$5M bail set for murder suspect Diaz

by Steve Howe

TOOELE County residents packed the council chambers at Tooele City Hall Wednesday morning to protest a state agency’s water rights application in Rush Valley. The state’s Schools and Institutional Trust Lands Administration submitted their water rights request in Rush Valley. SITLA is a major land holder in Rush Valley, with more than 13,000 acres of undeveloped land.

Groundwater from Rush Valley and Vernan were joined by government officials from Tooele Valley in opposition to the state’s water rights request. SITLA was represented by several members of its staff, as well as former state engineer Jerry Chalmers.

Residents protest SITLA’s ‘water grab’

by Steve Howe

Erda groundwater high in nitrates but still ‘safe’ to drink

by Jessica Herrera

Groundwater in Tooele Valley has become more contaminated since 1998, but the water is still safe to drink.

That’s what a group of about 15 local residents heard at a public meeting Tuesday where officials from the Tooele County Health Department explained how septic systems are affecting groundwater.

Overall, nitrate levels are higher than levels recorded by the Utah Geological Survey for a 1998 study. However, groundwater quality in Tooele Valley today is old enough to drink safely, a new study shows.

Erda groundwater has the highest level of nitrates from septic systems in Tooele Valley, according to Lance Nielsen, lead engineer of the new study. On average, nitrate levels are more than twice the federal standard for drinking water.

School bonds will cost less due to interest rate drop

by Tim Gillie

A general obligation bond by the Tooele County School District will cost taxpayers 22 percent less than originally estimated. In November 2015, Tooele County voters approved a general obligation bond for several school district capital projects.

On Tuesday, the school board approved a resolution allowing district officials to sell for $35 million of the $49 million proposed by voters. The district will sell for the

District picks Nelson to fill empty seat on school board

by Tim Gillie

Karen Nelson is back on the Tooele County School Board.

During their meeting Tuesday to complete the unexpired term of Matt Lawrence, Lawrence submitted his resignation at the April school board meeting. Lawrence, a seminary teacher for The Church of Jesus Christ of Latter-day Saints, has accepted an assignment that will require him to move out of state.

Nelson, a Grantsville resident, was elected to the school board in 2006 and reelected in 2014. At that time, she said two terms were enough and that her husband, Rep. Merrill Nelson, serving in the state Legislature,
Tooele Valley Motorsports’ owner Nick Child stands next to one of the many camper trailers he has on sale in his lot. This model is also a toy hauler and a custom favorite.

**Pamela Dupin-Bryant received the Eldon J. Gardner USU Teacher of the Year Award during USU’s commencement exercises held May 6 and 7 at USU’s Logan campus.**

The selection of the Eldon J. Gardner USU Teacher of the Year involves an intensive process that includes both students and faculty, according to Adam Cades, marketing manager for USU. A total of eight teachers are selected on the teacher of the year at USU for each academic college at USU.

From those eight teachers, one is selected for the Eldon J. Gardner Award, according to Cades. In addition to receiving the USU Teacher of the Year Award, Dupin-Bryant was also named the 2016 Teacher of the Year for the Management Information Systems Department, and the Tooele Regional Campus.

An advisory panel of Price and others also recommended Dupin-Bryant for her credit. Dupin-Bryant’s textbook, which is significant with the Tooele County business plan, is 15.1 miles from the nearest SR-36. However, he is aware that a construction project can also be found at SR-36.

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Micro-homes, cottages provide another getaway

by Maggie Cooper  
CORRESPONDENT

If you watch HGTV, you’ve most likely seen one of their new shows, like “Tiny House, Big Living,” that are all about micro-homes.

Living in or building a micro-home or small cottage on a single-family property is becoming a popular concept, but it is not a new idea.

In the Amish culture, for generations most families have built a Dawdi Haus on their farm. Dawdi means “Grandparent” and this small home is built on the property for the family patriarchs to move into when the first child’s family grows large enough to take over the main residence.

Instead of putting aging parents into a nursing home, they care for them right on the same property. Multi-generations live and work together. Separate small homes are also quite commonly seen in older communities within larger cities, often built behind or beside the main home.

From the 1930s to the 1950s, many people rented their separate units for additional income, but during the housing boom that followed, local planning boards wanted condensed suburban developments and began to prohibit zoning for dense housing and accessory dwelling units (ADUs).

However, as a result of the recent Great Recession, as well as the movement toward more density in urban housing, city planning boards are beginning to approve laws that allow for separate dwelling units.

There are many benefits to owning an ADU, which include additional cash flow to the homeowner, a quiet neighborhood atmosphere for a tenant, or opportunity to help a family member by providing housing plus, the potential for overall property value increasing with an income-generating unit. The size allowed for most of these dwellings is no more than 800 square feet — basically a 20-foot by 40-foot structure.

However, there are many homeowners who aren’t looking for an additional income stream nor are they motivated solely by increased property value. They opt to build a cottage or cabin just for their own enjoyment.

These dwellings may or may not include plumbing, heat or cooling. They may be just a quiet getaway for the homeowner — a place to read, take a nap or just enjoy some solitude. Some cottages serve as a place to entertain guests or even enjoy a meal together.

Four such structures, located right here across Tooele Valley, are the focus of this article: a log cabin, a cottage, a “shed” and a tree house.

Mike and Liz Smith of Grantsville have a beautiful 1952 home and landscape that they have been lovingly working on for several years. Their yardscape was featured on the 2015 Garden Tour and one of the elements that visitors raved about was the authentic log cabin they have erected in their extra-large backyard.

“Mike built the cabin because I told him I needed a storage shed for all my student government camping equipment,” said Liz. “The next thing I know I have my ‘playhouse’ as Mike originally called it.”

The frame for the cabin is all new timber and most everything else is found material. The outside’s aged wood is from an old shed that a neighbor wanted torn down. The tin for the roof blew off a friend’s barn and he was going to throw it away. The east window came from a milk barn that their old landlord was tearing down. Recently, they added a small west window, for more light, which came from a 1918 house that was being remodeled.

“I think Mike had it built in under a month,” Liz said.

There is no electricity, water, or insulation. Liz would like to get electricity out there at some point, but then, she says, “I may never leave.”

The inside is basic plywood, some painted and some with a little stain to give color. For flooring, Liz has used samples from Home Depot to give it a little more “class.”

Liz found an old metal bed that she refurbished along with a 1920s table that is next to the bed. She keeps her garden and craft books out there and can read them at a table and chair. There are several shelves on the walls — the first few were made by...
Mike from old wood — the cabinet shelf was taken out of their house when they remodeled the laundry room.

“I love having a little spot of my own,” Liz said. “Sometimes I go out there and no one even knows I’m there. I’ve even fallen asleep all night. During the summer, I open the doors all the way and place lace curtains across the door to keep the bugs away without obstructing the view.”

The little cabin is now affectionately referred to as the “Love Shack,” after Liz purchased the “LOVE” letters that are now on the cabin’s outside wall. “I think of it as the love shack because my love built it for me,” Liz said. “It was his Mother’s Day present to me.”

Annee and Byron Lund of Stansbury Park are ambitious. Annee is a mother, decorator, furniture refinisher, avid gardener and accomplished chef. Byron, besides his professional career, loves to build things. Somehow, last summer, they found the time to design and build their own backyard cottage.

The Lunds’ home and yardscape is a work of art. They were also featured last year on the 2015 Garden Tour. Despite the fact that their property is a somewhat typical-sized residential lot, their landscape feels like it goes on forever. It has lots of whimsy and consists of a fairy garden, a pond complete with a Buddha, two decks to accommodate outdoor eating and cooking space, an herb garden, lots of trees, a chicken coop, and paths with ornamental and edible gardens. So with all that, why build a cottage?

“We built our cottage because we had already created many outdoor rooms in our garden space and wanted something different,” Annee said.

They were mindful in using old, reclaimed windows and lighting, metal window grates and baskets.

“We found most of these items at yard and estate sales,” Annee said. “Much of the decorative accents were created from leftover building materials and ‘spontaneous ingenuity.’”

The cottage was built and decorated in a French country cottage style including a 100-year-old chandelier. It has electricity, is insulated and is heated with an electric “fireplace” heater when needed. There is a dining room table that seats six, a sofa and chair and even a small refrigerator stocked with snacks and drinks. And when water is needed, there is a water spigot just outside the door.

“It is very quiet and charming,” Annee said. “It’s like going on vacation in our own backyard. We enjoy entertaining and it gives us another space to escape.”

Word has it that Byron’s project this summer is “Brady is a resourceful man who is talented in all building disciplines. Their home’s back porch has a unique table that Brady made along with wood overlaid pillars and a custom wrap-around table on each post for drink glasses. Their yardscape includes a lawn, perimeter shrubbery, dry creek bed and a bridge. And that’s not all! There’s also a stunning fire pit area with seating, all surrounded by plants, flowers and greenery. The Lunds are do-it-yourselfers and often use “found materials” in their creations.

“For the shed, we had leftover railroad ties from another project and used them to elevate the back side,” Danielle said.

“Brady was also able to obtain enough surplus steel from other projects to weld the foundation frame. All other materials were purchased from Home Depot. It took Brady about two months to build the shed, working nights and weekends. “Brady downloaded some shed plans for $20,” Danielle said, “and he changed the plans to have 8-foot walls, before the loft on the inside was started, as well as made adjustments to the overhang of the porch roof to increase the vault and roof extension more than the original plan design.”

The Lunds’ yard and cottage is a showpiece of their creativity and resourcefulness.

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Brady and Danielle Nelson have a gorgeous landscape in Overlake and will be on the Garden Tour on June 11. About a year ago, they decided to add a new dimension to their yard to provide extra storage for outdoor equipment and to extend their space for entertaining.

Brady is a resourceful man who is talented in all building disciplines. Their home’s back porch has a unique table that Brady made along with wood overlaid pillars and a custom wrap-around table on each post for drink glasses. Their yardscape includes a lawn, perimeter shrubbery, dry creek bed and a bridge. And that’s not all! There’s also a stunning fire pit area with seating, all surrounded by plants, flowers and greenery. The Nelsons are do-it-yourselfers and often use “found materials” in their creations.

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The Nelsons use the elevated space on the back side of the structure to store rakes, shovels and extra building materials. They built the loft inside for storage, added windows for ventilation, an 8-foot by 8-foot barn style door and an 8-foot by 16-foot covered porch. They plan to finish the interior into a possible game room and add power to it as well.

“What we enjoy most about it is the amount of storage and relaxing on the shed’s front porch,” Danielle said. “Brady even fabricated a 20-foot flag pole that sits on the front corner of the shed, giving enough room to showcase the beautiful American flag!”

Jerry and Sharon Worsencroft of Erda, former Garden Tour hosts as well, have a beautiful 5-acre spread on the Oquirrh Mountains bench with over 700 trees, a solar-heated swimming pond (complete with fish), a greenhouse, veggie gardens, vineyard, gorgeous log home and now, a tree house! Jerry loves the view to the west and decided it would be even prettier from a higher vantage point. So, he decided to build a tree house that isn’t really in a tree, rather nestled, up in the air, among the trees. Its colorful exterior is reminiscent of Disney’s “Up” house and it has running water, a toilet and gravity-fed shower below the house. The view from the deck is breathtaking. Look for a complete article on this micro-home in an upcoming Garden Spot column in the Tooele Transcript Bulletin. ✪
Good care, proper watering helps young seedlings

by Maggie Cooper

CORRESPONDENT

It’s that time of year when the weather warms and people start dreaming of home-grown tomatoes, zucchini and peppers. While you can certainly go and purchase plant starts to transplant into your garden, you can also start the plants by seed. Here are some seed starting basics that can help you choose how you want to get your vegetable garden going.

Seeds can come from two sources. You can save seeds from vegetables you have grown or purchased or you can purchase seed packets produced by seed companies. If you want to give collecting your own seeds a try, tomatoes, peppers, beans and peas are good choices for seed saving.

To learn how to save seeds successfully, go to www.rodalesorganiclife.com/garden/beginners-guide-seed-saving. You’ll need to learn a bit about how hybrid and open pollination plant breeding occurs and to how to assure that the seed you collect will grow what you intend.

Once you have your seed source, there are several ways to start seed. The first one is to direct sow into your garden plot. Before you plant seeds, you need to be sure your soil is prepared. It’s important to have a good percentage of organic material in the soil. Planting seeds solely in clay soil, which is native to Tooele Valley, is a recipe for disaster. The clay will crust as it dries, making it difficult for your seedlings to emerge.

If you are using our native soil as a component of your garden bed, make sure it’s free of rocks and other impediments for seed sprouting. After you have sifted it, add compost (either from your own pile or bagged from the garden center) so that the mixture of soil to compost is about 50/50. If you don’t have enough natural soil available to you for this mixture, a sure-fire growing medium recipe is from Mel Bartholomew, author of Square Foot Gardening:

Blend 1/3 horticultural vermiculite, 1/3 peat moss and 1/3 blended compost, which can be cow or turkey compost. All three of these items can be purchased at a garden center. Depending on the size of your garden bed, it might be a bit pricey to get the quantity you need so if you have native soil available, soil with compost will be a less expensive route.

You will also need a watering source like a garden hose. It’s best to use a watering wand or some way to moisten the tender soil without leaving ruts. I like to hand water my vegetables because it forces you to look at the plants every day or two and you will notice any problems that are developing before they get out of hand, like insects that are harmful to your plants or soil that is too wet or too dry.

Adjustable shop lights are critical to assure seeds get started properly.

The goal is to keep the soil moist prior to germination, not wet. Continue to water often to keep the soil moist until the seedlings put on the second set of leaves. Then you can back off a bit on the water and take your cues from the plants as to when they need water. If they are drooping slightly in the afternoon sun, that is normal. It’s their way of defending themselves from the sun’s heat — they try to go to “sleep.” But if they continue to be droopy after the sun has started down, then they need water. Deeper and less frequent watering is the best.

Plant your seeds according to the spacing and depth prescribed on the seed packet. For tiny seeds like lettuce, kale, spinach, etc., I don’t waste time making sure only one seed drops into the soil at each spacing. Several is fine. Once they sprout, you can choose the most robust seedling to keep. Use a small pair of scissors to trim off the tiny seed leaves.

In our home and yardscape, composting is done in a variety of ways, all of which have a positive, cumulative effect on the environment of our yardscape.

When we first moved to our property in 2001, the landscaping scene was dire. The whole area that our subdivision is situated on used to be dry-farmed wheat fields. The clay content is extremely high, and there wasn’t much of what you could term “topsoil.”

For you fellow clay-dwellers, I’m not telling you anything new. The first couple of seasons were especially challenging. Winter’s biggest challenge then was relentless wind, and the utter lack of windbreaks at our new place. As winter gave way to spring, clay mud attached itself to just about every change of work clothes we had, as well as any workboats. Later, as the clay dried into a ubiquitous tan powder, it was difficult to work it, and get plants to grow well.

It was an inglorious start that I’m pleased to tell you was worth those early challenges. From the beginning, we worked to add as much organic matter into the soil as we could. It paid off rapidly, as we could see the tangible difference by year three. Where did all that biomass come from? Large-, medium- and small-scale composting. We did, and still do, it all. If you’re not, this is the year to make it one of your positive habits.

Even with the term “composting” being commonplace, there is still a surprising amount of misunderstanding about what to expect. Many think of a stinky and slimy pile of rotting organic matter is the norm. Not at all! Others think that rodents and the neighborhood dogs and cats will be engaged in an ongoing digging fest. Nope.

With a few basic practices and a simple understanding of how composting works, you will be on your way.

But before I tell you “how,” let me tell you briefly “why.” First, almost all gardening plots, here or elsewhere, can benefit with increased percentage of organic material (OM). In our area, OM is particularly low, coming in around 1 to 2 percent. To experience dark brown soil that is workable and fertile, OM percentage needs to be 5 percent or higher.

The percentage is a moving target. Matter gets consumed ongoing, so new contributions need to be made, either by leaf litter and critters in the soil, or by intentional addition by you, the gardener.

Once there is a good amount of beneficial microorganisms and biomass in the soil, you will find that your crops and plants will require less water, experience faster growth, have more fruitfulness, and have increased resistance to drought. Add to that all, you will have less weeds, and the benefits become clear quickly.

Here’s another great thing: composting is entirely scalable. If you have only a small herb garden, or you have a full garden plot and lots of flower and shrub beds, you can compost as much — or as little — as you like. Whether small or large batch, the principles, and how it works, is the same.

That means you can start small, perfect the process and then scale up. I have to warn you, though: Once you start seeing organic waste products converted into rich, dark brown earthy growing medium, you’ll become addicted. You will begin to think differently about what goes into the trash and what becomes raw material to build compost.

In our home and yardscape, composting...
Seedlings
continued from page 4

seedlings out may disturb the roots of the one you want to keep and hurt your chances of success.

Also, read the seed packet to understand days to germination or when the seedlings should be popping up through the soil. Understand when to plant your seeds according to the soil temperature. Some seeds, like lettuce, arugula, spinach and other cool weather crops, can be planted early when it’s still fairly cold. But other seeds cannot remain viable when planted in soil temperatures that are too low.

If you don’t want to direct sow, there are other options available. You can start your seeds indoors in seed trays, or other seed-starting systems that can be purchased at a garden store to get a jump-start on the garden season. There are a couple of important factors for your success with this plan. First of all, the soil needs to be of good quality like seed-starting mix or compressed pellets of peat that expand when wet. Since seeds contain the nutrients they need, fertilizer isn’t important in your seed-starting mix. In fact, most seed-starting mixes are very low in nutrients that plants will need later.

During germination when the seedling is waiting to sprout, keep the tray covered with a clear plastic lid and heat under the tray. Setting the tray on a warm surface like a dryer or refrigerator can help. You can also buy special warming mats to put under the seed tray.

Once the seedling emerges through the soil and you can clearly see the plant, take off the cover. Then move the tray off the heat mat immediately and keep it under a light source in a tepid room that is not too cold or too hot. If you keep the plant on heat, the plants will tend to have tall, thin stalks. If you keep the top on, or keep the top of the plants moist, you will almost certainly cause fungus to grow on your plants, which will be fatal to them.

Seedlings that don’t receive enough light will be stalky, spindly and feeble. While a sunny, south-facing window may do for a handful of plants, most gardeners use artificial lights so they can raise more plants and make sure they get enough even light.

A crucial design feature is to rig the light so you can raise and lower it. We use a multi-tube fluorescent shop light hanging from a chain with hooks so we can raise and lower it easily. Keep the light only slightly above the seedlings and raise it as the seedlings grow to keep it a close distance. After the seedlings put on their second set of leaves, you can back the light off to a few inches above the plants. You want your seedlings to be blocky and strong so they can withstand wind and sun when they move outside.

A lamp timer is also a good idea to turn the lights on and off. The plants need 16-18 hours of light every day and a good rest at night.

Once sprouted, water the seedlings by pouring into the tray to water them from the bottom. Do not pour water directly on the seedlings at this stage, or mist the tops.

Attention is the secret ingredient to successful seed-starting. You’ll need to check daily to see if the seeds have sprouted and follow the steps discussed here. Set yourself up for success. Will you really remember to check seeds in the basement daily? It might be wiser to start seeds in the guest room or kitchen where they will be handy, even if you have space for fewer seedlings.

As the outside temperatures get warmer, introduce your plants to the outdoors gradually, a process called “hardening off.” Put them outside for only an hour or so the first day and increase their time in the sun more and more until they are ready to transplant. *

This young kale seedling is ready to be transplanted into the garden bed outside.
How to achieve at small-space gardening at home

by Maggie Cooper

Some people desire the health benefits and great taste of eating food they have grown themselves but may not have the space to plant a garden.

If you are one of these people, don't lose heart. You can enjoy the fruits of your own labor by adopting the concept of small-space gardening.

A plant doesn't care if it's planted in an acre of land or a garden pot. As long as you provide the things plants need — nutrients, growing space, water/drainage and sunlight — growing some of your own food can be achieved in a full-size garden plot or on a small apartment patio.

The first item to consider is what to grow. Since space is a factor, you will want to avoid tall corn stalks or big space-grabbing plants like squashes, or vining plants like watermelon or cucumbers.

You might start by thinking about the items you regularly buy at the grocery store that you could grow yourself. Things like lettuce, spinach, peppers, tomatoes, green onions, arugula, kale and cilantro to name a few. And don't forget herbs like basil, oregano, mint, rosemary, sage, parsley, thyme and chives.

Larger plants like tomatoes, peppers, basil, arugula, okra or kale can be grown in individual pots. An economical approach is to go to a big box store and buy some of their branded 5-gallon buckets. You can punch holes in the bottom of the bucket with an ice pick, or use a large nail and a hammer, and fill the bucket with a soil mix, which is described later in this article. Then set the bucket in a drainage pan that is slightly larger than the bucket and place it in an area that gets the right amount of sunlight.

You can look on the plant tag or seed packet to see what the sunlight requirements are for each cultivar. Plants that thrive on direct sunlight, like tomatoes, can be placed in the sunniest section of your garden. Next, plant your seedling and water it in. Water regularly and apply fertilizer as recommended.

You can use a large nail and a hammer, and fill the bucket with a soil mix, which is described later in this article. Then set the bucket in a drainage pan that is slightly larger than the bucket and place it in an area that gets the right amount of sunlight.

You can attach them with two "L" brackets and screws or nails on the outside of each corner. Screws will allow you to take the box apart if you need to move it. Be sure to purchase a small roll of weed block cloth to put on top of the native soil before installing your box. This will help prevent weeds from growing into your garden.

You can fill your garden box with equal parts of compost, vermiculite and peat moss. Mix these together by placing equal parts of each medium in the middle of a tarp. Then, ask some friends or neighbors to help by each taking hold of one side of the tarp. One at a time, have each person lift their end, causing the ingredients to tumble over on top of each other in the middle. Have each person lift their end, one at a time, until the mixture is thoroughly combined. You can store the extra growing mix in a heavy-duty garbage bag or plastic 30-gallon garbage can.

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You can grow different plants in each square foot of your garden box. If you have a 4X4 box, you can grow 16 different plantings. One way to space them out correctly is to

Raised garden beds allow plants to grow in rich, well-draining medium while reducing the amount of weeding.
create a grid of 16 12X12-inch blocks. Do this by putting some small nails along the top of each board at 12, 24 and 36 inches. After tying the end of some twine to the first 12-inch nail, stretch it across the box to the 12-inch nail on the opposite side. Wrap the twine around the nail and then go down to the 24-inch nail and wrap around it then stretch across to the corresponding nail on the other side.

Repeat until you have stretched twine in both directions to make your grid. This will help you know exactly where to place your plants. Use the spacing directions on the seed package to determine how many of that plant can fit in one grid space. Larger plants will only fit one, moderate-sized four or nine grid spaces, and small plants 16.

Whenever you harvest a plant such as a head of lettuce or a batch of radishes, put a handful of compost back into the square to replenish the nutrients before you re-plant.

You can also grow herbs, inside or out, in pots or even together in deep garden trays with about six inches of soil. You’ll need to make some drainage holes and a way to catch the water. Be sure to place your herb garden as near to the kitchen door as possible, in a spot that gets a good amount of sunlight or bright shade. If you have to walk a long way to get the herb you want, you’ll most likely pass.

We have a sunny south-facing window, so we grow herbs indoors near that window all year. We have been using leaves off of a basil plant in our kitchen window for most of the winter and it’s still growing. I pick off the largest leaves as I need them and by the time I need to harvest more, there’s plenty more waiting.

Have fun with your small space garden. Bon Appétite! ✿

Container gardening provides the flexibility to change the look of your garden throughout the growing season.
How to create a great, luscious lawn that lasts

by Maggie Cooper

If you’ve ever planted a lawn, you’ve had to struggle with the decision: do I seed it or lay down sod?

Sod is definitely more expensive, because you are paying for someone else to do the pre-work of getting the grass started and all you do is lay it down. It’s like going out for a steak dinner; it costs more than buying the ingredients and cooking it at home.

Seeding your lawn is an economical and satisfying way to introduce healthy turf to your yard but it does require education and “elbow grease” to accomplish that lush, green lawn you’re dreaming of. Here are some tips to get you going in the right direction.

First, the time of year you plant grass has a direct effect on the success of the project. The seed needs to germinate, then grow quickly and remain healthy while getting established. The worst time to plant grass in Utah, other than winter, is mid-summer. Seeds need warmth and moisture to germinate — not heat and dry conditions.

The best time to plant grass seed is early fall.

The ground is still warm enough to facilitate germination but the days are cooler and sometimes rainy, which helps the seeds stay moist. With longer days there is still enough sunlight to help the grass establish before cold weather comes on. If you don’t want to plant in fall, the next best option is early spring.

Your site needs to be properly prepared, making sure it is level for water retention and easy mowing. When planning your yardscape, avoid planting grass on areas that slope sharply as they tend to dry out. Also, avoid depressions in the landscape that create wet spots and are hard to mow.

If you are replacing a lawn, it’s important to remove all of the old turf. Methods include a sod cutter, herbicides and a shovel.

Next, prepare the soil, also known as the seed bed. Soil conditions need to be optimal to assure seed germination and healthy turf. A soil pH from 6.0 to 7.5 is best for turf grass. Fortunately, this is the range that many of our Tooele Valley locations have.

To give your lawn a good start and do well, pay attention to soil structure. Many of us have heavy clay soil, and, that’s not all bad. Clay does hold moisture longer than sandy, loose soil. However, clay particles do tend to interlock, limiting space for root development and water movement through the soil. Tilling in organic matter, such as compost at a depth of 2 to 4 inches, will open up heavy soil.

Now that the soil is ready, it’s time to choose seed that is well suited to our climate. The most common grass mixes in Tooele Valley will contain Fescue and Kentucky Bluegrass. These are cooler weather, fine-bladed grasses. A “sun and shade” mix is a good general choice.

In early spring, your lawn will be lush and beautiful until hot weather comes in June and July. The grass will start to turn brown because it copes with heat by going dormant. Don’t lose hope. Just keep normal water and fertilizer cycles and you’ll see the green come back in late August and stay until the first snow. These grass mixes usually stay green all winter. I know that’s true because when I shovel snow in my backyard for a potty area for my dogs, the grass is bright green, reminding me that spring is coming.

Now it’s time to plant the seed. Rake the soil surface smooth and then broadcast seed according to recommended seeding rates using a drop or broadcast spreader. If your lawn is less than 5,000 square feet, you can use a drop spreader that drops seed in a straight path. Larger lawns can be sown with a broadcast spreader that throws seed with fan-type coverage.

After you are finished sowing, you need to rake the seed lightly into the soil. You can also do this by dragging a push broom over the surface. This ensures good contact between the seed and the soil. If you have a roller, that’s good, but not necessary. After lightly mixing the soil and seed, water it in thoroughly using a sprinkler.

If your existing lawn has thin or bald spots, you’ll need to overseed. Adding compost or a soil mix in the thin spots before seeding will really help the new grass get a good start and be healthy. After broadcasting seeds into the affected area, water well. Use the same watering schedule you would for a new lawn until the new grass fills in.

Keep seeds and grass constantly moist but not soggy; Water two to three times a day with a light spray. Stop watering when
Composting
continued from page 4

is done ongoing through three routes: kitchen to chickens, kitchen to compost pile, and yard/lawn trimmings to the compost pile.

In the kitchen, we collect as many veggie trimmings, egg shells, coffee grounds, tea bags, stale bread and any non-dairy products we can to become compost. We then sort these types of products into one of two small buckets.

Anything that we can feed to our chickens, we do. This includes all those veggie cutoffs, leftover salads, cooked veggies that there are too few of to save for another meal, pastas, old bread, cakes, cookies, and so forth. The chickens get first priority, as this gives them diversity in their diet, and they will “pre-compost” those items using their digestive systems.

The remaining items are placed into the compost heap, where it’s raked and watered in. Items that go to the chickens are taken out daily, the other items about once a week.

The third source of “fuel” to put into compost production is so-called “green waste” generated all around our property. You see, I don’t see organic material as waste at all. Sure, it may be inconvenient to access, grow in undesired spaces, demand attention at inconvenient times or take some effort to “harvest,” but it is all part of the cycle around here. Grass clippings, shrub trimmings, pruned and chopped branches, weeds, and animal pen bedding all make its way into the compost pile. Ultimately, that material comes back into beds, rows and turf areas, as part of seed starting mixes, or for amending beds mid-season.

How does all this work? Simply, without a lot of fuss and with no unpleasant smell. Just keep the pile turned to maintain needed oxygen levels. There are plentiful microorganisms in the soil and much of the greenery we harvest. They are not only incredibly numerous, but they have a voracious appetite as well for carbon — the stuff typically found in “browns” that we add to the compost heap. “Browns” include sawdust, dried leaves, straw, wood chips, dry yard waste, and even stale bread. However, our tiny bug friends can’t consume carbon without an assist in the form of nitrogen (found in the “greens” we add), oxygen (added by turning the pile), and water.

High nitrogen “greens” sources include grass and fresh shrub clippings, fruit, vegetables, chopped weeds, coffee grounds and tea bags, animal manures (not dog, cat or human), and manure-filled farm animal stall bedding — especially chickens.

Your ultimate goal is to work with a pile that is initially equivalent to a cubic yard at a time (three-foot by three-foot by three-foot). This size provides needed mass to build and maintain temperature, retain needed water, and have the diversity of material in it to start and keep the digestion process going.

Combine (in moderately thin layers) greens, browns and some native soil. Add water until it is very moist (but without water running out of the pile). A day or two later, the microorganisms will begin eating the carbon in the pile, and begin rapidly multiplying. Both the digestive process and multitude of organisms at work will rapidly increase the temperature of the pile. In fact, heat is the key indicator if what you are doing is working. I use a compost dial thermometer to measure the internal temp of the pile.

If the temp is between 90 and 100 degrees Fahrenheit, then the pile is moderately active and the materials are slowly being broken down, both by microorganisms and larger insects. If the temp is 100 to 130, the pile is very active and almost all break down of organic materials is due to microorganisms as the pile is too hot for most insects and worms. A larger pile, with the right combination, can reach a hot zone of 130 to 160 degrees. If the heat stays near or exceeds 160, you need to divide the pile and add more water. At 160 and above, the microorganisms can be killed off.

You know when the composting process is done when the finished material is dark brown, is moderate temperature, is spongy, and have a rich earthy smell to it. Now, treat your soil around your plantings to this “black gold” and let the cycle start all over again — with a lot less going to the waste stream and a whole lot more going back into your yardcape.
Wise water use leads to many gardening benefits

by Maggie Cooper

Correspondent

Living in the high desert of Utah, we constantly hear about the need to conserve water. Even when we have wet winters, we never seem to catch up to the water levels that the experts want and we need.

Reservoirs and lake levels drop and everyone has that nagging fear in the back of their head about what happens someday when they drop too far.

To stop using water is not the answer; the answer is to use water wisely. There are many ways to conserve water and still enjoy vegetation around our homes and edible gardens to provide great home-grown food for our families. Here are some simple tips to conserve water without a lot of pain.

In the vegetable garden, the routine addition of organic soil amendments, such as compost, will optimize potential yield and quality while reducing the amount of water needed for your crop. The more organic matter, the “fluffier” the soil and the more readily available moisture is to your plants.

With the heavy clay soil we have in most areas of Tooele Valley, adding organic matter glues the tiny soil particles together into larger aggregates, increasing pore space. This process takes place over time. It increases soil oxygen levels and improves soil drainage, which in turn increases root depth and allows roots to reach a larger supply of water and nutrients. This helps your plants to resist drought and need less supplemental watering.

Another way to reduce water consumption is to deliver water only where it is needed. The best way to accomplish this is by drip irrigation, along with heavy mulching. Many people, and I am one of them, hate to use drip irrigation. The emitters routinely become clogged or sun baked, then snap off, causing a leak and robbing water from other areas of the landscape while flooding the one that is broken. Last year we learned about a super simple system that is made from PVC pipe, pressed together not glued, with drilled holes to deliver water where it’s needed.

There are many things I like about this system. First, it’s inexpensive. PVC pipe and fittings are cheaper than drip lines, emitters and connectors. Second, you can see it on the ground. A frustrating thing about drip lines is that they get buried in the soil over time and it’s difficult to find them to check and see if they are working correctly. This system lays on top of the ground where your crops are planted. Third, it’s not glued, so at the end of the season, you can just disassemble the parts and store them for winter. It’s quick and easy.

To get the holes in the right place for watering each plant, we drilled the holes in the side of the pipe with a 1/16-inch bit. We space the holes based on the type of crop we are going to plant. Corn, for

Using chopped weeds for mulch repurposes yard waste while saving water and cooling the soil.
example, needs 6-inch spacing between plants so we drill a hole every 6 inches, connect the system, level it, turn it on and let the ground get wet. Then we plant the seed in the wet spot. This guarantees the plants are in the right spot and water is delivered to only where it’s needed. It’s a low-pressure system so it doesn’t blow the pipes apart.

Water volume and pressure is regulated by using a low-cost PVC ball valve. Water is supplied to the system either by a hose on a timer, or part of the in-ground, long-term irrigation system. After the water passes through the valve, a simple manifold is used to distribute the water down the rows of bed. Lengths of PVC pipe, pushed together using a series of couplings, tees and caps, puts the water where you need it. Unneeded ports on the manifold (which is simply a horizontal pipe with a series of tees coming off of it in plane with the surface of the planting bed) are capped off. The systems can be reset easily each year.

We used this system in our big garden bed last year, but plan to also use it in smaller raised beds and other areas around our yard to slowly replace the drip tubes.

Mulch is another important water saver. It helps hold water where you need it rather than have a significant amount lost to evaporation or, even worse, encourage weed growth.

Heavily mulching your garden is great for several reasons. To begin with, it becomes a buffer and protects the soil surface from the hot sun. Secondly, mulch holds water in place longer than soil alone can, thus requiring less water in the first place.

Thirdly, mulch can be comprised of many sources. You don’t have to go to the garden store and buy big bags of mulch. If you’re like me, you’re always creating organic material that could save you money and water. Mow your grass! All those grass clippings should go right at the base of your plants. Not only will they hold in moisture, but the ammonium sulfate that you put on your lawn (nitrogen) is then cut off when you mow. Apply those lawn trimmings to the base of plants and shrubs and the nitrogen will migrate out into the soil, help feed your plants and build the biomass of your soil.

How about weedseed? I have an abundance of weeds at my house and what I don’t feed to my chickens, I use as mulch. We have a vineyard and last year the mulch at the base of the vines was about a foot thick by the end of the summer — all from weeds and other organic material we would have normally discarded.

How about shredded paper? If you have a paper shredder, you can shred your junk mail, misprinted items from your office or any other unwanted paper and mix it in with the other mulch to add texture and moisture holding properties.

Lastly, if you have animal bedding like straw or wood chips either from chickens, rabbits, hamsters or anything that requires waste management, that bedding is rich in “nutrients” from your animal’s waste that will be wonderful as mulch on your plants. You can apply it right out of the pen, but water it in immediately to diminish the nitrogen concentration and get it delivered to the root zone of your plants.

Another conservation tip is to plant your garden in blocks instead of rows. Plants don’t care what is planted next to it as long as each plant has proper space around it. Blocks of plants can be much more efficiently watered than rows. Then mulch, mulch, mulch.

A couple more things: Control weeds in garden areas so the water goes to the plants you are trying to grow and not the ones you don’t want. Remember, every weed pulled becomes more mulch to save water and improve crop growth. You should also group plants with the same water needs together for efficient watering. And lastly, protect your plants and soil dehydration by using wind breaks, when possible, to reduce evaporation. ✿

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Perennials vs annuals. Court is now in session.

by Maggie Cooper

Who doesn’t like plants and flowers, right? They are everywhere: along medians downtown, growing in people’s yards, at the shopping mall, out in nature, in parks and in doctor’s office flowerbeds. Let’s not forget those delivered to your door from a secret admirer!

There are thousands of varieties, colors, scents, sizes and styles to choose from. But how is a person to decide which ones to plant in their own landscape? To get started, let’s master some fundamentals.

There are basically two broad categories of ornamental plants: perennial and annual. Those two names used to always confuse me. The word “annual” sounds to me like something that comes back year after year. But in actuality, an annual usually dies after one season. There are some varieties that, given the right conditions, may reappear for a second performance but for the most part, you’ll need to replant annuals. A perennial is a plant that comes back year after year without replanting.

To accomplish this, the repeat performance plant has a couple of strategies. For woody perennials, the basic framework comprised of branches and stems stays intact. When the cold hits, the leaves drop, and the plant “goes to sleep” for the winter. When conditions are right the following spring, the plant awakens, buds activate, and new leaves, blooms and stems develop, continuing the plant’s growth cycle.

For herbaceous perennials, the top stems are too tender, and ultimately brittle, to remain through the frigid months. Instead, all the top growth dies back to ground level. When it’s warm enough again, new shoots appear from the roots, and the plant grows new top growth that you’ll enjoy.

It’s fair to say that for an herbaceous perennial, the roots are perennial, and the top is annual. A couple of plants that we have around our place that exhibit this behavior is hibiscus (not Rose of Sharon, which is a type of woody perennial in the Hibiscus family), as well as rhubarb. To assure we don’t accidentally dig up or plant over an herbaceous perennial, we mark the location with a sprinkler flag.

Some perennials assure their ongoing survival by both self-seeding, as well as having growth come back from roots. This is commonly seen on short-lived perennial plants, like hollyhock.

Let’s switch gears for a moment and talk about annuals. They are typically fast-growing and come in a wide range of offerings and types. Just go to any nursery or big box store right now and you’ll see what I mean. There are many colors, bloom shapes, plant sizes, scents and leaf shapes to choose from. You can get bold, bright yellow blooms from zinnias or trumpet daffodils, or tiny, delicate, purple bloom of impatiens.

Annuals are also moderate in cost so if you decide to change up a flower bed mid-season, you can replant different flowers without a huge expense. Want to try a new variety? There’s no long-term commitment with annuals. If you don’t like it, don’t worry. It will be gone in the fall. Also, when planting annuals, people tend to buy more plants than perennials (because of the size and cost) so at the end of the season, the deceased annuals will add to the biomass of your garden bed. Annuals also generally transplant well and are small and easy to handle.

Perennials also have strong advantages.
Perhaps the biggest is most keep coming back year after year without replanting. There are some varieties that are not long-lived and may need to be replaced after 2-3 years, which allows you to change the look of your bed without guilt. While the initial investment to purchase perennials is usually higher, the cost of ownership over multiple seasons is low — especially when you factor in your labor. And perennials, like most plants and trees, need to be pruned, which after chopping up, will also contribute to your compost pile or garden bed mulch.

Now to the disadvantages of each type. With for annuals, the need to make ongoing purchases can be a financial disadvantage. But let's face it: To some gardeners, it's worth it to have an excuse to keep going back to the garden store and buying more! Some annuals' blooms are short-lived, so once the blooms are gone, what you get for the rest of the season is just green foliage.

On the flip side, if you have a prolific blooming variety, it will require lots of deadheading to keep your bed looking nice and the blooms coming. With all that blooming, annuals usually need more water and fertilizer than perennials do. And, because annuals are usually smaller in size, you'll need to purchase a lot more of them to get the same visual impact you might get with fewer but larger perennials.

Perennials have their downsides, one of which is the initial higher cost than annuals. While you can pick up a flat of petunias for a few bucks, one perennial plant can cost between $5 and $25. Also, perennials will be with you for a while, so you will need to do some planning when laying out your bed.

Did you know that some professional landscapers actually toss plants randomly into beds and wherever they land, they are planted? Not much pre-planning required, and this is a lot closer to the way nature would plant them! Also, some perennials are not multiple bloomers; once the blooms are gone, you just have the plant only for the rest of the summer. The iris is a great example of the one-shot bloom. In Utah, they are often called "funeral flowers" because they bloom around Memorial Day and then you have leaves only until next year.

However, having a single bloom time can be worked to your advantage by having a good bio-diversity going that changes the color display through the season as other plants "do their thing." Be sure to take into account the perennial plant's shape, height, texture, bark color, leaf shape and leaf color as well. Bloom is only one aspect, so keep in mind what the plant looks like at other times, including what it will look like in winter against a snowy backdrop.

Lastly, most perennials will need ongoing attention in the form of staggered pruning, as they tend to become "woody" and unattractive when ignored. Growth that has occurred in the last three seasons tends to be the most attractive.

So, which came out ahead? Annual or perennial? In my yard, I have mainly perennials because I would rather prune and maintain than replant. Many perennials are easy to propagate, so I get more plants along the way as well. I do throw in a few annuals from time to time to give the yard an extra bit of color. To improve the economics and available choices of annual plants, I can always do seed starting.

If you love to have your hands in the soil, and find gardening “food for the soul,” perhaps changing your flowers beds more than once a season is best for you. If that's the case, then make sure you add annuals to your landscape.
You will need to fertilize something in your landscape this gardening season. It may be your lawn, flower beds or garden plot. A little understanding of what you are buying, how it works, and when to use it will go a long way in giving your plants the most benefit while giving you the most for your fertilizer dollar.

The more mature your landscape, and the more enriched your garden soils become, the less fertilizer you will need. That's because mature yardscapes more closely mirror nature and the mature ecosystems that develop provides needed conditions, including nutrients, for a wide variety of plants to thrive.

For less mature growing spaces, or where intensive cultivation is done (such as your vegetable garden), you will need to augment what is naturally available to your plants with applications of fertilizer.

Fertilizers, by law, must be labeled to show the percentage content of each of the "big three" macronutrients. These are nitrogen, phosphorus and potassium (or potash), commonly denoted as "NPK." Each of the three numbers you see on a fertilizer bag tells you what's inside. The fine print will also likely tell you about other micronutrients, which are less critical, but are still important to the overall health of the soil and the growth of plants. Plants need a total of about 17 nutrients, but need much less of the micronutrients than the macro ones, depending on the plant being grown.

Let's decipher fertilizer labeling, using a couple of illustrations. A common grass fertilizer is ammonium sulfate, and it will be labeled 21-0-0. This means that 21 percent of the volume of the bag is nitrogen. There is no measurable phosphorus or potassium. General purpose fertilizer can be readily found in a 16-16-16 formulation, meaning that 16 percent of nitrogen, phosphorus and potassium is in the bag. When all three percentage numbers are equal, this is termed a "balanced" fertilizer.

Here's something that is a mystery to many. Why doesn't a bag of fertilizer contain 100 percent of plant food? Wouldn't it make sense that the three NPK numbers add up to 100 or something close? Using a bag of 16-6-8 fertilizer as an example, we can see that the NPK adds up to 30 percent of the content of the bag. Is the remaining 70 percent filler? Not at all.

To get nitrogen, phosphorus and potassium in forms that can be safely and conveniently handled, and be in a form that plants can use, they must exist as chemical compounds. Elemental, or pure nitrogen, phosphorus and potassium have some really negative traits.

Nitrogen is a colorless, inert gas, hard to contain, and drifts off easily into the atmosphere. How's the next one for fun — pure phosphorus ignites spontaneously when exposed to air! Elemental potassium doesn't rate any better. When exposed to water, it will catch fire, explode, and then degrade into a highly caustic solution. Fertilizer is a mix of compounds that deliver needed elements in a form the plants can use.

Each of the three macro-nutrients are most closely associated with various areas of plant health and growth. Nitrogen (N), as mentioned above, is highly effective in producing leaf growth. Crops like grass, lettuce, cabbage and kale all benefit by having ready access to nitrogen.

Phosphorus (P) makes its contribution by assisting with bloom readiness and size, photosynthesis, cell division and new tissue development. This also translates to good root and shoot growth, as well as increased winter hardiness. Potassium (K) helps regulate plant metabolism, increases stress tolerance and is tied to water pressure regulation inside and outside of plant cells. It is important for good root development as well.

For you curious sorts, it's easy to see why nitrogen and phosphorus are denoted with the letters N and P but why "K" for potassium? We once again see ancient Latin influence modern terminology. The Latin term "kalium" is the word for potash (literally "pot ashes"), a highly alkaline substance derived from plant or wood ashes (historically used in soap making — the lye portion). So, now you know where the "K" comes from.

There are some general rules of thumb to help you make a good fertilizer formulation choice. If you need good leaf growth, then consider a higher first number fertilizer. Remember, ammonium sulfate with its 21-0-0 formulation makes sense for greening up grass quickly — in a sense a leaf crop. Young onions are busy creating leaf growth, consuming high amounts of nitrogen. So, ammonium sulfate works well as a side dressing to get as many leaves as possible growing before bulb formation begins.

What about garden plot favorites like tomatoes, peppers, eggplant and other vegetables? They need nitrogen, too, but flowering and abundant harvests create the need for more phosphorus (P) and potassium (K). That's why you'll need to use fertilizer that is labeled with higher second and third numbers such as a 5-10-10 formulation. Besides, high nitrogen application on "fruiting" vegetables will lead to strong plant growth at the expense of produce.

Root crops and flowering bulbs also use more phosphorus to create healthy roots, so bulb and plant starter fertilizers, some of which contain bone meal, will appear in ratios like 6-12-0. Fertilizers that contain a higher ratio of phosphorus are also beneficial to new turf, shrub and tree plantings, as root development will be stimulated.

Just a quick note on organic and synthesized fertilizers: They are both around to stay, and there are supporters and detractors of each. At the elemental level, nitrogen is nitrogen (phosphorus and potassium, too!). There is no such thing as organic OR synthetic nitrogen. A nitrogen molecule is exactly the same.

Organic fertilizers come from sources that are agricultural-based, sometimes directly, other times as a byproduct of some other process. They contain less percentage of NPK by weight than synthetic versions, hence their net cost will tend to be higher because you will need to apply more.

However, they release nutrients over a longer period and can add biomass and microorganisms. Synthetic fertilizer tends to be nutrient-dense, and more economical. They are produced by chemical, mineral and atmospheric processes. Synthetic fertilizers don't remain available for long, instead giving a strong dose of nutrients to begin with and then rapidly diminishing. So, take a trip to the nursery section of your favorite retailer and compare labels, percentages, and costs. Then make a well-informed purchase.

Container gardeners will need to fertilize differently than plants that are grown in beds or in the food plot. Other challenges also need to be addressed for optimum results. First, lighter-colored pots, or pots kept shaded, are better for your plants. Dark pots will heat up faster, and tend to stress your plants.

Second, because there is less growing medium for the plant to access, the minerals, fine organic material and nutrients will tend to either be consumed or leach out as the plants are watered. You will need to water consistently and moderately, use small amounts of fertilizer ongoing (or use a slow-release product), and amend the soil by stirring in compost at the surface from time to time.
Lawn
continued from page 8

puddles appear on the soil surface. Once the seeds germinate and begin to grow, gradually back off the watering frequency and water less often but for longer periods of time.

It will take 4 to 10 weeks for the grass to become established, but at least a full season before it is mature and able to withstand heavy foot traffic. After three to four weeks, the grass should be at least one inch. If there are bare spots, reseed those areas. Keep repeating this process until the lawn is thick and you’re satisfied with the results.

Now that you’ve done all the pre-work, planted and have successful growth, it’s time to maintain the lawn. When your grass is about three inches high, you can do your first mowing. While some experts say to mow to a two-inch height, it’s been my experience that leaving the grass a bit longer allows you to enjoy more of the blade, makes the grass healthier, and is great to walk on or share a picnic lunch.

I mow my grass to three or four inches in height (which is mow height position five on our six-position riding lawn mower). Our grass is thick and lush. You’ll have to figure out the right setting on your mower to maintain grass the way you like it. During the first season, the grass is still tender so try to avoid lots of foot traffic. Maintain a regular watering schedule (I highly recommend automatic timers and watering pre-dawn to reduce evaporation) and fertilize cool season lawns for the first time about 4-8 weeks after seed germination. After that, a general rule of thumb is to moderately fertilize three to four times a year, avoiding the middle of summer when you do.

Lawns should be aerated in the early spring to keep it healthy.

A beautiful lawn adds many days of outdoor enjoyment to your home. Don’t forget to get a beverage and a lawn chair, find a tree, take off your shoes and enjoy the fruits of your labor. ✿

COURTESY JAY COOPER
Great tree choices for Tooele Valley’s environment

by Jay Cooper

Have you ever noticed how we are drawn to trees and the shade they provide? Young or old, we gravitate toward the space a shade tree defines. It’s almost like the tree is a companion. It’s rare to see a camp set up in the open when there is the option of being under the protection of a tree.

When a home or property is listed for sale, it’s not uncommon to see one of the features listed as “mature landscape.” When there is plenty of shrubbery and tree cover, it’s generally a plus.

It’s not a plus when the landscape is overgrown, and visibility of the house is obscured. A common mistake when landscaping is to put plantings too close together. This is done to give the appearance of a mature landscape, but it’s problematic. As shrubbery and trees grow to mature sizes, trees interfere with each other, plants get difficult to maintain properly, and irrigation can become difficult.

So when you are thinking about planting trees, mature size and shape need to be considered. Many people put off planting trees for a variety of reasons. You can be “paralyzed with possibilities” (like I do when it comes time to place my order for what type of syrup I want on that jumbo shaved ice) because there are many good tree choices to choose from. After all, when you plant a tree, it’s a long-term decision.

Or, it could be that there is more immediate gratification in spending money on several smaller plants and shrubs. However, the sooner you get the right tree for your space going, the better. A growing tree is highly additive to a yardscape, and as it begins to cast shade, it will give you more planting options as well as provide a focal backdrop.

Let’s assume that you’ve made the commitment to plant trees that will work well in our area, and that you now need to fine tune your choice, and determine where to plant them.

First, a general rule is to not plant trees too close to your house. This is especially true if you plant fast growing trees, such as cottonless-cottonwood. We have more than our fair share of them, and they have provided great shade. However, having them close to the house and outbuildings is risky, as they, and other fast-growing species (globe willows and poplars come to mind) are weak-wooded and prone to breakage. If you have these trees around now, augment your planting with slower-growing and stronger-wooded types to allow longer-lasting and safer trees to take over in the years to come.

Second, some of the weakest criteria you can use to choose trees is what’s being offered at national chain nurseries, or what’s on sale. A tree is a long-term investment, so do your homework. National chains many times have in their tree offerings varieties that don’t work well here. They are offered for two reasons: Ongoing consumer demand, and centralized purchasing, which is great for bulk buying, but not so good for location-appropriate offerings.

You can readily find blueberry plants at large chain locations, even though they won’t thrive here due to our alkaline soil and water. And, you can certainly find a plentiful offering of quaking aspens as well. True, the venerable quaking aspen has been Utah’s state tree since 2014, replacing the Colorado blue spruce, which held the position since 1933 (there’s no extra charge for this bonus information!). But the quaking aspen is a mountain tree, not well suited for our lower elevation, soils and climatic conditions. Sure, they can live here, but they won’t thrive and are extremely prone to iron deficiency.

Here’s my point: Make your choices using better factors, such as what grows well here, how long a tree will live, rate of growth, available space, mature tree size and shape, and planting what will give the best visual and habitat characteris-
Fortunately, we are blessed to have some great resources in our area to draw on to inform our decisions. Utah State University boasts some great experts that are well-published. One such expert is Dr. Michael “Mike” Kuhns, USU Extension Forestry Specialist. He is the author of the Utah Tree Browser. You can access this incredible tool by entering treebrowser.org in your search engine.

When you visit this site, what can you expect? First, you can search 245 tree varieties that do well in Utah by entering the characteristics you want. This includes general tree attributes, growth, ornamental value, and tolerances of various factors such as shade, alkalinity, tolerance, drought, and transplanting.

If you know the common name of a tree you want more information on, you can click the letter of the alphabet that corresponds with your choice and find your tree. Once you do, you can see pictures and obtain a wide range of information and commentary on your tree, as well as seeing a listing of cultivars of that tree that are commonly available. This is great stuff, free for the taking!

I strongly recommend you invest an hour or two looking through the tree browser to get a general idea of what works well here, and get a better education on what you already have in your yardscape. It’s likely that you’ll find a variety or two that you’d like to add to what you’ve got as well.

As far as general yard trees go, you’ll do well in our area with Common Hackberry, London Plane (a type of Sycamore), Linden (a type of Basswood), Honey Locust (get a thornless variety — trust me on this!), Green Ash (although you’ll need to protect against Emerald Ash Borer with soil drenches), and of course, Canada Red Chokecherry.

For smaller trees, there is a wide range of Crab Apples that will do well around here. Smaller trees, which are highly ornamental during specific times of the year, can be termed “specimen trees.” These are trees that are focal points. Interest can be created by bloom, shape, color or texture.

Around our place, we have Crab Apples, Ornamental Plum (great purple foliage), Purple Robe (a Black Locust cultivar, beautiful purple pendants, but needs wind protection and has more than its fair share of thorns), and Golden Chain Tree. Specimen trees are usually grown by themselves, instead of mass plantings, but then again, that’s up to you.

For those of you that have larger plots of land that could benefit from wind protection as well as space or lot definition, there are also several trees to choose from. While not complicated, there are some considerations in placement and design of wind breaks, as well as what varieties of trees and shrubs to use. Again, our friend Dr. Mike Kuhns has some insights to offer that can be obtained by visiting extension.usu.edu/files/publications/publication/NR_FF_005.pdf.

Windbreaks should address the prevailing wind direction. Shrubs and trees that are planted are chosen based on durability, speed of growth, resistance to pests, maintenance needs and so forth. Wind breaks are comprised of multiple staggered rows of shrubs, short and tall trees. This both reduces the velocity and snow load of the wind, as well as “lifting” fast-moving winds up and over structures and other areas where protection is desired.

Make this the year you plant more trees! You’ll be glad you did. ✽

The Golden Chain is a beautiful specimen tree that can do quite well in Tooele Valley’s climate.
When Phil Smart was in high school in the 1950s, he already knew his career would involve working with glass. More than half a century later, he's still making glass products for homes and businesses in Tooele County.

Along with his son Jeff Smart, the two have kept Phil's Glass, which opened at 635 N. Main in Tooele in 1971, at the forefront of retrofitting windows and doors, and providing window repairs and other related services.

And with spring's arrival, Phil, Jeff and the crew at Phil's Glass are busy filling orders from residents who want to make improvements to their homes after a long winter.

According to Smart, installing new windows and doors, and a coat of fresh paint, add immediate value to a home. But that's only part of the story. Advancements in window and door construction help boost a home's energy efficiency.

"By installing new windows and doors, you can really improve your home's heating and cooling costs," Smart said. "Vinyl windows with Low E glass reflect heat, cold and UV, and our pre-hung, fiberglass doors are significantly more efficient and low maintenance — they don't crack or peel."

He added, "But not only are new windows and doors more energy-efficient, they also immediately improve the looks of your home."

Sometimes, however, new windows
aren't needed to make a home more energy-efficient during summer. Phil's Glass can apply film to existing windows to make them more reflective to sunlight.

“We had a customer who was looking at installing a new air conditioning system because he couldn't keep his home cool enough during summer,” Smart said. “But we installed film on his home's windows and that cut out a lot of UV. It improved his home's cooling and he didn't have to put in a new air conditioner.”

Additional products Phil's Glass offers to cut UV-related heat are solar screens that reduce the amount of sunlight hitting windows, plus patio covers and awnings. Solar screens look a lot like blinds.

Retrofitted windows and doors are Phil's Glass' specialty, but new shower doors are fast becoming popular. Instead of obscure glass, customers are going for the “Euro look,” which includes panels of clear glass.

“That's a big one,” Smart said. “They're really popular right now. They are beautiful and add a lot of value to the home. We still have customers who want obscure glass, but since most people close the bathroom door when they shower, obscure glass really isn't needed.”

New shower doors are just one of the many custom-made products Phil's Glass offers. Also available are decorative glass, custom-made screens, new garage doors, auto glass replacement, paint and mirrors.

“To open a small area, put a mirror in,” Smart said. His company has years of experience using decorative glass in just the right places. Front doors with decorative glass can really give a home a lot of curb appeal, he said.

“The Porter Paint we sell is for inside and outside of the home,” Smart added. “It's a top quality paint that costs a little bit more. But when you look at all the work it takes to paint right, it's worth it. ... We can mix any color you want.”

In addition, Phil's Glass is a licensed general contractor that offers new construction services and remodeling. A big part of those services include providing windows and doors for new home construction, especially custom homes.

See www.philsglassinc.com or call 435-882-4976 for more information. Phil's Glass celebrates 45 years of being in business this year.

Showers are no longer hidden by “obscure” glass and are now part of a bathroom’s overall design and appearance, as seen in the two examples. Note the left photo which shows the shower’s door has been installed on a diagonal to create more room.

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To grow good peaches, good thinning is essential

by Jay Cooper

Peaches are a highly desirable fruit in many parts of the world and were a favored delicacy of ancient kings and emperors. Peach (Prunus persica) cultivation originated in China more than 3,000 years ago.

In 1571, Spanish missionaries brought peaches to the New World and today peaches are the second most popular fruit in the United States. For us home growers, there are plenty of cultivars to choose from.

Stone fruits, such as peaches, plums, nectarines, pluots, apricots and apricots, are lumped together into three basic groups: Freestones (the stone in the middle of the fruit easily comes out), semi-freestone (self-explanatory) and cling (you guessed it — the stone is difficult to remove).

There is also a distinction when it comes to fruit skin. Some stone fruits have a moderately fuzzy skin that is fine to eat for some but distasteful for others. Luckily for that second group, other stone varieties like nectarines, plums, and some peach varieties have smooth skin. There are also flesh color choices with peaches — yellow and white cream.

To produce fruit, peaches require specific climatic conditions that meet the chilling requirement of the tree. This is the minimum period of cold weather required to cause a fruit-bearing tree to blossom. It is often expressed in “chill hours,” which can be calculated essentially by adding up the total amount of time cold temperatures are maintained during the winter.

The peach tree’s trunk, branches and stems can usually tolerate much colder temperatures than the buds can. For us, here in Tooele Valley, this means that when trees flower early in March and then the temperature snaps below 25 degrees, the tree will be fine but flower bud death begins to occur.

We experienced this last year with both our peach and apricot trees. We had an unexpected hard freeze, lost every blossom on both types of trees and had no fruit to show for it. There are areas in the country that are challenging for peach cultivation because of significant winter rainfall and moderate temperatures.

These conditions tend to promote a serious fungal disease called peach leaf curl (PLC). Cultivars of the Redhaven peach are much more tolerant of PLC than varieties derived from Redskin parentage. Peaches also need median summer heat between 68 and 86 degrees. That’s good news as Tooele Valley’s climate is in that range.

Peaches can be used in so many ways: To eat fresh, freeze or can, made into jams and preserves, pie filling, fruit leather or dehydrating/freeze drying them. There are lots of varieties that will grow well in northern Utah and most anyone can enjoy success with a moderate commitment. You don’t need a big spread to grow peaches either — there are different tree size varieties that work well in small backyards. These trees are easily kept under 8-feet tall, making it convenient to care for them. There are dwarf versions available for most of the popular standard varieties. Dwarf trees tend to produce a lot of fruit buds, so make sure that you thin the young fruit appropriately.

The sun hours are particularly important for peaches and as long as your yard gets moderate sunlight (6-8 hours a day), you can grow peaches. Remember back in science class when you learned about photosynthesis? Sun exposure on leaves is converted to sugar that raises the sugar content of the fruit. The sweetness of your peaches is directly related to the number of leaves on your tree. It’s been estimated that it takes 40 to 60 leaves for every peach to produce optimal fruit size and flavor. This brings me to another topic: thinning.

Most peach trees will tend to overbear, which means they will produce more fruit than they can sustain or bring to full size. They do some “self-thinning” that can be seen when there are lots of immature fruit laying on the ground that the tree has shed.

But to grow the best peaches, you need to thin even more. Thin the tree when the fruit is about the size of a small marble. It’s difficult for most people to pull those cute little baby peaches off the tree instead of letting them grow. But if you want nice, large, sweet fruit, you’ll need to toughen up and keep the leaf-to-fruit ratio intact.

A good rule of thumb is to thin the fruit to the distance between the tip of your thumb and your little finger when both are extended out (about 6 inches). You will pull off more fruit than you will leave in most cases. But doing this will increase your chances of a good harvest and also help keep your tree healthy and producing annually instead of going into an every-other-year resting pattern.

Pruning should be done in late winter or early spring and should be pruned into a goblet shape with an open center. This allows for maximum sun exposure throughout the tree. If you haven’t planted dwarf varieties, keep your trees short enough to afford easy access for pruning, thinning and harvesting.

A good height is whatever you can reach from the second step of a ladder. Again, it’s difficult for many folks to cut off perfectly good branches that are producing fruit. But you want a long-range strategy for maximum quality and quantity of the fruit. When pruning, also be aware that this year’s peaches will grow on last year’s wood. You can tell the branches that are from last year because they are red in color. Don’t prune those off or you won’t have any fruit!

Peach trees need nourishment. Use an all-purpose granulated fertilizer in the spring, scattered at the drip line, which is where the outer edges of the branches drip water to the ground during rain. That will be sufficient for most trees.

When the fruit is nearing harvest, or once it starts to size up, you need to protect it from predators — mainly birds. Bird control can be accomplished by netting the tree, individually bagging the fruit while still on the tree or by using random flash devices near the tree that scare the birds away.

We have had moderate success with fake owls placed on poles in the orchard. Owls are a natural predator of birds. These plastic owls have bobble heads and will scare away a fair amount of birds as long as you move the location of the owl on a regular basis. Otherwise the birds catch on to your deceipt. Remove pecked fruit as it occurs to discourage wasp infestations.

So what’s the best kind of peaches to grow? The late Larry Sagers was famous for saying something like, “The best peach is whichever one is in my bowl with a scoop of ice cream!”

In reality, there are a few things to consider when selecting a peach tree. First of all, how much room do you have for the mature tree? Make your choice based on the tree’s mature height and width. You can find this information on the tree tag. Also think about what you plan to do with the fruit. Are you planning to use most of the harvest for fresh eating or are you planning to process the fruit for preservation by either canning, freezing or dehydrating? If your goal is fresh eating peaches, then go ahead and include cling varieties — as fresh eating doesn’t require removal of the stone. If processing your harvest, stay with varieties that have easy stone removal. Visit this link to see a list of peach varieties that do well in our area: www.ksl.com/?nid=359&sid=33216664

Lastly, if you are planting multiple peach trees, you may want to consider purchasing different varieties with staggered harvest times in order to get continual harvest all season. Now that’s a peachy idea!
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This growing season, try IPM for pest management

by Jay Cooper

While gardening you’ll encounter unwanted guests enjoying the feast you’ve grown for you and your family. Our bug “friends” have no conscience about taking a bite out of your harvest.

As persistent as they are, you have many options to deal with common pests we encounter in the garden, yard and orchard. But before we attempt any pest strategy, it’s important to understand that we are talking about pest control, not elimination.

Insects are incredibly adaptive creatures that have short life spans, but high birth rates. This means any trait the insect develops which allows it to cope with environmental conditions — or pest control treatments — can be set in just a few growing seasons.

This is why we can’t over-depend on pesticides to do all of our pest control. If the only thing we do is spray a given product every few weeks, and do nothing else to address conditions that gave rise to the pest population, we are asking for trouble. Here’s why: Let’s say you have a moth that lays an egg that grows into a “looper” caterpillar that likes dining on your cabbage leaves. You spray your cabbage and it takes out 95 percent of the eggs or larvae, but a small percentage of those that survive did because they have a genetic trait that makes them resistant to the pesticide’s toxic effects.

These in turn give birth to offspring, a larger percentage of which has the same resistance. Spray is once again applied, and there is once again a strong kill rate. But those that remain still have the resistant genetics. They pass this resistance on again to offspring, until less and less offspring are killed by a particular spray.

Because multiple generations are born typically in the same growing season, one can see a genetic pool is developed quickly that makes what we affectionately call a “spray and pray” strategy ineffective. What I’ve described is not science fiction, nor is it unusual. In fact, this scenario plays out regularly. New pesticides are being developed, but it’s difficult to keep up with regulatory changes, and the ability of insects to adapt and overcome.

So, what are we to do? Respected plant scientists and successful farmers have both developed and embraced Integrated Pest Management — known in horticultural realms as IPM. IPM is highly effective, but it can be more manual. For us small- to mid-sized farmers and gardeners, that’s just fine.

Rather than tell you IPM particulars, let’s look at underlying principles that are easy to grasp. Once you have possession of those principles, pest control decisions and strategies become clearer and more intuitive.

One basic principle is that there are both beneficial and non-beneficial insects. If we can create conditions that favor the beneficial ones and make it more difficult for the pests, then we are moving in the right direction. Sprays usually don’t differentiate between the two. Which is why you will see cautions listed on the labels of many fruit tree sprays indicating application should be done in the early morning hours or at dusk. This is to reduce the amount of kill of the honeybee population.

Another key factor in using IPM is knowing that insects go through various life development stages. Each of those stages makes the insect less or more vulnerable to actions taken by you.

An easy-to-understand illustration of this is the grasshopper. It goes through three life stages: egg, nymph and adult. Eggs can be killed in the soil by cultivation, and sprays are effective on early forms of nymphs. The older the grasshopper, the less likely spray will kill them. Hand-catching in small plots, such as corn, is fairly easy to do and much appreciated by our chickens.

Pheronome traps are used in orchards to determine when controls for destructive pests are best applied.

COURTESY JAY COOPER

Praying Mantids are beneficial and interesting insects that will readily take up residence in your yardscape.

COURTESY JAY COOPER
The codling moth (the worm in the apple) is much easier to control by mating disruption and spraying new hatches. Once eggs are placed in the apple, biological controls have limited effectiveness on the rapidly-growing larvae as the apple itself protects the insect.

Another damage control tactic is to deny pests access to food. Insects have a high metabolic rate, and if they are separated from their primary food source for long, it’s likely fatal for them. Crop rotation can mean pests that hatch in soil no longer have their primary food source there and starve.

Here’s something to try. Put cloth or agricultural fabric covers over early season leaf crops. This limits access to plants by flitting moths that are looking for a place to lay their eggs. The covers can be removed later, when moths aren't laying eggs as much, and there are more beneficial insects active that will tend to control pest populations. This gets your plants further along, with tougher skins that insects don’t find as appealing as young starts.

An additional important IPM concept is to reduce first-hatch populations. The more you take out or deny food sources to a season’s first generation of pests, the less you will need to deal with them later.

The codling moth generally has three generations hatch and mature each season. The amount of moths flying, laying eggs and doing damage is exponential with each generation. Each moth you can eliminate, or prevent mating of one female, the better. Each mated codling moth female will lay 30 to 70 eggs, so if you can eradicate moths in the first generation, you are much better off.

To put these IPM strategies to work for you this season, subscribe to the free IPM Pest Advisories issued by the staff of Utah State University Extension Services. There are four different advisories: Turf, Small Fruit and Vegetable, Orchard Fruits and Ornamental Horticulture.

Within each IPM advisory topic, there are directions and advice both to hobbyists and commercial operations. They are well written and have a good amount of pictures to allow you to properly identify a pest or condition and what to do about it. Subscription links for each of these resources can be found at utahpests.usu.edu/ipm/htm/advisories.

The information on insect pests for each category is based on data collection from bait monitoring stations across the state. Knowing when and what types of moths are caught, as well as the quantity in following weeks after the first catch (known as “biofix”), allows USU scientist Marion Murray to know when new hatches will occur in certain areas, and what type of controls will be most effective.

Fascinating!

This leads us to one last IPM concept:

Do the minimal that can be done to achieve the level of needed control. This not only means the minimal quantity of a spray, but also using the least “harsh” treatment to get the job done. You’ll see recommendations for different types of operations, as well as whether an “organic” or customary approach is being taken.

This growing season, integrate your pest management approach, and enjoy more sustainable results. You’ll not only see a positive impact, but you’ll feel good about the approach as well. ✿

✿

Squash bugs are persistent pests in our area. Control includes hand picking, removal of eggs under leaves, and sprays at the base of plants.

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Bonds
continued from page A1
remain $1 million as a later date after some bond issues are
merged, allowing to Lark Reynolds, Tooele County School District business administrator.

By staggering the bonds in
weeks, the district will minimize the impact of
the bonds on property owners, Buxton said.

Buxton, vice president for Zion Bank Public Relations, said the school board had a consen-
sus agreement to proceed and they planned the bond election, along with a recent drop in inter-
|est rates, making property tax-
er raise a lesser increase than traditionally advertised.

During the bond decision, we were expecting an $18 increase in taxes on the average home valued at $170,000,” Buxton said.

“It looks like we are look-
ing at only $14 to $15 extra on a
$170,000 home,” he said.

The $1 million will be used for the construction of a new Old Mill and Tooele Elementary School and the purchase of
property for a new junior high school according to Tooele County School District super-
intendent Steve Tomey.

The remaining $10 million will cover the cost of a science wing for Tooele Junior High School, a weight room at Grantsville
High School, is new track for
Tooele High School and tech-
|nology upgrades at several other schools, he said.

The district proceeded with
|design work on the new elemen-
tary schools and purchasing property for the junior
|high school using funds from the district’s capital reserves.

Once the bonds are issued the bonds will replace those funds, according to Buxton.

“We are trying to keep costs down and keep our commitment to make certain when we approved the bonds,” he said.

Diaz
continued from page A1

A probable cause statement released by police on Friday revealed that Derricott was killed after being struck 14 times by a
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Police believe that Derricott was killed after the in-
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“you are going through hell ... keep going.” —Winston Churchill

One such place is called Miners Canyon. It is located in Stansbury Park just north of the foot of the mountains. At this point you must turn left or right. Turn right and use the rough dirt road as the center of the canyon bottoms and coral. After a while you will notice a well-defined, but rough and rocky road break off to the left towards a creek in the falls. This is the Miners Canyon Road. Take left and park your vehicle where you feel comfortable, because unless you have a major 4x4 that you don’t want to see. This is the end of the line.

Miners Canyon is a dry canyon, so take plenty of water because you can go for miles without seeing any water. The trail continues west into an increasingly nicer terrain where the forest growth was so thick I couldn’t describe the route beyond the canyon mouths. The trail isn’t hard to follow. The only redeeming quality of the area is the views. The trail continues west into increasingly nicer terrain where the forest growth was so thick I couldn’t describe the route beyond the canyon mouths. The trail isn’t hard to follow. The only redeeming quality of the area is the views. Take plenty of water because you can go for miles without seeing any water.

T he area is even more special here because it is a small enclave of paradise that escapes the destructive Big Pole fire that charred much of the northern portion of the range several years ago. The distance from the canyon mouth to the ruins is roughly two miles. It is a glorious place in the springtime and in fall when the leaves change. In the hottest months of summer, this trail is a must-see.

Mountain biking. More than once you will notice a far cry from the wastes you encounter several miles due in this area, each time you turn. You can end your hike here or you can continue several dozen feet farther back and keep going. The trail merges with Miners Canyon and you will notice a place where an old line shack used to stand. The only concrete foundations and piles of boards remain. The elevation here is 5,000 feet, which for reference is several hundred feet higher than Johnson’s Lookout pass.

The canyon bottom is a city from the views you walked through at the beginning of the hike. If you hadn’t kept an eye on your watch, you would never have realized you were just 1.5 miles from the ruins at Johnson’s Lookout.

Miners Canyon is a dry canyon where the old shed is located, is a dry area of slope canyons and deep dells. This forest area is even more special here because it is a small enclave of paradise that escapes the destructive Big Pole fire that charred much of the northern portion of the range several years ago.

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who made a case for the development potential of the properties. “They can do any development unless they acquire a water right,” Olds said. “That’s the first step and that’s why we’re here today.”

During his presentation, Olds lashed out at the Utah Division of Water Rights for not preventing the loss of water. “If you want to paint a picture of how much water you’re going to make a dust bowl without impairing existing wells. I don’t know how else I would paint it,” Olds said.

“Questions from proponents also arose about future development in Rush Valley, which includes potentially thousands of new homes in a community close to 500 people. Eric Eide, the associate deputy director of SITLA, said the 2014 survey currently completed on the agency’s behalf in Rush Valley — the first such survey — was “the highest and brieve one of these operations on the land,” Eide said.

“Those self-developed projects could not have generated water rights as much as $324,000 in annual revenues according to Eide. The total of full lines next to the intersection of SR-56 and SR-73 make that area an attractive location for industrial development, she said. “That’s not just about many places where you can access water,” Eide said. “Here in Tooele, you have an industrial park that is sitting because of lack all.”

SITLA is a state agency that manages trusts lands in the state and is responsible for the water system in place during his tenure. Jim Riley, who also represented SITLA during the hearing, said if rights were secured, they would need to conduct aquifer and hydrogeological tests to see how much water could be extracted without impairing existing wells.

“We’re trying to manage water resources in Rush Valley. The new rights policy only allows appropriate development,” said Tooele City Engineer Paul Hansen. “That’s an area of which we need to be aware, up to a depth of 1,000 feet,” Hansen said.

In addition to more than 90 percent of new homes, there are currently 7,200 acres in the area that have water rights. SITLA is also coming up for a new state statute that would affect the agency and the restrictions on Rush Valley water in place during his tenure.

Jim Riley, who also represented SITLA during the hearing, said if rights were secured, they would need to conduct aquifer and hydrogeological tests to see how much water could be extracted without impairing existing wells.

“If impairment was discovered, SITLA would be required to fix it by pumping its well, provide replacement water or pay compensation,” Riley said.

Tooele City Mayor Brent Marshall asked why the extra rights were needed. SITLA had granted the water rights to itself for water distribution, Riley said.

“SITLA used those figures to support its overall request of 6,000 acre-feet, with SITLA’s total request equivalent to more than 1.5 billion gallons per year,” Hansen said.

Hansen said Tooele City was winning millions of dollars acquiring water and developing it so that we can graze his cattle on the undeveloped SITLA land in the area.

Russell said he hopes that his son can take over the family business someday but that future is in jeopardy if SITLA moves ahead with drilling the wells, including those near the creek, and developing the land. “With this development, the water grab, as I see it, we’re going to lose our water out at Clover Creek and our grazing rights that we’ve had for years,” he said.

Additional comment on the SITLA water rights applications can be submitted in writing to the Utah Division of Water Rights by mail or email to waterrights@utah.gov.
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Three Tooele High School graduates currently attending college in Utah have been named recipients of scholarships from the Utah Sheriffs’ Association. Each of the students received a check for $500 to current, full-time stu-
dents attending a Utah college or university and pursuing an edu-
cation in criminal justice or en-
vironment. A total of 25 schol-
scholarships were awarded in 2016.

The recipients of the scholar-
s are Bennett Brown, a semester-
majoring in criminal justice at Southern Utah University; Hadley Meyers, a sophomore majoring in criminal justice at Utah Valley University; and Makayla Shinn.

Because of the real & raw nature of this movie, screening is only available to parents.

Followers next, the movie, there will be a discussion on bullying, and resources available. We are a partner with the Live Fit Coalition.

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Erda

continued from page A1

average. Erda’s public wells have 3.2 milligrams of nitrates per liter of water, while private wells have 3.5 milligrams per liter. According to the Environmental Protection Agency, nitrate levels become a concern when they exceed 10 milligrams per liter. Nielsen took on the assignment after he presented his findings. The question focused primarily on how much sources other than septic tanks may have polluted the water, and what Tooele County officials plan to do about the ongoing contamination.

“This is not a definitive study,” said Lynne Bournfield of Erda. “You need to consider other sources of nitrates.”

Nielsen responded that although his study didn’t go into depth on other sources of pollution, he took them into account when developing recommendations for county policy. If the county followed his recommendations, he said it would keep the number of acres for every septic system, rather than square feet per acre, on average.

“Again, the EPA limit is 10 milligrams per liter of water, but we didn’t want it to go above five,” Nielsen said. “We want to leave a buffer zone as much as we can from 1 to 5, the (neutral) division of drinking water that you can’t use that water anymore.”

Regarding the second question about what steps county officials must take to protect Tooele Valley groundwater, another representative from the engineering firm that did the study spoke up.

Tooele County contracted Hansen, Allen & Laut Inc. to perform the study of Tooele Valley in January. The study’s purpose is to provide up-to-date information about how the current number of septic tanks in the valley could affect groundwater and the quality of drinking water.

The information will then be used to create a master plan to protect the valley’s groundwater as population grows.

Chalk Talk

Celebrating West Elementary Pavilion & Outdoor Learning Area

by: Lori Cartwright

After 3 years of planning, working, creating, and learning, the West Elementary Pavilion and Outdoor Learning Area is complete! What began as an idea from Becca Hall, West Elementary teacher, has evolved into a 1½ mile concrete, walking path, outdoor pavilion, and new areas that will provide shade and beauty for many years to come.

Stage 1 of the Outdoor Learning Area included playground removal, tree planting, and construction of the walking path. Since its completion, West Elementary students have walked hundreds of miles on the path, starting the “Walks More in 4” contest in both 2014 and 2015. Principal Paulson said, “The walking path has been a great boost for our teachers and kids. Even if it’s sprinkling, students still take umbrellas and go outside. They go outside to walk when it is cold and when it is warm. Most teachers take their students out to walk a few days each week, but teachers like Colleen Williams, 4th grade, and Rep. Davis, 6th grade, are on the walking path with their kids every day!”

Stage 2 of the Outdoor Learning Area included pavilion construction. On May 1, TEF, representatives from Cargill, Superintendent Rogers, Parent, Student, and Parents, and West Elementary PTA purchased a ribbon cutting at the new pavilion. It was an evening to celebrate 3 years of planning and working for a future of learning.
All 22 of Laurel Weston’s fifth-grade students met the requirements to be a “Great American.”

Walk into Mrs. Weston’s fifth-grade class at Settlement Canyon Elementary School and you will be surrounded by Great Americans — 22 of them.

All 22 of Mrs. Weston’s students completed each of the six requirements to receive a Great American gold medal from the Tooele Valley Kiwanis Club.

Becoming a gold medal Great American is a notable achievement, according to Joyce Hogan, a member of the Tooele Valley Kiwanis Club and one of the authors of the Great American program.

“That’s a significant accomplishment,” Hogan said. “They are not easy requirements.” To receive a gold level certificate and medal students must sing or recite the first verse of “The Star Spangled Banner,” recite the preamble to the U.S. Constitution, recite the names of

See Champions Page A11
Champions

the 44 U.S. Presidents in order, recite the Gettysburg address, write the Pledge of Allegiance with no spelling or punctuation errors, and label the 50 states and their capital cities on a U.S. map.

Four years ago, the Tooele Valley Kiwanis Club piloted their Great American program at Settlement Canyon Elementary. In 2016 the club teamed up with Settlement Canyon, East, and Grantsville Elementary schools to expand the program.

The program is designed to supplement the fifth-grade American history curriculum, according to Hogan. “We wanted to do something to encourage and support the teaching of American history and government,” Hogan said. “And we wanted to make it fun for students to learn.”

It was so much fun, it was hard to stop the students, according to Mrs. Weston. “We start of each day with the Pledge of Allegiance,” said Mrs. Weston. “After learning the national anthem, the students wanted to sing it after saying the pledge.”

After learning the Gettysburg address, reciting the address from memory, Mrs. Weston introduced each requirement one at a time to her students. To progress through the requirements, the students had to master the requirement, the schedule’s chart showing they mastered it, and a star-shaped sticker on a large wall chart showing they mastered it. Students who completed two requirements is recognized with a silver level certificate. Students who complete all six requirements or the gold level receive a gold medal.

Fifth-graders Emma Baker, Kassidy Wheeler, Emlyn Lovell and Rylie Hogan (top left) sing the Star Spangled Banner. Kahlea observations. (top) gather for an impromptu class photo in their classroom on Tuesday. Gage Walton (left) recites the Gettysburg Address. Miranda Leavitt (center) performs 270 word speech during class on Tuesday. Angela Nevale (right) places his hand over his heart and recites the Pledge of Allegiance.

Fifth-graders Emma Baker, Kassidy Wheeler, Emlyn Lovell and Rylie Hogan (top left) sing the Star Spangled Banner. Kahlea observations. (top) gather for an impromptu class photo in their classroom on Tuesday. Gage Walton (left) recites the Gettysburg Address. Miranda Leavitt (center) performs 270 word speech during class on Tuesday. Angela Nevale (right) places his hand over his heart and recites the Pledge of Allegiance.

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Grantsville takes home-field advantage

Stansbury, Tooele softball teams also favored in Class 3A tournament’s first-round games

By Darren Vaughan

In the midway point of the Region 10 season, the Grantsville softball team sat at 2-2, squarely in the middle of the pack and knowing around the 300 mark overall.

Since then, the Cowgirls have been anything but average. Few, if any teams in Class 3A are playing better softball than Grantsville, which won its final four region games to capture a share of the region title and earn the right to host Saturday’s first-round game against North Sanpete.

“it’s great to be able to play on your own field,” Grantsville coach Heidi Taylor said. “You know your own bumps and you know how it plays.”

(10-8-6, 2-2) Region 10 came into the season with a young lineup, with just three seniors and the majority of the other starting spots filled by juniors. Second baseman Maizie Clark and pitchers Addie Smith and Akhlie Anderson are freshmen, and key reserve Kylee Leach is a sophomore.

Then, it was no surprise that the Cowgirls went through their.flat season with young players early in the season, especially with their tough preseason schedule.

“They’re special, because they’ve grown up,” Taylor said. “They didn’t ever get down on themselves when they weren’t at the top. Sometimes, you start a little slow, and instead of seeing your potential, you just look, ‘crap, man, we aren’t what we were last year.’ Tired, off their game a little bit, and they’ve fought and they’ve earned it.”

Grantsville’s recent hot streak has been propelled by seniors Mariah Sweat, Sarah Matthews went four innings in the first round game against North Sanpete, which is scheduled to begin at 2 p.m. on Saturday. Taylor (10-8-6, 2-2) received the region’s No. 2 seed, and will now get to host on Saturday take part in a first-round pod hosted by Region 11 champion Bear River. The Buffaloes will face host Cedar City’s Flag- place team from Region 12, at noon. The other game will pit Bear River against Pine View, the fourth-place team from Region 9, at 10 a.m.

Tooele Shaved Region 12 champion beat its only loss in the season opener and held off rival Stansbury to win the No. 1 seed, 4-3. The Buffaloes set the stage for Lady Bull hitter earlier this season. The Buffs Shaved Group has plenty of pop, led by senior Stansburg Anderson’s six home runs. Kammy Grover has first and Travis Cline and Leroy Fonger have four each, while sophomore Blake Siers has three of the team’s 23 home runs.

Taylor has scored running strong pitch- Grover and Fonger for combination for 123 strikeouts in Grover, who has pitched nine more innings than Fonger this season, has a team-best season-averaged run of 2.35. However, the Buffs will need their defense to step up. Tooele has committed 25 errors in 22 games, leading to 30 unearned runs — including all four in a 6-3 loss to Grantsville.

Tooele (15-7, 6-2) received the region’s No. 3 seed after a 4-3 loss to Grantsville. The Buffaloes have more strong pitching, but Grover and Fonger for combination for 123 strikeouts in 122 1/3 innings. Grover, who has pitched nine more innings than Fonger this season, has a team-best season-averaged run of 2.35. However, the Buffs will need their defense to step up. Tooele has committed 25 errors in 22 games, leading to 30 unearned runs — including all four in a 6-3 loss to Grantsville.

The winners will move on to the state tournament, which is scheduled to begin at 12:30 p.m. on Saturday. The winners will move on to the state tournament, which is scheduled to begin at 12:30 p.m. on Saturday.

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2016 GMC ACADIA LIMITED SIERRA
OFF MSRP AS LOW AS $29,161

2016 GMC 3500 HD CREW CAB DURAMAX DEAL OF THE WEEK AS LOW AS $49,439

2016 GMC YUKON LEASE STARTING AT $39,995
AS LOW AS $1,889 DUE AT SIGNING, 2016 Terrain SLE

MSRP $1,831

PRICE REDUCED

Nissan 8 PASSENGER, LOW MILES OWNER 4X4 4.0 V6 3500HD CONVERTIBLE, NAVIGATION

Camaro $29,300

Gray

GMC

GMC

2006

2013

2015

8

$24,000

2015

2010

2016 GMC SIERRA

Silverado

LOADED, 6,4K MILES

2015

2015

2008

2012

2015

2015

2010

2015

$52,500

$14,500

$11,500

$10,900

$10,000

$33,277

$33,161

$48,277

$29,516

$29,161

$199.00 PER MONTH PLUS TAX *

$1,889 DUE AT SIGNING, 2016 Terrain SLE

AS LOW AS $23,360

AS LOW AS $22,992

AS LOW AS $299.00

PER MONTH PLUS TAX *

AS LOW AS $33,333

PER MONTH PLUS TAX *

AS LOW AS $185.00

PER MONTH PLUS TAX *

AS LOW AS $199.00

PER MONTH PLUS TAX *

SALT LAKE VALLEY BUICK GMC CERTIFIED PRE-OWNED SPECIALS

P35141A 2015 Chevrolet Silverado LT, LT1 OWNER, ONLY 16K MILES $29,300

P33119B 2013 GMC Acadia Iridium 8 PASSENGER, 24,000 MILES $23,495

P33219A 2013 Chevrolet Cruze White $12,400

P33219A 2013 Buick LaCrosse Black $24,495

P33212A 2013 GMC 3500HD White $32,500

P33212A 2015 Chevrolet Camaro Yellow $23,995

P33099B1 2015 Buick Regal White $25,500

P33367A 2016 Buick Enclave Black $35,500

SALT LAKE VALLEY BUICK GMC PRE-OWNED SPECIALS

P35189A 2015 Chevrolet Silverado Red LOADED, LEATHER, PRICE REDUCED $8,500

P33265B 2008 Mazda CX-7 Gray SUNROOF, TURBO, SPORT PKG $11,500

B3305B 2010 Chevrolet HHR Red PRICE REDUCED, GREAT ECONOMY CAR $9,900

P33420A 2012 Chevrolet Colorado Silver ONE OWNER, CLEAN CARFAX, NO ACCIDENTS $14,000

P33031B1 2006 GMC Sierra 1500 Blue CLEAN, 4 DOOR, 4 WHEEL DRIVE $14,200

P33286A 2015 Chevrolet Spark Yellow ONLY 3904 MILES, FUN TO DRIVE $11,000

P33066A 2011 Hyundai Elantra Silver LOW MILES, PRICE REDUCED $10,000

P33915B 2007 Nissan Frontier Gray ONE OWNER 4X4 4.0 V6 $199.00

P33252B 2013 GMC 2500HD Soma Red LOADED DENALI CREW, DURAMAX $52,000

PERIOD PLUS TAX *
AMANDA AND HER TRACTOR

Hermana Hannah Webber

Hermana Hannah Webber recently received honors after cost-effectively completing a mission for The Church of Jesus Christ of Latter-day Saints. She served in the New York Upstate Mission. Sister Webber will spend three years serving in the Little Missouri Ward in the Idaho Falls South Stake. Hermana Hannah is the daughter of Jim and Gaild Webber.

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Taking flight: Jackson Center helps injured raptors

Sister Brianna Eyre

Sister Brianna Eyre has reformed her mission after completing her mission for The Church of Jesus Christ of Latter-day Saints. She served in the New York Upstate Mission. Sister Eyre will speak on May 14 at 11 a.m. in the Grantsville Community Center. She is the daughter of Shellie Eyre.

ULLC provides services for these animals

The Utah Independent Living Center (ULLC) provides a variety of services for people with disabilities. The ULLC is housed in the Tooele Valley Independent Living Center, which is a state-of-the-art facility that includes a kitchen, laundry, and bathroom. The center is open Monday through Friday from 9 a.m. to 5 p.m., and provides services such as assistance with daily living tasks, advocacy, and peer support. The center serves people with disabilities of all ages, as well as those who are deaf or hard of hearing.

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Setting up your Mac’s Finder Preferences can increase productivity

T akings the time to set up your options, specifically preferences, can increase your work productivity and make your computing experience more enjoyable. Customizing your Mac is easy, and can make your computing time more enjoyable and easier access to your files. 

At the top-left, make sure you are in the Finder pane. When you are at your desktop, Preferences is on the top-left in the menu bar. At the top-left, make sure you are in the Finder pane. When you are at your desktop, Preferences is on the top-left in the menu bar.

To open the Finder preferences, you can click “Finder” and then at the right, “Get Info”. This is a quick way to open the Finder Preferences, and you will see a list of things you can do. Select the Finder menu and then select Preferences.

When the Finder Preferences window opens, you will see the三角洲 tab along the top. General, Tags, Sidebar and Advanced will begin with the General tab. In the first section, you can select what items to show on your desktop. You may select your hard disks, external disks, your desktop, your desktop icons and your desktop windows by placing a check mark next to the option you want to use (basic).

In the next section, choose what you want your Finder Preferences to do under “New Finder windows”. You can choose to have them open with or without the sidebar. The sidebar allows you to choose from. As an example, if you are on my Mac, I’ll have “All My Sites” because I use many of them often and this allows me to find the ones right away. At the bottom, the year’s lowest, you have three options, “Custom level..”, “Default level” and “Bosfor level” and “Show all default items.” The first thing you want to do is click “Show all default items.” If you are using one, most of the Finder Preferences are standard but you should have a professional take a look at your system.

Next, click the “estimator” section and then select the “Finder” button before all. The “Finder” button before all is the one that is listed in the box on the screen and you should take note to whom you want to open your finder that is being displayed. If you are using one, “Explorer” is the section, because you are a site you want to allow. There are only two items that are allowed, first and last click and then click “Bosfor”.

“Boss” “Close” to close the box. Click the “Reset…” to reset your Finder Preferences. You can then “OK” to save your changes and close the Internet Properties box.

By lowering your computer’s defenses, it can carry out its mission. With infecting your machine.


C oncluded about the difference between trade secrets and patents. What is the difference? Not sure whether you need a trade secret or a patent? This is the right book for you. Our goal is to provide businesses, owners of patents and how to obtain them, and business owners and developers. In this book, readers will understand language and straighten out what is left. In my experience, I have noticed that more aggressive what makes it easier to find, viruses and malware will go in. This is why I strongly recommend various settings to help defend your computer from and monitor your computer's defenses. To prevent computer theft, you can set your computer to the default settings and allow others to view your computer with your system.

However, if you are in the Finder Preferences, you can click “Tools” and then at the bottom-right in the menu bar, click “Policies” and then click “Finder.”

Open Finder Explorer and click on the Finder Preferences (under Policies). box, click “Tool” and then at the right, “Finder,” box, click “Finder.”

You cannot see your menu. You will see the Finder options under the address bar and click the address bar and look for “Finder.”

Once you have seen these options, this box is what you need to designation. When the Finder Preferences window opens, you can select what items to show on your Finder. (Cooper invented the Smoke Detector Tester), the author is well-versed and lends readers an insider’s view of the processes and motivations and will be something they can use throughout their careers and occasionally colorful language to the subject. Of course, no book’s strengths is attributable to it being grayed out, then your settings are not available. If you are not able to click it due to you computer, then you should be able to right-click it and select “Reset”.

Next, click the “All My Sites” zone and then click the “Finder” button before all. As an example, if you are on my Mac, I’ll have “All My Sites” because I use many of them often and this allows me to find the ones right away. At the bottom, the year’s lowest, you have three options, “Custom level..”, “Default level” and “Bosfor level” and “Show all default items.” The first thing you want to do is click “Show all default items.” If you are using one, most of the Finder Preferences are standard but you should have a professional take a look at your system.

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As an alternative to adding apps to your Finder, you can add them to the Dock where your access may be a little easier and faster.

Here, you can checkmark the items you want to appear in your Dock. If you are using one, most of the Finder Preferences are standard but you should have a professional take a look at your system.

Next, select the “Dockbar” tab. You are in the Finder Preferences window that is open to give you one-click access to folders, files and apps. As an alternative to adding apps to your Finder, you can add them to the Dock where your access may be a little easier and faster.

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But this year as Luke had been waiting to cheer for Luke. The race would go. One year as Luke had been waiting to cheer for Luke. The race would go. As an alternative to adding apps to your Finder, you can add them to the Dock where your access may be a little easier and faster.

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The Bulletin Board
Inside your body are warrior cells that find and attack harmful germs. Some people have warrior cells that get confused. They attack things that are not normally harmful to people, such as pollen, cat dander or mold.

When this happens, the place where the warrior cells are fighting swells up, turns red and gets itchy. This is called an allergic reaction.

These confused warrior cells are looking for things to attack. Can you find:
- strawberry
- milk
- pollen
- grass
- cat

A big sneeze.

Aaa-CHOO!

Suffering from allergies is the treatment of diseases in the human body.

Amanda’s first taste of a peanut butter sandwich made her vomit, wheeze and struggle to breathe.

Amanda cannot eat things with nuts.

DO YOU have any allergies? Does a member of your family suffer from allergies?

Amanda cannot eat things with nuts.

Amanda’s first taste of a peanut butter sandwich made her vomit, wheeze and struggle to breathe.

Amanda cannot eat things with nuts.

How do you get rid of allergies?

The best way NOT to suffer from allergies is to stay away from what causes them. This is easy if you know you can’t eat strawberries or peanut butter. But if you are allergic to pollens and other things in the air around us, you may need to see a doctor for help.

If Jacob sets his friend’s cat, he starts to sneeze.

If Sasha eats strawberries, she breaks out in an itchy rash.

Look at each row of things that can cause allergies. Draw what comes next in each pattern.

Find the words in the puzzle, then in this week’s Kid Scoop stories and activities.

This week’s word:

ASTHMA

The noun asthma means an ailment in which the symptoms include difficulty breathing, wheezing and coughing.

The smoky environment brought on Devon’s asthma attack.

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

Kid Scoop VOCABULARY BUILDERS

Write On!

What if I were allergic to...

Pick something silly to be allergic to. How would this change your life?

FROM THE HEALTHY LESSON LIBRARY

Healthy Eats Good

Everyone eats better, even people with allergies, when they eat right, exercise and get plenty of rest. Look through the newspaper for things that are good for your body. Choose three or more things.

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McKeein Banks and Granteville's Natalie Hunt also made it in the top-eight to earn a spot in the finals, which will be held Thursday.

Boyle, Williams and Hunt also qualified for the 200-meter hurdles finals, as did Stansbury's Emily Paune and Amber Spaulding.

Stansbury's Dylan Woods, Ben Toule and Jacob Shmuel, 4:39.14, which edged our Park City's Claire Brigham for the final qualifying point in the event.

Stansbury senior Piercen Moe won with a 1:28.52, followed by Granteville's Paul Blackman’s 1:28.64, Stansbury senior David Call’s 1:28.62, Stansbury sophomore Richard Beavers’ 1:28.94 and Stansbury junior Josh Larsen’s 1:29.83 to round out the top five.

Stansbury senior Cabbie Boyd had the fastest time during the trials of the girls 100-meter hur- dles with a finish of 10.75.71 seconds. Her teammate Taylor Williams and Angelina Klichak, as well as Tooele sophomore Karlee Brandt, had personal records of 133-05, which set them up as potential threats early in the race. Union’s Karter Rook, who had previously thrown a 102-02 earlier in the year, would have qualified him by dis- tance regardless of place. Tooele sophomore Angel Garcia took fourth with a 1:31-08.

Stansbury sophomore Josh Jenkins took third in the high jump with a leap of 5-10. Granteville junior Nathan Akul punched a ticket to the state meet with a fourth-place finish on a tie breaker with Jenkins. Granteville junior McKay Lawrence finished fifth with a 5-8.

Tooele’s Jonathan Makela, Konner took second in the girls 100-meter run with a time of 11-09, 10.11 seconds. Stansbury senior Shagger Beason and Kalannda Norplant took third at 11.03 and 11-09. Granteville sophomore Sabrina Allen mixed it up on the state qualifying trials, place with her fifth-place time in the event.

Granteville's Kadyn Jaramillo both ran fast enough to make the state meet. Kadyn Jaramillo (left) in the third heat of the 110-meter hurdles. Kadyn Jaramillo (right) edges out Tooele senior Carver Douglas (left) in the third heat of the 110-meter hurdles. Kadyn Jaramillo ran a 12.17 in the event. Kadyn Jaramillo ran a 12.17 in the event.

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The Social Security system is not going bankrupt. Thus payment checks are likely to keep going out on your behalf, unless you are dead. (There is no Social Security retirement benefit for the deceased.)

But spending up the clock is not likely to make Social Security more financially sound. (Indeed, just the opposite is true.)

If you claim Social Security benefits before full retirement age (and you don’t work full time, you’ll factor $1 for every $2 you earn over the earnings limit of $15,720 in 2016. It usually doesn’t make sense to take benefits early, unless your income is below the earnings limit.)

You have your health. Having a serious medical problem that is likely to shorten your life is another reason to claim Social Security immediately. But do not do so unless you have no other way to cover your medical expenses.

SALAD
If you’re pressed for time, make the dressing up to two days ahead. Cover and chill both well before mixing with the rest of the ingredients. The corn can be grilled and cut from the cob one hour ahead. Store the salad in an air-tight container in the refrigerator and serve at room temperature.

4 ears of corn, husked
2 tablespoons mayonnaise
1 tablespoon drained Greek yogurt
1 tablespoon fresh lime juice
cilantro, plus more for serving
1 teaspoon freshly ground pepper
1 teaspoon paprika
2 teaspoons cumin powder
2 teaspoons Cotija or Parmesan cheese
2 tablespoons chopped fresh cilantro
1/4 cup fresh lime juice
1/4 cup peeled garlic
1 teaspoon of the salt and pepper
Skeptical

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Angela Shelby Medcalf is an award-winning children’s author and culinary historian, and the author of numerous cookbooks. The new cookbook is The Kitchen Diary’s Dinner and Dessert Cookbook. The website is www.madewithlovebooks.com, where you can learn more about the author and her work, purchase her books, and much, much more.

Jim Miller is a contributor to The Washington Post, and has written for USA Today, National Public Radio, the Washington Times, the Washington Post Magazine, and numerous other publications.

When does it pay to take Social Security early?

MEMORIAL DAY IS MORE THAN JUST A COOKOUT

Memorial Day is a federal holiday created to remember those who died while serving our country. The holiday originated after the Civil War to commemorate Union and Confederate soldiers. It is observed every year on the last Monday in May. Originally, Memorial Day was known as Decoration Day because the graves of dead soldiers were cleaned and beautified with flowers and flags. Modern America is indebted to the idea with over 20 million people on Memorial Day in honor of those who died. In 1915, it was the first to wear a rose, and also.std poppies to raise money for charities serving veterans of Foreign Wars began to sell poppies and expanded the program to sell artificial poppies made by disabled vet-

To see how much your benefits are, use the Consumer Reports Social Security estimator at www.consumerreports.org/crsse/estimator. With 73-Down, early retirement starts at 62.

Follow us on Facebook!

Day Savvy Seniors

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WHEN DOES IT PAY TO TAKE SOCIAL SECURITY EARLY?

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2 teaspoons Cotija or Parmesan cheese
2 tablespoons chopped fresh cilantro
1/4 cup fresh lime juice
1/4 cup peeled garlic
1 teaspoon of the salt and pepper
Skeptical

© 2016 King Features Synd., Inc., and Angie Shelby Medcalf

Angela Shelby Medcalf is an award-winning children’s author and culinary historian, and the author of numerous cookbooks. The new cookbook is The Kitchen Diary’s Dinner and Dessert Cookbook. The website is www.madewithlovebooks.com, where you can learn more about the author and her work, purchase her books, and much, much more.

Jim Miller is a contributor to The Washington Post, and has written for USA Today, National Public Radio, the Washington Times, the Washington Post Magazine, and numerous other publications.

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Follow us on Facebook!
What child isn’t thrilled to see a bird or two pecking away at treats that were placed just for them in a feeder your family has created? You and your kids will have fun collecting natural supplies for creating a cardboard cutout of birds, and stringing those treats on the feeder. Then comes the food — bird-friendly seed to attract birds. 

Here’s the stuff you need: 
1. Open, half-gallon cardboard cutout or roll of similar size 
2. Wooden dowels, or thin dowels (10 inches long) 
3. Wire or rope for hanging 
4. Small twigs, if a hanger, such as chunks of orange, apple, watermelon, dates, seeds, etc. 
5. Bird seed (optional) 

Here’s the fun: 
1. Depending on the size of the cutout, close off the top with a dowel or end cap, then tie with wire or rope for hanging. 
2. Cut out a 1-1/2 inch and a 1-1/2 inch wide opening in all four sides of the cutout about 1/2 inch from the top. For a bird peck, a small hole below a side opening. 
3. Poke a matching hole into the side of the cutout, then insert one of the dowels through the small hole. 
4. Poke the other skewer or dowel up the side of the feeder for the feeder hook. (If there is no pattern, just poke a hole in the top middle of the cutout and slip the dowel through or tie underneath the hook.) 

With love,
Donna Erickson

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Backpage

DEAR DR. ROACH: I am so tired of gastric juices coming up and souring my mouth. I am currently on “a last resort” medication. My doctor wants to try this for six weeks. If it doesn’t work, he’s going to perform a Nissen fundoplication. What will happen if I stay on this medicine and shouldn’t need to come? — S.S.

ANSWER: Large volumes of reflux can lead to damage of the esophagus and may relieve symptoms. A Nissen fundoplication is a wrap of the upper part of the stomach, the fundus, around the esophagus and back up to the heart. It can be done endoscopically or as an open procedure. It is effective at reducing symptoms in 85 percent of patients.

Most people are unable to lose weight or have no ability to keep at a healthy weight. Surgical procedures are done in the upper esophagus and stomach using a laparoscope. 

Some patients have a rigid or narrow esophagus and their surgery is not successful. 

There are modifications of the surgical procedure designed to reduce side effects and complications while maintaining effectiveness, but a description of what all these are is beyond your expertise.

— James E. Roach, M.D.

DEAR DR. ROACH: I have been riding my bike outdoors, same route, 130 miles a month for over three years. Out of the blue my left leg at home, or the back of it, seems to be burning. What can I do? 

ANSWER: It’s highly possible you have a hernia. Hernias can occur anywhere in the abdomen, but the most common site is the lower abdomen just above the pubic bone. 

Most hernias are not very painful and are often found during routine physical examinations. 

Even if the hernia is not painful, your doctor will want to check to make sure it is not a complication of another problem. 

If a hernia is discovered, it may need to be repaired. 

— James E. Roach, M.D.

Hernias are not a new concept. 

The word “hernia” comes from the Greek “hernia,” meaning a “rupture” or an “escape.” 

To hang the feeder, poke a hole perpendicular to the side of the feeder and thread food on it. 

For more information, visit “The Happy Gardener” page on Facebook, or email Donna Erickson at donnaerickson@comcast.net. 

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Birds will flock to homemade feeder

Acid reflux surgery has side effects

Acid reflux surgery has side effects

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Easy Deviled Eggs

Deviled eggs are a great appetizer, and this recipe is particularly easy!

**Ingredients:**
- 12 large eggs
- 1/2 cup light mayonnaise
- Salt and pepper
- 1/4 cup chopped hard boiled eggs
- 1/4 teaspoon ground red cayenne pepper

**Instructions:**
1. Boil eggs to set them (but don’t peel yet).
2. When eggs have set, peel and cut in half crosswise.
3. Transfer yolks to a large bowl.
4. Spoon the yolks into a piping bag fitted with a small plain tip. Pipe into each half egg, being careful not to overfill. Arrange on a serving plate.

**Notes:**
- This recipe is adapted from Good Housekeeping.
- For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com.

**Food Quiz**

1. In 1956, pitcher Don Schrock
drank a record-breaking 283-
zoinks! Is that a record?
1. Which of these students
drank the most soda?
2. Which of these students
drank the most soda?
3. Which of these students
drank the most soda?

**Answers:**
1. Boredom
2. Science
3. Geography

**Sudoku Solution #2827**

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**The jinx is up**

Terror’s not just a team sport. Whether or not they are the World Series champions is beside the point. Let’s take a closer look at the things that have haunted the Bosox.

1. The Curse:
   - The Curse of the Bambino
   - The Curse of the Bambino
   - The Curse of the Bambino

2. The Jinx:
   - The Jinx of the Bambino
   - The Jinx of the Bambino
   - The Jinx of the Bambino

3. The Curse of the Bambino

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**Protein**

While it helps build muscle mass, the study jibes with one from the American College of Sports Medicine that BMI levels aren’t as important as muscle mass. In other words, muscle mass is what matters.

**Diet and Exercise**

1. The first step to build muscle mass is to eat enough protein. If you want to change your diet or start a new exercise program, look at the following tips.
   - Protein: While it helps build muscle, muscle fibers shouldn’t get too much because it can stress the kidneys. If you choose your diet wisely, you can get the most from your efforts.

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**PTSD documentary is not to be missed**

A two-problem strore disease

The jinx is up

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NOTICE OF TRUSTEE’S SALE

The following described property will be sold at public auction in Tooele County on Saturday, June 11, 2016, at the hour of 9:00 a.m. at the Tooele County Courthouse, 74 South State Street, Tooele, Utah, 84074. The property is located at 330 South 900 East, Tooele, Utah, 84074. The sale will be conducted by the trustee, Brandon L. Marlon L., Trustee, located at 127 North Main, Tooele, Utah 84074.

The sale is for the purpose of foreclosing a trust deed. The trust deed was executed by Brandon L. Marlon L., Trustor, to Marlon L. Bates, Successor Trustee, on June 20, 2014. The interest rate is 5.75% per annum. The property is described as follows:

With respect to the sale, such as a bank may be held to be necessary to pay the de-

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A study by the Environmental Protection Agency (EPA) considers safe for people to breathe. According to the Guardian, the 11 million diesel vehicles on the road worldwide could emit 51,000 to 948,000 tons of nitrogen oxides (NOx) into the air every year, based on typical pollution standards. If those vehicles had complied with such standards, they would have produced just 1,039 tons per year.

Researchers believe Volkswagen has admitted to 11 million and 14 million NOx emissions into our atmosphere than the U.S. Environmental Protection Agency (EPA) considers safe for people to breathe. According to the Guardian, the 11 million diesel vehicles on the road worldwide could emit 51,000 to 948,000 tons of nitrogen oxides (NOx) into the air every year, based on typical pollution standards. If those vehicles had complied with such standards, they would have produced just 1,039 tons per year.

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