Senior drivers could keep licenses longer with program's help

by Mary Beth Hammond

It’s not always an easy sub- ject to broach. In fact, it’s one that could even cause family squabbles. But the truth is, at some time or another all of us Americans are going to have to face the question: “When is it time to give up my driver’s license?”

Deb. Becky Bracken, a Tootle Police officer, has seen firsthand the effects of older people driving and not even realizing the mistakes they are making. She tells the story of bringing home an elderly lady last night long ago.

“She had just missed the stop sign if at wasn’t there,” Bracken noted.

And the sad thing is — when the officer pulled the woman over, she also explained that the driver truly hadn’t seen the stop sign.

“Have you ever done that?” Bracken remembers asking the lady. What did she say?

“She replied, ‘What do you mean?’

When Deb. Bracken told the woman she had just run a stop sign, the elderly driver asked, “Let me tell you something, young lady, I have lived in this town all my life and there has never been a stop sign there.’

Even though she had to admit to herself, Bracken realized the situation with the elderly driver.

Six Drivers on A4

by Karen Lee Scott

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Bishop explained that one of the main differences in this ver- sion of the bill is that instead of blocking the construction of a rail spur to the Goose Lake Reservation (where 4,000 100- ton casks filled with spent fuel rods are to be placed) that restrictions will be placed on what can go on the tracks.

The new legislation seeks to protect the Utah Test and Training Range (UTTR), wilderness areas and economic future of the reservation.

As far as the rest of this week goes, the National Weather Service predicts that the Tooele Valley area will partly cloudy skies through Thursday morning.

New Wal-Mart DC celebrates with boisterous fanfare

by Mary Beth Hammond

courtesy

As retailing giant drives along the winding roadway just west of state Route 138 that leads to DC’s front doors, hundreds of American flags provided by the Tooele Exchange Club waved proudly in soft breeze.

To each flag was affixed a yellow rib- bon and the name of a U.S. soldier who has given his life in the line of duty.

Even though the DC has a large parking lot, finding a place to park a vehicle was hard for those who arrived more than a half-hour before the scheduled 11 a.m. event. Once

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Vehicle damaged at receiving area of destruction facility

On the Site Container (ONC) transport vehicle was damaged yesterday during routine unloading operations at the Tooele Chemical Agent Disposal Facility (TCADEP). Two of the four locking bolts attaching the lifting crane to the ONC did not engage causing the primary crane to become detached and damage the trailer as it was lifted from the load.

Workers repaired the ONC to a satisfactory condition in the Container Handling Building. Workers will now perform the necessary repairs to the container for full operational procedures.

Correction

A front page article in Tuesday’s newspaper had an error. "Two percents in separate crashes" listed the wrong name of a person who died following a vehicle crash.

Entertainment center gears up for April opening

Entertainment Center is gearing up for the April opening celebration of the multi-use fun facility. The grand opening celebration begins on April 15 and runs through Memorial Day 2005. Area residents are cordially invited to stop by and join the party. There will be plenty of food to be won and lots of fun surprises.

Johnson shines in Utah’s ‘Under-40’ galaxy

The U.S. Army Chemical Corps’ Office of Non-Commissioned Officer (ONC) was used to safely transport the trailer as it was lifted from the load. The trailer contained 8000 feet of RDX. The accident occurred during the loading operation.

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Why Shop Local?

Quality collected over $2,400,000 in sales tax, which goes back into our community.

Quality paid $330,000 in 04 property tax, which goes back into our community.

Quality employs over 100 people that live and shop locally.

WITH OVER 150 CERTIFIED USED VEHICLES IN STOCK AND SALE PRICED EVERYDAY,

WHY WOULD YOU WANT TO SHOP ANYWHERE ELSE?

With 4 Great Locations To Serve You.

SHOP TOOELE COUNTY
Keep it here. Keep it home.
Keep it ours.

*All locations have heated showrooms and indoor plumbing.

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QUALITY CHEVROLET
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QUALITY DODGE
200 North Main • 882-2000

Quality Discount
668 North MAIN • 882-2211
Drivers

continued from A1

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Floyd Bracken, the detective’s father-in-law and board member at Nichols owned by The Church of Jesus Christ of Latter-day Saints in Florida, a facility near Dugway.

Nichols also said when he was younger he considered cooperation among the continued from A1

A major position at the Tooele County Extension office has been vacant since September, but just last week the town hired its new extension agent.

San Pete

Agriculture products account for over $15,000,000 in the local economy. The extension office is involved in disseminating educational materials and providing educational programs that improve the health, education and sustainability of farms and rural residents.

STAFF WRITER

Driver Safety Program

A4

Here’s the deal. Any Tooele resident aged 50 or older is eligible for a Driver Safety Program certificate. Both Floyd Bracken and Nichols certified as teachers of the class.

Floyd Bracken, Tooele City Police Det. Becky Bracken and Jim Nichols (46) are encouraging Tooele County residents age 50 and older to sign up for an AARP Driver Safety Program. Both Floyd Bracken and Nichols have certified as teachers of the class.

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Thursday, April 21
Tooele High School

4 p.m. to 6 p.m. Health Fair (free to public)

6:30 p.m. to 8:30 p.m. Dinner With Speaker ($8.00 per person or $70.00 per table of 10)
Motivational Speaker • Door Prizes • Dinner • Music

Join Mountain West Medical Center for the Kick Off of Healthy Woman, a free community resource that will offer monthly health seminars and other health services to women.

Speaker

For more than 15 years Dr. Suzanne Metzger has been captivating audiences with humorous yet provocative keynote speeches. She knows the importance of having the right attitude and the power “soft skills” in building a healthy and happy approach to life. Author of Learning Through Living...Some Assembly Required and co-author of The Complete Idiot’s Guide to Living with Breast Cancer, Suzanne leads workshops and writes columns on self-motivation, hoping to help others get themselves on the right track. Her story will inspire you to gain self-acceptance and learn the value of a positive attitude.

Dinner

Catered by Elizabeth’s Custom Catering.

To purchase tickets for this event, please call 843-3691 or stop by Mountain West Medical Center.

To register for the free community health education program and receive communications regarding upcoming seminars and events, please visit www.mountainwestmc.com or call 843-3691
Coldwell names Sutton new managing broker
Brad Sutton has been named managing broker for Coldwell Banker Residential Sutton has been with the company since 2004 and was with Manly & Associates prior to that, including serving as manager for six years. He is a former president of the Tooele Board of Realtors and has also served as a member of the organization’s board. His current responsibilities include overseeing the Tooele Board of Realtors’ Million Dollar Club.

Coldwell Banker Residential Sutton is Utah’s largest residential real estate brokerage company with 10 offices serving over 20,000 clients and communities across the Wasatch Front. The company offers residential and commercial brokerage, corporate relocation and escrow services.

Brad Sutton
to meet them. Steve has been very focused on our customer’s needs and has been successful in reducing the reduction in theft decay (40 percent-60 percent).

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Prudential ear

Steve Griffith has been named to The Prudential Real Estate’s President’s Award. Prudential Real Estate, Inc., a franchise of Prudential Financial, Inc., announced the award recognizes residential sales professional who earned $150,000 and $180,000 in closed residential GCI commissions in 2004.

In 1988, the Griffiths entered the real estate business. In 1990, Steve and Karen opened the Coldwell Banker Residential Tooele office and have won numerous awards for their performance. In 2001, Steve was named a member of the coveted Million Dollar Club.

Steve Griffith
domestic violence.

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Future Broadway Star

LEONA SCHULZ

turns 18 in New York City!

New York will never be the same again.

HAPPY BIRTHDAY

Love, Everyone

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Tax Specialist - Tooele

IT’S YOUR MONEY

How fast do you want your refund?  

• Refund loans, 1-2 days**  • Direct Deposit, 1-2 weeks***

Call Keith or Debbie at 882-0050

Transcript Bulletin

THURSDAY  MARCH 31, 2005

Transcript Bulletin

How to come in and meet with our knowledgeable team of experts:

• Published April 15
• Full Color Cover
• Over 36,000 Readers
• Local Information
• Featuring Diane & Larry Sagers
• Inset inside Spring 2005 Transcript-Bulletin

Website: "http://www.tooelehealth.org"

Call us for details 60 S. Main, Ste 103
882-TAXS (8297)

Email: taxspecialist_tooele@yahoo.com

A8 - Transcript Bulletin

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THURSDAY MARCH 31, 2005

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Plan Your Advertising in the Tooele County Home & Garden Magazine

Deadline

Friday, April 8, 2005

HOME & GARDEN MAGAZINE will be the tailored size (10 x 14). Perfect medium for Lawn & Garden Supplies, Nursery, Lawn Mowers, Tile, Fan, Sinks, Fans, Furnishings, Fence, Lighting, Stone, etc.

Call Keith or Debbie at 882-0050

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Dr. Helen Ann Jones

Do you know what public health is?  Well, you do if you’ve been to Tooele’s Public Health Staff at 510 Apple St. View the newest health wheel, visit a genie, and enter a drawing for your chance to win a prize.

April 5th at Apple St. from 10 a.m. - 6 p.m.

April 6th at Wal-Mart from 10 a.m. - 6 p.m.

April 7th at Mayne’s from 10 a.m. - 6 p.m.

April 8th at Sotheby’s from 10 a.m. - 6 p.m.

Public health departments across the state work closely with other health agencies to improve the quantity and quality of life. Thanks to these efforts, the life expectancy of people all over the world has increased. In addition, thanks to public health efforts, the public has been protected against measles, rubella, tetanus, diptheria, whooping cough and other infectious diseases which can be prevented.

In today’s environment, individuals and communities are facing challenges from environmental tobacco smoke. All tobacco use results in the deaths of many community members regardless of socioeconomic status. Smoking and secondhand smoke are a health hazard and subsequent health effects include respiratory illnesses, heart disease and cancer. Smoking is estimated to cause 5 million deaths worldwide each year. Smoking has been a major cause of illness and death for children and adults by effectiveness in just 4 years. In 2004, infant death has decreased approximately 80 percent, and death to moms due to complications from childbirth has decreased 60 percent.

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THURSDAY, March 31, 2005

TRANSCRIPT BULLETIN

Imagination, teamwork give fifth-, sixth-graders state wins

by Karen Hunt

Tooele County elementary students were the first to place in three of five state- level competitions at the Destination Imagination competitions against teams from across the state. These teams at Overlake Elementary took first place in the creative writing and Stansbury Park Elementary teams took first and two second place awards.

DestinationImagination students to students of five or more teams, the team is a creative writing team, a serendipity team, zany deftly or defying the gap. Each team has a task and the kids have to accomplish — with any help of their choice.

“We’re just there to supervise and a big thing is they do it on their own,” said Linda Totton, who oversees the program at Overlake Elementary.

Radio teams: The radio team had to come up with a radio program and a news break. Overlake students first place program was called the adventures of Phil and Wills.” It was about a trip that escaped from the zoo. Mr. Simmons said one of their characters helped make them stand out.

“We had a really unique character a super old man and he had scars all over his body, a peg leg, a gray eye and really realized he made sounds of breaking bones,” said Totton.

Stansbury Park Elementary team also earned a special honor — the rennaissance award for their program about a boy named Harry Potter. The group sang several original songs they written. In addition, they had a commercial for the muggle typing sedan.

“It would totally change you and you could look like a different person,” team member Kylee Gillett said.

Stansbury’s radio team also earned a special honor — the rennaissance award for the entire competition. The award is given for outstanding skills, teamwork and acting.

Gillett thinks they get it, “because we were so excited to do it and tell them what we did and we worked really well together.”

Each team member got to be a different character.

Improv teams: DestinationImagination entered the fifth-grade improv teams contest as a group.

Unlike other teams, which have been practicing for advance, the improv team wasn’t given their topics far in advance, they knew their topics far in advance, they tested where they also took first.

“I think it was kind of stressful because we were so excited to do it,” said Rachel Gillette. “We had to really love to act and acting.

This year it was kind of more than just a monolog, said Stansbury’s head of improv, Stansbury’s director, Stansbury’s director.

“The Overlake team started out playing baseball, then hit a homerun in the near win run, In the junk yard they found a strange object that hovers and glowed, it was their invention, made of paper machine and Christmas light. They later finance a bug it’s yellow light and it changed all of their options, the options for the future. “I’ll tell you three of those, I was stupid and turned stupid, and my friend Kayleigh was all silly girl and then she turned serious; and then my friend Angie was serious and then she was an ex-prez

Sudden serendipity: The sudden serendipity teams had to show a dramatic change in their skin.

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Dizzy derby: DestinationImagination students from Overlake and Stansbury Park Elementary took four first place awards during a state competition. Awards are presented by DestinationImagination.

The Stansbury students created a radio team, an improv team, a radio team, a serendipity team, dizzy derby or bridging the gap.

It was a crazy old man and talking to the jug, the man who couldn’t see over the dash board. He went to the wise one for help and the wise man told him to take a phone book to sit on. But, when he goes to the car he lake the phone book.

“During all that I drive him around,” Robinson said. “then after we go back to the wheat field and the phone book is gone. We may have a cell phone call ‘we made it ourselves.’

Our Destiny has made her way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise. She will be remembered as a sensitive way to paradise.
Last minute tax filing tips could result in faster, larger returns

E-file is fast and easy (really easy?) — which means there is still plenty of time to complete your tax return. When you e-file your return, you simply enter the amounts from your W-2 and other tax documents into the program and then press print. The only difference is you’ll get an electronic notification that your return has been accepted for processing within 48 hours. For the first time, taxpayers will be able to track the status of all tax returns across the Internal Revenue Service’s (IRS) system. In Utah, more than 527,000 returns will electronically file their tax return.

IBIS Free File
You can still file your federal tax return online for free. Taxpayers can access IBIS Free File by logging onto the IRS website at www.irs.gov. Click on E-File and File and 20 software providers offering electronic tax filing services. All AARP members can file their 2004 federal income tax returns online, for free, by selecting IBIS Free File.

Direct Deposit
Want your refund fast? Really fast! Choose Direct Deposit and your refund will be deposited directly into your bank account. If you e-file and use Direct Deposit, you can get your refund in as little as 10 days and your checkback can’t be lost or mislaid.

Extensions
Some taxpayers may need an extension to file their tax return. For what ever reason, many taxpayers are faced with situations where they can’t file their tax return on time. By April 15 - they can request a four-month extension to file. If you file Form 4868, Extension to File, to extend the filing date, you will have an automatic extension of time to file the return even if the extension is not approved.

Reminders
Remember, an extension only gives you more time to file, it doesn’t mean more time to pay.

Payment Options
Don’t panic if you owe tax. Payment options are available if you can’t pay the full amount agreed with your tax return. Taxpayers may request an IRS payment plan with monthly payments or change their balance due on a credit card.

Check, double check and triple check return
Many of the mistakes on tax returns are calculated at the IRS. However, the IRS maintains about 13 percent of returns contain errors.

Last month more than 150 constituents representing more than 50 percent of the U.S. states gathered at the 5th Annual National Invasive Weeds Awareness Week to advance the efforts toward protecting native ecosystems through awareness, education, and control of invasive weed species. The participants spent the week working with state legislators and attending hearings from federal agencies including the United States Department of Agriculture and the Department of Interior and Army Corps of Engineers.

Utah’s local invasive weeds - more than 50 species were presented by Tim Higgin (Grand County Weed Manager and AWCWA Board member) and Hartley A. (Bert) Green (Utah Weed Science Association, Green Valley, UT). Forestry and Range Resources, Region 3), AmiceHughes (NRM), and Tim Payleitner (Cherry Creek Reservoir District). The Grand County Weed Supervisor Tim Higgin had separate meetings with Congressmen Chris Cannon, Senator Robert Bennett, Senator Orrin Hatch, and his staff along with the staff of Congressman Jim Matheson. They visited with their participants on the invasive Species Act of 2001 and recently approved the “October by President Bush. Specifically that appropriation funding from the Act is used toward CWMA (California Weed Management Association) with in Utah. He extended another invitation to the Natural Resources Committee of the Utah State Legislature to visit the Utah State Capitol this April 25. The project consists of many of the non-native invasive weeds moving together to work cooperatively to help control Utah’s biological control of the establishment of the willow tree into the region.

All of Utah’s invasive weed species represents the importance of making headway on the expanding problem within the ecological and economic impacts of noxious weeds on Utah’s lands. To view some of the issues confronting the Utah and the nation as a whole FIS is using a “W” word titled “Natural Resources and Invasive Plants in Utah.”

E-mail use: thh@utah.gov

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Action Tax & Main Motors
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BYU-Hawaii Aloha Summer Program
A nine-week study abroad program offers an in-depth study of Polynesia all in one place of the Polynesian Islands. A great vacation and many other wonderful sights and sights. July 29-20-05 of Fun in the Sun.

INFORMATION MEETING
Thursday April 14 Tooele County Court House Auditorium (Bismarck Auditorium)
7:30-8:00 p.m. (312-557-5280)

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Tangles Salon: For the look that's you

Missy Gregrich and her talented staff at Tangles Salon in Tooele know that their industry is all about the customer and making people feel good. To that end, Tangles Salon at 47 N. Main Tooele is offering many different ways to sell their creative products, and customers can find that special item unavailable elsewhere.

Located at 10 N. Main, The Home Touch is owned and managed by Donna Haines, who started making handmade sewing items out of her home as a way to earn extra income without leaving the comfort of her home.

“I later started selling my items in a consignment store in the (Tooele County Children’s) Justice Center,” Haines said.

“We wanted to do something for our community, and we knew to visit the Children’s Justice Center and let the great work they are doing know,” Haines said.

The Home Touch offers unique décor items and reasonable monthly rates. Small displays cost $20 per month with no setup fees. Customers can end the rental, whenever they want, and we have a late fee for unwarranted absences.

“I love The Home Touch because it’s a great place to shop,” Donna Haines said. “They have all the unique items customers want, and they are friendly and accommodating. They are the kind of store that makes you feel good and comfortable.”

The Home Touch offers custom orders and gift certificates, plus layaways.

Hours: Monday 11 a.m. to 4 p.m. and Tuesday through Saturday 11 a.m. to 7 p.m.

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If you’re a crafter or artist who has been looking for a way to sell your creation, come see Donna’s collection and get your own unique item today.

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Cowboys shake off rust in snowy weather

by Nick Drake

Grantsville's Rhett Ahlstrom was looking to play a game for the first time in nearly two weeks of inactivity in game action Wednesday.

Ahlstrom did not make the Cowboys' lineup, and in his absence, the team was taken down by a pair of victories in the doubleheader. The Cowgirls were at 3-2 in the event with a third place finish.

The Cowgirls battled to a 79-47 decision over Grantsville Wednesday. The Cowboys posted a 5-0 triumph thanks to Willis and company.

Meanwhile, Tooele lost to Timpview 5-0 in the first game of the doubleheader.


Rain dampens Buff net squad

by Nick Drake

Tooele was looking forward to its pre-season match with Lake City 32 on the Pioneers' home court.

The weather did not cooperate as the match could not be played.

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Tooele - Granger 6
The Buffs salvaged a winless week at the hands of the Lansing Macs, 10-9, in the season opener at Tooele.
Cody Castle powered to a 6-0, 6-0 upset over Tillman and Snow at second doubles.

Rain
Coach Derek Smith and his team is doing well considering their starting lineup is down due to several injuries and absences.
“We’re doing everything we can to prepare them,” he said. “I think we have some talent that I wasn’t expecting. It’s a little bit of luck of how things fall and there is a lot in this league. They are scoring some good points. We have lost some of your teammates stop right in and smug some variance. We’ve got some newstroms in the season and the premise of the story.

Tooele - Granite 0
The Buffs routed a winless team of the Lancer Macs, 10-0, in the season opener at Tooele.

Grantsville - 6, Morgan 5
The Cowboys tucked in the bottom of the ninth inning and Severson made it stick with a substantial performance on the hill.
Grantsville grabbed a quick 1-0 cushion in the bottom of the first frame. Beckel belted a one-out double and Dickens blasted a two-run home run to spot the Cowboys a one-run lead.

Grantsville 6 - Delta 0
The Cowboys eked out an inning run in the bottom of the fourth. Hamatake reached on a Rabbit infield mishap and_stan reached base on a fielder’s choice.
Dickens, Evo, Garrett and Badwick all lined singles to put the Buffs in the one-run lead.
The hosts broke the game open in the bottom of the sixth to build a 6-2 edge.
Hamatake opened the frame with a leadoff single and Sorenson made it stick with a shutout performance on the hill.

Grantsville 5 - Delta 0
The Cowboys erupted for three runs in the bottom of the first stanza to build an early edge. Ryan Willis and Bennet led off with a scorching double in the first inning and Sorenson made it stick with a shutout performance on the hill.

Grantsville 5 - Snow 0
The Cowboys surged for three runs in the bottom of the first inning to grab a quick 3-0 lead.

Grantsville 4 - Tooele 0
The Cowboys rocketed for four runs in the bottom of the first inning to grab a quick 4-0 lead.

Grantsville 4 - Delta 0
The Cowboys surged for four runs in the bottom of the first stanza to grab a quick 4-0 lead.

Grantsville 3 - Tooele 0
The Cowboys rocketed for three runs in the bottom of the first inning to grab a quick 3-0 lead.

Grantsville 2 - Tooele 0
The Cowboys surged for two runs in the bottom of the first stanza to grab a quick 2-0 lead.

Grantsville 2 - Delta 0
The Cowboys rocketed for two runs in the bottom of the first stanza to grab a quick 2-0 lead.

Grantsville 1 - Tooele 0
The Cowboys surged for one run in the bottom of the first stanza to grab a quick 1-0 lead.

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Wal-Mart continued from A1 inside the building, guestes were greeted by Wal-Mart officials — some who had come all the way from the company’s home base in Bentonville, Ark.

Mayor Anderson, who called the Wal-Mart acceptance the greatest thing that has happened to Grantsville today, said, “There is an industry look only three days when he received a call from the company’s home base in Bentonville, Ark. It was said at this morning’s grand opening festivities for Grantsville Mayor Bryon Anderson welcomes Wal-Mart to Tooele County during grand opening festivities for the new $57 million Wal-Mart distribution center. Wal-Mart is expected to hire 500 employees to work at the 1.3 million-square-foot facility when it opens later this year. In the interim, the new Wal-Mart DC is open 24 hours a day, in and out of the distribution center on a daily basis. Robin Ford, Wal-Mart’s executive vice president of logistics, told the Tooele Transcript-Bulletin, & ‘It is estimated that 20,000 to 50,000’ cause of goods will flow in and out of the distribution center on a daily basis. Robin Ford, Wal-Mart’s executive vice president of logistics, said today’s announcement of the development of the Wal-Mart DC in Grantsville is an industry look only three days when a call from the company’s home base in Bentonville, Ark. It was said at this morning’s grand opening festivities for the new $57 million Wal-Mart distribution center. Wal-Mart is expected to hire 500 employees to work at the 1.3 million-square-foot facility when it opens later this year. In the interim, the new Wal-Mart DC is open 24 hours a day, in and out of the distribution center on a daily basis. Robin Ford, Wal-Mart’s executive vice president of logistics, told the Tooele Transcript-Bulletin, & ‘It is estimated that 20,000 to 50,000’ cause of goods will flow in and out of the distribution center on a daily basis.

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Hometown

Prevent Rx drug abuse

by Karen Brown

P"scription drugs can be of great benefit in the manage- ment of pain and sleep disorders, but can also result in emotional or behavioral bal- ances. However, when prescrip- tion medications are misused or abused, the consequences can be dangerous, and even deadly.

Prescription drugs and addiction to prescription drugs have become a serious health problem for many Americans. Billions of dollars are spent on prescription medications approximately three times as high as the general population. Research suggests that the elderly are less likely to carefully follow instructions for taking medications, making them more vulnerable to the dangers of misuse or prescription drugs.

About 10 percent of Americans use a health care provider, such as a primary care physician, at least once each year. Both the health care providers and health care consumers play a role in preventing prescription drug abuse. Providers can also play a significant role in the prevention of prescription drug abuse.

Health care providers need to take care in prescribing needed medications or medications that can help them to follow the directions of the medication. Preventing or stopping prescription drug abuse is an important part of health care. Providers should not prescribe or administer certain drugs, medications, or other substances;

There are several ways that health care consumers can pre- vent prescription drug abuse. When a health care professional is needed to provide care to a patient, the health care professional should not prescribe or administer certain drugs, medications, or other substances.

In the event that a prescription drug is needed, the health care provider should be contacted by the patient to provide a prescription for the medication. The patient should then follow the directions for taking the medication as prescribed.

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said. He said he was deeply affected by the plight of an older man who was diagnosed with prostate cancer. All they could do was give him pain relievers and send him home to wait for the end, he said.

But they also have stories of success. One such case is Sebastian, a seven-year-old boy born with a heart defect. “The fingers were clubbing because of lack of oxygen,” Rosemary Hullinger said. He couldn’t walk, and has had range progesterone was given.

This was in 2004. Hope Alliance rallied around Sebastian and raised the $7,000 necessary to send him to Loma Linda, Calif. where the heart. Jessica was flown to Peru in February of this year with prostate cancer. All they could do was give him pain relievers and send him home to wait for the end, he said.

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Laughter belongs in church—life is hard enough

B
ecessity for you will you laugh? (Luke 6:21)

More than not, we focus on what causes weeping. We weep over the tragic shootings in Minnesota. We weep and agonize as a family and friends of Tomi Munoz, asking, "Should she live or die?" We weep over the monstrous loss of life in Laramie. We are in the aftermath of the tsunamis. That's human nature. "Life is full of sorrow, trouble, and weeping." (Ecclesiastes 3:4) Not all of life can be spent weeping, grieving, or mourning. Whether we like it or not, life involves a series of changes. Nothing can remain the same—even if things are going well for us, and we want life to stay the same. Won't happen. So, yes, we weep, but also, we will laugh again one day.

And that day, when we can laugh again, could just as well be on Sunday as on any other day of the week. Not only could it be on a Sunday, but also it could be inside a church—during a eucharistic service.

Nothing in the Bible says we can't laugh. In fact, "laugh" is the translation for the word Greek word chortazo, which means "to laugh" in our English Bibles. Sometimes, though, people like to point out something new in the Bible—to discover a reason to keep on living—to point out all we can't do. And we already know that life is full of sorrow, trouble, and weeping. But, when we have church and have those gifts, we can—chuckle and laugh a lot, walking from church to our car! There is so much to be so serious about day after day after day that we ought to have some place where we can go to lighten up a bit—be less serious—by less sorrow.

As a child, there were three things that I could never do in church. One was to pick my nose. One was to squat in the pew. And the other was to laugh, even if I couldn't help it. Unfortunately, my parents had given birth to an asthmatic who was fed from hay fever (and I did pick my nose from time to time, especially in the fall), who found it hard to sit in the same position for longer than five minutes. I learned to laugh and found a lot of things that were funny, even when I was a child. It was easy for me to laugh—especially when it came to Jon Stewart, Sarah Palin, and one or more. I once asked my Mom what the purpose of laughter was. She told me you have to do something if you want to be a happy person. But I have been near the people who have a lot of joy and laughter in their life.

People often ask what Jesus will be like when he comes back again. They say, "When Jesus comes back, will he be the same? What will be his goal in the door and glory? Will he be depressing?"

When I think about that question, my answer is, when Jesus comes back again, he'll be a lot fun and tell jokes about what it was like to be in heaven and be filled with joy and love. I hope he'll tell jokes about the earth, how he found mirth and joy and love in beings wids to follow—someone we want to be around as much as possible. I hope Jesus will be enthusiastic and warm when we see him again. I hope his humor is one we want to be around as much as possible. I hope Jesus will be enthusiastic and warm when we see him again.

It's one of those places where we can dance. "A time to dance." (Ecclesiastes 3:4) Not all of life can be spent weeping, grieving, or mourning. That's human nature. "Life is full of sorrow, trouble, and weeping." (Ecclesiastes 3:4) Not all of life can be spent weeping, grieving, or mourning. Whether we like it or not, life involves a series of changes. Nothing can remain the same—even if things are going well for us, and we want life to stay the same. Won't happen. So, yes, we weep, but also, we will laugh again one day.

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And that day, when we can laugh again, could just as well be on Sunday as on any other day of the week. Not only could it be on a Sunday, but also it could be inside a church—during a eucharistic service.
Help Tooele businesses

• The Tooele City Business Retention & Expansion Program has added a new category of 50 local businesses. Two more teams will meet Tooele businesses.

• The Tooele City Business Retention & Expansion Program is currently accepting applications from businesses interested in participating. Business owners interested in participating are encouraged to contact the Economic Development Committee at 882-4607.

The 2005 summer sessions are as follows: June 6-16, June 20-29, July 4-14, July 18-28, and August 1-11. Fee for each level is $30.50. Call 882-4607 for more information.

Legislative caucus canceled

Legislative caucus has been canceled for April 20 and the next legislative caucus is scheduled for May 18 at the State Capitol. For more information, call the Utah County Commission at 843-6355.

Assembly

• The Assembly will be held Monday, Saturday June 13, 4:30, Town Hall. All Assembly members are expected to be present for the meeting. November 1st is the Assembly election date. All Assembly members are expected to be present for the meeting.

Support for USU cricket control

The monthly legislative caucus has been canceled for May 24. The monthly legislative caucus is scheduled for May 24 at 6:30 p.m. at the City of Tooele City Hall. The caucus is open to the public and all Tooele residents are encouraged to attend.

People check out the annual meeting at Overlake Church on 2nd and Coleman. (For all members only.)

• April 12 — Memory game at 6 p.m. at the Tooele County Historical Society.

• April 13 — Science show at 5:30 p.m. and Bird show at 6:30 p.m. at the Tooele City Historical Society.

• April 21 — The Tooele ANWHA Board will meet at 3 p.m. at the Tooele City Library.

• April 24 — The Tooele ANWHA Board will meet at 3 p.m. at the Tooele City Library.

• April 25 — The Tooele ANWHA Board will meet at 3 p.m. at the Tooele City Library.

• April 27 — The Tooele ANWHA Board will meet at 3 p.m. at the Tooele City Library.

• April 30 — The Tooele ANWHA Board will meet at 3 p.m. at the Tooele City Library.

Library

National Library Week

Jean auf der Heide, president of the Utah Library Association, said the American Legion will be at the Tooele VFW Post on Monday, April 11, at the Tooele High School auditorium from 4:30 p.m. Some of the cost members were asked to stay for a referral information presentation. An additional 20 students grades Kindergarten through eighth are encouraged to attend.

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Bible Church

• Please consider your personal invitation to join us in services at the Bible Baptist Church, 260 S. 300 S., Tooele.

• Where Jesus is Lord, the Bible our doctrine and Baptist our ordinance. The service schedule is: Sunday school 10 a.m., Monday night 6:30 p.m., evening service 6 p.m., Wednesday service 7 p.m. For more information, call (435) 882-7753.}

Librarians

• April 21 — Evening program at 6 p.m. at the Tooele City Library.

• April 25 — The Tooele ANWHA Board will meet at 3 p.m. at the Tooele City Library.

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Reliable High Speed Internet!

Spring Wireless Installation Special!

Includes all equipment and complete professional installation with no surprises!

Call today for the high speed internet that does more:

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• Multiple direct connections available.
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Small wood products could yield cash

Utah State Forests and Pandion announced recently that $12,000 in grants is available for community-based projects that use or mark small wood products. Congress appropriated the one-time funds to address Economic Action and Community Planning programs in rural communities at risk from wildfires or, communities affected by wildfires.

The custodian grants will be used for community-based programs and other collaborative efforts that encourage harvesting of small wood products for use in community-based projects.


“The festival is a wonderful opportunity for students who are uncomfortable performing in a competitive situation to still be evaluated by someone other than their teacher,” said Valerie Evensen. Jennifer Foxx and Valerie A. Evensen are piano teachers in Sandy City, under the direction of Sandy City, Utah, State University Extension Offices, local governments and others.

Tribal and local governments, communities, businesses and nonprofit organizations are encouraged to apply. Payable downtown businesses may apply directly or through an eligible county such as a nonprofit organization.

For a copy of the Request for Proposal contact Ron Gropp at (801) 538-5457, or visit www.fundmart.biz.

Michael McPhie (l-r), Jason Dallas and Robb Coon received their Eagle Scout awards at a Court of Honor on Jan. 23.

Ten diverse Temple Square perfor- 

mances beckon Wasatch Front re- 

sidues and tourists during April 2005.

All concerts are free and begin at 7:30 p.m. Children under five are encouraged to visit our venues.

Thursday and Wednesday, April 1–4 — Joseph Smith and the Restoration,” a musical drama on the life and ministry of the Prophet Joseph Smith will be presented by the Olsen LDS Institute of Religion’s Latest-Day Celebration Choir in the Assembly Hall on the Temple Square. Reserved tickets are free, call 801-240-3400 or visit www.life- 

org/events.

Friday, April 8 — “Stealing the Tentmaker,” William Riall’s ex- 

plorations across the Prophets Joseph Smith’s life and matur- 

ity, a one-man dissemination by Ted Gliben, will be presented in the Assembly Hall.

Saturday, April 9 — The Chorus of Sandy City under the direction of Cameron Ross, will sing in the Assembly Hall as a concert of eleva-

tional and seasonal works. The chorus then performs a repeat throughout the Wasatch Front. Mr. Ross is an accomplished vocal arranger, and conductor.

Friday, April 15—Australian soprano Elena Xeroboile will sing in the Assembly Hall selections from Handel, Bach, Mozart, Wolf, Pauer, Quilter, Poole, List, Barlett, and Goehrman. Xeroboile has performed in Italy, Germany, Brazil, Hong Kong, Australia, and London, where she is to perform a master’s at the Guildhall of Music and Drama. She was the 2001 winner of the University of Aston Competition, and the 2004 winner of the 2004 University of Aston Competition.

Saturday, April 16—The University of Utah Singers, a stu- 

dent choral group under the direc- 

tion of Dr. Brady E. Allred, will present in the Assembly Hall a program of international and wo-

men’s music.

Friday, April 22—The Salt Lake Community College Chamber Singers, a mixed-voice student chamber ensemble directed by Lyk Archibald, will sing in the Assembly Hall songs of praise, 

selections from Haydn’s Litty Organ Mass, and earth songs. The Chamber Singers will be accom- 

panied by the group Lepidoptera.

Tuesday, March 29—The Orchestra at Temple Square will perform at Abravanel Hall. For free tickets call 801-261-0000.

Wednesday, April 27—The Utah Symphony Youth Guild Spring Ball will be held in the Assembly Hall.

Friday, April 29—Italian pianist Antonio Pemppe- 

viello will play the Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonata in B flat Minor, Beethoven’s 6 Piano Sonat
Doings

Continued from page 4a
Library, Grandaffe, is promot- ing “Lunchtime Literature” and Win Reading Program, “open to both children and adults”.

Library hours are Mon.-Thurs. 10:30 a.m.-6:30 p.m., Fri. 10:30 a.m.-5:30 p.m., and Sat. 10 a.m.-4 p.m. 

Announcing the starting time of 6:32 a.m. as of Sept. 1, 2005. Children’s author Jack Prelutsky is the Beerdrinking Bear Farm, and readers will have their chance to the Fair, one million book- marks, 200,000 bookmarks in regular drink redeemable at the Fair, and book marks free! You may pick up a copy of the program at the library. The bookmarks must be postmarked on or before Thursday, July 7.

Schools

Ask a principal

A principal, speak directly, but anonymously, with a school principal in a telephone call. "The survey is available April 17-19 when the National Association of Elementary Principals holds its 116th annual meeting in Salt Lake City. For those who want to talk, a call box is available at the Fair. Call toll-free, 1-800-844-0115, or email the National Association of Elementary Principals at the following during the meeting. The call box may be made on Saturday, April 16, 11 a.m. to 5:30 p.m., and Sunday, April 17, 10 a.m. to 5:30 p.m.

Instruction段落苏“Ask principal”阶段在询问 schools parents and grandparents.

Grandafffe will not want to miss the April boating activity with the troop

Boy Scout Roundtable

Monday and Thursday evenings.

10. You may register by calling

Boy Scout Roundtable

Continued from page B4

THURSDAY March 31, 2005

11. The Girl Scout troops will begin their two year term of

12. The Tooele High School library.


14. The Orange Patrol.

15. The Diabetes Expo to be held

16. The V.F.W. Post 9413 will

17. The Faddis’ and will play.

18. The history of “Winnie’s Walk With Fear.”

19. The Senior Circle costs just $15

20. The Utah Arts Council website, arts.utah.gov/csp/ or by calling

21. The Uganda Artists Program for lim

22. The campus Map and one coupon for a free

23. The fun. For ticket information,

24. The event will be held on April 14

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Insurance can reduce risks of requiring long term care

T he risks of long term care are substantial for people who want to protect their assets or choose in advance who should get control of the purchase of insurance. The benefits of long term care include:

- Low premiums
- Premiums are tax deductible
- Individual policies can provide continuous coverage
- Protection starts now
- No health exam required
- You can cancel your policy at any time
- You can change your policy at any time

There are several companies that offer long term care insurance, including: United Healthcare, John Hancock, John Hancock/Mutual of Omaha, Transamerica Life Insurance Company, and American Family Mutual Insurance Company.

The cost associated with long term care is significant. The average cost of home health care is $135,000 per year, while the average stay in a nursing home tops $135,000 per year. The cost of long term care is expected to increase in the next 30 years. The cost of long term care is projected to become more expensive in the next 30 years. The average stay in a nursing home tops $135,000 per year, while the average stay in a nursing home is projected to become more expensive in the next 30 years. Prices are projected to increase to 10 percent per year.

There are many reasons to save now and make your contributions to a LTC policy tax deductible. For individuals, the premiums on qualified LTC insurance policies are deductible with a maximum of a 7 percent adjusted gross income limit. For joint returns, the tax deduction is limited to the amount of income earned by the spouse, and the surviving spouse can use up to 100 percent of the annual income earned by the spouse. The maximum percentage of income that can be deducted is limited to your spouse's adjusted gross income. The maximum amount of income that can be deducted is limited to your spouse's adjusted gross income. The maximum percentage of income that can be deducted is limited to your spouse's adjusted gross income.

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The 10-pay rider allows a subscriber to fully pay for a policy in 10 years. While this significantly increases the amount of money that can be paid into the policy, it also increases the amount of money that can be paid into the policy. While this significantly increases the amount of money that can be paid into the policy, it also increases the amount of money that can be paid into the policy.

You should not buy long term care insurance if:

- You will not be able to afford the premiums.
- You have limited assets.
- You have no source of income in Social Security or Supplemental Security Income.
- You have trouble paying for potential long term care needs.
- You have paid premiums.
- You should not consider asking when comparing long term care insurance policies.

The Medicare Recovery Act of 2000 allows a subscriber to fully pay for a policy in 10 years. While this significantly increases the amount of money that can be paid into the policy, it also increases the amount of money that can be paid into the policy.

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Our family dog and her friends in the neighborhood knew it: This is a great dog-biscuit recipe. Follow these simple directions carefully, and you’ll not only be a dog’s best friend, but your dog will be begging for more. Another great bonus is that these treats are especially fun to bake and create with your kids.

**What you’ll need**
- 1/4 cup hot water
- 8 beef-bouillon cubes
- 1 package active dry yeast
- 1 cup tomato juice
- 1/2 cup water
- 1 cup all-purpose flour
- 1 cup wheat germ
- 1 cup cornmeal
- 1 1/2 cups whole-wheat flour
- Mixing bowl, wooden spoon, fork, rolling pin, table knife, cookie sheet
- Bone-shaped cookie cutter or a large dog bone

**Instructions**

Preheat your oven to 300 F. An adult should pour 1/4 cup of hot water into a large bowl. Add bouillon cubes and crush them with a fork. Stir in the yeast and let stand for about 5 minutes.

Add tomato juice, 1/2 cup water, all-purpose flour and wheat germ. Stir with a large spoon to form a smooth batter. Then, stir in cornmeal and whole-wheat flour. The dough will be dry and stiff. Add a small quantity of extra water, if necessary. Let your child use clean hands to finish mixing.

Roll handfuls of dough into small balls. Sprinkle rolling surface with flour and roll out balls of dough with a flour-covered rolling pin until about 1/4-inch thick.

Cut biscuits, using a bone-shaped cookie cutter or by cutting around a large dog bone. Transfer the bone-shaped biscuits to a cookie sheet. Bake at 300 F for about an hour. Turn off the oven and let biscuits dry for an additional four hours. Store in an airtight container.


Write Donna with your questions and ideas at www.donnaturday.com. © 2005 Donna Erickson Distributed by King Features Synd.
for next year. For bulbs function is a storage unit for energy. The bulbs need that greenery for photosynthesis to continue during the winter months. Depleting these resources gradually. Plucking it off early is done at the detriment of future production. While daffodils are spectacular while they are blooming, the blooms are not making any difference for next year’s flowers. If you somehow find yourself in this situation, you can plant daffodils in the fall. They will not only provide part of the early spring color show, but will outlast the spring bulbs, possibly carrying over until the annuals begin to become established.

To prolong spring color, interplant biennials such as pansies and wall flowers among the bulbs in the fall. They will not only provide part of the early spring color show, but will outlast the spring bulbs, possibly carrying over until the annuals begin to become established.

While daffodils are spectacular while they are blooming, the blooms are short-lived. After they finish, the greenery remains for some time, depending gradually. Picking it off early in June at the detriment of the bulbs that flower the following year. The bulbs need that greenery for photosynthesis to provide the sugars they need to replenish them and make bigger bulbs next year. The bulbs need that greenery for photosynthesis to provide the sugars they need to replenish them and make bigger bulbs next year.

Fertilizing
Apply liquid or foliage seventeen.  For the leaves to store the energy from the bulb and fertilizers then. You are not making any difference in this year’s flowers, but it does allow plenty of time to encourage healthy bulb development for next year. If you’re about to plant, try this tip: Write down the location of the bulb no October. (calendaring around Oct. 15) so you can find it and plant them.

Interplant
Interplant biennials such as pansies, wall flowers, and others among the bulbs in the fall. They will outlast the spring flowers for as long as possible and work ahead for next year’s planting and planting.

To plant spring color, interplant biennials such as pansies and wall flowers among the bulbs in the fall. They will not only provide part of the early spring color show, but will outlast the spring bulbs, possibly carrying over until the annuals begin to become established.

Home Sweet Home... Equity.

William Lintner
TAX SERVICES
The sky’s the limit with a home equity line of credit from TFCU.

Real Estate Tips
TIME FOR SOME “Q&A!”

What’s the first step toward selling your house? Call a realty team! This might be the most important first step you can take to the sale of your home. To learn about the value of your home, call a realty team! This might be the most important first step you can take to the sale of your home.

Of course, you’ll supply personal information like, address, phone, and email, but that’s only a small portion of the potential listing sheet. Regardless of your selection, they should all ask questions to determine your particular needs.

Here’s a short list of key questions you should ask about your home:

1. How much is your property worth? (Be honest, but you can always ask in a different way.)
2. How much can you afford to spend on a house? (Remember, the price is what you pay, the value of the property is what it’s worth.)
3. How long do you plan to stay? (Many people think they’re going to stay for a year or two, but that’s not always the case.)
4. How much should you offer for a house? (Remember, the price is what you pay, the value of the property is what it’s worth.)

A cool spring season will provide longer color, but of course, it’s not the only factor to consider.

While daffodils are spectacular while they are blooming, the blooms are not making any difference for next year’s flowers. If you somehow find yourself in this situation, you can plant daffodils in the fall. They will not only provide part of the early spring color show, but will outlast the spring bulbs, possibly carrying over until the annuals begin to become established.

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Home Sweet Home... Equity.
**Fresh Sensations**

**HEALTHY MEALS**

Family Features Editorial Syndicate

All year-round c tougher of Florida Department of Citrus

Looking to freshen up meals? Think Florida citrus. There's no better way to add a healthy splash to family dinners than with the sweet, juicy taste of citrus.

Florida citrus delivers a powerful nutritional punch in a delightfully delicate fruit sauce made of fresh Florida orange sections, grape and lemon-pepper seasoning. You also can create a festive main dish by dotting a platter of red and green grapefruit and orange sections with a luscious (and fat-free!) raspberry sauce.

Fresh-squeezed citrus juice can replace the oil in salad dressings, making them lighter and nuttier. Update your traditional vinaigrettes with a blend of tangerine orange juice, mixed with grapefruit, oranges and other winter fruits, and toss with fresh greens for a dinner-side salad. Use fresh-squeezed grapefruit juice as a base for a savory, fat-free dressing that pairs well with grapefruit slices and black beans for a refreshing replacement to the standard salad.

Chase away the cold season blahs ... take advantage of fresh Florida citrus season and freshen up old recipes. Who knew good health could be so scrumptious?

[Image of blended fish with citrus-grape sauce]
Winter Fruits With Balsamic Vinaigrette

Grapefruit and Black Bean Salad

Into blender container or food processor bowl. Cover and blend or process honey and cumin. Cover and shake well. Before serving, drizzle dressing over salad. Makes 6 servings.

Grapefruit and Black Bean Salad

Broiled Fish With Citrus-Grape Sauce

Sectioning Sweetness

Service Directory 03/31/05  3/31/05  7:42 AM  Page 1
In the reality miniseries "Invasion Iowa," airing pretend to shoot a sci-fi movie, while actually perpetuating a hoax on everyone involved.

FALLS, Valley Kitchen Sess. Weir Cooking Everyday Food America’s Tst Kitchens-Biro Yankee Shop Hometime

Ed, Edd n Eddy Powerpuff Girls! Courage-Dog Scooby-Doo Ghosts-Scooby Scooby-Doo Dexter’s Lab Looney Tunes Puffy

Paid Program Paid Program Entertainment Paid Program Paid Program Paid Program Paid Program Paid Program Paid Program

Pregame MLS Soccer: Real Salt Lake at MetroStars. Law & Order: Criminal Intent News Sports Sunday Extra (N) (In Stereo)
Help Wanted

Linguist
- Must be at least 18 years of age.
- $24 - $35 depending on certifications.
- Must work at least 16 hours per week.
- Must reside in the Tooele County area.
- Must apply through HHDRC.

Requirements:
- Must be at least 18 years of age.
- Must be a U.S. citizen or have legal authorization to work in the U.S. (minimum 2 years of employment history in the U.S.)
- Must meet pre-employment drug testing requirements.
- Must fulfill background check.

Applications and additional information for pre-employment testing are available at the HHDRC office.

HHDRC: 131 E. Main St., Tooele, UT 84074
Phone: 801-843-2827
Fax: 801-843-2828

For more information about HHDRC, call 801-843-2827 or visit www.hhdrc.org.

Help Wanted

MOUNTAIN AMERICAN Credit Union seeks a Trust Account Clerk. Monday – Friday, 11:30 am - 6:00 pm. Must have experience in bank teller, clerical duties, and office skills. Apply in person, 300 S. 500 East, Tooele, UT 84074.

Auto Parts

High Mileage Parts

HURRY! Only 1 left! $0 Closing Costs $0 Down

$110,000 2 beds, 1.5 bath, central air, carpet, 2-car garage, washer/dryer. Call 830-2850. For more information call Matthew with Realism Homes at 435-882-0191 or 435-843-1144.

BUIYERS AGENT

Top, Experienced Broker will help You Save $$$$ On Your Home Purchase Call 435-863-1372

Roseann Norwood
435-830-2827

Motor Carrier Specialist
Wendover Port of Entry

$11.22/hr

Udot offers a stable working environment and an excellent benefit package.

Descriptions
Program Coordinator needed, full-time, for the Tooele Transportation Coordination Project. Plans to continue program, supervise and evaluate facilities, market programs, hold meetings, and schedule workshops and/or educational programs. We will do this work in conjunction with the Tooele County Health Department (TCHD).

Requirements:
- A college degree in transportation or related field.
- 2 years of related experience in transportation is required.
- Excellent written and verbal communication skills.
- Must be able to work assorted days and scheduled shifts.
- Must be a U.S. citizen or have legal authorization to work in the U.S. (minimum 2 years of employment history in the U.S.)

Contact Information:
- Apply online at: www.utea.net.
- Closing date: 4/8/2005
- Work is expected to begin May 1, 2005.

Salary: $11.22 per hour, FTE 40 hours.

We are an equal opportunity employer.

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We are an equal opportunity employer.
COUNTY ENVIRONMENT

THE TOOELE COUNTY
WILL BE ACCEPTED AT
INTERESTED PERSONS

ROOM #181, 151
HEALTH DEPARTMENT

HEARING ON MON-
Clerk

DENNIS D. EWING,
March, 2005.

proposed vacation

Tooele County Planning

C8
### Undergraduates show off research at fair

Undergraduates show off research at fair

**TUESDAY, MARCH 29, 2005**

*Top story*

The College of Eastern Utah hosts the 12th annual Undergraduate Research and Creativity Fair this week, with the majority of the presentations scheduled for Thursday at 7 p.m. in the Elk Center at the College of Eastern Utah.

The fair features more than 50 projects from 10 different departments at the college. Undergraduates will present their research, with the hope of gaining recognition from their peers and the public.

Some projects to look out for include a study on the effects of flood damage on the rehabilitation process of a house, a project on the impact of flood control on the economy, and a study on the health effects of flood damage.

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The new document repeatedly encourages us to refer to the Food Guide Pyramid or the Dietary Approaches to Stop Hypertension (DASH) eating plan. The diet is in a set of “heart healthy” recommendations that primarily focuses on reducing the risk of high blood pressure. It focuses on consuming even greater amounts of plant foods (grains, fruits and vegetables) and low-fat dairy products. This plan is available at: www.nal.usda.gov/sodium-publicheart//blended.

The advice we’ve changed slightly. We are still advised to cut out saturated fats and trans-fats, but to allow monounsaturated and polyunsaturated fats into our diet. We are allowed 20-35 percent of our dietary calories from fat, as long as most of those come from “good fat” sources such as nuts, olives or canola oils.

New emphasis places on the relationship between price and nutrition. For example, if you spend more calories than you consume, you lose weight — simply and easy.

The new guidelines include dietary strategies to help reduce the risk of chronic diseases, like weight and to manage.

In the past, the only specific nutrition or vitamin discussed in the guidelines was sodium (salt). Now potassium has also received a set of specific importance. The guidelines inform include options for potassium sources in fruits and vegetables.

So, how do we get all these fruits and vegetables into our diets? There are hundreds of tricks to help increase our intake. A Google search for “How to eat more fruits and vegetables” is used in the previous year’s list to help focus on how much fruit and vegetables work well as much food, fruit can be a dessert, add vegetables to pizza or soup, blended fruits for smoothies and remember that both fruits and vegetables make excellent sauce. As for cost, a USDA economic study recently found that these servings of fruits and vegetable cost only 4 cents a day. Numerous options using fresh and processed produce items from farmers market to recommend the cost less than 1 day.

Direct column topics to Julene C. Reilly, Extension, Logan, UT 84322-0300. USDA-ARS 122 Science Park Drive, Logan, UT 84322-0300. Julene.ctime@wellsnext.com

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New Listings

**New Listings**

**863 S. 5th Street, Magna**
3-bedroom, 2 bath, 1,500 sq ft, Beautiful updated, two-car garage, 600 sq ft basement, new siding, new windows, new kitchen, new appliances, neutral colors throughout, central air, great north, fully fenced, $375,000.

**236 E. 880 N., Tooele**
3-bedroom, 2 bath, 1,100 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**525 S. 425 W., Tooele**
3-bedroom, 2 bath, 1,100 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, $359,000.

**205 S. 425 W., Tooele**
3-bedroom, 2 bath, 1,100 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, $359,000.

**383 E. Vine, Tooele**
4-bedroom, 2 bath, 1.5 bath, 1,700 sq ft, New - Fully - Fully, refrigerator, oven, dishwasher, fully finished basement, $359,000.

**1415 Pass Canyon, Magna**
3-bedroom, 2 bath, 2 car garage, 3,000 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**679 W. Island Vista Circle, Riverton**
3-bedroom, 2 bath, 3 car garage, 3,000 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**1382 E. 600 North, Tooele**
3-bedroom, 2 bath, 2 car garage, 1,700 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**205 S. 425 W., Tooele**
3-bedroom, 2 bath, 1.5 bath, 1,700 sq ft, New - Fully - Fully, refrigerator, oven, dishwasher, fully finished basement, front yard, back yard, $359,000.

**406 N. 100 East, Tooele**
3-bedroom, 2 bath, 1,500 sq ft, Beautiful new construction, neutral colors throughout, hardwood floor on 1st floor, $359,000.

**1382 E. 600 North, Tooele**
3-bedroom, 2 bath, 2 car garage, 1,700 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**205 S. 425 W., Tooele**
3-bedroom, 2 bath, 1.5 bath, 1,700 sq ft, New - Fully - Fully, refrigerator, oven, dishwasher, fully finished basement, front yard, back yard, $359,000.

**383 E. Vine, Tooele**
4-bedroom, 2 bath, 1.5 bath, 1,700 sq ft, New - Fully - Fully, refrigerator, oven, dishwasher, fully finished basement, front yard, back yard, $359,000.

**1415 Pass Canyon, Magna**
3-bedroom, 2 bath, 2 car garage, 3,000 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**679 W. Island Vista Circle, Riverton**
3-bedroom, 2 bath, 3 car garage, 3,000 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**1382 E. 600 North, Tooele**
3-bedroom, 2 bath, 2 car garage, 1,700 sq ft, Beautiful newly built, neutral colors throughout, central air, great north, fully fenced, 2,500 sq ft covered deck, front yard, back yard, $359,000.

**205 S. 425 W., Tooele**
3-bedroom, 2 bath, 1.5 bath, 1,700 sq ft, New - Fully - Fully, refrigerator, oven, dishwasher, fully finished basement, front yard, back yard, $359,000.

**406 N. 100 East, Tooele**
3-bedroom, 2 bath, 1,500 sq ft, Beautiful new construction, neutral colors throughout, hardwood floor on 1st floor, $359,000.