

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE

FOR THE MONTH OF DECEMBER, 2010



'Angel Tree' is up at the City Office

For the ninth straight year, the Iron County Volunteer Center has set up a "Community Angel Tree" in the City Offices at 10 North Main. The tree is designed as an easy and convenient way for community members to help others during the holidays. Iron County Holiday Assistance is asking that the angels be returned by Wed., Dec. 15 and donations prior to that date are much appreciated.

Those interested are asked to select an angel from the tree and to follow the instructions on the back. Listed on the angels are needed gifts, such as holiday food items, socks, pants, shirts, blankets and an age-appropriate game or toy. Each angel will have information regarding what to donate and a child's gender and age. Perishable food items should be taken directly to the

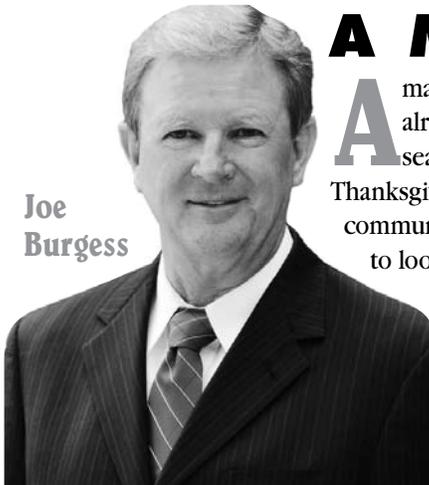
Care and Share Food Bank at 222 West 900 North.

"This year, it is our goal to meet or exceed our very successful 2009 drive which aided families," said Holiday Assistance Coordinator Pam Branin. "Last year we served 500 children and 400 families. We anticipate potentially many more due to the economic climate. We are thankful for those who choose to aid these children and families. If you can only afford to donate a dollar or two, it would be much appreciated."

Cash donations and gifts can be taken to the Iron County Care and Share at 222 W 900 N or the SUU Service and Learning Center at 185 S 300 W.

For more information on the Angel Tree or volunteering during the holidays, contact the Volunteer Center at 867-8384.

A MESSAGE FROM THE MAYOR



Joe Burgess

Amazingly, it's December already and the holiday season is upon us. With Thanksgiving over we have several community Christmas activities to look forward to. On Dec. 12 the Messiah will be performed at the Heritage Center at no charge to the public. This is always a great activity for the family.

The Aquatic Center will open before Christmas and will be a great addition to our community. The grand opening and ribbon cutting will be shortly after the first of the year. I hope everyone will take the opportunity to come and see and use this new facility.

The year ends with a mixed bag of news regarding our local economy. The latest sales tax report shows that we are still losing ground when compared with last year. We have been down in sales tax revenue for six months out of the first nine of the year which is disappointing. I encourage each of you to support our local merchants as much as possible when doing your Christmas shopping which will help.

Now for the good news: After the first of the year two of our factories will be expanding, adding 50 to 75 new jobs. We also have a new company relocating here that will start with about 15 employees.

This month we reach the last chapter of the *Richest Man in Babylon*. It is hard to believe a year has passed since we started with it. I have received many comments, most of them positive, but some have felt I was preaching to you and that was not my intent. I chose to share the book with you because my hope was that it might change someone else's life as it changed mine. If only one person uses it to make their life better, it will be worth it to me. The last chapter is entitled, "The Luckiest Man in Babylon," and the story is as follows:

A wealthy merchant, Sharru Nada, is traveling from Damascus to Babylon with his deceased partner's grandson. He is concerned about the young man's future, but doubts his ability to assist him because of the youth's attitude.

Quoting from the book (which was written in 1927 but it could easily be from today's newspaper), "Eyeing the young man's rings and earrings, he thought to himself, 'He thinks jewels are for men, still he has his grandfather's strong face. But his grandfather wore no such gaudy robes. Yet, I sought him to come, hoping to get him away from the wreck his father has made of his inheritance.'"

The grandson asks Sharru Nada why he works so hard and doesn't just relax and enjoy his great wealth. The grandson says, if he were wealthy he "would live like a prince. I would spend shekels as fast as they came to my purse. I would wear the richest of robes and the rarest of jewels." Sharru Nada reminds him that his grandfather did not wear jewels and then he jokingly asks him if he would leave no time for work. The

(CONTINUED ON PAGE 4)

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

Drew Jackson is recognized

Building Inspector, Drew Jackson, has been selected by the Cedar City Employee Advisory Committee as December's employee of the month.

Drew was nominated by City Manager Ron Chandler, who wrote, "Drew has been the City's day to day inspector at the Aquatic Center. His attention to detail has paid off for the City. He has also been an advocate for safety for the construction crews. As a result the contractors have not had a major accident on the job."

Drew's direct supervisor, Chief Building Official Larry Palmer adds, "Drew has great initiative and self-reliance. He always works with both the City and the client to come to a solution that is best for both. He is friendly, knowledgeable and very good with the public."

Drew was a custom home builder before coming to work for Cedar City and has been with the Building Department for over five years.

He is originally from southern California and is now happy to call southern Utah home. He and his wife have two children who are very excited about Cedar City's new Aquatic Center.

Drew and his family enjoy hiking, biking and all other outdoor activities. These hobbies paid off for Drew and his wife, Jeanne, last year when they won top honors in the City's fitness program "Step Challenge" as the pair logged more steps each day than any other City employee.

He says that working for Cedar City is a great experience. "I'm fortunate



Public Works Report

STREET: The Street Division's goal is to make the roads as safe and passable as possible. A few suggestions:

- (1) please keep cars parked off the street as much as possible to allow the snow plows to be more effective.
- (2) those who do their own plowing using a four-wheeler, please keep piles of snow as close to the gutter as possible. Piles should be on the right-hand side of the driveway (facing the street) to avoid getting pushed back into the drive approach.
- (3) please remove from and don't pile snow on sidewalks. According to City ordinance, sidewalks should be cleared of snow to allow pedestrian traffic. When snow blowing your sidewalk, please blow the snow onto your lawn instead of the street. This benefits your lawn as it melts.

PRIVATE SNOW REMOVAL

CONTRACTORS - Please pile snow on private property, not on sidewalks or streets.

SOLID WASTE: Please place your garbage can(s) on the asphalt in front of the curb, not in the gutter, and

away from cars for pick-up. During the winter months if the snow plows have been through, place the can on the street-side of the wind row so the garbage truck can pick it up more easily.

REMINDER - The City will celebrate Christmas and New Year's day on their respective Fridays (December 24 and 31). Garbage for those Fridays will be picked up on Monday December 27 and Monday January 3.

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.

The Public Works office reminds 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 Rd.

We appreciate any comments or observations on any Public Works operations. Please call us at 586-2912.

2011 Holiday Garbage Pick Up Schedules

Holiday	Garbage Pick Up Date
New Year's Day, Friday, Jan. 1 (Dec. 31)	Monday, January 3
Civil Rights Day, Monday, Jan. 17	Wednesday, January 19
President's Day, Monday, Feb. 21	Wednesday, February 23
Memorial Day, Monday, May 30	Wednesday, June 1
Independence Day, Monday, July 4	Wednesday, July 6
Pioneer Day, Monday, July 25	Wednesday, July 27
Labor Day, Monday, Sept. 5	Wednesday, September 7
Veterans Day, Friday, Nov. 11	Monday, November 14
Thanksgiving Day, Thursday, Nov. 24	Wednesday, November 23
Day after Thanksgiving, Friday, Nov. 25	Monday, November 28
Christmas Day, Monday, Dec. 26	Wednesday, December 28

In order to minimize any confusion, we encourage you to save and post this schedule for future reference.

LANDLORDS: *Please share this schedule with your tenants.*



AQUATIC CENTER TO OPEN MID-DEC.

The eagerly anticipated opening of the nine million dollar Cedar City Aquatic Center will take place in mid-December with the exact date to be announced shortly.

Water features of the facility include a 60 x 75 ft. lap and competitive pool, 115 x 126 ft. leisure pool, 64 x 80 ft. seasonal outdoor pool, toddler splash pool, water slides, lazy river, play structures and 8 x 18 ft. hot tub. Pictured below is the fish slide at the toddler pool which will be filled in the next few days. Other play structures include splash pads, intermittent fountains and water dump buckets.

Concessionaire service at the Oasis snack bar will feature delicious Friedman's franks as well as a variety of other snacks and beverages. The Oasis will also be open to the public for lunch and dinner until 8 p.m. for those who want to stop by and see the pool and grab a great hot dog.

Other amenities include individual and family changing rooms, private showers, seasonal sun deck and the Rotary Teen Lounge. The Lounge will be a great place for youth to "hang out." Plans include a television, pool table and other games as funds become available.

Additional great features of the Aquatic Center include a multi-purpose room and party room which can both be rented for activities.

Passes are now selling, starting at just \$21.95 per month for an individual, and \$39.95 per month for a family of 5 for Iron County residents. According to Leisure Services Director, Bob Tate, the exact date of the pool opening should be announced within the next week. Newspaper and radio spots and our website will announce the date as soon as it is confirmed. For more information call Leisure Services at (435) 865-9223 or access our website at www.cedarcity.org.



Coming Up... IN THE HERITAGE THEATER

(All times are p.m.)

◆ Sunday, Dec. 12 - 7:30

The Orchestra of Southern Utah presents its 70th annual presentation of "The Messiah"

Lobby opens at 6:30

Free concert; seating limited to the first 1,000 people.

◆ Monday, Dec. 13 - 7:30

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Lobby opens at 6:30

Free concert; seating limited to the first 1,000 people.

◆ Sunday, Dec. 19 - 7:00

Combined Master Singers and In Jubilo Concert - with musical numbers by the South Elementary Choir - Free

◆ Friday, Dec. 24 - 6:00

Calvary Chapel Community Christmas Celebration - Free

Program includes holiday music, a holiday message by Pastor Joe Carroll and free gift bags for children.

All are welcome.

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.

CDA/AT to reward compliant businesses

Again this year the Cedar City Disability Awareness/Action Team will reward businesses who remove snow promptly from their walkways. Team members will canvass the City noting those who comply with the ordinance as well as those who don't. Businesses who keep their sidewalks clear will be rewarded with a certificate of appreciation from the Disability Team.

The Team was formed approximately ten years ago and its purpose is to bring awareness and take action on issues which affect the disabled in Cedar City.

Remember, City ordinance states that snow must be removed from walkways in front of businesses and residences within 24 hours. Please be a good neighbor and keep your walkways clear. When it snows, keep in mind that many of our citizens are in wheelchairs or have other physical disabilities making it impossible to get around on snowy and icy sidewalks. CDA/AT urges you to "Think Wheelchairs."

Recognize the signs of Domestic Violence: Facets of a Healthy Relationship Part 3

☞ RESPECT ☞

Respect is fundamental to a healthy relationship. Respect is shown by gratitude, kindness, openness, consideration, and listening. Respect does not include disregard for another's views or ethnicity, or forcing your partner to do something she or he does not want to do. Respect is not shown by hitting, kicking, scratching or biting your partner. This is physical abuse. If you or someone you know is experiencing an abusive relationship, please call the

Domestic Violence LinkLine at 1-800-897-LINK (5465).



(continued from page 1)

grandson tells him work is for slaves, so Sharru Nada tells him how he and the grandfather became business partners.

Long years before, Sharru himself was a slave. His father was unable to pay a bond and so Sharru was taken to Babylon to be sold as a slave. On the journey there, one of the other slaves told Sharru what a blessing work was saying, "I like to work, for work is the best friend I've ever known. It has brought me all the good things I've had, my farm, my crops, everything. Some men hate it. They make it their enemy. Better to treat it like a friend. Make thyself like it. Don't mind because it is hard. If thou thinkest about what a good house thou will build, then who cares if the beams are heavy. Promise me, boy, if thou get a master, work for him as hard as thou canst. If he does not appreciate all thou do, never mind. Remember, work, well-done, does good to the man who does it. It makes him a better man."

They arrive at the slave market and Sharru is bought by a baker. He follows the other slave's advice and works hard. He learns everything he can about the business and then asks the baker if he can bake extra cakes to sell in the afternoons, promising to split the profits with the baker. Sharru obtains permission to do this and soon has a purse full of coins.

It is at this time he meets the youth's grandfather who is also a slave and sells rugs door to door. He, too, is a hard worker and has been allowed to earn some money to keep. Eventually the grandfather pays for Sharru's freedom and they go into business together.

Sharru Nada tells his partner's grandson, "Work in my greatest time of distress did prove to be my best friend. My willingness to work freed me from slavery and helped me to become the business partner to your grandfather."

The grandson asks, "Was work my grandfather's secret key to the golden shekels?" Sharru answers, "It was the only key he had when I first knew him. Thy grandfather enjoyed working. The gods appreciated his efforts and rewarded him liberally."

The grandson then thoughtfully replies,

"I begin to see, work attracted his many friends who admired his industry and the success it brought. Work brought him all those things I have approved and I thought work was fit only for slaves."

Sharru then says, "Life is rich with many pleasures for men to enjoy, each has its place. I am glad that work is not reserved for slaves. Were that the case I would be deprived of my greatest pleasure."

The grandson confesses he has always wanted to be like his grandfather. He then takes the rings from his fingers and the baubles from his ears and reining in his horse, he drops back and rides respectfully behind the leader of the caravan. So ends the story...

My fellow Cedarians, now that we have reached the end of the book I hope that you will use the precepts taught in it. I promise it will help you to be both happy and prosperous. I wish each of you a Merry Christmas and a Happy New Year.

Valley View Medical Center shares the following to help us maintain our weight and our health:

During the holidays, try to eat more fruits and vegetables each day. The Dept. of Health and Human Services recommends nine servings of fruits and vegetables daily (about 2 cups of fruit and 2-3 cups of vegetables). Some easy ways to add them to your diet are:

- Throw some fresh, frozen, or dried fruit into pancakes, French toast, or hot or cold cereal.
- Fill an omelet with chopped tomatoes, onions, mushrooms, green peppers, chili peppers, broccoli florets, or whatever you have on hand.
- Munch on dried fruit. Dried fruits make great snacks. Try dried apricots, pears, peaches, prunes, raisins, and more.
 - Add veggies you like to dishes you love. Spaghetti is one example of a dish that can be secretly supplemented with veggies. Just add finely chopped zucchini, mushroom, onions, eggplant, or yellow squash.
 - Top pizza with some vegetables. Try a combination of tomato, onion, bell pepper, mushroom, zucchini, and artichoke hearts.
 - Make soups with lots of veggies.

- Layer zucchini slices into your lasagna.
- Add broccoli florets to macaroni and cheese.
- Eat some veggies with your cheese quesadilla.
- Drink your vegetables (and fruits). Low-sodium V-8 or carrot juice equals a serving of vegetables. Or try blending some carrot juice with a fruit juice you enjoy and you've got a fruit and a vegetable serving. Hide spinach in a smoothie. It changes the color but not the taste.

Lasse Berja continues his advice on improving fitness:

My suggestions will not be scientifically footnoted; although in many cases they could be. They are a blend of science, common sense and a rather long life of practical exposure in the fitness/wellness field. Below are my top ten:

- 1) Eat whole foods.
 - 2) Eat "slow foods" and eat them slowly. In most cases the meal which takes a little more time and thought is the more nutritious meal. Taking time to eat it will fill you up before you eat more than you need.
 - 3) Beware of sugar addiction. Commerical food is plagued with it. It messes with your brain's neurotransmitters and makes you fatter than you think.
 - 4) Don't use artificial sweeteners. If you find empirical evidence that using artificial sweeteners results in weight loss, please come and tell me.
 - 5) Don't eat three hot meals a day. You need a lot of uncooked food. Over cooking food and eating too much cooked food hampers digestion.
 - 6) Get rid of your Teflon pots and pans. Steel costs more but lasts, and doesn't dissolve and get into your food.
 - 7) Learn how to make and handle food. Buy a book on whole food cooking if you have no clue. It isn't quantum physics. You can actually do this!
 - 8) Butter is better than margarine. I always knew it and now you do too.
 - 9) Treat salt with respect.
 - 10) Be good to your mom and dad and you will live a long and happy life.
- Merry Christmas and a happy and healthy New Year.