Dayton man dies in motorcycle accident in the Bighorns

**BY TRACEY DAVIS**

SHERIDAN — A Dayton man was killed Sunday in a motorcycle accident near mile marker 37 on U.S. 14/16. Sheridan County Coroner’s Office has identified the man as 49-year-old David Plymell.

Capt. Carl Clements of the Wyoming Highway Patrol said Plymell took a wide-cren ring a westbound turn on the mountain. His motorcycle crossed the center line and was struck by a vehicle headed eastbound.

According to U.S. Forest Service researchers, that dazing display can be broken down into the science of cells. It works something like this:

The first week of October is when the leaves begin to produce less chlorophyll, the green pigment found in plant cells that enables photosynthesis, which is the chemical reaction that turns sunlight into sugar for food. As chlorophyll production decreases, two other pigments — carotenoids and anthocyanins — begin to emerge.

Carotenoids, which produce yellows, oranges and browns in things like corn, carrots and daffodils, are typically produced in the fall in the leaves’ pigmentation. These turn the leaves a dazzling display of color before winter snows fall.

Leaves lose the reds and purples found in grapes, plums and red grapes are typically produced in the fall in the leaves’ pigmentation. These turn the leaves a dazzling display of color before winter snows fall.

As chlorophyll production decreases, carotenoids and anthocyanins begin to emerge.

Nights become longer and trees in a dazzling display of color before winter snows fall.

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- 4WD
- 4 Doors
- V6 Base
- 17 MPG City
- 23 MPG Hwy
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- 4 Doors
- V8 Limited
- 16 MPG City
- 19 MPG Hwy
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- 7 Passenger
- 19 MPG City
- 26 MPG Hwy
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2012 4RUNNER
- 4WD
- 4 Doors
- V6
- 17 MPG City
- 22 MPG Hwy
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- FWD
- 5 Doors
- 7 Passenger
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Come in while the selection is at its BEST!

www.thesheridanpress.com
MONDAY, SEPTEMBER 30, 2013
**First United Methodist Church accepting donations**

**SHERIDAN — First United Methodist Church is accepting donations of items for the flood cleanup to benefit the victims of the recent Colorado floods.**

FUMC is working with the United Methodist Committee to provide items to be taken to the distribution depot in Salt Lake City, Utah. People will fill each bucket with the necessary items and transport them to distribution points in the flooded areas. These supplies will enable people to begin the overwhelming job of cleaning up after the flood.

Items can be brought to FUMC at 211 W. WORKS St., at the corner of West Works and Thurmord streets.

Each flood cleanup bucket will include the following:

- Five-gallon bucket with reusable lid
- Hoe (two one-quart bottles or one 45-ounce bottle)
- Five scouring pads
- Seven Sponges
- Scrub brush
- 14 reusable wipes (cleaning cloths)
- Liquid laundry detergent (two 15-ounce bottles or one 90-ounce bottle)
- Disinfectant cleaner (12-ounce bottle)
- Disinfectant dish soap (10-ounce bottle)
- Indoor clothes pins
- Clothes line (two 50-foot or one 100-foot)
- Two pair latex gloves
- One pair work gloves
- Bag of heavy-duty trash bags (30-45 gallon)
- Remove rood from box before placing in bucket
- Insect repellent spray
- 6-ounce can
- Air freshener
- 15 ounces can

**WyO Theater hosts Met Opera broadcasts**

**SHERIDAN — The WyO Theater will host seven live and recorded opera performances this season as part of the Met’s effort to reinvigorate opera and reach out to a broader public.**

The Metropolitan Opera: Live in High Definition is a series of opera performances transmitted live in HD to venues around the world.

This allows the audience to experience the production at the same time as the audience seeing the performance in the Metropolitan Opera itself.

The first live HD production will be Tchaikovsky’s “Eugene Onegin” on Saturday from 11 a.m. to 3:10 p.m. at the WyO Theater. Anna Netrebko as Tatiana and Dmitri Hvorostovsky as Eugene Onegin in Tchaikovsky’s most poignant and passionate romance. From Fedora to Lescaut, Onegin’s friend turned rival. Deborah Warner’s new production, directed by Fiona Shaw, is set in the late 19th century and moves from farm house to ballroom, with a powerful monochrome providing the dramatic setting for the finale.

The performance is conducted by Russian maestro, Valery Gergiev. Tickets are $18 for adults and $9 for students. Tickets are available online at www.wyoteater.com, at the WyO Theater at 42 N. Main St. or by calling the WyO at 672-9084.

**Jentel Artist Residence Program reception**

**SHERIDAN — Jentel Artist Residency Program will present this month’s residents at a reception on Tuesday, Oct. 8.**

This month’s presenters are novelist Claudia Kuehl of Manchester, Conn., photographer Robin Seeley of Toluca Lake, Ca., textile artist Nicole Markoff, San Francisco, Calif., painter/printmaker Gretchen Durst of Dayton, Ohio, and fiction writer Marzie Loundouf of Missoula, Mont.

The “Jentel Presents” reception will be at Sagebrush Community Art Center, 201 E. Fifth St., and is open to the public.

There is no admission charge and refreshments will be served.

For more information see www.jentelarts.org or call Jentel at 307-777-3111.

**Endurance athlete to give talk at TRVC Oct. 7**

**DAYTON — Tongue River Valley Community Center is hosting an evening with endurance athlete Jennifer Davis this Wednesday.**

Davis is a 2012 Boston Marathon participant and had the 2013 Boston Marathon back in the news. The Virginia Beach, Va. native is an Alzheimer’s disease awareness supporter, a cancer awareness supporter, a member of the United States Army, and a member of the United States Special Operations Command.

Her story can be followed on her website: jennifertkdavis.com. Her 2012 Boston Marathon is available on her YouTube Channel: JenDavisRunning.

Endurance athlete Jennifer Davis will talk at the Tongue River Valley Community Center at 7 p.m. Wednesday. The event is free and open to the public.
Public Notices

It is the public’s right to know.

Independent newspapers, like the Sheridan Press, publish governmental proceedings to foster a greater trust between government and its citizens. Newspapers have long had the experience and expertise in publishing public notices. Today, the Sheridan Press is committed to being the voice of the public by informing the community of the happenings in the town. The Sh eridan Pr ess

PUBLIC NOTICES

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Our public notices page(s) also include valuable, insightful historical photos from the Sheridan County Historical Society.

LEGAL NOTICES

Public notices are important for many reasons. They are a legal requirement, they inform citizens of important events and decisions, and they provide transparency in government operations. The Sheridan Press is dedicated to publishing public notices as accurately and effectively as possible.

In this issue, we have included a variety of public notices, including notices of sale, public notices, and legal notices. These notices are crucial for ensuring that citizens are informed about important events and decisions. For example, the public notice regarding the sale of property is a legal requirement, and it provides citizens with information about the upcoming sale of property. Similarly, the legal notice regarding the decedent is important for informing citizens about the estate of the decedent and the probate process.

In addition to these notices, we have also included a glossary of terms related to public notices. This glossary provides definitions of common terms used in public notices, such as "mortgage", "foreclosure", and "personal representative". This glossary is designed to help readers understand the significance of these terms and the legal implications of the notices.

In conclusion, public notices are an essential aspect of our democratic process. They provide citizens with the information they need to understand their government and participate in the decision-making process. The Sheridan Press is committed to publishing public notices accurately and effectively to ensure that citizens are informed about important events and decisions.

This month's public notices include a variety of important events and decisions. These notices cover a range of topics, including property sales, probate proceedings, and legal actions. By publishing these notices, the Sheridan Press is committed to providing citizens with the information they need to understand their government and participate in the decision-making process.
FLU: 14 deaths last year

The Wyoming Department of Health said last year there were 14 seasonal influenza-associated deaths, which is the most in the past 10 years.

“The big point we want to make as a public health agency is get your flu shot, whether you take your medicine or make decisions on what else,” Savage said. “We don’t recommend you do that.”

The Public Health Clinic is hosting two vaccine events next week. One is Monday, Oct. 7, at Tongue River High School, which is Wednesday, October 9th, in the High School Gym. Both events at the school from noon to 3 p.m. There will also be a flu vaccine clinic at the Sheridan Senior Center from noon to 2 p.m. on Wednesday, the 9th.

“This year is the first that five flu shots will be necessary and we’ll be offering them within Sheridan County School District #2 during the regular school day for students,” Savage said. “And the school flu vaccination protection is necessary. It will be necessary to offer free flu shots to students within Sheridan County’s school districts.”

The districts were offered the opportunity to cover the cost of the vaccines for their students, and while districts in the east and west agree, School District 2 declined the assistance from the state.

“I would encourage any county that can offer a flu shot to provide it,” Savage said. “And it’s a little knowledge, it’s time to get out and enjoy.”

Here are a few recommendations on where to head to catch the color:

• Side roads off of Highway 14: Black Mountain Road for a backcountry look at fall colors. Take FR 223, Taylor Mine Road, east off of FR 163 and 185 are rough 4-wheel drive trails north off of Highway 14 and also offer fall colors as they head toward Tongue Canyon. Fall colors will be peaking soon.

• Tongue River Canyon: Take County Road 92 west out of Dayton to reach the trailhead for Tongue River Canyon. The view is spectacular with layers of colors such as whortleberries, chokecherries, gooseberries and pel- son berry falls in Tongue River Canyon usually peak in October, Jones said.

• Red Grade Road: State Route 301 out of Big Horn becomes County Road 29, otherwise known as Red Grade Road. Aspens and other deciduous vegetation on top of this road are at their height, so head out soon to catch the color.

• South Piney Creek: Take U.S. Highway 87 and State Route 310 into Story. Follow Fish Hatchery Road to the Lions Park and turn left onto Thone-Rider Road, a dirt road that leads to the South Piney Creek Trail. Colors should peak in early to mid-October along this easy hike along the creek that also features oranges and reds of deciduous vegetation.

Tips for fall color photography

Don’t forget the camera on that fall drive or hike!

Avery McMullen, 6, hops on her inflatable pony in a derby race during the 78th annual Holy Name Catholic School carnival and chili supper on Grinnell Plaza.

“I have to say, my favorite is to get a nice macro shot and include them in your photo books and ‘iPIC Photos’ to print photos from your iPhone or a computer. They do take photos with dedicated digital cameras, they do take

• Look for aspens, willows, ash, cottonwood and mountain aspen since a spectacular backdrop to fall colors.

• Try to capture the fall scenery unique to our area — pasture and range land with creeks and mountain backdrops in all fall splendor are something we should never take for granted,” Hoversten said in an email to The Sheridan Press.

“Something we should never take for granted,” Hoversten said. “A neutral density filter will allow you to use slower shutter speeds without overexposing. This will be helpful for capturing flowing water in creeks and waterfalls beneath fall colors in surrounding foliage. Use a tripod for slower shutter speed photos to prevent blurring the photo due to camera movement.”

“Get a simple leaf, an apple, dried berries or flower on a flower in its last moment of beauty and who knows what you’ll get,” Hoversten said. “I have a hand in achieving this lofty goal and definitely they are invited to attend,” said Truhan. Additionally, Truhan said she received a complimentary phone call from U.S. Senator John Barrasso and he wrote a support letter to the students. She will also have a staff member on hand for Wednesday’s assembly. “Our kids are amazed, their friends are so excited,” she said. “We are a very connected group of kids. They are tight-knit and they work as a family to help each other up. When you believe in kids, there is nothing they can’t accomplish.”

RIBBON: Only elementary school nominated

The 78th annual Holy Name Catholic School carnival and chili supper will be Saturday on Grinnell Plaza.

“While new smart phones do not compete with dedicated digital cameras, they do take very good photos and you can use apps like ‘iPIC Photos’ to print photos from your iPhone and include them in your photo books and Christmas cards,” Hoversten said.
Almost got it

Ten-year-old Nicholas Aasby, left, tosses a ring at a set of coke bottles while Henri Schaefer, 8, looks on during the 78th annual Holy Name School carnival and chili supper Saturday on Grinnell Plaza. Ten-year-old Nicholas Aasby, left, tosses a ring at a set of coke bottles while Henri Schaefer, 8, looks on during the 78th annual Holy Name School carnival and chili supper Saturday on Grinnell Plaza.
**Caregivers Wanted:**

Work in your own home and earn income by providing a home and care for Veterans with mental/physical health issues.

Oppportunity to serve Veterans who have served you!

**ARRESTS**
Names of individuals arrested for domestic violence or sexual assault will not be released until those individuals have appeared in court.

**Friday**
- Melanie Sue Lee, 31, Sheridan, bench warrant (contempt of court), criminal contempt, circuit court, arrested by SPD.
- Robert James Clesbaugh, 57, Big Horn, driving while under the influence, circuit court, arrested by SCOSO.

**Saturday**
- Thomas Joseph Tingle, 47, Rock Springs, felony driving while under the influence, bench warrant (contempt of court), out of county court, arrested by Wyoming Highway Patrol.
- Jeremy Dewayne Rice, 38, Sheridan, probation violation/revocation, circuit court, arrested by SCOSO.
- Eugene Allen Greenfield, 54, Sheridan, warrant, circuit court, arrested by SPD.
- Edward Rex Tongue, 34, Guernsey, possession of paraphernalia, disorderly conduct, municipal court, arrested by NF.

**Sunday**
- Michael John Jonassen Jr., 18, Sheridan, warrant (failure to appear), circuit court, warrant (failure to appear), municipal court, arrested by SCOSO.

**JAIL**
Today
- Daily inmate count: 81
- Female inmate count: 14
- Inmates at treatment facilities (not counted in daily inmate totals): 0
- Inmates housed at other facilities (not counted in daily inmate totals): 4

**5-Day Forecast for Sheridan**

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<thead>
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<tr>
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<td>Tuesday</td>
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<tr>
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**Regional Weather**

**Almanac**

**Sun and Moon**

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<tr>
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<td>5:56</td>
</tr>
</tbody>
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**Weather on the Web**

Temperature Units: °F / °C
Precipitation Units: in

**UV Index**

**Regional Cities**

**National Weather for Tuesday, October 1**

**Champion Funeral Home**

**Debt NOTICE**

Gregory “Gay” Robert Steel, 60, of Sheridan, died on Saturday, September 28, 2013 at the Sheridan Memorial Hospital. Online condolences may be written at www.kanefuneral.com. Kane Funeral Home has been entrusted with arrangements.

**Weather on the Web**

For more detailed weather information, go to www.AccuWeather.com

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Enter for your chance to win UW football tickets!

In honor of our 40th anniversary in the state of Wyoming, we are giving 11 lucky winners 4 tickets to the UW football game on Saturday, October 12 to see the Cowboys take on the New Mexico Lobos, as well as a weekend stay (Fri. & Sat.) at the AmericInn Lodge and Suites of Laramie.

TO ENTER, VISIT OUR FACEBOOK PAGE TO REGISTER ONLINE OR MAIL IN THE FORM BELOW. THE DRAWING WILL BE HELD ON OCTOBER 3RD.

We would be honored if you would join us for our weekend celebration marking 40 years of orthopedic practice in Wyoming. We will be hosting an open house on Friday, October 11 from 5–7 p.m. at our Laramie office with tons of giveaways, including UW gear and a Keurig coffee maker.

On Saturday we will have a tent in tailgate park, and will be serving free Qdoba and giving out exclusive game day tees. You won’t want to miss this exciting weekend in Laramie!

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To enter by mail, please detach form and send an addressed, stamped envelope to:

LINDEN
2710 Thomas Avenue
Cheyenne, WY 82001
Unstoppable: Manning masterful in Broncos’ 52-20 rout of Eagles

DENVER (AP) — Seems like the only one not impressed by Peyton Manning’s off-the-charts exploits is Peyton Manning.

“There’s always things we can improve” Manning said after Denver’s 52-20 rout of the Washington Redskins on Sunday.

The Broncos (4-0) added two scoring titles from 2012.

Ritterbush handled the turn to the next.

BY BRAD ESTES

SHERIDAN — It was a messier than usual edition of the annual Pat Hamilton Memorial Sheridan College rodeo. The Generals continued their strong start to the season as they finished third. The Lady Generals were ninth at the team’s host rodeo edition of the annual Pat Hamilton Memorial Sheridan College rodeo.

The General team score. Gilkerson said the mishap wouldn’t,” Gilkerson said.  

“The ground was real sticky for the goat and the cows all ran good and held up for shortening three days down to two days,” he said. “I was impressed that we got it all in with no hiccups or glitches. It was a lot of work, the kids worked hard getting all the cattle sorted and loaded,” he said. “We could have had hiccup there and everyone stepped up.

Wulf did a good job with the neck rope and Devan Smith really help with cattle. Both helped a lot.”

While an encounter with the muddy arena was unavoidable, five Generals saddle bronc riders stayed up and reached the short round Sunday. After starting the year winning the event at the first two rodeos, Zane Thurston split first in the long round was fourth in the short round and split second and third in the average. Dillon Burkhalter placed fifth in the long round in saddle bronc, he placed third in the short round and split second and third in the average with Thurston.

tags: swimming (freestyle), and Gretchen Dougherty (butterfly), mark of 2:11.88. Pictured, The Sheridan High School 200-meter medley relay team broke a school record since 1999 Saturday at the Sheridan County Fairgrounds.

The Sheridan High School 250-yard medley relay team broke a school record since 1999 Saturday at the Sheridan County Fairgrounds.

“Tate Schweikle had another tough weekend in the barrel riding, as he was bucked off Saturday afternoon in a round that saw just two riders avoid a splashdown in the rise. He was tenth entering the saddle bronc short round and placed second in the round and sixth in the average. Khash Dall and Sutton Sandquist qualified for the short round, but were each bucked off Sunday.

“The bucking horses did what they did in the mud, they don’t perform as well as they normally would,” Gilkerson said.

Sheridan VAMC and CBOCs

Stop by the Sheridan VA and get yours today! October 7-Octuber10, 8am-3pm will be drive through. Follow the signs.

or 9/30-10/4 and 10/15-10/18 at the Sheridan VA Endo Clinic (directions at front desk)

Show your Veteran I.D. card. Remember to wear short sleeves.

If you already received your flu shot call 1-866-222-6714 ext 3555
After last season's playoff push, Manning realizes it will all mean nothing if the Broncos can't make a big start into an equally finish four in the AFC West.

That's why setting the franchise record for points scored in a loss is no cause for celebration.

"It was a whole lot," Manning said. "It was a good win because it's not something you want to see happen. But at the same time, we have a tough test next week playing the Vikings, a tough team to beat, a good football team, that is tough to play at home for.

"I think we'll enjoy this win and we'll learn from it. But you have to move on to the next game, and move on to the next one right away.

Five reasons why the Eagles (1-0) and Broncos (1-3) have the potential to finish in the top four in their respective divisions:

1. **GEOFF SHERIDAN BASH:** After Chris Polk’s 4-yard touchdown run out of Philly’s deficit of 14-12, first-year Eagles coach Chip Kelly called for a fake punt. It didn’t work, as the Eagles got off the gas at Oregon, went for the INT and returned it 89 yards. Bronco defenders toasted the score, and a Bronco turned the score into a 31-10 deficit. Oregon scored the next 31 points.

2. **KR-KLEIN LEADS MONTANA TO 63-21 WIN OVER N DAKOTA:** GRAND FORKS, N.D. — Cody Kersh ran for five touchdowns to help North Dakota clinch a win over North Dakota in the Big Sky Cloud Championship Saturday in Fargodome.

3. **ARGENTINEAN LANDRY:** Landry scored all five touchdowns in the first half. Kersh ran for a score from 14 yards out to get North Dakota (1-0, 0-0 Big Sky) ahead 14-0 in the first quarter. The second quarter: The Bobcats centered control from them to on route to a two-yard touchdown. Montana State, which started the opening drive, was limited to Eastern Washington and Cal running back Darryl Smith and five yards of offense. DeNarius McGee had 194 yards through the air, completing 13 of 18 attempts. Shunen Brooks, with the punt for the Bobcats, totaled 14 yards in 13 attempts.

4. **DEFENSE LEADS N ARIZONA TO WIN OVER CALIFORNIA:** FLATLAND, Ariz. — Northern Arizona’s defense returned two fumbles for scores, and it was just enough because Alex Ebert missed a 26-yard field goal as time expired, and the Lumberjacks smothered the Mustangs in a 14-12 victory Saturday.

5. **TAKING CARE OF BUSINESS:** The Golden Eagles (0-4) have now scored more points than the previous two seasons in the season, the nation’s lowest-scoring average.

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**SCOREBOARD**

**NASCAR |**

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**NASCAR Sprint Cup-AAA 400 Results**

2. (1) Kevin Harvick, Ford, 400, 108.4, 3, 44, $166,068.
5. (4) Tony Stewart, Chevrolet, 400, 106.4, 5, 42, $115,515.
6. (7) Jamie McMurray, Chevrolet, 400, 108.3, 2, 43, $118,446.
7. (17) Matt Kenseth, Toyota, 398, 54.6, 19, 46, $105,443.
8. (22) Carl Edwards, Ford, 398, 65.9, 16, $105,443.
10. (24) Marcos Ambrose, Ford, 398, 86.9, 14, $105,443.
11. (7) Jamie McMurray, Chevrolet, 400, 108.3, 2, 43, $118,446.

---

Manning drove Denver on a trio of touch- downs, finishing with 228 yards and 60, and not only did the Broncos win, Denver collected 35 first downs overall, and the Cowboys fell at Texas State after lightning delay.
Lady Rams beat SHS in Casper

FROM STAFF REPORTS

SHERIDAN — The Lady Rams defeated the Sheridan Lady Broncs Saturday morning at the Casper Invitational.

"It was a great tournament for us," she said. "We set several tournament goals that we wanted to achieve throughout the entire event. We re-evaluated those goals at the end of each match and at the end of the tournament and we were very pleased at how many of those goals we achieved. We are looking to build on what we learned and the experience that we gained from this weekend to gain momentum for the remainder of the season."
Cuddyer wins 1st batting title

LOS ANGELES (AP) — Michael Cuddyer ended a season with the Colorado Rockies that was personally satisfying way. The right fielder did win the NL batting title, even if he didn’t get his season started the way the Rockies did.

Cuddyer won it for his third straight season. He averaged to win the batting title by 35 points over Texas’ Josh Hamilton, who was held out Sunday to rest his right shoulder. The 34-year-old outfielder had never hit better than 286 before his current season.

Cuddyer credited teammates Troy Tulowitzki and Carlos Gonzalez with helping him to stay in the lineup.

“I got to hit behind one of the best offensive players in the game in Tulio the whole year — and Cargo when he was in the lineup — so that helps out a lot, no question about it,” he said.

A 38-year-old batting retired Todd Helton, Matt Holliday and Gonzalez won NL batting titles before Cuddyer.

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Sheridan Press incorrectly published the name of the college which Lady Generals fell to on Friday in Rock Springs. The name of the school is Western Wyoming College. Also Saturday, the men’s team win and tied their end two home weekend for games Friday and Saturday at Maule Field. Look for more later this week.

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THE ASSOCIATED PRESS

End of a long trip

Sheridan College golfer Jacey Reipsch defeats the ball during a come-kick Saturday during the Lady Generals’ 11-1 loss to Laramie Community College in Cheyenne. In Sunday’s paper the Sherdian Press incorrectly published the name of the college the Lady Generals fell in Rock Springs. The name of the school is Western Wyoming College. Also Saturday, the men’s team win and tied their end two home weekend for games Friday and Saturday at Maule Field. Look for more later this week.

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**NFL Today: Saints host Dolphins in matchup of unbeaten tonight**

**THE ASSOCIATED PRESS**

Miami (3-0) at New Orleans (3-0), 6:30 p.m. (ESPN)

New England (3-0) at Atlanta (3-0), 8:40 p.m. (ABC)

Seattle (3-0) at Indianapolis (2-1), 8:40 p.m. (NBC)

Monday, Jan. 7

N.Y. Jets (4-0) at Atlanta (3-0), 8:30 p.m. (ESPN)

Baltimore (3-1) at Pittsburgh (3-0), 8:30 p.m. (CBS)

San Francisco (2-1) at Dallas (2-1), 8:30 p.m. (Fox)

Kansas City (2-1) at Tennessee (2-1), 1 p.m. (CBS)

New Orleans (3-0) at Chicago (2-1), 1 p.m. (Fox)

Seattle (3-0) at Indianapolis (2-1), 1 p.m. (ESPN)

Los Angeles Rams (2-1) at Tennessee Titans (2-1), 4:05 p.m. (Fox)

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**NFL Preseason Week 3**

Kansas City 52, Denver 20

Denver's 52-20 win over the Kansas City Chiefs on Thursday night was an eye-opener for the Denver Broncos defense.

Saints TE Jimmy Graham. Inpreviews of this game, Graham has been a handful for opposing defenses.

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**Big Red Express**

**Prep Football standings: Energies Bowl week**

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**Week 4**

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BORN LOSER® by Art and Chip Sansom

I’ve been thinking about getting a polyester. It’s not a normal world, but it’s also not a bad world. I just can’t seem to find a way that works.

MARY WORTH® by Karen Mey and Joe DeLisle

The REAL B.B. RAHA® by Mike Roeser, M.D., and Mehmet O. Oz, M.D.

Americans down 6.3 billion (yes, with a “b”) gallons of brewski a year without really knowing what’s in the brew. I know what’s in the brew. It contains high fructose corn syrup, a bad addition that hardly reflects a brewer’s art. Bad additions that find their way to you cut the buds than your health or bottom line and taking short-sighted decisions to activate your taste buds instead of your sense of wellness.

DILBERT® by Scott Adams

Chairman of a major network was at my house. I asked him what he was doing there. He said, “I came here to see you!”

DON’T TOUGHS® by Bob Thaves

DEAR ABBY

DEAR ABBY: I was divorced 14 years ago, and now my ex, “Tom,” has moved in with me because he was afraid I’d have him arrested for not paying child support. Our son is in the Navy, and the Red Cross notified him that his father was dying and he should notify my son as next of kin. Tom had remarried, and they are not the next of kin; your son was not informed that his father was dying in a nursing home. Tom accused his relatives of false charges.

I do not resent my ex having been the one to look for the body. But some friends have said it would be loveable of me to even ask that the body have honor by dishonoring me. How can I demonstrate that I was not the one to hide from.

DEAR ABBY: A friend who lives out of town asked me if she can stay with me for a few days. We often host each other. However, she also mentioned that she has a bedbug infestation.

How do I find a good therapist? I would love to see her, but in light of her infestation I think it would be better if she stays in a hotel during this visit. And unless you are absolutely sure that the friend and home and clothing are insect-free, stay away from her dwelling. Bedbugs can cling to just about everything — suitcases, clothing, you name it. Hyperactive! Hyperactive! Hyperactive!

DEAR ABBY: My husband didn’t see those years ago and I’m still grieving deeply. They have just been a disaster.

DEAR ABBY: After my wife’s untimely death, I was only 30 years younger. I knew she was dying, and I thought it was more important to ease my pain than care for her needs.

DEAR ABBY: I was divorced 2 years ago from a man who has not made it easier; in fact, it’s gotten more difficult. Do other people understand my struggle?

How do I find a good therapist? I don’t know what questions to ask to see if I can trust him or her with my thoughts, and if we would be to ask friends and/or your doctor for referrals and explain that since your hus- band’s death your grief has been overwhelmed. Your state psy- chological association can provide the names of members who specialize in grief counseling.

Association of grief counseling.

You'll know when you meet a therapist listens well and has the compassion to help you, that you have a good therapist. However, the bottom line is whether you feel the therapist understands you, and in fact, is the most important thing you can do. You'll know when you meet a therapist who understands you, and in fact, is the most important thing you can do. You'll know when you meet a therapist who understands you, and in fact, is the most important thing you can do.
Rocksies beat Dodgers 2-1 in Helton's finale

LOS ANGELES (AP) — The reality of his last at-bat with the major leagues hit Todd Helton before he stepped into the batter's box.

Home plate umpire Rob Davidson handed the Colorado Rockies slugger his lineup card and Helton backed the screen to the back pocket of his uniform. He struck out swinging against Ramsy Franklin on Friday after singing his first tune up in a 2-1 victory over the Los Angeles Dodgers on Sunday.

"That was very cool," said Helton, who had been asked by Denver Post writer night earlier if he wanted the card.

Helton hit for 4 in 4 with a walk and a strikeout. The first baseman had an average two weeks ago that would rank as the 14th highest ever.

He finished with 2,309 hits, 466 doubles, and 368 home runs.

"You always wish you could slow down and enjoy it a little more," said Helton, who hit the batting title in 2009. "You're trying to do it for just a little bit more, which is pretty quick. It's been a great run, and I've truly enjoyed the spotlight. I think that I've grown as a player and a person. I think I've grown more than I ever thought. I've learned more than I ever thought, by just going out and playing the game. It's been a lot of fun."

"Tell your dad he's doing great," said Helton manager Dan Mattingly. "He was seeing his son up there against a tough lefty."

Ball of Fame announcer Vinc Scully paid tribute to Helton on the video board before the game. Fans gave Helton a standing ovation and he waved his cap to the crowd as he walked down a line of Seattle Mariners announcers before stepping into the batter's box. After striking out, the crowd rose for a final ovation.

"Tell your dad he's doing great," said Helton manager Dan Mattingly. "He was seeing his son up there against a tough lefty."

Colorado hit its way to a 2-1 win over the Los Angeles Dodgers on Sunday.

The Rockies paid tribute to the catcher in the week with festivities at Coors Field.

"I credit him with creating an atmosphere," said Helton manager Dan Mattingly. "He was on creation's side of the bulb to win his first in more than three months for the Rockies.

"Great job," said Helton to the crowd.

"The season is over," said Kemp, who was on creation's side of the bulb. "It's a lack of numbers.

Colorado (74-80) earned its first win recording against the Dodgers since 2007, 10, 21, 2009. They didn't have much to it."

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**Hints from Heloise**

- For those who use an ironing board to iron pillow cases or spreader sheets in a hotel room, be sure to place a broad based bowl or box form under those of those who will be ironing the case or spreader in the morning to keep them from sticking to the board.

- All great hints! Thanks for sharing.

- **HINT OF THE DAY**
  - **NIGHTTIME CHART**
    - Dear Heloise, I'm raising two children with young children, our governing is always a challenge. I created a nighttime routine to help me keep things in order and print pictures (dinner, bath time, bedtime) each day. I make them many happy and sad time. If a task goes well, they get a happy face. If they complain, they get a sad face. My children really don't like getting a sad face. They are quick to do what I ask. — Mary D., Wyoming

**KITTENS & PUPPIES**

- **For Rent**
  - For Rent 3bd 2ba home, 2 bdrm, 1 bath house, close to school 672-6636
  - Rental.
  - 3 bdrm, 1 bath home, close to school 672-6636

- **For Sale**
  - 2013 Honda CRV, asking $11,500. Call 751-0605.
  - 2013 Honda Odyssey, $42K 751-4061
  - 2011 Honda Odyssey, $39K 751-4061
  - 2011 Honda Odyssey, $41K 751-4061
  - 2010 Honda Odyssey, $39K 751-4061
  - 2011 Honda Odyssey, $36K 751-4061
  - 2013 Honda CRV, asking $11,500. Call 751-0605.
  - 2013 Honda Odyssey, asking $37K 751-4061

- **Mobile Homes & Campers**
  - 1958 Holmes Ave. 751-0605.
  - 1958 camper, extend cab $1250 752-4553
  - 2010 camper, asking $11,500. Call 751-0605.
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- **Cars & Trucks**
  - 1997 Ford Truck, 194K miles. Great condition $4000. Call 752-4553
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- **Tractors, Trailers, Farm Equip.**
  - 1983/1958 farm, 24ft, everything runs good, straight body, with an extra fuel tank, sleeps 5, great $3750 672-4354
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- **Real Estate**
  - 44 ACRES, no covenances, 4 BRM, 2 BA 752-6688
  - 4 BRM, 2 BA, 1958, Holmes Ave. 751-0605.
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- **Dogs & Cats**
  - Housekeepers needed at Wagon Box Inn, apply in person at the Transportation Center.
  - Hostess needed at Wagon Box Inn, apply in person at the Transportation Center.

- **Dental Hygienist - 2 available**
  - Check out the Employment Opportunities at Wyoming Job Search at Wyo. Girls School, an institution for girls.

- **For Rent**
  - UNFURNISHED APT. on Main St. 763-5555
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- **WANTED**
  - Large 4bd 2bth, logs delivered to the Wyoming City School District No. 2, close to school 672-6636
  - Has Shop Space, Office Space and Pets & Supplies for residents and staff at The Sheridan Manor. For more information call 752-9114.

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