
435-592-2214



Beautiful 2-bed, 2.5-bath townhome offering 1,388 sq. ft. Built in 2022, contemporary style with everyday comfort, featuring sleek finishes and an open, inviting layout perfect for both relaxing & entertaining, 2-car garage. \$269,900.



Listed by
**Sandy
Hulet**
HavenLane
Realty
REALTOR®
435-590-9567



2.21 Private real estate just minutes from downtown Cedar City. This incredible property offers 3,024 sq. ft. of thoughtfully designed living space featuring 4 bedrooms and 3½ bathrooms—all for just \$715,000.



Listed by
**Joanna
Cuthers**
Call Joanna at
435-590-8554
Call Stormy at
435-590-3030



Investor Opportunity! Newer 3-bed, 2.5-bath townhome, 2-car garage & tenant in place through April 27, instant rental income. Well maintained. Private fenced patio. \$299,900.



Listed by
**Krista
Coates**
HavenLane
Realty
REALTOR®
801-310-0369



Hurricane Townhome 4 bed, 2.5 bath, granite countertops and stainless steel appliances. The fully landscaped and fenced yard provides private outdoor living, 2-car garage. \$375,000



Listed by
**Elisa Murillo-
LaCagnina**
HavenLane
Realty
REALTOR®
435-592-3774



Brand New Construction Single Family Home! 3bed/2bath, 3 car oversized garage, walk out basement, Full Block Wall w/gates, Beautiful Mountain Views! \$649,900.



MEET THIS MONTH'S CLINICIAN!

JORDAN RHODES

Clinical Mental Health
Counselor (CMHC)

Specializing in anxiety, depression,
sleep insomnia, and more.

Jordan works with adults, teens,
couples, and more.

His approach is DBT, IFS, CBT, and
CBT-I



WELCOME TO ROOTS COUNSELING & WELLNESS

My name is Jordan, and I am a Licensed Clinical Mental Health Counselor (CMHC) with a Master of Science in Mental Health Counseling from Walden University and a Bachelor of Arts in Psychology with a minor in Music from Southern Utah University. I recently completed clinical supervision and obtained full licensure, and I am passionate about helping individuals create meaningful and lasting change in their lives.

My counseling approach primarily emphasizes Dialectical Behavior Therapy (DBT) while also incorporating an Internal Family Systems (IFS)-informed perspective. I strive to create a supportive, collaborative environment grounded in empathy, authenticity, and unconditional positive regard, where clients can safely explore emotions, experiences, and personal challenges at their own pace. I also hold certification in Cognitive Behavioral Therapy for Insomnia (CBT-I), which allows me to help individuals improve sleep through evidence-based behavioral interventions and practical strategies.

I have experience facilitating DBT groups and providing counseling to a diverse range of clients, including individuals, couples, children, teenagers, and young adults navigating concerns such as anxiety, depression, ADHD, emotional regulation difficulties, and life transitions. I value helping clients strengthen resilience, build practical coping skills, and develop deeper self-understanding and self-compassion.

Outside of counseling, I enjoy creative and collaborative hobbies, including tabletop role-playing games (TTRPGs) such as Dungeons & Dragons, Historical European Martial Arts, and 3D printing. I especially appreciate the creativity, storytelling, and shared connection that TTRPGs encourage through collaborative worldbuilding and creative expression. I currently reside in St. George and enjoy engaging in creative projects and community involvement.

Healing is not about
erasing the past. It's
about feeling safer
in the present.

"I value helping clients
strengthen resilience,
build practical coping
skills, and develop
deeper self-
understanding and self-
compassion."

-Jordan R.

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to Hell Week: Iron
County prosecutor
completes grueling
SWAT course -page 10



IRON COUNTY

today

Annual One Utah Summit Brings Statewide Leaders to SUU



STORY IN NEWS

Annual **One Utah Summit** Brings Statewide Leaders to SUU



by May Hunter

FOR IRON COUNTY TODAY

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board@schools.utah.gov

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

The 2026 One Utah Summit was held August 4–6 at Southern Utah University's America First Event Center. The One Utah Summit is Utah's premier annual business and rural economic development conference, bringing together leaders from across the state to discuss frontier energy, agriculture, tourism, infrastructure, education, and global trade.

A highlight of the event was an address by Governor Spencer Cox, who celebrated Utah earning the top spot in the national Independence Index, recognizing the state's excellence in job growth, volunteerism, educational freedom, and overall quality of life.

"If we invest in people, steward the places that make Utah special, and create opportunities that reach every community, we won't just remain the best state in America," said Governor Spencer Cox. "We'll continue to show the rest of the country what One Utah really means."

Another highlight of this year's summit was the Summit Service Project, led by First Lady Abby Cox and UServe Utah. Summit attendees assembled 2,246 literacy kits for first- and second-grade students in Iron and Beaver counties. The summit also recognizes outstanding organizations and leaders who are expanding economic opportunities and strengthening communities throughout rural Utah.

2026 One Utah Summit Award Recipients:

- **Utah Business of the Year — Intermountain Electronics (IE):** Honored for the company's continued growth in Price, including the creation of hundreds of technical jobs, development of a residential campus and partnerships with area colleges to prepare workers for advanced manufacturing careers.

- **Statewide Investor — LS Electric Utah:** Recognized for its significant investment and expansion in Iron County. The company is investing \$168 million to expand its Enoch campus, with plans to add more than 250 jobs and nearly 294,000 square feet of manufacturing space by 2030.

- **Horizon Award — Valar Atomic:** Recognized for reaching a major milestone with the groundbreaking of its Ward 250 reactor

project in Emery County.

- **International Business of the Year — Merit Medical Systems:** Honored for the company's continued international growth and expanding presence throughout Europe, Asia, the Americas and Africa.

- **Distinguished Service Award — Lauri Garfield:** Recognized for her leadership and contributions to the day-to-day operations of Southern Utah University.

- **Utah Rural Influencer — Geri Gamber:** The executive director of SERDA was honored for helping bring resources and development opportunities to communities throughout southeastern Utah.

- **Utah Rural Rockstar — Lesha Coltharp:** Uintah County's director of tourism and events was recognized for creative marketing efforts that have helped promote the Dinosaurland area as a tourism destination.

- **State Bank of Southern Utah Rural Legacy Leader — Carl Albrecht:** Honored for his longstanding service, leadership and commitment to rural communities across Utah.

- **Transformational Leader Awards:** Nate McDonald of URLA, Michelle Tullis of ILA, Larry Jensen of CULA and Derrin Owens of ELA were



Man pleads guilty to felony charges in alleged Paragonah domestic assault

by Tracie Sullivan

FOR IRON COUNTY TODAY

A man accused of repeatedly assaulting and strangling a woman over several days in Paragonah has pleaded guilty to two felony charges.

Conrad Deckeon Jimenez, 38, pleaded guilty Tuesday to aggravated assault resulting in serious bodily injury, a second-degree felony, and aggravated assault, a third-degree felony. Both charges carry a domestic violence designation.

Under the plea agreement, prosecutors reduced a second count of aggravated assault resulting in serious bodily injury from a second-degree felony to a third-degree felony. Three misdemeanor charges alleging Jimenez interfered with police and possessed marijuana and drug paraphernalia were dismissed.

Jimenez faces one to 15 years in prison on the second-degree felony and up to five years on the third-degree felony.

The charges stem from an investigation that began July 9 after Iron County sheriff’s deputies learned a woman was being treated at a hospital for serious injuries, court files state.

The woman initially declined to identify her alleged attacker because she was afraid of him. A

friend later contacted authorities and reported that her cousin had “beat up” the woman.

The friend told deputies Jimenez had been staying on her property in Paragonah, but the family no longer wanted him there. She also reported that Jimenez knew he had an active arrest warrant from an unrelated domestic violence case in St. George and had been hiding in the hills, returning to the property after dark to collect his belongings.

Deputies responding to the property reportedly saw Jimenez driving a Dodge Caravan. As they approached, Jimenez allegedly attempted to leave through a vehicle gate before putting the van in reverse.

Jimenez refused commands to keep his hands visible and resisted as deputies removed him from the vehicle. Authorities said it took three deputies to restrain and handcuff him.

During a subsequent interview, the woman told investigators the violence had occurred repeatedly over four or five days. She alleged Jimenez threw cans of food at her, punched holes in walls, placed her in chokeholds and swung a Milwaukee razor blade at her.

The woman also reported losing consciousness at times after Jimenez struck her.

Investigators documented bruising across her body, a broken nose and injuries around her neck and throat. A sexual assault nurse examiner also reported that the marks around her neck were consistent with strangulation.

Deputies later searched the property and found a Milwaukee razor blade near the entrance and bed of a travel trailer where the woman said she had been attacked. They also found cans of food scattered across the floors of two trailers, along with several THC vape cartridges and marijuana pipes.

During an interview with detectives, Jimenez admitted he had been involved in an altercation with the woman but declined to describe what happened.

As part of his guilty plea, Jimenez admitted using unlawful force or violence against the woman, causing serious bodily injury and employing either a dangerous weapon or force capable of restricting her breathing or circulation.

ONE UTAH SUMMIT

« CONTINUED FROM PAGE 5



PHOTO COURTESY OF SOUTHERN UTAH UNIVERSITY

recognized for their leadership and contributions to workforce and industry development.

• **Transformational Leader Legacy Award — Christine Watkins:** Honored for a career marked by leadership, service and contributions to communities throughout Utah.

The three-day One Utah Summit wrapped up with breakout sessions, roundtable discussions and networking opportunities that brought together leaders from education, government and business. The conversations centered on workforce development, collaboration and ways to support continued growth in communities throughout Utah.

Southern Utah University President Mindy Benson said bringing the summit to Cedar City gives students and the surrounding region an opportunity to connect directly with leaders shaping Utah’s economy.

“Hosting the One Utah Summit on our

see **ONE UTAH SUMMIT** » 6

WEATHER FORECAST

Thu Aug 13		74 / 59 °F	A few tstorms. Overcast.
Fri Aug 14		75 / 56 °F	Isolated tstorms. Overcast.
Sat Aug 15		76 / 58 °F	Isolated tstorms. Cloudy.
Sun Aug 16		80 / 49 °F	Overcast.
Mon Aug 17		71 / 47 °F	Mostly cloudy.
Tue Aug 18		76 / 46 °F	Afternoon clouds.
Wed Aug 19		77 / 49 °F	Scattered clouds.
Thu Aug 20		78 / 49 °F	Scattered clouds.

Source: timeanddate

opinion

FROM THE EDITOR



**BECKA
DIMICK**
COPY EDITOR

I have never understood people who refuse to share recipes.

Growing up, I went to church with a woman who made incredible barbecue sauce. Everyone loved it, everyone asked for the recipe and she took great pride in telling everyone they couldn't have it. The recipe was a closely guarded family secret that she would only pass down to her children.

Even as a kid, I remember thinking: Give me a break.

This week, I had the exact opposite experience.

The chef at one of my favorite pizza restaurants put the full recipe for one of their most popular pizzas online. I was obsessed with this restaurant when I lived near one, and when I discovered the recipe this week, I got very excited.

I kept thinking about how cool it was that this chef had created something people loved and decided to tell us exactly how to make it.

Recipes are meant to travel.

Someone gives you a recipe, you make it for someone else, they ask you for it, and you pass it along. Maybe you add more garlic. Maybe you hold off on the hot sauce. Maybe they change the cheese. Eventually, nobody remembers exactly where it originated. It simply becomes that dish everyone makes.

There's something so generous about saying, "I made something good, and I want you to be able to make it, too."

That's such a lovely philosophy.

And it doesn't diminish the original.

If 500 people make this chef's cacio e pepe pizza, the restaurant doesn't suddenly lose its ability to make pizza.

Good things aren't necessarily made more valuable through scarcity. (Talking to you, BBQ Sauce Lady.)

If anything, sharing gives something good a life beyond your own kitchen.

So, I'm firmly anti-recipe gatekeeping.

If you make something wonderful and somebody asks how you did it, tell them.

Good food deserves to travel. And remember, there is plenty of barbecue sauce to go around.



news

ONE UTAH SUMMIT

« CONTINUED FROM PAGE 5

campus brings the future of Utah industry directly to our doorstep," Benson said. "When we bring innovative state and business leaders together in Cedar City, we create direct employment pathways for our students, strengthen our regional workforce, and ensure our rural communities have the tools to thrive for generations to come."

Donna Law, SUU Associate Vice President of Community and Government Relations, also highlighted the role individuals and organizations play in strengthening communities across the state.

"Utah's rich culture and strong sense of community are built on the dedication of people who pour their hearts into making our state better every single day," Law said. "The contributions of this year's award winners uplift our neighborhoods, preserve our vibrant quality of life, and inspire us all."

What an incredible week at the 2026 One Utah Summit! Thank you to everyone who helped make this year's event such a tremendous success. Every detail was thoughtfully planned, the event was exceptionally organized, and even Southern Utah provided beautiful weather.

WORD OF THE WEEK

GUSTATORY
[GUS-TA-TO-RY]

noun

relating to or associated with eating or the sense of taste

QUOTE OF THE WEEK

"One cannot think well, love well, sleep well, if one has not dined well."

- Virginia Woolf

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education

Board to consider change to school calendar

by Shauna Lund

IRON COUNTY SCHOOL DISTRICT

The Board of Education will consider a change to the 2026-27 school year calendar during its regular board meeting on Aug. 25.

The change request follows the release of the Utah High School Activities Association's schedule for athletic events. Superintendent Dr. Lance Hatch said the 2026-27 school year calendar includes high school graduations on May 19. The UHSSA

schedule for May 2027 includes state tournaments for track and field, boys soccer, baseball, softball, lacrosse and tennis that same week. The UHSAA calendar was released after Iron County School District's calendar was approved.

Hatch said state athletic tournaments, especially track and field, impact many seniors. School administrators approached the district with their concerns for those students who may have to choose between their sport and graduation.

The board will consider a recommendation to change graduation to Monday, May 24, for Launch and Southwest Education Academy and Tuesday, May 25, for Canyon View, Cedar and Parowan high schools. The last day of school would be moved to Wednesday, May 26. A professional day for teachers would be held May 27. School would still end before Memorial Day because the holiday is on May 31 in 2027.

Hatch said the district could make

up those extra four days by moving the start of winter break to Dec. 21, adding an extra day to fall break and scheduling the Friday before President's day off.

"We hate to make a change like this ...," Hatch said. "But the problem is we already have parents planning graduation trips and things like that. So this is one where we are going to need to take action."

Teachers kick off the new school year with a focus on service

by Shauna Lund

IRON COUNTY SCHOOL DISTRICT

Nearly 400 teachers gathered at Canyon View High School Wednesday, Aug. 5, to kick off the new school year.

The focus for the 2026 school year, Superintendent Dr. Lance Hatch told teachers, is compassionate service. In fact, one of the goals for the school year will be for each school to partner with the community in at least one service project per quarter.

The idea stems from the book "Wonder Drug" written by medical doctors Stephen Trzeciak and Anthony Mazzairelli. District and school administrators adopted the book for study this year and schools have been encouraged to do the same. Each teacher was offered a physical or digital copy of the book.

The book specifically addresses hundreds of studies which support the tenet that serving others is the best medicine for physical and mental well-being.

Members of the district administrative team briefly introduced the book to teachers. Human Resources Executive Director Janette Stubbs spoke of the dangers of focusing on oneself.

Too much self-reflection can lead to isolation, loneliness, trust issues, depression and can be detrimental to physical health.

Executive Director of Secondary Schools Roy Mathews focused on the benefits service provides to students. Teaching students how to serve others can help protect them from feelings of anxiety and depression, he said.

Executive Director of Elementary Schools Steve Burton said connecting with others and building relationships

can also help adults, including teachers, avoid burnout.

Business Administrator Todd Hess encouraged those gathered to send a text or email to someone in their contact list and genuinely thank them. Each spoke of the value of practicing "live to give."

In a video address recorded specifically for the district, Trzeciak spoke of his reason for doing the research and writing the book. He said his own feelings of burnout triggered the study.

"The research points to this: The key to resilience is relationships," he said.

Hatch ended by

encouraging schools to embrace the book, "The how is up to you," he said.

Teachers will welcome students back into the classroom on Wednesday, August 12.



ECONOMIC REVIEW BREAKFAST

CEDAR CITY HOSPITAL EXPANSION
AND ITS ECONOMIC BENEFITS

JAMISON ROBINETT, PRESIDENT
OF THE CEDAR CITY HOSPITAL

AUGUST 26, 2026
8:00 AM

COURTYARD BY MARRIOTT

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Superintendent
Hatch speaks
about the theme
for the 2026-27
school year.



Board
President
John Taylor
speaks to
teachers

IRON COUNTY GOVERNMENT RECAPS

Cedar City Council Meeting Summary

by Iron County Today Staff

FOR IRON COUNTY TODAY

Staff Comments

Traffic Signal Projects: Underground work and pole foundations are complete at the Kittyhawk/Bulldog and 600 South/1100 West intersections, but installation is delayed by a statewide shortage of steel poles and mast arms. Kittyhawk/Bulldog is expected to be completed within a few weeks, while 600 South/1100 West will remain a four-way stop through the start of the school year.

100 East Roadway and Driving Range Netting: The southern section of 100 East is open, while the northern section is delayed by utility work expected to finish within a few weeks. Installation of the golf course driving range netting is awaiting a height study and Forest Service coordination, with completion estimated about four months after materials are ordered. Council asked staff to explore ways to speed up the project before winter.

Main Street (SR-130) Corridor Study: Staff reviewed previous Main Street planning efforts and UDOT's new corridor study, which will develop a conceptual design but does not include construction funding. Council discussed future median locations, business access, parking, emergency vehicle access, and landscaping, emphasizing

the need to preserve downtown parking and access as planning continues.

Council Personal Privilege Items: A councilmember requested future discussion on safety improvements at the West Canyon Park ditch following additional injuries and asked staff to address weeds along Sage Drive sidewalks.

Business Agenda

Zone Change – Standard Plumbing Supply Property: A public hearing was held on a request to rezone part of the property from R-2-2 to Central Commercial. No public comments were received, and the item was moved to the following week's action agenda.

General Plan Amendment – 800 North Iron Springs Road: A proposal to redesignate about 120 acres for future business and industrial development was presented. No public comments were received, and the item was moved to the following week's action agenda.

Flock Safety Camera Insurance: After eight license-plate-reader cameras were vandalized, Council discussed purchasing insurance to cover future damage. Members debated the cost and alternatives before moving the item to the following week's action agenda.

Fire Department Squad Truck: Council reviewed the purchase of a new squad truck chassis from Young Chevrolet after the local bidder declined. The item was placed on next week's consent

agenda.

Board Appointments: Council recognized outgoing board members and interviewed two applicants for the Library Board, Brandt Parker and Brent Porter. Both appointments were placed on the consent agenda. Cemetery Renovation Phase 4: Council reviewed the low bid, which came in under budget, and discussed curb designs and tree removal. The project was placed on the consent agenda.

Fiddler's Canyon Trail Extension: Council discussed a UDOT agreement requiring flood gates on the trail culvert, expressing a preference for warning signs instead. Staff was directed to continue advocating for changes before the item moves forward.

Water Infrastructure: Staff reviewed major water system projects, including new pump stations, well rehabilitation, and the Cedar Canyon Springs Filtration Plant. Council supported moving forward with design and bidding while directing staff to pursue a limited emergency backup power system and return with updated cost estimates.

RDA Work Meeting

South Main Street Lighting Improvements, Phase 3: Council discussed a bid protest after the low bidder was not on the city's planholders list. Staff was directed to include that requirement in future bid documents, and the item was moved to the following week's action agenda.

LEGISLATIVE UPDATES

Representative Carl Albrecht



REP. CARL ALBRECHT
UTAH HOUSE DISTRICT 70

Best State Overall 4 Years in a Row!

The country is once again looking to Utah as the nationwide standard. For the fourth year in a row, U.S. News has named

Utah the Best State in America. Utah was built on a pioneering spirit of hard work, service to our neighbors, and family values. Whether it is leading the nation in upward mobility, fostering family-friendly communities, or managing resources with long-term foresight, Utah continues to find success. As your Representative, my goal is to keep championing the policies that protect our way of life so that future generations can continue to thrive in the Beehive State.

Keeping Energy Costs Low

With costs on the rise, keeping your energy bill low is a top priority. That's why when Rocky Mountain Power proposed price increases across the board, Utah pushed back, and it paid off in a big way. Instead of the originally proposed massive rate hikes, a new settlement is

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

bringing immediate relief to Utah households.

Thanks to this agreement, there will be no general rate hikes until 2029. \$2 billion has also been committed to strengthening Utah's electric grid against outages and wildfires. This is a major win for all Utahns, ensuring that our energy remains reliable, dispatchable, and, most importantly, affordable.

Fiscal Accountability

Utah has once again proven itself a national leader in fiscal responsibility, ranking as one of just nine states to maintain a low SNAP payment error rate below the 6% threshold. Thanks to our state's rigorous management and commitment to accountability, Utah taxpayers are fully protected from costly federal penalties. Under new federal legislation, states with high error rates could soon be forced to hand over tens or even hundreds of millions of state tax dollars to cover food aid costs – funds that would otherwise have to be drawn from our public schools, law enforcement, or health services. By keeping our error rate low, Utah has secured a complete exemption from these cost-sharing requirements, ensuring our state budget remains protected while critical support continues reaching the families who truly need it.

Saving You Money at the Pump

As a parent, I understand that when it comes to budgeting for your family, every penny counts. This past session, we passed a 15% reduction on the state portion of the gas tax, saving Utah drivers an estimated \$40 million. This builds on Utah's commitment to smart tax policy: small, sustained cuts over time that add up to major savings for Utah families.

The bill also streamlined permitting for fuel pipelines and included industry commitments to increase Utah fuel production by 12.5% over five years, pairing immediate price relief with a long-term supply strategy. While this has been overshadowed by increased gas prices at the pump because of the US/Iranian conflict, when all is settled, you will better see the reduction in the

fuel tax.

Catastrophic Fires

My district, (Sevier, Piute, Beaver and portions of Iron Counties) has been hit particularly hard from catastrophic fires these past four years. First, the Silver King fire in Piute, then the Monroe Mountain fire in Sevier and Piute, then the Cottonwood fire in Beaver and Piute, and now the Widemouth 2 Fire has crept into Sevier County from Millard County, plus several smaller fires. Beaver, Piute, and Sevier were all included in the Governor's Emergency Declaration, which frees up State and Federal assistance. After these fires, comes floods when we receive monsoon rains or just a good thunderstorm in the right area. These fires and floods affect all kinds of infrastructure from roads to water systems, and the effects from decreased tourism to local businesses. Losses of grazing, wildlife, livestock, and other losses to producers including those who were conducting small logging operations, are also felt.

Fire and Flooding Update

Today, I was in Beaver Canyon with Director Tom Schultz of the U.S. Forest Service from Washington D.C. and Governor Cox where they signed a mutual aid agreement for the Cottonwood Fire in Beaver and Piute Counties. The UFS made \$9 million available to be matched by the State to start stabilizing the mountain to prevent future flooding in both counties.

If we don't do that, future monsoon rains and thunderstorms will continue flooding as they have in Piute, Sevier and Beaver Counties. May God bless all the people in these counties as we move forward together.

Despite these challenges, we all pull together to care for our neighbors – it's the Utah way. Enjoy the end of summer by supporting your local County Fairs, Rodeos, and celebrations with your families.

It's an honor to serve you.

Representative Carl Albrecht
Utah House of Representatives
District 70
carlalbrecht@le.utah.gov
465-979-6578

Sen. Vickers-Week 7 Legislative Update



SEN. EVAN VICKERS
UTAH SENATE DISTRICT 28

Friends and neighbors,

As July began our nation's 250th anniversary celebration, I have been thinking about what has held us together as Americans. Our country is still young in many ways, even after 250 years. We hear a lot about division, especially online, where arguments and criticism can feel constant. But in everyday life, I see something different. I see people showing up for each other in good times and hard times, held together by shared hopes, shared values, and care for their neighbors.

Recently, those values have been shown in a powerful way in Beaver. After the wildfire moved quickly across Beaver Mountain, heavy rain created another emergency. The burn scar could not hold the water, and flooding came down the canyon, carrying debris and damaging Beaver City's municipal water system. Many families were left without drinkable water, and more than 200 homes in the Grove area were expected to be without water for some time.

I have been grateful to work with Beaver Mayor Matt Robinson, Representative Carl Albrecht, Congresswoman Celeste Maloy's office, the Governor's Office, the Utah Department of Public Safety, and many others who are bringing resources to Beaver as quickly as possible. My friend Dan McKittrick and I were able to locate 44 large water drums, and organizations including SUU, Southwest Tech, Utah Tech, Dixie Tech, The Church of Jesus Christ of Latter-day Saints, the

Department of Public Safety, and others have been helping with water, trucks, donations, and support for the people who need it most.

That is what I love about southern Utah. It is what I love about Utah.

That same spirit is one of the reasons Pioneer Day means so much to me. It reminds me of the work, sacrifice, courage, faith, and dedication of those who came before us and helped build this place we call home. I think about my own ancestors and the sacrifices they made. On my mother's side, my Icelandic ancestors helped settle Spanish Fork. On my dad's side, I have family ties to Nephi and to early work that helped build that community. Like so many families in Utah, my story is tied to people who worked hard, valued education, relied on faith, and wanted to build a powerful legacy that would bless future generations, including each of us.

That legacy is still alive today. We see it in our 250th anniversary celebrations and in our Pioneer Day celebrations. We see it when schools, churches, businesses, and government agencies come together in a time of need.

There are, of course, real challenges ahead for communities like Beaver that have been hit so hard by fire and flooding. The mountain will need time to heal. There will be long-term conversations about restoration, watershed protection, and ways to reduce future flooding. But right now, the focus is on helping our friends and neighbors get through this difficult time. As hard as these circumstances are, I am encouraged by what I have seen: people showing up, prayers being offered, water being delivered, resources being gathered, and the countless, quiet acts of service that are constantly happening all around us.

This year, as America begins its 250th anniversary celebration, I hope we will spend time looking not only at where we have been, but at what has carried us this far. Much has changed in 250 years, but the values that have held us together will never change: faith, family, freedom, courage, hard work,

LEGISLATIVE UPDATES

sacrifice, service, and love for our neighbors.

The last few months were productive on Capitol Hill, with interim meetings and a special session focused on urgent state issues. Highlights included UDOT and Utah State University's successful air taxi vertiport demonstration, a legislative briefing remembering the atrocities of October 7, the 80th anniversary of D-Day, and the celebration of Martha Hughes Cannon's legacy as her statue begins its journey to National Statuary Hall in Washington, D.C.

Of note, we mourn the loss of 1st Lt. Tyler James Feehan, a Southern Utah University student, graduate of the SUU Army ROTC Program and just weeks away from earning his MBA. Lt. Feehan was killed in action while serving in Jordan alongside Pvt. Isabella Gonzales. My heart goes out to their families, fellow soldiers and all who knew and loved them. This is a profound loss for our community, particularly for our Southern Utah University community, and we are forever grateful for their service and sacrifice in defense of our nation.

During the special session, the Legislature addressed key issues including Title IX protections, energy security, public lands funding, exchange student academic standards, school district creation and code corrections. I also joined state leaders in Iceland to learn more about geothermal energy and attended a majority leader conference in South Carolina, where leaders discussed state autonomy, shared ideas and reaffirmed the importance of strengthening local communities.

Thank you for the opportunity to serve you in the Utah Senate. Please reach out anytime.

Sincerely,
Evan

From courtroom to Hell Week: Iron County prosecutor completes grueling SWAT course

by *Tracie Sullivan*

FOR IRON COUNTY TODAY

For several nights after returning home, Dallin Brooks would sit upright in bed believing he needed to report for duty.

Somewhere between sleeping and waking, the Iron County deputy attorney could see SWAT instructors in his room, ordering him into formation or telling him to move into position. It would take a moment before he remembered he was home and no longer racing against the clock at SWAT school.

"I'm still not even realizing that I'm dreaming," Brooks said. "I'm having this experience, but I convince myself that, 'Oh, actually, it's not urgent right now. I can lay back down.'"

The dreams were a lingering echo of Ogden Metro SWAT's Hell Week, a 96-hour course compressed into six days of tactical training, physical exhaustion and little more than three hours of sleep each night.

Brooks was not required to attend. As a prosecutor, he will never be the one breaking through a door or confronting an armed suspect.

But if he was going to advise the officers who do, Brooks wanted to understand their world.

"I just figured it's probably the best thing to do to understand what they go through and to help me as an attorney when I am advocating for them, when I'm advising and training them on legal updates," he said. "I can relate much better to what they do."

Brooks began attending Iron Metro SWAT's weekly training sessions in July, about a month before leaving for Ogden. He also increased his running and added CrossFit-style workouts to his regular exercise routine.

It wasn't enough.

"The demand at Hell Week was far more than I expected," he said.

Each morning began with about an hour of intense physical training, often involving running while carrying teammates on stretchers, moving as a group beneath a massive log or sprinting forward and backward up hills.

If someone fell behind, those ahead

were sent back to retrieve them. If an entire team lagged, members might be ordered to hold a squat until everyone caught up.

Then came another full day of tactical exercises beneath the August sun, most of it performed in heavy gear weighing around 25 to 30 pounds.

"I've never sweat so much in my life in one day and then drank so much water to try and keep up with it," Brooks said.

The course began Sunday morning and continued through Friday afternoon. Some nights ended around midnight. Others stretched until nearly 2 a.m.

Even after instructors released them, participants still had to return to their dorms, clean their firearms, shower and then prepare their gear for the next morning. By the time Brooks climbed into bed, he generally had about three hours before he had to be ready to go again at 5:45 a.m.

Every hour he wasn't sleeping was spent on his feet.

"By the end of it, you could just hardly stand to stand still," Brooks said. "It felt so much better to walk or run than to stand still."

The closest thing to a break came after lunch, when participants sat through approximately two hours of classroom instruction. But falling asleep meant the entire team could be sent outside for more physical training.

"We were all taking our keys out, stabbing our legs and our hands, trying to stay awake," Brooks said. "Finally, you're like, 'I just have to stand up.'"

The firearms exercises presented a different challenge.

Unlike the law enforcement officers around him, Brooks had only recently begun receiving tactical firearms instruction. During simulated hostage rescues, participants entered a building

carrying weapons that fired rubber projectiles and had to quickly distinguish the hostage from the person threatening them.

A mistake meant more than failing the scenario.

"If we shot the hostage, then that was bad news for us because the instructors would take us out and have us do a whole bunch of really hard PT stuff in our full gear out in the sun," Brooks said.

The experience gave him new respect for officers who must make those decisions when the weapons and consequences are real.

"I didn't want to go through and be the guy that messed everyone up," he said. "It just kind of made me have a ton of respect for these guys who do it in real life."

Brooks had another concern going into the course. He underwent two procedures on his knee this year,

see **SWAT COURSE** » 11



SWAT COURSE

« CONTINUED FROM PAGE 10

including one about a month before Hell Week to remove an object floating inside the joint.

His knee swelled as the week progressed, but Brooks had already decided that only an injury serious enough to physically remove him from the course would stop him.

"I just knew that I wasn't going to quit," he said.

Brooks and Cedar City Police officer Daisy McKern were the only members of the local group to complete the course. When it came down to the two of them, Brooks said neither wanted to leave the other to finish alone.

They also tried to remain positive, joking with the other participants and informally competing to see who could wake up with the best attitude.

That mindset became especially important after the first day.

Sunday was not even a full day, but it was the hottest and one of the most physically punishing. By the time it ended, Brooks found himself thinking about the five days that still remained.

"It was the longest day I think I've experienced," he said. "I just had to keep saying, 'Let's focus on the next thing. Just get through the next thing.' Don't think about the whole thing as a whole."

Hell Week was designed as a demanding school, not an exercise intended to force participants to quit, Brooks said. Instructors challenged them physically and mentally while teaching tactical skills they could carry back to their respective teams.

One of those challenges involved entering a shipping container filled with CS gas. Participants initially wore gas masks, but were required to remove them, state their names, identify their SWAT teams and say how long they had served.

Brooks took a deep breath before removing his mask and managed to deliver the required information. Then he unnecessarily corrected himself, explaining that while he had worked for the Iron County Attorney's Office for two years, he had not been on SWAT that long.

The instructor accompanying him thought he might be immune to the gas since he was able to talk a lot

while still standing in it.

He wasn't. "It seriously burns so bad to breathe in and breathe out," Brooks said.

The gas was another mental test, he said. Although his body told him he could not breathe, he knew he was still receiving oxygen and had to remain calm until he reached fresh air.

By Thursday, Brooks had slept no more than three hours a night for several consecutive nights. Yet he was surprised by his ability to follow instructions, respond to feedback and think clearly through fast-moving scenarios.

"You can do way more than you think you can with very little sleep," he said. "I really thought that by the end of the week I would be almost incoherent but I wasn't. I was still able to think clearly, react and move quickly. It was surprising to me because the sleep thing worried me. I didn't know how I would do with only two or three hours of sleep a night."

The course ended Friday with weapons qualifications, a shooting competition and what instructors called a "fun run."

Participants ran approximately 2 miles while keeping one teammate off the ground, collecting trash and stopping at stations where they were required to demonstrate skills learned throughout the week. They cleared rooms, crossed open spaces without being detected and crawled through a river, mud, dirt and weeds.

"Never a dull moment," Brooks said.

Iron County Attorney Chad Dotson said Brooks also recorded the fastest obstacle-course time in the class, outperforming experienced law enforcement officers despite his lack of previous training, fatigue and injured knee.

"I'll brag for him since he won't do it," Dotson said.

Brooks is the second prosecutor in the Iron County Attorney's Office to complete Hell Week. Deputy County



PHOTOS COURTESY OF IRON COUNTY ATTORNEY'S OFFICE

Attorney Sam Woodall previously finished the course and also serves with Iron Metro SWAT.

Brooks will now join Woodall as a legal adviser to the team. Neither attorney participates in tactical operations as an officer, but remains on call during SWAT responses to review search and arrest warrants and answer legal questions as situations unfold.

The prosecutors will also provide regular instruction on changes in case law involving searches, warrants, use of force and other issues affecting tactical operations.

Dotson said having prosecutors undergo the same training as law enforcement officers helps both sides better understand one another's responsibilities.

"We always want law enforcement to see how things go on our side, so I think it's important for us to put ourselves out there and say, 'Hey,

we're willing to see how things are on your side too,'" Dotson said. "Those relationships are critical to successfully prosecuting cases and keeping the community safe."

Hell Week was not a vacation, Dotson said, and Brooks returned to a full caseload and a week of work waiting for him.

Still, Dotson said the professional and personal value outweighed the sacrifice.

"Anytime you can accomplish difficult things, it lets you know that you can get through challenges," he said. "Pushing yourself to get through hard things is helpful in all facets of your life, career, family, all of it."

Dotson said he was proud of Brooks for stepping outside his comfort zone and completing a course that even some experienced law enforcement officers do not finish.

"I think that says a lot about his character," he said.

Days after returning home, Brooks said the dreams were beginning to fade. But the lesson that carried him through Hell Week remained: Don't measure the distance still ahead. Just complete the next task.

"If you take it as a whole, I think you really struggle," he said. "Just do it one bit at a time."

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showcase

ARTS + ENTERTAINMENT IN IRON COUNTY



Dive Under The Sea with CCCMT's Spectacular Production of Disney's The Little Mermaid

by Jewly Krause

PRESIDENT CEDAR CITY CHILDREN'S MUSICAL THEATER

Cedar City Children's Musical Theater (CCCMT) invites you to dive beneath the surface and be a Part of our World. With an incredible cast of 185 talented young performers you won't want to miss this enchanting production of the Little Mermaid. From colorful sea creatures and dazzling musical numbers to adventurous sailors and unforgettable characters, the Heritage Theater will be transformed into a world where anything is possible. Whether you're a lifelong fan of Ariel, Sebastian, Flounder and Ursula or introducing the story to a new generation, this is one adventure you want to be a part of.



Hayden), Ariel (Reese Romney), Prince Eric (Elijah Karpel), and Ursula (Maren DeGraaf) are portrayed by seasoned CCCMT performers who have dedicated a minimum of 8 years (some for many more) to the program. Our overall cast is extraordinarily talented and it's so exciting to see their hard work and dedication pay off.

Performances will be held Aug 20, 21, 22, 24, 25, and 26 at 7:00 pm at the Heritage Theater.

Tickets are available now at CCCMT.org

General seating tickets are \$10, with reserved seating from \$15-\$18.

Grab the family, make a splash and join us Under the Sea for an evening filled with music, laughter, and unforgettable memories.

But don't wait too long - these tickets are sure to disappear faster than Ariel's voice.

What makes this production especially meaningful is the depth of experience woven into its leading roles. Sebastian (Trason

Cedar City Children's Musical Theatre
PRESENTS
Disney THE LITTLE MERMAID
Music by **ALAN MENKEN**
Lyrics by **HOWARD ASHMAN & GLENN SLATER**
Book by **DOUG WRIGHT**
Tickets Now on Sale!
AUGUST 20, 21, 22, 24, 25, 26
★ 7:00 PM ★
HERITAGE CENTER THEATER
www.CCCMT.org
Originally Produced by Disney Theatrical Productions
Based on the Hans Christian Andersen story and the Disney film produced by Howard Ashman & John Musker and written & directed by John Musker and Ron Clements.
Disney's The Little Mermaid is presented through special arrangement with Music Theater International (MTI). All authorized performance materials are also supplied by MTI. www.mtishows.com



Sydney Rasmussen Returns Home from MicDrop Nation a National Winner with a Record Deal

Cedar City artist named National Winner after competing among talented emerging performers from across the nation



by Chenille Sheeran

FOUNDER MICDROP NATION

Sydney Rasmussen, of Cedar City, UT, has been named the winner of a record deal at the 2026 MicDrop Nation Nashville Competition, a national artist development and performance competition bringing together promising emerging artists from communities across the United States.

Selected from an outstanding field of competitors, Rasmussen distinguished herself through an exceptional live performance at Nashville's Troubadour Theater before a panel of music industry professionals. The title recognizes excellence in artistry, vocal ability, stage presence, professionalism, audience connection, and overall performance impact.

"I truly am grateful, from the bottom of my heart, for not only the honor of winning and earning a record deal, but for the incredible friendships and memories made along the way. I couldn't be more

see **SYDNEY RASMUSSEN** » 13

Creating a Life

by Samuel Wells

CCAC BOARD MEMBER

Something unusual happened earlier this year at college graduation ceremonies across the country. Young audiences began booing speakers who spoke favorably about a future using artificial intelligence (AI). I say this is unusual because it is normally older generations that are suspicious of new technologies. I certainly am, as I close in on the redoubtable golden years. But the ones calling out the speakers were not old folks. They were zoomers – that is, students just graduating from college. And there are a number of reasons for their concern.

First on the list is having their jobs replaced by human-mimicking computers. Students today are not the first ones having to suddenly change majors or shift careers mid-stream

because of new industries. But the disrupting influence of AI is forcing a greater number of these transitions. It cuts particularly hard at careers in the arts; but engineering, the sciences, and even jobs in business are heavily impacted.

Young people are also concerned about their online experience. They are having a harder time recognizing and dealing with real human interactions. This is one of the great ironies of our current computer age. We are increasingly more keen on finding authentic relationships because of the many estrangements caused by the digital world, yet we are having a harder time distinguishing between human and virtual reality. Along with this ambiguity is the fact that all too often the information generated by AI is incomplete, biased, or sometimes

outright incorrect.



But I think our biggest concerns run deeper than this. Many of us haven't fully figured out what AI will mean in our own lives. We haven't figured out how to disambiguate between the benefits and the problems of this revolutionary technology. Those of us that use AI as a research tool, certainly don't want it to go away. But neither do we want it to harm our communities or our friends and families.

Perhaps a helpful comparison might be our old fashioned mail system, the US Postal Service. I still use it to pay some of my bills because it supports local jobs and because I don't fully trust online money transfers. This compromise of using old and new technologies is a well thought out

decision, and it requires a bit of sacrifice of time and convenience. But in the end, I feel like I am not being forced into a less human world.

We have to create our own lives. Young adults today know this more immediately than anyone else. Notwithstanding our own genetic and cultural endowments, there is still much to each of our stories that remains to be written. When AI challenges this process, it imposes itself into a very private place where it doesn't belong. We are now starting a new school year. Students, teachers, and the entire community are buying school supplies and new outfits. It is a time of new beginnings. It is worth the effort deciding just how much of our future we are willing to grant to a machine.

SYDNEY RASMUSSEN

« CONTINUED FROM PAGE 12

blessed to have such remarkable mentors, parents, and supporters cheering me on and providing love and support as I chase my big dreams!" said Sydney.

The achievement followed four days of intensive preparation at Cumberland University, where competitors received professional coaching, mentorship, and career development from nationally recognized leaders in music, performance, media, and entertainment. Artists strengthened their live performances while also receiving instruction in vocal development, branding, networking, financial planning, social media, image, professionalism, leadership, and career preparation.

Participants also experienced Music City through an exclusive backstage tour of the Grand Ole Opry, visits to Historic Music Row and the Country Music Association headquarters, and time on Nashville's famed Lower Broadway. These experiences

offered competitors a firsthand look at the industry in which they are working to build their careers.

The 2026 faculty and mentors included Chenille Sheeran, Tom Jackson, Amy Wolter, Kim Sandusky, Rudrani Devi, Debbie Gerber, Stacey Woodson, Jake Hoot, Andy Avery, Kyle Saylor, Barbara Bamberger, Dan LaMaestra, and the Nashville Film Institute team. The final competition was judged by Barbara Bamberger, Jake Thomas, Tyler Gould, and Dela Rollins.

The Nashville Film Institute documented the intensive and competition, providing participants with professional performance footage and behind the scenes media to support future auditions, bookings, promotion, and career opportunities.

Industry partners and sponsors included IMA Entertainment, 91184 Records, Bevy Records, Freda Recording, Nashville Creative Studios, HannahRachel Photography, and Nashville Film Institute.

LOCAL CONNECTION

Sydney Rasmussen is 17 and is the daughter of Kevin and Tamara Rasmussen. Sydney has performed the

National Anthem at countless events and community gatherings, and has shared her voice throughout the state of Utah. She served in the Miss America Organization as Miss Iron County's Teen 2025–2026, representing her county at Miss Utah's Teen in May 2026, where she was named 3rd Runner-Up and received the Overall Vocalist Award. She will be competing for the title of Miss Color Country's Teen on August 15th, 2026 in Cedar

City, UT. Sydney has a genuine love for people and a deep passion for music. She is committed to pursuing her dream of becoming a professional singer, using her voice to honor God, make a lasting positive impact on those who hear her voice, and inspire connection and love throughout the world.



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Cedar City's parkrun Celebrates Two Years

Local 5K marks milestone with rising attendance, dedicated volunteers, and international visitors

by **Bruce Gavin**

COAL CREEK TRAIL PARKRUN

Coal Creek Trail parkrun celebrated its second anniversary this week, marking two years of steady growth, international reach, and a welcoming atmosphere that has made the free weekly 5K a standout community event. The anniversary added extra excitement with a low-altitude helicopter flyover arranged in partnership with Southern Utah University's aviation program. After the event, the celebrations continued with cake for all finishers.

Since its launch, the event has held 98 parkruns, welcomed 976 individuals, and drawn participants from 15 different countries and most US states, transforming a simple Saturday morning run into a gathering place for locals, students, families, and visitors.

Event Director Bruce Gavin said the anniversary reflected the spirit that has defined Coal Creek from the beginning. "People join in and immediately feel like they belong," Gavin said. "You don't have to be fast, you don't

have to be a runner; you just show up, go at your own pace, and you're welcomed into the community."

Attendance has averaged 32 participants each week, with a record-setting 187 finishers during a holiday weekend. Gavin said the numbers matter less than the atmosphere. "Every Saturday, someone is doing their first parkrun, someone pushing a stroller, someone walking with a friend. It's a place where people surprise themselves in the best way."

The event's success has been underpinned by 89 volunteers who have stepped forward to time runners, marshal the course, scan barcodes, and cheer for every finisher. "Our volunteers make this event possible," Gavin said. "They're the reason Coal Creek Trail parkrun is run well week after week."

Cedar City Events Director Brandon Burk praised the program's impact on local recreation. "Coal Creek Trail parkrun has become a successful and positive event, available to everyone in our city," Burk said. "It encourages healthy habits, helps to build

up the community, and showcases one of our best trails. The fact that it's free and volunteer driven makes it an easy choice for anyone looking to start their weekend off on the right foot."

Burk emphasized that newcomers should feel confident attending. "If you've been thinking about coming, this is the perfect time," he said. "You'll be welcomed, supported, and celebrated no matter your pace."

Saturday's anniversary reflected the tradition that has defined Coal Creek from the start: a brief

welcome, a count-down, and a diverse group of participants moving along the trail at whatever pace suits them. No pressure, no entry fee ... just a community gathering built on encouragement and consistency.

As Coal Creek Trail parkrun enters its third year, organizers say the goal remains simple: keep the event free, friendly, and open to everyone. "It's one of the best ways to begin your weekend; with movement, good company, and the incredible scenery along the trail," Gavin said.



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. For information content Scotty, Post Adjutant, at (435) 590-3072 or hidesertdog@gmail.com

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 • (925) 508-9058

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

Alzheimer's/Dementia

Every 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

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

Holding Out HELP

Holding Out HELP provides those from a polygamous culture the care, support, and resources to become independent and self-sufficient (Cedar City and surrounding areas). Please call: 801.548.3492.

Multiple Sclerosis

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

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, 7:00 pm • Share Families of So. Utah • 565 N Main Street, Ste. 6, Cedar • www.southernutahshare.com

Reel Mental Health

A fun interactive support group focused on your mental health and well-being, available online <https://www.facebook.com/groups/925451652789177/?ref=share&mibextid=NSMWB>

Senior Blind/Visually Impaired

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

Southern Utah Veterans Assoc.

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

Southwest Parkinson's Alliance

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

Widows Ministry

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

CLASSES, CLUBS & ACTIVITIES

Adult Barre/Modern Dance

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

Arthritis Foundations Exercise

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

Bingo & Lunch

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

Book Club

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

Cars & Custard

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

Cedar City Farmers Market

(9am-1pm) on the north end of Cedar City, Design & Flooring parking lot (2232 N Main St, Cedar City). Admission is FREE. Come for the farmers, food, and artisans, as well as drawings, bingo, and more! For information, visit them on Facebook, Cedar Saturday Market, or call Nancy (435) 463-3735.

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. cedarchestquilters-guild.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 8 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 11 am. 5101 W 1125 S, Cedar City. Leave a message or call Valerie Whitaker 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.cedarcity-communityband.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

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/SmGytgCfvQ1tS2pB7

Adolescent: forms.gle/BZiepPW63pR6Zd8k9

Rock Club

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

Sagebrush Fiber Artisans Guild

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

Senior Yoga Classes

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

Sewing Group

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

Southern Utah Woodturners

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

StrongBoard Classes

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

Tai Chi For Health

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

TOPS—Take Off Pounds Sensibly

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

Water Aerobics Class

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

Wellness Place

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

Wellness Wednesdays

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

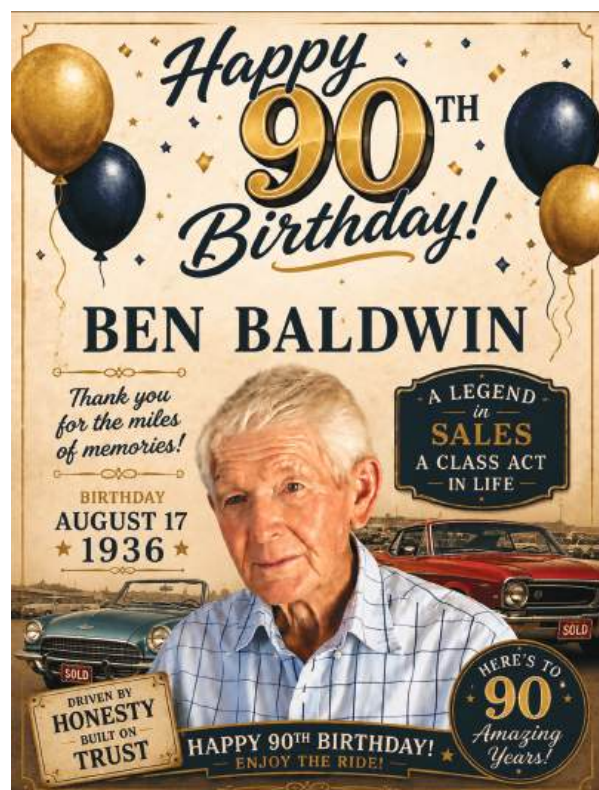
Youth Group

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

Zumba with Steff at Retro Fitness 929

S Main St, Cedar City, Tuesday at 9 AM. Membership or drop-in fee. Fun and easier to follow.

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calendar

THURS, AUGUST 13

KOLOB GALLERY GUEST ARTIST RECEPTION (4-6PM) At Kolob Gallery, 111 S. Main St. Guest artist Whitney Jones. Watercolor, Mixed Media. The public is invited to meet the artist and view the exhibit.

FRI, AUGUST 14

JOHNSON ARTS CENTER: SUMMER CONCERT SERIES (6PM) at the Johnson Center for Arts outdoor stage (59 N 100 W, Cedar City). Admission is FREE. Everyone is invited to come out and enjoy a free live performance on the outdoor stage. Remember to bring a chair or a blanket and enjoy some free entertainment on the outdoor stage. All ages welcome! (and four-legged friends). *second Friday of each month June to September.

ENOCH MAYORS MOVIE IN THE PARK THE Enoch City Community presents The Mayors Movie in the Park held in Old Enoch Park (1600 E 5250 N, Enoch). Food trucks will be set up by 8:00 pm and The Sandlot movie will begin

at 9:00 pm. Everyone is invited to bring your own blankets and lawn chairs to enjoy the night with food trucks, snow cones, and FREE popcorn.

CEDAR BREAKS: NIGHT SKY TOUR RANGER- led Night Sky Tour beginning at 8:30 pm at the Visitor Contact Station at North View Overlook (weather permitting). The National Monument entrance fee applies (\$25 per vehicle). Be an astronomer and join the rangers of Cedar Breaks to experience a night of wonder and observe astronomical features through a telescope. Each tour will begin with a 30-minute ranger program indoors and will be followed by a tour of the constellations and an interactive telescope experience. Due to limited parking and equipment, reservations are required for the guided walks. Reservations and information can be found by visiting [nps.gov/cebr](https://www.nps.gov/cebr) or by calling (435) 986-7120.

SAT, AUGUST 15

CEDAR CITY FARMERS MARKET - YOUTH ENTREPRENEUR DAYS (9AM -1PM) Youth Entrepreneur Day is held on the 3rd Saturday of the Month from June to September from 9:00 am to 1:00 pm at the Cedar City Design and Flooring (2232 N Main St, Cedar City). Youth, age 17 or younger, can sign up for a

FREE Booth space to sell their handmade items or baked goods. Everyone is invited to come out and support our local youth. For information and to sign up, visit the Cedar City Farmers Market Facebook page.

RED ACRE: FARMER TO FORK DINNER (6 - 9PM) at Red Acre Farm (2322 W 4375 N, Cedar City), tickets are available at redacrefarmcsa.org. Inspired over a decade ago by Outstanding In The Field to set one long table. This "Farmer" to Fork" is different because the chef is also the farmer. Small bites will be passed, and of course, a farm tour will be given. Discussion and questions from the guests will be encouraged.

WED, AUGUST 19

CEDAR CITY CHAMBER - GOLF TOURNAMENT (7:30AM to 1PM) Cedar City Chamber of Commerce Annual Golf Tournament held at the Cedar Ridge Golf Course (200 E 900 N, Cedar City). 7:30 am check-in & breakfast, 8:00 am shotgun start, and 12:00 pm lunch. Get ready for a day of fun with contests, prizes, and plenty of networking.

AMERICANA GREENSHOW - AMERICA 250 (7:10PM) Celebrating America 250 held at 7:10 pm on the Ashton Family Greenshow Commons (195 W University Blvd (Center St), Cedar City). Admission is FREE. Everyone is invited to immerse themselves in singing, dancing, storytelling, and music at the 30-minute family-friendly, outdoor entertainment on the green.

THURS, AUGUST 20

CCMT: THE LITTLE MERMAID CEDAR CITY Children's Musical Theatre present Disney's The Little Mermaid at 7:00 pm in the Heritage Center Theater (105 N 100 E, Cedar City). Tickets are \$10 to \$18 available online at ccmt.org.

FRI, AUGUST 23

FREE DRAW ALONG AT CREATIVE FOCUS Studios at 5 N Main St Cedar City, UT. Follow along with a portrait drawing demo by professional artist Ashlyn T Judd Friday August 21, 2026 6:30-8:30. Supplies provided. Registration encouraged (space limited) but not mandatory.

JOHNSON ARTS CENTER SUMMER CONCERT SERIES (6PM) Matthew DeJonghe Wright and Paddle Out. Bring a chair or a blanket and enjoy some free entertainment at our outdoor stage. Second Friday of every month. 59N 100W Cedar City, Utah.

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.

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Circle Eight in the Beehive State



by May Hunter

FOR IRON COUNTY TODAY

The USA West Square Dance Convention

was in full swing in Cedar City, Utah, from August 5-8, 2026. The four-day event welcomed more than 500 registered dancers from across the western United States and Canada for performances, workshops, and social dancing. The festival was held at the Heritage Center, marking the first time the convention has been hosted in Cedar City.

The USA West Square Dance organization has 327 active members throughout the western United States and Canada.

Square dancing brings together eight dancers who follow a series of universal English calls, making it possible for participants from around the world to dance together. According to caller Patrick Matthews, square dancing is "friendship set to music." Listening closely to the caller and responding

obituaries

Ruben "Gayle" Winterrose



Son, brother, husband, father, grandfather, great-grandfather, uncle, realtor, bishop, entrepreneur, and friend - Ruben Gayle Winterrose lived a life defined by service, integrity, and generosity. He believed that "a man's true wealth is the good he does in this world," and his life was a testament to that principle.

Gayle was born on May 25, 1931, in Cedar City, Utah, to Jennie Middleton and Reuben Emmanuel Winterrose. He graduated from Cedar City High School before attending Utah State University in Logan, where he studied business. He later completed graduate studies at the University of Utah and remained a devoted Utes fan throughout his life.

While in college, Gayle developed an interest in the ROTC program and graduated as a Second Lieutenant in the United States Air Force. In 1952, he married the love of his life, Carolyn Young, in the Manti Utah Temple, beginning a marriage that would span 74 years, and be blessed with a loving family.

The first nine years of their marriage were spent serving in the Air Force. Gayle completed flight training in Florida, Oklahoma, and Texas, becoming a skilled pilot of multi-engine aircraft and bombers. During the height of the Cold War, he faithfully served his country during a time of great uncertainty and international tension.

After leaving military service, Gayle continued his passion for aviation by flying commercially for United and Continental Airlines. Though he enjoyed flying, he eventually felt drawn back to Utah, where he began the next chapter of his career in real estate. He continued to fly his family in his own private plane for years to follow.

As a real estate broker and entrepreneur, Gayle found genuine satisfaction in helping families achieve the American dream of homeownership. He had a remarkable ability to guide people through the financing process, making home ownership possible for many who otherwise thought it out of reach. His vision extended beyond real estate sales as he identified promising opportunities for development, building apartment communities and residential subdivisions. Through hard work, careful planning, and sound judgment, he built a successful business founded on honesty, wise investments, and a steadfast belief that real property provided lasting security.

Gayle's greatest legacy, however, was one of service. A faithful member of The Church of Jesus Christ of Latter-day Saints, he was called to organize a new singles ward as bishop. He loved serving the young adults in his congregation, and many of those relationships grew into lifelong friendships. He later served as bishop of the Cottonwood First Ward, where he continued to minister with compassion, wisdom, and genuine love for those in his care.

Above all else, Gayle cherished his family. He is survived by his beloved wife, Carolyn Young Winterrose; his children, Jan (Ron) Noel, Marty (DeAnna) Winterrose, Jenny (Devon) Wesenberg, Lynn (Wes) Meier, and Marcia (Craig) Henriksen; 18 grandchildren; 31 great-grandchildren; one great-great-grandchild, with another joyfully anticipated; and his dear sister, Jackie Winterrose Fullmer.

He was preceded in death by his son, Hal Winterrose, and his grandson, Alec McQueen.

Gayle will be remembered for his unwavering faith, love of family, entrepreneurial spirit, generous heart, and quiet determination. His influence lives on in the lives he touched, the homes and communities he helped build, and the family who will forever cherish his example. His legacy reminds us that a life measured by service, kindness, and love is a life truly well lived.

A visitation will be held on Saturday, August 8, 2026 at 9:30 AM at the Cottonwood 1st Ward Meetinghouse (5913 South Highland Drive Holladay, Utah 84121), followed by the funeral service at 11:00 AM. The interment will follow at Larkin Sunset Gardens Cemetery (1950 E. Dimple Dell Rd, Sandy, UT 84092).

To view Gayle's funeral service online via Zoom, please visit: <https://www.larkinmortuary.com/obituary/view/ruben-winterrose/>

obituaries

Cary Clayton Frehner



The Middle
A Celebration
of the Life of
Cary Clayton
Frehner
October 11,
1975 – July 25,
2026

We announce
the birth.
We announce
the death.
Today, we
celebrate the

middle.

JOY

Cary's earliest years were joyous.

I remember Grandma Corry trying to wrangle us in church. "Don't rock the boat," she'd whisper as we found new ways to make Cary giggle.

Three siblings plus a living baby doll often equaled regular squabbles over whose turn it was to hold him.

Our parents couldn't resist showing him off. Dad even featured Cary in one of his real estate Christmas advertisements.

Looking back, that tiny baby with the irresistible smile grew into exactly the man you would expect—fearless, hilarious, endlessly curious, and impossible to forget.

SCHOOL YEARS

Cary majored in Extracurricular Activities and graduated with

highest honors.

He feared nothing.

Nothing.

He flew down ski slopes, drove fast cars, and—my personal favorite—ate expired food! Cary traveled the world with the same fearlessness that marked every stage of his life. He witnessed the fall of the Berlin Wall firsthand. Somewhere in the excitement, he became completely lost in a city where he didn't speak the language and couldn't remember the name of his hotel. Against all odds, he found his way back to his father.

If Cary's shoes had an odometer, it would have measured a lifetime of curiosity, conversations, adventures, and miles that mattered.

HEART, THEN SOUL

Cary's greatest joy was his children and grandchildren. When Kaylee was born, he was completely undone in the best possible way—proud and endlessly fascinated by every little detail of her life. She became his world.

Later, the arrival of Jade only expanded that love. Cary delighted in being a father, and having both a son and a daughter became one of life's greatest blessings.

Becoming Grandpa to Kaden and Zoey awakened the child in Cary. His love for them overflowed as he delighted in telling stories of building snowmen together and proudly boasting about Kaden's competitive dirt bike races.

FAITH

No matter his circumstances, Cary believed.

Hard.

Strong.

Immovable in Christ.

Cary read the scriptures each day because they were the map for every moment. Every day began with prayer and scripture study. He would find a concern, take it to prayer, open the scriptures, and find an answer.

For most of us, it's not that simple. For Cary, it was as plain as an easy mathematical equation.

ORDINANCES

As a devoted member of The Church of Jesus Christ of Latter-day Saints, Cary loved the gospel of Jesus Christ. Within the last decade, he intently looked for listening ears, ready to learn of the plan of salvation. Over the course of just a few years, Cary was blessed to baptize more than ten people.

THE LAUGH THAT COULD ROCK A ROOM
Some people enter a room. Cary's laugh arrived first. It filled every corner with joy and invited everyone else to laugh along.

His laughter wasn't simply loud. It was generous. Cary collected stories the way other people collect souvenirs, and he delivered them with impeccable timing. Even a quick trip to the grocery store could become a comedy routine worthy of charging admission.

THE LEGACY

Cary Clayton Frehner is survived by his daughter, Kaylee Frehner; son, Jade Frehner; grandchildren, Kaden and Zoey Frehner; his sisters, Natalie Waters (John); Michele Bryant (Steve); and many nieces and nephews. He was preceded in death by his parents, Clayton and Ann Frehner; and his brother, Greg Frehner.

Cary leaves behind family and friends whose lives are richer because he walked beside them.

Today we mourn his death.

But it is the middle—

the laughter,
the adventures,
the faith,
the miles,
the father,
the grandpa,
the brother,
the friend...
that made Cary unforgettable.

Services will be held Saturday, August 8, 2026, at 11:00 a.m. at the LDS chapel, 2091 Wigwam Parkway, Henderson, Nevada.



CIRCLE EIGHT

« CONTINUED FROM PAGE 19

instantly keeps the mind sharp, provides a welcome escape from everyday stress, and offers excellent exercise. During an energetic session, dancers can easily walk the equivalent of several miles while enjoying the music and camaraderie.

Square dancing also has deep historical roots in Utah. During the pioneer era, after setting up camp for the night, many of the early settlers gathered to square dance, strengthening friendships and lifting spirits after long days of travel.

Today, Cedar City continues that tradition with both an adult club and a youth club that meet weekly. The adult group dances every Wednesday at 6:00 p.m. at the Cedar City Aquatic Center. The youth group meets at the LDS Church located at Highway 56 and 4050 West.

Whether you're an experienced dancer or simply curious to watch, everyone is welcome and it is free.

For more information, contact Patrick Matthew/Square Dance Caller patrick240z@yahoo.com or call 435-233-5910



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Falcons look for contributions from young roster

by Tom Zulewski
IRON COUNTY TODAY

When the 2025 season ended, Canyon View head football coach

Burke Miller called the loss to the Ogden Tigers in the opening round of the 3A state playoffs “the worst loss I’ve ever had as a head coach.” Coming off a season that finished with a 5-6 record, the Falcons bring a young team to the table and Miller is excited for what he’s seen during early workouts.

“Our numbers are down a little bit, but when you look around in practice, these kids can all play football,” Miller said. “We return quite a few kids, and now we’re really young again with a lot of sophomores that can contribute. We’re experiencing depth for the first time in a while.”

Miller said a change in the warmup routine at practice has helped keep the team healthy, and learning the art of adjustments will be part of the process.

“We’re getting back to the basics. That was a problem for us last year,” Miller said. “We had a couple of unexpected big wins, one over Richfield, and that gave us false hope after we lost the following week to Manti. That loss did more damage heading to the playoff game than we thought at the time.”

The Falcons will open the 2026 season on the road at Jordan on Aug. 14 in a 6 p.m. kickoff. Senior Owen Williams will be the starter at quarterback

and sophomore Preston Higgins will be the backup. Miller said Higgins will be a Z-receiver as his primary role.

“He’s grown from 6-foot-1 last year to almost 6-4. He’s a big-time threat for us now,” Miller said of Higgins. “We have some kids that can play football. I don’t know if we have a real big superstar on the team, but it doesn’t matter. I’d rather have everybody that can play football versus trying to rely on two or three kids.”

CV opens their six-game home schedule Aug. 21 against the Dixie Flyers, and the rivalry game against the defending 3A state champion Cedar Reds happens at Eccles Coliseum on Oct. 2.

In addition to Higgins, Malloch Rigby will play tight end – “a rarity because we’ve never had one before,” Miller said – along with receivers Bryson Barnes, Carson Greenland, and sophomore Crue Urie, who had a highlight reel worth of touchdown catches when the Falcons played in 7-on-7 at the Utah Summer Games in June.

“He’s been a good surprise,” Miller said of Urie. “I’ve never seen a kid who works that hard, and he’ll be a name to put in the paper for the next three years.”

Seniors Cam Sheridan and Jace Floyd will be counted on as the primary running backs. Floyd had to miss the Cedar game with an injury, and Miller

CANYON VIEW FOOTBALL
2026 SCHEDULE
(All games start at 7 p.m. unless noted)
AUG. 14 – AT JORDAN – 6 P.M.
AUG. 21 – VS. DIXIE
AUG. 28 – AT SOUTH SEVIER
SEPT. 4 – VS. CARBON
SEPT. 11 – AT NORTH SANPETE
SEPT. 18 – VS. EMERY
SEPT. 25 – AT JUAB
OCT. 2 – AT CEDAR
(GAME PLAYED AT ECCLES COLISEUM)
OCT. 9 – VS. RICHFIELD
OCT. 16 – VS. MANTI

said he’s looking forward to playing in this year’s matchup. As for predictions on the season, Miller admitted he doesn’t like polls and believes his team will have potential to surprise a lot of people.

“All the polls do is go off what you did last year,” Miller said. “We’re a totally different team this year and we just want to be the one that comes out and surprises everybody.”

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August is for the dog days

RANDOM thoughts

Tom Zulewski
IRON COUNTY TODAY



Let's start this week's slog through the sports universe with a question. Where in the world did summer vacation go? Even with hanging out at home mostly to stay cool – and holding our nose when the bill for the air conditioning comes due – the heat gets turned up a notch when we peruse our sports notebook.

Here's some of what we've learned as another school year begins.

Cedar High football carried a winning streak of 13 straight games into the Aug. 13 season opener at Wasatch. The most common thing I heard from head coach Tye Hiatt is the community has been talking about the historic run a lot since it happened. His team, not so much.

After all, it should always be about the individual moments of success. When the collection grows, a winning streak is the result. People on the outside will have things to talk about, but the players should always know you're only as good as your next game or next play.

For some coaches – and

definitely this reporter – preseason polls are the worst thing ever invented. All they have to go on is how teams fared in the previous season. Things like graduation rates – Cedar lost 28 seniors from its championship-winning team of a year ago – can change a team's approach to a new season pretty dramatically, among many other factors.

An honest question for all baseball fans: does anyone care or want the Sacramento (homeless, really) Athletics to come to Las Vegas? When they took the field June 19, the A's were 38-38, only a half-game off the lead in the AL West. Things seemed like they were in a good place.

After a 6-5 loss to the Cincinnati Reds on Aug. 6, they're 7-32 since. As my best friend said to me in a recent conversation, fans will show up for the visitors, but locals will be a lot more skeptical with good reason when this team finally reaches Vegas.

The A's haven't been to the playoffs since the pandemic season in 2020. Unlike the Golden Knights with its Stanley Cup successes, Vegas won't be experiencing MLB playoff fever anytime soon.

Since we spoke of polls earlier, Canyon View's girls soccer team has been tabbed by the Deseret News

as the favorite to win Region 14 for the second year in a row. Even with realignment on the horizon, the Falcons have lost in the quarterfinals at home each of the last two seasons.

Regular-season success is one thing. To conquer the demons of playoffs past is an entirely different animal.

Basketball season may be a few more months off, but here's my biggest wish for our teams in the high-school season ahead. All of the coaches need to find and play the video of OG Anunoby from the closing seconds in Game 4 of the 2026 NBA Finals on a continuous loop to illustrate one simple point.

If you fail to account for the player who triggers the ball inbounds, chances are really good you'll get burned.

The San Antonio Spurs lost track of Anunoby, and his tip-in – a big-time leap that had the fullest extension allowed by the laws of physics – helped push the Knicks to a championship party that was 53 years in the making.

And that's a big reason why you gotta love sports – warts and all.

Contact Tom Zulewski at tominator19@yahoo.com.

TOM'S SPORTS TRIVIA

And now, we have liftoff on a dozen sporting trivia questions straight out of the grab bag for your guessing enjoyment. This week's collection is full 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!

1. One of the weirder highlights from the 2025 NFL season was that three of the four teams in the NFC South finished tied for first with 8-9 records. Of Carolina, Tampa Bay or Atlanta, which team won the division title and earned a playoff berth?
2. The only tie from last season in the NFL finished in a 40-40 final score between the Green Bay Packers and Dallas Cowboys. What term in tennis is used when a game score is 40-40?
3. What AFC East team coached by Aaron Glenn holds the longest active NFL playoff drought at 15 seasons?
4. Who led the NFL in passing yards and touchdowns in the 2025 season?
5. Indianapolis Colts running back Jonathan Taylor led the NFL in carries (323) and rushing touchdowns (18) in 2025, but what Buffalo Bills running back led the league in rushing yards with 1,621?
6. Seattle wide receiver Jaxon Smith-Njigba led the NFL in receiving yards last season with 1,793, but was only fourth in pass receptions with 119. What L.A. Ram and Orem High product led the league in that category with 129 catches?
7. Sam Darnold may have led the Seattle Seahawks to the win in Super Bowl LX, but he was also third in the NFL with 14 interceptions thrown. What now-former Las Vegas Raiders quarterback led the league with 17?
8. Who replaced Mike Tomlin as head coach of the Pittsburgh Steelers?
9. True or False: Brothers Mike and Matt LaFleur will be facing each other as head coaches for the first time when the Green Bay Packers face the Arizona Cardinals in a preseason game Aug. 29.
10. The Las Vegas Raiders may have No.

1 overall pick Fernando Mendoza in the fold, but who will be the starting quarterback when the Raiders play the Arizona Cardinals in tonight's preseason opener at Allegiant Stadium?

11. In Super Bowl LX, the Seahawks and New England Patriots had 14-3 records during the regular season. What team the Patriots beat in the AFC Championship game also finished 14-3 in 2025?
12. Including Mike LaFleur in Arizona, how many teams have new head coaches as the 2026 NFL season begins?

LAST WEEK'S ANSWERS

1. A squirrel.
2. The Orioles were shut out as the Tigers posted a 14-0 win.
3. Bieber issued six walks and failed to get out of the first inning.
4. Five teams – the Phillies, Pirates, Marlins, Padres and Cardinals – were in the chase for that playoff spot.
5. Montana State
6. True.
7. Wyndham Clark. The international winners were Rory McIlroy (Northern Ireland - The Masters), Aaron Rai (England - PGA Championship) and Ryan Fox (New Zealand - the Open Championship).
8. Tarik Skubal. Skubal was officially traded to the Los Angeles Dodgers on Aug. 2.
9. Taylor Fritz.
10. Gordie Howe.
11. Pete Sampras and Jimmy Connors.
12. Tampa Bay Rays.





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Work begins anew for defending 3A champion Reds

by Tom Zulewski

IRON COUNTY TODAY

It was a season of firsts to remember in 2025 for the Cedar Reds football team. A first undefeated season (13-0) helped Cedar earn its first 3A state championship when it rallied to beat the Manti Templars at Zions Bank Stadium.

With the departure of a large number of seniors from that team, head coach Tye Hiatt praised the new group of players heading into tonight's (Aug. 13) season opener on the road at 5A school Wasatch.

"We're excited for the new challenges ahead," said Hiatt, entering his third season leading the Reds. "I've been so happy that the kids are just giving their best and focusing on the here and now."

"We have a lot of work to do for us to be the best team that we can be, but I've been happy so far with the start of training camp that our guys are focused on getting better every day."

After the graduation of quarterback Everett Kelling, who threw for 2,602 yards with 29 touchdowns and only three interceptions, senior Jackson Mann and junior Colt Kelling – Everett's younger brother – are locked in a battle for the starting job. Mann had some experience as a starter in his sophomore season, playing in the team's final three games after Kelling went down with an injury.

"Both of those guys have really been competing," Hiatt said. "The biggest thing we've been telling them is they don't need to be Everett. Everett is Everett and he was great, but Jackson and Colt need to be the best that they can be. They've been doing that."

Hiatt said the battle for the starting QB role was

ongoing, and whoever emerges as the new leader at the position will have plenty of receiving targets to throw the ball to, including Gavin DeMille, Hunter Burgess, Andrew Brinkerhoff and Cutler Tom.

"We think these guys are going to be really good players," Hiatt said, adding Sam Simmons, Caleb Collins and

Even with a 13-game winning streak in tow as the new season starts, it hasn't been a topic for discussion among Hiatt, his coaching staff and the players.

"People in the community talk about it, but I think we kind of beat it down in the program where it doesn't really define us," Hiatt said. "The kids have bought into that."

After the season opener against the Wasps, the Reds travel to face Pine View on Aug. 21 before starting the home schedule with a game against Snow Canyon the following week. Cedar opens 3A South play on the road at Manti on Sept. 11 and will be the home team for the Battle for the Axe against Canyon View on Oct. 2.



Cedar head football coach **Tye Hiatt** watches his players work on a play as the Reds prepared for the regular-season opener at Wasatch on Aug. 13
(Tom Zulewski/Iron County Today)

CEDAR REDS 2026 SCHEDULE

(All games at 7 p.m. unless noted)

AUG. 13 (THURS.) – AT WASATCH

AUG. 21 – AT PINE VIEW

AUG. 28 – VS. SNOW CANYON

SEPT. 4 – VS. DIXIE

SEPT. 11 – AT MANTI

SEPT. 18 – VS. NORTH SANPETE

SEPT. 25 – AT RICHFIELD

OCT. 2 – VS. CANYON VIEW AT ECCLES COLISEUM

OCT. 9 – VS. JUAB

OCT. 15 – AT CARBON

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legal notice

FIFTH JUDICIAL DISTRICT, IRON COUNTY, UTAH

In the Matter of the Estate of JOHN ROBERT ZAKER, Deceased
Estate Case No: 263500069

NOTICE TO CREDITORS NOTICE IS HEREBY GIVEN that the undersigned has been appointed as the Personal Administrator of the Estate of JOHN ROBERT ZAKER, Deceased. Creditors must present their claims within 3 months of the first publication date, or be forever barred.

CHELSEA D SNYDER
PO BOX 222
MAYFLOWER, AR 72106

Published July 30, August 6, & 13 2026

FIFTH JUDICIAL DISTRICT, IRON COUNTY, UTAH

In the Matter of the Estate of
LELAND FREEBORN, Deceased
Probate Case No. 26250008

Notice is hereby given that Anne Valae Fillmore has been appointed Personal Representative of the Estate of Leland Freeborn, deceased.

All creditors having claims against the Estate are required to present their claims within three (3) months after the date of the first publication of this Notice or such claims will be forever barred.

Claims shall be presented to the Personal Representative at:

Anne Valae Fillmore
Personal Representative
971 North 320 East
Richfield, Utah 84721

Claims may also be filed with the Clerk of the Fifth Judicial District Court, Iron County, State of Utah, or otherwise presented as provided by law.

DATED this 29th day of July, 2026.

Anne Valae Fillmore
Personal Representative

Published August 6, 13, & 20, 2026

PUBLIC NOTICE

Iron County Home Health Agency will be closing effective August 31, 2026

Published August 13, 2026

Amber Waves

by Dave T. Phipps



TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK:

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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HOCUS - FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. lowel is longer. 2. he is larger. 3. kung on stool is missing. 4. Ear is different. 5. Rope is missing. 6. Man is moved.

Trivia Test Answers

1. Arizona and Hawaii.
2. Four.
3. Quadrillion.
4. The Volga River.
5. Sacred Heart Hospital
6. The Mongol Empire.
7. "Charlie and the Chocolate Factory."
8. Pablo Picasso.
9. "In the Heat of the Night."
10. Mercury.

Trivia Test Answerst

August 10, 2026 Posting Date

King Crossword

ACROSS

- 1 Sheepish
"Hello!"
4 Out of control
8 Regretted
12 U.S. Navy
vessel
13 — Crunch
(breakfast
cereal)
14 Singer
Guthrie
15 Mel of base-
ball
16 Manitoba
tribe
17 The same
18 Cold-hardy
salad veggie
21 Whatever
amount
22 Green shade
23 Kick out
26 Send elec-
tronically
27 Extinct bird
30 Sunrise direc-
tion
31 Future flower
32 Border on
33 Tipsy
34 A Bobbsey
twin
35 Dish
36 Cat's coat
37 Three, in
Rome
38 Young per-
son, meta-
phorically
45 Mideast air-
line
46 Bern's river

1	2
---	---

- [illegible]

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

Answer

Weekly SUBOKU

[illegible]

Solution time: 21 mins.

Answers

DIOMSSON E



1. U.S. STATES: Which two states do not observe Daylight Saving Time?
2. ANATOMY: How many valves does the human heart have?
3. MATH: What comes after a trillion?
4. GEOGRAPHY: What is the longest river in Europe?
5. TELEVISION: What is the name of the hospital in the sitcom “Scrubs”?
6. HISTORY: Which empire did Genghis Khan rule?
7. LITERATURE: Which children’s book features a character called Augustus Gloop?
8. ART: Who painted the famous work titled “Guernica”?
9. MOVIES: In which film does Sidney Poitier’s character say, “They call me Mr. Tibbs”?
10. ASTRONOMY: What is the smallest planet in our solar system?

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