A Selection of Municipalities and Population as of 2004

Municipality	Population	Known for, or named after
Beaver	2,454	Dominguez and Escalante called the nearby river "El Rio de Tejedor" (the Beaver River) for the many colonies of beaver in the area.
Blanding	3,162	A wealthy easterner offered a one thousand volume library to any town that would name their town after him. Two cities split the prize. The first city took the man's name of Bicknell and the second took the name Blanding (the maiden name of Bicknell's wife).
Cedar City	20,527	Miners settled the city, which now is famous as a tourist destination.
Charleston	378	Named in 1852 after surveyor Charles Shelton.
Circleville	516	Valleys surrounded by mountains are called circle valleys. Circleville is in a circle valley.
Clarkston	688	Named after founder Israel Justus Clark who was an Indian interpreter.
Clearfield	25,974	Clearfield is an important city next to Hill Air Force Base.
Clinton	12,585	Clinton is famous for parks and recreational areas.
Coalville	1,382	Coalville, England was the original home of many miners who moved to Utah. They worked the coal mines in the area.
Delta	3,209	Delta describes the flatland (delta) along the Sevier Lake area.
Eureka	766	Eureka was settled when gold was discovered in the area. Eureka is Greek for "I have found it."
Fillmore	2,253	Named after President Millard Fillmore. Fillmore was the first territorial capital.
Fruit Heights	4,701	Originally know for fruit crops, Fruit Heights is becoming residential.

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Helper	2,025	Extra "helper engines" were stored in this town. The extra engines could be attached to trains in order to provide increased power for getting up the steep grade to Soldier Summit.
Honeyville	1,214	Wild beehives were found in the mountains. Honeyville reminded the local bishop of the biblical land of Canaan, considered a land of milk and honey.
Hurricane	8,250	A whirlwind blew the top off Erastus Snow's buggy in the area. He compared the wind to a Hurricane and suggested the name.
Loa	525	The Mauna Loa volcano in Hawaii looked much like a mountain near by.
Manti City	3,040	Manti is the site of the Mormon Miracle Pageant and named after a city from the Latter-Day Saints (LDS) Book of Mormon.
Mapleton	5,809	An early site for grazing, logging, and farming.
Midway	2,121	Midway was settled by Swiss immigrants and was named after a fort built "midway" between two settlements.
Newton	699	A farming community near Clarkston. Residents called it the "New Town," and the name stuck!
Paradise	759	Named in 1860 for the beauty of the area.
Payson	12,716	This area was first called Pacen after settler John Pace. Today, it is known for its Onion Days celebration.
Pleasant Grove	23,468	A grove of cottonwood trees inspired this city name. Strawberry Days is an annual celebration.
Plymouth	328	A large rock in Plymouth resembles the original Plymouth Rock. Plymouth has a great rodeo.
Price	8,402	Mines in Price were an important source of coal. Price is famous for International Days Celebration.
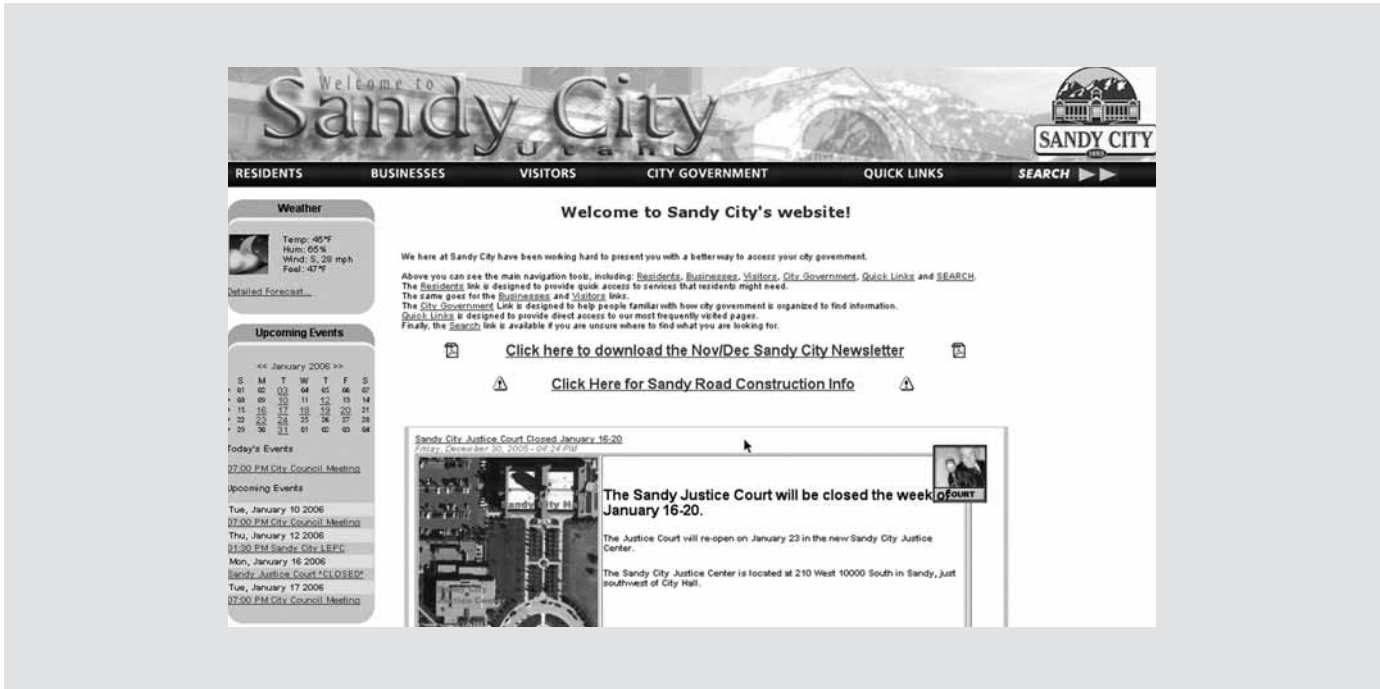
Municipality	Population	Known for, or named after
Richfield	6,847	Richfield was originally called Warm Springs.
Rockville	247	Rockville is a city within a city. The old city of Grafton lies within Rockville's borders.
Roosevelt	4,299	Roosevelt was originally called Dry Gulch. After 1905, the founder's wife renamed the town after the U.S. President Theodore Roosevelt.
Salem	4,372	Salem means "City of Peace."
Salt Lake City	181,743	Salt Lake City was originally called City of the Great Salt Lake. The state capitol is located in Salt Lake City.
Sandy	88,418	Sandy began as an agricultural community and then changed to a mining center serving the mines in the Wasatch Mountains.
Sterling	235	Sterling was named for the "Sterling character of its people."
Spanish Fork	20,246	Spanish Fork has the same name as the river named by the 1776 Dominguez-Escalante expedition.
St. George	49,663	St. George is known for its beautiful red rock. It is a warm weather retreat in the winter and offers outstanding outdoor recreation.
Stockton	443	General Patrick Conner named the area after a favorite California town. This was the first mining town in Utah.
Sunset	5,204	The city overlooks a ridge giving a great view of the sunsets over the Great Salt Lake.
Washington	8,186	The people of Washington used to grow and produce cotton. The city was named after President George Washington.
Wellsville	2,728	Wellsville is named for Daniel Wells. Wellsville was the first settlement in Cache Valley.