A student participates in remote learning on a computer at home.

Cody McCoy with the Utah Highway Patrol. “The car going northbound went to turn left to go west and as it was turning there was a vehicle traveling southbound. The southbound vehicle struck the car turning left and the car turning left got pushed over and hit a car that was going outbound to turn south,” said Loeiz.

Construction manager, contractor selected for new high school

School board plans meeting with architect

TIM GILLIE

The Tooele County School Board selected Hughes General Contractor as construction manager/general contractor for the new Desert Peak High School during their Tuesday night meeting.

The school board also reviewed plans for the school with representatives of Salt Lake City-based VCBO Architecture, the architectural firm that is designing the school.

“Earlier this month we sent out an RFP seeking qualified firms for services,” said Mike Garcia, the school district’s construction manager.

Four proposals were received from; Red Maple Construction, Hogan & Associates Construction, Hughes General Contractors, and Westland General Contractors.

The Tooele County School Board conducted a review committee meeting to review and score the proposals.

The committee consisted of board members, district administration, auxiliary staff, as well as input from our architect on the project, Garcia said.

After the scores were tallied and references were called, the committee recommended that the board approve the selection of Hughes General Contractors as construction manager/general contractor for Desert Peak High School.

“Having Hughes on board early will help us as we navigate the many supply disruptions and other issues that we are seeing in the construction industry today,” Garcia said. “Their input, from how we design as well as what materials we are using to construct the school will assist us in reducing the financial and time impacts that these supply shortages could cause.”

Hughes won the lowest bid for construction manager/general contractor services of $2.5 million. Westland Construction had the lowest bid at $2.5 million. However, Hughes scored 99.37 out of 100 points on the review score and Westland scored 90.90.

Representatives of VCBO presented their concept plans for the new high school.

Tooele County unemployment goes down

TIM GILLIE

Tooele County’s unemployment rate dropped to 3.8% for March 2021, according to data from the Utah Department of Workforce Services.

The revised unemployment rate for March 2021 for Tooele County is 3.8%, according to the same report.

The 2020 unemployment rate in Tooele County peaked at 10.5% in April 2020 and fell to 3.9% by December 2020.

The state unemployment rate for March 2021 was 2.0% and the U.S. unemployment rate was 6.0% for March 2021.

The 2020 unemployment rate rise was caused by the COVID-19 pandemic, according to the DWS.

In the first months of 2020, the months of March and April are typically the most challenging months for the workforce due to the holiday season, the traditional end of school year, and the start of the new year.

Many of the job losses in 2020 were in the leisure and hospitality sector, which is one of the hardest hit sectors of the economy.

However, the labor market has shown signs of recovery in recent months.

The unemployment rate for March 2021 is down from the peak of 10.5% in April 2020.

The revised unemployment rate for March 2021 is 3.8% in Tooele County.

The revised unemployment rate for March 2021 is 3.8% in Utah.

The revised unemployment rate for March 2021 is 3.8% in the United States.

The revised unemployment rate for March 2021 is 3.8% for Tooele County.

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The revised unemployment rate for March 2021 is 3.8% for Utah.

The revised unemployment rate for March 2021 is 3.8% for the United States.
STATE ROUTE 36

36. Work will begin in early July and is expected to last throughout the summer. The City will work to minimize impacts to the "pave-

tm" date of the roadways, improve safety and reduce traffic-related noise and vibrations to the residents.

A new subdivision may be under study, as the Utah Department of Transpor- tation is in the process of reviewing an application for the Tooele City Council to issue a variance.

The preliminary map for the proposed subdivision was approved Wednesday evening at a special meeting of the City Commission meeting, but the final approval will not occur unless the City Council is in favor of the final plan coming down.

The request by Howard Schmidt, who owns and manages the property, was discussed by the Tooele City Planning Commission. Schmidt apologized to the members of the commission and will be using the property for family lots.

The lots will range from 7,000 square feet up to 17,000 square feet. The property is backed against state Route 112,

soft spots and remove rumble strips from the roadway, repair asphalt and adjust and improve safety at intersections. The Tooele City Planning Commission on Thursday evening at 7 p.m. will also review the request.

For the second project, the focus is on roadway mainte-

street," said Darwin Cook, Tooele City parks and recreation director. "They

The request by Howard Schmidt was presented by Andrew August, city planner.

The request is for Approval of a Park Street Plan, which would go with the petition to the City Council for the final preliminary plat approval.

The request by Howard Schmidt was presented by Andrew August, city planner.

The City Commission unanimously approved the petition by Schmidt.

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Black Rock listed on National Record of Historic Places

MARK WATSON

by Edward Dalton

Ida and Merina Dalton became concerned about the condition of Black Rock as they passed by on their daily drive from Tooele County to Salt Lake City over the past few years. They decided something needed to happen to preserve the historic place.

“A few years ago my wife Merina would mention to friends and continue to note more and more vandalism to Black Rock. It got to a point where she was pretty much afraid to drive by it,” said Ida.

“We went and took more pictures and researched what we could find about Black Rock, especially about Salt Lake Rock Beach,” he added.

The Colton family owns a segment of the Tooele Valley Company of the Shiprock Pioneers. The company became involved in the project for the Historic Preservation project as did the International Society of the DPL House. Rep. Merrick Nelson, D-Garland, and Christopher Murnin, U.S. State Preserve Officer, became involved in the project at a later point.

A final vote of support was given at a meeting on April 19, 2021 for the listing of the historic site.

“I kinda wish this movement for Black Rock to be listed had happened a little sooner, but it has finally been adopted and criticism is the only thing we’ve seen,” she said.

Ida’s passion for history

This is a rather historic piece of property with a remarkable recognition and the protection and future of Salt Lake Rock Beach.

This accomplishment is both an honor to the people concerned individuals who reside in and worked together to restore, protect and preserve that area because of its importance. It’s an example of the importance of recognizing and preserving for meaningful historic resources of the past.

In the early stages, the Colton contacted Rep. Nelson when he thought the site could be eligible for listing with the National Park Service. This was followed with the Natural Resources, Sovereign Land’s and Cultural Resources and State Parks.

He held several meetings to make and carry out plans to preserve the site as a place for education, recreation, and appreciation of our history.

This site is a collection of large stones and boulders.
THURSDAY April 29, 2021

TOOELE TRANSCRIPT BULLETIN

Tooele High School presents ‘Fiddler on the Roof’ next week

JESSICA BAILEY, M.S. R.D.

Whether you’re trying to eat healthier, save on budget, or consolidate trips to the grocery store, canned foods are pantry essentials. If you know what to look for, canned foods can make for nutritious additions to meals and snacks. As a bonus, canned foods are typically cheaper and last longer than their fresh or frozen counterparts. Here are a few of the best healthy canned foods to keep on hand.

Canned fish

Canned fish is a low-fat food that is abundant. You can eat canned fish from most seafood categories, including salmon, sardines, tuna, and mackerel. Fish is a super-affordable, healthy, and tasty source of good fats. It’s a great addition to dressings, soups, salads, and sauces. It is also loaded with vitamin D, omega-3 fatty acids, and protein, all crucial for brain function and heart health.

Canned coconuts

Canned coconuts are versatile, packed with vitamin D, iron, and fiber. For the price, they are one of the best-value foods in the grocery store. Whip canned coconut into a smoothie or add it to smoothies, curries and other savory dishes. They are also dairy-free, vegan, and allergy-friendly.

Canned pumpkin

Canned pumpkin is a great source of healthy fats, vitamin A, and fiber. It is also loaded with B vitamins and can help to lower blood sugar and cholesterol. Canned pumpkin is perfect for making pies, oatmeal, bars, muffins, and bread. You can also add it to your morning smoothie or add it to your yogurt for a tasty treat.

Canned corn

Canned corn is a low-calorie, nutrient-dense food that is super-affordable. It is also loaded with B vitamins and fiber. Canned corn is perfect for making soups, stews, and chilis. It is also a great addition to your salad or side dishes.

Canned beans

Canned beans are nutritious, packed with fiber, calcium, and protein. For the price, they are one of the best-value foods in the grocery store. Canned beans are perfect for soups, stews, and salads. They are also great for making burritos, tacos, and beans, beans, beans! Canned beans are also great for making casseroles, stews, and soups. They are also great for making soups, stews, and chilis. Canned beans are also great for making casseroles, stews, and soups. Canned beans are also great for making soups, stews, and chilis.

Canned vegetables

Canned vegetables are great for making soups, stews, and casseroles. They are also great for making salads, stir-fries, and stir-fry dishes. Canned vegetables are also great for making soups, stews, and casseroles. They are also great for making salads, stir-fries, and stir-fry dishes.

Canned tomatoes

Canned tomatoes are a great source of vitamin C, iron, and fiber. They are also great for making soups, stews, and casseroles. Canned tomatoes are also great for making soups, stews, and casseroles.

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Canned beans and tomatoes

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What I learned walking in the middle of the desert for suicide prevention

On April 23 and 24, I participated in the 100-mile Walk to Wendover with the Life’s Worth Living Foundation. During the very act I was really amazing people. The people who walk to Wendover with the Walk to Wendover struggle to hold on and wait out this dark, stormy time. I started to realize that many people who had attempted suicide had struggled to see humor and joke with those around them. I started to come to the edge of the world of those who had lost children.

Every single one of those people had experienced a life-breaking and I can’t say that one situation is more heart-breaking than another. Losing a loved one to suicide is always struggling — involving social thought, or any kind of thought — one of the worst things imaginable. 

The walk to Wendover struggled to accept any sort of tragedy and walking 100 miles surrounded by people who were trying to process the very same situation is more heart-breaking and I can’t say that people’s situations are heart-breaking. Every single one of these people who walk to Wendover are really amazing people. The Life’s Worth Living Foundation. Walk to Wendover with the Adams. “If it wasn’t for the fire and the roof,” he said, “we couldn’t have afforded to fly that far.”

April 30—May 3, 1946

The Tooele Transcript Bulletin has published a flashback report compiled by reporter Ceilly Sutton. There are lessons to be learned while walking 100 miles across the Salt Flats of Tooele County, according to staff writer Celly Sutton.

In 1946, plans set to begin operations at Tooele City Airport

The Tooele Transcript Bulletin
Jody Stewart Ellsworth
Jody Stewart Ellsworth passed away April 19, 2021. He was born Aug. 8, 1941, in Tooele, Utah, to Barbara Burtin and Cecil Dean Ellsworth. After graduating from Tooele High School in 1959, he went on to serve in the United States Air Force from March 1963 to May 1962, before being honorably discharged. In 1968 he married Lori Miller, and together they had four children: Casey, Elizabeth, Andrea Igloe, and Nicholas. He later traded his role as a father for that of a grandfather, and grandchildren whom he loved dearly. 

Papa was born March 23, 1941, in Chicago, Illinois, and passed away April 23, 2021, leaving behind his family, friends, and former neighbors who will forever miss him.

A celebration of life will be held in the Settlement Canyon Pavillion in Tooele, Utah, Saturday, May 1, at 2 p.m., with Pastor Keith Wise.

Lyle Owen Parkinson
05-10-1951 to 04-28-2021

Lyle honorably completed his army service and returned to his hometown on April 28, 2021. He was born on March 16, 1951, in Tooele, Utah, to Beatrice Parkinson. Lyle is the oldest of eight children: Jessie (Guy) Johnson, Wally (Karen) Parkinson, Darren (Sue) Parkinson, Lance (Sue) Parkinson, Barry (Lorraine) (Marcie) Parkinson, Leslie (Marcie) Parkinson, and Howard. Lyle served as a missionary for the Church of Jesus Christ of Latter-day Saints Air Force from March 1973 to May 1975, before attending Brigham Young University. He married Andrea Igloe. He also leaves 15 grandchildren: Abigail, Logan, Brayden, Jordan, Rylee, Keira, Kate, Kenedi, Mollie, Spencer, Ethan, Mollie, Brendan, Kyle, and Branden. He is preceded in death by his parents, two sisters, and four grandchildren. He has joined his Linda Mae P. Parkinson.

Papa was a man of service. After graduating from Grantsville High School, he went on to serve in the United States Air Force from March 1973 to May 1975, before being honorably discharged. In 1988 he married Lori Johnson, Wally (Karen) Parkinson, Andrea Igloe. He also leaves 15 grandchildren: Abigail, Logan, Brayden, Jordan, Rylee, Keira, Kate, Kenedi, Mollie, Spencer, Ethan, Mollie, Brendan, Kyle, and Branden. He is preceded in death by his parents, two sisters, and four grandchildren. He has joined his Linda Mae P. Parkinson.

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A celebration of life will be held in the Settlement Canyon Pavillion in Tooele, Utah, Saturday, May 1, at 2 p.m., with Pastor Keith Wise.

Jody had a heart of gold and just one phone call away when his children needed him. He loved his children and grandchildren deeply and looked toward the moment they were all gathered together. Jody had a strong way of working wood and was a household craftsman. He spent most of his free time drawing up blueprints, making wonderful pieces for his family and friends.

We all knew who and what Lyle was all about. He was a man of honor and integrity, a caring and committed man, and loved his family dearly. He leaves behind his lovely wife, Lori (Johnson) Parkinson, of Grantsville, Wally (Karen) Parkinson, of Grantsville, Andrea Igloe, of Grantsville, Dar- reen (Sue) Parkinson, of Grantsville, Lance (Sue) Parkinson, of Grantsville, Barry (Lorraine) (Marcie) Parkinson, of Grantsville, Leslie (Marcie) Parkinson, of Grantsville, and Howard. Lyle served as a missionary for the Church of Jesus Christ of Latter-day Saints before returning to his Heavenly Father on April 28, 2021.

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HARVARD HEALTH LETTER

Can you avoid macular degeneration?

You have the power to reduce certain risk factors for this disease.

Avoiding AMD

For now, the only advice is to maintain a healthy lifestyle that reduces the risk of heart disease – and for many people, that means losing weight. Don’t smoke. Smoking has more than 7,000 chemicals in the body, including increased oxidative stress in the retina. “Oxidative stress may affect how the blood vessels respond,” Dr. Miller says, “and those stressors can interact in a way that increases smoking and increases risk for developing AMD.”

High blood pressure.

High blood pressure is also a risk factor, and people who smoke are more likely to develop AMD than those who don’t.

Diabetes.

Like high blood pressure and smoking, diabetes raises your risk for developing AMD.

6. Past medical history.

A family history of AMD makes it more likely that you’ll develop the disease – and for many people, that means losing weight. Don’t smoke. Smoking has more than 7,000 chemicals in the body, including increased oxidative stress in the retina. “Oxidative stress may affect how the blood vessels respond,” Dr. Miller says, “and those stressors can interact in a way that increases smoking and increases risk for developing AMD.”

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Week continued from page A1

Rich. Rich Harrison, Tooele Education Association, said it is important to listen to their needs and understand the implications of being with mu-
ders.

However, Harrison is returning to the traditional five or 4.5 day schedule, which eliminates the opportunity to make some changes.

“What is that Friday?” Harrison asked. “Is it tradi-
tional or do we do something to get to our built-in breaks? Do we do something that is scheduled when they control what they do and get the help they need or do we have to do like parking help on assignments or re-
taking tests?”

Harrison also said Friday may look different in ele-
mentary schools than in secondary schools because there are dif-
fierent needs at different grade levels.

“The concern is that the 95% classroom utilization rate among Utah’s counties
was a direction from the state to see how
the rest of Tooele County School District wants to go with elec-
tronic learning. Using Zoom to teach a class, putting an assignment on Google or Canvas, or students counting as a full day, Rogers said.

“We can get creative and out-
side the box with the fifth day, but we don’t need to do what we were doing with remote learning on that day,” Rogers said.

That kind of hybrid required teachers to essen-
tially use two classes, one traditional and then a remote learning periods, according to Bryan. Bryan expressed several concerns, including a ma-
dle teaching plan. A teacher plan-
large glass windows around the site, allowing use of digital tools.

The extensive use of glass designs for the school. The school board selected Bryan for the
different needs at different grade
levles.

relaxing their rule on the number of hours required in the school year, but they are still requiring five days a week, according to Rogers. The difference is that the fifth day may be a combi-
ation of strategic use of digital tools. This increased utilization can also be used for a more strategic approach to touch-
ing, they said.

“Blended learning should occur Monday through Friday, not just on Fridays,” Conant said.

Board member Scott Bryan said he would like to see the results of a non-blinded survey that includes a representative sampling of parents on what they think about the school week.

This was a work session meeting and no votes on the school week plan. The work session will be held at the next meeting, according to Bryan.

May with the VCBO designers to review the building plans, then will be presented to the VCBO to present to the Tooele County School Board.

The school board decided to hold a special meeting later in May with the VCBO designers to review the building plans, with a closed session to discuss financing and designs for the school.

Crashes continued from page A1

sent out Stanley Parkbury on the green that arrived and showed up.

“We are pretty lucky one there a week and a half ago when a car turned left and went head on with a truck pulling a camp-trailer,” said McCoy. “This is the first arrow helped prevent crashes now but if a yellow sign. People need to pay more atten-
tion what it takes to flash-
yellow lights. Since they changed that light from green to yellow, we had less that serious accident there a week ago near the count.

Although the Utah Highway Patrol said it doesn’t have statistical data about changing the light turn at Stanley Parkbury from flashing yellow to red and green again, much traffic wants to talk to UDOT about it, because of the high rates of speed in the area.

Other than drivers not pay-
ning attention when they are going 35 mph, the Highway Patrol is putting lots of focus on flash-
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Week continued from page A1

作业，但县内就业率降。据犹他州县就业数据，2021年3月失业率降至2.1%，创下了2021年3月失业率降至2.1%的新低。

Tooele County School Board

Crashes continued from page A1

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Employment continued from page A1

ahead of the national surge in unemploy-
ment last year.

Jobs at Tooele County saw a dip from 12,845 from 12,967 in March to 13,010 in March 2021. The highest employment level was in March, out of all of Utah’s 29 cou-

Unemployment continued from page A1

one among Utah’s counties for March 2022 was 6.5% in Garfield County. The lowest unemployment rate was 2.1% in Tooele County.

The sector in Tooele County with the highest unemployment rates for March 2021 were wholesale trade at 14.4%, administrative support/waste management at 9.7% and local service including retail at 9.1%.

Crashes continued from page A1

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ahead of the national surge in unemploy-
ment last year.

Jobs at Tooele County saw a dip from 12,845 from 12,967 in March to 13,010 in March 2021. The highest employment level was in March, out of all of Utah’s 29 cou-

Unemployment continued from page A1

one among Utah’s counties for March 2022 was 6.5% in Garfield County. The lowest unemployment rate was 2.1% in Tooele County.

The sector in Tooele County with the highest unemployment rates for March 2021 were wholesale trade at 14.4%, administrative support/waste management at 9.7% and local service including retail at 9.1%.
**Sports**

**Top teams battle in tune-up before state tourney**

**DAVID VACHON**

The Grantsville and Tooele softball teams wanted to give each other less than a week’s notice to give themselves a tough test before their respective state tournament next month. Wednesday’s matchup at Tooele City Park certainly lived up to that billing. Tooele scored twice in the fifth inning to break a 1-1 tie and added another run in the sixth to pull away for a 4-1 win over the Buffaloes, though the Buffaloes had their best inning from the beginning. Grantsville’s Airport Grounds and Grantsville 9-3, Region 10. Tooele enjoyed its first win after a 1-0 inning, with pitcher Cherie Bythum only allowing one hit and no runs before the Grantsville 1-3, Region 9 win. “We signed up for a bullhorn game like this,” Tooele coach Martha Lowry said. “We wanted to play the best, so it was fun to come out and be that team.” Grantsville hoped to catch the Buffs (3-3, 3-4 Region 10) off-guard by starting Bythum, a sophomore who has been the Buffaloes’ No. 1 pitcher for much of the season. It worked, as she allowed just one unearned run over her first four innings of work.

**SEE SOFTBALL PAGE A9**

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**GHS, SHS soccer teams earn first-round byes**

**DAVID VACHON**

Tooele boys earn postseason play Friday

The Grantsville and Tooele boys soccer teams both posted good results Wednesday when the Class 3A High School Activities Association announced the brackets for the upcoming Class 3A and Class 4A tournaments.

Both the Buffaloes and Trojans were drawn into Region 13, starting their one step closer to their ultimate goal of conceding for state titles. The Trojans will be at home when their season opens next Monday and Wednesday.

Grantsville’s (5-4-4, Region 12), which set a school record for single-season victories this year, earned the No. 5 seed in Class 3A and will play host to the No. 12 Ridgeline in the second round of the tournament. The win moves the Buffaloes and Wildcats will advance to the state quarterfinals for a matchup against either fourth-seeded Grand or No. 13 Orem.

In Class 4A, Grantsville (10-4-2, Region 12) earned the No. 8 seed and will play host to the No. 9 Ogden in the second round Wednesday.

The Buffaloes defeated the Tigers 5-0 at home on March 28 during their post-season playoff run against Ogden was missing several.

**SEE SOCCER PAGE A9**

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**Stallions third, Buffs sixth in Ogden**

**TOOELE TRANSCRIPT BULLETIN**

The Region 10 girls golf season came to an end Thursday as four teams qualified to place individually. Tooele’s Buffalo golf course hosted the Region 10 Golf Course Tourney at Tooele City Park. The Region 10 girls golf season took place at the Region 10 Golf Course Tuesday for the teams of Region 10. They will play 18 holes at Stansbury Park Golf Course on Thursday, following by another 18 holes at Grantsville Tuesday for the teams of Region 9 next week.

Grantsville’s Lady Dallges (12) splits a pair of South Summit defenders during a Region 9 game April 19 in Grantsville. The Buffaloes received the No. 5 seed in the Class 3A state tournament, and will host No. 12 Ridgeline in a second round game Wednesday afternoon.

Grantsville loses to Kimball 6-1 in a Region 13 game Tuesday in Grantsville. The Buffaloes had their best inning from the beginning. Grantsville’s Airport Grounds and Grantsville 9-3, Region 10. Tooele enjoyed its first win after a 1-0 inning, with pitcher Cherie Bythum only allowing one hit and no runs before the Grantsville 1-3, Region 9 win. “We signed up for a bullhorn game like this,” Tooele coach Martha Lowry said. “We wanted to play the best, so it was fun to come out and be that team.” Grantsville hoped to catch the Buffs (3-3, 3-4 Region 10) off-guard by starting Bythum, a sophomore who has been the Buffaloes’ No. 1 pitcher for much of the season. It worked, as she allowed just one unearned run over her first four innings of work.

**SEE SOFTBALL PAGE A9**

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**Cows split pair with Judge Memorial**

**DAVID VACHON**

There was a lot on the line for the Grantsville baseball team as it took on three-game Region 13 series against Judge Memorial on Tuesday.

The Buffaloes came to nursing the series to capture the region crown. Also — perhaps more important than ever — it helped them win in the Class 3A Ratings Percentage Index if they wanted to host a first-round bye in the Class 3A state tournament.

Grantsville’s region-high hopes dipped away with an 8-5 loss Wednesday at home, but it got the job of winning the series and moving up in the RPI box on after a thrilling 5-5 tie in Wednesday’s opener in Salt Lake City. “It’s everything, right?” Grantsville coach Aaron Perkins said after.

**SEE BASEBALL PAGE A9**

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**SEE BASEBALL PAGE A9**
**Soccer**

continued from page A8

THURSDAY  April 29, 2021

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**Baseball**

Tuesday’s game “looked like a typical baseball game where every game is like the same game, but we know that every game we have to approach with the same respect and we need to get ourselves ready and go through that process. We need to move on to the next game,” said Stansbury’s head baseball coach Tom Driscoll.

In the Region 10 game against Tooele on April 16 at Stansbury High School, the Cowboys (16-8, 11-3 Region 10) were defeated by the Highlanders (11-14, 4-10 Region 10) 5-0.

Judge Memorial took advantage of Stansbury’s last game was their last two regular-season games three weeks after having split the Region 10 pod games against Ben Lomond and Grantsville tacked on two more runs in the first round of the Class 5A state playoffs.

Judge Memorial pulled away 2-1 in the top of the second inning, then added one run on five hits with five strikeouts and two walks in six innings, though Stansbury errors to build a 5-0 lead.

Judge Memorial’s last game was their last two regular-season games three weeks after having split the Region 10 pod games against Ben Lomond and Grantsville.

Ben Lomond prevailed 3-1 on its home turf.

The win was big for Grantsville, which came in 5-7 over No. 2 Judge Memorial in the first round of the Class 5A state playoffs.

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**Soccer**

continued from page A8

A Gran of Sand

Nature's Secret Wonder

Here is the world viewed through the eyes of a sand grain, the tiniest of grains, and the most beautiful. This book may prove a revelation to all who examine these seemingly ordinary grains of sand for the first time. A Gran of Sand will change the way you see the world, as well as the way you see sand.

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Softball
continued from page A9

“Tooth they’d never seen (Sydney),” Grantsville coach Tony Cowan said. “We threw a sophomores at both. It kind

pitch, Baker hit an opposite-

of pushed (Tooele) back a little

Reid Ayden Fitch also got plunked

fought. We battled. We just

end of the inning with a

hit a leadoff hit until the bottom of

Madi Baker led off the inning with a

Kate Hogan walked and Lizbeth Garcia

speed-up runner reached on a dropped fly

walked and Lizbeth Garcia

the bottoms of the first five innings to keep

Grantsville’s offense at bay. Tooele

Kirkxfff 3-1 lead. Meanwhile, Johnson settled in

for the first inning for Tooele, striking out nine runners in the first five innings to keep

Grantsville’s offense at bay. Tooele

finally broke the game open in the bottom of

of the fifth. Higley drove a one-

For Cowan’s home run off

night, No. 9 Naya

the bases with one out in the

Higley’s homer gave the Buffaloes a 2-1 lead in the bottom of the third inning.

four straight pitches. Tooele

Ellie Thomas earned a walk on

the playoffs,” he added. “They

— to prepare each other for

the game.

was a big factor in this game —

game right,” Lowry said. “We

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the game.
You decide… but don’t wait too long…

But wait, maybe it’ll be okay, because there is a great quote by Benjamin Franklin that says, “Why do today what you can put off until tomorrow?” Here’s what… that doesn’t sound right. Actually, it doesn’t put off someone what you can do today. Even though those two quotes are essentially the opposite of each other, I propose that they both serve a purpose.

Procrastination is not a manageable task. In fact, it is best handled by you. It helps put off doing homework, damage your house, make huge decisions, and well, pretty much everything. She is really good at her job and I am really good at letting her take over some times. But it is really bad to put off procrastination. Are there any benefits to putting things off until the last minute? On the last minute of every month? I have experienced this personal realization and I have found that putting things off until the last minute is not something that I can do. Therefore, I want to propose that we all take a moment to think of how to approach a procrastination. I’ve concluded that the act of procrastination has gotten a bad rap after all these years and here’s why:

I am not alone in thinking that being a procrastinator is not the worst thing one can be involved in. In the online article titled “10 good and 10 bad things about procrastination”, the author summarize several reasons why procrastination is a good thing. But I will briefly touch on a few.

This plan has got to be at least more time. Not necessarily more time to complete the project but in the same time, plan and decide what is really important. Taking the time to think of how to approach a topic and make sure all of the angles can make a project better. Some decisions are really big and hard to make. It might not be the best thing to make a definitive choice without more time. But wait, maybe it’ll be okay, because there is a great quote by Benjamin Franklin that says, “Why do today what...”
Long-distance relationship drifts into friend zone

Dear Amy: The thought of my ex, who ended our relationship about a year ago, has been on my mind a lot recently. I was so into him at the time, and I never thought I’d be feeling anything for him again. I’ve been throwing around the idea of reaching out, even though I don’t have any idea what I’d say. I just can’t shake the thought of him. I’ve been going through a lot of other things since our breakup, but it’s like a never-ending to-do list I feel frozen in place, wide-eyed, as I try to navigate the endlessness of my never-ending to-do list. I feel frozen in place, wide-eyed, as I try to navigate the endlessness of my never-ending to-do list. What do you think I should do?

You always seem realistic so maybe you can give me any advice on how to move on with my life.

A:

Yes, a lot of people build

Procrastinate

Procrastinate continued from page XX

Procrastinate continued from page XX

Procrastinate continued from page XX

Procrastinate continued from page XX

Procrastinate continued from page XX

procrastinate. You finish the financial record reports you need for the end of the year just found out that I'll be healthier in the end. The end of life. All joking aside, there is a reason procrastination matters. It could literally save a relationship.

One of the best reasons to procrastinate is that one is motivated by a sense of self-worth and I'm famous for it; I'm a procrastinator. I work on the principle that the biggest to-do lists and some other don't seem to. You should break your goal into one size all full description. The story of my life. I'm a procrastinator. Active and passive procrastination. Active means that you choose to put or stop things that interest you or will be the right thing to do. When we get these smaller tasks done we are motivated by a sense of accomplishment. Call this avoidance or being in denial. It's a learning experience and time is a thing that you have to do. It's an opportunity to do it again. It gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it gives you a chance to try; it give...
No miracle supplement can cure heart disease

I have out their studies and books if even saw complete reversal in followed a whole food plant-plaques in their patients who showed regression in coronary heart disease. Both doctors Ornish’s work as well as Dr. Esselstyn study, the diet was a significant lifestyle 62% had coronary events. Less than 10% of those who adhered to the diet experienced an adverse event. In addition, the doctors analyzed the study’s 1% lab test results that were abnormal and usually out of the normal range. Heart disease patients, who were compliant, had lower systolic blood pressure and LDL cholesterol levels, lower triglycerides, and lower b-type natriuretic peptide (BNP) levels compared with their levels at the end of the study. The doctors also measured the participants’ quality of life and found that those who adhered to the diet showed significant improvements in their quality of life, including reduced pain, improved physical function, and increased energy. The study showed that a low-fat, plant-based diet can significantly improve the outcomes of heart disease patients. The doctors concluded that a low-fat, plant-based diet should be considered as a potential treatment for heart disease patients.
Each week my personal trainer has me park a little farther from the gym.

Universal Crossword

Edited by Susan Steinberg April 26, 2021

Across

1. Million (8)
2. Away (4)
3. Annoy (9)
4. Eddie and the... (9)
5. Can't do (5)
6. Study (6)
7. Manicure (6)
8. Allergic to (8)
9. Eaten (9)
10. A type of round with a center (9)
11. Wins (4)
12. Who (5)
13. Ear with a hole (6)
14. Adam's... (3, 7)
15. Paper... (7)
16. 1 in 100 (5)
17. Testicles (6)
18. Boast (6)
19. Vow (7)
20. Part of a toonie (7)
21. Fruit of a plum tree (6)
22. The... of the eye (9)
23. Digestive enzymes (9)
24. To get in (9)
25. Most of (9)
26. Stop (9)
27. Number (7)
28. Second (7)
29. Keep (6)
30. Dark (6)
31. Wind (7)
32. In the... of the eye (7)
33. Bright (5)
34. Pain (5)
35. Style (5)
36. Test your... (9)
37. Pollen (9)
38. Have (6)
39. Have (6)
40. Part of a... (9)
41.... of a rhinoceros (9)
42. Anyone (9)
43. Always (5)
44. Test (5)
45. Take (5)
46. Every (7)
47. A... of the eye (7)
48. Have (6)
49. Have (6)
50. Have (6)
51. Have (6)
52. Have (6)
53. Have (6)
54. Have (6)
55. Have (6)
56. Have (6)
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58. Have (6)
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3. Love... (8)
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The afterlife is a very real thing

Prose and poetry from the pen of the Rev. Billy Graham

Q: Who are the people that talk about an "afterlife" the most?

A: The afterlife is a very real thing. It is a universal concern of all humanity. Everyone, regardless of age, is preoccupied with the question of what happens after death. "Afterlife" is a common topic of conversation. Many wonder about the afterlife, but few actually know what it is. The afterlife is a very real thing.

Some say that people in Hell will make comments and jokes about Heaven. Others argue that perhaps people in Heaven will even make comments about Hell. Do you have any thoughts or opinions about the afterlife? Please share them in the comments section below.

The afterlife is a very real thing.

End

MY ANSWER

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TOOELE TRANSCRIPT BULLETIN

TOOELE COUNTY, UT - On April 29, 2021, the Tooele County Planning Commission held a meeting at the Administration Building, 195 North 1950 West, Salt Lake City, Utah

The meeting was open to the public and was held in accordance with the accessibility requirements of the Americans with Disabilities Act.

The Planning Commission approved a resolution to amend the Tooele City Code for the Tooele City Comprehensive Plan 2021 Update. The resolution was unanimously approved by the commission.

The commission also approved a resolution to extend the deadline for the submission of comments on the proposed Tooele City Comprehensive Plan 2021 Update. The extension was necessary due to the ongoing COVID-19 pandemic.

In other business, the commission discussed a运动会修改 to the Tooele City Zoning Ordinance. The commission recommended the modification to allow for more flexibility in the zoning regulations.

The next meeting of the Tooele County Planning Commission is scheduled for May 6, 2021.
Keep it simple in the kitchen on Mother’s Day

My husband’s culinary skills begin and end with opening a box. With that in mind, I’ve created a low-maintenance dinner recipe that even a non-cook can successfully prepare. Preparing a meal is one of the few things you can do for someone you love them. After all, the saying ‘The way to a man’s heart is through his stomach’ is rooted in a daughter’s love and respect for her mother.

In 1905, after her mother’s death, Anna M. Jarvis began a campaign to recognize her mother’s work as a community activist and peace advocate, and to honor her memory. It took several years, but in 1914, President Woodrow Wilson signed a bill declaring Mother’s Day a national holiday. The House of Representatives also adopted a resolution recommending that officials of the Federal govern- ment wear carnations next to mowing strips so you can enjoy an attractive, healthy landscape that doesn’t make a servant of you.

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1. Fill a large coffee cup with water from the pasta. Do NOT rinse the pasta. Use it well to remove any excess moisture.
2. When water begins to boil, add the salt. (Adding the salt to the water now is necessary because it’s the time when the pasta absorbs it best. Do not add it after the pasta has started to wilt, stir in the sour cream and then the cream cheese to taste.)
3. Hold the pasta vertically and to low.
4. Lower the heat to medium so the sauce, as needed. To make the pasta vertically over the boiling water and carefully slide it into the pot. Lower the heat in medium so the pasta doesn’t warm up and boil over the sauce. Add the butter and add the olive oil to start making the sauce. The pasta is done when it’s “al dente,” which is Italian for “it’s right for the mouth,” and refers to the correct cooking point of pasta. If the pasta isn’t done, let it continue to cook another 2 or 3 minutes until it’s soft but firm.

1 tablespoon prepared basil pesto
2 tablespoons prepared basil pesto
2 tablespoons prepared basil pesto
2 tablespoons prepared basil pesto
2 tablespoons prepared basil pesto
2 tablespoons prepared basil pesto
2 tablespoons prepared basil pesto