

Traveling Smithsonian music exhibit displayed

CEDAR CITY – Southern Utah residents don't have to travel to Washington, D.C. to see the Smithsonian. A traveling Smithsonian exhibit, "New Harmonies: Celebrating American Roots Music," is set to be on display in Cedar City from July 27 to Sept. 10.

The exhibit will be at the Iron County Visitor Center, 581 N. Main St. Admission is free.

The display is a collaboration between the Smithsonian Institution and the Utah Humanities Council.

The Cedar City Daughters of the Utah Pioneers and Cedar City-Brian Head Tourism Bureau were selected by the Utah Humanities Council to host the exhibit.

Those attending the exhibit can "listen to America's music and hear the story of freedom," according to the tour schedule brochure. "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 these people are carried in song – both sacred and secular," the brochure added. "Their music tracks the unique history of many peoples reshaping each other into one incredible diverse and complex people – Americans. Their music is the roots of American music."

Related music events will occur in conjunction with the exhibit throughout the community. Additional activities include concerts at SUU, St. Jude's Episcopal Church, Heritage Center, Festival Hall, Library in the Park, and the Main Street Park.

There will be a "Roots Music Film Festival" at the Frontier Homestead State Park Museum and a "musical journey through the early days of rock and roll" by cultural historian, Ryan Paul. A Ukulele performance, sing a-longs and other musical discussions and concerts will enhance the exhibit.

A schedule of all the events associated with the Smithsonian Traveling American Roots celebration can be found at www.ScenicSouthernUtah.com. Most events are free.

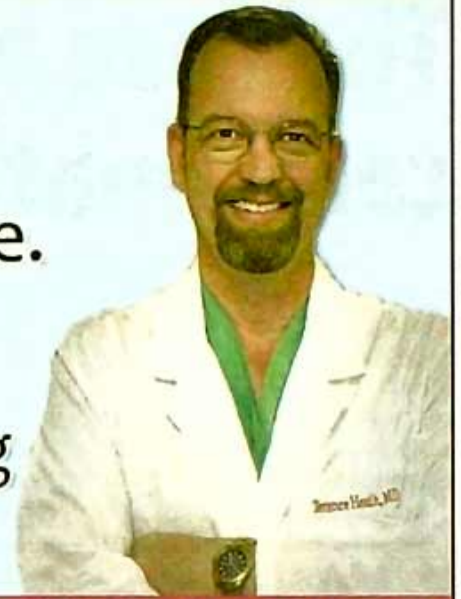
"This is an exciting opportunity to host such an amazing slice of history through music," said Bonnie Char, Public Relations Specialist for the Cedar City-Brian Head Tourism Bureau and Visitor Center. "Only five other locations in Utah will host this exhibit. Cedar City residents and visitors can come enjoy a world class display and take part in various musical outlets."

The opening reception will be Monday from 6 to 7:30 p.m. at the Iron County Visitor Center. People who may have music-related historical items including instruments, sheet music, programs, photos or histories that they would like to donate (or are willing to loan for the period of the exhibition), are urged to contact DUP member and museum curator LaKay Weber at 586-5058.

For a complete listing of the events visit www.ScenicSouthernUtah.com or pick up a schedule at the Iron County Visitor Center, 581 N. Main St.

You deserve the very best in Women's Health Care.

Come see why women are saying you will find it here.



BOARD CERTIFIED OB/GYN TERENCE HEATH, MD

"When I am in Dr. Heath's office I always feel that I am the most important person in the room. When I first met with Dr. Heath I was impressed with the time he spent with me in the office. I never felt like he was trying to rush through my appointment, rather, he took the time to listen to my concerns."

-Stacy Jones

"PATIENT CENTERED PHILOSOPHY"

Friendly staff & an office environment that preserves your comfort and confidentiality!

- **OBSTETRICS**
 - routine/high risk
 - two 3D ultrasounds with each pregnancy
- **GYNECOLOGIC SURGERY**
 - minimally invasive procedures
 - same-day hysterectomy
 - Essure® Sterilization, Hydro-Thermal Ablation®, & InterStim®
- **BLADDER PROBLEMS**
 - overactive bladder
 - urinary incontinence
 - reconstruction for prolapse
- **MENOPAUSAL MEDICINE**
 - bioidentical hormones
 - hormone replacement therapy
- **INFERTILITY**
 - comprehensive evaluation for couples
 - ovulation induction
 - intrauterine insemination

No Long Waits!
Weekend & Evening Appointments Available!

Cedar City Institute of Women's Health
 (435) 865-9500
 110 W 1325 N, Ste #300
Obstetrics • Gynecology • Infertility • Gynecologic Surgery

Free sprinkler checks available

IRON COUNTY – The Central Iron County Water Conservancy District, Utah State University Cooperative Extension Service and Slow the Flow have teamed up to offer free sprinkler water checks to Iron County residents.



This is the first year the Water Check Program has been offered in Iron County. The program offers free sprinkler system evaluations and educational materials to interested homeowners.

As the nation's second largest consumer of water per person (260 gallons per person per day), Utah has a unique opportunity to make waves in the realm of water conservation. Approximately two-thirds of drinking water in Utah is used to water lawns and landscapes. Experts agree that much of this water is being applied inefficiently, either due to sprinkler system design flaws or because sprinklers are simply running too long.

This free landscape consultation opportunity consists of a walk-through evaluation of the homeowner's sprinkler system, followed by simple tests used to determine the amount of water being applied to the landscape, and how evenly that water is being applied. Evaluators then use this information to recommend a watering schedule customized to the homeowner's individual landscape. The entire process takes approximately one-and-a-half hours.

"This no-cost program is a wonderful example of the cooperation that is occurring among water entities in Utah to help meet water conservation goals," says Dr. Kelly Kopp, Associate Professor and Extension Specialist in the Plants, Soils and Climate department at Utah State University and an administrator of the Water Check Program.

"The support of the participating water districts and cities has allowed USU

Cooperative Extension to reach out to the public in a very big way," Kopp added. "Individual homeowners now have a resource that will help them save water and money immediately and well into the future."

Participants are required to have an in-ground, automatic sprinkler system and live within the participating counties. Interested homeowners should call 586-8132 or visit www.SlowTheFlow.org to schedule an appointment.

Win a SkyFest balloon ride!

Enter the ADB Bank drawing for a ride in our hot-air balloon over Cedar City during SkyFest. ADB Bank is the proud presenting sponsor of the Cedar City SkyFest, held September 17th-19th 2010. Plan now to join in the festivities. For more information, visit www.cedarcityskyfest.com



ADB Bank
presents

The 2010 Cedar City SkyFest

ADB Bank
Your Local Choice For Savings
MEMBER FDIC

435.865.7935 | 136 West Center Street | www.bankadb.com

Enter this coupon at ADB Bank for a chance to win FREE a balloon ride!

Name: _____
Phone: _____

Must be at least 18 years of age and willing to sign balloon ride agreement to participate. One entry allowed per participant. Event conditioned upon weather and environmental conditions and may be cancelled at any time at the discretion of the bank. Leavitt Group and ADB Bank employees not eligible to participate.