**Deseret Peak pool to reopen Saturday**

**by Tim Gillie**

**STAFF WRITER**

The swimming pool at Deseret Peak ComplexScoped to close Wednesday after-

noon like a hibernating bear awakening af-ter a long winter’s rest.

Maintenance crews power washed the pool’s deck and plastic from chairs. Lifeguards did emergency drills in the water to complete safety training. Trusses from the county fell during construction of a fence around the pool’s volleyball court. And health department officials tested the water.

The largest single-piece outdoor pool in Utah will open with a new name at noon on Saturday, after being closed last year due to Tooele County’s financial struggles.

For $5,886 a year for the next three years, the pool at Deseret Peak Complex will be leased to the Energy Solutions Aquatic Center.

The new name is part of a three-year agreement that Tooele County, Cedar City and the city of St. George are pursuing for their public pools to open together on Tuesday night.

“Energy Solutions is deeply commit- ted to the county,” said James Miller, Energy Solutions vice president and gen- eral manager of the company’s Clovis facility. “We are pleased to be part of the effort to open the aquatic center.”

Closed in 2013, the popular pool had been operating with an annual deficit.

**SEE POOL. PAGE A3 ▶**

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**Memorial Day activities set for weekend**

**by Emma Penrod**

**STAFF WRITER**

Tooele County will offer a variety of Memorial Day activities for locals without traditional public events.

After the success of last year’s inaugural Memorial Day 5K, the Friends of the Clark Historic Farm in Grantsville has expanded the tradition with a host of auxiliary events this year.

In addition to the 5K, which will visit past 40 historic sites and end at the Clark Historic Farm, the Friends of the Clark Farm will host a Memorial Day Flagtops break and a tour of historic Grantsville.

The breakfast will cost $4 a plate and will run from 8:30-11:30 a.m., during which time the Friends of Clark Freedom Walk — a sidewalk display of quotes about freedom, the constitution and tributes to veterans — will also be open to viewing, said Laurie Hurst, president of the Friends of the Clark Historic Farm.

The county will offer a variety of weekend travel plans.

“Those who pre-register at www.clarkhistoricfarm.org will receive a brochure detailing the historic sites that the runners will visit,” Hurst said.

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**Budget board wants policies**

**Advisors also ask county to perform financial audits**

**by Tim Gillie**

**STAFF WRITER**

The Tooele County Budget Advisory Board has weighed in with action recommendations for the second time since being convened.

At Tuesday night’s county commission meeting, Toby Lee, a member of the advisory board, listed four items the nine mem- ber board wants the commis- sioners to adopt as soon as pos- sible.

They include written financial policies and procedures, internal financial and performance audits, a multi-year budget and authorizing the municipal ser- vices tax.

“The county does not have any established financial poli- cies and procedures that can be followed universally across departments,” Lee said.

The county does have a pur- chase policy that is not equally interpreted and applied in all departments, he added.

“Written policies need to be adopted in the form of code,” Lee said.

**SEE BUDGET PAGE A6 ▶**

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**New contract gives teachers a small raise**

**by Tim Gillie**

**STAFF WRITER**

Teachers in the Tooele County School District will get a slightly larger paycheck when they head back to school this fall.

The district board of education ratified a contract agreement for the 2014-15 school year with the Tooele County Education Association.

The agreement calls for fully funding normal salary schedule increases, called steps and lans, on Tuesday’s current salary schedule.

“This was the first full step increase for teachers since the 2011-12 school year,” said Rick Harrison, TEA nego- tiations chairman.

The salary schedule chart is composed of an array of salaries in columns and rows.

Move down the rows, and salary increases with each step down. The steps are awarded for each year of expe-

“Teachers’ salaries also increases as they move across the board. Good teachers want to be excellent,” Harrison said.

**SEE RAISE PAGE A3 ▶**

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**WEATHER**

**See complete forecast on A3**

**AIR QUALITY**

**See complete forecast on A3**

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Local Pilates instructor overcomes back injury

See B1

Local eye doctor uses image device to detect early cancer

See A3
Local museums set to open for Memorial Day, summer tourism

By Emma Penrod

Memorial Day will once again mark the beginning of Tooele County’s summer season, with the opening of local museums. In Grantsville, the Grantsville Museum and the Ophir Historic Museum, and in Tooele City, the Reed Museum and the Dugway Museum, will celebrate a combined season opening on Memorial Day, with both museums opening from 9 a.m. to 1 p.m. on Monday, said Carol Lougy, director of the Grantsville Dugway Museum.

The Grantsville Dugway Museum has several new exhibits this summer, Lougy said, as well as new activities. “We have a pretty full muse- um, so there’s a lot to look at,” she said.

After Memorial Day, Lougy said a collaboration between the Dugway and the Dugway-Benson Museum should make it possible to open both museums to visitors on a regular basis.

For the next several years, the museums will only be opened by appointment only for private tours, because the muse- ums have not had enough trained volunteers to serve the number of visitors.

Both the Grantsville Dugway Museum and the Tooele County Museum, which is located in the basement of the J. Reuben Clark Federal Building, and the Dugway-Benson Museum will hold regular hours every Saturday from noon to 4 p.m. after Memorial Day, Lougy said. The museums may also open with extended hours for special events this summer.

Likewise, the Tooele County Museum, located in Tooele City on Vine Street, will also open for the season beginning this Friday. The museum will be open Friday, Saturday and Monday in recognition of Memorial Day.

In Tooele City, the Reed Museum and the Ophir Historic Museum will open on May 31. The historic museum will operate by appointment only from 9 a.m. to 4 p.m. every Tuesday from May 27, and will hold regular hours from 1–4 p.m. every Tuesday thereafter. It’s just prolonging the life of the roads, so that’s what this project is doing,” he said. “This is just basically to keep the roads passable, so it’s routine maintenance.”

The Tooele County Museum and the Ophir Historical District, of which the museum is a part, was opened in 1877. The museum is located in the basement of the Tooele County Courthouse, and is open from 9 a.m. to 4 p.m. every Tuesday from 1–4 p.m. every Tuesday thereafter. It’s just prolonging the life of the roads, so that’s what this project is doing,” he said. “This is just basically to keep the roads passable, so it’s routine maintenance.”

In addition, Broem said the Tooele Dugway museum encourages the use of its facilities for group tours, civic events, and family history research this sum- mer. For example, the museum will host a scout court of honor for the Woman’s Auxiliary of the American Legion.

Lake Point interchange may see traffic congestion due to project

By Lisa Christensen

Drivers who use the Lake Point interchange will need to brace for a little more traffic starting next week.

Beginning Tuesday, the Utah Department of Transportation will repair some concrete on the five-mile section of Interstate 80 near the exit 36 interchange. Repairs will take place between 7 a.m. and 7 p.m. through May 31, unless the project is completed earlier, according to information released by the agency.

The project will result in lane closures on I-80 from 1–4 p.m. every Thursday from June 4 to July 2. Thereafter, the project will operate from 7 a.m. to 7 p.m. Monday through Saturday, until the project is completed on or before July 31.

The museum will be open during the construction, which is expected to last until mid-August. The museum is located at 206 North Main Street in Tooele City.

The Tooele City Police Department responded to a report of the woman being attacked in a fight at about 2 p.m. Tuesday.

On Monday, officers from the Tooele City Police Department responded to a report of a fight in the southwest area of the city, where they found a puddle of blood on the floor of a woman’s home, according to a Tooele City Police Department press release.

A woman’s body lay on the floor of a woman’s home, according to the press release. The woman was later taken to the hospital in a private vehicle, according to the statement, and was treated for injuries sustained in the fight. She was later pronounced dead at the hospital, according to the press release.

The Tooele City Police Department released a statement on Monday, saying that the investigation is ongoing.

The Tooele City Police Department and the Tooele County Coroner’s Office are currently investigating the incident.

Woman arrested for allegedly hitting another woman in head with shotgun

By Lisa Christensen

A woman accused of allegedly hitting another woman in the head with a shotgun was arrested and charged for alleged assault.

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Ophtalmologists in the future may identify early signs of cancer with a digital imaging technique that takes just a matter of seconds.

It may sound like science fiction, but the medical technology already exists, and a local ophthalmologist recently reported it's early indicators of cancer—eyes.

Sarah Wiggins, doctor of optometry and Oquirrh Mountain Eye Care in Tooele, has detected cases of cancer in the six weeks since she acquired a new device that allows users to capture wide-angle digital images of the back of the eye.

Through training to allow ophtalmologists to view the back of the eye without dilation, Morrill said the device can detect signs of high blood pressure, high cholesterol, diabetes and other conditions in addition to eye-related diseases.

Since bringing the Optimap to practice, Morrill said he has discovered previously unknown abnormalities in nearly half of the patients who have opted to try the new scan.

"Many cases—essentially just by looking on the eye, he said. But in some cases, Morrill said, he has seen rare conditions that have triggered him to refer patients to their regular family doctor.

In one such circumstance, Morrill said, the Optimap images led him to see a series of small tumors that were rolling from growing into the retina. The patient ultimately lost his vision to the tumor, Morrill said, but the operation probably saved his life.

In another case, Morrill said he noticed unusual variegated coloration in the eye that he later discovered were early symptoms of leukemia.

"I can't imagine practicing without this new scan," he said. "There's no way I could do an exam justice knowing that was there."

But the technology behind the Optimap isn't especially new, Morrill said. Recent scans have been available for nearly a decade but, he said, until recently that continued technological improvement made the device affordable for a practice such as Oquirrh Mountain Eye Care.

"It's still not cheap, though. The Optimap came with a $500,000 price tag," Morrill said, and it took months of planning to receive their regular family doctor.

"The important thing is incorporating the new technology into our practice. This eventually is going to be the standard of care," he said.

Ideally, Morrill said, he'd like to see insurance companies cover the cost of the scan so it can become a standard pre-diagnostic exam. It has the potential to save your life, he said.

By Emma Penrod

Local star guests looking to kick off the summer might be disappointed by this weekend’s events.

The Salt Lake Astronomical Society has planned a Memorial Day Weekend Star Party at the Stansbury Park Observatory Complex this Sunday from dusk to 11 p.m. So long as the weather holds, attendees should be treated to spectacular views of Mars, Jupiter, and taurus, and possibly a new supernova that just appeared this weekend, said Patrick Wiggins, a Solar Systems Ambassador for NASA.

"There will be lots of fun things to look at, both planetary and deep space, as we call that," Wiggins said.

Wiggins said he had no tigers crossed for a good turnout this weekend, but acknowledged it would depend on the weather. If a large amount of people who had turned out from the weekend's weather held in full as it was in the forecast for this Saturday.

"Either way, with a small crowd a larger number of people who come out and see the solar system will be seen," Wiggins said. "Big groups don't get to see the moon, for instance, because their telescope or binoculars are too small."

The event is free to the public and open to all. However, Wiggins advised anyone interested to keep your eye on the weather, and bring a jacket or bug repellent.

Additionally, a first-in-its kind, potentially once-in-a-life- time meteor shower may also be visible from the Tooele area on Friday night.

According to NASA, the Earth will drift through the path of a newly-discovered comet on Friday, and depending on how much debris the comet left in its wake nearly 200 years ago, the crossing could put on a show for those with patience.

It certainly wasn’t guaranteed, Wiggins said.

"Those who want to glimpse the shower should be very careful to get away from the light pollution and wait for the dark of night for optimal conditions," Wiggins advised.

"The real serious observers will go out to the Salt Flats to watch it, or Stansbury’s not bad," he said.

If it happens, the shower should be visible between midnight on Friday and 2 a.m. Saturday morning, giving residents a two-hour window to witness their very own falling star.

"You burn on the last and look up — you’ll have no attention to themselves," Wiggins said. Trying to see hiscol stressed or a telescope will only make the shower more difficult to see the minority, he added.

Get Back to the Basics at Tooele Christian Fellowship

These are tough, uncertain times, filled with rapid changes that can shake our future, and our faith. If you have ever longed for a simpler time when things made sense and there was hope in something greater, come join us at Tooele Christian Fellowship. Here we are like you past today's bad news, return to simple values and work toward a brighter future. Join us this weekend and be a part of a community that cares for one another.

Graduations begin next week

Close to 1,000 Tooele County students will receive high school diplomas in seven ceremonies staged throughout the next two weeks, from the Hurricane Center at the University of Utah in St. Lake City to the Peppermill Concert Hall in Salt Lake City.

Tooele County schools holding graduation ceremonies between May 27 and June 3 include Blue Peak High School, Grantsville High School, Dugway High School, Tooele High School, Stansbury High School, the Tooele County School District Adult Education programs and Waypoint School.

Click the adjacent chart for a list of graduation times and locations.

By Tim Gillie

A3
O
tone of the most frustrat-
ing things for a movie critic to see is a movie
and recognize that it could be
really, really good if it had
just changed one little thing.
In this case, that thing is hav-
ing less of the main character.
Sports agent JB Bernstein
(John Hamm) is about to lose his
rope. Things haven’t been
quite as promising for him since
he struck out on his own, and he
and his partner, Deep (Javed Munnad),
are about to lose it all
if they can’t sign some profitable
new talent soon. Then,
flipping channels between
San francisco 49ers and a cricket
game, JB finds himself
in India and begins to
find athletes who could be
turned into baseball players.
With backing from a stern
Sports agent JB Bernstein
(John Hamm as JB Bernstein, Madhur Mittal as Dinesh, Surah Sharma as Rinku  and Pitobash as Amit star in “Million Dollar Arm,” which could have stood a little less Hamm and
little more everywhere else.
In the end, the movie
may not have what it needs to
be great, but it could have
been better with a little less
JB.

Fun Summer Entertainment
Presented by Tooele Region 7 PTA & Tooele UEC Theatres 9
8 Movies for Only $12
The Croods • The Lego Movie • How to Train Your Dragon • Epic • Despicable Me 2 • Through local PTAs: contact your local elementary school PTA • In person: Wednesday, May 21 from 4 p.m. to 7 p.m. at Tooele UEC Theatres 9
• Online: ($1 per ticket fee) www.tooeleptasummermovies.com
(to be picked up at the theater during ticket sales on
for dates (not offered at all schools)
Visit our Website!
www.tooeleptasummermovies.com

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Baker Peak offers adventure and solitude

There is a seldom-visited summit in the Stansbury Mountains that will test your physical and mental worth if you are looking for adventure, scenery and solitude.

Jeremy Jessop

TOOELE TRANSCRIPT-BULLETIN

Jaromy Jessop

15th Annual Tooele County Children’s Justice Center

THURSDAY May 22, 2014

TOOELE TRANSCRIPT-BULLETIN

Because the Stansburys are a dry mahogany, juniper and aspen. Douglas fir, white fir, mountain pines. And that stares down at the ground.

this stretch in the months of a shin-high carpet within the admiring the bright green early feet early in the hike.

because I didn't want to soak my there was a good flow and I had water running in the stream which is Forest Road 542, cross-coming daylight. Not far from the hike.

Trailhead signboard. This is Canyon about a mile or so until Willow Canyon. But keep

to the south towards North the base of the mountains.

areas above West Canyon. I got it from Onaqui Peak in the high

mid-May of each year.

ridge of the Stansbury Range nent rocky knob on the summit in the Stansbury Mountains. I think it's because

View south of Stansbury Mountains during my descent of the east face of Baker Peak. Some of these spots were a little sketchy.

THURSDAY  May 22, 2014

The advisory board also encouraged the county commissioners to adopt the municipal service tax, a recommendation board members also included in their first report to the commis-sioners in November 2013.

The budget committee has discussed the need for a lower, five-year projection of revenue and expenses for the county part of developing a multi-year budget instead of the current process of only looking at one or two years at a time.

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Thad Cheatham (1956-2014) was a dedicated Service Member and a loving husband, father, and brother to his family. His line of work and education led him to pursue a career in the military, which he served honorably for 28 years. He was a true hero and will always be remembered for his dedication and service to his country.

Thad was born on October 4, 1956, in Grantsville, UT. He attended Weber State University and received his Bachelor of Science degree in Business Administration. After graduation, he was selected to be in the 2nd Battalion, 405th Field Artillery in Livorno, Italy. In 1982, he was deployed to the Persian Gulf in support of Operation Desert Storm. Following the deployment, he was assigned to the 3rd Battalion, 405th Field Artillery in the Middle East. In 1983, he was deployed to the Persian Gulf in support of Operation Desert Storm.

In 1990, Thad was assigned to the 3rd Battalion, 405th Field Artillery in support of Operation Desert Storm. Following the deployment, he was assigned to the 3rd Battalion, 405th Field Artillery in the Middle East. In 1991, he was deployed to the Persian Gulf in support of Operation Desert Storm.

Thad was a hard worker, and he is survived by his wife, Susan Cheatham; his father, Clair Meono; his mother, Franciska O. Meono; and his wife's mother, Valerie; a daughter, Catherine; two sons, Tyler (Jen) and Eric; a stepdaughter, Easter (Sarah); and Teresa. He is also survived by his stepfather-in-law, Don (Bunny) and their children, Eli, (Arlene); Eric (Dan); and Susan Wainwright in Kemmerer, WY. Their marriage was immediately blessed sealed for time and all eternity in Grandma Nation's home. They were married on November 8, 1985, and they have a daughter, Holland; and a son, Zeniff.

Memorial Art

Tooele’s Representative

OCTOBER 4, 2014

Tooele Floral

A8 TOOELE TRANSCRIPT NEWS

Memorial Art

Tooele’s Representative

OCTOBER 4, 2014

Tooele Floral

A8 TOOELE TRANSCRIPT NEWS

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A8 TOOELE TRANSCRIPT NEWS

Memorial Art

Tooele’s Representative

OCTOBER 4, 2014

Tooele Floral

A8 TOOELE TRANSCRIPT NEWS

Memorial Art
that ranged between $12,000 and $220,000, according to Commissioner Sharon Milne.

In 2014 the pool is expected to generate $67,800 in revenue if approved $181,000 in expenses, for a net loss of $113,200.

The EnergySolutions multi-year commitment, along with contributions from other businesses, is considered a continued effort by the county’s business community to maintain the pool, according to Isaac Astill, Tooele County facilities manager.

The county has received $10,000 from UT Magnesium, $5,000 from Rio Tinto $3,000 from Utah Fabrics, and $500 from AllegroTech Technologies Incorporated, according to Astill.

The Tooele County Recreation Service District, which receives money from the state that is earmarked for roads or recreation, approved a $56,000 grant for the Desert Peak pool, Astill said.

Astill attributed this year’s shortage to a one-time event. “It is an ongoing struggle to maintain a pool like this in the desert, and a system that has been in place for a long time,” he said.

The county kept the pool partially filled with water last year and ran the pumps a few times to keep everything in working order in anticipation that the pool would one day re-open, said McKendrick.

The EnergySolutions Aquatic Center includes a beach, swimming area with water toys, a water slide, and an eight lane Olympic size pool with two diving boards.

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Lifeguards train at the EnergySolutions Aquatic Center at Desert Peak Complex on Wednesday. The center will open Saturday at noon for the summer season.

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**Pool:**

continued from page A1

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The EnergySolutions multi-year commitment, along with contributions from other businesses, is considered a continued effort by the county’s business community to maintain the pool, according to Isaac Astill, Tooele County facilities manager.

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The Tooele County Recreation Service District, which receives money from the state that is earmarked for roads or recreation, approved a $56,000 grant for the Desert Peak pool, Astill said.

Astill attributed this year’s shortage to a one-time event. “It is an ongoing struggle to maintain a pool like this in the desert, and a system that has been in place for a long time,” he said.

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**SPORTS WRAP**

**Friends of NRA**

The Tooele County Friends of NRA will host its annual banquet and auction Saturday, May 15, at the Deseret One Convention Center, Doors open at 5 p.m. Ron Wilson Shaw will emcee the event. Drawings, gameday, silent and live auctions will all take funds to support Utah, Idaho and Tooele County shooting sports and firearm safety programs. Gotta get a grip! "Bangin’" raffle tickets are available for $10. www.tooelecountynra.org.

**Hunt for turkey**

In central and southwestern Utah, turkey habitat in northern regions appear to be on the rise. Turkey hunting in the Logan Lake area is limited to 15 days in the 2015 hunting season.

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**Annual Freedom Run**

 registration fee is $130. Girls can register online at Utahjazz.com/Experience.

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The final races will be held Saturday from 8 a.m. The Pro Series was created recently by John Ulrich, longtime publisher of Road Racing World magazine, to provide new teams and their sponsors additional exposure in the western United States. After AMA Pro Road Racing's 2014 schedule included only one event in the west, the first races of the series were held in California, on April 26-27 at Auto Club Speedway and May 3-4 at Sonoma Raceway. This weekend's event, dubbed the Asia Motorsports Nationals, will be the final event in the series. All three Superbike Shootout events will be televised on a tape-delayed basis on MAV TV starting in June. The Utah Walmart race will be selected for online viewing at www.SportsBoca.com.

“Even if you do race racing to have national-level professional races here in the west,” Ulrich said, “Our series of three Superbike Shootout races held in conjunction with three regional racing events fit nicely into the five- to nine-week time frame and finishes with Utah Walmart at Miller Motorsports Park. You couldn’t ask for a better roaster and a better racing image to work with, and thanks for both for helping this effort to make sure we're in the United States.”

“Having a weekend with some of the best professional racers and teams in the world is a unique opportunity for the fans and me, as a treasured investor of the AMA, our volunteers and us could be more engaged. Alongside the pros, we help our clubs raise from all over Canada and Utah qualifying for championships. We'll see some great racing action, and it looks like we'll have weathered tons,” said John Ulrich, general manager of MMP.

“We know our fans will enjoy having the professional teams and the "fans in the room" that we've never had here at Miller Motorsports Park.”

Larson, general manager of MMP. "We're in our second year of hosting a national-level event that event was created with kids 12 and under admitted free of charge.

In recent years, fans were able to watch the 2014 Superbike Shootout presented by Yamaha at its website at www.UtahSBA.com. For more information on the Superbike Shootout events, visit their website at www.SuperbikeShootout.com.
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Tamra Stephensen
CERTIFIED STOTT PILATES INSTRUCTOR

“I realized I had to have core strength or surgery. So I decided to make the whole life change.”

Tamra Stephensen
in her Stansbury home Pilates studio where she teaches classes.

Left: Stephensen helps Michelle Bishop properly position herself during a Pilates class. Below, Stephensen assists Janna Roberts with her stretching.

**Teacher to Student**

**Teacher to Student**

**Teacher to Student**

Pilates is not about being a lean and trim dancer who can touch her head with her toes. It’s for every single person who has back pain, wants to get in shape gently or is looking to build their core muscles, said Tamra Stephensen, Tooele’s only certified Stott Pilates instructor.

About six years ago, Stephensen had three herniated disks in her back and was facing back surgery’s lifelong side effects. "I realized I had to have core strength or surgery," she said. "So I decided to make the whole life change."

This change has lead to a pain-free back and a desire to help others also realize the benefits of Pilates.

Stephensen said she had taken a few Pilates classes before and she loved the movement and the muscle strength she gained. But after her last baby was born, she decided to step it up a bit. She realized she wanted to help others enjoy the benefits from regular Pilates classes, so she decided to become a certified instructor.

There are two types of Pilates instruction, and Stephensen chose the Stott method because it’s one of the top certifications in the nation and a more intense training.

Pilates focuses on the core muscles, which are the big and small

SEE TEACHER PAGE B8 ➤
## Conversation about finances is important for newlyweds

As you start talking about your finances, be sure to cover these points:

- **Separate or joint checking/savings accounts** — Some couples create joint checking and savings accounts, others keep everything separate and still others find a middle ground — joint accounts along with separate accounts. There’s no one “right” way for everyone, but which ever method you choose, make sure you’re both aware of where your money is, how it can be accessed, and by whom.
- **Debt** — Both you and your spouse may be bringing in debts, such as student loans or credit card, to the marriage. You don’t necessarily have to do everything possible to get rid of these debts immediately, but you should set up reasonable payment plans that will allow you to keep your overall debt level from getting out of hand as you invest for the future.
- **Savings and investing** — Newweds are often surprised to discover how different they are from each other in the area of spending versus saving. You'll want to try to mediate these conflicts, but you both need to be aware that your spending and saving decisions now have greater consequences than when you were both single.
- **Goal setting** — It’s important for married couples to clearly establish their financial goals. Do you want to purchase a home, go on a world cruise or send your kid to college? It’s going to have children, will you want to help them pay for college? When do each of you want to retire? And what sort of retirement lifestyle do you have to maintain? By answering these and other key questions, you’ll want to have another discussion about how you can allocate money.
- **Communication** — Both you and your spouse will unquestionably need to see if you are going to achieve your goals, each as a comfortable retirement. However, each of you may have a different investment style — for example, one of you might be an aggressive investor, willing to take more risk for the possibility of greater returns. On the other hand, some people are content with lower returns in exchange for greater preservation of principal. To achieve this balance, you may want to have another discussion about how you can allocate money. By answering these and other key questions, you’ll want to have another discussion about how you can allocate money.

To illustrate: If one of you is more of a spender and is used to running up big credit card bills, these actions can clearly affect both of you. To assist problems of this type, you will need to communicate clearly with each other.

- **Parity** — It’s important for married couples to clearly establish their financial goals. Do you want to purchase a home, go on a world cruise or send your kid to college? It’s going to have children, will you want to help them pay for college? When do each of you want to retire? And what sort of retirement lifestyle do you have to maintain? By answering these and other key questions, you’ll want to have another discussion about how you can allocate money.
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Not utilizing the magic of mulching is gardening the hard way

Valleymed Behavioral Health's 2014 Substance Abuse Prevention scholarships awards are presented to five students with positive future ahead of them. Students are judged on how much service time they give to community, their positive contributions, they made better in school, they made better choices and they can see a future.

On May 19, Julie Spindler, Guidance Counselor at Copper Canyon Elementary and teacher is Mrs. McKeever, and teachers, and principals who promoted this contest, parents for their support. These students are Heidi and Lance Page. From Willow Elementary. Her parents are Heidi and Lance Page. From Willow Elementary. Her parents are Heidi and Lance Page.

3rd Place is Heather Page from Copper Canyon Elementary. Her parents are Heidi and Lance Page. From Willow Elementary. Her parents are Heidi and Lance Page.

4th Place is Grace Jewkes from Dugway High School.

Valleymed Behavioral Health sponsors an art contest to bring something positive about themselves.

3rd Place is Heather Page from Copper Canyon Elementary. Her parents are Heidi and Lance Page.

The winners are Heidi and Lance Page. From Willow Elementary. Her parents are Heidi and Lance Page.

COURTESY CHERYL ADAMS

The winners of the art contest came from Willow Elementary, and each student was asked to draw a picture around the theme. "When I Feel Good About Myself, I Can..."

Nicole McKenna from Dugway High School will be attending Snow College.

Brenda Herrandard

Valleymed Behavioral Health in Tooele County awarded five $500 substance abuse prevention scholarships to high school seniors throughout Tooele County. Each year Valeymed Behavioral Health awards the scholarships to recognize students who have made outstanding contributions in the field of substance abuse prevention, and who promise healthy life choices in their school and community.

Valleymed Behavioral Health

Copper Canyon Elementary. 5th Spigle to be her teacher, and her parents are Stacy and Lance Page. From Willow Elementary. Her parents are Heidi and Lance Page.

4th Place in Lassen Vaughan from Willow Elementary. Her teacher is Mrs. McKiver, and her parents are Brity and Aaron Vaughan. Valleymed Behavioral Health.

Valleymed Behavioral Health would like to thank all of the students who were participated in the contest, parents for their support. These students are Heidi and Lance Page.

Allie Wall from Dugway High School in Utah State University.

Linden Bertand

Brenda Herrandard

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Universal Crossword

Across
1. "Get outta here!" (8)
2. "What the...?" (8)
3. Place in a band
4. "Look cool!" (10)
5. "Where are you going?" (13)
6. "Lend a hand!" (13)
7. "Watch out!" (14)
8. "Poor little lamb!" (15)
9. "You can catch a cold!" (15)
10. "Watch out!" (17)
11. "Help me, I'm getting married!" (17)
12. "Watch out!" (17)
13. "Oh, my kids!" (18)
14. "Get outta here!" (18)
15. "What are you doing?" (18)
16. "What are you doing?" (18)
17. "Watch out!" (18)
18. "How long have you been here?" (18)
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Use Time Machine to back up your Mac

Time Machine makes regular backups of your important files or data and ensures that your files are safe in case of problems. When you turn on your Mac, it automatically opens Time Machine and backs up your files. You will usually see a Time Machine icon in the dock. To use the feature, you need to have enough space on your hard drive.

To use Time Machine:

1. Click the Time Machine icon in the dock.
2. If you have never used Time Machine before, you may be asked to confirm if you want to set up Time Machine. If you choose to continue, you will be prompted to select a backup location. You can click the “Select” button and choose the drive or folder you want to use for backups.
3. Once you have set up Time Machine, you can start backing up your files. Time Machine will automatically start backing up your files as soon as you turn on your Mac. You can also change the backup settings to control how often your files are backed up and which files are included in the backup.

How to set up Time Machine:

1. Open the “System Preferences” app on your Mac.
2. Click on the “Time Machine” icon.
3. In the Time Machine preferences, you can choose which drives or folders you want to use for backups. You can also choose how often your files are backed up, and you can set a backup schedule.

How to view your backups:

1. Click on the Time Machine icon in the dock.
2. Click the “Open” button to open the Time Machine window.
3. In the Time Machine window, you can see a list of your backups. You can click on a backup to see which files were included. You can also browse through your backups by clicking on the “Previous” or “Next” button.

Remember:

- Time Machine automatically backs up your files when you turn on your Mac.
- You can set Time Machine to run backups at a specific time or frequency.
- You can choose which files are included in the backup.
- Time Machine is a great tool for ensuring that your files are safe in case of problems. However, it is important to keep regular backups of your files on a separate drive, in case your primary hard drive fails.
Memorial Day

What do you think of when you think of Memorial Day?

Today, many people spend the three-day weekend enjoying barbecues, movies and trips to local beaches and parks.

However, Memorial Day was started to honor soldiers who died fighting for their country. Memorial Day was originally a day to decorate the graves of fallen soldiers. People spent the three-day weekend decorating their graves. Some people decorated the graves of more than 20,000 Union and Confederate soldiers buried in the cemetery.

After the Civil War, people in several American towns started a tradition of setting aside one day each year to decorate the graves of fallen soldiers. This event during which residents decorated the graves of soldiers with flowers and flags is called Memorial Day.

How It All Began Memorial Day was originally a day to honor America’s Civil War dead by decorating their graves.

To find out what Memorial Day was originally called, write the letter of the alphabet that comes before each letter in the code.

"Uncle Sam" is a character cartoonists often use to symbolize the United States. Can you draw the other half of his face?

Memorial Day Timeline

Congress declared Memorial Day a national holiday to be observed the last Monday in May. Today, many people think of Memorial Day as a time to honor those who died for their country.

Following General James Garfield’s speech at Arlington National Cemetery, thousands of participants decorated the graves of the more than 20,000 Union and Confederate soldiers buried in the cemetery.

After World War I, Decoration Day observances were expanded to honor those who had died in all American wars. Congress declared Memorial Day an annual, community-wide observance.

Waterloo, N.Y., was designated as the official birthplace of Memorial Day. For 100 years, the town declared Memorial Day an annual, community-wide event during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

The verb honor means to show great respect. Try to use the word honor in a sentence today when talking with your friends and family members.

Annual Tradition

Every year, Memorial Day is observed at Arlington National Cemetery with the president or vice-president laying a wreath at the tomb of the unknown soldier.

Replace the missing vowels to reveal the honor guard:

TUMB F TH
UNKOWN
SOLDIER

How many stars can you find on this page in two minutes?

Military Mascots

The first mascot given to the United States Marine Corps in 1922, was a bulldog by the name of Private Jiggs. He quickly rows in the ranks to become a Sergeant Major. Bulldogs have appeared as mascots for several units since then.

At West Point, N.Y., the official mascot of the U.S. Army is “Ranger 111” and “Stevy”—two mules. Steve Townes, a former Army officer with the 75th Ranger Regiment donated the mules with the condition that one would be called “Ranger.” Townes was once a mule ryder at West Point.

A Russian wolfhound named “Kolchak,” is the official mascot of the 27th Infantry Regiment in Hawaii. This unit served during the Russian Civil War in 1918. They won the respect of the Bolsheviks who gave them the name “Wolfhounds.”

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Memorial Day is a time to honor those who died for our country.

Try to use the word honor in a sentence today when talking with your friends and family members.

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Tired of your old phone system?

Get new, state of the art Cisco phone system for FREE when you switch your phone service to Simplii.

Call Rob 801.449.9830

April 2014 Winner: Leon Jones

A Mountain Bluebird resting a couple in Elk Ridge Canyon, Stansbury Mountain

Teacher

ded from page B1

muscles that wrap around the back and stomach like a huge belt.

It is about physical anatomy and on each client’s individu

She started taking certifi cation classes in Salt Lake City. While she was in training she also taught classes as an instructor-in-training. After about 200 hours of training there was a test.

“I had to pass a test that included me doing an entire Pilates workout and then taking a new client, doing a posture analysis and designing a custom workout for them,” she said.

In all, it took two and a half years to complete.

Now she prides herself on being part of the wellness team for people who are looking for relief from chronic back pain, surgery, or who are just looking for a new way to build muscle.

“Once you have been cleared by your doctor and the rup

She is centered on a resistance machine that helps build strength.

“Really, Pilates is not just for dancers,” she said. “It’s really for anyone who wants to become stronger and have more control with their body.

I was a training class on shoulder stability, then I bring that knowledge and practice it in a private setting with people one-on-one with their goals.

Stephensen is proud of her certification:

“As far as I know I am the only certifi ed Stott instructor in Tooele County,” she said. “I really want to help people reap the beneﬁ ts that I have seen.”

In order to stay certifi ed, she has to take a certain number of classes each year. And each one makes her a better instructor.

“I’ll take a training class on shoulder stability, then I bring that knowledge and practice it in a private setting with people one-on-one with their goals.

Stephensen said Pilates is all about developing strength and ﬂ exibility.

With so much training, Stephensen started a small business, Core Balance Fitness, four years ago. Currently it meets in the base-

“I learned others to how the beneﬁ ts of Pilates without having to drive to Salt Lake,” she said. Core Balance offers begin-

“Don’t worry if you are just starting, we review the basics at the start of every class.” she said. “I take every kind of student, in any shape.”

Private sessions are also available and Stephensen is glad of the opportunity to work with people one-on one.

Pilates is not just for former dancers,” she said. “I get many people who say to me, ‘But I’m just a dancer,’ or ‘They say, ‘I’m not very ﬂ exible.’

Pilates is for anyone who wants to become stronger and have more control with their body. There are two types. The mat class is a session where all exercises are done on a yoga mat, with or without equipment like an exercise ball or light weights. A reformer class is centered on a resistance-based machine that helps build strength and ﬂ exibility.

“You don’t have to be all ﬂ exible to be Pilates,” she said. “That can be just one of the things we work on.”

And Pilates will make you stronger in any event.

Michelle Bishop holds a pose during Tamra Stephensen’s Pilates class. Stephensen said Pilates is all about developing strength and ﬂ exibility.

Yoga is more about ﬂ exibility, and Pilates is focused on core strength. Pilates also works all the bigger muscles in an area so they can better support the bigger muscles.

“I see moms who just had a baby coming to class,” she said. “Also I have athletes who are working on strengthening for an event.”

Stephensen likes more is searching clients improve.

“I know when a student comes in, and they can’t do a pushup, but in a few weeks they can do it. And their back looks better,” she said.
Get out of bed leads to hiccups

DEAR DR. ROACH: I have a strange question to ask and hope you can answer it in your newspaper column. Every time I stand up from being in bed, I get hiccups that last about a minute or so (at least a dozen hiccups). I was wondering if there is a medical reason for this, or is it just a react

omental symptom? The biggest risk is in the instance coming through the brain, and becoming stuck, which is called a meningitic hernia and is a surgical emergency. Since more people do very well with surgical repair, many surgeons recommend early repair. I find it hard to prevent this complication. How do I prevent this critical issue? I feel more comfortable knowing that I can prevent the chances of future problems, and ask if you see a surgeon.

Dr. Roach hopes that he is unable to answer something he put, but will incorporate them in the column when possible. Readers may email questions to drroach@health.state.mn.us.

ANSWER: M. A.

Dear Dr. Roach:

Several weeks ago I developed hiccups on my left side, but with no pain and no gag reflex. My doctor did not need an operation, because there is no pain in the area, my hemoglobin is 174 and is exceptionally good. ANSWER: A hernia is a weak

otion, but it is worth another look.

DEAR DR. ROACH: I am an 85-year-old woman living in a nursing facility. A little before 8 A.M.

DEAR DR. ROACH: Several months ago I developed hiccups on my left side, but with no pain and no gag reflex. My doctor did not need an operation, because there is no pain in the area, my hemoglobin is 174 and is exceptionally good. ANSWER: A hernia is a weak

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ANSWER: M. A.
Dear SavvySenior,

I hate to exercise. Is there anything I can do to help get started.

Start walking: Start out slow

--H. T.

Start walking

Debra Jo, Salt Lake City, UT

Dear Savvy Senior,

I have started a walking program? I can’t get motivated to keep going.

--Sue D., from page C2

Start walking

Debra Jo, Salt Lake City, UT

Start walking: Start out slow

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Walk your way to better health

SUDOKU SOLUTION #2724-D

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**HELP WANTED**

**Sales Consultant**

See Frank at Chevron or Beryl at Ford/Oracle.

Apply in person 1141 North Main or call 870-2200, 870-1300

**HELP WANTED**

**FULL TIME & PART TIME POSITIONS**

**BUILDING MAINTENANCE ENGINEER/TECHNICIAN**

**$65,000**

**20 W.P. PER ISSUE**

**Classified Ads**

** tight, 25% of 20 W.P. per issue**

**RULES OF THE CLASSIFIED AD PAGE**

1. **Above the line** services may charge double this rate.
2. **Below the line** services pay 25% of above the line services.
3. **Anchors** will not be charged above the line.

**Discount Rates**

1. **65% Discount**
   - Ad length 4 or less
   - Ad run limited to 4 issues

2. **55% Discount**
   - Ad length 5 or more
   - Ad run limited to 4 issues

**Specials**

1. **$100 for 4 week run**
   - Limited to one anchor
   - Must meet above requirements

2. **$125 for 8 week run**
   - Limited to one anchor
   - Must meet above requirements

**Classified Ad Deadline**

Monday, 4:45 p.m. for Tuesday issues.

**GUIDELINES**

1. **All ads must be typewritten.**
2. **Maximum Word Limit**
   - Full page: 1200 words
   - Half page: 600 words
   - Quarter page: 300 words
   - 1/4 column: 75 words
   - 1/8 column: 37 words
   - A line of type is 90 characters.
3. **Rate is $6.50 per 1/2 inch of vertical column space.**
4. **Terms:**
   - $125 down payment is required before ads are run.
   -Ads may be cancelled only prior to going to press.
   -Ads may be run only once every 30 days.

**PAYMENT OPTIONS**

1. **Cash**
2. **Check**
3. **Money Order**

**Classified Ad Deadline**

Monday, 4:45 p.m. for Tuesday issues.
APARTMENTS FOR RENT

GRANDVIEW CLEAN 2Bdrm 10th duplex, center hall, 3 baths, all appliances included, $5500, $550. 453 24th. For more info, please check www.tooeletranscript.com/Adverised.

1st MONTH RENT FREE for 1000 sq. ft., 3 bedrooms, 2 baths, off street parking. $700/mo. Call 801.224.4111.

SANDRA LARSEN REALTY

For All Your Real Estate Needs! 435.224.9186

3521 CHEVY Maruti, 1500 sq. feet, west side, near Halls Market. $750. Call (435) 246-2900.

CITY TRANSPORTATION

Bus 113 - School Bell 114 - South Tooele 115 - South Tooele

For more information, please contact our office at 801.224.4111.

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CITY TRANSPORTATION

Bus 113 - School Bell 114 - South Tooele 115 - South Tooele

For more information, please contact our office at 801.224.4111.
PUBLIC NOTICES

Closure of Tooele City Municipal Offices
Tooele City will be closing its Municipal Offices starting at 1:00 PM on June 26, 2014 (Approx). The building and site construction manager may have questions concerning the bid may be directed to the Engineering Department at (801) 949-2304 (M) 801-295-2341. All persons having a legal interest in the premises may have a copy of the plans and specifications forwarded to them by contacting Helge Harwood at 801-833-1900 ext. 3435 or by email to harwood@tooelecity.org. The OWNER reserves the right to reject any and all bids or to accept any or all of the bids. All bids shall be opened in the presence of bidders or their authorized representatives.

PUBLIC NOTICE

INFORMATION ON FUTURE PROPOSED PROJECTS

Public Notice

INVITATION TO BID

PUBLIC NOTICE

Dagway High School Bid Package No. 1. INVITATION TO BID

Dagway High School Bid Package No. 1, Dagway High School Bid Package No. 1 includes items 1-20 of the bid document. A hard copy of the proposed modifications shall be delivered to the Dagway High School Bid Package No. 1, and Dagway High School Bid Package No. 1 includes items 1-20 of the bid document. A hard copy of the proposed modifications shall be delivered to the

PUBLIC NOTICE

REQUEST OF BILLING

PUBLIC NOTICE

INFORMATION ON FUTURE PROPOSED PROJECTS

PUBLIC NOTICE

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PUBLIC NOTICE

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INFORMATION ON FUTURE PROPOSED PROJECTS

PUBLIC NOTICE

INF...
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Tooele, UT
www.tooeletranscript.com

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