

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF FEBRUARY, 2010

Healthy Iron County launches new campaign

"We may be one of Iron County's best kept secrets," say the members of the Healthy Iron County Committee, a local non-profit group working to improve the health of the citizens in Iron County. "The bad part of it is that we're not trying to be a secret," said Chairwoman Maria Smith. "We want the citizens of the county to know what we're doing and that we're a valuable resource for them."

Healthy Iron County was formed in 2007 and is made up of a dozen community leaders who volunteer their time and resources to promoting a healthier Iron County. Responding to the growing problem of physical inactivity and obesity, which the United States Surgeon General regards as "a serious, nationwide problem," the committee has adopted an emphasis on increasing physical, mental and emotion healthy by becoming more physically active.

Even though the problem is serious, the approach of Healthy Iron County is one that tries to be fun. With that in mind, the committee is promoting a campaign called "Move It!" The group has adopted a logo to help promote a wide variety of activities that get people up and moving more: Motivate the citizens to find opportunities to engage in vigorous activities through education, is its motto. "The bottom line," Smith says, "is that we want you to get up and just Move It!"

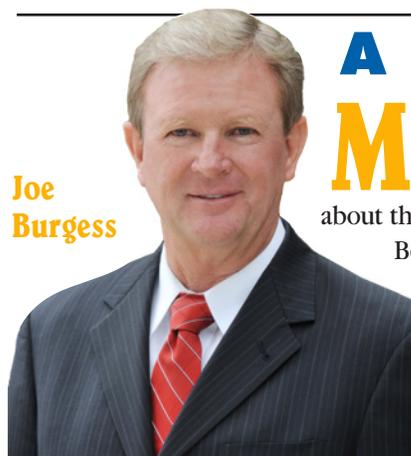
HIC promotes this increased activity by encouraging the county residents to engage in a variety of activities including

walking, swimming, biking, hiking, running, dancing, skiing, gardening, exercising, and participating in sports like tennis, basketball, soccer and by becoming involved in the local recreation leagues, the Utah Summer Games and the Huntsman World Senior Games. Everyone needs to be aware of the many great choices for physical activity and to just find what fits their needs and what they like to do, says Smith.

The benefits of moving more are tremendous, she says. Besides improving your physical health by lowering blood pressure, building endurance, lowering the risk of heart disease and type 2 diabetes, you save money on health care costs, increase your self-esteem, and reduce feelings of depression and anxiety.

HIC is currently involved in installing exercise stations along the Coal Creek Trail to provide additional stretching, strength, and endurance exercise opportunities for walkers and runners. Watch for these stations to be completed in the spring of this year. A future project is to provide a pamphlet identifying trails and hikes available in Iron County.

Healthy Iron County has established a web site and is currently in the process of designing it to include county and community events and activity information, links to healthy lifestyle sites, and HIC announcements. You can view the work in progress at www.healthyironcounty.org. If your organization would like to advertise your physical activity event on the website, please contact the committee through its web page.



Joe Burgess

A MESSAGE FROM THE MAYOR

My fellow Cedarians, this past month has been a learning month for me as I have spent a great amount of time learning about the City. We have great people here.

Besides learning what is currently going on I have read a history of the *Mayors of Cedar City* by York and Evelyn Jones. I feel honored to be in such good company. Cedar City has a history of great mayors.

I have received some interesting feedback on the direction that I want to go with the newsletter. Many of you have purchased the book, *The Richest Man in Babylon*. I am happy that you are willing to invest the \$7 and the time to read it. The difficult part is to have the discipline to do what it teaches. I hope that many of you have also made resolutions to improve your health and fitness.

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Mary Koistinen is recognized

She may be the first Cedar City employee many visitors to City Hall may see, as Mary Koistinen serves as the receptionist and cashier at the front counter of the facility. This month, she is honored as the Employee Advisory Council's Employee of the Month.

She is known for her friendliness, and co-worker Cathy Macfarlane says "Mary has taken the initiative to learn many of the customers' names. They feel welcome and comfortable approaching the front counter

because of Mary's warm personality which extends to the employees around her."

Likewise, says Administration Executive Secretary Barbara



Barrick, "Many comments have been made about Mary's concern and work ethic. All of those comments have been positive. Moreover, her attention to detail and organization has made life much easier for the finance department."

Born in Dallas, Texas, Mary spent her youth in Buena Park, Calif., and other spots in Orange County, and moved to Cedar City in 2003. She earned an associate degree in business administration from Dixie State College and accepted her current position with the City in September of 2007.

She and her husband Kent are the parents of a 16-year-old daughter, Kayla, and she says the family enjoys motorcycling and the video game Rock Band. She says she loves the beautiful scenery and the small-town atmosphere of Cedar City.

Festival City USA events will expand this year

A number of new Cedar City events are being planned for 2010, including the Smithsonian Traveling Exhibit of "New Harmonies: Celebrating American Roots Music," with related activities sponsored by the Cedar City Daughters of Utah Pioneers. It will run at the Iron County Visitor's Center July 26-Sept. 11. While more information will be forthcoming in future editions of the newsletter, those who have related items which can be displayed should phone LaKay Weber at 586-5058.

Also, the ever-popular Groovefest American Music Festival is due to return in June, and is still in need of sponsors. Phone Tim Cretsinger at 867-9800.

Spots are still open in Memorial Grove II

While Phase I of Memorial Grove is filled with 90 trees and the markers will be in place by the end of March, there are still openings in Phase II, the exact location of which has not yet been determined.

The project allows donors to purchase trees in honor of loved ones and serves also to add beauty to areas adjacent to parks.

The cost of each tree, for one individual, is \$200, although the price will rise to \$220 beginning in April. For information on how to purchase a tree, phone the City at 586-2950.

Public Works Report

STREET: The City will continue its annual street maintenance this month with crack sealing. The area of the City scheduled for maintenance activities includes the Equestrian Point, Sunset Canyon and Cedar Meadows areas and surrounding streets. When you see crews approaching your neighborhood, please park your vehicle in the driveway so the maintenance work can be done completely. The project should be complete by March 1.

Snow removal: Please keep cars parked off the street as much as possible to allow snow plows to be more effective. The City appreciates those who do their own plowing with their 4-wheelers. Please keep piles of snow as close to the gutter as possible and avoid piles at pedestrian crossings (corners). Please remove and don't pile snow on sidewalks. For you neighborly folks, please keep the elderly and disabled in mind by helping them keep their drive approaches and street parking areas clear.

Note: Monday, Feb. 15 is a holiday. Garbage for that day will be picked up on Wednesday, Feb. 17. Please place

your garbage can(s) on the asphalt in front of the curb and not in the gutter. During the winter months, if the snow plows have been through, place the can next to the windrow so the garbage truck can pick it up easier. Please remember that you will held be responsible for replacing your can if damage to it occurs while it is on the street.

RECYCLING INFORMATION:

Pure Recycling is a local recycling facility where you may turn in your recyclables. The facility is located just off of 1500 West and 400 North.

STREETLIGHTS: If you notice streetlight outages around the city, please notify our office by emailing the street light address, pole number and your contact information to streetlights@cedarcity.org. You may also call our office at 865-4510.

ENCROACHMENT PERMITS: Anyone doing work within the road right-of-way must obtain an encroachment permit. Forms can be obtained at 716 N. Airport Rd.

The Public Works Department appreciates any comments or observations. Please call 586-2912.



General Plan update involves citizens

The following is the second installment in a three-part series on the Cedar City General Plan Update.

Having adopted its first General Plan in 1972, the City updated the document in 1991 after more than a year of committee work by citizens appointed by Mayor Robert Linford and approved by the City Council. The committee was divided into five subcommittees: Culture, History and the Arts; Transportation and Infrastructure; Zoning, Land Use and Annexation; Population and Demographics; Parks, Recreation and Physical Environment. The plan was to accommodate a population of 20,000 to 25,000. There were 13,320 residents in 1990.

The plan was again updated in 1994 with nine subcommittees: Land Use; Transportation; Public Facilities and Services; Historical, Cultural and Arts Resources; Community Design; Open Space and Recreation; Social and Economic Development; Residential Quality; Environmental Quality. In an attempt to gain greater input into the process, the committee formulated a public opinion survey, coordinated by SUU's Small Business Development Center.

Thirteen years after the last adopted update, a new initiative to update the General Plan commenced. The need to update the plan was precipitated largely by the unprecedented growth that was occurring throughout the region. Cedar City experienced several years of amplified growth, both in the residential and commercial markets, and was facing the prospect of continued expansion in the form of several large-scale, master planned communities. The rapid growth and the potential development of these new communities has taken Cedar City beyond the 20,000-25,000 envisioned in the 1990 plan.

Many of the proposed projects relied upon by the City expanding its traditional boundaries and adopting a broader annexation declaration area in an effort to control development within its sphere of influence in Iron County.

The 2009 Update process has followed much of the previous planning effort in that it was a widespread, public process. From an initial meeting open to the citizens of Cedar City, volunteers enlisted to help guide the process undertaken by Psomas, a full-service consulting firm with offices in California, Arizona and Utah.

Six "Task Forces" were created with approximately 20 citizens serving on each committee. These task forces were each assigned one of the following topics related to the creation of an updated General Plan document: Education and the Arts; Parks and Recreation; Neighborhood Identity; Economic Development; Planning and Zoning; Infrastructure and Transportation.

Each task force met several times over the course of two months and produced a series of reports that outlined their concerns, issues, opportunities and recommendations related to the future of Cedar City.

Several citywide Open Houses were then held to report on the results of the task force committee work and to receive further direction from the community at large. More local, rather than citywide Open Houses were held though the City in an effort to focus on specific needs within the various regions within the community.

The original recommendations from the task force reports and the added citizen input was formulated into a series of reports that highlighted each area of focus. These results were distributed to City Staff, Planning Commissioners and City Council members for review. The results were also reported to Planning Commissioners during public meetings.

From this process, the six Specific Area Plans were prepared and submitted to the City. The results of those reviews, when added to the initial reports, became the backbone of the update to the General Plan, with the prior planning document from 1994 used as a template for the current General Plan, so as to ensure consistency in approach and content while also allowing an apples-to-apples comparison between the two plans.

Next month: *The 2009 General Plan*

Coming Up...

IN THE HERITAGE THEATER

◆ **La Traviata opera**, presented by Cedar City Music Arts, is Monday, Feb. 15, at 7:30 p.m. Tickets are \$30 for adults and \$15 for Iron County School District and SUU students.

◆ **Southern Utah University's Band Concert** is Wednesday, Feb. 17 at 7:30 p.m. Tickets: adults, \$8; SUU faculty and staff, \$6; non-SUU students, \$4; SUU students, free.

◆ **Southern Utah University's Honor Band Concert** is Friday, Feb. 19 at 7:30 p.m.

◆ **Children's Jubilee**, with the Orchestra of Southern Utah, is Saturday, Feb. 20, with displays open at 1 p.m. Beginning at 2, music will feature pieces from *Carmen*, *La Bohème*, *The Mikado* and others, featuring Lawrence Johnson, Carol Ann Modesitt and SUU Opera vocalists. There will be hands-on art and science activities until 4:30 p.m. The cost is \$5 per person, age one and up (no charge for babies). One free ticket per a family that provides three cans of food for Care and Share.

◆ **Bravo Opera**, with the Orchestra of Southern Utah, Lawrence Johnson, Carol Ann Modesitt and SUU Opera vocalists, is Thursday, Feb. 25 at 7:30 p.m. Tickets are \$10 for adults, \$5 for students and \$30 for a group of six.

◆ **In Jubilo** women's chorale will perform a free concert on Wednesday, March 3, at 7:30 p.m.

The Heritage Theater (phone 865-2882) is located at 105 North 100 East, immediately north of the City Parking Terrace, where there is no charge for parking. Unless otherwise noted, children under the age of six are not admitted.



MAYOR CONTINUED FROM PAGE 1

If someone were to ask me what I would like to be remembered for as being Cedar's mayor it would be that during my term the citizens of Cedar City became the healthiest, most physically fit and financially secure citizens in America. I would like us to become known for these three things.

So, I continue with another segment from *The Richest Man in Babylon* by George S. Clason:

The first cure for a lean purse if you remember from last month was, "for each ten coins you put in your purse, to spend but nine." The second cure is, "control thy expenditures." Let me quote from the book, "Confuse not the necessary expenses with thy desires. Each of you, together with your good families have more desires than your earnings can gratify. Therefore are thy earnings spent to gratify these desires insofar as they will go. Still thou retainest many ungratified desires.

"All men are burdened with more desires than they can gratify." The book goes on to say that just as weeds will grow wherever there is space for their roots even so do desires grow in men whenever there is a possibility of their being gratified. "Our desires are a multitude and those that we can gratify are but a few."

So, we study our accustomed habits of living. Find certain expenses that may wisely be reduced or eliminated. Then write a budget selecting the things that are necessary and others that are possible but always spending only 90 percent of your money.

Many will respond as did one of the students in the book, "I am a free man. I believe that it is my right to enjoy the good things of life. Therefore do I rebel against the slavery of a budget which determines just how much I may spend and for what. I feel it would take much pleasure from my life and make me little more than a pack-ass to carry a burden."

To which the teacher replied, "Who my friend, would determine thy budget?"

"I would make it for myself," responded the student.

The teacher tells the student that the budget is to "help thy purse to fatten." It is to assist you to have the necessities and as much as you can your desires by defending them from casual wishes. Like a bright light in a cave a budget shows the leaks from "thy purse" and enables you to stop them and control your expenditures for definite and gratifying purposes.

This, then, is the second cure for a lean purse. "Budget thy expenses that thou mayest have coins to pay for the necessities, to pay for thy enjoyments and to gratify thy worthwhile desires without spending more than nine-tenths of thy earnings."

From Valley View Medical Center this month comes advice regarding shopping for nutritional benefit.

Shop any grocery store, and you'll see all kinds of nutrient claims. But, companies can't put just anything on their labels. The U.S. Food and Drug Administration (FDA) requires all claims to be truthful and use established definitions for words that appear on labels. You can avoid confusion by learning what they are. Read the label. When it comes to choosing healthy foods, look beyond misleading or confusing claims and get to the facts. The whole story is right on the label.

A good place to start is the serving size. Most people don't realize just how small a serving can be. Consume three servings of a low-fat food, and you've likely eaten the same amount of fat you would have in one serving of the full-fat version. Next, look at the percent daily value (DV), which indicates the percentage of the recommended daily intake for a specific nutrient. A food that has more than 20 percent DV of a nutrient is considered high in that nutrient, while a five percent or lower DV is considered low. Use the DV percentages on the food label to help you select foods with less total fat, saturated fat, trans fat, cholesterol, and sodium and more dietary fiber, vitamins, and minerals. Eating better to avoid health risks is a great goal.

Comfortable and Convenient, or the Great Deception?

Lasse Bjerga, who holds an M.S. in physical education from BYU and has been an educator in the fitness/wellness industry since 1982, offers these words this month:

I once had a client who told me: "I want to get fit, but I hate to sweat." I believe my response was short and probably somewhat cold: "Good luck!"

For me, one of the most offensive advertisements for an exercise product contains the following words: "Nothing could be easier." Actually, nothing could be further from the truth! While becoming fit or fitter doesn't have to be agonizing, the prevailing commercial phraseology can best be summed up in one word: deceptive.

Yes, "easy exercise" truly is a perfect oxymoron. While it is appropriate to have relatively easy workouts from time to time, it isn't what makes the real difference.

The clever art of exercise combines many different intensity levels into the perfect recipe. You should have some easy workouts, some moderately intense workouts, some hard workouts and, unless contraindicated, some very hard workouts. Remember that that awful word "hard" is relative to your level of fitness. "Hard" also means attainable. It is something you can do. The sweet reward from these more intense workouts is an immediate and very literal feeling of bliss, greater physical prowess in the long run, and a great boost to your very own self image.

While I will offer more specific exercise and nutrition advice in later columns, keep in mind that all that "comfort and convenience" in your life typically comes with a very hefty price tag: a body which deteriorates.

To my friend who "hates to sweat" I would now offer more encouraging advice:

You may think you hate to sweat, but you may as well get used to the idea of having to deal with it if you truly would like to improve your health and fitness. Moreover, if you practice it, you will eventually like it. I guarantee it. Come follow me!