

# Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF MAY, 2012

## A MESSAGE FROM THE MAYOR



Joe Burgess

Summer is fast approaching and I, for one, am enjoying the beautiful warm weather. It has been a busy spring, and I want to thank all the citizens who took advantage of the City's Spring Clean Up. Removing all that unsightly trash helps keep

our City beautiful. Now we all need to work at keeping our yards attractive through the summer months, so all of us who live here, as well as those who visit, can enjoy Cedar City at its best.

I hope now that it is warm some of you are taking advantage of the information in the articles that Steven Heath is writing for the newsletter and have visited some of the scenic areas we have right here in our back yard. A few weeks ago my wife and I drove up Kolob Canyon one evening as the sun was setting. I have traveled a bit and have seen many things, but nothing any more spectacular than Kolob Canyon. I encourage all of you to take the time to visit some of the beautiful areas that are within minutes of our City. I also encourage all those who haven't been on our new trail to take the time to walk, run or bike it. To access the trail, turn left (east) at the light on south Main, just before the south interchange. The trail head is on the

left side of the frontage road. The trail is 1.7 miles long and ends near the water tank at Squaw's Cave on the east side of town.

Convergys celebrated their 25th anniversary this past month. They are the second largest private employer in Cedar and are a great asset to our community. A big thanks and congratulations to them.

We also have several new restaurants in town to visit. The Coop has opened across the street from the City Office and Centro Pizzeria is opening at 50 W. Center, where the Breaking Wind store was.

The first annual Cedar City Soap Box Challenge will be held this month. Check it out on Cedar City's website ([www.cedarcity.org](http://www.cedarcity.org)) under Departments/Leisure Services/2012 Soap Box Derby Challenge. It should be a fun event.

The Family Festival will be August 24 and 25 this year, so be thinking about a family that you want to enter in the Family of the Year Contest. More information can be found on Cedar City's website (Festivals/Cedar City Family Festival). You may also want to start planning now to participate in the Cedar City's Got Talent Show; the whiffle ball tournament; and the little red wagon parade. Another fun activity will be the 5K run and mile walk. This is going to be a color run, where everyone gets covered in paint, so it should be quite entertaining and would be great opportunity for a unique family picture.

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## Danny Stewart selected as EOM

Economic Development Assistant Danny Stewart has been selected as this month's recipient of the Cedar City Advisory Council's Employee of the Month award.

Danny has worked for Cedar City for only one year, but has already proved himself a valuable employee according to his supervisor Economic Development Director Brennan Wood, who



wrote: "Danny has been a key addition to the Economic Development Team. Danny displays pride in his work and goes

the extra mile on each project...

Danny consistently exhibits excellent job performance and performs above our expectations. He does everything: he helps with grants; designs logos, posters and marketing material; creates recruiting packets; generates lists; drafts written correspondence and does everything else Byron (Events Director) or I throw at him. He does all this with a cooperative attitude and a sense of humor."

Danny majored in Communications at S.U.U. Prior to being hired by Cedar City, he worked for Preferred Publishing for 19 years.

He is married with three children. He said that he doesn't have too much time for hobbies at this point (his daughter is getting married in June) but he enjoys hiking, fishing, photography and family time.

Danny's favorite part of his job are the people who work at the City and telling others about Cedar City, or as he puts it, "selling Cedar City."

## Public Works

**STREET MAINTENANCE:** Spring clean-up has been completed for this year. Thanks for your participation and cooperation. Our annual street maintenance begins in May with skin patching. The area of the City scheduled for maintenance includes areas from Main Street to I-15, from 200 North to Canyon View High School. When you see crews approaching your neighborhood, please park your vehicle in the driveway so the maintenance work can be done completely. If a residential property owner in this area has problems with the curb, gutter or sidewalks, the City is willing to tear out the old if the owner is willing to pay for replacing the concrete. For more details, call Jeff Hunter at 586-2967.

**GARBAGE PICK-UP:** Please place your garbage can(s) on the asphalt in front of the curb, not in the gutter, and away from cars and mailboxes.

**LANDFILL:** There are many items the City garbage trucks are not able to pick up. You may dispose of items such as carpet/padding, appliances, furniture, and residential construction materials at the landfill. Certain items require a fee before disposal. The landfill is located at 3127 N Iron Springs Rd. If you have any questions, please call the landfill at (435) 865-7015.

**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](mailto:streetlights@cedarcity.org) or call us at 865-4510. We will follow up on the request.

**THANKS FOR RECYCLING.** Glass and cardboard are accepted at SURE Recycling at 1342 W. Industrial Road (the old Coke plant). Please break boxes down and compact all items before disposing. Bins are emptied every Tuesday. Please do not leave debris behind at the recycling sites.

**WATER:** As you energize the irrigation system, please take care of all leaks and broken heads. Please be sure to keep as much water off the sidewalks and streets as possible – keep it on the lawn. Watering in May should be ½ inch every 4 days. Watering is to be done before 8 AM and after 6 PM. These watering times are year round. Let's do our part to conserve.

**WATER METERS:** Please remember that it is contrary to Cedar City ordinance for anyone other than the Cedar City Water Division to access water meters at residences. If the need to access the water meter arises, please call our office at (435) 586-2968 and a member of our Water Division crew would be happy to assist.

**AIRPORT:** For those of you who haven't heard, Regional Jet Service will begin on June 1. For more information on flight times, please visit the [www.skywest.com](http://www.skywest.com) website. Travelers who are checking baggage need to arrive at least 30 minutes before your flight in order to allow proper baggage screening to take place.

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.



## Proper disposal of medicines crucial

Developed to promote human health and well being, certain pharmaceuticals are now attracting national attention as a potentially new class of water pollutants. Such drugs as antibiotics, anti-depressants, birth control pills, seizure medication, cancer treatments, pain killers, tranquilizers and cholesterol-lowering compounds have been detected within various water ways throughout our nation.

Where do they come from? Pharmaceutical industries, hospitals and other medical facilities are obvious sources, but households also contribute a significant share. People often dispose of unused medicines by flushing them down toilets, and human waste can contain various incompletely metabolized medicines. These drugs will pass intact through conventional sewage treatment facilities, into waterways, lakes and even aquifers.

The following are easy steps the public can take to better protect the environment, and/or the Cedar City Regional Wastewater Treatment Facility, (CCRWTF) in relation to proper disposing methods of pharmaceuticals.

- The Cedar City Police Department offers a pharmaceutical disposal bin for unused, unneeded, or expired prescription drugs at their office at 10 North Main. Their office hours are Monday through Friday, 8 a.m. to 5 p.m.
- Take unused, unneeded, or expired prescription drugs out of their original containers and mix the prescription drugs with an undesirable substance, like used coffee grounds or kitty litter. Put them in impermeable, nondescript containers, such as empty cans or seal-able bags, further ensuring that the drugs are not diverted or accidentally ingested by children or pets. Throw these containers in the trash.
- NEVER flush prescription drugs down the toilet.

For more information on local take back locations and dates please visit <http://www.medicationdisposal.utah.gov/>, and [www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov) or contact: Peter Sury, Cedar City Pretreatment Coordinator at 435-867-9426 Ext: 304.

## Free kidney screening to be held

Chronic Kidney Disease (CKD) is at its highest level in history because the two leading causes of kidney failure – diabetes and high blood pressure – are also in epidemic proportions. Symptoms of kidney failure are silent until they reach the last stage. There is no cure for CKD. Early detection, treatment and/or lifestyle changes are the keys to slow or stop the progression of CKD, and may prevent the need for dialysis or transplantation.

The National Kidney Foundation conducts the Kidney Early Evaluation Program (KEEP) to identify individuals at increased risk for kidney disease and provides about \$200 worth of free testing to each participant. A FREE early detection screening will be held on May 30 at the Cedar City Aquatic Center, 2090 W. Royal Hunte, from 11 a.m. to 2 p.m. To make appointments or for further information, call 800-869-5277.

## Houses to be numbered

It is very evident that Cedar City is no longer the small town it once was. Anyone attempting to make a left turn at 5 p.m. across Main Street can attest to that fact. No longer can directions to a residence be, “turn right at the old Penney’s store and follow Center Street, then turn left after the old library. Our house is the purple and pink one next to the old hospital.” Maybe in the old days directions like this would get someone to your door, but not in 2012. Not only do we now have two “old” hospitals, many of us living in Cedar City have moved here in the last few years and don’t know where any of these other places were (or maybe we are too old to remember!). If you or a family member suffers a tragedy and needs emergency responders to arrive quickly, would this type of direction suffice?

Cedar City Ordinance 31(2) reads, “all houses and buildings of Cedar City, Utah, shall be numbered...and each owner or occupant is hereby required...to place upon said house or building a suitable, permanent and durable number.”

Failure to properly number your home could result in a fine, but more importantly, officers of the police department, fire department and ambulance need to be able to see house numbers in order to respond quickly to emergencies. It’s also just good sense and common courtesy to make sure that visitors can find your home or business easily. So be a law abiding citizen, and also take your emergency preparations a step further by making sure that your residence or business has its proper street number permanently and prominently displayed.



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**B**elow is the information on the Ashdown Gorge hikes promised last month by Steven Heath:

*Ashdown Gorge- Part One* - Perhaps the most remarkable hike in the Cedar City area is the walk up Ashdown Gorge. This hike begins on U-14 between mile markers seven and eight, just below the slide area. After descending to Coal Creek, proceed upstream, until you come to the junction of Ashdown Creek and Crow Creek. U-14 follows Crow Creek up Cedar Canyon to Wood's Ranch and on to the top of the mountain. Follow Ashdown Creek into the gorge. About one-and-a-half miles up the gorge is a large alcove with vertical cliffs on each side. Flannigan Arch sits on the north wall, about 550 feet above the canyon floor. You will need to look up frequently in this area to see the arch, since there is only a 100 to 150 foot section of the canyon bottom where it is visible.

William Flannigan discovered the arch on 26 August 1916, and for a short time it was considered for national monument status. Excitement about the arch reached officials of the newly created National Park Service later in 1916. They sent Topographical Engineer William O. Tuffs to investigate the reports and make recommendations. On 11 November 1916, he sent a four page report to the Park Service recommending that the arch be designated as a national monument. Tuffs then went to Mukuntuweap (Zion) National Monument to do additional work for the Park Service. The visit to Mukuntuweap and its wonders gave him second thoughts about the arch. On 4 January 1917, he wrote the Park Service that he felt they should not divide their efforts and finances between two monuments in the area, and the effort for national monument status for the Flannigan Arch was dropped.

There are two practical ways to hike up to the arch, but both are difficult. One is to go downstream about a quarter of a mile, then hike up the steep rocky slide to the rim of the canyon and walk in an upstream direction until you locate the arch. It will be about 100 feet below the rim of the canyon. The

second way is to walk up the gorge until it tops out, then walk downstream along the edge of the canyon until you find the arch. Ashdown Gorge, with its magnificent arch, is a remarkable place to visit. Yes, Zion, Grand Canyon, Bryce Canyon, and even Cedar Breaks may overshadow it, but no one can forget a hike to the Flannigan Arch and the thrill (or fear) of standing atop this impressive structure, 550 feet above the canyon floor. Next month we will examine the wonders of Ashdown Gorge above the arch.

**M**ay is National Skin Cancer Awareness Month, and Valley View Medical Center shares the following important steps to avoid overexposure to the sun as the summer approaches.

As the summer days get warmer and longer, it means more opportunities to get out and spend time in the great outdoors. Outdoor activities can help contribute to a healthy life; however, 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.

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 ten in the morning and four in the afternoon.

Of course, sunscreen is mandatory. Look for a sunscreen with an SPF of at least 15, and SPF 30 is even better. 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.