

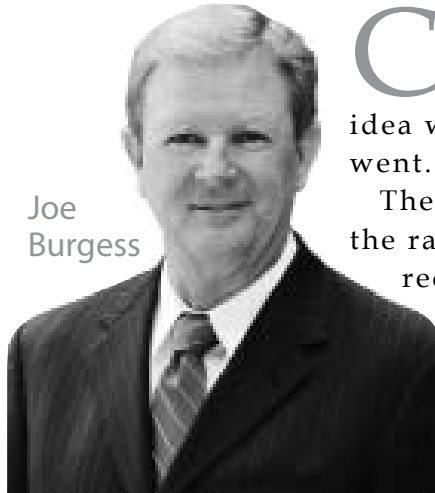
Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF SEPTEMBER, 2012

A MESSAGE FROM THE MAYOR



Joe Burgess

Can you believe September is here? I have no idea where the summer went.

The big news is all of the rain that we have received these last several weeks. Cedar City's average July and August rainfall is 1.97 inches. This year we received

5.2 inches as of August 22. Although the rain has been a real blessing to our water supply, the resulting flooding caused many problems in the community.

The last several weeks the City Council has been reviewing the results of a water, storm drain and sewer rate study. Cedar City has not had a rate adjustment in ten years, and more funds are needed for the higher operating costs that have occurred over the years and to fund infrastructure upgrades and repairs. Much of the flooding that occurred during our recent storms is because a new storm drain is needed on 300 West. After reviewing the rate study, the Council voted to increase the user fees for storm drains by 50 cents a month for residential homes. Commercial rate increases will be determined by the amount of hard surface on the property. This increase in the storm drain rate will allow the City to build the storm drain down 300 West and to fix some of the other smaller problems around town. The engineering for the 300 West storm drain is being done at the present time. We

hope to bid the project by February 2013, so the project can be completed before the thunderstorms arrive next July. We want to avoid having the same problems with flooding that we had this year.

The study also included the water and wastewater billing rates. The wastewater rates will remain the same for the consumer. For residential water rates the monthly base fee will increase from \$13 to \$17. Water usage rates above the base fee will increase incrementally the more water that is used. You will see these rate increases on your January bill.

Local economic stats show our sales tax revenues are up 7.5% over last year. The unemployment rate remains the same at 7.3%. The second quarter cost of living index is out, showing Cedar City's groceries at 99.8%, housing at 72.5%, utilities at 87.2%, transportation at 94.4%, health care at 84.9% and miscellaneous goods and services at 95.3%, giving Cedar City a composite index of 88% of the national average.

I also want to take a little space this month to welcome SUU students back to Cedar City. You add a great energy to our community, and we appreciate your choosing SUU to further your education.

Finally, my wife and I would like to thank all those who sponsored events and helped with the Family Festival. Special thanks to those who nominated superior

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Jon Savage is honored

Firefighter Jon Savage has been selected as the Employee of the Month of September by the Cedar City Employee Advisory Council.

Jon has worked as a full time firefighter for the City since 2006. Prior to that, he was a volunteer firefighter for six years. He was nominated by Fire Engineer Travis Douglas who said, "Jon is a hard worker and will stick with any



assignment given until the task is completed. He will put in whatever extra time needed to see that his tasks and assignments are completed.

A lot of this is done on his own time. Jon is excellent at recognizing things that need to be taken care of and following through to see that they are completed. Jon has great skills as a firefighter, engineer and mechanic. The Fire Department is fortunate to have a skilled and dedicated employee like Jon who will put in as much extra time and effort as needed to ensure that all the fire apparatus are kept operational."

Jon was born and raised in Cedar City and has worked as a mechanic for 32 years in addition to his employment with the Cedar City Fire Department. He is married and has two children and two grandchildren.

Jon said that his favorite hobby is "working," but that he also enjoys hunting, fishing and four wheeling in his limited spare time. Congratulations, Jon!

Public Works

WATER: With the recent rain storms, many residents have turned off their sprinklers. That has assisted in reducing the water used from the City tanks. Thank you. Please monitor the weather and shut off your sprinklers when they are not needed. Watering in September should be ½ inch every 4-5 days. Watering times are after 6 p.m. and before 8 a.m. – year round. Let's do our part to conserve. Candice Shaible, of the Utah State Extension office, is willing to assist any property owner in water conservation ideas. She can be reached at (435) 586-8132. Get some ideas for fall and spring projects.

STREETS: We have essentially completed our summer street maintenance schedule. Thank you for your cooperation during these last few months. Some additional skin patching will be done on certain streets. If a residential property owner 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.

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 (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. You may also call our office at 865-4510. We will follow up on the request.

RECYCLING: The City Council recently renewed the agreement with Washington County Solid Waste to have them continue to empty the recycling bins at the six locations in the City. This partnership, along with SURE Recycling where the materials are taken, is an inexpensive method for all who want to recycle paper, plastic, and metal. 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 METERS: Please remember that it is against Cedar City ordinance for anyone other than Cedar City Water Division employees 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.

The Public Works office would like to remind 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.



Western film festival premiers Oct. 4

"The Proud Rebel" was filmed in Cedar City in 1955 and released in theaters in 1956. Cedar City celebrates its rich Hollywood history this year with a single-night kickoff for the American Southwest Classic Film Festival. The event features a screening of the classic film, with special guests David Ladd, Doug Wright and James D'Arc.

David Ladd co-starred in this film with his father, Alan Ladd and Olivia de Havilland. He will talk about his experience making this film with his father when he was just a boy. He has fond memories of Cedar City while making the film.

Doug Wright is the host of KSL's "Doug Wright Show" and "The Movie Show," which features movie reviews and entertainment topics.

James D'Arc is the senior librarian at Brigham Young University's Harold B. Lee Library. He is the author of *When Hollywood Came To Town*, which tells the story of Utah's film history.

This year's classic film night will be held on Thursday, October 4 in the Heritage Theater at 7 p.m. Tickets for the screening and comments from the guests are just \$10. A limited number of Premier Passes are available for \$25, allowing guests to attend the screening as well as the Gala Reception afterward at the Depot Grill Restaurant. Premier ticket holders will have the opportunity to meet Mr. Ladd, Mr. Wright and Mr. D'Arc and to enjoy food and drink. Tickets for the event are available on the Cedar City website (www.cedarcity.org).

"The Proud Rebel" was directed by Michael Curtiz, with a screenplay by Lillie Hayward that is based on a story by James Edward Grant.

The film stars Alan Ladd as John Chandler, Olivia de Havilland, as Linnett Moore, David Ladd as David Chandler, and Dean Jagger as Harry Burleigh.

Highway 14 now open 24 hours

State Route 14 is now open 24 hours a day, seven days a week. Please remember, though, that S.R. 14 is still an active construction zone so use caution, obey posted speed limits and watch for construction equipment and crew members.

Workers have finished major excavation near mile post 7.5 and are installing a drainage system and preparing the road for pavement. At MP 9.7 crews will be finishing up work to stabilize a tunnel under the roadway in the next couple weeks. Work to install a 200-foot long soldier pile wall to keep the roadway in place at MP 17 continues.

Motorists are reminded that S.R. 14 is reduced to one lane at both MP 9.7 and MP 17 with a traffic light in place to help facilitate traffic flow. The lane reduction is necessary in order to safely perform stabilization work at both locations. Motorists should follow the traffic signals at all times. The project is scheduled to be completed in September.

To sign up for weekly updates on this project, email UDOT at Restore14@kiewit.com.

Coming Up...

September 15 - Cedar Canyon Half Marathon - Begins at 7 a.m. at Woods Ranch (12 miles east of Cedar City on Hwy SR-14) and ends at Cedar City Main Street Park. For information call Byron 435-865-5108 or visit www.cedarcityevents.org.

September 22 - Three Peaks Duathlon Adventure Race - Combined 10K Mt Bike Ride & 5K Rock Run/Scramble. Three-member teams will compete in and around the Three Peaks Recreation Area (5900 West Midvalley Rd, Cedar City) Register online at www.Active.com. All proceeds benefit the Cedar City Volunteer Fireman Relief Association.

September 19 - October 20 51st Annual Utah Shakespeare Festival held in Cedar City, offers matinee performances at 2 p.m. and evening performances at 7:30 p.m. The Festival also offers backstage tours, seminars, and play orientations. Plays featured this season in repertory are: 'Les Miserables,' 'Hamlet,' & 'Stones in His Pocket.' For tickets and information call 1-800-PLAYTIX.

Honor a veteran

The Cedar City Rotary Club is now taking orders for pavers for the Rotary Centennial Veterans Park in Cedar City. Pavers are added annually for the Veteran's Day Holiday. The deadline for this year is September 30, 2012.

Pavers are \$150 for three lines or five lines for \$200 (available for Vietnam only). Forms are available at the City Offices, or you may call Betty Jones (435) 865-7637 for more information. Pavers are not available for the Iraqi Freedom Memorial.



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families for the Family of the Year. The Cedar City Family of the Year is the Calvin and Angela Hackwell Family. The First Runner Up is the Jerald and Denise DeMille Family, and the Second Runner Up is the Jason and Cindy Murray Family. Congratulations to all of you.

Below is Steven Heath's featured hike for September:

The best hike along the southern edge of the Markangunt Plateau is the short walk to Cascade Falls. This hike is located south of Navajo Lake and twenty-eight miles east of Cedar City. Hikers on this trail have wonderful views of Zion National Park. The trail head can be reached by taking Highway 14 east of Cedar City to the Navajo Lake turnoff. Turn south as if you were going to Navajo Lake, then turn left onto FS 054 and follow the signs to the Cascade Falls trail head.

The round trip walk to the waterfall is just over one mile. At 8900 feet and with a 200 foot elevation change on the trail, the hike could prove difficult for some, but the small and picturesque falls is worth it. Since its water source is Navajo Lake, the falls' size depends upon the volume of water in the lake. The waterfall forms the headwaters of North Creek which empties into the Virgin River and then flows into the Colorado River, and eventually into the Pacific Ocean.

For a much greater challenge, hikers can also hike a portion of the Virgin River Rim Trail from a trail head adjacent to the Cascade Falls trail head. This trail, 32.5 miles long, runs from Strawberry Point to Woods Ranch and serves as a wonderful bike route. The section from Cascade Falls to Navajo Lake is the most scenic and impressive section of the trail. There are at least four access points to the rim trail from the lake. The best is from the Spruce Camp site. From the trail there is an unobstructed view of Zion National Park to the south. The distance from the trail head to Spruce Camp is about four miles but climbs to an elevation of 9600 feet. Check with the Dixie National Forest Service for more details and a map of elevations and distances if you want to explore more of the Virgin River Rim Trail.

Valley View Medical Center shares this healthy dietary advice for September: We are faced with hundreds of choices about what to eat. From choosing what items to place in our grocery carts to ordering an entrée from a restaurant menu, making healthy choices isn't always as straightforward as it should be.

Dietary advice in recent years has taught us to focus on individual nutrients, including fat. As a result, supermarket shelves are now packed with reduced-fat and non-fat varieties of hundreds of foods. But are these choices really healthier? Evidence from the past 20 years suggests no.

When we choose products that have had fat removed, we often supplement with additional calories, which can lead to increased weight and risk of disease.

There are many different approaches to healthy eating, and often they can be complicated or contradictory. Since there is no perfect diet for everyone, it remains confusing to decide what to eat. Research is pointing us back to the basics – whole foods, moderation, and balance.

New studies on dairy products suggest that full-fat dairy products may not contribute to cardiovascular disease. Fats have benefits for our bodies:

- They add texture and flavor to food, which allows foods to taste and feel satisfying. Eliminating fat often leaves us wanting something else.
- Fat is required to absorb vitamins A, D, E, and K.
- New research shows that the unique combination of nutrients in dairy foods, including saturated fat, may lower blood pressure, blood lipids, and blood sugar, and reduce the risk for type 2 diabetes.

Consider your personal situation when choosing what foods to eat. Instead of focusing on individual nutrients, take a look at your complete eating pattern. Favor whole foods over processed foods – even if they might have a bit more fat. Choosing foods with fats may leave you feeling more satisfied, and you may not need to eat as much to get a full flavor.