



# FIVE COUNTY NEWS FROM 'R' VIEW

VOLUME I NUMBER 13

JANUARY, 2002

## Director's Dialogue:

As we embark on a new year, I would like to express our appreciation to the elected officials in the Five County region for their continued support and willingness to assist the Association of Governments in various capacities. I would also like to welcome incumbent and newly-elected mayors in the region.

We express our gratitude for the continued support of our elected officials. We appreciate the time, expertise and resources they willingly contribute toward the success of our organization. We are looking forward to the new year with renewed hope of making the world a better place.  
(John S. Williams)

## RSVP and UMET Join Forces

Five County RSVP and the Utah Medicare Education Team have joined forces for the purpose of reducing - even eliminating some forms of - Medicare waste and fraud. The bad news is losses are staggering! Annually Medicare taxpayers lose \$13 billion (which translates to \$36 million daily, \$1.5 million, \$25 thousand a minute).

UMET and RSVP have three goals, including:

1. Increase public awareness of health care fraud.
2. Encourage self-monitoring and reporting of waste, fraud and abuse.
3. Reduce the incidence of fraudulent practices.

Throughout the year, efforts will be made to update senior men and women about current scams and fraud issues. Watch for information in upcoming issues of the Times and Miles RSVP newsletter, in your local newspaper and on the radio. (Linda Sappington)

**Watch your thoughts; they become words.  
Watch your words; they become action.  
Watch your actions; they become habit.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny.**

Unknown

## 2002 Meeting Schedule

The Five County Association of Governments Steering Committee will meet in regular session in 2002 on the following schedule:

Meeting Date	Location
Wednesday, January 9, 2002 1:00 p.m.	Five County AOG Conference Room 906 North 1400 West St. George, Utah
Wednesday, February 13, 2002 1:00 p.m.	Kane County Courthouse Commission Chambers 76 North Main Street Kanab, Utah
Wednesday, March 13, 2002 1:00 p.m.	Beaver Co. Admin. Bldg. Conference Room 105 East Center Street Beaver, Utah
Wednesday, April 10, 2002 1:00 p.m.	Parowan Public Library Meeting Room 16 South Main Street Parowan, Utah
Wednesday, May 8, 2002 1:00 p.m.	Panguitch City Library Council Chambers 25 South 200 East Panguitch, Utah
Wednesday, June 12, 2002 1:00 p.m.	Kane County Courthouse Commission Chambers 76 North Main Street Kanab, Utah
Wednesday, August 14, 2002 1:00 p.m.	Panguitch City Library Council Chambers 25 South 200 East Panguitch, Utah
Wednesday, September 11, 2002 1:00 p.m.	Beaver Co. Admin. Bldg. Conference Room 105 East Center Street Beaver, Utah
Wednesday, October 9, 2002 1:00 p.m.	Parowan Public Library Meeting Room 16 South Main Street Parowan, Utah
Wednesday, November 20, 2002 1:00 p.m.	Five County AOG Conference Room 906 North 1400 West St. George, Utah

## Staff Spotlights:

**Tracy HeavyRunner** Born in the Arctic Tundra of Minnesota, Tracy moved to Utah in 1989 to attend Southern Utah University. Tracy then served fearlessly for 18 months in the Tennessee Nashville Mission.



Returning home to work for the Division of Child and Family Services, she lived in Blanding for one year and Panguitch for one year and then transferred to St. George to find a husband.

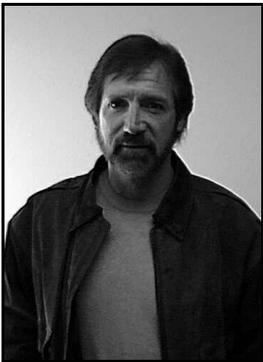
In 1994 she met and married Jerome

HeavyRunner. They have one son, Logan (5). Last year Logan asked Santa for a sister. He received two sisters this year, Sarah, 18, and Ruby 17; but asked Santa to return them because they were the wrong size.

Tracy came to work for the AOG in 1996 as a Case Manager in the Aging Unit. Her family is relocating to Cedar City and she will be doing case management from there.

In her free time Tracy enjoys time with her family, camping at the Motel 6, picnics and Bingo in Mesquite. Her favorite past time is bantering with the resident "cheesehead" about the Vikings.

**Kirby Lambert** began his career with the Five County Association of Governments in 1986 as the Supervisor for the Weatherization Program. Last year he was promoted to the position of Energy Coordinator. The Weatherization Program is designed to assist the elderly, disabled, and people of low income in their needs in energy savings. The program was originally designed to maintain air infiltration at controlled standards, so the home is easily heated but not too tight to destroy a good indoor air quality. In the past fifteen years there have been a lot of



changes. Indoor air diagnostic equipment is now used to help find leaks.

Kirby has really enjoyed working with this program and all the staff at the Five Counties. He likes to think of it as his other family. He hopes to stay with this program as long as it stays in existence. It's very rewarding, but it can also test your patience.

Kirby was born in Cedar City, went to Cedar High School and spent two years at SUSC (now Southern Utah University - SUU). He spent two years in the army during the Vietnam era; had a few good opportunities that he turned down, one that he sometimes wishes he would have chanced taking; but he knew for sure that four years as a helicopter pilot and warrant officer would have guaranteed him Vietnam so he took his chances. He took all the classes he could and it earned him Sargent E-5 in his first year. He spent his time in Germany and was really lucky to have been sent there. He received an honorable discharge in 1969.

Kirby says, "That was along time ago. Now I'm a very proud Grandpa of four grandkids. I have two grownups of my own. I can't call them children any more, a son, Bart, and a daughter, Bobbi Lyn. I'm real fortunate to have such a caring (watch it) son and daughter that keep me out of trouble.

On my weekends I like to just go somewhere, but mainly to my cabin in the summer, and Beaver Dam usually in the winter time, so a traveler I am. You would think that I put on enough miles with the Five Counties. I guess that the steering wheel feels natural in my hands."

**Linda Sappington** has served for eight years as Director of the Five County Retired and Senior Volunteer Program (RSVP). What started as a half time position in her Bloomington home office has now become the largest Senior Service Corps program in Utah with more than 1,100 senior men and women involved in "meaningful service in the community." In the past three years, she has also assumed responsibility for the Five County Senior Companion Program (SCP), Youth Volunteer Corps of Washington County (YVC) and for twenty AmeriCorps\*VISTA members statewide. Next on her agenda is the creation of a non-federally funded Foster Grandparent Program (FGP).



A California girl who has lived in Utah nearly half her life, Linda is the wife of Ed Sappington, formerly a banker with the now non-existent First Interstate Bank; mother to six adult offspring; and, grandmother to seven (soon to be eight) of the world's most beautiful grandchildren! In her spare time, Linda has enjoyed preparing for and teaching the adult Sunday School class in five different LDS wards over the past eighteen years; and also finds pleasure in doing arts and crafts with her youngest daughter, genealogy and free lance writing for the Spectrum and St. George Magazine.

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Call the Visitor's Center, 435-477-8190, for more information.

## Olympic Torch Run

In less than a month, the World comes to southern Utah!

The Salt Lake Olympic Torch Relay will pass through Garfield County on February 4th and through Iron and Beaver counties on February 5th. Here is a summary of Olympic Celebrations that will take place:

### Garfield County - February 4, 2002

**Bryce Canyon** will host the Torch Relay on Monday, February 4, 2002. The Torch is set to begin at Sunset Point around 2:30 p.m. However, residents and visitors are invited to gather for an open house at Bryce Canyon's new visitor's center, meet the Torchbearers, the Olympic Mascots and participate in unveiling the Park's new film "Bryce Canyon: Shadows of Time." For more information call the Park at 435-834-4420.

On the days leading up to the Torch Relay, Ruby's Inn will be hosting Winterfest activities. Call Ruby's Inn at 435-834-5341 for details.

### Iron County Torch Relay - February 5, 2002

**Cedar City** has been chosen as an Olympic Torch Relay Celebration Site for Tuesday, February 5, 2002. The Torch run begins around 8:30 a.m. and will proceed to Eccles Coliseum on the campus of Southern Utah University. The Celebration will include pageantry, music, fireworks and the lighting of the Utah Summer Games Olympic Legacy Monument Cauldron. Cedar City residents carrying the Torch through the community are: Fred Adams, Thomas Bloodgood, Daniel Bryant, Richard Burchby, Ron Cardon, Linda Lohrengel, Anjeanette Porter, Clair Jensen and Kelly Whaley. Residents and visitors are invited to line the streets and cheer on the Torch, or attend the Eccles Coliseum Celebration. Brian Head will offer one-half skiing Monday, February 4th as well as an Apre Ski Party from 4-6 p.m. and a Torch Light Parade and Fireworks from 6-7 p.m. That same evening, Cedar City and SUU will host a special program from 8-11 p.m. (location TBA). Call the Utah Summer Games Office at 435-865-8421 for more information.

After leaving Cedar City, the Olympic Torch will make its way to **Parowan** - home of Utah Olympian, Alma Richards. Alma competed in the 1912 Summer Olympics in Stockholm, Sweden, where he won a gold medal in the high jump - the only native Utahn to ever win an individual gold medal. Following the Torch's run through Parowan, residents and visitors are invited to attend a short ceremony in the Town Square. Parowan High School will host a musical program the night before the Torch's arrival, February 4th, at 7:00 p.m.

### Beaver County - February 5, 2002

After passing through Parowan, the next community to experience the Olympic Spirit will be **Beaver**. The Torch is scheduled to pass down Beaver's Main Street shortly after 11:00 a.m. A 10-15 minute ceremony will be held on the steps of Beaver High School and all are invited to attend. That evening, Beaver will celebrate its birthday a day early with a program in the Beaver High Auditorium at 7:30 p.m. Call the Beaver City Office, 435-438-2451, for details. (Ron Cardon)

### Rich Burchby - Olympic Torch Carrier

Rich Burchby, an RSVP Volunteer in Iron County has been selected to carry the Olympic Torch when it passes through Cedar City on Tuesday, February 5, 2002.

Rich was the recipient of The Silver Bowl award for Iron County in 2001. The Silver Bowl is presented by the Utah Volunteer Center Association and the Utah Commission on Volunteers as a way of recognizing an outstanding volunteer in each county.

For over 4 years, Rich has been serving as a Meals-on-Wheels driver in Cedar City. This RSVP Volunteer drives one of two routes in the community and covers that route two of the three days it is driven. Rich does more than just deliver a hot meal. He finds out how each senior on his route is doing. He talks with them and knows their worries and concerns. He then helps address those needs by notifying someone at the Senior Center or by going back and visiting or helping that individual himself. He has also been known to stay in contact with senior citizens once they go off Meals-on-Wheels. Rich never says much about what he does; in fact, he likes to do his volunteer work and not receive much attention.

In addition to Meals-on-Wheels, Rich volunteers at the Happy Factory, Canyon Country Western Arts Festival and the Utah Summer Games - all through RSVP Volunteer Stations.

Aside from RSVP, Rich serves with the National Mountain Bike Patrol, Western Heritage Days in Parowan and was a Construction Team Captain in building Park Discovery. (Ron Cardon)

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## **Capital Improvements Lists**

The Five County Association of Governments has been requested by the Permanent Community Impact Fund Board (PCIFB) to assist in updating the Capital Improvements Lists for the Five County region. Lists are updated on an annual basis and submitted to the Division of Community Development for fund allocation use.

As a part of this project, a mailer will be sent in the first part of January to counties, municipalities, special service districts, and school districts. In order for a project to receive PCIFB funding, it must be included on these lists. Your assistance in completing this project is appreciated.

Please submit articles to Diane Lamoreaux via e-mail ([dlamoreaux@fcaog.state.ut.us](mailto:dlamoreaux@fcaog.state.ut.us)) or in writing to: P.O. Box 1550; St. George, Utah 84771-1550. For other information or services, please call (435) 673-3548 or visit our web site at: [www.fcaog.state.ut.us](http://www.fcaog.state.ut.us)

**We are not going to dwell on those things that divide us. We are going to rejoice in those things that keep us together to make this a better country - to reach down and back to touch every young person in need!**

**- Gen. Collin Powell**

**FIVE COUNTY ASSOCIATION OF GOVERNMENTS  
906 NORTH 1400 WEST  
P.O. BOX 1550  
ST. GEORGE, UTAH 84771-1550**

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