



# FIVE COUNTY NEWS FROM 'R' VIEW

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## *Director's Dialogue*



A congressional oversight field hearing titled "Ensuring Local Input, Legal Consistency and Multiple-Use Resource Management in St. George BLM Planning," was held in St. George, Utah on January 22, 2016. Local officials and witnesses submitted testimony to the Subcommittee on Federal Lands regarding the policy overview of the St. George draft Resource Management Plans of the Bureau of Land Management.

Policy overviews included, "land use restrictions in the draft plans are unduly restrictive on grazing, recreation, and other multiple-uses of federal lands." Congressman Chris Stewart of Utah's Second District said, "With 67 percent of Utah's land owned by the federal government, it's imperative that our local communities have a voice in how these lands are operated; ...and hold federal land agencies accountable."

The Five County AOG is involved with many of these natural resource issues and will continue to be involved with local, state, and federal officials in helping to solve these issues in the area. Bryan Thiriot, Executive Director

## **Retirement of Diane Lamoreaux**

On December 31, 2015 Diane Lamoreaux retired after a 33 year career at the Five County Association of Governments. Diane began at the Association as Office Manager in January 1982 and finished her career as a Community Development Program Specialist.



She has ably managed the regional aspects of the Community Development Block Grant Program (CDBG) for the past 14 years. Fellow staff, as well as several county commissioners from our region, met at a luncheon on December 30<sup>th</sup> to honor Diane on her retirement. We wish her well!

## **2016 Transportation Expo - Speak Up Dixie!**

**Tuesday, February 9, 2016 10:00 a.m. until 6:00 p.m. at the Dixie Center**



Growth occurring in Washington County has brought about tremendous changes to nearly every aspect of this once mostly rural portion of Utah. Despite the recent economic downturn during

the past decade, robust growth continues to garnish the St. George Urbanized Area with ever increasing options for housing, healthcare, education, entertainment, jobs, industry, and socialization.

Most local elected officials and community leaders, and the public, cite the benefits of growth and are taking steps to accommodate it and encourage changes necessary to further attract residents, jobs, tourists, and recreational amenities to the area.

One necessary step in accommodating growth is a hard-line look at existing and future transportation facilities. Future roads, bus lines, bike trails, and sidewalks are being planned, redesigned, and contemplated right now – and the public's input on these is being sought at the annual Dixie Transportation Expo on February 9<sup>th</sup> in St. George.

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The Expo typically attracts over 600 people who attend to become better informed on transportation projects that are in the works. Attendees can render their input on how future transportation facilities should develop - and planners have listened! Public input was directly responsible for inspiring the bicycle facilities at the Red Hills Drive/Bluff Street Interchange.

Public input will be instrumental in the design of what will eventually be built at the intersection of Bluff Street and Sunset Boulevard. Public interest has also stimulated recent and expected expansions of the SunTran transit system.

At the Expo, planners and community leaders will again seek public input on projects along Bluff Street, Interstate 15, River Road, Old Highway 91 in Santa Clara and Ivins, potential SunTran extensions through Washington City, a possible SunTran line to Springdale, extension of the Southern Parkway through Hurricane, State Route 9 through Hurricane, and many more local projects.

This is a prime opportunity for you to gain a first-hand understanding of a variety of transit projects, road projects, traffic light projects, and bike trail developments – and render informed comments to planners and officials on projects that will help shape Dixie's future.

With an expected doubling of Washington County's population by 2035, the Five County AOG encourages all to contemplate the future of Washington County's transportation networks as the area evolves over the next 20+ years. If current trends continue, and there is no evidence to the contrary, Washington County will then be home to 371,000 people (2.5 times the current population) who will need to travel between work, home, schools, shopping, and entertainment venues.

Mark your calendars and plan to attend the Expo on **Tuesday, February 9, 2016 from 10 a.m. to 6 p.m.** at the **Dixie Convention Center, 1835 Convention Center Dr; St. George, Utah.** Admission is Free! More information about the Expo will be made available on the web at: <http://www.dixietransportationexpo.com>

### **Youth Volunteer Corps...growing in Washington County**



The Five County AOG is looking for Washington County youth between the ages of 11 and 18 to be a part of making a difference within their community! There is no fee and the youth volunteers are able to choose where they volunteer.

There currently is about ten active YVC members, with hopes to grow to thirty before this summer. Youth participating in the Youth Volunteer Corps can come from anywhere in Washington County.

Meetings are held the first Tuesday of each month at the Five County AOG building in St. George where sign-up sheets are available for volunteer projects for that month. Volunteer's hours are tracked and recorded, so when the students are ready to apply for jobs or further their education letters of recommendation can be provided for them. Two former YVC members from Iron County received \$10,000 and \$21,000 scholarships, respectfully, which they credit to their participation in YVC! Direct questions to Cindy Rose at (435) 867-8384, e-mail: [crose@fivecounty.utah.gov](mailto:crose@fivecounty.utah.gov)

### **Tutorial Workshops Scheduled for the Utah Permanent Community Impact Fund Program**



The **CIB-101 Tutorial Workshops** are back! They are conducted by staff of the Utah Permanent Community Impact Fund Board, also known as the "CIB". Attend one of these two identical workshops most convenient for you:

**Thursday, March 10<sup>th</sup> from 1:30 p.m. to 3:30 p.m. - Town of Hatch Town Hall/Community Center, 49 West Center Street**

**Friday, March 11<sup>th</sup> from 10:00 a.m. to noon - Parowan City Office/Public Safety Building, 35 East 100 North**

The tutorial workshops, held annually, will provide attendees with important information on "who can apply", "when you can apply", "how you apply", and "what comes next" after successful funding, including reimbursement procedures. **Recent changes in the CIB program will also be explained.** Representatives of cities, towns, counties and special service districts, as well as civil engineering and architectural firms in our region, are encouraged to send a representative to this tutorial. Entities anticipating applying for CIB funding in June or October 2016, or February 2017, are strongly encouraged to have a representative in attendance.

The CIB provides loans and/or grants to state agencies and political subdivisions of the state which have or may be socially or economically impacted, directly or indirectly, by mineral resource development on federal lands. Under the Federal Mineral Lease Act of 1920, lease holders on public land make royalty payments to the federal government for the development and production of non-metalliferous minerals. A portion of those mineral lease payments are returned to the state to help mitigate local impacts of energy and mineral development on federal lands. Utah then allocates 32.5% of the royalties as Permanent Community Impact Funds. CIB will only fund applications from an eligible applicant for an eligible project. In Utah the primary source of these royalties is the commercial extraction of coal, natural gas and oil on federal lands.

## **Workshops Help Seniors Citizens Stay Healthy and Prevent Injury - Free Health Classes for Seniors**



One of the best-kept secrets in southwestern Utah is the Five County Area Agency on Aging's free health workshops and classes - and they want to spread the word! Regular exercise and properly managing chronic diseases

both play a huge role in staying healthy, happy, vibrant and active as we grow older. Five County Aging Services has several evidence-based programs designed to help seniors do just that.

**Living Well with Chronic Conditions** is a 6-week educational workshop that teaches people how to manage their chronic conditions such as asthma, diabetes, COPD, chronic pain, fibromyalgia and many others. Family members caring for a person with such a condition are also encouraged to attend. A sample of subjects covered includes: managing chronic condition symptoms, how to deal with frustration and fatigue, communicating effectively with health professionals and others, goal setting and how to evaluate new treatments. Benefits reported by those who have attended past classes include: increased energy and decreased fatigue, better communication with physicians, increased activity and social life, and decreased stress levels, among other things. The program was developed through a research grant from Stanford University and is designed to enhance regular treatments and disease-specific education that participants are already receiving. It includes a manual that attendees can keep and continue to use.

### **Chronic Disease Workshop Schedule:**

Hurricane Senior Center, Thursdays - February 18, 2016 through March 24, 2016 at 12:30 p.m.

Cedar Senior Center, Classes TBA (contact the Center)

St. George Senior Center, Diabetes Self-Management Tuesdays - January 19, 2016 through February 23, 2016 at 1:00 p.m.

**Stepping On** is a 7-week workshop filled with strategies and techniques to help prevent falls, which are a big concern for those over 65, of which about a third fall each year, and for whom falls are the leading cause of injuries, hospitalizations, and deaths. Stepping On has been researched and proven to reduce falls by 30% in older adults and is designed for those 60 and older who have had a fall in the last year or who are concerned about preventing potential falls. It's also just a lot of fun. Workshops are led by a health professional and a peer leader and feature local guest experts such as physical and occupational therapists, pharmacists and optometrists. Topics include balance and strengthening exercise, how to eliminate fall hazards at home and how medications can contribute to falls.

### **Stepping On Workshop Schedule:**

St. George Senior Center, Tuesdays - February 16, 2016 through March 29, 2016 at 1:00 p.m.

Cedar Senior Center, Wednesdays - March 9, 2016 through April 20, 2016 at 1:00 p.m.

**Tai Ji Quan, Moving for Better Balance** is a research-based balance training regimen designed for older adults and people with balance disorders developed by Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute. It uses the movements, breathing and mindfulness of this traditional martial arts/recreational practice and focuses them on improving common balance problems. It is taught by certified local trainers.

### **Tai Ji Quan Training Schedule:**

Cedar Senior Center, Wednesdays & Fridays at 10 a.m.

St. George Senior Center, Wednesdays at 11:00 a.m.

**Arthritis Foundation Exercise Program** is weekly exercise classes designed to improve muscle strength and mobility. Exercises can be adapted for standing or sitting. Attendees of previous classes have reported increased independence, from dressing themselves again to having their driving privileges restored.

### **Arthritis Class Schedule:**

Cedar Senior Center, Mondays at 10:00 a.m.

Escalante Senior Center, Mondays & Thursdays at 3:30 p.m.

St. George Senior Center, Tuesdays & Thursdays at 11:00 a.m.

Henrieville Scout House, Tuesdays at 12:30 p.m.

For more info, call Five County AOG at 435-673-3548 and ask for Tracy HeavyRunner or Carolyn Moss.

### **UPCOMING FIVE COUNTY AOG STEERING COMMITTEE MEETING DATES**

February 10, 2016, 2:00 p.m.  
Beaver City Office  
30 West 300 North  
Beaver, UT

March 9, 2016, 2:00 p.m.  
Kane County Emergency Services Training Facility/  
Search & Rescue Building  
30 West Airport Drive  
Kanab, UT

April 13, 2016, 2:00 p.m.  
Iron County School District Office, Rooms # B&C  
2077 West Royal Hunte Drive  
Cedar City, UT

# FREE TAX PREPARATION

earn it. keep it. save it.

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**FREE**

Tax preparation at a Volunteer Income Tax Assistance (VITA) site if you earn \$54,000 or less

**FREE**

Tax preparation online at UtahTaxHelp.org if you earn \$62,000 or less

For more information, to find VITA sites or to make an appointment visit UtahTaxHelp.org, call 2-1-1, or call 1-888-826-9790.



and dozens of community partners

Our newsletter is published 6 times each year.

Please submit event information and article suggestions to the Newsletter Editor via e-mail: [newsletter@fivecounty.utah.gov](mailto:newsletter@fivecounty.utah.gov) or in writing to: Five County AOG Newsletter Editor; 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: <http://www.fivecounty.utah.gov>

Five County Association of Governments is on



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