

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE

FOR THE MONTH OF JULY, 2010



American Roots Music exhibit to highlight July

The Smithsonian Traveling Exhibit of New Harmonies: Celebrating American Roots Music, will run in the Iron County Visitor's Center July 26-Sept. 10. The Cedar City Daughters of Utah Pioneers were selected by the Utah Humanities Council to host the event, which will feature not only the Smithsonian exhibit, but a number of local related events and presentations in various locations beginning July 20.

New Harmonies tells people to listen to America's music and they will hear the story of freedom. It's the story of people in a New World, places they have left behind and ideas they have brought with them. It is the story of people who were already here, but whose world is remade. The distinct cultural identities of all of these people are carried in song, both sacred and secular. Their music tracks the unique history of many people reshaping each other into one incredibly diverse and complex people: Americans. Their music is the roots of American music.

The music that emerges is known by names like blues, country and western,

folk, and gospel. The exhibition traces the ongoing cultural process that made America the birthplace of more music than any place on earth. It provides a fascinating, inspiring and toe-tapping listen to the American story of multicultural exchange.

The program begins July 20 when Utah State Scholar Elaine Thatcher provides an "informance" on "A Century of Folk Songs From Utah" at the Cedar City Library in the Park at 7:30 p.m. The Smithsonian Exhibit opens along with Iron County Music Makers exhibit at the Iron County Visitors Center (581 N. Main) with an opening night reception from 6 to 7:30 p.m. Then, from July 27 Monday through Friday through Sept. 10 from 10 a.m. to 5 p.m. and Saturdays from 10 a.m. to 1 p.m., the exhibit is open. Also opening July 26 is "Music at SUU" in the Sherratt Library.

Weekly performances of "Music Memories" are slated on Fridays at 2 p.m. at Emerald Point Assisted Living Center.

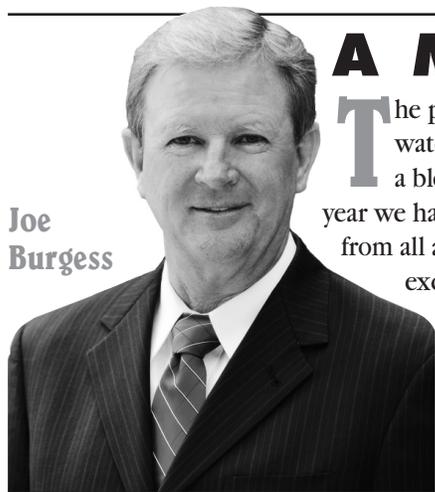
A number of events are planned in town for August, including the

Roots Music Film Festival at Frontier Homestead State Park Aug. 3-7 at 7:30 p.m., the Thomas Dunham family history and sing-along presentation at 7:30 p.m. Aug. 5 in the Library in the Park, and the Craig Miller presentation of Dance Traditions of Deseret in the Heritage Center at 7:30 p.m. Aug. 17.

On Aug. 24, cultural historian Ryan Paul will present The Beginnings of Rock 'n' Roll at 7:30 p.m. in the Library in the Park, followed by a concert by the InterFaith Choir in the Heritage Center at 7:30 p.m. Aug. 26 and an evening with Hal Cannon on Aug. 31 in the Heritage Center with a 6 p.m. conversation followed by a 7:30 p.m. concert.

On Sept. 7, "Ukuleles Ladies and Friends," an Orchestra of Southern Utah recital, is set for 7:30 p.m. at St. Jude's Episcopal Church, and the following evening, the SUU Folk Music Concert is slated for Thorley Recital Hall at 7:30 p.m.

All events are free, with the exception of the SUU and OSU performances Sept. 7 and 8.



Joe Burgess

A MESSAGE FROM THE MAYOR

The past couple of weeks have been fun watching the Utah Summer Games. What a blessing they are to our community. This year we had around 10,000 participants come from all areas of the state. Hosting these guests is exciting as they come to compete in such varied events. Everyone is here to work hard and it brings out the best in all of us. Besides the thrill of competition, the games bring tax dollars to our City, much needed jobs, and they provide

great advertising for SUU. Many of the students who attend the university come here because of their experience participating in the Utah Summer Games. This is a win-win deal. We would like to say thanks to all of the volunteers who make it possible for a city our size to host such a large production. Summer is here! Is there any place nicer to spend the summer? The flowers and lawns are looking beautiful and need water, but let's use it wisely

(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

Paul Bittmenn is honored

Paul Bittmenn, who has served as the Cedar City Attorney since 2002, has been selected by the Cedar City Employee Advisory Council as the July Employee of the Month.

Paul is the department head of the City's legal department and his duties include providing legal counsel to the City as well as the prosecution of Cedar City criminal and traffic cases. According to Office Assistant Shelle Batis, even though he is busy with the demands of his position, he is willing to pitch in and help with



mundane tasks such as answering the phone and filling out traffic school paperwork when the office is busy. Assistant City Attorney Randall McUne said

that Paul is willing to give advice if asked, but does not micromanage and allows department members to make their own decisions in handling their respective workloads. Human Resource Specialist Natasha Hirschi said that Paul is a great person to run ideas by because he gives his honest opinion and keeps all discussions private. She adds, "Paul brings maturity, integrity and a great sense of humor to his job."

Paul was raised in Tooele and graduated from Southern Utah University where he was an offensive tackle on the Thunderbird football team. He received his law degree in 1998 from Willamette University in Salem, Ore. Prior to becoming the Cedar City attorney, Paul was the chief deputy Iron County attorney.

He and his wife, Carrie, are the parents of two boys. Paul enjoys spending time with his family, camping, and all sports.

Cedar to celebrate Pioneer Day

Cedar City will, as always, join in the statewide Pioneer Day holiday and celebration on Saturday, July 24, marking the day that a group of Mormon pioneers, led by Brigham Young, came into the Salt Lake Valley and began to settle the state after a long and arduous journey to escape religious persecution.

"Faces of Our Heritage" is the theme for Cedar City's annual celebration, a collaboration between the Sons of the Utah Pioneers and local stakes of the Church of Jesus Christ of Latter-day Saints. It will begin at 8 a.m. July 24 at the Rock Church located at 75 East University Blvd. (Center Street) where there is plentiful parking in the City Parking Terrace.

The "town meeting" will feature presentations including remarks by featured speaker Gerald R. Sherratt, former mayor and president emeritus of Southern Utah University. Winners of the SUP Elementary School Student Essay Contest will be recognized and Doug Bonzo will read their essays. This year's overall winner is Brimley White of Enoch Elementary. Individual school winners are: Trevor James Douglas of

South Elementary; Rey Lister of Three Peaks Elementary; Abby Allen of East Elementary; MaKell Donovan of Iron Springs Elementary; and Evan Ashby of Fiddlers Elementary.

Then, a gala parade will be mounted beginning at 10 a.m. from 100 East at 400 South up Main Street to Main Street Park, with 100-year-old Homer Jones as grand marshal and a great variety of colorful floats and other entries. Born in Indiana, Homer came with his family as an infant to Cedar City and would go on to become one of its leading citizens. He owned and operated Zion Photo here for nearly 40 years.

The festival at Main Street Park, which immediately follows the parade and goes until 4 p.m., is likewise expected to be great fun, with a bevy of games, activities, food and beverages, booths and entertainment of all kinds.

There are still opportunities to join in the parade and park events, with entry forms available at the main desk of the City Offices. Information on the parade may be obtained by phoning Mark Berry at 559-1061. For vendor spots open at the park, phone Steve Brown at 559-0434.

Public Works Report

WASTEWATER: The Cedar City Wastewater Treatment Plant was recently awarded the "Outstanding Wastewater Treatment Facility" for 2009 by the Water Environment Association of Utah.

STREET: Beginning in July, the Street Division will perform street maintenance by chip sealing the following areas: Equestrian Pointe, Cedar Meadows, Sunset Canyon, Hidden Hills, 1600 N.(west of I-15), Lund Highway, and Cross Hollows Road. Fliers will be distributed to property owners in advance of the work. Please be aware of traffic control efforts.

WATER: It is recommended that lawn

watering for July occur every three days, with approximately 1/2" of water each time (Utah Division of Water Resources). The City has established year-round watering times - after 6 p.m. and before 8 a.m. A friendly reminder: Grass at the schools is watered by non-potable water. Please be cautious if your children are playing in this water.

STREETLIGHTS: If you notice streetlight outages around the city, please notify our office by emailing the street light address, pole number and your contact information to streetlights@cedarcity.org. You may also call our office at 865-4510. Street light repairs may be the City's responsibility or Rocky Mountain Power, depending on the street light.



Festivals abound here in July

July is one of Cedar City's busiest months with four festivals running and bringing visitors to town, following the month-opening American Family Fest, which concluded July 5. Of course, the Pioneer Day celebration will also take place this month (*see story on page 2*).

The granddaddy of all Cedar fests remains the Tony Award-winning Utah Shakespearean Festival, which runs all month and through October. The Cedar Breaks Wildflower Festival is also on now through July 19. The Neil Simon Festival, now in its eighth season, takes the Heritage Center stage from July 15 through Aug. 14. The 28th anniversary of the Utah Midsummer Renaissance Faire, at Main Street Park, runs July 7-10 and promises much mirth, games and merchants. And, on July 10, the July Jamboree turns Cedar City's historic downtown into one big block party with cars of all kinds on display. On Friday night, July 9, the street will also be filled with cars from 5 to 9 p.m. for the monthly Cruisin' Main, in conjunction this year with the Jamboree.

The Neil Simon Festival, the world's only annual festival celebrating the life's works of America's renowned comedic playwright, this year includes two of Simon's best and a third, well-loved play.

Simon's *California Suite* and *Broadway Bound* are joined by Robert Harling's *Steel Magnolias*. Regular ticket prices are \$25 for the center section and \$20 for side sections with special discounts for families and for college students. Also, Iron County residents are eligible for half price tickets to some performances. Ticket information can be found at www.simonfest.org or by calling 327-8673.

The Tink's Superior Auto Parts July Jamboree, now in its 13th year and to be held on July 9 and 10, has become one of the City's prime celebrations and is Utah's premier automotive event. Each year, more than 15,000 festivalgoers flock to Historic Downtown to take in the sight of beautiful hot rods, street rods and classic cars on display, and to sample

food, beverage and goods from dozens of vendors. The Saturday event, sponsored by Tink's and the Rotary Club of Cedar City, runs from 3 until 10 p.m. and includes live music and dancing. Friday night's Cruisin' Main program is from 5 to 9. To learn more, phone 586-3121 or check julyjamboreecc.com.

The Utah Midsummer Renaissance Faire is another of Cedar City's grand traditions and takes place at Main Street Park July 7-10. There's no admission charge and on hand will be a variety of entertainment acts, vendors demonstrating and selling their wares, festive food and fun games. Wednesday through Friday hours are from 11 a.m. to 9 p.m. Saturdays hours are from 10 a.m. to 8 p.m. For more information, phone 586-3711, 586-6757 or check in at www.umrf.net.

The Wildflower Festival of Cedar Breaks National Monument, in its fifth year, runs through July 18.

"During this spectacular display, visitors to the Monument will be able to see paintbrush and primrose, lupine and larkspur, and a spectrum of other flowers in the meadows, woods and marshes," said Park Superintendent Paul Roelandt.

Wildflower specialists and volunteers will be available beginning at 10 a.m. daily. Festival highlights include guided walks, photography workshops, Junior Ranger scavenger hunts and Zion Canyon Field Institute classes on photography and journaling. Guided hikes will begin at the Visitor Center at 10 a.m. and 1 p.m. Kids' activities include a Junior Ranger Wildflower Scavenger Hunt at 3 p.m. every Friday and Saturday. On July 8 a free photography workshop, "Wildflower Photography for Beginners" is open to amateur photographers of all ages and ability levels.

Cedar Breaks National Monument is located 23 miles east of Cedar City, along Highway 148 between Highway 14 and Brian Head. The park entrance fee is \$4 per person ages 16 and older.

Call 586-0787 or 586-9451 for more information.

Coming Up...

IN THE HERITAGE THEATER

◆ The Neil Simon Festival schedule:

(all times are p.m.)

Thursday, July 15: *California Suite* 7:30

Friday, July 16: *Steel Magnolias* 7:30

Saturday, July 17: *Broadway Bound* 7:30

Thursday, July 22: *Steel Magnolias* 2, *California Suite* 7:30

Friday, July 23: *Broadway Bound* 2, *Steel Magnolias* 7:30

Saturday, July 24: *California Suite* 2, *Broadway Bound* 7:30

Tuesday, July 27: *Steel Magnolias* 7:30

Wednesday, July 28: *California Suite* 2, *Broadway Bound* 7:30

Thursday, July 29: *Steel Magnolias* 2, *California Suite* 7:30

Friday, July 30: *Broadway Bound* 2, *Steel Magnolias* 7:30

Saturday, July 31: *California Suite* 2, *Broadway Bound* 7:30

Tuesday, Aug. 3: *Steel Magnolias* 7:30

Wednesday, Aug. 4: *California Suite* 2, *Broadway Bound* 7:30

Thursday, Aug. 5: *Steel Magnolias* 2, *California Suite* 7:30

Friday, Aug. 6: *Broadway Bound* 2, *Steel Magnolias* 7:30

Saturday, Aug. 7: *California Suite* 2, *Broadway Bound* 7:30

Tuesday, Aug. 10: *Steel Magnolias* 7:30

Wednesday, Aug. 11: *California Suite* 2, *Broadway Bound* 7:30

Thursday, Aug. 12: *Steel Magnolias* 2, *California Suite* 7:30

Friday, Aug. 13: *Broadway Bound* 2, *Steel Magnolias* 7:30

Saturday, Aug. 14: *California Suite* 2, *Broadway Bound* 7:30

Tickets are \$20 and \$25. *Selected shows are half-price sale for Iron County residents. See simonfest.org or phone 327-8673.*

The Heritage Theater (phone 865-2882) is located at 105 North 100 East, immediately north of the City Parking Terrace, where there is no charge for parking. Unless otherwise noted, children under the age of six are not admitted.

IN MAIN STREET PARK GAZEBO

Thursday, July 29: Free concert by the 23rd Army Band, 7:30.



(CONTINUED FROM PAGE 1)

and not waste it. Keep in mind that we should be watering our lawns between 6 p.m. and 8 a.m.

Arkad, the teacher from *The Richest Man in Babylon*, tells his students, “This day do I speak to thee, my students, of one of the most vital remedies for a lean purse. Not long ago came to me a young man seeking to borrow. When I questioned him the cause of his necessity, he complained that his earnings were insufficient to pay his expenses. Thereupon I explained to him, this being the case, he was a poor customer for the money lender, as he possessed no surplus earning capacity to repay the loan.

Within him was a strong desire to earn more, a proper and commendable desire.

Before we accomplish anything we must have a desire. The desire must be simple and definite. General desires are but weak longings.

Arkad tells the young man that when he was a scribe he observed that others did more and were paid more so he determined that he would be exceeded by none. It didn’t take long to see that those who were paid more and accomplished more took more interest in their work, concentrated more on the task at hand and were more persistent. It didn’t take Arkad long to increase his wages.

“The more of wisdom we know, the more we may earn. That man who seeks to learn more of his craft shall be richly rewarded. If he is an artisan, he may seek to learn the methods and the tools of those most skillful in the same line. If he laboreth at the law or at healing, he may consult and exchange knowledge with others of his calling. If he be a merchant, he may continually seek better goods that can be purchased at lower prices.”

Always do the affairs of man improve because keen-minded men seek greater skill that they may better serve those upon whose patronage they depend.

“Many things come to make a man’s life rich with gainful experiences. Such things as the following, a man must do if he respects himself:

He must pay his debts with all the promptness within his power, not

purchasing that for which he is unable to pay. He must take care of his family. He must make a will of record that, in case the Gods call him, proper and honorable division of his property be accomplished.

“Thus the seventh and last remedy for a lean purse is to cultivate thy own powers, to study and become wiser, to become more skillful, to so act as to respect thyself. Thereby shalt thou acquire confidence in thyself to achieve thy carefully considered desires.”

One of my dreams for Cedar City is that we strive to be the best educated and hardest working citizens in the nation, that we all strive to do our jobs better, be better citizens and enjoy life more.

This month’s message from Valley View Medical Center notes that studies have shown that children born today have a one-in-three lifetime risk of developing diabetes. Diabetes is actually a group of diseases. Individuals with diabetes have high levels of blood glucose resulting from defects in insulin production, insulin action, or both.

About five to 10 percent of diabetics have type 1 diabetes. It is an autoimmune disease that is more commonly diagnosed in young people, but can occur at any age. It is not generally caused, but can be aggravated by, lifestyle factors.

The most prevalent diabetes is type 2, accounting for 90 to 95 percent of all diabetes cases. A related disease is pre-diabetes, a condition where blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. If left unchecked, it can be a precursor to full-blown type 2 diabetes.

Seven out of 10 adults age 65 and older have diabetes or pre-diabetes. Half of those with diabetes don’t know they have it. Warning signs include frequent urination, always feeling thirsty, unexplained loss of weight, blurred vision, or lightheadedness. Adults should be screened regularly for diabetes, particularly if you are overweight, sedentary, or have a family history of the disease. Knowledge is crucial. It’s important to be aware of your risk.

For more information about managing diabetes, contact Valley View Medical Center’s diabetes department at 586-7029.

Lasse Bjerga, who holds an M.S. in physical education from BYU, offers these words this month. “When man found the mirror, he began to lose his soul.” The origin of this statement is not certain, but its profundity is deep.

At one point, man started to worry more about his image than his true self. This abounding human condition gives cause to reflect.

I am in the fitness/wellness industry, as you may know. I am confronted with the mirror or “image” problem on a daily basis. I have come to believe it constitutes a major and highly unnecessary burden in most people’s lives.

In fact, it is one of the reasons I changed the latter part of my little company’s name from “fitness” to “wellness”: Shifting the focus away from the “mirror” to the “inner.”

As an example of how twisted things can become, at least from a standpoint of perception, I have become amazed at the sheer number of people who would tell me they “need to get in shape first” (before they could join my fitness club). The irony here turned rather glaring: The client believed he or she had to first become fit in order to “fit in” to an establishment which goal it is to help that person become fit.

Although I am a believer in having a positive body image, I also think it is very important to keep that image within proper bounds. Too much image turns into narcissism and leads to obsessive, self-absorbed behavior. Do you enjoy the company of self-absorbed people? Think of people you respect deeply. You will most probably find them to be modest in clothing and modest in behavior. Their sense of self-worth comes from within and is typically not reflected in a chiseled physique, even if they have one. Enjoying a fit (and sometimes, but not always), shapely body is more respected when not exposed. Truly, you will find that less is more if you practice this principle.

Lastly I offer a point of consolation: Next time you view yourself critically in the “mirror,” especially in the company of others, know that what others are looking at is themselves and not you. So, just relax and enjoy the process of becoming well and fit, from within.