



# EUREKA REVIEW

VOLUME 12, ISSUE 12

DECEMBER 2020



*The Eureka City Mayor,  
City Council & Staff  
would like to wish everyone a  
Merry Christmas!*

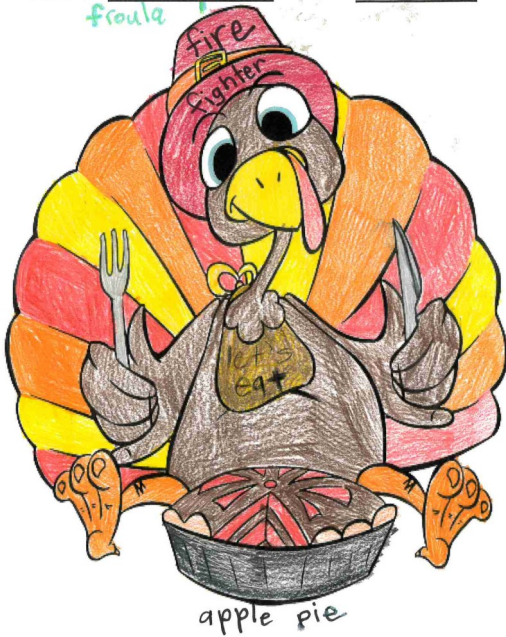
Age Group  
1-4 yrs.  
Hazeliee Kirgan

# November Coloring Contest Winners



fire fighter turkey

NAME: Jordyn AGE: 8  
Froula



Age Group  
5-8 yrs.  
Jordyn Froula



Age Group  
9-12 yrs.  
Kezliee Kirgan



# Gingerbread Christmas

Ages: 1-4 yrs

Ages: 5-8 yrs

Ages: 9-12 yrs

When finished, take your coloring page to the Eureka City Hall to be hung up.

Be sure to have your full name and age on paper. Winners will receive a prize and their coloring pages will be featured in the Eureka Review in the following month.

Deadline for turning in coloring pages is December 28th.



NAME: \_\_\_\_\_

AGE: \_\_\_\_\_





# COMMUNITY

## Gratitude – The Gift that Keeps on Giving

Tasha Killian  
Extension Education  
11/25/2020

I am sure you have seen those videos where someone does something nice or is the recipient of kindness and then “pays it forward” by spreading that kindness to others. This shows us how easy it is to do something for someone else and how that can have a ripple effect. Most of these videos focus on how one positive action can lead to a chain of more positive actions. This cycle of reciprocity and kindness has been researched a lot, and in 2012 researchers found that gratitude and giving thanks has the same effect. According to an article published in the Journal of Happiness, gratitude can have a reciprocal effect on others (Yen-Ping, et al, 2012). Since Thanksgiving is here let us go over some ways you can incorporate gratitude into your daily life.

1 – Start a habit of journaling. By writing down your day, you are more likely to recognize the goodness in what is happening to you and give thanks to the people and good things that happened throughout your day.

2- Download an app to help you. There are many apps out there that help you go through your day giving thanks. One I like to use is 5-minute journal. Just like a regular journal you can add good things that have happened to you along with pictures. The bonus is this app gives you a reminder, so you never forget to do it.

3- Serve another person. It’s much easier to give thanks for things you have and the blessings in your life when you give service

to others. Especially during the holiday season there are many ways to give back.

4 – Go out of your way to say thank you to people you interact with each day. I am sure you are in the habit of thanking employees who serve your food or check you out at the store. However, when was the last time you thanked your loved ones for listening, doing a chore, or just being them? Take time to thank someone you have not for a while and remind them how much they mean to you.

5- Text two before 10. This is an initiative started by USU Extension’s own Dr. Dave Schramm. He suggests you set a reminder in your phone to text two people before 10 am. This will not only allow you to stay connected during COVID-19 but help you as you give thanks to those who have impacted your life.

6 – Give out compliments. This is one of my favorite, simple ways to include more gratitude. We do not often think of compliments as showing thanks, but if you look at what you are really saying, you are telling a person you appreciate something about who they are. Giving compliments is a simple way to share gratitude more often.

This year has been hard on everyone. Regardless of who you are, expressing and participating in showing gratitude will help you be happier, have a better attitude and be able to see through the dark challenges that may come. Not only will it help you, but your gratitude can start a chain of paying gratitude forward, influencing the lives of those around you. Try it this next week and see the difference it can make in your life.



## OBITUARIES



### Sharon Arlan Seamons

*December 3, 1930 - November 15, 2020*

Sharon Arlan Seamons returned to his Heavenly Father and beloved wife Marian Larsen Seamons at 6pm on Sunday, November 15th, 2020 in his home of 50 years surrounded by his loving family. He was born on December 3rd, 1930 in the Dividend Mining District of Utah to Arlan and Vivian Seamons. He grew up close with his brother Elery, and sister Connie. If you asked him where he was from he would say "over to Goshen."

After completing high school he went to Provo College to get further education to be a millwright at Geneva Steel plant. He worked in the Tintic Mining District for several years as well as many other positions. He took great pride in his various skills and work ethic.

He married the Love of his life Marian Larsen Seamons on November 10, 1950 in Salt Lake City Utah. They were sealed for time and all eternity in November of 1956. They had 14 children Dennis, Gary, Cristine, Les, Chad, Sherri, David, Blaine, Jana, Juli, Mimi, Jim, Mari, and Amy. They also took many additional foster children and of course took all of the friends and family that ever needed a place. He created a legacy with 4 generations of over 300 people.

He was a religious man and held the position of Bishop on 2 separate occasions. He enjoyed the opportunity to be able to assist and help people where he could. He was a very loving man that was always there to welcome you with those strong hands and open arms. He always made everyone smile when he broke out in song, and had a laugh which will continue to light up our memories. When Sharon first met his wife, people said they were too young. Looking back on their lives, they were not too young at all.

Services will be Saturday, November 21st at 11am. Please join us virtually on Facebook as we have to keep it within guidelines of Covid. There will be a small viewing on Friday, November 20th from 5-7 pm at Legacy Funeral Home in Spanish Fork, Utah. Only 20 people will be allowed in the building at a time so please be understanding and respectful of the guidelines.



## ADVERTISE

**Advertise your business in the Eureka Review. The Eureka Review is also online on the City website: [www.eurekautah.org](http://www.eurekautah.org)**

**1/8 page \$3.00 1/4 page \$6.00 1/2 page \$12.00 Full page \$24.00**

**Contact the Eureka City Office at**

**(435) 433-6915**

**or email at [eureka15@cut.net](mailto:eureka15@cut.net)**

**Deadline is now on the 25th of each month**

# December 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Ladies of ELKS Meeting 7 pm	<b>2</b>	<b>3</b>	<b>4</b> BPOE ELKS Meeting 8 pm	<b>5</b>
<b>6</b>	<b>7</b> City Council Work Meeting 7:00 pm	<b>8</b>	<b>9</b> DUP LDS Church 12:00 pm	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> City Council Meeting 7:00 pm	<b>15</b> Ladies of ELKS Meeting 7 pm	<b>16</b>	<b>17</b>	<b>18</b> BPOE ELKS Meeting 8 pm	<b>19</b>
<b>20</b>	<b>21</b> Tintic School Board Meeting 4:00 pm	<b>22</b>	<b>23</b>	<b>24</b> Christmas Eve 	<b>25</b> <i>Merry Christmas</i> 	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Food Bank 1-2 pm Planning Meeting 7:00 pm	<b>31</b> New Year's Eve		

# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> BPOE ELKS Meeting 8 pm 	<b>2</b>
<b>3</b>	<b>4</b> City Council Work Meeting 7 pm	<b>5</b> Ladies of ELKS Meeting 7 pm	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> City Council Meeting 7 pm	<b>12</b>	<b>13</b> DUP LDS Church 12:00 pm	<b>14</b>	<b>15</b> BPOE ELKS Meeting 8 pm	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> Ladies of ELKS Meeting 7 pm	<b>20</b> Senior Citizen's 12:00 pm	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Food Bank 1-2 pm	<b>28</b> Planning Meeting 7:00 pm	<b>29</b>	<b>30</b>
<b>31</b>						