

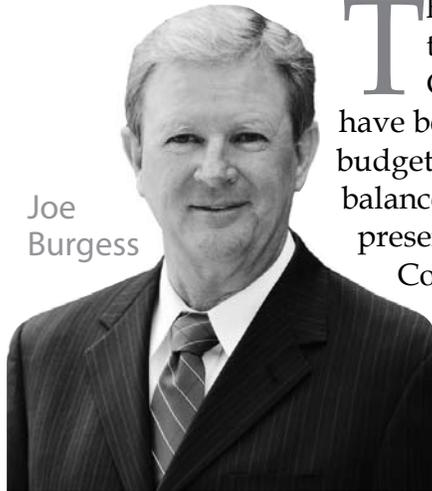
Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF MAY, 2011

A MESSAGE FROM THE MAYOR



Joe Burgess

This is a very busy time of year at the City Office. We have been working on the budget and have finally balanced it and will be presenting it to the City Council in a few weeks. We also opened the Fields at the Hills and we are working on the next segment of our trails system, located in the southeast area of the City. This will be another great addition to Cedar City.

This time of year, when we can see the light at the end of the tunnel of winter, it's fun to plan ahead for upcoming summer activities. We have the Summer Games, the Outdoor Adventure Fest, the Groovefest Quarter Marathon, the Fire Road Bicycle Race and the Main Street Mile in June and July along with the on-going activities and plays of the Shakespeare Festival. Then in the first two weeks of August, we will have two BIG family events. On August 5 and 6, the Family Festival will be coming with a talent show, softball tournament, fun run, and basketball tournament. There will also be a Family of the Year contest, a little red wagon parade, entertainment and food at the park. The weekend after the Family Festival will be a big beach party at the Aquatic Center and the Lake at the Hills as part of the celebration of the 50th anniversary of the Utah Shakespearean Festival. This is going to be a great summer and we'll have more information as the dates get closer.

The history of Cedar City and Iron County is filled with stories of courage, determination, vision and well-endured hardships. The pioneer founders of this area were as strong in their constitution and character as the iron they worked with. What many people don't know is that those pioneering qualities and spirit continued in many of our residents through the next century as well. In the early 1960s, a modern-day pioneer had an idea. In the summer of 1962, the birth of that idea heralded one of the most successful and widely-acclaimed enterprises in the history of the region and the state.

Fred C. Adams was that young pioneer. In his first year at the College of Southern Utah, and as the only drama professor on the faculty, he was already developing a fine department, producing several productions to the delight of the cultural community. It wasn't an easy task. Bringing the best new plays to Cedar City was expensive and presenting them well was even more so.

Fred had spent some time in Ashland, Oregon, attending the Oregon Shakespeare Festival. He took notes, watched rehearsals, and sketched sets. Noticing the similarities between Ashland and Cedar City (both were about the same size, had small junior colleges, and were surrounded by scenic wonders), he pondered, "If a Shakespeare festival could work in Ashland, Oregon, why not in Cedar City, Utah?"

The next spring, Fred sat with his fiancée Barbara Gaddie in the Fluffy Bundle Laundromat and designed their dream on a yellow note pad. Those notes would become the blueprint for the Utah Shakespeare Festival.

Could this be part of the solution for producing

(CONTINUED ON PAGE 4)

Betsy Carlile is honored

Police Department Executive Secretary Betsy Carlile, who has worked for Cedar City since 2005, has been selected by the Cedar City Employee Advisory Committee as May's employee of the month.

Betsy was nominated by Chief Allinson who wrote, "Betsy is always willing to help any fellow employee, often accepting unpleasant tasks and work assignments. She is a friend of everyone and enjoys making the work place enjoyable and fun. Betsy set the goal of balancing the accounts each month and keeping me apprised to keep us under budget. She accomplished this and set up her own Quicken accounts that she keeps accurate and up-to-date. She knows how to juggle her many tasks and projects to finish them all at the appropriate time."

Betsy grew up in Orange County, CA and attended SUU, where she majored in Broadcast Journalism. She worked for the *Daily News* prior to being hired at the Police Department.

She is married to Scott and they are the proud parents of a busy one year old, Jack.

Betsy has many hobbies; among them are running, snowboarding, cooking and sewing. She also loves to surf and is a certified SCUBA diver.

Betsy says she loves her job and the people she works with. She also enjoys planning the employee parties. Congratulations Betsy!



me apprised to keep us under budget. She accomplished this and set up her own Quicken accounts that she keeps accurate and up-to-date. She knows

Be a fan of Special Olympics

BE A FAN is the motto adopted by Special Olympics International. However, being a fan of Special Olympics is more than being a fan of sports. Special Olympics fans are also, by association, fans of dignity, inclusion, fairness and equality for persons with intellectual disabilities. The Special Olympics movement is over 40-years old and games occur worldwide. Last year Cedar City and Iron County welcomed the Utah South Area Soccer and Athletics (track and field) competitions hosted by Southern Utah University. The area games will be coming back this year on May 13 and 14 with athletes, coaches and families coming from Iron, Washington, Garfield and Kane Counties. Soccer will be at the SUU fields at 4:00 pm on Friday and Opening Ceremonies will be at the SUU Coliseum Sat. May 14 at 8:30 am, track and field games to begin at 9:00.

BIG NEWS: The Special Olympics Utah Summer Games (state games) will be coming to Cedar City and Iron County June 2-4, 2011. For this event over 3000 athletes, coaches and volunteers plus families and fans will be spending three days in our community and competing in many events. Events will be held at a number of venues throughout the area using city and county recreational facilities and the Southern Utah University Coliseum and fields. Opening ceremonies will be at the Coliseum the evening of June 2.

For more information, how to volunteer, donate, or come and Be A Fan for Area or State Games you may go on-line to www.sout.org or locally, contact VickiAnn Higgs at 435-867-5944, Dan Dail at 435-463-7285 or Jill Dail at 435-463-5455.

Sister city donates books to library

The book collection at the Cedar City Library in the Park is 300 volumes larger due to a donation from Cedar's sister city, Gapyeong, South Korea.

On September 29, 2009, Cedar City entered into a sister city agreement with Gapyeong. The city's mayor, the honorable Lee Jin Yong, and many other dignitaries visited the area at that time. Last October, Mayor Burgess and his wife Beverly; Dan and Jane Roberts; and Sunny Lee, a Springdale resident who has been instrumental in forging the sister city agreement, traveled to Gapyeong. At that time the Mayor learned of the Korean city's generous donation to our community.

Many of the books are written in Korean, but some are in English. The topics include travel, children's books, culture, cooking, history and poetry. The collection also has books for those interested in learning to speak Korean.

The Korean collection is the second major foreign language collection at the library. They also have a Spanish collection.

Mayor Burgess said that we will be donating books to the Gapyeong library. Lee said that she would like to see Utah residents donate new books of all kinds for placement in the Gapyeong library. Residents are invited to drop book donations off at the City Library at 303 N 100 E to help start the collection.



Free Kidney Health Screening May 18

Do you have diabetes or high blood pressure? Do your parents or siblings? If you answered yes to either question, you are at risk for kidney failure. The National Kidney Foundation of Utah will conduct a free kidney health screening for those at risk on Wednesday, May 18, 2011 at the Cedar City Aquatic Center, 2090 West Royal Hunt Drive from 11 a.m. to 2 p.m. The National Kidney Foundation's Kidney Early Evaluation Program (KEEP), an early detection screening, is designed to educate and monitor those at risk. "One in four people we screen have some level of kidney dysfunction – and they never knew before the test. Early intervention and treatment prevents kidney failure," says Sharon Miller, Education and KEEP Director. "If you have diabetes, high blood pressure, or kidney disease – or have it in your family, you should be screened."

More than 26 million Americans have chronic kidney disease and most don't even know it. To make an appointment or to learn more, call the National Kidney Foundation of Utah at (800) 869-5277.

Public Works Report

STREET MAINTENANCE: The area of the City scheduled for skin patching in May is south of 200 S., east of I-15 and west of Main St., and the area south of the Staples/Christensens shopping center east on Main St. When you see crews approaching your neighborhood, please park your vehicle in the driveway so the maintenance work can be done completely.

Spring clean-up has been completed for this year. Thank you for your participation and cooperation.

RECYCLING: Styrofoam is not yet recycled here. Please do not place Styrofoam in the bins. Please compact the plastic containers before disposing. Bins are emptied every Tuesday. Cardboard may be taken to the southeast corner of U-56 and Westview Drive. Please break boxes down. Please do not leave any debris behind at the recycling sites.

STREETLIGHTS: If you notice streetlight outages around the city, please email the street light address (and pole number if possible) and your contact information to streetlights@cedarcity.org.

WATER: During these spring months the ground is still saturated from the winter so there is no need to jump

the gun on irrigation. Watering in May should be ½ inch every 4 days. Watering is to be done before 8 am and after 6 pm.

WASTE WATER: The Wastewater Treatment Facility won the following awards for 2010:

- Outstanding Bio-solids Program
This award was received in 2007 and again in 2010.
- Outstanding Laboratory Technician - Andrew Oko
- Outstanding Supervisor - Darrell Olmsted, Wastewater Superintendent
- Excellence Award - This is the second time this award has been received. The first time was in 2008 when the award was issued to facilities that receive at least three awards in one year to recognize their overall achievement in the wastewater industry. Cedar City was the only facility to win this award for 2010.

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.

Leisure Services Events

Challenger British Soccer Clinic
May 10 at the Coal Creek Soccer Complex - Free! Just show up with your soccer ball!

4:30 - 5:30 - 3 to 5 year olds

5:30 - 6:30 - 6 to 9 year olds

6:30 - 7:30 - 10+ year olds

British Soccer Camps are staffed exclusively by qualified coaches from Great Britain who are selected and trained specifically to give your child the best possible experience. Don't miss out!

Hershey Track Meet

May 13 at CVHS - Free - Ages 9-14
Participants must register by May 12 at the Aquatic Center. There will be no registration at the meet. HERSHEY'S Track & Field Games, the largest youth sports program of its kind in North America, has produced many Olympic medalists and competing athletes. For more information on the Cedar City meet, call (435) 865-9223.

**Recognize the signs of Domestic Violence:
Facets of a Healthy Relationship
Part 8**

♥**Accountability**♥

Accountability is crucial in building healthy relationships. Accountability is assuming responsibility for your own actions, being dependable, following through with commitments, paying your debts and being honest. Accountability is not blaming someone else for your actions, or lying about what you have or have not done. Accountability is not one partner spending or withholding money meant for bills, food or rent. This is economic abuse. If you or someone you know is experiencing an abusive relationship, please call the Domestic Violence LinkLine at 1-800-897-LINK (5465).



(CONTINUED FROM PAGE 1)

quality, affordable plays for the community while consistently training new drama students? Being inventive and prone to problem solving, Fred decided to take a giant risk. The plays of William Shakespeare were in the public domain and required no expensive royalty payments. Would the citizens of Cedar City support such works penned hundreds of years ago in such strange forms of the English language?

The test case was to be a production of *The Taming of the Shrew* on campus in February 1961 with student actors. The challenges of producing Shakespeare included finding enough actors for large, mostly male casts and providing the lavish costumes required. Desperate for male actors, the following anecdote shows the lengths to which he went to find personnel for that first company.

Fred turned to one of the college's coaches for help. Fred: Coach, I've got to have some men if I am going to do a Shakespeare play. Can any of your guys help me out?

Coach: Guys, Freddy wants to do a Shakespeare play. How many of you would volunteer to be in it for him?

Eight hands went up and . . . The *Taming of the Shrew* began pre-production.

Fred's risks were rewarded when the "test" play was staged to standing ovations every night and extra performances had to be scheduled to meet audience demand. The stage was now set and the director more

confident that Cedar City could become a "Shakespeare Festival Community."

This summer's performances mark the 50th anniversary of the Utah Shakespeare Festival. Many special events are planned around the festive commemoration, one of which is the publication of a book, *Celebrate Fifty Years: Utah Shakespeare Festival*. It was written by Ryan Paul, local historian and curator of the Frontier Homestead State Park Museum, designed by Darrin Fraser of Mishap Studios and published by the Utah Shakespeare Festival. Copies may be pre-ordered through the Festival web site www.bard.org and will be available in mid June. Much of the information for this article was adapted from this forthcoming book.

...Keith and Janet Seegmiller

From Valley View Medical Center comes this very timely advice:

Because May is Skin Cancer Awareness Month, gaining knowledge about protecting ourselves from sun exposure and preventing skin cancer is essential.

Myth #1: Having a tan is healthy. False. Tanning is a response to DNA damage in your skin cells, so a tan is typically unhealthy for your skin. A good sun strategy consists of three things: 1) a broad-spectrum (covering both UVA and UVB), high-SPF sunscreen; 2) sun protective clothing, such as a wide-brimmed hat and long sleeves; 3) seeking shade during peak hours

of sunlight.

Myth #2: I can stay out in the sun as long as I don't get a sunburn. False. Although sunburn is a risk factor for melanoma, staying in the sun for long periods of time is the main risk factor for the more common types of skin cancer.

Myth #3: Tanning beds are a safer, more controlled way to get a tan. False. Several studies have shown a 75 percent increased risk of melanoma in patients under age 35 with exposure to indoor tanning. There is no such thing as a "safe tan."

Myth #4: I have dark skin, so I don't need to wear sunscreen. False. People with darker skin pigmentation can also get sunburns and skin cancer. In people of color, skin cancers may arise in an unusual location or be diagnosed later than in people of lighter skin color. Therefore, it is important not only to protect your skin from sun exposure, but also have a dermatologist examine any symptomatic or changing skin lesions.

Myth #5: I shouldn't wear sunscreen so I can get enough vitamin D. False. Ultraviolet (UV) rays from the sun and tanning devices are considered a carcinogen, or cancer-causing substance. Sun exposure is just one way to obtain vitamin D. Other, healthier ways of obtaining vitamin D include a healthy diet and supplementation. Ask your health care provider for more information regarding appropriate levels of vitamin D, and getting vitamin D from safe sources.