

Are you ready for spring? Check out a list of things to do this weekend on A6.



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Spring fever – how to cope, get ready for the change of seasons

BY HANNAH SHEELY
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SHERIDAN — Spring officially begins Monday, but singing birds outside and zinging energy inside tell us spring fever is already rising as rapidly as the mercury. For many people, spring is a

time of promise. It is a time to shake off winter doldrums and tackle projects that will prepare the house — and themselves — for summer. This can include starting seeds for the garden, painting a room, playing a new game with the kids or getting a new hairdo. For others, however, spring

brings anxiety and sadness. Several studies have found that suicide rates peak in the spring — not the winter like many people believe. Jennifer White, clinical director of the Northern Wyoming Mental Health Center, said psychologists see several reasons the change in seasons may cause

such stress. Often people who feel depressed in the winter become disillusioned when their depression doesn't lift come spring even though people around them seem refreshed by the change.

SEE FEVER, PAGE 2



FILE PHOTO | THE SHERIDAN PRESS

A student does a cap weld demonstration at Sheridan College, which will host a Demo Day on Wednesday for high school students and industrial technology instructors and counselors.

High school students to participate in SC Demo Day

BY MIKE DUNN
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SHERIDAN — Hundreds of high school students will get a chance to get their hands dirty at the college level next week when Sheridan College industrial technology programs host Industrial Tech Program's Demo Day.

Misty Bateman, career and technical education student recruiter, said the program will introduce students to Sheridan College's programs and the tech field.

'They get to get their hands dirty – build something, run something, make something on a machine. It's very interactive.'

Misty Bateman
Sheridan College career and technical education recruiter

The program invites students to the campus for a day and allows them to participate in the offerings at the school.

"When we have an event like this, we are not only trying to build awareness of the programs we have here at Sheridan College, but also build awareness of the fact that these types of programs even exist," Bateman said.

The Demo Day takes high school students on a tour through the facilities. However, students will be able to do more than just look around the building.

"They get to get their hands dirty — build something, run something, make something on a machine," Bateman said. "It's very interactive."

SEE DEMO, PAGE 8



JUSTIN SHEELY | THE SHERIDAN PRESS

Dr. Ami Erickson checks on the bean plants being grown by her horticulture class Friday in the greenhouse at Sheridan College.

Staying close to home

Local food brings benefits to state, accountability to industry

BY CHELSEA COLI
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SHERIDAN — When it comes to food choice, overwhelming numbers of drive-thru restaurants, microwavable meals and one-stop warehouse shopping can easily shift tracing a food's roots to the back of the mind. But as nutrition information continues its steady flow to consumers, some return to an earlier mindset where producing for, and purchasing from, a local market prevailed.

'It's wonderful, it's flavorful. It has a different texture to it, compared to what the University of Arizona refers to as 'red water balloons.'

Donald Legerski
Landon's Greenhouse and Nursery

While Landon's Greenhouse and Nursery grower Donald Legerski said the benefits of returning to this local mindset are endless, he narrowed it down to four main payoffs that include longer shelf life, vibrant flavor, insular economic growth and production

accountability. Legerski said that certain foods like fresh eggs have a longer shelf life when they're collected locally. He said that fresh eggs can stay that way for months if they're not washed because they have a natural seal on them.

He said that not only are the "industrial" eggs that are found in grocery stores washed, eliminating this seal, they're also raised and picked to be the same size and color.

This production goal of being uniform also hurts quality in regards to taste.

Legerski said produce is grown with visual appeal and travel durability in mind, leaving much desired for flavor.

"It's wonderful, it's flavorful," Legerski said of biting into a tomato picked straight from the vine. "It has a different texture to it, compared to what the University of Arizona refers to as 'red water balloons.'"

Sheridan College horticulture and life sciences teacher Ami Erickson, Ph.D. also points out how important flavor is when trying to incorporate these foods into diet. She said that not only will local food taste better, but it tends to have more nutrients than the "uniform and reliable" mass produced fruit or vegetable.

SEE FOOD, PAGE 8



JUSTIN SHEELY | THE SHERIDAN PRESS

Landon's Greenhouse and Nursery grower Donald Legerski speaks during a workshop at Landon's on March 11.



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OPINION	4	OUTDOORS	10
VOICES	5	SPORTS	B1
PAGE SIX	6	COMICS	B3
ALMANAC	9	CLASSIFIEDS	B5

Sheridan Memorial Hospital
Taking Your Health to Heart
1401 West 5th St.

Growing for YOU ... Introducing our new website

With you, our patients and visitors in mind, we've just completed an update and redesign of our hospital website. As you browse our site – here are a just a few of the things you can do:

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- Schedule a wellness blood draw appointment
- Find out about hospital news & events
- Pay your bill
- Get information on all of our medical services
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