Midvalley Highway opens before Halloween

Trunk or Treat on the new highway

Erda City to elect their first council

2022 tentative Tooele County municipal services budget

Semitruck tips by Popeyes

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Tooele Online

www.TooeleOnline.com

October 21, 2021

THURSDAY

TOOELE

See A8

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TOOELE

TIM GILLIE

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Erda City to elect their first council

The long awaited moment for some community members is almost here. The Utah Department of Transportation announced yesterday that the Midvalley Highway will be open to traffic by 5 a.m. on October 30. An opening event will be held on Friday, Oct. 29. The event will be open house style, between 4 and 5:30 p.m.

Tooele City Police Officers

The driver was traveling northbound on state Route 52 when he attempted to make a right hand turn eastbound onto 2400 North, when the semi began to tip over onto its side.

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THURSDAY

TOOELE

See A8
Pair becomes first female Eagle Scouts in Tooele County

David Judd, Erda District #1

I love to help, whether it is a neighborly assistance moment or an extreme moment that happens in our lives, when we need assistance or just a neutral conversation. I grew up in a telecommunications industry, so I am a self-employed business owner—a general contractor. While I can do just about anything, I specialize in telecommunications services, specifically telephone services.

Growth is a hot topic in Tooele County and our municipalities. Most people want to see planned, responsible, and organized growth. Can you be more specific about what you would like to see in Erda? What is responsible growth in Erda? What is responsible growth in Tooele County?

I am a wonderful bright green person before and after. I love a good day and our outdoor life. I love everything that we do. I love our community, for that reason we want to foster our children, our grandchildren, our friends and our neighbors to enjoy. I also protect the population and the environment and not bad or newborn. And we hope that proper development happens so that it is not impacted, but you can see it properly. We can work together in molding it to be to our environment. We can also help prepare the changes for the developing, the changes that must take place. Change is inevitable, but the same together, we can work together to make sure that we've got shaped and blocked the things that need to be blocked. We have all various opinions of what we do and don't want, despite some noise, think, or believe, we have a lot in common. We all want a beautiful Erda City.

If you win the election and you plan on doing anything, what planning you want to give the people of Erda as a result of your priorities?

In the largest topic in the city is responsible growth. You are doing the right thing and while certainly I also am a resident, and I am not the only responsible, I believe that it is something that we can do together. I believe the solution for Erda is when all the people, everyone of Erda, recognizes that there is, in one way or another, we all need to get those day travelers of our community. And then when all the people in the area are the way we live. When I remember and I am with the people of our city. I would like for us to develop a plan and then plan to develop the plan. If we do that, we can have this community for the future. I think that this plan that we have is a community for the future, our grandchildren, our families, and our neighbors to enjoy. I also protect the population and the environment and not bad or newborn. And we hope that proper development happens so that it is not impacted, but you can see it properly. We can work together in molding it to be to our environment. We can also help prepare the changes for the developing, the changes that must take place. Change is inevitable, but the same together, we can work together to make sure that we've got shaped and blocked the things that need to be blocked. We have all various opinions of what we do and don't want, despite some noise, think, or believe, we have a lot in common. We all want a beautiful Erda City.

Scott Droubay, Erda District #2

We can all respond differently to thoughtful leadership and respect for our neighbors. We need to protect our Erda community with the park and open space. Our Erda community needs to be protected where the money is. If you are a new father and you have a daughter, you have to keep your daughter safe. I think that fundamental task of us as Eagle Scouting is to develop a general plan and preserve our Erda community with the park and open space. In the city, we need to know where to go. If we want to have a definite plan, but we have not stuck to it. We have also stuck to it. It is a fundamental task of our community, deserves to know where and how to go. We need to know where to go. If we want to have a definite plan, but we have not stuck to it. We have also stuck to it. It is a fundamental task of our community. We also need to protect our Erda community. We also need to protect our Erda community.

Mindy Walters, Erda District #2

If you win the election and you plan on doing anything, what planning you want to give the people of Erda as a result of your priorities?

I would say that we need to do something. I think that we need to have a definite plan, but we have not stuck to it. We have also stuck to it. I think that fundamental task of us as Eagle Scouting is to develop a general plan and preserve our Erda community with the park and open space. In the city, we need to know where to go. If we want to have a definite plan, but we have not stuck to it. We have also stuck to it. It is a fundamental task of our community, deserves to know where and how to go. We need to know where to go. I think that fundamental task of us as Eagle Scouting is to develop a general plan and preserve our Erda community with the park and open space. In the city, we need to know where to go. I think that fundamental task of us as Eagle Scouting is to develop a general plan and preserve our Erda community with the park and open space. In the city, we need to know where to go. I think that fundamental task of us as Eagle Scouting is to develop a general plan and preserve our Erda community with the park and open space. In the city, we need to know where to go. I think that fundamental task of us as Eagle Scouting is to develop a general plan and preserve our Erda community with the park and open space. In the city, we need to know where to go. I think that fundamental task of us as Eagle Scouting is to develop a general plan and preserve our Erda community with the park and open space. In the city, we need to know where to go.
Church hosts candidates event

New Life Christian Fellowship invited Tooele City candidates to meet

CHILLY AUTUMN 2021

New Life Christian Fellowship, a church in Tooele City, hosted a meet the candidates night to allow for church members to find out more about the candidates running for city council in the Nov. 2 election.

Paul Smith, city planning commission member and a member of the church, addressed attendees during the meeting, explaining that each candidate that would be asked four questions, some addressing the city and those living inErda, and that each candidate would have two minutes to give their reply.

Prior to the questions, each candidate stood for a photo with the church, because it is the biggest issue that our citizens and the businesses are facing.

Larry Hatfield, Erda District #3 candidate, said, “I’m running for City Council because I was asked to, and I didn’t want to have to settle for someone who didn’t have a plan for growth or run and just do things, because I was asked to do this, so I’ll do my best to bring the community together and create a city that can become a great city and I’d like to be a part of getting it there by running with the other council members and utilizing the resources each of us will bring to the table. I’d like to see more small businesses, mom and pop shops, come to Erda rather than the big chain warehouse type, but that’s just my opinion. The open for what ever is needed to get the new city started.

I feel good growth is not understanding our current farmers and businesses, but to help them grow and thrive in our community without compromising what is already established.

If you will choose the election and you are successful at accomplishing what you want to do, what will the city of Erda be like as a result of your service?

Larry Hatfield

We need affordable housing, community in Erda? What is responsible growth? Can you be more specific about what you mean by growth in Erda? What is responsible growth in 2021?

Larry Hatfield said that what is most important is that we have a plan for growth, and Robinson agreed with him.

Marzione believe that public input makes it important to have a plan for growth, and Robinson agreed with her.

Growth is a hot topic in Tooele County and our municipalities. Most people say they want planned, responsible, and man- aged growth. Can you be more specific about what you want growth to look like in Erda? What is responsible growth?

Larry Hatfield

I moved to Erda for the rural atmosphere, but at the same time, I believe growth is necessary. By listening to the homeowners, farmers, gay, the developers, I believe Erda can be a great city and I’d like to be a part of getting it there by running with the other council members and utilizing the resources each of us will bring to the table. I’d like to see more small businesses, mom and pop shops, come to Erda rather than the big chain warehouse type, but that’s just my opinion. The open for whatever is needed to get the new city started.

I feel good growth is not understanding our current farmers and businesses, but to help them grow and thrive in our community without compromising what is already established.

If you will choose the election and you are successful at accomplishing what you want to do, what will the city of Erda be like as a result of your service?
Tooele County gets ready for emergencies
Saturday rehearsal planned for emergency distribution

CHIEF EDITOR

Tooele County Emergency Management...
Pleased to introduce myself. Perhaps tell us about your educational and work experience, volunteer community involvement, your personal life, what you want to say to help people to get to know you better.

I am Lorri Witkowski, a full-time mother of two and a fifth-generation resident of Erda. I was raised in Erda for 14 of my 18 years of life. Married for 34 years, with six children and six grandchildren, I have always been involved in human resource, job placement, and project management of human resources for Bosch Broadband. I served for 14 years on the board of directors for the Wasatch County Chamber of Commerce and served for eight years on the Erda Planning Commission and the Erda Chamber. I am currently serving as an alternate member on the Erda Planning Commission and the Tooele County Planning Commission. I served in the capacity of both chair and co-chair and am currently serving as co-chair on the board at Brigham Young Medical Center. I came to run for Erda City Council, not just because of my love for Erda but because of the experience and abilities to listen, negotiate and work with others. Having a voice is crucial to the development of Erda.

Growth is a hot topic in Tooele County and our municipalities. Most people say that growth is important, and/or needed, and/or negatively affected by growth. So, please be more specific about what your vision of growth in Tooele County is? What is growth responsible for?

To me, responsible growth means keeping the character of the community and growing with real planning, not just lip service. Look at the current population capacity, will they support the development? What are the pros and cons of it? How do they plan to change things to make sure that well-thought-out growth can occur without creating any shortages and unsustainable traffic situations. Some growth is inevitable, but it can be managed in a good manner. Working relationships between the elected officials of Erda and those who want to come into Erda. That being said, the elected officials will have to be transparent and consider the desires of the people in the community they represent. Because currently the majority of developers who want to come into Erda do not live in Erda and have no intention of staying in Erda, so the character of the community and the land in Erda is not considered nearly as much money as possible. Where some areas of the county where people need to walk the same, such small, multi-unit development, either the people who live in Erda are here because they wanted more room and open space, with less traffic. There is no need to comment. Stansbury Park with Tooele City by turning Erda into neighborhood with more than an acre or 5 acres and packing as many people as possible into this area of Tooele County. As a city, Erda developed some commercial development to provide a commercial tax base, but since again, the character of the community will be considered. Growth of a commercial nature and any multi-unit residence if required, will have to be in a more compact area that can be more easily managed to avoid traffic issues and once again, water use will need to be considered since we aren’t a desert. Do not think anyone can specifically say what growth in Erda should look like. Not only do Erda City’s planners wanting growth to be in place of less small and smaller to increase their profits. Both of these extremes are not what growth will look like in Erda; so we need to find some common ground to keep the character of Erda.

If you win the election and you are successful at accomplishing what you want to do, how will the city of Erda be like as a result of your four years of service?

If I win the election and I am successful at accomplishing what you want to do, I promiss to work the division and preserve a thriving community. If you are successful at accomplishing what you want to do, how will the city of Erda be like as a result of your four years of service?

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THURSDAY  October 21, 2021

MATT ROBINSON
FRESH PERSPECTIVE FOR A BETTER TOOLEE

WHO?

• 51 YEARS RESIDENT
• MODERNIST AT DISPLAYING PROUD GARDENS
• 11 YEARS ON TOOELE CITY PLANNING COMMISSION

WHAT?

• TAX, IMPERIAL & PRINCIPALIZED REPRESENTATION
• WHAT IS BEING続けてTOOELE TIMES

WHY?

• WELL PLANNED AND MANAGED GROWTH
• FISCAL RESPONSIBILITY
• FOCUS ON WHAT IS BEST FOR TOOELE

FOR MORE DETAILS

CALL, TEXT, EMAIL OR MESSAGE ME

CHECK OUT MY FACEBOOK PAGE.

DELIVERING THE NEWS
CALL, TEXT, EMAIL OR MESSAGE ME FOR MORE DETAILS

MATT ROBINSON FOR TOOELE CITY COUNCIL ON FACEBOOK
@MATTROBINSONTOOELE ON INSTAGRAM
MATT ROBINSON FOR TOOELE CITY COUNCIL ON FACEBOOK

RUSSELL SUTTON
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PLEDGE OF ALLEGIANCE

I pledge allegiance to the flag of the United States of America and
to the Republic for which it stands,
one nation under God, indivisible, with liberty and justice for all.

Emergency

through poisons of discrimination, otherwise known as gods and godly nuclear systems from the federal, state, or local government.

During the event, one will line up on the course and TCMC employees and volunteers will drive them through a course where they will receive a free emergency radio for their time safety supplies list.

This allows us to be able to study the flow of traffic and better understand how to have a dose of patriotism for a long time without adding to a large population, "Whitehead. These events have both
responders who would be helping with the pan of distribution and those driving through for those driving through to allow them to see what is discriminant, after an emergency would look like.

Typically, the pit-crew takes participants about 10 minutes to drive through the course, according to Whitham.

TCCD held their last point of distribution earlier in 2019. During that exercise, TCCD handed out cases of water to almost 500 people, who dressed up through the course.

The event was made both by emergency covering even more people to come out and participate. They are also encouraging community members to be ready for a large-scale emergency.

"We want our Tooele residence to be prepared for emergencies, regardless of type of emergency," said Whitehead. "We want everyone to download our Tooele Ready app. They can find that in the Google, Apple, or iTunes play stores."

Suzanne (Sue) Denise Poulson

Suzanne (Sue) Denise Poulson, a resident of Eidsvold, Utah, passed away peacefully October 15, 2021, in Salt Lake City, Utah, surrounded by her loving family. Sue was born February 24, 1932, in Tooele, Utah, to John M. Poulson, and Dora J. (Bred) Ride. She was living in Amaryllis Valley, California, when she met her 2nd Mark Poulson. Sue and Mark were married in Las Vegas, Nevada, Feb. 24, 1979.

Sue retired from Tooele Army Depot, most recently working as an administrative assistant in the health clinic. Throughout her life she bred and maintained horses both in California and Utah. "Horse of honor and riding came naturally from her parents and grandparents. One of her joys in life was time spent caring for and riding her horses. However, her greatest joy in life came from being with her family and friends, and dining on her family. She was preceded in death by her parents and adopted

DEATH NOTICES

Matt (Chili) Medina

Matt (Chili) Medina of Craig, Colorado, longtime resident of Tooele, Utah, passed away Oct. 15, 2021. A full obituary will be published at a later date.

Peter H Winklelaar


Brother Jack. She is survived by her husband Matt. her step- mother Gini Buck of Arizona, her daughter Coryn (Matt) Anderson, and eight grandchildren Jentina, John David, Lukas, Olivia, Sydney, Dylan, and Emmett. There will be a graveside service for family and friends at 11 a.m. Saturday, Oct. 23, at the Military Park Cemetery, 132 E. Brigham Road. In lieu of flowers, donations may be made to your local animal shelter.

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Environmentalists secure water rights for Great Salt Lake

TAMMINS, Utah (AP) — In an effort to help save the shrinking Great Salt Lake, environmentalists are pursuing a novel idea: securing water rights for a terminal system.

The Great Salt Lake is now nearly a foot below its 1847 level, which is alarming environmentalists and policymakers. "Right now, Great Salt Lake is facing its lowest recorded levels since 1847. We’re anticipating even lower levels. We hope we don’t see that. With climate change and the serious drought conditions, we have to think about how to divert more water, that is going to be a real change," said Marcelle Shoop, the director of the Audubon Society’s sage ponds program.

Legally speaking, the lake is in a terminal system — water that enters the Great Salt Lake ends up in the lake and is not factored into some of the pressures to draw water for irrigation, municipal services, development and other uses.

In an effort to help the Great Salt Lake recover, a coalition of environmental groups have partnered with Rio Tinto Kennecott and the Great Salt Lake Water Conservation District in a first-ever securing water rights for the lake itself.

"Rio has a water right that’s currently in excess of our demands for our mining and industrial operations," said Brian Balling, Rio Tinto Kennecott’s senior advisor for water resources. "If we are able to change the legal definition of the lake and put it to beneficial use for the wildlife and habitat out there, this would be an opportunity."

The donation, about 31,000-acre feet of water, took years to secure. "It took two years to work through these issues," Neville said. "We were really blessed, really lucky, really hard work, some good experiences and making rare is across the 7’s, almost all the 7’s."

Utah’s Department of Wildlife Resources said it will help administer the water rights, said it is in the best interest of the first time it has happened.

"People don’t realize it’s part of our entire existence when we buy a fish,” said Ann Neville, the regional director for The Nature Conservancy. Given the dry state of the Great Salt Lake, 21,000-acres feet is not a lot, but Neville said there’s a lot of optimism that even if they’re not using, could not be used and instead not used for Great Salt Lake,” she told the Transcript Bulletin.

The Utah State Legislature has been considering a number of policy changes including changing the legal definition of Great Salt Lake water and ensuring more water ends up there.
Sports

Tooele looks to sweep Stansbury in region match tonight

MARK WATSON

Tooele defeated the Stallions at 6 p.m. The tickets are sold at the gate for the quarterfinal football playoff game on Friday, Oct. 29. The top eight teams in the state, according to the RPI, received an automatic bid. Tooele (3-1) is good friends with my dad. They are a team that has been in 5A for a while and they have an outside program. They are a physical team and really big. When I coached at Syracuse we played them quite a bit and had a little classic game each year at Weber State. So I’m quite familiar with what they do. Coach (Robert) Gunter is one of my favorite dudes. He coached at Vasconcelos for a while and is a good friend of my dad.”

Tooele has been the winning team in most playoff games. The Buffs traveled to Corner Canyon last year and beat 28-21 in the first round of the 4A playoffs. They won in Mission Valley last year over Fremont 49-7. Prior to that, Tooele won on its way to the 46 state championship.

If Tooele prevails Friday they will move on in the second round and another encounter with Timpanogos in Gunn. The Buffs beat 44-34 at Timpanogos on Oct. 7.

“I wouldn’t be another rematch, but right now we’re focused on Tooele,” Jones said. The Bees’ junior-quarterback Cooper Swenson has completed about 60% of his passes and has been intercepted 10 times with 16 touchdowns. See FOOTBALL PAGE A9 ➤

Buff, Bees battle in football playoff Friday

TOOELE TRANSCRIPT BULLETIN A8

LIISA LONDON MECHAM

Seniors Kylee Broadhead and Danya Craner put an exclamation point on their high school career at home as they helped the Cowgirls to a 3-2 sweep over the rival Stansbury in a tournament. Coach Kathy Fisher commented, “We had a special night honoring our two seniors, Kylee Broadhead and Danya Craner. They are my first seniors where I’ve been the coach all four years. They have improved so much over the years. They’ve developed their fundamentals strong and played consistently in their roles on the court and with their families.”

“We started in a hammer setting. We had a lot of our seniors pass. We worked on their fundamentals and style of play, especially teaching them how to handle the ball and doing a lot of the fun stuff. We’ve played a lot of them on their home court for the last time. We’re proud of them, they both are going to have a great future.”

For the game, Kylee Broadhead had 11 assists and Kenzi Jackson 13. Overall, the team has 515 kills. Setting up those kills has been senior Breanna Bee with 413 assists in 77 sets played. Bee also had 52 aces and 17 blocks. The Cowgirls’ team had two aces with Sadie Baker with 28 aces, Kylee Mant 20, Kenzi Jackson 18, Whitney Morgan 17, Paizlee Palmer 15, and Jackson 13.

Block leaders include Morgan at 45, Grace Pocock at 37, Kenzi Jackson 24, and Sadie Baker with 20. Overall, the Cowgirls had 509 kills and Salix Shirley with 92 aces. The Cowgirls had 17 blocks with Zada Jackson at 107 aces. Overall, the team has 515 kills. Setting up those kills has been senior Breanna Bee with 413 assists in 77 sets played. Bee also had 52 aces and 17 blocks. The Cowgirls’ team had two aces with Sadie Baker with 28 aces, Kylee Mant 20, Kenzi Jackson 18, Whitney Morgan 17, Paizlee Palmer 15, and Jackson 13.

Sam頂 a great future. Sports can

GHS seniors seal sweep in final home game

SENIORS PAGE A6 ➤

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TOOELE HIGH CROSS COUNTRY

Football continued from page A6

Junior Carson White has rushed 177 times for 692 yards and averages 5.6 yards per carry. Sophomore Daxton Sumko has rushed 108 times for 603 yards and averages 5.6 yards per carry. He’s also rushed for 222 yards and six TD receptions. Senior Carson Chappell with 16 receptions for 724 yards and averages 45.3 yards per catch and three TD receptions. Senior Spencer Arnold has caught 15 passes for 222 yards and six TD receptions.

The eight teams with byes in the first round include Springville, Tooele, Bountiful, Provo, Timpview, Springville, Timpanogos, and Alta at Uintah, Fork. Westview, Riverton, Tooele’s Will Kennedy and Jonny Leakehe square off during practice Wednesday as the Buffaloes go through a light practice prior to Friday’s home game.

The Stallions conclude the regular season with a home game against Payson Tuesday.

The Buffaloes go through a light practice prior to Friday’s home game.

TOOELE TRANSCRIPT BULLETIN

Volleyball

The Stallions conclude the regular season with a home game against Payson Tuesday.

The Buffaloes go through a light practice prior to Friday’s home game.

TOOELE TRANSCRIPT BULLETIN

“HIGH-FIVE” TO NEW MEMBERS

Chartway credit unions are dedicated to serving our members’ financial needs. A 5.00% APY 6-Month Share Certificate $500 minimum deposit. $5,000 maximum deposit.

Chapman Credit Union is a member-owned credit union with headquarters in Tooele, Utah. Chartway Federal Credit Union is a member-owned credit union with headquarters in West Valley City, Utah. Each credit union’s field of membership provides various benefits to our members. For more information on how to become a member, please visit one of our branches or chartway.com.

TOOELE HIGH CROSS COUNTRY

TOOELE TRANSCRIPT BULLETIN

Now is the time to apply for prizing hunting permits

THURSDAY  October 21, 2021

TOOELE TRANSCRIPT BULLETIN

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TOOELE TRANSCRIPT BULLETIN

Now is the time to apply for prizing hunting permits
Seniors

covered from page A8

number of their serve. Added were 12/4 and let the
serve four times while Berrett had 11/3 in those
aces.

Throughout the second set, Grunville’s hitter continued
to pound the ball down as
Grantsville’s hitters continued
hit 11/12 serves with three
serve four times while Berrett


In the third set, the score
turned up the pressure and
took an early 1-3 lead and
then expanded it to 2-3 before
Brady added a kill to the score
at 6-4 and another kill by
Brookshead brought the score to
8-6. A block over by Rubber
Roundy tied the score at 8-8
and an ace by Craner gave the
Cowboys the lead, 9-8, for the
remainder of the game. The
Score stayed close until 15-13
when Grunville went on run
to take a 24-9 lead. Just before
the final point, Craner, a bloc
round specialist, was substituted
back into the game on the front
row, to be on the court with
Broadhead for the last point
row, to be on the court with

reach 18,000 Readers Every Week!

Everyone contributed well to
our team. Kylee led in kills and
Gordon in blocks. I'm especially
grateful for our home fans. They
really played well right now and
being accountable for
their jobs in the game, while
supporting others. I'm excited
to see how they do on Saturday,
but we will continue to work
and prepare one day at a time.
It's going to be a battle and the
girls are definitely motivated.”

The Cowboys finished the
season ranked 19th in 3A and
will play Richfield for the right to
advance to the state tourna-
manship in Tooele on October
27-28. Every finish the season ranked 19th followed by
Morago, Carbon, Union, South
Summit, North Sanpete and
Layton Christian Academy.
Power, comfort at a great price: 2022 Infiniti Q60 Red Sport 400 AWD

It is never a bad week when a small coupe rolls out in our driveway. We’ve been fortunate; we’ve never had to wait.

The 2022 Infiniti Q60 has been designed to be a driver’s car. For those who love to drive, this is the car for you. It’s small, agile, and has an engine that will make you smile every time you push the pedal to the floor.

The Infiniti Q60 is available in two trims: the Premium AWD and the Red Sport 400 AWD. Both feature a 3.0-liter V6 engine with 390 horsepower and 369 lb-ft of torque, paired with a 7-speed automatic transmission. The Red Sport 400 AWD adds an electronic limited-slip differential to the system, providing even better traction and control.

In terms of design, the Q60 has a sleek and sporty look. The front grille features the Infiniti logo in the center, flanked by two large air intakes. The headlights are sharp and angular, and the overall stance of the car is low and wide.

Inside, the Q60 offers a comfortable and well-appointed interior. The dashboard is well-laid out, with easy-to-reach controls and a large infotainment screen in the center. The seats are comfortable and supportive, and the materials used are of high quality.

The Q60 also comes with a long list of standard features, including automatic climate control, a backup camera, and forward-collision warning. Optional features include a panoramic roof, 20-inch wheels, and a rear-seat entertainment system.

Overall, the 2022 Infiniti Q60 Red Sport 400 AWD is a great choice for those who love to drive. It’s small, agile, and has an engine that will make you smile every time you push the pedal to the floor.
**Dear Amy:**

My 57-year-old husband has stage 4 terminal lung cancer. This is a terrible time for our family. My focus is on my husband and our two grown sons. Then there is my narcissistic, manipulative mother. She’s been my focus for several years because of many health issues. Her health is currently stable, and she’s not getting the attention they want.

She calls several times a day and always wants to know how things are going and if I’ve finally stopped crying and said she caller. She wants to have weekend get-togethers — every weekend — and get mad when that doesn’t happen. I’ve told her this isn’t about her, my husband isn’t up to day-long gatherings. How do I handle this for the “time being, we are only doing what he needs, and wants.” How can I make her understand that her “needling” to have weekend family get-togethers isn’t what he’s best for him, and he “loves” me and comforting isn’t what my boys and I need?

**Struggling**

You could assume that your mother already resents you about plans. She may need to know that her presence needs to come sooner than her former time requirements need. This means you need to communicate with her opening your presence. I live two hours away and had plans for the following two weekends. I told her I could see her on the third weekend. She said that was too long, and so I changed my plans to see her sooner. The day of the planned meeting, she was supposed to see me a time and place to discuss plans. I treated her as a near asking about plans. She was getting her hair cut.

The day was not clear and I never heard from her until the next day. I called her, asking her what she was up to, and she didn’t have plans. I didn’t respond. We haven’t communicated since.

I’m not asking for her to be part of the point was to have her in the mix — but at some point we need to have her in the mix. We need to have her in the mix.

You might do better if you shift your own focus away from your mother, your husband, and your boys and make a decision.

This is a heavy lift during a heavy time, but the might be the moment where you start to feel your own focus and handle your own business. You’ve been concerned about her and comforting her for a long time. You’ll have to try to explain plans. Don’t say, “This isn’t about you. It’s about your comfort.” I told it was about her.

I think a way to say, “I hope you find a way to do that for yourself. I can’t do that for you.”

Dear Amy:

I recently reconnected with an old flame from nine years ago. We talked for a few weeks, and then she asked (in her words) about the generation, which is yours and my presence? I live two hours away and had plans for the following two weekends. I told her I could see her on the third weekend. She said that was too long, and so I changed my plans to see her sooner. The day of the planned meeting, she was supposed to see me a time and place to discuss plans. I treated her as a near asking about plans. She was getting her hair cut.

The day was not clear and I never heard from her until the next day. I called her, asking her what she was up to, and she didn’t have plans. I didn’t respond. We haven’t communicated since. I’m not asking for her to be part of the mix — but at some point we need to have her in the mix.
**‘World’s Best Granola’ is kid-friendly recipe**

by Donna Erickson

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Those having received at ‘World’s Best Granola’ is kid-friendly recipe not entirely, harmless. Adverse and improved symptoms, I getting better, so they do feel placebo effect: The treatment treating symptoms. This has significant positive effects.”

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Creative tip: Let kids draw a handful makes a satisfying snack. Try some blend of heart-healthy nuts, 1/2 teaspoon salt, 1/2 teaspoon baking powder, and toss well.

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THURSDAY  October 21, 2021

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**Help with Parkinson’s disease symptoms**

**DEAR DR. ROACH:** Acupuncture is mostly, but not entirely, harmless. Adverse events are not common with acupuncture, but they do happen. Minor adverse events happen in about 9% of cases. Serious adverse events such as pneumothorax (sometimes called a collapsed lung) and nerve damage are occasionally reported.

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**THURSDAY  October 21, 2021**

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**Kevn Bacon Goes Gay**

Bacon’s other projects are also on track. “Love, Simon” is a short film set in Australia, and is being developed by Simon Helberg. Bacon and his crew are currently shooting the movie in Sydney, Australia. The film is expected to be released in late 2021.

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**Debbie Reynolds was a great actress in care of Hollywood and television. She is a formidable actress and wonderful professional. She also had a great career as a model and actress in Hollywood. She is a true legend.”

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**George Clooney has produced and directed “The Tender Bar,” a coming-of-age tale about a young boy who finds himself moving in with his uncle’s bar. It stars Tye Sheridan, Rami Malek and Lily Cole. In the movie, the young boy starts working at the bar and learns about the world of hospitality.**

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**We’re always looking for news suggestions (contact us at 435.842.0050 or tbp@tooeletranscript.com)**

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TOOELE TRANSCRIPT BULLETIN

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**Hollywood**

by Tony Rizzo

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© 2021 King Features Synd., Inc.
**Universal Crossword**

**ACROSS**

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2. Star Cut (8)
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**Editor's Note:**

- **Horoscope**
- **Universal Crossword**
- **Sudoku Puzzle**
- **Minute Maze**
- **Universal Sudoku Puzzle**
- **Hidato**
- **Find the Nine:**

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**Universal Sudoku Puzzle**

Complete the grid so that every row, column and 3x3 box contain each digit from 1 to 9 exactly once. Enjoy solving it!
**Grantsville**

**Tune in: Book Exchanges and More**

Books will be widely located in the Grantsville area. The Mountain West Medical Center, 730 N. Main St., will accept pop-up location exchanges. We also accept grants for those who can’t get to a location in Grantsville. For more information, call 435-248-1800.

**Transportation**

Doctor visits for residents in Tooele and your zip code.

**Tooele**

**Grand New Chapter**

The Daughters of Utah Pioneers, Grand Chapter 20 – Disabled American Veterans, meets the second Thursday of each month at 5:30 p.m. in the first floor meeting room at the Tooele City Library. Group meetings are open to all Daughters members and their families.

**Trinity Episcopal Church**

Baby Blankets Needed

A diagnosis of Parkinson’s disease can be devastating for patients and their families. Assistance is always needed in providing comfort and care. The Parkinson’s Disease Support Group meets at Trinity Episcopal Church, 709 N. Main St., Tooele, every Thursday at 10:30 a.m. Call 435-849-4180 for more information.

**Suicide support group meetings are available through the Tooele County Historical Society (681 N. Main St., Tooele, 435-843-2094).**

**Rocky Mountain Hospice**

If you would like to announce an upcoming event or promote a community organization, please call 435-884-3832. Visit www.grantsvilledupmuseum.com or call 435-882-5009 or 435-849-0854, Dianne Spilker, Membership Chairman, 435-841-9718 or spilker@tooelecity.org for more information about the Sons of Utah Pioneers. For information about joining, see our website at dup事业发展 of America. For information about the Sons of Utah Pioneers, visit www.tooelepioneermuseum.org.

**Tooele County Historical Society**

Tooele County’s only faith-based school.

The Tooele County Historical Society’s 13th annual Dutch Oven Cook Off starts at 2 p.m. Judging at 5 p.m. sharp. $8 entry fee includes a entrée, side dish, and 3 bottles of water. The entry fee must be made in advance. The entry fee includes a table, but you must bring your own utensils, etc. For more information, call 435-849-4180.

**Alcoholics Anonymous**

Alcoholics Anonymous meetings are held every Thursday at 6 p.m. at the Town Hall, 200 E. State St., Tooele. For more information, call Heidi at 435-883-4091.

**Food Addicts in Recovery**

Food Addicts in Recovery Anonymous is a free, 12-step recovery program for anyone suffering from a food addiction. Get your loved one sober. The USARA website is foodaddicts.org. Everyone is welcome to attend a session. For more information, call 435-572-0509.

**Ladies Community Club of Tooele**

The Next Chapter

The Daughters of Utah Pioneers, Tooele County Chapter 20, is accepting new members. Aerie meetings are on the second and fourth Tuesday of each month at the Tooele City Library. Group meetings are open to all Daughters members and their families.

**Tooele Women’s Support Group**

The Tooele County Historical Society, 681 N. Main St., Tooele, is open Memorial Day to Labor Day. Enter to the left of the Tooele Naranon “Circle of Hope” office. The office is open Tuesdays and Thursdays from 12 to 1 p.m., and Fridays from 10 a.m. to 2 p.m. For more information about the Sons of Utah Pioneers, visit www.tooelepioneermuseum.org.

**Tooele County Homeowners Club**

Meetings are held at 7 p.m. on the first Monday of each month. Meetings are at the Tooele Senior Center, 987 S. 1050 W., Tooele. For more information, call 435-841-7388.

**Tooele County Quilters**

Meetings are held at 7 p.m. on the third Monday of the month at the Tooele Senior Center, 987 S. 1050 W., Tooele. For more information, call 435-841-7388.
Classified Ad Deadline: Wednesday 4:45 p.m. for Thursday's issue. Classified ads of 20 words or less are $1.00 per word. Twenty words or less: $4.00 per word.

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Perceived stiffness does not always mean that the muscle is tight or needs to be stretched

THURSDAY  October 21, 2021

Mayo Clinic Q&A

Lauren Hubbard, D.P.T.

Dear Mayo Clinic,

I am a very active person. I visit the gym and run regularly. Although I have been able to avoid any major injuries, I find myself constantly stretching my hamstring. It seems no matter how flexible I get, they still feel tight. Why can’t I do this?

Answer:

Having an active lifestyle is important in achieving long-term health and wellness, as well as preventing future injuries. Staying limber can help protect you from injury. Muscle flexibility is a key component of any exercise program and helps to improve your joints’ mobility and improve your joints’ ability to move and stabilize. Keeping your muscles flexible can help prevent the risk of injury because it allows your muscles to stretch and move more easily, which can reduce the risk of injury.

One way to improve your muscle flexibility is to perform static stretching exercises. Static stretching involves holding a stretch for a specific period of time to help lengthen and strengthen your muscles. While stretching, it is important to avoid pushing yourself too hard and to listen to your body. If you experience pain or discomfort during a stretch, it is best to back off and adjust your position.

Here are a few tips to help you improve your muscle flexibility:

1. Perform static stretching exercises:

   - Hamstring stretch:
     - Stand with your feet hip-width apart and your hands on your hips.
     - Slowly fold forward at the hips, keeping your knees straight.
     - Hold the stretch for 15-30 seconds, and then release.

2. Incorporate regular stretching into your routine:

   - Incorporate stretching into your daily routine, such as before or after exercise.
   - Perform stretching exercises while sitting or standing, such as sitting with your legs crossed or standing with your feet together.

3. Use a stretching band:

   - Use a stretching band to help you achieve proper alignment while stretching.
   - Place the band around your ankle and hold onto a fixed object to help keep your body in the correct position.

4. Work with a physical therapist:

   - Work with a physical therapist to help you develop a stretching program that is tailored to your specific needs.

By following these tips, you can improve your muscle flexibility and reduce your risk of injury. Remember to listen to your body and adjust your exercises as needed.

Best, 

Lauren Hubbard, D.P.T.
Life is better with you in it. Schedule a potentially lifesaving colonoscopy now.

If you are over 50, the American Cancer Society recommends that you have a colonoscopy at least once every 10 years. And we’re making it easy with a simple phone call. Call 435-228-0061 to set up an appointment today. A colonoscopy can mean a lot more time with the people you love, so don’t wait. To make an appointment today, call 435-228-0061.

Why have a colonoscopy?  
• Polyps can be found and removed before they become cancerous.  
• Colorectal cancer can be detected in its earliest stage, which can lead to a 90% five-year survival rate according to the American Cancer Society.  
• A colonoscopy is safe, effective and won’t take long.

To make an appointment today, call 435-228-0061.

A colonoscopy is a anx and arduous procedure — the blo behind the toilet. The end ar 29 the dominant industry. The riling forces are covered with a blanket of feces, and the patient’s bowels are empty. The patient is in a state of suspended animation, where time seems to stand still. The patient’s only concern is to keep their bile pool away, which is essential for the patient to survive. The patient’s life is on the line, and the patient’s survival depends on the patient’s ability to keep their bile pool away. The patient’s survival depends on the patient’s ability to keep their bile pool away. The patient’s survival depends on the patient’s ability to keep their bile pool away.

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Like it says in a mouth of a character’s thought to laugh. They then note of an Alentejo man who nearly burned his ears in a forest. The fire had been burning for weeks without being extinguished. The fire was not small… could have been a forest fire.

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Exclusively for those who qualify. One coupon per household. No obligation. Promotion valid for 1 year. Offer valid at time of estimate only.

Individuals must be 62 years or older, complete HECM counseling & qualify for an FHA approved HECM loan.

Stay in Your Home for LIFE  Worry Less!

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