Volunteers worried about Benson Mill's near future

Volunteers that helped restore the Benson Gristmill 30 years ago are worried that Tooele County’s budget crisis may jeopardize their efforts to bring life to the vacant mill.

Last week employee cars by the county commission eliminated the entire Benson Gristmill staff and the 30-day “timeout” period has left volunteers in limbo.

“We were all laid off,” said Sue Wall, Benson Gristmill supervisor. “We don’t know what the plan will be for the place. I’m not sure we’re going to work in the meantime. A lot of the volunteers that have put over 25 years into restoring this place, are very concerned about what will happen to their work.”

Before the county started layoffs last fall, the Benson Gristmill had a staff of 12. Most were part-time seasonal employees that worked from May 1 to Oct. 31 doing tourism, taking care of the grounds, and performing restoration work, according to Wall.

“Over the years, the mill has held several summer programs, banquets, and a plethora that the public reserves for weddings, reunions and parties. An operational replica of a gristmill opened in 2010, and a replica of a one-room schoolhouse was completed and scheduled to open in the public this year, added Wall. Most of that restoration work was completed with volunteer work. We qualified 17 students last year, which means the money to make the trip. NHS took 23 students to the Utah Thespian Competitions at Brighton High School on March 2. This competition was the precursor for the Individual Events Showcase at the International Thespian Festival that will be held at the University of Nebraska in Lincoln, Neb, in June.

Stansbury High School drama students qualify to compete at national thespian event in June

by Rachel Madison

Fourteen drama students from Stansbury High School have qualified to attend the International Thespian Festival this summer, but must first earn the money to make the trip.

NHS took 23 students to the Utah Thespian Competitions at Brighton High School on March 2. This competition was the precursor for the Individual Events Showcase at the International Thespian Festival that will be held at the University of Nebraska in Lincoln, Neb, in June.

13 students who qualified were seniors Emma Fernandes, Alana Darlee and Dominick Sellers, and freshman Madison Green (for overall superior costume-musical category, senior Kari Ditty and junior Tap Carlson for superior speech acting; junior Jacob Hardy and Jonathan Blanchard, as well as junior Illy Smith and Chloe Clarke, for overall superior short acting; Alana Darlee and junior Logan McBride for overall superior musical/choral duet, and Ethan Larson for superior speech stage management.

For the second year in a row, NHS had more students qualify for the international competition than any other high school in the state. Glen Carpentier, NHS drama director, feels the reason why more students from NHS make it to the national competition each year is that because they have a love earning a place in the spotlight. “No students all know my program and love the chance to show off,” he said. “Honestly, drama doesn’t get a lot of attention and it’s that chance to get their attention they like to have.”

Last year, 17 students qualified for the international level, but only one NHS student, Spencer Levine, went to the competition because he had paid his own way. Levine earned first place in theatrical lighting.

“We qualified 17 students last year, but we couldn’t raise the money last year,” Carpentier said. “This year we are going to do it no matter what.”

The drama students are working to raise as much money as possible. So far, 13 of them and two advisors can go to the week-long festival. Each student needs to raise around $1000. Carpenter said that the students will ask local businesses for sponsorships, as well as host various
Wasatch Front game store expands to Tooele to meet demand

by Ten Colie

Two Salt Lake County residents have chosen Tooele as the home for their Game Haven store. Game Haven is a Utah-based small retail business that sells board games, card games, puzzles, miniature games, and comic books. The store also has space dedicated to game playing, demos and events.

The 31,000-square-foot store opened Monday on Main Street Steps at 752 N. Main Street, south of 6th Avenue. Game Haven stores can also be found in Bountiful, West Jordan, and St. George.

"I'm self-confessed geek," said Geoff Dearing of West Jordan, who along with his wife, Charlesworth of Ogden, owns the Tooele Game Haven store. "I love games."

The store’s events include tournaments for English and Magic and designated nights for a TikTok league, role-playing games, miniature tabletop games, and open game nights.

The store carries a variety of board, card and miniature games.

Store staff will track down from distributors hard to find and out of print games on request.

Dearing, who started the store with the idea of opening a Game Haven in Tooele to meet demand, and his partner, Charlesworth, opened the Tooele location because he noticed several gamers from the area traveling to his other locations.

"If you notice a lot of people from the first Game Haven store, said Dearing, "you'll see the other stores have chosen Tooele as the home for expansion."

Dearing completed a marketing study specifically on gaming in Tooele County, the size of the community along with their experience, indicated a demand in the area for a board game store, they said.

"This location is great," said Charlesworth, "but we don't need a lot of foot traffic. Game stores are a destination store. Once people know where we are, they will come to us."

With the game playing area in back of the store, Charlesworth said the store is making the place a family fun center.

"Board and card games are a popular family activity in Utah," he said.

Charlesworth and Dearing, along with a friend, spent over 300 hours cleaning, painting, andremoving walls to transform the former Rockstar Pet store into a game store business since 1996. They said.

"These people in Tooele are friendly, but we don't need a lot of foot traffic. Game stores are a destination store. Once people know where we are, they will come to us."

GAME HAVEN
MONDAY - SATURDAY 10 AM - 10 PM
SUNDAY 11 AM - 10 PM

The store has also been in the game store business since 1996. They have Main Street stores, but they don't need a lot of foot traffic. Game stores are a destination store. Once people know where we are, they will come to us."

GHS to host arts festival that focuses on civil rights

Grantsville High School is hosting its first ever arts festival Monday evening.

"The arts festival is a way to adapt and do something like what the students are doing," said Maegan Burr, director of the school’s arts program.

The festival will be celebrating the students, the teachers, and the students’ families on March 18 from 6 p.m. to 7 p.m. in the GHS commons. The performing arts portion of the festival will take place in the GHS auditorium from 5 p.m. to 6 p.m. Admission is free.

"The festival will be a way to showcase the students’ work and bring the community together.

The festival will be a way to showcase the students’ work and bring the community together.

At the festival, students will be performing various art forms, including music, dance, and visual arts. The students will also be showcasing their artwork, which includes paintings, sculptures, and photography.

The festival will feature performances by the school’s choirs, bands, and orchestra. The choirs will be performing a variety of music, including classical and contemporary compositions.

The festival will also feature a variety of visual art displays, including paintings, sculptures, and photography. The displays will be created by students and will be showcased in the GHS auditorium.

The festival will be a way for the students to express their creativity and share their talents with the community. The festival will be a way for the students to express their creativity and share their talents with the community.

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**Driver rolls car more than 400 feet in crash**

By Lisa Chrestensen

A Tooele man has been hospit-
alized after rolling his car sev-
enal times while allegedly driv-
ing under the influence early Wednesday.

Duane Harris, 42, the driver, was ditching north on 100 East near the 1000 North intersection and ran into another vehicle at the 400 North intersection, according to Lt. Adrian Day of the Tooele City Police Department.

After the collision, Harris’ vehi-
cle rolled several times before coming to rest about 400 feet away from the site of the crash, according to Lt. Day. Amazingly, the driver rolled several buildings in the area while rolling.

Harris was injured and taken to the hospital, while the driver of the other car did not require medical attention, Day said.

Although evidence is limited due to the distance and num-
ber of rolls, investigators believe Harris was traveling at a high rate of speed before his car driving.

“There was no braking and we have no mark in measure,” said Day. “It’s hard to determine the speed.”

Investigators suspect drugs were involved in the crash and are conducting toxicology reports on a blood draws taken.

Information: tooeletranscript.com

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**Close to 200 locals have ingested poisonous products so far in 2013**

By Rachel Madison

So far this year, close to 200 Tooele County residents have been admitted to the emergency room at the Mountain West Medical Center after ingesting harmful substances. The figures, which track from March 17 to 23, is National Poison Prevention Week. The week is dedicated to raise awareness about the harm-
ful effects of poisoning and how to prevent it from occurring. This includes a small child who gets into something they shouldn’t or an adult who unintentionally over-
does on pills.

Lt. Adrian Day of the Tooele City Police Department.

Day said. “Most often they get into substances that are not usually an intentional overdose.”

“With younger children, it is usually an unintentional inges-
tion that brings them in,” she said.

“Most often they get into substances that are not usually an intentional overdose.”

“How often they get into substances that are not usually an intentional overdose.”

• “Child resistant packaging helps,” but should not be solely relied upon to keep children out of substances, according to Anderson.

• It is that same age group we’ve seen two unintentional overdoes-

of medications and 12 inten-
tional overdoses of medications,” she said. “The most common age for children who come in for ingestion of a known substance is between 1 and 2 years of age.

One and a half years to the age 3 is most prevalent, as they become more mobile and curi-

ous. The intentional overdoses in children are almost all over-

ners, mostly later teens [ages] 15 to 17.”

• “Poison Control even has a toll-free number which is free,” she said. “Poison Control even has a toll-free number which is free.”

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**If it happens here, read about it here.**

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TOOELE TRANSCRIPT-BULLETIN A3
Everyone likes a good story about Evans. "Humanizing looks at a villainous part on a person, too," he says. "It's the process of a whole week. This is just one of a whole cinematic cluster? That's one case. We've used the same process on a character, a villain, a hero, and a whole scene, we meet our James Franco as a magician empowered by a templating crisis, but with aspirations to be the next Harry Houdini.

During one scene, though, a wheelchair-bound girl (Joy King) calls him to her bed and the audience subsequently runs against Dr. Repp to break her out, but to be retrieved to a girl he really does love, Anne (Michelle Williams), whom he tells him is pregnant, and then thrown down the bough of a ring, he escapes to a hole, but his dogs have stopped repents ends when the ballroom handsstraight into a void.

Like Dorothy, he miraculously survives and finds himself in the totally colored land of Oz (Dr. Repp, his taxi driver). He is greeted by a flying monkey, who tells him he has been told to find the Wizard of Oz, who the local witch has plagued him to find.

It is obvious of the prospects of delivering a whimsical, but which becomes more amenable to the idea of the same role the Yellow Brick Road and the kingly throne and hall of the wizard and his ma-

Evanora (Rachel Weisz), who tells him he has been told to find the Wizard of Oz, and that the local witch has plagued him to find.

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The worst of the prospects of delivering a whimsical, but which becomes more amenable to the idea of the same role the Yellow Brick Road and the kingly throne and hall of the wizard and his mother, Evanora (Rachel Weisz), who tells him he has been told to find the Wizard of Oz, and that the local witch has plagued him to find.

Stop by the Open House at H&R Block and discover powerful expertise.

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The canyon on the northwest side of the Oquirrh Mountains is well worth the hike. You put forth the effort, you will be rewarded.

One of my favorite hikes is Pole Canyon. It begins at the mouth of Stansbury Park and it takes about 2 1/2 hours to hike the BLM’s Canyons Road east across the range to the Oquirrh Mountains and back. Go through the gate and then you will find yourself on the trail from getting in. It is important to observe the rules. The dirt roads beyond this point cross private lands before they hit the canyons. Be courteous so that we may be allowed to continue to use this right of way.

As you go through the gate, follow your nose northeast up the hillside to a right turn and onto the higher bench. This road is rough and rutted by vehicles and someone behind the wheel who doesn’t know how to handle it. If it’s raining, don’t try it! Continue to the most obvious canyon entrance down before you. It’s a beautiful scene, the canyon’s mouth a bunch of boulders, cradled creosote and juniper and a waterfall. If your vehicle can make it you will find yourself on the boundary of Bureau of Land Management land and you have found a location. The waterfall at the canyon mouth is a perfect place to cool off on a hot summer day. There are a few picnic tables and some boulders beside the road where you can enjoy a drink and a sandwich from your car if you are not comfortable enjoying one of the tree trunks in the parking area. You will find a good trail and a trail leading up to it getting interesting, but along the way you can see the evidence that some of the tree trunks in the parking area have been used as firewood.

Depending on the time of season, you will find a small pond or several small ponds that are a wonderful spot to rest and explore. The water is clear and you can see to the bottom. This is a great place to see what critters are living in the water.

The discovery comes seven months after Curiosity touched down in an ancient water channel. The rover touched on the bedrock at its current location. Since flight controllers on Earth have received the first images from the rover, Curiosity has been prevented from moving until the problem is solved. The latest news comes during a period of lull in the two-year, $2.5 billion mission.

The ancient water at Curiosity’s landing site is a good spot to hunt for the building blocks of life. The rover landed on Earth at the site of an ancient Martian lake bed that the six-wheel rover crossed to search for a place where organics — the building blocks of life — might be preserved.

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Out & About

March 23rd

Broadband for all your devices. And we’ll help you set them up.

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Transcript

Digital Voice
TV
Broadband

Apple will improve the battery life of its products in the next software update from iOS 13.5. The improvements will be made in the latest beta, which is rolling out now.

Gristmill

Continued from page A1

donations and grants.
The county paid for staff maintenance and utilities. The 2012 budget was $38,000 and for last Tuesday’s action, the 2013 budget dropped to $10,000, according to Wall.

The gristmill has hosted a farmers market every Saturday, an annual pumpkins walk, and the annual outdoor production of the Benson Gristmill Performing Art Foundation, the exterior of the gristmill building, and strengthened its foundation.

The gristmill is now considered one of the most intact pre-1940’s era industrial structures in Utah.

In 1995, overwhelmed by the number of people using the building and concerned about liability, the volunteer com- mittee approached the county commissioner about taking over the facility, according to Marilyn Shields.

Originally the gristmill was part of the county’s engineering department and since it was assigned to the park and was hared as the gristmill’s first tenant on the campus.

The “whole community, from the county commissioners, to the gristmill,” said “people from far away, including for- eign countries, stop in to see the gristmill. It’s the first thing people see when they come into the county.”

Commissioners aren’t sure what the future of the facility will be.

That’s what the next 30 days is all about,” said Commissioner Shawn Milne. “We don’t intend to close the place down and never reopen it. We hope to look at it and milling, and we hope we can make things work out.”

Volunteer staffing has been maintained as a possibility. The county also learned that volunteers are great, but they aren’t always reliable,” said Shields. “You need somebody who you can count on to be there on a regular time sched- ule to give their undivided attention. It takes special knowledge to make the wheels go round.”

What would he be? What would we be? One thing is clear, Shields said.

Dave Bern

Dave Bern

My parents’ mossy wood, and brick house stood on a 100-foot high bluff of glassy- crushed sand and stone that somehow reminded me of the Ojibwe Indians called “Michilimackin.” French explorers and their agent, Perez, perhaps annoyed by that man’s lack of Pan- ish cachet, or just feeling some good old whitey hatred, changed it to Le Gru Michigan. The latter sounds, unfortunately, just looked like a map.

As a young boy during the 1960s, the neighborhood kids and I spent nearly every summer day on Lake Michigan. Whether it was swimming and playing among the waves and hidden, deadly undertow, or just sitting on the end of a pier, we were hugely entertained. Our favorite way to pass our days was to walk into our lungs and then dive down to grab handfuls of sand from the bottom, or heftily splash back with our anatomy like wings and eyes spread- ing out. It was the next best thing to being

When we weren’t swimming, we built the beach for fossils and other ancient treasures that washed up from Lake Michigan’s depths, or make enormous yet artistically consummate sand castles that only a kid could admire. And since clearly, there were two beachside essentials: A small fire to warm ourselves and a transistor radio perched on a stick to a charred crisp, as endless summer format fulfilled.

There was, of course, a good reason for this: I was a single child. And I was under the supervision of my mother, who had a mother while at that age, and given to me for Christmas, I got home, my clothes were drooped to my shins like a horse’s tail, what she said exactly.

The whole thing, I’m told, is an endless summer format fulfilled.

“Out & About” is written and produced by Dave Bern, 882-0050.
in the county would go up by $8 a year, according to Tooele County Auditor Mike Jeann. The increase will yield an additional $2.6 million in revenue for the county.

The county’s low property tax collection is also affected by a lower-than-average total assessed value of property. Summit County, with the lowest tax rate of .0182 in Utah, collected $13.2 million in property taxes. County also has $13.7 billion in assessed property — four times the value of Tooele County’s assessed property.

The county’s .34% in total assessed property works out to $384 per household. This puts Tooele County at sixth place. It has a property tax collection rate of $468 per household.

Taxes paid on a $150,000 home balance the budget.

percent property tax increase to adopt a 2013 budget last year. The Park City Commission adopted $3.7 million in 2012.

Utah Empower’s Assessment注记 its 2011 Car Assessment Report for Utah Cities and Towns, there is a general trend that the smaller the population, the higher the cost per capita of government.

That relationship is not absolu-

ute. The 2010 report points out that Salt Lake City and West Valley City — Utah’s two largest cities — have a cost per capita that place them in the middle of the cost per capita of all Utah cities.

Tooele County is not small. In terms of households, it ranks seventh place among Utah’s counties at 34,599. However, the county’s $105 tax collection per household is lower than counties of similar size, according to tax revenue reported by counties to the state’s الأطفال’s office.

Cache County, with 34,599 households, shows a tax collection of $394 per household, Tooele County in household size at sixth place. It has a property tax collection of $384 per household.

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Taxes paid on a $150,000 home balance the budget.
George A. McFarland

George Abinuah McFarland returned to the arms of his loving wife March 10 from natural causes. He was born in Tooele on June 11, 1932 to John Frank McFarland and Nellie Ann Dayton McKellar. He was the youngest of eight children.

During the Korean War he joined the Army. He served as a sergeant in the Army. He served as a bishop, a branch president, and a stake president. He was a master builder. He was the arms of his loving wife Betty Bunn, sons Curtis and Claire, six great-grandchildren of Senior Circle and enjoyed visiting her home.
Some Americans could see their insurance bills double or more as the health care law expands coverage to millions of people and the health insurance marketplaces open.

In the Tuesday edition of the Transcript-Bulletin, a full obituary will appear for Edwin Keith Dymock Jr. who passed Saturday 10:11 a.m. None at this time.

Edwin Keith Dymock Jr.

Kevin LaMar Hackford, passed away March 31, 2013. Funeral services are pending. Contact Didericksen Memorial for more information at 435.241.0162.

Edwin Dymock Jr.

Cushioning the blow “I have to pay not only my own premiums, but I have to subsidize less expensive rates for others,” said Vikki Swanson, 49, of Newport, who pays $1,200 annually to jump to a 24-year-old. The logic behind that is that younger people who claim more than older ones, so insurers generally pay less for their insurance.

Other price hikes will vary due to factors like a person’s current coverage and age. Young people who can currently have low-cost coverage may see the biggest hikes.

In many states, insurers charge a debit card customer 2 to 12 percent of their premiums for ever $1 they collect from a debit card. The idea is that older people use health care more and provide insurers more expensive claims than younger customers, so insurers need to cover more than they pay for their bills.

But the overhaul will require rates to rise 1 to 3. That alone could cause the premiums for some 24-year-olds who pay $20,260 annually to jump to about $12,500, according to America’s Health Insurance Plans. Meanwhile, the bill’s unpaid doctors who currently would pay a 10 percent drop in premiums.

Fees also may change depend- on a person’s current coverage. Many policies on the individual market (coverage not sold through employers) include maternity cover- age, but that will be considered an essential health benefit under the overhaul. That could mean higher prices for some.

Vikki Swanson, 49, of Newport Beach, Calif., said that the added benefit may lead to higher costs for her. “I had a hysterectomy, I have no need for maternity coverage, but I have to pay the extra,” she said.

As a self-employed accountant and financial analyst, Swanson has paid for her insurance every year that she has been self-employed, covering her own health costs. She searched for health plans on Kwell Medical in 2016 and 2018, although she searched for health plans on Kwell Medical in 2016 and 2018, although she searched for health plans on Kwell Medical in 2016 and 2018, although she searched for health plans on Kwell Medical in 2016 and 2018.

While those folks are potentially facing some premium increases due to all these reforms, they also are the ones most likely to get the financial help from the exchanges,” she said.

There are changes that will benefit young and poor people. Some low-quality coverage outside the state-federal Medicaid program for the elderly and disabled, which will expand in many states next year, may be available to low-income people under 25 years old. People under 25 who have been rejected by insurers will be able to buy plans that charge fewer premiums and pay for catastrophic costs.

But those folks who have to pay more than 8 percent of their income for coverage.

Flare up once 2-24% of the peak past month. By 2026, the law will phases in higher costs for some. Prices also may change de- pending on the state in which a person lives and who subsidizes the cost for insurance coverage. But the overhaul will require rates to rise 1 to 3 from 2014.

Additional state-run versions of the govern- ment-run exchanges that are expected to roll out this year.

Changes to how insurers set pre- miums are a common source of “rate shock” among consumers who see their health insurance costs rise sharply.

The law requires insurers to offer policies that cover a minimum set of benefits, called essential health benefits, that will be costly for people with any number of existing health conditions.

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Prices also may change de- depending on the state in which a person lives and who subsidizes the cost for insurance coverage. But the overhaul will require rates to rise 1 to 3 from 2014.

Additional state-run versions of the govern- ment-run exchanges that are expected to roll out this year.

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Grantsville softball shuts out Spanish Fork

St. George—Utah Stallions remain undefeated with 3-0 home victory over Hunter

By Maegan Burr
Staff Writer

The Utah Stallions (6-0) defeated the Hunter Jets (4-2-1) with a 3-0 shutout home victory on Tuesday. Hunter could not find the back of the net, while the Stallions scored one run in each of the 1st, 3rd and 4th innings.

Grantsville High School's Jars Debile fights for the ball against Ben Lomond. The Stallions 4-0 to the Salt Lake City in the region opener.

Grantsville softball team extended its early-season record to 4-0 with a win at Spanish Fork Tuesday. Gravetville scored a run in the top of the first inning en route to a 3-0 shutout victory.

Whitney Turner came in to run for pitcher Whitney Fields, and Turner came up to bat on a passed ball. Later in the inning, Whitney turned a base hit on a hit by Jun Matthew.

Grantsville's two runs came in the top of the fifth inning. Jamie Matthew singled up the middle, and then stole second base. Then Megan came in to run for Jamie Matthew.

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Grantsville coach Heidi Taylor said, “They’re doing good and working hard. They’re excited to start off so they’re doing good senior leadership.”

On Tuesday, the Stallions will host Ben Lomond in a 3-0 shutout victory at the SHS baseball field.

The Stallions scored one run in each of the 1st, 3rd and 4th innings.

With the school’s soccer field directly parallel to softball, the field was a perfect spot for the softball game. The Stallions scored one run in each of the 1st, 3rd and 4th innings.

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### Tooele High Track Team 5K Fund Run Results

#### Men

<table>
<thead>
<tr>
<th>Rank</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>26:38</td>
<td>Rudy Shaffer</td>
</tr>
<tr>
<td>2</td>
<td>26:09</td>
<td>Jennie Vowles</td>
</tr>
<tr>
<td>3</td>
<td>26:00</td>
<td>Dazu</td>
</tr>
<tr>
<td>4</td>
<td>25:24</td>
<td>Braquel Holt</td>
</tr>
<tr>
<td>5</td>
<td>23:45</td>
<td>Kiyome Johnson</td>
</tr>
<tr>
<td>6</td>
<td>22:32</td>
<td>Carrie Middaugh</td>
</tr>
<tr>
<td>7</td>
<td>21:32</td>
<td>Lacey Sue Williams</td>
</tr>
<tr>
<td>8</td>
<td>21:26</td>
<td>Katie Rasmussen</td>
</tr>
<tr>
<td>9</td>
<td>20:58</td>
<td>Tina Coates</td>
</tr>
<tr>
<td>10</td>
<td>20:34</td>
<td>Amy Shields</td>
</tr>
</tbody>
</table>

#### Women

<table>
<thead>
<tr>
<th>Rank</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>30:10</td>
<td>Brianna Auton</td>
</tr>
<tr>
<td>2</td>
<td>29:47</td>
<td>Katelin Hardy</td>
</tr>
<tr>
<td>3</td>
<td>29:24</td>
<td>Adrienne Bybee</td>
</tr>
<tr>
<td>4</td>
<td>29:02</td>
<td>Patti Shields</td>
</tr>
<tr>
<td>5</td>
<td>28:23</td>
<td>Erin Curtis</td>
</tr>
<tr>
<td>6</td>
<td>28:13</td>
<td>Des England</td>
</tr>
<tr>
<td>7</td>
<td>27:21</td>
<td>Taylor Thomas</td>
</tr>
<tr>
<td>8</td>
<td>27:21</td>
<td>Taylor Bennett</td>
</tr>
<tr>
<td>9</td>
<td>27:17</td>
<td>McKenzie Alvarez</td>
</tr>
<tr>
<td>10</td>
<td>27:10</td>
<td>Paris Stewart</td>
</tr>
</tbody>
</table>

#### Other Vehicles

- 2014 RENAULT FLURON VISIO
- 2014 MITSUJI MIRAGE
- 2014 TOYOTA FT86
- 2014 NISSAN IMPULSA
- 2014 SUBARU IMPREZA WRX
- 2014 DODGE CHARGER
- 2014 FORD MUSTANG
- 2014 CHEVROLET IMPALA
- 2014 JEEP WRANGLER

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**PREP SCHEDULE**

**Friday, March 15**
- 10 a.m.: Gunnison baseball at Tiger/Panther Classic vs. Delta 1 p.m.
- 12 p.m.: La Junta baseball at Big Horn vs. Deltakota 1 p.m.
- 1 p.m.: Stansbury baseball at Stansbury vs. Herriman 1 p.m.
- 2 p.m.: Stansbury baseball at Stansbury vs. Copper Hills 2 p.m.
- 3 p.m.: Bear River at Stansbury 3:30 p.m.
- 4 p.m.: Stansbury baseball at Stansbury vs. Fremont 4 p.m.

**Saturday, March 16**
- 10 a.m.: Gunnison baseball at Tiger/Panther Classic vs. Stansbury 10 a.m.
- 12 p.m.: Delta baseball at Delta vs. Herriman 1 p.m.
- 1 p.m.: Stansbury baseball at Stansbury vs. Copper Hills 1 p.m.
- 2 p.m.: Stansbury baseball at Stansbury vs. Fremont 2 p.m.

**Monday, March 18**
- Morning Prep at Tiger/Panther Classic vs. Delta 1 p.m.
SPRING into SAVINGS

NEW CAR SPECIALS!

ALL NEW CHEVROLET SPARK
40 mpg
ONLY $15,495
0 DOWN $250/MO OAC 72MO PURCHASE

NEW CHEVROLET SILVERADO
*Most qualify for all rebates.
SALE $28,662

2013 CHEVROLET CRUZE
40 mpg
0 DOWN SIGN & DRIVE LEASE
ONLY $199/MO + TAX OAC

2013 FORD MUSTANG
Leather seats, 6-speed automatic, 2.3L 4-cyl, Pwr. mirrors, tinted glass, 27 MPG Hwy.
SALE $28,420

2013 DODGE DART LIMITED
Leather seats, 4-door Sedan, 6-speed automatic, Pwr. mirrors, tinted glass, 27 MPG Hwy.
SALE $23,400*

2013 FORD EDGE
3.5L V6, AWD, automatic, 125 miles, 25 MPG Hwy, Silver, stk:
SALE $34,296

2013 RAM 1500 EXPRESS QUADCAB 4X4
5.7L Hemi V8, 6-speed automatic, Pwr. heat trailer mirrors, tow package, 150K miles, stk: FT3514
SALE $29,218*

2011 VOLKSWAGEN JETTA
TDI, 1 owner, stk:
SALE $22,421

2012 HYUNDAI ELANTRA
UNDER 10K MILES
SALE $16,900

2011 DODGE GRAND CARAVAN
EXCELLENT BAT!
SALE $17,921

2012 TOYOTA CAMRY
SE LIKE NEW
SALE $19,821

2011 CHEVROLET EQUINOX
LTZ, stk:
SALE $24,921

2009 CHEVROLET SILVERADO 1500
EXT CAB LTZ 4WD
SALE $25,621

2006 CHEVROLET SILVERADO 2500HD CREW 4WD
SALE $27,841

2011 CHEVROLET SILVERADO 1500 CREW, CUSTOM WHEELS
SALE $31,621

435-228-4814 Ford / Dodge • 435-228-4872 Chev

theblueq.com

Thursday, March 14, 2013
When July 4 rolls around this year, the people of Tooele County will be treated to the 68th consecutive rodeo put on by the Bit and Spur Riding Club. The club dates back to 1945 and the dreams of a Tooele County sheriff.

Alma “Bish” White was serving as the sheriff of Tooele County during World War II. He held a meeting on May 16, 1945. The country was still embroiled in “the big one” that had covered the globe and stretched out for 16 years. Germany surrendered the week before, but Japan was still fighting. Under these conditions White convened his meeting at the Tooele County Courthouse to organize a riding club.

“There weren’t a lot of cars in Tooele and people didn’t have much to do for entertainment locally,” said Bev White, Alma’s daughter-in-law. “So he came up with this idea of organizing a riding club.”

“Bish and Ida White (top) at the Bit and Spur rodeo grounds in May 1958. Cloyd Theobald, Gully Sullivan, Floyd White, Groo Jenson and Cec Ellisworth (above) pose on their horses at the Potato Race state finals in 1962. The Tooele Bit and Spur Club’s 1949 broom polo team (right), which went two years undefeated, is shown. Back row from left are George Buzianis, Jim Jackson, Harvey England, Woody Fillmore and Julian Robinson. Front row from left are Dell Boyer, Floyd Halsey and Ellis Orme.”

Maegan Burr, Jim Harrell and Cindy Elton pose for a photo at the Bit and Spur Clubhouse in Tooele Tuesday.
Pruning, removing the undesired shoots and twigs can be done in early spring to create a better yard.

Local's get it! For a limited time get
$250 1 MONTH VALUE!
FREE 20 MIN. installation
LIMIT 1 PER PERSON. EXPIRES 3-29-2013
For more information please call Diane Sagers at 435.249.0554.

TOOELE MAYOR AWARDS
Registration for upcoming seventh grades to be held at TJHS.
Any sixth grade students who plans to register at Tooele High School next fall should attend the seventh grade registration welcome night on March 20th to take place at TJHS from 4 to 7 p.m.
This will be a great opportunity for students and their parents to learn about the classes offered for next year. Counselors will help students decide what classes to register for as they complete the registration process.
Registration for classes will take place in the library, beginning at 4:30 p.m. Students will be given a copy of the course catalog to assist them in making their selections. Students will need to present the registration forms to be completed and signed in the counseling office.
Advisers of the extracurricular activities and programs will be available for students and par- ents so they can learn what these activities and programs are and how to sign up.
TOOELE TRANSCRIPT-BULLETIN
Hansel M Rayner P.A.-C
Accepting New Patients!
Complete Diabetic and Endocrinology
Hormone Replacement
Diabetic Education Nutrition Program
Wednesday Nights
Tooele Diabetes & Endocrinology
Complete Diabetic and Thyroid Program
Polycystic Ovarian Syndrome
Osteoporosis, Fatigue & Malaise
134 W 1180 N
Suite 9
Tooele Diabetes
VALUE!
Hansel M Rayner P.A.-C
$175
Accepting New Patients!
Broadband TV Digital Voice FREE USE
Accepting New Patients!
MYSTIC SPRAY • RUVA • ULTRA RUVA • MEGA BEDS
Locals get it.
LIMIT 1 PER COLLAGEN BED • HYDRO MASSAGE EXPIRES FREE!
& SUNLESS FOR TO ALL TANNING
$ for a limited time get
$250 1 MONTH VALUE!
FREE 20 MIN. installation
LIMIT 1 PER PERSON. EXPIRES 3-29-2013
For more information please call Diane Sagers at 435.249.0554.
How to remove apps in Windows 8

1. Go to the Start Screen. On Windows 8.1, click on the Search Charm or the Start Menu to go to the Start Screen.
2. Type “Control Panel” to search for it.
3. Once you see it, open it and go to “Uninstall a Program.”

Uninstalling a program is a fairly straightforward process:

- Find the program in the list and select it.
- Click the “Uninstall” button.
- Follow the prompts to complete the uninstallation.

Remember to check for any remaining files or folders that may not have been deleted during the uninstallation process.

MUSEUM MEMORIES
Conestoga Wagons were important for successful pioneer journeys

Though people have heard about the adventurous experiences of the covered wagons and the tall, massive Conestoga Wagons that made such long trips, few have considered the timeline or the path these wagons took to become a necessary part of the westward expansion.

In the 19th century, covered wagons were the primary means of transportation for pioneers moving west. These wagons were built in many different shapes and sizes, but they all shared one common feature: they were designed to carry goods and supplies for long distances.

The Conestoga Wagons were named after the Conestoga River and the Native American tribe of Lancaster County, Pa. These huge wagons were first built by German settlers for moving goods to market. Measuring 18 feet long, 11 feet tall and 4 feet wide, these wagons could carry up to 8 tons or 16,000 pounds. Six horses, mules or oxen drove these massive wagons along.

The wagons were constructed so that loads would not shift going up and down rough roads. Because of the raised front and back like a boat, they could actually float when caulked with tar. Constructed entirely of hand-hewn, these were built on the inside with waterbars, tusselves and hand axes for the fencing animals. Tail masts, made of the same material, were mounted on the left hand side of these wagons. They would slide along on the right side of the road and pass other wagons by turning left around them where they could see the road ahead.

The Conestoga Wagons were named after the Conestoga River and the Native American tribe of Lancaster County, Pa. They were not built to carry heavy items, reaching 14 feet long, 14 feet tall and 4 feet wide.

TECH GURU

Scott Lindsay

JUST PLAY!!
Playing with your child is not only fun, it’s one of the most important ways you can nurture their development. You don’t need special toys or equipment. They just need you! They learn social interactions, take turns, solving problems, eye-hand coordination, language and much, much more. All this learning takes place by simply having fun with your child by playing.

Tuesday
March 19th
7pm
Tooele High School Auditorium
301 W. Vine Street

WHAT IS IT?
A pageant for people with disabilities (ages 14-28) in Tooele County!

Cost: $5.00 a person or $20.00 for a Family Pass (5 people)
All proceeds will benefit our Special Education Program

SLEEP OVER CONTEST!!
Some of the Silent Auction items include: A Limited Edition Real Soccer Team ALongside the Great Real Salt Lake Quilts, Baby Blankets, Home furnishings & décor, Jewelry, Roadside Car Kit, Restaurant Gift Certificates, Massage Gift Certificate, Spa Gift Certificate, Oil Change & Car Care Gift Certificates, Hiatt Gift Certificates, Smoother Gift Gift Certificates, Bowling & Family Fun Gift Certificates, Gift Baskets and many more wonderful items!

For More Information Or To Donate:
Please contact Mrs. Ford at Tooele High School
435-833-1978 Ext:2194 • rford@tooeleschools.org

Presented by
Tooele Family Center
Daily Immersion Program

GRANTSVILLE MAYORAL AWARDS

These students received the Grantsville Mayor’s Youth Awards on March 6. From left are Valboa Lawrence, Grandtollis Police Chief Aevis Turner, Tyler Hansen, Aarmon Warren, Jonathan Wells, Grantville, Mayor Brent Fishel.
THURSDAY March 14, 2013

Heart of the City by Mark Tatulian

Stone Soup by Paul Gilligan

Pooch Café by Mark Tatulian

Unless noted, all strips appear courtesy of Tribune Media Services

Heart of the City by Mark Tatulian

Stone Soup by Paul Gilligan

Pooch Café by Mark Tatulian

In the Bleachers by Steve Moore

Universal Crossword

Edited by Timothy E. Parker March 11, 2013

1 Small sail
2 90 tunes
3 24,219
4 Rovings
5 Thats a wrap
6 Eden
7 But
8 Infatuated
9 In the same manner
10 “Cheeseburger! I’m on a diet!”
11 Dr. Seuss
12 Bland
13 Job
14 Capt. Marryat
15 A 19th-century American politician
16 1.34
17 85,000
18 22
19 19
20 She went out to get a... (1984)
21 9 am
22 The last of the
23 My这一词 is
24 3
25 7.5
26 60,000
27 Dr. Sheppard
28 32
29 9 am
30 50
31 7
32 43
33 38
34 64
35 75
36 80
37 87
38 94
39 100
40 108
41 112

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2 90 tunes
3 24,219
4 Rovings
5 Thats a wrap
6 Eden
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27 Dr. Sheppard
28 32
29 9 am
30 50
31 7
32 43
33 38
34 64
35 75
36 80
37 87
38 94
39 100
40 108
41 112

Down
1 Ribkin
2 Stew
3 Battle
4 Tug
5 Sauce
6 Sprout
7 Origin
8 Relics
9 Nuns
10 Angles
11 Garb
12 Connors
13 East
14 Cute
15 Ants
16 Sing
17 That’s
18 Grill
19 It’s
20 Tailor

Universal Word Search

ANSWERS ON B7

Sudoku Word

My mom is amazing! She leads a team at work... and takes care of things here at home. I think she should dress the part!

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Sudoku Pacific

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

Hidato

ANSWERS ON B7
Understanding the American Taxpayer Relief Act of 2012

Bruce Wingrove
6353 S. DEARborn

...taxpayers will continue to pay tax on capital gains at the same rate (long-term gains will be taxed at 0, 15, or 20 percent, and short-term gains at 0, 15, and 35 percent) that they did in 2012. That means most individuals and couples filing jointly will see no change in their tax rate, however, will increase by 2 percent beginning this year for individuals with incomes that exceed $400,000 ($750,000 for married couples filing joint returns). Long-term capital gains and dividends.

Generally, the lower tax rates for long-term capital gains and qualifying dividends have been permanently extend-
ated for most individuals as well. If you're in the 10 or 15 percent marginal income tax brackets, a special 0 percent rate generally applies. If you are in the 25, 28, 33, or 35 percent tax brackets, a 15 percent maximum rate generally applies. Beginning this year, the top rates for long-term capital gains and qualifying dividends will be 20 percent for 2012 and 25 percent for 2013. The top marginal income tax brackets, a 33 or 35 percent tax rate, however, will increase by 2 percent beginning this year for individuals with incomes that exceed $400,000 ($750,000 for married couples filing joint returns). Long-term capital gains and dividends.

Alternative minimum tax (AMT) permanently extends the AMT exemption amounts for 2012, and providing that the exemption amounts will continue to be indexed for inflation in future years. The act also permanently extends provisions that allowed nondeductible personal income tax credits to be used to offset AMT liability.

The new legislation makes permanent the tax breaks for those with income under $1 million, for the children and dependent care tax credit, for the American Opportunity tax credit, for the higher education tax credits, for the deduction for qualified tuition expenses, and for the deductions for state and local taxes. This legislation also extends for two years the deduction for health insurance premiums for those 65 or older, for the deduction for medical expenses in excess of 7.5% of adjusted gross income, for the deduction for mortgage interest, and for the credit for renewable energy.

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TOOELE TRANSCRIPT BULLETIN

THURSDAY March 14, 2013

The Bulletin Board

Tooele

Tooele Historic Block

RSVP: To reserve your spot, call 753-2261. Tooele High School will hold a dinner for its annual St. Patrick’s Day event on March 14. The event will begin at 5 p.m. in the High School cafeteria. The dinner will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Dues

The Moose Lodge will be holding its annual St. Patrick’s Day dinner on March 14 at 5 p.m. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Spring Fling Curricular

To reserve your spot, call 753-2261. Tooele High School will hold a dinner for its annual St. Patrick’s Day event on March 14. The event will begin at 5 p.m. in the High School cafeteria. The dinner will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Tooele Community Council

The next Tooele Junior High School spring fling curricular event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Tooele County Summit

The next Tooele County Summit event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Extended day program

The next extended day program event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Tooele Animal Outreach

Join us for Stansbury Park’s annual St. Patrick’s Day dinner on March 14 at 5 p.m. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

 libraries

Libraries

Library

Tooele City Library

The next library event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Grantsville Family History Center

The next Grantsville Family History Center event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Old Fujiko Society

The next Old Fujiko Society event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Schools

GHS arts festival

The next GHS arts festival event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Tooele City School

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Chamber of Commerce

The next Chamber of Commerce event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Senior Circle

The next Senior Circle event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

Women’s Council of Realtors

The next Women’s Council of Realtors event will be held on March 14. The event will feature corned beef and cabbage and a variety of other offerings. The event is open to the public and no reservations are required. Please call 753-2261 for more information.

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Common sleep disorders and how to treat them

Lack of sleep is a widespread problem in America. It not only affects people’s quality of life, but also their health, mood, and ability to focus during the day. A recent study found that most adults in the United States do not get enough sleep [1].

Fatima Bernard Award for Distinguished Service to Boyhood was authorized by the Boy Scouts of America. It is indeed an honor to be recognized for outstanding service to Scouting [2].

The Silver Beaver Award for Distinguished Service to Boyhood is the highest recognition that may be made by the local council. Those eligible to be considered for the Silver Beaver Award are committee members; unit Scout executive [3]; or council officers [4].

Two Tooele County men earn Silver Beaver Award. The Silver Beaver Award was presented to Michael Perry and Matthew Bernard at the annual Silver Beaver Dinner, which was held on Friday, March 19, at the Tooele County Convention Center. The Silver Beaver Award is the highest recognition that may be made by the local council [5].

The Silver Beaver Award is presented to those who have shown exceptional leadership and service to Scouting, and who have made significant contributions to the advancement of Scouting. The Silver Beaver Award is given annually by the local council, and is considered to be the highest recognition that may be made by the local council [6].

Four Tooele County men earn Silver Beaver Award. The Silver Beaver Award is the highest recognition that may be made by the local council [7].

Dad’s guide to treating your child’s sleep disorder. It is important to treat sleep disorders in children as early as possible [8].

SCOUTING NEWS

Four Tooele County men earn Silver Beaver Award. The Silver Beaver Award is the highest recognition that may be made by the local council [9].

The Silver Beaver Award is presented to those who have shown exceptional leadership and service to Scouting, and who have made significant contributions to the advancement of Scouting. The Silver Beaver Award is given annually by the local council, and is considered to be the highest recognition that may be made by the local council [10].
**WATER WISDOM**

Well, this looks like a good spot to do my business ...

**WHOA!!!**

Don’t you DARE think about doing that by MY creek!

This isn’t a restroom, pal! My whole family lives in here!

Pet waste that gets into the waterways can KILL fish like us!

You make a good point, Fish. From now on, I’ll make sure my owner gets rid of my waste the right way, I’m taking my business elsewhere!

Keep Pet Waste Out of Our Waterways!

Pet waste is not only a quick way to ruin your favorite pair of shoes, but can also cause big problems when it gets into our storm drains, creeks, and other waterways.

Pet waste contains harmful bacteria that can make people and animals sick. When it decays, it uses up oxygen which kills aquatic animals.

**Standards Link:** Environmental Science: Understand relationships among organisms and their physical environment.

Find an article in the news that reports on pollution. Beside each technique list the organization or group of people using it.

- Always pick up your pet’s waste on walks, at the park, and at home.
- Throw pet waste in the trash.
- Do not put pet waste in the yard waste or recycling container.
- Always bring pet waste bags with you on outings so you are not caught unprepared without a bag.
- Do not hose pet waste into the gutter. By doing your part to make sure you pick up after your pet, you are helping the community and the environment.

**Standards Link:** Environmental Science: Know how people help the community and the environment.

Try these online games that teach you how to use less water for each of these activities.

- Dishwasher: 8 to 15 gallons
- Toilet flush: 1.5 to 4 gallons
- Shower or bath: 75 to 100 gallons
- Garden hose: 2 to 3 gallons
- Washing machine: 20 to 30 gallons
- Washing by hand: 2 gallons

How much water does it take?

Brush your teeth. 6 to 8 oz

Wash a load of laundry. 9 to 10 gallons

Use the dishwasher. 6 to 7 gallons

Wash the car. 50 gallons

Flush the toilet. 8 to 10 gallons

How many gallons of water does the average family of four use every day in the United States? Color the even-numbered squares blue to reveal the answer.

<table>
<thead>
<tr>
<th>daily use (gallons)</th>
<th>color code</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>blue</td>
</tr>
<tr>
<td>20</td>
<td>blue</td>
</tr>
<tr>
<td>30</td>
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<tr>
<td>90</td>
<td>blue</td>
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<tr>
<td>100</td>
<td>blue</td>
</tr>
</tbody>
</table>

**Standards Link:** Reading Comprehension: Follow simple written directions.

Find the words in the puzzle. Then look for each word in this week’s Kid Scoop stories and activities.

**ANSWERS:**

- Community: Brushing teeth: 2 to 5 gallons
- Waterways: Wash the car: 50 gallons
- Pollution: Use the dishwasher: 6 to 7 gallons
- Solution: Flush the toilet: 8 to 10 gallons
- Gutter: Wash the car: 50 gallons
- Always: Use the dishwasher: 6 to 7 gallons
- Fish: Always pick up your pet’s waste on walks, at the park, and at home.
- Dare: Throw pet waste in the trash.
- Yard: Always pick up your pet’s waste on walks, at the park, and at home.
- Spot: Always bring pet waste bags with you on outings so you are not caught unprepared without a bag.
- Eos: Do not hose pet waste into the gutter. By doing your part to make sure you pick up after your pet, you are helping the community and the environment.

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**FROM THE KID SCOOP LESSON LIBRARY**

www.kidscoop.com

**Kid Scoop Together: TRY THIS AT HOME**

Green Groups

Look through the newspaper for words and pictures that fit each category in the spaces below. Paste the words and pictures onto each strip. Cut out both strips and paste the two strips on another sheet of paper side by side. Which strip was easier to fill? Why?

**Things That Save Natural Resources:**

- Recycled
- Waterways
- Pollution
- Community
- Gutter
- Always
- Fish
- Dare
- Yard
- Spot
- Pet

**WASTE W W W**

**Write On!**

Write about the ways you can care for the planet. For example, the things you do to use less water or how you remember to recycle.

**I Care!**

Look through the newspaper and cut out headlines to news stories. Rearrange and add words to make the headline say just the opposite of what the original headline said. Is it funnier that way?

**Headline Humor**

Some spaces have been filled in for you.

<table>
<thead>
<tr>
<th>word</th>
<th>word</th>
<th>word</th>
<th>word</th>
</tr>
</thead>
<tbody>
<tr>
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<td>W</td>
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<td>W</td>
</tr>
</tbody>
</table>

**Standards Link:** Writing: Produce writing appropriate to task.

© 2013 by Vicki Whiting, Editor     Jeff Schinkel, Graphics     Vol. 29, No. 13
Spur rodeo grounds in August 1967.

Tooele was detoured to the rodeo grounds in time for the 1946 rodeo. A trainload of wood headed left a half-mile racetrack with donat-

thinning, numbness & unsightly

• 1 out of 3 Americans over 45

• Varicose or spider veins

• Swollen ankles at night

• Leg pain after prolonged

• Tired, heavy-feeling legs

• Dealing of the skin

• Cramping in legs and feet

• Tingling, numbness, burning

• Vein disease

3. Swollen ankles at night

2. Leg pain after prolonged

1. Tired, heavy-feeling legs

WARNING Signs of Vein Disease

• If left untreated, vein disease

• 8.5 x 11 inch

- Some restrictions apply.
$100
INSTANT SAVINGS*

That’s Good Carma

855 N. Main • Tooele • 882-4061
www.bigotires.com

*Not valid with other offers. Save $100 on in-stock sets of 4 installed Big O brand tires. Installation charges may apply. Valid at participating locations. See store for details. Expires: 3/24/13.
When getting by isn’t good enough

by Robert Pagliarini

You may not know it, but you have a tolerance meter, an internal gauge that tells you when enough is enough. The problem for many people is that without setting such a meter, they are trapped in a cycle of working too hard and too much for far too long. They are also trapped in the mental trap of mediocrity. Because it doesn’t take much to get by, we do not push ourselves to succeed. We cultivate a lifestyle that leaves us comfortable and, therefore, it is easy to fall into the trap of mediocrity. The solution is to demand more from yourself and from your life. There is a dark side to not “settling.” The best way to determine whether you are living up to your full potential is to take an honest look at your present situation. Are you where you want to be? Have you forgotten once-vivid dreams and aspirations? Have you traded your talents and what you already have for a thousand things for which you gave thanks. Don’t lose sight of these aspects of your life. Don’t lose sight of how far you’ve come and what you’ve already accomplished on your journey in life.

The solution is to demand more from yourself (and often from others). Don’t let your life slip in the sand, and make a commitment to progress. Look at your situation with a set of both eyes and ask yourself, “How can I do bet- ter?” The moment you make that getting by isn’t good enough is the moment your life can start.

Robert Pagliarini is a CBS MoneyWatch columnist and the author of “The Other 8 Hours.”


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Sciatia often leaves in its own

by Paul G. Drozdow, M.D.

SICKNESS can evoke all kinds of emotions. Doctors get the blues more than adults do. Red balloons that turn into balloons (purposes) pop up on the hotline and drop when directed. Pain, abdominal pain, nausea, vomiting, and a body temperature of 101 degrees Fahrenheit also are in the first year you are active. Common.

If your current stomach troubles worsen or you see more red blisters, get back to the doctor who took care of you before. If you don’t think it is returning, it is returning with your symptoms. Common causes of sciatica.

The booklet on back problems describes these common causes and their treatment. Readers can order a copy by writing: Dr. Donohue, — NO. 356F, 53671 Orlando, FL 32853-6475. Enclose a check or money order (no cash) for $4.75 U.S./$6.50 Canada with the recipient’s print name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I was attending a happy party and one on a long pipe cleaner, twist around some mismatched mittens left out of the buttonholes safely. An idea on public television nation-wide. To find more of her creative side. Dr. Donohue regrets that he does not believe that HS, if it is ever, recovery and possible side effects are rare. Bleeding and bruising is one kind of vasculitis. Common.

The needle is inserted about two quarts of saliva every day. About two quarts of saliva every day. More than a minute. You return with an antiseptic and often through the skin over the liver. Time.

• • •

I sat next to Sharon Gless, originally of “Cagney & Lacey” (1982–1988), who is now starting another. She was lamenting having to cut her hair again to start work. Ran into Patrick Warburton, whom I met when he first started acting. He might have been picking up_Bill Murray at the Oscars. I have read say that most recover in six weeks. It’s going on three months. I have experienced any symptoms for three months. I have been feeling unwell and have had loose BMs and the odd stomach ache and nausea, and have had my delay in recovery? — J.B. The needle is inserted through the skin over the liver. The needle is inserted through the skin over the liver.

First the doctor cleans the skin with an antiseptic and then places the needle through the skin over the liver.

The procedure takes less than an hour, but you are unable to answer individual questions.

The doctor then marks out the position of the needle on the patient’s back. The doctor then marks out the position of the needle on the patient’s back.

The needle is inserted about two quarts of saliva every day. More than a minute. You return with an antiseptic and often through the skin over the liver. Time.
of the available minivans, but are powered by Honda's efficient hood. All four Odyssey models lots of cargo, you can't find any-
or as muscular as the SUVs, but as some of the new crossovers, the benefits, they make a lot of

Touring model). Of course, even 19 mpg city and 28 mpg (for the
tested week.

Active Noise Cancellation™ system to cancel noise (ACM) system to cancel noise
career advice, job listings

Many good employment resources for older job seekers

If you have Internet access, there are a number of online free

by Jim Miller

Dear Savvy Senior,

What resources can you recom-

The Ohio company spent the

4. During the first six month of

2. Which company spent the

5. When was AMG, the com-

6. How many countries is

Quiz 892 © Copyright 2013

ANSWERS ON C8

Auto Digest

TOOELE TRANSIT BULLETIN

THURSDAY March 14, 2013

When it comes to minivans, Honda knows the right road

The engine interior is well designed

people use the engine extra efficient; especially
to 60 mph acceleration time.

Honda extra efficient; especially
to 60 mph acceleration time.

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to 60 mph acceleration time.

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Top 5 hotels you don’t need to leave

The view of the Pacific Ocean from the Namale Resort.


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TOOELE, 3BDRM, 2 bath, nice family home. Rented for $700/mo, $500/dep. For more info call: (435) 849-5826.

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TOOELE, 3BDRM, 2 bath, 1-car garage, swing set, nice home. Rented for $800/mo, $500/dep. For more info call: (435) 849-5826.

TOOELE, 3BDRM, 2 bath, nice family home. Rented for $850/mo, $500/dep. For more info call: (435) 849-5826.

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TOOELE, 3BDRM, 2 bath, nice family home. Rented for $1200/mo, $1000/dep. For more info call: (435) 849-5826.

TOOELE, 3BDRM, 2 bath, nice family home. Rented for $1250/mo, $1000/dep. For more info call: (435) 849-5826.

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TOOELE, 3BDRM, 2 bath, nice family home. Rented for $1500/mo, $1500/dep. For more info call: (435) 849-5826.

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TOOELE, 2BDRM, 1 bath, nice family home. Rented for $595/mo, $500/dep. For more info call: (435) 849-5826.

TOOELE, 2BDRM, 1 bath, nice family home. Rented for $600/mo, $500/dep. For more info call: (435) 849-5826.

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TOOELE, 2BDRM, 1 bath, nice family home. Rented for $700/mo, $500/dep. For more info call: (435) 849-5826.

TOOELE, 2BDRM, 1 bath, nice family home. Rented for $750/mo, $500/dep. For more info call: (435) 849-5826.

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TOOELE, 2BDRM, 1 bath, nice family home. Rented for $850/mo, $500/dep. For more info call: (435) 849-5826.

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TOOELE, 2BDRM, 1 bath, nice family home. Rented for $1300/mo, $500/dep. For more info call: (435) 849-5826.
T the Passover holiday, also known as ‘The Feast of Unleavened Bread,’ commemorates the Israelites’ escape from Egypt and their freedom from slavery. Matzah, an unleavened type of bread, is traditionally eaten during Passover. Matzah also is called “quarantined bread.” It is eaten during the holiday as a reminder to be humble, to always appreciate freedom, and to not forget what life was like as slaves in Egypt.

Matzah bread is similar to the type of bread eaten by the Hebrews during ancient times. The most common type of matzah is hard and cracker-like, although there is a soft matzo that is similar in texture to the bread. Modern types of matzah include onion flavored, whole-wheat and grain free.

My Spinach and Feta Parc recipe transforms the bread into a unique similar to phyllo dough by searing it for 15 minutes. The Parc is assembled (but not baked) 1 day ahead, covered and refrigerated. It also can be made and assembled the day of your event, making it the perfect dish to take along when traveling to a Passover dinner.

SPINACH AND FETA PARC

1 medium yellow onion, finely chopped
2 cloves garlic, minced
2 tablespoons olive oil
(10-ounce) packages frozen, chopped spinach, thawed
1 tablespoon mild salsa
(1 cup plus 1 tablespoon chopped dill or parsley
1 teaspoon freshly ground black pepper
1/2 cup grated Parmesan cheese
1 1/2 cups shredded fresh mozzarella cheese
1 (10-ounce) container ricotta cheese
2 cups chopped half and half milk
3 large eggs
1/2 teaspoon Dijon mustard
Almond Milk, grained mustard
6 ounces feta, crumbled (1 1/2 cups), divided
6 ounces (about 6 inches square)
1 Parmesan oven 400°F with rack in middle.
2. Cook onion in oil in a large, heavy saucepan over medium heat, stirring occasionally, until golden, 12 minutes, stir garlic and cook 2 to 3 minutes to soften.
3. Meanwhile, put spinach in a sieve and roll up or in a strainer (or microwave) for 30 seconds to allow dish to set up.
4. Melt, put cheeze on a plate and roll in a plastic container as a plastic cover. Add spinach and 2 tablespoons of salsa to mix and pour mixture into a 9 x 13 inch dish or divided with 1/2 teaspoon salt and pepper, garnish.
5. Sprinkle cheese in a blender with milk, eggs and the remaining 1 tablespoon of salsa and 1/2 teaspoon salt and pepper.
6. Pour ricotta cheese in a blender with milk, eggs, and the remaining 1 tablespoon of salsa and 1/2 teaspoon salt and pepper. Place ricotta cheese in a blender with milk, eggs, and the remaining 1 tablespoon of salsa and 1/2 teaspoon salt and pepper. Place in a medium mixing bowl, add half of the cheese mixture and stir with a fork. Sprinkle with remaining 1/2 cup feta cheese.
7. Bake, uncovered, until golden and set to 15 minutes. Cool to 15 minutes to allow dish to set.
8. Serve sprinkled with remaining 1 tablespoon dill or parsley. Serve hot or room temperature.

Angeletta Biglia/Editor is an award-winning writer and author of two historical and five non-fiction books. (The Kitchen Diva’s Cookbook. She writes an online column for www.thespectrum.com. Her e-mail is angela.biglia@thespectrum.com.

**Questions: Answer the following questions.**

1. What are the steps to make Spinach and Feta Parc?

2. What’s the difference between Spinach and Feta Parc and a traditional parmesan and spinach?

3. Which type of bread is similar to the type of bread eaten by the Hebrews during ancient times?

4. What are the key ingredients for Spinach and Feta Parc?

5. How long should Spinach and Feta Parc be refrigerated before baking?

6. What’s the recommended temperature to bake Spinach and Feta Parc?

7. What’s the recommended time to bake Spinach and Feta Parc?

8. What’s the recommended time to cool Spinach and Feta Parc before serving?

9. What’s the recommended serving temperature for Spinach and Feta Parc?

10. What are the key ingredients for Spinach and Feta Parc?

11. What’s the recommended time to refrigerate Spinach and Feta Parc before baking?

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