Officials at the Tooele County School District have decided to jump onboard a lawsuit against the vape industry’s largest company, Juul Labs. The district has joined a mass action lawsuit filed by the San Diego-based Frantz Law Group in a mass action against the vape giant. 

“The vape lawsuit is a battle that needs to be fought,” said Jamie Slade, with North Valley Communities that Care. “It’s the tobacco lawsuit of the vape era,” said Slade.

The Tooele County School Board voted during their meeting on Tuesday to join the suit which contains refined claims about the harm of their product to nicotine designed to create addiction. “It’s the tobacco lawsuit 2.0,” he said.

According to the results of the 2019 USMHP survey, 23.2% of Tooele County School District students surveyed reported that they had tried vaping at least once, up from 18.8% in 2015. A total of 12.7% of the students surveyed in 2019 reported that they had vaped at least once in the last 30 days.

Students aren’t the only ones to blame, researcher to be a factor that influences youth problem behaviors. “The position behaviors that youth could be engaging in could be acts of violence, academic achievement, involvement with their community, or just really anything positive,” said Slade. Recognition for positive behavior has been known to encourage youth to recognize youth for their willingness to say “no” to drugs and avoid them for their positive behaviors, so they created the youth recognition awards.

The Tooele County School Board has decided to jump on the vape lawsuit and join with other school districts across the country in a lawsuit against Juul Labs.

TIM GILLIE

Auctioneer Mike Evans from Grantsville.

Alayna Castagno shows her pig in the Tooele County Junior Livestock Show and Auction.

Chloe Thomas (above left) and Wyatt Faddis (above right) showing their sheep.

Auctioneer Mike Evans from Grantsville.

2021 JUNIOR TOOELE COUNTY LIVESTOCK SHOW PHOTOS CLAYTON OVY

Unofficial results reveal primary election winners

21% of eligible voters returned ballots

But the candidates for mayor are not in the race. The top four vote-getters in the Tooele City Council race are: Matt Robinson, appointed to fill the term of Spectrum editor; and Tooele City planning commissioner member Matt Humphreys.

The election results, according to the results of the 2019 USMHP survey, 23.2% of Tooele County School District students surveyed reported that they had tried vaping at least once, up from 18.8% in 2015. A total of 12.7% of the students surveyed in 2019 reported that they had vaped at least once in the last 30 days.

Vaping is on the rise among school students across the country and the Tooele County School District has decided to jump on the vape lawsuit and join with other school districts across the country in a lawsuit against Juul Labs.

TIM GILLIE

A total of 12.7% of the students surveyed in 2019 reported that they had vaped at least once in the last 30 days. Vaping is replacing cigarettes and other

North Valley Communities that Care looking for youth to recognize

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The headline to nominate youth for the North Valley Communities that Care youth recognition awards is fast approaching.

North Valley Communities that Care is a substance prevention coalition that serves youth in the Erda, South Jordan, Park, and Lakepoint communities. It is affiliated with the Utah State Department of Health.

The youth council is a healthy community and presents substance abuse among the youth of our community,” said Jamie Slade, with North Valley Communities that Care. The coalition wanted to recognize youth for their willingness to say “no” to drugs and avoid them for their positive behaviors, so they created the youth recognition awards.

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For example in Tooele City, voter turnout was 21% of eligible voters returned ballots

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Man steals motorcycle, barricades himself inside a Lake Park home.

A Tooele man who reportedly stole a motorcycle Wednesday morning and barricaded himself inside a home in Lake Point Wednesday afternoon cited Karie Williams, 26, as the suspect.

Williams was provided to officers and the scene, the man fled on foot. The Tooele County Sheriff’s Department Before officers arrived on scene, the man fled on foot. A description of the suspect provided to officers and the scene was quickly released and officers were located in a residential area near the home. After several minutes of negotiations failed, every officer on scene converged, and the suspect was taken into custody.

The suspect in hand.

Salt Lake County seeking mask order for children under 12

Salt Lake County Health Director Angela Dunn said there has been an order coming from the state for children under 12 to wear masks in school, which will officially be eased Wednesday. Dunn, who was targeted by anti-mask protesters when she served as state epidemiologist, said she had to resign.

Dunn was the last mask order that was in place. Under a new state law school mask mandates are banned, local health departments can issue a mask order if they receive notices from county health boards. Dunn said there has been a vocal opposition to mask orders from the parents. Dunn’s order now moves to the Republican-controlled Salt Lake County Council.

Tim Gillie

Salt Lake City

The Tooele County Council has thrown in the ramp to annex 316 acres in Twenty Wells during the Council’s meeting on Tuesday night.

The Lewis property on south of Sun River for the purchase of the property on the north and south.

If the annexation is approved, there would be a narrow strip of property still in Tooele County, consisting primarily of a 10-acre river, on both sides of Sun River. The Sun River property would be unincorporated while the south of Sun River would be in the City of Grantsville.

The County Council Chairman Tom Tripp objected, saying he did not allow the creation of an island property.

The County Council Chairman Tom Tripp objected, citing concern over creating an island property. — the proposed Lewis property annexation.

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workshop for dementia caregivers

Health Department offers free workshop for dementia caregivers

Former county commissioner inducted into the Utah Cowboy Hall of Fame

Professional bareback horse, bull rider, and clown Jerry Hurst honored

COURTESY JERRY HURST

Retired Tooele County clowns Jerry Hurst has been inducted into the Utah Cowboy Hall of Fame. Hurst was inducted into the Hall of Fame, located at Union Station in Ogden, in a ceremony held August 13.

"Each year they nominate someone who's been in the business, and the committee goes through the applications and each year they kind of slim down to different people in the hall of fame. I didn't even know they had a Cowboy Hall of Fame," Hurst stated. I heard out that the name fell on the wall there when I went there.

Hurst became a clown at a young age when his brother married a man who had horses. Because of his new-found love of horses, Hurst joined the and Sky Rider Club. He later discovered during high school that he enjoyed riding backing and bucking horses. During his senior year of high school, Hurst also discovered a passion for riding bulls.

"I took second place in the bullaroo riding and their place in the bull riding at the rodeo and the next year I asked them if I could ride bulls and quick we were, and how we could get away from the bull and not get picked up," Hurst explained. "We did rodeo with the bulls and the horses. One year I won the championship in the bullrodeo contest. Also, for several years I was the bullfighter of the year for the association I was working for."

Hurst was 46 when he retired from fighting bulls. Age 46 for retirement was the age for retirement was the age for the association I was riding for. "I went to Topeka, Kansas and won the full champing championship on the national high school finals in 1966. This rodeo is called long tons ago."

After his national win, Hurst received another position—riding in rodeos. "I am an agent for the rodeo business," he said. "I went to a lot of rodeos and went to Utah State University on a rodeo scholarship."

During his junior year of college, Hurst became the reserved champion in bull riding and bucking riding, and has adventures in the rodeo continued his senior year when he became the region champion. Hurst rode back and rode again. Hurst decided after what he was doing I was so serious about the rodeo, so he acquired a permit from the Tooele County Health Department on behalf of the association to ride bareback and

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Nina Vorwaller Warr

Today’s obituary resonates powerfully as Aug. 9, 2021 marks one month of her 97th birthday.

Nina Vorwaller Warr left her earthly home and is now reunited with her father, mother, husband Earl, two sons Carl Vorwaller and Hazel Kirk, and special sister, her mother, especially her sisters. She was a member of The Church of Jesus Christ of Latter-day Saints and held many positions in MA and Primary.

Over the past five years she had to slow down a bit, but she never forgot how much she loved Earl. The joy of her life were her kids and grandchildren. Her motto was “Remember whatever you do in life do it to the best of your ability. Be kind and tell people you love them all the time.”

Nina was survived by two daughters-in-law (Marie-Claire) Warr and Judy (Charley) Warr, eight grandchildren, 45 great-grandchildren and 57 great-great-grandchildren.

A viewing will be held Saturday, Aug. 14, from 10 to 1:30 p.m., at the LDS Middle Canyon Ward building, 777 E. Skyline Dr., Tooele, Utah. After retirement they served the people of Utah. At her request we will have a graveside service at 11 a.m. in the Lake Point Cemetery.

Annette N. Gossett

June 22, 1925 - Aug. 10, 2021

Our sweet mother, grandmother, great-grandmother and great-great-grandmother passed away peacefully in her home. She was married with her loving husband Orien Roy Gossett, and their four sons David, Dennis, Danny and Steve. Annette was born in Ogden, Utah, to George L. Nubbine and Arcelia Wheeler Nichol. She was the youngest of three, and as the only girl, filled a special place in her family.

Annette graduated from Ogden High School in 1943, and attended Brigham Young University majoring in elementary education. While attending BYU she met the love of her life, Orien Roy Gossett, and married in the Salt Lake Temple on March 11, 1947. Together with her loving heart they brought six children into their family.

Annette was always willing to follow Orien through any move during his career. She created beautiful homes for her family in California, New Mexico, Montana and Utah. She and Orien retired from the Army at Dugway Proving Ground in 1993 and settled in Tooele, Utah. After retirement they served three full-time missions for The Church of Jesus Christ of Latter-day Saints.

They loved the people of Ulanhorst, Mongolia, 1997-1999; Baghdad, Iraq, 1999-2001; and Tik Lake City, Ohio, Family and Church History Mission, 2001-2003. Together with Orien they traveled extensively to experience a difference in the lives of the people of the world.

Annette is survived by her children (Linda Portugak Rose, Kelly Johnson, Jenny Feuerbach, Mary Johnson, Julie Meeks, Debbie Oborn, Mary Graziani, Maria Pley, Ailene Stein, Ines Velasquez, Dante Joyce, and Amanda Jackson), her sisters俯. She grew up during the time you that at a very young age. She learned naturally to her. She learned...
In 1946, barbers upset by Tooele City Council’s reprimand

Come to know and love during the cast and associates had portrayed the lives of pioneers and associates. The pageant would open Aug. 11. Eight teams from various Women’s auxiliaries including Tooele’s National League team, allsuper- champions, would take part in the 1971 series. Teams from out of state began arriving on Aug. 9. First on scene was a group of 15 boys from Woodland Hills, Calif. Also arriving Aug. 9 were a championship team from Idaho Falls, Idaho.

A poor microfilm copy of the Aug. 15 edition made it impossible to read.

Aug. 10-13, 1971: From late afternoon and dark on almost any evening from 10 to 10 men could be seen at work on Grantsville’s WBBA Park as they rushed to complete the facility in time for the WBBA World Series Tournament which would begin Aug. 11. It was anticipated that as quickly as the application was approved that drilling would get underway on the property owned by Quincy Griffith in the last Bulletin. An option was being taken from Mr. Griffith on the well site. This option from the city the privileges of drilling on the location designated by postoffice without cost to the city until such a well had been proven, after which time the necessary ground could be purchased by the city for a minimum cost. It had been a practiced law for more than 30 years that barber equipment be sterilized. During the summer season in Tooele there had been four unexpected visits by the State Board of Equalization who could give a day’s work. More laborers were needed on the pool and those who could give a day’s work were asked to report.

Boy Scout organizations were out raising private subscriptions to finance some special work on the swimming pool at Tooele City Park. The managers said that at no time had any member of the City Council, the police department or any city official visited their shop to investigate sanitary conditions.
**Sports**

Cowboys open football season at 5A Provo

MARK WATSON

Gage Hansen wins derby in same make of car his father used

**SPORTS EDITOR**

Gage Hansen, age 16, prevailed at the Punishment at the Peak Demolition Derby.

When the dust cleared and the smoke settled, 15-year-old Gage Hansen had captured the main event driving the late model weighing car, the same make of car his father used.

"He is a great coach who always has his teams playing hard for him. They are definitely going to have the size advantage and they will need to be technically sound and play hard for all four quarters," Byrd said. The Cowboys are highly favored to win the game.

"Our senior leadership this year is looking solid so we will need to have a strong start to the season," he said.

"I was experiencing a lot of pain in the second half of the game and I had to hobble another car," Gage said.

Gage's grandfather Ed was a suicide prevention advocate and his Living Foundation was a driving force behind the event. The event has been running for several years and is highly anticipated by fans of the sport. "I have been thinking about how I can make a difference in the world and I think this is a great opportunity to do so."
Stansbury golfers win at Dinaland in Vernal

MARK NATHAN
SPORTS WRAP
Stansbury picked up another Region 7 golf victory Wednesday in Vernal at Dinaland Golf Course. The Stallions shot 308 with Cottonwood next at 323 followed by Tooele 335, Cedar Valley 340, Uintah 345, Hillcrest 354 and Payson 413.

Brayden Griffith led the way for the Stallions with a 69 with Jordan Furuya at 78, Brock Shepherd 80, Jack Griffith 81, Kyle Hanson and Kimball Thorpe 84, Blake Mehler 86, and Ty Taylor 90.

The Buffaloes were led by Jaxon Hunt with a 77, Cache Holmes at 79, A.J. Griffith 89, and Landon Buell at 90.

Grantsville finished third in a Region 13 match at Mount Ogden with a 344. Morgan finished in the top spot with 328, Ogden 341, South Summit 424 and Ben Lomond 434.

Ben Daybell finished with an 80 to lead the Cowboys.

Tooele swimmers win Salt Lake County meet

The Tooele Swim Club competed against 10 other teams at the Salt Lake County Summer Championships last week. The TSC, consisting of swimmers ranging in age from 6 to teen-aged, won the meet with an impressive 951.5 points, more than 200 points ahead of the 2nd place team. 20 swimmers

Some highlights from the girls team included 7-year-old Camila Rodriquez winning both the 8 & under 25 yard backstroke and 25 yard butterfly; Sophia Brimhall winning the 10 & under 25 yard backstroke and 50 yard freestyle; Tenison Cox won the 12 & under 50 yard breaststroke and Vivian Chlarson won the 12 & under 50 yard butterfly. On the boys side William Von Niederhausern won three events the 12 & under 50 yard backstroke, 50 yard butterfly and 100 yard freestyle. William Stead won both the 13 & up 10 yard freestyle and 100 yard freestyle.

The other top swimmers for the boys included Parker Jones in the 12 & under 100 yard freestyle, Owen Miller in the 12 & under 100 yard freestyle and Michael Smurthwaite in the 13 & up 50 yard breaststroke.

Coaches were very pleased with the team’s performance. Coach Kelly Morris said, “The kids all did a amazing job and it was so fun to see them all work so hard to come together as a team.”

Coach Cameron Reynolds said, “It’s been the first meet in over a year and we had a great great turnout. It was awesome to see them all do so well!”

Tooele Swim Club practices are held weekday afternoons at the Pratt Aquatic Center in Tooele City. More information is available from Sam Cox at the pool.

THS Wall of Fame

Tooele High School is accepting applications for the Annual Athletic Wall of Fame Induction Ceremony, to be held Friday, Sept. 3. Applicants must have graduated from THS at least 10 years ago. Email Athletic Director Catham Beer at cbeer@tooeleschools.org, for an application or pick one up at Tooele High School (301 W. Vine St. Tooele, UT 84074). Application is due by 5 p.m. on Friday, Aug. 27.

At last year’s homecoming football game, Tooele High School inducted Verl Coates, Scott McBeth and Kim Murray into the Wall of Fame.

Football

continued from page A6

ends and should make life hard for opposing quarter-backs.

Joey Scorsone brings tenacity and nastiness in the offensive line, the coach said.

“We should definitely know where we stand after our pre-season schedule. Last year we didn’t have a big 5A team, two of the top 3A teams and four remaining state 2A teams,” Byrd said.

The top 5A teams on the pre-region schedule include Mauri at home next Friday and North Springs in Mauri on Nov. 18.

E-mail mwatson@tooeletranscript.com

Have vaccine questions?

Talk to your doctor.

- Dr. Sheldon Birch

Birch Family Pharmacy, Tooele

Coronavirus.Utah.gov/Vaccine
Vape continued from page A1

10% slightly above the 15% norm in the 2017 Tooele City primary.

Grangerville held a primary for two council positions with seven candidates running. Of the seven candidates, one will be elected to fill a primary to narrow down the remaining candidates to two and then election by district to four.

The trial is scheduled for March 2022 in the U.S. District Court in San Francisco. tggillie@tooeletranscript.com

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Incredible power and style in the 2021 McLaren 720 Spider Elite

McLaren, Mt. Evans and mountain goats!

Craig & Deanne Conover

Incredible power and style in the 2021 McLaren 720 Spider Elite

McLaren, Mt. Evans and mountain goats!

On our drive we met up with a few other supercars that were out on a drive with Oxotic Driving Experience and the McLaren fit right in with the Ferrari and Mercedes that were part of the Oxotic Driving Experience and all the great people we met and included heaters for those cold fall mornings when one might ask what

Craig & Deanne Conover

On our drive we met up with a few other supercars that were out on a drive with Oxotic Driving Experience and

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McLaren, Mt. Evans and mountain goats!
INTERPERSONAL EDGE

That if anything is worth doing my hard working clients think want to do into the simplest I’ll never do them. How can I and for my wellness but I get of “good things to do” at work scowling, always critical, Bunker: railing at demons, assessment; my father kept “go-lucky,” a pretty accurate our “golden years.” each of us is likely to live out positive.)

It's common to feel overwhelmed and discouraged. And for our “golden years.”

Let’s take health as an example. If you believe improving your diet means depriving yourself of everything you like, and improving your fit you yourself of everything you are very much in love. I'd we are financially secure, and want to be like that, but even trying. I can refer you to a specialist. To find a family medicine help make sure you're getting your shots and screenings — good health. Why? Because they're the ones who know (but he hangs out with me. See her physician. Her medical issue might also con

POETRY

ode to the flute’

I think this can be a really meaty, but it is not a free verse poem. It reminds me that the capacity to make a mark, inspired story, is a fully connected to the capacity to make a mark, in fact. For every good book, The Book of Delights is in its own catalogs of such poems.

What do you do if you’re having problems with a co-worker? Or if you are not getting along with your boss? How can you improve your relationships with those around you? Here are a few tips.

- Talk to the person directly and calmly. Avoid gossiping about them.
- Try to understand their perspective and express your own clearly and respectfully.
- Take breaks if you feel overwhelmed.
- Consider seeking help from a mediator or a human resources representative.

Remember, communication is key in building positive relationships at work. By actively listening and expressing yourself clearly, you can work towards improving your interactions with others. Good luck!
Can Lyme disease lead to Parkinson’s?

DEAR DR. ROACH: Can Lyme disease send a person into Parkinson’s disease? I tested positive for Lyme — I had the bull’s-eye rash, fever and terrible headaches. After a month on doxycycline, my left arm started shaking and my neurologist diagnosed me with Parkinson’s. The doctorIdeas about...
**Universal Crossword**

Edition: Thursday, August 12, 2021

**ACROSS**
1. Riddle or riddle
2. Frequent
3. “Fly” (5, 5)
4. Wrapped
5. Climate
6. 321-401 (10)
7. 2014-21
8. 371-381 (10)
9. 10-20-30-40-50 (10)
10. 1-1-1-1 (4)
11. 321-401-500 (10)
12. 2014-21-301-401 (10)
13. 1,001-1,999 (10)
14. Build

**DOWN**
1. — (11)
2. Son’s letters (6)
3. — (6)
4. — (6)
5. — (6)
6. — (6)
7. — (6)
8. — (6)
9. — (6)
10. — (6)
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12. — (6)
13. — (6)
14. — (6)
15. — (6)
16. — (6)
17. — (6)
18. — (6)
19. — (6)
20. — (6)

**Horoscope**

**ARIES** (March 21-April 19): Think before you act. An opportunity to get ahead will present itself. Other insights into more efficient ways to bring about positive change will be apparent.

**TAURUS** (April 20-May 20): Guard your information; it will lead to a change of attitude and approach. Make your life and the way you do things to suit yourself, regulations, or others. Take the experience you have gained and go to good use. Those others see how capable you are, you're presented with more opportunities, and you have a chance to grow.

**CANCER** (June 21-July 22): Keep the big picture in mind. Don’t be too good to ignore. Rely on your instincts, and keep your guard up.

**LEO** (July 23-Aug. 22): Think before you act. An opportunity to get ahead will present itself. Other insights into more efficient ways to bring about positive change will be apparent.

**VIRGO** (Aug. 23-Sept. 22): Be ying to detect if a 1 we thin individual will cause a head and unnecessary spending. Spend more on the things, occupational growth. Put health and wellness first. Use your intelligence to filter through what’s happening, and find the clues.

**LIBRA** (Sept. 23-Oct. 22): Those big, bold ideas, and you will get the attention you expect. Will be too good to ignore. Rely on instincts and keep your guard up.

**SCORPIO** (Oct. 23-Nov. 21): Be ying to detect if a 1 we thin individual will cause a head and unnecessary spending. Spend more on the things, occupational growth. Put health and wellness first.

**SAGITTARIUS** (Nov. 22-Dec. 21): Someone is withdrawing information or hiding you take hope. Use your intelligence to figure things out, and everything else will fall into place. Someone special will grab your attention. Law and order will prevail.

**CAPRICORN** (Dec. 22-Jan. 19): You will get to the point. Put in a bit of extra effort and make changes at home and to your job. Someone special will grab your attention. Law and order will prevail.

**AQUARIUS** (Jan. 20-Feb. 18): Someone is withdrawing information or hiding you take hope. Use your intelligence to figure things out, and everything else will fall into place. Someone special will grab your attention. Law and order will prevail.

**PISCES** (Feb. 19-March 20): You will get to the point. Put in a bit of extra effort and make changes at home and to your job. Someone special will grab your attention. Law and order will prevail.

**Sudoku Pacific**

Difficulty Rating: ★★★★★

**Minute Maze**

**CROSSWORD**

**ALLAN S. MYERS**

**B4**

**TOOELE TRANSCRIPT BULLETIN**

**In the Bleachers**

**In the Bleachers**

**Universal Crossword**

**Sudoku Pacific**

**Minute Maze**

**CROSSWORD**

**ALLAN S. MYERS**
**July 20, 2021**

**The Local Library Calendar**

**Tooele County Library**
- **Books to Borrow**
  - Movie nights and plenty of food. First Baptist Church, 435-833-8750 for more information.

**Mobile Vet Center**
- The Mobile Vet Center will visit Tooele every Wednesday from 8 a.m. to 12 p.m. New and exciting standards Training (SAT) program (Satellite) will begin at 5:30 p.m. followed by a meeting in the Mountain Faith Lutheran Church, 560 S. Main St., Tooele. For more information, call 435-277-0087.

**Disabled Veterans**
- The Disabled American Veterans (DAV) is offering a free work- ers’ compensation health benefit program (Satellite). For more information, contact your VA provider or call 435-299-0192. We look forward to seeing you.

**Veterans**
- We would like to thank our members and customers for their patience and trust in the coming weeks. www.beginbandana.org or call 435-299-0192.
Definition of a gentleman

CARDINAL JOHN HENRY Newman

It is almost a definition of a gentleman to say he is one who never tells a lie. This description is both refined and, as far as possible, accurate. He is mainly occupied in very kindly removing the obstacles which hinder the free and unhampered action of those about him; and he concurs with their movements in such a manner as to take the initiative himself. His benevolence may be considered as parallel to what are called concern and compassion in the arrangements of a personal nature. Like an act or a principle in the natural world, it is dispensing cold and forgotten, though nature provides both means of roan and animal warmth without them.

The true gentleman is like manner carefully avoids whatever may cause a jar or a jolt in the minds of those with whom he is connected—all clashing of opinion, or conflict of feeling, all rumour, or suspicion, or gibe, or derision. His great concern is to make every one at ease and at home.

He has an eye on all his company; he is tender towards the bashful, gentle towards the dim, and merciful towards the abased; he can recollect when he is speaking; he guards against unnecessary allusion, one to another; he is in solicitude for many estates, he is seldom punctual in communication, he is very sparing of his time; he makes light of those who abuse him, and seems to be recollecting when he is confronting; he never speaks of himself except in the way in which he may be desired to better himself by another who, he knows, or is believed to be disposed; he has no spirit or pomposity in disputing precedents or sharp sayings for separate, or insinuations, or hints which he does not say out.

From a long-identified person, he observes the manners of the ancient sage, that we should ever conduct ourselves towards our enemy as if he were one day to be our friend; that we may easily recover ourselves if we be at fault.

He does not, in the least, break down museums and epochs the past. Antiquities, monuments, tablets and prescription medi- cines also reduce reason to the stage, particularly among those who are alien to the reason. You must find that the size of the mind remains constant and becomes only for a few days in its height.

If you needle up swiftly when sting, you are likely experience stingers as poison, and bee- droner without delay. For some people stings range from mild to severe and even require medications are available. How do do deal with these things as they arise? Grabbing things seems like a quick dispatch, but it appears that the rela-

tion exists in the natural world. In reality, their carnasses are a resilient and become the body, clothing or shoes, stinger could induce nearby stingers to attack and if you are near a nest, could cause a considerable problem.

Avoid disturbing their nest, either directly or by getting too close, making loud noises, or vibrates them. Stay back from the nest.

Do not run from these insects as they tend to attack quick methods, particularly paper bags. Simply move away quietly and slowly. Your best bet is to discourage them from invading. Keep picnic food covered and not ready to eat. The scent of food can attract these insects.

The true gentleman is as simple as he is forcible, and he is never mean or little in his opinion, but he is never more than he is. The true gentleman is as parallel to what are called benefits may be considered as far as it goes, accurate. He who never inflicts pain. This is mainly occupied in very kindly removing the obstacles which hinder the free and unhampered action of those about him; and he concurs with their movements in such a manner as to take the initiative himself. His benevolence may be considered as parallel to what are called concern and compassion in the arrangements of a personal nature. Like an act or a principle in the natural world, it is dispensing cold and forgotten, though nature provides both means of roan and animal warmth without them.

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If you needle up swiftly when sting, you are likely experience stingers as poison, and bee- droner without delay. For some people stings range from mild to severe and even require medications are available. How do do deal with these things as they arise? Grabbing things seems like a quick dispatch, but it appears that the rela-

Wasp traps are also available at hardware stores; these insects do serve a use-

until the season they can bite as they tend to attack quick methods, particularly paper bags. Simply move away quietly and slowly. Your best bet is to discourage them from invading. Keep picnic food covered and not ready to eat. The scent of food can attract these insects.

Wasp returns to their nests at night and become less active in the cool of the evening. The ideal time to seek out the nest in the evening, at night, or very early in the morning, since they cannot see red light, but generally out of a nest with a mite of flame you can see them without being non-
Today, bullets about fructose range from fearing it to welcoming it, depending on how people choose to interpret the evidence. In a 2020 systematic review and meta-analysis in the American Journal of Clinical Nutrition, researchers looked at a large number of studies and concluded that consuming fructose is generally safe for most people. However, they also noted that the safety of fructose consumption may vary depending on factors such as age, health status, and consumption habits.

For instance, fructose consumption may have beneficial effects for individuals with certain health conditions, such as Type 2 diabetes, by lowering blood sugar and triglycerides. However, fructose consumption may also have adverse effects, such as increasing weight gain and obesity, particularly in individuals who are already at risk for these conditions.

In summary, while fructose consumption may have both benefits and drawbacks, it is important to consume it in moderation and as part of a balanced diet. It is also important to consider individual differences in fructose tolerance and to consult with a healthcare provider before making significant changes to your fructose intake.

The scoops on fructose

**CARRIE DENNETT, nutrition editor**

Fructose in simple sugar with a bad reputation. Sweetener than table sugar—which it’s a competitor of—and primarily used as a food ingredient in some vegetables, fructose mon-omer is known as a “natural” sweetener. It has fallen from grace, souring in part from the high consumption of high-fructose corn syrup in processed foods. But what does the science say about the pros and cons of fructose?

What’s different about fructose?

Fructose and glucose are both monosaccharides, the simplest form of sugar. Sucrose, or table sugar, is a disaccharide made up of equal parts fructose and glucose. "Regardless of whether a sugar is natural or added to foods and beverages, most sug-ars are metabolized by the body in similar ways," says Erin Fields, RD, Senior Director of Nutrition Communications at the International Food Information Council (IFIC). "However, fruc-rose is primarily metabolized by the liver, which is different from how the body handles other sugars."

"Fructose does not require insulin to be absorbed and therefore has a low impact on blood glucose levels, which may cause some to believe that fructose is healthier than other sugars," Fields says. "Conversely, because it is handled by the liver, some view fructose as unusually detri-mental to health."

Interest in fructose as an alternative sweetener for people with diabetes began in 1915, when the American Diabetes Association recommended replacing sugars with fructose. However, controversies have emerged in recent decades, particularly about the potential long-term health effects of high-fructose consumption.

A 2020 systematic review and meta-analysis in the Journal of the American Medical Association found that higher consumption of fructose from high-fructose corn syrup was associated with a higher risk of developing metabolic syndrome, with consumption of whole fruit and up to 8 ounces of 100% pure juice per day had a protective effect. A 2019 systematic review and meta-analysis in the American Journal of Clinical Nutrition looked at studies that were published in the ensuing five years and came to similar conclusions. They concluded that total fructose consumption is generally safe for most people, although the impact of fructose consumption may vary depending on factors such as age, health status, and consumption habits. However, they also noted that the safety of fructose consumption may vary depending on factors such as age, health status, and consumption habits.

In summary, while fructose consumption may have both benefits and drawbacks, it is important to consume it in moderation and as part of a balanced diet. It is also important to consider individual differences in fructose tolerance and to consult with a healthcare provider before making significant changes to your fructose intake.