

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF NOVEMBER 2011

A MESSAGE FROM THE MAYOR



Joe Burgess

I am never sure when the newsletter will be delivered and since I am writing this in October, I don't know the results of the elections yet. But I do want to thank those who were willing to run for city council. It isn't fun and it isn't cheap to run

a campaign. I want all those who ran to know how much I appreciate their efforts. I want to congratulate those who were elected, and let them know that I look forward to working with them.

One of my goals as mayor is to improve our city's aging infrastructure, and I am pleased to say that our current infrastructure projects are moving along. Most should be finished this month. The Cove Drive project is also nearing completion and should be open by the time you receive this newsletter. This will be a real timesaver for those living in the Cove and in areas to the west, and will allow easy access to the Aquatic Center, ball fields, Cedar Middle School and Providence Center. It is a pretty drive up this canyon, so check it out when you have a few extra minutes.

Other good news is that our sales tax revenue is improving. In August, sales tax was up 9% over August of last year. We can all help keep our sales tax revenue improving by doing as much of our shopping here in Cedar City as possible. Christmas is coming soon, and I encourage each of you to buy what you can locally. I realize that you can't buy

everything here, but let's all do what we can to keep our money here in Cedar City.

A few weeks ago Brennan Wood (who is over our economic development department), City Manager Ron Chandler, and I met with a site selector who was here looking for a place to locate a distribution center. We are in the running for this company to locate here. If Cedar City is selected, it will provide 350 jobs over the next couple of years. The company is going to be making their decision very soon, and I will let you know how it turns out.

Cedar City's birthday party is on Friday, November 11th. For the first time, it will be held in the Heritage Center. It promises to be a delightful evening with dancing, entertainment, prizes, and Dutch oven cobbler and ice cream provided by Mike Leibhardt. We invite all to participate and enjoy the evening. This event is FREE and begins at 7:30 p.m. For more information, see page 3.

Finally, this month, I want to share how grateful I am for this Thanksgiving season, which gives me cause to reflect upon my many blessings. How thankful I am to live here in this beautiful valley among so many good people. The best part of being mayor has been the opportunity to meet and get to know so many of you. I have especially enjoyed the children that I have been able to talk to about how our city government works. I hope I have helped instill in them a desire to be involved and help make our city better. Cities can be no better than the people who live in them. I also want to wish each of you a Happy Thanksgiving!

Each January, we celebrate the founding of Iron County and the establishment of Parowan by a party of 120 men, 30 women, and 18

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Destry Griffiths is honored

Patrol Officer Destry Griffiths has been selected as Employee of the Month by the Cedar City Employee Advisory Committee for the month of November. Destry's nomination form reads, "Officer Griffiths is a level headed, caring and devoted officer. He is well known for his ability to volunteer for every call that comes in. He is never heard to complain and he is always cheerful and engaging, especially to our residents...Officer Griffiths teaches the DARE program in our local schools. Not only does he teach the 5th grade curriculum at Fiddler's Elementary, he also is the only officer to teach the 7th grade curriculum at both Canyon View and Cedar Middle Schools...he has a passion for educating our youth and



helping them to make good choices now to help them throughout their lives. Officer Griffiths is also very involved in his community...(he) is a devoted family man and constantly strives

to better himself, and by extension those he associates with."

Destry began work at the Police Department in 1996. He was born in Parowan and attended Parowan High School before attending SUU.

Destry and his wife, LaDawn have been married since 1999 and are the proud parents of a boy and a girl.

With work, church and family responsibilities, Destry says he is too busy for many hobbies right now, but he does like to learn new things and is very interested in politics. He enjoys interacting with all kinds of people at work and also enjoys the opportunity being an officer gives him to serve the public. Congratulations, Destry!

Public Works Report

AIRPORT: For those of you who haven't heard, Regional Jet Service will start in Cedar City on Jan. 4.

THANKS FOR YOUR PATIENCE! Most of the infrastructure replacement projects are now complete.

WATER DIVISION: It's freezing at night! The grass is going dormant for the winter. Irrigation lines should be drained and hoses unhooked and drained.

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.

GARBAGE PICK-UP: Household hazardous materials are not permitted at the landfill and can't be picked up by our Solid Waste Operators. See below for proper disposal of such materials:

Oil: Recycle at a used oil collection center (anyone who changes oil). Visit www.usedoil.utah.gov/ for additional information.

Batteries: Recycle at a location that sells them such as Walmart, Tinks, Autozone, etc.

Electronics: Visit www.deq.utah.gov/Pollution_Prevention/electronics.htm for more information.

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 Bulbs: Recycle at Home Depot or Hurst/Ace. Visit http://www.deq.utah.gov/Pollution_Prevention/CFLs.htm#cc for more information.

Pesticides: Take them to IFA in Cedar City. Visit <http://extension.usu.edu/files/publications/factsheet/Pesticides> for more information.

Antifreeze: Visit <http://www.hazardouswaste.utah.gov/SWBranch/Adobe/P2Factsheets> for more information.

RECYCLING: Thanks for recycling. Glass and cardboard are accepted at SURE Recycling at 1342 W. Industrial Road (the old Coke plant).

The Public Works office reminds you that any work done within the road right-of-way requires an encroachment permit, which can be acquired 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.

OBESITY , CONTINUED FROM PAGE 4)

- Children should eat at least one-and-a-half cups of fruit and up to three cups of vegetables daily. Aim for a variety of colors and types to provide the most nutrition.
- Children should drink more water. Juices, sodas, and other sugar-sweetened drinks should be limited.
- Limit screen time to no more than two hours per day for children older than age two. Children younger than age two should watch less than a half hour of television per day.



America recycles day is Nov. 15

November 15 is America Recycles Day, the only nationally recognized day dedicated to promoting and celebrating recycling in the United States. Events that day include:

10 a.m.- 12 p.m. at SUU, Sharwin Smith Living Room - FREE showing of the movie, "Wasteland," sponsored by The Center for Sustainability and the Earth Club. During this film, gratis food will be served on a first come basis (chips with dip, sandwiches, etc.). An informational booth will be set up to answer campus and community recycling questions. Giveaways will be given to all those in attendance!

2 p.m. - 5:30 p.m. at Smith's parking lot (by binnies) - Come check out our "binnies" and learn about recycling options available in this area. Free food, prizes, music, education and entertainment for all ages. Bring your outdated computers, monitors and appliances to the event for recycling. All participants receive prizes. (Prizes include: SUU re-fillable bottles, buttons, stickers, shirts, pens, and much more). Sponsored by the Southern Utah Recycling Coalition, Southern Utah Recycling Enterprise, Center for Sustainability, Virgin Valley Recycling and many other supportive organizations.

Come enjoy a warm cup of cocoa or cider, and meet the amazing people involved in recycling in this area.

Coming up...

Cedar City Birthday Bash
Heritage Center Theater
104 N 100 E

Fri. Nov. 11, 7:30 to 10:30 p.m.
Celebrate the 160th birthday of Cedar City. FREE entertainment featuring Ken's Big Band and the SUU Ballroom Dance Team. Drawings for prizes including ski passes; theater tickets; \$50 certificates from local stores; Dutch ovens; and tuition for a years classes at SWATC! Benefitting the Iron County Care & Share: Bring non-perishable food items or a \$1 donation, to increase your chances to win a prize. Jones Paint & Glass will donate 25 cents to the Care & Share for each person attending.

Iron Mission Days
Frontier Homestead State Park
635 N. Main

Nov. 9, 7 p.m. *History on our Doorstep*, program detailing local events for 40 years in Cedar City by former SUU professor, Steve Heath.

Nov. 12, 10 a.m. to 4 p.m.
Annual "Community Day." Events include pioneer activities, crafts, and other great hands on activities. Cost is \$5. For more info, call 435 586-9290.

Veteran's Day Celebrations
Nov. 11

9 a.m. - Flag Ceremony at

Veteran's Park

11 a.m. - Program at Randall

Jones Theatre Featuring speakers and patriotic songs by the Master Singers and Cedar High School Band

1 p.m. Roast beef lunch at the Elks Club for veterans and spouses (must obtain ticket at SUU event to attend luncheon).

Safely dispose of old medicines

Did you know that teenagers now abuse prescription drugs more than any other illegal drug except for marijuana? The majority of teens who abuse these drugs get them for free, usually from friends and relatives, and often without their knowledge. Another sad fact is that unintentional prescription pain medicine overdose is the number one cause of injury deaths in Utah, even more than motor vehicle crashes. It is simply not safe to keep old, unneeded medicines in your home.

Unused medicine that is flushed or rinsed down the sink can hurt the environment. Drugs are not always removed by sewage treatment facilities and septic tank systems, and can enter the water supply and soil. Research studies show that exposure to drugs found in our water is having a serious effect on fish and animals. Drugs can be taken out of trash cans and used, or illegally sold, so...

What Should I do with my Unused Medications?

DO NOT FLUSH! DO NOT POUR!

The Cedar City Police Department, located at 10 North Main St., has a prescription drug disposal bin in the lobby. This option is available for safe disposal of old medications from 8 a.m. to 5 p.m., Mon. through Fri.

If this disposal option is not feasible, medicines can be disposed of safely by first removing all personal identification from prescription bottles; then mixing unused pills with water, wet coffee grounds, kitty litter, or other undesirable substances; and/or mixing liquid medicines with flour and placing the mixture in a sealable plastic container. Place this in the trash **on the day of pick-up.**

Safely disposing of old medications will help reduce drug abuse, drug poisonings, and also help to keep our environment safe and clean.



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children on January 13, 1851. Between January and November the settlers, and others who followed after them, worked hard. They built roads up Cedar Creek Canyon (now Parowan Canyon); they cut and hauled logs, built houses, made furniture, constructed a fort, cleared land and planted crops – even though they were not sure anything would grow in the “bloody red soil.” Men and boys had to work at damming creeks and digging ditches, then repairing those ditches after every summer storm, while others built a sawmill and mill races. All the time, someone had to stand guard over the cattle, while women washed clothes, prepared meals on open fires, tended small gardens, raised chickens, and had babies.

Nine months later, colony leaders went back to Salt Lake City for the October LDS Conference and asked for reinforcements. These were especially needed because coal had been discovered some 20 to 30 miles south where the “Little Muddy” exited another canyon. They changed the name of “Little Muddy” to “Coal Creek” and made plans to build their second settlement five miles from the coal deposits and ten miles from the iron mountains to the west. Three new companies soon left the Great Salt Lake Valley and reached Parowan by November 1st.

On November 3rd and 4th, George A. Smith, William H. Dame, Henry Lunt, and other men rode to Coal Creek where they surveyed and staked a small fort and a large cattle corral, and dedicated “the land, minerals, water, timber, and grass to the

service of God in the manufacture of iron and machinery.” Smith called the new settlement “Cedar City” reportedly because they camped in some trees that looked like Cedars growing on the east bank of the creek. From the original Parowan settlers and the new arrivals, a company of 35 men were selected to establish the new settlement on Coal Creek. They were organized into two militia companies. These English, Irish, Scotch and Welsh miners and iron workers (with an American or two) left Parowan on the 10th of November with eleven wagons.

Matthew Carruthers was appointed Major and Presiding Elder, but Henry Lunt led them from Parowan to Coal Creek. They camped the first night on the roadside, and on November 11, in a snow squall, the horse company reached the fort site at 4 o’clock, followed by the foot company’s arrival about 7 o’clock.

Thus Cedar City was founded, and this founding has ever since been recognized as Cedar City’s “birth” day.

They were only the vanguard of the men and women called to establish the iron manufacturing industry. On November 18, a significant number of men once associated with the Scotch Independent Company arrived in Cedar City. Teamsters, wives, sons and daughters would follow. When James Whitaker went back to Parowan to get his daughter Ellen to cook for him, she became one of the city’s first female residents. Her brother James Jr. was also there to help in the work of “forting up” and establishing a home site so their mother and

sisters could follow.

The population quickly grew to almost 1000 by 1856, but dwindled to 301, after the iron industry was abandoned. One hundred and sixty years later, there are almost 30,000 residents and all are invited to the annual Cedar City Birthday Ball on Friday, November 11th at the Heritage Center, and to Iron Mission Days on Saturday, November 12th at the Frontier Homestead State Park.

...Janet and Keith Seegmiller

Valley View Medical Center shares this timely advice for November:

According to a 2010 study by the Utah Dept. of Health, 20 percent of elementary school students were at an unhealthy weight and nearly 10 percent were obese. National data shows that the percentage of obese children has more than tripled since the 1960s. One factor causing this rise is the increased amount of time children are spending watching television instead of being physically active.

Physical activity in childhood strengthens growing bones, muscles, the heart and lungs; prevents obesity; increases self-esteem; and promotes lower levels of anxiety and stress.

It is important for families to work together to make sure that everyone is leading healthy lives. The Utah Dept. of Health makes the following recommendations:

- Children should get at least 60 minutes of physical activity daily. Go for walks or bike rides as a family, play sports together, or participate in seasonal activities such as swimming or skiing.

(SEE OBESITY ON PAGE 2)