



Uintah High Student Josh Richards at the changing of the guard at the Palace in London. Richards and other Uintah High School students were on an educational tour of England and Scotland this summer.

Uintah teachers broaden students horizons through travel

Chris Piner and Carolyn Squires, Uintah High School teachers, have returned from their 2007 educational tours. Recently, they announced their 2008 educational travel opportunities for students and adults. Piner and Squires have been focusing on educational travel for the past several years as a way to enrich the lives of residents of the basin. Both have traveled with the EF Educational Tours, the most experienced company in the business of educational travel. Students may receive credit for their travel which is transferable to Uintah High School. Piner has led groups to Australia, New Zealand, Italy, Greece, Great Britain as well as other cities in Europe. Squires has led groups to Italy, England and Scotland.

"I have visited or lived in 32 countries in the world, including six years in the Middle East. I enjoy taking people to places that I love. Travel is so mind-expanding." "As a teacher of social studies, I always tell my students, This trip will change your life. You will come back a different person," says Piner. Both teachers reflect on the joy of seeing their students discover the beauty, history, and cultural diversity of our world. "That's why we do it," Piner adds. Squires 2007 trip to England and Scotland extended from the Roman Baths to Hadrian's Wall to cosmopolitan London to the Scottish highlands. "One of my favorite experiences was attending a Shakespearean play in the Globe Theater with my students," says Squires. "London is packed with iconic settings that are part of our collective history and have influenced our culture in so many ways," she adds. Some of Squires' students were most excited to go to Scotland with its beautiful lochs and misty firths. Edinburgh was at the heart of the centuries-long English-Scottish rivalry in politics, religion, literature and art. A glimpse of that rivalry is apparent in the Edinburgh and the Stirling Castles. Piner speaks enthusiastically of his 2007 Australia and

New Zealand trip. In Australia, kangaroos roam the countryside like the deer on basin highways. They saw a koala bear in their natural habitat. Since "Lord of the Rings" movie, which was shot on location in New Zealand, the exotic beauty of the land has become legendary. Seeing the native cultures of Australia and New Zealand were more meaningful. Piner and his students caught a vivid glimpse of the Australian Aboriginal culture and the New Zealand Maori cultures in their native lands. The group attended a cultural evening featuring exotic Maori dances and music, which was made all the more meaningful when a short stop in Hawaii permitted the group to observe native Hawaiian dance and song. The opportunity to see and appreciate cultures other than their own, rich in history and beauty, is absolutely priceless these two teachers agree. Piner will be taking a group to China in 2008, while Squires will be taking a group of students to Egypt and Jerusalem.

USDA, UBAOG assist low-income homeowners

Uintah Basin Association of Governments was recently selected for a \$50,000 grant to rehabilitate 10 to 15 homes in Daggett, Duchesne and Uintah counties. The project is intended to enhance the health; safety and well being of very low-income homeowners and assist in bringing their homes into compliance with local housing standards and codes, including energy efficiency standards. UBAOG is one of several agencies selected as recipients of \$9.6 million in housing preservation grants to repair or rehabilitate individual housing and rental properties owned or occupied by very low- and low-income rural citizens. The

149 awards will be distributed to community organizations in 49 states, Puerto Rico the U.S. Virgin Islands and the Western Pacific. "Every citizen deserves to live in safe and affordable housing," Dorr said. "I am pleased that these USDA Rural Development funds will help rural Americans across the nation and in U.S. territories make needed repairs to their homes. The grants will help low-income families fix housing problems such as leaking roofs, unsafe plumbing or crumbling foundations." The grants are being awarded to intermediaries - such as town or county governments, Indian Tribes or nonprofit organizations

- which in turn provide grant funds to homeowners or owners of multi-family rental properties or cooperative dwellings. The grant funds awarded are contingent upon the recipient meeting the conditions of the grant agreement. A complete list of the selected recipients is posted on the USDA Rural Development Web site at <http://www.rurdev.usda.gov/>. Further information on rural programs is available at a local USDA Rural Development office or by visiting agency's Web site. Contact the Utah State Office at (801) 524-4320 ext. 2, or contact the Vernal Office at 789-2100 ext. 6.

Everyone is urged to get flu vaccination

Plenty of influenza vaccine will be available for the upcoming flu season, according to the Centers for Disease Control and Prevention. And local health officials are encouraging everyone to be vaccinated to prevent flu. Public health officials are encouraging everyone, including school-age children, to be vaccinated to reduce the risk of becoming ill with or transmitting the flu. Although there's no priority ranking or shortage of vaccine, health officials said that certain people who are at risk for serious illness should get vaccinated as

soon as the vaccine is available. They include the elderly, young children, pregnant women, health-care workers, people with compromised immune systems, residents of long-term health-care facilities, household contacts of those with high risk and people who have kidney, lung or heart disease. The CDC says that children ages 6 months to 8 years need vaccinations, and if they have not received one before, they need two doses of vaccine. Although the vaccine is often referred to as a flu shot, it also is available in a nasal

spray called FluMist. FluMist is recommended for healthy, nonpregnant individuals ages 5 to 49. Health officials also are emphasizing simple measures to avoid spreading flu, including good hygiene and courtesy steps like handwashing and covering your mouth and nose with disposable tissue when you cough or sneeze. For information on flu vaccine or to find a clinic near you, go online to www.immunize-utah.org or call the Immunization Hotline at 800-275-0659.

U.S. Senate OKs CHIP compromise

The U.S. Senate approved reauthorization of the Children's Health Insurance Program by a vote of 67-29 Friday in a bipartisan compromise. The House approved the bill earlier last week. "The CHIP program works for America's children," said Sen. Orrin Hatch, R-Utah, an author of the original CHIP legislation 10 years ago, in a statement. "Because of this law 6 million children are receiving

the health care they need to become healthy, productive citizens. When something works we must do everything in our power to continue its success." Hatch said the bill was a good compromise that addressed viewpoints from both sides of the aisle in the Senate, and between the House and the Senate. "I urge the president to let it stand, so we can help 4 million more of our nation's children," the senator said. "This is what it

is all about - helping those who cannot help themselves." The CHIP Reauthorization Act maintains all of the key policy provisions of the bill passed by the Senate in August, including a cap on new spending of \$35 billion. Hatch helped to draft the legislation as ranking member of the Finance Subcommittee on Health Care.

UTAH STATE PARKS GEOCACHE ADVENTURE Visitors continue finding treasures

More than 5,400 visitors have found the 50 hidden geocaches in 41 parks and museums as part of the Utah State Parks 50th Anniversary Geocache Adventure; however, Geocache Organizer Bob Hanover said not all of the coveted 500 limited edition geocoins have been found. Geocaching is a high-tech treasure hunt using a global positioning satellite (GPS) receiver. Participants enter coordinates into a GPS unit, which lead them to hidden geocaches. Throughout the year, all participating parks offer free rental of Magellan GPS units to anyone who wants to play.

Novice and veteran geocachers have waded through ankle-deep water, hiked among sandstone goblins and petroglyphs, unraveled a dinosaur mystery, and uncovered clues along trails and shorelines throughout the state. Other geocache adventures include boat-in only caches, strolls among Native American sites, treks to scenic views, and even a not-so scenic, but interesting excursion to an outhouse. Inside each cache, visitors find free small gifts, and if they're lucky, a limited edition 50th Anniversary commemorative coin. Geocoins are placed randomly statewide, throughout the year.

Most state parks are fee areas and visitors have been overwhelmingly supportive of Utah State Parks by paying required entrance fees. The agency offers a \$70 annual pass for avid geocachers and visitors. For more information on the

Geocache Adventure, events, discounts, activities, or to reserve a campsite, visit www.stateparks.utah.gov or call 801-538-7220 or 1-877-UT-PARKS.

Domestic violence awareness month

In an effort to recognize October's observance of National Domestic Violence Awareness Month and make more people aware of the seriousness of domestic violence, Curves of Vernal is selling the purple ribbon pins that were designed to represent the national observance. According to the National Domestic Violence Hotline, each year an average of 4 million American women experience a serious assault by a partner and more than three American women are murdered by their husbands or boyfriends each day. "Together, we can raise awareness of this very important issue. We want women in the Vernal area to know that we support them not only through fitness, but through life as well," said Dolores Simons, owner of Curves of Vernal. "By purchasing

a pin, the local community can help raise awareness of domestic violence." The purple ribbon pins are being sold through October 31 at the Vernal Curves for \$2.00 each. A portion of every purchase will benefit the National Domestic Violence Hotline, a national organization designed to answer questions, provide safety planning and information, as well as directly connect callers to domestic violence resources available in their local calling area. "Curves strives to help women build their self-esteem and self-image, while domestic abuse concentrates on knocking it down. It is imperative to help raise awareness and help women overcome the effects of abuse, such as self-blame and depression," said Simons. For more information on the National Domestic Violence Hotline, visit their Web site at www.ndvh.org. For more information on the purple ribbon pin available at Curves of Vernal, please call 781-2386 or drop in at 25 East Main Street.

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

To solve Sudoku, enter digits so that every row, column and three-by-three sector contains one of each digit 1-9.

Challenge Your Mind With

Sudoku

Sudoku Solution #78

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