

Festival City USA This Month

CEDAR CITY, UTAH, COMMUNITY UPDATE



FOR THE MONTH OF AUGUST 2012

A MESSAGE FROM THE MAYOR

Being the mayor's wife should have some privileges, and so I am taking over the newsletter this month. Since Joe became mayor I have helped with the Cedar City Family Festival. It was the one thing I told him I really believed in, and I wanted to help make it a great experience for families. Mother Teresa once said, "What can you do to promote world peace? Go home and love your family."



Bev Burgess

With the time and budget constraints in raising families these days, often children don't have enough opportunities to work or play with their families. Keeping that in mind, the Family Festival Committee has worked hard to provide activities that are free of charge and full of fun. This year we have expanded and improved every aspect of the Family Festival, along with adding some new activities. We have some great sponsors who are footing the bill, so the families of Cedar City can come and have a great time.

The festival this year will be held on August 24 & 25, and the schedule is as follows:

FRIDAY, AUGUST 24

- 3 p.m. - Activities and entertainment begin in the Main Street Park and include train rides, face painting, and lots of games and activities.
- 6 p.m. - Whiffle Ball Tournament. Go to

www.cedarcityfamilyfestival.info for entry information.

- 7 p.m. - Paint fight party with a live band.
- 9 p.m. - Movie - *Dolphin Tale*.

SATURDAY, AUGUST 25

- 10 a.m. - Little Red Wagon Parade
- 11 a.m. - Activities in the Park
Bouncy houses, train rides, face painting
- 4 p.m. - Talent show in the Heritage Theater (see www.cedarsgottalent2.blogspot.com for more information).
- 6 p.m. - Program announcing the Family of the Year and the winners of the talent show (go to www.cedarcityfamilyfestival.info to nominate a family). The guest speaker will be the Food Nanny.

The Food Nanny, also known as Liz Edmunds, wants to bring more families home to dinner. As the mother of seven children, she and her airline pilot husband have been committed over the years to keeping family dinner time an every-night commitment. In her book, *The Food Nanny Rescues Dinner: Easy Family Meals for Every Day of the Week*, she writes about what she has learned from years of family dinners. She will share with all who attend this program how to get your children to help in the kitchen and eat what you cook. Her talk is geared towards children, so don't leave them home!

I hope that I have given you a good idea of all the great things that will be happening at the Cedar City Family Festival. For more information about any of these activities,

(CONTINUED ON PAGE 4)



Barbara Barrick selected as EOM

Executive Secretary Barbara Barrick has been selected as the Employee of the Month for August by the Cedar City Employee Advisory Committee.

Barbara has worked for Cedar City Corporation since 1997. She transferred to Administration from the Police Department in 2008.

Her nomination reads, "Barbara always steps up and fills in where needed. Many times extra things come up that need to be done and she is always willing to take them on and put forth the extra effort to make sure they get done. Barbara has taken on a lot of new responsibilities in the last few years and has had to learn many new things. No matter what is going on in her life, she always shows up to work with a smile on her face and is always fun and pleasant to work with."



Barbara grew up in Long Beach, California, and moved to southern Utah in 1992. She and her husband, Robert, have six children, five grandchildren and six great-grandchildren in their blended family. She enjoys gardening, working out, reading, writing, listening to music and "just being out in nature."

When asked what she likes most about her job, she said, "I appreciate the opportunity to be challenged and to use my talents. I also love all the people I work with at the City. My co-workers make it fun to come to work."

Public Works

OUTDOOR WATERING: Since we are in the season of rainstorms, sprinklers could be shut off after a good rain. Watering is to be done before 8 a.m. and after 6 p.m. These watering times are year round. Watering in August should be ½ inch every 3 days. Let's do our part to conserve.

STREET MAINTENANCE: We continue our annual street maintenance in August. The area of the City scheduled for maintenance activities includes areas from Main Street to I-15, from 200 North to Canyon View High School. When you see crews approaching your neighborhood, we encourage you to park your vehicle in the driveway, so the maintenance work can be done completely.

GARBAGE PICKUP: Holidays can alter the pickup days for some customers. A holiday pickup schedule is sent out at the beginning of each year in the Mayor's Newsletter. In addition, the monthly utility bill provides the holiday schedule for that month. Landlords please inform your renters of the holiday schedule.

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 (435) 865-4510.

THANKS FOR RECYCLING. 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.

The Public Works office reminds 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 (435) 586-2912.

Fast, convenient on-line bill pay

Did you know that you can manage your Cedar City utility payment process online anytime, anywhere you have Internet availability? The advantages of Xpress bill pay are:

- Fast – No envelopes, stamps or hassles. Bills are paid in minutes.
- Secure – We use the same high level of security as the leading online banking and financial service sites.
- Convenient – Email reminders tell you when bills arrive, are due, and are paid. You can also set auto pay and not worry about them again.

Signing up is easy. All you need to start paying your bills electronically is an email address and your utility account number. Go to www.xpressbillpay.com to sign up. If you have questions or need assistance, please call the City Offices at (435) 586-2950 or 586-2951.



'Tis the season for running events

Cedar City's sunny and mild late summer and early fall weather, added to its beautiful red rock canyon, blue skies, and clean air are the perfect combination for top-notch athletic competitions. During the next few weeks, Cedar City will be host to a variety of events with opportunities for athletes of all skill levels to participate.

First on the calendar, on August 25, is the 2nd annual Cedar Express 31 Mile Relay Race. The race begins at 7 a.m. at the "C" overlook on Cedar Mountain and ends at Park Discovery. Teams are five (or less). Each runner runs two times throughout the day, completing roughly six miles in total. For additional information, or to sign up, go to www.cedarexpress31milerelay.com.

Next on the running agenda is the 4th annual Moon Walk/Run 5K race. This increasingly popular event begins at the rise of the full moon (approximately 9 p.m.) at the Bicentennial Softball Complex (660 W 1045 N) and proceeds along the Coal Creek Trail. The cost is \$8 each and/or \$5 for additional family members and includes a T-shirt; Aquatic Center swim pass; water and fruit; and a glow in the dark necklace. This is a bargain price for an event that would be a great family or romantic couples' activity. Register at the Aquatic Center at 2090 W. Royal Hunte Drive.

For those who enjoy biking and swimming in addition to running, the Color Country Triathlon will be on September 1. This event begins at the Lake at the Hills and finishes at Park Discovery. For more information, call (435) 463-1964.

Another relay race, for those blessed with great lung capacity, is the 4th annual Red Rock relay which begins at 10,500 feet in Brian Head and ends at Snow Canyon for a total of 180 miles of breathtaking scenery. Teams are 12 and 6 members for this 24 hour unforgettable event. For more information on the Red Rock Relay, go to www.redrockrelay.com.

Cedar City's own Half Marathon will be held for the third year on September 15. The Cedar City Half Marathon is a scenic downhill race. It is the perfect high altitude trainer for those preparing for the full marathons held a few weeks later, including the St. George marathon. According to *Western Runner*, the half marathon's course is arguably the fastest in the West, and possibly the fastest in the nation.

The race begins at 7 a.m. on US-14 at Woods Ranch (8200 feet above sea level) approximately 11 miles up Cedar Canyon. The full course has total road closure, for a safe and enjoyable running experience. The Cedar City Half Marathon has grown each year since its inception. There were 500 paid registrations in 2010, 600 in 2011, and it is anticipated that there will be 1000 this year.

For this year's race, the Cedar City Half Marathon features upgraded timing, more awards, more categories and more prizes. Each participant will receive a shirt and a finisher medallion. Those who register before August 15 will have the chance to win a pair of high end running shoes. Entry fees are \$40 before September 1, so don't procrastinate.

Coming Up...

- August 9 - Summer in the Park Concert Series - 7 p.m - Main St. Park - "The Shakers" - Free!
- August 10-11 - 11th Annual Cedar City Fine Arts Festival - Randall Jones Theatre Lawn - Free! For info call (435) 865-8420
- August 16 - "Elvis Returns to Cedar City" - 7 p.m. - Frontier Homestead State Park - For info call (435) 586-9290
- August 18 - SUMA Art Studio and Home Tour - 10 a.m. to 4 p.m. - for info go to www.edu/pva/suma
- August 24-25 - Cedar Family Festival - go to www.cedarcityfamilyfestival.info
- August 24, 25, 27 - Cedar Children's Musical Theatre - *Annie Jr* - 7 p.m. - Cedar High School - Admission \$5 - go to www.intunecedarcity.com for info
- August 25 - 3rd annual Cedar Express 31 Mile Relay - 7 a.m. at "C" overlook - for info call (435) 531-9631
- August 29 - "Cool August Nite" - 4 p.m. to 9 p.m. - Bradshaw Chevrolet - Free - Call (435) 586-6595 for info
- August 31 - Moon Walk/Run - Bicentennial Softball complex - call (435) 865-9223 for info
- September 1 - Color Country Triathlon - Aquatic Center - Call (435) 463-1964 for info
- September 6 - 8 - South West Junior Livestock Show - Cross Hollows Events Center - Call (435) 586-8132 for info
- September 7 - 8 - Great American Stampede - Call (435) 586-2424 for info
- September 7 - 8 - 4th Annual Red Rock Relay - for info go to www.redrockrelay.com



(CONTINUED FROM PAGE 1)

call Becky at (435) 865-1909 or email her at cedarcityfamilyfestival@gmail.com. I look forward to seeing everyone there!

From Steven Heath for August:
 The most exciting grove of bristlecone pine trees in the Cedar City area is located in the "Twisted Forest" just west of Brian Head. The trail head can be reached by driving the scenic backway road (FS 265). The road begins at mile marker 10 on the Parowan Canyon highway and ends at Summit. It is a nice drive of eighteen miles of generally good, graded graveled road. It should be avoided in wet weather though. The Twisted Forest is part of the Ashdown Wilderness created in 1984, which borders Cedar Breaks National Monument.

After reading the historic signs at the trail head, proceed on the well-worn path into the forest. There is a developing trail up a steep ridge to the oldest trees and on to an incredible view of Cedar Breaks and the headwaters of Rattlesnake Creek. From the edge of the canyon, Brian Head Peak is visible to the east and the Tushar Mountains to the north. Indian Peak, near the border of Utah and Nevada, is visible to the west.

Tucson dendrochronologist C. W. Ferguson found that the oldest trees in the Twisted Forest were around 2500 years old. The publicity generated by Ferguson's visit prompted Utah Senator Wallace F. Bennett to propose the establishment of Cedar Breaks National Park and expanded its boundaries to include the Twisted Forest and Brian Head Peak. The bill, Senate Bill 1187, failed but the bristlecone pine tree became a significant symbol of the area.

Along with a name change in 1968, Southern Utah State College adopted the bristlecone pine as the emblem of the school with a related motto "Learning Lives Forever." President Royden Braithwaite said that the college was very much like the bristlecone pine tree--it was a survivor despite going through some very hard times. The tree survives at a place that is difficult to live in;

a high altitude and with poor soil. The motto and emblem are still part of Southern Utah University's logo.

Someday Twisted Forest, Brian Head Peak, Ashdown Gorge and the Flannigan Arch should be part of an expanded Cedar Breaks National Park.

There is also a grove of bristlecone pines off FS 068 on the old road to Mammoth Springs. What makes this set of trees unique is that they grow at a lower elevation (8300 feet). Next month we will visit the hiking sites along the Virgin Rim Trail.

From VVMC this month:
 New research found in the *Archives of Internal Medicine* shows that those who spend a lot of time sitting may be more likely to die from any cause, compared to people who don't sit as long. Although researchers aren't clear why it's bad to sit for long hours, exercise and diet can help to reverse the risk. These few simple movements at the office can help:

- **Move a few minutes every hour.** Instead of e-mailing or instant messaging with a co-worker, walk over to his or her desk. Instead of using the elevator, take the stairs.
- **Walking meetings.** Instead of the traditional sitting meeting, schedule a walking meeting. Let attendees know in advance so they can wear the appropriate shoes
- **Stand up.** Find times when you can stand up to perform your job. Try standing while on a phone call, or stand for five minutes at the top of every hour.
- **Use a small water cup.** Get up every hour to fill your smaller water cup.
- **Use breaks wisely.** Take a walk or do a few yoga poses or stretches during your break.
- **Take advantage of lunch.** Go for a walk, jog, or bike ride on your lunch break. If the weather is bad, walk up and down a few flights of stairs.
- **Schedule it.** Make time in your schedule to exercise by putting it on your calendar.