

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE

FOR THE MONTH OF SEPTEMBER, 2010



Great American Stampede, Cedar City SkyFest and USF fall season on tap for this month

Festival City doesn't slow down for fall, with three big events sure to appeal to every taste coming up this month.

First up in September is the ninth annual **GREAT AMERICAN STAMPEDE** hosted by the Cedar City Lion's Club on Sept. 10-11. On both days, Cedar City's Main Street Park will once again be transformed into Old Fort Cedar with horse-drawn wagon rides, blacksmithing demonstrations, goat roping, and other activities. Also in the park will be vendors offering western wear and crafts and a variety of delicious food. Entertainment will include several local bands, a fiddling contest and karaoke. The musical group, Ash Creek, is scheduled to perform beginning at 4:00 p.m. on Friday and everyone is welcome at the street dance at Main Street Park which will be held after the rodeo beginning around 9:30 p.m., featuring the band, Muddy Boots.

Sept. 11 at 11:00 a.m. the western parade down Main Street will showcase award-winning carriages, wagons and

coaches drawn by a variety of horses of every description and typically includes Clydesdales, Percherons, Frisians and miniature horses.

Friday and Saturday nights will feature National Collegiate Rodeo Association rodeos at the Cross Hollows Arena beginning at 7:00 p.m. each night. Admission is \$10.00 per day for adults (over age 12). Kids 5-11 are \$6 and those under 5 are free. A family pass can be purchased for \$22 and includes two adults and four children.

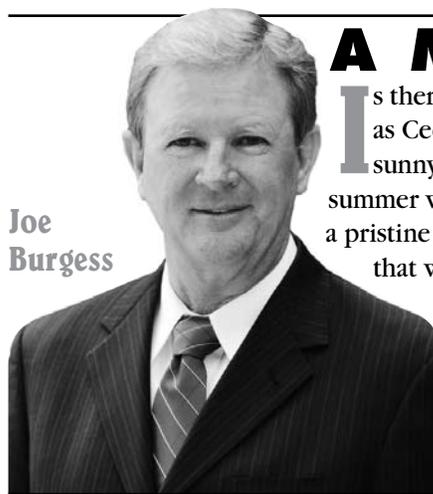
THE CEDAR CITY SKYFEST will take place on Sept. 17 - 19 at the Cedar City Bicentennial Soccer Fields. Twenty hot air balloons from four states have registered for SkyFest, presented by ADB Bank and other community sponsors. The events begin at 7:00 a.m. all three days with hot air balloons from Arizona, California, Nevada and Utah inflating and launching into the sky followed by radio controlled flight demonstrations by the Cedar City Radio Control Club each day. Bring your kites

for a fun afternoon of flying from 12 noon to 2:00 p.m. on Friday and Saturday. The kids' candy drop will be at noon on Saturday, when a remote control plane drops candy from the sky. Also on Saturday is the Lion's Club breakfast at 7:00 a.m. Cost for the breakfast is \$5 per person or \$20 for a family of six.

Saturday evening activities begin with live music by the popular local band Two Much Fun, starting at 7:30 p.m. followed by the Balloon Glow at dark complete with D.J. music provided by Festival Sounds. The SkyFest will close at noon on Sunday so don't miss out.

THE UTAH SHAKESPEAREAN FESTIVAL FALL SEASON runs from Sept. 16. to Oct. 23. This year's productions are: *The Adventures of*

see "Festivals" on page 3



Joe Burgess

A MESSAGE FROM THE MAYOR

Is there anywhere in the world as beautiful as Cedar City is this time of year? With the sunny days and cool, clear nights of late summer we can be thankful we live in such a pristine and unspoiled area. To help keep it that way, on the 25th of August Cedar City officially began a recycling program with a ribbon cutting ceremony at one of our drop off sites, Frontier Homestead State Park. Cedar City has entered into an agreement with

Washington County Solid Waste District and PURE Recycling to provide "Drop Off" recycling to our community. We have five locations where residents can drop off their recyclable materials. (See page 3 for bin locations and what recyclables are accepted).

On August 27, the City held our second annual "Moon Walk." This year we had over two hundred participants and everyone had a great time, either strolling or running up Coal Creek Trail by the light of the full moon. This

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

Jimmy Roden is recognized

Sergeant Jimmy Roden of the Cedar City Police Department has been selected as September's Employee of the Month by the City's Employee Advisory Committee.

Jimmy was hired as a patrol officer in February, 1999 and has moved up the ranks since then, first promoting to corporal in 2004, and then to sergeant in 2009. Jimmy has had a wide variety of experience at the Police Department, serving in the patrol and detective divisions and also on the SWAT Team.

In his current assignment he



supervises a crew of eight police officers.

Lieutenant Darin Adams, Jimmy's supervisor wrote: "Sergeant Roden is firm, but fair and he can always be found counseling

with the officers, lending them advice and directing them toward individual success. He is an example to his peers and is an asset to the Department and to Cedar City Corporation."

When asked what he enjoys about his job, Jimmy said, "The standard answer for a police officer is, 'I like helping people,' but I really do. I also enjoy training the officers and trying to motivate them."

Jimmy was born in DeQueen, Arkansas, and is the son of the small town's preacher. He and his family moved to Hurricane when he was 14 and he attended local schools there and graduated from Dixie College. He served in the Triple Deuce and has been deployed twice, serving six months in Washington state and one year in Iraq. He is married to Shilene and they have a daughter and a son. Jimmy is active in his church and enjoys hunting, fishing and all outdoor activities.

Cedar Community Clinic expands

The Cedar City Community Clinic has expanded services at its facility at 74 West Harding Avenue.

In June the clinic joined the Southwest Utah Community Center Clinics (a nonprofit agency) and now has a permanent nurse practitioner, medical assistant and medical receptionist.

The clinic is open on Monday, Wednesday and Thursday from 8 a.m. to 5 p.m. For an appointment call 865-

1387. Generally patients can be seen either the same or the day after they make the appointment.

The clinic provides reduced fees for those without health insurance and also provides care for Medicaid, Medicare and privately insured patients.

The Community Clinic is a family practice facility, and provides services to the whole family on an ongoing basis.

Economic Summit to be held

The 2nd Annual Iron County Economic Summit will be held Thursday, September 16, 2010 at Festival Hall.

During the Summit, economic experts will discuss the local economic outlook, business trends and business opportunities.

Also offered will be two free training sessions open to the public. Workshop topics are: Search Engine Optimization Web Training & Marketing and How Small Business & Chamber Affect Local Government. Workshops start at 4:00 p.m. and end at 6:00 p.m.

Dinner will begin at 6:30 p.m. with registration at 6:00 p.m. Tickets are \$30 at the door or pay in advance

through the Chamber of Commerce.

A presentation entitled "What's Up Iron County," will allow the audience to have an opportunity to hear from local government and business leaders on recent expansions, marketing programs, upcoming events and community updates.

Presenters are: Jeff Edwards, President of the Economic Development Corporation of Utah and Dick Cassner with the U.S. Chamber of Commerce.

During the evening, the Chamber of Commerce and the Office of Economic Development will present the Friend of the Chamber and the Economic Driver Awards.

For more information or to purchase tickets, please contact the Chamber of Commerce at (435)586-4484.

Public Works Report

WATER: With cooler days and nights, it is recommended that lawn watering for September occur every 5 days, with approximately 1/2 in. 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. No watering during the day. Please help conserve water!

STREET: Thanks to all who have endured the road closures for our annual street maintenance. Later this month work is to begin on installing traffic signal lights at two intersections on West U-56 - Lund Hwy/Westview Drive and Aviation Way/Cross Hollow Road.

SOLID WASTE: Thanks to those cul-de-sac residents who are bringing their garbage cans out to the desired location

for pick-up. This is helping with the safety and efficiency of the collection efforts.

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. 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 Road. We appreciate any comments or observations on any Public Works operations. Please call us at 586-2912.



Drop off recycling locations set

Cedar City's new drop off recycling program has begun as of August 25, 2010. "Binnies" have been installed at the following locations:

- Canyon View Middle School
1865 North Main
- Cedar Middle School
2215 West Royal Hunte Drive
- Frontier Homestead State Park
635 North Main
- Southern Utah University
at 200 South, 1000 West
- Home Depot
1518 South Providence Center

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 *paper* grocery bag). **No Cardboard in Binnies!** Cardboard may be taken to the PURE Recycling location on Westview Drive, just south of U56.

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

Thank you for keeping the recycling sites clean. Please do not leave anything outside the bins. If a particular bin is full, please take your material to another location or hold on to it until Wednesday (Binnies are emptied every Tuesday).

The City appreciates the property owners who have allowed the bins to be placed on their properties.

Please show your appreciation by not littering.

"Festivals" continued from page 1

Pericles, The Diary of Anne Frank and Greater Tuna.

The Adventures of Pericles is a tale of adventure and travel with Pericles undertaking a dangerous journey searching for thrills, riches and family. Instead he finds danger and uncertainty as he sails from country to country and intrigue to intrigue. The gods seem to be against him as his loves die and his friends deceive him. But, in the end, he finds the most important treasure of all: himself.

The Diary of Anne Frank is a Pulitzer Prize-winning play that is a testament not to the brutality of war and hatred, but to the unshakable spirit of a young girl and the hopes and loves of a family and a people trying to hold to their faith.

Greater Tuna is lighter fare set in the town of Tuna, Texas - where the population is small but the personalities are big! Join Thurston and Arles on OKKK Radio as they bring you the daily happenings, complete with UFOS, Smut Snatchers, and Puppy Pushers. Join this cast of quirky characters (portrayed by only two actors!) as they navigate through the unusual small town life that is Greater Tuna. All fall performances take place in the Randall Jones Theatre. For more information, call (435) 586-7878.

Coming Up...

IN THE HERITAGE THEATER

SEPTEMBER 23 - 7:30 P.M.

The Orchestra of Southern Utah presents their annual Talent Showcase featuring a guitar concerto; double viola concerto; performances by three local pianists; the Festival City Chamber Singers and the popular *Romanian Rhapsody* by Enesco performed by the Orchestra. Xun Sun is the music director and conductor. Tickets are \$10 for adults, \$5 for students and groups of six are \$30. Children 6 and over are welcome with adult supervision.

OCTOBER 1 - 7:30 P.M.

The Cedar City Music Arts Association season begins with the Utah Symphony featuring their new music director, Swiss born Thierry Fischer. Tickets are \$30 for adults and \$15 for students. Make the evening even more unforgettable and come early to the **SYMPHONY SOIREE**. This buffet-style dinner begins at 5:45 p.m. at Festival Hall. Cost is \$25 per person.

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.

Veteran paver deadline

The deadline for purchasing a paver for a Veteran at the Rotary Centennial Veteran's Park in Cedar City is Oct. 1 to ensure installation by this Veteran's Day. Pavers purchased after Oct. 1 will not be installed until November, 2011.

Pavers are limited to 3 lines with 15 characters per line. The tax deductible donation price is \$150 each.

Make checks payable to: Cedar City Rotary Foundation, 1577 So. Hill Crest Dr., Cedar City, UT 84720. For more information call Betty at (435) 865-7637. (Pavers are not available for Iraqi Freedom Memorial).

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event is gaining in popularity and promises to be bigger and better each year.

For those interested in a more intense work-out, on the 18th of September Cedar City is sponsoring our first half marathon. We have had 400 people sign up already and anticipate having 500 participate in the run this first year which is exciting news.

This month's chapter from *The Richest Man in Babylon* is entitled "The Five Laws of Gold." In this chapter Arkad, the richest man in Babylon, gives his son a bag of gold, a tablet that contains the five laws of gold and ten years to go into the world and prove himself worthy of his inheritance. Arkad's son immediately is taken in by those who prey on the young and inexperienced. He loses the gold and when he is fearful of starving, he memorizes the five laws of gold on the tablet so when he is having better times he will know how to preserve his wealth.

The son gets a job working on the new city wall. He saves all he can of his wages and the time comes when he has an opportunity to invest in the metal for the gates to the city and he makes a profit. He continues to live by the laws of gold and the ten years fly by.

Arkad's son then returns to his father to give an accounting. He admits his initial foolishness to his father and how he was able to turn things around when things got desperate. The son gives his father a bag of gold to replace the one that he was given. Then he places two more bags of gold at his father's feet saying, "Thou didst give to me a clay tablet inscribed with wisdom. Behold, in its stead, I do return two bags of gold. This I do to prove to thee, my father, of how much greater value I consider thy wisdom than thy gold. Without wisdom, gold is quickly lost by those who have it, but with wisdom, gold can be secured by those who have it not, as these three bags of gold do prove. It does, indeed, give to me the deepest satisfaction, my

father, to stand before thee and say that, because of thy wisdom, I have been able to become rich and respected before men."

The First Law Of Gold:

Gold cometh gladly and in increasing quantity to any man who will put by not less than one-tenth of his earnings to create an estate for his future and that of his family.

The Second Law Of Gold:

Gold laboreth diligently for the wise owner who finds for it profitable employment, multiplying even as the flocks of the field.

The Third Law Of Gold:

Gold clingeth to the protection of the cautious owner who invests it under the advice of men wise in its handling.

The Fourth Law of Gold:

Gold slippeth away from the man who invests it in purposes with which he is not familiar or which are not approved by those skilled in its keep.

The Fifth Law of Gold:

Gold flees the man who would force it to impossible earnings or who followeth the alluring advice of tricksters or who trusts it to his own inexperience and romantic desires in investment.

Some timely advice from Valley View Medical Center: Remember, temperatures can still stay somewhat high in September and it's important not to forget to stay hydrated. While drinking enough water is always important, it's absolutely vital when the temperatures are still relatively high.

A good rule of thumb is to drink a minimum of eight eight-ounce glasses of fluid every day. If you exercise or are outside, even briefly, or if you are pregnant or nursing you should add to that amount.

When exercising you should pre-load on water beforehand, especially if you're going to be outside. That means drinking an extra 20 or more ounces an hour or two prior to your workout, with another eight ounces right before. It's also important to continue to drink small amounts during your workout.

Dehydration can come on cumulatively. If you don't replace the fluids from the day before, you go into

the next day with a fluid deficit, which can be very dangerous over time.

Signs of dehydration include swelling, dark urine, dry mouth and nose, cramping, weakness, faintness, and confusion. If you start to experience symptoms it's time to find some shade and water. Cool towels, fans, and ice in the armpits and around the neck can help. If your condition persists or gets worse, call 911 or go to the emergency department.

This month's fitness reminder from Lasse Bjerga: The word "slow" is almost offensive in today's America. A prime example is found in the weight loss industry, where the word "fast" is a marketing accessory. It is assumed that everyone wants to lose the weight as quickly as possible. But - maybe not so fast! Experience has made it clear that fast down nearly always equates with just as fast up. In other words: rapid weight loss is nearly always associated with subsequent rapid weight gain. Why is this so?

While we don't understand every physiological mechanism and adaptation, there is a clear consensus that the body (not to mention the mind) is resistant to change in and of itself. And the more severe the change (i.e. the faster), the more resistant it becomes, eventually trying to "compensate" by driving us to slow down, give it up or totally go the opposite.

Starving the body with too few calories is similar to swimming under water. You can hold your breath for a certain amount of time, but eventually you need to get air. If you hold your breath for too long, you will move into a phase of involuntary behavior - you WILL kill for air. This is a biological need. So is the need for a certain amount of calories and nutrients. Restricting these too quickly will have the exact same effect on your ability to resist foods, eventually you WILL eat and you won't care what it is.

The answer is: s-l-o-w. Make slight changes and be aware of the resistance to change inherent in your biology. It is a much more intelligent approach to weight loss and other positive changes.