



Southwest Symphony Presents A Tribute To Aretha Franklin

Southern Utah's own award-winning Southwest Symphony will present a magnificent season finale with a tribute to the Queen of Soul herself. This program features Broadway favorite Capathia Jenkins and three-time Grammy Award nominee Ryan Shaw perform-

ing such iconic hits as *Respect*, *Think*, *A Natural Woman*, *Chain of Fools*, *Amazing Grace*, and many others.

Arriving from New York City, Ms. Jenkins most recently appeared as 'Medda' in the hit Disney production of *Newsies* on Broadway, and she can be heard on the film soundtracks of *Nine*, *Chicago*, and *Legally Blonde 2*.

She'll be joined on stage by Ryan Shaw, who was the original Stevie Wonder in *Motown: The Musical* on Broadway and whose music can be heard on FOX's *So You Think You Can Dance* and ABC's *Dancing with The Stars*, *Grey's Anatomy*, and *Lincoln Heights*, and the *Sex and the City* soundtrack.

Both have performed

with major symphony orchestras around the world, and they will be joining Maestro Lucas Darger and the Southwest Symphony for two evenings of exquisite music. The Southwest Symphony's temporary home is the beautiful performing arts auditorium at Desert Hills High School while the Cox Auditorium is being renovated.

Excellent seats are currently available. Tickets can be purchased anytime online at swsutah.org, or by calling the box office at 435-767-9800, option #1. The box office is open Monday through Friday from 9:00 am to 4:00 pm. Seniors save 25% by using code SENIOR and students save 25% using code STUDENT.



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a tribute

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May 3 & 4

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Healthy Eye Tips For Digital Devices

By Dr Ryan Robison

It's not unusual to hear complaints about eyestrain, eye fatigue, blurred vision, dry or red eyes, and even headaches. There is often a strong correlation between these symptoms and the amount of time spent on computers, tablets or smart phones.

Our visual system isn't designed to stare at screens for prolonged hours. With changes in technology, our eyes are being used in new and demanding ways. This can cause any of the symptoms described above.

This condition is called Computer Vision Syndrome (digital eyestrain) and refers to the discomfort associated with prolonged digital device use, specifically televisions, comput-

ers, smart phones, e-readers, and tablets.



Dr. Ryan Robison

So, what can we do to keep our eyes healthy while using digital devices? First, use the proper prescription. If you don't,

this can cause headaches and eyestrain that could have been easily avoided. Many patients find comfort with computer glasses that provide a wider focus for both computer and reading distances.

Second, reduce glare from excessive lighting. Overhead lighting or sunlight can cause reflections on your monitor. You can adjust the brightness, contrast, or size of your font to reduce strain. Many patients report improved comfort on e-readers by adjusting text size.

Third, blink! Studies show that we blink less when reading or watching TV which causes tear evaporation and dryness. Sometimes treatments or medications may be needed, such as radio frequency, punctal plugs, fish oils, prescription eye drops or artificial tears.

Finally, take breaks! Staring at screens will strain our eyes. The muscle in our eye that accommodates can get overworked and needs to relax periodically. This can be done with

the 20/20 rule. For every 20 minutes of near activity take a 20 second break and blink several times.

Studies also show that prolonged exposure to LED screens can damage retinal cells and increase risk for macular degeneration. Luckily, there are

lenses that block this damaging light.

With the ease technology offers, we must take precautions to avoid the damaging effects to our eyes. To schedule an appointment with us call 435-673-5577 or visit our website at SouthWestVision.com.

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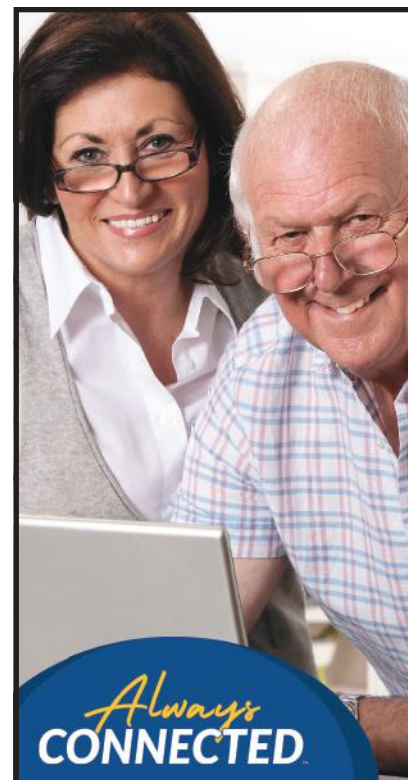
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Exploring Senior Living Options

When contemplating the array of choices in senior living, it can sometimes be a daunting task to determine the most suitable option for oneself.

A pivotal question to consider is, "Do I require assistance with daily activities such as bathing, dressing, grooming, or eating?" If such support is necessary, Assisted Living may be the optimal solution. This type of residence offers round-the-clock supervision and comprehensive aid tailored to residents' personal care and medical requirements.

Occasionally, independent seniors who feel burdened by life's demands and household duties may assume Assisted Living is their sole recourse.

However, an alternative exists in the form of Senior Independent Living. Tailored for seniors seeking an autonomous lifestyle within a supportive community setting, Senior Independent Living, exemplified by BeeHive Cottages, presents an enriching environment complete with diverse amenities and services.

Key factors to contemplate while selecting an Independent Living Community include preferences for apartment-style living within a communal setup or a private residence in a community setting. Additionally, considerations extend to the type of meal service desired, ranging from buffet-style to à la carte options similar to those of a favored

restaurant, with the added convenience of free delivery services to your front door.

Further inquiries to delve into during your deliberation process include the availability of a 24-hour emergency response system, round-the-clock management support, and the accommodation of beloved pets within the community.

These inquiries offer a mere glimpse into the essential considerations when exploring senior living alternatives. We cordially invite you to experience the innovative approach to senior living at BeeHive Cottages. For additional information or directions, please contact us at (435)634-9299.

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Famous Epitaphs

By Larry Hansen, Owner/
Funeral Director

An epitaph is an inscription carved or engraved upon a headstone to honor and remember the deceased. It's a statement that often conveys a meaningful message and may emphasize something that was important to the deceased, or their loved ones, during their lifetime.

Popular epitaphs included "Beloved Father and Husband," "Devoted Wife and Mother," or "Always in our Hearts."

Epitaphs may serve to provide comfort and inspiration, while others are clever and humorous. Here are a few examples of famous epitaphs:

- "Cursed be he that moves my bones" – William Shakespeare

- "I am ready to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter." - Winston Churchill



Larry Hansen

- "Free at last. Free at last. Thank God Almighty I'm free at last." - Dr. Martin Luther King, Jr.

- "She did it the hard way" – Bette Davis

- "The best is yet to come" – Frank Sinatra

- "I knew if I waited around long enough something like this would happen" - George Bernard Shaw

- "Everybody loves somebody sometime" - Dean Martin

- "I will not be right back after this message." - Merv Griffin

- "That's all folks!" – Mel Blanc

- "Jack Lemmon in" – Jack Lemmon

- "There goes the neighborhood" - Rodney Dangerfield

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— Ralph Waldo Emerson (1803-1882)
American Poet and Essayist

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SENIOR SAMPLER READERS... We are asking for your help to keep the Senior Sampler printing issues. Since the pandemic we have been hit hard, since we are a free weekly paper. We make our income from advertisers and since we have lost quite a few advertisers because of the pandemic we are struggling to pay for printing costs so we are asking our readers and community for any donations that you are able to make to avoid having to post the Senior Sampler online only. If you wish to donate we have an account set up online on gofundme type in gf.me/u/zgn6x2 or if wish to mail in a donation please send it to Senior Sampler 581 E 100 S St. George Utah 84770. Please help us get the word out share this information with all your friends and family, we would really appreciate it. We want to give a big THANK YOU to all who have donated already we have such a great readership. Update: We will only be printing once a month till things pick back up but we will be online every week.

The Prophet's 'Presidential' Platform

Issued 159 Years Ago, This Document is Still of Vital Import

This article, #4 of series of 5, first appeared in the Desert News of 29th January 1944.

States Purpose

The Prophet, however, made it clear that he himself had no desire for public acclaim. He told all about him that the only reason he permitted his name to be entered in the campaign was that he and his people were determined to secure religious and civil freedom as American citizens.

"I feel," he said, "That it is my right and privilege to obtain what influence and power I can, lawfully, in the United States for the protection of injured innocence, and if I lose my life in a good cause, I am willing to be sacrificed on the alter of virtue, righteousness and truth, in maintaining the laws and Constitution of the United States."

Liberty and freedom were inseparable connected with the gospel of Christ, in the mind of the Prophet. He taught that the gospel itself was the law of liberty, and that the spirit of Christ was the spirit of freedom. He had declared further that the Constitution which he loved so much, and for which he was willing to give his life's blood, was an

inspired document, written by men raised up by the Almighty for that very purpose;

"It is not right that any

thrust upon the Latter-day Saints.

Gives Platform

So, flying the banner of

not been swayed by party sentiments. He had been much too busy for that. Yet he was a deep student of the Constitution, and a devotee of fundamental Americanism. Reduced to concrete terms, what were his politi-

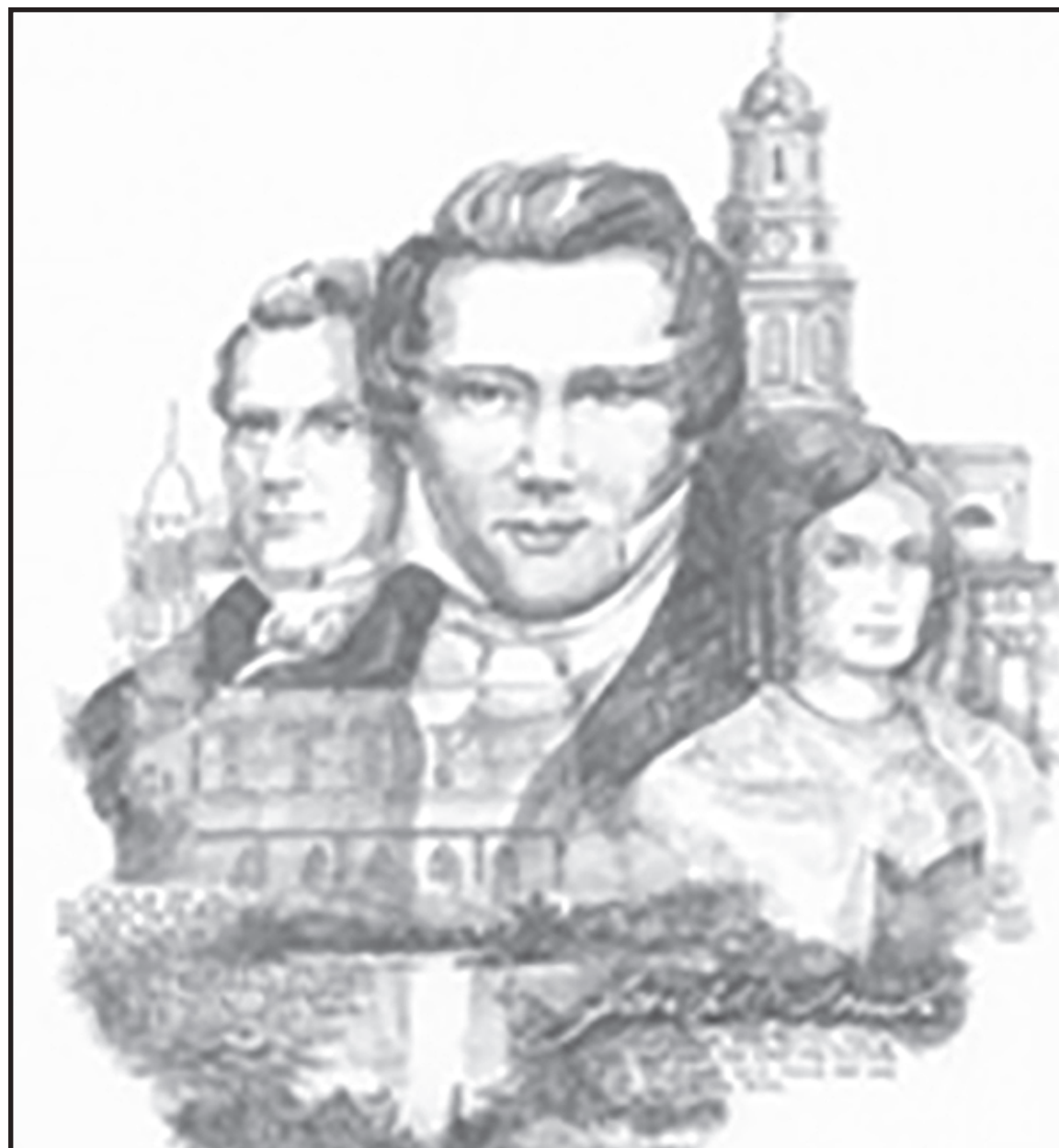
believed that the Constitution of the United States should be inviolate, and taught his followers to thus sustain it. Laws that were unconstitutional should be wiped off the statute books, for unconstitutional laws infringed the rights of men, and laws that fell in that category were opposed to the principles of liberty.

He believed that before the law, all men were created equal, and he taught that all mankind were endowed by their Creator with certain rights which were inalienable, inherent and inviolable. These rights formed the basis of freedom, he held, and must be respected by all. Therefore, no man should be in bondage to another. Every man was entitled to his own agency, and should not be compelled by any organization, group or individual, except as he may come in conflict with the law as a transgressor.

Favors Congress

He believed that Congress should actually represent the people, and should have the right and power to not only pass necessary legislation, but to protect the people in all their walks of life. He believed that it was possible for Congress to become so large in membership as to become unwieldy, and recommended membership be reduced by two thirds; that each state be allowed to have two Senators regardless of population; the House be limited to two members per million of population.

This series will conclude next week. This article appears by courtesy of The Desert News.



man should be in bondage one to another," the Lord had told him, neither in actual bondage, as endured by the Negro slaves, nor political bondage such as some attempted to

liberty, Joseph Smith announced his platform. He did so Jan. 29, 1844, in Nauvoo, Illinois. Politically, what did the Prophet stand for?

He was a man who had

cal principles?

The Prophet's ideas were crystal clear, and went to the very core of the democratic way of life.

In the first place, he



Humor Corner



Get The Message

Answering Machine Message,

"I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."

Aspire to inspire before you expire.

My wife and I had words, but I didn't get to use mine.

Frustration is trying to find your glasses without your glasses.

Blessed are those who can give without remembering and take without forgetting.

The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

God made man before woman so as to give him time to think of an answer for her first question.

I was always taught to respect my elders, but it keeps getting harder to find one.

Every morning is the dawn of a new error.

Who Needs A License?

My neighbour was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up in his front lawn.

He rushed to help an elderly lady driver out of the car and sat her down on a lawn chair.

He said with excitement, "you appear quite elderly to be driving."

"Well, yes, I am," she replied proudly. "I'll be 97 next

month, and I am now old enough that I don't even need a driver's license anymore.

"The last time I went to my doctor, he examined me and asked if I had a driver's license. I told him yes and handed it to him. He took scissors out of the drawer, cut the license into pieces, and threw them in the waste basket, saying,

'You won't need this anymore,' so I thanked him and left!"

The Beauty of the Wisdom of Years

You're a sick senior citizen and the government says they are going to sell your house to pay for your nursing care. So what do you do? Our plan gives anyone 65 years or older a gun and 4 bullets. You are allowed to shoot four Politicians. Of course, this means you will be sent to prison..... where you will get three meals a day, a roof over your head, central heating, air conditioning and all the health care you need!

Need new teeth? No problem. Need glasses? That's great. Need a new hip, knees, kidney, lungs or heart? They're all covered.

As an added bonus, your kids can come and visit you as often as they do now. And who will be paying for all of this? It's the same government that just told you that they cannot afford to pay for your nursing care.

And you can get rid of 4 useless politicians while you are at it. Plus, because you are a prisoner you don't have to pay income tax. Is this a great country or what?

Understanding Your Social Security

Stay Healthy And Independent With Senior Nutrition Program

Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the National Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or just want to learn about good eating habits, a meal program can help.

Every day, senior nutrition programs serve almost one million meals to people age 60 and older. With home-delivered and group meal options, you can get the food you need in a way that works best for you. Senior nutrition programs can:

- Help you avoid missed meals – and save time and money with less shopping and cooking.

- Offer opportunities to connect and socialize, which can help improve your mental

and physical health.

- Teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, unique needs, and preferences.

- Connect you with other resources like transportation or homemaker services. This helps you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants would recommend a senior nutrition program to a friend. Find a senior nutrition program in your area and help us spread the word by sharing it with your loved ones, neighbors, and community. Visit eldercare.acl.gov/Public/Index.aspx for more information.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.



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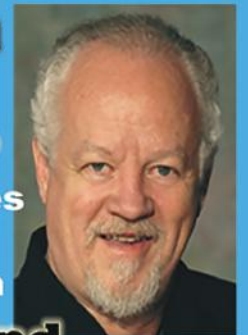
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**Author of
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Calzoni Or Pants Legs?

By Bev Rankin, aka, The Bread Lady

At our house, we hardly ever order pizza anymore. We love making calzones because of all the fillings you can stuff them with and also it is more like a sandwich—easy to eat! Calzoni, translated “pants legs” is a form of pizza that can be carried out and eaten without utensils. Even though Naples is famous for their calzoni, we here in the United States are becoming pretty proficient at making our own version of that loved Italian half-moon shaped pie.

Calzoni or calzones were most often made with standard pizza fillings but when making your own you can add just about anything. And, you can make them any size you wish unlike the tra-

ditional pizza. The recipe below is pretty standard but you can change it up to fit your preference. Don't wait—get started on your half-moon purse of pizza dough, filled with combinations of



ricotta, mozzarella, prosciutto, etc.

Ham and Cheese Calzones
24 oz. prepared pizza dough or made from a box

8 slices prosciutto
2 cups ricotta cheese, drained

1/2 tsp. salt
1/2 tsp. black pepper
1/2 teaspoon cayenne pepper

1 1/2 cups finely diced

smoked ham
4 ounces mozzarella cheese, thinly sliced or shredded
1 teaspoon olive oil
1 tablespoon cornmeal (yellow or white)
1 egg
1 teaspoon water
1 tablespoon Parmigiano-Reggiano cheese
2 cups marinara sauce for dipping, heated

Preheat oven to 450 degrees. Line a baking sheet with parchment paper. Divide dough into 4 equal portions; shape each into a ball. On a lightly floured surface, flatten each ball into a flat circle and roll out into an 8-9 inch circle. Place 2 prosciutto slices on one half of each circle of dough, leaving a 1-inch empty border. Spoon ricotta cheese on prosciutto. Season with a pinch of salt, pepper and cayenne pepper if desired. Top with chopped ham, mozzarella and a drizzle of olive oil. Moisten edge of dough with a bit of water using your finger. Fold the empty half of the dough over the filling and lightly

seal edges. Crimp the edges. Sprinkle lined baking sheet with cornmeal. Transfer calzones to baking sheet. Using a fork, poke several holes in top of calzone to allow for venting. Beat egg with water to make egg wash. Brush

the calzones with wash. Dust with grated Parmigiano-Reggiano cheese. Bake in preheated oven until browned, usually about 15 minutes. Serve with heated marinara sauce for dipping. YUM!



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Date	Time	Class	Instructor
Mon 15-Apr	10:00 AM	Family Symbols: Values Are Caught, Not Taught	Frogley, Craig
	1:00 PM	Ancestry.com - Part 3 of 3	Sullivan, Sheryl
Tue 16-Apr	10:00 AM	Reserving and Managing Temple Ordinances	Stewart, Sandy
	1:00 PM	What's New in Family Search	Sewell, Bonnie
Wed 17-Apr	10:00 AM	Find-a-Grave	Rygg, Darwin
	1:00 PM	Starting & Navigating Family Search	McCustion, Mark
Thu 18-Apr	10:00 AM	Family History for Beginners	Orman, James
	1:00 PM	Geneanet (FamilySearch Partner)	Campbell, Erika
	7:00 PM	After Life	Frogley, Craig
Fri 19-Apr	10:00 AM	Basic Computer Skills	Blake, Muriel
	1:00 PM	Writing a Biography as Short Stories	Clarke, Linda

Be sure to check out our website for the latest updates: www.familysearch.org/fhc/stgeorge

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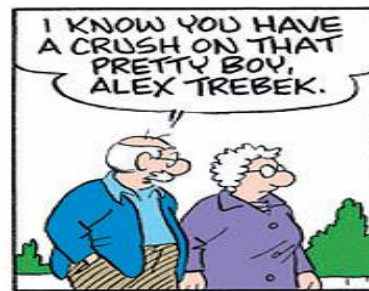
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A Veteran's Thoughts

They're Lying to Us Every Day

By Ski Ingram

“Lie to me once, shame on you. Lie to me twice shame on me.” I learned this very early in life. As a police officer I learned very quickly how to judge a person who was lying to me in order to get out of trouble. Yes, people lie to us, and they always will, but what I hate the most is when our government lies to us.

Two groups in America who continue to lie to us are the “fake media” and the Biden administration. I wonder how long it will be until those citizens who support the Left's view of America will wake up and acknowledge that they are being lied to every day? There have been so many lies it's hard to know where to begin, however I'll start with what I believe was the biggest lie of the century to date which is the “Russian Collusion of Donlad Trump.”

Before President Trump was elected as our 45th President, Hilary Clinton and the Left concocted the story that Donald Trump was an agent of Vladimir Putin. There was no proof, there were no facts offered, only the lies told by the media and pundits on the Left. This lie was reported as a fact during Trump's first three years of his presidency. It is still

being offered by many on the Left even after the Mueller Report could find no evidence after spending millions of dollars looking for that elusive proof. Let's not forget Adam Schiff repeatedly saying that he had seen the



proof and would disclose it at the right time. We're still waiting.

The next big lie that did great harm to the fabric of America was describing Michael Brown as a “gentle giant.” Yes, he was a giant of a man, but there was nothing gentle about him. The most damaging lie was that a police officer shot him after he raised his hands and shouted, “don't shoot.” None of it was true. These falsehoods resulted in riots, lootings, setting fires to businesses, and the destruction of many police vehicles. Another lie by the “fake media” is that the riots were mostly peaceful.

The Ferguson lies were the beginning of the “defund the police” movement. We see how that movement has harmed and damaged the citizens living in America by

the rampant crime and lawlessness in most major cities. Kamala Harris tweeted at the time that “Michael Brown's murder forever changed Ferguson and America.” This may be the first time that I can remember her being right about anything.

Another lie that the Left continues to repeat is the “Charlottesville Lie.” Trump was not talking about neo-Nazis being good people. The true quote by Trump is, “I'm not talking about the neo-Nazis and the white nationalists. They should be condemned totally.” This begs the question: Do those on the Left not know the truth or are they perpetuating this lie to confuse the public and damage Trumps re-election bid?

The fourth big lie from the Left is the “Laptop from Hell.” The media and the Left continue to tell us that Hunter Biden's laptop was not his but was Russian disinformation.” Let's not forget that 51 intelligence officers swore to the lie. It wasn't true. It was a lie to hide the truth from the public so that Biden could be elected President. This lie has now been exposed to the light of day. Many of us are looking to the day when Hunter and Joe Biden's “chickens will come home to roost.”

Lies that are still being told are: Brett Kavanaugh was a sexual abuser and a gang rapist even though there was no corroborating evidence. A Catholic kid mocked a Native American war veteran. The man was

not mocked nor is he, as he claimed, a war veteran. The Texas border guards whipped illegal aliens who were sneaking over the border. Again, there was no evidence that it happened, however it fit the Left's agenda.

There are far too many lies to list here. These lies and more are being told to damage Trump in his bid to become the 47th President of the United States. It's these kinds of lies being told by the government that are destroying democracy.

This was posted on Facebook by Richard Green, “To answer all of those of you who would say ‘I can't believe you would vote for Trump.’ Well folks listen up! I'm not just voting for him. I'm voting for the Second Amendment. I'm voting for the next Supreme Court justice. I'm voting for the electoral college, and the Republic we live in. I'm voting for the police, and law and order. I'm voting for the military, and the veterans who fought for and died for this country. I'm voting for the flag . . . I'm voting for the right to speak my opinion and

not be censored. I'm voting for secure borders. I'm voting for the right to praise my God without fear. I'm voting for every unborn soul the Democrats want to murder. I'm voting for freedom and the American Dream. I'm voting for good and against evil. I'm not just voting for one person; I'm voting for the future of my country!

There will always be liars, rapists, robbers, and murderers. We cannot control that. However, we can drain the swamp in Washington. That is why I'll be voting for Donald J. Trump; he is the one who can fix all that is wrong with the government. He did it once and I have faith that he can do it again.

Ski Ingram is a life member of Lester Keate Post 90 of the American Legion in St. George, Utah. He now lives in Gilbert, Arizona. He is a combat veteran and is a life member of six different veteran's organizations as well as the NRA. He can be reached at Ski@Skiingram.com Or www.Skiingram.com

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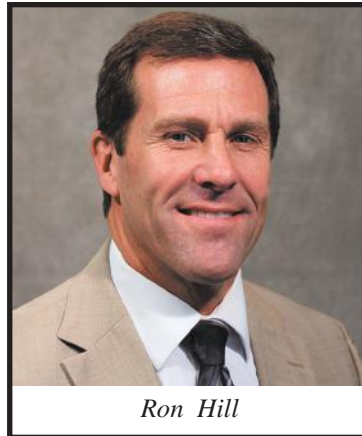
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Can I Prepare My Estate Plan Myself?

By Ron Hill

This is a question some people ask their attorney but many are afraid to ask. The short answer is - yes. Most people create an estate plan with wills or trusts to ensure their estate is distributed as they direct and so there is no confusion, family strife and as little cost to their estate as possible. If your estate plan is not done correctly, it can make these issues much more complicated and much more costly to your estate. In 30 years of practice in estate planning I have never seen two clients whose family and estate are identical. Using forms online, or otherwise, that are generalized make it difficult to organize your estate plan as your situation requires. Your estate plan should be unique to you not someone else who's background, estate, concerns, preferences and family are different than yours. You may have a disabled relative you would like to provide for but not disentitle them from government programs. You may have a beneficiary you would like to provide for but the distribution of their share needs to be supervised or paid over time by another person you trust so that the beneficiary truly benefits from your estate as you would like. You may have the ability to pro-

vide an ongoing bequest for the education of your family that needs to be correctly or-



Ron Hill

ganized and then supervised and carried out by someone else you trust. Without speaking to an experienced attorney, you may not even know what is available. Confusion or ambiguity in drafting your estate plan can result in misunderstanding at best or conflict and litigation at worst. Sitting down with your attorney and obtaining advice that is specific to your situation is the best way to ensure your estate

administration proceeds the way you want and is communicated to your family or beneficiaries in a way you want. After all, most people complete an estate plan once in their lifetime. That plan concerns things that mean the most to you - family, helping others and contributing to the development of people or things that are most important to you. If you can't afford an estate plan now, talk to your attorney about alternative financial arrangements.

Every Third Thursday, Barney McKenna and Olmstead, P.C. holds free, no obligation, educational seminars on Estate Planning at noon and 5:00 pm in St. George, noon in Mesquite, and at 10:00 am in Hurricane. Although there is no charge, a prior reservation is required. Call us at 435-628-1711 to reserve your seat.

Ron Hill is a local attorney who has practiced law both in Canada and the United States. His 30 years of practice include a focus on Estate Planning. He is licensed and serves clients in Utah at the law firm of Barney, McKenna and Olmstead. If you have questions, you would like ad-

dressed in these articles you can contact him at 435-628-1711 or ron@bmo.law, or

visit the firm's website at WWW.BARNEY-OLMSTEAD.COM

There is great power in a resolution that has no reservations in it — a strong, persistent, tenacious purpose — which burns all bridges behind it and which clears all obstacles from its path and arrives at its goal, no matter how long it may take, no matter what the sacrifice or the cost.

— Orison Sweet Marden (1850-1924) American Editor and Speaker



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Spring Into Eye Safety Protect Your Vision With Zion Eye Center

By The Academy of Ophthalmology/Zion Eye Institute

As the season transitions into spring, it heralds the perfect opportunity to embrace outdoor activities and bask in the warmth of the sun. However, amidst the excitement, it's crucial to acknowledge the potential risks of eye injuries that accompany increased physical engagement. Zion Eye Institute advocates for a balanced approach: enjoying springtime activities while prioritizing eye safety.

A fundamental step in safeguarding your vision during physical pursuits is the consistent use of protective eyewear. Whether tending to the garden, cycling

along scenic routes, or perfecting your swing on the golf course, the adoption of impact-resistant goggles, safety glasses, or appropriately designed sunglasses becomes paramount.

Furthermore, staying vigilant for signs of eye injuries is imperative. Symptoms such as redness, pain, swelling, blurred vision, or light sensitivity following physical exertion necessitate immediate medical attention to mitigate potential complications.

Beyond protective measures, nurturing overall eye health contributes significantly to long-term well-being. A balanced diet rich in fruits and vegetables, sufficient restorative sleep, and abstaining from smoking and excessive alcohol consumption collectively foster optimal ocular health.

At Zion Eye Institute, we recognize the significance of preserving vision, particularly as individuals age. Our comprehensive array of services, including thorough eye examinations, advanced cataract surgery, and specialized treatments for conditions like glaucoma and macular degeneration, underscores our commitment to proactive eye care.

In summation, as you gear up for outdoor activities for spring, prioritize the protection of your eyes. Equip yourself with appropriate eyewear, remain vigilant for any signs of injury, and uphold the fundamentals of good eye health. Should you require assistance or wish to schedule an eye examination call 435-466-2736 to reach out to Zion Eye Institute, where our seasoned ophthalmologists are ready to assist you.

Gary's Travel Quiz

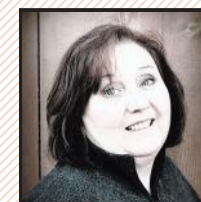
1. Where is Hubbard Glacier located?
2. Tasmania is part of which country?
3. The Maldives are islands in which ocean?
4. Bali is part of which country?
5. The Galapagos islands belong to which country?
6. The San Juan Islands are in which state?
7. The Bosphorus Strait runs through which country?
8. The island of Sicily belongs to which country?

1. Alaska; 2. Australia; 3. Indian Ocean; 4. Indonesia; 5. Ecuador; 6. Washington; 7. Turkey; 8. Italy;

Quiz courtesy of Morris Columbus Travel

Genealogy Corner

Remember to SNACK



By Julie Brinkerhoff

In the story "Theseus and the Minotaur: wound his way through a fiendish labyrinth, to slay the fearsome beast hidden in its confines," Dr. Sophie Kay starts her article on "Research Logs: What, Why and How?" in the family-tree.co.uk magazine. Kay explains that Theseus escaped the maze because he had tied one of a ball of thread to the entrance and used it to trace his way out while the others remained trapped there forever. The ball of thread is like a research log and prevents us from being lost in our research journey.

A research log keeps track of the searches you have done and the date, the search wording you used in your search, and the results of your search. It is also a place to keep your to-do reminders and "research later" notes. Your research log can be digital or handwritten, whatever is your preference.

Kay has developed a creative acronym, "SNACK," to help you with your record-keeping.

SECURE: Back up your log regularly. If you keep an electronic research log, there are several cloud storage programs that you can use. You can back handwritten logs by taking photos of your research pages.

NAVIGABLE: The in-

formation you save in your log needs to be retrievable. This information should have accurate URLs, and a tagging system to mark the information is helpful.

ADAPTIVE: For your research log to be successful, it needs to make sense of how you think and organize. Some researchers use spreadsheets, and others use Word documents or handwritten notes. Remember, a log is to serve you and not vice versa.

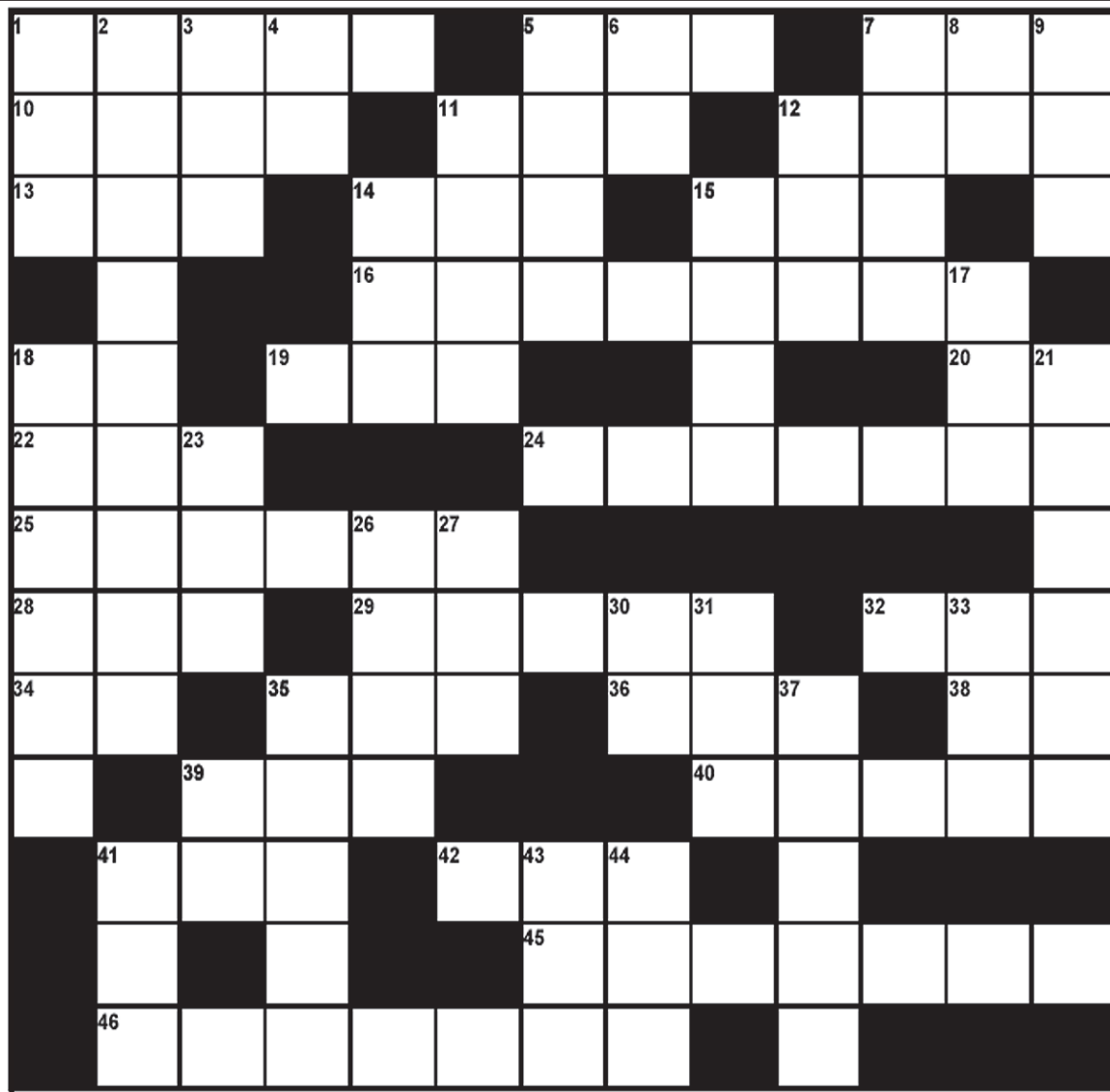
CONSISTENT: Your research log should work together with your research plan. Every research session should generate at least one log entry. A research log with a clear layout and prompts to fill out will help you collect the necessary information.

KNOWLEDGE FOCUSED: After you have written a log entry, step back and evaluate your entry. Is it accurate, and can you quickly return to the source you found? You've established a good research log if you've included the essentials and remembered to SNACK.

Your family history research may not "slay the fearsome beast that Theseus did," but it definitely will bring adventure and drama your way. Kay's closing advice is, "If you're willing to keep your research log close, like Theseus' ball of thread, you'll be ready for anything those ancestors can throw at you."

Word Search

N	A	T	S	I	N	A	H	G	F	A	T	A	N	K
C	O	A	S	T	G	U	A	R	D	I	D	H	E	N
V	J	R	Q	I	E	T	N	E	G	R	U	S	N	I
E	N	A	L	P	R	I	A	K	R	F	T	S	L	F
J	Z	W	P	I	M	O	R	T	R	O	Y	E	I	E
Q	N	F	F	A	A	O	R	E	H	R	K	Z	S	P
J	C	L	R	A	N	G	E	R	S	C	M	G	T	W
V	E	B	I	O	Y	D	W	R	E	E	A	T	W	S
Y	E	K	H	W	O	O	N	O	U	T	R	I	V	L
N	M	T	D	M	H	L	O	O	G	A	I	V	I	A
L	C	R	E	C	I	F	F	O	I	M	N	J	E	E
T	U	E	A	R	R	N	D	N	T	S	E	R	T	S
H	V	Q	X	J	A	A	I	W	A	D	S	D	N	Z
V	F	S	W	A	Q	N	B	O	F	V	M	I	A	S
J	E	A	Y	S	G	V	Y	P	J	G	Y	U	M	L



Military

Afghanistan
Air Force
Airplane
Army
Chow
Coast Guard
Dog Tags
Duty
Enlist
Fatigues
Freedom
Germany
Hero

Honor
Insurgent
Iraq
Japan
Join
Knife
Korea
MIA
MRE
Marines
Medal
Mission
Navy
Officer

POW
Rangers
Reserves
Rifle
SEALS
Sip
Tank
Terrorist
Training
Veteran
Vietnam
WWI
WWII

Across

- support oneself
- cry
- Russia (abbr)
- victim
- exclamation
- cab
- verily
- block
- a twitch
- aided
- size of shot
- Gross Nat. Prod. (acr)
- not down
- antique
- worship
- impure
- genetic element
- air traffic cont. (acr)
- below

Down

- secret agent
- tremor
- hawaiian cord
- borders New Hampshire
- female possessive
- buckeye state
- marathon
- universal x-ray (acr)

- drink slowly
- fastening device
- small bird
- outlaw
- former ruler
- nobleman
- edge
- stone
- business acronym
- ladies golf ass. (acr)
- female parent
- home of Golden Gate
- cereal grass
- Arab country (abbr)
- about
- blend
- a bone
- native tribe Eskimo
- Scottish alder tree
- English supper

Sudoku

6	3	5	9	7	4	1	2	8
7	1	9	8	6	2	3	5	4
8	4	2	5	3	1	6	7	9
5	6	7	3	2	8	9	4	1
4	8	3	1	9	7	5	6	2
2	9	1	4	5	6	7	8	3
1	5	6	2	4	9	8	3	7
3	2	8	7	1	5	4	9	6
9	7	4	6	8	3	2	1	5

6	3	5	9	7	4	1	2	8
7	1	9	8	6	2	3	5	4
8	4	2	5	3	1	6	7	9
5	6	7	3	2	8	9	4	1
4	8	3	1	9	7	5	6	2
2	9	1	4	5	6	7	8	3
1	5	6	2	4	9	8	3	7
3	2	8	7	1	5	4	9	6
9	7	4	6	8	3	2	1	5

Answer to last week's Sudoku

L	E	T	T	E	R	P	D	U	R	E	S	S
A	G	R	E	E	R	O	I	S	A	N	T	A
G	O	G	A	F	I	R	E	M	F	A		
H	W	N	M	M	E	O	K					
S	H	E	I	M	P	O	S	E	S	L	E	I
H	A	L	L	S	E	V	A	T	I	D	A	L
M	U	C	L	E	F	T	C	B				
O	N	E	A	T	R	E	O	B	E	G		
C	E	R	I	O	A	R	M	R	E			
E	L	A	K	U	A	A	D	E	S	O	E	
A	M	B	O	S	H	E	L	F	G	U	Y	S
N	A	E	A	I	C	Y	C	E	P	E		
A	S	O	A	L	S	E	I	R				
E	D	E	S	P	E	A	K	E	R	N	E	W
S	O	D	C	O	N	T	A	C	T	E	V	E

Answer to last week's Crossword

Principles

Defending Ourselves

By Lynn West



JB Books is a character in the film “The Shootist” played by John Wayne in his last screen role. He has been a sheriff and a gun-fighter and has killed many men who tried to kill him but never an innocent person. In explaining his code to a young Gillom whom he has befriended (played by Ron Howard) he says the following. “I won’t be wronged. I won’t be insulted. I won’t be laid a-hand on. I don’t do these things to other people, and I require the same from them.”

Understanding that the Christian code of turning the other cheek is perhaps a better way in personal interactions, this code is a credible and empowering way of living. Translating it to international relations may be somewhat problematic, as is the Christian code. “Turning the other cheek” is usually best when small offenses occur between nations, but it is wholly ineffective when dealing with tyrants, terrorists and despots determined to kill or subjugate the people of other nations or destroy their ability to live, prosper and make their own decisions. Using Mr. Book’s approach internationally is sometimes necessary when those tyrants, terrorists and despots take actions that damage innocent people and inter-

fere with their lives and freedom.

A striking historical example lies with the actions of Germany and Japan leading to the 2nd World War. It is and was clear that turning the other cheek and appeasement would do nothing but assure that evil would triumph and all people would be subjugated to tyrants and despots. Extreme actions



were necessary to turn the tide and save the people of the world and their freedoms. In those extreme actions, destruction of those nations and, in many cases, non-combatant citizens was necessary to deprive evil of not only the ability to fight, but of their support structure which included citizens. It is the nature of war that everyone is affected, even if they disapprove of their leader’s actions. If it were possible to remove only the bad actors without harming others, that would be wonderful. It is not possible then or now.

Today we are faced with two conflicts (with others brewing) where we need to consider these concepts in determining our moral support and our level of involvement in foreign conflicts. It is fairly clear who started the conflicts

in the Ukraine and Israel. They are both in a state of war because of attacks by Russia and Hamas (Palestine’s rulers). If the US suffered similar attacks, we would hopefully, and should, do whatever was necessary to defend ourselves and our way of life. It is not a time to turn the other cheek. We can choose whether or not to support and help those under attack, but we should never justify their attackers in raping, torturing or killing. Likewise, we should not justify inappropriate retaliation against civilians, but it is clear that, when Hamas uses civilians to shield themselves against the actions of a war they created, they, not Israel is putting their civilians in harms way. Israel and Ukraine have a right to complete the actions of the wars they did not create. In Ukraine, that means pushing the attackers out of their country by whatever means they can. In Palestine, it means removing the threat of continued attacks from Hamas by whatever means they can. I believe that Israel must make allowances to help the people in Palestine to survive the war, but Hamas must bear the responsibility for that war and any damage and death it causes. We would or should do no differently than the Ukraine and Israel if faced with a similar situation.

Shaun McCausland (aka Lynn West) is a thinker, a teacher and a patriot. You can reach him through email at forgingthefuture2021@gmail.com or through this newspaper. Liberty is a state of being which must be continually created. These articles can help all of us discover the ways we can contribute to that outcome.

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The future belongs to those who believe in the beauty of their dreams.
— Eleanor Roosevelt (1884-1962) American First Lady and Political Activist

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Gary's Travel Quiz

1. The Alamo is located in which city?
2. French Fries originated in which country?
3. Nuuk is the capital of which island owned by Denmark?
4. River cruises on the Mekong go through which two countries?
5. Which blossoms are famous in Japan?
6. Which airline's slogan was "Fly the Friendly Skies"?
7. Which famous canal passes through Egypt?
8. The island of Mallorca belongs to which country?

1. San Antonio; 2. Belgium; 3. Greenland; 4. Cambodia and Vietnam; 5. Cherry Blossoms; 6. United; 7. Suez Canal; 8. Spain;

Quiz courtesy of Morris Columbus Travel

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