



# POST 90 GAZETTE

FEBRUARY 2020

EDITED BY AMY OSTLER AND HARVEY HEFLEY

## UPCOMING EVENTS

### STATE OF THE CITY

#### ADDRESS

FEBRUARY 5, 2020 REGISTER WITH CHAMBER OF COMMERCE

### STATE OF UTAH

#### VETERANS OF FOREIGN WARS MID-WINTER CONFERENCE

FEBRUARY 7-9, 2020 CALL SHERRY HOWLAND 801-389-1344

### BENEFITS FAIR

FEBRUARY 11, 2020 AT SUVH FROM 8 AM TO 11 AM

### JR ROTC BALL

#### PINEVIEW

FEBRUARY 15, 2020

### POST 90

#### DINNER/POTLUCK

FEBRUARY 26, 2020 AT 6 PM AT THE LEGION HALL

### JR ROTC BALL DIXIE

FEBRUARY 29 AT 6 PM AT THE SUN RIVER COMMUNITY CENTER

## DoD releases guidance to protect forces from novel coronavirus

As the novel coronavirus continues to spread, the Department of Defense has established a Spotlight page to disseminate the latest information on the outbreak and to highlight coordination efforts with other organizations throughout the U.S. government. See *page 5 for entire story.*

## Utah Boys State; a Once in a Lifetime Opportunity

The American Legion Department of Utah is pleased to announce the Utah Boys State class of 2020. On line enrollment started January 1, 2022 and runs through April 30, 2020.

Requirements: High school boys having completed their junior year, headed into their senior year, considered good citizens in their school/community, have a 2.0 GPA are eligible. See *page 3 for details.*

## 2020 AFJROTC Military Ball - February 29<sup>th</sup>, 2020 at 6 PM

**We want to invite you to attend our annual Military Ball.** This year it will be on 29 Feb at the Sun River Community Center with all the regalia and military traditions of a formal ball (Mr. and Madam Vice, the Grog, etc.). The cadets always have a great time and enjoy Veteran's/Spouses company. We will have a photographer to take pictures at no cost (digital proofs will be made available). Menu will be Chicken Cordon Bleu, Tri-Tip Steak or Vegetarian. Feel free to email to me with any questions at [Kenneth.field@washk12.org](mailto:Kenneth.field@washk12.org).

You can call Dixie High School at **435-673-4682** and ask for the finance office. What a great opportunity to help support these great cadets and share stories of our military experiences. See *the flyer on page 5.*

**Novel Coronavirus Outbreak (2019-nCoV)**

**Symptoms\* of Novel Coronavirus**

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

\* Symptoms may appear 2-14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.

[www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)

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## Commander's Column

Marti Bigbie

FEBRUARY IS AMERICANISM MONTH. The Auxiliary has taken entry essay contest forms to schools and handed out to members for their grandchildren to complete and return. If you know of any student from grades 3-12 and students with special needs that would like to enter the 2020 National Americanism Essay Contest please give me a call so I can get the forms to them. There is a return deadline of March 1st. The submitted essays will be judged locally then the top essay in each grade category will be sent to the Department and the top winners from Utah will be sent on to Western Division.

February 6 (Thursday) at 6:00 pm Post 142, Sun River at Sun River Community Center, 4275 Country Club Drive will be hosting the students that attended Boys State last June and their families to come and give a short version of what they learned and experienced while at Weber State.

If you are interested in attending let CJ (435-668-3210) know as soon as possible so that the correct number of Pizza's can be ordered. Boys State for June 2020 information has been taken to all the High Schools in Washington County by Posts 90, 142, 100 and 912. Juniors are encouraged to go to their counselors to obtain the information to go online to start, fill out and complete the online application. We are looking for 300 to attend the Utah Boys State week this year.

February 26th Post 90 St George Dinner/meeting at our Legion Hall at 6:00 pm. February is Italian Cook Off. Please have your dishes to the Hall by 5:45 pm to allow the judges to pick 1st, 2nd, & 3rd places.

Peoples Choice will be after everyone has had a chance to taste.  
A-G Deserts H-M Salads N-S Vegetables T-Z Bread rolls butter

February 29th Dixie JR ROTC Military Ball 6:00 pm at Sun River Community Center, 4275 Country Club Dr. Tickets \$30.00 RSVP by 2-15 to [kenneth.field@washk12.org](mailto:kenneth.field@washk12.org) or 435-634-4437. Buffet style Chicken Cordon Blue, Tri-Tip Steak, Vegetarian.

Elections for new Officers for Commander, Vice Commander, 2nd Vice Commander, 3rd Commander, Adjutant, Service Officer, Chaplain Sgt at Arms, Historian & PR, Judge Advocate are NOW open. If you are interested in adding your name to the List for the 2020-2021 membership year please let me know.

In March the list will be sent to the members of Post 90 for their vote (for those that are unable to come to the April Executive Board meeting on the 14th or Dinner meeting on the 25th. Installation of the new Executive Board/Officers will be on May 27th.

## District 7 (Southern Utah)

Marti Bigbie

An email was sent to all Posts within District 7 to seek any interested Legionnaire that would like to run for the office of Commander for 7-1-20 to 6-30-21. Anyone interested will need to submitted a BIO that will be compiled with others and sent back in March to the Posts for picking a Commander to be brought up at the District 7 conference that is to be held April 18th (place and time still to be determined).



## Commander Department of Utah

Marti Bigbie

Currently Utah is #2 on the TAL Membership Report as of January 27, 2020. Thanks to everyone Member, Post Commanders/Adjutants, District & Area Commanders and to the Department Adjutant Randy Knight and Virginia McKay and Richard Fisher for their help in making this happen.

### **Welcome to our New Vice Commander Gary McKay.**

We have already made the February goal set by National BUT need everyone's help to reach the March goal of 90% but most important the is 91% goal challenge goal to show that UTAH can reach set goals. If we could renew or sign up about 200 we would come in with flying colors. PLEASE still work the 2019 members who have not renewed. IF THEY are not going to renew or have moved please let Randy at the Department know so National can be notified. I will be contacting Posts about the National Commander James W. "Bill" Oxford 2020 Membership Incentive Pin Certification Form. This pin is given to a member for every 3 new members brought into the Post. (Utah has a lot thanks to everyone) The reason I am doing this is have the Pins available to give to the members/Posts at the District Meetings which start in March.

The National Emergency Fund Post Excellence Award is being offered to those posts that helped their communities impacted by a national disaster during 2019. A written Narrative (no more than 500 words) along with documentation which may include newspaper clippings, photos or videos on CD or DVD to Department by April 15th. American Legion posts throughout our country go above and beyond the call of duty every year and particularly after natural disasters such as tornado's, floods, hurricanes, and snowstorms. Those posts in impacted areas typically step up and extend a helping hand to those in need, even if their post home, and personal homes, may have sustained damage. Posts do this work and put forth this effort, not for the recognition, but because it is the right thing to do. Posts that have handled logistics, become an emergency action center, provided shelter and extended support to their communities in times of natural disasters are shining examples of The American Legion at its best, and each and every one of them deserve to be recognized for that.

## Utah Boys State; a Once in a Lifetime Opportunity



The American Legion Department of Utah is pleased to announce the Utah Boys State class of 2020. On line enrollment started January 1, 2022 and runs through April 30, 2020.

Class dates inclusive are June 8 - 12, 2020 on the Weber State University Campus. Boys State is a hands-on, mock participation in a laboratory of practical political science. A fun and educational challenge, centered on how our system of government is Utah is supposed to work. Boys from high schools all across Utah will

come together to take advantage of this exceptional opportunity. For 2019 1.8 million dollars in scholarships were awarded. Every boy that completes the course will receive 3 semester hours credit in Political Science that can be transferred to nearly every college/university in the country. Chances are someone in your school church or neighborhood have attended, reach out to them and learn first-hand about the experience. Visit <https://apps.weber.edu/boysstate/> to learn more and complete registration. The first 300 successfully, submitted and accepted applications are guaranteed placement.

Requirements: High school boys having completed their junior year, headed into their senior year, considered good citizens in their school/community, have a 2.0 GPA are eligible. Local Point of Contact: Marti Bigbie 435-668-5770 Post 90, St George

## LEST WE FORGET.....



Written by an anonymous homeless veteran who perished of exposure in an alley in Washington D.C. Christmas week of 1989. This was found on his person.....

### ***THEY PAID THE ULTIMATE PRICE THEN THEY HANDED US THE TORCH OF FREEDOM TO CARRY ON***

Yes, let us mourn their passing and recognize those still with us.

Let us promise ourselves to do all we can everyday, starting today, to express our appreciation for what our fallen and surviving veterans have given us at so great a personal cost,

Let us look after the children of the departed. For those still with us, let us tend to their wounded hearts, minds and bodies. These veterans are among the thousands of our silent heroes who have given us our American way of life, second to none on this planet. Let us each commit to provide comfort, food and shelter to those veterans who came home- but whose minds remain on the fields of battle and who have lost their way.

The best of who we are as Americans lies in our own hearts and in our actions to honor and remember those who have rendered the last full measure of devotion. They were our fathers, our brothers and sisters, our cousins, our classmates, best friends and neighbors. How can we ever forget their collective sacrifices? We must remember them, as well as those still living, and do so generously with an open heart. Please remember that our humanity is defined by what we do for others.

A veteran's legacy is not in their death or the sacrifices made. It is with the provision of our future sunrises and sunsets, first dates, first born, hugging our grandchildren, cherished moments, and so much more they made possible for families and their countrymen. It is on the tall shoulders of our veterans that today's brothers and sisters in arms still protect our four basic freedoms- freedom of religion, of speech, from wants and fear.

When you go to work today, when you drop the kids off at school, when you go to church on Sunday and later read the newspaper or write a letter to your Congressman, attend a political rally or cross a state line without having to present papers, take a moment to think of the sacrifices an American hero made for you. When you go to bed tonight, sleep well, Strong and able patriots stand on guard for you and yours while putting themselves in harm's way. These are just a few of our American privileges and rights brought to you through the sacrifices of those who unselfishly served our country. Let us live our lives to the fullest- while understanding that we owe it to our veterans, both living and dead.

Please reach out and help those veterans who have fallen on hard times---It's the least we can do.

*Contributed by Jim Hester.*

# Dixie JROTC Military Ball

## 29 February 2020 - 6:00 pm

**Sun River Community Center  
4275 Country Club Dr  
St. George, UT 84790**

**Tickets: \$30 per person**

**Military Uniform or Sunday Dress**

**Menu: Buffet Style Chicken Cordon Bleu, Tri-Tip Steak or Vegetarian**

**Please RSVP by 15 Feb 20 to [kenneth.field@washk12.org](mailto:kenneth.field@washk12.org) or 435-634-4337**

### **DoD releases guidance to protect forces from novel coronavirus**

As the novel coronavirus continues to spread, the Department of Defense has established a Spotlight page to disseminate the latest information on the outbreak and to highlight coordination efforts with other organizations throughout the U.S. government. Acting Undersecretary of Defense for Personnel and Readiness Matthew P. Donovan released a guidance letter for force health protection specifically relating to the novel coronavirus. In it, Donovan states that DoD will follow guidance by the Centers of Disease Control and Prevention. While DoD personnel are not specifically at risk of exposure to the novel coronavirus, the fact that service members and their families travel internationally and throughout the U.S. means they should take additional precautions to avoid risk.

The CDC issued new guidance on precautionary steps health practitioners, service members, and their families should take to avoid contracting the virus. For health care professionals, the CDC has provided guidance to avoid additional risk from patients who may have been exposed to coronavirus. After identifying a person at risk or patient under investigation based on symptoms and exposure history, those suspected of illness should wear a face mask and be evaluated in a private room with a closed door or placed in an airborne infection isolation room if available.

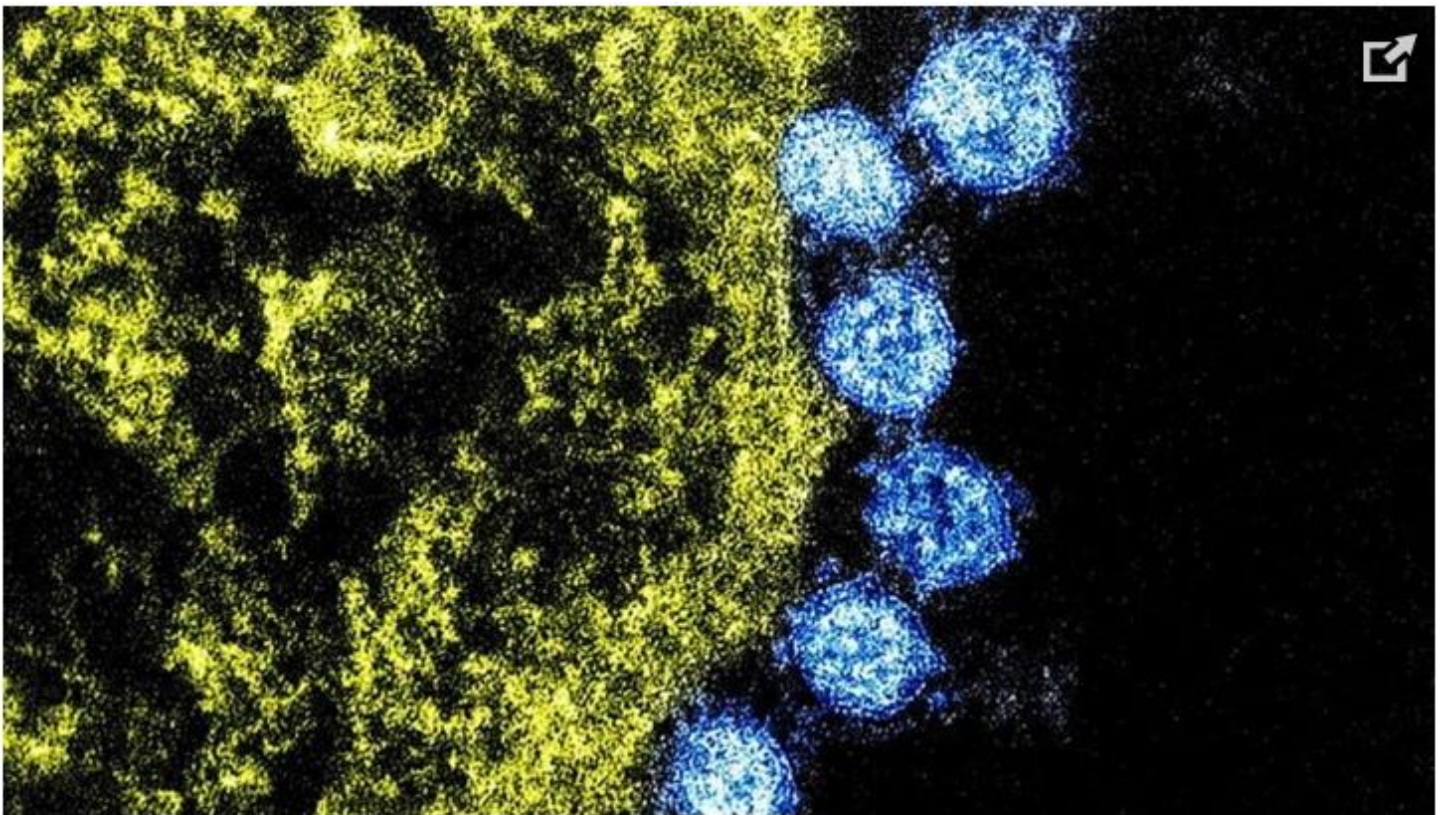
The best way for most people to avoid getting sick, according to the CDC, is by implementing standard infection control procedures:

- Wash hands with soap and water for at least 20 seconds
- If soap and water is not available, use an alcohol-based hand sanitizer that contains at least 60-percent alcohol
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid close contact with anyone who is sick
- Clean and disinfect frequently touched objects and surfaces

The CDC has also warned against all nonessential travel to China. For recent travelers to China, the CDC recommends close monitoring for any changes in their health for at least 14 days after travel. If recent travelers develop a cough or have difficulty breathing, they should avoid contact with others and inform their health care providers about symptoms and recent travel. Anyone currently sick should avoid travel.

The World Health Organization has issued a rare public health emergency of international concern regarding the novel coronavirus, while the U.S. State Department issued travel guidance recommending travelers reconsider any plans to visit China. Further, on Jan. 23, the State Department ordered the departure of all nonemergency U.S. personnel and their family members from Wuhan, China, where the novel coronavirus was first discovered.

Please visit the Health.mil coronavirus web page for the latest information.



The novel coronavirus is a variant of other coronaviruses, such as this colorized transmission electron micrograph of Middle East respiratory syndrome (MERS) virus particles (blue) found near the periphery of an infected VERO E6 cell (yellow). Image captured and color-enhanced at the NIAID Integrated Research Facility in Fort Detrick, Maryland. (Photo by NIAID)

# Novel Coronavirus (2019-nCoV) and You



## What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get 2019-nCoV?

The 2019-nCoV is spreading from person-to-person in China and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with 2019-nCoV. CDC continues to closely monitor the situation.

## Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Many patients have pneumonia in both lungs.

## How can I help protect myself?

The best way to prevent infection is to avoid being exposed to this virus.

## There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should get medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

## Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.