

Gunnison Valley Hospital features clinics, education, fun at annual health fair

By Karen Prisbrey

Staff writer

GUNNISON—A spectrum of health issues will be addressed by specialists at Gunnison Valley Hospital's annual health fair Saturday.

The event which is organized to help community members of all ages learn and ask questions about their health concerns, will be at the new Gun-

nison Valley Elementary School, 300 East 550 South, from 9 a.m. until noon.

Hospital administrator Greg Rosenvall said, "As a healthcare service entity, we are grateful to be able to provide the annual health fair to the communities we serve."

"Part of our mission is to promote healthy lifestyles, and we hope that information and tests available at the health fair

will help accomplish that goal."

One feature of this year's event is the vouchers for discounted lab work that will be available. Residents may get a voucher for a lipid profile for \$10 that regularly costs \$63. Or a complete metabolic profile that is usually \$50 can be had for only \$10 as well. Other discounted lab offerings include blood counts, thyroid stimulating hormone and prostate specific

antigen.

Vouchers must be used by Oct. 8.

The Gunnison Valley Fire Department will demonstrate their "Smoke House" which shows what it's like to experience a home fire.

The Gunnison Valley Substance Abuse Committee will have a prescription medicine disposal box to encourage proper disposal of unneeded drugs, and

Gunnison police will push bike safety, seatbelt use and information about dealing with substance abuse issues.

A "Break the Cycle" bike ride begins at 9 a.m. in front of the school. Those completing the ride will receive T-shirts, hot cocoa and donuts, courtesy of the substance abuse committee.

Children can enjoy an inflatable slide, get bike safety information or visit with Willie

the Classic Clown.

The event will also feature booths and presentations from the Arthritis Foundation, the Central Utah Clinic, a chiropractor, the Community Care Center, an optician and others.

Health fair visitors can get free glucose, pulse, blood pressure and oxygen saturation tests or for \$25 a flu vaccination and for \$51 a pneumonia vaccination.



KAREN PRISBREY / MESSENGER PHOTO

The LDS Relief Society Presidencies of the Gunnison, Manti, and Salina Stakes posed with Sister Sharon Eubanks and her friend, Jamie Glenn, at the conclusion of a combined meeting in Gunnison. Back row (left to right): Janell Overly, Jill White, Becky Barney, Pam Nielsen, Marilyn Miller, Mae Peterson, and Jamie Glenn. Front row: Suzanne Buchanan, Marcia Bosshardt, Suzanne Sanders, Karen Sorensen, Sharon Eubanks, Nart Jae Mickelsen, and Susie Walser.

LDS General Relief Society Board member speaks to women of Sanpete, Sevier counties

By Karen Prisbrey

Staff writer

GUNNISON—Sisters from the Gunnison, Manti and Salina Stakes of The Church of Jesus Christ of Latter-day Saints met Wednesday, Sept 9, to listen to Sister Sharon Eubank of the church's Relief Society General Board.

Eubanks said the gospel light feels like what it looks like in the eyes of others. "What is that light," she asked, "It's the pure love of Christ, the light that never stops."

Eubanks explained the reason for organizing the Relief Society in March 1842 by telling about the lives and relationship between Emma

Smith and Jerusha Barden Smith who were as close as sisters.

The women were told by LDS leader Joseph Smith to build up a sisterhood that would prepare the women of the church to make and keep sacred covenants, build their faith, care for their families and "offer relief to the down-trodden."

Eubanks continued, saying that just as a small child tending to the needs of guppies discovered, you can make the difference in someone else's life if you have faith, perseverance, and love.

The visiting Relief Society authority also related an experience of Haitian women

church members who learned how to dress out a duck. Though their ways were primitive, Eubanks said, they succeeded in killing, cleaning, preparing and eating a duck without the assistance of a man.

The Haitian members had learned a practical lessons that would have far-reaching consequences in the future, for those women and their families, she said.

Sister Eubanks concluded: "As we serve the sisters in our wards and stakes we need to strengthen our faith, strengthen our families and strengthen our sisterhood, that we might bless the lives of others."

Centerfield to participate in campaign to dispose of unused prescription drugs

By Suzanne Dean

Publisher

CENTERFIELD—The Centerfield City Hall will be one of 20 drop points for a national drive to "clean out your medicine cabinet" next Saturday.

Residents are invited to bring expired, unused and unwanted prescription drugs

to the city hall at 130 S. Main Street (on U.S. 89) from 10 a.m.-2 p.m. for proper disposal.

A police officer will be at city hall to bag the drugs and take them to a disposal center in Nephi, says Tammy Winegar, city treasurer.

She says that when Centerfield Police Chief Brett McCall heard about the na-

tional drive, led by the U.S. Drug Enforcement Agency, he wanted to get involved.

"We wanted to get all these drugs rounded up and disposed of so they're not in the houses for people to break into," Winegar said.

"Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse," says a press release from the U.S. Drug Enforcement Agency.



ILLUSTRATION BY BRYAN SPENCER

Have expired or unneeded prescription drugs? You can clean out your medicine cabinet and take the pills to the Centerfield Police Department on Saturday. Keeping drugs makes your home vulnerable to break-ins, police officials say.

Snow Senior Scholars

Snow College is launching a new program, the Snow Senior Scholars, especially for individuals 50 to 110 years old! We will sponsor a meeting or activity once a month which will be sure to be worthwhile and enriching.

We are kicking off the program with a fun and fact filled trip to Capitol Reef State Park on Friday, October 1st. We will depart from Ephraim at 9:30 a.m. in a comfortable Utah Trailways motor coach.

We will stop briefly at Fish Lake to receive intriguing historical details and take in the scenery, and then travel to Bicknell where we will lunch at the famous Sunglow Restaurant (where the pinto bean pie is to die for). We will then continue on to enjoy

the natural beauty of Capitol Reef, while gaining fascinating geological facts about the area from Snow College's expert Renee Faatz. We will see the amazing points of



interest in Fruita, and then enjoy a snack and return home with our mental and physical appetites satisfied. No Tests - Guaranteed!

Cost: \$40 per person
Depart from Ephraim (across from Performing Arts Bldg.): 9:30 a.m.
Estimated time of return: 7:00 p.m.

This won't be a boring bus ride!
Please contact Wendy Sanders at 283-7320 for more information or to register.



Central Valley Medical Center welcomes...



Joel Holman, M.D. Orthopedic Surgeon

Dr. Holman will begin a full-time orthopedic surgery practice on September 1st, in the Nephi Medical Clinic. Dr. Holman is excited to meet the orthopedic needs of Central Utah.

Dr. Holman received his bachelor's degree from Cornell University, in New York, and his doctorate degree from Drexel University, in Philadelphia. He completed a residency in Orthopedic Surgery and a Fellowship in Hand Surgery at the University of Utah.

To schedule an appointment call
Nephi Medical Clinic
435-623-3633



EDUCATION IN CONTEXT: KEY MOMENTS AT SNOW COLLEGE AND IN SANPETE COUNTY

Karen H. Huntsman Library at the Snow College Ephraim Campus

8:30 a.m. to 4:30 p.m.
Friday, Sept. 24, 2010

Visit www.snow.edu/educationincontext for more information

Free to the public

A community celebration of education and the new Huntsman Library.

Presentations on

- The history of Snow College
- Lorenzo and Erastus Snow
- Ute history in the county
- *The Saga of the Sanpitch*
- Naming practices in the county
- Public art works
- The economics of education



This program has received funding from the Utah Humanities Council. The Utah Humanities Council promotes understanding of diverse traditions, values, and ideas through informed public discussion.

