

# THE INDEPENDENT

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# ZION GUIDE

Jan '23



**2023 ARTS TO ZION TOUR - BETTER THAN EVER  
SEE PAGE 3**

## **MORE GREAT HAPPENINGS IN THIS ISSUE:**



**HAVE SOME WINTER FUN WITH BEST FRIENDS!  
- SEE PAGE 4**



**TRUE WEST COMES TO CENTER FOR THE ARTS AT KAYENTA  
- SEE PAGE 3**



**MOTOR MANIA & BALLOON FESTIVAL  
BRING THE HEAT TO MESQUITE - SEE PAGE 4**



**RED ROCK FILM FESTIVAL GETS REAL  
- SEE PAGE 4**

# THE INDEPENDENT AND ZION GUIDE CONTENTS - JANUARY 2023

## ON THE COVER:

**Arts to Zion Tour -  
Photo of artist Steven Anzardo  
- See page 3**

## THE INDEPENDENT SECTION

**Cover Story.....3**  
**Publisher's Perspective .....3**  
**Events .....3**  
**Opinion.....7**  
**Outdoors .....8**  
**Area Calendar of Events ..... 11**

## ZION GUIDE SECTION

**Hiking**  
**Less-Traveled Zion Hikes.....21**  
**Popular Zion Hikes..... 20**  
**Maps**  
**Springdale Utah Business & Services Map..... 12**  
**Greater Southern Utah & Zion Area Map..... 19**  
**Kanab Utah Business & Services Map ..... 22**  
**Shopping & Dining**  
**Springdale Restaurant Guide ..... 13**  
**Kanab Featured Shops & Restaurants..... 23**

## Tips, Info, & Fun

**Guide to Utah's Liquor Laws ..... 13**  
**General Tips To Enjoy Zion ..... 14**  
**Safety and Preparedness Tips ..... 14**  
**Top Things To Do In Zion ..... 15**  
**Zion Annual Event Calendar ..... 16**  
**Local's Guide to Hiking Preparedness ..... 17**  
**So. Utah State & National Parks ..... 18**  
**Zion Animals Kid's Coloring Page ..... 23**

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**Mesquite**  
**BALLOON FESTIVAL**  
**JANUARY 27-29, 2023**

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**MESQUITEGAMING.COM**  
**877.438.2929**

**MESQUITE BALLOON FESTIVAL**  
 Casa Blanca  
 2023

**Casa Blanca**  
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**EVENTS**

**2023 ARTS TO ZION TOUR – BETTER THAN EVER**

The Arts to Zion TOUR is back and better than ever with a more expansive approach to exploring the arts in Southern Utah. The five-day event runs from January 12-16th, 2023, in various locations throughout Washington County and from Ivins to Springdale. This year it will run in conjunction with the St George Heritage Day activities throughout St George, UT.

The event will kick off on Thursday, January 12th, with a private screening of the new locally filmed documentary called “A Matter of Faith” at the Electric Theater,



and discounts to some of Downtown St Georges finest restaurants on Friday evening, Jan 13th, 2023. 6 PM – 9 PM.

Seven participating art venues in downtown St George will come to life from 6-9 PM and you'll have the chance to see live music and meet featured artists at each location.



which is about the St George Tabernacle, a Catholic priest, and a Mormon choir director, set in May of 1879. That year, the unthinkable happened, a Catholic High Mass was sung by a Mormon choir in the St George Tabernacle, and the entire community across what would become Washington County UT was there! For the rest of the TOUR weekend, this film will be shown publicly at the Pioneer Courthouse.

Like in previous years, you still have the opportunity to visit local galleries and the more intimate private studios. In addition, live music will be offered as part of our “ala cARTe” gallery stroll featuring nibbles

This is an excellent opportunity to explore the vibrant art scene in St George and discover new talent. The galleries will showcase various styles and mediums, from traditional oil paintings to modern sculpture.

In between gallery visits, enjoy some delicious nibbles. The participating galleries will have a variety of bites available to try.

Don't miss out on this exciting evening of art, music, and food. Mark your calendars for January 13th and come out to a la cARTe, Notes, Nibbles & Art!

1. Redcliff Gallery | 220 N 200 E St  
MUSIC BY: Mark Boggs

2. Pioneer Courthouse | 97 E St George Blvd  
MUSIC BY: Matt Wilkes & Lucy Lunt
3. MoFACo | 55 N Main St  
MUSIC BY: Aiden Barrick
4. Wide Angle Photography | 51 N Main St  
MUSIC BY: Chris Zollinger
5. Arts to Zion / Gallery 35 | 35 N Main St  
MUSIC BY: (ART Provides)
6. ART Provides | 35 N Main St, Upstairs  
MUSIC BY: Projekt Listen
7. Arrowhead Gallery | 68 E Tabernacle St  
MUSIC BY: Shawn Owens Project

As always, the home studios will be open as noted on the Google Map you can find at [www.ArtstoZion.org](http://www.ArtstoZion.org). Only select home studios will be open for the tour on Sunday, January 15<sup>th</sup> and tickets are required for private studio tours. They are designated on the printed rack cards and our online Google map for the TOUR. Featured homes include Jerry Anderson, Steven Anzardo, Kirsten Beitler, Pamala Bird, Joyce Casey, Jim Hewlett, Lisa Huber, Ron Larson, April Marion, Deena Millecam, Jerome Quenneville, Marilyn Rose, Mel Scott, and Gail Winegar.

Included on the tour are the private studios of artists in addition to commercial artists at their places of work. The cost of the private studios this year is \$10 per person to visit all private studios. Watch [www.ArtstoZion.org](http://www.ArtstoZion.org) for ticket sales starting the first week of December 2022.

“We are thrilled to highlight so many talented artists that live in southern Utah”, said Scott Messel, Arts to Zion Board chairman. “The beauty of our red rock landscape continues to inspire artists and as this area continues to grow, so does our artist family.”

Designed to provide a more complete arts experience, the ala cARTe activity within the TOUR adds a significant amount of music to the event. Line-up to be announced, but in the meantime, visit [ArtsToZion.org](http://ArtsToZion.org) or check out the event printed maps, located at the Pioneer Courthouse, Gallery 35 and other venues as soon as they are finalized on January 6th, 2023.

**PUBLISHER'S PERSPECTIVE**  
By Josh Warburton



So I'm calling it now, 2023 will be the year of The Independent! And I'm not talking about the up to 50% of the population (according to Gallop) that now considers themselves unaffiliated with either of the major parties...although

that is an interesting subject to me! I'm talking about this here newspaper that you're either holding in your hand or reading online. And why, you ask, is this the case? Well, let me give you a shortlist.

As we go into 2023, we at The Independent have upped our game in several areas you may or may not be aware of. Firstly, our calendars of events, both in print and online, have reached new levels of robustness, accuracy, and, dare I say, elegance. Our December print calendar, for instance, included detailed listings on 146 events in three printed pages! Online our calendar aggregates events from 88 source sites! You read that right; our calendar automatically pulls in events from 88 local entities' websites. If your events aren't already on our calendar, we highly suggest you consider adding them. There's no charge for a basic listing, and you can bring a lot more attention to them with one of our many promotional options starting at just \$7 a day! Listings on our online calendar are also part of a nationwide network of interconnected calendars, so folks can see your listing on their community's calendar that uses our same service if they search in our area. It's also where we collect all the info for our print calendar.

All of those events are filtered each week into our Weekly Events Guide, which you can get emailed to you every week for no charge. Subscribe, so you don't miss out on the best events southern Utah has to offer. And while you're there, be sure you click the Sunday Edition box so you receive our weekly local “Sunday Paper” each week where we publish some of our very best content of the week, all in one easy-to-browse digital edition.

Another great feature that many folks don't know we publish every week is our Adoptable Pets Guide. Our Office Manager Nikki spends numerous hours each week contacting a half dozen or so local entities and assembles them so you can find your next furry best friend!

So at the risk of tooting our own horn a bit to start the year off, we at The Independent think it's going to be a great year of content from us, and we hope you enjoy it. Thanks for reading and have a happy and prosperous new year!



THE UT SEARS ART MUSEUM PRESENTS

**THE 36TH ANNUAL SEARS INVITATIONAL ART SHOW AND SALE**

**FEBRUARY 19 – APRIL 2, 2023**

WESTERN LAND BY MARTIN BLUNDELL

8<sup>TH</sup> ANNUAL

**KANAB TRAIN SHOW**

**FEB. 10-11, 2023**  
FRI. 4-9PM, SAT. 9AM-4PM

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MODEL TRAINS, TOY TRAINS, LEGO TRAINS, TRAIN VENDORS, AND MORE!

**ADULTS \$2, KIDS ARE FREE!**

MORE INFO AT [WWW.KANABTRAINSHOW.COM](http://WWW.KANABTRAINSHOW.COM)

**SATURDAY, FEBRUARY 18, 2023**

4:00 – 5:30 PM: PREVIEW FOR TICKET HOLDERS  
7:00 PM: GALA OPENING RECEPTION & PRESALE

FOR TICKETS, PLEASE CONTACT JEANINE NAY AT (435) 652-7903

**SPECIAL EXHIBITION HOURS**

MONDAY - SATURDAY 10 AM - 6 PM  
SUNDAY 3 PM - 6 PM

FREE ADMISSION

[WWW.SEARSART.COM](http://WWW.SEARSART.COM) | 155 S 700 E ST GEORGE, UT, 84770

## EVENTS

### HAVE SOME WINTER FUN WITH BEST FRIENDS!

There is a destination in Southern Utah where 30,000 animal lovers pilgrimage from around the world every year. This place is the home and headquarters of Best Friends Animal Society, which operates the largest animal sanctuary in the United States.



Best Friends Animal Sanctuary, located just outside Kanab, Utah, close to Zion and Bryce National Parks, takes care of about 1,600 animals on any given day and offers free visitor and volunteer experiences at every level. It's the dogs, cats, horses, bunnies, pigs, goats, and more that attract visitors for the first time. But it's the sense of community, the stunning ambiance, and the peaceful energy of the Sanctuary that keep people coming back.

What began as a dream by its co-founders in 1984 to save homeless pets has grown from endless acres of rustic land formerly



used as dinosaur stomping grounds and a backdrop for Western movies into a national organization working to end the killing of dogs and cats in America's shelters.

At the Sanctuary, visitors can see and experience Best Friends' lifesaving work in action. At the same time, volunteers have the potential for such activities as socializing puppies or bunnies, feeding popcorn to pigs, taking a cat on a stroller ride, taking a dog for a walk, playing with kittens, or taking select pets on a sleepover.

Lodging can be found on-site in one of the Sanctuary's several cabins and cottages offering views of horse pastures and starry skies or at the organization's hotel, the Best Friends Roadhouse & Mercantile in downtown Kanab, winner of the 2022 Best Motel Award from Best of State Utah.

Designed as the most pet-centric hotel in the country, the Roadhouse extends the Sanctuary experience by offering guests sleepovers of Sanctuary dogs, cats, and bunnies or a warm welcome to your pets. What's more, every stay benefits the lifesaving work of Best Friends Animal Society. Winter packages starting at just \$499 for two are available through February 2023.

However long you plan to visit Kanab – a few hours, days, or even weeks – you won't want to miss the magic of the Best Friends experience. Visit [bestfriends.org](https://bestfriends.org) to learn more about the Sanctuary and [bestfriendsroadhouse.org](https://bestfriendsroadhouse.org) to book a stay at the Best Friends Roadhouse & Mercantile.

Visit <https://bestfriends.org/sanctuary> for more information, and we look forward to you visiting us soon!

## RED ROCK FILM FESTIVAL GETS REAL

With over 100 films as part of its 16th Annual Festival, Southern Utah's Red Rock Film Festival not only had a section in Cedar City in October; it has extended its Festival to St. George to show all the accepted films. The stories appear to ring up reality only an international festival can, with a dash of fantasy.



The first section the talk was about documentaries "Wild Beauty: Mustang Spirit of the West" sponsored by Best Friends Animal Society which uncovered the truth in hopes to protect wild horses, "Sound of the Surf" chronicled the indigenous pop music of Surf Music, and "Lovely Jackson" was a journey of survival of America's longest wrongfully held exonerated prisoner.

The St. George section explores even more untold stories from a deep look inside a musician or artist to how at one time rowing became the most popular spectator



sport in America, to the true story of the brutality of combat in Iraq and Afghanistan as told by Special Operations soldier and not the media, to one of the worst disasters at sea and caught on cell phones before 304 passengers died. The Red Rock Film Festival wants to make it apparent; these are not stories we hear every day.

Festival director Matt Marxteyn said, "Utah audiences may be confused as to what a film festival is. Maybe because they will have to stop talking about themselves as they see the world through independent directors' eyes, you get to meet filmmakers from around the world, attend their red-carpet premieres and learn something new. Not everything is about Botox, ice cream, and soda shops – some people want to explore the grey area before Facebook, Twitter, and Google's algorithm propel the same topics to the top."



This year's theme is "explore the grey" and the Festival said it hopes to spark dialogue face to face even in simple animated shorts that open the St. George section with themes of saving the rainforest, astronauts leaving family behind, and a modern take on Greek warriors in the city of Troy. Comedy films are still abundant leaning towards satire, such as Nash Edgerton's "Shark" the last of a trilogy that shows the result of playing pranks on spouses or a the dark comedy "Suicide Club" where a woman who lost her daughter to suicide forces a young woman from group therapy to talk about it.

A variety of films in several genres will be shown with Q&As January 12-14 from 5-11 pm at the Megaplex Theaters – Pineview Stadium at 2376 East Red Cliffs Drive in St. George. Festival admission ranges from \$25 1-Day Pass to \$70 for a 15-Ticket package and are available at <https://redrockfilmfestival.eventive.org/passes/buy> or at the door.

## TRUE WEST COMES TO CENTER FOR THE ARTS AT KAYENTA

Center for the Arts at Kayenta announces its first dramatic play of 2023, *True West*, written by Sam Shepard and directed by Rachel Park. Performances run from January 26 through February 4, 2023.

*True West* is widely considered one of Sam Shepard's most potent plays. The performance projects a grim slice of Americana, profiling two estranged brothers: a Hollywood screenwriter and a petty thief. The struggle for the American Dream is at the heart of this classic play, and Sam Shepard brings all its ugliness and heart-break to light.

"Shepard's masterwork... It tells us a truth, as glimpsed by a 37-year-old genius." – New York Post

Shepard is a master at connecting Austin and Lee to each other and to their past. Within minutes, the relationship between Lee and Austin becomes a skewed but wholly recognizable relationship between two brothers who have always secretly envied each other.

Of course, if you think this will be about two men reconnecting and reminiscing about the good times in their youth, you haven't read much Sam Shepard.

"I wanted to write a play about double nature, one that wouldn't be symbolic or metaphorical or any of that stuff. I just wanted to give a taste of what it feels like to be two-sided. It's a real thing, double nature. I think we're split in a much more devastating way than psychology can ever reveal. It's not so cute. Not some little thing we can get over. It's something we've got to live with." – Sam Shepard

The action and dialogue in *True West* drives the story forward, defines the characters, and creates storytelling at its best. The action and the characters' words make *True West* a work of drama that stands out. This savage and blackly humorous version of the Cain and Abel story also satirizes the modern West's exploitation of the romanticized cowboys-and-Indians West of American mythology.



TRUE WEST ARTISTS:  
David Rosenblatt

(Austin) has appeared on film and television in "The Mon Also Rises" (Cannes), "Minx" (HBO), "Little America" (Apple TV+), and "Dad Stop Embarrassing Me" (Netflix). He has performed on stages across the country, from Los Angeles to New York, including performances with Shakespeare & Co and Humana Festival.

**Paul Turbiak** (Lee) has appeared onstage all over Los Angeles and beyond, including The Geffen Playhouse, LATC, Pasadena Playhouse, Garry Marshall Theatre, Independent Shakespeare



Company, the Bootleg, Rogue Artists Ensemble, Colony Theatre, Actors Co-op, Not Man Apart, A Noise Within, Sacred Fools, North Coast Repertory Theatre, East West Players, The Speakeasy Society, Son of Semele, Theatre of NOTE, the Will Geer Theatrical Botanicum, and REDCAT. In addition to his theater career, Paul has picked up several film and commercial credits along the way, and his voiceover work can be heard in over 30 feature films.

**Douglas Caputo** (Saul) has performed at Theater 138, the University of Utah, and The Salt Lake Acting Company and has appeared in numerous film, television, and stage productions, including Steven Soderbergh's HBO Mosaic project and Yellowstone. He is a co-founder and past artistic director of The Space Between Theatre Company. Past projects include Cabaret, Cowgirls, Exposed, Other Desert Cities, and The Vagina Monologues.

*True West* runs from January 26 to February 4, 2023, @ 7:30 PM, with a Sunday performance at 6 PM. Adults are \$35, and Students, \$10. Visit [www.KayentaArts.com](http://www.KayentaArts.com) or call 435-674-2787 and come be part of the Arts!



## MOTOR MANIA & BALLOON FESTIVAL BRING THE HEAT TO MESQUITE

Two events bring more than just heat and hot air to Mesquite in 2023!

From January 13th – 15th, more than 900 cars will roll into Mesquite, NV, for the 15th annual Motor Mania car show.

Mesquite Gaming and the Mesquite Resort Association are partnering with the Las Vegas Cruisin' Association for the 15th annual Mesquite Motor Mania. This prestigious car show will present over 900 Cars, including custom automobiles, vintage hot rods, and beloved classic cars, over the weekend of January 13-15, 2023.

The three-day event will feature roaring engines, slow drags, burn-out competitions, open-header cruises, and special exhibitions. Car Show participants will compete for \$15,000 in cash/drawings awarded upon votes by attendees for their favorite vehicles!

"Mesquite Motor Mania is the most popular weekend of the year for car lovers of all ages and a wonderful event for pure family entertainment," said Christian Adderson, Assistant General Manager for Mesquite Gaming. "Fans throughout the southwest converge on Mesquite, NV, to enjoy the show and many other attractions. Altogether, it's why CasaBlanca Resort has won Best Destination in the Best of Las Vegas voting for the past three years straight."

**2023 Mesquite Balloon Festival takes place January 27th – 29th**  
"Attention all Hot Air Balloon enthusi-

asts!" The annual Mesquite Hot Air Balloon Festival is back.

Join us on the weekend of January 27-29 in beautiful Mesquite, Nevada, for a weekend filled with breathtaking aerial displays, morning launches, night glows, and much more.

After the morning sun brightens the sky, witness the magic as over 35 hot air balloons take off, each unique design and color. As the balloons ascend, the morning sky will be filled with a stunning display of glowing orbs-like shapes, creating a truly unforgettable experience.

In addition to the hot air balloon displays, the festival will feature live music in the skydome lounge and delicious food in the cafe and buffets.

Take advantage of this exciting free public event. Learn more at [CasaBlancaResort.com/entertainment/hot-air-balloon-festival/](http://CasaBlancaResort.com/entertainment/hot-air-balloon-festival/).

We can't wait to see you there from January 27th – 29th! For more information and updates on these two events, follow us on social media or visit our website at [casablancaresort.com](http://casablancaresort.com).



**EVENTS**

**ICE FISHING IN UTAH? WHO WOULD HAVE KNOWN!**

**10 Ice Fishing Tournaments and Events Happening In Utah This Winter**

If you want to add an extra challenge to your ice fishing this winter, a tournament may be just the thing. Plus, you can help many of Utah's fisheries and often win prizes! There are also a handful of ice fishing seminars you can attend if you want to get started in the sport.

The Utah Division of Wildlife Resources and Utah State Parks will be sponsoring or hosting several ice fishing tournaments from January to March around the state. A valid Utah fishing license is required for anyone over 12 years old to fish in any of the events. The entrance fee will apply for any tournaments or events held within a state park. Anyone participating should be familiar with the ice safety recommendations on the Utah State Parks website and should take all the necessary safety precautions.

**Here are a few tournaments and fishing seminars to check out across the state:**

**Burbot Bash**

Hosted by the Flaming Gorge Chamber of Commerce and sponsored by the DWR, the Wyoming Game and Fish Department and the U.S. Forest Service, the Burbot Bash will be held Jan. 27-29, 2023, at Flaming Gorge Reservoir. This annual ice fishing tournament helps to control the reservoir's population of burbot, a cod-like fish that rapidly reproduces and preys on other sportfish species in the reservoir.

Registration opens Jan. 1. Visit <https://www.burbotbash.com/> for more contest details or to register.

**Disabled Outdoorsmen Utah Ice Fishing event**

Hosted by Disabled Outdoorsmen Utah and partnering with the DWR and Steinaker State Park, this fourth annual ice fishing event will be held at Steinaker Reservoir on Jan. 14, 2023 from 8 AM to noon. This event is designed to allow any participant with or without disabilities the opportunity to try ice fishing for the first time, as well as the opportunity to learn from fishing experts. While the event is free, the state park entrance fee will still be in effect. Visit <https://www.doutah.org/> to reserve your spot on the Disabled Outdoorsmen Utah website.

**DWR Ice Fishing Basics seminar**

Have you wanted to learn how to ice fish but didn't know where to start? The DWR and Sportsman's Warehouse are co-

hosting a beginner ice fishing seminar that will provide some of the basic tips and information you need. The event will be held on Friday, Jan. 13, 2023, from 6-7 PM at the Sportsman's Warehouse in Vernal (located at 2015 U.S. 40). The seminar will also include some specific information for ice fishing at waterbodies in northeastern Utah. While the event is free, reserve your spot on Eventbrite in advance.

**East Canyon Ice Fishing Derby with Fins & Fur**

Fins & Fur Guide Service is partnering with East Canyon State Park to host this ice fishing contest on Jan. 14, 2023. Cash prizes will be paid out to those who catch the top four fish, with additional hourly prizes awarded for the biggest fish caught that hour. Registration is \$50 per participant. You can find information about registration and prizes on the Fins & Fur website.

**Ice Addiction Tournament at Steinaker and Echo state parks**

Hosted by Tightline Outdoors and Utah State Parks, this ice fishing tournament will take place at Echo State Park on Jan. 21, 2023 at 8 a.m. and at Steinaker Reservoir on Feb. 4, 2023 at 8 a.m. Registration opened Nov. 15, and all participants must register online by Feb. 2 at 8 p.m. Details about the tournament rules and registration are available at the Tightline Outdoors website.

**Mac Attack Fishing Derby**

Hosted by Buckboard Marina at Flaming Gorge and sponsored by the Wyoming Game and Fish Department, this third annual fishing contest is geared toward helping control the population of small lake trout — under 25 inches — at Flaming Gorge. This contest will be held on Jan. 14, 2023, and registration is \$50. Anglers who catch a tagged lake trout and turn in the tag automatically win a cash prize. Other drawings for prizes are also available for registered participants, including the heaviest team weight for lake trout under 25-inches, the heaviest weight for an individual lake trout under 19-inches and for catching the biggest burbot.

Learn the rules of the contest and register online at the Buckboard Marina website.

**Millsite On Ice Fishing Tournament**

The seventh annual Millsite on Ice Fishing Tournament will be hosted Jan. 13-14, 2023 at Millsite State Park. This event is sponsored by Emery County. The first day of the tournament (Jan. 13) will be a two-person team tournament. The second day (Jan. 14) will be a single-person event. The registration fee is \$50 for one day or \$85 for both days. Up to \$2,000 in cash as well as other prizes will be available for winners. Learn more and register on the Millsite on Ice website.

**Monster Cisco Disco & Tournament**

While this is not technically "ice fishing" because Bear Lake doesn't typically freeze over, this annual winter fishing event is worth attending. The Monster Cisco Disco tournament is part of the Bear Lake Monster Winterfest and will be hosted Jan. 28, 2023 from 6 a.m. to noon at Bear Lake State Park. Participants will have the chance to dip net

for Bonneville cisco, a fish species only found at Bear Lake. Prizes for the biggest cisco will be awarded. While the event is free, the state parks entrance fee will still be in effect. For more details and tournament rules, visit the Bear Lake Monster Winterfest website.

**Quadfishathon**

Utah State Parks is holding an ice fishing tournament that spans four different state parks: Echo, Lost Creek, Rockport and East Canyon. You can enter one tournament or all four tournaments. The registration fee is \$50 per tournament or \$150 for all four tournaments. The tournaments will happen on the following days:

- Jan. 14: Echo State Park
- Jan. 28: Lost Creek State Park
- Feb. 4: Rockport State Park
- Feb. 11: East Canyon State Park

Learn more and register on the Parks Pass Utah website.

**Youth Ice Fishing Bowl**

Steinaker State Park and the DWR are partnering to host an ice fishing tournament specifically for youth. The event will be held Saturday, Jan. 21, 2023, from 8 a.m. to 1 p.m. at Steinaker State Park. Prizes

will be awarded for the heaviest fish overall, the heaviest fish for each age bracket, the smallest fish for each age bracket and the first fish turned in. The event is free, and Uintah County Tourism will be paying the state parks entrance fee for one vehicle per participant. All participants must register on Eventbrite by Wednesday, Jan. 18 at 11:59 p.m.

Most fishing tournaments require organizers to obtain a Certificate of Registration from the DWR. Find more information about how to apply and what is required on the DWR website.



**EVENTS**

**LEGENDS OF ROCK CONCLUDES ST. GEORGE'S WINTER CONCERT SERIES**

ST. GEORGE— The City of St. George's free Concert in the Park series has been a smashing success bringing more live music to the residents of the City with the Winter Concert Series, a festive celebration of music that brings community members

of all ages together. The Winter Concert Series was launched in October of 2022 and is coming to a close in January with The Legends of Rock on January 16th.

The first such concert was on Oct. 24 at the Electric Theater (68 East Tabernacle Street) as Mountaintop Sound, a Utah-

based band that blends a mix of Americana, folk, and bluegrass sounds, delighted the audience. All Winter Concert Series events are free to attend, but seating is on a first-come, first-served basis and is limited to the capacity of the building (300).

This final performance will be at 7 PM



and doors open 20 minutes prior to each performance at The Electric Theater.

"We listened to our residents' desire for more live music — and we hope this first step in meeting those wishes will be well received," said Jeremy Poston, Technical Theater Coordinator for the City of St. George. "We love to give back to our residents and help them feel a sense of community through a greater variety of entertainment."

More information [www.sgcity.org/winterconcertseries](http://www.sgcity.org/winterconcertseries)

About the Winter Concert Series

The Winter Concert Series is a festive celebration of music that brings community members of all ages together for four exciting nights. This new series runs from October through January once a month at the Electric Theater Center (68 E Tabernacle St). Seating is based on a first-come-first-served basis. The Winter Concert Series is free to the public. Donations are appreciated. Questions: Call 627-4580 or email [artadmin@sgcity.org](mailto:artadmin@sgcity.org).

**JACKETS for JACKPOTS or EARN ONE**

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**OPINION**

**LET'S START 2023 RIGHT**  
By Lisa Rutherford



The beginning of a new year gives us a chance to review what's happened in the past and take a look at what's headed our way in the new year. In many ways we will be faced with the same problems that we had in 2022: inflation, water, another looming election season, covid, and some things I haven't even thought of or don't want to.

But there are opportunities ahead, too, to work on issues and help us feel that at least we might be doing something good for ourselves, our loved ones, and our future.

One that jumps out at me every year but which we don't seem to be gaining ground on is obesity.

I never had to be concerned about my weight until the past few years. When I was young it didn't seem to matter what I ate; the calories just somehow evaporated into thin air. But as one ages additional weight usually accumulates, and as we see others who are younger eating, many with abandon, it makes us want to enjoy eating, too. But we do so at our peril. However, now it's not just those of us who are aging who are at risk.

Our nation is filled with overweight young people who might be faced with that throughout their lives, resulting in poor health in their older years. They may actually live longer than in the past, but that's mainly because of medical care, not because obesity is a good thing. The U.S. prides itself in outpacing other nations in many ways, but we are far ahead of other nations such as England, France, Spain and South Korea when it comes to obesity. Nothing there to be proud of.

Obesity has been associated with many health problems. According to the Mayo Clinic obesity can be the result of inherited characteristics, physiological and environmental factors, diet, level of physical activity and exercise choices. Diseases associated with obesity include heart disease, diabetes, high blood pressure and certain cancers. Medical care can assist with these diseases but is that what we want: a nation burdened with more health care demands and costs due to obesity?

I realize that many have been under a lot of stress over the past few years due to the pandemic and economic issues. I don't mean to be harsh about the need for our population to lose weight, but when I see the portions that people eat, it's clear that people don't know (or perhaps don't care) about calories and how many they're taking in.

When I was young there were very few obese people. My friend's mom was one of the few on our block. But she drank a lot of heavily-sugared soft drinks, and I'm sure that did not help. When I looked at a photo from my brother's Boy Scout dinner event, I was reminded again how few then were obese. The photographer was looking down on the large group and only one man was obese in a group of several hundred. That was in the 1950s.

At about the same time the fast-food industry was gaining traction with cheap food and lots of it. Americans bought their business plan hook, line and sinker, and we

have been paying for it ever since.

For instance, an In-N-Out Burger has 390 calories, and with fries added, you get another 370 calories to total 760 calories in just one meal. And that's just a simple burger. With a cheeseburger it's 480 calories, and a double-double gets you to a whopping 670! Tack on a chocolate shake and you've added another 580 calories. That makes 1250 calories in just one meal. Every time I drive past In-n-Out the drive-thru line is backed up and sometimes doubled up!

Of course, recommended calorie intake depends on one's age and level of activity. As we age, the level goes down. But when one eats 670 to 1250 calories for one meal, that doesn't leave a lot for two other meals and snacking, which many do no matter what their age. Calories can easily rack up if people pay little attention.

At the Black Bear Diner, another favorite, one can easily rack up 1500-2500 calories with some of their offerings. That's a whole day's worth of calories in one meal!

Of course, technology has not helped either. Although Fitbit and other technologies are helping some to exercise more effectively, technology has in general just caused us to become more sedentary.

Colon cancer is one of the cancers associated with obesity. Doctors aren't exactly sure how obesity raises the risk for this cancer, but know that obese people often have chronic, low-level inflammation which can lead to cancer. But diet is important, too, says Dr. Pochapin, professor and director of the division of gastroenterology at NYU Langone Medical Center. Dr. Pochapin notes that "Excessive red meat is a risk factor for colorectal cancer, so consume it in moderation." Another reason to avoid fast food which is mostly meat.

When a loved one was faced with colon cancer several years ago, the impact on her life was such that she decided to never eat meat again and turned vegan. She and her chef husband have gone completely meat-free and she is nearly ten years past her battle with cancer. My partner and I, too, have gone 95% vegan. The lifestyle is healthy, delicious, and helps us maintain our desired weights—although even when eating vegan one can gain weight if calories aren't taken into consideration.

And, eating vegan has additional benefits. Eating less meat helps environmentally, too. You, animals, and the planet benefit by reducing carbon and methane emissions. Much of the agricultural land today goes to raise crops to feed animals rather than people. According to *The Economist* magazine that referenced a study done on the matter, "If everyone were vegan, agriculture would need just a quarter of the land it uses today."

So, as we begin the new year, let's give some thought to what we eat, how we eat, and how much we eat, for the benefit of ourselves and the planet. Let's start 2023 right!

**WHO'S USING MOST OF UTAH'S WATER?**

By Howard Sierer



allocation of our limited water resources?

Utah's agriculture industry is the elephant in the water use room.

Utah along with most of the country's southwest has been experiencing a megadrought for over 20 years. That's put the kibosh on the Lake Powell pipeline with the 2021 Colorado River flow only 29% of average.

Yet Utah is the fastest growing state in the union on a percentage basis. The demand for new housing and the water to supply them is putting an unprecedented strain on residential and business water availability.

Gene Shawcroft, chairman of the Colorado River Authority of Utah, says, "Our water supply isn't going to grow at the same rate that our population is going to grow. The only way we can continue to grow is if we use less."

The "we" in Shawcroft's statement needs to start with agriculture. Residential customers use just 10% and commercial customers use only 8% of available supply.

In an interview with KSL, Professor Daniel McCool of the University of Utah says saving "just 10% of [agriculture's water use] would solve a lot of our problems. Agriculture has so much water — and farmers get it so cheaply — that there's no incentive to conserve. We do not have a water crisis; we have a water management crisis."

Illustrating McCool's point, the Huntsville Irrigation Company replaced its open irrigation ditches with piping several years ago, eliminating the 58% of irrigation water that was being lost to ground seepage and evaporation. It wouldn't take very many similar projects to get McCool's 10% savings and increase the amount available for residential and commercial users dramatically.

McCool also argues that water-rich farmers often grow the wrong crops. He says most of Utah's water is used to grow alfalfa hay — which consumes relatively high amounts of water — and much of that hay is sold to China to feed dairy cows. McCool says that "farmers are using thousands of dollars of water to grow hundreds of dollars of hay," and in the process are

exporting Utah's water to China with a relatively low financial return.

So, why shouldn't cities just work out deals with farmers? McCool notes that permanent farm-to-city transfers are relatively rare due to 19th century laws protecting water rights and because many farming communities are so protective of their agricultural traditions. He says water would be worth a lot more to Utah farmers if there was a free and open market where those with excess water could sell it to thirsty cities and towns.

McCool explains that traditional Western "use it or lose it" water laws discourage conservation. "The water that's saved as a result of their increased efficiency, they lose their title to it. So, we punish them for being efficient. That's the way the law is right now."

Despite Utah's disproportionate agricultural water use, the rest of us should expect to do our part in water conservation, even if it's only a small contribution to the larger problem.

Addressing the state's water crisis, Gov. Spencer Cox said, "We have to recognize the value of water. If we can implement something more expensive today that allows us to continue to grow and develop, I would say that's a wise investment. So, we need to consider those."

Our state legislature has taken concrete steps in that direction. It approved \$250 million toward secondary water metering, funding dozens of projects that will add 114,000 meters. The project is estimated to save 65,000 acre-feet annually since metered secondary water uses 20% to 30% less water.

The legislature appropriated funding to remove decorative turf, an offer being implemented through our local Washington County Water Conservancy District. It also created a water trust to send water to places like the Great Salt Lake by temporarily removing the "use or lose it" mentality in Utah water rights so that water can flow into the lake.

As with too many public policy problems — even when they have obvious solutions — government doesn't act until a large segment of the public is impacted and ready for a change. Revising our water rights laws, providing public funding for efficient irrigation practices and applying steeply increasing rates for high-volume residential water users will do far more good than xeriscaping our yards.

Find more opinions daily at [SUIndependent.com](http://SUIndependent.com)

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**OUTDOORS**

**HIKING SOUTHERN UTAH: HIKING TOQUERVILLE FALLS**

By Tom Garrison



**Elevation:** Toquerville Falls is approximately 3,700 feet in elevation with a 100 feet elevation change.

**Family Friendly:** Watch your step on the rocks and be aware of drop-offs around the falls and everyone should be okay.

**Getting There:** Heading north from St. George on Interstate 15, take Exit 27, the Toquerville/State Route 17 exit. (State Route 17 becomes Toquer Boulevard in Toquerville.) Go south toward Toquerville and 2.6 miles from the Interstate exit, and just past the bridge over Ash Creek, turn left (east) onto Spring Drive. The first 1/2 mile of Spring Drive is paved; after that, it is

a dirt road extremely rough in many places. Just as the pavement ends is a large green sign reading, "Toquerville Falls, Extremely Rough Road, 4WD Recommended."

Stay on the main road for 3.6 miles (from the State Route 17 intersection), and where the road forks, take the right fork (not the fork leading uphill). About two miles from the fork, turn off the road to the right and head toward the falls; you will have seen them by now.

Park at a wide area in the road about 1/4 mile or so from the falls and walk to them. Or, drive to the falls and park in flat areas around them.

Everyone loves waterfalls, especially desert waterfalls. Fortunately, spectacular Toquerville Falls is close by. The falls, about 5 1/2 miles from Toquerville, are on La Verkin Creek, which drains into the Virgin River. We have put off this adventure for years; now it is time to see for ourselves what the fuss is all about.

The falls are located on Bureau of Land Management (BLM) land. Being BLM land, the hike is free. (Well, our federal taxes do support the BLM, but there is no fee for this particular hike.)

We, my wife Deb and I, began our adventure on a crisp late November morning, two days after Thanksgiving.

The dirt part of Spring Drive, about five miles, has many difficult sections where you need to slow down and choose a good track over the rocks and drop-offs. A high-clearance four-wheel drive vehicle with good all-terrain tires is mandatory for this road. The views of red and white sandstone-accented mountains are quite nice from this rough road.

We have a 2018 Jeep Compass Trailhawk and went slowly along much of the rocky road. It took us 45 minutes to traverse the dirt part of Spring Drive. You may be a bit slower or faster. The other 15 or so vehicles we saw on the road were all ATVs or modified Jeeps and trucks.

We arrived at the parking area near

the falls at 10:30 am under a blue Utah sky with the temperature in the low 50s. The elevation at the falls is approximately 3,700 feet and the elevation change wandering around the falls is about 100 feet.

The first thing we noticed while approaching the falls is they are surprisingly loud. It had not rained nor snowed in a while, and La Verkin Creek was low. Yet even a low-flow creek makes a bit of noise falling over two ledges. It would be a roar during spring runoff.



The falls are amazing. The upper plateau creates a cascade falls. The second or lower falls, just 20 feet or so downstream from the first, is roughly horseshoe-shaped with a complete drop-off of about 20 feet. We admired the falls from different angles and then explored upstream and downstream on both sides of the creek for about an hour.

Not surprisingly, the trip back to Toquerville was rough and not much fun. If you want to visit one of the southwest's premier desert waterfalls, put Toquerville Falls on your list. The great views and the falls are worth the discomfort caused by the bad road.

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# CALENDAR

## Multi-Day Events

To get your event in our Free Calendar of Events log on to [sundeependent.com](http://sundeependent.com). Limit one free listing per day or date per organization.

**YOUR FEATURED EVENT HERE!  
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## FEATURED EVENT

**A BRUSH WITH AFRICA** Jan. 6-13 (closed during UT holidays). The Utah Tech Sears Art Museum Presents "A Brush With Africa" featuring art by Birgit Wudenka McMullen, Sage Gallagher, and Ruth Hewlett-Pope, and in the Eccles Grand Foyer: Brush and Lens: Deena Millecam and Stephen Sandau. Sears Art Museum in the Eccles Fine Arts Center, 225 S. University Ave., St. George.

**GRAND OPENING EVENT: QUICK QUACK CAR WASH** Jan. 10-11, Quick Quack Car Wash is opening a new location on Mall Drive. Join us as we celebrate their grand opening this new year! A tour of the facility and light lunch will be provided. We hope to see you there! 2828 S. Mall Dr., St. George.

**WCAC WINTER ART SHOW** Jan. 6-Feb. 9, The Washington City Arts Council invites you to attend our "Winter Art Show" Opening Reception on Jan. 6 from 6-8 pm at the Red Cliff Gallery. Mingle with the artists and enjoy refreshments, live music, and the excitement of the awards presentation at 7 PM. Come show your support for local artists! The "Winter Art Show" runs from Jan. 6-Feb. 9. Red Cliff Gallery, 220 N. 200 E., St. George.

**CANYON VIEW HIGH: NUTCRACKER PERFORMANCE** Jan. 6-Feb. 4, 7:30 PM. CVHS, 166 W. 1925 N., Cedar City.

**UP AND AWAY HOT AIR BALLOON AND MUSIC FESTIVAL** Jan. 12-14, 7:30 AM. Balloon Launch, Vendor Market, Food Trucks, Live Music, Corn Maze, Pumpkin Patch and Farmland! Staheli Family Farm, 3400 S. Washington Fields Rd., Washington.

**16TH ANNUAL RED ROCK FILM FESTIVAL - SECTION 2** Jan. 12-14, 5 PM. A truly international cinematic arts festival and market with over 100 independent films from around the world. Make a stance against Hollywood pandering to the same stories and instead support independent films and voices, running January 12-14, 2023. It is an artist's retreat for film, meet-ups, seminars and panels with approachable professional people. So what is it about? It's a FESTIVAL with international participants - GO AND CELEBRATE YOUR CULTURE. Megaplex Theatres - Pineview Stadium 10, 2376 E. Red Cliffs Dr., St. George.

**UTAH FARM & FOOD CONFERENCE** Jan. 12-14, 9 AM. Utah Farm & Food Conference 6th Annual Utah Farm & Food Conference: Rooted in Resilience gathers more than 150 farmers, gardeners, biodynamic practitioners, permaculturists, educators, students, activists, chefs, seed geeks, foodies, and homesteaders from Utah and neighboring states. For more information call (435) 704-1222 or visit [utahfarmconference.org](http://utahfarmconference.org). Festival Hall/Heritage Center Conference Center, 105 N. 100 E., Cedar City.

**ARTS TO ZION TOUR** Jan. 12-16. The Arts to Zion Studio TOUR is a self-guided art adventure of artists' studios, art galleries & museums through our beautiful red-rock landscape. The Arts to Zion Art and Studio Tour is pleased to once again bring a LIVE Music Tour to the 2023 event. The 12th annual Arts to Zion Arts to Zion Tour will showcase events from the 12th-14th with a broad talent of musical artists on Friday the 13th. The five-day event runs from Jan. 12-16, with many studio and gallery locations throughout Washington County. Beginning in 2012, the Arts to Zion Studio Tour has become a favorite annual event bringing art lovers from across the region to southern Utah. Attendees can get out and see amazing art available, along with opportunities to watch the process of artists creating their pieces. In addition, live music has been included throughout the years with varied studio and gallery locations throughout Washington County, 35 N. Main St., St. George.

**THE RIDE AT CASABLANCA** Jan. 19-22, 7 PM. Showtimes may vary. Singing a great variety of classic rock. 950 W. Mesquite Blvd., Mesquite.

**MESQUITE MOTOR MANIA** Jan. 13-15, 9 AM. FREE TO PUBLIC Mesquite Gaming, CasaBlanca Resort and Virgin River Resort are proud to be sponsors of the 2023 Mesquite Motor Mania! The Mesquite Nevada Car Show features over 900 Cars! Join us for a 3-day, jam-packed weekend in Mesquite featuring vintage cars, new cars, custom automobiles, beloved classics - you name it! This 3-day event sells out quick, please book your hotel stay now! CasaBlanca Resort, 950 W. Mesquite Blvd., Mesquite.

**CVCT: BRIGADOON** Jan. 20-23, and 26-28, 7:30 PM. Cedar Valley Community Theatre presents Brigadoon. General admission is \$15 and \$10 for seniors and students with ID. Heritage Center Theater, 105 N. 100 E., Cedar City.

**MESQUITE HOT AIR BALLOON FESTIVAL** Jan. 27-29, 7:30 AM. This annual festival showcases hot air balloon launches each morning, weather permitting. Also, join us Friday and Saturday evenings for the night glow and live entertainment in the Skydome Lounge. Don't miss the balloon launch finale on Sunday morning at 7:30 AM. CasaBlanca Resort, 950 W. Mesquite Blvd., Mesquite.

**GLEN GALLARDE PROJECT AT CASABLANCA** Feb. 1-5, 7 PM. Showtimes may vary. Former Star Search vocalist Glenn Gallarde and the band, specializes in bringing a show of Top 40's, Dance and all Rock Anthems of the 60's, 70's, 80's, 90's and to the present day. Free. 21 or older. 950 W. Mesquite Blvd., Mesquite.

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# CALENDAR

**BALLOON FESTIVAL NIGHT GLOW** 6 PM. Jan. 27-28, Night Glow-Candlestick Show, Free Admission, All Ages. Hosted by DJ Lex! CasaBlanca Resort and Casino- Southwest parking lot under resort video marquee sign. CasaBlanca Resort, 950 W. Mesquite Blvd., Mesquite.

**TRUE WEST, A PLAY BY SAM SHEPARD** Jan. 26-Feb. 4, 7:30 PM. True West is widely considered one of Sam Shepard's most potent plays. The performance projects a grim slice of Americana, profiling two estranged brothers: a Hollywood screenwriter and a petty thief. The struggle of the American Dream is at the heart of this classic play, and Sam Shepard brings all its ugliness and heartbreak to light. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.

**KID & NICK SHOW AT CASABLANCA** Jan. 6-8, 7 PM. Showtimes may vary. A fun, high-energy, interactive variety musical group. Free admission. 21 or older. 950 W. Mesquite Blvd., Mesquite.

**TERRY WAYNE PROJECT AT CASABLANCA** Jan. 12-15, 7 PM. Showtimes may vary. R&B, funk, dance, oldies, and classic rock. Free admission. 21 or older. Skydome Lounge, 950 W. Mesquite Blvd., Mesquite.

**GREGG PETERSON BAND AT CASABLANCA** Jan. 26-29, 7 PM. Showtimes may vary. Classic Rock, Variety, and dance band. Free. 21 or older. 950 W. Mesquite Blvd., Mesquite.

**KARAOKE WITH "GAYLE LOUISE"** 5 PM. Karaoke Funnnnn! with "Gayle Louise" Tuesday's and Wednesday's (702) 345-6747. PEGGY SUE'S DINER. 380 N. Sandhill Blvd, Mesquite.

**TODDLER TIME** 11 AM. Days/times vary. Washington County Library System, 88 W. 100 S., St. George.

**COVID-19 MOBILE TESTING SITE 8 AM.** Tuesdays and Thursdays. Jimmie Hughes Campus, 150 N. Yucca, Mesquite.

**Events by Day**  
**MONDAYS**

**STORY TIME WITH GRANDPA STEVE** 10 AM. Washington County Library System, 88 West 100 South, St. George.

**TUESDAYS**

**MAKE ART TUESDAYS** 11 AM. Everyday is better when you make art! Join us every Tuesday from 11-Noon to create unique projects that you can take home. St. George Children's Museum, 86 S. Main St., St. George.

**STORY TIME AT WASHINGTON BRANCH** 11 AM. Washington County Library System, 220 N. 300 E., Washington.

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**TRAUMA & LOSS WOMEN'S GROUP** 6 PM. Trauma & Loss Group for Women. 640 E. 700 S., STE 101, St. George.

**TRIBUTE TO THE KING AT CASABLANCA** 6-10 PM. Starring John Brooks. Must be 21 or older. Free. "Voted Best of Las Vegas 2013 "Best Elvis Tribute Show" and "Best Lounge Performer." CasaBlanca Skydome Lounge, 950 W. Mesquite Blvd., Mesquite.

**THE GRACEFUL WOMAN** 6:30 PM. Tuesday nights are now open to Women of all ages for a wonderful night of specialized teachings to empower, uplift, heal, strengthen and teach. Kundalini Yoga offers unique, transformative guidance for women to stay healthy both in body, mind and heart. Pregnant mommas are welcome, teenagers welcome, young and old are welcome! Fruit and Yogi Tea will be served after class. Bring your girlfriends, your daughters, your aunts, your mother and grandmother. By Donation \$5-\$11. Sage Hills Healing Center, 6232 W. Sage Hills Dr., Cedar City.

**WEDNESDAYS**

**STORY TIME WITH MRS. MANN** 10 AM. Washington County Library, 88 W. 100 S., St. George.

**STORY TIME AT HURRICANE LIBRARY** 11 AM. Washington County Library System, 36 S. 300 W., Hurricane.

**GAMER CLUB** 3 PM. Teens and 'tweens who love anime, gaming, or both meet for book discussions, games, and great times. Santa Clara Library, 1099 Lava Flow Dr., St. George.

**KARAOKE AT BEAVER DAM BAR** 5:30 PM. Every Wednesday with Gayle Louise (SAME TIME as Mesquite) (435) 229-9725. 411 Co Hwy. 91, Littlefield.

**BINGO WEDNESDAY AT THE GRILLE** 6-8 PM. Free. There will be prizes given to all the winners. Sand Hollow Resort, 5662 W. Clubhouse Dr., Hurricane.

**SINGER'S CLUB LIVE** 6 PM. Open mic, sing, guitar, or grand piano. Facebook "Singer's Club" like our Facebook and watch the livestream every Wednesday night. Contact us if you want to perform. Gentry Music & Arts, 771 S. Bluff St., St. George.

**THURSDAYS**

**MUSIC TIME WITH MARLENE** 11:30 AM. Join Marlene in our Theater Room every Thursday for music, prizes, and dancing! St. George Children's Museum, 86 S. Main St., St. George.

**TOPS (TAKE OFF POUNDS SENSIBLY)** 4 PM. Support group helping you focus on making small, steady lifestyle changes with "Real People-Real Weightloss. Call (435) 669-7172 or visit [www.tops.org](http://www.tops.org) Pioneer Museum, 145 N. 100 E., St. George.

**DESERT COMMUNITY STRINGS AND NEW HORIZONS STRINGS** 5:30-7:30 PM. Open to all ages and abilities. If you used to play a stringed instrument and would like to get back to the joy of music, this group is definitely for you. [desertstrings.org](http://desertstrings.org) Basement of St. George Medical Building, 736 S. 900 E., St. George.

**KARAOKE B-I-N-G-O!** 6:30 PM. Karaoke B-I-N-G-O! with "Gayle Louise". Two ways to win! Not based on talent. SING-PLAY-WIN! "KORAL KAFE Might As Well Lounge" (435) 627-6262. 2400 N. Town Center Dr., Washington.

**JOYFUL YOGA** 6:30 PM. An all Levels, all Ages class for anyone and everyone! Get your Joy on with Kundalini Yoga and Meditation as taught by Yogi Bhajan. Mantra, Mudra, Breathing, Movement all with a specific intention to elevate and synchronize your energy, physical and mental bodies to Meditate. Yogi tea and fresh fruit served after each class. By donation. \$5 to \$11. Sage Hills Healing Center, 6232 W. Sage Hills Dr., Cedar City.

**KARAOKE NIGHT AT SAND HOLLOW RESORT** 7:30 PM. Every Thursday night. Located in the Grille. Prizes available. Sand Hollow Resort, 5662 W. Clubhouse Dr., Hurricane.

**KARAOKE WITH DJ LANCE AT MIKES TAVERN** 9 PM. 90 W. Hoover Ave., Cedar City.

**FRIDAYS**

**MOMS 'N TOTS PLAYTIME AT HURRICANE** 11 AM. Washington County Library System, 36 S. 300 W., Hurricane.

**SATURDAYS**

**ST. GEORGE FARMERS MARKET** 8 AM. The Farmers Market at Vernon Worthen Park is a free event, held every Saturday, from 8 AM. to 12 noon. The event is held every Saturday through the end of December. Vernon Worthen Park, 300 S. 400 E., St. George.

**SWEET PEA FARM & ORCHARD FARM BREAKFAST** 8 AM Every Saturday from 8 AM.-12 PM. all summer long. Sweet Pea Farm & Orchard, 136 S. 600 W., Parowan.

**BEST FRIENDS GENTLE YOGA** 9 AM. Join us for a 45-minute gentle yoga class for all levels and ages at Best Friends Roadhouse and Mercantile Best Friends Roadhouse and Mercantile, 30 N. 300 W., Kanab.

**CEDAR CITY FARMERS MARKET** 9 AM.-1 PM. 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. IFA, 905 S. Main St., Cedar City.

**TUACAHN SATURDAY MARKET** 9 AM. A fun craft festival set in a beautiful and scenic canyon. Every Saturday morning we have live entertainment, crafters, vendors, food and fun. In the event of rain, we cozy up under the cover of the Tuacahn Amphitheater plaza. Tuacahn Amphitheatre, 1100 Tuacahn, Ivins.

**FESTIVAL CITY FARMERS MARKET** 10 AM. Every Saturday behind I/G Winery. Free admission. The Festival City Farmers Market offers the bounty of local farmers and backyard gardeners who grow organically year-round. Come and support local farmers by buying fresh and local year-round. Shop locally produced and grown fruit, vegetables, cheese, jam, bread, eggs, honey, farm products, and more. 45 W. University Blvd./Center St., Cedar City.

**MONTHLY LAWNMOWER RACES** 10 AM. The first Saturday of each month starting at 10 AM Arizona time, and joining in for karaoke four nights a week, Wednesday through Saturday, beginning at 5 PM at the Beaver Dam Bar. 411 N. Old Hwy. 91, Littlefield.

**TAI CHI DRAGON QIGONG AT SANTA CLARA LIBRARY** 10:30-11:30 AM. Full-body energetic healing. Admission is free. No experience needed. Tai Chi Dragon Qigong is good for all ages and all levels of health and mobility. Santa Clara Library, 1099 N. Lava Flow Dr., Santa Clara.

**TINKER LAB** 11 AM. Tinkerlab is the museum's newest weekly class offered to museum guests. In this class kids will get the chance to experiment, and learn new skills. Tinkerlab activities will normally be crafted for groups ages 5+, but all are welcome to come "tinker" with us! Tinkerlab will be held on each Saturday of the month. Participation is included with your admission price. St. George Children's Museum, 86 S. Main St., St. George.

**SATURDAY MOVIE MATINEE AT ST. GEORGE LIBRARY** 2 PM. Washington County Library System, 88 W. 100 S., St. George.

**COLE SHERRATT** 5 PM. Cole Sherratt is a pop, rock, and R&B musician entertainer, show producer, songwriter, and vocalist who is based in Las Vegas, Nevada. He's been featured on HBO, NBC Sing Off Live Tour, seen routinely at MGM and Caesars casino properties and has toured internationally with Disney, Norwegian Cruise lines, spirit productions, and AMResorts. Bumbleberry Theatre, 897 Zion Park Blvd., Springdale.

**Events by Date**

**Fri, Jan 6**

**PRENDELO LATIN NIGHT AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. Blues Katz Rock n' Roll Bar. 307 N. Bluff, St. George.

**WINTER ART SHOW-AWARDS RECEPTION** 6 PM. The Washington City Arts Council invites you to attend our "Winter Art Show" Opening Reception on Jan. 6 from 6-8 pm at the Red Cliff Gallery. Mingle with the artists and enjoy refreshments, live music, and the excitement of the awards presentation at 7 pm. Come show your support for local artists! The "Winter Art Show" runs from Jan. 6-Feb. 9. Red Cliff Gallery, 220 N. 200 E., St. George.

**Sat, Jan 7**

**DESERT HILLS HIGH: CHEER SOUTHERN REGION COMPETITION** Desert Hills High School, 828 E. Desert Hills Dr., St. George.

**DYNAMIC WIT COMEDY HOUR** 7 PM. A fun and exciting evening featuring our local comedians at our beautiful Electric Theater in downtown St. George. Sponsored by - Nutrition Clubs Of St. George. Tickets only \$5 through web site - [dynamicwitcomedy.com](http://dynamicwitcomedy.com). \$10 at the door. Electric Theater, 68 E. Tabernacle St., St. George.

**AIDEN BARRICK AT BLUES KATZ ROCK N. ROLL GRILL** 7:30 PM. We're back at one of our favorite joints in St. George. Come hang and celebrate 2023 with us. Connect and dance. Blues Katz Rock N. Roll Grill, 307 N. Bluff, St. George.

**MYKOLA SUK RETURNS** 7:30 PM. World-renowned pianist Mykola Suk returns! Featuring: Precocious Beethoven, Piano Trio Opus 1 #1, Bagatelles for Solo Piano, Piano Concerto #1. In the Lorraine Boccardo Theater. \$10-\$30. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.



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# CALENDAR

**SUU HIGH SCHOOL HONOR BAND FESTIVAL CONCERT** 7:30 PM. SUU Music Department presents: Honor Band. Students participate in two days of rehearsals and activities culminating in a concert at the end of the second day at the beautiful Heritage Center Theater. Heritage Center, 105 N. 100 E., Cedar City.

**AIDEN BARRICK AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. 307 N. Bluff, St. George.

**Sun, Jan 8**

**TOM PROCTOR AT GEORGE'S CORNER** 6 PM. Tom is a singer/songwriter, actor performing outlaw country. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**Mon, Jan 9**

**VIRGIN VALLEY AMATEUR RADIO CLUB** 6 PM. The Virgin Valley Amateur Radio Club holds meetings on the second Monday of each month. For more information please go to our website at: [www.vvarc.net](http://www.vvarc.net). Airport Fire Station #3, Mesquite.

**PREDICTING & PREVENTING DISEASE THROUGH HERIDIGENE & RESEARCH, PRESENTED BY DR. DERRICK HASLEM, MD** 6:30 PM - Optional Social Hour With Like-Minded Friends, Light Snacks, and Beverages. 7:30 PM - Lecture. Kayenta Center for The Arts, 881 Coyote Gulch Ct., Ivins.

**Tues, Jan 10**

**PAGE TURNERS BOOK CLUB** 2:30 PM. Washington County Library System, 88 W. 100 S., St. George.

**CITY COUNCIL MEETING** 5 PM. Mesquite.

**Wed, Jan 11**

**ISSUES AND EGGS (INTERMOUNTAIN)** 7:30 AM. Issues and Eggs Legislative Session Preview with Senators Ipson and Vickers and Representatives Elison, Jack, Walter, and Brooks. St. George Area Chamber of Commerce, 136 N. 100 E., St. George.

**SENIOR CENTER - LUNCH & LEARN/ FINANCIAL FRAUD** Noon. This presentation is on 'Financial Fraud'. Complimentary lunch & dessert will be provided. Limited spacing. Mesquite Senior Center, 102 W. Old Mill Rd., Mesquite.

**ARTS COMMISSION MEETING** 5 PM. Ivins City Hall, 55 Main St., Ivins.

**MESQUITE REPUBLICAN WOMEN MTG** 5:30 PM. Mesquite Republican Women meet the second Wednesday of each month at the Veterans Center. Doors open at 5 PM meeting begins at 5:30 702-346-3804 [sheriejh@gmail.com](mailto:sheriejh@gmail.com). Veterans Center, 840 Hafan Lane, Mesquite.

**Thurs, Jan 12**

**RIBBON CUTTING EVENT: BODYFIX MEDICAL** 2 PM. Join us as we celebrate BodyFix Medical, a new primary care clinic in St George, Utah, that focuses on a functional, proactive, and preventative approach to health care and specializes in hormone therapy for men and women. 1492 S. Silicon Way, Ste. B, St. George.

**GARY HUFF AT GEORGE'S CORNER** 6 PM. Contemporary Music. 2 W. St. George Blvd., St. George.

**KATE MACLEOD - UTAH MUSIC REVIEW!** 7 PM. Americana musician Kate MacLeod brings music to you through her original songs, instrumentals, and creative renditions of traditional and popular music. Canyon Community Center, 126 Lion Blvd., Springdale.

**Fri, Jan 13**

**RAISING KANE BUSINESS SUMMIT** 8 AM. The 12th annual 2023 event includes a talented lineup of presenters focusing on economic, local business, and community development topics. Kanab Center, 20 N. 100 E. Kanab.

**ARTS TO ZION W/ AIDEN BARRICK** 6 PM. Join us at MOFACO for an evening of art strolling. Modern Farm and Artisan Co-op (MoFACO), 55 N. Main St., St. George.

**PAROWAN BIRTHDAY CELEBRATION** 9 AM. Parowan Birthday Celebration Parowan's 172nd Birthday Celebration in the Parowan High School Gymnasium, and will include a song & dance, an 11 AM Luncheon following the Celebration, and at noon the Town Meeting in the Parowan High Auditorium. For more information please call 435-477-8190. Parowan High School, 168 N. Main St., Parowan.

**PRENDELO LATIN NIGHT AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. Blues Katz Rock n' Roll Bar. 307 N. Bluff, St. George.

**Sat, Jan 14**

**STATE-WIDE FARMER'S MARKET** 8 AM. The annual state-wide farmers market returns to the Utah Farm and Food Conference in Cedar City. MoFACO will be making the market happen. The market is open to the public and will highlight and feature farmers and artisans from all areas of Utah. Festival Hall/ Heritage Center Conference Center, 105 N. 100 E., Cedar City.

**GRAND OPENING OF THE STORY CASTLE IN THE LAND OF LORE!** 10 AM. Sponsored by Waterford Upstart, a free online learning program for children entering kindergarten in 2022 or 2023 Staff is hard at work turning our lending library into The Story Castle in the Land of Lore. Visitors are encouraged to come in costume! Each month, we will highlight stories and activities around a topic chosen to encourage creativity, writing, and reading throughout the year! St. George Children's Museum, 86 S. Main St., St. George.

**TINKERLAB** 11 AM. In this drop-in event, children can experiment and learn new skills TinkerLab activities are for ages 5 but all are welcome to come "tinker" with us St. George Children's Museum, 86 S. Main St., St. George.

**SECOND SATURDAYS AT SUMA** 2 PM. Formerly known as Family Day, this series of events is for families and friends in the community of all ages. The planned activities are geared toward people of all ages and backgrounds, and this event is free and open to the public. Southern Utah Museum of Art, 13 S. 300 W., Cedar City.

**KATE MACLEOD-UTAH MUSIC-SOUTHERN UT TOUR - IVINS, UT** 7 PM. Kate MacLeod with a quartet, sharing. Center for the Arts at Kayenta (The Lorraine Baccardo Theater), 881 Coyote Gulch Ct., Ivins.

**PAROWAN BIRTHDAY BALL** 7 PM. Back in the Saddle Again held 7-9 pm at the Iron County Fairground Building. Celebrate Parowan's Birthday in style and dance to the music by the band Muddy Boots and enjoy hot homemade scones at the Parowan Birthday Ball! Iron County Fairground Building, 471 E. 40 S., Parowan.

**CELEBRATION BAND AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. 307 N. Bluff, St. George.

**Sun, Jan 15**

**MR OK (CHARLIE KESSNER) AT GEORGE'S CORNER** 6 PM. Island Vibe. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**Mon, Jan 16**

**VVAA GENERAL MEETING** 11 AM. Mesquite Fine Arts Center, 15 W. Mesquite Blvd., Mesquite.

**WINTER CONCERT SERIES - LEGENDS OF ROCK (Classic Rock)** 7 PM. A festive celebration of wonderful music that brings the community of all ages together for an exciting night! Seating is first come first served. FREE to the public. Donations appreciated. Electric Theater, 68 E. Tabernacle St., St. George.

**Tues, Jan 17**

**LOSS-LOVED ONES SUICIDE SURVIVORS LOSS** 7 PM. 3rd Tuesday of every month. We are an open, free, peer-led Support Group for adults 18 years and older. We encourage people from neighboring towns and all of Washington County to attend. Have questions? Reach out to May Bradley at [maybradley@gmail.com](mailto:maybradley@gmail.com). (801)815-7854. No Registration. St. George, 162 N. 400 E., Suite B200, St. George.

**WASHINGTON CITY STATE OF THE CITY ADDRESS** 11:30 AM. Washington City Hall, 111 N. 100 E. 3 Washington.

**Wed, Jan 18**

**STORYTIME WITH KRIS** 11 AM. It's everyone's favorite time Join Kris in the theatre to hear stories that have to do with our monthly theme, holidays, or just for fun St. George Children's Museum, 86 S. Main St., St. George.

**CHAMBER EDUCATION LUNCHEON** 11:30 AM. The Great Resignation in Southern Utah With Special Guest Dr. Chris Healy, SHRM-CP, PHR, CEBS Assistant Professor, Management Utah Tech University St. George Area Chamber of Commerce, 136 N. 136 N. 100 E., St. George.

**SENIOR CENTER - LUNCH & LEARN/ SEASONAL AFFECTIVE DISORDER** 12 PM. This presentation is on 'Seasonal Affective Disorder. What is it and is it the same as the winter blues'. Complimentary lunch & dessert will be provided. Limited spacing. Mesquite Senior Center, 102 W. Old Mill Rd, Mesquite. 136 N. 100 E., St. George.

**CANYON VIEW HIGH: STERLING SCHOLAR RECOGNITION NIGHT** 5:30 PM. CVHS, 166 W. 1925 N., Cedar City.

**Thurs, Jan 19**

**CRAFTIVITY** 11 AM. Join in this creative activity every Friday where together, guests and volunteers work to make easy, fun, and educational crafts for themselves and their families. Free to members or paid admission St. George Children's Museum, 86 S. Main St., St. George.

**TEEN BOOK CLUB** 3:30 PM. Teen Book Club Washington County Library System, 36 S. 300 W., Hurricane.

**BOOK ENDS BOOK CLUB** 4:30 PM. Meet's on the third Thursday of every month. Washington County Library System, 220 N. 300 E., Washington.

**TOM BENNETT AT GEORGE'S CORNER** 6 PM. Tom Bennett sings country and is based out of SLC. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**Fri, Jan 20**

**AIDEN BARRICK AT SUNRIVER** 6 PM. Sun River St George, 1390 W. Morane Manor Dr., St. George.

**PRENDELO LATIN NIGHT AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. Blues Katz Rock n' Roll Bar. 307 N. Bluff, St. George.

**Sat, Jan 21**

**SATURDAY FIELD TRIP** 8 AM. Quail Creek Reservoir, St. George.

**IRON SPRINGS: BRIDAL EXPO** 11 AM. Come for workshops, local wedding specialists, free samples, drawings, prizes, and more. Everything you need in one place to plan your wedding, Quinceanera, Prom, and other special occasions. Admission is \$5 at the door. For information call (435) 708-0101 or visit them online [ironspringsutah.com](http://ironspringsutah.com). Iron Springs Adventure Resort 3196 N. Iron Springs Rd., Cedar City.

**THE ED TRACY BAND AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. 307 N. Bluff, St. George.

**Sun, Jan 22**

**SUN HEAD AT GEORGE'S CORNER** 6 PM. Folk. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**Mon, Jan 23**

**DIXIE HIGH: REGION DRILL AT BURNS ARENA** 6 PM. Dixie High School, 350 E. 700 S., St. George.

**Tues, Jan 24**

**CITY COUNCIL MEETING** 5 PM. City Council Meeting is held on the 2nd and 4th Tuesdays of the month City Hall, 10 E. Mesquite Blvd., Mesquite.

**CCMA- SISTER SADIE** 7:30 PM. <https://www.ccdarcity.org/calendar>. Heritage Center Theatre, 105 N. 100 E., Cedar City.

**Wed, Jan 25**

**BOOK DISCUSSION GROUP** 7 PM. Book Discussion Group Washington County Library System, 126 Lion Blvd., Springdale.

**SENIOR CENTER - LUNCH & LEARN/EARLY SETTLEMENT** Noon. This presentation is on 'Early Settlement'. Complimentary lunch & dessert will be provided. Limited spacing. Mesquite Senior Center, 102 W. Old Mill Rd., Mesquite.

**RED'S GOT TALENT** 7 PM. Student Government Cedar High School, 166 W. 1925 N., Cedar City.

**Thurs, Jan 26**

**CEDAR FFA AREA CONTESTS** 4 PM. McKayla Plewe Cedar High School, 166 W. 1925 N., Cedar City.

**AUSTIN "STINO" MARIANO AT GEORGE'S CORNER** 6 PM. Variety of music. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**Fri, Jan 27**

**READER'S CIRCLE BOOK CLUB** 3 PM. Reader's Circle Book Club Washington County Library System, 36 S. 300 W., Hurricane.

**PRENDELO LATIN NIGHT AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. Blues Katz Rock n' Roll Bar. 307 N. Bluff, St. George.

**Sat, Jan 28**

**SNOW CANYON HIGH: STATE CHEER** Snow Canyon High School, 1385 Lava Flow Dr., St. George.

**CHAMPAGNE TASTING AT CASABLANCA** 4 PM. CasaBlanca's Hot Air Balloon Festival's Champagne Tasting in Skydome lounge. Free Admission, Ages 21 only. 4-6 PM. Skydome Lounge, 950 W. Mesquite Blvd., Mesquite.

**LOCAL TALENT SHOWCASE AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. 307 N. Bluff, St. George.

**Sun, Jan 29**

**FAST EDDIE LIVE AT GEORGE'S CORNER** 6 PM. Classic Rock. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**Wed, Feb 1**

**FOREIGN FILM CLUB** 6 PM. Washington County Library System, 88 W. 100 S., St. George.

**Thurs, Feb 2**

**CHAPTER 1 BOOK CLUB** 5:30 PM. Chapter 2 Book Club Washington County Library System, 88 W. 100 S., St. George.

**JACK DUNN AT GEORGE'S CORNER** 6 PM. Classic rock. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**Fri, Feb 3**

**PRENDELO LATIN NIGHT AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. Blues Katz Rock n' Roll Bar. 307 N. Bluff, St. George.

**Sat, Feb 4**

**HERITAGE WRITERS GUILD WINTER CONFERENCE 2023** 10 AM. Held at the Udvar-Hazy Bldg, Utah Tech University - Dixie Campus from 10 AM to 3 PM. It will feature presenters from The League of Utah Writers and Utah Tech University. Topics - "where to get ideas," "how to write a story," "adding depth to your writing," writing children's literature, poetry. \$15 (Students), \$25 (members), and \$30 (Non-members). Find new ideas, meet new friends. [www.heritagewritersguild.com](http://www.heritagewritersguild.com). Utah Tech University, 225 S. University Ave., St. George.

**FREE ACRYLIC POUR DEMONSTRATION** 1 PM. Come watch an "Acrylic Pour Demo" by artist Leslie Murphy. This method is fun to watch, as fluid art has a mind of its own. The process is unpredictable as the "cells" grow, and colors come to life when added to a canvas. Leslie will demonstrate several different methods, each one creating unique results. This event is FREE to the public. Red Cliff Gallery, 220 N. 200 E., St. George.

**CROSSROADS AT BLUES KATZ ROCK N' ROLL BAR** 8 PM. 307 N. Bluff, St. George.

**Sun, Feb 5**

**NICK ADAMS AT GEORGE'S CORNER** 6 PM. Nick Adams is a singer/songwriter based out of St. George. Music from the Mothership. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

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355 Main Street • Kanab, UT 84741

**Kane County Hospital is excited to announce the latest Art Show happening now featuring Patsy Blackburn. Artist reception will be on January 26 at 5pm.**

Patsy Blackburn is a local artist who relocated to the area in 1974. You may know her as the former owner of the Tortoise & the Hare RV Park in Orderville, Utah.

Patsy made porcelien dolls there for years and spent many of those years doing oil paintings.

Most recently she is creating alcohol Ink paintings including the one featured here, and you may have seen her or her work for sale at the local farmer's markets.

The artwork is on display now and can be viewed during regular business hours in the lobby and hallways of the hospital and is a collaboration between KCH and the Kanab Arts Board.



# Springdale Utah Town Map

**Zion Canyon Clinic**  
 X-Ray • Lab  
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**Park House Cafe** Now Serving Beer & Wine Serving Dinner on Weekends  
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 Next to Pioneer Lodge  
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 Open 7 days - 11:30am to 10pm  
 Come enjoy some delicious Chinese food while in Zion!

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 WELCOME TO YOUR ONE STOP SHOP  
 Zion T-Shirts, Hats, & Souvenirs • Unique Gifts • Hiking Gear • Ornaments • Jewelry • Stickers • Games • Toys • Rocks • Teva • Kavu • Hydro Flask • CamelBak  
 145 Zion Park Blvd. Springdale, UT (435)-772-2420  
 TrailheadGiftsAndGear.com  
 Customer parking available in the Zion Canyon Village at the South entrance to Zion National Park

**SOLD**  
 1210 Canyon Springs Rd.  
 Springdale UT 84767

**Rotary Club of Zion Canyon**  
 2022 ANNUAL Giving Tree  
 Help a child or family in need by adopting one this Christmas!  
 Either shop online and have delivered or drop off at our regular gift donations to:  
 Giving Tree C/O April Gates  
 10 N 510 W, Hurricane UT 82037  
 Deadline: December 9th  
 Please include Child ID# on gift

Thanks to all our volunteers! We couldn't do it without you!

**ERA Brokers CONSOLIDATED** **APRIL GATES GROUP** Real Estate  
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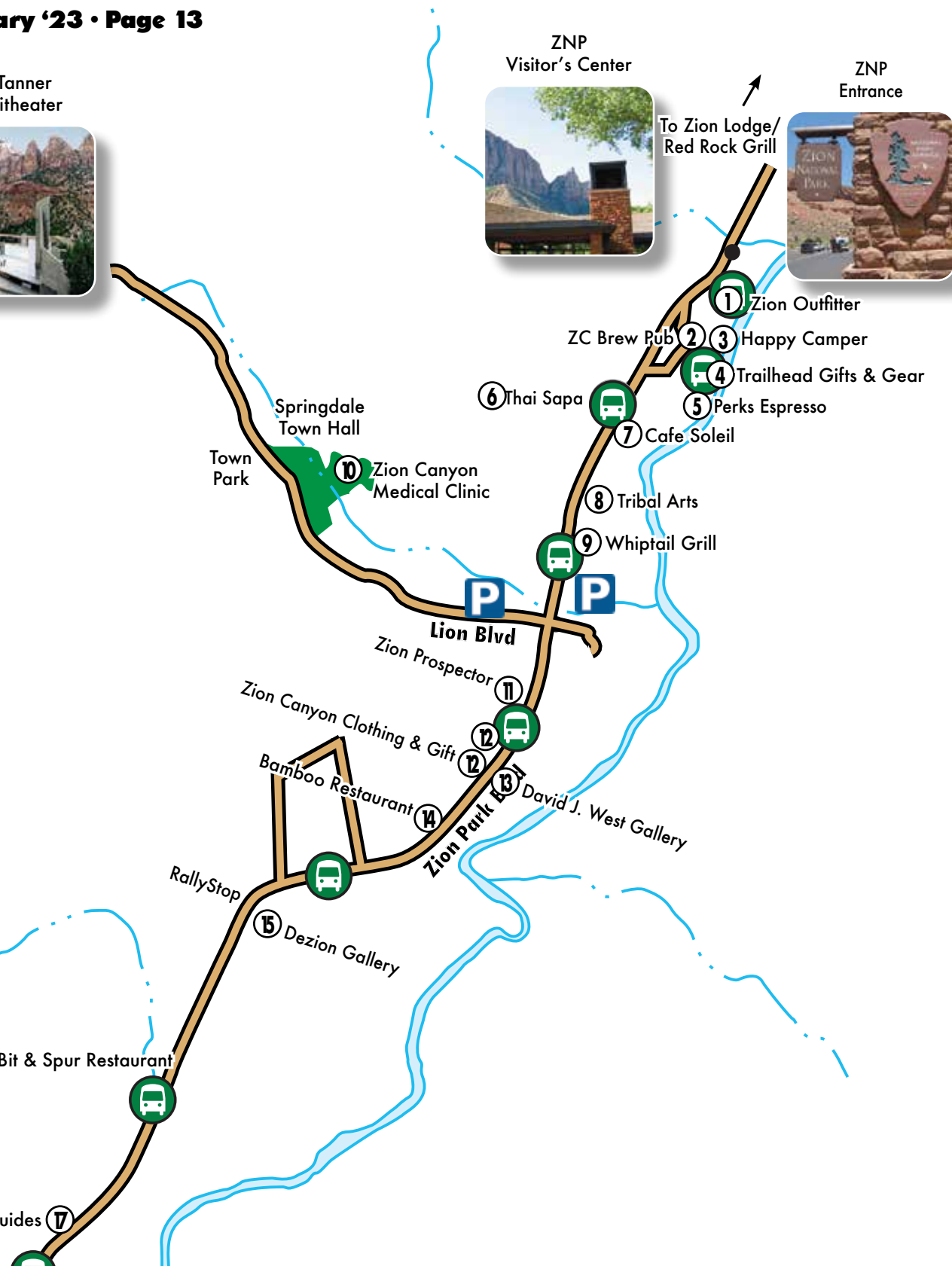


Zion Rock & Mntn G



Get much more Zion ~ Springdale info at **ZionGuide.com**

Tanner  
theater



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- Narrows Outfitting
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- Gear • Bikes
- Showers
- Laundry 1

ZionOutfitter.com

**P** Paid parking lots can be found on Lion Blvd, behind Whiptail Grill Restaurant at 445 Zion Park Blvd, and a number of other locations throughout Springdale.

Other spots of note in Springdale include the library (located on Lion Boulevard, next to Town Hall), tennis/pickleball courts (also on Lion Blvd), and the Virgin River, which has numerous locations of access, but Riverside Park is one of the best.

**ZionOutfitter.com**

- Narrows
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- Clothing
- Gear
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Located next to ZNP South Entrance

**BAMBOO**  
CHINESE RESTAURANT

828 Zion Park Blvd • Springdale, UT  
Next to Pioneer Lodge  
435-703-2882

Open 7 days - 11:30am to 10pm  
**Come enjoy some delicious Chinese food in Zion!**

**GUIDE TO UTAH'S LIQUOR LAWS**

If you order an alcoholic drink at the restaurant bar, don't be surprised when the bartender asks you to order some food with your drink. In Utah, restaurants may only serve alcoholic beverages with food. Customers don't have to order food each time they buy another drink. The beer sold in grocery stores and gas stations, and tap beer is a bit weaker in Utah, limited to 3.2% alcohol content by weight (4.0% by volume), about 0.5% less than a typical American domestic beer. You can buy full-strength beer, along with liquor and wine, in a state-operated liquor store. Please remember to tip your servers and drink responsibly! The Utah State Liquor Store in Springdale is located inside the Switchback.

**SPRINGDALE'S FEATURED RESTAURANTS FROM ZION GUIDE**

Restaurant <i>(Listed by address from ZNP Entrance)</i>	Address	Phone	Drinks/Vegan <i>(W)ine, (B)eer, (M)ixed Drinks (E)spresso, (V)egan items on menu</i>	Hours	WI-FI
Red Rock Grill	1 Zion Lodge	435-772-7760	W, B, M, E, V	6:30-10:30am, 11:30am-3pm, 5-10pm daily	Yes
Zion Canyon Brew Pub	95 Zion Park Blvd	435-772-0336	W, B, V	Noon-10pm daily	Yes
Happy Camper Market	95 Zion Park Blvd	435-772-7805	B, V	8am-8pm daily	Yes
Thai Sapa	145 Zion Park Blvd	435-772-0510	W, B, E, V	11:30am-9:30pm daily	No
Perks Coffee Shop	147 Zion Park Blvd	435-668-0446	E	7am-4pm daily	No
Café Soleil	205 Zion Park Blvd	435-772-0505	W, B, M, E, V	7am-9pm daily	No
Spotted Dog Cafe	428 Zion Park Blvd	435-772-0700	W, B, M, E, V	7-11am, 5pm-9pm daily	Yes
Whiptail Grill	445 Zion Park Blvd	435-772-0283	W, B, V	Noon-9:30pm daily	Yes
Bamboo Chinese Restaurant	828 Zion Park Blvd	435-703-2882	V	11:30am-10pm daily	Yes
Zion Pizza & Noodle	868 Zion Park Blvd	435-772-3815	W, B, V	4pm-10pm daily	No
Oscar's Cafe	948 Zion Park Blvd	435-772-3232	W, B, E, V	7am-9pm daily	No
Switchback Grille Restaurant	1149 Zion Park Blvd	435-772-3700	W, B, M, E, V	5-8pm daily	No
Jack's Sports Grill Restaurant	1149 Zion Park Blvd	435-772-3700	W, B, M, V	Noon-9pm daily	No
Bit & Spur Restaurant & Saloon	1212 Zion Park Blvd	435-772-3498	W, B, M, E, V	5pm-11pm daily	Yes
Park House Café	1880 Zion Park Blvd	435-772-0100	W, B, V	8am-2pm daily	Yes

See detailed restaurant listings for Springdale and the greater Zion National Park area at [ZionGuide.com](http://ZionGuide.com).

# Welcome To Zion from Zion Guide!

## Safety Tips For Zion

### Emergencies

For 24-hour emergency response, call 911 or (435) 772-3322. The Zion Canyon Medical Clinic is located in Springdale near the south entrance to the park. For hours, please call (435) 772-3226. Other medical clinics are located in Hurricane. The nearest hospitals are in St. George, Cedar City, and Kanab.

### Hydrate and use refillable water bottles

It is easy to get dehydrated while hiking and walking in the desert, so pack along extra water, and be sure to take rest and water breaks on long hikes. There are a number of places to refill your water bottles in Zion National Park including the visitors' center and Zion Lodge as well as a new hydration station at the Springdale bus stop in front of The Bumbleberry Inn and Zion Canyon Brew Pub.

### Be cautious near steep cliffs

Falls from cliffs on trails can result in death. Loose sand or pebbles on stone are very slippery. Be careful of edges when using cameras or binoculars. Never throw or roll rocks because there may be hikers below you. Stay on the trail. Stay back from cliff edges. Observe posted warnings. Please watch children.

### Watch for flash floods

All narrow canyons are potentially hazardous. Flash floods, often caused by storms miles away, are a real danger and can be life threatening. You are assuming a risk when entering a narrow canyon. Your safety is your responsibility.



## Tips To Minimize Your Impact

### Pack it in, pack it out & use recycling bins

Each month, Zion National Park pays many thousands of dollars to haul away waste collected from garbage cans and recycling bins. Your experience and that of everyone who visits Zion Canyon can be improved by never littering and making sure you pick up any trash you see along the way. Recycling bins are placed strategically throughout Zion Park, and it is highly encouraged for everyone to use them.



### Please stay on the marked trails

Hiking off trails can lead to loss of vegetation, soil compaction, erosion, and unsightly scars on the landscape. Remember, if you bring it in, please pack it out.

### Go before you go

It is always a good idea to use the restroom before you begin a hike since facilities are limited to select locations. If you do need to take care of your business, please pack it back out.

### Be respectful to the wildlife

Feeding, harming, or capturing wild animals is illegal and can cause injury or death to the animal. Animals can become aggressive beggars when fed.

### Please leave it how you found it

It is illegal to remove anything from Zion National Park, including flowers, rocks, or anything else that you might find. Do not write or carve on natural surfaces.

## Tips To Maximize Enjoyment

### Go on a less crowded hike

The most visited Zion hikes have a lot of competition. If you'd rather not feel like you're in the line at a theme park, consider seeking out a less traveled path. Check out our feature, Less-Traveled Zion Hikes, in this issue.

### To avoid the crowds, go early or late in the day

Consider getting up extra early or trekking out midday after the initial rush has flooded in.

### Consider coming back again in the low season

Starting in the late fall, the number of visitors to Zion Canyon starts to dwindle, and by December it's significantly less than in the heat of the summer. It is simply a different experience to see Zion in the winter with the snow-capped monoliths. Most hikes are still accessible and are less crowded. You can also drive to the Temple of Sinawava parking lot. The shuttles stop running from November until March.

### Check out Kolob Canyons and Kolob Terrace Road

With gorgeous open spaces and plenty of dirt roads to explore, Kolob Terrace Road is one of Zion's best kept secrets. You'll notice the air getting cooler as you gain elevation, and you'll find plenty of beautiful views worth stopping at for a quick photo op. The Kolob Terrace Road turnoff is in Virgin, so watch for signs. Portions of the Kolob Canyon District of Zion National Park are reached via Exit 40 on Interstate 15.

*We would like to thank you, our readers, for helping us sustain during this challenging time.*

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## Top Things To Do In Zion

### Get some great hiking in

Zion National Park is known for its scenic landscape and unrivaled hikes. No matter your fitness level, there are hikes here for you. Please go to [ZionGuide.com](http://ZionGuide.com) to see the details on many area hikes.

### Spend a day in Springdale

Springdale is unique to our national park system in that it is almost completely surrounded by Zion National Park. So when you're in Springdale, you're right in the middle of Zion Canyon.

### Catch an event

Not only does Zion Brew Pub have live music every Saturday, the property also hosts a handful of events throughout the year, as do the Bit and Spur restaurant, Tanner Amphitheater, Bumbleberry Inn, Wildcat Willies, and several other locations.

### Try a guided tour

Jeep, helicopter, ATV, canyoneering, horseback riding, or mountain biking, guided tours are all available. Many of these tours take you outside Zion National Park boundaries and give you a unique perspective on Zion's canyons and plateaus from surrounding areas of southern Utah. Check out [ZionGuide.com](http://ZionGuide.com) for listings and ads.

### Visit the east side of Zion and spend a day in Kanab

The east side of Zion is generally less crowded, making hikes more accessible and private. These are some of the most enjoyable hikes in the canyon. You can spot wildlife you won't see elsewhere in the canyon. The city of Kanab, situated east of the canyon, is full of unique attractions, like the Little Hollywood Movie Museum and the Best Friends Animal Sanctuary.

### Take lots of pictures, leave only footprints

Be sure you've got extra charged batteries, smartphone cables, and memory cards so you can capture all the magic of Zion National Park. Additionally, there are numerous photo tour and guiding companies to assist you. Thank you for visiting the Zion National Park area.



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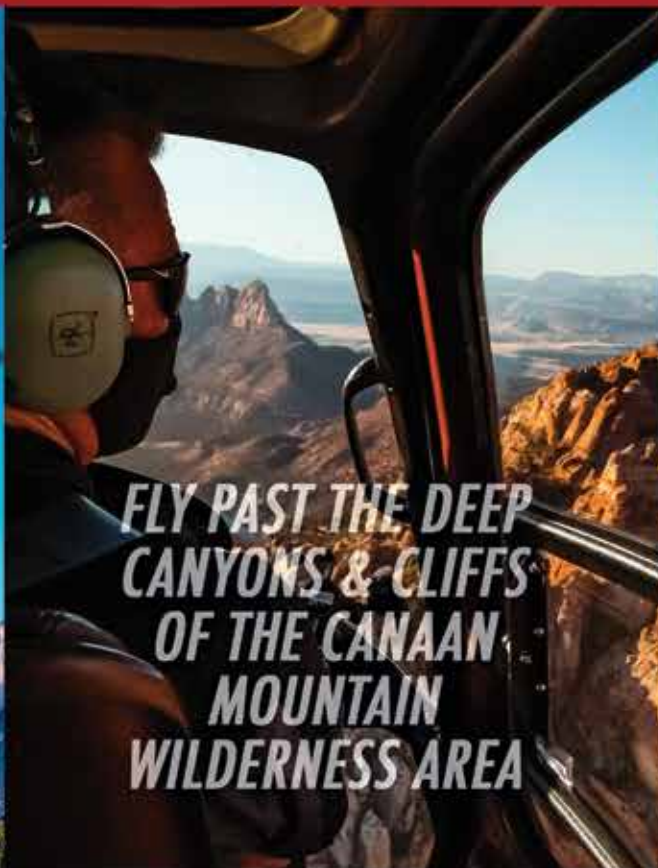


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# Zion Area Annual Events Calendar

**May-Oct. Kanab Outdoor Market**  
Nursery stock, baked goods, local artistry, jewelry, crafts and goods, free bounce house and balloons for the kids.

**May Kanab 10K**  
A beautiful course sanctioned by USA Track and Field along Hwy 89 from Moqui Cave to the Kanab City Park.

**May Amazing Earthfest**  
Southern Utah's festival of learning, arts, and outdoor adventure.

**June Jacob Hamblin Days Festival**  
A fun festival to celebrate the pioneer and Western heritage of Kanab and Kane County.

**June-Aug. DSU Summer Concert Series**  
Enjoy a variety of live performances by bands, orchestras and solo artists. Located at the O.C. Tanner Amphitheater, just outside of Zion National Park.

**June Maynard Dixon Country Campout**  
A 5-day gathering of artists and art lovers interested in the history of Western art and current Western painting.

**July Kanab 4th of July Celebration**  
Celebrate the nation's Independence Day small-town style in charming Kanab, Utah! Parade, vendors, entertainment and festivities throughout the day into the evening.

**July Springdale 4th of July Celebration**  
Celebrate Independence Day with the Springdale community. Kick off with a parade followed by a barbecue, live music and activities for the whole family.

**July 24th of July Celebration**  
Celebrate the state of Utah with a pioneer dinner. Get ready for the fourth annual Kabob-a-Que.

**July Pioneer Day Celebration**  
Games, Dutch oven dinner at the park and a great costume parade celebrating pioneer heritage.

**August Symphony at the Grand Canyon**  
Symphony of the Canyons performs on the patio at the North Rim Lodge. Bring a picnic dinner and listen as the sun sets over the Grand Canyon.

**August Kane County Fair**  
Offering many wonderful events for the whole family. Most of the events are free so don't miss out.

**August Western Legends Round-up**  
Kanab's celebration of film, music, poetry, and Western heritage.

**September Big Water Dinosaur Festival**  
Celebrating past and present dinosaur discoveries in the Grand Staircase Escalante National Monument.

**September Demolition Derby**  
Cars, trucks and "figure 8s" with up to 18 cars demolition derby with events for the entire family, including the Power Wheels Derby for kids and the wife-carrying contest!

**September Carmel Mtn. Music and Art Festival and Car Show**  
Check out fancy cars and enjoy live entertainment, vendors, food and kid-friendly activities.

**September Glendale Heritage Apple Festival**  
The Glendale Heritage Apple Festival was started to celebrate Pioneer Heritage and the many talents that are in this small town.

**September Duck Creek End of Summer Bash**  
6 p.m. to 9 p.m. at the Duck on In Saloon in Duck Creek Village. Come spend your Labor Day Weekend in Duck Creek enjoying live music.

**September Zion Canyon Music Festival**  
Enjoy the beautiful fall season in Zion as the canyon is filled with music. The Zion Canyon Music Festival features music, art and an exquisite backdrop.

**October Red Rocktoberfest**  
Art, food, live music and poetry, dancing, wagon rides, photography, games and activities for the kids, all on the main drag in Kanab. German food and activities.

**October Zion Rocktoberfest**  
Celebrate the start of fall in Zion mixed with traditional Oktoberfest aspects. The event will feature live rock and folk music and many other activities.

**Nov-Dec. Zion Joy to the World**  
Enjoy a wonderland of events in a weekend celebrating winter. Be a part of a community tree lighting, craft fairs, musical events and the fourth annual Light Parade.

**November Butch Cassidy 10K Run**  
This 10K/5K scenic race brings together community, and not just with running. Stay after for some Grafton fun with what is promised to be a party.

**November K-town Turkey Trot 5K**  
Taking place in Kanab on Thanksgiving morning, bring the whole family for this early morning fun run/walk to make room for that delicious dinner later in the day!

**November Plein Air Art Invitational**  
Be a part of a week of lectures and demonstrations from some of the finest plein air artists in the country. Enjoy painting sales, exhibits and workshops.

**November Christmas Light Parade and Festival**  
An annual light parade on the Saturday after Thanksgiving. Gourmet s'mores school held on Main Street followed by music, caroling, hot cocoa and a wishing lantern launch.



**November Zion Canyon Arts and Crafts Fair**  
Visit Zion for the 26th annual arts and crafts fair put on by Z-Arts. Spend the weekend touring the different vendors and craft booths.

**December Windsor Castle by Night**  
Held at historic Pipe Springs National Monument, the Castle by Night is an opportunity to enjoy a historic recreation of an 1860's early settlement by candlelight and music.



**December Z-Arts Gala**  
Dress up for a night of food, dancing, mingling and an art auction. This annual gala is hosted by Z-Arts and is open to the public.

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# THE LOCALS' GUIDE TO HIKING PREPAREDNESS

National parks are seeing an uptick in helicopters carrying unfortunate hikers out of precarious situations.

In 2017, the National Park Service reported 324 search-and-rescue operations, which means 324 extremely unpleasant vacation experiences — nearly one a day. In 2014, the reported number was almost half that. The majority of those rescues occurred in Zion and Bryce Canyon National Parks, and most hikers who end up getting into trouble are either in their 20s or are older than 60.

Despite our highly skilled and dedicated rescue teams' valiant efforts, not everyone made it out of their predicaments safely. Twelve people lost their lives in Utah's national parks in 2017 alone.

It's hard to imagine one wanting a vacation amid the splendor of our national parks to involve search and rescue teams or a close encounter with death.

Zion National Park is often referred to as an outdoor Disneyland. But this is the

wilderness, and it's far less forgiving than any theme park. Here are some tips for how to safely enjoy your time in Zion Canyon.

## Bring water

You lose more water through perspiration than you realize, and if you are used to a more moist climate — and nearly any climate is less arid than southern Utah — you can become dehydrated quickly without realizing it.

The National Park Service recommends that hikers bring one gallon of water per hiker per day. There are fill stations throughout Springdale and the park that provided filtered water at no charge.

Natural water sources in the park such as creeks and streams are not reliable sources of clean drinking water. If you find yourself in a situation wherein you need water but have none, it is strongly advised that any locally-sourced water intended for consumption first be filtered, boiled for at least 10 minutes, or treated with iodine before consuming.

## Wear appropriate clothing

While most paths and trails are well maintained, this is the great outdoors, and a little loose gravel or slickrock can lead to injury — or worse. Think of appropriate footwear as an insurance policy — and if you are a little nervous, a hiking stick never hurts. Also, dress lightly if it's going to be hot, but be sure to use appropriate sun protection like sunscreen and large-brimmed hats, because suffering from sunstroke or severe sunburn during an already taxing hike can be brutal.

## Hike at your skill level, and don't take risks

Trails in Zion range from short and easy to long and challenging. Don't overestimate your ability and endurance level. And don't engage in horseplay or other activity that might endanger yourself or others. Some of Zion's hikes are steep, and you wouldn't be the first person to tumble down a hill — or worse, fall off a cliff. Zion is beautiful, but it's also dangerous, so respect yourself and

others by respecting the terrain.

## Leave wildlife alone

Animals instinctively avoid humans, but the area is home to everything from poisonous snakes to mountain lions. Never approach local wildlife — and never try to feed them. This can result in injury to visitors, and numerous visitors have required stitches after attempting to hand-feed animals. But when humans feed wildlife, it's also not good for the animals, who are already best suited to feed themselves.

## Hike sober

Sometimes relatively stationary outdoor activities like boating or camping involve enjoying an adult beverage or two. But when you're hiking the varied terrain of our national parks, you don't want your coordination, balance, or judgment to be impaired to any extent. Zion Canyon, Springdale, and Kanab are home to several fine restaurants and bars — but visit them for a cocktail after your hike, not before.



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- Zion Human History Museum
- Pipe Spring National Monument
- Kolob Canyons Visitor Center
- @zionforeverproject

# Southern Utah State & National Parks

**ANASAZI STATE PARK MUSEUM** - This ancient Indian village in the heart of Utah's canyon country was one of the largest Anasazi communities west of the Colorado River. The site is believed to have been occupied from A.D. 1050 to 1200. The village remains largely unexcavated, but many artifacts have been uncovered and are on display in the newly remodeled museum. Anasazi State Park is in the picturesque town of Boulder on State Route 12. Group and individual picnic areas are available. There is no camping. (435) 335-7308.

**BAKER** - Baker Reservoir is a small lake on the Santa Clara River four miles north of Veyo on Utah State Route 18. It is a 63-acre lake with an average depth of about 20 feet. Many people come to the reservoir to camp at one of its 10 campsites and to fish. The reservoir is stocked with rainbow trout and contains brown trout, green sunfish, crayfish, reidside shiner, and mountain sucker. It has picnic areas and vault toilets. There is a fee for visiting the reservoir and no boat ramp.

**BRYCE CANYON** - Bryce Canyon National Park is a scientist's laboratory and a child's playground. Because Bryce transcends 2,000 feet of elevation, the park exists in three distinct climatic zones: spruce/fir forest, ponderosa pine forest and pinion pine/juniper forest. This diversity of habitat provides for high biodiversity. Here at Bryce, you can enjoy over 100 species of birds, dozens of mammals, and more than a thousand plant species. (435) 834-5322.

**CEDAR BREAKS** - Sitting at over 10,000 feet and looking down into a half-mile deep geologic amphitheater. Come wander among timeless bristlecone pines, stand in lush meadows of wildflowers, ponder crystal-clear night skies and experience the richness of our subalpine forest. Just four miles off Utah Highway 148, you'll find the Cedar Breaks National Monument parking lot.



**CORAL PINK SAND DUNES** - At an elevation of 6,000 feet and 12 paved miles off U.S. Highway 89 near Kanab, this park provides a fantastic setting for camping, hiking, OHV riding or just playing in the sand. A 265-acre conservation area prohibits motorized vehicles in order to protect the Coral Pink beetle (found nowhere else in the world) and its habitat. The mule deer, jackrabbit, kit fox, coyote, and many small rodents also make the park their home. (435) 648-2800.

**DEAD HORSE POINT** - Dead Horse Point State Park is perhaps Utah's most spectacular state park. Dead Horse Point is a promontory of stone surrounded by steep cliffs near Moab. The overlook at Dead Horse Point is 6,000 feet above sea level. Two-thousand feet below, the Colorado River winds its way from the continental divide in Colorado

to the Gulf of California, a distance of 1,400 miles. (435) 259-2614.

**DINOSAUR TRACKS** - The St. George Dinosaur Discovery Site at Johnson Farm is home to exceptionally well-preserved dinosaur tracks, some displaying skin impressions. These tracks, along with hundreds of fossil fish, plants, rare dinosaur remains, invertebrates' traces, and important sedimentary structures, show evidence that this site was produced along the western edge of a large, Early Jurassic (age between 195-198 million years ago) freshwater lake. (435) 574-3466.

**ENTERPRISE** - There are two reservoirs in the Bull Valley Mountains 10 miles southwest of the town of Enterprise. The main one is Upper Enterprise Reservoir, about 250 acres with an average depth of about 50 feet, while Lower Enterprise Reservoir is 79 acres. Many come to the reservoir to camp, fish hike, and boat. The Honeycomb Campground



is situated between both lakes and has 21 campsites and flush toilets. There is a boat ramp on Upper Enterprise Reservoir and several fishing areas around both reservoirs. Fishermen will find rainbow trout and smallmouth bass here. Fees are charged.

**FOUR CORNERS** - The Four Corners is the only place in the U.S. where four states come together at one place: Arizona, New Mexico, Utah and Colorado. Here, a person can put each of their hands and feet in four states at the same time. The unique landmark is on Navajo Nation land and is open for visits from the public. West of U.S. Highway 160, 40 miles southwest of Cortez, Colo. (928) 871-6436.

**GRAND CANYON** - A World Heritage Site encompassing 1,218,375 acres on the Colorado Plateau in northwestern Arizona. The land is semi-arid and consists of raised plateaus and structural basins typical of the southwestern United States. (928) 638-7888.

**GRAND STAIRCASE-ESCALANTE NATIONAL MONUMENT** - Nearly 1.9 million acres of America's public lands and located between Bryce Canyon and Glen Canyon Recreational Areas. From its namesake Grand Staircase of cliffs and terraces across the rugged Kaiparowits Plateau to the beauty of the Escalante River Canyons, the Monument's size, resources, and isolated location provide amazing opportunities.

**GUNLOCK** - In scenic red rock country, 15 miles northwest of St. George, lies the 240-acre Gunlock State Park and Reservoir where year-round boating, water sports, and quality fishing for bass and catfish attract visitors. Facilities include boat launching ramp and pit privies. (435) 628-2255.

**LAKE MEAD** - Lake Mead National Recreation Area offers a wealth of things to do and places to go year-round. Its huge lakes cater to boaters, swimmers, sunbathers and fishermen, while its desert rewards hikers, wildlife photographers, and roadside sightseers. It is also home to thousands of desert plants and animals adapted to survive in an extreme place where rain is scarce and temperatures soar. (702) 293-8990.

**LAKE POWELL** - In Glen Canyon National Recreation Area is one of the world's great places for houseboating! The 186-mile-long lake offers sandy beaches, cool blue water, and exceptional red-rock scenery. It is excellent for boating, skiing, kayaking, and fishing. Boat or hike to Rainbow Bridge, or explore any of its many canyons or sand dunes. (928) 608-6200.

**PINE VALLEY** - Pine Valley Reservoir is a beautiful place for fishermen to fish brook trout and rainbow trout. The reservoir is near the Pine Valley Recreation Complex, which has over 150 campsites with picnic and restroom facilities. This area is greener than most other parts of southwestern Utah with pine and pinion trees, and many come to enjoy camping and hiking. It is west of the town of Central. (435) 652-3100.

**QUAIL LAKE** - Quail Creek State Park provides excellent year-round camping, picnicking, boating, and trout and bass fishing in sunny southwest Utah. The park is three miles east of the Interstate 15 Hurricane exit on Utah State Route 9. Facilities include 23 campsites, modern restrooms, a fish cleaning station, and two covered group-use pavilions. (435) 879-2378.

**SAND HOLLOW** - Looking to fish? Swim? Ride your ATV in the sand? Do all that and more at Sand Hollow State Park, located between St. George and Hurricane. Bring your boat, a picnic, and some fishing gear for a fun day on the reservoir, or watch the kids swim while you relax on the beach. Load up your RV or tent and settle in for a nice campout, or ride your ATV in the dunes of Sand Mountain. (435) 680-0715.



**SNOW CANYON** - Named after early Utah leaders Lorenzo and Erastus Snow, Snow Canyon State Park begins just outside of Ivins and stretches northward. Spectacular scenery includes towering red and white sandstone cliffs, black lava formations, and even a waterfall that appears during heavy rain. Snow Canyon offers 16 miles of hiking trails, beautiful sand dunes, technical rock climbing sites, horseback riding, year-round camping, nature studies, and wildlife viewing. This park is a favorite for locals and visitors alike. (435) 628-2255.

**ZION** - With breathtaking views, numerous hiking attractions of all difficulty levels and some of the most spectacular scenery on earth, Zion National Park and its surrounding areas attract thousands of visitors every year. This natural wonder is not only a mecca of recreational activity, but Zion and nearby Springdale host numerous cultural activities, as well. There's something for everyone in Zion - whether you're looking for a challenging hike or a fun excursion for the family. (435) 772-3256.

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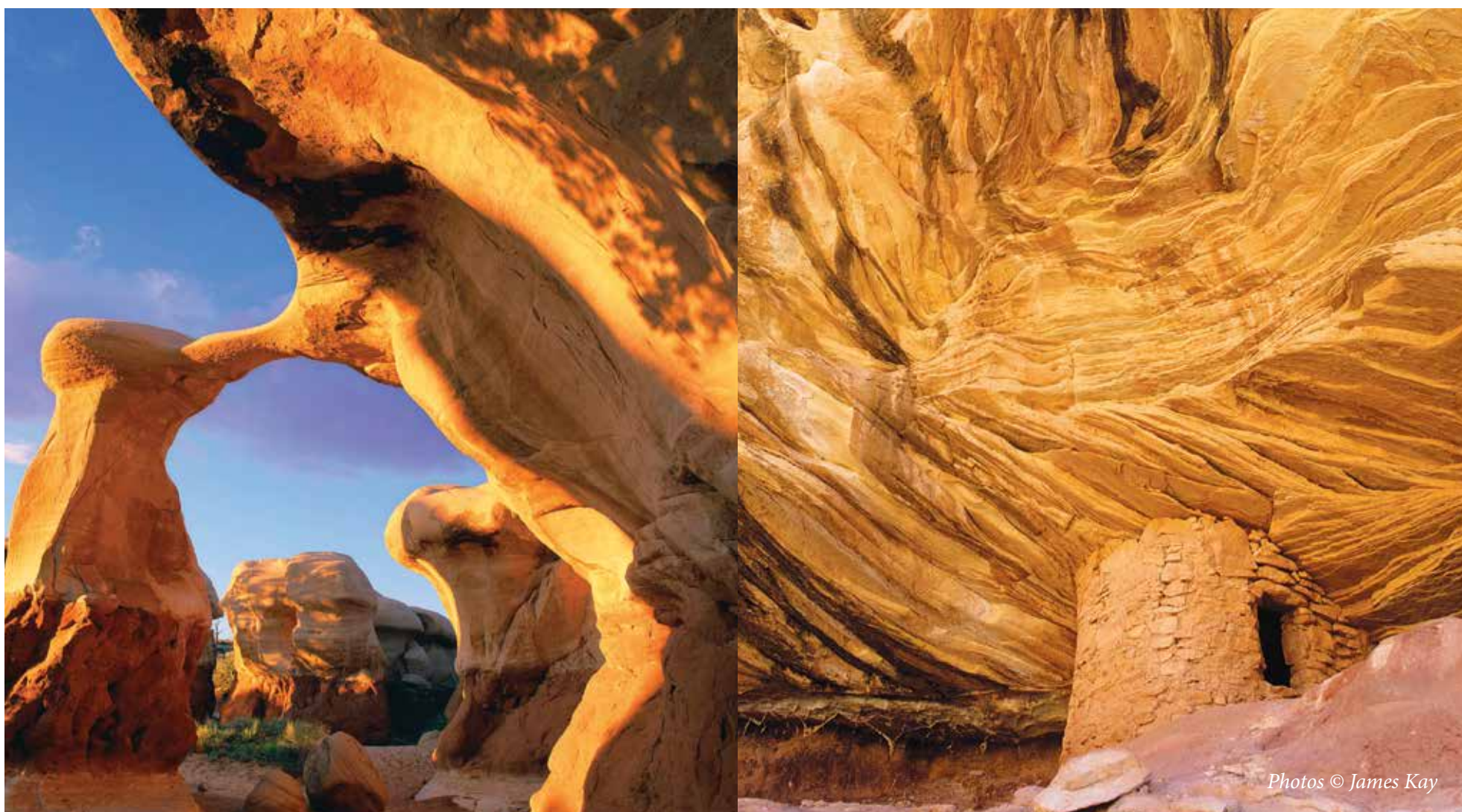
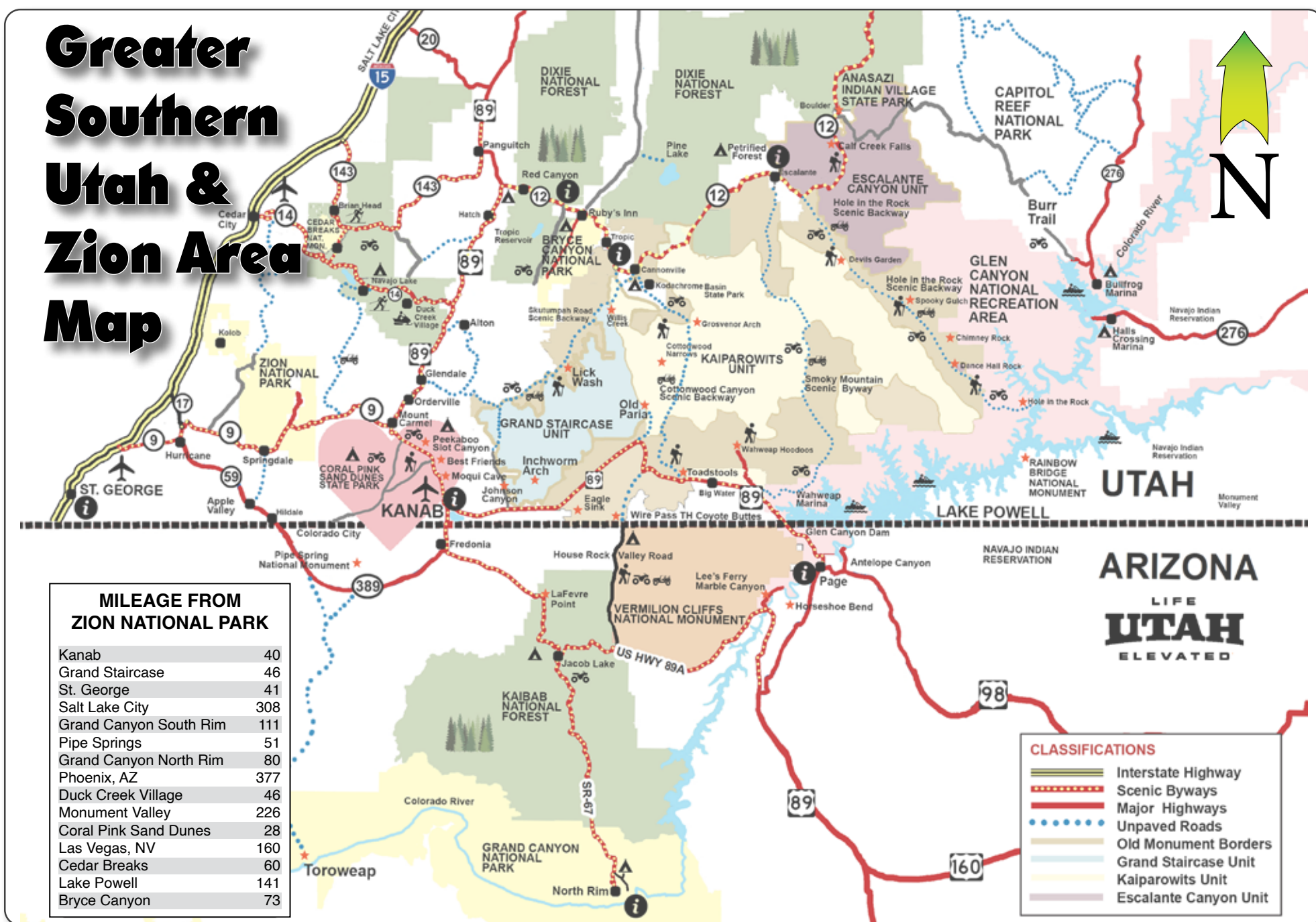
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# Greater Southern Utah & Zion Area Map



## Grand Staircase-Escalante & Bears Ears Restored!

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## Trail Closures (as of March 1 '20)

The Weeping Rock Trail, Hidden Canyon Trail, and Observation Point Trail (East Rim from Weeping Rock) are closed due to rockfall damage. These closures are indefinite at this time. Lower Emerald Pools Trail is closed for trail repairs until Spring 2020.

Hiking is popular in Zion National Park, and popular hikes are seeing record visitation at peak days and times. For a less congested trek, consider these less-traveled hikes.

### Northgate Peaks

By Don Gilman

The Northgate Peaks trail in the Kolob Terrace section of Zion National Park is an amazing trail with spectacular views. The trail itself is nearly flat, making it a perfect hike for families.

To reach the Northgate Peaks trailhead, take State Route 9 to the town of Virgin. Turn left onto Kolob Terrace Road. Drive for 15.7 miles through increasingly spectacular country until the short spur road (on the right) for the Wildcat Trailhead is reached. Drive a few hundred feet to the large parking area.

The trail heads east across grassy plains and stands of Ponderosa Pine with dynamite views of the towering Pine Valley Peak to the west. Soon the trail will be fully in the forest with limited views. After 0.9 miles, the junction with the Hop Valley trail is reached. Continue east, and 0.1 miles further, the junction with the Northgate Peaks Trail is reached. Head south on this trail for another 1.1 miles until the end of the official trail is reached at a rocky basalt bluff with epic views of the Northgate Peaks to the east and west and of North Guardian Angel to the south.

For families with young children, this makes an excellent turnaround spot.

### Gifford Canyon

By Bo Beck

Gifford Canyon offers a nice stroll through a sandy wash and is very charming when water is running. This hike is nearly 3 miles long and will take about 2 hours to finish.

To start this hike, park in the lot located immediately east of the Zion/Mt. Carmel Tunnel. The trail begins at the backside of the restrooms at the back of the parking lot. There will be a steep, sandy path to climb down before you enter Pine Creek slot. Follow the path upstream for almost 75 feet, and look for a 15-foot wall of slickrock. You can scramble up the rock or look for the

beaten path on the backside of the rock. On top of this wall is a narrow dirt path that is crowded by rock and vegetation. It winds around the mountain to a dead end with a beautiful view of the mountain where the Canyon Overlook Trail is located, opposite is Gifford Canyon.

The path will lead past stone bridge and to another minor slickrock climb. At

housing development, you will hit a sign letting you know you are entering the Zion Wilderness. At this point, you can breathe a sigh of relief, because you have gotten away from civilization to enjoy nature, and chances are that you won't see another soul until you return to your car.

### Many Pools

By Candice Reed



Many Pools

the end of the canyon, there is a circle of cliffs preventing further exploration without climbing up the sandstone.

### Chinle Trail

By Greta Hyland

Chinle Trail is an off-the-beaten-path trail located in the lower elevation west desert wilderness area, offering wide vistas, desert landscapes, and a reprieve from the more touristy trails in the park. Though it's a long trail, it's a mellow hike that can be cut off whenever you feel like turning around. It's a great hike with kids because it's not treacherous, slippery, or steep. Avoid it after snow or rain as it will be muddy.

The Chinle Trailhead starts outside of Zion, south of Springdale. If you are coming from St. George, the turn is about a block before you hit the apple orchard and stand as you leave Rockville off of State Route 9. There is a parking area off the right of Anasazi Way near the Anasazi Plateau housing development. If you hit houses, you missed it. And yes, the trail starts below the housing development and takes you right through it. Don't worry though, it doesn't last long.

Shortly after you get through the

The route is moderate with a gentle uphill climb to an alcove, but plan for a strenuous hike if you continue to the East Rim.

The route begins right off the highway. Drive to the pullout near the second drainage on the north side of the State Route 9, about 0.8 miles after the smaller tunnel. Walk carefully along the road about 150 yards and drop down into a sandy bowl on the north side of SR-9. There is a trail for a short distance, and then the sand turns into large flat stones that you can pick and choose to walk on, depending on your sense of balance. A short distance off the road, filled pools carved into the rocks appear. Ponderosa Pines and Juniper trees twisted by the wind are a good backdrop to the reds and whites ribboned through the rocks.

### Hidden Canyon

By Bo Beck and Tanya Milligan

Hidden Canyon features steep ascents, narrow foot paths, and switchbacks on a narrow cliffside with exposure at high elevations. Some parts have chains to use for assistance. Be cautious near slippery sandstone areas with steep dropoffs. Expect full sun in most places after the early morning.

Once you are into the canyon, it is shady and surprisingly cool.

This impressive 2.2-mile roundtrip hike begins at the same busy trailhead as Weeping Rock, Observation Point, and the East Rim. Begin at the Weeping Rock Trailhead, which quickly splits to the left. The trail you want to follow bears right toward the East Rim, Observation Point, and Hidden Canyon. Watch for a sign that indicates the direction to Hidden Canyon.

A well-traveled path takes trekkers between sheer sandstone walls rising up hundreds of feet, made up by some of Zion's most famous landmarks: Cable Mountain and the Great White Throne. Once beyond the end of the actual trail and into the slot canyon, look for small sandstone caves and a 20-foot long arch. Be careful to only explore as far as you know is safe for you! Few should ever venture past the freestanding arch.

Sandstone pools at the end of this hike are a favorite spot of the delightful and boisterous canyon tree frogs. Look for the tiny gray creatures near the water, and listen for their loud trilling. Past the pools is the end of the Hidden Canyon Trail.

### Overlook Trail

By Charlotte Emett

The Overlook Trail is a short, beautiful hike located on the east side of Zion National Park, just outside the Mt. Carmel tunnel. The hike is about one mile roundtrip, and it usually takes people about an hour. It is definitely one of the easier hikes in Zion, but it's still considered a moderate-level hike due to a few exposed areas and sandstone pathways, which can be slippery.

The Overlook trailhead lies right outside of the Mt. Carmel tunnel by the ranger booth. Exit the tunnel too quickly and you'll miss it.

It begins with a staircase carved out of the sandstone leading up and away from the road. Soon, you'll be walking along the side of the mountain and looking down into a thin crevice known as Pine Creek Canyon. At about halfway, you'll walk across a bridge that wraps around a corner and leads to an area of recessed rock wet with the moisture that caused it to erode and be filled with ferns growing out of the sandstone.

Please check with [nps.gov](http://nps.gov) for current conditions, restrictions, and access. Be careful and have fun!

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## Trail Closures (as of March 1 '20)

The Weeping Rock Trail, Hidden Canyon Trail, and Observation Point Trail (East Rim from Weeping Rock) are closed due to rockfall damage. These closures are indefinite at this time.

Warning: These hikes are very popular and often overcrowded. While they are well worth doing, expect them to be a little congested.

If you are feeling up to some of the more **difficult** hikes, try some of these popular hikes.

### Angels Landing via West Rim Trail

Possibly the most popular hike in Zion, Angels Landing takes around four hours to complete and covers just under 5 1/2 miles. As you work your way up the 1,488-foot change in elevation, you'll want to look out for long drop-offs. This hike is not for young children or people with a fear of heights. Be sure to enjoy, but be careful along the last section of the hike, which is a steep, narrow ridge to the summit. The hike starts at The Grotto.

### Observation Point via East Rim Trail

This hike climbs through Echo Canyon to a viewpoint of Zion Canyon and offers access to Cable Mountain, Deertrap, and East Mesa trails. Plan for at least half a day as this hike takes around five hours to complete and stretches over 8 miles. The 2,148-foot change in elevation from start to finish has long drop-offs, so be careful. Like Hidden Canyon Trail, this hike starts at Weeping Rock.

### The Narrows via Riverside Walk

A full-day hike at 8 hours, the Narrows can pose extra dangers depending on the weather. High water levels can prevent access to the Narrows, so be sure to check with the visitor center before beginning this 9 1/2-mile hike. You'll start this hike at Temple of Sinawava.

### Kolob Arch via La Verkin Creek Trail

Getting to Kolob Arch via the La Verkin Creek Trail follows Timber and La Verkin creeks and connects to the trail to Kolob Arch, one of the world's largest freestanding arches. A full-day hike, it will take around 8 hours to finish the 14-fourteen mile trip. This hike starts at Kolob Canyons Road.

If you are looking for something more **moderate**, try some of these mid-range hikes.

### Watchman Trial

Starting at the Zion Canyon Visitor Center, this hike takes about two hours and covers just under 3 miles. The 368-foot elevation has some minor drop-offs and ends at a view point for Tower of the Virgin, lower Zion Canyon, and Springdale.



"Observation Point Revisited" - photo by David J West.

### Middle Emerald Pools Trail

A two-hour hike, Middle Emerald Pools has long drop-offs. The unpaved trail to the Middle Emerald Pools has loose sand and slippery rocks. You'll cover two miles in 2 hours over the course of a 150-foot elevation gain. The hike starts at Zion Lodge.

### Upper Emerald Pool Trail

Starting at Zion Lodge, this is a shorter trail covering one mile in about an hour. You will rise 200-feet in elevation, and there are minor drop-offs.

### Kayenta Trail

This two-hour hike starts at the Grotto and goes for two miles. You'll gain 150 feet in elevation, and the trail does have long drop-offs. This unpaved climb connects the Grotto to the Emerald Pools trails.

### Canyon Overlook Trail

Starting at Zion-Mt. Carmel Highway, this one-hour hike provides

a 163-foot gain in elevation over the course of a mile. This rocky and uneven trail ends at a viewpoint for Pine Creek Canyon and lower Zion Canyon. While this trail is mostly fenced, there are long drop-offs.

### Taylor Creek Trail

You'll begin this five-mile hike at Kolob Canyons Road. It should take around 4 hours to complete and provides a 450-foot gain in elevation. Larger groups may need to split up, as this hike limits 12 people to a group. It follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.

### Timber Creek Overlook Trail

A quick hike, the Timber Creek Overlook Trail covers just one mile and 100 feet in elevation gain. It can be done in about 30 minutes. The trail follows a ridge to a small peak with views of Timber Creek, Kolob Terrace, and Pine Valley Mountains.

Those looking for something **less strenuous** should check out these easy hikes.

### Pa'rus Trail

Starting at the Zion Canyon Visitor Center, this two-hour hike covers 3 1/2 miles and rises 50 feet in elevation. A paved trail that follows the Virgin River from the South Campground to Canyon Junction, Pa'rus Trail is wheelchair accessible and is open to both bicycles and dogs.

### Archeology Trail

Also starting at the Zion Canyon Visitor Center, this short half-hour hike covers just under half a mile and rises 80 feet in elevation, making it a short but steep trail. This trail offers trailside exhibits and views of several prehistoric buildings.

### Grotto Trail

Starting at Zion Lodge or the Grotto, this trail connects the two locations and can be combined with the Middle Emerald Pools and Kayenta trails to create a 2 1/2-mile loop. The non-loop version should take about 30 minutes and rises 35 feet over one mile.

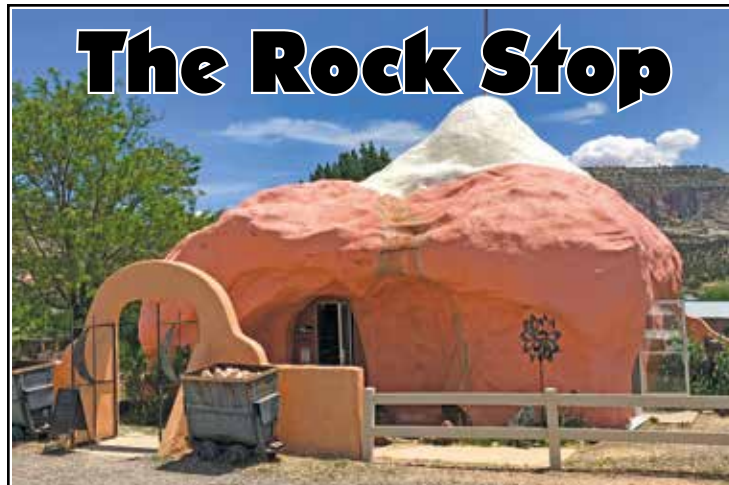
### Riverside Walk

Starting at Temple of Sinawava, this 1 1/2-hour hike cover just over two miles and rises 57 feet in elevation. While it is wheelchair accessible, there are minor drop-offs. The trail, which is paved, offers trailside exhibits as it follows the Virgin Rivet along the bottom of a narrow canyon.

### Lower Emerald Pool Trail

This paved trail leads to the Lower Emerald Pool and waterfalls. It also connects to the Middle Emerald Pools Trail. It should take about an hour and covers just over one mile with 69 feet in elevation gain.

You can find lots more hiking and other visitor information at [ZionGuide.com](http://ZionGuide.com) and [SUindependent.com](http://SUindependent.com).



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## EAST ZION & KANAB'S FEATURED RESTAURANTS FROM ZION GUIDE

Restaurants (Listed Alphabetically)	Address	Phone	Drinks/Vegan (W)ine, (B)eer, (M)ixed Drinks, (E)spresso, (V)egan items on menu	Hours	WI-FI
7 Adria's Restaurant	86 S 200 W, Kanab	(435) 644-7800	W, B, M	8:30am-2pm Tues-Sun	No
15 Asava Juice & Smoothies	176 S 100 E, Kanab	(435) 644-2637	V	9am-6pm Mon-Sun	Yes
18 Jakey Leigh's	4 E Center St, Kanab	(435) 644-8191	E, V	7am-2pm Mon-Fri, Sat & Sun 8am-Noon	Yes
5 Nomad Cafe & RV Resort	2400 N Hwy 89, Kanab	(406) 594-0294	E, V	6:30am-2:30pm Thurs-Mon	Yes
22 Sunny Creek Coffee	681 E Chinle, Kanab	(435) 212-3839	E, V	7am-2:30pm Mon, Wed-Sat	Yes
17 Willow Canyon Outdoor	263 S 100 E, Kanab	(435) 644-8884	E	7:30am-7pm daily	Yes

## EAST ZION & KANAB'S FEATURED SERVICES, SHOPS & GALLERIES FROM ZION GUIDE

FOR EMERGENCIES DIAL 911

### Services (Listed Alphabetically)

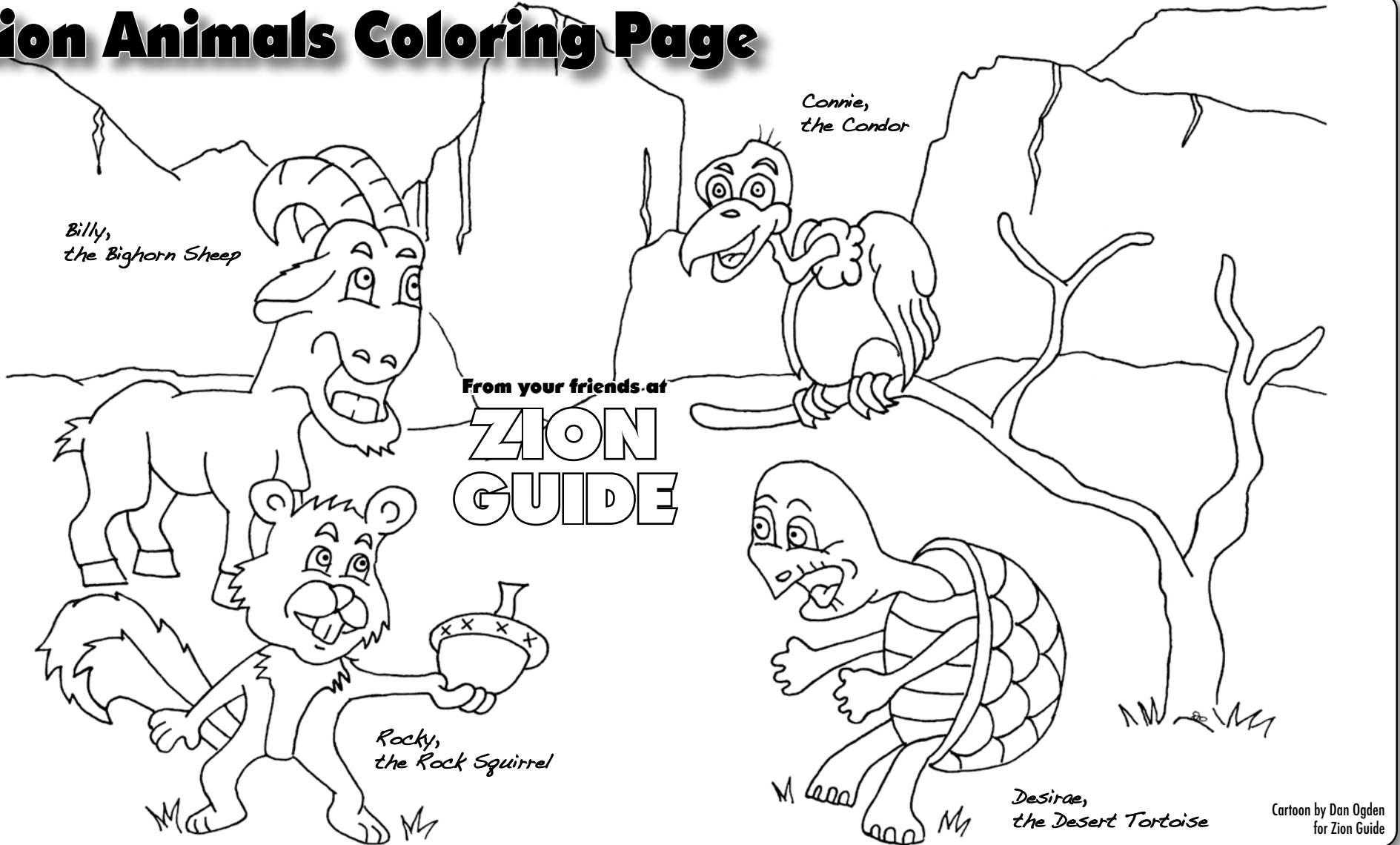
19 Adobe Realty	323 S 100 E, Kanab	(435) 644-2232
3 Best Friends Animal Sanctuary	5001 Angel Canyon Rd, Kanab	(435) 644-2001
24 Blacksmith Adventures	2450 S Hwy 89, Kanab	(575) 313-4650
6 Canyons Collection	190 N 300 W, Kanab	(435) 644-8660
23 Dreamland Safari Tours	Serving the greater Kanab area	(435-644-5506
12 ERA Utah Properties	7 West Center, Kanab	(435-644-2606
12 Kanab eBikes	11 W Center St, Kanab	(435) 899-0489
21 Kanab Plugged In	265 E 300 S, Kanab	(763) 760-4940
22 Kanab Tour Company	681 Chnle Dr, Kanab	(435) 644-5525
9 The Cut Scene	89 W Center, Kanab	(435) 849-8670
14 Zion Pharmacy	14 E Center, Kanab	(435) 644-2693

### Shops (Listed Alphabetically)

18 Glazier's Market	264 S 100 E, Kanab	(435) 644-5029
1 Glendale Country Store	10 N Main St, Glendale	(801) 918-7107
20 Honey's Marketplace	260 E 300 S, Kanab	(435) 644-5877
8 Kanab Drug	176 W Center, Kanab	(435) 644-3401
4 Moqui Cave	4581 US-89	(435) 644-8525
10 Small Town Sage	23 W Center St, Kanab	(435) 644-7627
11 Terry's Photo Shop	19 W Center St, Kanab	(435) 689-0443
2 The Rock Stop	385 W State St, Orderville	(435) 648-2747

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# Zion Animals Coloring Page



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