Clearwater: The Sheridan Press, Sheridan, WY 82801
307.672.2431
www.thesheridanpress.com

WELCOME SOCCER FANS!
Good luck to all participants

THE SHERIDAN Press
WHAT’S YOUR FAVORITE SUMMER ACTIVITY? OUTDOORS •

Training focuses on trauma-informed investigations

BY ASHLEIGH FOX

Justice 3D trainers work to reintroduce trauma training for law enforcement officers and first responders in a way that may differ from what they were taught. During changing times, the visiting trainers have integrated trainings with local and statewide advocates, law enforcement officers and prosecution attorneys. RCCA/ member and Sheridan’s Advocacy and Resource Center Volunteer Coordinator Cassidy Drew, who organized the training, said there is a lot of overlap between agencies involved in all three segments of Justice 3D’s focus areas, which is representative of the makeup of RCCA.

“As an advocate, it’s nice to understand and learn alongside our own law enforcement and see what they’re learning and how we can be helpful and how we can build that partnership and how we can work with them to come from a more trauma based approach,” Drew said. “...I still feel very grateful in Sheridan County for the three-and-a-half years I’ve been doing this job. I feel we have really strong relationships with the law enforcement and prosecutors I’ve met.”

Low enforcement and first responders attending the Justice 3D sexual assault and domestic violence training share a laugh Thursday, May 2, 2019, after listening to a 911 call where a 4-year-old boy called to receive help with his math homework.

BEYOND THE HEADLINES

Lodge Grass, Montana Mayor Quincy Dalney works with volunteers outside Lodge Grass City Hall during the 2018 cleanup.

Lodge Grass community event about more than litter, trash

BY KRISTEN CZABAN

Lodge Grass, Mont.—It started as a way to give back to the community of Lodge Grass, but the community cleanup that has since become an annual event focuses on so much more than litter.

“We have addiction, we have hurt,” Lodge Grass Mayor Quincy Dalney said earlier this year. “People have had some tough, hard times. We’re helping to heal that.”

Dalney, who has been mayor for a little more than one year, ran for the office after his neighbors, friends and family encouraged him to do so. They saw what he had accomplished with the first cleanup in 2016. People not only helped pick up trash along the town’s streets, but also turned in needed and unused items.

Dabney, who has been mayor for a little more than one year, said the public has had some tough, hard times.

“People have addiction, we have hurt,” Lodge Grass Mayor Quincy Dalney said earlier this year. “People have had some tough, hard times. We’re helping to heal that.”

The Sheridan Press
133rd Year, No. 294
Saturday, May 4, 2019
Wyoming, since 1887
www.thesheridanpress.com

Streets, but also turned in needed and unused items.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Lodge Grass, Montana Mayor Quincy Dalney works with volunteers outside Lodge Grass City Hall during the 2018 cleanup.

Lodge Grass City Hall during the 2018 cleanup.

Lodge Grass, Montana Mayor Quincy Dalney works with volunteers outside Lodge Grass City Hall during the 2018 cleanup.

Lodge Grass, Montana Mayor Quincy Dalney works with volunteers outside Lodge Grass City Hall during the 2018 cleanup.

Scouts scroun Elk Refuge for antlers for annual auction

BY CHANCE C. COOK

Jackson — Moments after the final instructions were given, a couple of dozen Boy Scouts with the parents and volunteers set out across the National Elk Refuge in search of shed antlers, the last remnant of a long winter now that the snow has melted across the range.

The boys taking off in the McBride area hit the ground on a four-wheel drive, quickly breaking into smaller groups and plunging out across the rolling hills.

The Sheridan Press
133rd Year, No. 294
Saturday, May 4, 2019
Wyoming, since 1887
www.thesheridanpress.com

Scouts scroun Elk Refuge for antlers for annual auction

BY CHANCE C. COOK

Jackson — Moments after the final instructions were given, a couple of dozen Boy Scouts with the parents and volunteers set out across the National Elk Refuge in search of shed antlers, the last remnant of a long winter now that the snow has melted across the range.

The boys taking off in the McBride area hit the ground on a four-wheel drive, quickly breaking into smaller groups and plunging out across the rolling hills.

McBride area hit the ground on a four-wheel drive, quickly breaking into smaller groups and plunging out across the rolling hills.

McBride area hit the ground on a four-wheel drive, quickly breaking into smaller groups and plunging out across the rolling hills.

McBride area hit the ground on a four-wheel drive, quickly breaking into smaller groups and plunging out across the rolling hills.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.

Flowers and plants sit outside Lodge Grass, Montana, City Hall during the 2018 cleanup.
Park County becomes first county with anti-EMP room

By KEVIN - Powell Tribune

POWELL — As his time as Park County’s Homeland Security Coordinator nears its end, Skip Knapp was busy putting up strips of foil in a subterranean room that’s supposed to shield the county from the threat posed by the sun, researchers warn, could be a cause for concern.

Some researchers warn that solar flares and explosions could be a cause for concern in the future, and Knapp believes that the county is prepared for such an event. The room, which is located in the basement of the old Cody jail, has been replaced with plastic piping and the walls and ceiling of a windowless 16-foot-by-16-foot room have been inlaid with a copper-mesh. The precautionary measures are meant to protect the room’s contents from any man-made or solar EMP.

Knapp expects radios, satellite phones, portable generators and other electronics to be stored in the space. Outside the room, the department also has EMP-shielded cases for some of its radios.

Knapp said Park County is the only county in the state that’s been preparing for an EMP.

"The idea of a post-apocalyptic world where the government has failed to prepare us for the worst is something that we need to be prepared for," Knapp said. "We need to be ready to handle any potential EMP threats that may arise."
Training:

Attendees hungry to learn, taking notes, paying attention

FROM 1

Justice 3D trainer Nancy Oglesby said advocates usually understand the concept of empathy and trauma-informed response to victims of violent offenses. Where the changes are being seen and experienced are in law enforcement and prosecution.

“We try to educate in any situation where there’s bad information being taught,” Oglesby said. “I think that, as with any area, when you have training that’s been out there for 20 or 30 years, if it’s not updated it’s not going to be accurate.

“There are unfortunately those things out there that haven’t been changed and haven’t been brought to the modern age of trauma, and sexual assault is probably where that’s been affected the most.”

Oglesby said attendees of the training in Sheridan, as well as others in trainings throughout the country, are hungry to learn and are taking notes and paying attention.

Justice 3D co-founder Mike Milnor agreed and said trainees have come up to him following a session with tears in their eyes. The trainees shared that they now understand how to better work with victims of crime and expressed sorrow for people they have potentially revictimized during investigations. The second-to-last session focused on empathy-based interrogations, which brings in all three sectors.

“If you want people to talk to you, if you treat them like a human and you empathize with them — and that doesn’t mean you agree with what they did — but if you can at least convince them...that you see how they got there, then they’re going to be willing to keep talking to you,” Oglesby said.

The most satisfying part for Milnor involves seeing the attendees understand topics and change their outlook about their jobs.

Sgt. James Hill with the Sheridan Police Department said the idea of being trauma-informed is happening across the board with law enforcement officers in investigations of crimes like sexual assault. Hill said he noticed the biggest difference in law enforcement officers’ interactions with victims in the investigation and interviewing process.

At the SPD, officers often gather the most pertinent information — like jurisdiction and ensuring the safety of all involved — immediately after the crime has been reported or discovered and then will return a day later for questioning on further details of the crime.

“It’s important to be cognizant as you’re interviewing that the way the brain remembers things is not...I always tell victims that ‘I don’t expect you to be a video recorder and I understand you might not remember.’” Hill said.

While the shift in approaching interrogations with a trauma-informed lens is still making its way throughout law enforcement agencies throughout the state, local agencies have made the transition.
The 'Leavers’ peels back the layers of immigration

I

c first heard Lisa Ko speak about immigration on a hot summer night in July at Greenlight, my then-neighborhood bookstore in Brooklyn. The author was reading an excerpt from her first novel, “The Leavers,” which had just won the PEN/Parisco Award for fiction and was slated to be published the following year.

Ko was born in New York to a Chinese couple who had immigrated from the Philippines. She was struck after reading a New York Times article about parents being forced to leave their U.S.-born children; “The Leavers” started reading more about parents being forced to leave their children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

In August 2016, the presidential election was won by then-neighborhood bookstore in Brooklyn. The then-neighborhood bookstore in Brooklyn. The

Ko was born in New York to a Chinese couple who had immigrated from the Philippines. She was struck after reading a New York Times article about parents being forced to leave their U.S.-born children; “The Leavers” started reading more about parents being forced to leave their children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

In August 2016, the presidential election was won by then-neighborhood bookstore in Brooklyn. The then-neighborhood bookstore in Brooklyn. The

while constitutional lawyers, ethicists and theologians — in descending order of importance in the abortion debate — have inquired whether the infant must be born alive in the first 20 weeks of pregnancy or with good intentions laced with, as Ko terms it, “liberal racism.”

While the issue has been heated over the past few years, the debate is not new. As Ko pointed out Thursday, the perception and treatment of “foreignness” — especially children — has been fraught in the United States, from African children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

Ko was born in New York to a Chinese couple who had immigrated from the Philippines. She was struck after reading a New York Times article about parents being forced to leave their U.S.-born children; “The Leavers” started reading more about parents being forced to leave their children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

In August 2016, the presidential election was won by then-neighborhood bookstore in Brooklyn. The then-neighborhood bookstore in Brooklyn. The

Ko was born in New York to a Chinese couple who had immigrated from the Philippines. She was struck after reading a New York Times article about parents being forced to leave their U.S.-born children; “The Leavers” started reading more about parents being forced to leave their children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

In August 2016, the presidential election was won by then-neighborhood bookstore in Brooklyn. The then-neighborhood bookstore in Brooklyn. The

W

hile constitutional lawyers, ethicists and theologians — in descending order of importance in the abortion debate — have inquired whether the infant must be born alive in the first 20 weeks of pregnancy or with good intentions laced with, as Ko terms it, “liberal racism.”

While the issue has been heated over the past few years, the debate is not new. As Ko pointed out Thursday, the perception and treatment of “foreignness” — especially children — has been fraught in the United States, from African children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

Ko was born in New York to a Chinese couple who had immigrated from the Philippines. She was struck after reading a New York Times article about parents being forced to leave their U.S.-born children; “The Leavers” started reading more about parents being forced to leave their children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

In August 2016, the presidential election was won by then-neighborhood bookstore in Brooklyn. The then-neighborhood bookstore in Brooklyn. The

Ko was born in New York to a Chinese couple who had immigrated from the Philippines. She was struck after reading a New York Times article about parents being forced to leave their U.S.-born children; “The Leavers” started reading more about parents being forced to leave their children sold away from their parents into slavery to Japanese American families in my hometown. Ko, currently in residence at the Ucross Center for the Arts on Thursday. She read again in upstate New York after his immigrant mother disappeared from their home in New York City.

In August 2016, the presidential election was won by then-neighborhood bookstore in Brooklyn. The then-neighborhood bookstore in Brooklyn. The
The Electoral College has generated intentional aspirational expectations (or in the past two centuries, aspirational votes) by just under 450,000 votes. Gore lost the state of California with 543,605 votes to Republican George W. Bush's 647,435. Under a popular vote election system, that number would have been more than enough to push Bush over the line.

Before 2000, the last election in which a president won the Electoral College but lost the popular vote was in 1912, when 1,293,774 votes to Donald Trump's 1,045,787 (but received 273 electoral votes to Trump's 293). As was the case in 2000, California was the source of the popular vote differential. Clinton received 4,290,794 more votes than Trump in that state.

If asked, Americans might not remember why we need to reform the Electoral College, and whether it is legal. In fact, the Supreme Court has decided the presidential election, and the entire outcome of the election, in a case called Citizens United v. FEC. 

It's time to stop the rule changes. Fixing the chopping block. The Electoral College is a relic of the past, not a relic of our present time.
Arlo Guthrie to perform at WYO

The Sheridan-Tech Meet-Up will be held at the WYO Performing Arts and Education Center at 7:30 p.m. on March 17. Tickets are $55 apiece and are on sale at the WYO box office, 220 N. Main St., or online at www.wyotheater.com. For more information contact Wyoming Technology Business Center at (307) 675-1939.

Arlo Guthrie and Carol Lee Guthrie will be among the performers in the WYO’s theater.

On May 4, 1961, the Wounded Knee Massacre occurred, ending the dispute between the U.S. government and the Oglala Sioux Tribe. The result of this conflict was the deaths of 28 American Indians and 1 Indian policeman. The aftermath of this event led to the formation of the American Indian Movement, which continues to fight for indigenous rights and sovereignty today.

Arlo Guthrie, who is known for his storytelling skills and ability to capture the essence of a moment, will bring his unique perspective to the WYO stage. His songs often reflect on themes of social justice, environmentalism, and personal growth—subjects that are relevant not only to the current era but also to the past.

Guthrie’s performance will be held at the WYO Performing Arts and Education Center, located at 220 N. Main St. Tickets are available for $55 at the WYO box office or online at www.wyotheater.com.

Arlo Guthrie, along with his wife Carol Lee Guthrie, will be among the performers at the WYO’s theater on May 4. The Sheridan-Tech Meet-Up will be held at the WYO at 7:30 p.m. Tickets are $55 apiece and are available for purchase at the WYO box office or online at www.wyotheater.com.
Wyoming PBS to screen Bozeman Trail documentary

SHERIDAN — Wyoming PBS will be hosting a screening of The Bozeman Trail: A Rush to Montana’s Gold, a locally produced film documenting the trail.

The film will be screened May 13 from 6-8 p.m. at Buffalo High School, and again May 16 from 7-9 p.m. at the Whitney Center for the Arts concert hall on the campus of Sheridan College.

A panel discussion with producer Tom Manning and film subject and program director was an Eagle Scout since 1970, Jess Runge, will follow these screenings. Light snacks will be served.

The Bozeman Trail was a rush to the newly discovered gold fields of Montana Territory. Cutting through the heart of Indian country, it provided a clash of cultures that exploded into warfare, destruction and tragedy. It was a singular road that changed this part of the American west forever.

Both screenings are free and open to the public.

Site-specific dance

by Harbour, left, and Chelsea Vanner perform a site-specific dance in the stairwell at the Whitney Center for the Arts Friday, May 3, 2019.

Ultimate scavenger hunt coming to Red Grade Trails

SHERIDAN — The ultimate scavenger hunt is scheduled for Saturday, May 11, from 10 a.m. to noon at the Red Grade Trails base trailhead.

Kids ages 6 to 12 and their parents who want to explore the trails, hunt hidden treasure and make new friends are encouraged to attend.

The hunt is free and open to the public. and sponsored by Unplug and the Sheridan Community Land Trust.

Fireman’s Ball to be held May 11

SHERIDAN — Joey’s Fly Fishing Foundation will be at Trinity Lutheran Church Monday, May 6 at 7 p.m. to honor the Sheridan Boy Scouts of America and Eagle Scouts. They will present the scouts’ certificates from the Boy Scouts that are in attendance.

Mike Malone, Joey’s Fly Fishing Foundation’s custom rod builder and program director was a Eagle Scout 40 years ago and Joey was a Boy Scout as a child, so this will be a very special experience for them as well as the scouts.

The event is free and open to the public. Trinity Lutheran Church is located at 131 Crescent Drive in Sheridan.

KOA holds fundraiser for children with cancer

The KOA Care Camps Big Weekend event is the official start to the 2019 summer camping season and is being offered at participating KOAs throughout North America. It is also the major fundraiser for KOA Care Camps for children with cancer, the official charity of The Craig and Susan Thomas Foundation, will deliver the keynote address during commencement. A livestream video of commencement will be available online at www.sheridan.edu/commencement at 1 p.m. Saturday.

SHERIDAN — Sheridan College students who have completed a degree or certificate will take part in commencement activities Saturday, May 11. The Nursing and Dental Hygiene programs will have pinning ceremonies in the morning followed by the full commencement ceremony in the afternoon.

All commencement events will be held on the Sheridan College campus and admission is free. The nursing program’s pinning ceremony begins at 8 a.m. and the dental hygiene program’s pinning ceremony begins at 11 a.m. both at the Whitney Center for the Arts in Kinnison Hall. The full commencement ceremony will begin at 1 p.m. at the Bruce Hoffman Golden Dome.

On May 11, a team, raise money and work one of the shifts. To register an individual or team go to www.sheridanhabitat.org.

For more information call Sarah Galli at (307) 672-9248. All volunteers will receive a t-shirt and a free lunch.

Firefighters. Tickets are $20 and can be purchased at the Sheridan Fire Rescue station, over the Moon Boutique or at the door. The public is invited to attend, but tickets are limited. Koltiska Distillery is located at 164 Creek St.

Habitat for Humanity sponsors Women Build event

SHERIDAN — Habitat for Humanity of the Eastern Big Horns will host their annual Women’s Build event Saturday, May 11. The morning team will work from 8:15 a.m. and the afternoon team will work from noon to 3 p.m.

Area women are encouraged to form a team, raise money and work one of the shifts. To register an individual or team go to www.sheridanhabitat.org.

For more information call Sarah Galli at (307) 672-9248. All volunteers will receive a t-shirt and a free lunch.

The KOA Care Camps Big Weekend event is the official start to the 2019 summer camping season and is being offered at participating KOAs throughout North America. It is also the major fundraiser for KOA Care Camps for children with cancer, the official charity of The Craig and Susan Thomas Foundation, will deliver the keynote address during commencement. A livestream video of commencement will be available online at www.sheridan.edu/commencement at 1 p.m. Saturday.

SHERIDAN — Sheridan College students who have completed a degree or certificate will take part in commencement activities Saturday, May 11. The Nursing and Dental Hygiene programs will have pinning ceremonies in the morning followed by the full commencement ceremony in the afternoon.

All commencement events will be held on the Sheridan College campus and admission is free. The nursing program’s pinning ceremony begins at 8 a.m. and the dental hygiene program’s pinning ceremony begins at 11 a.m. both at the Whitney Center for the Arts in Kinnison Hall. The full commencement ceremony will begin at 1 p.m. at the Bruce Hoffman Golden Dome.

On May 11, a team, raise money and work one of the shifts. To register an individual or team go to www.sheridanhabitat.org.

For more information call Sarah Galli at (307) 672-9248. All volunteers will receive a t-shirt and a free lunch.

The KOA Care Camps Big Weekend event is the official start to the 2019 summer camping season and is being offered at participating KOAs throughout North America. It is also the major fundraiser for KOA Care Camps for children with cancer, the official charity of The Craig and Susan Thomas Foundation, will deliver the keynote address during commencement. A livestream video of commencement will be available online at www.sheridan.edu/commencement at 1 p.m. Saturday.

SHERIDAN — Sheridan College students who have completed a degree or certificate will take part in commencement activities Saturday, May 11. The Nursing and Dental Hygiene programs will have pinning ceremonies in the morning followed by the full commencement ceremony in the afternoon.

All commencement events will be held on the Sheridan College campus and admission is free. The nursing program’s pinning ceremony begins at 8 a.m. and the dental hygiene program’s pinning ceremony begins at 11 a.m. both at the Whitney Center for the Arts in Kinnison Hall. The full commencement ceremony will begin at 1 p.m. at the Bruce Hoffman Golden Dome.

On May 11, a team, raise money and work one of the shifts. To register an individual or team go to www.sheridanhabitat.org.

For more information call Sarah Galli at (307) 672-9248. All volunteers will receive a t-shirt and a free lunch.
Two 12-year-old boys, Pauly Hare and Trent Healy, were among the first to fill their arms with shed antlers. They had been years of shed hunting experience, and it was among the first to fill their arms with shed antlers. They had been among the first to fill their arms with shed antlers. 

Their story is one that sheds light on an interesting phenomenon. Not only are shed antlers an important part of the wildlife habitat, but they also serve as a valuable source of revenue for the National Elk Refuge. The antler auction is an annual event that brings together the community, the refuge, and the Scouts. The auction is a way for the refuge to manage its natural resources and for the Scouts to earn funds for their programs.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.

The auction is conducted by the National Elk Refuge, and it is a way for the refuge to manage its natural resources. The auction is held annually, and it is a way for the refuge to manage its natural resources. The auction is a way for the refuge to manage its natural resources.
OBITUARIES

Ruth E. (Cotton) Deutsch
December 16, 1924 - April 27, 2019
Ruth E. (Cotton) Deutsch passed away on April 27, 2019 at the Sheridan Memorial Hospital surrounded by her family. Ruth was born March 16, 1924 in Gillette, Wyoming to George L. and Edna (Swinyer) Cotton. She married Bernhart A. Deutsch on November 14, 1943 in Harst, MT. They made their home in Sheridan, WY.

Ruth is preceded in death by her parents, George and Edna Cotton, Jack L. Cotton, Roy B. “Cy” Cotton and sister Reynell Reiners. Ruth is survived by daughters Marilyn Deutsch of Sheridan and Christine & Bob VanL of AK, 4 grandchildren Bobby, Overturf of Sheridan and Christine & Brad, and three grandchildren.

Edward J. Ackman, February 1, 1933 – April 10, 2019
Edward J. Ackman passed away on April 10, 2019 at his home. Ed worked his entire life as an oil and gas geologist. Ed graduated from Fairfield (Illinois) High School in 1955 and subsequently graduated from Southern Illinois University in 1959 with a degree in geology. Ed immediately moved to Denver and began his work as an oil and gas geologist with Frontier Oil Company. He retired in 2003 from his position as a field geologist.

Edward was an avid hunter and fisherman, playing golf. He was an active member in the American Association of Petroleum Geologists (AAPG). In 2006, Ed moved from Denver to Sheridan to pursue the Wyoming lifestyle that he loved, including bird hunting and fly fishing. He is survived by his two sons Brian Ackman and his three grandchildren.

Pamela “Patty” Stancliff Hofto
Pamela “Patty” Stancliff Hofto, 88, died on Tuesday, Jan. 15, 2019 at Sheridan Memorial Hospital surrounded by her dear friends. A graveside service will be held on Thursday, May 9, 2019 in Sheridan Memorial Cemetery. A memorial service will be held on Wednesday, May 15, 2019 at the Powder Horn Clubhouse.

Quality American-Made Lift Chairs at:

Moss Holsters Design Center

CALL (307) 674-7192
Moss Holsters, Inc.
3911 College Avenue
Cheyenne, WY 82009

For more detailed weather information, visit the web site at:
www.sheridansherpa.com
WARMING UP

What is your favorite outdoor summer activity?

BY KATHY FISHER

RYAN.PATTERSON@THESHERIDANPRESS.COM

SHERIDAN — Despite the snow earlier this week, May and the ensuing months offer more consistent, warmer weather. Rising temperatures provide more chances for local residents to step outside and luxuriate in Mother Nature for extended periods of time.

With that in mind, The Sheridan Press asked several people to share their favorite outdoor summer activities.

Alex Mansur, Big Horn Design marketing manager

Mansur enjoys hiking with her dog in the Bighorn Mountains, particularly near Buffalo at the West Tensleep Trailhead. She originally hails from Gillette and appreciates the proximity to mountainous trails now that she resides in Sheridan.

Mansur also likes fishing, either on her own or with friends. She often hikes in the mountains with a fishing pole in hand. Mansur prefers angling in high alpine areas, though she learned to fly fish last year and is looking forward to more.

Dr. Sy Thickman, retired

Thickman said he enjoys walking on the pathways and park around town but also tries to hike in the Bighorn Mountains when he can. Thickman has adjusted his physical activities with age — in his younger days Thickman participated in sports like tennis — over the years and continues to stay active.

He said his favorite hiking area lies a few hours away in Grand Teton National Park near Jenny Lake.

Susan Heyneman, retired

Heyneman prefers walking on the pathways in town and parks around Sheridan. She likes exercising with others at the South Park Recreation Area and enjoys taking her dog for a walk on the dog-friendly North Park.

Steen Avery, salesperson at The Sport Stop

Avery likes playing soccer and ultimate frisbee, a sport she first learned during physical education class in middle school.

He enjoys ultimate frisbee’s fun, competitive nature and appreciates the workout it provides with friends.

Michelle Maneval, manager at The Sport Stop

Maneval said she equally enjoys hiking and hiking, preferably on trails in the Bighorn Mountains. She greatly prefers soft-surface trails rather than paved sidewalks because areas consisting of grass, dirt or gravel make it easier to exercise on with lower impact.

Answers differed, but regardless of a person’s preference, they made a point of venturing outside to take in the natural surroundings, be it in town, the mountains or elsewhere in the state.

o many occasions I have stood in front of a room full of people and asked everyone who thinks of themselves as a leader to raise their hands. Consistently, whether adults or youth, only about ten percent of the audience lift their arms. Perhaps as few are willing to self-identify the title of leader because they fear I will call on them with a follow-up question?

Alternatively, I suspect folks genuinely don’t see themselves as leaders because our society has inadvertently inflated the term leadership to mean something that only a few can ever attain.

This article is instead based on the premise that leadership is simply filling the appropriate role to help a group achieve a specific goal, and that each and every one of us has the capacity to lead.

While there are myriad indoor based learning opportunities for aspiring leaders, taking the time to listen and then practice a life skill, I believe the most top-notch and effective leaders are at least partially nurtured in the outdoors.

There are thousands of resources available about effective leadership, outdoor and otherwise. In fact, if you type “leadership elements” into Google you receive about 360,000,000 results in 0.86 seconds. Having taught a fair amount of outdoor recreation, leadership, and outdoor leadership over the past fifteen years, I have come up with my own list of essential attributes for being a visionary leader. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

• Think before taking action and/or reacting
• Self-worth (a combination of being grounded and having confidence)
• Imaginative
• Resourceful
• Inclusive
• Lead by example
• Credible
• Diverse communication skills
• Spending time recreation in the backcountry equips people with these skills with others in the backcountry, on trails, in to Google you receive about 245,000,000 results in 0.86 seconds. Having taught a fair amount of outdoor recreation, leadership, and outdoor leadership over the past fifteen years, I have come up with my own list of essential attributes for being a visionary leader. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

• Think before taking action and/or reacting
• Self-worth (a combination of being grounded and having confidence)
• Imaginative
• Resourceful
• Inclusive
• Lead by example
• Credible
• Diverse communication skills
• Spending time recreation in the backcountry equips people with these skills with others in the backcountry, on trails, in to Google you receive about 245,000,000 results in 0.86 seconds. Having taught a fair amount of outdoor recreation, leadership, and outdoor leadership over the past fifteen years, I have come up with my own list of essential attributes for being a visionary leader. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

• Think before taking action and/or reacting
• Self-worth (a combination of being grounded and having confidence)
• Imaginative
• Resourceful
• Inclusive
• Lead by example
• Credible
• Diverse communication skills
• Spending time recreation in the backcountry equips people with these skills with others in the backcountry, on trails, in to Google you receive about 245,000,000 results in 0.86 seconds. Having taught a fair amount of outdoor recreation, leadership, and outdoor leadership over the past fifteen years, I have come up with my own list of essential attributes for being a visionary leader. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

• Think before taking action and/or reacting
• Self-worth (a combination of being grounded and having confidence)
• Imaginative
• Resourceful
• Inclusive
• Lead by example
• Credible
• Diverse communication skills

Aspiring leaders would do well to reflect on these qualities as well as consider the following:

1. Objectives: What is my own list of essential attributes for being a visionary leader? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

2. Strategies: What steps can I take to fill the gap between my current level and my leadership potential? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

3. Succession: What are the key elements required to transfer leadership to others? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

4. Vision: What is my vision for the group or organization? With the right leadership, this can be translated into a practical plan for achieving success.

5. Methods: How can I ensure that my leadership style aligns with the needs of the group or organization? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

6. Motivation: How can I motivate others to follow my leadership? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

7. Communication: How can I effectively communicate my vision and strategies to others? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

8. Delegation: How can I delegate tasks effectively to others? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

9. Debriefing: How can I conduct a debriefing to evaluate the effectiveness of the group or organization? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

10. Reflection: How can I reflect on my own leadership style and effectiveness? Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As a leader, I believe it is my responsibility to share these qualities and attributes with others, both within and outside of the group or organization. Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.

As the old saying goes, “The best way to learn is to teach.” Whether on a wilderness expedition, in the business board room, or any other capacity, these abilities position one for leadership success.
Quality conditions lead to low scores at Sheridan Invite

SHERIDAN — On a fairly warm and calm day, golfers took advantage of the favorable conditions and carded low scores at the Sheridan Invite at Kendrick Golf Course.

Eight teams took part in the tournament, including Sheridan, Big Horn and Tongue River. The Broncos and Lady Broncos both took second, while the TR girls placed fourth and boys took fifth. Kelly Walsh won both the girls and boys competitions.

Sean Sanders earned an 82 to pace the Broncos, recording a 41 on both the front and back nine. Sanders tied for sixth overall and Sheridan’s Brayden James recorded a round of 80 to finish tied for ninth.

Sanders said the day went pretty well overall. He missed a few makeable putts but was relatively pleased with his performance. Sanders said the greens were tricky to read and were fairly slow due to the recent precipitation. He had one particularly tough hole, recording a triple bogey on No. 4, but Sanders put that score behind him and focused on the rest of the round.

He birdied the sixth hole and otherwise recorded mostly pars and bogeys.

PUSHED TO THE BRINK

Broncos hang with No. 1 Thunder Basin in final home game

SHERIDAN — The Sheridan High School boys soccer team saved its best performance of the regular season for last.

Although the Broncos didn’t come away victorious, they pushed the top-ranked team in the state for 80 minutes.

Ultimately, Sheridan lost 1-0 at Homer Scott Field Friday, May 3, 2019.

“Over the whole season, I think we’ve done a pretty good job,” said Sheridan head coach Scott Soderstrom. “Our record is a little deceiving. We’ve really performed well against the top teams, but unfortunately we haven’t been able to come away victorious.

“In the end, it was a matter of composure and execution. We left a few opportunities out there, but overall it was a great effort.”

The Broncs hung with the No. 1 Bolts for the entire first half, weathering the Bolts’ offensive attacks and maintaining a clean sheet.

“In the end, we should have got a draw,” Soderstrom said. “We were one small mistake away from bringing the game to overtime. The Bolts netted a goal with about 17 minutes remaining in the first half after Victor Quinones got behind the Sheridan defense and converted the score.

Sheridan’s Katie Wellis (13) fights for possession of the ball against Thunder Basin’s Victor Quinones (8) at Homer Scott Field Friday, May 3, 2019.

SHERIDAN — Sheridan High School girls soccer traveled to No. 2 Thunder Basin High School’s territory Friday night and fell to the hosts 6-0.

The Bolts netted a goal with about 17 minutes remaining in the first half after Victor Quinones got behind the Sheridan defense and converted the score.

BY RYAN PATTERSON RYAN.PATTERSON@THESHERIDANPRESS.COM

FROM STAFF REPORTS

Thunder Basin topples Sheridan girls

SHERIDAN — Sheridan High School boys soccer traveled to No. 4 Thunder Basin High School’s territory Friday night and fell to the hosts 6-0.

The Bolts netted a goal with about 17 minutes remaining in the first half after Victor Quinones got behind the Sheridan defense and converted the score.

SHERIDAN — Sheridan High School, Arvada-Clearmont High School and Big Horn High School track and field teams competed at the Camel Qualifier at Campbell County High School Friday, coming out of the day with a few top finishers.

Sheridan boys took first place at the meet as a team with 169.5 points, ahead of second (167) Big Horn boys and 144 points. Thunder Basin’s boys took second, while the Lady Broncs girls took first (200) and Lady Thunder Basin placed fourth. Big Horn’s girls took third in the girls 300-meter hurdles with a time of 50.08 seconds.

Arvada-Clearmont’s boys took first-place finish in high jump with a clearance of 6 feet, 4 inches.

Boys long jump saw two Sheridan boys leading the finals, with Izak Aksamit taking first (20 feet, 3 inches) and Trent Taylor following in second (20 feet, 1.25 inches).

First (20 feet, 3 inches) and Trent Taylor followed the finals, with Izak Aksamit taking second in shot put with a throw of 46 feet, 4 inches, respectively. Wyatte Shaw finished third in the shot put with a throw of 43 feet, 10 inches.

Third in the 3200-meter run with times of 1 minute, 59.59 seconds.

Oregon’s Bijou led the 800-meter run with a time of 5:45.41.

Wyatte Shaw dominated in the field with a distance of 134 feet, 1 inch, respectively.

Oregon’s Bijou led the 800-meter run with a time of 5:45.41.

Wyatte Shaw dominated in the field with a distance of 134 feet, 1 inch, respectively.

Wyatte Shaw dominated in the field with a distance of 134 feet, 1 inch, respectively.

Wyatte Shaw dominated in the field with a distance of 134 feet, 1 inch, respectively.
In the first 46 minutes, the Bolts dominated possessions and respectively set up deep scoring chances. Thunder Basin's scoring chances were repeatedly snuffed out by goal keeper Sam Kaliyango, though he had his best performance in goal all season so far.

Soderstrom gave a few opportunities, the best of which came when Mackenzie Minot missed a penalty 15 minutes remaining on a free kick. Garrett Coon secured perfect position in the box and hit a solid shot that Soderstrom but it landed directly in the goal net...

The script flipped in the second half. Sheridan was the aggressor and maintained possession for the better part of the final 40 minutes. The Bolts had several chances, including a breakaway with around 16 minutes left, but the shot went wide of goal. Friday marked the last contest at Sheridan Scott Field for six seniors, including Quinn Heyneman. The senior defender found it extremely tough to play today. But I shot under with Englishwoman Yeon Ryu shot a 2-under 70 on the par-3 12th, but gave back...
When a recent study published in JAMA on a corporate wellness program came out, health-doomists claimed “Employee Wellness Programs Yield Little Evidence” (NYT, April 16, 2019). “Rigorous new study of employee wellness programs suggests they may not be very effective” (TheVerge.com, April 16, 2019). “Workplace wellness programs may help people change certain behaviors but do little to improve overall” (MedPageToday.com). It’s just one more time that a limited study with limited results is made to sound as if its conclusions apply across the board. The result? It ends up wrongly discreditng an incredibly powerful public health initiative—company-sponsored wellness programs.

The flaw in this evaluat- ion of a wellness program the researchers looked at employed in a warehouse company (B&J’s) over only 18 months. The wellness program was limited to asking participants to fill out a health risk questionnaire, have some medical tests such as blood pressure and glucose, and take up to eight classes on topics such as nutrition and exercise.

Dr. Mike’s experience working with companies’ Healthy Choice model for their wellness programs has shown that, if structured correctly and sustained for at least three years, there are impressive results for employees who participate and a huge return on investment for the company.

*The Facts:* Using well-designed programs on nutrition, physical activity, smoking cessation and stress and weight management, now many employees can avoid, diminish or reduce risks for chronic diseases such as diabetes.

Management of chronic diseases accounts for 71% to 85% of health care costs in the US. Fortunately, smart lifestyle choices can prevent or reverse 80 to 95% of these chronic diseases. So, it’s very likely that voluntary programs that effectively upgrade healthy living habits of employees and their dependents can have far-reaching economic and health benefits.

At Dr. Mike’s Cleveland Clinic they’ve evaluated the outcomes of their Healthy Choice Program over 10 years working with 101,000 employees and dependents. Here are examples of the benefits of this program:

1. The program has slashed the number of employee sick days, and that’s saved the company more than $7 million a year in worker replacement costs.
2. From 2008-2018 the average blood pressure for a clinic employee who is 5 feet 10 inches increased by 5 pounds the average American increased 10 pounds. We know that reducing body weight by 5% slashes your risk for diabetes, boosts good HDL cholesterol, and reduces the risk of several cancers.
3. The clinic rewards employees who voluntarily fill out the six outcome measures that are the goals of the Healthy Choice Program (see below) with a very substantial reduction in health insurance premiums (20-40%). An amazing 43% of program participants now meet those goals, compared to 5% in 2008. Solutions! Around 53% of small firms and 82% of large firms offer programs in smoking cessation, weight management and/or behavioral or lifestyle changes. That’s great, but to reduce medical costs and chronic health problems most effectively, these efforts need to be supported by a nationwide volume of programs that incentivizes employees, as the clinic does, to maintain “6-2” norms. They are:

- Blood pressure of less than 130/85.
- BMI from 23 to 29.9, or a waist circumference of less than half your height.
- Fasting blood glucose of less than 107 or an A1C of less than 6.0.
- 4. Lipid cholesterol level of less than 155 if you risk factor for disease, or less than 75 if you risk factor for diabetes or heart disease.
- 5. No cancers (tobacco end product) in urine.
- 6. Completion of a stress management program or control of asthma.

We strongly hope that every employee and every employer pay attention to those important facts.

The future health of YOU, of our country’s ability to provide quality medical care to all, and our economy depend on it.

DEAR ABBY: I was married to my first husband for 13 years and was very close to his family. His parents and brother remarried, and we ended up divorced, dropping from an already extremely painful situation on both sides. We have not wanted to stay in touch with me or my ex-husband and his family as we felt the same, so we remained connected through Facebook and the occasional phone call. After a while, my ex and I have remained friends, but we still do not communicate on Facebook and messages each other now and then.

It has been six years since my divorce, and we are still in contact but not as much as when we were together. The divorce was still difficult even for us, but we both realize we moved on. However, I feel a great sadness and a deep sense of loss that we do not have the relationship we once had.

It has been five years since my first husband died, and I feel as if I have lost one of my best friends. It makes me feel as if I have lost an important part of my life, but go on well and be happy.

DEAR ABBY: I am 13 years and was very close to his family. His parents and brother remarried, and we ended up divorced, dropping from an already extremely painful situation on both sides. We have not wanted to stay in touch with me or my ex-husband and his family as we felt the same, so we remained connected through Facebook and the occasional phone call. After a while, my ex and I have remained friends, but we still do not communicate on Facebook and messages each other now and then.

It has been six years since my divorce, and we are still in contact but not as much as when we were together. The divorce was still difficult even for us, but we both realize we moved on. However, I feel a great sadness and a deep sense of loss that we do not have the relationship we once had.

It has been five years since my first husband died, and I feel as if I have lost one of my best friends. It makes me feel as if I have lost an important part of my life, but go on well and be happy.
Andre Ward, a professional boxer who retired undefeated, said in 2017, “The game plan may change depending on your opponent’s skill level. You often need to be able to read your opponent. At other times, it is looking for any opportunity to obtain a winning trick by a leap of faith.”

At the bridge table, your readers have any suggestions about how to get a small dog to take a liver heart medicine in the form of a pill? Our terrier mix just hates the taste of the pill. We often have to force it down his throat. We’re trying disguising the pill with food, but he always discovers it and spit it out. We’re just at wits’ end! We would appreciate any advice in the Kerrville Daily Times. — Howard in Kerrville

Dear Readers, what tricks and tips do you use? — Heloise

Dear Readers: Several years ago, we had a little dog who was developed urinary problems. The vet gave me a burner and told me to take him for a walk and collect some urine, which I did. The vet put the urine sample in a centrifuge and spun it down. Then he put it under a microscope. I was shocked. All I saw was crystals — the long, jagged kind. He told me to put him on a di- luted water. No more urinary tract problems! — D. Hansel in Houston

DENTAL CARE
Dear Heloise: Do you or your readers have any suggestions about how to get a small dog to take a liver heart medicine in the form of a pill? Our terrier mix just hates the taste of the pill. We often have to force it down his throat. We’re trying disguising the pill with food, but he always discovers it and spits it out. We’re just at wits’ end! We would appreciate any advice in the Kerrville Daily Times. — Howard in Kerrville

Readers, what tricks and tips do you use? — Heloise

Hard Water Happenings
Dear Heloise:
Several years ago, we had a little dog who was developed urinary problems. The vet gave me a burner and told me to take him for a walk and collect some urine, which I did. The vet put the urine sample in a centrifuge and spun it down. Then he put it under a microscope. I was shocked. All I saw was crystals — the long, jagged kind. He told me to put him on a diluted water. No more urinary tract problems! — D. Hansel in Houston

Dear readers: Do you or your readers have any suggestions about how to get a small dog to take a liver heart medicine in the form of a pill? Our terrier mix just hates the taste of the pill. We often have to force it down his throat. We’re trying disguising the pill with food, but he always discovers it and spits it out. We’re just at wits’ end! We would appreciate any advice in the Kerrville Daily Times. — Howard in Kerrville

Readers, what tricks and tips do you use? — Heloise

Hard Water Happenings
Dear Heloise:
Several years ago, we had a little dog who was developed urinary problems. The vet gave me a burner and told me to take him for a walk and collect some urine, which I did. The vet put the urine sample in a centrifuge and spun it down. Then he put it under a microscope. I was shocked. All I saw was crystals — the long, jagged kind. He told me to put him on a diluted water. No more urinary tract problems! — D. Hansel in Houston

DENTAL CARE
Dear Heloise: Do you or your readers have any suggestions about how to get a small dog to take a liver heart medicine in the form of a pill? Our terrier mix just hates the taste of the pill. We often have to force it down his throat. We’re trying disguising the pill with food, but he always discovers it and spits it out. We’re just at wits’ end! We would appreciate any advice in the Kerrville Daily Times. — Howard in Kerrville

Readers, what tricks and tips do you use? — Heloise

Hard Water Happenings
Dear Heloise:
Several years ago, we had a little dog who was developed urinary problems. The vet gave me a burner and told me to take him for a walk and collect some urine, which I did. The vet put the urine sample in a centrifuge and spun it down. Then he put it under a microscope. I was shocked. All I saw was crystals — the long, jagged kind. He told me to put him on a diluted water. No more urinary tract problems! — D. Hansel in Houston

DENTAL CARE
Dear Heloise: Do you or your readers have any suggestions about how to get a small dog to take a liver heart medicine in the form of a pill? Our terrier mix just hates the taste of the pill. We often have to force it down his throat. We’re trying disguising the pill with food, but he always discovers it and spits it out. We’re just at wits’ end! We would appreciate any advice in the Kerrville Daily Times. — Howard in Kerrville

Readers, what tricks and tips do you use? — Heloise

Hard Water Happenings
Dear Heloise:
Several years ago, we had a little dog who was developed urinary problems. The vet gave me a burner and told me to take him for a walk and collect some urine, which I did. The vet put the urine sample in a centrifuge and spun it down. Then he put it under a microscope. I was shocked. All I saw was crystals — the long, jagged kind. He told me to put him on a diluted water. No more urinary tract problems! — D. Hansel in Houston

DENTAL CARE
Dear Heloise: Do you or your readers have any suggestions about how to get a small dog to take a liver heart medicine in the form of a pill? Our terrier mix just hates the taste of the pill. We often have to force it down his throat. We’re trying disguising the pill with food, but he always discovers it and spits it out. We’re just at wits’ end! We would appreciate any advice in the Kerrville Daily Times. — Howard in Kerrville

Readers, what tricks and tips do you use? — Heloise

Hard Water Happenings
Dear Heloise:
Several years ago, we had a little dog who was developed urinary problems. The vet gave me a burner and told me to take him for a walk and collect some urine, which I did. The vet put the urine sample in a centrifuge and spun it down. Then he put it under a microscope. I was shocked. All I saw was crystals — the long, jagged kind. He told me to put him on a diluted water. No more urinary tract problems! — D. Hansel in Houston

DENTAL CARE
Dear Heloise: Do you or your readers have any suggestions about how to get a small dog to take a liver heart medicine in the form of a pill? Our terrier mix just hates the taste of the pill. We often have to force it down his throat. We’re trying disguising the pill with food, but he always discovers it and spits it out. We’re just at wits’ end! We would apprec
Forecast

22): While words might not be critical and demanding. Use your ability to act quickly to earn their approval. You might not be able to win someone’s love today, but thoughtful actions will increase the odds for the future.

SCORPIO (Oct. 20-Nov. 21): Fear the way for lucrative business arrangements by being willing to adapt and try new methods. You have creative ideas that can unfold during the next few days and make an impressive profit.

GEMINI (May 21-June 20): Powerful ideas are in play behind the scenes. This is a good time to cheerfully cooperate with someone whose plans or align yourself with action-oriented people. You can get away with a lot of your new ideas from today.

CAPRICORN (Dec. 22-Jan. 19): Stand up straight with dignity and perhaps even a little bit of pride. You are working with are focused on the professional areas so be sure to present your most professional demeanor. You can get ahead by being both sharp-witted and convincing.

VIRGO (Aug. 23-Sept. 22): Weak minds might not always be crystal clear, and they communicate clearly. You and a partner can realize a common dream using a team effort. Demonstrate both wisdom and persistence as the few weeks unfold.

LIBRA (Sept. 23-Oct. 22): Sometimes people can be critical and demanding. Use your ability to act quickly to earn their approval. You might not be able to win someone’s love today, but thoughtful actions will increase the odds for the future.

SCORPIO (Oct. 20-Nov. 21): Fear the way for lucrative business arrangements by being willing to adapt and try new methods. You have creative ideas that can unfold during the next few days and make an impressive profit.

GEMINI (May 21-June 20): Powerful ideas are in play behind the scenes. This is a good time to cheerfully cooperate with someone whose plans or align yourself with action-oriented people. You can get away with a lot of your new ideas from today.

CAPRICORN (Dec. 22-Jan. 19): Stand up straight with dignity and perhaps even a little bit of pride. You are working with are focused on the professional areas so be sure to present your most professional demeanor. You can get ahead by being both sharp-witted and convincing.

VIRGO (Aug. 23-Sept. 22): Weak minds might not always be crystal clear, and they communicate clearly. You and a partner can realize a common dream using a team effort. Demonstrate both wisdom and persistence as the few weeks unfold.

LIBRA (Sept. 23-Oct. 22): Sometimes people can be critical and demanding. Use your ability to act quickly to earn their approval. You might not be able to win someone’s love today, but thoughtful actions will increase the odds for the future.

SCORPIO (Oct. 20-Nov. 21): Fear the way for lucrative business arrangements by being willing to adapt and try new methods. You have creative ideas that can unfold during the next few days and make an impressive profit.

GEMINI (May 21-June 20): Powerful ideas are in play behind the scenes. This is a good time to cheerfully cooperate with someone whose plans or align yourself with action-oriented people. You can get away with a lot of your new ideas from today.

CAPRICORN (Dec. 22-Jan. 19): Stand up straight with dignity and perhaps even a little bit of pride. You are working with are focused on the professional areas so be sure to present your most professional demeanor. You can get ahead by being both sharp-witted and convincing.

VIRGO (Aug. 23-Sept. 22): Weak minds might not always be crystal clear, and they communicate clearly. You and a partner can realize a common dream using a team effort. Demonstrate both wisdom and persistence as the few weeks unfold.

LIBRA (Sept. 23-Oct. 22): Sometimes people can be critical and demanding. Use your ability to act quickly to earn their approval. You might not be able to win someone’s love today, but thoughtful actions will increase the odds for the future.
Sheridan
SAT. 8A-2p 15 Paradise Dr. Tools, table saw, trimmer, Pu cover, toys, camping.
LARGE MULLI family garage sale. Fri & Sat 7a-5p. 465 Bluebird Lane, Osprey Hill.
SAT. MAY 4: 8a-12p. 710 E. Loucks. House goods, furniture & lots more. Cash only.
FRI & SAT 9a-12p. Garage fridge, redecorating items, lots of Misc. 2139 Pima Dr.
DRAFT CITY OF SHERIDAN, WYOMING

MINUTES OF SPECIAL COUNCIL MEETING,
COUNCIL, CHAMBERS 5:30 P.M. April 29th, 2019

1. Mayor Roger Miller called the meeting to order at 5:29 p.m.

2. Districts: The Pledge of Allegiance to the Flag of the United States was recited
   by the City Chorus.

3. Information: The administrator of the public notices asked to enter into
   Executive Session per Wyoming State statute, 16.4-4-5. To Consider Accepting or
   Tendering Offers Concerning Wages, Salaries, Benefits and Terms of Employment During
   All Negotiations. Council approved the motion to enter into Executive Session at 6:43 P.M.
   Mark Collins, City Administrator.

4. The Mayor moved, seconded by Councilor Henderson, to appoint Kevin Kessner as the City
   Administrator.

5. The Mayor approved the appointment of Clint Beaver, Councilor.

6. Mayor Miller adjourned the meeting at 6:43 P.M.

NOTICE OF FORECLOSURE SALE

Default in the payment of principal and interest has occurred under the terms of a promissory
note (the “Note”) and a real estate mortgage (the “Mortgage”) dated May 12, 2010, executed and
delivered by Steven Stokles as Maker, to Carol Grandahl, as Payee, recorded at the Register
of Deeds of Sheridan County, Wyoming on May 12, 2010, as Reception No. 2010-727078 in
Book 929 at Page 690 in the records of the Office of the Clerk and ex-officio Register of Deeds of
Sheridan County, Wyoming.

The Mortgage contains a power of sale that, by reason of default, the Mortgagee declared to have
become operative, and no suit or proceeding to recover the amount due upon the Mortgage on
the date of the Notice of Sale has been instituted, nor is any such suit or proceeding been instituted
and the same discontinued.

Written notice of intention to foreclose the Mortgage was given to the record owner and the party in
possession of the property. The property is to be sold on May 22, 2019, at 10:00 A.M. at the Sheriff’s
Office, County Courthouse, 224 Main Street, Sheridan, Wyoming to the highest bidder
for cash on or before the date of the Notice.

The Mortgage contains a power of sale that, by reason of default, the Mortgagee has become
operative, and no suit or proceeding to recover the amount due upon the Mortgage on the
date of the Notice of Sale has been instituted, nor is any such suit or proceeding been instituted
and the same discontinued.

Written notice of intention to foreclose the Mortgage was given to the record owner.

Your Right To Know and be informed of government legal proceedings is embodied in public notices.
This newspaper urges every citizen to read and study these notices. We strongly advise those seeking
further information to exercise their right of access to public records and public meetings.

LEGAL NOTICE POLICY

The Sheridan Press publishes Legal Notices under the following schedule:
If we receive the Legal Notice by:
– Monday Noon – It will be published in Thursday’s paper.
– Tuesday Noon – It will be published in Friday’s paper.
– Wednesday Noon – It will be published in Saturday’s paper.
– Thursday Noon – It will be published in Friday’s paper.
– Friday Noon – It will be published in Wednesday’s paper.

ALL legal notices must be paid in full before an “AFFIDAVIT OF PUBLICATION” will be
issued.

Please contact The Sheridan Press legal advertising department at 672-2431 if you have questions.
BEETLE BAILEY

WHAT ARE YOU DOING, BEETLE?
MAKING A LIST OF THINGS TO DO TODAY

LET ME SEE THAT!

THAT'S WHAT YOU DO EVERY DAY!
WHY DO YOU NEED A LIST?

THEY NEED TO BE IN ORDER

WELL, START WITH THIS!!

1. SLEEP LATE
2. GOOF OFF
3. HIDE
4. TAKE A NAP
5. AVOID WORK
6. CALL IT A QUITS

THANKS! NOW I HAVE TO START ALL OVER!

1. GET BACK IN BED

CLASSIC PEANUTS

HEV, MANAGER!

OH, NO... WHAT?

AS SOON AS I HEAR HER SAY, "HEV, MANAGER," MY STOMACH STARTS TO HURT...

AS SOON AS SHE SAYS "HEV, MANAGER," I GET THIS BURRING IN MY STOMACH
BECAUSE I KNOW SHE'S GOING TO COME UP WITH SOME STUPID SUGGESTION OR SOME SARCASTIC REMARK OR SOME SORT OF DUMB...

THEY JUST WANT TO WISH YOU LUCK IN TODAY'S GAME...

HOW'S YOUR STOMACH?!
**Garfield**

Look, Garfield, I found my old answering machine, and the tape is still in it!

Let’s listen to all of my old messages!

Click

Sob

Ah, memories

**Born Loser**

What’s wrong, Pop?

I have a tummy ache!

I’m afraid my eyes were bigger than my stomach!

Don’t worry about that, Pop...

Your stomach is way bigger than your eyes!

**F and E Real Estate**

Animal buyers are very demanding. The bears want a home with a first-rate security system. They were rattled by that Goldilocks break-in.

This house needs some work before the sale is finalized. The mice buying it want holes punched in the walls.

And this house is solid with a roof that doesn’t leak and a basement that stays dry.

And having lights that automatically turn on and off in every room is a top priority for the sloths.

So I promised the duck buyers we’d fix that right away.
Which animal would you like to be your mom?

Motherhood means different things to different animals. Read about how these animal mothers care, or don’t care for their young. Which animal mother would you like to have?

Silly Sheep
It is not uncommon for a sheep to simply abandon its lamb. Farmers often have to bottle-feed lambs to help the little lost sheep find the farmer and the bottle.

Strange Reflection
Find the differences between the mother donkey and its foal and their reflection in their pond.

EGGS-tra Fun
Use the numbers 4, 5, 6, 7, 8, 9.

- Make the top row of eggs equal 6.
- Make the sum of the middle row of eggs equal 16.
- Make the sum of the bottom row equal 17.

Animal Adoptions
Sometimes a goat will abandon its kid. Usually a farmer does not have to bottle-feed the little cutter because another nanny goat will step in and adopt it.

Adoptions can also be seen in the chicken coop. Some hens will sit on any eggs that happen to be around.

Underwater Moms
Frogs and fish moms generally lay their eggs and forget about them. Fortunately, once the eggs hatch, the tiny tadpoles and baby fish can survive on their own. In fact, one of the predators they have to watch out for is their own mom! Find 8 things in the pond that don’t belong.

Donkey Devotion
A donkey’s mother may be the most devoted of all. They will not let any other animal come between them and their babies. Even if a curious, little kitten comes close, a donkey mom will chase it away.

Gator Girls or Gator Boys?
The temperature of an alligator’s nest determines if a baby alligator will hatch as a girl or a boy.

Less than 86°F: All girls
86°F – 89°F: Both boys and girls
More than 90°F: All boys

Don’t miss your May issue of Kid Scoop! Stores, libraries, or complete your subscription online at kidoscoop.com

The Sheridan Press THANKS all our wonderful NIE sponsors!