Coaches rely on each other, child care for support

BY JOEL MOLINE
JOEL.MOLINE@THESHERIDANPRESS.COM

SHERIDAN — Most high school coaches don’t coach full time; they work as teachers and lead athletic teams as a second job, putting in extra hours before and after school, late at night and on the weekends. Having a supportive family and community has proven vital for coaches to perform at the highest level.

Janelle Manore lives in Sheridan with her husband, Matt, and their two kids, a 2-year-old son and a 4-year-old daughter. Manore teaches math at Tongue River High School and is the head coach of the volleyball team. She said without the support of her husband, she would not be able to coach. Manore even jokes during volleyball season, her husband operates as a single father.

Brent Moore teaches physical education at Sheridan Junior High School, coaches the boys and girls swim teams and oversees the swimming club in Sheridan. Moore’s wife coaches the junior high school cross-country team. With both coaches busy after school, the Moores found they had to multitask; luckily practices were close enough together that their children could bounce between the track and the pool at the junior high.

Head Start on quality, lacking quantity

BY ALLAYANA DARROW
ALLAYANA.DARROW@THESHERIDANPRESS.COM

SHERIDAN — When Jerilyn Harris moved to Sheridan close to five years ago, her family topped the priority list at Head Start because they were considered homeless.

Harris, a single, stay-at-home mother, will soon send her 4-year-old son to kindergarten. He is one of three of her children who attended Head Start. Harris values Head Start because of its holistic approach to each child, including academic readiness, social and coping skills, problem-solving, dispute resolution, sharing and decision-making, she said. Her son loves to set the table and help out at home—a behavior she partly attributes to Head Start. While Harris is satisfied with her child care options, many Sheridan families struggle to find something that works.

SHERIDAN — Absaroka Head Start in Sheridan, an early childhood care program that has served the community for more than 25 years, nearly shut down in 2018. The Wesleyan Church, which had housed the program for most of its time in Sheridan, needed the space Head Start was using and evicted the program. It was eventually relocated to the old Highland Park School, but that building was condemned in 2017. Wyoming Head Start Director Amber Clark said the organization spent two years searching for a permanent home for the local program, but the combination of Sheridan’s expensive properties and the state’s exacting requirements for licensed child care facilities left Head Start without a home.

Local Providers notice growing gaps

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Coroner's report finds no election code violations

By MICHAEL ILLIANO

A special prosecutor’s report finds no election code violations from Sheridan County.

GREAT FALLS, Mont. (AP) — A Great Falls woman and her 7-year-old daughter were killed Friday and another person was injured in a two-vehicle crash on U.S. Highway 89 west of Great Falls, the Cascade County Sheriff’s Office said.

Officials say the woman lost control of her car when it hit a patch of black ice northwest of Sun River at about 7:40 a.m. The car crossed into the oncoming lane and into the path of a sport utility vehicle, which hit the car’s passenger side. Angela Bonney, 39, and her daughter, Parker Ramirez, 7, died in the crash.

Two were critically injured in what was described as a head-on collision.

A 20-year-old man was taken to a hospital and was in critical condition and they are expected to survive.

In addition, a Great Falls woman was critically injured.

On Tuesday, another person was killed in a crash near Missouri Valley, Mont., according to the Cascade County Sheriff’s Office.

Two people were killed in a crash on state Highway 87 near Great Falls, the Cascade County Sheriff’s Office said.

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Chicago woman is 2nd US patient with new virus from China

WASHINGTON (AP) — A Chicago woman has become the second U.S. patient diagnosed with the dangerous new virus in China that authorities announced Friday.

The woman in her 60s returned from China on Jan. 19 without showing any signs of illness, but three or four days later she called her doctor to report feeling sick.

“The patient is doing well and remains hospitalized primarily for infection control,” she Dr. Allison Arwady, Chicago’s public health commissioner.

Earlier this week, a man in his 30s in Washington state became the first U.S. patient, also diagnosed after returning from China.

Both patients have similar symptoms,Messonnier said, but the strain likely cannot spread as easily.

“We have had a very small number of cases in the United States,” she said.

As their children grow older, they become more independent and less likely to spread germs, said, and require less supervision.

Dearborn said she uses her children and children from other football coaches’ families as a way to help the family stay connected.

As lawmakers emerged Thursday from a briefing with officials, said Sen. Richard Moore.

Here at the Sheridan Broncs, said coach Brent Moore.

Dearborn said that parents was at every one of his children’s activities all the way through his college days. He said not make as much sense to his wife, it was easier to have a chance.

Julian said that players also end up adopting and mentoring coaches’ children.

Children looked to the next generation for this since 2015,” she said.

Several cases have reached about 1,000.

The virus can cause fever, coughing, wheezing and a coughing fit, which is a member of the coronavirus family that’s a contagious disease.

Some people have had severe symptoms and have been in an isolation unit at Providence Regional Medical Center in Everett, 30 miles north of Seattle.

Nurse

Nurses

said.

Washington state and the city and water regulators, most of whom were

The lawsuit claims the officials failed to protect residents from a foreseeable risk of harm.

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We need more than vigils

On Wednesday night, around 46 people gathered for Sheridan to honor all of the missing and murdered Indigenous women in the United States, and from local reservations in particular. But many attendees who rallied around the recent loss of Selena Not Afraid struggled to put into words what the past few weeks have been like for the community.

The issue of missing and murdered Indigenous women has attracted national attention. Earlier this week The New York Times published a report aimed at raising awareness about the number of Indigenous women who go missing each year. Big Horn County — which many in Sheridan County know of, but little about — contains the Crow and Northern Cheyenne reservations. It has the highest rate of missing and murdered Native Americans in Montana, and among the highest nationwide. The Times article pointed out that New York Times article noted an incomplete count by local activists who could remember 28 individuals who had gone missing from Big Horn County. In addition, in a report by Indigenous women were reported missing to the P.B.I.’s National Crime Information Center. While activists within the reservations and across the nation have pressed politicians and law enforcement to provide aid and more persistent response to such cases, their efforts have recently started to affect change.

In April 2019, Gov. Mark Gordon formed a task force assigned with developing plans to address the issue of missing and murdered Indigenous women. The group began meeting in July and while this is one step in the right direction, the root of the issue will likely prove complex, rooted in decades of social injustice, poverty, discrimination and cultural biases. The issue of disappearing and murdered Indigenous individuals may seem removed from Sheridan County, but Big Horn County borders Wyoming, and it’s government seat, Harlin, sits just 10 miles from Ranchester. It’s closest community, Wyo- wak, is only a limousine drive from Parkman. These are our neighbors who shop, eat, work, and often attend school in Sheridan County. Vigils and task forces offer a start, but we must do more. We must find a way to turn sadness and fear into action, guided by respect. We must work to support our Native American community members and their efforts to affect positive change, and do so without cultural judgment. We must look to those populations we are privileged to serve as guides for our own efforts.

Letters to the Editor
Kudos for column
Re: More reasons to shop, eat, read local
Kudos to Colleen Adolphson! In her column on Jan. 31, 2023, she hit the nail on the head. Most of us are so preoccupied with our little town and the historic Main Street. But do most of us realize that going out of the area, i.e., Billings, is much more fun and enjoyable than not? Fortunately, we have some of the finest products or services to do our shopping and eating close to home. I do believe, however, that we really have to do our best to support our local business owners.

Rita Rohrbaugh
Sheridan

Keep Wyoming free
from income tax
Re: Government funding
Wyoming has no income tax. We should keep it this way. A personal income tax is regressive; an "income" tax increases as one’s tax base grows. Longer hours or more money and the government demands even more of our money. The more you work, the more you pay. We do not want to encourage work and investment in Wyoming, or punish it with an income tax? A business or corporate income tax is even worse. It discourages businesses formation or relocation to Wyoming. It punishes the business owner for the risk of the consumer, by forcing the company to take a reduction in the price. It is a lose lose situation.

Brooke Hudsom
Sheridan

Donation
Re: SCLT holiday fundraising
Thank you to all of our friends who supported Sheridan Community Learning Trust this holiday season.

Kevin Wood
Sheridan

For the Sheridan Press

SCLT

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The spiritual practice for meeting challenges — whether small or large, mundane or extraordinary, or of great difficulty, is the same — to let our thoughts settle. We let go of clinging to worries or regrets, and accept ourselves as we are, to embrace the moment for day to let your thoughts settle. Make gratitude for; accept where you are, not a matter so much then? Use these practical ways to nurture hope, inner peace, or extremely hard work. Focus on making inner peace a possibility, staying calm in your heart and mind. “Breathing in, I calm my body; breathing out, I calm my mind.” — Jack Kornfield

When life is “taking you out,” (periodically or exceptionally) for me.)

In 1981,

While living in Denmark, the idea of the concept of addictions is to end the “five years of humiliation and pain” that the people in the United States. In 1947, a Tupac Resales host held by UNC for 844 days in the United States. In 1993, a guam shot and killed two police officers outside agency headquartered in Virginia. In 1892, the residents of a famous century-old catalog. In 1924, the first 1920s comedy film, The Jazz Singer, was released. In 1947, Sears announced that it would no longer produce its public water supply. In 1996, its public water supply. In 1947, it was Georgia’s first official Freedman’s Bank.” — John W. Davis

February 25: The role of private working lands in the sustainability of rural communities will be discussed. A panel of representatives from area businesses and organizations will explore with attendees the benefits of using land as a conservation tool. The session will be held from noon to 1 p.m. at Luminous Breezeway. Lunchtime Conversations about Open Spaces begin Tuesday

Sheridan — The Sheridan County Chamber of Commerce will host its annual convention in Casper Friday, Jan. 24, 2020.

Finding inner peace

The spiritual practice for meeting challenges — whether small or large, mundane or extraordinary, or of great difficulty, is the same — to let our thoughts settle. We let go of clinging to worries or regrets, and accept ourselves as we are, to embrace the moment for day to let your thoughts settle.
Some day care centers have three or four preschoolers, which can be challenging for teachers and caregivers who have limited half-day options and are overwhelmed by weekend day care options are being offered at higher self-care rates.

Parents working in food service or other evening jobs often look to private services. Some parents can’t fall back on friends or relatives to care for their children after work. Many day care options are available at a price that many families can’t afford.

According to the 2016 Wyoming Count Data Book, more than 1,500 children younger than 6 attended day care programs in Sheridan County during the 2016-2017 school year. Harris said Head Start and Early Head Start are key elements of early childhood education in Sheridan County.

Head Start is 100% federal-funded, based on income eligibility. This year, Head Start focused on the variety and quality of services, including health and nutrition, social and emotional development, and kindergarten readiness.

Harris said Head Start programs aim to prepare children for success in school and life. The program focuses on family involvement and provides stability by connecting them to residential, employable and educational resources.

The Center for Disease Control tested day care centers for tests hearing, vision, motor skills and basic educational skills based on the child’s age.

WASHINGTON (AP) — E-commerce has increased an enormous flow of fake merchandise, leading to millions of dollars in losses, Trump administration officials said Friday. The U.S. Department of Homeland Security, the Department of Justice and other government agencies are directing efforts at cracking down on counterfeiting.

"It's the fact that the Fish and Wildlife Service found that project will not jeopardize grizzly bears and in concluding that they rely on these conservation measures," Suntarsio said.

The Fish and Wildlife Service is currently working with the Sierra Club and Center for Biological Diversity to conclude that they rely on these conservation measures to engage in the crosshairs of two "notices of violation" affecting the Yellowstone to Uintas connection. The 15-page letter by the Center for Biological Diversity and U.S. Forest Service were sent to the federal government. The U.S. Fish and Wildlife Service found that project will not jeopardize grizzly bears and in concluding that they rely on these conservation measures.

"Some facilities meet the state average of 47 in child care centers for children younger than 6 as well as with two or more infants, Harris said. "We also decrease the risk of delays early through tal screenings can be a good option for Wyoming parents who are in "crisis mode" for finding child care centers and organizations that can help fulfill this need." Buchanan said some parents don’t know how to take care of their children and work at the same time. She said she’s been familiar with the greater economic issue of relating to a lack of options.

"It only is this is not a federal government at fault, it’s our job to protect intellectual property and guard against counterfeits. E-commerce has unleashed an arena of bogus goods, including a flood of fake goods. Firms need to do more about fake goods and tools and fake medications. DHS says it works to fight the proliferation of online trafficking in counterfeit goods and other forms of abuse and that its efforts are aimed at cracking down on counterfeit goods.

"The problem must do more to address the problem. In the past 13 years in this age group," Buchanan said. Some day care centers have three or four preschoolers, which can be challenging for teachers and caregivers who have limited half-day options and are overwhelmed by weekend day care options are being offered at higher self-care rates.

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The program found a temporary home at the last minute, just one month before it was scheduled to close for good, but it was nearly the latest example of a trend that’s developed in Sheridan over the last decade.

Sheridan County YMCA Executive Director Elisabeth Clark said the number of child-care programs in Sheridan has dwindled in the last 10 years. In 2010, Cassiday said the community was home to 42 licensed child care facilities. By 2014, that number had dropped to 36 and, according to the Wyoming Department of Family Services, there are currently 27 centers of care in the community.

“I don’t think child care in Sheridan was already a hardship and both Clark and Cassiday said the decline in child care providers has only made it worse to grow,” she said.

Assuming the demand in Sheridan has proven difficult, Cassiday said the waiting list for the YMCA’s child care program — which is currently operating at a reduced capacity because of construction on the facility — usually hovers around 300 children at any given time.

“I would say the need in Sheridan is one of the highest for our program in the state,” Clark said.

As of January, the Wyoming County Commissioners Association reported there were currently 2,100 children on the waiting list for child care in the county. The number of licensed child-care centers in the county has decreased by nearly 60 percent since 2010.

“The size of the list is just one significant sign of the desperate need for child care,” Clark said.

Clarks said the local Head Start waiting list for early childhood care was up back its capacity while it waits for the construction of a new facility in Sheridan, maintains a fluctuating and inconsistent list for the same reason.

“I would say the need in Sheridan is one of the highest for our program in the state,” Clark said.

Programs, like the Head Start program at Sheridan Community College, said she has pieced together a rough outline of the community’s need based on her frequent interactions with parents in the community.

“I know for sure that it’s Executive Branch child care for infants and toddlers probably has added up to 5 years of age,” Jacobson said.

That need is certainly real, according to Lois Liddle, executive director of the Sheridan YMCA. She said the organization recently acquired in Buffalo, Wyoming, now serves as a facility for the organization.

“The community has been fortunate in that staffing has always been a priority for her organization, but it has begun exploring ways to expand access to child care in the community by collaborating with child care stakeholders in Sheridan,” Jones said.

That’s a lot of integration and professionalism involved,” Kittleman said.

“You have to have a passion for Head Start and the mission of Head Start to do what these people do. They are not in it for the money — they are in it to make a difference in their community,” Kittleman said.

Sheridan’s Head Start Program has been fortunate in that staffing has been fairly consistent, but many other providers have not.

“What solutions to Sheridan’s child care shortages look like is still taking shape.

Both the YMCA and Sheridan Head Start plan to increase the number of child-care programs in their new facilities are completed in coming years. But expanding those programs will only make a dent in the community’s overall need. “Even if we double our numbers, we’re not fulfilling all of the needs of our community,” Cassiday said.

Jenny Craft, executive director of the Homer A. and Mildred S. Scott Foundation, said providing child care resources has always been a priority for her organization, but it has begun exploring ways to expand access to child care in the community by collaborating with child care stakeholders in Sheridan.

Jacobian, likewise, said facilitating collaborations among parents, providers and potential providers is part of her job.

While those discussions haven’t settled on a solution yet, Jacobson said they’re making progress.

Cassiday said the Y has been exploring what it can do to assist other facilities, such as allowing them to use the YMCA’s facilities for parts of the day.

The only thing that child care providers have set in stone so far is that addressing child care shortages in Sheridan is going to take a community effort.

Maggie Weidner reads to the Kindler group during story time Wednesday, Jan. 22, 2020.

THE SHERIDAN PRESS www.thesheridanpress.com SATURDAY, JANUARY 25, 2020

MATTHEW GASTON | THE SHERIDAN PRESS
**First-space-baked cookies took 2 hours in experimental oven**

Located near NASA’s Johnson Space Center, Nanoracks designed and built the small electric test oven that was launched to the space station last November. Five 6-by-6-inch cookies were already up there.

Italian astronaut Luca Parmitano was the master baker in December, radioing down a description so he baked them one by one in the prototype Zero G Oven. The first cookie — in the oven for 25 minutes at 300 degrees Celsius (163 degrees C) for 25 minutes — came out.

Four other cookies were removed from the oven next, and the results were still being monitored.

"There's still a lot to look into to figure out really what's driving that difference, but definitely a cool result," Mary Murphy, a manager at Nanoracks. "I honestly wasn't sure it would work."

**There's still a lot to look into to figure out really what's driving that difference, but definitely a cool result." **

Mary Murphy
Manager at Nanoracks

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**CAPE CANAVERAL, Fla. (AP) — The results are finally in for the first chocolate chip cookies baked in space.**

Looking more or less normal, the best cookies required two hours of baking time last month up at the International Space Station. It takes far less time on Earth — 10 to 20 minutes.

And how do they taste? No complaints from the astronauts. They are scheduled to be delivered to a hotel on Earth in the coming weeks.

Still seated in individual baking pouches and packed in their spacesuit containers, the cookies remain frozen in a Houston area lab after launching from two weeks ago in a SpaceX capsule. They were the first food baked in space from raw ingredients.

The makers of the oven expected a difference in baked goods between the space flight and one on Earth. But they didn’t think it wouldn’t be "that big." "There's still a lot to look into to figure out really what's driving that difference, but definitely a cool result," Mary Murphy, a manager for Texas-based Nanoracks said. "Overall, I think it's a pretty awesome first experiment."
they haven’t had the opportunity to do so yet. It’s not as if teachers and administrators in every public school in the county aren’t working as hard or with as much passion as those at Rawhide, where on the average, the teachers have just five years of experience in the classroom.

And it’s not as if you can go wrong with any school in the county, the parents said. But Rawhide! Well, that’s different.

“I highly recommend this school district, and this school here,” said parent Kerri Becker. “My kids are on the bus one hour in the morning and one hour at night. I don’t regret that… it’s like a big family here. She has three kids in the school.”

“They absolutely love it,” Becker said. “When they’re sick and I tell them they can’t come to school, my girls cry.”

According to the state report card, the school was failing in 2015-16, which was based on the 2014-15 WY-TOPP test results from students.

But three years later, Rawhide has earned the equivalent of a B or “meets expectation” from an even more rigorous test, the WY-TOPP. The school has done so in two consecutive years, 2017-18 and 2018-19. The school reported that for states, it has met state testing for accountability; the school had never met expectations until the past two school years.

The Wranglers have even higher aims.Bahige credits the increase in his teachers and the entire school. They have all bought in and are “rolling in the same direction,” he said.

“Teachers like Jennifer Farnes, who teaches sixth graders and is the Campbell County School District’s Teacher of the Year in 2019-20, point to more collaboration.”

Parents and students point to the community feel of the small school. It is what’s going on beyond the classroom that has led to this achievement.

Understanding what the school grades are based on helps observers reach conclusions. But many factors contributing to better results are elusive for such schools.

At Rawhide, they’ve found the needle in the haystack and hope it doesn’t slip through their fingers.

The Title I school ranks in the top five in Campbell County for student at-risk factors including mobility (the number of students coming in or leaving school each year), mobility and reduced lunches, attendance, English language learners, and free and reduced lunches. All titles are stacked against Rawhide, which has 49% of its students on reduced lunch, 15.6% mobility, and 15% English language learners.

The Programmable Government Document Analysis System (PGDAS) reports Rawhide has met expectations” from an even more rigorous test, the WY-TOPP. The school has done so in two consecutive years, 2017-18 and 2018-19. The school reported that for states, it has met state testing for accountability; the school had never met expectations until the past two school years.
Blackout wins over Lady Rams

**BIG HORN**— The Big Horn High School girls basketball team lost to Moorcroft 47-42 at home Friday. The team is now 3-6 in the season.

Senior Courtney Wallach scored 16 points for the Lady Rams and junior Amalia Gee scored nine. The Big Horn girls are scheduled to play at Buffalo at home Saturday afternoon.

**Moorcroft** out scores Lady Rams

**BIG HORN**— The Big Horn High School girls basketball team lost to Moorcroft 47-42 at home Friday. The team is now 3-6 in the season.

Senior Courtney Wallach scored 16 points for the Lady Rams and junior Amalia Gee scored nine. The Big Horn girls are scheduled to play at Buffalo at home Saturday afternoon.

**Story, Rockies agree to $27.5 million, 2-yr deal**

**DENVER** (AP) — All-Star shortstop Trevor Story and the Colorado Rockies have agreed to a $27.5 million, two-year contract that avoids arbitration.

The slugger agreed to a $260 million, six-year deal with the Rockies last month.

He is coming off his fourth consecutive season with at least 20 home runs. He's the first shortstop in big league history to begin his career with four straight 20-homer seasons.

Story won his second Silver Slugger Award last year. He is the 10th Colorado player to win that award multiple times.

The Rockies are poised to have both Story and seven-time Gold Glove winner at third base回归 next month after requesting a raise the team not being active in player acquisition this year. Rockies hit a career high .263 with 41 home runs, 138 RBIs and a .302 OPS last season.

The slugger agreed to a $260 million, eight-year contract with the Rockies last February. But he can opt out of the deal after the 2023 season and become a free agent.

The Rockies are coming off a dreary 71-91 campaign after making the playoffs two years in a row. They’ve been quiet all offseason — well, except for the constant speculation that Arenado could be shipped out.

One of the moves the team made was locking up right-handed reliever Scott Oberg, who was eligible for arbitration before reaching a $13 million, three-year deal with the Rockies last month. Letter writer Joe Pichler said the club agreed to one-year deals with other players who were eligible for arbitration.

Rockies catcher Tony Wolters could be shipped out. One of the moves the team made was locking up right-handed reliever Scott Oberg, who was eligible for arbitration before reaching a $13 million, three-year deal with the Rockies last month.

Letter writer Joe Pichler said the club agreed to one-year deals with other players who were eligible for arbitration.

Colorado catcher Tony Wolters could be shipped out. One of the moves the team made was locking up right-handed reliever Scott Oberg, who was eligible for arbitration before reaching a $13 million, three-year deal with the Rockies last month.

Letter writer Joe Pichler said the club agreed to one-year deals with other players who were eligible for arbitration.
Sheridan's Gus Wright (5) after a dunk extends the Broncs lead in overtime against Thunder Basin High School Friday, Jan. 24, 2020.

B2 prime time regular season's ratings, though still higher than viewing event. Television still does not count as an appointment being a college student."

The internet hadn't been invented. 49ers and the Raiders, but it

Lofton recalled this week with

Then I had to ask another team-

the Pro Bowl.

son off to a strong start in 1978,

win, but Sheridan needs to be

three games in a row. The win

own.

initially, but Thunder Basin tried

going into overtime. Sheridan

like they had the momentum

"It is totally grit; It is pas-

"It was a brilliant idea,"

Horrigan said. "It was kind of like a rookie

years there, with Honolulu's

season with a move to Hawaii. The

in Los Angeles, the game truly

after the 1709 season with a move to Hawaii, the

the Arizona Cardinals to the

27 points, then, the all-star game was a way to try to keep up. The

instead of the midsummer classic that Major League Baseball

sof the Pro Bowl has always

hard time avoiding that artificial lace. The

Said not being too, trying to, in fear of getting Sainted. The all-star game was a way to try to keep up. The

of the 1938 champion New

the league sure

merger in 1970, the current AFC-

NFC format was enacted. Football

from each con-

1938. After being played primarily

For the players, it usually is.

"It was kind of like a rookie

Jerome Stovall and Archie Manning, NFC quarterbacks were Roger

The honor of being selected among the

"It was totally sinecure."

for NFL at 100: Afterthought as it is, Pro Bowl has rich history

NFL at 100: Afterthought as it is, Pro Bowl has rich history

BRONCS: Lady Broncs found themselves down early

Sheridan's Sam Lashlee (35) scores against Thunder Basin High School Friday, Jan. 24, 2020.

Lady Broncs lose big

The Lady Broncs lost against the Thunder Basin girls 68-59 in the first game of the night. The Lady Broncs found themselves down early, trailing 17-4 in the first quarter and 34-14 at halftime. Sheridan played more competitively in the second half, where it outscored the Lady Bolts 29-31.

Head coach Larry Ligocki said the team played hard the entire game. Thunder Basin capitalized on mistakes by the Lady Broncs to score easy points. Ligocki said a lot of those mistakes were Sheridan’s own fault. Ligocki said he and the coaching staff felt like the Lady Broncs handled the pressure from the press Thunder Basin was applying, but the turnovers came when Sheridan tried to set up its offense. The press sped the Lady Broncs up and out of sync to start the game. Sheridan made adjustments that stopped the offense.

Sheridan has a quick turnaround, facing Campbell County High School Tuesday, Jan. 28. Ligocki said the team was optimistic following the post-game talk. He reminded the team that basketball is a game where they might be struggling but the next game could be the time the Lady Broncs hit their stride or they could catch their breath. So the Lady Broncs hit their stride and were out of sync to start the game.

The Lady Broncs are now 2-9 on the season.

SHERIDAN'S Gus Wright (5) after a dunk extends the Broncs lead in overtime against Thunder Basin High School Friday, Jan. 24, 2020.

Sheridan never led in the sec-

tied with 9:10 left in the third quarter.


to fight back at the end of the game.

"I was, ‘That was a great fourth quarter."

Sheridan lost backcourt for injury reasons, whether serious or not. Players on the two Super Bowl teams are pulled off the rosy, the on-field intensity and drama that fuels so much of the national interest in the sport is nonexistent.

The annual all-star exhibition usually takes place these days.

"It was kind of like a rookie Loften recalls lining up in the

Loften recalled this week with

then I had to ask another team-

What’s the Pro Bowl? Loften recalls this week with a laugh. "I didn’t have a TV at Stanford, so I didn’t watch any NFL games. I knew about the stars and the Roosters, but it wasn’t like you watched ESPN.

Four decades later, the Pro Bowl still does not count as an appoint-

These years later.

As long as the Pro Bowl

Jokic, Nuggets, control boards in 113-106 win over Pelicans

New Orleans (AP) — Nikola Jokic and Jerami Grant aggressively crashing the offensive glass, the Denver Nuggets overpowered the New Orleans Pelicans 113-106 on Friday night.

For the second for his reaction to the first. "I see a lot of players who are able to pull this one out.

"Obviously, I have to do a better job of blocking my man when they have the ball, and to keep my competitive emotions, but I always feel I’m the first time. He had that type to stand up for your guys," said Malone, who recalled his initial technical for an argue for a foul called against Grant and the second for his reaction to the first. "I wasFlagging his man, I think there were able to pull this one out."

Zion Williamson scored 15 points in

With Nikola Jokic and Jerami Grant

With Nikola Jokic and Jerami Grant

"It was kind of like a rookie

Loften recalls this week with a laugh. "I didn’t have a TV at Stanford, so I didn’t watch any NFL games. I knew about the stars and the Roosters, but it wasn’t like you watched ESPN.

These years later.

As long as the Pro Bowl

world's due date.

"It was kind of like a rookie Loften recalls lining up in the

Loften recalled this week with

then I had to ask another team-

What’s the Pro Bowl? Loften recalls this week with a laugh. "I didn’t have a TV at Stanford, so I didn’t watch any NFL games. I knew about the stars and the Roosters, but it wasn’t like you watched ESPN.

These years later.

As long as the Pro Bowl
survey, almost half of drivers don’t even pull over to eat on trips of an hour or more; they munch while behind the wheel. Their favorite foods in that situation are candy bars, potato bars and French fries.

None of these roadside or in-car foods choices are going to make you more alert (a sugar-curb crash dulls your brain) and eating while at the wheel is a distracted driving, almost as bad as texting! So next time you’re traveling, if you think you’re getting racy, look at the food you’ve been eating.

The key to good road food is to make sure you decide when and what you eat, so you aren’t forced to chew down whatever is at hand. (Or if you’re trapped by a storm, you want to have enough to stay alert and energize.)

When: ‘That means you don’t let yourself get hungry that you’re willing to eat anything!’

What: ‘That means you always travel with a supply of healthy, filling food and drinks — and then look around to see what small choices you can make to supplement those basics. So pack a back or backpack with the following:

1. A large bag of nuts, for hunger-quashing fats they provide, the protein and the healthy, unsaturated fat they contain. Get plain roasted, unsalted or dry roasted peanuts, walnuts, almonds or mixed nuts.

Francesca Phillips and Jeanne Phillips

Charles of Britain and his son Prince Harry

Dr. Mehmet Oz and Dr. Michael Roizen

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NON SEQUITUR

Your Daily Astrology

SATURDAY, JANUARY 25, 2020 www.thesheridanpress.com

GEMINI (May 21-June 20): In the week ahead, you may find that your emotions are as boundless as your empathy. Where others may lose or flounder, your sympathy is as boundless as your empathy. Where others may get out of hand, you may be too sensitive toward people who don't deserve your sympathy. You may be too sympathetic toward people who need it the least. A tiny bit of assertive behavior could go a long way in the upcoming week. CAPRICORN (Dec. 22-Jan. 19): In the week ahead, you may be in a better position to deal with uncomfortable situations in our complicated world. Brushing up on the basics of life may be the least assurance you have that what's going on.

AQUARIUS (Jan. 20-Feb. 18): Listen to your most trusted adviser. Someone in close connection may display leadership abilities that you can emulate and sound judgment that you may want to follow. Don't fret this away cash this week on things that won't last.

PISCES (Feb. 19-March 20): Your willingness to go out of your way to be kind, even to strangers, may strike others as odd or overly solicitous. In the upcoming week, you may think you are not discriminating enough in your choice of companions.

TAURUS (April 20-May 20): Those who flirt some time in the upcoming week, may get out of hand. Some- one might mistake an inno- cent gesture for a romantic overt. In the upcoming week, be cautious about how you spend your money.

SCORPIO (Oct. 23-Nov. 21): An excess of confusion may disrupt your solar cal- endar. An inability to work independently or without a sidekick could adversely affect your work. You may feel the urge to point out someone's error, or you may take advantage of an emerg- ing situation. By late Feb- ruary and early March, you might meet the right person at the wrong time, or you may give in to charitable instincts when your emotions are as boundless as your empathy. Where others may feel the need to cut corners, you might be in a romantic mood and be skeptical of anything that's going on. As this week flies by, your desire for social con- tact and intimate warmth may get out of hand. Some- one might mistake an inno- cent gesture for a romantic overt. In the upcoming week, be cautious about how you spend your money.

LIBRA (Sept. 23-Oct. 22): Your desire for social con- tact and intimate warmth may get out of hand. Some- one might mistake an inno- cent gesture for a romantic overt. In the upcoming week, be cautious about how you spend your money.

ARIES (March 21-April 19): Misunderstandings can misstep. Be clear about your existing commitments and be sure to communicate unambigu- ously. Someone attracted by your outgoing nature might think your friendly “hello” holds the promise of more intimate encounters.

TAURUS (April 20-May 20): Those who flirt some- time in the upcoming week, may get out of hand. Some- one might mistake an inno- cent gesture for a romantic overt. In the upcoming week, be cautious about how you spend your money.

CANCER (June 21-July 22): No one wants an image of you as someone who lives up to your ideals, or to appear in public and live your story. People will admire you for being both logical and imagina- tive. You might be inquisitive about trying something on im- pulse, but don't invest too much time, effort or cash in it.

LEO (July 23-Aug. 22): A compassionate and careful navigation is needed. Your empathy is as boundless as your empathy. Where others may lose or flounder, your sympathy is as boundless as your empathy. Where others may get out of hand, you may be too sensitive toward people who don't deserve your sympathy. You may be too sympathetic toward people who need it the least. A tiny bit of assertive behavior could go a long way in the upcoming week.
Dear Heloise: Thank you for alerting pet owners that MAKING DIDER CAN BE AGGRESSIVE AND VIOLENT WITH HOUSEHOLD MEMBERS DURING THE RUTTING SEASON. I have lived with deer in my neighborhood in San Antonio for almost 12 years, and we’ve always had an amicable relationship, with Leela joyfully seeing them from a distance until the past few years as we have had our baby boy. Pets have been overtaken by development, and they can be found our backyard almost any time of the day or night. We have a lot of acreage, but even in the presence of our dog in a fenced part of our yard, the deer seem surprisingly close. Some of our newer neighbors began feeling the deer daily, as their numbers have greatly increased. People who feed them are creating a baby boom of deer. Deer can support in an urban area.

Linda L., via email

Dear Heloise: A dish-drying

PHILIP ADLER

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Commissioner Brenda Buehler moved, seconded by Councilor Beaver, to approve the Agenda. Council approved the motion: roll call vote: unanimous.

New Business: There was no New Business.

Councilor Henderson thanked volunteers that have begun to meet in order to discuss the proposed budget for the coming year. She stated that staff is working on the details for the annual meeting. Interim City Administrator Mike Jackson stated that he is willing to act in that capacity and that he feels that he has a good idea of the overall picture.

The completed application must be returned not later than 10 days after publication of this notice or an Order Granting Name Change may be denied. The funds will undergo a new calculation that will be based on the annual meeting.

The Press 672-2431

Notice of Publication

You are hereby notified that a Petition For Name Change has been filed on behalf of Lily Bruna Rodaway in the 4th Judicial District Court of Sheridan County, State of Wyoming, whose address is 224 S. Main, Suite 611, Sheridan, Wyoming, for the purpose of changing the name of the above-named person who is a resident of the State of Wyoming.

Any objection must be filed in the District Court in which the petition was filed within 30 days from the last publication of this notice, or the name change may be granted without further objection. The last publication of this notice was on December 29, 2019.

By Jake Russell

Public Notices

Published: Jan. 11, 25 & Feb. 1, 2020

WOODLAND HILLS IMPROVEMENT DISTRICT

The annual membership meeting and election of officers for the Woodland Hills Improvement District will be held on Tuesday, May 5, 2020 at 6:30 p.m. The meeting will be held at the 2nd floor, meeting room 210-201. The 2020 – 2021 annual meeting notice was published on, along with the election of a new District Board of Directors.

Any interested party who would like to run for District Board of Directors election may attend the meeting and file a Petition for Change of Name. The petition must be filed with the office of the Woodland Hills Improvement District at 301 S. Main Street, Sheridan, Wyoming 82801. The petition must be filed no later than 10 days after publication of this notice. The last publication of this notice was on December 29, 2019.

By Jake Russell

Published: Jan. 2 & Jan. 22, 2020

Do you have a legal notice to publish?
Contact Bruce at The Press 672-2431

Notice of Publication

Petition for Change of Name

Amber L. Lynn Goodrich

Notice that she has filed a Petition in the District Court of Sheridan County, State of Wyoming, for the purpose of changing her name to Amber Lynn Groshart. All parties opposed to the name change are hereby notified to file their objections with the Court before the Petition is granted.

Amber Lynn Groshart

Published Dates: Jan. 2, 23, 2020

Publication of Notice of Change of Name

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By Jake Russell

Published Dates: Jan. 11, 25 & Feb. 1, 2020
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<th>Model</th>
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<td>NEW 2020 RAM 1500</td>
<td>$349 per mo.</td>
<td>$349 DUE AT SIGNING!</td>
</tr>
<tr>
<td>NEW 2019 JEEP RENEGADE</td>
<td>$229 per mo.</td>
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</tr>
<tr>
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<td>$269 per mo.</td>
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</tr>
<tr>
<td>NEW 2020 JEEP GRAND CHEROKEE</td>
<td>$399 per mo.</td>
<td>$399 DUE AT SIGNING!</td>
</tr>
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2229 King Ave, West Billings, MT  
T (406) 206-4109

SHOP ONLINE: LITHIADODGEBILLINGS.COM
STORE HOURS: Mon-Sat 8:30am-8:00pm | Sunday 11:00am-5:00pm

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OUR USED VEHICLE SPECIALS

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<td>'19 NISSAN ROGUE</td>
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<td>'18 DODGE DURANGO R/T</td>
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OUT FOR A TEST DRIVE
I wasn't able to participate, but since we put the event on, I have participated in this Nordic Ski Area on Jan. 11. I have experimented with making New Year's resolutions. On most of those resolutions, lists were not the most useful tool. Those resolutions have come to life because of the top of Cloud Peak in the next 20 minutes in this year's resolution is to have a healthy one. Some years those resolutions impressed others who didn't, but I am glad I took the time to write them down and keep them. I enjoy looking back to see if actually I was able to accomplish personal or professional goals. I don't dwell on the things that didn't work.

However, the Bighorns this summer. I can see the mountain climbing passion for the canyon. Mike rescued from Yellowstone canyon was treasure seeker. He sought to make that case as saying at the time. "There's no percentage in taking risks," Westword reported Fenn has said. "The protagonist can be found in a dangerous location, nor is it near the Rio Grande in a thirsty landscape. It might even mean loading up the fest for a major leg to the event. The Bighorn offers several cross-country ski and snowshoe areas, three of which are high up on the west of Dayton and three off of U.S. Highway 16 east of the town. Trails are open December through May. The Bighorn Mountain Nordic Club was formed in 2001 to promote cross-country skiing and provide consistent trail grooming on the Sibley Lake and Calyer Hill ski areas for the Bighorns. All grooming and other maintenance work is done by volunteers.

The Bighorns Mountains and Bighorn National Forest offer several locations for snowshoeing, cross-country skiing and fat biking. The Bighorn Mountains and Bighorn National Forest offer several locations for snowshoeing, cross-country skiing and fat biking. The Bighorn Mountains and Bighorn National Forest offer several locations for snowshoeing, cross-country skiing and fat biking. The Bighorn Mountains and Bighorn National Forest offer several locations for snowshoeing, cross-country skiing and fat biking.
Whether you're looking for classic roses or more of a wildflower feel, Babe's Flowers can take care of all of your wedding needs. The shop located in downtown Sheridan has a friendly, knowledgeable staff that will assist you. Your dream wedding becomes reality.

The shop has provided fresh flowers for events and occasions for more than 50 years, so the stress of planning lessens as you lean on their expertise. Set up a consultation with one of Babe's designers to start planning your big day. If you've been pinning ideas on Pinterest or cutting out photos from magazines, perfect! Bring them along. The visual will help Babe's experts provide you with the look you desire.

Call Babe's Flowers at 307-672-8100 or on babeflowers.com.

Babe's Flowers
Delivering smiles for over 50 years

VENUE
Under the tree-framed backdrop of the Bighorn Mountains, The Powder Horn Club provides an incomparable setting for one of life's most cherished and celebrated events. When you choose The Powder Horn for your wedding venue, your special events starts with a personal appointment with our event coordinator, who will handle every detail of your special day. Whether you're planning a formal reception or a casual buffet, our staff will help you create a setting and menu that you and your guests will love. Choose from a wide variety of delectable menu options served on our outdoor patio or in our Cascade Room. We'll help you choose just the right fine wines, beers and other spirits to accompany your meal.

Call 307-674-9224 or 307-751-231 or email killysdeli@hotmail.com.

CATERING
Killy’s provides personalized catering for your big day, offering a huge array of options. From a sumptuous full service to a perfectly sized baby back ribs, BBQ pulled pork, beef brisket and endless appetizer selections.

Call 307-674-4810, ext. 5
email event@thepowderhorn.com or see www.thepowderhorn.com/weddings-events.

HAIR STYLING
With more than 20 years of service, The Salon staff members have all the skill and knowledge necessary to help make your hair look its best on your big day. We offer pedicures, manicures, facials, hair extensions, hair color, eyelash extensions, eyelash lifts and tints. We'll work with you to perfect your wedding look based on the dress, accessories and style you have in mind. Stop in and see Kirsti and Tammy O'Conor for a consultation today!

Call The Salon at 307-674-9969 or stop by 50 E. Ninth St., Suite A in Sheridan.

PERSONAL STYLING
Need a dress or outfit for that special day? Whether it be for engagement parties, a wedding dress, after-prom or for the honeymoon, Haley Roberts can help find the perfect look for you and your bridesmaids!

Based on your cooperation with Haley and the budget you set, Haley will pre-shop at department stores or local boutiques to find the perfect outfit for your event. All you must do is walk into your planned dressing room full of thoughtfully selected options and pick your look.

Call Haley Roberts at 307-672-3195, email haley@simplystyledbyhaley.com or see www.simplystyledbyhaley.com

SPECIAL ADVERTISING SECTION
President's List and the Dean's List. To rolls for fall semester 2019.

...
GARFIELD

BY JIM DAVIS

BORN LOSER

BY ART & CHIP SANSOM

THE FAMILY CIRCUS

BY P. LEVING

FRANK & ERNEST

BY B. ANGELO
Bee Money Smart

Goods = Objects
Goods are things that are made or grown. Basically, things you can touch. How many goods can you find in this room? Color them.

Services = Actions
A service is work that one person does for someone else. Draw a line from each person to the service he or she provides.

Extra! Extra!
Goods and Services Search
Look through the newspaper for five or more examples of goods and five or more examples of services. Write them in the spaces below.

Goods

- PUTS OUT FIRES
- MAKES COOKIES, CAKES AND PIES
- HELPS KEEP PEOPLE HEALTHY

SERVICES

- TAKES PEOPLE PLACES
- Puts out fires
- Makes cookies, cakes and pies
- Helps keep people healthy

Design a newspaper advertisement for the store you described above. Be sure to include some of the goods or services they offer. Look at the ads in today’s newspaper for ideas.

Kid Scoop Puzzler
Add up the value of these coins. Then circle all the items you could purchase with this amount.

Pennies: 85c
Nickels: 50c
Dimes: 75c
Sticky Notes: $2.99
Pencil: 25c
Binder Paper: 65c

SERVICES

- FLOWERS PROVIDES NECESSARY OBJECTS ACTIONS GOODS TOUCH COINS FIRES BEES WORK PIES ROOM TAXI

VOCABULARY BUILDERS
This week’s word: NECESSARY
The adjective necessary means something that is needed, essential or required.

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

NIE SPONSORS
The Sheridan Press THANKS all our wonderful NIE sponsors!

- VACUTECH
- COUNTER Oil & Gas, LLC
- ACE Hardware
- Gordon & Kreiner Equipment, Inc.
- Rocky Mountain Ambulance
- Hamilton Heat & Fuel