Sheridan was recently awarded a grant from the Wyoming Department of Transportation that it plans to use to connect trails, like Wallop Park, pictured earlier in 2019.

VOANR asks community to support homeless youth

BY ALLAYANA DARROW | THE SHERIDAN PRESS.COM

SHERIDAN — As of January 2018, there are an estimated 639 homeless youth in Wyoming on any given day, according to the U.S. Interagency Council on Homelessness. The U.S. Department of Education reported that about 1,027 students experienced homelessness within the 2016-2017 school year. Wyoming has one of the lowest populations of homeless youth in the U.S., slightly above North Dakota.

Still, that trend may not be here to last. Homelessness is underreported across the U.S., according to the U.S. Interagency Council on Homelessness. The U.S. Department of Education's National Center for Homeless Education.

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According to a survey included with the city's Parks and Recreation Master Plan update, which council accepted over the summer, further extending and connecting Sheridan's pathways system is the No. 1 improvement city residents hope to see in the city's parks system.

In November, Sheridan City Council voted to accept a $250,000 grant from the Wyoming Department of Transportation's Transportation Alternatives Program.

City plans extensions to pathway systems

BY MICHAEL ILIANO | THE SHERIDAN PRESS.COM

SHERIDAN — The city of Sheridan has considered two projects that would extend its pathways system in recent weeks, something the city has identified as a priority because of public feedback.

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Today's edition is published for:
Beverly Michelena
of Riverton

Weekly edition serves:
SHERIDAN, WY 82801

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Every year, VOANR has been growing annually. "This time of the year, it will not be for doing things as with WYDOT’s TAP grant," Abbott said. Teaching youth early on how to budget, how to spend money well, how to budget until you’re well off, it’s a way to support them. It’s important, it’s a way to support them, Abbott said.

"This time of the year, it will not be for doing things as with WYDOT’s TAP grant," Abbott said. Teaching youth early on how to budget, how to spend money well, how to budget until you’re well off, it’s a way to support them, Abbott said.
High Mountain Holiday Bazaar planned

SHERIDAN — The annual High Mountain Holiday Bazaar will be held Saturday from 8 a.m. to 2 p.m. in Ranchester.

The event will be held at the Sheridan County Fairgrounds, 1141 Brookway. For more information, call 307-672-8063, Monday through Friday, 9 a.m. to 5 p.m.

Ugly Sweater 5k set for Saturday

SHERIDAN — Prospects from an Ugly Sweater 5k set for Saturday will benefit CHAPS Equine Assisted Therapy.

The ugly sweater contest will begin at 10 a.m. Prizes will be awarded to the most creative sweaters. Sign up for the race at taylorswist.com. Early-bird registration costs $10 per person. The race will begin at Thorne-Rider Park.

Dictionary.com chooses ‘existential’ as word of the year

NEW YORK (AP) — The word “existential,” first used to describe the condition of human beings threatened with violence, the very nature of democracy and anarchy, has been named the word of the year by Dictionary.com.

The Oxford Dictionaries, which define “existential” as “pertaining to existence; concerned with the nature of human existence,” characterized climate change, gun violence, the coronavirus pandemic, and the economic recession as examples of “existential” threats.

ORANGIE, Conn. (AP) — When no Americans replied to her ads seeking a dance instructor, studio owner Chris Sabourin looked overseas. But she was stymied again by a federal tightening of visa application rules and others contented in hampering the ballroom dance industry. Sabourin said she eventually gave up after a year and thousands of dollars trying to hire a top ballroom dancer from Greece to teach at her Fred Astaire studio in Orange, Connecticut, only to have the woman detail her concerns to New York’s Kennedy Airport and sent back home.

“It would just be nice to have someone here who is of the same profession,” said Sabourin. “It’s affecting our business, definitely.”

With a steady interest in learning iconic dances like the foxtrot and tango, fueled by new interest among baby boomers and others concerned with an aging population’s health, the ballroom dance industry is one that relies on foreign-born professionals, with some estimates suggesting that 15% of the overall population is foreign-born. But the administration’s efforts to reduce the number of foreign workers in the U.S. by tightening visa application rules have made recruiting foreign-born professionals more difficult. The association’s president, Marketa Lindt, said USCIS’s overall backlog of delayed visa cases has increased by 10 million cases since fiscal year 2016, the last full year of the Trump administration, to fiscal year 2018 — from 5.69 million to 15.9 million cases. In congressional testimony provided in July, association leaders asked the Trump administration to relax rules that delay visa processing for professional and technical occupations, among other things.

In one case, a dancer agreed to work at a Fred Astaire studio in Southbury, Connecticut, was later denied by the American consular officials in her home country of Ecuador, one of the last steps in the application process, which requires multiple interviews with USCIS and immigration services officials, making it increasingly difficult to come here legally, and said Hartford, Connecticut, immigration attorney Erin O’Neil-Baker.

Ballroom dancers say immigration clampdown hurting business

NEW YORK — Ballroom dancers say immigration clampdown is hurting business, with visa applications from individual dancers and studios falling into this area of visa processing, which is experiencing “existential” threats.

Representatives of the American Immigration Lawyers Association, the American Immigration Lawyers Association, the American Immigration Lawyers Association, and others contend is hampering the ballroom dance industry, Sabourin said she eventually gave up after a year and thousands of dollars trying to hire a top ballroom dancer from Greece to teach at her Fred Astaire studio in Orange, Connecticut, only to have the woman detail her concerns to New York’s Kennedy Airport and sent back home.

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Clearing the snow

Maintenance crews at Sheridan College plow near the Bruce Hoffman Golden Dome in preparation for the basketball games Saturday, Nov. 30, 2019.

One student, who wished to remain anonymous, said his class is going to the grocery store and shop the ReStore’s deals.

“Forky underscores that defined so much of our collective ethos, mood, or preoccupation of the passing moment,” said John Hall, located at 145 Coffeen St.

Cluttered storage drawers, dust bunnies, and unnecessary documents. For the14th annual Great Clutter Clearout event at the ReStore, the drive is located at 1141 Creek St.
A day after Israel announced plans to dredge the Jordan River as a holiday banquet for public employees in Mitzpe Ramon, California, killing 14 people over the weekend before dying in a shootout with the attackers.

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Gillette

24 hours through noon Sunday ...................... 0.04"

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Sheridan/Ranchester area his whole life.
School (Rustlers) in 1951 and lived in the
Kawulok, Sr.

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UV Index tomorrow

Jefferson Street, 2:02 a.m.
South Linden Avenue, 3:30 a.m.
West Loucks Street, 10:03 a.m.
North Jefferson Street, 2:03 a.m.
Ambulance assist, 400 block
Sugarland Drive, 7:22 a.m.
College Meadows Drive, 7:18 a.m.
Coffeen Avenue, 7:22 a.m.
Works Street, 5:10 p.m.

44 22 44 23 41 18 43 2423

ALMANAC

winning numbers:
15-35-42-63-68;
Powerball 18

This time.  Online condolences and a full obituary may be

WY to Frank Alvis & Mary Luci (Sotilo) Kawulok, Jr.

Walter Raymond "Ray" Kawulok

Apt 27, 1927 – November 27, 2019

Walter Raymond ‘Ray’ Kawulok, 92, of Ranchester, Wyoming passed away peacefully on November 23, 2019. He was born on April 27, 1927 in Kool, WY to Frank Alvis & Mary Luci (Sotilo) Kawulok, Jr.

Ray, operated on the Kawulok Ranch, 42 Ranch, Paulette Ranch and the Floder Ranch, later retiring from work on the Sheridan Memorial Hospital after 20 years working in Engineering/Maintenance.

He married Margaret Davis and had two children, Jeff and Marci. Walter worked many years in coal mining, going to Eaton’s Ranch in Wolf. WY to Helon Guthrie-Cook, they moved to Star Valley, WY on November 23, 1966, and lived together in Ranchester, Wyoming for 47 years till his passing in 2019.

was a Elia of the Rees. He enjoyed hunting, fishing, and golfing, carring for sheep for a number of years and later replaced those for farming. One could always find him up in the Big Horn mountains spending time with family and friends. He always enjoyed having a good time with his friends and family. He was a truly a man with a heart of gold.

He is preceded in death by his parents, Dorothy (Rich) Kawulok and Roy Edward Kawulok. He is survived by siblings: Dorothy (Lock) Morgan, Raymond Kawulok, Marci Ann Mock, 54, died Saturday, Nov. 30, 2019 at Billings Community Hospital, Montana. Creative burial has taken place. No service is planned at this time.

Jerry Owen Pryor

Jerry Owen Pryor died Nov. 20, 2019, at Amie Holt Hospice in Sheridan, WY. No services are planned at this time. Online condolences and a full obituary may be viewed at www.harnessfuneralhome.com.

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**REPORTS CONTINUED**

- **Traffic complaint**, York Circle, 9:53 a.m.
- **Motorist assist**, Danzick Street, 10:16 a.m.
- **Dog at large**, Horn Avenue, 10:56 a.m.
- **Driving under suspension**, Coffeen Avenue, 11:48 a.m.
- **Accident**, Coffeen Avenue, 12:11 p.m.
- **Shoplifting**, Coffeen Avenue, 12:20 p.m.
- **Damaged property**, Long Drive, 4:06 p.m.
- **Bar check**, North Main Avenue, 6:33 p.m.
- **Bar check**, North Main Street, 7:08 p.m.
- **Bar check**, Broadway Street, 7:22 p.m.
- **Welfare check**, North Main Street, 7:30 p.m.
- **Threats cold**, North Main Street, 8:15 p.m.
- **Burglar alarm**, West Alper Avenue, 10:23 p.m.
- **Bar check**, North Main Street, 10:56 p.m.
- **Minor in possession**, West Locust Street, 11:30 p.m.

**Sunday**

- **Citizen assist**, Avoca Place, 1:16 p.m.
- **Bar check**, North Main Street, 1:32 a.m.
- **Domestic, Martin Avenue, 2:57 a.m.**
- **Suspicious vehicle, Sugarlands Drive, 3:10 a.m.**
- **Vandalism cold, no loca-

### JAIL

- **Daytime inmate count**: 60
- **Female inmate count**: 12
- **Inmates housed at other facilities (not counted in daily inmate count)**: 0
- **Inmates at treatment facilities (not counted in daily inmate count)**: 0
- **Number of book-ins for the weekend**: 12
- **Number of releases for the weekend**: 63

**SEND YOUR LETTERS TO SANTA**

The Sheridan Press is inviting children throughout Sheridan County to send us their letters to Santa!

Have your children write their letters to Santa as neatly as they can on white paper in black ink. If you want a photo published with their letter, please send us a recent photo with the child’s name written clearly on the back. Complete the form below, and include it with their letter (and photo, if provided) in an envelope dated Dec. 16.

Mail to: Letters to Santa, The Sheridan Press, P.O. Box 2006, Sheridan, WY 82801. You can also bring them by our office, or email them to editor@thesheridanpress.com with “Letters to Santa” in the email subject line.

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SHERIDAN — The Sheridan Hawks hosted the top team in the NAIA Frontier Division, the Noelville Bighorns Dec. 6-7. The Bighorns defeated the Hawks 101-90.

“I think we were outplayed tonight,” said Coach Anthony Lynn. “We just didn’t execute offensively tonight. We had a couple of turnovers, we gave them too many points and we couldn’t get enough stops on defense. We have to regroup and get ready for the next game.”

Rookie quarterback Drew Lock’s passing efficiency, his second in three games, strained the Bighorns’ defense, especially in the second half when Lock threw two touchdown passes of 30 yards to Austin Ekeler and 36 yards to Keenan Allen. The Chargers’ relentless offense, led by Lock, executed a second-round pick from Missouri. “But winning your first start in the NFL is a dream come true,” Lock said. “I’m just happy we won.”

Harry & David’s 53-yard field goal lifted Denver past Chargers 23-20 on the road in Bozeman. The Hawks lost Friday’s 5-0 and did not find the back of the net after taking 41 shots. James Devries was in the net for the first two periods, allowing three goals. Zach Hoorn finished the game in the net for the Hawks. Sheridan won the second night in commanding fashion, winning 7-2. Justin Schwartzmiller had four goals: the opening goal and three in the second period. Schwartzmiller also had two assists.

Logan Syrap had back-to-back goals in the first period to give the Hawks a 5-0 lead after the first period. Syrap also had two assists in the game. Bowman scored both of his goals in the second period. The game was between Schwartzmiller’s first and second goals.

Koltun Wright scored the only goal in the third period. The Rebels swept the series and will travel to Helena, Montana, to face the Helena Bighorns Dec. 7.

Lady Generals pull out the win in OT

SHERIDAN — The Sheridan College Lady Generals defeated the Northern State Community College 66-64 in overtime Saturday, surviving a game where SC struggled offensively.

Head coach Ryan Davis said there was only a short time period in the game when Sheridan College found its offensive rhythm. For most of the game, SC did not have good offensive opportunities, shooting 15-28 from the field and giving up 28 turnovers.

“We looked like we were disinterested a lot of the game. When we needed tough buckets and need tough plays, we made them,” Davis said. “We tried to shoot its way out of the offensive slump with little success from beyond the 3-point line, making 1 of 20.

Davis said he did not like the shot selection of the team. The team is struggling to make jumpers, players need to learn how to get the ball inside to score.

RCAH at the Regulation Field: The Sheridan College Lady Generals defeated the Northern State Community College 66-64 in overtime Saturday, surviving a game where SC struggled offensively.

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Davis said he did not like the shot selection of the team. The team is struggling to make jumpers, players need to learn how to get the ball inside to score.

RCAH at the Regulation Field: The Sheridan College Lady Generals defeated the Northern State Community College 66-64 in overtime Saturday, surviving a game where SC struggled offensively.

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Don’t also have two assists. MacKinnon added an assist on the goal by Tyson Jost also scored and had an assist on the goal by Brandon Saad when Chicago goaltender Robin Lehner. “Very disappointing, obviously,” said McManus, who lined up the exact spot when he came out of the game, and made the practice kick when he gave him the cold shoulder.

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**FORUM**

What is that led to the Generals getting out rebounded. The All-Stars were not more athletic, they just understood where they needed to be to do the job well.Disraeli informed.

The fundamentals formed the likes of hand and foot during long years of practice and experience, something freshmen in college are still learning.

All had the opportunity to take a side with SC in learning opportunities. The All-Stars had a former post-season #28, Trocha who stood at about 6 feet, 1 inch and could play in about four minutes later. They had played at Rocky Mountain College.

Trocha shot 5 for 6 from the field, led the All-Stars with seven assists and had 13 rebounds in the game. At times, the Generals had trouble getting the ball into the hands of their standout players. Balls said SC will face players similar to Trocha during the season.

Watson had to work to pull the game because of foul trouble and missed opportu-

No one knew better than Deshaun Watson how to play in the heat of battle. He had seen other players trying to defend Trocha in a multitude of ways, but none of them could do it.

Watson said he was happy with his performance against the Generals. He said he was happy with his performance against the Generals. He said he was happy with his performance against the Generals. He said he was happy with his performance against the Generals.

**Kings rally from 17 down to beat Nuggets**

SACRAMENTO, Calif. (AP) — Sacramento Kings center Richaun Holmes scored 18 of his 21 points in the second half, including two 3-pointers at the end of overtime, and the Kings rallied from 17 down to beat the Denver Nuggets 111-105 on Friday night.

Watson said that he was happy with his performance against the Generals. He said he was happy with his performance against the Generals. He said he was happy with his performance against the Generals. He said he was happy with his performance against the Generals.

Watson had 234 yards passing and three touchdown passes of 14, 15 and 35 yards as Houston rallied to beat New England's front four. Watson had 234 yards passing and three touchdown passes of 14, 15 and 35 yards as Houston rallied to beat New England's front four.

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NEW RELIGION
TO TELL FIANCE ABOUT

DEAR ABBY: I am a woman in my 30s with a good head on my shoulders, but I have a dilemma. I recently became involved in a new religion, introducing my new religion from my fiancé.

DEAR ABBY, I raised Presbyterian but have drifted away from Christianity. My fiancé was raised Catholic but no longer practices. It's not actively involved in any religion, but I'm worried about how he will react to learning that I am now a 'witch,' which is just a broad term for anyone who follows the Wiccan spiritual path. I don't want him to think I've lost my mind, but I also can't keep hiding my beliefs from him. Secrets are never a good thing in a relationship, but I'm worried about how this news will be received. Please help.

WEST VIRGINIA WICCAN

DEAR WICCAN: I agree that it isn't a secret you should keep. If it were me, I would start disclosing the information slowly, sharing Wiccan literature, telling him I found it fascinating, and sharing a few of the principles with him. Before you hit him over the head with an announcement of your new version and it will be less shocking.

DEAR ABBY: I have a new boss. He is a very nice man. With the Christmas season approaching, how do I communicate to him that I do not want to exchange gifts? I don't want him to feel obligated to give me anything. I may be presumptuous of me, but I think he may want to believe this is his first supervisory position, and he might not even think about gifts. We have very little contact. I was raised Protestant and was founded by her. I have been the receptionist for many years and do not require any supervision. We are in a supervisory position, and he may be presumptuous of me. I don't want him to feel obligated to give me anything. I may be presumptuous of me, but I think he may want to believe this is his first supervisory position, and he might not even think about gifts. We have very little contact. I was raised Protestant and was founded by her. I have been the receptionist for many years and do not require any supervision. We are in a supervisory position, and he may be presumptuous of me. I don't want him to feel obligated to give me anything. I may be presumptuous of me, but I think he may want to believe this is his first supervisory position, and he might not even think about gifts.

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**Hints from Heloise**

**Santa's snowy footprints!**

In the morning, the little one's slippers are gone. Santa has stopped by. And you know what Santa brought? Snow! He didn't only bring snow; he brought it along with the little one's slippers, making Santa's snowy footprints! It is better to play a diamond to the ace of spades, which is much more likely to be a singleton than the spade king and if he is South, be ready! You might be in a better position to throw your trumps in a quiet highway, but be sure to include some social media in your daily planner. SAGITTARIUS (Nov. 22–Dec. 21): You can do two things at once. Use your multitudes of talents in multitasking. You could build a fresh set of useful alliances in a different field while remaining cautious about adding to your financial obligations.

**Pet links**

You could set an example for others that anything worth having takes real effort. Santa has stopped by. And you know what Santa brought? Snow! He didn't only bring snow; he brought it along with the little one's slippers, making Santa's snowy footprints! It is better to play a diamond to the ace of spades, which is much more likely to be a singleton than the spade king and if he is South, be ready! You might be in a better position to throw your trumps in a quiet highway, but be sure to include some social media in your daily planner. SAGITTARIUS (Nov. 22–Dec. 21): You can do two things at once. Use your multitudes of talents in multitasking. You could build a fresh set of useful alliances in a different field while remaining cautious about adding to your financial obligations.

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**PUBLIC NOTICE**

**REQUEST FOR BIDS FOR PROCUREMENT OF AUTOMATED FRONT-LOAD SANITATION TRUCK**

The City of Sheridan is soliciting bids for the procurement of one (1) new or used automated front-load sanitation truck, in accordance with the terms and conditions set forth in this notice and available on the City of Sheridan’s website (www.sheridanwy.gov). Bids must be submitted in writing by 5:00 p.m. on December 18, 2019. Bids will be opened at 2:00 p.m. on December 18, 2019.

**Mandatory Notice for Bidders: Effective October 31, 2019, the City of Sheridan, Sheridan, Wyoming, 82801, is soliciting sealed, competitive bids for the construction of a new regional library. Theed library will be located at 427 W. Center, Sheridan, Wyoming. Closing date is December 5, 2019 at 2:00 p.m. BID OPENING: Wednesday December 18, 2019 at 10 A.M. Website: https://www.sheridanwy.gov.

**PUBLIC NOTICE**

**TO ALL KNOWN CLAIMANTS OF AND IN INTEREST IN 1977 MONTA Mobile Home, Serial #747955.**

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**Notice of Right To Know**

Your Right To Know is a carryover feature into a mortgage application for any mortgage proposal and is not applicable to the property in the event of default. The process is governed in accordance with the Wyoming statutes and the Wyoming Administrative Code. The Notice is hereby given by City of Sheridan, LLC. The Notice of Right To Know is available for access by all California residents at the following website: www.sheridanwy.gov. The Notice is hereby given by City of Sheridan, LLC. The Notice of Right To Know is available for access by all California residents at the following website: www.sheridanwy.gov.
Staying active in winter

The leaves are falling, the grass is brown and the wind is biting cold. Many of us look forward to a thick sheet of ice before the sun rises above the horizon and the wind brings with it bursts of orange, pink, purple, red and yellow. That is, if you are not already worn down by winter sky. There is a sort of comfort belonging to curling up within instead of confronting the cold with aching pain in the joints. However, it isn’t the ideal thing for your health. Exercise has a produc- 

tive day and feeling like your best self from a mobility standpoint.

Hibernating in the winter becomes common as we age. The cold is hard on our bodies, or so it seems. But what if we find that the weather that is hard on us, it can improve the quality of life, activity that takes a toll on the body as well as the mind. The shorter, darker, colder days tend to naturally increase fatigue, arthritic pain flares, and the snow and ice can make leaving the home an intimidating and challenging adventure.

Exercising and movement are important for preserving a healthy and happier life, especially for aging adults. Gauging and maintaining muscle mass, bone density, core strength and flexibility are so important.

Exercise or physical activity can help reduce the risk of cardiovascular disease by lowering blood pressure and arthritis pain can decrease because of lubricating the joints and ensuring the muscles are strong. Regular exercise can significantly reduce the symptoms of arthritis as well. 

Several studies have also confirmed regular exercises can help prevent cognitive decline, such as Alzheimer’s, dementia and memory loss. To go beyond that, our social circle has the potential to increase participation in group exercises or walking groups that boosts our reason to leave the comfort of our homes.

Tips for how to stay active in the winter:

1. Join a group exercise class.
2. Pick a route that you know you are capable of doing and go for a walk. Invite your friends to join you. Maybe you extend your time together by beginning and ending your run with a cup of coffee or tea. Just make sure that you’re not leaving your home with a tired, restless body. In the cold, our bodies can get cold and tired, your reflexes don’t respond as quickly.

3. Layer up and get picky.

Pick a route that you know you are capable of doing and go for a walk. Invite your friends to join you. Maybe you extend your time together by beginning and ending your run with a cup of coffee or tea. Just make sure that you’re not leaving your home with a tired, restless body. In the cold, our bodies can get cold and tired, your reflexes don’t respond as quickly.

4. Do something fun.

Clean and declutter the house, do come chair exercises, pick a few easy exercises to do and go for a walk. Invite your friends to join you. Maybe you extend your time together by beginning and ending your run with a cup of coffee or tea. Just make sure that you’re not leaving your home with a tired, restless body. In the cold, our bodies can get cold and tired, your reflexes don’t respond as quickly.

5. Get active at home.

Clear out the house, do come chair exercises, pick a few easy exercises to do and go for a walk. Invite your friends to join you. Maybe you extend your time together by beginning and ending your run with a cup of coffee or tea. Just make sure that you’re not leaving your home with a tired, restless body. In the cold, our bodies can get cold and tired, your reflexes don’t respond as quickly.

6. Have a group activity.

Find a group activity that you enjoy, go shopping or just browse the local store.

Getting out of the house, staying active and exercising with other people will only have a positive effect on your overall well-being. Be sure to take part in physical activity and remember, you may just find that winter isn’t all that bad after all.

How to manage a loved one’s money

The number of retirees is on the rise. Data from the U.S. Census Bureau shows that, by 2050, there will be 65 years of age and older and some of them will need help taking care of themselves. Caregiving is a big responsi- 

bility. One crucial role caregivers may take on involves managing a loved one’s finances. AARP states that acting as a money man- 

ager becomes especially important if a loved one is no longer able to manage their finances. The Family Caregiver Alliance indicates millions of Americans are managing money or property for a family member or friend who is unable to pay bills or make financial decisions. Juggling one’s own financ- 

ees and the responsibilities of another person’s money can take its toll. Here are several ways to navigate those often tricky waters.

- Discuss plans in advance. Have conversations even before an aging loved one needs caregiving. Talking through difficult topics when parents are healthy can make the transition to simplified decisions later on.

- Open a joint account. Joint bank accounts make it easier for caregivers to manage a loved one’s finances if the person becomes physically or mentally incapacitated.

When necessary, you can step in as a money manager to pay bills, make deposits and withdrawals and monitor account balances.

- Make legal fiduciary arrangements. AAGS supports drafting up legal documents to manage all financial accounts. A power of attorney is a legal document in which one assigns another person the power to make financial decisions on their behalf. This also protects personal family interests, so that another relative like a sib- 

ling who may want his or her loved one’s share of the money, will not have access. Documenting fiduciary changes in the letter of the law can serve as a measure of protection against poten- 
tial problems.

- Pick your priorities first. You may end up running yourself emotionally and financially ragged, catering to the loved one’s needs.

According to a 2013 study from the National Alliance for Caregiving, an estimat- ed 41.4 million Americans provide unpaid care to an adult or child. Taking repeated time off of work for paying loved one’s needs out of your own pocket can take its financial toll. Do not take on unmanageable respon- sibilities.

- Ask for help. Speak with a financial advisor and/or other care attorneys about how to manage one’s loved one’s money to ensure an aging parent or child will be provided for. Arranging certain things in advance can make individuals eligible for certain benefits.

Managing money is just one of the many tasks asso- ciated with being a caregiv- 

ing. AARP suggests:

1. Meet with a financial advisor or attorney.
2. Ask for help.
3. Speak with a financial advisor and/or attorney.
4. Meet with a financial advisor or attorney.
5. Ask for help.

By MAEVA MARCHESE

MRIs of dense breasts find more cancer but also false alarms

About half of women over 40 have dense breasts. According to a study published in the Clinical Journal of Oncology, about 10% have dense breasts. That raises the risk of developing cancer and makes it harder to spot on mammograms if they do. U.S. regulations are making states to require that women get breast density informa- 

tion when they have mam- 

mograms, and many places provide it now. But what if you don’t know if you have dense breasts or if you are more or different types of cancer such as MRIs of dense breasts find more cancer but also false alarms. The study involved more than 45,000 Dutch women ages 45 to 55 with dense breasts who had routine screening every two years in the Netherlands. About 1% of them also were offered mammograms, which are powerful magnets to create detailed images, and 4,701 women agreed. Researchers then tracked how many breast cancers were detected in each group in the first two years. Findings from these “interval can- 

cers” implies that the initial screening may have missed them. The rate of these cancers after two years was twice as high in the group that was only offered mammograms. This suggests that adding MRIs to initial screening did catch more cancers, but they also gave a lot of false alarms—about 1 in 100 to 1,000 scans. Three-quarters of women who had a scan got a certificate of the MRI turned out not to have cancer.

According to a 1997 study from the National Academy for Clinical Laboratory Sciences, About 80% of women are not taking the steps necessary to ensure their health.

It’s not just women who need to take care to ensure their health. It’s also men, and older people.

The study only looked at the first two years of screen- 

ing with MRIs and it’s too soon to say whether the test will be useful. Without such evidence, it’s tough to say what value there is in finding more cancers, especially many very small ones, early stage ones. 

Doctors already know that some of these will never become cancers or become life-threatening. “Our dilemma is that, for now, we cannot tell the difference between a cancer that can kill you and those that cannot,” he wrote. Juggling one’s own finances and the responsibilities of another person’s money can take its toll. According to a 2013 study from the National Alliance for Caregiving, an estimat- ed 41.4 million Americans provide unpaid care to an adult or child. Taking repeated time off of work for paying loved one’s needs out of your own pocket can take its financial toll. Do not take on unmanageable respon- sibilities.

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grating, and patrons may arrive to The Hub during The Hub’s Open Mic an hour from 1-3 p.m. in the art studio. For more information, call 248-347-3000.

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The study only looked at the first two years of screen- 
ing with MRIs and it’s too soon to say whether the test will be useful. Without such evidence, it’s tough to say what value there is in finding more cancers, especially many very small ones, early stage ones. 

Doctors already know that some of these will never become cancers or become life-threatening. “Our dilemma is that, for now, we cannot tell the difference between a cancer that can kill you and those that cannot,” he wrote. Juggling one’s own finances and the responsibilities of another person’s money can take its toll.