

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF MARCH, 2010

City's General Plan Update is now complete

After a process that took a little longer than everyone hoped, says Cedar City Community Development Director Brian Maxfield, the 2009 update to the City's General Plan was completed and approved in December.

As an update, the new plan reviewed and evaluated the 1994 General Plan, focusing on the goals and objectives and the Land Use element. The update is now available on-line at www.cedarcity.org under the tab "Community." Over the next few months, schedules and responsibilities for the implementation of the plan will be reviewed and adopted. As part of the implementation, several zoning ordinance amendments will also be proposed. Proposed amendments will be made available for review in the City's Planning Office and on-line as soon as drafts are prepared. Questions regarding the plan or any proposed amendments should be sent to Maxfield at mbrian@cedarcity.org.

What was accomplished with the old plan?

There were a great number of goals

and objectives from the previous plan that have been met. Among many, these include the re-use of the old Post Office and evaluating the need for new City buildings (leading to City Hall now being located in the old Post Office); evaluating the needs of the City Library (resulting in the Library at the Park); working with the school district for a new middle school (resulting in Canyon View Middle School and Canyon View High School); coordinating with IHC for a new hospital (resulting in the Valley View Medical Center); planning for the development of a western area arena and activities complex (resulting in the Cross Hollow Event Center); the completion of several sports facilities; improvement to the Coal Creek parkway; improvements to the airport (resulting in a new airport terminal building and hanger areas); development of a waste water treatment plan (led to the development of the regional treatment facility); downtown redevelopment efforts (Main Street enhancements and Festival Hall with the Heritage Center theater); and coordinating related arts and cultural

events to foster a unified concept of the City of Festivals (Cedar City's registered nickname is now Festival City USA). Other results include the parks and open space plan and the recreational trails master plan.

The 1994 Plan also had a number of goals and objectives which were acted upon, however, which are by nature, ongoing in their need for constant review, evaluation, and updating of methods.

What's new with the 2009 General Plan update?

In terms of the goals and policies, many of the ongoing 1994 goals were re-adopted in one form or another with the 2009 Plan, with an attempt to re-focus on the effort and objectives. An emphasized desire and direction of the 2009 goals and objectives is to more closely measure and monitor the objectives, and periodically communicate the results to City officials and the general public. To better

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Joe Burgess

A MESSAGE FROM THE MAYOR

Spring is almost here!! Now is the perfect time to clean the mess from our yards and homes. Let us add cleaning up our finances to our list of things to do. Now that we are saving 10% of our income and we are controlling our expenditures it is time to put our accumulated coins to work for us. George S. Clason instructs us to "Make thy gold multiply [for] a man's wealth is not in the coins he carries in his purse;

it is the income he buildeth, the golden stream that continually floweth into his purse and keepeth it always bulging." So, in what ways can our savings build us an income?

Even if our new savings plan has only produced a small accumulation of coins there are already things we can do to make these coins work for us to create an income. The importance of assigning

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CEDAR CITY OFFICERS • Mayor: Joe Burgess Council Members: Ron Adams, Nina Barnes, Dale Brinkerhoff, Georgia Beth Thompson, Stephen Wood

Wendy Bonzo is recognized

City Treasurer Wendy Bonzo, who began serving the City in 1988 as a purchasing and payroll clerk, is March's Employee of the Month as named by the Employee Advisory Council.

She was named to her current post in November of 1996 and is among the most knowledgeable members of the staff, often being sought out to provide information on City history and other topics.

"Wendy always has an excellent attitude," says co-worker Kristin



McClellan. "She is always very willing to help others."

Moreover, she is ever eager to help the finance division staff to be more effective in serving

citizens, says McClellan.

"Those with whom she comes in contact especially enjoy her warm and vibrant personality," McClellan says.

Finance Director Jace Bunting says that Wendy has been spearheading the division's software upgrade over the past few months "and has spent many hours evaluating the City's hardware needs, preparing data for conversion, scheduling staff training, installing software on each computer and attending training. She has done all of these tasks in addition to her regular duties with a cheerful and happy attitude."

A lifelong resident of the area, she and her husband Rick have one son, Justin, who lives in Vancouver, B.C., and they enjoy visiting there. She also enjoys learning about and taking advantage of new and emerging technologies.

GENERAL PLAN CONTINUED FROM PAGE 1

accomplish that communication, many of the new objectives were written to be more task and time oriented.

For the most part, new goals and objectives were the result of updated practices and technologies. In land use, the trend for many years has been to better transition and even more thoroughly mix certain land uses rather than the more strict and abrupt use changes of older zoning concepts. In economic development, emphasis was placed on better facilitating the most up-to-date business and industry trends. Goals and policies recognizing the importance Cedar City can play in new energy development have also been added. In terms of providing services, there is a more directed effort to create decision-making processes that evaluate future needs and associated costs that can be budgeted for in capital improvement plans, but that also can adjust to shifting environments and technologies. And, in terms of communicating with the general public, a greater emphasis has been placed on making more information available to the citizens, thereby allowing

a stronger understanding and involvement in all City government actions.

The most significant changes with the 2009 General Plan relate to the Land Use Element and the creation of Strategic Planning Areas. With the land use, several changes were made that expanded the types and descriptions of various land use categories. Many of these are to recognize and allow for a broader flexibility and mix in development types. They also emphasize development centers that can occur at the intersection of major streets. These centers generally allow a broader mix of uses in higher densities for areas within certain distances of the particular intersections.

With the 2009 update, six areas of the city were included as Strategic Area Plans (SAPs). The intent of using SAPs is to provide a means to more closely examine and address needs of certain areas of the city, on a timely basis, without having to open the entire plan for review.

Over the next several years, additional SAPs will be implemented, with the intent to eventually include all areas of the city within an SAP. Doing so will also allow an almost continual updating of the plan to occur.

Public Works Report

WATER DIVISION: In order to avoid receiving large multiple month water bills, please clear the snow off your water meter so that it can be easily identified by our meter readers each month.

WASTEWATER TREATMENT PLANT: The Wastewater Treatment Plant is now giving away biosolids for free.

However, there is a limited supply available. Due to the high nitrogen and phosphorus content, biosolids are great for lawns, gardens and flower beds. Biosolids may be hauled by pickup truck or trailer only. No dump trucks. You may make as many trips as you like. Hours of pickup are Monday through Friday 8 a.m. to 3 p.m.

For more information, please call 867-9426.

Coming Up...

IN THE HERITAGE THEATER

◆ **The Nikolais Centennial Celebration as performed by Ririe-Woodbury Dance Company**, presented by Cedar City Music Arts, is Tuesday, March 23, at 7:30 p.m. Tickets: \$30 for adults; \$15 for ICSD and SUU students.

◆ **Master Singers Easter Concert** is Sunday, March 28, at 7 p.m. Admission is free.

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.



CEDAR CITY SPRING CLEAN-UP 2010

* Spring Clean-up map has changed *

(Please note new dates, area number rotation and what are acceptable materials that will be picked-up.)

WHO: This service is provided to Cedar City Residents, except those living in a Planned Unit Development (PUD).
This is not for Commercial or Industrial Properties.

WHEN: Cedar Collection crews will begin in each area on a Monday. Crews will NOT come on Friday, Saturday or Sunday, or return to streets that have been completed. Have your debris out on the curb by 7:00 a.m. the day your area is scheduled for clean-up (See Map).
Do not put debris out more than one week before your clean-up dates.

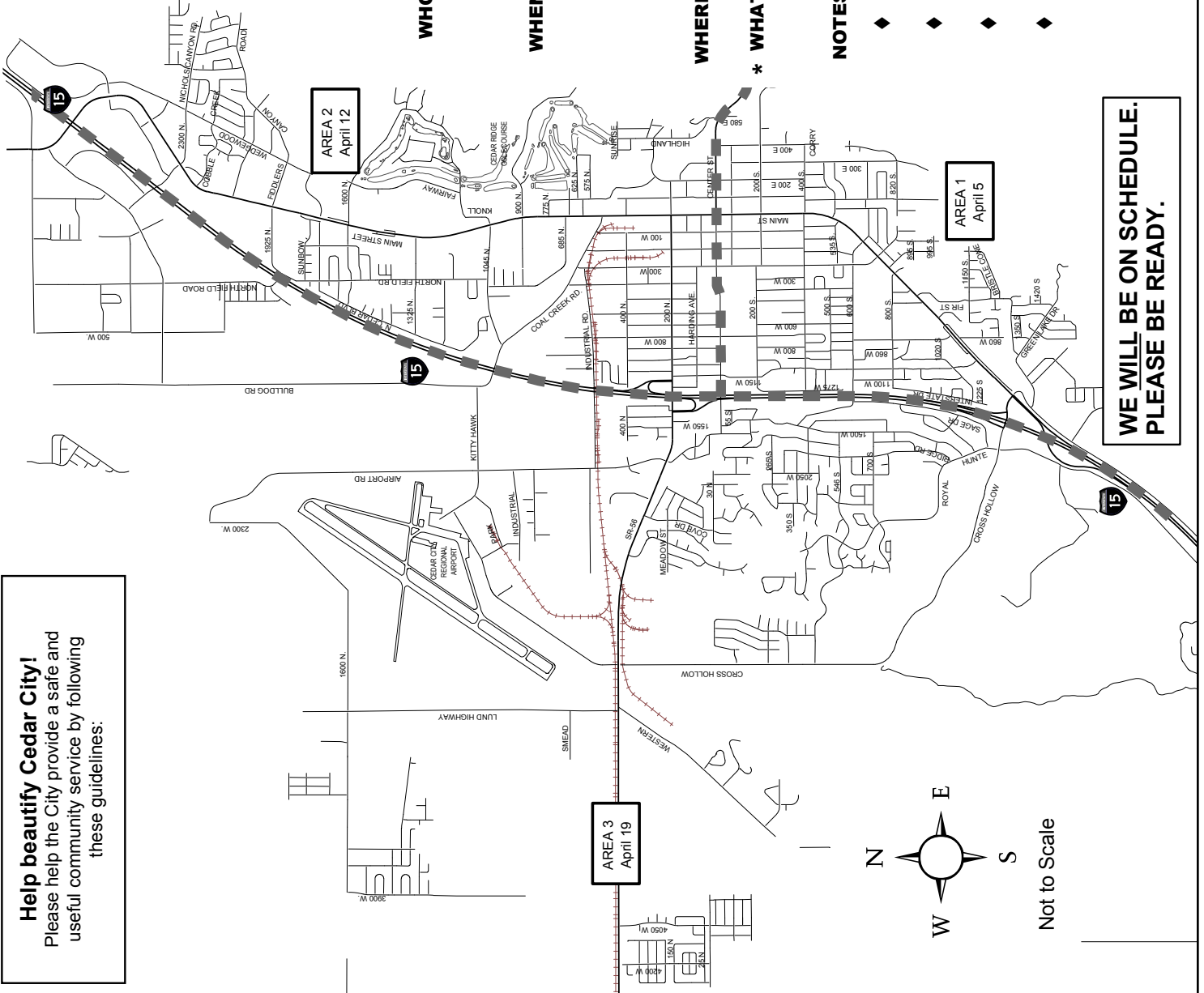
WHERE: Debris must be in front of the curb in the street. City crews will not load debris if it is piled on private property.

*** WHAT:** Brush, branches, clippings, leaves, grass, untreated wood, including pallets and crates. Asphalt, dirt, rocks & concrete. Tires, 4 or less per pile (No Rims). No Furniture or Appliances

NOTES:

- ◆ Please keep vehicles off street during your scheduled week and the following week so that city crews can sweep the street.
- ◆ A maximum of one 10-wheeler dump truck load will be picked up at any one residence.
- ◆ Cedar City citizens are encouraged to report illegal or improper dumping of materials.
- ◆ **All unacceptable piles will not be picked up and must be removed from the street.**

**For additional information contact
Public Works Dept. at 586-2912.**



**WE WILL BE ON SCHEDULE.
PLEASE BE READY.**

Help beautify Cedar City!
Please help the City provide a safe and useful community service by following these guidelines:



MAYOR CONTINUED FROM PAGE 1

our savings a “purpose” cannot be underestimated. We need a plan; a goal to strive for that will allow us to generate an income that will “fatten our purse.” Following is a list of possible ways to invest our dollars. Choose some of these as a goal (or come up with your own). Create a way YOU can put your money to work. This will give your savings its purpose.

Consider putting your money in a:

- Certificate of Deposit (CD)
- Individual Retirement Account (IRA)
- Mutual Fund
- Interest Bearing Savings Account
- 401K Retirement Account

If you are unsure of the way these accounts work, go to your bank; someone there will be happy to help.

You may also consider investing your money in some form of Cottage Industry (using your talents and interests to generate a product or service which provides a return).

- Making and selling crafts (Hair bows, quilts, clothing, home décor, etc.)
- Teaching (Piano lessons, sewing classes, cooking classes, etc.)
- Providing needed services (Lawn care, home repairs, power washing, baby sitting, etc.)
- Writing a book

Whatever you do, start and faithfully follow through. There are several things that people have done to jump-start their savings so they can begin investing or putting their money to work sooner. One great idea comes from Janine Bolon who used to live right here in Cedar City, and has written several books on money, one entitled, “Money...It’s Not Just for Rich People.” She suggests going through your house and gathering up all the loose change and money stashed in drawers and under the sofa cushions. Use this to get your savings going.

My wife was telling me about an article in the *Wall Street Journal* a few weeks ago written by Christina Binkley that said the following, “David Wolfe has been analyzing style trends for 41 years. But last week, Mr. Wolfe, creative director of the Doneger Group consultants, stood in a room full of retail executives and

told them: “There are no more trends. Everything is in style.”

The article goes on to say every skirt length is in style and every pant type is in style. So, let’s go through our closets and use what is in good condition. Buy only a few things to perk up what we already have for spring. Another thing we can do is dust off the sewing machine. Many items of clothing or home décor can be purchased as cheaply as you can make them but many times a lot of money can be saved by sewing yourself. If you do buy clothing this spring give the things you no longer wear to the Women’s Crisis Center, Deseret Industries or the thrift shops, take the tax deduction and add the money to your savings.

Finally, think about planting a garden. If you have never done a garden, think small, as they are a lot of work and if you don’t like gardening you could waste a lot of money. Try finding used garden tools so you won’t have to invest much until you know if it is something that you will do. The other thing to consider when gardening is what you are going to do to preserve the excess. If you don’t like to can or don’t have a freezer you probably won’t come out ahead. If it is your first time at gardening maybe try a few pots of tomatoes, peppers, summer squash and spaghetti squash. Spaghetti squash will keep most of the winter in your garage and can be used just like spaghetti. If gardening is your thing and you use what you grow, it can be a big money saver.

From Valley View Medical Center this month comes a message concerning heart disease.

Did you know that heart disease is the leading cause of death for people of most ethnicities in the United States? Heart disease is responsible for nearly one in every four deaths in the U.S.

There are a number of risk factors associated with heart disease, including obesity, inactivity, high blood pressure, high cholesterol and diabetes. Nearly 40 percent of Americans report having at least two of these risk factors, so it’s important to take early action in preventing heart disease.

Tips include eating a healthy diet, maintaining a healthy weight and exercising regularly.

Some people are at a higher risk than others, and sometimes heart problems are completely unexpected.

Valley View Medical Center recently opened a cardiac rehabilitation program and patients in our community who previously needed to travel south or north for cardiac rehab after a heart procedure can now be treated here.

How long – How often?

Lasse Bjerga, who holds an M.S. in physical education from BYU, offers these words this month:

Last month I attempted to say something sensible about exercise intensity. You may recall: Hard is typically good!

The quantity and intensity of day-to-day “human motion” has declined to a near standstill in modern times. All the “conveniences” of our time have made us close to motionless!

So—if you ask me what is needed for a typical American life style to significantly and positively change to a healthy state, my answer would be an hour or more of vigorous exercise most days of the week.

Over the course of nearly a lifetime observing and training people, I have concluded that an hour or more a day is needed to keep muscles and heart fit and to keep body mass reasonably lean. This suggestion stands in rather sharp contrast to prevailing notions and certainly those coming from manufacturers of exercise products. The idea that you can become fit or stay fit by exercising a few minutes three days a week is simply bogus.

Whether you consider the one hour a day good or bad news is mostly a matter of attitude. First of all, consider the fact that most people are typically inactive the other 23 hours! Secondly, the residual and even immediate effects of this kind of regimen are quite fulfilling: the endorphin effect, more energy (yes, it is what I like to call positive irony – you use energy and receive energy!), better sleep, better mood, etc., etc.).

Finally—and perhaps needless to say – if you come from a totally sedentary life, you would do well incorporating the one hr/day regimen in to your life gradually. Give your body time to adapt. And just so I’ve said it, any exercise is better than no exercise. Do what you can and count the rewards.