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For those that are, and those that will

St. George, Cedar City & Mesquite

Friday, February 17, 2023

Vol. 34 Issue 8

Southwest Symphony Presents Beethoven's Ninth Symphony With The Unforgettable "Ode To Joy"

Experience the epic power and timelessness of one of the supreme achievements in music history, when Maestro Lucas Darger leads the Southwest Symphony performance of Beethoven's Ninth Symphony on Friday and Saturday, March 3 and 4. This beloved masterpiece, including the unforgettable "Ode to Joy," symbolizes and honors equality, freedom,

and brotherhood for all mankind. Beethoven's Ninth Symphony is widely regarded as one of the greatest works of classical music ever written.

In addition to the talented musicians of the Southwest Symphony, the performance will feature four outstanding vocal soloists: Emily Workman, Aubrey Adams-McMillian, Grammy Award Winning Thomas Glenn, and Shea Owens. These soloists bring a wealth of experience and talent to the stage and will add a new dimension to this timeless piece of music. Also performing will be the award-winning Lieto Voices choir.

Now in its 42nd season, the Southwest Symphony is known as *Southern Utah's Finest*. Maestro Lucas Darger is in his seventh season directing the orchestra. Darger is known as a passionate conductor and musician who strives to achieve expressive performances that captivate and inspire audiences.

Tickets are available at swsutah.org, by calling 435-767-9800 or visiting the Cox Auditorium box office.



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LUCAS DARGER | MUSIC DIRECTOR

ODE TO JOY

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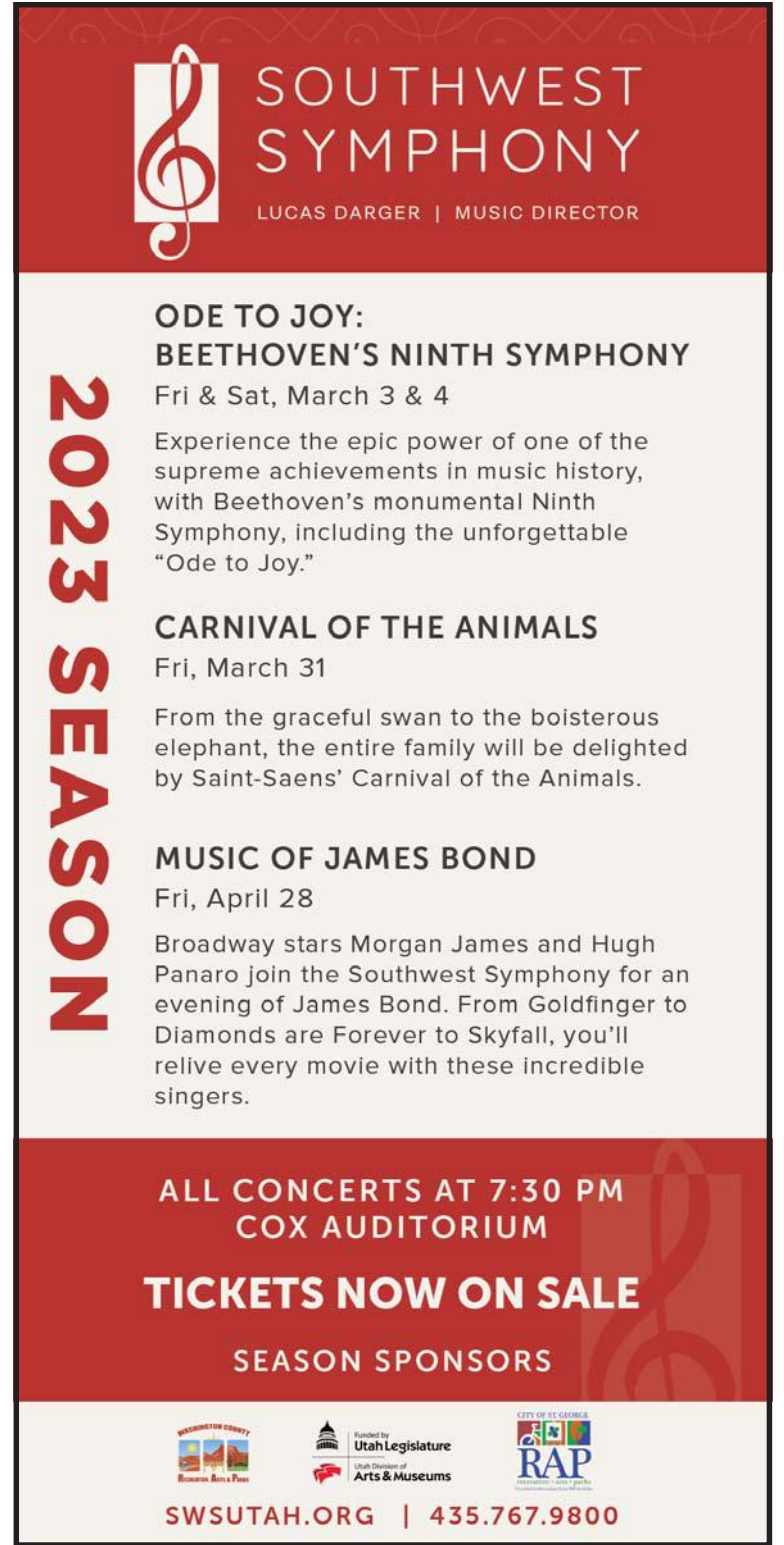
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2023 SEASON

**ODE TO JOY:
BEETHOVEN'S NINTH SYMPHONY**
Fri & Sat, March 3 & 4

Experience the epic power of one of the supreme achievements in music history, with Beethoven's monumental Ninth Symphony, including the unforgettable "Ode to Joy."

CARNIVAL OF THE ANIMALS
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Dry Eye - Setting It Straight

By Dr Paul Gooch

“Dry Eye” is the accepted, but erroneous, label for one of the most chronically frustrating eye conditions we deal with. As a label, it’s misleading because of the logical premise, if something is too dry then you fix it by adding moisture. Historically, it has been one of the least understood and least appreciated problems of the eye, and generally treated with overly simplified therapies. After all, if your eyes are dry, why not use artificial tears to treat? But the reality is much less about dryness and much more about inflammation which damages the surface of the eye in conjunction

with reducing the quality of the tear film.

Fortunately, we are finally getting a grip on the in-



flammatory nature of Dry Eye and the quality of the tear film which supports the ocular surface. This understanding is leading to better treatments.

In 2021, the FDA approved a new use for an established light treatment that is used in dermatology and aesthetics to improve the

health and appearance of skin. OptiLight by Lumenis received approval to apply IPL (Intense Pulsed Light) to the face, around the eyes, and the outside of the eyelids as a treatment specifically for Dry Eye. It works by targeting inflammation, spider veins (telangiectasias), rosacea, bacteria, and hair follicle mites called Demodex that create inflammation leading to Dry Eye. IPL also works by warming and loosening hardened oils in the glands behind your eye lashes that stabilize your tear film. The data looks good, and clinicians have had remarkable success improving the signs and symptoms of inflammatory Dry Eye since the discovery of this novel therapy.

Imagine treating your dry eyes with a photo-facial that also rejuvenates skin and treats skin discoloration! Our Dry Eye treatments now include four sessions of

OptiLight, followed by LipiFlow which gives your oil glands a chance to refill with fresh oil after the inflammatory inputs are reduced.

Call SouthWest Vision today to schedule an appointment for your Dry Eye evaluation and see which therapy options are right for you. Call us at 435-673-5577 or see us online at www.SouthWestVision.com.

The life that conquers is the life that moves with a steady resolution and persistence toward a predetermined goal. Those who succeed are those who have thoroughly learned the immense importance of plan in life, and the tragic brevity of time.
— W.J. Davison

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Heritage Choir Presents Spring Concert March 3rd ‘Songs Of Joy’ With Vocal Scholarship Recipients

Tickets are on sale now for the Spring Concert titled “Songs of Joy” by the Southern Utah Heritage Choir (SUHC) at Crimson Cliffs High School auditorium on Saturday, March 3, at 7:30 p.m. The concert will feature recipients of the Choirs 2nd Annual Vocal Scholarship Competition as well as its newly appointed Music Director, Dr. Ken Peterson, who has been a Conductor with the Choir since 2014.

“Songs of Joy” will showcase the talents of vocal scholars and sopranos Lauryn Thomas and Bethany Ure, both high school seniors in Washington County, Utah. Lauryn attends Dixie High School and is a student of voice teacher Tennile Coello. Bethany attends Crimson Cliffs High School and studies under vocal coach Chrissy Rogers. The two vocalists competed against other seniors from throughout the

school district to both win a \$1000 cash scholarship plus the opportunity to perform at the Choir’s spring concert. Lauryn plans to become a high school choir teacher and Bethany plans to major in vocal performance at Utah Tech University and then teach voice.

“In addition to the excitement and honor of presenting our second year of vocal scholarships,” said SUHC President Geri Rhodes, “we are proud to announce the appointment of Dr. Ken Peterson as the Choir’s new Music Director. With this assignment, he will direct all musical aspects of performances and long-term planning.”

Dr. Peterson received his Bachelor of Music degree in voice performance from Utah State University, his Master of Music degree in voice performance from Illinois State Univer-

sity, and his Doctor of Arts in voice performance and pedagogy from the University of Northern Colorado. He was Director of vocal activities at Dixie State University in St. George, Utah, where he taught voice related courses and served as the music director of the musical stage. Dr. Peterson joined the Heritage Choir in 2014 as a Conductor and was appointed the Principal Conductor in 2018. As a tenor, Peterson has performed throughout the United State in recitals, concerts, musical theatre, and opera. He is also a published researcher in the field of vocal pedagogy.

Rhodes added, “Dr. Peterson is a consummate musician. His love of music and singing is evidenced by his enthusiastic conducting technique. He is an excellent communicator, befriends each choir member and adds a

touch of humor to every rehearsal. As an experienced teacher, he requires the finest of each voice.” Tickets for “Songs of Joy” are \$20/ person, or \$50 for the “family of four pack,” and can now be purchased at the Choir’s website, HeritageChoir.org.

Each year the Heritage Choir presents Spring, Fall, Patri-

otic and Christmas concerts throughout southern Utah as well as their Fireside concerts at the St. George Tabernacle. In addition to Conductor Dr. Peterson, “Songs of Joy” will have Karen Kennedy at the organ and Jennifer Redfearn at the piano.

For more information go to HeritageChoir.org

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Southern Utah Heritage Choir To Feature 2023 Scholarship Recipients At Spring Concert

The Southern Utah Heritage Choir has selected the two recipients of its Second Annual Heritage Choir Vocal Scholarship Competition. Lauryn Thomas, a senior at Dixie High School and Bethany Ure, a senior at Crimson Cliffs High School, will both receive \$1,000 scholarships to a college or university of their choice. In addition, both vocalists will be featured as soloists in the choir's spring concert, "Songs of Joy" at 7:30 p.m. on Friday, March 3, 2023, at the Crimson Cliffs High School auditorium.

Lauryn's solo will be "O Mio Babbino Caro" from the opera *Gianni Schicchi* by Giacomo Puccini. Bethany will be singing "Green Finch and Linnet Bird" from *Sweeney Todd* by Stephen

Sondheim.

"Music has always taken a very important role in my life," says Lauryn. "But for 14 years, my entire life was based on Ballet, not singing." After Lauryn was forced to set aside her dancing career, due to a physical injury, she took up singing at school. She studies voice under Tennile Coello and plans to become a high school choir teacher after majoring in Secondary Choral Education at college.

Bethany says, "Music is what fuels me. I wouldn't be who I am without it." Her favorite performance to date was portraying Beth in *Little Women*, the musical. Bethany studies voice under vocal coach Chrissy Rogers and plans to major in vocal perfor-

mance at Utah Tech University and then teach voice.

Both vocal scholars are sopranos and were required to submit a completed application form, their biographies, a performance video, and letters of recommendations. They competed against applicants from other high schools throughout the Washington County, Utah, School District. Five finalists were selected to perform in front of a committee of five judges from which the two recipients were chosen.

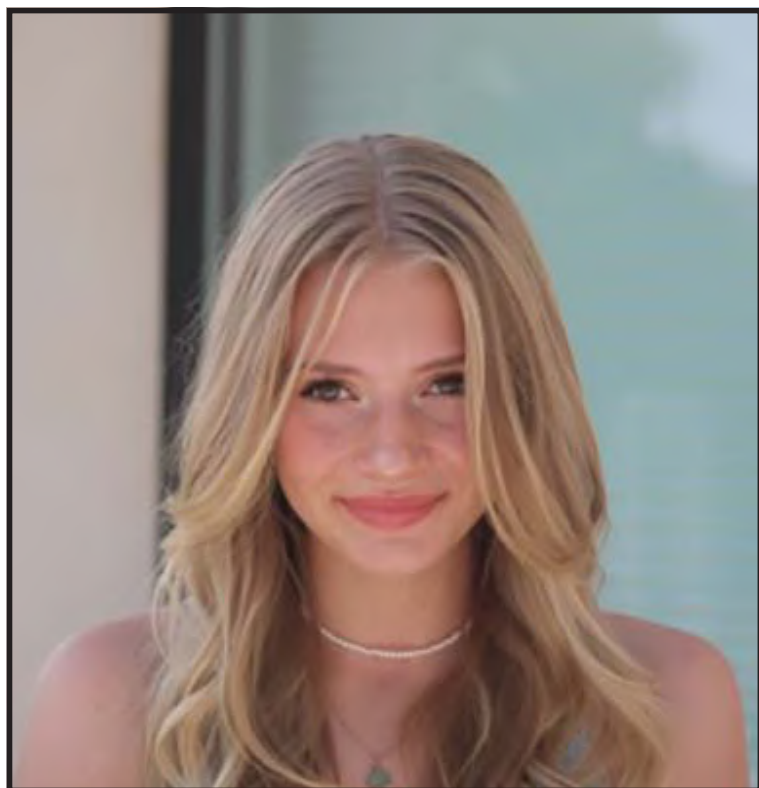
In 2021, the Heritage Choir developed its first scholarship competition for young singers open to any high school senior residing in the Washington County School District. The Choir plans to continue to award annual scholarships to support the development of talented youth in southern Utah as well as expand the Choir's musical legacy. The community at large is invited to invest in the growth of the Vocal Scholarship program through their donations at HeritageChoir.org.

The March 3rd concert, with its "Songs of Joy" theme, will showcase the Heritage Choir singing numerous songs that represent different kinds of joy in one's life...the joy of gathering in "Come, Come Ye Saints;" the joy of loving gratitude in "My Jesus, I Love Thee;" and the joy of eternal life in "From Earth to Heaven," for example. The Choir is under the direction of Dr. Ken Peterson with Karen

Kennedy at the organ and Jennifer Redfearn at the piano. Crimson Cliffs High School is located at 4430 S. Crimson Cliffs Way, Washington, UT.

Concert tickets for

"Songs of Joy" are \$20 per person OR \$50 for a limited number of "family of four" packs. For tickets or more information go to HeritageChoir.org.



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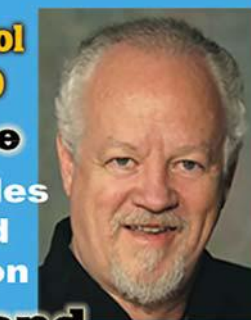
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**Author of
Geek Speak**

Utah Tech University To Break Ground On Third Student-Housing Facility In 8 Years

By Jyl Hall

Responding to student need for more housing options, Utah Tech University is breaking ground on the third and final phase of its on-campus student housing complex, Campus View Suites.

In honor of Campus View Suites III's construction getting underway, Utah Tech is hosting a groundbreaking ceremony at 11:30 a.m. on Feb. 9 in the Campus View Suites Courtyard, 974 E. 100 South in St. George. The event is free

and the public is encouraged to attend.

"UT Facilities Management is excited to partner with DFCM, Layton Construction and Method Studio to provide another phase of on campus living," Jon Gibb, director of facilities planning and construction, said. "Our team is excited to work on this 564-bed complex over the next 18 months and to be a part of providing campus living solutions for Utah Tech students. Campus View Suites phase three will be exactly what you'd want in campus living."

The third phase of Cam-

pus View Suites is set to be open for the Fall 2024 semester and will feature 164,600 square feet. Like

previous phases, this facility will allow more students to

Continued on page 6



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Humor Corner



Be My Valentine

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing “Love” stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them. His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says, “I’m sending out 1,000 Valentine cards signed, ‘Guess who?’” “But why?” asks the man. “I’m a divorce lawyer,” the man replies.

50th Wedding Anni

A couple goes out to dinner to celebrate their 50th wedding anniversary. On the way home, she notices a tear in his eye and asks if he’s getting sentimental because they’re celebrating 50 wonderful years together. He replies, “No, I was thinking about the time before we got married. “Your father threatened me with a shotgun and said he’d have me thrown in jail for 50 years if I didn’t marry you. Tomorrow I would’ve been a free man!”

Three Old Men

Three elderly gentlemen were talking about what their grandchildren would be saying about them fifty years from now. “I would like my grandchildren to say, ‘He was successful in business,’” declared the first man. “Fifty years from now,” said the second, “I want them to say, ‘He was a loyal family man.’” Turning to the third gent, the first gent asked, “So what do you want them to say about you in fifty years?” “Me?” the third man replied. “I want them all to say, ‘He certainly looks good for his age!’”

A Mommy Moment

Four-year-old Mitch loved candy almost as much as his mom Ann did. He and Daddy had given her a beautiful heart-shaped box of chocolates for Valentine’s Day. A few days later Mitch was eyeing it, wishing to have a piece of it. As he reached out to touch one of the big pieces, Ann said to him, “If you touch it, then you have to eat it. Do you understand?” “Oh, yes,” he said, nodding his head. Suddenly his little hand patted the tops of all the pieces of candy. “Now I can eat them all.”

Age is a Funny Thing

Have you ever been guilty of looking at others your own age and thinking, “Surely I can’t look that old?” Well... You’ll love this one! I was sitting in the waiting room for my first appointment with a new dentist. I noticed his, DDS, which bore his full name. Suddenly, I remembered a tall, handsome, dark-haired boy with the same name had been in my high school class some 40-odd years ago. Could he be the same guy that I had a secret crush on, way back then? Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate. Hmm... Or could he? After he examined my teeth, I asked him if he had attended Morgan Park High School. “Yes. Yes, I did. I’m a Mustang,” he gleamed with pride. “When did you graduate?” I asked. He answered, “In 1959. Why do you ask?” You were in my class! I exclaimed. He looked at me closely. Then, that ugly, old, wrinkled SOB asked, “What did you teach?”

Utah Tech...

Continued from page 5

live on campus and be steps away from academic re-

ing staff offices. The building will also include a grocery store stocked with fresh fruit, vegetables and dairy on the first level as well as a game room. Large common kitchens will be located on each floor with full-size

the complex will round out the housing corridor on the northeast corner of campus. Campus View Suites I added 352 beds to campus in fall 2016 while the second phase of the facility became home to 534 students in fall 2021.



sources, such as tutoring, peer coaching and study groups, as well as take advantage of student life activities and offerings.

“We are very excited to begin the third phase of Campus View Suites,” Seth Gubler, director of housing and resident life, said. “With its completion, more students will be able to live on campus and experience the programming, amenities and resources provided by the university.”

Campus View Suites III will include a fitness room, a multipurpose room, laundry facilities on each floor, indoor bike storage and hous-

ing appliances and living rooms with large TVs and furniture. Private and shared study rooms also will be included on each floor.

The newest building in

For more information about student housing at Utah Tech University or to apply for on-campus housing for Fall 2023, visit housing.utahtech.edu.

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Chocolate Lovers' Double Dipped Valentine Hearts

By Bev Rankin, aka, The Bread Lady

Would you believe that a recent study indicated that when men crave food, they tend to crave fat and salt? When women crave food, they tend to desire chocolate. It doesn't take a study for those of us who love chocolate to understand that. History tells us that Aztec Emperor Montezuma drank 50 goblets of hot chocolate, dyed red and flavored with chili peppers, every day. Yum! It's not hard for me (a chocolate lover) to believe that the average American consumes more than 10 pounds of chocolate every year. I think that fig-

ure is a little low. Chocolate contains a range of nutrients which include miner-



als such as potassium, calcium and iron. It also contains the B-vitamin riboflavin, but chocolate calories do come from fat, known as cocoa butter. I keep telling myself that cocoa butter consists mostly of monounsaturated fatty acid or in other words, the 'healthy' fat needed in our diets. Studies show that

dark chocolate is most likely the best for us because it has the largest quantity of cocoa solids. So with that said the following recipe is made with dark chocolate and then dipped in dark chocolate. What could be better? With Valentine's Day upon us, this recipe can be made the night before the special day and then given to all the loved ones on our list. I find that if you present this chocolate covered fudge in pretty little valentine printed boxes or plates that it makes a real statement. So, with that in mind, let's get making our Valentine Double Dipped Chocolate Fudge.

Valentine Doubled

Dipped Chocolate Fudge

3 cups dark chocolate cut from block or chips

1 (14 oz.) can Sweetened Condensed Milk – not evaporated milk

Dash salt

1 ½ teaspoons vanilla

½ teaspoon more or less cayenne pepper, if desired

Nuts, if desired (chopped pecans, walnuts, cashews, etc.)

Dipping chocolate:

1 pkg. dark chocolate chips

2 teaspoons shortening

In heavy saucepan, over low heat, melt chocolate with condensed milk. Remove from heat; stir in salt and vanilla. If you add cayenne pepper, this is the time to add it. Don't get so close while stirring it in

chocolate mixture that you might possibly inhale any of the powder. Add nuts if desired. Spread evenly into wax paper lined 8x9" pan. Chill 2 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Instead of cutting my fudge in squares, I use a small heart cookie cutter. On low heat, melt chips and shortening together. Immediately dip fudge in chocolate. Place on parchment lined cookie sheet until chocolate is solid. The reason I call this doubled dipped is because after chocolate has set, I dip one more time! If you want to spruce this already lovely candy up, simply add your choice of sprinkles before chocolate has cooled. This Valentine treat will make every happy!



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What Time Do You Have?

By JoAnne Lamoreaux

Do you spend much time thinking about clocks? There is often a bit of grumbling on the days we switch to Daily Saving or to Standard time, but more and more digital clocks change themselves. Even those that must be manually adjusted, do so with just a press of a button.

However, some of us still like analog clocks. You know, the ones with hands. Remember learning about how 20 minutes to 3 o'clock looked? Somehow 2:40 just isn't the same. Clocks used to operate because of intricate gears rather than battery stimulated crystals. A few still do.

On **February 18, at 10:00 a.m.**, the **DUP McQuarrie Memorial Museum** will host a fascinating presentation about the complexities and beauty of clocks. **Michael Rennert** specializes in antique clocks, both large and small. He is the owner of Michael's Clocks and Repair in Zion's Plaza, and has 30 years of clock experience. He is available for house calls for clocks too large to bring into his shop. He maintains the Old Tabernacle Clock and the new Clock Tower on the campus of Utah Tech (Dixie State University). He will share pictures of the inside clock mechanism in the Old Tabernacle tower and share his enthusiasm for the workings of old clocks. Take

some time and enjoy the experience.

The McQuarrie Museum

is located at 145 North 100 East in St. George. Admission is free and there is handicap access. For more information go to dupstgeorge.org or call 435-628-7274.



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How Often Do You Need To See Your Ophthalmologist?

By The Academy of Ophthalmology/Zion Eye Institute

When it comes to your eyes, you may not know how often you should see an eye care professional. It is recommended to have regular appointments with various health professionals, whether it is your primary care physician, dentist, or eye doctor. But the standard annual exam does not fit all specialists. While many people who require glasses or contacts see their eye doctor once a year, others might not need to see an eye doctor nearly as frequently. How often you should see an ophthalmologist differs depending on several factors, including age, overall health, and how healthy your eyes are.

Ophthalmologist vs. Optometrist

If you see an eye doctor once a year to have a visual acuity test and make sure your prescription is up to date, there is a good chance that you will probably see an optometrist. An optometrist has a specialized degree but is not a medical doctor.

An ophthalmologist, on the other hand, is an eye care specialist with a medical degree. An optometrist focuses primarily on your vision, while an ophthalmologist specializes in eye diseases and various surgical procedures, including cataract surgery. Optometrists can check for signs of eye disease, even if they cannot make a formal diagnosis. If they see an issue, they will refer you to an ophthalmologist.

Young adults under forty with no health issues other than a simple refractive error only need to see an optometrist every year or two. But people with pre-ex-

isting health conditions and older adults who are at higher risk for age-related conditions like cataracts and glaucoma benefit from seeing an ophthalmologist regularly. If you are at an increased risk for eye disease, either due to your age or having a health condition like diabetes, you may want to see an ophthalmologist regularly, even if you do not have an eye disease yet. Ophthalmologists often have more advanced equipment to spot eye diseases in the early stages.

Having a regular ophthalmologist also means that if you are diagnosed with an eye disease, it is a more straightforward process to get treatment as you will not need a referral to another practice.

Emergencies and Elective Procedures

If you do not have an eye condition or are not considered high risk for one, you may still see an ophthalmologist. If you have a medical emergency, like a retinal

detachment or traumatic injury to the eye, you will likely be referred to one by a hospital's emergency department.

You also may seek out an ophthalmologist for a vision correction or cosmetic procedure. In that case, you may end up seeing your ophthalmologist regularly for follow-up after the procedure.

Some ophthalmology practices also include standard optometry services, so you may end up using them as your regular eye

doctor. Doing so can save you time and energy if you ever have eye health issues as you get older.

Concerned that it may be time to schedule an appointment with your ophthalmologist? Schedule an appointment at Zion Eye Institute, Southern Utah's leading experts in all aspects of ophthalmology. We are here to help you get your best vision possible. If you have not had an eye exam in the last year, make sure to schedule one soon.

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February 20-February 24, 2023 Class Schedule

All classes will now be taught at the Center as well as on Zoom.

Hours: M, F - 9 to 9; T, W, Th - 9 to 5; Sat - 10-2

Date	Time	Class	Instructor
Mon 20-Feb	10:00 AM	Researching County Courthouse Records-Part 3	Worthen, Deric
	1:00 PM	Tips for Writing a Short Story	Clarke, Linda
Tue 21-Feb	10:00 AM	Land Records	Sewell, Bonnie
	1:00 PM	Census Records	Sullivan, Sheryl
Wed 22-Feb	10:00 AM	Family Tree-Record Hints and Sources	Rygg, Darwin
	1:00 PM	Scotland's People	McKinstry, Margo
Thu 23-Feb	10:00 AM	Managing Ordinances and Temple Reservations	Stewart, Sandy
	1:00 PM	Family Search - Getting Started	Montague, Lisa
	7:00 PM	No Class	
Fri 24-Feb	10:00 AM	Family Tree - Navigation	Sanford, Kari
	1:00 PM	Polish Research	Campbell, Erika

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

Is This One Of Your Ancestors?

James Cortes 156

By James Orman

This is the last part of the James Cortes story. I started writing these stories to highlight that each of our ancestors and relatives have a story. These stories should be told, or they will largely be forgotten. James' story does not end with his marriage to Bertha, but I chose to end on this happy note. James is listed as living in the Veterans Facility, in Whipple, Yavapai County, Arizona just three short years after his marriage to Bertha. He passed away in 1987, over forty years after moving into

the Veterans Facility. I honor his service and feel sad at the enormous price he paid that we can enjoy the freedoms we often take for granted.



These articles started out, and continued until this closing article to be an invite to you all to see if you are related to the person, or persons mentioned in these stories. At the conclusion of each article, I ask "Are you related?" and list the times, location, and contact information of the St George FamilySearch Center. The volunteers who serve there truly desire to help you find and record you, and your relatives' stories. I have loved researching the lives of these persons, whose relatives

have contacted me and expressed their appreciation. I express my appreciation to all my readers who have been so faithful and caring, also to Pete Leadenham and Karen Green, owners of Senior Sampler who have been 100% supportive in

this project. Thank you all so much. Jim Orman. Are you related, find out at: FamilySearch Center, 237 East 600 South. <https://www.familysearch.org/wiki/en/StGeorgeUtahFamilySearchCenter> for Online classes Mon-Fri 10am and 1pm plus Thu 5pm and 7pm. Online help 435-673-4591 New times for the FSC hours M-W 9am-9pm, Th-F 9am -5pm, Sat 10am-2pm. Please call for further information. Activity, Appointments and Reservations 435-673-4591.

SENIOR SAMPLER READERS... We are asking for your help to keep the Senior Sampler printing issues. Due to 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](https://www.gofundme.com/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 issues bi-weekly till things pick back up but we will be online every week.

Genealogy Corner

Genealogy Mistakes That Everyone Makes

By Julie Brinkerhoff



In her article "Genealogy Mistakes that Everyone Makes (and How to Avoid Them)," Amy Johnson Crow has some excellent advice for **all** genealogists - beginner and advanced alike. As hard as we try, there may be mistakes in our genealogy that we are unaware exists. If we follow Amy's advice, we can help stop these common errors in their tracks.

Mistake 1 – Taking everything at face value. Just because it's in print doesn't make it accurate. That goes for your mom's, grandma's, and aunt's research. Just because it is on her genealogy sheets doesn't mean that she didn't make a mistake. Many of the family stories are not entirely accurate. Amy states, "Attaching things to your tree just because it's in someone else's tree is a surefire way to make a mess of things."

Mistake 2 – Going Too Fast Leads to Errors. When Ancestry and Family Search make records too readily available, errors are easy to make. We tend to glance over the record hints and determine they are accurate when a slow, thorough examination of the records shows that it does not fit your ancestor.

We must take time to re-

view facts and sources we already have. It is essential to check your previous research, which means going through your notes and files. Your research answers may be in that information, and you have just overlooked it.

Mistake 3 – Skipping Steps. You find an ancestor, according to census records, was born in Ireland. You immediately begin looking for this ancestor in Ireland. Do you even know what town to research? Have you checked ALL this ancestor's records in the U.S.? Work from the known to the unknown. It would help if you had the ancestor's town, he came from to identify him accurately.

Mistake 4 – Falling Into a Rut. A rut is limiting yourself to a few websites that you research. More of Amy's advice – "There isn't a 'one size fits all' search strategy." A rut is searching the same way and repeatedly looking at identical records. Amy suggests that we take time to learn about new records and new research strategies.

Amy's key to success with your research is to develop a sense of curiosity, not just about your ancestors, but about the records and research process. Don't get discouraged if you're new to genealogy. Knowledge of records and their use takes time and practice.

Word Search

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

1	2	3	4	5	6	7	8	9	10		
11						12					
13				14		15		16			
17				18			19		20		
			21			22		23			
		24					25				
26	27		28		29		30		31	32	
33		34		35		36			37		
38			39		40			41			
		42					43				
44	45				46		47		48	49	50
51					52				53		
54					55				56		

Valentine's Day

- | | | |
|-------------|------------|------------|
| Admire | Embrace | Romance |
| Adore | Flirt | Romeo |
| Amour | Flowers | Saint |
| Anniversary | Gift | Serenade |
| Candy | Hug | Smooch |
| Card | Husband | Spark |
| Chocolates | Juliet | Stroll |
| Court | Kiss | Sweetheart |
| Cupcake | Love | Turtledove |
| Cupid | Moonstruck | Venus |
| Custom | Party | Verse |
| Dance | Poetry | Wife |
| Dear | Red Hots | Woo |
| | Ring | |

Across

1. fencing sword
5. herd of whales
7. twitch
11. southern accent
12. a hot beverage
13. blood
14. fresh
16. overcast
17. distant
18. riches
20. So. Amer. Indian tribe
21. occupation
22. curtsy
24. Greek island
25. sheep tick
26. hey (sl)
28. agreement
30. Japanese money
31. borders PA
33. egg
35. commercial iron
37. station (abbr)
38. baby's word for parent
40. paid advertisements
41. scheme
42. precedence
43. aviation agency (acr)
44. Russian emperor
46. entertainment system
48. took up color
51. state next to PA
52. gobbled up
53. strip of cane
54. pool
55. dist. serv. medal (acr)
56. strays

Down

1. touchy, sensitive
2. evidence
3. reap
4. lamb
6. ajar
7. run in place
8. off white
9. laughs loudly
10. knockout
14. human head
15. woven fabric
18. parted the red sea
19. gullible person
21. ecstasy
23. cyst
26. day in Hebrew
27. eggs
29. flour
30. his (fr)
31. native tribe
32. bonnet
34. damage
36. official proclamations
37. assassin
39. name that means lofty
41. clergyman (sp)
44. a toddler
45. oorial
46. vice admiral (acr)
47. eye movement (acr)
49. always
50. doctoral degree (abbr)

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Sudoku

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

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

Answer to last week's Sudoku

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

Answer to last week's Crossword

Principles Of Freedom

Gender Dysphoria and The Law

By Lynn West



I was recently asked to evaluate Utah Senate Bill 16 concerning Gender Dysphoria, parent's rights and the health and well-being of minors. What follows is part of what I shared and the reasoning included.

I believe that all decisions made in a political setting (and most other life decisions) must proceed in the following way. First, we need to understand the principles of truth or freedom that are foundational to the question at hand. This is often the most daunting process and we must be open to realizing we don't always understand completely all of the principals involved. Humility and willingness to listen to other points of view is critical in this process.

Second, once we have a firm understanding of those principles, we can usually apply them to those questions. Once that is done, the third step is to eloquently and passionately teach those principles to those who are, with us, deciding whether to support, reject or change a given bill.

For this bill, I am initially interested in stating some of the principals involved as I see them. There are likely some that I have not consid-

ered, but here are the ones I wish to pass on today.

Until a child reaches 18 or gains emancipated status by the courts, the parents should have primary control of decisions concerning education, health, religious observance and other life choices. It is hoped that parents or guardians would carefully consider any and all evidence of the needs and, to some extent, the wants of the child. If they do not, and if that lack of consideration appears to put the child at significant emotional or health risk, it can be appropriate for the state to intervene to provide the child with remedies that can save their life or sanity. This intervention should happen only extremely rarely. The same standard that applies to religious freedom should also apply to families and parental control of decisions concerning minors - that is, there must be a compelling state interest and the state must use the least invasive solution to accomplish that intervention.

Some changes from medications can be easily reversed by ceasing the medication and allowing the body to return to its natural state. However, many of the treatments and especially procedures involved in seeking to relieve gender dysphoria have long-term or even permanent consequences, both physical and mental. As the bill implies, the state needs qualified information on the likely outcomes of any of

these treatments and should be ready to change course if and when additional information becomes available.

A minor is defined as someone who has not yet achieved the understanding and experience necessary to be deemed an adult. Any changes that are not reversible or temporary should not be allowed for ANY minor. Any changes that are reversible or temporary should only be allowed if the minor and their parents/guardians are fully informed as to possible negative consequences and decide to proceed.

No minor should have any procedures or treatments without permission or approval from their guardians/parents - even if school or government officials disagree with the parents. Children who strongly disagree with the parent's decisions can legally seek emancipation, and granting that status should only happen if there is evidence of abuse or neglect by the parents/guardians. The remedy for those minors in this situation is to wait or to seek emancipation, not to have others circumvent the rights of the parents.

I was gratified to see that serious discussion of these concepts was included before a final vote was taken on the bill. I also shared a link to a video that I feel is informative. It is <https://youtu.be/6O3MzPeomqs>.

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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— George Bernard Shaw

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— Anthony Trollope

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4. Name the indigenous people of Australia?
5. The Galapagos Islands are near which continent?
6. Which Great Lake is totally in the U.S.?
7. Israel is on which continent?
8. Which country is surrounded by the city of Rome?

1. The Missouri; 2. Costa Rica; 3. Copenhagen, Denmark; 4. Aborigines; 5. South America; 6. Lake Michigan; 7. Asia; 8. Vatican City.

Quiz courtesy of Morris Murdock Travel

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