A bill will be considered by the Wyoming Legislature at the February legislative session. Nineteen states have already raised the age to 21 to purchase tobacco products.

PREPARING FOR WINTER CAR TRAVEL

BY DANIEL MCCABE

SHERIDAN — With mountains, cold winters and long distances between towns, there’s plenty that Wyoming drivers can do to prepare their cars to avoid—or survive, if necessary—potential cold weather emergencies.

Some of the best preparation doesn’t involve parking anything at all. Rather, the most important precautions concern decision-making and communication.

“The two biggest things outside of actually putting equipment in your car are not to believe in your GPS and the roads it’s sending you down and to make sure you tell someone where you’re going and when you take to return,” Sheridan County Sheriff Allen Thompson said. “There are the two big things that we struggle with in search and rescue and law enforcement.”

However, Thompson said there is certainly a core set of equipment you should keep in your car throughout the entire winter, mainly to avoid freezing. First, keep a warm set of clothes including a hat, gloves, boots or even a sleeping bag stored just in case. Next, have a lighter or matches and a bag of sand or kitty litter that can prevent you from becoming stuck in the first place, like “a bag of sand or kitty litter that can double as weight or traction.”

Although your car may not have a 4x4, you can take a bag or a bag of sand or kitty litter and use it to increase the traction of your tires.

FEDERAL LAW BANS TOBACCO SALES UNDER 21

BY ALLAYANA DARROW

SHERIDAN — The special election of Sheridan held in November cost approximately $46,000, according to spending data and cost estimates provided by City Clerk Cecilia Good. The election — during which Sheridan voters narrowly upheld city council’s passage of Charter Ordinance 2018-4, which revised and clarified the duties and authorities of Sheridan’s city administrator position — was held Nov. 5 and drew 2,663 city residents to the polls.

The city held a special election in 2018 — during which voters defeated an ordinance that would have created the city administrator role, which was eventually established in 2016 — which cost the city $2,266.32.

That election was vastly less expensive for two reasons. For one, the city only used one polling location in 2018, which meant there were far fewer election judges.

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The county also did not include the cost of city staff put into the special election. Sheridan city council had to pay for the county’s assist in the endeavor.

Sheridan City Council members were aware that November’s special election would be significantly more expensive than the 2008 election, but chose to open all of the city’s polling locations typically used during regular elections in an effort to maximize voter turnout.

“The city’s largest expenditure — $19,341.43 — went toward professional services,” which Good said included paying the 55 election judges who operated the seven polling locations open on election day and the cost of assistance from Sheridan County staff.

Good said Sheridan County Election Supervisor Brenda Kekich and Sheridan County Clerk and Recorder Eda Schunk assisted the city in planning the election. Kekich and Kimberly Hein, chief deputy in the Sheridan County Clerk and Recorder’s office, also served on the canvassing board for the special election. Kekich and Kimberly Hein, chief deputy in the Sheridan County Clerk and Recorder’s office, also served on the canvassing board for the special election.

The professional services expenditure did not include the cost of city staff time put into the election, though, and Good estimated that cost amounted to $7,800. In addition to staffing the seven polling places, the city had to pay $1,135.96 in insurance liabilities to protect the city in the event that an accident occurred at one of the polling locations. Additional costs associated with the special election included the purchasing of election materials, advertising costs and legal fees. Printing ballots for the election and the cost of office supplies staff used to administer the election cost the city $6,007.99, according to the special election expenditures report.

The city also spent $2,194.42 advertising the election and polling locations publicly and in The Sheridan Press. Legal costs associated with the special election primarily centered on verifying the citizens’ petition that triggered the special election.

According to Wyoming statute, if city residents present city government with a petition challenging the passage of an ordinance that includes a number of signatures equal to 10% of the voter turnout in the latest general election, the city is required to hold a special election to determine the fate of the ordinance.

Sheridan residents presented the city with a petition in September. City Attorney Brendon Kerns spent time reviewing the petition and overseeing the verification process, which cost the city $3,150 in legal fees, Kerns said.

City staff’s verification of the petition found that the signatures on it met the threshold of validity — the petition had to contain 642 valid signatures to trigger a special election and the count found it contained exactly 642 valid signatures.

Because the count was so close, the city contracted with local law firm Kirven and Kirven to conduct an independent review of the petition. Kirven and Kirven affirmed the city’s count.

Forty-four signatures were not included in the count, Good said, but 20 of those were deemed valid.

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**WINTER:** Avoid risky situations

BY JURRI SCHENCK

**THERMOPOLIS —** The Discover Thermopolis' shop located downtown Thermopolis now has the largest selection of hot sauces in the state of Colorado, according to owner Howie Samelson.

Thermopolis is a small town situated in the middle of the state and how quickly batteries can die in the cold, he acknowledges there are spots even in the mountains where you might get lucky with USB chargers as well, according to one distributor.

Samantha said, “The real goal is to create an additional destination in Thermopolis. The people will come here because of the selection.”

The idea came to him at last year’s Main Street Conference of the selection.”

Thompson also recommends filling a portable jump starter — a secondary battery that can guarantee it’s going to get worse,” Thompson said. “The idea is about giving something to people. They are used to keeping elements in their systems, and they are used to the state of Wyoming, according to owner Howie Samelson.

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Last, Thompson stressed the No. 1 priority in Thermopolis: The store claims largest hot sauce selection

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BY JURRI SCHENCK

**PANKCAKES AT THE YMCA**

Above: Ayden McInerney listens to instructions before begin his pancake masterpiece at the Sheridan County YMCA Friday, Jan. 3, 2020.

Left: Ben Meyer squeezes yellow pancake batter into the center of a pink pancake batter circle to add more color to his pancake art

Below: Kids at the Sheridan County YMCA make pancake art.

Bottom: Soy Derises does right to his pancake art design.

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Below: Kids at the Sheridan County YMCA make pancake art.

Bottom: Soy Derises does right to his pancake art design.
The 1st Amendment: 

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."
Long overdue thank you

The volunteers in community and citizenry, not just Wyoming. A place dedicated to something whol-...
and the need to engage folks and voters of color to be a shift from poor less diverse, there’s going race.
during the White House also raised concerns that presidential elections. It’s from minority voters in

The 2020 Democratic pres-
his lawyer. His chief law-

WHERE HE IS

Ghosn entered the coun-

Albert Serhan told The Lebanese Justice Minister Ghosn, but there are no escape, stressing he did it

It's a coach that he made his mark on offense. The Beng-

He later denied his fam-

stunned by it. The dra-

NATIONAL OBITUARY

Ghosn, who is Lebanese

He was carted off inside a

and also holds French

during his tenure as head coach

He developed a history of

Wyche also famously took

Wyche grabbed the public

The class is $10 per person and registration is

Wyche, who had a history of

Wyche — and played three sea-

Lapses are more likely —

His chief lawyer, Lea-

NATIONAL BRIEFS

On this date:

In 1974, Pope Paul VI was

In 1947, UNRRA Advisory

In 1938, the United Nations

In 1920, the League of Na-

In 1897, John Marshall was

In 1874, Queen Victoria

In 1857, the British and Na-

In 1833, the U.S. Senate

In 1649, Charles I was

On New Year’s Eve, the

The Sheridan and Johnson County Bar Association recently held its annual Christmas dinner at The Historic Sheridan Inn with more than 100 guests in attendance. A weathered-looking chef dressed in a white apron and red tie served up a seven-course meal for the program. The Christmas dinner, formerly known as the Doctors and Lawyers Ball, was a longtime tradition of the city and the gesture taken for several years. SCDIA officers were pleased to bring this event back and look forward to its future growth.

HUNTER EDUCATION CLASS PLANNED FOR JANUARY

SHERIDAN — A hunter education class will be offered Jan. 6 and Jan. 13 from 6:30 p.m. to 8:30 p.m. at the Wyoming Game and Fish Antelope Avenue.

The sport portion of the class will take place Jan. 11 from 8 a.m. to noon at the Sheridan County Sportsman’s Association.

Local shooting clubs and gun stores will participate in the class and the fees are $35. Students may enroll online at www.wy.gov/gfd and look for the Hunter Education Section at the top of the page.

Wyche was hired by St. Louis.

It was as a coach that he made his mark on offense. The Bengal

Wyche led the Bengals to

Wyche also famously took

Wyche — and played three sea-

Wyche grabbed the public

The class is $10 per person and registration is

Wyche — and played three sea-

National Christmas dinner

When Sam Wyche kicked the
decisions that counted on Export support which was his objective. His presidential elections. It’s a coach that he made his mark on offense. The Bengal

Wyche, who had a history of

Wyche also famously took

He also showed his
deviation and took the main

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Wyche also famously took
The Hub organizes chess matchups

FROM STAFF REPORTS

Cameron Ellis graduated from Sheridan High School in 2013. During his high school years, he was involved with the SHS Symphony Orchestra, selected for the All-State Orchestra first year main and a row and recognized during the SHS talent show as the “Outstanding Senior” for his talent and energy for the SHS state.

Cameron Ellis played a variety of positions with the SHS soccer team, playing No. 2 singles his senior year. Academically, he chose to pursue advanced core classes balanced with intensive electives such as small engine repair, CADD and welding.

Ellis received both a academic and music scholarships to the University of Wyoming, graduating in 2017 with a Bachelor of Science degree in mechanical engineering. During his two undergraduate years, he continued pursuing his soccer studies while playing with the UW Symphony Orchestra and implementing in the music ministry at the St. Paul’s Newman Center in Laramie. Following graduation, Ellis made the decision to pursue a career and obtained a Master’s in Business Administration from the University of Wyoming in 2019.

In the spring of 2019, he returned to his hometown of Sheridan, accepting a position as a research and development engineer for Kennon Products on their V-22 Ballistic Protection project. He married Megan Fitzpatrick of BURNS, Oregon, on Nov. 21, 2019.

Ellis is excited to be back in Sheridan where he and his wife are close to family and the Bighorn Mountains, an area they can pursue their passions for camping, hiking, skiing and boating.

Taylor Spiegelberg

Taylor Spiegelberg graduated from Sheridan High School with the class of 2011. During his time at SHS, he was a member of the swimming and golf teams.

Cameron Ellis graduated from Sheridan High School in the spring of 2013. In the spring of 2019, he returned to his hometown of Sheridan, accepting a position as a research and development engineer for Kennon Products on their V-22 Ballistic Protection project.

Julianne Rye graduated from Sheridan High School in 2006. In high school, she was active in orchestra, choir and several clubs such as National Honor Society. Now, she teaches Spanish at Sheridan Junior High School.

Spanish with her students but being an example and positive role model to her students and who they are becoming takes top priority, although watching them learn that new Spanish word or concept is rewarding, too.

Most recently, she married Erik Rye on Nov. 10, 2019. Her students are having a fun time transitioning from Señorita Blaha to Señora Rye. They find it amusing!

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Therapy dog changes attitudes at Gillette school

BY KATHY BROON

GILLETTE — Ruby, wearing her red vest, lay on her owner, Jennifer Singhas, in the foyer of her companion and mom's care.

There, with the lights dimmed, during final testing the week before Christmas, Singhas' very own therapy dog, Ruby, made her debut at Thunder Basin High School since coming to Thunder Basin a few days after being born. Singhas chose her out just a few days after being born. She named the gentle, calm yellow Lab Ruby because she was born in the middle of a litter because she was the “mother” dog who calmly watched or mothered her other siblings at just a few weeks old.

Singhas is a Campbell County School District math teacher for the past four years and has a family of six kids. Ruby is an Iowa family in last year.

Picking her up on Mother’s Day, she always had this in mind for Ruby. The dog was a Super Tuesday! Singhas was able to pick up Ruby all the way back to Wyoming.

Ruby, perhaps the most popular dog at Thunder Basin High School, is not just a short period of time.

The power of Ruby is there for all to feel. She is able to take away any cards, her mug shot in the yellow vest, and her presence is enough to break a heart, like... UK., therapy dog judge safely predicts.

Ruby’s effect at the school. The girls frequent appointments and more feel anxious... “Oh gosh. I thought I’d get more than I could do ever.”

And she can do more for them. We’re seeing it here.”

“The power of Ruby is that, when she’s there and more, almost like focus. I think it’s relaxing, even more, when she’s there and more, more...”

“This is her, she’s doing, but when you see sometimes there’s so much emotion. They just need that.”

Singhas has seen her puppy spark remarkable individual growth too.

Welden Steele, 17, came to school this year wheelchair bound and unable to walk. He had few communicative skills and used an iPad to do much of his talking.

Then he met Ruby. On the day before Christmas break started, Steele waited patiently for Singhas and Ruby to come down the hall, Peachy and Steele entered the room.

As they passed by the lights, ruby suffered from separation anxiety. As she settled into her space, Ruby’s behavior in all kinds of places. Singhas and other instructors could barely keep up with him. His strides are so much at Thunder Basin High School.

Then he dashed off, runing to watch..

Then he met Ruby.

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Singhas didn’t expect that kind of response. “I’m seeing more positive behavior,” Singhas said.

“Steele has come far with Ruby. The power of Ruby...”

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OBITUARY

Effie Ann Rexroat  March 29, 1925 - January 1, 2020

Effie Ann Rexroat, 94, passed away at Westview Health Care Center, Sheridan, WY, on January 1, 2020. Services will be held at a later date.

She worked at Rock Island Ordnance Depot for three years during World War II. Following her marriage to Paul R. Rexroat, she served as a civil service employee for various jobs working at various bases, until he retired in the mid ’50s. She married Emmett Z. Farmer in December 1955.

Effie married Richard Lee Rexroat in February of 1972. They spent their time in Arizona and Wyoming before retiring in Sheridan, WY.

Effie enjoyed traveling, dancing, reading, playing card games, playing bingo and shopping time with family and friends. She corresponded with friends from all over the country. She volunteered for years at the International Potat-O-Town Festival held in Alpine, QM each October. Any family member who visited during the festival also had the privilege of eating and fun at the Gray Panther’sordova.

She was survived by her husband, Richard Rexroat, daughter (Larry) Bear of Warren, OH, Sandra (Tom) Moody of Georgetown, IL, Cullen (Bill) Bowldick of Opa, Fl., Brenda (Tom) Brown of Memphis, TN, Sherri (Steve) Haly of Walcott, IA, and son Paul Michael Canyon of Van Wyck, VA and Jeffrey ( saja) Canyon of Soldotna, AK, stepsons; Rick and Pat Rexroat and a very special step daughter-in-law, Nancy Rexroat.

Nine grandchildren, Jody, Tommy, Doug, Rexroat and a very special step daughter-in-law, Nancy Rexroat. Eleven step grandchildren, 24 step great grandchildren and two step great great grandchildren. One sister; Carol (Pat) Koegler; sister-in-law Bonnie Dirck, numerous nieces and nephews.

She was preceded in death by her parents; her husband, Paul Rexroat; her granddaughter, Stacy Bear; brothers Harley (Paul) and Orville Rexroat; and her daughter-in-law, June Miller.

Donations may be made to the BHI on Senor Center at 650 2nd St., Sheridan, WY 82801.

Services will be held at a later date. Champion Funeral Home.

Online condolences may be written at www.championfh.com.

Has been entrusted with local arrangements. Online information on the Internet, go to: www.kanefuneral.com.

Condolences may be written at www.championfh.com.

February’s meeting Dec. 19, 2019

• Treasurer’s report
• Report on projects
• Old business
• Approval of current agenda
• Call to order and roll call
• Comments from the public
• Council comments and
• Invocation to be given by

Regular council meeting
Town of Ranchester
Sheridan City Hall
7 p.m. Monday

Regular board meeting
Cheyenne County Courthouse
7 p.m. Wednesday

Regular council meeting
Town of Ranchester
Sheridan City Hall
7 p.m. Monday

Regular council meeting
Cheyenne County Courthouse
7 p.m. Wednesday

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Hibernation is a mechanism that allows animals to endure the cold. During hibernation, the body continues to function slowly. For many animals, this has evolved over the centuries. The body continues to function much longer than in other states of dormancy, which helps prolong the hibernation state. For example, a ground squirrel can go for up to 100 days without waking, during which it will conserve as much energy as possible.

Small mammals such as shrews and bats use a large amount of their energy intake during hibernation. They must have enough energy to last them through the winter months. During hibernation, the body temperature drops below 85 degrees Fahrenheit, usually lower and fluctuate several degrees. For hibernating individuals, the body undergoes profound bodily changes and can be triggered by a variety of factors. In addition to hibernation, there is a condition called torpor that has less dramatic bodily changes, and torpor sometimes occurs during cold temperatures on a daily basis in some animals (hominoids, primates, and alligators). During torpor, breathing and heart rates slow down, and processes such as energy use slow down. This helps the animal conserve as much energy as possible.

During Sarah’s time as a therapeutic riding instructor, therapeutic riding has helped her to balance her life and work. She has had to learn how to be in control of her emotions and work through them and skillfully manage her time. She has a strong passion for helping others and feels that this work is a gift. She is opening Windy community, a therapeutic riding center, and plans to continue helping others through this work. She recently attended a workshop on therapeutic horseback riding techniques and is excited to bring this knowledge back to her clients.

Theérapeutic riding center is open in Rock Springs.
Ohio State Heisman finalist Chase Young to enter NFL draft

COLUMBUS, Ohio (AP) — Record-setting defensive end Chase Young is leaving Ohio State early to enter the NFL draft, a widely expected move.

The junior Heisman Trophy finalist made the announcement Friday on Twitter. He has been forward to “joining a new family in the NFL this spring and being part of something special.”

Young led the nation in sacks with 16½, also the best in school history. He reached that number despite being benched for two games because he violated NCAA rules by accepting a personal use.

Young was a unanimous All-American selection and a rare defensive player to be selected a Heisman finalist. He collected a slew of other postseason honors.

Lincoln, Nebraska announces dismissal of RB Maurice Washington

LINCOLN, Neb. (AP) — Running back Maurice Washington, who faces child pornography charges in California and was disciplined for unrelated rules violations last season, has been dismissed from the Nebraska football team.

The program announced Washington’s departure Friday in a two-sentence statement, adding that he was expected to enter the NCAA transfer portal soon.

Coach Scott Frost removed Washington from team activities on Oct. 21 but left open the possibility he could return. At the time, Frost said the sophomore from Stockton, California, had not been following unspecified team rules.

The pornography charges against Washington are related to an incident when he was in high school. Washington is accused of obtaining a video of his former girlfriend performing a sex act, storing it on his cellphone and sending it to the girl in March 2018. Washington is not depicted in the video. He has pleaded not guilty. The case is pending.

Washington started five games and appeared in seven in 2018. He rushed for 206 yards and one touchdown and caught 12 passes for 162 yards and two scores.

He played in 18 games in two seasons, running for 753 yards and four touchdowns and catching 36 passes for 298 yards and one touchdown and appeared in seven in 2019. He rushed for 16.5, also the best in school history. He reached that number despite being benched for two games because he violated NCAA rules by accepting a personal use.

Young was a unanimous All-American selection and a rare defensive player to be selected a Heisman finalist. He collected a slew of other postseason honors.

Niemann opens with 66 to lead at Kapalua

KAPALUA, Hawaii (AP) — Fresh off his Presidents Cup debut, Joaquin Niemann of Chile brought fresh confidence and plenty of form to Maui by opening the year with a 66 for 10-under par in the first round of the Sentry Tournament of Champions.

The 24-year-old Niemann, whose only previous start came on the Southwestern University schedule during the fall, looks forward to “joining a new family in the NFL this spring and being part of something special.”

Young led the nation in sacks with 16½, also the best in school history. He reached that number despite being benched for two games because he violated NCAA rules by accepting a personal use.

Young was a unanimous All-American selection and a rare defensive player to be selected a Heisman finalist. He collected a slew of other postseason honors.

Sheridan's Zach Koltiska (3) scores a 3-pointer against Buffalo High School Saturday, Dec. 21, 2019.

Players step into larger roles

Sheridan’s Zach Koltiska (3) swishes a 3-pointer against Buffalo High School Saturday, Dec. 21, 2019.

Players step into larger roles

Joeel Moline | The Sheridan Press

Sheridan’s Zach Koltiska (3) scores a 3-pointer against Buffalo High School Saturday, Dec. 21, 2019.
Dear Abby,

I've been an alcoholic since I was 21. I was always the black sheep, and my drinking was at its worst toward the end. I was selfish toward my wife and my drinking took its toll on our marriage. Now, after two years of sobriety, I am going to an AA meeting for the first time. I'm not really sure I want to go. Is there anything I can do?

Sincerely,
[Name]

Dear [Name],

Congratulations on two years of sobriety! It's a big step forward, and I commend you for taking that step. Going to an AA meeting can be a great way to connect with others who are on a similar path and to hear positive messages about recovery. It's also a good opportunity to learn about the 12-step philosophy and to ask questions if you have any.

Of course, it's up to you whether you attend the meeting or not. If you're not sure, it might be helpful to talk to your sponsor or a trusted friend to get their input. Ultimately, it's your decision, and I encourage you to follow your heart and do what feels right for you.

Sincerely,
[Abby]
All classified ads run free at www.thesheridanpress.com!

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Antiques Wood Sears and Reebuck Farm Master egg incubator 36"x36"x23". $300. 803-205-1149.

THE SHERIDAN PRESS

BIZZARO

JANRIC CLASSIC SODUKO

Fill in the blank cells using the clues below. Each number can appear only once in each row, column and block. Use logic and process elimination to solve the puzzle. The difficulty levels range from Bronze (easiest) to Silver (hardest).

Sears and Roebuck ANTIQUES WOOD

1 2 3 4 5 6 7 8 9

OASIS LOUNGE COCKTAIL SERVER / BARTENDER

"Wings" DCE. Apply in person at the Front Desk.

For Lease

WANTED: Prince’s School of Dance Now Offering Ballet, Jazz, Contemporary and Creative Movement for all ages. For information Call 307-533-9995.

WANTED TO BUY

1/2/3 Bedrooms Available

HITCHS, PICKUP FLATBED, TRAILERS 2305 Coffeen Ave. or $600. America’s Best Furnished Apartment 1/2/3 Bedrooms Available. Call 307-674-8847 and submit resume to: dethbred@va.gov.

PCR

Fucked up a job interview? Have we got the interview shirt for you! Phone: (307) 672-1641.

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Do you have excellent customer service skills? Are you looking for a job with competitive benefits— including health and dental care, paid vacation and potlucks? JOIN OUR TEAM AS A CLASSIFIED AD CLERK

For Details & Map, visit: CamelotWy.com

We respect & honor trademark relationships.

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Saturday, April 10 from 10:00 AM to 12:00 PM

144 Grinnell Plaza • Sheridan, WY 82801 • 307.672.2431

1869 SUGARLAND DR.

For more information or to order, please visit our website at: www.WYCO.com

STURMIER STORE DIRECT

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Call 307-732-2113

TOWNHOUSE APARTMENTS

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3 Beds/2 1/2 Baths

307-720-1820

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Incorporated in Wyoming

1976

Welcome to Bizzaro

Bizzaro

Mature responsible part time office assistant wanted. Book keeping, document assembly, filing. Call Clay Jenkins 674-6687 and submit resume to detling@att.net.

Journeyman Electrician Full time position.

Competitive wages DOE, 401K, vacation, holiday pay, personal days. Email resume to intrex1@hotmail.com or Call 307-672-1641.

Jobs Available

SHERIDAN COUNTY SCHOOL DISTRICT

Now Hiring

OASIS LOUNGE COCKTAIL SERVER / BARTENDER

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307-720-1820

STANDPIPE HOUSES

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Your Daily Astrology

TAURUS (April 20-May 20): Your ability to make decisions is better than usual. Ask for help if you’ll likely receive it.

CANCER (June 21-July 22): Don’t be dismayed if you don’t receive it. The right arm will show you how to handle life’s myriad obstacles. Because you applied yourself to your life, and from what you may require attention, but that could be an illusion. Several things that meet your standards may sound too good to be true in April, when you may be overly optimistic or carefree, overlooking the fine print and drawbacks.

LEO (July 23-Aug. 22): You love being trendy and fashionable. Make a decision before the domain in Consett, England, on this day. This birthday star has portrayed zany Mr. Bean in two feature films, the TV series and the current “Handy Bean” show. He also starred in the “Maibor” series and played Johnny English in three movies. Atkinson’s film resume also includes “Revenge,” “Bat Out of Heaven,” “Never Say Never Again.”

ARIES (March 21-April 19): You can be more relaxed. Romantic relationships may blossom and turn into true love, or true love can become obvious.

GEMINI (May 21-June 20): Focus being friendly and outgoing in the week ahead. Loved ones and friends have been tolerant of your occasional rashness and bravado. The past may but you need to handle your ideas properly and obliging.

LIBRA (Sept. 23-Oct. 22): Your confidence and term goals. Late January and early February could be a good time to join a business organization or sign up for athletic activities. You can be responsible as always for a few hours today.

SAGITTARIUS (Nov. 22-Dec. 21): You can win favorable attention and generosity toward others to spread goodwill. You can be more relaxed. Romantic relationships may blossom and turn into true love, or true love can become obvious.

CAPRICORN (Dec. 22-Jan. 19): Opposites attract and complement the other’s strengths and weaknesses. You can be responsible as always for a few hours today.

AQUARIUS (Jan. 20-Feb. 18): A partner or loved one might seem to have an abundance of time to devote to you, but that could be an illusion. Several things that meet your standards may sound too good to be true in April, when you may be overly optimistic or carefree, overlooking the fine print and drawbacks.
Hints from Heloise

Dear Readers: January’s not known for being particularly balmy in most parts of the country. What are some ideas to keep our DOGS SAFE AND WARM this time of year? Let’s take a look at hints from the American Society for the Prevention of Cruelty to Animals (www.aspca.org):

Do:
- Feed the dog a bit extra and provide plenty of fresh, clean water. Dogs can burn extra calories in an effort to stay warm.
- Use a paw protectant balm on the pads of the feet (petroleum jelly is OK) before walking outside, or use booties, if the dog will go for that.
- Grab a towel for your walk. Dislodge ice chunks and salt from between the pads as they happen.

Don’t:
- Give the dog an extreme groom – dogs need their fur to help insulate them.
- Bathe the dog too often. You might remove natural oils, which can lead to dry skin.
- Leave the dog outside for an extended period; a tragedy can quickly unfold.

The cold weather won’t last forever, but focusing on our pets must be a priority to keep them safe and healthy. -- Heloise

PET PALS
Dear Readers: Meet Lil Stinker. He’s a little skittish, a Yorkie who had kind of a rough start. He wasn’t with his ideal pet parent, but now he’s thriving in the new year with new owner Djuana D. To see Lil Stinker and our other Pet Pals, visit www.Heloise.com and click on “Pet of the Week.” Do you have a furry friend you’d like to share? Email a picture and description to Heloise@Heloise.com. -- Heloise

STICKY FINGERS
Dear Heloise: To open a plastic bag to put my veggies or fruit in, after wiping the handle of the cart with the sanitary wet wipes provided by most grocery stores, I grab another one to keep in the cart. I use it to wet the tips of my fingers, and the plastic bags will open right up. When done shopping, I use it to wipe my hands. -- Darla S., via email

WRITE IT DOWN
Dear Heloise: I keep a list of freezer contents on the door. When we’ve eaten something, I delete it from the list. -- Sharyn, via email

HINT FROM HIM
Dear Heloise: When I want to make a peanut butter sandwich and the jar is almost empty, I break a piece of bread up into 1-inch or less square pieces and one at a time put them in the jar and squeeze them against the side or bottom with a knife or spoon. I wipe the jar clean eating each piece as it comes out of the jar. -- Robert S., via email

CARRYING CASE
Dear Heloise: I use magnifying eyeglasses and have many. They come with a cloth case, which I use to carry a pen, pencil, nail file, lotion and hand sanitizer. -- Caroline D., Fredericksburg, Va.

Great way to upcycle! -- Heloise

The International Bridge Press Association’s Personality of 2019 was Michal Klukowski. At 23, he is easily the youngest winner of this award. But this is not an unusual moniker for Klukowski.

Born in Poland, but now representing Monaco in major championships, he won his first national title in 2011 when 15. The next year, he was on the Polish team that won the Youngsters (under 21) World Team Championship. Since then, Klukowski won three open world team titles, two Rosenblums and one Bermuda Bowl, and another world youth championship.

His partner on the Monaco team is Piotr Gawryś, who won his first world title, the 1984 Team Olympiad, 12 years before Klukowski was born!

Klukowski learned to play the game when nine. His parents were keen players and encouraged him to take classes at their town bridge club.

Klukowski read his opponent well in this deal from a world championship match between Monaco and Lavazza. At both tables, the contract was four hearts, and each West led the club ace, then cashed the diamond ace.

At the other table, Geir Helgemo (West) played a second diamond at trick three. The declarer did not work out what to do from there.

Against Klukowski, West cashed the spade ace at trick three. Now, with a discard available on the spade queen, declarer just had to draw trumps. The percentage play is to cash the ace and king, but Klukowski felt that West thought he had a fourth defensive trick. So, Klukowski cashed the heart king, then played a heart to dummy’s jack. When that hold, Klukowski drew the last trump and claimed.
YOUNG BRONCS: Sheridan 4-1 entering new year

“This year, now we are on full time on there with them and it’s really nice to have that bond with them.”

Martin said the players were friends entering the season and have played on teams together prior to this season. Kolitiska and Dubberley have enjoyed time spent on the court with returning players. Dubberley said Wright, Rickert and LeChelat see openings in the defense the younger players do not always see. Martin said, “For the younger players who have now seen Kolitiska and Dubberley on the defensive side of the ball, both players have bought into what Sheridan is trying to do defensively. The physical maturity of the players allows them to be better defenders because they have the strength to play at the varsity level. Players have to close out on shots with more intensity and leave less space for them to get the shot off, Dubberley said. At the same time, opponents are better at driving to the hoop and Dubberley needs to be ready to stop the drive. The Broncs are 4-1 entering the new year and travel to Cheyenne to participate in a tournament Jan. 9-11.

Wayne, Polamalu finalists for HOF in 1st year eligible

MIAMI, Fla. (AP) — Reggie Wayne and Troy Polamalu are among 15 finalists for the Pro Football Hall of Fame’s modern-day class. The former Colts receiver and Steelers safety are joined by five others who have never been finalists.

Packers safety LeRoy Butler; Rams receiver Torry Holt; Panthers linebacker Sam Mills; Dolphins linebacker Mike story.

For the first time this year, the Hall of Fame also is adding a great new category to its finalists. Each of the six modern-era players can be chosen. For the first time this year, the Hall of Fame also is adding a great new category to its finalists. Each of the six modern-era players can be chosen. Each of the six modern-era players can be chosen.

Only nine players in the 35-man field of PGA Tour members were at Kapalua three years ago, Sheridan’s Carter Dubberley (15) looks for an open teammate against Buffalo High School Saturday, Dec. 21, 2019.

Cantlay, Schauffele, Jon Rahm and Patrick Cantlay among defending champion Xander Schauffele, Jon Rahm and Patrick Cantlay among three-time winner at Kapalua, 2015, 2016 and 2017. "It’s kind of a mini-goal I’ve had all year, going to the Olympics and then playing the President’s Cup, which is the best players in the world. I got Ernie as a captain Ernie Els.

The Presidents Cup was one of my best experiences since I turned pro," he said. "I shared a lot of moments with the best players in the world. I got Ernie as a captain Ernie Els.

"The Presidents Cup was one of my best experiences since I turned pro," he said. "I shared a lot of moments with the best players in the world. I think that week was really helpful for my career, for the future."

It appeared to help in the first round of the new year, and Niemann had plenty of company.

Thomas also thrived at Royal Melbourne, going 5-1. Then again, he’s been playing well the last six months with only one finish out of the top 12 and none out of the top 20.

Key to his round was keeping bogeys off his card as much as the flurries of birdies at the end.

"It’s kind of a mini-goal I’ve had very round," he said. "I made bogey bogey. I got Ernie as a captain Ernie Els.

"It’s kind of a mini-goal I’ve had very round," he said. "I made bogey bogey. I got Ernie as a captain Ernie Els.

Nieman didn’t win a match at Royal Melbourne — he went 0-3-1, twice facing two of the best U.S. partnerships — but thrived on the stage under International captain Ernie Els.

"I probably had one of the worst professional shot I’ve hit in my life on 11, followed by a pretty bad drive on 12," Rahm said. "It was just a really bad day. The mind wasn’t in the right place. Besides that, it was a great day.

Wayne, Polamalu finalists for HOF in 1st year eligible

BY BARRY WILNER

AP PRO FOOTBALL WRITER

Fremont, Nebraska

KAPALUA: Wind was reasonable for tour to use all new back tees

"It may not be a Carpe, but it is mungle"
Saturday, January 4, 2020

BEETLE BAILEY

BY MORT, GREG & BRIAN WALKER

NOW THAT I KNOW ALL THE PLACES HE LOOKS, I KNOW WHERE NOT TO HIDE

CLASSIC PEANUTS

BY CHARLES SCHULZ

THOMAS WOLFE WAS RIGHT...YOU CAN'T GO HOME AGAIN!

IS DAGWOOD ALL SET TO WATCH THE BIG GAME? HE JUST WENT OUT TO OUR BACKDOOR ON HIS WAY TO YOUR HOUSE.

GREAT GAME, ISN'T IT HERE? AND MY NACHOS COULDN'T BE BETTER!

NACHOS? ALL CRUNCH! CRUNCH!
THE FAMILY CIRCUS

BY JIM DAVIS

GARFIELD

WELL, THAT WAS AN INTERESTING Date WITH LIZ...

WE WENT OUT FOR A NICE ITALIAN DINNER...

AND THEN TO A VETERINARY LECTURE.

IT WAS TITLED, "TREATMENT OF AN ABSCESS".

WITH A WIPER SLIDE PRESENTATION.

HOW ROMANTIC. I'LL NEVER EAT RAVIOLI AGAIN.

BORN LOSER

WE JUST LOST AGAIN!

I SWEAR, EVERY TIME THEY PLAY A WAY GAME, THEY LOSE!

AT LEAST THEY PLAY HALF OF THEIR GAMES AT HOME!

THAT'S NO HELP—THEY LOSE THEIR HOME GAMES, TOO!

OH, DEAR! IS THERE ANYPLACE THEY COULD PLAY OTHER THAN HOME OR AWAY?

FRANK AND ERNEST

MY FRIEND WILL STAY HERE SO WE'LL KNOW WHERE THE TREASURE IS BURIED.

AH, "X" MARKS THE SPOT!

WHY IS THE PERIOD WEARING A CAPE?

HE THINKS HE'S A SUPERHERO...

...BECAUSE HE CAN SINGLE-HANDEDLY STOP A SENTENCE!

CALL ME A "POWERPOINT"!
Have a Happy, Healthy Winter!

When the weather outside turns frightful, it gets harder to get your much-needed exercise.

Moving around keeps you healthy and feeling good. Give these safe and fun indoor activities a try and let us know what you think!

Winter Health Tip: Hydrate!
If it’s cold outside, you might not feel thirsty. However, it is important that you keep drinking water throughout the day.

A good reminder is to drink a glass of water each time you go to the bathroom.

How many differences can you find between this boy and his reflection?

WINTER HEALTH TIP: Limit Screen Time
The American Academy of Pediatrics recommends parents limit their kids’ screen time to two hours or less a day.

How much time do you spend in front of a screen each day? Computers, TV, phones... it all adds up. Keep track for one week and try to do less and less each day.

Can you keep it to less than two hours a day?

Wash Your Hands Often!
Exercise keeps you healthy. Remember to wash your hands throughout the day.
Visit kid-scoop.com/wash-up/ to find a Kid Scoop video and printable activity pages that help make hand washing fun!

Hand Exercises
Now that your hands are nice and clean, they could use a little exercise. Try these:

Stretch & Squeeze
Spread your fingers out as far as possible. Feel that stretch? Now squeeze them into two tight fists. Repeat 10 times.

The Big Reach
Stand with your feet slightly apart. Reach your hands up, up, UP as high as you can. Now bend and reach for your toes. Repeat 10 times.

Helmet Hands
Extend your arms straight out, level with your shoulders. Slowly start twisting your arms in a circular motion. Spin them faster and faster for 60 seconds.

Pat on the Back
Hold your hands out in front of you. Reach over your shoulders and put your back for 30 seconds. Cross your arms and try again. Do this for 30 seconds. You deserve a pat on the back!

Extra! Hundred Toss
Crumple up a sheet of newspaper into a small ball. Cover the entire ball with masking tape. Toss the ball back and forth with one or more pals, counting from 1 to 10 each time the ball is successfully caught. If someone drops the ball, start counting from 1 again. Can you make it all the way to 100?

Kid Scoop Puzzle
Unscramble each of the mixed-up words.

When should I wash my hands?

- after playing DISTOUE
- after using the STIROMORE
- before eating or KONCOGI
- after petting SANIMLA
- before and after visiting a sick DRFIN
- after blowing your nose, coughing or sneezing
- after taking out the RATHS

Let’s Talk: With your family, discuss things you can do to be healthier in 2020. Come up with a plan to eat healthier foods, get more exercise and spend fun time together!

Double Word Search

REMINDER EXERCISE HEALTHY HYDRATE WEATHER PRETEND THIRSTY MOVING TRAVEL DANCE STORM LIMIT SAFE TIME WASH

Find the words in the puzzle. How many of them can you find on this page?


Kid Scoop Vocabulary Builders

This week’s word: HYDRATE

The verb hydrate means to take in or drink water.

Try to use the word hydrate in a sentence today while talking with your friends and family.

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