Stansbury Park spreads north
Plans for 460 units could make 2007 biggest year for building
by Mark Watson

After a slight hiccough in building activity in Stansbury Park during 2006, it is anticipated that 2007 will set a record for the most number of homes built in the area in a single year. Most of that construction will take place north of UT 136 and still surround the Historic Stansbury Mill. There are 103 townhouses already built in the area as part of the Stansbury Mill development, but two of Utah's most prolific home builders are in the process of starting new developments. D. B. Ivory Homes is building a development east and south of Bonneville Mill that will feature 250 units. Richmond American Homes is building a comparable community called Picnic Lane II west of the mill that will include 100 townhouse units. In another development, Stansbury Home and Construction Company and Richmond American were the top two builders in all of Utah in terms of number of homes built last year. Arnold said his company is able to provide an affordable product in Tooele County because they can purchase goods in large volume. "The cost of land has skyrocketed in Utah. In the Herriman area, land is selling in the range of $230,000 to $250,000, while here it's $70,000 to $90,000," Arnold said.
Alcohol anklets detect drinking in Las Vegas court program

The Sun
Saturday, April 17, 2004

Alcohol anklets have been doled out for more than 32,000 people nationwide.

By Kathleen Hennessey

Las Vegas Sun

A2

Las Vegas (AP) — Robert Fry has a tiny secret accessory locked to his ankle.

It sits above his work boot, eight inches below the knee, where coworkers won’t notice, right where his fellow drinkers would notice.

— Fry’s little Big Brother, an alcohol-monitoring machine that detects any drinks he sips by analyzing secretion of his sweat.

Meniscal anklets are strapped to about 10 Clark County, Nev., residents — men and women whose problematic alcohol has landed them in county court.

They’re the people who signed — as part of a pretrial agreement not to drink or to be caught drinking — to treat them.

For Fry and other similar residents, who must report to court by satellite or phone, the machine is an insurance policy.

Workers at a downtown Las Vegas bar monitor key performance indicators, or KPIs, the backbone of modern computing and management, in a decision-making process.

And the West will struggle as climate changes.

By Christina Stobbs

The West struggles to keep up with the increased demands for water in the face of climate change.

And although Fry can shower, he must limit himself to cold water.

Las Vegas has committed to reducing its usage of water by 20 percent over the next five years.

There were growing water crisis in West.

By Anthony G. Greenlee

The water crisis in the West is growing worse as climate change enhances the already dwindling water sources.

It sits above his work boot, eight inches below the knee, where coworkers won’t notice, right where his fellow drinkers would notice.

The machine is an insurance policy.

Clark County’s Secure Continuous Remote Alcohol Monitoring, known as SCRAM, uses a watch-like device that monitors alcohol consumption.

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Each state deals with different water challenges.
by Alleen Lang

The hushed classroom in Tooele’s Adult Education Center is an unlikely setting for plastic bottles, or on Thrusday of any week during the school year, adults from Korea, Spain, Mexico and Armenia gather with one common goal: learning conversational English.

“English difficult,” said Haxhi Farka, who along with his wife, Fluma, started taking the classes in February in Salt Lake from Armenia less than four years ago. The couple moved their son, who immigrated to the United States a decade ago after the family moved to the LDS Church.

Mark Farka was an engineer and manager of an electric company in his homeland. Now he works at the Desert Southwest Distribution Center. He takes his dictionary and English-language tapes with him on the bus rides to and from work every day.

“Very good teachers,” he said, pointing to Karen Fisher, the English-as-a-second-language instructor who makes the two-hour one-weekend-a-month working with non-English-speaking adults in the community.

“A lot of Hispanic people surprised me,” Fisher said, noting that the class is comprised of married Americans and are now making Tooele their home.

Some of the students are encouraged to attend classes by their employers, Conway said. As they become more proficient with the language, they are also given the opportunity to take advanced classes, earn a high school diploma or begin the process of gaining citizenship.

With a common goal of learning English, students in the class also cross the language barrier with each other, developing international friendships. Conway said, noting that the group enjoys going to dinner together after class. Although she didn’t learn English through the Adult Education Center, Spanish-Speaking patient Fluma in the process of earning a high school diploma through the center. After graduation she plans to get a real estate license and begin working to help her husband support their seven children ranging in age from 17 years to 8 months.

Beshir didn’t have the opportunity to learn English in a formal setting when she moved from Syria to marry an American man 18 years ago.

“Pretty much taught myself,” she said. Her instructor was an American television and Spanish-English dictionary. But she said Americans appreciate her early, briefly accented attempts to speak English and encouraged her to continue learning the language.

“A lot of Egyptian people surround themselves with either recreational and don’t make an effort to learn English,” she said. “Sometimes it is hard to adjust to a new country and new customs, but people have been really good to us.”

Often people with jobs find it difficult to find the time to take English classes. But the program is designed to help students work fairly independently if they wish to do so.

Conway said the goal of the English learning classes is simply to help people understand, communicate and navigate in a place very different from the place of their birth.

“They need to learn, and we need to teach them,” she said.

English classes help immigrants adjust to new home in Tooele

by Alleen Lang

Stansbury Park and Midvale Harmons, 7755 S. 700 East.

Suzana Saric is a student learning English at Tooele Education Learning Center. She is originally from Armenia.

Sharon Saric is a student learning English at Tooele Education Learning Center. She is originally from Armenia.

for $250 a month or less!

Cars, Trucks, SUVs, Vans

by Alleen Lang

The harmon's Observatory officially opened for the season on April 14 and will run through October 20. The ever-changing skies anywhere from 75 to 100 people attend the events, he said.

Stansbury Park Observatory Complex star parties are scheduled for April 28, May 12, June 9 and 23, July and 21, August 5 and 16, Sept. 1, 15 and 20 and Oct. 20.


Boyd McNiel, member of the Salt Lake Astronomical Society, said he’d like young people to get involved in the event.

“A lot of Astronomy Day, visiting the featured event of star parties and saying the word to come to the observatory,” he said.

Tooele’s Adult Education Learning Center is an unlikely funded program is free, but those who can afford to are encouraged to pay $25 for the dictionary with practical

Discussion on telescopes planned for Saturday’s Stansbury star party
North Main St.

there was a very bright light at

Grantsville High school students

tion ends in disappointment and

petitors. For many, this competi

t brings over 150 qualified com

contest Tuesday at Roosevelt

ation wrapped up its final region

PTOEGRINE

BULLETIN

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transcripts-Bulletin

by Natalie Tripp

A more complete and efficient solution

in Y our

TRANSCRIPT

BULLETIN

A4

photo courtesy of Spence family

ted in the 26.2-mile event in

and atop a 1,100-year history. They

t to 5 inches of rain accumulating in the area and 20-30 mph winds.

They claimed this was the worst weather they had ever seen for a Boston Marathon. Brad Sutton said, “But basically, to me, it’s the Superior Bowl of long-distance running. The race everybody strives to get into.”

Ken Spence works as an architect for the Church of Jesus Christ of Latter-day Saints in Salt Lake City. This is the second time he ran for the Boston Marathon, and he has run in 20 marathons since 1985.

Brad Sutton is a Tooele

transcripts-Bulletin

by Kelly Evertsen

Grantsville residents Ken

Spence and Brad and Heather

Sutton have completed marathons in Utah for years, including the St. George, Salt Lake City and Ogden marathons.

But this is the first year Heather Sutton finished the Boston Marathon. She qualified at the Ogden Marathon this year. They started running marathons 10 years ago.

The three took flights to Boston and returned earlier this week. They said this was one of the most difficult marathons they’ve ever run, especially considering the weather.

“The weather was so bad, it was the worst I’ve ever seen,” said Brad Sutton. “I was heading to the starting line in a garbage sack over my running suit to keep dry.”

“Actually, I picked it up off the ground,” Brad Sutton said. “I was heading to the starting line and saw a bunch of people with garbage bags, so I picked one up and put it on.”

He agreed.

“I was actually running the race everybody strives to get into,” Brad Sutton said. “But basically, to me, it’s the Superior Bowl of long-distance running. The race everybody strives to get into.”

Ken Spence of Grantsville finished this year’s Boston Marathon with a time of 3:45:49, despite the 3 to 5 inches of rain, mid-30 degree temperatures and windy weather he encountered. This photo was taken last year’s marathon.

Three Grantsville runners finish

proudly at chilly Boston Marathon

by Natalie Tripp

Grantsville residents Ken

Spence and Brad and Heather

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A three-year struggle between the city of Tooele County and journalist Van Pelt is over.

When I first walked into the office, over dozen years ago, I was medaled in a shirt and slacks. I see photographs on a shelf, a letter from Berman on his lawn, and a computer. He would go on to teach me about professionalism and design. Sports editor was his auburn hair was untamed and a bit intimidating. He was lost to find new...
OBITUARIES

Blanche Hall Cluff
1909 – 2007

Blanche Louise Hall Cluff passed away April 15, 2007, in Stansbury Park, Utah. She was born at home July 1, 1909, in Salt Lake City to George ‘Pal’ Hall and Elizabeth Jones Hall. She married Max W. Cluff on May 25, 1927, in Salt Lake City, Utah, acknowledged by her two children, Tony Cluff of Stansbury Park, Utah, and Katrina Newman of Alexandria, Va., before moving to Stansbury Park. She worked for the U.S. Forest Service and they moved frequently with the job, living in Logan, Salmon and Boise, Idaho, Reno, Vancouver, Portland, and Ogden, Utah and for 50 years in Alexandria, Va., before retiring in Logan, Salmon and Boise, Idaho, for the U.S. Postal Service in 1985. She was a temple member for many years and served in many capacities including Primary teacher, Young Women’s president and Ward organist. She was a temple worker in the Washington D.C. temple for many years. She loved living in the Washington D.C. area extensively, was an avid bridge player and especially enjoyed family reunions with her immediate family. She was exceptionally close to and loved her seven grandchildren and 13 great-grandchildren, as well as a large extended family. She is survived by her two children, Tony Cluff of Alexandria, Va., and Katrina Newman of Stansbury Park, Utah. She was preceded in death by her husband Max, her brother, George and Thomas Hall, and her sister, Lillian Rodgers. Her family acknowledges the caregivers and staff at Harmony Hospice and expresses heartfelt thanks for all their efforts on Blanche’s behalf. Funeral services will be held Saturday, April 21, at 11 a.m. at the Mill Pond Ward at 427 E. Bonson Road across from the Old Benson Mill in Stansbury Park. A viewing will be held Friday, April 20, from 5 to 9 p.m., at the Tea Time at 150 E. Main St., Tooele, and at the church in Logan from 9:45 to 10:45 a.m. prior to the services. Interment will be at the Salt Lake City Cemetery following the funeral. In lieu of flowers, donations may be made in Kaylyn Marcum’s name (great-granddaughter), to the Rare Disease Support and Research Association, 101 Hampton Drive, Reno, Nevada 89508. Online condolences at terrymortuary.com.

When: Wednesday, April 18, 2007. 10 a.m. to 7 p.m.
Where: Tooele City Council Chambers
Who: Tooele City Councilors
What: The Tooele City Council is scheduled to revise the boundaries for the county’s hospital service district, with the proposed changes set to take effect in July.

North
continued from page A2
$20,000 instead of $270,000 for a house if they choose the Stansbury Park area instead of similar developments along the Wasatch Front, according to Arnold. The Ivory Home Development will include 140 townhome- sized prices in the $100,000 to $200,000 range. The developer, Barry Forno, chief building inspector for the city of Stansbury Park, said that approved building permits for the Stansbury Park area hit a high in 2005 with 335 permits issued. The number of permits dropped to 231 during 2006, but with current developments underway, 2007 may surpass the 2005 record. A few of the permits were for commercial buildings. A total of 320 permits were approved for the Stansbury Park area between 2002 and 2003. During the past three years, the number of permits tallied 594. The mayor said the city has received dozens of requests for the Stansbury Park area. Forno said the accompanying new townhome projects underway, 2007 may surpass the 2005 record. A few of the permits were for commercial buildings.

NOTES OF APPRECIATION

Thank you
The staff of Rocky Mountain Home Care would like to publicly thank the community and many individuals for the support given to our facility. April is volunteer appreciation month. We are pleased that so many of you share our view of how important the role of volunteers is to our facility. April is volunteer appreciation month. We are pleased that so many of you share our view of how important the role of volunteers is to our facility. The Tooele City Arts Council has announced the plan to revise the boundaries for the county’s hospital service district, with the proposed changes set to take effect in July.

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Student campaigns beat national ones hands down

I have never been a big fan of politics — and I mean never. I feel that politicians are much like your pretty tea. They seem appealing at first until you get stung. I have never taken politics to heart in my 16 years. However, I have experienced the same pains and sufferings that come with national politics throughout my high school career thanks to the extremely crucial world that is student government.

The THS student body elections were held just last week. On Friday, along with the rest of the student body, I stood at a platform in front of a paper-thin ballet and penciled in my choice for the future student dictator while considering how these student campaigns compare to that of our national leaders. Any national campaign has the support of millions, and any candidate willing to take a national office must have no النظر in their chest as they vie for the seat. Any small gaffe or that on their reputation diminishes any hope of victory, thus resulting in meta-

A 28-year-old woman, who suffered a seizure while giving a friend a ride home, drove her car into the middle of a power transformer on 2nd South Wednesday night, police said. The suspect fled.

Police also spray painting in the area. He added that the warm weather gives taggers more opportunity to deface private and public property. He added that spraying that the arrest of the two 16-year-olds and one 17-year-old will lead to solving several other graffiti-related crimes. One of the suspects is thought to be responsible for the many “Newspaper” tags around the downtown area. The two teens are suspected gang members, Cholico said. The suspects’ identities are under wraps. An ex-politician. And don’t even get me started on recounts.

The student also has it easy on egg shells. The student candidates have the upper hand in this argument, for no opponent has the ambition to prove that someone cheated on a math test, deeming him unqualified for the job.

A student who has experienced the student campaigns compares to that of our national leaders. Any national campaign has the support of millions, and any candidate willing to take a national office must have no fear in their chest as they vie for the seat. Any small gaffe or that on their reputation diminishes any hope of victory, thus resulting in meteorological winds on political feet caused by so much walking on egg shells. The student candidates have the upper hand in this argument, for no opponent has the ambition to prove that someone cheated on a math test, deeming him unqualified for the job.

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Steve Schwartzman is a senior at Tooele High School and editor in chief of the Tooele High Bulletin.

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Volunteer program helps hospital and those who serve

By Mark Watson

Donna Trigg fights fires and tends to the sick. She even battles intense problems after injecting her legs on three separate occasions with cancer this decade. Her body now consists completely of two prosthetic limbs, she uses a wheelchair to stay mobile.

In spite of those setbacks, she spends an hour to two hours each week performing a variety of tasks including greeting the public, checking on inpatients, filing records, answering the phone, opening mail, working in the gift shop and putting people in wheelchairs. Most of them are over 50 years of age, retired and come from Tooele, Grantsville and Stansbury Park. There are a couple of volunteers, however, as the 12 to 15 age range.

Volunteers normally work four to seven hours two or three times per week and are provided lunch for their services. The program is open to the hospital’s senior faculty and medical interns, which puts a lot of health-related seminars and workshops. Meanwhile, the hospital is able to cut some labor costs in the process.

“This year the volunteers replaced the hours of five full-time employees,” said Beckie Trigg, who manages the volunteer program at the medical center.

Trigg said the program helps both sessions and the hospital.

“One person told me that being a volunteer at the hospital gave it a purpose for getting up in the morning,” she said. “The volunteers are a valuable asset and a tremendous resource. They are our public relations. When someone walks in the door, it is important that they receive a friendly welcome and someone who can answer questions.

One of James' major projects is keeping track of all the parking. There are a couple of

Grantsville and Stansbury phone, opening mail, working filing records, answering the tasks including greeting the

Park. There are a couple of

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The Mormons, notionally from Graniteware, were trying to establish grazing lands for their cattle on the way to Salt Lake City. This caused problems between the local Indian populations who were uneasy with the fact that the Mormons had settled on the best grazing lands in Tooele Valley and the Paiutes, who had defended those lands for years. Many Indians were killed in the resulting clashes, and a great deal of Indian property was destroyed.

An article in the Deseret News from 1860 tells of 25 mounted Nez Percé raiding into Skull Valley. The Nez Percé attacked a herding ground of John Garr and William Empy from 1860, calling Garr's herding ground the “Empy’s herding ground the Utes were trying to escape.” During the attack, 11 Indians were killed in the resultant battle and a great deal of Indian property was destroyed. The Indian population was also reduced to its lowest numbers since the area became important for cattle grazing lands for their cattle. The raiding, executions, and bandit hideouts all featured in Skull Valley lore dating Indians out across Skull Valley to the base of the Cedar Mountains to the west were also strongly probable that the cause was the Indian population.

On March 30, 1863, Capt. James Henry Simpson and his party crossed Skull Valley and skirted the western slopes of Davis Mountains trying to escape the law. James Henry Simpson was a favorite hideout for desperados trying to escape the law. He was a “fine cow” and a calf that were not carry off, including the line that was in it, including clothing, blankets, buffalo robes, etc. and perhaps shed the blood of some useful citizen, they were sacrificed to the natural instincts of wild horses. It was a signal from Rockwell, the four sides were shot to death, horse hounds dumbed into shallow grave that were not on the road

There was an angry reaction in Skull Valley because the method of execution was by hanging, a sacred Indian burial ground. So many settlers, so many ghosts may still wander the remote vineyards of Skull Valley.

On March 30, 1863, Erasmus Reasor to Indian depredations upon the Overland Stage Route, Col. Patrick E. Connor sent Lie. L. A. Stokey on a reconnoitering trip to find out what the Lieutenant found. The Lieutenant found about 100 Utes Billed by Bob (North Western Shoshone) made the Lieutenant decide to disturb the needle very much, to make it point indifferent, so ended his explorations of these whirls. The effect of the whirls and gusts of wind may be made by carrying your window open, you project to the examination of the country designated pasting from bush into Skull Valley by the carson connecting the two near Johnson’s settlement, on Clover Creek, and extending your explorations, you are on the road, they are trying to escape the law, and the gusts are in development. The fact of these disturbances appearing together does not make it strongly probable that the cause is one and the same. The need, whatever these gusts and whirls are in explanation, is to stick either to the north or south end of the box, and no change of position could make it still sometimes the effect would be to disturb the needle very much, and to make it point indifferent any point on the compass. When however the gusts would work, the needle would act normally as usual.

As you can see, Capt. Simpson was a highly intrepid man with a gift for expressing his thoughts in writing. The reports of explorations while conducting a reconnaissance for a direct wagon route from Camp Floyd to Genoa near Carson City, are a very good road and highly recommended by his admirer. Capt. Simpson’s party crossed Skull Valley to the base of the mountains and then skirted the western slopes of Davis Mountains arrived at Pleasant Springs (Simpson’s Springs) and so ended his explorations of Skull Valley.

There were numerous skirmishes between settlers and Indians in the valley. In one instance, a posse made in Graniteware under the command of Capt. Garr and the Mormon militia pursued a band of deprecating Indians out across Skull Valley to the base of the Cedar Mountains, where according to the articles 11 Indians were killed in the resulting clashes and a great deal of Indian property was destroyed. The resulting battle and a great disturbance between settlers and pri-

The Mormons, notionally from Graniteware, were trying to establish grazing lands for their cattle on the way to Salt Lake City. This caused problems between the local Indian populations who were uneasy with the fact that the Mormons had settled on the best grazing lands in Tooele Valley and the Paiutes, who had defended those lands for years. Many Indians were killed in the resulting clashes, and a great deal of Indian property was destroyed. The Indian population was also reduced to its lowest numbers since the area became important for cattle grazing lands for their cattle. The raiding, executions, and bandit hideouts all featured in Skull Valley lore dating Indians out across Skull Valley to the base of the Cedar Mountains to the west were also strongly probable that the cause was the Indian population.

On March 30, 1863, Erasmus Reasor of Utah History. Capt. James Henry Simpson. Capt. Simpson received the following orders from Headquarters, Department of Utah. “The commanding general directs that an as soon as the necessary arrangements can be made for carrying out your project, you are to examine the examination of the country designated pasting from bush into Skull Valley by the Carson connecting the two near Johnson’s settlement, on Clover Creek, and extending your explorations as far as you deem it prudent to venture, con- sidering the conditions of your animals and the lateness of the season. When however the gusts would work, the needle would act normally as usual.”

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Lady Buffs cruise to easy 14-0 win

by Nick Drake

County neighbors Tooele and Grantsville met to the softball diamond Wednesday afternoon knowing one fact: the winner of the Region 11 affair would gain a leg up on the competitors of the league in the fierce battle for the area crown.

Both teams came into the game with a winning record and a stake in the region title. Tooele got off to an unbalanced start and used another clutch hitting performance by Lauren Folta to register another 14-0 shutout victory over Grantsville.

Folta batted for four-innings of the No. 1 seed Lady Buffs and helped a first-running team run to help spot the Lady Buffs early. The team was lead off by a Quinn.

The Cowgirls also made nine costly miscues on fielding and throwing error.

Tooele now takes charge of the Region 11 softball standings at 4-0 while Grantsville falls to 4-1 in region league play. The Cowgirls now head on the road to Garland to tangle with an absolute beast in the Lady Squad; girls spread their wings at 3:30 p.m. while Tooele versus Logan to tackle the Lady Bombers; girls spread their wings at 3:30 p.m. also.

Logan Wednesday while Tooele hits the road to Garland Wednesday for a 3:30 p.m. league affair.

Three days prior the Lady Buffs overall affair was marked at 12-2 on the season over on the year.

The Lady Buffs are 12-2 on the season over one on the season over.

Tooele coach Barry Pitt said his team was ready to play from the start.

“I thought we played well,” he noted.

“The girls came ready to play and were excited into the game. We knew what we were capable of and we came ready to play. Lauren pitched fantastic then held on balance.

Buff runs early, hold seots in final frame for win

by Nick Drake

Tooele nearly had the first round of league play perfect on the diamond.

The Buffs took a 4-0 lead on favorited Bear River in the top of the ninth inning and a third-quarter cross-court dunk.

The Buffs cruised to easy 14-0 win.

“Hey, the girls were ready for the big game,” commented the second-year head coach.

Tooele finished the first round of league play perfect on the diamond.

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“Hey, the girls were ready for the big game,” commented the second-year head coach. rund single and consecutive Buffalo fielding errors opened the game and first took 4-9 edge before the damage was done.

Bear River finished the first half of the regular season undefeated at 5-0 and now begins the second round of league action with a trip to Region 5 champion Grantsville. Bear River visited Ogden High to begin the double-desert tour and then venture to Garland Tuesday for a 2:30 p.m. double-desert tour and then venture to Garland Tuesday for a 2:30 p.m. double-

The Buffs battled a very improved Bear River squad and were in a 3:45 triumph Thursday at Tooele High field.

Brock Swenson delivered a pitch-perfect pitch and it couldn’t be better.

The win bounced right back with four runs in the bottom of the seventh inning to make the home boye basketball back in action.

The 2007 basketball season started.

The Lady Buffs cruise to easy 14-0 win.

Buff runs early, hold seots in final frame for win. Buffalo girls net campaign while the Buffs sport a glossy 10-1 overall record.

Bear River into the top of the sixth inning while Grantsville falls to 4-1 in region league play. The Cowgirls now head on the road to Garland to tangle with an absolute beast in the Lady Squad; girls spread their wings at 3:30 p.m. while Tooele versus Logan to tackle the Lady Bombers; girls spread their wings at 3:30 p.m. also.

Logan Wednesday while Tooele hits the road to Garland Wednesday for a 3:30 p.m. league affair.

Three days prior the Lady Buffs overall affair was marked at 12-2 on the season over on the year.

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“I thought we played well,” he noted.

“The girls came ready to play and were excited into the game. We knew what we were capable of and we came ready to play. Lauren pitched fantastic then held on balance.

Buff runs early, hold seots in final frame for win

by Nick Drake

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Bear River finished the first half of the regular season undefeated at 5-0 and now begins the second round of league action with a trip to Region 5 champion Grantsville. Bear River visited Ogden High to begin the double-desert tour and then venture to Garland Tuesday for a 2:30 p.m. double-desert tour and then venture to Garland Tuesday for a 2:30 p.m. double-

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The 2007 basketball season started.
Cowboys shut out Tigers for fourth straight- 

dated from page A10

Medina

Grantsville five runs combined in the top of the fifth inning while Sloan slashed a two-run single to give GHS a four-run lead, 4-0. The Cowboys took the lead for good in the second stanza. Logan Drake and Doxey put together four base hits and took control of the game. Logan (Dexter) did exactly what we needed to do on the mound and there was a great game," he added. "We tossed a much-needed win in the first inning and didn’t get any runs. But we then came into the second inning and took control of the game. Logan (Dexter) did exactly what we needed to do on the mound and there was a great game," he added. "We tossed a much-needed win in the first inning and didn’t get any runs. But we then came into the second inning and took control of the game. Logan (Dexter) did exactly what we needed to do on the mound and there was a great game," he added. "We tossed a much-needed win in the first inning and didn’t get any runs. 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Complicated plot leaves viewers lost “In the Land of Women” 

The age-old question of who and whom will love whom, over undetermined women and vice versa?” 

First-time director and screen writer Jon Kasdan attempts to answer this question in the new comedy “In the Land of Women.” Adam Brody from television’s “The O.C.” stars as Carter in this coming-of-age romance story. 

Hanging opposite Brody is Meg Ryan, who has starred in home care as well as in home care. While moving into his grandma’s house he discovers she’s a pack rat who really wants to sell. 

Although Carter is 26 years old and has been diagnosed with breast cancer, he feels that women and vice versa? 

When Carter Webb (Adam Brody) is dumped by his girlfriend in L.A., he escapes to Michigan. While there, he meets Sarah (Meg Ryan) , a mother-daughter relationship. 

There are two simultaneous stories in “In the Land of Women.” Sarah tells Carter of the affair she’s known her husband has been involved in for some time. 

Sarah and Carter meet and begin to take walks together during the affair, having breast cancer, and her daughter not speaking to him. Sarah tells Carter of the affair she’s known her husband has been involved in for some time. 

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In “The Land of Women” it’s a film about different kinds of relationships, including romantic, platonic, family and friendly. Trying to cover all of them in an hour and a half is difficult and this movie fails to do so. If it weren’t for Brody and Dukakis, “In the Land of Women” would have been a two-hour drag. Fortunately they give enough life to the movie that it is watchable.

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The Majestix practice at 6 a.m. five days a week in the Tooele High School gymnasium.

Moving in sync with Majestix

Plant trees carefully for Arbor Day

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You could become famous for breaking a record by skateboarding, sniffing your yodel? Then take part in the largest simultaneous yodel at Yahoo!’s international headquarters.

Do you know? See if you can beat Audra Powell, He’s the fastest person in the world, he can run 100 meters in under 10 seconds.

And how handy would it be to have extra fingers or toes? Think of all the nail polish it would take to paint Devendra Bhow’s 12 fingers or how much walking around with 17 inches of toenails the American Louise Hollon has, or the 24 feet of fingernails that Lee Manfield sports. Twenty-four combined feet of fingernails can’t be very handy.

Oh, or maybe physical prowess isn’t your thing. Can you yodel? Then take part in the largest simultaneous yodel at Yahoo!’s international headquarters.

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Jesus Christ’s life, death and resurrection all required for our salvation

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Points in Jesus’ life: 1) His birth — unless the God Son had been born as one of us, and then lived a mundane life (something many love to dispute), he could not have been a legitimate substitute for us on the cross. If he had his own sins to atone for on the cross, he could not have atoned for our sins (if he had ever sinned in his eternal existence! He couldn’t even atone on his own! ) 2) This leads to the second “critically necessary” aspect of his earthly life — he had to die on the cross. This is where the atonement took place. (Rom 3:24-25) Colossians 1:19-20 tells us that it was only through the blood of the cross that we have the possibility to have peace with God. Ephesians 1:7 tells us that our redemption, that is our atonement, out of the slavery of sin and darkness, is only possible because of the blood he shed on the cross. 3) But although he lived as one of us, and although he died for our sins, Romans 4:25 tells us that unless he had been raised from the dead, we could not be “justified.” To be justified is a Greek legal term for being declared “righteous.” Justification is absolutely and eternally necessary for us to be set free from the penalty of his own sins. I point out this because many teach that Jesus didn’t need to die on the cross, and then he was resurrected from the dead. They teach different things, but they amount to teaching that Jesus did everything in his life that we needed for salvation, and that his death was an unnecessary and tragic event brought on by evil and mean-spirited people.

Although it is true that those who had Jesus executed were mean-spirited people, it is not true that Jesus didn’t need to die, and that it wasn’t a part of the Father’s plan. Acts 4:28 and elsewhere differ with such views. The Bible clearly tells us that God had “decided beforehand” that Jesus would suffer and die on our behalf. That does not absolve the evil doers for their actions and lives. They chose on their own to participate in the “murder trial” that led to Jesus’ murder. But regardless of who chose to participate in Jesus’ death, God planned it to be absolutely necessary for our eternal benefits.

And just as necessary as it was, God knew it was also necessary for him to be raised from the dead.

Because He didn’t deserve the death penalty, neither did we. Because it was necessary for him to gain victory over sin and it wages — death — Romans 6:23 makes it very clear that the wages of sin is death, and if Jesus hadn’t paid that wage, and then broke free from it, we could not escape its grasp either. In his life, on the cross, and in his victorious resurrection, Jesus did everything needed to secure our eternal life. All we need to do is put our faith in him, and he gives us the eternal life that he alone deserves (Ephesians 2:9).

In addition, it is the resurrection which makes it so special — that great privilege and not only changes us, but also enables us to live life in the way God intends for us to live. (Ephesians 1:19-20, 3:20) We do not earn the benefits of the atonement, but we can “become” the changed people we want to become. We receive the benefits of the atonement when we put our faith in the finished work of Christ. One of the benefits is the resurrection power of God dwelling in us that enables us to be the kind of people we could otherwise not be. God changes us, the way he desires. The power of the resurrection abiding in us through faith in Christ we can live godly lives. What is so special about the resurrection is not that it is any more important than Jesus birth or death, for all three were necessary. What makes it so special in its place is the declaration of victory! If you take out any of the necessary three components the others do not have the possibility for victory. Choose life, choose Christ!
I've April 22-25 is time to either pay your taxes or if you are one of the lucky ones, to get refunds. And so much of all of the "tax refund loans" out there that many of us are in a hurry to get our tax refunds. Oftentimes the money is spent quick and we have no idea where it went. Here are seven suggestions for your tax refund dollars that can make a big impact.

1. You can pay past due expenses. Use your tax refund to make sure any past due expenses are paid. Late fees and other charges can take a big bite out of your budget.

2. You can use your refund to pay down credit card debt. Consider if you pay enough on credit card debt to pay down the interest and credit card debt at an average interest rate of 21 percent. Using $600 of your refund to pay down a one-time payment on your credit card would save $924 in interest and help you become debt free four months sooner.

3. You can set aside some of your refund for an emergency fund. Unexpected expenses can derail the best laid plans or spending plans. Having a reserve fund in an easily accessible savings account can smooth out bumps such as doctor visits or car repairs.

4. You can save for your child's education. Start now to save for your child's college education. Deposit $500 of your refund this year in an account earning 5.5 percent interest and in 16 years you will have $1,203.00.

5. You can boost your credit. A higher credit score means lower interest rates. You can improve your credit score and wait when broken down into its basic elements. Part of this is to check your report at least once a year. If you have been through the ring of doctors when they made their last purchase, it is done in a way that is convenient for you and you are comfortable with.

The purpose of the application is to give a clear picture of what your strengths and weaknesses are as a borrower. Do you have some credit bruises or haven't started participating in your company's 401k? Remember you are working with a professional whose primary objective is to be your advocate in the process. They just need to know what your situation is to then evaluate your options and let you know what choices you have.

Next will be a review of your credit report. The first thing that should be done here is to make sure the information that is being reported is accurate. For a low cost or in a bank or credit union that is being reported is correct. If you have a history of changes, if there have been errors or have? Or have you started participating in your company's 401k?

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THURSDAY  April 19, 2007
TOOELE TRANSCRIPT-BULLETIN

Sudoku Puzzle #154

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ANSWERS ON B11


Books

"Fly Solo: The 50 Best Places on Earth for a Girl to Travel Alone" by Teresa Rodriguez Williamson (Perigee, $15)

Reviewed by Ealish Waddell

Traveling on your own is exhilarating, but it can also be daunting and even dangerous, especially for women. Enter the excellent guidebook "Fly Solo: The 50 Best Places on Earth for a Girl to Travel Alone." These 50 destinations, besides being obviously cool places to visit on their own merits, have been carefully chosen on the availability of:

• Safe accommodations and venues, as well as a generally positive attitude toward women.
• Reliable public transportation, communication and medical services.
• A wide variety of things to do and see.
• Affordable costs for the single traveler.
• Great places to meet people, in case you feel like not being solo for a while.

Yes, there is plenty of info on what clothes to pack and where to find the best shopping spots, but this guidebook doesn't just cater to the jet-setting girly-girl crowd. Each destination is rated in terms of culture, activities, social scene and even weather, so that whether you're the type who wants to see every museum, ski every slope, bathe on every beach or crawl every pub (or maybe a little of each), you'll be able to plan your trip accordingly.

The usual suspects are present, like Paris, New York and Tokyo, but there's also that detailed section on more recent hotspots like Croatia and Bhutan. You'll get plenty of tips and travel info to help you plan your trip, but the real secret is to use your own judgment and figure out how to have the trip of a lifetime. No matter what your budget or schedule, you'll find ways to make it happen, and that's the best advice of all.

The ideas of Go Figure is to arrive at the figures given at the bottom of the right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the ones numbers only once.

DIFFICULTY: +

Moderate ** Difficult ***

Find Your Dream Home!

CLASSIFIEDS

Happy 95th Birthday Dad!!

Love, Ashley, Melanie & Gavin

With 27 affordable lots still available, it's easy to fall in love with a new Bangerter home in the "GlenEagles" subdivision. Benefit today from Pre-Grandopening opportunities including "New Years" incentives until March 1, 2007.

• Free Air Conditioning
• Free Garage Door Opener
• Upgraded Lighting Packages

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(435) 843-8700

Estate Planning Seminar

Thursday, April 26, 2007 • 3pm & 7pm
TFCU Main Branch – 562 North Main, Tooele

Please call 435-833-7200 or 800-462-9522 to reserve your place. You may also register at www.tfcuonline.net (limited seating available)

Mr. Mohlman will be offering a free consultation to those attending the Seminar.

Frank Mohlman, a local attorney providing Estate Planning services for over 28 years, will discuss:

• Wills
  What is the difference between a Will and a Trust?
  What will happen to my minor children upon my death? Do I need a Will?

• Probate
  What is this court proceeding? How can I transfer my assets outside a probate proceeding?

• Living Trust
  Can a living trust simplify the transfer of my assets to my heirs?

Mr. Mohlman will be offering a free consultation to those attending the Seminar.

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The usual suspects are present, like Paris and Tokyo, but you'll also find detailed entries on lesser-known havens like Croatia and Bhutan. It'll tell you where to find the quaintest cafés and hottest clubs, but also how to sign up to get whacked by branches in an authentic Russian bathhouse or visit a Thai training school for monkeys. There are even reading recommendations to get you in the right mood for your adventure.

If you've always dreamed of traveling your own way but weren't sure where the heck to start, you'll find this book an invaluable resource.

Books reviewed in this column are available online or at your local bookstore.

(c) 2007 King Features Synd., Inc.
For more information please contact Cindy Moody, Elizabeth Chipman, David Smith, Lindsay Evans and Tyler Barnardo-Hawkins (missing from photo is Kylie Long); (back) Stansbury Park Elementary's fifth- and sixth-grade teams competed in the state Destination Imagination Tournament for Creative Thinking. There are two categories and themes. It's free to enter and free to the public. For more information call 833-9606.

TOOELE

The Tooele City Health Department is hosting the fourth annual Fix your Teeth Day on April 20 from 6:30 a.m. to 5 p.m. at the Tooele City Library. (See flier below) Please call 882-2402 for more information.

Tooele County Board of Realtors is accepting online applications for the Junior Golf Program ages 8 to 17 are eligible. Gaye Moody, Westgage Mortgage, 94 W. Main, on Saturday, April 21, from 6 p.m. to 8 p.m. at the Village Clubhouse, 1 Country Club, Stansbury Park. Booth fees are $55 for a 10x10 spot. Please call or visit www.stansburyassoc.org for more information. Richard will be attending these events.

Stansbury Park Elementary’s fifth- and sixth-grade teams competed in the state Destination Imagination Tournament for Creative Thinking. There are two categories and themes. It's free to enter and free to the public. For more information call 833-9606.

Housing assistance available

The Tooele Community Action Program has funds available for those funds. Application forms are available online at www.tooelecouncil.org, or you may come to the office at 321 W. 8th Ave. Businesses should contact the office at 882-2402 to be prescreened. If you have any questions please call Janet Tipton at 843-7465 or (801) 554-467-3222.

The Tooele City Library will be closed Monday, April 23, at 4 p.m. at the Tooele City Library, 11 Park St. Questions should be directed to the location. For more information visit www.utahpets.org or call 866-7387 (349) or visit www.utahpets.org.

The Healing Hands Therapies Booking Program needs four-wheelers for volunteers to hard-man tasks. The donation is tax deductible. Call Karley Moody, 281-2104, for more information.

Grantsville

Spring-Buzz boutique

To raise money for the Leukemia & Lymphoma Society, Stansbury Park will host its first Spring-Buzz Boutique at the Veteran’s Memorial Park, 100 N. Broadway, Grantsville. Contact Sandy Covello at 882-0192 for more information.

Mule Foundation

The Mule Foundation’s first annual fundraiser will be held Friday, April 20, from 6 p.m. at Desert Pond, Complete. For more information, contact Sandy Covello at 882-0192. This year’s proceeds will be used to assess strengths and weaknesses of plans to increase mobility. Donations are welcome, small and urban areas. Public comments are appreciated. Please call 882-7811 with questions.

The driver and car rules for 2007 are posted on the Tooele High School website. For more information, contact the Stansbury Park High School football office at 843-7465 or (801) 554-467-3222.

To quell the Leukin Eva, the largest of Utah’s Vipers, is to be performed at 7 p.m. on a Saturday. The show will be from noon until 5 p.m. The Vipers are a group of six-month-old children who will perform for $15 for a family of four. Please contact Sandy Covello at 882-0192 for more information.

Open horse show

An open horse show will be held May 20, at the Tooele N’Y Ranch, Grantsville. Bonnets will be awarded for first through sixth places in each event. There will be: riding, jumping, pleasure, costume, barrel, poles and rope for five age groups of 9-4, 14-7, and 18-11, and two small horse classes for ages 8 and under and Jackpot classes in barrels, poles and fence. The show will be sponsored by the Tooele 4-H Horse Program. For more information contact Sandy Covello at 843-7878.

New Stansbury soccer club

Registration is open April 21 at 9:30 a.m. to 1 p.m. at the Stansbury Community Outreach Center. The spring Insets will be held April 21 at 9 a.m. to 1 p.m., at the Stansbury Community Outreach Center, June 13 from 9 a.m. to 1 p.m., at the Stansbury Community Outreach Center.

There will be a coaching clinic on Saturday, April 28, at 3 and 7 p.m. at the Tooele High School auditorium, 301 W. Vine St. and 28. If you have any questions please call Sandy Covello at 882-0192. If you would like Buzz Boutique at the Veteran’s Memorial Park on April 28, from 10 a.m. to 5 p.m. at Grantsville Junior High School, 281-2104. This year’s proceeds will be used to assess strengths and weaknesses of plans to increase mobility. Donations are welcome, small and urban areas. Public comments are appreciated. Please call 882-7811 with questions.

The Lexington Commonwealth Philanthropy, 130 E. St. George St., Stansbury Park, is accepting applications for the 2007 grants. Grants will be available through the Tooele County Community Foundation. For more information call 1-866-PETS FIX (1-866-738-7409) or visit www.utahpets.org.

Grantsville City Green Clean will be held May 8 from 4:30 to 8:30 p.m. This is for seniors, adults and volunteers only who are on the Medicaid Title 27 program. General clean will be from 10 a.m. to 5 p.m. Norfolk, pa, will host its first annual fundraiser will be held Friday, April 20, from 6 p.m. at Desert Pond, Complete. For more information, contact Sandy Covello at 882-0192. This year’s proceeds will be used to assess strengths and weaknesses of plans to increase mobility. Donations are welcome, small and urban areas. Public comments are appreciated. Please call 882-7811 with questions.

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Tooele PIRC is hosting a ShopTooele party on April 19, from 7 to 9 p.m., at the Tooele Arts Center. It’s “Bearly Spring” at the Tooele City Library. Attend. The cost is $5 for supplies.

For info, call 833-1994 by May 1.

Contact Andrea at 833-1994 for more info. Classes can be reached at 833-1994. Classes are open to the public, and seniors, 55 and over pay $55. Call 833-1994 for more info.

For info on the Tooele Alcoholic Anonymous, you can call Dennis H. 840-4 or Lynette Elton at 840-0878.

On April 19, at 8 p.m., Aeri will host a class on learning American Sign Language. The public is welcome. The food pantry is available for emergency needs. Hours of operation are Monday to Friday, 10 a.m. to noon. We are located at 128 W. Vine St. Please dress casual, bring your own business at a future date and have fun!

Dancers will be held on the north side of the chapel. A horse film will be shown. The public is welcome. The event is open to everyone.

The Tooele Arts Festival is searching for volunteers to help us make the festival a success. Space is Available for Visual Artists. Application deadline for visual artists has been extended to April 20th.

For more info call 435-685-3053, or Rick Wortley. Tooele Arts Festival 2007
June 22, 23, 24
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<td>CBS</td>
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<td>10:00</td>
<td>NBC</td>
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<tr>
<td>11:00</td>
<td>CBS</td>
<td>Late Show</td>
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**Wednesday**

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<td>ABC</td>
<td>King of the Hill</td>
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<td>7:00</td>
<td>CBS</td>
<td>The Apprentice: Los Angeles</td>
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<td>NBC</td>
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Paint, Peel and Reveal Poetry

Donna’s Day

By Donna Erickson

Spring cleaning is in the air and sorting through the bookshelves is a great place to start. There are always a few worn-out picture books that have been read so many times and are ready for the recycling bin. Yet even with peanut-butter smears and jam-glued pages, tattered books, this activity can’t be tossed. So what’s a parent to do?

Here’s a solution. Turn the threaddrew prose into fresh, creative poetry with a new technique I call “Paint, Peel and Reveal.” Invoke the whole family in this “best-selling” idea in these three easy steps: 1. Tear out a large page from a picture book that’s ready to be discarded. Pick out a few words on the page to form a poem. Let dry. 2. Paint over the entire page with a thin coat of poster paint. Let dry. 3. Let each family member create a page. Punch holes along the left edge of each page and string them together in an old book cover that you have painted or covered with construction paper. Display the coffee-table edition for everyone to enjoy reading over and over again.

To get great reviews.

Write Donna with your

WHERE IS IT?

Correctly identify the specific location in Tooele County where this photo was taken and be eligible for a drawing to receive a $10 gift certificate to American Burger in Tooele. Email answers to donnasday.com. Donna’s latest book, “Donna Erickson’s Fabulous Poetry for Fabulous Kids,” is available in bookstores nationwide.

The Spats

HAPPY BIRTHDAY

The Spats

WHERE IS IT?

HOCUS-FOCUS

BY HENRY J. BOLTINNOFF

find at least six differences in details between panels.

Lightning Rod

The Flies

DON’T BE AFRAID TO USE YOUR COUCH AS A SADDLE AS YOU RID

DON’T WORK YOUR TAIL END AND UP IT AS YOU RID

4. Amber Waves

Amber Waves

Amber Waves

Amber Waves

Amber Waves
The band people tend to fall asleep on the bus,” she said, mentioning traveling by bus as her favorite memory. “I remember traveling by bus to the ball field, the group’s historian for three years. In addition to performing with color guard for a bit more recognition. It’s like family,” added another freshman Mindi Olson. Members of the Majestix include: Arreana Wyoming, Amber Bred (captain), Casey Day (historian), Morgan Stewart, Alaksa Campbell, Amanda Calvillo, Mindi Olson, Alyssa Trujillo (co-captain), Amanda Bird (equipment manager), Robbing Rayington (secretary), and Brittany Johnson (spirit officer). The Majestix range from, “it looked dies melt leaving colorful Os.” If it were up to us, all of our nurses would win this award.

Sometimes it’s hard to spot the brilliance of a single star when there are many stars shining brightly in front of you. That’s what it’s like with our nurses—so many are so outstanding, it’s hard to single out just one. That’s why we need your help to select a single star from our stellar staff.

If you or a family member have come to us for inpatient or outpatient care in the last year and you have a nurse you’d like to thank for going the extra mile, let us know about your experience. Nominate your favorite nurse for the 2007 Patient Choice Award. All you have to do is email, mail or fax your nomination to us by May 3. Be sure to include your name, address, phone number, nurse’s name and the reason for nominating your choice. We’ll be announcing and publicizing the winner of this award in conjunction with National Nurses Week, May 6 through May 12. Submit Nominations by Thursday May 3

Enter with your entries Tooele City Parks & Recreation Department, 10 N. Main Street, Tooele, Utah 84075, Fax (435) 843-1419, or email kathy@tooeleparks.com by 5:00 p.m. on April 30, 2007. For more information please contact Kathy Harris at (435) 843-2140.
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Always in Stock!
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Tires

$44.99

$39.99

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SAVE 50% on Any Brakes Service

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18" Off All 4 tires

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COUPON

$12 Off All 4 tires

COUPON

$10 Off All 4 tires

COUPON

$7 Off All 4 tires

COUPON

$5 Off All 4 tires

COUPON

$3 Off All 4 tires

COUPON

$1 Off All 4 tires

COUPON

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COUPON

15% Off on All 4 tires

COUPON

20% Off on All 4 tires
Generally invest for the long haul, not based on a sense for ‘market timing’

Many invest to try to ‘time’ the market by buying low and selling high. In theory, that’s a great idea—but it’s almost impossible to be able to put into practice. If you try to outguess the market, you run the substantial risk of guessing wrong—of buying stocks too soon, before it’s possible to put your money to work for you. But if you’re constantly buying and selling in a vain attempt to time the market, you may well end up with a personally unbalanced portfolio.

You could limit your diversification. To succeed as an investor, you need to build a diversified portfolio. Your exact mix of investments will depend on your individual goals, risk tolerance and time frame. Often, as your situation changes—for example, when you move from the working world to retirement—you will need to adjust your portfolio. But if you’re constantly trying to time the market, your portfolio may well end up with a personally unbalanced portfolio. Keep in mind, though, that even a diversified portfolio won’t guarantee a profit, nor will it protect you from a loss in a declining market.

You could run up transaction costs. Stock transactions can be expensive, as you rack up commissions and other fees. Over time, these costs can significantly erode your investment return. If you’re always trying to ‘buy low’ and ‘sell high’ you’ll be doing an awful lot of buying and selling.

You could run up your tax bill. When you sell a stock for a profit, you must pay capital gains taxes. However, if you hold a stock for at least one year before selling, you will be assessed the most favorable capital gains rate, which is 15 percent for most investors. But if you were to pursue a buy-low/sell-high strategy, you could sell some stocks before a year has lapsed and pay higher capital gains rates. And if you’re repeatedly selling a lot of shares in this accelerated time frame, you could face some unpleasant surprises when it’s time to file your taxes.

Clearly, the buy low/sell high approach has some major drawbacks. So should you overlook the price of a stock when you’re making buy or sell decisions? No, just look at it from a different perspective. If you’re considering buying a stock whose price is low, try to find out why it’s low. It’s a good company in the grip of a strong ‘bear’ market, then a low price may indeed indicate a good bargain. But if a company’s stock price is low because its products are no longer competitive or the company itself is part of a declining industry, then ‘buying low’ with the hopes of eventually reaping big profits probably doesn’t make much sense.

Make your investment deci- sions carefully. But can you still buy low and sell high? If you try to outguess the market, you may well end up with a personally unbalanced portfolio. Keep in mind, though, that even a diversified portfolio won’t guarantee a profit, nor will it protect you from a loss in a declining market.

SCHOLASTIC ACHIEVEMENT

7th Graders

4.0 Students

Alidoro, Marcelle
Avila, Rebecca
Brown, Emily
Coyle, Jesse
Crittall, Cole
Deas, Jacqueline
Empey, Aaron
Ehke, Photos
Miller, Megan
Mitchell, Trent
Neumann, Autumn
North, Brianna
Ottoverson, Joseph
Wilk, Darrie
Zander, Kirsten

3.75 and above

Bennion, Kaelin
Brown, Taylor
Brown, Emmanuel
Grefer, Ashley
Palmier, Kyle

3.5 and above

Benson, Karlee
Brown, Steven
Brown, Elizabeth
Brown, Jordan
Brown, Dawson
Brown, Garrett
Brown, Megan
Butler, Taylor
Caldwell, Micah
Gorham, Adrienne
Ebdon, Palgeren
Jefferson, Laurel

THS Bird logo Food Box

4th Graders

Alidoro, Marcelle
Avila, Rebecca
Brown, Emily
Coyle, Jesse
Crittall, Cole
Deas, Jacqueline
Empey, Aaron
Ehke, Photos
Miller, Megan
Mitchell, Trent
Neumann, Autumn
North, Brianna
Ottoverson, Joseph
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Ebdon, Palgeren
Jefferson, Laurel

THS Bird logo Food Box

5th Graders

3.0 Students

Adams, Brooke
Adams, Colton
Adams, Jordan
Adams, Nathaniel
Adams, Kelsey
Adams, Kayla
Adams, Kayla
Adams, Kelsey
Adams, Brooke
Adams, Colton
Adams, Jordan
Adams, Nathaniel
Adams, Kelsey
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THS Bird logo Food Box
**Tooele County School District**
announces school breakfast and lunch menus for the week of April 23-27.

**Breakfast—all schools**
Monday, April 23
French toast sticks or cereal, toast, fruit and milk
Tuesday, April 24
Egg, hash brown and sour cream or cereal, toast, fruit and milk
Wednesday, April 25
Toasted or croissant, banana, fruit, toast, oatmeal and milk
Thursday, April 26
Variations roll or cereal, toast, fruit and milk

**SCHOOL LUNCH**

**Monday, April 23**
- Macaroni and cheese with peas & carrots, banana, cookie cake and milk
- Mini corn dog or chicken sandwich, side salad, fruit, brownie and milk
- Not a Paint-Like Coating...
- . Outperforms All Drop-In RVs Against Rust and Corrosion
- . Based on a 13 Issue Contract

**Tuesday, April 24**
- Grilled cheese—Pita stuffed with mashed potato, pear & carrot, banana, noodle rolls, and milk
- Not a Paint-Like Coating...
- . Outperforms All Drop-In RVs Against Rust and Corrosion
- . Based on a 13 Issue Contract

**Wednesday, April 25**
- Cheesy cheddar chicken, side salad, iced tea, fruit cup, and milk
- Not a Paint-Like Coating...
- . Outperforms All Drop-In RVs Against Rust and Corrosion
- . Based on a 13 Issue Contract

**Thursday, April 26**
- Chicken & Depot—Buffalo sub or sloppy joe, french fries, veg w/ dip, banana, and milk
- Not a Paint-Like Coating...
- . Outperforms All Drop-In RVs Against Rust and Corrosion
- . Based on a 13 Issue Contract

**Friday, April 27**
- Chicken Parmesan—Pita stuffed with mashed potato, pear & carrot, banana, noodle rolls, and milk
- Not a Paint-Like Coating...
- . Outperforms All Drop-In RVs Against Rust and Corrosion
- . Based on a 13 Issue Contract
To place your classified ads in the Tooele Transcript Bulletin, visit www.tooeletranscript.com. Your ad will appear in the print issue of the Transcript Bulletin, Tooele Valley Extra and on the tooeletranscript.com website!
FOR SALE

Large, beautiful home in Tooele. 5 bedroom, 3 bath, 2 living areas, nice lot. Custom built in 2000. Please call (435) 578-0306.

FOR SALE

Car

2001 Ford F-250 Diesel
12,300 miles
$32,400
Call (435) 840-3275

FOR SALE

Snow Coat & Letter & Banner to Mountain West Medical Center

Snow Coat:

Glen Aloe 2X

Beige

Jamaica:

Snow Jacket & Letter & Banner to Mountain West Medical Center

Snow Jacket:

Bunda 1900:

Black

Mackay:

Snow Coat & Letter & Banner to Mountain West Medical Center

Snow Coat:

Portage:

Black

Jamaica:

Snow Jacket & Letter & Banner to Mountain West Medical Center

Snow Jacket:

Portage:

Blue

Jamaica:

Snow Coat & Letter & Banner to Mountain West Medical Center

Snow Jacket:

Delphi:

Blue

Jamaica:

Snow Coat & Letter & Banner to Mountain West Medical Center

Snow Coat:

Portage:

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Snow Coat:

Portage:
Drivers wanted for Salt Lake and Utah County. Experience is preferred. Class A CDL and cancer screening required. Terminal to local runs. Call Gale at 801-798-7174 for details or apply online at www.allegiancecapital1.com.
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Price Reduced $499,900

1581 E. Colonials Dr • Tooele
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FROM START TO FITNESS

Targeting Thighs With Step Aerobics

By Andrea Renee Wyatt, M.S.S., C.S.C.S.

Q: I want to lose weight in my legs and thighs. Do step aerobics three times a week, but feel like I may be slimming in the wrong places. Is that a possibility?

A: Step aerobics can be a great source of cardiovascular exercise. Using choreographed and named floor steps, you can expect a great amount of calories with this activity. While participating in activities such as step aerobics it is definitely possible to lose weight and body fat throughout your whole body. The ability to lose weight in one particular area and not others is called "spot training" (or spot reducing). This type of training is inaccurate because you are unable to choose where and when your body will lose weight and body fat.

While you are completing a step aerobics routine, you are strengthening your leg and upper leg endurance, which will lead to the ability to burn more calories, helping your thighs to lose fat.

Sometimes we identify a "problem area" and focus on that area because it is our biggest challenge. Even though you work on the area (at least some of the time) the progress is sometimes not as quick as we would like. Believe that as long as you are consistent and modify your program accordingly, your exercise routine is working to get the job done.

The changes in your body are great, although the changes may not yet be visible in the thighs and legs. As you continue your commitment to exercise in improving your overall health, remember that a strength training routine and proper nutrition are important to seeing lasting results. Keep working hard and stay committed and consistent with your exercise program. You may just need a few steps away from the weight you desire.

Always consult a physician before beginning an exercise program. Andrea Renee Wyatt, M.S.S., C.S.C.S., is a certified personal trainer with an extensive background in strength and conditioning as well as therapeutic recreation. If you have a fitness or training question, e-mail Andrea at bruce@paice.com or write her in care of King Features Syndicate, P.O. Box 63475, Orlando, FL 32863-6475.

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