

# Cache County Senior Center

June 2022

Photo by Mike Bullock



**Commodities**  
**June 7th 12:45 PM–3 PM**

**June 20th: Closed for  
Juneteenth Holiday**



**This month be sure to check out our new Stepping Up Your Nutrition and Stepping On Fall Prevention evidence based classes. Dates for these classes are in the calendar pg. 6-7**

There will be new donation boxes in each room of our center for your convenience to make donations if you would like. There will be activities that have a fee (craft, cooking etc.). These prices will be posted in the activities calendar.

## THE DETERMINED ONE

THERE HE STOOD  
WITH THAT SHEEPISH GRIN  
HE MADE THE BREAK BUT NOTHING WENT IN

NOW HE HAD TO DECIDE  
THE BIG OR THE SMALL  
WELL, I AM SO SO GOOD, HE THOUGHT  
"I'LL TAKE THEM ALL"



THERE WERE ONLY 2 BALLS LEFT  
THE BLACK AND THE WHITE  
HE SAID TO HIMSELF  
"I MUST HIT THIS JUST RIGHT"

THE BLACK BALL WENT IN  
HE WATCHED WITH DELIGHT  
YES, THE BLACK BALL WENT IN  
BUT, SO DID THE WHITE

TO : RANDY HAWKES  
FROM: TERRI BARNES 5-4-22  
LOVE YA, MY FRIEND

## Summer Recipe



# GRILLED CORN WITH CILANTRO LIME BUTTER

*A SUMMER STAPLE! Butter, cilantro, garlic, lime, chili powder and paprika. Option to grill or roast corn.*

How good does this cilantro lime butter sound?

Because it's pretty bomb. So bomb, you'll want to make it all the time to slather on basically everything – pasta, steak, salmon, rice...EVERYTHING!

But my favorite all-star combo is on grilled corn. That perfectly charred, natural sweetness of the corn combined with the cilantro lime-y butter, melting oh-so-perfectly while the corn is still hot.

Oyyyyyyyy. It's too good. And there can never be "enough" butter on your corn, right? So just slather on how little or how much your heart desires.



### INGREDIENTS:

- 1/2 cup unsalted butter, at room temperature
- 1/4 cup chopped fresh cilantro leaves
- 3 cloves garlic, pressed
- Zest of 1 lime
- 1/4 teaspoon chili powder
- 1/4 teaspoon smoked paprika
- Kosher salt and freshly ground black pepper, to taste
- 8 ears corn
- 1 tablespoon canola oil
- 1 lime, cut into wedges

### DIRECTIONS:

1. In a medium bowl, combine butter, cilantro, garlic, lime zest, chili powder and paprika; season with salt and pepper, to taste. Set aside.
2. Preheat grill to medium heat. Peel back outer husks, leaving them attached at the base of the ear; do not remove inner husks. Remove and

discard silks; rinse corn and pat dry using paper towels.

3. Brush corn with canola oil; season with salt and pepper, to taste. Add corn to grill; cover and cook, turning occasionally, until husks are slightly charred and corn is tender, about 12-15 minutes. \*

4. Peel down husks and spread with butter mixture.

5. Serve immediately with lime wedges.

### NOTES:

*\*TO ROAST THE CORN: Preheat oven to 400 degrees F. Place corn husks directly on the oven rack and roast until corn is soft, about 35-40 minutes. Peel down husks and spread with butter mixture.*

\*\*\*\* <https://damndelicious.net/2019/06/04/grilled-corn-with-cilantro-lime-butter/>\*\*\*\*



# Resources

## Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

## Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. please call 755-1720.

## Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan.

If you make less than \$1,561.00 a month (\$2,113 for married couples), and your assets are below \$14,390 (\$28,720 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. at 755-1720

## VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462.

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Join us for



# MEDICARE 101

*All Welcome- Free*



*June 30th at 2pm*



SHIP counselor Colby will discuss what Medicare is, the choices you have and answer your questions.

RSVP to hold your spot!

CACHE COUNTY SENIOR CITIZENS CENTER  
240 NORTH 100 EAST LOGAN, UTAH  
435-755-1720



**SHIP**

State Health Insurance Assistance Program

Navigating Medicare



**SMP**

Senior Medicare Patrol

Preventing Medicare Fraud

## Lunch Series | Tuesday Movies

### June Lunch Series

All presentations start at  
12:10 in the Cafeteria

- June 1st: Lunch Music - Jaycie Ferre (guitar, ukulele)
- June 8th: Ocean Science and Marine Life
- June 13th: Nutrition w/ Jenna, USU Extension, followed by a cooking demo at 1:00
- June 17th: Northern Utah Rehabilitation, with Ice Cream for Father's Day



# NOW SHOWING

All movies start at 1pm

**June 7th:** RBG (2018, PG)

**June 14th:** Cyrano (2021, PG-13)

**June 21st:** Funny Girl (1968, G)

**June 28th:** Ophelia (2018, PG-13)



# SUPPORT THE ADVERTISERS *that Support our Community!*





# June 2022

Monday	Tuesday	Wednesday
		<p><b>1</b> 12:10 Lunch Music: Jaycie Ferre (guitar, ukulele)</p>
<p><b>6 D-Day</b> 9:15 Walk with Ease (4 of 6) 9:30 Mindful Yoga 12:00 Lunch &amp; Learn: Nutrition with Jenna, USU Extension 12:30 Jeopardy 1:00 Cooking Demo with Jenna 2:00 Caregiver Academy (2 of 6)</p>	<p><b>7</b> 11:00 Music Bingo (\$1) 11:00 Creative Writing <b>12:45 Commodities</b> 1:00 Movie: <i>RBG</i> (2018) <b>1:00 Stepping Up Your Nutrition</b></p>	<p><b>8 World Oceans Day</b> 10:30 Poker 12:10 Lunch &amp; Learn: Ocean Science and Marine Life 1:00 Watch: TED Talk on Oceans</p>
<p><b>13</b> 9:15 Walk with Ease (5 of 6) 9:30 Mindful Yoga 2:00 Caregiver Academy (3 of 6)</p>	<p><b>14 Flag Day</b> 11:00 Creative Writing 1:00 Movie: <i>Cyrano</i> (2021) <b>1:00 Stepping On (1 of 6)</b></p>	<p><b>15 Nature Photography Day</b> <b>10:00 Field Trip: Poppies and Sydney's in Mantua (\$5; see pg. 9)</b></p>
<p><b>20</b> <b>Closed in Observance of Juneteenth</b></p> 	<p><b>21 First Day of Summer</b> 11:00 Creative Writing 1:00 Movie: <i>Funny Girl</i> (1968) <b>1:00 Stepping On (2 of 6)</b></p>	<p><b>22</b> 10:30 Poker 1:00 Wii Bowling</p>
<p><b>27 National Bingo Day</b> 9:15 Walk with Ease (6 of 6) 9:30 Mindful Yoga 11:00 Bingo 12:30 Jeopardy 2:00 Caregiver Academy (4 of 6)</p>	<p><b>28</b> 11:00 Creative Writing <b>11:30 Field Trip: Canoeing Cutler Marsh (\$8; see pg. 9)</b> 1:00 Movie: <i>Ophelia</i> (2018) <b>1:00 Stepping On (3 of 6)</b></p>	<p><b>29 National Camera Day</b> 1:00 Technology Class: Google Arts 2:00 Book Club: <i>A Gentleman in Moscow</i></p>

# June 2022

<b>Thursday</b>	<b>Friday</b>
<p><b>2</b></p> <p>10:00 Bingocize 11:00 Chair Yoga</p>	<p><b>3</b></p> <p>11:00 Blood Pressure <b>11:00 Card Making w/Colby(\$1)</b> 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p><b>9</b></p> <p>10:00 Bingocize 11:00 Chair Yoga 1:00 Craft: Origami (\$1)</p>	<p><b>10</b></p> <p>1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p><b>16</b></p> <p>10:00 Bingocize 11:00 Chair Yoga 1:00 Bingo</p>	<p><b>17 <i>Father's Day (celebrated)</i></b></p> <p>11:00 Blood Pressure 11:00 Horseshoes Tournament 12:10 <b>Lunch &amp; Learn and Father's Day Ice Cream Bar by Northern Utah Rehab</b> 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p><b>23</b></p> <p>10:00 Bingocize 11:00 Chair Yoga 12:30 Craft and Chit Chat with Colby (\$1)</p>	<p><b>24</b></p> <p>10:00 Sewing: Quilt Block of the Month (\$2) 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p><b>30 <i>Social Media Day</i></b></p> <p>10:00 Bingocize 11:00 Chair Yoga <b>2:00 Medicare 101</b></p>	

## Daily Activities

### Every Day

8:30 Fitness Room  
8:30 Pool Room  
8:30 Library  
8:30 Quilting  
8:30 Computer Room

### Monday

9:15 Walk with Ease  
9:30 Mindful Yoga (**NEW!**)  
11:00 Line Dancing  
1:00 Tai Chi

### Tuesday

8:30 Ceramics  
10:30 Tai Chi  
11:00 Creative Writing  
12:30 Mahjong  
1:00 Movie

### Wednesday

11:00 Line Dancing  
12:15 Bridge  
1:00 Tai Chi  
1:00 Bobbin Lace Group

### Thursday

8:30 Ceramics  
11:00 Chair Yoga  
2:30 Clogging

### Friday

10:00 Painting Group  
11:00 Line Dancing  
1:00 Tai Chi  
1:00 Technology Assistance  
2:15 Mindfulness Group

# Health and Wellness

## Seven Tips for Aging Well

You've probably heard a lot about wellness in the past few years—from “wellness initiatives” in the workplace to fitness classes promising that they will “restore your wellness.” Healthcare plans emphasize wellness now too—Medicare covers an annual wellness visit as well as a variety of other preventive health services. But what exactly is wellness, and how can you implement it in your everyday life?

Wellness refers to the pursuit of a healthy, balanced lifestyle focused on both the mind and the body. Pursuing wellness also means following healthy aging strategies, & implementing lifestyle changes that can prevent diseases before they occur. According to the CDC, about half of all American adults have one or more chronic conditions (such as heart disease, stroke and obesity).

Even worse, around 70% of Americans die from chronic diseases and conditions each year—many of which are completely preventable.

By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives. So what are some tried and true strategies for achieving wellness in your life? Check out our 7 tips below.

### 1. Eat right

For most adults this means at least 400 grams (5 portions) of fruits and vegetables a day, as well as five to eight 8-oz. glasses of water. It is also important to keep your sugar intake low and to avoid highly processed foods that contain lots of sugar, fat and salt. Try using spices and fresh herbs for flavor in your favorite dishes (rather than extra butter or fried coatings) & consider swapping less healthy ingredients for their vegetarian version, such as zucchini noodles instead of regular pasta. To increase your water intake (and decrease sugar), try subbing homemade flavored water for soda. Just add whatever natural ingredients you like to your next glass of water, such as lemon juice, cucumbers, fresh mint/basil or strawberries.

### 2. Stay active—in a way that's fun for you

You're more likely to stick with an athletic activity that you actually enjoy, so consider walking with a friend, trying a group dance class, going for a hike or anything else that appeals to you. You can start with just 10 minutes a day, and eventually try building towards 30 minutes or more of daily exercise. Every little bit helps.

### 3. Try meditation

Studies show that meditation may prevent mental deterioration, keeping your brain healthy as you age. Meditation is also a proven way to reduce stress & anxiety, leading to better overall health and quality of life.

### 4. Learn a new skill

Try learning a new skill that requires concentration, creative thinking and memorization, like chess, crossword puzzles or writing poetry. It's never too late to master that skill you always wanted to have—piano playing perhaps, or speaking French? Daily mental exercise helps you stay sharp and prevents cognitive decline.

### 5. Volunteer

Volunteering has been proven to boost happiness, and is also a great way to bond with friends and meet new people in your community (another proven factor in achieving wellness). Find a few hours a month and pick an activity that appeals to you and will keep you coming back.

### 6. Learn more about falls prevention

Every 15 seconds, an adult 50+ is treated in the emergency room for a fall. Falls are also a leading cause of fractures and traumatic brain injuries. Prevent falls and injury by removing loose carpets or throw rugs around your house. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms.

### 7. Don't forget the sunscreen!

Many people don't realize that your skin actually gets thinner and more susceptible to sunburn (and therefore skin cancer) as you age. Each year more than 3.5 million cases of skin cancer are diagnosed in the US, over 90 percent of which are caused by the sun's ultraviolet rays (UVR). Make sure to wear a high SPF sunscreen that protects against UVR rays, and always reapply every few hours.

<https://www.ncoa.org/age-well-planner/resource/seven-tips-for-aging-well>





## Field Trips

### Join us for a Field Trip!

To see the poppies in Mantua!



& eat  
at:



Wednesday, June 15th

Leaving from the Senior Center at 10:00am  
\$5 bus fee.

Call 435-755-1720 to register

### Join us for **CANOEING**

around Cutler Marsh with  
Common Ground Outdoor Adventures

**June 28th, leaving  
from the Senior  
Center at 11:30am**

\$3 BUS FEE

\$5 ACTIVITY FEE

PLUS YOUR USUAL LUNCH

DONATION FOR A SACK LUNCH

RSVP IN ADVANCE: 435-755-1720

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# June 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For those 60+ and their spouse the suggested donation is \$3.00. Don't forget to call in by 3:00 p.m. the day before.</p> <p>The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.</p>		<p>1 <b>Chicken Salad Sandwich</b> Grape Salad Pineapple Fluff Chips</p>	<p>2 <b>Meatloaf</b> Au Gratin Potatoes Green Beans Pears</p>	<p>3 <b>Tuna Noodle Casserole</b> Beets Apricots Sliced Wheat Bread</p>
<p>6 <b>Beef Nachos</b> Grilled Corn Watermelon</p>	<p>7 <b>Salmon w/ Garlic Cream Sauce</b> Couscous Green Beans &amp; Carrots Fresh Fruit</p>	<p>8 <b>Honey Mustard Ham &amp; Cheese Sandwich</b> Cucumber Salad Grapes</p>	<p>9 <b>BBQ Ribs</b> Mac &amp; Cheese Cole Slaw Minty Melon Salad</p>	<p>10 <b>Asian Chicken Salad</b> Pears Fortune Cookie</p>
<p>13 <b>Chef's Choice</b></p> 	<p>14 <b>Shells w/ Meat Sauce</b> Italian Veggies Peaches Garlic Bread</p>	<p>15 <b>Beef &amp; Asparagus</b> Brown Rice Fruit Fortune Cookie</p> 	<p>16 <b>Hot Dogs</b> Carrot Salad Watermelon Chips</p>	<p>17 <b>Lemon Pepper Cod</b> Wild Rice Roasted Broccoli Fruit Cup Blueberry Buckle</p>
<p>20 <b>Closed in observance of Juneteenth</b></p> 	<p>21 <b>Oven Fried Chicken</b> Mashed Potatoes &amp; Gravy Honey Kissed Carrots Wheat Roll</p>	<p>22 <b>Chef's Choice</b></p>	<p>23 <b>Cheddar Cheese Breakfast Bake</b> V8 Mixed Fruit</p>	<p>24 <b>Broccoli Cheese Casserole w/ Ham</b> Mandarin Oranges &amp; Pineapple Mixed Veggies Wheat Roll</p>
<p>27 <b>Chicken Tenders</b> Mac &amp; Cheese Peas &amp; Carrots Mandarin Oranges</p>	<p>28 <b>Pork Fajitas w/ Grilled Onions &amp; Peppers</b> Corn &amp; Black Bean Salad Fruit Salad</p>	<p>29 <b>Vegetable Chili</b> Green Salad Cornbread Fresh Fruit</p>	<p>30 <b>Beef Stroganoff</b> Roasted Veggies Grape Salad Wheat Roll</p>	<p>1</p>







# Medicare Savings Programs



Dear Marci

Dear Marci,

It has been challenging to live on a fixed income recently. A friend told me she has the Medicare Savings Program and that it really helps her financially. What should I know about this program?

Sabrina (Randleman, SC)

Dear Sabrina,

Medicare Savings Programs help pay your Medicare costs if you have limited income and savings. Medicare Savings Programs are also called MSPs, Medicare Buy-In programs, or Medicare Premium Payment Programs. There are three main programs, with different benefits and eligibility requirements. \*

•**Qualifying Individual (QI) Program:** Pays for Medicare Part B premium. Also reimburses for premiums paid up to three months before your MSP effective date, and within the same year of that effective date.

•**Specified Low-income Medicare Beneficiary (SLMB):** Pays for Medicare Part B premium. Also reimburses for premiums paid up to three months before your MSP effective day, but unlike QI, you may be reimbursed for premiums from the previous calendar year.

•**Qualified Medicare Beneficiary (QMB):** Pays for Medicare Parts A and B premiums. If you have QMB, typically you should not be billed for Medicare-covered services when seeing Medicare providers or providers in your Medicare Advantage Plan's network. This means you should not owe Medicare deductibles, copayments, and coinsurances, as long as you see the right providers.

\*There is a fourth MSP called the Qualified Disabled Working Individual (QDWI), which pays for the Medicare Part A premium for certain people who are eligible for Medicare due to disability. Contact your local Medicaid office to learn more.

There are even more benefits to enrolling in an MSP.

MSP enrollment:

- Allows you to enroll in Part B outside of the regular enrollment periods
- Eliminates your Part B late enrollment penalty if you have one
- Automatically enrolls you in Extra Help, the federal program that helps pay your Medicare prescription drug (Part D) plan costs

To qualify for an MSP, you must have Medicare Part A and meet income and asset guidelines.

If you do not have Part A but meet QMB eligibility guidelines, your state may have a process to allow you to enroll in Part A and QMB outside of the General Enrollment Period.

It also may be helpful to note that income and asset guidelines vary by state. Certain income and assets may not count and some states do not count assets at all when assessing MSP eligibility. You can contact your State Health Insurance Assistance Program (SHIP) to learn more about MSPs in your state and to receive assistance with the application process.

This really is a great program that helps so many beneficiaries with their Medicare costs! Again, contact your local SHIP to see if you're eligible for an MSP in your state. Best of luck!

-Marci



Life is very short,  
so break your silly egos, forgive  
quickly, believe slowly, love truly,  
laugh loudly and never avoid  
anything that  
makes you smile.



# Events

Join us on June 7th at 1:00 for  
**STEPPING UP AND STEPPING ON**

Covering a range of issues:

- including falls and risk
- strength and balance exercises
- home hazards
- safe footwear
- vision and falls
- nutrition and grip strength assessment
- safety in public places
- community mobility
- coping after a fall
- and understanding how to initiate a medication review

If you or someone you know would benefit from this FREE 7 week class RSVP today by calling 435-755-1720 or stopping by the Cache County Senior Center 240 North 100 East, Logan UT 84321



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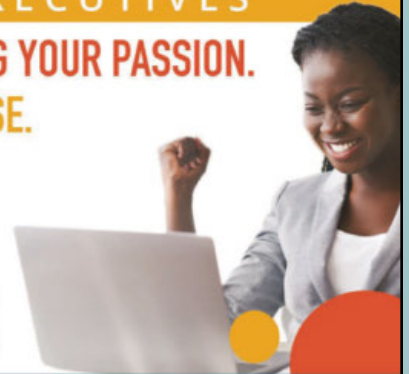


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Cache County Senior Center, Logan, UT

E 4C 05-1038



## New Class

# Announcing a NEW Yoga class with Julie Stacey

Yoga for every body  
including mindfulness



Every Monday at 9:30am

Cache County Senior Citizens Center  
240 N 100 E Logan Utah  
435-755-1720



# Letter from Executive

The Cache Valley area was recently recognized by the Milken Institute as the best small community in the nation. We have some incredible strengths, which are driving our growth, but that growth is also causing some challenges. In the Milken Institute analysis, we ranked very high in every category but one. We ranked 178th for housing affordability!

There are several factors making housing difficult, including supply chain issues, interest rate increases, labor shortages, and increasing demand. We need more than 1,000 housing units per year over the next decade in Cache County in order to keep up with projected growth.

The majority of our growth does not stem from out-of-state move-ins. In the last census we added 20,498 people to our county's population, and 17,600 were our own kids. Most of our growth, 86%, is internal - our own children and grandchildren.

But our growth is driving up prices. Five years ago, the average home price was \$228,000. Now it's \$476,000. In order for a household to afford the average home in Cache Valley, you have to earn more than \$100,000 per year. Approximately 71% of Utahans are now priced out of the market now.

In an attempt to identify solutions to our housing issues, I recently formed a Housing Crisis Task Force. That group of diverse stakeholders kicked off April 20 and will spend 60 days discussing problems and will then deliver a list of recommendations. Some may wonder how we can make a difference when the housing crisis is acute in many areas of the United States. It has been said that we should, "Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it's the only thing that ever has." That's what we are hoping to do - to work together to solve problems and make a difference. That's what I call the Cache Valley Way. When we work together to accomplish incredible things. Housing is a tough challenge, but I believe the people of Cache Valley will come together to solve this problem in a way that keeps us the best community in the nation.

David N. Zook, MPA  
 Cache County Executive  
 Cell: (435) 890-9239  
 david.zook@cachecounty.org



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## Adult Coloring / Juneteenth



The Cache County Council has approved the Juneteenth holiday to be observed by Cache County. We will observe this holiday as the state of Utah does, and this year it will be on Monday June 20th, 2022. County offices, except emergency services, will be closed that day. Let us enjoy a quick history lesson on Juneteenth, the historic holiday every proud American should be ready to celebrate.

### HISTORY OF JUNETEENTH:

Juneteenth is our country's second Independence day and celebrated on June 19th of every year.

### WHO:

Enslaved people in the westernmost confederate state of Texas.

### WHEN:

While the Emancipation Proclamation had abolished slavery on January 1, 1863, enslaved African American Texans did not learn about their freedom until this day two and a half years later, when some 2,000 union troops arrived in

Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state were free by executive decree.

### WHY:

Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under confederate control. Although many slave owners knew about the Proclamation many refused to respect the Proclamation and continued overseeing enslaved people as property for two and a half more years. This is why June 19th, rather than January 1, is considered the day we celebrate freedom from slavery.

### HOW WE CELEBRATE:

Juneteenth is celebrated locally, nationally and worldwide. It is a day of reflection, renewal and pride. Parades, festivals and church services are organized to commemorate and respect the sufferings of slavery and the progress made by African Americans in US history.