

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF APRIL, 2010

Monday Evening Concerts in Park begin April 26

Cedar City Leisure Services presents its Spring schedule of three Monday Evening Concerts in the Park in the Main Street Gazebo beginning April 26 this year.

To kick off the series' concerts, all of which begin at 6:30 p.m., is a menu of classical music from local groups. It will mark the first time classical music has been featured in the series.

Local favorites SunSide, an original rock and blues band, will take the stage May 3, followed by folksinger-songwriter Ryan Kay on May 10.

SunSide is an all original rock band from southern Utah blending longtime area band Mason's Jar of Jam with a new look and sound by collaborating with songwriter/musician Steve Lemmon. Rich Panessa of the Southern Utah Songwriters Association says SunSide "is an original blend of rock, blues, and funk and very well rehearsed."

Along with live performances, the group is currently working on its first CD to be released this summer. Songwriters Steve Lemmon and Mason Cottam have joined song writing forces

in a collaborative effort to produce an innovative approach to how they view their music.

Band members consist of artists Mason Cottam (Mason's Jar of Jam), journeyman Steve Lemmon (Spiral Studios & The Sam Payne Project), veteran percussionist Steve Flaig (The Sam Payne Project) and bass guitarist Dan Bartlet. All have extensive musical backgrounds which aid to their arrangements' quality and control.

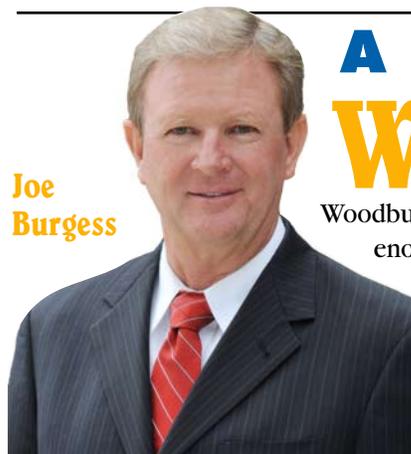


Ryan Kay was raised in a small Utah and as a boy spent a lot of time in the Utah mountains and deserts with his father. He says that has influenced his life greatly and is evident in much of his music. His style has been described as "dusty country folk," a title that he gladly accepts. Ryan says he is not looking to make it big, but rather to sing and write out of sheer enjoyment and as a way to connect with others. He says he hopes to one day settle down in a pristine valley, with a beautiful guitar, where he can spend the rest of his days making music and fulfilling his boyhood dream of being a farmer.

He has performed in a number of venues in recent times, including Cedar Breaks Out earlier this year.

Kay will also provide attendees with a preview of what to look for when Groovefest returns to Main Street Park June 23-27. The festival, one of only a few of its kind to be open free to the public, is among the shining events of the Festival City USA summer.

This year, it is combined with the always-popular Cedar City Arts Festival.



Joe Burgess

A MESSAGE FROM THE MAYOR

What a great place to live! This past few days I had the opportunity to watch to SUU dancers along with the Ririe/Woodbury Dance Theater perform. I was lucky enough to be able to attend with all of the fourth graders in Iron County and it was great. I don't know if I most enjoyed the dancers or the faces of the fourth graders; both were delightful. Then I was able to attend the dedication of the

Jensen Sawmill exhibit at the Frontier Homestead State Park. What a wonderful addition this park is to our city. My wife and I have been there quite a few times but never cease to be amazed at what we learn there. Cedar City has a great heritage! So many individuals have given so much to make Cedar City what it is today.

I wasn't able to attend the musical *Seussical Jr.*,

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

Kit Wareham is recognized

Kit Wareham, who has served as Cedar City's engineer since 1993, is the April Employee of the Month as selected by the Cedar City Corp. Employee Advisory Council.

"There are few in the City who work harder than Kit," said City Manager Ron Chandler. "He takes great initiative to serve the City and its people. For instance, he worked hard to find cost-saving ideas for the Aquatic Center and ball fields that have saved the City thousands of dollars without sacrificing the creativity and beauty of the facilities."



Kit is a native of Emery County, Utah, and worked for seven years for Utah Power there before moving to Cedar City as the Blundell

Geothermal power plant engineer in Milford for three years prior to becoming the Cedar City engineer.

He earned a certificate in surveying from Southern Utah University in 1977, then went on to earn a bachelor of science degree in civil engineering from the University of Utah and a master's of business administration degree from Utah State University.

He said that he finds his work for the City highly rewarding. "It is very satisfying to aid with the City's progress, growth and development," he said, "and, what's more, I love living here."

He and his wife, Alma, are parents to five and he said he enjoys spending time with his family as well as enjoying the Cedar City lifestyle. He has in the past worked as a ski instructor at Brianhead and continues today as a high school football official and a private pilot.

Public Works Report

STREET DIVISION: Cedar City's annual spring clean-up is under way. You may view the clean-up map and schedule at www.cedarcity.org. But, a general guide is that Area 1 (Week of April 5) is east of I-15 and south of (the center line of) Center St./University Blvd; Area 2 (Week of April 12) is east of I-15 and north of (the center line of) Center St./University Blvd; Area 3 (Week of April 19) is all of Cedar City west of I-15.

Please remember that crews will pick up only yard waste, untreated wood, asphalt, dirt, rocks, concrete and tires (four or less per pile, no rims). We will not pick up any furniture or appliances and regular trash bundles will not be eligible for spring clean-up collection. Any unacceptable items are the homeowner's responsibility and must be removed from the street.

As the snow melts, you may notice there are left over cinders present along the streets and sidewalks. Each property owner is responsible for clearing the sidewalk of the cinder debris. Please push debris from the sidewalk into the street so that it may be swept up by the City street sweeper. To find out more about the street sweeper schedule, please call the Public Works office.

Garbage Pick-Up: Please place your garbage can(s) on the asphalt in front of the curb and not in the gutter. Please refrain from putting the can on the street the night before your pick-up as you will held be responsible for replacing the 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.

As you begin your Spring cleanup, please be aware that the following household hazardous materials are not permitted at the landfill.

Oil: Is to be recycled at a used oil

collection center (anyone who changes oil) <http://www.usedoil.utah.gov/Batteries>: Are to be recycled at a location that sells them. Walmart, Tinks, Autozone, etc.

E-Waste: (Electronics) http://www.deq.utah.gov/Pollution_Prevention/electronics.htm

Paint: Can be dried by putting kitty-litter into the paint, leaving the lid off for a few days, and then throwing it away.

Fluorescent Light Bulbs: Can be recycled at Home Depot or Hurst Ace Hardware in Cedar City http://www.deq.utah.gov/Pollution_Prevention/CFLs.htm#cc

Pesticides: Take them to IFA in Cedar City during the month of May. <http://extension.usu.edu/files/publications/factsheet/Pesticides>.

Antifreeze: <http://www.hazardouswaste.utah.gov/SWBranch/Adobe/P2Factsheets>

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. Please remember that during these early spring months the ground is still saturated from the winter so there is no need to jump the gun on irrigation. Cold nights are still a threat.

STREETLIGHTS: If you notice streetlight outages around the city, please notify the Public Works office by emailing the street light address, pole number and your contact information to streetlights@cedarcity.org. You may also call the office at 865-4510. Street light repairs may be the City's responsibility or Rocky Mountain Power, depending on the street light. The City will follow up on the request.

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.



Wells Fargo donates stuffed animals

Downtown Wells Fargo Store Manager Shauna Webb and Business Specialist Jim Rushton last month presented Cedar City Police Chief Robert Allinson (right) with 100 stuffed animals for the Department to use in comforting Cedar City children that officers come in contact with.

Downtown Clean-up slated; you can help

Cedar City's Historic Downtown is indeed a focal point of the City. It's slated for a Spring Clean-up project Saturday, April 10 from noon until 3 p.m., and you can be a part of it.

Food and drinks will be provided and the Thunderbird football team will be on hand to help out. Volunteers are asked to bring brooms, trash bags, buckets, squeegees, paper towels, paint brushes,

shovels, dust pans and the like.

Jessie's 360° Power Wash and Detail will be there to spray facades and buildings for a nominal fee.

The event will begin at Main Street and Harding Ave. at noon and is sponsored by the Cedar City Downtown Alliance, Cedar City-Brian Head Tourism Bureau, Cedar City Chamber of Commerce and Cedar City Corp.

Iron County Relay for Life is April 16-17

Iron County's Relay For Life is April 16 and 17 at SUU's Eccles Coliseum. As a fund-raiser for the American Cancer Society, funds go toward Cancer research and toward the Cancer Resource Center at Valley View Medical Center.

Teams of people camp out and take turns walking or running around the track in the Relay. Each team is asked to have a representative on the track at all times. Because cancer never sleeps, Relays are overnight events. The event begins Friday, April 16, at 4:30 p.m. with a Survivor Reception, followed by a 6 p.m. program. SUU President Michael T. Benson and

local citizens affected by cancer will speak. Overnight activities end at 10 a.m. Saturday.

Anyone can participate in Relay For Life. The only requirement is the \$10 registration/commitment fee (per person) due at registration. Any more raised through individual, team, or online fund-raising is graciously accepted. It is recommended that each participant set a personal goal to raise \$100.

Those wanting to participate in the Relay can register at ironrelayforlife.org. They can also contact Richard Batt at 586-0255 for more information.

Coming Up...

IN THE HERITAGE THEATER

◆ **The Orchestra of Southern Utah's Spring Concert** is Thursday, April 15 at 7:30 p.m. Tickets: \$10 for adults; \$5 for SUU and Iron County School District students; \$30 for a group of six.

◆ **The Mack Duo, pianists,** presented by Cedar City Music Arts, is Wednesday, April 21, at 7:30 p.m. Tickets: \$30 for adults; \$15 for ICSD and SUU students.

◆ **The SUU Band and Choir Concert** is Friday, April 23, at 7:30 p.m. Ticket costs TBA.

◆ **In Jubilo in Concert** is Thursday, April 29, at 7:30 p.m. Free admission.

◆ **The United States Coast Guard Band Concert** is Thursday, May 6, at 7:30 p.m. Admission is free but requires a ticket, which may be obtained from the Box Office.

The Heritage Theater (phone 865-2882) is located at 105 North 100 East. Unless otherwise noted, children under the age of six are not admitted.

AT MAIN STREET PARK

◆ **The Kyle Petty Charity Ride Across America** will stop at Main Street Park Sunday, May 2, at 1 p.m. for its lunch and to present a program and sign autographs. Also on hand will be former NFL great and Heisman Trophy winner Herschel Walker, Petty's fellow NASCAR driver Matt Kenseth, former driver Harry Gant and supermodel Niki Taylor. They welcome all who would like to attend and to hear about Victory Junction, which aids children with chronic or terminal medical conditions.

◆ **Concerts in the Park,** Monday evenings at 6:30 p.m. April 26, May 3 and May 10 in the Gazebo. *See page 1.*



MAYOR CONTINUED FROM PAGE 1

but our grandchildren had the opportunity and they enjoyed it very much. All of this entertainment and education right here under our noses and at such a reasonable cost.

Now, back to class with Arkad from *The Richest Man in Babylon*. We are already to the fourth cure for a lean purse and this is a big one, “Guard thy treasures from loss.” Arkad tells his class, “Misfortune loves a shining mark. Gold in a man’s purse must be guarded with firmness, else it be lost. Thus it is wise that we must first secure small amounts and learn to protect them before the Gods entrust us with larger.”

Everyone is tempted by opportunities whereby it would seem that you could make large sums of money by investment in different projects. Often friends and family are eagerly entering such investments and urge you to follow.

The first principle of investment is, “security for your money.” Arkad asks, “Is it wise to be intrigued by larger earnings when thy principal may be lost? I say not.”

Study carefully before parting with your money. Be not misled by your desires to make money quickly.

Never loan to anyone without knowing his ability to repay and his reputation for doing so or you may be making him a gift of your hard-earned money.

Know the dangers of an investment before putting your money into it.

Arkad tells of his first investment. He gave his gold to a brick maker who was to travel to a far-off country to buy jewels. The brick maker bought what turned out to be bits of glass. “My treasure was lost. Today, my training would show to me at once the folly of entrusting a brick maker to buy jewels.”

Before you invest, consult the wisdom of those experienced in handling money for profit.

So, the fourth cure for a lean purse and one of great importance, is: Prevent your purse from being emptied once it has been filled. “Guard thy treasure from loss by investing only where thy principal

is safe, where it may be reclaimed if desirable, and where thou will not fail to collect a fair rental. Consult with wise men. Secure the advice of those experienced in the profitable handling of gold. Let their wisdom protect thy treasure from unsafe investment.”

If you make a unwise investment, start over. No one bats a thousand in investing. Don’t quit investing when one doesn’t turn out as expected. It will make you that much more careful where you invest the next time. The last few years many of us have experienced losses that we never anticipated. Some have seen investments that we felt were secure evaporate. There will always be businesses that make money and we can’t become discouraged and put our money in the mattress we have to seek out safe investments so that our money is always working. We want to use the adage that interest never sleeps or takes a vacation in our favor. Good luck with your investments!

From Valley View Medical Center this month is a message about a very simple exercise:

If you work indoors all day and are looking for a simple, easy way to stay active and get healthy while you are at work, try taking the stairs instead of the elevator. Taking the stairs for one minute burns approximately 10 calories, as opposed to burning 1.5 calories by taking the elevator.

Although that step may not seem like much, it can go a long way in helping to develop healthier habits. At least 30 minutes of daily aerobic activity, including walking, will help you live a longer and healthier life. By taking the stairs, you will breathe faster and more deeply, which maximizes the amount of oxygen in your blood. Your body will even release endorphins, which promote an increased sense of well-being.

So next time you have the choice, choose the stairs. Try and count how many flights of stairs you can take during April. Count any flights you take going up or down, as there are typically two flights between floors. You might be catching more flights than you think.

Food vs. “Food.” Lasse Bjerga, who holds an M.S. in physical education from BYU, offers these words this month.

You want to be healthier? Exercise is essential, but so is what you eat.

Here is my simple take on what many think is so complicated they live in a perpetual state of bewilderment!

Your mama knows better than you, your grandma knew better than she did, and your great grandma knew better than them all! Of course, they may still all be alive and thrive, but the larger point is that they weren’t exposed to our barrage of ads for “engineered” and processed foods and were all the better for it.

They dealt with whole foods: foods preserved and eaten in their natural form, or as close to it as possible. Processing foods typically means they are heated, added to or removed from or all of the above. That kills enzymes, takes away roughage and seriously dilutes the nutritional content of food.

Not only are fresh and whole foods superior in nutritional content, but they provide a level of satiation and fullness that processed foods never can match.

This has a profound effect on your ability to keep your weight down. Processed foods, because of their lack of synergistically bound nutrients, will always leave you hungry. You may eat and eat and then find you want more of the same “foods” in a half-hour’s time. You may have a bunch of food in your stomach, but your brain is sending signals for more due to a lack of essential nutrients in your system.

Eating healthy is really mostly about staying away from commercially prepared foods and going back to basics. You have to make the decision whether you are willing to make the changes you need to make, including taking the time to prepare your own foods from “scratch.” It isn’t difficult and it is very rewarding. Perhaps you need to start by picking up a book on whole food cooking. Perhaps “The Food Channel” can be of help. Perhaps grandma.

Eating the healthy, whole way isn’t just the nutritious way, it is the delicious way. You’ll like it. It is my promise.