



FIVE COUNTY NEWS FROM 'R' VIEW

VOLUME X NUMBER 2

MARCH-APRIL, 2011

Director's Dialogue

The 2010 Census numbers have been released for the purpose of redistricting legislative and congressional districts. Numbers for southwestern Utah reflect general consensus of demographers and economists, with a few surprises.

Here are the April 1, 2010 population counts for the Five County region:

Beaver County	6,629		
Beaver City	3,112	Milford City	1,409
Minersville Town	907		
Garfield County	5,172		
Antimony	122	Boulder	226
Bryce Canyon City	196	Cannonville	167
Escalante	797	Hatch	133
Henrieville	230	Panguitch	1,520
Tropic	530		
Iron County	46,163		
Brian Head	83	Cedar City	28,857
Enoch	5,803	Kannaraville	355
Paragonah	488	Parowan	2,790
Kane County	7,125		
Alton	119	Big Water	475
Glendale	381	Kanab	4,312
Orderville	577		
Washington County	138,115		
Apple Valley	701	Enterprise	1,711
Hildale	2,726	Hurricane	13,726
Ivins	6,753	LaVerkin	4,060
Leeds	820	New Harmony	207
Rockville	245	Santa Clara	6,003
Springdale	529	St. George	72,897
Toquerville	1,370		
Washington City	18,761		

Surprises include Kane County, with a population exceeding 7,000; Bryce Canyon City with almost 200 residents; and a Washington County population that reflects the dramatic slow down of the past three years. (Kenneth L. Sizemore)

See Five County Community Action Poverty Simulation (CAPS) and Iron Co. Volunteer Center Walk in the Park Benefit Event Announcements on Insert Sheet!

Please Join Us at the 18th Annual Community Action 2011 Public Forums



This year marks the 18th consecutive year the Five County AOG has brought people together to discuss important issues affecting our local communities. These Forums provide a dynamic planning function. This year each forum will again use the technology of an electronic interactive audience response system to engage participation. Over the past decade, many important program developments have had their start from these gatherings.

Public Forums provide valuable opportunities to:

- Share information
- Recommend solutions
- Network with community members.
- Identify common needs
- Help prioritize resources

During this time of economic challenge, it is more important than ever for communities to come together and share support as well as prioritize needs. Join concerned citizens, political leaders, agency representatives, local businessmen, faith-based organization representatives, and families addressing challenges as well as solutions. Public Forum times and locations are listed below:

Dates	County	Locations	Time
Thursday March 31 st	Kane	Holiday Inn Express 217 South 100 East Kanab, UT	3:00 to 5:00 p.m.
Wednesday April 6 th	Iron	Festival Hall 105 North 100 East Cedar City, UT	3:00 to 5:00 p.m.
Thursday April 7 th	Beaver	Beaver City Auditorium 81 East Center Beaver, UT	3:00 to 5:00 p.m.
Wednesday April 13 th	Garfield	Panguitch Fire Station 40 North 100 East Panguitch, UT	3:00 to 5:00 p.m.
Thursday April 28 th	Washington	Grace Episcopal Church 1072 East 900 South St. George, UT	5:30 to 7:30 p.m.



Officials Seek Public Input on Regional Transportation Plan

The Dixie Metropolitan Planning Organization (DMPO) is seeking public input on its 30-year Regional Transportation Plan by April 15, 2011.

The Plan marks an effort by elected and appointed officials to assure that future road projects are grounded on realistic expectations of future travel demand in Washington County. After considering public comments, planners will use the document to shape road construction policy.

The full plan is available on the web at www.dixiempo.org. Comments can be left through the web site, emailed to Myron Lee at mlee@fivecounty.utah.gov, or called in to 435-673-3548 x124 by April 15, 2011.

The Dixie Regional Transportation Plan is updated every four years, and this "2011-2040 Plan" is an update of the previous "2007-2035 Plan" which guided officials to move forward with projects like the Southern Parkway, Dixie Drive Interchange, and the widening of Red Hills Parkway, Telegraph Road, and Dixie Drive. These projects are now being built or designed according to standards called out in the 2007-2035 Plan.

The new 2011-2040 Regional Plan used cutting-edge computer programs to model future traffic demands in Ivins, Santa Clara, St. George, Washington, Hurricane, La Verkin, Toquerville, and Leeds. The model lists 36 road projects for consideration over the next ten years ranging from a minor widening of Sunset Boulevard in St. George, to the widening of Dixie Drive and the further exploration of extending Washington Parkway from I-15 Exit 13 in Washington City to the intersection of Bluff Street and Red Hills Parkway in St. George.

Beyond the next ten years, the 30-year plan shows a need for 57 projects from 2021 to 2040 such as the completion of the Southern Parkway, the Washington Parkway extension (from I-15 Exit 13 to Red Hills Parkway), the Western Corridor (from I-15 Exit 2 to Ivins), Interstate 15 widening, and several key airport connector roads to accommodate current and future travel demand. Several transit projects and service expansions are also warranted along with more bicycle facilities and trail extensions.

In forecasting future travel demands, DMPO relied on local land use plans, current socioeconomic data for Washington County, population growth forecasts from the Governor's Office of Planning and Budget, and input from local elected officials.

These growth projections, project lists, maps, and transportation visioning were initially presented to the public at the Transportation Expo at the Dixie Center on March 8, 2011. Over 450 people attended the Expo. Many complimented planning efforts to date, others recognized the impacts these plans would have on their personal lifestyles.

For more information, please contact Myron Lee at the Five County Association of Governments office at mlee@fivecounty.utah.gov, or call 435-673-3548 x124. (Myron Lee)

Freight Traffic Movement through Southern Utah

Recent traffic counts reveal an increasing percentage of freight traffic moving through the St. George area and may indicate a growing regional significance for the Interstate 15 corridor through Southern Utah.

Daniel Kuhn of the Utah Department of Transportation presented information to the Dixie Metropolitan Planning Organization (DMPO) March 16 to illustrate the area's importance to the movement of freight throughout the western United States and Canada. He emphasized the importance of freight considerations in road planning efforts.

"The trucking industry is the dominant mover of freight in Utah," he said. "Truck traffic accounts for 26 percent of the traffic on I-15 in Washington County compared with 23 percent statewide and 12 percent nationwide." Truck transportation works in conjunction with pipelines, railroads and aviation to provide efficient multimodal transportation to Utah's shippers. However, truck transportation is the most prominent freight mover in Washington County.

Refrigerated freight, such as produce and frozen foods, is extremely time sensitive, and travels through Utah's Dixie between southern California and points north and east of Salt Lake City. An analysis of the TRANSEARCH® commodity movement database indicates that \$5.5 billion dollars worth of freight was imported into Washington County in 2007, compared to \$585 million worth of freight exports. By 2040, forecasters expect those values to grow to \$42.9 billion in imports and \$1.3 billion in exports.

Mr. Kuhn also noted that geography has made Utah the crossroads of the west due to its location east of the Sierra Nevada Mountain Range and north of the Colorado River Canyons. Interstate 15 through Washington County serves as the primary freight haul route for food products that eventually travel on Interstate Highways 15, 70, 80, and 84 as far west as St. Louis and as far north as Canada.

He especially noted the lack of sufficient rest stops along I-15 between Mesquite, Nevada and Beaver, Utah. Along that section, most truck drivers originating from southern California reach their 10-hour drive threshold and must stop for mandatory rest. Mr. Kuhn strongly recommended that local transportation planners and economic development professionals consider these factors and develop plans to accommodate the needs of the freight industry.

For more information, please contact Myron Lee at the Five County Association of Governments office at mlee@fivecounty.utah.gov, or call 435-673-3548 x124. (Myron Lee)



The 9TH Annual Southern Utah Seniors Conference

"Live Well & Prosper"

Keynote Address: Ms. Teri Koenig
Dixie Regional Health and Wellness
Performance Center

Breakout Sessions:

"Living Well with Chronic Disease" - Mr. Nathan Peterson
and Ms. Rebecca Castleton

"Senior Preparedness" - Ms. Paulette Valentine

"Medicare Fraud" - Ms. Julienne Gunther

Friday, May 6, 2011

Festival Hall/Heritage Center, Upper Floor

105 North 100 East, Cedar City

Check-In - 9:00 a.m.

Conference 10:00 a.m. to 2:00 p.m.

Admission Free (includes lunch)

**To Register: Call the Volunteer Center of Iron
County at 435-867-8384**

This conference is sponsored by: Five County Caregiver Support Program; Five County Senior Corps Programs; Health Insurance Information Program, State of Utah; Iron County Council on Aging; and Five County Area Agency on Aging.

Seating guaranteed only if you register by Thursday, April 28th. In addition to speakers, this event will feature door prizes and a resource fair!

Would you like to attend but don't know who will care for your loved one while you're away? The Five County Caregiver Support Program can help! Call Carolyn Moss at 435-673-3548 by Thursday, April 28, 2010 to inquire about respite care during the conference. (Tracy HeavyRunner)

Tracy HeavyRunner Receives Special Recognition



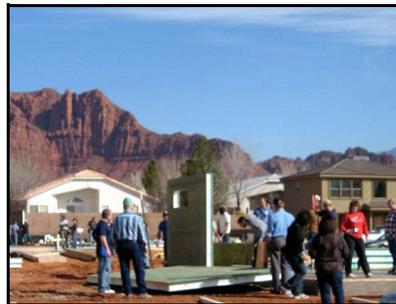
Tracy HeavyRunner, Case Management Coordinator, recently received recognition for the key role she has played in the success of the Chronic Disease Self Management classes. Tracy has been very active in helping to get this new program implemented. She has been able to identify instructors to be trained to facilitate these classes and has taken the lead in organizing the class to train the instructors. This has

resulted in getting trainers for all but one of the five counties. She has also been instrumental in identifying locations and scheduling the classes.

She has worked with local media to arrange for PR to get the word out regarding the training sessions and to date attendance at the classes has been great. Tracy has completed all of the reporting to the Utah Department of Health and has been commended by the state staff for the great job she is doing. With less than a year into the program, the Five County program is becoming a shining example for the State and a leader in best practices for implementation. The state is already considering Five County for future funding to keep the program operating after initial start-up funds are exhausted.

Tracy has also been recognized for the fantastic job in overseeing the case management unit. She has easily adapted to this new role and has quickly learned the new job duties. Tracy has worked with the case management staff both as a group and individually to help identify areas where they can improve their time management and assess where they may be able to provide additional case management support to their clients. As a result of her work, there has been an increase in billable units for the New Choices Waiver program. Along with the increase in the caseload, the program is no longer operating with a deficit. Tracy has been able to accomplish all of this while still managing her own caseload of clients.

We Could All Use A SIP!



Volunteer crews erecting SIPs

On March 10th Color Country Community Housing Inc. and approximately 60-70 volunteers embarked on a historic wall raising effort. The event included volunteer participation from regional, state and federal agencies as well as numerous general contractors

and citizens who were provided with a great opportunity to increase their awareness about alternative, energy efficient building techniques.

The mutual self help housing development located in Ivins is a pilot project for the *Utah State Green Building Collaborative*. The beginning of the event included a description of Structural Insulated Panels (SIPs) which are high performance building panels made by sandwiching a core of rigid foam plastic insulation between two structural skins or oriented strand board (OSB). Benefits of using SIPs include construction that is extremely strong, energy efficient, and provides decreased construction and labor costs.

The superior whole wall R-values and building tightness capable with SIPs allow HVAC equipment to be downsized and duct work to be minimized. Color Country Community Housing, Inc. (CCCHI) estimates that these homes will consume up to 54% less energy than homes built with conventional construction techniques. Green? Energy-efficient? Blah Blah Blah! We've all heard it so much, why should these homes be any different? Simply put the difference is in dollars saved. The estimate for these homes is an immediate savings of approximately \$40-60 per month on utility costs.

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Two housing units with SIPs in place

In addition to the above mentioned education goal, CCCHI endeavored to have the walls raised on 2 homes by the end of 1 day. Amazingly, with the help of the dedicated

volunteers they were able to successfully reach this milestone! This is a testament to the decreased construction and labor costs of the SIPs walls as compared to conventional constructions techniques. Furthermore, it speaks volumes about the spirit of volunteerism and community found here in Southern Utah.

For additional information about the aforementioned development please contact CCCHI at (435) 673-3131 or www.ccchi.net. Additionally, Darren Janes at Five County Association of Governments is more than happy to provide any assistance related to affordable housing, feel free to contact him at (435) 673-3548 or djanes@fivecounty.utah.gov

Please submit articles to Diane Lamoreaux via e-mail to (dlamoreaux@fivecounty.utah.gov) 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 website at: <http://fivecounty.utah.gov>

Steering Committee Meeting Schedule:

Wednesday, April 20, 2011 - 1PM

Parowan Public Library
Meeting Room - 16 South Main
Parowan, UT

Wednesday, May 11, 2011 - 1PM

Panguitch City Office
Council Chambers - 25 South 200 East
Panguitch, UT

**Five County Association of Governments
1070 West 1600 South, Building B
P.O. Box 1550
St. George, Utah 84771-1550**

NOTE: THE FOLLOWING TWO PAGES ARE A TWO-SIDED INSERT PAGE THAT WAS INCLUDED INSIDE THE MARCH-APRIL 2011 EDITION OF OUR NEWSLETTER

The Volunteer Center of Iron County Cordially Invites You to Join us for our Inaugural “Walk in the Park”, a 3k Fun Run/Walk for Charity

The “Walk in the Park” will benefit Senior Corps Volunteer programs including Foster Grandparents, Senior Companions and the Retired and Senior Volunteer Program. Due to increased demand on these programs, our grant funding has not been sufficient to cover all of the operating costs, putting increased burden on the volunteers and our office to pay for travel, insurance, stipends, and training.

The walk will also serve as a celebration and appreciation of all community volunteers in conjunction with National Volunteer Week. Entertainment and goodies will be provided. A registration form to participate is included on the front of this flyer.

If you need additional forms, they can be found on our website: <http://volunteersolutions.org/vcoic> or at the Volunteer Center of Iron County located at 88 East Fiddler’s Canyon Road, Suite H, Cedar City. We ask that you please return the form and registration fee to our office by Friday, April 1st.

We look forward to walking with you! Thank you sincerely for your support.

The Five County Community Action Partnership will host a Community Action Poverty Simulation (CAPS) on Tuesday, April 26 from 1:00 p.m. – 4:30 p.m., at the Art Center, 83 South Main, 3rd Floor, St. George, Utah.

Could you survive a month in poverty? Will you start out the month with only the enclosed \$1.00 bill in your pocket? ... Or, will you be one of the lucky ones? You will find out when you join us for a unique opportunity to experience the virtual realities of poverty.



We invite you to participate and walk a mile in the shoes of those facing poverty by participating in the Community Action Poverty Simulation (CAPS). The simulation is for those who frequently deal with low-income families, as well as to create a broader awareness of the realities of poverty among policymakers, community leaders and others. The CAPS provides participants with the opportunity to assume the role of a low-income family member living on a limited budget.

Overall, 316,217 (11.5%) Utahans lived in poverty in 2009 and 12.2% of children under the age of 18, live in poverty every day. The American Community Survey found that Washington County has the highest child poverty rate in Utah¹. The recent economic downturn has seen unemployment rates rise, request for food stamps increase, and the use of emergency food pantries rise.

Registration due by April 21, 2011. Email to Brenda to receive a registration form. Brenda McKee at bmckee@fivecounty.gov or call 435-673-3548.

¹ Poverty Rate in Utah on the Rise. Desert News, Published: Wednesday, September 29, 2010

1ST WALK IN THE PARK

*A charity event to benefit the
Volunteer Center of Iron County*

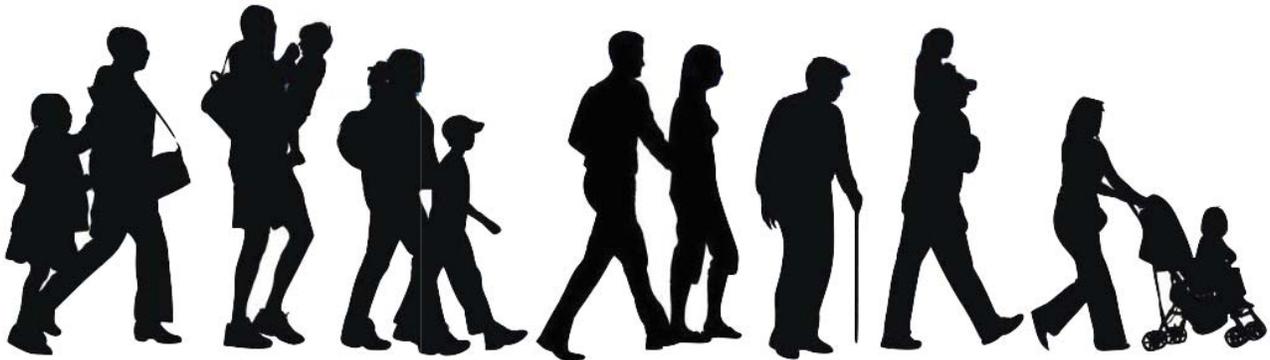
3K Fun Run • Walk

April 16, 2011

9:00 AM *(Door prizes awarded after the walk)*

West Canyon Park • Coal Creek Trail

151 S 400 E, Cedar City



REGISTRATION DUE BY FRIDAY, APRIL 1st

Walker's Name: _____

Address: _____

Phone: _____

Yes, I plan on walking! I have enclosed payment in the amount of \$_____.

I am unable to walk, but I have enclosed my donation of \$_____ to support the Friends of the Volunteer Center.
(Contributions are tax deductible).

**Mail completed form and \$10.00
registration fee to:**

Friends of the Volunteer Center
88 E. Fiddler's Canyon Rd, Suite H
Cedar City, UT 84721

I have full knowledge of the risks involved with and understand that I could be injured during the Volunteer Center "Walk in the Park". I agree to assume all risks of such injury. I unconditionally release and discharge The Volunteer Center and all other persons and entities involved with this event from any claims, damages and expenses that may arise directly or indirectly from my participation in this event. I further grant full permission to The Volunteer Center of Iron County to use any photographs, videotapes, motion pictures, recordings or other record of the event for any reasonable purpose.

Signature

Date