

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE

FOR THE MONTH OF AUGUST, 2010



Cedar to Begin Drop-Off Recycling Program

Cedar City Corporation will begin a new Drop-Off Recycling program later this month. During his campaign, Mayor Burgess found that the number one issue that Cedarians were concerned about was the lack of a City sponsored recycling program. The Mayor said, "I made a commitment to myself that I would do what I could to start a recycling program in our community. The advantage of the one that we have chosen is that we can jump start recycling without committing a large expenditure of City funds until we see what response we receive from our citizens. I am excited to see if everyone will jump on board and make this work the way it should."

Cedar City Council has approved a partnership with the Washington County Solid Waste District (WCSWD) who has been successfully providing Drop-Off recycling for over a year. Using receptacles called "binnies" residents will be able to sort recyclables at various locations. WCSWD will empty the binnies weekly and deliver the materials to PURE Recycling. Residents will be able to bring recyclables to labeled recycle bins at several locations throughout Cedar City.

The goals of the proposed Drop-Off recycling service are as follows:

(1) Provide a recycling service for interested citizens at a reasonable cost. According to the EPA, 60% of the U.S. population has access to curbside recycling. Drop-off recycling offers those wanting to recycle a way to avoid sending waste to the landfill. The Drop-Off program will use Solid Waste funds to contract with WCSWD who will locate and pick up bins designed for recycled waste. With the initiation of the Drop-Off program, there will be no additional fees to Cedar residents.

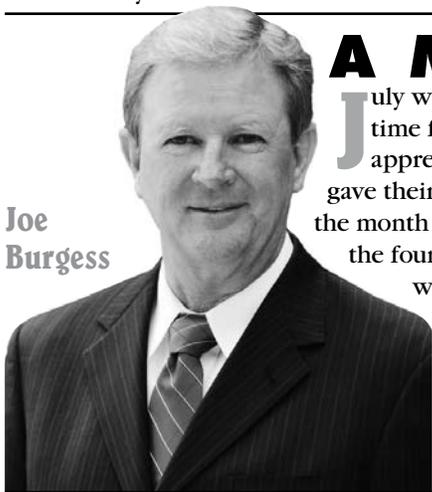
(2) Provide clean and attractive containers at convenient locations. In order to promote active participation in the recycling program, containers should be recognizable for their purpose. The binnies are designed to accept recyclables in their most non-contaminated and compact state. The binnie locations will be easily accessed by the public and should encourage community-wide participation. The Drop-Off program is intended to encourage household recycling. It is not intended to accept commercial or industrially generated materials.

(3) Encourage recycling without a major financial investment. The Drop-Off recycling program will provide containers and equipment to pick up recyclables and deliver them to PURE Recycling. This allows the City to provide a recycling program without making a significant capital investment. The City will monitor the public's participation and assess the success of the program.

(4) Promote recycling as a benefit to the community. With a convenient, clean and reliable Drop-Off program, the City can assist in educating citizens and visitors about the benefits of recycling. Citizens are encouraged to help reduce the waste stream going to the landfill, thereby extending its useful life and postponing more expensive landfill regulations.

(5) Binnie locations will be throughout the City and are being finalized. An announcement will be made as soon as possible with the binnie locations and starting date. Please use the guidelines on page 2 to assist with the success of the Drop-Off Recycling program.

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Joe Burgess

A MESSAGE FROM THE MAYOR

July was a great month. It is good to take time from our busy schedules and express appreciation for our founding fathers who gave their all to start this nation. Then later in the month to recognize the pioneers who laid the foundations for this beautiful City that we live in. I would like to give thanks to all of those volunteers who, like our forefathers, still work so hard and give so much to make our country and community what they are today. I hesitate to name names as someone is always missed but I do want to

recognize a few individuals and groups that helped during our celebrations in July.

I missed out on the Family Festival but heard it went well. We want to thank Becky Hyde and her committee for all of their hard work. The Fourth of July celebration was made possible by the Lion's Club; they did the concessions at the park and the parade. Last but not least, we want to recognize the Fire Department for safely setting off the spectacular fireworks display.

Each July 24th, the Sons of the Utah Pioneers

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CEDAR CITY OFFICERS • Mayor: Joe Burgess Council Members: Ron Adams, Nina Barnes, Dale Brinkerhoff, Georgia Beth Thompson, Stephen Wood

Bruce Burt is honored

Bruce Burt, who has been the Building Facilities Supervisor for Cedar City since August of 2008 has been named Employee of the Month for August by the Cedar City Employee Advisory Committee.

Bruce's responsibilities include maintenance of the Airport, Library, Public Works Office and the City Office. He also supervises two regular City employees and several temporary workers.

According to his supervisor, Larry Palmer, Burt shows great integrity in his work, always doing whatever is necessary to get the job done correctly. Palmer said, "Bruce has saved the City thousands of dollars by finding more efficient means of completing a task or selecting more economical suppliers or by doing tasks



that had previously been 'subbed out'." Everyone who works with Bruce agrees that he is very conscientious in his work and is always searching for ways to improve his department's service.

Bruce first came to Cedar City to attend "Southern Utah State College" in the 70's. He liked it here so much he decided to make it his permanent home. Prior to hiring on with the City, Bruce worked at Leavitt Land and Investment for fifteen years.

When asked what he likes about his job, Bruce said "I like everything about my job. I was happy to get it. I really enjoy the people that work here and the general atmosphere at the City."

Bruce is single and has two grown daughters, two granddaughters and a yellow lab called Liz. He enjoys playing with his grandchildren and he also likes to fish, hunt and to "putter in his garden."

(RECYCLING FROM PAGE 1)

WHAT IS RECYCLABLE:

PAPER: Newspaper, office paper, junk mail, phone books, catalogues, magazines, paperboard, cereal boxes, gray and white board boxes. (Please place shredded paper in a grocery bag).

PLASTIC: Plastic bottles and containers with a recycle logo (#1, #2, #3, #4, #5, #6, #7) including small, narrow and wide mouth plastics. Film plastic: such as grocery bags, covers for newspapers, etc.

GLASS: Green, brown, clear, blue and red glass bottles.

METAL: Tin, aluminum, or steel cans (example: any food or beverage can).

Any other metals that fit through the openings on the Binnies. Metal lids from glass bottles are also recyclable.

WHAT IS NOT RECYCLABLE:

Corrugated cardboard, paper towels, napkins, tissues, pizza boxes, styrofoam, vases, window panes, drinking glasses, auto windshields, full or unopened cans.

OTHER INFORMATION:

Please do not place contaminated paper in the bin. Make sure paper is free from food, drink, oil, paint, or grease.

Compact all bottles to save room in the bin. Rinse out food/drink from containers and cans. Lids on containers and labels on cans are fine.

'Lake at the Hills' facility is now open

Did you know that Cedar City sports a lake with a sandy beach right in the middle of town? The reservoir on Leigh Hill, newly named the "Lake at the Hills," is now open to the public. The Lake is an 11-acre reservoir located just north of Cedar Middle School and has a maximum depth of 19 feet. The facility includes a 650-foot sandy beach, a boat ramp and is stocked with small mouth bass, catfish and trout. Future plans for the area include a park and a trail system.

Functional as well as enjoyable, the Lake provides irrigation water to Southern Utah University, Canyon View and Cedar High Schools, Canyon View Junior High School, the City parks and the cemetery.

The Lake is open during daylight hours. Non-motorized boats are allowed as are dogs on leashes. There are no lifeguards on duty, so swim at your own risk. Fishing licenses are required and although cleaning stations are planned, they are not yet completed.

Public Works Report

STREET: The "chipping" portion of the annual street maintenance is essentially complete. Flush coating will begin the second week of August. Thanks to those who have endured the road closures for chipping and the upcoming flush coating. Please be aware of traffic control efforts.

SOLID WASTE: Thanks to those cul-de-sac residents who are bringing the garbage cans out to the desired location for pick-up. This is helping with the safety and efficiency of the collection efforts.

◆ If a holiday falls on your regular trash pick up day, Wednesday is the make up day.

WATER DIVISION: It is recommended that lawn watering this time of year occur every three

days, with approximately 1/2" of water each time (Utah Division of Water Resources).

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. We will follow up on the request.

The Public Works office would like to remind you that any work done within the road right-of-way requires an encroachment permit. This can be done 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.



Activities promote healthy lifestyles

Although the Utah Summer Games concluded over a month ago, Cedar City continues to host a wide variety of outdoor activities and athletic events this late summer and early fall. Cedar City Events Coordinator Byron Linford and Leisure Services Director Bob Tate have engineered events to suit every taste, many of which are coming up in the next few weeks. Says Tate, "One of the goals of Leisure Services is to encourage healthy lifestyles among members of our community. With Cedar's scenic beauty and appeal, it is a natural to provide opportunities for our residents to get outside and also get active."

In that vein, Leisure Services will sponsor the 2nd annual "Moon Walk" on Friday, August 27. This 5K walk/run takes place along the Coal Creek Trail, beginning at Bicentennial Park and begins at 8:30 p.m. just in time to admire the full moon rising over the red mountain. For more information, contact Leisure Services at 435-865-9223.

Cedar City's first Annual Cedar Express 31 Mile Relay will take place on August 28. Beginning at the "C" on the face of Cedar Mountain and finishing at Discovery Park, the course winds its way throughout Cedar showcasing our mountain scenery, small neighborhoods, dikes, bridges and all of the other facets that make our community unique. Other popular relays have longer mileage and more legs, and this is a shorter, and more achievable race. Teams are five or less. For more information or to register go to cedarcityevents.org or call 435-531-9631.

On September 4, the first annual Color Country Triathlon will be held. This event is sponsored by the SUU Triathlon Club and Cedar City Events. The race offers a challenging running and cycling course and a swim in the newly completed "Lake at the Hills." For more information on this event go to cedarcityevents.org or call 801-592-5915.

The Cedar City area plays host again to the Red Rock Relay this year on September 10 and 11. The relay starts at Brian Head, passes through the heart of Cedar City and will conclude at Springdale. The Red Rock is a 180 mile, 8000 ft. descent run.

Promising to become one of the nation's premier endurance events, the RRR will feature over 2500 athletes and some of the most spectacular vistas in the West. It will also include a kick off party for the athletes on the evening of September 9 at the Heritage Center in Downtown Cedar City. For information or to register go to redrockrelay.com, cedarcityevents.org or active.com.

September 18 is the Cedar Canyon Half Marathon which starts up Cedar Canyon at Wood's Ranch and finishes at Main Street Park. Held during the peak of the fall foliage season, the Cedar Canyon Half is a favorite course of local runners with its combination of unrivaled beauty, high altitude training and speed. Thanks to the Utah Department of Transportation and local law enforcement, Utah Highway 14 will be fully closed for the event. For information go to cedarcityevents.org, active.com or call 435-865-5108.

Events Coordinator, Byron Linford says, "As I am traveling throughout the state promoting our upcoming events, I find that Cedar City is quickly gaining a reputation as a top notch venue for athletic endurance events." Linford is especially excited about the Red Rock Relay and the inaugural Cedar Canyon half marathon. Says Linford, "With the number of athletes already signed up to participate, we are sure to fill up every motel room in the county during both of these events."

Other upcoming activities include:

- Aug. 13 - 14, Hillsports 1A Baseball Tournament, call 435-865-5108 for info
- Aug. 13 - 5 to 9 p.m. Cruising Main
- Aug. 20 - 21, Sticks Baseball Youth Tournament, call 435-865-5108 for info
- Aug. 21 - Roping - Cross Hollow Event Center
- Sep. 8-11 - Stock Show Cross Hollow Event Center
- Sept. 10 - 11, Up All Night, Co-Ed Adult Softball Tournament, call 435-865-9223 for info
- Sep. 10 - 11 - Lion's Club Rodeo - Cross Hollow Event Center
- Sep. 17 - 18 High School Rodeo, Cross Hollow Event Center

Coming Up...

IN THE HERITAGE CENTER

◆ The Neil Simon Festival

continues until August 14. Performances are as follows (all times are p.m.)

August 6, *Broadway Bound*, 2:00

August 6, *Steel Magnolias*, 7:30

August 7, *California Suite*, 2:00

August 7, *Broadway Bound*, 7:30

August 10, *Steel Magnolias*, 7:30

August 11, *California Suite*, 2:00

August 11, *Broadway Bound*, 7:30

August 12, *Steel Magnolias*, 2:00

August 12, *California Suite*, 7:30

August 13, *Broadway Bound*, 2:00

August 13, *Steel Magnolias*, 7:30

August 14, *California Suite*, 2:00

August 14, *Broadway Bound*, 7:30

◆ August 26, Interfaith Choir Concert, 7:30

◆ August 28, Magic Show, 5:30 (a fundraiser for the Cedar City Fire Department)

◆ August 31, Hal Cannon Concert (THIS EVENT IS FREE!)

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.

You can pay your utility bill on-line

Did you know that you may now pay your Cedar City utility bill on-line? Set up is free and you won't be charged a convenience fee.

All that is involved is to go to www.xpressbillpay.com, select "New to Xpress Bill Pay," fill out the brief form, and view and/or pay your bill or set up auto pay. That's all there is to it.



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sponsor an event during which several members of our community are honored. This takes place in the Rock Church behind the City office building. This year Ray Baumgartner and Homer Jones were the honorees. Homer Jones also served as the Grand Marshal of the parade. Brimley White, a fourth grade student from Fiddlers Elementary, won the Family Heritage Essay contest and her essay was read by Doug Bonzo. The keynote speaker was former Mayor Gerald R. Sherratt who gave a great speech highlighting five early citizens of Cedar City and their influence on our community. It was an informative and worthwhile event rounded out with a beautiful rendition of "Come, Come Ye Saints" sung by Brandi Brown.

The National Census will complete gathering their data by September 1. Information will then be compiled and given to President Obama by the end of the year. By late February or early March the results will be available to the public. The U.S. Census Bureau recently recognized Cedar City and presented us with a plaque for our support and participation in the 2010 Census.

From the book, "The Richest Man In Babylon" I was going to discuss the chapter "Meet the Goddess of Good Luck." This is one of my favorite chapters in the book but I have decided to quote the proverb given in the beginning and the paragraphs at the end with the hope that you will all go out and buy the book and read what is in between! The chapter starts out with this Babylonian proverb, "If a man be lucky, there is no foretelling the possible extent of his good fortune. Pitch him into the Euphrates and like as not he will swim out with a pearl in his hand." The final paragraph reads, "Those eager to grasp opportunities for their betterment, do attract the interest of the good goddess. She is ever anxious to aid those who please her. Men of action please her best. Action will lead thee forward to the successes thou dost desire."

The City wells are, thankfully, back up and running but let's continue to use good judgment in the use of our water and not waste it.

Have a great August, and if you haven't had a chance yet to attend a play or the Green Show at the Shakespearean Festival, you are really missing out.

Valley View Medical Center has officially opened the community's first full-time heart clinic which will provide general cardiac care, including medical (not surgical) management of most cardiovascular issues, echocardiography, cardiac CT studies, nuclear stress tests, EKG studies, and cardiac rehabilitation.

Although some of these services have been available in the past, they have been limited because of the lack of a full-time cardiologist. Dr. Aarush Manchanda has joined the hospital team as medical director of the heart clinic.

The opening of the Valley View Heart Clinic means that heart patients will be able to get the care they need on an ongoing basis here at home. It also means that patients arriving at the emergency department with chest pain can be diagnosed faster and with more accuracy—allowing those who need surgical intervention to be transported to a facility that provides interventional procedures and open-heart surgery sooner. And almost as important—those whose chest pains are caused by something other than heart trouble can also be diagnosed at Valley View and spared an expensive and unnecessary trip to a larger hospital. The heart clinic will fill a vital need for patients who have had to travel long distances to receive even primary cardiology care.

Dr. Manchanda is the former chief cardiology fellow at Geisinger Medical Center in Pennsylvania. He completed his residency at George Washington University and Veterans Affairs Hospital in Washington DC, where he was 2007 Resident of the Year.

Lasse Bjerga, fitness expert, has these words of advice for us this month: "What drives you to succeed, drives you to screw up." -Mari Holden, World Time Trial champion (cyclist).

Although the term "overtraining" isn't typically associated with the recreational fitness enthusiast, it is a common problem. As a fitness professional, I see it happening way too often: Going hard every day turns into a slow, but progressive cramping of enthusiasm, which turns into staleness, which turns into full stop!

This condition is both unnecessary and preventable. Although no one is expected to experience every exercise session as an ever escalating state of bliss, you should still be looking forward to most of your work outs. If you don't, something is wrong and you need to fix it. Overtraining is a physical, psychological or emotional state. It is an imbalance between training and recovery, exercise and exercise capacity. It may be caused by one or more of the following:

- *Too much volume
- *Too much intensity
- *Too little recovery

For the recreational fitness enthusiast, much of this imbalance is caused by a workout regimen that is too repetitive. This repetitiveness can be caused by too many hard work outs, but also because of a failure to bring variety to your work outs. Remember that training and its effects happen in very specific neuromuscular pathways. If you do the same workouts day in and day out, even though they may be physiologically sound, it is easy to suffer burnout. As a matter of fact, for the recreational exerciser, a change is often as good as a rest.

Consider also that it is not training that makes you more fit. It is recovery. Your fitness improves during the recovery from training.

You need two types of discipline to succeed: 1) The will and desire to get up in the morning and do your thing, whatever it may be and 2) The will and discipline to back off when the body tells you to. This latter form of discipline is in many ways the tougher one to implement, but it is crucial for long term success.