

## EUREKA REVIEW

#### **VOLUME 12, ISSUE 10**

#### **OCTOBER 2020**



September Coloring Contest Winners

> Age Group 1-4 yrs. Fred Beckstrom



Age Group 9-12 yrs. Cruz Beck



Age Group 5-8 yrs. Michael Volk



Ages: 1 - 4 yrs Ages: 9 - 12 yrs Ages: 5 - 8 yrs

B

spooka byte

Cots

Tíntic Silver Jubilee Presents

scaleda

When finished, Take your coloring page to the Eureka City Hall to be hung up. Be sure to have your full name and age on paper. Winners will receive a prize and their coloring pages will be featured in the Eureka Review in the following month.

Deadline for turning in coloring pages is October 27th.



## COMMUNITY

**Extension Education** 

#### Tasha Killian

#### 09/16/20



September is National Suicide Prevention month. In honor of that month, I have decided to share with you some myths and facts about suicide as well as some steps on how to help someone who may be Truth 5: Although it can seem like suicide may occur without warning, experiencing a mental health crisis or dealing with suicidal ideation. \*If you are experiencing suicidal thoughts please call 1-800-273-8255 and talk to someone who can help.

Myth 1: If you ask a person about his or her suicidal thoughts or intentions, you will encourage the person to kill themselves.

Truth 1: The opposite of this is actually true. Asking someone directly about their suicidal feelings and thoughts will often act as a deterrent to suicide. Your openness and concern will allow the person the opportunity to talk about how they feel and may lead to them feeling less lonely or isolated, and a bit relieved.

Myth 2: Once a person is seriously considering suicide, there is nothing you can do.

Truth 2: Most suicide crises are time-limited and based on unclear/ unhealthy thinking. Those who talk about or contemplate suicide are often looking for a solution or an escape. They generally do not see any other options, but can be helped through this crisis by someone who cares.

Myth 3: A person who attempts suicide will always be suicidal.

Truth 3: Most people who are at risk feel suicidal for only a short period of time in their lives and with proper assistance and care will probably never be suicidal again.

Myth 4: Improvement following a suicide means the risk of suicide is

## **Favorite Cheesy Potatoes**

TOTAL TIME: Prep: 30 min. Bake: 45 min.

**YIELD:** 12 servings

Ingredients

- 3-1/2 pounds potatoes (about 7 medium), peeled and cut into 3/4 -inch cubes
- 1 can (10-1/2 ounces) condensed cream of potato soup, undiluted
- 1 cup French onion dip
- . 3/4 cup 2% milk
- . 2/3 cup sour cream
- 1 teaspoon minced fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (16 ounces) process cheese (Velveeta), cubed Additional minced fresh parsley

#### over.

Truth 4: Most suicides occur within 3 months after the first period of improvement. There can be many reasons for this. It is important for family, friends, and physicians to be especially vigilant during this time period.

Myth 5: Suicide happens without warning.

studies reveal that a person who is suicidal generally gives many clues and warnings regarding their suicidal intentions. Alertness to these cries for help may prevent suicidal behavior.

These lists of myths and facts were taken from a course which teaches you how to recognize signs and symptoms of suicide, how to help those around you with those symptoms, and how to move forward on a path to recovery. This course is called Mental Health First Aid. The purpose of this course is to teach people how to respond to mental health crises in a similar way that a general first aid courses teaches you to respond to a health crisis. The course has very timely information with tie-ins on how to help those who may be suffering, especially during these crazy times with COVID-19.

There are two versions of the course, an adult version, and a youth version. The youth version goes over what signs and symptoms might look like in youth and how that is different than in adults as well as how to help those youth who may be suffering. The adult course will be held on Saturday, October 17th from 9am-5pm with a lunch break in between. The youth course will be held on Friday, October 23<sup>rd</sup> from 9am-5pm. These will both be held in the Juab County offices, downstairs in the Cultural Center.

Normally these courses cost \$25+ to attend, and have close to 30 people, but with the current COVID-19 crisis, they are being offered free of charge and limited to 12 participants. To reserve your spot today, call 435-623-3450. You really can be the difference in someone's life.

## **Recipe Corner**

#### Directions

- 1. Preheat oven to 350°. Place potatoes in a Dutch oven; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 8-12 minutes. Drain. Cool slightly.
- 2. In a large bowl, mix soup, onion dip, milk, sour cream, parsley, salt and pepper; gently fold in potatoes and cheese. Transfer to a greased 13x9-in. baking dish.
- 3. Bake, covered, 30 minutes. Uncover; bake until heated through and cheese is melted, 15-20 minutes longer. Just before serving, stir to combine; sprinkle with additional parsley. (Potatoes will thicken upon standing.)
- Freeze Option: Cover and freeze unbaked casserole. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Cover casserole with foil; bake as directed until heated through and a thermometer inserted in center reads 165°, increasing covered time to 1-1/4 to 1-1/2 hours. Uncover; bake until lightly browned, 15-20 minutes longer. Just before serving, stir to combine. If desired, sprinkle with additional parsley.

### **OBITUARIES**



### Georgia (Gates) Ewell

February 21, 1942 ~ October 3, 2020 (age 78)

On October 3rd, 2020, Heaven gained an angel, Georgia Gates Ewell, at the age of 78. She was greeted there by her parents, Thomas and Thelma Gates, as well as 9 siblings: Ernest Ray, Virgil, Bernell, Bobby, Frank, and TJ, Mary, Dona, and Jane. She also was met with her son-in-law, Martin Peterson, and great-grandson, Ryland William Burnett.

Georgia was born in Park City, Utah, to Thomas and Thelma Gates on February 21, 1942.

She left behind the love of her life, Larry Ewell. They enjoyed 41 years of marriage, which included their favorite past times of traveling, camping, fishing, and working in the yard together.

Georgia was an excellent mother and homemaker. She enjoyed many hobbies such as embroidery, crocheting, quilting, reading, camping, and playing cards with her family and friends. She especially loved listening to Larry sing and play the guitar. Her family was the light of her life, and were always greeted with endless hugs and kisses. She sure loved the little ones and was always holding, kissing, and snuggling them. Friendship was important to Georgia. She had a great sense of humor and a contagious laugh. Many consider her among their closest friends.

Georgia is loved by many and will be missed greatly. She is survived by her beloved husband Larry Ewell, her children: Rada (Bill) Burnett, Jacqueline (Martin) Peterson, Mont (Kirsty) Peterson, Russell (Heidi) Peterson, Shane (Robin) Peterson, Guy Looney, Launa Chouquer, as well as 18 grandchildren and 29 great-grandchildren.

Graveside services will be held on Saturday, October 10th at 11am at the Santaquin City Cemetery, 100 East 300 South. Due to services being outdoors, we invite those who would like to bring a chair for the services. Following the services, the family invites everyone to join us at 1:00pm for a celebration of life (luncheon) held at the Elks Lodge, 285 West Main Eureka, Utah.

Special thanks to our earthly angels at Maple Creek Home Health and Hospice for their tender and compassionate care.



# October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 BPOE ELKS Meeting 8 pm	3
4	5 Adult Education 4–6 pm City Council Work Meeting 7:00 pm	6 Ladies of ELKS Meeting 7 pm	7 Adult Education 4-6 pm	8	9	10
11	<b>12</b> COLUMBUS DAY Tintic School District Board Meeting at West Desert High School 10:00 am Adult Education 4-6 pm	13 City Council Meeting 7:00 pm	14 DUP LDS Church 12:00 pm Adult Education 4-6 pm	15	16 BPOE ELKS Meeting 8 pm	17
18	19	20 Ladies of ELKS Meeting 7 pm	21 Adult Education 4-6 pm	22	23	24
25	26 Adult Education 4-6 pm	27	28 Food Bank 1-2 pm Adult Education 4-6 pm Tintic Silver Jubilee Committee Meeting 7:30 pm City Office	29 Planning Meeting 7:00 pm	<b>30</b> Howl-O-Ween Trunk or Treat Dinner & Drive-In Movie High School Parking Lot 5:30 pm	<b>31</b>

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22	23	24	25 Food Bank 1-2 pm Planning Meeting 7:00 pm	26 Happy Thanksgiving	27	28
29	30					