



# Seniors Connected

Senior Director  
Jessica Wilde  
435-336-3014

North Summit  
Senior Center  
435-336-2622

Park City  
Senior Center  
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South Summit  
Senior Center  
435-783-4311



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Senior Citizens  
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Doug was born in Coalville, Utah living in Henefer, where he loved being in the outdoors, helping his dad on the farm, and puttering around with things. He has 3 brothers and 1 sister. He is married to Kelly Paskett and they have 4 boys, 1 daughter, 8 grandchildren and 2 1/2 great grandchildren.

When Doug was two years old, he ate a bottle of 100 count Aspirin. His parents took him to the hospital in Coalville where the doctor said there was nothing they could do. They jumped back in the car and headed to Ogden. Because he was turning blue, they pulled into Croydon where Doctor High pumped his stomach and sent them back home. Doug then developed a tumor on his pituitary gland which kept him from growing. He spent many hours at the U of U, receiving medications to help him grow, afterwards being a guinea pig for medications for Diabetes

Insidipus, a condition that doesn't allow the body to regulate your bodies water metabolism. He spent so much time in the hospital that he had to repeat 6th Grade. He continued attending school at North Summit High until the 9th grade when he moved to Salt Lake City to have daily injections at the U of U. He stayed in the city during the week and came home to Henefer every weekend. He graduated from South High School in Salt Lake City.

Doug served a mission in the Calgary Alberta Mission where he was blessed to work with many Native Americans who he came to love. After his mission, he worked for Streator Chevrolet in Salt Lake City where he was taught the trade of auto body repair. This is where he met Kelly, really stocking her through her car left in the parking lot. He wrote notes for months, signed: by *The Green Phantom* before he finally asked her out. Their first date was in August 1975 marrying in June 1976. They lived in Murray for a year.

Doug needed to move back to Henefer to help his dad run the farm, so they fixed up his grandparent's home in Henefer, and he got a job at Carrigan Motors in Morgan painting cars. In 1980, he started his own body shop, Aftercrash, where he repaired and painted vehicles for many people in our area. In 1982, Doug was hired at *Ideal Cement* in Croydon, where he worked for 25 years until April 15th 2007, when he suffered a stroke.

Doug continues to stay busy by cleaning the church every Monday morning. Every Thursday he gets on his three wheel bike and goes throughout the neighborhood taking in everyone's trash cans, some days going to as many as 50 homes. He also enjoys attending the North Summit Senior Citizens on Wednesdays and Fridays, where he has many friends. Anyone he meets that is retired gets asked, "Why don't you come and go to Seniors with me?" Most reply, "I'm not that old yet!" He still keeps asking.



The March full moon, known as the worm moon, will be Tuesday March 3, peaking at 6:38 AM EST. This event features a total lunar eclipse, making the moon appear reddish. The Earth passes directly between the Sun and Moon, casting a red hue on the lunar surface. Daylight Saving Time begins on March 8, spring forward. Remember to set your clocks 1 hour ahead at bedtime, unless you stay up to 2 AM to change them. The Spring Equinox will be on Friday, March 20. Rituals often included planting seeds as a powerful gesture of intention-setting and rebirth. Lighting candles symbolized the returning warmth and sunlight. The Spring Equinox represents balance between darkness and light, making it an ideal time for reflection, gratitude and setting intentions. We should be seeing Osprey soon, hearing Sandhill Cranes. The Bald Eagles and Owls will be hatching, since they nest first. Their chicks take longer than small birds to fledge. In this strange winter it will be interesting to see if the timetable has changed at all for our feathered friends. 95% of our water comes into our reservoirs from snowmelt. Trial Lake is at only 51% of median peak for the water year, Tony Grove in Logan Canyon only 25%, Chalk Creek 36%, Daniels/Strawberry at only 29%. The trend is statewide with huge deficits. This means much less water in Northern Utah going into Great Salt Lake, which is already in crisis. I wonder what the State intends to do with the U. S. magnesium site which we now own, It comes with vast Salt Lake water rights, but is a superfund site to clean up. The mineral extraction industries have produced 300 million dollars per year for Utah. Saint Patrick's Day on March 17 is a religious and cultural holiday honoring the traditional death date of the foremost patron Saint of Ireland (c385- c 461). It is celebrated in more countries than any other national festival. We will be celebrating the return of Spring.

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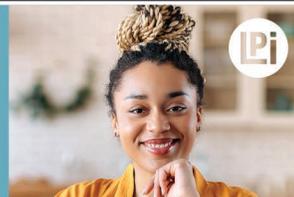
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### WEST VALLEY

#### **SLCC West Valley**

3460 South 5600 West  
West Valley City, UT 84120

### OGDEN

#### **Columbus Center**

555 East 24th St.  
Ogden, UT 84401

### COALVILLE

#### **USU Extension Summit Co.**

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Coalville, Utah 84017

### HEBER CITY

#### **USU Extension Wasatch Co.**

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Alternatively, visit [westminsteru.edu/taxclinic](http://westminsteru.edu/taxclinic) or call 801.210.8291 to schedule an appointment.



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# MARCH



MONDAY PC /Kamas	TUESDAY Park City	WEDNESDAY Coalville / PC	THURSDAY PC/ Kamas	FRIDAY Coalville
2 Beef Bologna Pasta served with Garlic Bread, Spring Salad and Fruit	3 Chicken Tenders served with Pasta Salad, Roasted Vegetables and Fruit	4 Pork Piccata served with Qui- noa Salad, Roast- ed Vegetables, and Fruit	5 Shepherd's Pie served with Rolls and Fruit	6 Monte Cristo Sandwich served with Soup, Caesar Salad and Fruit
9 Lasagna served with Soup, Salad, Fruit and Cookie	10 Beef Quesadillas served with Baked Beans, Cauliflower Salad and Fruit	11 Ham & Cheese Omelet served with Pancakes, Break- fast Potatoes, Ba- con and Fruit	12 Chicken Fajitas served with Mexi- can Rice, Salad and Fruit	13 Grilled Salmon with Mango Salsa served with Rice Pilaf, Roasted Vegetables and Fruit
16 Corned Beef & Cabbage, served with Potatoes, Carrots, Side Sal- ad and Fruit	17 Pulled Pork Sand- wiches served with Coleslaw, Soup and Fruit	18 Open Face Tuna Salad served with Soup, Fruit and Cookie	19 Meatloaf served with Mashed Pota- toes, Asparagus, Roll and Fruit	20 Corned Beef & Cabbage, served with Potatoes, Carrots, Side Sal- ad and Fruit
23 Grilled Salmon with Mango Salsa served with Rice Pilaf, Roasted Vegetables and Fruit	24 Shrimp Ceviche served with Tortilla Chips and Fruit	25 Pollo Loco served with Red Rice, Steamed Vegeta- bles, Fruit & Flan	26 Beef or Chicken Street Tacos served with Soup, Salad and Fruit	27 Meatloaf, served with Mashed Pota- toes, Asparagus, Roll and Fruit
30 Monte Cristo Sandwich served with Soup, Cae- sar Salad and Fruit	31 Chicken Cordon Bleu, served with Mashed Potatoes, Squash, Carrots, and Fruit			

### **Serving Three Senior Centers in Summit County**

***Please call before 5:00 pm the day BEFORE to reserve your lunch.***

**Park City**  
435-333-1586

**North Summit**  
435-336-2622

**South Summit**  
435-783-4311

**\*At the discretion of the Chef, the menu may change without notice.\***



### 5 Tips for Senior Drivers

Driving helps us stay independent, connected, and active in our community. As we age, a few simple habits can make driving safer and more comfortable. Here are five helpful tips for senior drivers:

**1. Get regular vision and hearing checks.**

Clear vision and good hearing are essential for noticing road signs, pedestrians, and other vehicles. Annual checkups can catch changes early and help you stay confident behind the wheel.

**2. Review your medications.**

Some medications may cause drowsiness, dizziness, or slower reaction times. Talk with your doctor or pharmacist about how your prescriptions may affect driving.

**3. Refresh your driving skills.**

Traffic laws and road designs change over time. Consider taking a refresher course for older drivers. It's a great way to update your skills and may even lower your insurance rates.

**4. Adjust your vehicle for comfort and safety.**

Make sure your seat, mirrors, steering wheel, and pedals are positioned so you can see clearly and reach everything comfortably. Small adjustments can make a big difference.

**5. Know your limits and plan ahead.**

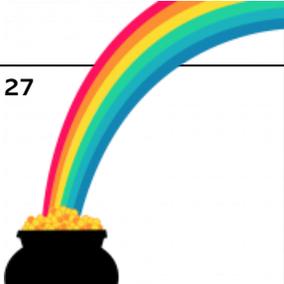
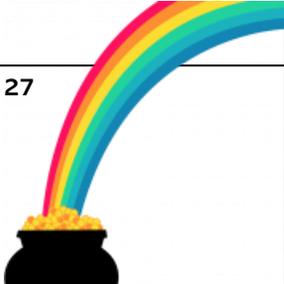
It's okay to avoid driving at night, in bad weather, or during heavy traffic if those situations feel challenging. Planning trips during daylight hours and lighter-traffic times can reduce stress and improve safety. Staying safe on the road helps everyone. With a few mindful habits, you can continue driving with confidence and peace of mind.

Please contact Tabitha at the Summit County Health Department if you or a loved one would like more information on safe driving habits.



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# March Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 SS- Board Meeting SS- Billiards Club @9-12 PC- Exercise @9 PC- Chair Yoga @10 PC- Mexican Train @11</p>	<p>3 <u>County Activity</u> PC- Movement &amp; Mobility @10 PC- Fiber arts @ 11 PC- Canasta Club @1:30</p>	<p>4 PC- Mahjong Club @10 PC- Movement &amp; Mobility @ 10 PC- Bridge Club @1:30 PC- Golden Arts @2 PC- Meditation @7:30pm NS- Enhabit Health Check</p>	<p>5 SS- Bingo SS- Billiards Club 9-12 PC- Fit &amp; Fun @ 9 PC- Tai Chi @ 10 PC- Mexican Train @ 11 PC- Billiards Club @ 12 PC- Canasta @1:30 SS- Quality Health Check</p>	<p>6</p> 
<p>9 SS- Movie SS- Billiards Club 9-12 PC- Exercise @9 PC- Chair Yoga @10 PC- Mexican Train @11 PC- Board Meeting @1:45</p>	<p>10 PC- Movement &amp; Mobility @10 PC- Fiber arts @ 11 PC- Canasta Club @130 PC- @1:30 Tetanus &amp; Pneumonia Shots</p>	<p>11 PC- Mahjong Club @ 10 PC- Movement &amp; Mobility @ 10 PC-Bridge Club @1:30 PC- Golden Arts @2 PC- Meditation @7:30pm NS- @11:30 Tetanus Pneumonia shots</p>	<p>12 SS- Birthday Celebration SS- Billiards Club 9-12 PC- Fit &amp; Fun @ 9 PC- Tai Chi @ 10 PC- Mexican Train @ 11 PC- Billiards Club @ 12 PC- Canasta @130 PC Birthday Celebration SS- @12:15 Tetanus &amp; Pneumonia shots</p>	<p>13</p> 
<p>16 <b>St. Patrick's Day</b> SS- Party SS- Billiards Club 9-12 PC- Gentle Exercise @9 PC- Chair Yoga @10 PC- Mexican Train @11</p>	<p>17 PC- Movement &amp; Mobility @10 PC- Fiber arts @ 11 PC- Canasta Club @1:30</p>	<p>18 PC- Mahjong Club @ 10 PC- Movement &amp; Mobility @ 10 PC-Bridge Club @1:30 PC- Golden Arts @2 PC- Meditation @7:30pm</p>	<p>19 SS- Craft SS- Billiards Club 9-12 PC- Fit &amp; Fun @ 9 PC- Tai Chi @ 10 PC- Mexican Train @ 11 PC- Billiards Club @ 12 PC- Canasta @1:30 PC- Enhabit Health Check</p>	<p>20</p> 
<p>23 SS- Bingo SS- Billiards Club 9-12 PC- Exercise @9 PC- Chair Yoga @10 PC- Mexican Train @11</p>	<p>24 SS- Centerpoint Theater PC- Movement &amp; Mobility @10 PC- Fiber arts @ 11 PC- Canasta Club @130</p>	<p>25 PC- Mahjong Club @ 10 PC- Movement &amp; Mobility @ 10 PC-Bridge Club @1:30 PC- Golden Arts @2 PC- Meditation @7:30pm</p>	<p>26 SS- Movie SS- Billiards Club 9-12 PC- Fit &amp; Fun @ 9 PC- Tai Chi @ 10 PC- Mexican Train @ 11 PC- Billiards Club @ 12 PC- Canasta @1:30 SS- Enhabit Health Check</p>	<p>27</p> 
<p>30 SS- Billiards Club 9-12 PC- Exercise @9 PC- Chair Yoga @10 PC- Mexican Train @11 SS- April Board</p>	<p>31 PC- Movement &amp; Mobility @10 PC- Fiber arts @ 11 PC- Canasta Club @130</p>			