

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE

FOR THE MONTH OF MARCH, 2011



A MESSAGE FROM THE MAYOR



Joe Burgess

I know there is still snow on the ground, but spring is coming. This month we start the budget process which is going to be a challenge as our revenue is still much lower than we wish it was. With warmer weather ahead we are also starting the upgrades on our infrastructure.

The bids for the

first section of the sewer system will be let this week. Schedules for spring clean up are in this newsletter, and the opening of the Lake on the Hills will be on March 9th (weather permitting).

In last month's newsletter, I promised to give an update on some new events that have been planned for this summer. First will be the Groovefest "Run for the Music" quarter marathon on June 25. This race for charity will wind its way through the streets of Cedar City, and finish at Main Street Park. Along the way participants will be treated to live music at each mile marker, with running shirts and prizes given to those who finish the race. Also new for 2011 is the Moxie Outdoor Adventure Race, a high level off-road endurance event beginning in Cedar and traversing the trails of Cedar Mountain, then finishing back in town. This high intensity race will include trail running and mountain biking. For more information on the events mentioned, call (435) 865-5108. Now that the weather has warmed up some, it's a good time to start training!

Keith and Janet Seegmiller offer this background on our local newspapers this month:

Pioneer newspapers in Utah Territory appeared and disappeared frequently. Those early papers provided substantial power or influence to their owners and editors since there was no competition from internet, television or even radio. Aspiring, ambitious men created newspapers in almost every Southern Utah community in the 1860s and 70s . . . except Cedar City.

Competition between Mormon and non-L.D.S. interests resulted in several newspapers in Beaver and St. George boasting that they had the first. *The Dixie Times* was established in 1868 and claimed to be "the only paper in the Territory published outside of Salt Lake City." Ironically, to find out which new papers were publishing in Utah and which old ones were failing, you had to read one of those that were printing at the time.

We learn from *The Provo Enquirer* of October, 3, 1890, that Cedar City was going to get its first newspaper, called *The Iron County News*. The new publisher/editor, Reinhard Maeser, had once worked for the *Enquirer*. In 1890, he was teaching school in Beaver, but he had also been part-time editor of several different papers. Hoping to expand his newspaper "chain," he quit teaching and came to Cedar City to start the *News*. The first issue on November 22, 1890, was printed on four large sheets which became eight pages when folded. National news and fiction stories were taken from other publications. Local news on schools and mining and a few ads filled pages 4 and 8. The *News* lasted only four months, until March 14.

Cedar City's next newspaperman was Judge Will C. Higgins, former editor of the *Salt Lake Mining Journal*. It was said that when "times were rocky and

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Coming Up...

IN THE HERITAGE THEATER

Tues., Mar. 15, 7:30 p.m.

Cedar City Music Arts presents: The Broadway Musical "The Music Man"

Tues., Mar. 29, 7:30 p.m.

S.U.U. Jazz Band

Sat. Apr. 23, 7:30 p.m.

The United States Army Field Band and Soldiers' Chorus from Washington D.C.

Those attending **MUST** have a ticket which can be obtained from the Heritage Center Box Office beginning on Mar. 28. Tickets are FREE but will go quickly, so get yours early!
For more information, call 865-2882.

Public Works Report

STREET MAINTENANCE: Areas scheduled for crack sealing this month include streets south of 200 South, east of I-15 and west of Main St., and the area south of the Staples/Christensen's shopping center east of Main St. When you see crews approaching your neighborhood, please park your vehicle in the driveway so the work can be done completely. Crack sealing should be complete by March 31.

SNOW REMOVAL: Please keep cars parked off the street as much as possible to allow snow plows to be more effective. City ordinance states that sidewalks should be cleared of snow to allow for pedestrian traffic.

EFFECTIVE FEBRUARY 28,
THE MONDAY GARBAGE
PICK-UP ROUTE CHANGED
TO WEDNESDAY AND THE
WEDNESDAY GARBAGE PICK-UP
ROUTE CHANGED TO MONDAY

RECYCLING: Thanks for recycling. Please compact plastic containers before disposing. Bins are emptied every Tues. Cardboard may be taken to bins located at the southeast corner of U-56 and Westview Dr. Please break boxes down.

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

Youth City Council takes office

Cedar City's Youth City Council was sworn in at the City Council meeting on March 2. Those serving this year are: Clarissa Fackrell, Mayor; Chelsey Hansen, Treasurer; and Council Members: Erik Nakken, Kathlene Fackrell, Aubrey Bryson, Ashley Gray, Tina Yakovich, Alexandria Van Scoyk, Braxton Savage and Tommy Braun.

The Y.C. was formed to provide the youth of Cedar City with the opportunity to serve, empower, educate and unite the community.

The Youth City Council meets on the first Thursday of the month at 6 p.m. in the Council Chambers at the City Offices at 10 N. Main. The public is welcome to attend.

Brain injury prevention spotlighted

Aimee Peterson of Cedar City remembers all too well: "It was June 26th, 2008, about 6:00 p.m., and I was painting the ceiling in our kitchen when I got the phone call from my mom, saying that my older brother Kyle had wrecked on his longboard and had massive head injuries. The medical team was life-flighting him to Salt Lake to try and save his life." That's the kind of phone call you never forget, and one that Aimee doesn't want anyone else to ever get. March is Brain Injury Awareness Month and Aimee, along with her brother Kyle, are speaking out on the extreme importance of wearing a helmet.

Kyle says "I don't remember how the accident occurred. I just remember I was about a block away from Cedar High School, and I was coming home from a presidency meeting that Sat. night. The next thing I know, I wake up a week later with tubes all over me, no short term memory and unable to move or speak. I had to learn how to walk again, write my name again, tie my shoes and do every other simple daily task we do without thinking. Physically I have recovered, and you would never know to look at me that I had suffered a severe brain injury. But I still struggle with not being able to learn and recall like I did before the accident, my balance is a little off, and things are just harder for me. It's coming up on three years and I'm still working on a full recovery."

Because March is Brain Injury Awareness Month, Kyle and Aimee (who is a member of the Brain Injury Association of Utah), are making presentations all over the county and state about being "HeadSmart: Why Helmets Are a Must." Their compelling true story will help parents and families to always be "HeadSmart" and wear their helmets. They are available for interview, or to schedule a "Headsmart" presentation for classrooms, youth groups or service clubs. For information and scheduling, you may contact Aimee by calling 435-592-2939. See Kyle's story at beingheadsmart.blogspot.com.

Recognize the signs of Domestic Violence: Facets of a Healthy Relationship Part 6 ☞ **INDIVIDUALITY** ☞

Individuality is a source of richness in a relationship. Individuality is expressing yourself, having your own friends, interests and hobbies, being comfortable to voice your opinions without being criticized, and allowing your partner to do so as well. Individuality does not include threatening, coercing, or forcing your partner to comply with your sexual demands. This is sexual abuse. If you or someone you know is experiencing an abusive relationship, please call the

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

CEDAR CITY SPRING CLEAN-UP 2011

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

*** 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.

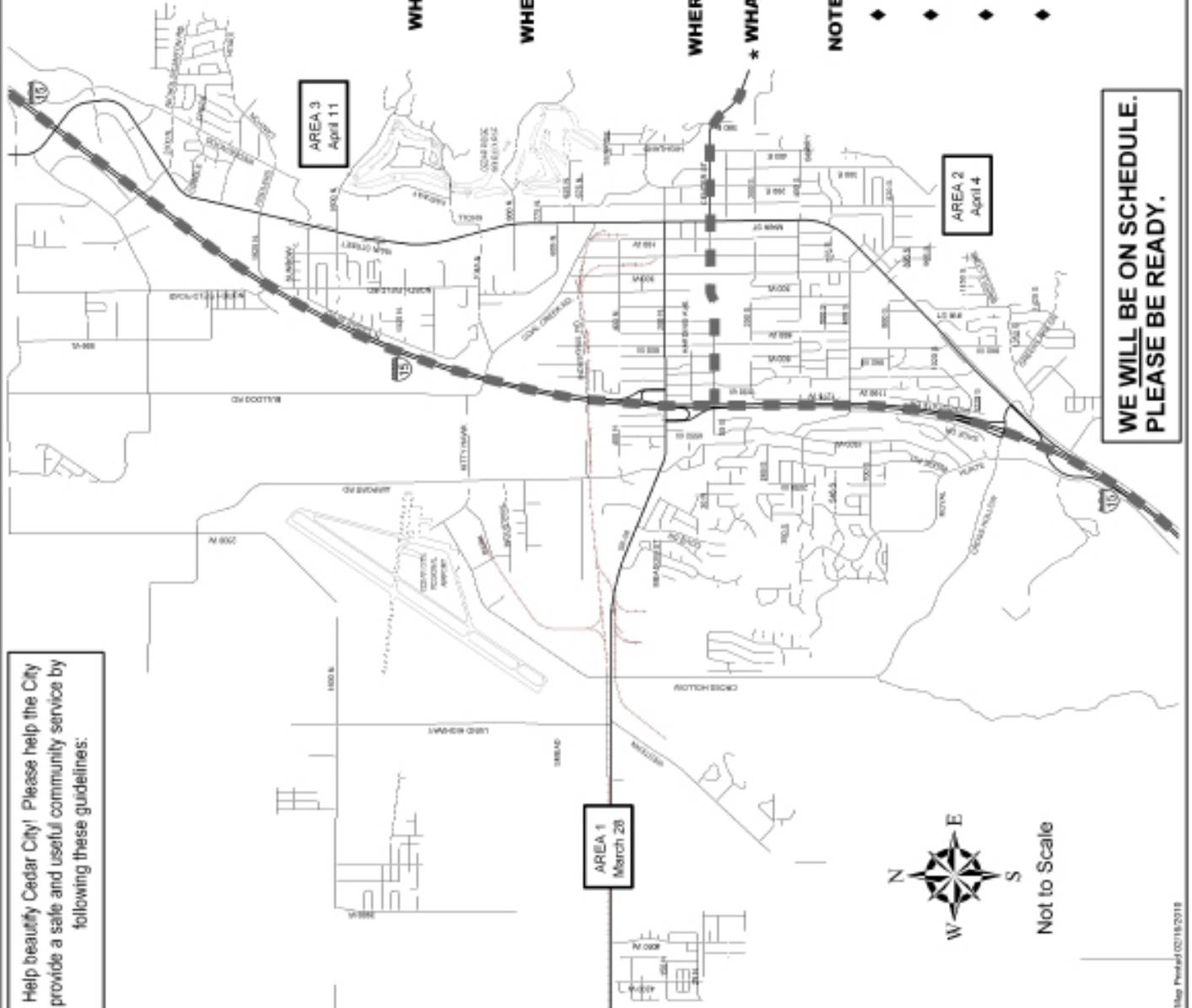
WHERE: Debris must be in front of the curb in the street. City crews will not load debris if it is piled on private property.

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



Not to Scale



(CONTINUED FROM PAGE 1)

tough” in Salt Lake, he brought his press to Cedar City to start *The Iron County Record*. In the first issue on December 8, 1893, he wrote “The *Record* is not as large as the *New York World* nor as fine in appearance as the *Juvenile Instructor*... It will be independent in politics and religion... [and] we are here to stay...” He also wrote that he was obligated to Alex Rollo who had “slung up a few galleys of type” and was a first class compositor. Young Alex Rollo had come to Cedar City in 1892 where his father William Rollo was working with Alexander Matheson at the flour mill.

The Iron County Record was a weekly paper that lasted 89 years, but Editor Higgins did not stay long in Cedar City. He returned to Salt Lake about 1895, after selling the *Record* to Charles S. Wilkinson and Dan E. Matheson. Wilkinson ran the paper until 1903. At that time Southern Utah Publishing Company was formed to provide financial support, with a board headed by Lehi W. Jones, John S. Woodbury, J. T. Wilkinson, George W. Decker, and Alex Rollo. Over the next 20 years, management changed frequently. A second Cedar City paper, *The Observer*, was started by Alex Rollo, but later consolidated with the *Record*.

Alex Rollo went to Parowan and started *The Parowan Times* and ran it from 1915 to 1919 when he sold it to Warner Mitchell of Parowan and came back as editor of *The Iron County Record* in partnership with Lafe McConnell. Joe Whitmer later bought McConnell’s interest, and then sold it back to the Rollo sons, Ezra

and Morgan, at which time A. H. Rollo and Sons Company was established. Three generations of the Rollo family managed the newspaper and four worked for Rollo Publishing Co. Klein Rollo was the last editor.

The July 3, 1980 issue announced that the *Record* was changing hands, but that the Rollo family would continue to operate their commercial printing press as Rollo Publishing Company. Klein Rollo wrote, “It is with a great deal of emotion that we leave the newspaper field. . . . We believe [that] this will result in an expanding operation in community media in southern Utah.”

Robert Finney and Michael Stansfield of Finnfield Publishing bought the paper and published it as a weekly until December 8, 1982. At that time, they sold it to the Spectrum Publishing Company of St. George. Southern Utah’s communities were expanding and the Spectrum was gearing up to publish a daily newspaper in the five-county area. The last weekly editions of December 1982 were under the banner, *Cedar City Spectrum/Iron County Record*.

Valley View Medical Center offers this great advice for March: “Mindless Eating”

At times we use food as a way to cope with what we are feeling—boredom, stress, fatigue, grief, or depression.

It is common to mindlessly eat while distracted—while working or watching television, for example. Often, we eat as a part of bringing people together. Think of the last social event you attended—food likely made an appearance. Food is simply convenient and available.

Think about the candy jar at work or the baked goods sitting on the kitchen counter.

The trap of mindless eating is one that affects the majority of individuals regardless of age or weight. The frequent result is unwanted weight gain or difficulty losing weight over time.

- **How to recognize and avoid mindless eating**

If you ask yourself, prior to eating “Am I hungry?” and the answer is “No,” then you should proceed to question your motivation for eating. Ask yourself, “Why am I about to eat when I am not hungry?” By asking this second question, you can determine why you want to eat at that particular moment and you can then react appropriately. Although simple in theory, we are complex individuals and it can take quite a bit of self-reflection to determine the underlying cause of wanting to eat despite not being hungry.

- **Try the apple test**

Ask yourself, “Would I eat an apple right now?” If the answer is no, chances are you aren’t physically hungry. Assess how hungry you are and eat accordingly.

- **Beware of food that is easily available**

If you find yourself always grabbing a chocolate from the office candy jar, take a different route to your desk. Store treats like cookies or candy in a closed pantry rather than in a cookie jar on the kitchen counter. Making the transition from a mindless eater to a mindful eater is a process that doesn’t usually happen overnight. The effort you put into becoming more attentive to eating can help you avoid overeating.