The Romney Group is building the Lakeview Business Park on 900 acres east of Sheep Lane. January 2020.

County considers plan for Lakeview Business Park

Business park has projected value of $1.5B in 25 years

TIM GILLIE

Tooele County and the Romney Group are proceeding with plans for a 900-acre business park on Sheep Lake across from the Utah Motorsports Campus.

Meeting as the county’s Planning Agency Board of directors, the County Commission considered a resolution Tuesday night to direct the proposed Lakeview Business Park Redevelopment project area and authorize the preparation of a draft project area plan, budget, and work necessary to create a community improvement area. In 2018, the Romney Group, a Salt Lake City-based real estate investment company, announced during a press conference at the Tooele County Commission meeting that it had signed an option to buy a 900-acre parcel east of Sheep Lane from the Utah Motorsports Campus and

Charter schools get report cards from state school board

Scholar Academy outpaced state average in student growth

TIM GILLIE

Scholar Academy outpaced state school board

TIM GILLIE

Scholar Academy outpaced state school board

TIM GILLIE

There were 900 acres. The state Board of Education also released school report cards — based on the state information — for charter schools.

Tooele County has three charter schools: Bonneville Academy in Stansbury Park, Excelsior Academy in Erda, and Scholar Academy in Tooele City.

Two pieces of data included on school report cards are student achievement and student growth. Student achievement is measured by the percentage of students that reached the “ mastery” level on the RISE assessment administered to students in grades 3-8.

Student growth is a measurement of individual student improvement in achievement. Scholar Academy’s growth scores outpaced the state average in all three subject areas. The state-rated Scholar Academy’s growth rates as “high.”

Excelsior Academy’s ELA and math achievement scores were 2 percentage points below the state average, but its science score was 5 percentage points above the state average. Bonneville Academy’s achievement scores test before the state average in ELA and math, but 1 percentage point higher than the state average.

All three of the charter schools in Tooele County enroll students in grades K-8.

School report cards include a variety of information on schools. School report cards are designed to show each school’s growth rates as compared to the state average in all three subject areas. The community and hospital grows, the center will seek to improve trauma center status to Level 4, McCluskey said. There are only three top Level 3 trauma centers in Utah: University of Utah Hospital, Primary Children’s Hospital and Intermountain Medical Center. McCluskey said she was impressed.

Mountain West Medical Center earns trauma level 4 designation

Mark Watson/Comprehensive

Tooele’s Mountain West Medical Center earned Trauma Center Level 4 designation last week as verified by the American College of Surgeons.

As the community and hospital grows, the center will seek to improve trauma center status to Level 4, McCluskey said. There are only three top Level 3 trauma centers in Utah: University of Utah Hospital, Primary Children’s Hospital and Intermountain Medical Center. McCluskey said she was impressed.

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Abandoned mines near Gold Hill closed for subdivision, this year

The Utah Division of Oil, Gas, and Mining Abandoned Mine Reclamation program is closing approximately 113 mine spo- rations on public land near Gold Hill in western Tooele County. The sale of public land is regulated with the U.S. Bureau of Land Management and permits that may include mining or other extractive industries may include land management, soil stabilization, erosion control, and other activities. The program may include drilling, backfilling, vegetation, and other measures to mitigate the impact of mining. The sale of public land is regulated with the U.S. Bureau of Land Management and permits that may include mining or other extractive industries may include land management, soil stabilization, erosion control, and other activities. The program may include drilling, backfilling, vegetation, and other measures to mitigate the impact of mining.

Health Department seeking help counting homeless in county

Annual point-in-time count to take place at end of January

TOM GILLIE

Tooele County’s Local Health Department is looking for help counting homeless people.

Volunteers are needed to help count and survey people who are sleeping outside, in cars, and in abandoned buildings during the early morning hours of Jan. 22, 23, and 24. "We anticipate the need of anywhere from 50 to 100 volunteers," said Beth Gillies, Tooele County Human Resource Director Adam Sadler presents his 2020 Attachment meeting room during their meeting on Tuesday night. In a letter from Ensign Engineering is asking the Order County Commission to consider plans to remodel meeting room in an old district court.

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In a letter from Ensign Engineering, it proposed the demolition of the existing raised platform, the Mercy Room, and the lobby in order to make it fit for county meetings. "We anticipate coordinating the cost of design plans at an estimated cost of $40,000," said Tim Gillies. "We anticipate coordinating the cost of design plans at an estimated cost of $40,000," said Tim Gillies.

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KICK OFF 2020 WITH A NEW RIDE AND BIG SAVINGS!

<table>
<thead>
<tr>
<th>Model</th>
<th>MSRP</th>
<th>Best Price</th>
<th>Lease for</th>
<th>Notes</th>
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<tr>
<td>2019 BUICK ENCORE SPORT TOURING AWD</td>
<td>$29,665</td>
<td>$21,950</td>
<td>$299/Mo²</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
</tr>
<tr>
<td>2020 CHEVY BLAZER LT</td>
<td>$33,495</td>
<td>$28,697</td>
<td>$329/Mo²</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
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<tr>
<td>2020 CHEVY COLORADO CREW CAB LT 4X4</td>
<td>$36,985</td>
<td>$32,739</td>
<td>$419/Mo²</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
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<td>2019 RAM 1500 CLASSIC TRADESMAN CREW 4X4</td>
<td>$41,100</td>
<td>$28,992</td>
<td>$1,000 BONUS CASH</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
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<tr>
<td>2020 JEEP CHEROKEE LIMITED 4X4 SPORT</td>
<td>$38,450</td>
<td>$29,982</td>
<td>$8,468</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
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<td>2019 FORD RANGER LARIAT SUPERCREW 4X4</td>
<td>$44,240</td>
<td>$36,983</td>
<td>$12,257</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
</tr>
<tr>
<td>2019 FORD F-350 SRW 4X4 CREW CAB LARIAT</td>
<td>$73,410</td>
<td>$67,005</td>
<td>$7,257</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
</tr>
<tr>
<td>2019 FORD ESCAPE S</td>
<td>$47,000</td>
<td>$25,715</td>
<td>$6,405</td>
<td>1. Excludes tax, title, license &amp; doc fee. Offers end 2/3/20. See dealer for details. 2. 36 month lease with $2,495 due at signing. Excludes tax, title, license &amp; doc fee. Option to purchase at lease end for an amount to be determined at lease signing. Lessor must approve lease. Take new retail delivery by 02-03-2020. Lessee pays for maintenance, repair, excess wear and disposition fee of $395 or less at end of lease. Mileage charge of $0.25/mile over 30,000 miles. Not available with other offers. See dealer for details. 3. For well-qualified buyers through Chrysler Capital. Not all buyers will qualify. Offer ends 2/3/20.</td>
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One Low Price, Plain & Simple Always!
Annual Christmas trip serves big dose of inspiration

Another trip to Mexico and the shores of the Sea of Cortez for Christmas served as a source of inspiration for Transcript Bulletin sports editor Darren Vaughan, who spent the holiday refining his Spanish skills.

As an early morning rainstorm gives way to clear skies on Christmas Eve in Bolliva Vista, Mexico, a gas station parking lot is crowded with tourists.

Darren Vaughan is the sports editor for the Transcript Bulletin and (left) a senior Spanish major at the University of Utah. Email him at dvaughan@tooeletranscript.com.
Check out all our inventory online at www.SaltFlatsAutoSales.com
by Mountain West’s employer as they worked on achieving trauma center designations. “This community is very blessed to have such a caring, hard-working, bright group of people working for them,” she said. “We are very excited to have these designations, which are a result of the hard work and tireless care of injured mem-
bers of our community.”

The trauma designation team included Dr. McCloskey, Emergency Room Director Scott Rounds, trauma Program Manager Pamela Giles, and Tooele Regional EMS Chief John Rounds said. “This designation is specific to trauma which is physical injury sustained from anything. It could be an injury from a fall, a car crash, gunshot wound, stabbing, anything.”

Giles said these designations are meeting the needs of all people working for them, “We now have medical expertise trained in order to be a trauma designated hospital.”

McCloskey said medical expertise is readily available in the emer-
gency room with 17 physicians and 50 nurses on staff. Many of the physicians and nurses have been trained and re-

Designation status is a big step for-
ward for the hospital. “We can take care of them here, we can get them somewhere else.”

Rounds said medical expertise can make the diagnosis and get them where they need to go.”

McCloskey said medical expertise is readily available. “We have several trauma centers within a minute or two.”

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Referendum signatures will be posted on Tooele County’s website

H ere are some important items that are currently being prepared by the Tooele County Clerk’s Office. Referendum signatures need to be posted on county websites. Utah law Code 204-7:306(3) requires that all signatures of referendum initiatives be posted to the county website. We are currently working to post the signatures for the “tax-increment-financing-referendum.” Therefore according to state law, all the signatures of this referendum will have their names listed on the Tooele County website. All names on the petitions that we receive will be checked and verified.

To Unlimited voters deadline is coming quickly:

In 20 years, letters were sent to all voters designating as unaffiliated asking them to choose which party ballot they would like to vote in the Presidential Primary Election in March and the Primary Election in June. The deadline to get those back is any office Friday, Jan. 10.

The only parties holding a presidential primary election are the Democratic and Republican parties. If you designate another party, you will not receive a ballot for the Presidential Primary Election but will receive one for the June Primary Election if the party you are associated with does not have a primary election.

If you do not have to choose a party for the General Election, then you can vote on both ballots.

Please remember: Primary elections are used by political parties to determine who will represent them on the ballot in the November elections. Eligibility votes for primary elections are set by political parties and not by office.

Primary election ballots are party specific. You can only vote one type of ballot for each election.

We have received several board applications since Teacher’s “Give a Corner” campaign a couple of months ago, however, we still have board openings. If you are interested in contributing to your community, this is a great way to do so. Go to mcillegategiving.org to see the list of openings and to obtain an application form. On the home page, click on “Your Government” then click on “Board and Committees.” If you have any questions, please contact me.

Marilyn Gillette is the Tooele County Clerk. You can be reached at mgillette@tooeleco.org or call 435-845-3146

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Dr. Paul A. Satter
Board Certified in Internal Medicine

Dr. Satter is currently accepting new patients. Call for an appointment (435) 882-6618

- Board Certified in Internal Medicine, Bakersfield, CA
- Subspecialty: Cardiology
- Diploma: University of Arizona
- Internship: University of Arizona
- Residency: University of Arizona
- Fellowship: University of Arizona
- Additional Training: Cardiology Fellowship
- Experience: 20+ years
- Practice: East Valley Cardiology
- Office: Tooele, UT
- Hospital: Tooele Valley Hospital
- Languages: English

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- Additional Training: Cardiology Fellowship
- Experience: 20+ years
- Practice: East Valley Cardiology
- Office: Tooele, UT
- Hospital: Tooele Valley Hospital
- Languages: English

Keep you and your family warm this winter.

Temporary Traffic Signals

A7

Temperate Traffic Signals

LAFAYETTE AVENUE INTERUPTED The left lane is open on the intermittent 60-second delay on the McInerney Highway and Park Place signal. Pings have been added to both signals to better control the flow and lane changes. The Tooele City Police Department and US 70C officials.

MONEY SAVING Coupons in Tuesday's Paper

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Husbands benefit from mutual caregiving, wives feel more distressed

The researchers expected that mutual caregiving would lead to better health outcomes for both individuals and their spouses. Studies have also shown that mutual caregiving could lead to better health outcomes for both spouses and the provision of mutual social support within a marriage.

The findings are important, Monin says, as it will help design more effective caregiving interventions, especially for those who take into account the importance of mutual support about health concerns and the quality of that support, the researchers said. To be meaningful, it will involve more couples with multiply chronic health conditions to be enrolled differently than husbands and wives in future studies, to ensure more effective interventions.

Other authors on the study were YSPH Professor Beca Loy and YSPH Social and Behavioral Sciences Professor Richard Schulz of the University of Utah and YSPH School of Public Health Associate Professor Richard Schulz. The School of Public Health was created in 2003.

More hype than help from digestive enzyme supplements

COURTESY OF YALE SCHOOL OF PUBLIC HEALTH

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STANSBURY BASKETBALL


during which she stayed completely out of the huddle and let it hurt, because it should. Whatever was said during the timeout was about it." White said he wasn't pleased with the Stallions after that.

"I think, honestly, it was just sweeping the ball and getting it inbounds," Gatluak said. "That just opened up for me. We called that time-out and I got a defensive stop, and I was like, 'Yeah, I'm going to keep going.'"

The Stallions closed the first half of a 14-4 run over the final 5:51, turning an 11-4 deficit into a 16-16 advantage.

The Stallions surge continued into the third quarter, with Hansen Anderson’s layup giving SHS a 20-10 lead with 3:41 left in the period.

However, foul trouble allowed the Aviators (2-10, 1-2) to remain within striking distance. Tia picked up her third and fourth fouls of the game in a 35-second span late in the third quarter, and Gatluak and Shaunned Van Slan each were whistled for their fourth fouls late in the

“Stansbury boys fall at home to Cedar Valley

Aviators’ 14-2 run gives Stallions first loss of Region 10 season

Devin Edwards adds 18 points for the Stallions while Megan Vera gets 9.

"We weren’t in positions, we were getting outworked and we were getting outdefended defensively as far as position goes," Garrard said.

"When we come out lackadaisical and slow to the gaps, it’s really tough for us," she said. "We’re energetic, and they’re looking for what I would call ‘program-defining wins’ in their region, and they’ve done a really, really good job of that."

Stansbury needs to gain a little life back around the 2:30 mark of the fourth quarter. Garrard said the game was a 1-4-4 run that ultimately came up short.

"We got to figure that out," said Garrard.

SPORTS WRAP

Stansbury vs. Grantsville girls basketball at Stansbury High School. Paisley Smith and Mia Fisher (1) go for three points late in the game.

Grantsville’s girls basketball team played at Stansbury High School. Paisley Smith and Mia Fisher each had four points for the Stallions (2-10, 1-2). Stansbury opened up 16-16 advantage. The Stallions surge continued into the third quarter, with Hansen Anderson’s layup giving SHS a 20-10 lead with 3:41 left in the period.

However, foul trouble allowed the Aviators (2-10, 1-2) to remain within striking distance. Tia picked up her third and fourth fouls of the game in a 35-second span late in the third quarter, and Gatluak and Shaunned Van Slan each were whistled for their fourth fouls late in the

“In the early stages of Tuesday’s Region 10 game against Cedar Valley, the Stallions learned what can happen when their defense is stalling. The Aviators soared to an early 8-0 lead, forcing the Stallions to call a timeout — one during which she stayed completely out of the huddle and let it hurt, because it should. Whatever was said during the timeout was about it." White said he wasn’t pleased with the Stallions after that.

“I think, honestly, it was just sweeping the ball and getting it inbounds," Gatluak said. "That just opened up for me. We called that time-out and I got a defensive stop, and I was like, ‘Yeah, I’m going to keep going.’"

The Stallions closed the first half of a 14-4 run over the final 5:51, turning an 11-4 deficit into a 16-16 advantage.

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Garropolo’s first full season as a starting quarterback in the NFL was a success as he helped lead the Niners (13-3) to the playoffs for the first time in six years, earning the top seed in the NFC.

He had highs and lows, but Garropolo’s 18 turnovers among the best for any play- off quarterback but his four fourth-quarter TD passes ranked third in the league with 32 and 27 in the Best of the West Tournament a little young with players with offense. Otherwise, the team is a whole new program.

Butler scored a layup on a sweet three-point shot to cut Morgan’s lead to 47 with 3:31 left in the contest. Edwards stole a pass and drove to the basket and free throw line in the final 1:33 to help seal the victory. The loss was the first time this season the
team had problems with Garropolo. Stansbury senior Madison Van Dam (23) puts up a 3-pointer over the out- side Juan Diego on Friday in the Region 10 girls basketball game against Morgan at Grantsville High School. Stansbury won the game 57-43.

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Cedar Valley’s day began three points shy of a basket as junior Colton Swanson (5) nearly had a basket left in the game. Cedar Valley made each of its four freethrow attempts in the last 1:42 of the game and found Sanders on the back-to-back games. They will

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**TRUCKS**

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The search for Tooele County’s oldest tree, a Great Basin Bristlecone Pine, began on the Stansbury Mountains’ Deseret Peak Wilderness Area (left). A lone limber pine (above) grows on a mantle of quartzite on its arête.

**ANCIENT SOULS**

**THE SEARCH FOR TOOELE COUNTY’S OLDEST TREE**

**STORY CLINT THOMSEN**

**PHOTOGRAPHY DAVID BERN**

In the shadow of 11,031-foot high Deseret Peak, Tooele County’s most famous and tallest summit, stands a narrow, trimmed arête. Ancient pines jut abruptly from its rugged slopes. Their exposed roots, bleached a dull gray, radiate like octopus arms to grip the solid bedrock. Gnarled trunks twist upward, diverging into a mélange of dead and vibrant limbs. Here the hag-gard nobles stand, whipped by centuries of wild weather. This is a land where symmetry and flair are sacrificed for survival. I call it the Arête of the Ancients.

While climbing this arête in early morning light last fall, we encountered a scene that we rarely see: a large bristlecone pine. Its trunk is thick and gnarled, its branches spindly, its needles needle-thin. Despite its age, it is still alive and regenerating new growth. It is a testament to the resilience of these ancient trees.

Science aside, perhaps our fascination with the bristlecone stems not from the tree itself, but from our intrinsic desire to commune with the past and our obsession with endless youth. In a way, seeing an ancient bristlecone is like traveling back in time. That first ring it grew a thousand or more years ago? It’s still there—mere feet or even inches from the ring it grew last year.

Because of the arête’s harsh, spartan surface, the pines that flourish there develop enormous roots (above left) that twist and contort across the surface in search of nutrients and water. The author (above right) inspecting a cone he retrieved from the base of the bristlecone on the Arête of the Ancients.

Professor Jack Oviatt (left) of the University of Kansas discovered the Stansbury Bristlecone Pine in 1977. At the time, he was a graduate student at the University of Utah. Photo courtesy of Jack Oviatt. Despite its ancient nature, the ‘Arête of the Ancients’ is home to a variety of pines that endure the worst of weather—both local and continental.

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A New Ram 1500 Longhorn Crew Cab 4x4 is one smooth truck

At the end of 2018, Ram announced some design changes on its popular 1500 model, adding extra technology and engineering to make it more efficient and enjoyable. Our opportunity to drive such a truck began with a trip from Tooele to Ogden, where we attended the annual Thanksgiving lunch at the Utah Foster Care Foundation. I had been in charge of delivering the turkey for this event, which had been cooked by Roane in Ogden.

Since the turkey came out of the oven, I had needed a way to keep it warm for the 90-minute drive to Ogden. As luck would have it, the Ram came with a 120-volt outlet where we plugged in the heater and kept the turkey warm until we arrived. I hope there’s no reason to change this.

On my way home we traded the light traffic capacity of our new Ram, which has been very informative. We have been building a new floor in our family room where the flooring is most important, and it no longer seems to weigh as much as it did when anyone was out for a drive. The hose, bags, and definition screen is the brains of the new Ram truck, running everything from dør mind control to navigation and audio and safety functions in the truck.

Adding a piece of technology to the system helps to navigate the large screen of engineering and design and to make sure that every vehicle is made for work. We, on the other hand, loved the addition and how it really fits the Ram upon the competition.

Another addition is a Blind Spot Monitoring system that adjusts to the length of a trailer as we found out with a quick trip around town with a trailer attached. The new truck will tow up to 12,750 pounds. RAM 1500s are also very good at towing.

Another addition is a Blind Spot Monitoring system, which would help us get to the theme of our vacation. Since Chrysler has allowed both regular and adaptive cruise control on its vehicles, we were easier to understand the new setup on the steering wheel. In the past, we sometimes became confused as to which lane we were in, and it was much easier to understand the new Ram.

The Longhorn comes with four corner-air suspension, so we could keep those in the back seated well.

One of the most impressive features in the new truck is the door that allows for the side of the seats and back seat to open on the passenger side. The seats are comfortable; there is enough legroom for those in the back seat. The rear seat also has a split for the driver and bottom, as well as a seat release to make it easy for the rear seat to move out.

The rear seats are comfortable, and they are more comfortable as well. The seats are leather, they are heated, and they are cooled, while the rear seats are heated.

The rear seats also have space to hold a high school football player or child, and there are now countless wireless charging points. The Ram has also been re-imagined; there are now countless ways to adjust and use the space. We love the function and versatility, and there are also sometimes charging ports for phones.

The center console in the Ram has also been improved; there are now countless ways to adjust and use the space. We love it easy to have extra tools and make sure that every vehicle is made for work. We, on the other hand, loved the addition and how it really fits the Ram upon the competition.

You have the right to your feelings. And if you knew me, you would be bewildered and upset. I’m going to assume that your daughter might be older — and that you are not introducing this coach regularly, and there is no personal communication between the three of you. This might account for how this news took so long to get to you. A three-year serious relationship is a major change to dismiss, and I think it is necessary to inform them of this.

You should ask your head any other minor details you neglected to share with them. I can’t even imagine the stress your family is going through.

Dear Amy: If the man who signed your letter “Love Story” truly wants to leave his wife for her last love, but wants to keep “proof,” why doesn’t he be for his wife and children stay in their own home? He should accept his responsibility for his children’s well being and leave the house to his wife and kids, if he must move out on one night with a two-year-old competing brand of truck, and they were impressed with the way the new Ram 1500 and the quality.

Price: Base $35,995
Press: $31,225

Craig and Denise Conover
Ask Amy

SUNDAY DRIVE

New Ram 1500 Longhorn Crew Cab 4x4 is one smooth truck

Craig & Denise Conover / Associated Press

ASK AMY

Prospective dad should consider being a ‘big’

Dear Amy: I am a man in my 30s. Ever since I was a young adult, I’ve wanted to have a family of my own. I grew up as a boy and I feel it was necessary to tell you my husband would keep that secret whenever anyone was out for a drive. The hose, bags, and definition screen is the brains of the new Ram truck, running everything from dør mind control to navigation and audio and safety functions in the truck.

Adding a piece of technology to the system helps to navigate the large screen of engineering and design and to make sure that every vehicle is made for work. We, on the other hand, loved the addition and how it really fits the Ram upon the competition.

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Master Gardener Class begins soon and will run for 14 weeks into April

From the setting of the Rio Grande, the grasshopper can walk 1 mile in 22 hours. It can jump 17 feet in one bound.

The word "crisis" comes from the Greek word "krisis" meaning "a turning point".

The noun "bacteria" is a type of microorganism that can cause disease.

The verb "to sneeze" is reflexive, meaning it cannot be changed to the passive voice without altering the meaning of the sentence.

The word "cough" comes from the Old English word "cogan" meaning "to blow through the nose or mouth".

The term "abdominal pain" refers to pain in the abdomen, which is the area of the body between the ribs and the pelvis.

The rhyme "A Horse, a Horse Do You See?" is from a popular nursery rhyme.

The verb "to call" is one of the most frequently used verbs in English.

The word "phone" comes from the Greek word "phonos" meaning "sound".

The verb "to text" is a form of communication that has become increasingly popular in recent years.

The word "Internet" comes from the Latin word "interrete" meaning "between the threads".

The abbreviation "etc." stands for "et cetera" in Latin, meaning "and so forth".

The verb "to type" is one of the primary means of communication in the digital age.

The word "computer" comes from the Latin word "computare" meaning "to calculate".

The verb "to write" is one of the oldest and most fundamental forms of human expression.

The word "gramophone" comes from the Greek word "gramma" meaning "writing".

The verb "to talk" is one of the most common verbs in the English language.

The word "sentence" comes from the Latin word "sententia" meaning "opinion".

The verb "to read" is one of the most important skills we learn in school.

The word "book" comes from the Old French word "bouc" meaning "goat".

The verb "to see" is one of the most common verbs in the English language.

The word "eye" comes from the Old English word "eage" meaning "eye or sight".

The verb "to hear" is one of the most common verbs in the English language.

The word "ear" comes from the Old English word "eara" meaning "ear or hearing".

The verb "to think" is one of the most complex verbs in the English language.

The word "mind" comes from the Old French word "mentir" meaning "to lie".

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The word "language" comes from the Latin word "lingua" meaning "tongue".

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The word "ear" comes from the Old English word "eara" meaning "ear or hearing".

The verb "to think" is one of the most complex verbs in the English language.

The word "mind" comes from the Old French word "mentir" meaning "to lie".

The verb "to speak" is one of the most important skills we learn in school.

The word "language" comes from the Latin word "lingua" meaning "tongue".

The verb "to write" is one of the most important skills we learn in school.

The word "pen" comes from the Old French word "penne" meaning "quill pen".

The verb "to read" is one of the most important skills we learn in school.

The word "book" comes from the Old French word "boek" meaning "book".
Donate to library
Please remember the “Tree of the Day Club” when doing your grocery shopping this week. If you are uncertain of what to purchase, please call the library at 435-882-1612. We have 4500 books and materials available. Bring them to our organization, or if you have an older or damaged book, we will accept it.

Books for the Whole Family
The Library is excited to announce we will be hosting a book sale in the Children’s area. The sale will start on October 20th and will last until November 1st. We will have a variety of books for all ages. If you are interested in purchasing these books, please call the library at 435-882-1612.

First Baptist Food Pantry
A food pantry is available for those in need. The pantry is open on the 3rd and 5th Thursday of every month from 9-11 a.m. at the First Baptist Church of Grantsville.

Fareway
Fareway will be hosting a “Food for Families” event on December 3rd from 9-11 a.m. at the Fareway in Tooele. This event will provide families with food to help them through the holidays.

Grantsville Elementary
Grantsville Elementary will be hosting a “Movie Night” on December 15th at 6:00 p.m. at the school. The movie will be “Frozen” and will be followed by a specials sale.

Tooele County Food Pantry
Tooele County Food Pantry will be hosting a “Winter Warmth” event on December 20th from 10-12 p.m. at the Tooele County Fairgrounds. This event will provide blankets and warm clothing to those in need.

Coffee Shop
The Coffee Shop will be hosting a “Winter Wonderland” event on December 24th from 10-12 p.m. at the Coffee Shop in Tooele. This event will provide hot cocoa and cookies to those in need.

Tooele County Health Department
Tooele County Health Department will be hosting a “Health Fair” on December 27th from 10-12 p.m. at the Tooele County Health Department. This event will provide information about health and wellness.

Sarah’s House
Sarah’s House will be hosting a “Christmas Party” on December 28th from 6-8 p.m. at Sarah’s House in Grantsville. This event will provide food and activities for children.

St. Mark’s Episcopal Church
St. Mark’s Episcopal Church will be hosting a “Christmas Caroling” event on December 29th from 10-12 p.m. at St. Mark’s Episcopal Church in Grantsville. This event will provide caroling and hot chocolate to those in need.

Tooele County Courthouse
Tooele County Courthouse will be hosting a “Christmas Tree Lighting” event on December 30th from 5-7 p.m. at the Tooele County Courthouse. This event will provide a festive atmosphere for all.

Tooele County Library
Tooele County Library will be hosting a “Winter Reading Challenge” event on January 1st from 10-12 p.m. at the Tooele County Library. This event will provide reading materials and activities for children.

Tooele County Library
Tooele County Library will be hosting a “New Year’s Eve” event on January 1st from 7-9 p.m. at the Tooele County Library. This event will provide a festive atmosphere for all.
DEAR DR. ROACH: I am a 95-year-old male. When I regained primary care physician status, my new doctor diseased my health because my previous primary care physician had never told me about my low GPS readings and long blood duration levels. In the past I had assumed that if the doctor didn’t mention it, it probably wasn’t anything serious, so everything must be OK. I’m better off, I seek for a copy of the results and question them.

The new doctor referred me to a nephrologist. My blood pressure at the time was usually in the 120-140/60-70 range. He told me that for a person of my age, that was too low. He gave me a target of 130/80. Then, on my next visit to primary care, I was told that my blood pressure was too high, I was prescribed antihypertensive medication, and the daily and post-dinner blood pressure levels have been in the 123-130/70-80 range since. Is this normal, and what are the risks?

My family is concerned about me, especially about what kinds of jobs to do, considering I'm a retired town clerk. What doctor can I see? — Anxious

ANSWER: There is no absolutely right answer to your question. On the one hand, overaggressive treatment of blood pressure in a 95-year-old is unnecessary and may lead to symptoms of lethargy and tiredness, especially upon standing. Other blood pressure drugs may have additional side effects.

DEAR DR. ROACH: I always have had small breasts. As I am 50, I have undergone breast biopsies and surgery, and now at 80, I have cancerous growths on both breasts. My doctor said that it is too late for surgery, only a few pounds. Could this be hereditary? I'm too old to have my blood levels checked now. — Unhappy

Dr. Roach: The first step is to understand exactly what the cancerous growths are. Breast cancer is genetic in as much as 20% of the population. Breast cancer is also genetic in as much as 5%-9% of the population. It is unknown how breast cancer is transmitted. The second step is to determine the cancer's aggressiveness and the risk of recurrence. The third step is to determine the treatment plan.

DEAR DR. ROACH: I was wondering if you could help me. I have always been healthy, but now I have gained weight. I have gained a few pounds. Could this be hereditary? I'm too old to have my blood levels checked now. — Unhappy

Dr. Roach: The first step is to understand exactly what the cancerous growths are. Breast cancer is genetic in as much as 20% of the population. Breast cancer is also genetic in as much as 5%-9% of the population. It is unknown how breast cancer is transmitted. The second step is to determine the cancer's aggressiveness and the risk of recurrence. The third step is to determine the treatment plan.

DEAR DR. ROACH: I have been trying to lose weight for some time now. I am a 78-year-old female. I have lost one pound last week, and I am down to 200. I am 5'5" and weigh 200 pounds. I want to lose about 20 pounds. Could you please give me some advice on how to lose weight? — Unhappy

Dr. Roach: Weight loss is a complex problem, and there is no one-size-fits-all solution. However, there are several general principles that can help you lose weight. First, make sure that you are getting enough sleep. Second, try to eat smaller meals and fewer snacks. Third, try to cut back on sugar and processed foods. Fourth, try to be more active. Finally, try to make small changes to your lifestyle, such as drinking more water and eating more vegetables. For more information, I recommend that you talk to your doctor or a registered dietitian. They can provide you with personalized advice and support to help you achieve your weight loss goals.
INTERPERSONAL EDGE

Q: If you have a co-worker who has decided he doesn’t like me. He is seeking my career!

A: What will you do to counteract the demonstration that he has the power to destroy your career or power of mind?

Think of your co-worker as a rudder in your career. Your career can weather the storm. However, it is more likely you’ll attract the current of their jealousy.

One person can temporarily make us miserable, create a lot of headaches and take away help or opportunities. You will feel important and unfairly jilted by these people.

I won’t tell you that one person cannot generate a lot of hell for you. One person can bring on legal tangs, cost you ISM, give you the itch to start your reputation. Everyone can count all these things without logical cause, and yes, this is logically unfair.

You may have to spend money or lose money, you may have to find another job, and you will definitely find out who your real friends are.

However, the only person who can permanently destroy you is the person.

The best response to an attack is good behavior.

When you consistently behave well and another person keeps frothing at the mouth about you, your enemy will eventually lose respect and credibility.

If you just keep doing positive work and all your enemy can do is spew mean remarks about you, people will eventually pick the person making a conflictual statement.

When you consistently do good work and a person cannot do it is to permanently destroy a reliable person’s contribution to their industry.

In the end, your attitudes and (your) sincerity will win over an unappealed co-worker.

I had a charwoman once give me a sticker that read, “If you don’t have any enemies, you aren’t doing anything. I used to really care that everyone liked me. I learned to hate your job for over two years, struggling with the idea that effective people do indeed make enemies.

Realize that one person, at the end of the day, is only one person. Get creative about how you work around your enemy.

Be willing to make vigorously seek out people that support you, and help you. Don’t wait around for your enemy to come to you. As soon as you have the enemy, as is only given you power and pay others to see an uncomfortable position.

The last word(s)

Q: You’ve been debating about an important decision in my job and are soon going to make a choice one way or the other. Is there any way to stop myself from being stuck?

A: Yes, choose one path and learn what you need to move forward. When you have been stuck for a long time, a bad decision heal no decision and no experience.

Daneen Skille, Ph.D., execu-
tive coach, trainer, therapist and
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Go to: TooeleOnline.com
When the weather outside turns frightful, it gets harder to get your much needed exercise.

Moving around keeps you healthy and feeling good. Give these safe and fun indoor activities a try and let us know what you think!

**WINTER HEALTH TIP:** Hydrate!
If it’s cold outside, you might not feel thirsty. However, it is important that you keep drinking water throughout the day. Moving around keeps you healthy and feeling good. Remember to wash your hands throughout the day.

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Dance Up a Storm: Turn on some music and dance for joy and good health! Happy, jumpy music will make you feel good as well!

The Lava Game
Pretend you can’t touch the floor or the lava will burn your feet! Touch through the house or chains, pillows, tables and furniture your parents alone.

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Wash Your Hands Often!
Exercise keeps you healthy. Remember to wash your hands throughout the day.

---

**SCREEN TIME TRACKER**

<table>
<thead>
<tr>
<th>Wash Your Hands Often!</th>
<th>Exercise keeps you healthy. Remember to wash your hands throughout the day.</th>
</tr>
</thead>
</table>

---

Kid Scoop Puzzler
Unscramble each of the mixed-up words.

**When should I wash my hands?**

- after playing DESTOUE
- after using the STROMORE
- before eating or KONCOGE
- after petting SANIMLA
- before and after visiting a sick DRINIF
- after blowing your nose, coughing or sneezing
- after taking out the RATHS

---

Kid Scoop Vocabulary Builders

**What do mountains wear in cold weather?**

Everyone feels better 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 that appeal to you.

---

Kid Scoop Game

**Screen Time:**

If it’s cold outside, you might not feel thirsty. However, it is important that you keep drinking water throughout the day. Moving around keeps you healthy and feeling good.

---

Hand Exercises
Now that your hands are nice and clean, they could use a little exercise. Try these:

**Stretch & Squeeze**
Spread your fingers out as far as possible. Feel them stretch a little? Now squeeze them into two tight fists. Repeat 10 times.

---

Pat on the Back
Hold your hands out in front of you. Reach over your shoulder and put your back for 30 seconds. Cross your arms and try again. Do this for 30 seconds. You deserve a pat on the back!

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The Kid Scoop book for puzzle lovers!

A great gift idea! Order from your local bookstore, Target.com, BarnesandNoble.com or Amazon.com today!

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Let’s Talk:
With your family, discuss things you can do to be healthier in 2020. Come up with a plan to eat healthier foods, get more exercise and spend fun time together!
Beginning in 1899, a series of futuristic pictures by Jean-Marc Côté and other artists was issued in France. Originally in the form of paper cards enclosed in cigarettes and cigar boxes and, later, as postcards, the images depicted the world as it was imagined to be like in the then distant year of 2000. As is so often the case their predictions fell some way off the mark, falling to go far enough in thinking outside the confines of their current technological paradigm (hence the ubiquity of propellers, not to mention the distinctly 19th-century dress).

There are at least 87 cards known that were authored by various French artists, the first series being produced for the 1900 World Exhibition in Paris. Due to financial difficulties the cards by Jean-Marc Côté were never actually distributed and only came to light many years later after the science-fiction author Isaac Asimov chanced upon a set and published them in 1986, with accompanying commentary, in his book Futuredays: A Nineteenth Century Vision of the Year 2000.
off al organism on earth. Known 4,810 years old. Its location is bristlecone that is reportedly gives that title to an unnamed History of the World's Oldest to be approximately 4,500 be the "world's oldest living Great Basin bristlecone pine is the longest-lived, non-clon- old-growth timber—and I was Absolutely. But rarely does have looked for a safer route it looked? Probably. Should I for crumbled in my hand. No a sobering moment came to me as I balanced precariously in 1977, when a group of in 1977's edition of The Great Basin Science aside, perhaps our fascination with the bristle- that tree itself, but from our ancient desire to know their origin, we are the oldest, and how long it has been standing, while practically nothing is known about how long it has been alive. Two more long-rooted dead snags with characteris- the longest-lived, non-clon- their official range extends a daunting task. I didn't reach Oviatt or making the best firewood. I make the best firewood. I didn't know much about the Great Basin bristlecone. But they didn't sample the arête. But they didn't sample on the second highest root. I climbed up there, where their enemies fare even more poorly. At some moment, the tree stood at the head of a deep couloir. As I reached the top, while the arête, I shifted my gaze slightly. While the bristlecone on the false trunk, the Romans were, conquered conquerors in 400 AD. Now, looking much the same as it did when Oviatt spotted it, when the Colosseum declared independence from England in 1807. The tree stood, evidenced by the rings that it had grown. Its dense gr...