

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF JUNE, 2010

Season of festivals begins in earnest this month

June in Festival City USA offers a wide variety of events to suit many tastes, and early in July, the American Family Fest and the Cedar Breaks Wildflower Festival begin another month of fun.

Since the 4th of July falls on a Sunday this year, the annual Main Street Parade and carnival at Main Street Park, as well as fireworks display, will be held on Monday, July 5.

THE UTAH SUMMER GAMES will bring thousands of sports enthusiasts and their families here this month for the 25th annual Games.

More than 50 events run from June 2-27 with the Opening Ceremonies June 10, which include a performance by Boogie Nights, the Athletes March, the Torch Run, Lighting of the Cauldron and tributes to three Olympians as well as the 25th anniversary fireworks extravaganza. It begins at 8:30 p.m. in the Eccles Coliseum. Tickets start at just \$8 and are on sale through Smith's Tix at any outlet, by phoning 1-800-888-TIXX or by visiting www.smithstix.com

For more information or to see how to take part, visit utahsummergames.org

or call the USG offices at 865-8421.

THE 30TH ANNUAL PAIUTE RESTORATION GATHERING will take place June 11 and 12 at 440 N. Paiute Dr. and will include the always colorful and majestic Grand Entry at 7 p.m. Friday and at noon and 6 p.m. Saturday, a parade on Main Street at 10 a.m. Saturday, a softball tourney at Bicentennial Park both days and a Feast Saturday at 4 p.m. as well as other events. For more information, phone Lou Charles at 590-8720.

GROOVEFEST returns to Main Street Park June 23-27. The American music 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.

On hand will be a bevy of music acts in a number of venues, as well as food, art and vendor booths. For more information, check out www.groovefestutah.com

The 2010 summer season of **THE UTAH SHAKESPEAREAN FESTIVAL** begins with preview performances on June 28 and opens on July 5. It

features *Much Ado About Nothing*, *The Merchant of Venice*, *Macbeth*, *Great Expectations: The Musical*, *Pride and Prejudice* and *Alfred Hitchcock's The 39 Steps*. Iron County residents may obtain tickets at half-price, as available, for Monday through Wednesdays on the day of performance, by showing proof of residency during regular box office hours.

In August, the New American Playwrights Project will present three works at nominal cost.

The fall season, beginning Sept. 16, will feature *Pericles*, *The Diary of Anne Frank* and *Greater Tuna*.

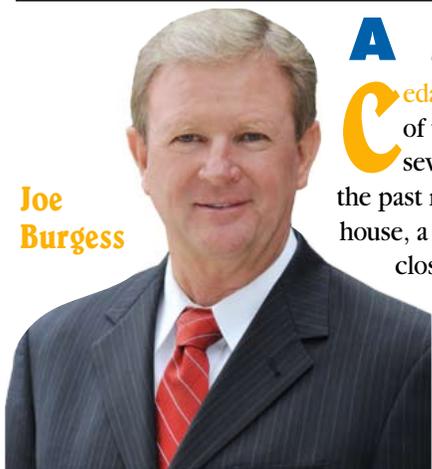
Tickets may be ordered by phone at 586-7878 or on the internet at www.bard.org

THE AMERICAN FAMILY FEST celebrates Independence Day July 2-5, largely at Main Street Park. It begins with a Friday (July 2) Flag Ceremony at 10 a.m., after which vendors will be open for business and local performers will be on stage. At 8:30 p.m., a free family movie begins.

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A MESSAGE FROM THE MAYOR

Joe Burgess



Cedar City continues to feel the effects of the slowdown in the economy with several businesses closing their doors in the past month. A plumbing and electrical supply house, a restaurant, and a video rental store have closed or announced they will be closing. However, several new businesses have announced their arrival dates, including two restaurants and a scrapbook store.

The biggest challenge I have faced

since taking office has been balancing the upcoming budget. A tentative budget was posted in May with a public hearing scheduled for June 2 and a final vote on June 9. Many tough decisions were made to ensure the budget would balance. A few of these decisions were to: eliminate funding for seven current positions; cut back on requests for capital items; keep department budgets level after last year's decreases; and for the second consecutive year

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

Jeff Hunter is lauded

Jeff Hunter, who became Cedar City's street superintendent in August of last year, has been named as the June recipient of the Employee Advisory Council Employee of the Month award.

Hunter has the responsibility for the streets, storm drain and solid waste aspects of the Public Works department of the City.

"Jeff's attitude is always upbeat and positive," said Public Works Director Rick Holman. "He strives to set an



example for all other employees by how he approaches each work day. He jumps right into projects without being asked and easily inspires

his employees to contribute their skills where they are most needed.

"You can count on Jeff to give 100 percent on any task he is handed," said Holman.

A native of Cedar City who graduated from Cedar High, Jeff worked as the mountain manager at Brian Head for 24 years before coming to his current position. He grew up skiing and hunting and participating in all of the outdoor opportunities the area affords and said that he continues with those along with spending time with his 11 grandchildren. He also is awaiting the birth of four more. He and his wife Laurie have eight children.

"I enjoy working for the City and meeting the many challenges associated with public works," he said. "I hope to always contribute positively to the well-being and quality of life of the City and its people."

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On Saturday at Main Street Park, registration for the Family Walk begins at 8 a.m. prior to the 8:30 a.m. event. All registered walkers receive a T-shirt and are eligible for prizes to be given away along the path. (Early registration required to guarantee T-shirt.)

Again, a Flag Ceremony at 10 a.m. will open the day for vendors and local performers will be on stage.

At 3:30 p.m. the Princess Tea Party will be hosted by the American Children's Christmas Festival and another free family movie will begin at 8:30 p.m.

On Sunday, July 4, at Main Street Park, an Interdenominational Prayer Service at 7 a.m. will see local clergy and various choirs present a program to celebrate our freedoms and America.

On Monday, July 5, at 9 a.m., the annual Independence Day Parade, sponsored by the Lions Club of Cedar City, will travel from 400 South to 200 North on Main Street.

Immediately after the parade, the Lions Club will have activities and booths for the public to celebrate Independence Day at Main Street Park until 5:30 p.m.

Beginning at 8:30 p.m., a Pre-Fireworks

Show at the Cedar City Airport will feature entertainment and a presentation of the Patrick Henry famous speech: "Give Me Liberty or Give Me Death." Organizers encouraged citizens to bring lawn chairs and come prepared to enjoy the evening.

Capping the festivities will be the 10 p.m. fireworks show by the Cedar City Fire Department and a special radio broadcast of music and word to accompany the fireworks display. Tune into Kick'n Country 94.9 FM or KSUB 590 AM as you watch the fireworks.

For more information, to register for events or to become a vendor, check out americanfamilyfest.org

THE WILDFLOWER FESTIVAL OF CEDAR BREAKS NATIONAL MONUMENT, in its fifth year, runs July 2-18.

Wildflower specialists and volunteers will be available daily. Festival highlights include guided walks, photography workshops, Junior Ranger scavenger hunts and Zion Canyon Field Institute classes on photography and journaling. Guided hikes, Ranger Wildflower Scavenger Hunts, free photography workshops and more are part of the festival. Call 586-0787 or 586-9451 for more information.

Public Works Report

STREET DIVISION: Beginning in June, the Street Division will be performing street maintenance by skin patching the following areas: Equestrian Pointe, Cedar Meadows, Sunset Canyon, Hidden Hills, 1600 N. (west of I-15), Lund Highway, and Cross Hollows Road. Fliers will be distributed to property owners in advance of the work. Please be aware of traffic control efforts.

Garbage Pick-Up: Thanks to all cul-de-sac residents for their patience and cooperation regarding the new garbage pick-up system in cul-de-sacs. Other residents should place your garbage can(s) on the asphalt in front of the curb and not in the gutter. Please refrain from putting your garbage can on the street the night

before your pick-up as you will held be responsible for replacing your can if damage to it occurs while it is on the street.

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 may be reached at 586-2912.



City urges wise use of water

Water conservation benefits everyone. Besides saving on your monthly water bill, it postpones costly water development projects. Most important, it helps us to be better stewards of this limited resource.

Remember: Water only between 6 p.m. and 8 a.m.

GENERAL LAWN MAINTENANCE: Did you know that most lawn problems are a direct result of over watering? Maintaining your lawn properly will help you save time, money and water!

MOWING: Mowing your lawn at an extremely short length hurts the grass, wastes water and produces more green waste. By raising your lawn mower height to three inches, you are promoting the conservation of water in grass. Grass will shade itself as it grows longer, reducing its water need. This, in turn, reduces the growth rate of the grass meaning less frequent mowing. Experts recommend removing no more than one-third of the leaf blade per mowing.

STRESSING: In order to make your grass heartier, try stressing it out. By going an extra day without water here and there, you are promoting deeper root growth.

PROPER LAWN WATERING: Water your lawn deeply and infrequently to encourage deeper root growth. Typically, your lawn needs to be watered for about 20 minutes every three days during the months of June, July & August.

AUTOMATED SPRINKLER SYSTEMS:

An automated sprinkler system can help you water efficiently if the timer is used properly. Make sure you use your timer wisely by doing the following:

- Adjust your schedule to the season.
 - Water only between 6 p.m. and 8 a.m.
- Reduce the amount of water you lose to evaporation.
- Don't water during or after a rainstorm.
 - Program your timer to cycle watering events. Clay type soils and areas with mild or steep slopes usually cannot absorb water fast enough to prevent it from running off. If such conditions exist in your landscape, program your timer to water for several shorter periods, with about an hour in-between, to let the water soak into the soil.

- Once a month, turn on each valve of your sprinkling system and perform an inspection. Check the following:

- »Is any water being sprayed on the street or sidewalk?
- »Are there obstructions preventing the water from reaching the desired areas?
- »Are there any observable leaks or breaks in the pipe?

CYCLE & SOAK: On soils with high clay content, or areas with slopes, you may need to cycle. Cycling breaks up the required run time into short durations that allow the water to penetrate deeper into the soil, improving root depth.

To determine if you need to cycle, turn on your system and time how long it takes for water to start running off. This is the maximum amount of time you can water in one cycle. Divide the recommended minutes by this to give you the number of cycles to run. For example, if water begins to run off after seven minutes, divide the suggested number of minutes (21) by seven. This gives three cycles, with one hour between each.

INSIDE TIPS:

1. Never let water go down the drain unnecessarily. Instead of waiting for it to get hot, capture it in a container and use it to water plants.
2. Turn the water off when you brush your teeth, wash your face, shave, or lather up during a shower.
3. Check your home for leaks. Repair faucets that drip or toilet handles that let water run constantly. Install low-volume toilets.
4. Take shorter showers. A 10-minute shower uses 30 gallons of water.

A NOTE ABOUT MUNICIPAL AND SCHOOL WATERING:

People often ask why City parks and Iron County schools and SUU are sprinkling during the no-water times. These facilities are being watered from a non-culinary source and are exempt from the restrictions. Water from those non-culinary sources is used around the clock and thus, to water all areas, must be used during the day and night in a rotation at the various sites.

Coming Up...

IN THE HERITAGE THEATER

◆ **The Master Singers** will perform a free concert on Sunday, June 20, at 7 p.m. There are no age restrictions.

◆ **The Neil Simon Festival** is now accepting ticket orders for its 2010 season, which begins July 15 and runs through August 14 with both evening and matinee performances. The season includes the Simon works *California Suite* and *Broadway Bound* as well as Robert Harling's *Steel Magnolias*. Tickets are \$25 for the center section and \$20 for the side sections and discounts are available. They may be obtained by phoning 327-8673, by emailing tickets@simonfest.org or by going to the Festival website, simonfest.org, and mailing or faxing downloadable forms.

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.

AT THE CROSS HOLLOW EVENT CENTER

◆ **The CML PRCA Wendy Wood Memorial Rodeo**, closing ceremonies for the Utah Summer Games, is June 18-19 at 8 p.m. Tickets are \$10 for adults; \$5 for children 10 and under. The PRCA/WPRA event will feature some of the top cowboys and cowgirls in the country as well as stock from the Diamond G. Also on hand will be Cedar City's famed Diamond Z English Shire horses from Renn and Ree Zaphiropoulos. Saturday Night is "Tough Enough To Wear Pink" night to promote breast cancer awareness. Attendees are urged to wear pink.

Tickets are available at Gem Jewelers, Jolley's Ranchwear, Two Brothers Communications and at the gate.



MAYOR CONTINUED FROM PAGE 1

avoiding cost of living increases. There have also been changes made to the City health insurance plan, which affects all City employees.

During the time of the budget planning process I met with Mr. Steve Greenhalgh's fourth grade class at Cedar East Elementary. I explained to them the challenges of preparing a balanced budget that I could present to the City Council. A week or so later I received letters from the students, each one giving me his or her ideas on cutting budget expenses. Perhaps Yahira's recommendation was best when she said, "I think you can fix the budget by cutting it with some scissors." Many of her class members were anxious to do away with community expenses but only to replace them with a zoo or lagoon.

We are now to our sixth cure for a lean purse. All of us are born, we live, and we die. But since we don't know what will happen in the space between being born and dying we need to make some preparations for our families in case it comes sooner rather than later. Many things can happen that make it so we can't work or provide for our families.

Let me quote from the book, *The Richest Man in Babylon*: "The man who, because of his understanding of the laws of wealth, acquireth growing surplus, should give thought to those future days. He should plan certain investments or provisions that may endure safely for many years, yet will be available when the time arrives which he has so wisely anticipated.

"There are diverse ways by which a man may provide with safety for his future. He may provide a hiding place and there bury a secret treasure. Yet no matter with what skill it be hidden, it may nevertheless become loot for thieves. For this reason I recommend not this plan."

Life insurance wasn't invented in the days of Babylon but today we have that option. Along with insurance are investments that can provide a future

income. Let me quote again from the book: "I do recommend to all men, that they, by wise and well thought out methods, do provide against a lean purse to a man no longer able to earn or to a family without its head is a sore tragedy.

"This, then, is the sixth cure for a lean purse. Provide in advance for the needs of thy growing age and the protection of thy family."

This month's message from Valley View Medical Center reminds us that as the summer season approaches and the days get warmer and longer, it means you will probably have more opportunities to get out and spend time in the great outdoors. Outdoor activities can help contribute to a healthy life. However, as anyone who has ever had a sunburn knows, too much exposure to the sun's ultraviolet (UV) rays can be dangerous. According to the National Cancer Institute, nearly one million Americans will be diagnosed with non-melanoma skin cancer this year.

Combined, non-melanoma and melanoma skin cancers account for about half of the diagnosed cancers in the U.S. every year. That's a lot of cancer, especially when you consider that more than 90 percent of those cases could be prevented with one simple step: limiting exposure to the sun.

Even though the sun's UV rays can be dangerous, it doesn't mean you should spend your whole life indoors. One of the keys is to avoid peak sun hours—essentially between 10 in the morning and 2 in the afternoon. For further protection, you should consider wearing a hat with a broad brim.

Of course, sunscreen is mandatory. You should look for a sunscreen with an SPF of at least 15, and SPF 30 is even better. You should also look for products that contain titanium oxide or zinc oxide, since those ingredients have an actual blocking action rather than just a chemical reaction.

Last month was National Skin Cancer Awareness Month, but you may want to consider celebrating all year long—just make sure the party hats have wide

brims and that there's plenty of SPF 30 to go around.

Lasse Bjerga, who holds an M.S. in physical education from BYU, tells us that the American College of Sports Medicine has been running a campaign lately, called "Exercise is Medicine."

Indeed, the sheer amount and diversity of research and studies which point to exercise as a form of "medicine" is nothing but stunning! Some of this research shows the role physical activity has in preventing certain (many!) diseases or reducing the likelihood of contracting these diseases. However, even more profound perhaps is exercise's role in healing and reversing symptoms of disease.

Modern technology has made this flora of new health-related studies very accessible via your computer. It is beyond the scope of this newsletter to go in detail about all of these findings. You are encouraged to take a look at them yourself. Here is a great website for continual updates on health, nutrition and exercise: www.stoneheartnewsletters.com.

However, as Mark Twain so aptly put it: "He who does not read has no advantage over he who cannot read." Just as with exercise, knowledge is only useful when acquired and put in to practice. Also, as you read up on research and new findings, keep the larger perspective in mind. Some of this perspective comes from your "gut" feeling, some comes from looking at long range studies rather than short range studies and some comes from the accumulative effect of having looked at multiple studies.

Here's my personal myth buster for the month, backed by numerous studies and a wealth of personal experience: You cannot "spot reduce" the fat on your body. The distribution of fat on your body is a matter of genetics. Fat is simply stored energy. Exercising a specific muscle or a specific way will not affect from where the body takes this energy. However, the amount of energy or fat used is entirely up to you and your deliberate choice. Happy Exercise!