

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE

FOR THE MONTH OF NOVEMBER, 2010



Veterans Day, Birthday Ball and Iron Mission Days

Besides giving thanks for all of our blessings on Thanksgiving, November brings us the opportunity to honor our veterans on Veterans Day and also to celebrate the 159th anniversary of the pioneers arriving in Cedar City.

Activities on Veteran's Day, Nov. 11:

■ 9:00 a.m. Flag raising and a brief program at the Viet Nam Memorial at 200 N (Freedom Blvd)/200 E.

This event is sponsored by the American Legion, Marine Corps League and the Veterans of Foreign Wars.

(Note that there will be no program this year at the cemetery).

■ 11:00 a.m. - 12:00 noon

Veterans program at the Randall Jones Theatre at Center Street/300 W.

All are invited to this tribute which will show respect to all veterans and specifically honor two World War II veterans, a student, an alumni and a community member who are veterans of the armed forces. The Cedar High School band will feature patriotic music during the program.

■ The Cedar City Elks Club will

provide a roast beef luncheon for up to 80 veterans and/or their spouses and is free to those having a ticket. Elks club members will hand out the invitations during the S.U.U. program and the lunch will be served immediately following the program at the Elks Lodge, 111 E. 200 N.

■ 1:00 p.m. Ceremony at the World War I Memorial, 200 N (Freedom Blvd) /200 E.

This program will be a remembrance for veterans serving in World War I from the communities of Parowan, Paragonah and Summit. A new plaque displaying the names of these forgotten heroes will be unveiled during the ceremony.

Events celebrating Cedar City's birthday include:

■ Iron Mission Days at Frontier Homestead State Park.

On Wed. Nov. 10 at 7:00 p.m., Cedar City Library Director Steve Decker will present a program detailing the life of Edward Meeks Dalton, Parowan native and the only man killed for the practice of

polygamy. This event is co-sponsored by the Iron County Historical Society.

On Sat. Nov. 13 from 10 a.m. to 4 p.m. Frontier Homestead will host their annual community day. Pioneer activities, crafts for kids and living history demonstrations will all be available. Cost is \$3 per family.

All activities take place at Frontier Homestead State Park located at 635 N. Main.

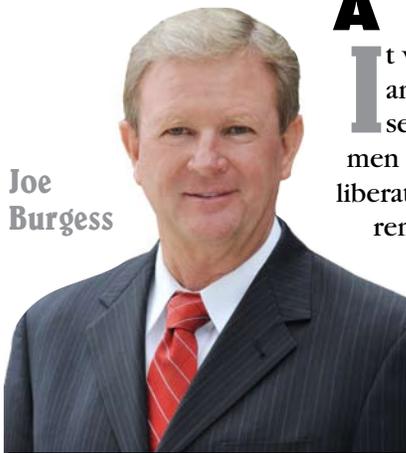
■ Cedar City Birthday Ball

The annual Cedar City Birthday Ball will take place in the evening on Thurs. Nov. 11 from 7:30 to 10:30.

Join other community members for the celebration of Cedar's 159th birthday and dance with your sweetheart to live music with a "Big Band" sound. The event will also feature entertainment by the Hay Cedars square dance group and the S.U.U. Ballroom Dance Company. The celebration will also include delicious Dutch oven cobbler and ice cream.

This event is also free to the general public.

A MESSAGE FROM THE MAYOR



Joe Burgess

It was just 60 years ago that Cedar City and other southern Utah communities sent approximately 600 of their young men to South Korea for two years to help liberate them from North Korea. As you may remember 240 soldiers from Cedar City and Richfield battled 4000 Chinese troops without one life from southern Utah soldiers being lost. Over 400 of the Chinese lost their lives along with hundreds more

being captured in the battle that began at 2:30 a.m. and finished sometime around 11 a.m.

My wife and I along with Dan Roberts and his wife, Jane, had the opportunity to go to Gapyeong, Korea for the unveiling of a memorial erected to honor these valiant soldiers from here in southern Utah. The people from Korea love Americans and the people of Gapyeong love and appreciate the soldiers from southern Utah. As many of these men who fought so bravely are getting

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

Ruth Sessions is recognized

Leisure Services Office Assistant, Ruth Sessions, has been selected as the Employee of the Month by the Cedar City Employee Advisory Committee for the month of Nov.

Ruth has worked for the City since 2006 after a stint as the Dept. Secretary in the Psychology Dept. at S.U.U.

She "likes the diversity of her job; the people who come into the office and the great people I work with."

Leisure Services Director, Bob Tate said, "With the building of the Aquatic Center and the Ballfields and all of the attendant pressures and responsibilities, Ruth has gone



the extra mile to make sure our Department runs smoothly. She is a great example to me and to other City employees and it is great to have an assistant who makes the Department Heads look good."

Outdoor Facilities Director, Wally Davis adds, "Ruth is very efficient. She will jump in and do whatever she is asked and gets everything done and done on time. She is also great with the public."

Ruth was born in Phoenix and moved with her family as a youngster to southern CA, graduating from Upland High before attending B.Y.U. with her husband, Dale, who obtained his law degree there.

The Sessions have lived in Cedar City for 20 years and are the parents of a daughter and three sons. They are also the proud grandparents of three grandchildren with two more on the way.

When asked about her hobbies, Ruth said, "I mostly love playing with my grandchildren, but I love to do crafts and travel as well, I just don't have the time to do it as often as I'd like."

As assistant for both the Parks and Leisure Services Departments, Ruth is a great example of fitness. She has lost 120 lbs. since 2006 and faithfully attends Weight Watchers and power walks to maintain her weight.

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For many years a debate has raged between factions of the exercise community. The issue? How to best exercise to get leaner. Some argue that prolonged, light to moderate intensity exercise in the "fat burning zone" is the best and quickest way to get leaner. Others argue that high intensity interval training is the best way to shed excess body fat. The truth is, both types of exercise are effective for fat burning, and a program that combines the two is likely to be more effective than one based on either type alone. One additional change to your training regimen which would help you get leaner would be to do more, or more effective, strength training.

While it is beyond the scope of this article to elaborate on how and why this works, let me mention just a few brief points: Think caloric expenditure or energy spent when trying to evaluate how effective your training is for fat loss. For instance, while it is true that moderate exercise draws more heavily on fat as a fuel (versus carbohydrate) especially as time increases, you must understand what happens after your work out to see the whole picture.

The body replaces used calories in a specific order, but for all practical purposes it is immaterial what kind of calories you used during your work out. What matters is the total energy output. High intensity exercise per unit time will always yield a higher energy requirement than moderate exercise.

The other side of the coin, however, says that your body (and your mind) needs recovery time. High intensity training will wear you down if not coupled with moderate training, and moderate training can be done longer.

All in all: Mix it up and you'll be lean as long as you pay attention to what comes in part two...

Public Works Report

STREET: The traffic light at the intersection on West U-56 - Lund Hwy/Westview Dr appears to be functioning well. The traffic light at the intersection of Cross Hollow Rd/Aviation Way on U-56 will be postponed due to changes that need to be made.

SOLID WASTE: Please place cans away from the curb and away from cars for pick-up. Please dispose of hypodermic needles in a sealed container (soda or water bottle with lid). This is to prevent any possible human contact. Thank you.

RECYCLING: There are five different bin locations - Home Depot, Cedar Middle School, SUU Tennis Courts, Homestead State Park and Canyon View Middle School. Bins are emptied on Tues. If bins are full at your favorite location, please take recyclables to one of the others. For plastics, please compact containers to allow more items in the bins. Cardboard may be taken to the PURE Recycling site at the southeast corner of U-56.

WATER: It's freezing at night! The grass is going dormant for the

winter. Drain irrigation lines and make sure hoses are unhooked and drained. This is a good time to check for any indoor leaky faucets, toilets, etc.

STREETLIGHTS: If you notice streetlight outages around the city, please notify our office by emailing the street light address (and pole number if possible) and your contact information to streetlights@cedarcity.org.

SNOW REMOVAL: In preparation for the white stuff, when the plows are out, more effective plowing occurs when vehicles are parked off the street. Please keep all pedestrian walkways clear of snow. Don't force folks to walk in the street.

The Public Works office would like to remind you that any work done within the road right-of-way requires an encroachment permit. This can be done at our office at 716 N. Airport Road.

FOR THE THANKSGIVING HOLIDAY, IF YOUR REGULAR PICK UP DAY IS THURS. OR FRI., YOUR GARBAGE WILL BE PICKED UP ON WED., NOV 24

Any comments are appreciated. Call us at 586-2912.



Cast your vote for Chamber awards

All are invited to the 60th annual Cedar City Chamber of Commerce Awards and Installation Banquet presented by CML Metals. This Night of Excellence will be held at the Hunter Conference Center at S.U.U. on January 13 at 7:00 PM. The evening will begin with a banquet followed by the awards presentation which will include a state of the art video presentation highlighting the accomplishments of each award winner, followed by the installation of the 2011 Chamber Board.

Tickets to the event are \$30.00 per person and can be purchased through the Chamber Office.

The Chamber requests your help in nominating individuals and businesses in our community that deserve to be recognized because of their outstanding service. We want to select those in our community who have gone the extra mile to make a difference in the lives of others in Cedar City. Community participation in the nomination process is the best way to identify those who should be given this opportunity.

The eleven award categories include: Business of the Year; Customer Service

of the Year; Woman and Man of the Year and several others. This is your chance to nominate that special person or business you feel should be recognized. The dead line for submitting names is Dec. 1, 2010.

Nomination forms are on-line at www.cedarcitychamber.com or www.cedarcity.org. Printed forms are available in the *Iron County Today* and *The Spectrum*. Fax your nomination form to (435)586-4310, or mail to the Chamber office at 77 N. Main Street.

Award sponsors include: CML Metals Kolob Regional, State Bank of Southern Utah, Wells Fargo Bank, Mike Haight and Mark Nelson of Allstate Insurance, Southern Utah Mortuary, Jennifer Davis of ERA Realtors, Zion's Bank, Rocky Mountain Power, Suzette Cardon and Sherrie Hansen of State Farm Insurance and Cedar City/Brian Head Tourism and Visitor Center.

There are a lot of good things that happen in our community and this is a great way for you to help the Chamber recognize the amazing things that people and businesses do that make Cedar City such a wonderful place to live.

Turn in your nomination form today.

Coming Up...

IN THE HERITAGE THEATER

■ Sun., Nov. 7 at 7 p.m.

Master Singers Veterans Concert

Music will include, "Battle Hymn of the Republic" and America the Beautiful" setting the stage for the Special Moment of Honor for those who served in the U.S. Armed Forces during WWII. The lovely prayer song, "Bring Him Home" and other selections will help introduce the Moment of Honor for the families of these valiant soldiers from our communities in Iron County. Veterans attending will be asked to stand and be honored when the hymn or anthem of their branch of military service is performed. Admission is free.

■ Fri., Nov. 12 at 7:30 p.m.

Cedar City Music Arts presents Pianist Kazimierz Brzozowski

Steinway artist Brzozowski is particularly known for his Chopin interpretations.

\$30 adults, \$15 students. Children under 6 will not be admitted.

■ Thurs., Nov. 18 at 7:30 p.m.

Orchestra of S. Utah fall concert

Featuring recent compositions of Dr. Hal Campbell and David Campbell. \$10 adults, \$5 students

The Heritage Theatre is located at 105 N 100 E. Phone: 865-2882.

Snowy roads bring winter challenges

Winter will be upon us before you know it and although it is one of the most enjoyable seasons in Cedar City, the challenges of snow removal can sometimes add to the headaches of our residents as well as City employees.

Some reminders that will help make life easier for all of us when snow arrives:

Parking:

Snow piled on City streets can make finding a parking place difficult. However, even if snowplows have left snow piles in the street causing less room to park, it is still illegal to double park; park more than 12 inches from the curb; or park with any wheel of the vehicle more than 12 inches from the curb (angle parking); or to park facing the wrong direction on a two way street.

When conditions are snowy, many vehicles end up being towed when they are parked next to the snow line, but are blocking traffic lanes because they are too far from the curb.

Snow Removal:

By City Ordinance, the owner of a home or business has the responsibility to remove snow from the sidewalk in front of their residence or business and it needs to be taken care of within 24 hours.

This may become a challenge when it snows repeatedly, but looking at the problem through the eyes of a handicapped person or a parent whose child is forced to walk in the street on their way to school makes it obvious why this rule is important. Your help is appreciated.

Recognize the signs of Domestic Violence: Facets of a Healthy Relationship Part 2

☞ TRUST ☞

Trust is the key to any healthy relationship. Trust is created by mutual concern, honest and open communication, and shared decision-making and goals. Trust can be destroyed with jealousy, lies, or hurting your partner physically or emotionally. Trust is not isolating your partner from family and friends, or frequently accusing your partner of infidelity. This is emotional abuse.

If you or someone you know is experiencing an abusive relationship, please call the Domestic Violence LinkLine at 1-800-897-LINK (5465).



older and many have passed on, I would like to express my thanks to those who so selflessly put their own lives on the line for a people they had never met.

If you ever want to see the difference democracy makes, just take a look at the difference in the lives of North Koreans and South Koreans today.

We are nearing the end of *The Richest Man In Babylon* and the chapter this month, "The Camel Trader," tells the story of a camel trader who spent excessively, became mired in debt and ended up losing his wife, his home and finally his freedom when he was sold as a slave. He recounts how he escaped and changed his life. I hope any of you that are feeling buried with debt read this chapter. I promise if you follow the advice in it, you will be set free of worry and of debt. I hate to ruin the story for those of you who will put forth the time and energy to read it but I am going to give you the camel trader's formula to get out of debt.

First, make a list of everyone you owe. If you have been reading the newsletter each month this year you know one of the most important things you can do is pay yourself 10 percent of what you earn and save and invest it. You might think if you are trying to get out of debt that you would use all of your resources to accomplish your goal, but the advice from the author of the book, George Clason, is to continue to pay yourself the 10 percent but use 20 percent to pay past bills and live off of the remaining 70 percent.

Quoting from the book, the camel trader writes, "Now that I have learned that I can repay my debts in small sums from my earnings, do I realize the great extent of my folly in running away from the results of my extravagances. Therefore have I visited my creditors and explained to them that I have no

resources with which to pay except my ability to earn, and that I intend to apply two-tenths of all I earn upon my indebtedness evenly and honestly. This much can I pay but no more. Therefore if they be patient, in time my obligations will be paid in full.

Ahmar, whom I thought my best friend, reviled me bitterly and I left him in humiliation. Birejik, pleaded that I pay him first as he didst badly need help. Alkahad was indeed disagreeable and insisted that he would make me trouble unless I didst soon settle in full with him. All the rest willingly accepted my proposal. Therefore am I more determined than ever to carry through."

Time passes slowly and the camel trader pays his obligations faithfully. He then writes, "Upon this day I have paid the last of my debts. This is the day upon which my good wife and my thankful self celebrate with great feasting. Many things occurred upon my final visit to my creditors that I shall long remember. Ahmar begged my forgiveness for his unkind words and said that I was one of all others he most desired for a friend.

Old Alkahad is not so bad after all, for he said, "Thou wert once a piece of clay to be pressed and molded by any hand that touched thee, but now thou art a piece of bronze capable of holding an edge. If thou needst silver or gold at any time come to me.

Nor is he the only one who holdeth me in high regard. Many others speak deferentially to me. My good wife looketh upon me with a light in her eyes that doth make a man have a confidence in himself.

Yet it is the plan that hath made my success. It hath enabled me to pay all my debts and to jingle both gold and silver in my purse. I do commend it to all who wish to get ahead. For truly if it will enable an ex-slave to pay his debts and have gold in his purse, will it not aid any man to find independence? Nor am I, myself, finished with it, for I am convinced that if I follow it further it will make

me rich among men."

And such is my wish for all of you, my friends.

Valley View Medical Center has this message for us for November: Getting enough sleep is important for both your physical and mental wellness.

A lack of adequate sleep can cause you to feel sluggish, lose focus and concentration, and mismanage your stress. Not getting enough sleep may also cause hypertension, stroke, obesity, and heart failure.

In order to get the full health benefits of sleep, it can help to develop a plan for getting those precious, restful hours in each night.

If you eat an evening snack, choose one with amino acid, which promotes sleep. Milk, poultry, bananas, oats, and honey are all good sources.

Combining these foods with a healthy, complex carbohydrate can enhance the effects of amino acid.

- Try to go to bed at the same time each night.
- Try to avoid stimulants, such as caffeine, in the evening.
- Keep your bedroom at a comfortable temperature.
- Use the bed for sleeping, not activities like watching TV or working.
- Try running a fan or using a white noise machine to help fade noise around you while you're falling asleep.

While sleep is essential to your physical well being, it is also crucial for your mental wellness. A study by the Harvard Medical School, suggests that sleep plays an important role in memory, both before and after learning a new task. So make sure you are making a consistent effort in getting the rest you need.

This month Lasse Bjerga shares this fitness advice:

"I am in good shape but would still like to lose some more weight (or the myth of the fat burning zone, part one).

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