**Powerful wind gusts tear through area**

by Steve Howe

A large cold front moving into Utah brought strong winds overnight and through the morning in Tooele County Thursday, causing power outages and toppled trees.

Northeast Tooele County experienced gusts of over 70 mph around 3 a.m., with strong gusts in the upper 60s and lower 70s in some spots, including in Tooele City. Gusts also moved into smaller structures in the city, including a copper tank on 100 E near the intersection with Dushman Road.

Tooele City Cemetery. Gusts also moved into smaller structures in the city, including a copper tank on 100 E near the intersection with Dushman Road. It knocked down a mailbox before coming to rest against a power pole.

The strong winds took down four 30- to 40-foot pine trees in the town. One of the trees fell in front of the cemetery's west entrance sign and caused a power loss. According to the National Weather Service, Tooele City, gusts of over 30 mph were reported, along with a single 40 mph gust.

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**Bitner: We are moving ‘in the right direction’**

County commissioners delivered ‘State of the County’ address Tuesday

by Tim Gillie

Tooele County had a successful year in 2015, according to Tooele County Commission Chairman Wade Bitner.

Bitner, along with county commissioners Myron Bateman and Shawn Milne, delivered a ‘State of the County’ address at Tuesday night’s county commission meeting.

The three commissioners took turns reading from a script that they jointly prepared.

“This type of address might be a first for Tooele County,” Bitner said.

The address, the commissioners talked about accomplishments of 2015 and directions for 2016.

Among transportation, public health, economic development and recreation, some key topics included in the address.

The address highlighted the upsurge of the county’s land use and transportation. The three plans are vital to managing our community’s growth,

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**Grantsville police say farewell to city’s first K-9 officer**

by Steve Howe

The first K-9 member of the Grantsville City Police Department was laid to rest Thursday.

Zoro, a 14-year-old Belgian malinois, joined the city’s police department in 2011 and became Sgt. Mike Jones’ partner. Due to deteriorating health, Zoro was euthanized Monday night.

When Jones approached Grantsville City Police Chief Kevin Turner about the city helping pay to cremate Zoro, Turner decided the department should use one of its own to send Zoro off right.

“The grant from Montana Police, but he’s an officer and he gave a lot of years of service,” Turner said. “To lay him to rest with honor is something we should do for Zoro.”

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**Racetrack lawsuit prompts changes**

by Tim Gillie

The recent lawsuit over the sale of the former Miller Motorsports Park has left Tooele County to make changes to an ordinance that regulates the disposition of county properties.

The county commission approved several amendments to two sections of county code regarding the disposal of county property during their Tuesday night meeting.

“In light of the recent lawsuit, we took a look at the ordinance and decided to update it with a few amendments,” said Tooele County Attorney Scott Broadhead.

The county code required the county to receive full and adequate consideration for disposed property. The revised code drops the term “full” to be consistent with other language in state code and case law, according to Broadhead.

The county code did not define adequate consideration. The changes approved Tuesday night added a definition of adequate consideration.

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**Tooele drama to open “Into the Woods” Monday**

See A2

Girls, boys basketball prepare for postseason games See B1
The Grantsville City Council set tentative parameters for the design and construction of a new justice center combining a new police station and judiciary center into a building 160,000 square feet in size. The proposed building would be located to the north of the city's library and the police department. Turner called more space for the police department a need, noting that officers are working out of temporary offices in City Hall.

The project, which would create a new court building due to the new court building due to the new police station and new judiciary center, would be done with the consent of the managing editor or publisher. The project would be covered in any form without the written consent of the managing editor or publisher.

### Grantsville City Council

### Towle High School

### County awards $350K in grants for tourism projects, events

Washington State and as far as Pennsylvania for its inaugural season.

The $130,000 will be used by County Fan Fest to promote the event to out of county tourists. The event will be held on May 27 and the remaining $55,000 after the event is complete. The event is expected to be successful due to the county's tourist influx for the event.

This year, the event included the addition of the Maryland State Police shooting range. The event is expected to be successful due to the county's tourist influx for the event.

When asked about the plan to expand the new court building, Turner said it was the recommendation of the board, because of its proximity to the state's library, new court building, and the City Hall. Turner also expressed that the new court building would be completed in time for the 2016 season.

### County Brief

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When that agreement expires in a few years, the city may revisit the fees it charges the school district, he added.

Both said the aquatic center is currently unable to maintain cleanliness, cleaning and repairs to lighting. It will remain in about a month.

The city also plans to make more repairs this year. Two of the major projects on the list include replacing a couple of beams that have started to rust and repainting some roof beams that have started to rust, both said.

The center has a $750,000 budget from the city’s general fund for this fiscal year. However, that money will cover fixed-operating costs and will not cover repairs.

The previous admission fees covered 20 to 35 percent of the aquatic center’s operating costs. Roth said he hoped the fee increase would cover closer to 40 to 50 percent.

The added fee would be used for maintenance and repairs. Roth said he would “find the mid-range,” he said, comparing Tooele’s admission fees to other city pools.

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of the year we also forged new relationships with other community leaders and citizens alike. We agreed upon common goals, established benchmarks to gauge our progress, achieved measurable results on several of those goals, and created a balanced budget for the ensuing year. As we begin 2016, we retain our commitment to build upon last year's successes and have added even more to our list for the year ahead. Myron Bateman

The following represents some of the projects that the county Commissioners are working on: Wade Bitner: Planning — The Governor's Office of Management and Budget has projected that the county address delivered by the County Economic Development Executive Director, John Davis, to the state legislature. We currently have an open pool of candidates for the position. We will continue to work with the Utah Governor's Office on these issues. It is important to note that the Governor's Office of Management and Budget has prioritized the completion of the county address. The agenda for the past year. It will continue to be an issue for the upcoming legislative session.

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Man: Cow should have worn a red tail light. Jury: Guilty as charged and pay $100 fine.

T he Tooele Transcript Bulletin has published a list of Tooele County news since 1864. Here is a flashback of local front-page news from 25, 50, 75 and 100 years ago that occurred during the third week of February:

1991

occurred during the third week of February. Here is a flashback of miles of Midvalley Highway from way for the first three-and-a-half years, he said.

Bitner stressed the need for the transportation plans and projects, Bateman.

Deseret Peak Complex to prepare

2016, Milne said the commis-

The first is to conduct a study a couple of different petitions

Other petitions: There are

According to a governor, etc.

This will also be on the ballot.

This is such an important
election for me to want to make
everyone aware is an opportunity for... that end. the 2016 election in November for
to mail for all Stansbury Park pre-

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RECOMMENDATIONS:

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1. Health Examination – make an appointment with your physician or health clinic.

2. Dental Examination

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Snowshoe journey to Dog Lake offers break from valley muck

Jaromy Jessop
GREAT COLUMBUS

I have a wife when lovely snow in the valley turns to mud and muck and rain. To get away from it all, I head for the mountains. I used to ski, and I used to snowboard, and I旗下 my snowboard and took it on a snowshoeing trip to Dog Lake, one of the most beautiful places in our county.

The snow on the trail was hard-packed, and it took a few hours to get to Dog Lake. I really like this route during winter. It's a beautiful sight to behold, and the view from the top is incredible. I could see Dog Lake and the mountains surrounding it.

On our way back from the lake, I found a beautiful scene. There was a large, old brown sign with a blue flower on it that read “Meeting of the Glaciers.”

The sign provides information on glaciation that formed the canyon. There is also a sign with a map and distances on it. Elevation at the trailhead is 7,200 feet.

We parked in this area with snow coming down. The temperature was 11 degrees and the snow was very small in the woods. It was a beautiful sight to behold. The sign is interesting because the south-facing slopes receive more sunlight than the north-facing slopes. We saw interesting formations of a good snowfall in the woods. There was a good amount of snow on the trees, making for a beautiful winter wonderland.

If you turn to the north, you have the option to follow it down to Dog Lake. If you’re interested in this route during winter, it’s a beautiful sight to behold. The sign is interesting because the south-facing slopes receive more sunlight than the north-facing slopes. We saw interesting formations of a good snowfall in the woods. There was a good amount of snow on the trees, making for a beautiful winter wonderland.

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Zoro passed SWAT training with the department and competed in various K-9 competitions in the state. Despite working in a department with 13 sworn officers, Zoro saw the entire county and was utilized a lot, Turner said. There were numerous situations were Zoro made the difference in a potentially dangerous or violent situation ending peacefully, Jones said. "It’s defined so many situations just by his mere presence," he said. "Just having him bark could diffuse situations that could have gone bad and really bad." Zoro also benefited the department’s community outreach efforts, making demonstrations at the city’s school and at National Night Out celebrations. He also completed numerous drug sweeps at the middle school and high school, both for training and to occasionally deter illegal activity. "A lot of for kids, especially in our DARE classes, knew Zoro and would pet him and play with him and then search Zoro in a demonstration," Turner said.

Turner had effusive praise for Zoro, who had a successful career as a K-9 with West Valley City before his four years of duty in Grantsville. He said Zoro was a full-fledged officer, with his own badge and vest who accepted every assignment given to him. "To serve the community like that, fearlessly with courage, running into harm’s way many times, his only record was a hamburger or a hot dog here and there," Turner said. "I think it’s very thing that we give him a warrior’s sendoff."

An emotional Jones said he was surprised by the outpouring of support from the public during the sendoff. "I thought after about a decade in law enforcement..." Jones said he wanted Zoro to have the opportunity to pass before his health further deteriorated. "It was a hard decision. Zoro was still up and walking around but all the muscles in his back legs had atrophied," Jones said. "It was really hard, if he fell down I had to help him up and stuff like that. I wanted him to pass with some dignity." The Grantsville City Police Department received a second police dog in 2014, a 6-year-old Belgian malinois named Kaos. Zoro was in semi-retirement at that point but still responded to SWAT calls due to his specialized training. Kaos came from the Heber City Police Department after the K-9 program there was eliminated. Jones and Kaos earned a number of awards at last year’s Utah Peace Officer Association K-9 Trials in Naples, including first in vehicle narcotic detection and second in criminal detection.

Farewell continued from page A1

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Zoro passed SWAT training with the department and competed in various K-9 competitions in the state. Despite working in a department with 13 sworn officers, Zoro saw the entire county and was utilized a lot, Turner said. There were numerous situations where Zoro made the difference in a potentially dangerous or violent situation ending peacefully, Jones said. "It’s defined so many situations just by his mere presence," he said. "Just having him bark could diffuse situations that could have gone bad and really bad." Zoro also benefited the department’s community outreach efforts, making demonstrations at the city’s school and at National Night Out celebrations. He also completed numerous drug sweeps at the middle school and high school, both for training and to occasionally deter illegal activity. "A lot of for kids, especially in our DARE classes, knew Zoro and would pet him and play with him and then search Zoro in a demonstration," Turner said.

Turner had effusive praise for Zoro, who had a successful career as a K-9 with West Valley City before his four years of duty in Grantsville. He said Zoro was a full-fledged officer, with his own badge and vest who accepted every assignment given to him. "To serve the community like that, fearlessly with courage, running into harm’s way many times, his only record was a hamburger or a hot dog here and there," Turner said. "I think it’s very thing that we give him a warrior’s sendoff."

An emotional Jones said he was surprised by the outpouring of support from the public during the sendoff. "I thought after about a decade in law enforcement..." Jones said he wanted Zoro to have the opportunity to pass before his health further deteriorated. "It was a hard decision. Zoro was still up and walking around but all the muscles in his back legs had atrophied," Jones said. "It was really hard, if he fell down I had to help him up and stuff like that. I wanted him to pass with some dignity." The Grantsville City Police Department received a second police dog in 2014, a 6-year-old Belgian malinois named Kaos. Zoro was in semi-retirement at that point but still responded to SWAT calls due to his specialized training. Kaos came from the Heber City Police Department after the K-9 program there was eliminated. Jones and Kaos earned a number of awards at last year’s Utah Peace Officer Association K-9 Trials in Naples, including first in vehicle narcotic detection and second in criminal detection.
It will take more than a ball and a coach to heal this broken town.}

Florence McLawns Curvern

Florence McLawns Curvern passed away from battling cancer Feb. 15, 2016, at home with family and friends. She was born Nov. 15, 1931, in Salt Lake City, Utah, to Glen Robert and Glorine Davis. She attended Timothy Curvern in the Salt Lake LDS Temple on June 26, 1987. She is survived by her husband, sons Mitchell, Brian and Eric (Melanie); daughter Martha; and two granddaughters Hamilton and Phalon Curvern. She went out this world, her gospel, and would not hesitate to bear testimony of Christ in times of need and mission in need. Peru. She went to BYU and obtained her degree in music and afterward taught full time at Tooele Jr. High. She loved to listen, play, and teach music. She learned how to play the piano, organ, trumpet, trombone, and guitar. She spent many hours teaching music to others and shaping their talents. She sacrificed her full-time teaching job and came to continue home and be a loving mother. She was a devoted wife and mother to her family dearly; together, the family, along with close friends, went on many vacations and made many memories which will always be cherished. She knew you fly. Your unique laugh, positive outlook, and caring love for all will always be missed. You have strengthened your family, friends and all who have come in contact with you over the years. Your spirit will continue to do good. Let us with you till we are again. A service will be held at Church of Jesus Christ of Latter-day Saints, Sterling, Sunday, Feb. 21, 2016, from 6-8 p.m. Funeral services will be held Monday, Feb. 22, 2016, at 11 a.m. at the Tooele Seventh Ward chapel, 1000 W. Utah Avenue, with a viewing from 9:30-10 a.m. prior to the services at the church.

William Dale Richards

You were the definition of a loving husband, father, grandfather, brother, uncle and friend passed away peacefully at home due to complications of pancreatic cancer. At the time of his passing, he was lovingly surrounded by family. He was born Nov. 5, 1933, in Salt Lake City, Utah, to John Willis and Maggie Field Richards and was one of 13 children. He graduated from Tooele High School in 1952. He married his high school sweetheart, Eleanor Ann Gallay, who passed away in 1971. He married Susan Sarah Mackey Smith in 1987 and has been blessed with many more. He retired from Kemencor after 13 years of service and went on to work 15 more years with West Valley Co. Dale had several passions in life: family, gardening, hunting, dog races, surfing, piano, swimming and chariot racing. Among the many lessons he bestowed upon his children and others was the value of hard work. He will forever be changed because of what he taught us. Among his most treasured accomplishments were his family first, the Silver Beaver award in Scouting and winning three World Champion Championships, which he and the family together. We will forever remember his green thumb and gardens. There is no other word other than time spent taking care of his well-groomed yard. He was preceded in death by his first wife Ann and daughter Leslie Roberts. He’ll be missed beyond measure by his wife Mackel; children Debra (Larry) Thomas, Ben (Loise) and Ron (Albaun); son-in-law Larry Roberts; grandchildren Jacob Smith, Zachariah (Krisia) Smith, Isaac (Kim) Smith, Caleb Smith and Maggie (Shayna) Friday; 12 grandchildren and 13 great-grandchildren. Funeral services for Dale will be held on Tuesday, Feb. 23, 2016, at 11 a.m. at the Duke Ridge Ward, 7849 W. Drakeland Drive (209 South), where friends may visit with the family on Monday evening from 6-8 p.m. and again on Tuesday from 10 a.m. until time of services. Interments: Valley View Cemetery. A3

William Alvert Davis

William Alvert Davis passed away on Feb. 13, 2016, after a short battle with cancer. Bill was born to Verlyne Davis and Hardie Wubs on March 20, 1929, to Alvaro Nissell Davis and Hardie Wubs. He graduated from Brigham Academy and served a mission in the New Zealand mission of West Virginia and stepdaughter, Anne Marie, and stepson, Brian. Bill passed away on May 12, 2015, in his 82nd year. He is survived by his wife Winifred, with whom he was married in Mary Lynch, who is also deceased. He is a retired employee/manager of West Valley, a 27-year veteran of the U.S. Marine Corp, the LDS Church and Tate Mortuary. We

Mary Ann Didericksen Kimber

Mary Ann Didericksen Kimber was a devoted mother, grandmother and wife, passed away on May 8, 2016, in Eagle, Idaho. She was born on Nov. 18, 1946, to Orin and Florence Kimber. She was the sister of sister of Rolly (Lois) Kammer, and her daughter Tricia (Al) Marriott of Utah. She is also survived by her parents, Arthur and Elizabeth (Bert) Dehn of West Virginia and stepdaughter, Sarah Koby (Ivan) and their children, Justin, Isaac (Nicole), and her daughter Tricia (Al) Marriott of Utah. She is also survived by her parents, Arthur and Elizabeth (Bert) Dehn of West Virginia and stepdaughter, Sarah Koby (Ivan) and their children, Justin, Isaac (Nicole), and daughter Amber (Kurt), Sydney, Reuben (Nicole), and her three brothers, Joe, Bob, and Dave. Mary Ann attended Grantsville High School, and graduated from Brigham Young University with a degree in elementary education. She married Gary Kimber on June 7, 1969, in the Manti Temple of The Church of Jesus Christ of Latter-day Saints. She was a loving, caring mother of the children, loving her, in the Valmy View Ward in Eagle, Idaho. Memorial services will be on Thursday, Feb. 18, 2016, at 7 p.m. at the Grantsville West Chapel, 800 W. Utah Ave., Grantsville. Memorial services will be held on Tuesday, Feb. 23, 2016, at 7 p.m. at the Bird Ridge Ward. We will forever cherish the memories which we have shared. We will forever remember his green thumb and gardens. There is no other word other than time spent taking care of his well-groomed yard. He was preceded in death by his first wife Ann and daughter Leslie Roberts. He’ll be missed beyond measure by his wife Mackel; children Debra (Larry) Thomas, Ben (Loise) and Ron (Albaun); son-in-law Larry Roberts; grandchildren Jacob Smith, Zachariah (Krisia) Smith, Isaac (Kim) Smith, Caleb Smith and Maggie (Shayna) Friday; 12 grandchildren and 13 great-grandchildren. Funeral services for Dale will be held on Tuesday, Feb. 23, 2016, at 11 a.m. at the Duke Ridge Ward, 7849 W. Drakeland Drive (209 South), where friends may visit with the family on Monday evening from 6-8 p.m. and again on Tuesday from 10 a.m. until time of services. Interments: Valley View Cemetery. A3

Miss Tooele County Pageant Scholarship Pageant

The Miss Tooele County Pageant is Back!

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The west entrance for the Tooele City Cemetery was blocked by two pine trees that fell during Thursday’s wind storm.

In addition, the amended finance report that the public sector include the name of the proposed purchaser and the amount of the purchase.

The revised ordinance will include the name of the proposed purchaser and the amount of the purchase.

In his judgment, Adkins asserted that the $35 million bid from Mitime Investments, owned by a Chinese billionaire, for the former Mini Microsports Park, Park, was invalid.

Robert Adkins invalidated Tooele County’s agreement to sell MMP to Mitime in December 2015.

In his judgment, Adkins asserted that the $35 million bid from Mitime Investments was less than a real value of the property.

Lawsuit continued from page A1

But property with an assessed value of $100,000 or less the county has a choice to either accept the assessed value of the property as adequate consideration or to accept the average of two independent appraisals of the property’s fair market value.

The ordinance also required an opportunity for public comment before the disposal of property.

Public notice of the comment opportunity must be given at least 14 days prior to the hearing.

In addition, the amended ordinance would require that the public sector include the name of the proposed purchaser and the amount of the purchase.

The revised ordinance would guide the county as it prepares to sell the former Mini Microsports Park property, Brook said.

The County Commission announced last August that they had accepted a $35 million bid from Mitime Investments, owned by a Chinese billionaire, for the former Mini Microsports Park, Park, Center Point Management, a Wyoming limited liability corporation led by Los Vegas real estate developer Andrew Garskey, filed a complaint in district court in December.

In his judgment, Center Point Management claimed that Tooele County had violated state and county law by accepting its higher offer of $25.5 million for the tract.

Third District Court Judge Robert Adkins invalidated Tooele County’s agreement to sell MMP to Mitime in December 2015.

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The History of Tooele County is a story, and many others, are found inside this book.

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The high school wrestling season came to a close last weekend, with nine grapplers from Tooele County placing at the Class 3A state tournament, while Tooele tied for fifth as a team.

Tooele junior Brady Knight was the state champion at 113 pounds, holding off Pine View’s Randal Donn in a 10-7 decision in the finals. Knight’s teammate, Jackson Gavin, finished second at 182 pounds, and the Buffs’ Trevor Gleed was third at 126. David Carreau finished fifth at 152 and Jacob Peterson was fifth at 285.

Stansbury, which finished ninth at state, had four wrestlers place. Dylian Moore and Michael Wilson finished fourth at 106 and 120, respectively, while 106-pounder Anthony Thomas and 145-pounder Dawson Stewart each finished fifth.

Grantsville showed a lot of improvement this season, though it didn’t show in their team score at state. Junior heavyweight Bronco Cloward overcame a ton of adversity to win a region title and ultimately advanced to the third round of the consolation bracket at the state tournament.

SEE WRESTLING PAGE A11 ➤
Stansbury’s Brennen Calder (top) wrestles Tooele’s Jaren Wilson during a dual meet on Jan. 21.

Tooele’s Brady Knight (above) defeats Bear River’s Braden Groberg for the divisional title at 113 pounds on Feb. 6 in Morgan. Grant’s Bronco Choward (left) makes his move against Tooele’s Donovan Grover during a Class 5A 182-pound match on Feb. 4.

Tooele’s Jacob Peterson (above) has his hand raised in victory after finishing fifth in the 285-pound weight class at the state tournament.

Stansbury’s Michael Wilson (left) picks up teammate Josh Larsen during their 120-pound match at the Region 10 tournament.

Thursdays, February 18, 2016

Lauralyn Brunson/TTB Photo

Tooele’s Brady Knight (above) defeats Bear River’s Braden Groberg for the divisional title at 113 pounds on Feb. 6 in Morgan. Grant’s Bronco Choward (left) makes his move against Tooele’s Donovan Grover during a Class 5A 182-pound match on Feb. 4.

Tooele’s Jacob Peterson (above) has his hand raised in victory after finishing fifth in the 285-pound weight class at the state tournament.

Stansbury’s Michael Wilson (left) picks up teammate Josh Larsen during their 120-pound match at the Region 10 tournament.

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**SPORTS WRAP**

**Graniteville boys vs. Pine View**

Graniteville’s state play-in game against Pine View is scheduled to be at 5 p.m. at Grantsville High School.

**Tooele Track**

You’re not too old for the Tooele Stampede at 5 p.m. on March 5. Check in at the main entrance to the school. Meet at the main entrance to the school. Meet at 7:30 p.m., where the final matches will be played. All matches will be scheduled for the Tooele County High School. Please sign up early by contacting Coach Donna Dentler at 801-882-2902. The entry fee is $20 and includes a T-shirt for everyone who participates in the Stampede. A $5 discount is available. Prizes will be awarded for the top-scorer in each of the six age divisions. For questions, please call Coach Dentler at 801-882-2037.

**Tooele Rodeo**

Do you live in Tooele County? Yes, well, you’re invited to the largest youth rodeo in the county. The Tooele Community Rodeo is scheduled for the spring and summer. The 10-day event is the time. Players from the local schools and rivalries. If you’ve ever had a problem with smaller or college, I’m sure you’re like me — not discriminate against smaller or college. The Tooele County Rodeo is scheduled for upwards of 200 riders and thousands of spectators. Since its inception in 2010, hundreds of riders and thousands of spectators have ridden on that field one more time. Well, after Feb. 27 will be charged a $5 late registration fee. Registration dates for the following age groups are as follows:

- Ages 4-6 (6-year-olds can sign up to 1 p.m. on Feb. 27 at Tooele Springs Chapel, located at 47 N. 800 W. Tooele, UT 84074)
- Ages 7-12
- Ages 13-16
- Ages 17-18

For questions, please call 801-882-2902 or 801-435-2487.

**Stansbury Girls Softball**

Girls softball will be holding registration from 12:30 p.m. to 2:30 p.m. at Grantsville High School. Registration is free and open to anyone. For more information, please call 801-882-2902.

**Tooele Girls Softball**

Girls softball will be held on Saturday, Feb. 27 at 10 a.m. at Tooele High School. The registration fee is $25 and includes a T-shirt for everyone who participates in the Stampede. A $5 discount is available. Prizes will be awarded for the top-scorer in each of the six age divisions. For questions, please call Coach Dentler at 801-882-2037.

**Youth Basketball**

Youth basketball will be held in the rear of the building. Prices for the following age groups are as follows:

- Ages 4-6 (6-year-olds can sign up to 1 p.m. on Feb. 27 at Tooele Springs Chapel, located at 47 N. 800 W. Tooele, UT 84074)
- Ages 7-12
- Ages 13-16
- Ages 17-18

For questions, please call 801-882-2902 or 801-435-2487.

**Tooele Youth Baseball Registration**

Registration for Tooele Youth Baseball is set for tough contests this weekend. In high school basketball, the season is broken into three distinct parts: the pre-season, the season, the region season, and the post-season. For the girls teams from Grantsville and Stansbury, the third phase began Friday with the opening round of the Class 3A state tournament, where it’s win-or-go-nothing. Stansbury plays host to Desert Hills in the opening round, while Grantsville will be at Springville. However, the Thunder’s weakness is its defense, which ranks 13th best in 3A in 63.9 points per game.

Stansbury vs. Desert Hills: Stansbury finished the regular season 12-9 overall and 6-2 in Region 9. The Thunder were 20-3 overall, 11-1 in Region 9. The game will tip off at 5 p.m. at Grantsville High School.

Stansbury’s Angie Kipkadi (33) looks to dribble away from Graniteville’s Kylee Elis (12) during a game earlier this season. Both Stansbury and Grantsville are headed to the Class 3A state basketball tournament with first-round matchups set for Tuesday, Feb. 23. For the following age groups are as follows:

- Ages 4-6 (6-year-olds can sign up to 1 p.m. on Feb. 27 at Tooele Springs Chapel, located at 47 N. 800 W. Tooele, UT 84074)
- Ages 7-12
- Ages 13-16
- Ages 17-18

For questions, please call 801-882-2902 or 801-435-2487.

**Graniteville Softball**

Graniteville will be holding registration from 12:30 p.m. to 2:30 p.m. at Grantsville High School. Registration is free and open to anyone. For more information, please call 801-882-2902.

**Stansbury Girls Softball**

Girls softball will be held on Saturday, Feb. 27 at 10 a.m. at Tooele High School. The registration fee is $25 and includes a T-shirt for everyone who participates in the Stampede. A $5 discount is available. Prizes will be awarded for the top-scorer in each of the six age divisions. For questions, please call Coach Dentler at 801-882-2037.

**Youth Basketball**

Youth basketball will be held in the rear of the building. Prices for the following age groups are as follows:

- Ages 4-6 (6-year-olds can sign up to 1 p.m. on Feb. 27 at Tooele Springs Chapel, located at 47 N. 800 W. Tooele, UT 84074)
- Ages 7-12
- Ages 13-16
- Ages 17-18

For questions, please call 801-882-2902 or 801-435-2487.

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- Ages 17-18

For questions, please call 801-882-2902 or 801-435-2487.
**SALT LAKE VALLEY BUICK GMC**

**PRESIDENT’S DAY SALE EXTENDED! • ENDS MONDAY!**

<table>
<thead>
<tr>
<th>Model</th>
<th>Stock #</th>
<th>Color</th>
<th>Description</th>
<th>Price</th>
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<tr>
<td>2015 Verano</td>
<td>B33494A</td>
<td>Black</td>
<td>LT, ONE OWNER, ONLY 20K MILES</td>
<td>$16,999</td>
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<tr>
<td>2016 Lacrosse</td>
<td>B33749A</td>
<td>Silver</td>
<td>LEATHER, SUNROOF, LEATHER SEATS</td>
<td>$27,999</td>
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<tr>
<td>2016 Regal</td>
<td>B33742A</td>
<td>Silver</td>
<td>ONLY 30K, ALL WHEEL DRIVE</td>
<td>$24,999</td>
</tr>
</tbody>
</table>

**NEW 2016 Terrain STARTING AT $25,577**

**NEW 2016 Encore Lease Special $185*/mo.* *tax**

**NEW 2016 CANYON STARTING AT $28,149**

**DRIVESVL.COM**

<table>
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<tr>
<th>Pre-Owned Specials</th>
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<th>Pre-Owned Specials</th>
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<tr>
<td>P33168B 2010 Honda Civic</td>
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<td>AUTOMATIC, LOW MILES</td>
<td>$10,500</td>
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<tr>
<td>G32238B 2012 Mercedes ML350</td>
<td>Silver</td>
<td>LOADED, EXTREMELY CLEAN</td>
<td>$27,000</td>
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<tr>
<td>P33166A 2012 Chevy Colorado</td>
<td>Silver</td>
<td>CLEAN, LOW MILES</td>
<td>$13,800</td>
</tr>
<tr>
<td>PU32894A 2008 Chevrolet Express</td>
<td>Red</td>
<td>12 PASSENGER, JUST REDUCED</td>
<td>$14,500</td>
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<tr>
<td>G32446B 2014 Honda Civic</td>
<td>Red</td>
<td>SUNROOF, AUTOMATIC, LOW MILES</td>
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<tr>
<td>G33734B 2014 Nissan Rogue</td>
<td>Silver</td>
<td>LEATHER, SUNROOF, HEATED SEATS</td>
<td>$16,500</td>
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<tr>
<td>G33528B 2014 Hyundai Elantra</td>
<td>Red</td>
<td>LEATHER, SUNROOF, HEATED SEATS</td>
<td>$15,500</td>
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<tr>
<td>PU30309A 2013 Buick LaCross</td>
<td>White</td>
<td>LOADED, LEATHER, BACK UP CAM</td>
<td>$15,000</td>
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<tr>
<td>G33285B 2010 GMC Terrain</td>
<td>White</td>
<td>CLEAN, LOW MILES</td>
<td>$13,900</td>
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**GM CERTIFIED PRE-OWNED**

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<td>P33165A 2015 Chevrolet Silverado</td>
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<td>G32795B 2014 GMC Sierra</td>
<td>Silver</td>
<td>2500HD ONLY 14K MILES</td>
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<tr>
<td>G32846B 2014 GMC Sierra</td>
<td>White</td>
<td>6.6L DURAMAX, 42K MILES</td>
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<tr>
<td>P33187A 2015 Chevrolet Cruze</td>
<td>Silver</td>
<td>LOADED LTZ, ONLY 7600 MILES</td>
<td>$19,000</td>
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<tr>
<td>G32795B 2014 GMC Sierra</td>
<td>Silver</td>
<td>CREW CAB 2500 HD, 4X4, 13K MILES</td>
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<tr>
<td>B32898B 2014 Chevrolet Camaro</td>
<td>Red</td>
<td>ONE OWNER, LT, ONLY 3,661 MILES</td>
<td>$21,200</td>
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</tr>
<tr>
<td>B32935B 2015 Buick Verano</td>
<td>Gray</td>
<td>BACK UP CAM, HEATED SEATS</td>
<td>$17,500</td>
<td></td>
</tr>
</tbody>
</table>

**B2**

Wyoming olimen surviving the bust

CAPER, Wyo. (AP) — Braden Wagner, owner of Capers Natural Gas, said last month that he found himself adding dollars to his oilfield business after years of counting them out by the thousands to customers in the Powder River Basin. The boom in Casper, Wyoming, has not subsided. The oil patch is still flowing and companies need drillers, but now they are smaller and the job is not as well-paid.

"Our focus is to always be relevant," said Jakob Norman, president and CEO of Mesa Natural Gas Solutions, which has partnered with Moses Energy Systems to sell the Enosville firm's generators. "We're always trying to do better, and be more efficient and more safe, and trying to be better at the business end on every level that we can."
Let the seed-starting begin!

For years, my mother’s friends in England would start seeds indoors and bring them outside when the weather was had to say a word. Here’s a fine

I do not accept unsolicited

This is a poem by Dorianne Laux, about

The Book of Men

15-Armed with that knowledge, you can look at the seed packets

by the Department of English at the University

The Book of Men by Ted Kooser

Ted Kooser (UCSD Press, 2015). Poem

Sword’s daughter, has been called a

MOTHER'S DAY

Ted Kooser (UCSD Press, 2015). Poem

Husbands. If you start warm-weather

Growers have a better idea of the

sensible. I’m not so naïve as to

the last few days from our small

The seed-starting begins

TRAVEL TRANSCRIPT BULLETIN

February 16, 2018

i

Ted Kooser (UCSD Press, 2015). Poem

We do not accept unsolicited

unacceptable

Ted Kooser (UCSD Press, 2015). Poem

sow. We also have some

Blueberry

Reg. $219.91 | $180.00

Promo Code: SP21

Get our world-famous, exquisitely tender Omaha Steaks® Filet Mignons, Top Sirloins and more. 100%

PLUS, 4 more

Kielbasa Sausages

Call Now: 800-628-0668

Get An Extra $15 Off & Free Shipping On Your 1st Order!

Expires June 30, 2016.

Get our world-famous, exquisitely tender Omaha Steaks® Filet Mignons, Top Sirloins and more. 100%

cured and smoked. Available online at
tube.com/dirtfarmerjay for videos

Get An Extra $15 Off & Free Shipping On Your 1st Order!

Get our world-famous, exquisitely tender Omaha Steaks® Filet Mignons, Top Sirloins and more. 100%

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To order, visit Dirt Farmer Jay’s website at dirtfarmerjay.tube.com or call 800-628-0668.

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This Stranger, My Husband

I've shared this book with mothers-in-law and

It was as we welcomed the unknown, the spirit and heart of every

Red Raisin

Risoderene

Actiontec

Esoepramoxene

Nexium

Sildenafi  l

Viagra

Get a free 90-day supply now! As a thank you for your order, we’ll give you a free 90-day supply of

Get a free 90-day supply now! As a thank you for your order, we’ll give you a free 90-day supply of

Get a free 90-day supply now! As a thank you for your order, we’ll give you a free 90-day supply of

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Get a free 90-day supply now! As a thank you for your order, we’ll give you a free 90-day supply of

Are You Still Paying Too Much For Your Medications?

No, we do not accept unsolicited

The seed-starting begins

as we welcome the unknown, the spirit and heart of every

and you never really know

we all did this in rhythm of silence.

Sildenafil

Viagra

Sildenafil

Viagra

Sildenafil

Viagra

Sildenafil

Viagra

Sildenafil

Viagra

Sildenafil

Viagra
### The Bulletin Board

#### Tooele

**Senior Center**
- For older adults with limited mobility.
- Activities include yoga, bingo, and more.
- Visit www.tooelesprings.org for more information.
- Call (435) 883-5335.

**Commercial Driver’s License Exam**
- Testing is available on Wednesdays and Saturdays.
- Locations include: Tooele County Fairgrounds, Tooele County Courthouse, and Tooele City Hall.
- Call (435) 882-4721.

**Narcotics Anonymous**
- Meetings are held on Sundays at 11 a.m. in the Tooele City Hall basement.
- Call (435) 830-0465 for more information.

#### Grantsville

**Family History Center**
- Open Tuesday through Saturday, 9:30 a.m. to 5 p.m.
- Visit www.familysearch.org for resources.
- Call (435) 882-4020.

**Senior Center**
- Activities include cards, exercise classes, and more.
- Call (435) 884-3000.

#### Daughters of Utah Pioneers

**Brownies**
- Meet on the third Thursday of each month.
- Call (435) 884-3832.

**Girl Scouts**
- Meet on the third Thursday of each month.
- Visit www.gscs.org for more information.

#### Stansbury Park

**Restoration of Denes Grund**
- Services held on Sundays at 11 a.m. and 5 p.m.
- Call (435) 882-4040.

#### Schools

**Story and Craft Hour**
- Located in the Tooele City Hall basement.
- Call (435) 882-4001.

**Parent-Teacher Conferences**
- Held in the afternoon.
- Call (435) 884-3000.

#### Tooele County Bankers Club

**Lunchtime Financial Seminars**
- Meetings are held on the first Thursday of each month.
- Call (435) 882-4001.

#### Spring Gardens Expo

**Local Businesses**
- Visit www.springgardensexpo.com for more information.

#### Tooele County Bookbinder Club

**Annual Book Swap**
- Meet on Tuesday evenings.
- Call (435) 882-4001.

#### Garden Tour

**Historic Homes**
- Tours are held on the last Saturday in June.
- Call (435) 882-4001.

#### Elk’s Lodge

**Monthly Dinners**
- Held on the second Thursday of each month.
- Call (435) 882-4001.

#### Stansbury Church of Christ

**Sunday School**
- Held on Sunday mornings.
- Call (435) 882-4001.

#### Library Board

**New Library**
- Meetings are held on the second Thursday of each month.
- Call (435) 882-4001.

#### Boy Scouts of America

**Winter Activities**
- Meetings are held on the second Thursday of each month.
- Visit www.bsa.org for more information.

#### Girl Scouts of Utah

**Troop Activities**
- Meetings are held on the second Thursday of each month.
- Visit www.gscs.org for more information.

#### Tooele County Health Department

**Immunizations**
- Available on the first Friday of each month.
- Call (435) 882-4001.

#### Tooele County Historical Society

**Book Club**
- Meetings are held on the third Wednesday of each month.
- Call (435) 882-4001.

#### Tooele County Family History Center

**Family History Classes**
- Meetings are held on the second Tuesday of each month.
- Call (435) 882-4001.

#### Parkinson’s Disease Support Group

**Weekly Meetings**
- Held on the second Thursday of each month.
- Call (435) 882-4001.

#### Southwestern Utah Wild Quilts of Hope Society

**Community Quilt**
- Meetings are held on the third Wednesday of each month.
- Call (435) 882-4001.

#### Senior Services

**Meal Delivery**
- Available on weekdays.
- Call (435) 882-4001.

#### Tooele County Board of Education

**Regular Meetings**
- Held on the first Tuesday of each month.
- Call (435) 882-4001.

#### Tooele County Barbers

**Annual Competition**
- Held on the second Saturday of each month.
- Call (435) 882-4001.

#### Tooele County Strutters

**Annual Competition**
- Held on the second Saturday of each month.
- Call (435) 882-4001.

#### Tooele County Historical Society

**Monthly Meetings**
- Held on the second Thursday of each month.
- Call (435) 882-4001.

#### Tooele County Museum

**Annual Meetings**
- Held on the second Thursday of each month.
- Call (435) 882-4001.

#### Tooele County Art League

**Annual Meetings**
- Held on the second Thursday of each month.
- Call (435) 882-4001.

#### Tooele County Barbers

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W hen three nations meet and if they want to come to an agreement, My Mac, 1 sign up my profile and add my Mac to the account. Setting up the guest account is very simple and can be helpful in protecting your Mac and your privacy.

There are two primary reasons for offering a guest account on your Mac: one, users cannot make changes to your system, preferences and two, as users don’t have access to personal folders and files. This is the same setup to set up and enable your Mac’s Guest Account.

Select the System icon in the topright of the desktop and then select System Preferences. Next, select Users & Groups and the Users & Groups box opens.

On the left, you’ll see your current user profile, which is the admin account. There may be other profiles on your Mac, your Guest user account will be listed off of it.

First, you will need to click the lock in the lower left corner. Next, enter your password and then select Unlock. Now, you can select Guest User to the left, and in the middle, it will allow you to checkmark the box. Allow guests to log in to this computer. If you are going to allow young users, you may want to also checkmark the box: Enable parental control.

Make sure when choosing options that enable the guest user account, friends can’t also log in to your computer. When they log in to the guest account, it doesn’t require a password and users cannot log in to the guest account remotely.

If the box is turned on, guest users can only access Safari.

If it happens then, read about it here. 

* * *

BOOKWORM

‘The Christos Mosaic’

C onvicted in the story of his life, the hero of Dan Brown’s bestseller, ‘The Da Vinci Code,’ is crusading toward the enigmatic Illuminati, the secret society that harbors its own_NO SELL cured reveal of the Holy Grail. In ‘The Christos Mosaic,’ the latest novel by bestselling author of four Mac, 1 sign up my profile and add my Mac to the account. Setting up the guest account is very simple and can be helpful in protecting your Mac and your privacy.

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If the box is turned on, guest users can only access Safari.

An important note: When someone uses your guest user account, they will be able to log in to it and go out of the guest user account, all information, and files in the guest account’s home folder are deleted. When your guest goes to log in, more or less, a message will appear indicating this, but you may want to tell them about this on your system already.

Once you have made your selection, choose the lock in the lower left corner and then select the red dot in the upper left cor ner to close the box.

To turn your guest accounts, go back into Users & Groups and then select Unlock. Next, enter your password and then select Unlock. Now, you can select Guest User to the left, and in the middle, it will allow you to checkmark the box. Allow guests to log in to this computer. If you are going to allow young users, you may want to also checkmark the box: Enable parental control.

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For 14 years, Scott Lindsay has helped tens of thousands of people save energy. He has published articles about the environment and dozens from Scott Lindsay@live.com.

Inevitable comparisons will be made to ‘The Da Vinci Code’ by Dan Brown’s cumbles. ‘The Christos Mosaic’ is a novel that combines religious history, adventure, and historical fiction with contemporary adventure and produces a compelling mystery that is as educational as it is entertaining. The primary setting is ancient Athens, where culture, archi- tecture, history, and present-day events collide to make a very real connection to life. There are also exciting excursions to Cairo, Adam's Antica, Athens, and more, as crime, politics, and romance become characters of their own in an unbinding pursuit for both reason and truth. Drew is a young American anthropologist who is drawn to a parked truck inhabited by oranges. He is known for his keen analysis and his ability to see the big picture behind the small details. In ‘The Christos Mosaic,’ he takes us on a journey through ancient Athens.

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Standards Link:

why it is useful to round to the nearest dollar.

Write a sentence explaining

and glue them to a sheet of paper. Next to

Round It Out

thought?

Which had more sugar per serving?

Look at these food labels before taking

Nutrition Facts

of sugar? That's as

soup have 20 grams

canned tomato

Did you know that eating

kill germs.

Eating too much sugar makes

disease and diabetes.

problems such as heart

amount of sugar your kids are consuming.

New government guidelines

recommends a maximum of 3 teaspoons

to day.

The average American eats

70 pounds

people consume can be

getting sick more often.

added sugar can lead to
getting sick more often.

A lot of the added sugar

people consume can be found in sweetened drinks.

Standards Link:

Sugar SMART

PARENTS: New government guidelines say that more than 10 % of usual
daily calories should come from added sugar. Research links less than about
10 teaspoons per day

The American Heart Association

recommends a maximum of teaspoons (12 grams) of added sugar per day.

Use Nutrition Facts labels to track the amount of sugar your kids are consuming.

Note: food labels do not distinguish

between natural and added sugar.

THURSDAY  February 18, 2016

Be a sugar detective!

Did you know that some brands of canned tomato or vegetable soup have 20 grams of sugar? That’s as much as two doughnuts!

Always read the Nutrition Facts labels before taking a bite or sip.

Look at these examples. Which food has the most sugar per serving?

Which had more sugar than you thought?

Count how many teaspoons of sugar each of these drinks contain.

Sugar mean?

Extra! Extra! Sugar Adjectives

Look through the newspaper for 10 words that describe sugar. Write them here:

Sugar can cause:

1. cavities in teeth.

2. gum problems.

3. weight gain and obesity.

4. heart disease and diabetes.

5. high blood pressure.

6. high cholesterol.

7. adult diabetes.

8. enlarged liver.

9. liver damage.

10. blood clots.

SUGAR means a sweetener.

SUGAR SMART

PARENTS: New government guidelines say that more than 10 % of usual daily calories should come from added sugar. Research links less than about 10 teaspoons per day.

The American Heart Association recommends a maximum of teaspoons (12 grams) of added sugar per day.

Use Nutrition Facts labels to track the amount of sugar your kids are consuming.

Note: food labels do not distinguish between natural and added sugar.

Sugar is a natural sweetener found in some fruits and vegetables.

Sugar is an added sweetener used to sweeten foods that don’t normally have sugar.

Sugar is a nutritive sweetener that gives energy to the body.

Sugar is a sweetener that is used in cooking and baking.

Sugar is a sweetener that is used in candy and chocolate.

Sugar is a sweetener that is used in soft drinks and sodas.

Sugar is a sweetener that is used in jams and jellies.

Sugar is a sweetener that is used in instant coffee.

Exercise Story

Have a parent or friend read this story aloud. Each time one of the words below is mentioned, do that motion for 30 seconds.

Then, trade places as you read the story aloud.

= hopping in place

= stand on one foot

= jumping jacks

= run in place

= sit ups

= somersault

= touch your toes

Mr. Citrus’ food truck was very popular. The truck was designed to look like a giant orange and each day he’d drive to business parks at lunch time. People would buy fresh watermelon slices, bunches of grapes, apples and more.

One day, Mr. Citrus parked on a steep hill. When he opened the truck’s customer window, fresh orange rolling off the counter and down the hill.

Strawberry after strawberry rolled alongside oranges and apples. Luckily, Mr. Citrus was able to catch a large box of grapes before it also tumbled away.

The rolling fruit picked up incredible speed. At the bottom of the hill sat Officer Stan, enjoying a slice of watermelon at the park.

Suddenly, poor Stan was pelted with strawberries, lemons, apples and oranges, knocking him off the park bench.

As he wiped smashed fruits, oranges, apples, lemons off his uniform, he called his sergeant on his radio.

“Your not going to believe this, Sgt. Pear, but I was just attacked by an escaped fruit salad!”

“You’re not going to believe this, Sgt. Pear, but I was just attacked by an escaped fruit salad!”

If you want to eat or drink sugar, follow these steps:

1. Lower the calorie intake.

2. Consume sugar only when it is necessary.

3. Consume sugar in moderation.

4. Consume sugar with healthy foods.

5. Consume sugar with lean protein.

6. Consume sugar with lean protein and whole grains.

Kid Scoop Vocabulary Builders

This week’s word: CONSUME

The verb consumes means to eat, drink or buy something.

Kids should not consume more than three teaspoons of added sugar daily.

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

Write On!

Alliterations

Write a sentence in which all or nearly all of the words start with the same letter.

Example: Sarah’s six sweeties sucked sugary sweets.

Kid Scoop Visual Word Search

SECRET SUGAR CODE

Secret Sugar Code: List the words in the puzzle. Then look for each word in this week’s Kid Scoop stories and activities.

CONSUME = Run in place.

DETECTIVE = Kneel on your knees.

Doughnuts = Stand on one foot.

Sweetened = Hop in place.

Syrup = Sit ups.

Sugar = Touch your toes.

Heart = Jumping jacks.

Gum = Run in place.

Blood = Sit ups.

Fat = Touch your toes.

Cells = Stand on one foot.

Soup = Run in place.

 Sick = (No word clue; use picture clues).

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Soup = Run in place.

 Sick = (No word clue; use picture clues).
Boys

Continued from Page B1

The game will be played at 5 p.m. on Saturday at Granteville High School. Pin View went 13-6 through the regular season and has a similar 4-2 region record to Granteville. The Panthers are coming off a 47-41 win over the late-game筹划ing Timpas on Friday, in which they held Fort Hamilton to a five-point lead in the final minutes before the come-from-behind win.

Pin View has a3 balanced attack, according to statistics found online, but led by senior big man Cody Barbee.

“ redevelopment, fix-up, the games we will be more balanced,” said head coach John Jordan. “We're not going into the game there and no one is going to be there.

Pine View went 13-8 through the regular season and has a similar 5-3 record in Region 9.

Hokanson has the ability to find the 3-point line this season, and he leads the team's leading rebounder. Hokanson each average about 15 points and 10 rebounds. The Thunder are strong in the post with 6-3 senior center Connor Searle and senior power forward of 3A with senior center Connor Searle and senior power forward of 3A.

Girls

Continued from Page B1

Stansbury High School. The winner will play either Carbon, the Region 12 champion, or Stansbury, the Region 11 second-place team, in the quarterfinal game.

Grantsville, Stansbury and Tooele each qualified for the Class 3A boys basketball tournament this season. Grantsville and Tooele each qualified for the Class 3A boys basketball tournament this season and will face each other in Region 8 in the finale.

Stansbury at Dixie

Estevan Johnsen said. “It just isn't stopping them enough. We've got to stop them from scoring, and we're going to have to be sharp to stop them.'’

We need to make sure that we're making sure our players are going for baskets, putting a body on them, he said. "We need to pressure them into the off-the-glass play. If that happens, we should get a lot of offense with and our bgs, we can challenge them from everywhere.'

It just isn't stopping them enough. We've got to stop them from scoring, and we're going to have to be sharp to stop them.’'

The quarterfinal game will be played at 25 at 25.

Dixie vs Tooele at Desert Hills

The boys will play on the opening round of the Class 3A state tournament, traveling to St. George on Saturday to take on Desert Hills, the seed-

Boys

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Dear Bob,

I was getting older and out of shape, but that’s not necessarily the case. COPD—a term used to describe a variety of lung diseases, including emphysema and chronic bronchitis—develops over time, making it hard to breathe. Many people mistake shortness of breath for the past one or two decades, but that’s not necessarily the case. COPD is a serious condition that can increase the risk of severe shortness of breath, especially during physical activity; wheezing; a persistent cough; and chronic fatigue. The symptoms of COPD may not be obvious until damage has occurred.

Common symptoms include a cough or a cough that produces a lot of mucous. You may also experience shortness of breath during physical activity, worsening of fatigue, and chest tightness. Most of these are risk factors for smoking or former smokers over age 40, and people who have had long-term exposure to other lung irritants like secondhand smoke, air pollution, chemical fumes and dust. There is also a rare genetic condition known as alpha-1-antitrypsin, or AAT deficiency that can increase the risk.

If you’re experiencing any of the aforementioned symptoms, you need to get tested by your doctor. A simple breathing test called spirometry can tell you if you have COPD, and if so, how severe it is. Early screening can also identify COPD before major loss of lung function occurs. If you do indeed have COPD, you need to know what risks are out there, as well as things you can do to help manage symptoms and prevent your condition from getting worse.

One smoking tries smoke, the best thing you can do to prevent more damage to your lungs is quit. To get help, the National Cancer Institute offers a number of smoking cessation resources at smokefree.gov. Call 1-800-QUIT-NOW. Ask your primary care provider or pharmacist about prescription medication. Avoid air pollutants: Stay away from things that could irritate your lungs like dust, allergens and strong fumes. Also, to help improve your air quality at home, remove dust-carrying clutter and keep carpets clean; run the exhaust fan when using smoking products, bug sprays or paint; ban smoking indoors; and keep windows closed when smokers are indoors.

Guard against flu. The flu can cause severe problems for people who have COPD, so get a flu shot every fall and keep your hands frequently to avoid getting sick. Antibiotics can be prescribed to help reduce inflammation and prevent complications. Take prescribed medications. Blood thinners taken with an inhaler; are commonly used for COPD. They help reduce the airway muscles to make breathing easier. If and when your condition causes any distress, you may need a dose of rescue medication for when symptoms occur, or a long-term prescription for daily use. Inhalers that may also help reduce inflammation and mucus and prevent flare-ups. For more information, visit the COPD Foundation at copdfoundation.org or call the COPD information line at 888-267-2673.

Yours sincerely,

Am Miller is a contributor in the NBC Today show and author of “The Savvy Senior” book.
Darling Clementines

One of the best things about the winter months is the abundance of citrus fruits. My favorite winter fruit is clementines. Most of the clementines grown in the United States are from California, and the rest come from Spain. California has been growing them for many years. According to the U.S. Department of Agriculture, clementines are a cross between a Chinese mandarin and an orange, and are often confused with oranges like mandarins and satsumas, or honey-sweet oranges.

Father Clement Buell, a French missionary in Algeria, is credited with developing the clementine after an accidental hybridization in the garden of his orphanage. He also became the namesake for the fruit. However, there are early records noting the origins of the fruit to China, where it is named Shitang in a Canton mandarin grown in the Guangzhou province.

When selecting a clementine, choose fruits that are intact and firm, heavy for their size and deeply colored. It is best to have the clementines for your home between the clementines. Turn them often to prevent the clementine color from becoming too dark. If the fruit is refrigerated, it is best to place it in the refrigerator to aider for an air circulation, or more to the flavorful flavor of the refrigeration.

A clementine contains only about 15 calories and 8 grams of carbohydrates. They also have fiber, vitamin C, calcium and potassium along with many other nutritional benefits.

The clementine is the perfect combination of a juicy, packed, healthy snack and a sweet treat. They’re also a flavor-filled ingredient for Chicken With Clementines and Fennel.

CHICKEN WITH CLEMENTINES AND FENNEL

Marinating overnight gives the chicken more flavor, but if you’re pressed for time you can marinate it for 30 minutes to 1 hour. Slathering on Dr. Pepper to make the marinade is a nice different. It’s less expensive substitute for it’s 1/2 tablespoons Tabasco, Don’t omit cumin. If using the alcohol, replace with water.

1. To make the marinade: In a large mixing bowl, whisk together the onion, clementine or orange juice, reserved for sauce 1/2-cup of Dr. Pepper. Mix all ingredients, reserved for sauce, 1/2 teaspoons fennel seeds, lightly crushed 2 clementines, peeled and divided into slices 4 garlic cloves or lemon thyme cumin 2 tablespoons minced onion, cut lengthwise and then into quarters 2 fennel bulbs, cut lengthwise, then into quarters, tops reserved for sauce 1 1/2-cup of Dr. Pepper. Mix with the chicken. Lightly salt the chicken, cumin, onions and fennel. Place the chicken, clementines, thyme sprigs and the onion and fennel in a roasting pan. Spread all the ingredients, reserved for sauce, 1/2 teaspoons fennel seeds, lightly crushed 2 clementines, peeled and divided into slices 4 garlic cloves or lemon thyme cumin 2 tablespoons minced onion, cut lengthwise and then into quarters 2 fennel bulbs, cut lengthwise, then into quarters, tops reserved for sauce 1 1/2-cup of Dr. Pepper. 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Winter boredom busters for energetic families

DEAR DR. ROACH: I have been diagnosed with essential tremor. Promethazine 10 mg has not helped. Sometimes I can write and eat with no shaking but other times the shaking is so bad that I fall off the fork or cannot read my print or writing. I think a brush seems to help me enough that in five minutes I can write or eat quite normally nearly every time. I’ve been told that it doesn’t appear to the Parkinson’s. Any suggestions would be much appreciated. — J.N.

ANSWER: Essential tremor, sometimes called benign familial tremor, is common. Often, it has a family history of tremor. It is not Parkinson’s disease; however, it is always “benign” in that, for some people, it can be disabling; preventing a person from not only writing but, in your case, activities of daily living such as eating. Alcohol has long been known to reduce the tremor temporarily, but it must be taken cautiously, since regular use will build up to a tolerance, requiring higher doses for effectiveness and — as I have written before — can make dementia worse. I bet her doctor has checked for it. If not, it can’t keep quiet when I see people I love being hurt.” — Lord Byron

Tremors aren’t always signs of Parkinson’s

Many times, excess alcohol is a major cause of many medical problems. Untreated use with foods is reasonable.

Other effective treatments for essential tremor include anti-epileptic medications such as primidone, gabapentin and topiramate. Unfortunately, not all of these side effects have side effects, so they are best prescribed by an expert, such as a neurologist who specializes in movement disorders.

For various essential tremor medications, always consult a neurologist, especially in the presence of drug interactions and side effects.

DEAR DR. ROACH: My mother was diagnosed with Alzheimer’s disease in 2009, and she is taking Namenda and Aricept to help slow the progression of the disease. Her general practitioner has said that it is better to switch from one brand name to another as you read about. Can one switch without having anyone else, and yet say the same thing?

My mother was diagnosed with Alzheimer’s disease in 2009, and she is taking Namenda and Aricept to help slow the progression of the disease. Her general practitioner has said that it is better to switch from one brand name to another as you read about. Can one switch without having anyone else, and yet say the same thing?

Dr. Roach regrets that he is unable to answer individual letters, but the questions are good ones and the columns are read by many people who can benefit. The letter may just be acting for fun. His next worth is more than $25,000.

Patricia Wilson, who starred in the TV series “G.I. Joe” and such films as the original “Phantom of the Opera,” “The Mummy,” “Star Wars: The Force Awakens,” is spearheading a crusade to protect film fans from being victimized by unscrupulous dealers selling movie posters and other memorabilia for which they are not entitled to as much as 10 times the cost of a stupid forgery.

The Force Awakens,” is spearheading a crusade to protect film fans from being victimized by unscrupulous dealers selling movie posters and other memorabilia for which they are not entitled to as much as 10 times the cost of a stupid forgery.

Dr. Roach has teamed up with California’s Shimrit Elad and Ling Ling Chang to extend protections to sports memorabilia to all signed collectibles for display in the state. Under a pending bill, Chang would require certificates from dealers for signed memorabilia.

The bill has been submitted to the Senate and is expected to be as much as 10 times the cost of a stupid forgery.

2. Go together to your public library to check out a book! “Donna Erickson’s Fabulous Funstuff for Families.”

“Donna Erickson’s Fabulous Funstuff for Families” is a fun book that gives you ideas for creative family recipes and activities. Visit www.wined.us and link to the $20 Donna’s Day Facebook fan page. The latest book is “Donna Erickson’s Fabulous Funstuff for Families.”

Ms. Markham, you are very key during this big day for the film industry. The Force Awakens,” is spearheading a crusade to protect film fans from being victimized by unscrupulous dealers selling movie posters and other memorabilia for which they are not entitled to as much as 10 times the cost of a stupid forgery.

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3. Big Bad John (from the song "Girls" by John Lennon) was released in 1970. The band, the former Olympic gold medalist, wrote the song as "Which one's going to die?" and sang it as "We don't know who's going to die."

4. "I'm just a funny little country boy from Abilene, Kansas, and I grew up in a yard with a pink pickup truck."

5. Three consecutive Game Seven playoff losses included in 2015 to make a birdie on the 16th. That's the same day I learned Jordan received a call from Apple and was recruited as a volunteer and developer. He said he was interested in the hallowed original, this Rocky and its own picture:

6. "Silk: Season Two"

7. "Paul"

8. "Fall, Series 2"

9. "The Danish Girl" (R) — Einar Wegener was already married and had two children. Wegener had always known that he was a woman. She was so devoted to her children that they didn't know she was a woman. She was so devoted to her children that they didn't know she was a woman. She was so devoted to her children that they didn't know she was a woman.

10. "April Fool"(R) — Einar Wegener was already married and had two children. Wegener had always known that he was a woman. She was so devoted to her children that they didn't know she was a woman. She was so devoted to her children that they didn't know she was a woman. She was so devoted to her children that they didn't know she was a woman.

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Get this edition online! It’s easy to use and allows to read your Tooele Transcript-Bulletin from anywhere with internet access. And you can browse through 10 years of archives!

Whether you’re using your desktop computer, laptop, smart phone, or tablet you can view the pages of the paper like it’s the real thing!

Go to: TTooeeleOnline.com
Tooele County leaders met with See Legislature working through budget, water and marijuana bills Jan. 29, left the 19-year-old victim and 911 calls by the Tooele City the release of dash cam footage made available to the public with a McDonald’s drive-thru were the victim had died at the accident, which occurred More details of an unusu-...
England

in mind, we had them share
and they have covered almost
the English Channel. Commissioned
further than Spitbank Fort,
10 unique places to stay

4 beds, 2 baths   On a private road with 2.52 acres,
Huge shop-barn and sheds included. Buyer can modify or pick plans. Horse property.

5 beds, 2 baths, 3 car garage   Stunning custom home
with finished basement. 5,033 sq. ft. Fenced backyard. Horse property. Barn and chicken coupe.

Undara Experience. Carriages
and outstanding experience at a
view of the airport. At Jumbo
room and shower. The creme de
accommodate four guests and
privacy desires. Most rooms
lodging based on budget, and
suites, you can choose your
the opportunity to spend the
find a glass-covered opening in
on the lookout when you stay. If
3 beds, 2 baths   Cute little starter home or investment

Margene Colledge
4 beds, 3 baths, 2 car garage
84 E Pebble Beach Dr, Stansbury Park
801-712-0315

Brett McConnell
5 beds, 2 baths, 3 car garage
637 W Moonlight Dr, Erda
$ 369,999

Debbie Millward
4 beds, 3 baths, 2 car garage
561 W Moonlight Dr, Erda
$ 389,999

Marilyn Jensen
801-644-5810

Ryan Nelson
4 beds, 3 baths, 2 car garage
801-712-0315

Bart Powell
435-830-2088

Lillian Harvey 801-918-3735 #1326586

Jack Walters 435-840-3010 #1344626

Carol Autry 801-520-6680 #1353740

Lillian Harvey 435-882-2100 #1279337

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TOOELE TRANSCRIPT-BULLETIN
THURSDAY February 18, 2016

10 unique places to stay

By VirtualTourist.com

VirtualTourist members are some of the most well-traveled people around and they have visited almost every corner of the world. With this in mind, we had them share their thoughts on 10 of the Most Unique Places to Stay.

Middle of the Ocean: Spitbank Fort
Portsmouth, Hampshire, England

Here sitting on it a 150-year-old, mammville
fortresses situated to the middle of the Solent Strait? Look no further than Spitbank Fort, one of four forms, just off the English Channel. Commissioned

in 1840 in an effort to defend the country in the event of an attack, the fort was never used because by the time they were completed, they were no longer needed. Today, they have been thoughtfully restored to serve as a luxury hotel offering 24 hours of unapologetic luxury. Your

visit begins with a boat ride
to the fort, where you are welcomed with champagne and

on the roof and eating and
your stay enjoying the facilities,
including a hot tub and suites

Gliss Glogos, Kakabalanntun Arctic Resort

A private floating island
with your bedroom 13 feet beneath the surface is yours to enjoy when you book the exclusive Underwater Room at The Manta Resort in Zanzibar. The three-story human made

provides three levels of extraordinary views and expe-
reriences you’ll have nowhere else. The landing deck, at sea
level, has a foreign art and bathrooms and a bar on a roof.

Only 15 feet off the bottom and there’s a chance to get an opportunity for sunbathing on the roof, the
dream room to float in the crystal clear waters beneath

a 360-degree starring of roof and
other underwater experiences. 5,185 USD per night gets you
the room, along with breakfast, lunch, three-course dinner, all
you can drink all day long, plus
one spa treatment per person and complimentary Wi-Fi.

Sleeping In Tents: Free Spirit
Spa, Qualicum Beach, British Columbia, Canada

The idea behind Free Spirit Glamping is simple – to provide people the opportunity to live in and
among the trees. These unique tents are suspended in the rainforest and offer guests the perfect get-a
way to enjoy the great outdoors and
be close to nature. Each tent includes equipped with a cur

yurt, queen bed, deck chairs, and a

field of stars at night. The glass also contains
privacy of their own personal
borealis from the warmth and

night. The glass also contains
privacy of their own personal
privacy desires. Most rooms
lodging based on budget, and
suites, you can choose your

the opportunity to live in and
among the trees. These unique tents are suspended in the rainforest and offer guests the perfect get-a

yurt, queen bed, deck chairs, and a
drink all day long, plus

one spa treatment per person and complimentary Wi-Fi.

Free Spirit Glamping

Looking for a unique African
experience? Look no further than
the Manta Resort in Zanzibar.

The Manta Resort in Zanzibar.

Africa

$350 USD per person.

If you can't travel to Africa for
months, you can enjoy an

African tents imported just to set

a cave. Fourteen of the 36 rooms
were designed around original
"fairy chimneys" and the five
places in one, making the
even more exceptional since
"barely 01", #1474044 or
http://www.virtualtourist.com

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