FLU SEASON

Influenza spikes in Sheridan County

BY TRACEE DAVIS
NEWSTHEHERIDANPRESS.COM

SHERIDAN—Incidence of influenza in Sheridan County are at a seasonal high. While it’s not possible to identify true peaks until the season is over, it’s likely the past week either was a spike or a time of transitioning into high activity.

The Wyoming Department of Health is reporting widespread influenza presence statewide, with the past week showing a significant jump in influenza-like illnesses from the week prior. The percent of patients visiting reporting health care providers for influenza-like illness was 4.14%, which is above the state’s baseline of 2.85%. The prior week’s percentage was 4.41%.

Northwest Wyoming Pediatric Associates Dr. Barry Wohl said last week, the providers at his office had a total 10 patients test positive influenza. This week started out with 12 positives on Monday, and by the end of the business day Thursday, the weekly total was 47.

Dr. Mary Bowser’s office reported seeing 10 positive cases last week and 11 cases as of mid-day Thursday.

Both pediatricians said the prevalent strain seen in local clinics is the B strain. According to the Centers for Disease Control and Prevention, there are two main strains of influenza that affect people: A and B. Influenza A can travel between people and animals and is known to mutate rapidly. It spreads easily through airborne respiratory droplets.

Although there are numerous over-the-counter flu medications, pharmacists strongly encourage patients to see a doctor to determine the best medication, depending on the strain of the virus.

FAB Woman of the Year nominations highlight community service

FROM STAFF REPORTS

SHERIDAN—Each year, the For. About. By. Women’s Conference Highlights women in the community who go above and beyond to serve and to better the lives of those around them.

Nominations are evaluated by the FAB planning committee based on leadership, volunteer work and overall efforts to improve the Sheridan County community. Past nominees have included teachers, mentors, administrators, volunteers and caregivers. Requirements for the award are intentionally left broad, because committee members noted women contribute to the community in a variety of ways.

New Kula Space co-owner brings fresh look to business

BY ALLAYANNA DARROW
ALLAYANNA.DARROW@THESHERIDANPRESS.COM

SHERIDAN — Tanya Moon became the co-owner of The Kula Space Jan. 1 and set out to bring a fresh look to a well-established yoga studio. She joined Michele Fritz, who has been the owner for the past 10 years.

“One of my goals was to revamp Kula and keep the same feeling that you have here that they created — just a little escape from life,” Moon said.

Moon redesigned the logo and took over the lease for the front office space. Kula is now the only yoga studio in town with a Main Street presence, which Moon said is critical to visibility and expanding their clientele.
Man killed in Laramie crash

LARAMIE (WNE) — Laven Hamre, an 84-year-old Laramie man, was killed Wednesday afternoon when he was driving his 2005 Lincoln Town Car west on Grand Avenue and drifted into the eastbound lane just east of Boulder Avenue.

When Laramie Police Department officers arrived on the scene at about 2:50 p.m., they determined that Hamre, who was trapped in his car, had died.

Cheyenne resident Caleb Tipton, that was not able to avoid the collision. Tipton was transported to Ivinson Memorial Hospital for injuries sustained in the crash.

A 2000 Honda Accord driven by 60-year-old Leonard Martin was not injured in the accident.

With Laramie's car continued in the eastbound lane, colliding nearly head-on with a 2005 GMC box van, driven by 38-year-old Cheyenne resident Caleb Tipton, that was not able to avoid the collision.

Hamre was pronounced dead at the scene. Tipton was transported to Ivinson Memorial Hospital for injuries sustained in the crash.

Memorial Hospital for injuries sustained in the crash.

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Before Briggs joined the city, he said many of its resources had gone to other districts, leaving the north end underdeveloped.

He said discussions about revitalizing the district were already in progress when he arrived in Sheridan but those talks accelerated and led to development of concrete plans, when the city began considering the opportunities presented by the recently-completed North Main Interchange Project.

That project — which was a joint effort between the city of Sheridan and the Wyoming Department of Transportation to reconstruct North Main Street and build a safe interchange at 50th Street — gave Sheridan the chance to consider the city’s north end as a whole.

“I think that’s really when, at least in my perception, the discussions around the opportunity on the north end of town really came into focus,” Briggs said.

In the years leading up to the project, Briggs said the city developed a North Main Area Master Plan, which it completed in 2009. That plan called for open spaces, a high-tech park, gateway recreation amenities and criteria for new construction in the district.

But to achieve the goals that plan laid out, Briggs said a consensus emerged among city officials that resources needed to go to the north end to make a greater investment in the area.

“There was a feeling that there needed to be some kind of concerted effort — that there was a need for some public investment to encourage further private investment and development of a business district,” said Anderson, who works with Powers Land Brokerage, said all of the work that went into preparing North Sheridan for further growth may not be immediately evident, but it has set the stage for what will perhaps be the next stage of the city’s growth.

“The work has been done and there’s a grass growing over it. You don’t know what’s gone in to make this possible,” Anderson said. “But this has been 15 to 20 years under way in terms of the vision process.”
In our country and in our world. Then, we can
which vilify and dehumanize groups of people.

In Sheridan, in Wyoming and across the U.S. In
have felt free to make anti-Semitic jokes in his
least Jewish name you will ever hear. And that
more about his story. He told me that he has “the
people wouldn’t have left Europe, I would likely
better, she married an Irish Catholic so I was even
Vernon shared a Newsweek article on his
The world has seen genocides in our lifetime. In
Santayana famously wrote, “Those who cannot
acted on the screen. As the philosopher George
humanity and watching gratuitous violence reen-
the key difference between recognizing patterns in
but what were we getting from this, over and over
we had to remember humanity’s dark history,

Vernon was surrounded by people, hid in silence for two years.
spaces where two families
reconstructions of the living
rooms with cordoned-off
through the small low-roofed
burst into the “outside, fresh
sob. After less than an hour, I
was surrounded by people,
that I had

It’s here, it’s here,” Vernon said gravely.

Kupperman’s case.
White House invoked immunity to
impeachment investigation. After the
White House invaded immunity to
proceeding executive privilege.
The White House invoked immunity to
impeachment investigation. After the
White House invoked immunity to

W

Republican senators are being set up by the House

R

power play — one that was planned from the very start of the
impeachment process. Not only are House
Democrats using impeachment as a political weapon against the
president; they also are using it as a political weapon against Senate
Republicans as well.

Sen. Lisa Murkowski, R-Alaska,
revealed that she asked the
House impeachment managers
that the House didn’t reissue
subpoenas, they are not aiding the
House. But if senators vote to hear
from Bolton, they can subpoena him to appear in the
House. And if senators vote to hear from Bolton, they can

MARC A. THIESSEN
MARC A. THIESSEN
THE WASHINGTON POST
Washingt

Why did Democrats prevent the court from rul-
ing on the merits of the president’s claim of executive privilege? Because the rule-
ing could have undermined their impeachment
case. On Dec. 18, the House passed two articles of
impeachment, each of which charged President Trump with
aiding the Senate. Democrats aimed to get to the
视觉，they are not aiding the
House. But if senators vote to hear from Bolton, they can

But before the court could hear
arguments, House Democrats
short-circuited the judicial review. On
Nov. 6, they withdrew Kupperman’s
subpoena, and then asked the court
to declare Kupperman’s case moot —
which would prevent the court
from issuing a ruling on the merits.
In his memorandum, he noted that “balanc-
ing Congress’s well-established power to investigate with a President’s need to have a small group of national
security advisers who have some
form of immunity from compelled
Constitutional Memory” was a seri-
ous dilemma that the courts would
eventually need to resolve.

Of course, Democrats also
their argument that the courts should
eventually resolve the
impeachment issue.

We have seen that Democrats have
withholding of evidence.

Why would Senate Republicans go
along with this scam? If House
managers want to hear from Bolton,
then they can subpoena him to appear in the
House. But if senators vote to hear from Bolton, they
are not aiding the search for truth. They are playing right
into the Democrats’ hands.

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.

The best-read letters are those that receive
least, receive the most right to the
process of executive privilege.

Chasing a light on our dark past

is a beautiful, sunny day in my early 30s. I walked through the Secret Annex that I had
about as a girl in “The Diary of Anne Frank.”
I remember waiting in a very long line
that circled around an Amsterdam street corner, feeling 
guilty for laughing with my friends, for being a little hungry — for the privilege of feeling
carefree. Finally, we were led into the house, up
what were the snow-shoed striders and
through the small low-roofed
room with cordoned-off
reconstructions of the living
rooms with cordoned-off
buried in silence for two years.

I stood on the same floor,
but all I could hear was the
sound of shifting
steps, the occasional murrum
of footsteps. After less than an hour,
I stood on the same floor,

Impeachment investigation. After the
White House invoked immunity to
impeachment investigation. After the
White House invoked immunity to
impeachment investigation. After the
White House invoked immunity to
impeachment investigation. After the
White House invoked immunity to
impeachment investigation.

The White House invoked immunity to
proceeding executive privilege.

To prevent that from happening, they
decided to block judicial review — and then
impeached the president for seeking
the visual of the

Democrats did not want to resolve
questions of executive privilege
before the Senate trial, because
The Senate would want to create a spectacle in
the Senate. They want the visual of the
democrats against the Senate managers.

I was asked to provide evidence and
witnesses, they are not aiding the
House. But if senators vote to hear from Bolton, they

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.
I used to babysit, I loved seeing the insides of the families’ homes. When I walked home from school, I would wonder what the rooms were like behind the curtains in my neighborhood’s homes. This voyeurism had nothing to do with the inhabitants or their lives, I just wanted to know if they used wallpapers, what color they painted the walls, or what the kitchen cabinets were like. The older I got, the more interested I became in design, color, architecture, and even landscaping. The good news is that I have never been delusional enough to think I wanted to make a career out of any of the above. Oh, no. Of course, I have excellent taste, but there’s no need to boast that taste on others. And what if they make some really ugly choices on my watch? No way. Plus, it’s straitlaid to put someone else’s house together.

I was a renocad before HGTV ever came on the scene, but when it did appear, I was all in. Unlike many of the uninformed buyers on House Hunters, I can walk into a house and see if there’s potential beneath the shag carpet, the avocado counter top, or the dark gallery kitchen. When we bought our Craftsman on Thurmond, we were filled with ideas. The homes of the 1920s homes were incredible - high ceilings, gorgeous windows and door moldings, beautiful pine and fir floors. Unfortunately, they were almost all hidden under blue shag carpet, curtains, overgrown junipers, and indoor/outdoor carpet in the kitchen. It took us time, vision, patience, and lots of lessons learned but ten years later, she was transformed. The only room we didn’t touch was the den in the back and who wanted to mess with ceding paneling?

Unfortunately, no matter how much we loved our Thurmond, as Mike said, it was perfect for a family whose hobbies were biking or something equally low on accessories. Since the Allrights have everything needed for rodeo, hunting, and fishing activities (including the trailers and livestock), we outgrew all storage places (including the detached parking) fairly quickly in town. When we moved to our Coossten home, I had to let go of pastures for pasture. Moldings for views. A new kitchen and bathrooms for... um, not new. And it’s a split level home. I feel like all of us do go upstais or downstairs all the time. So here’s what we did. We’ve made so many expensive changes as we could in the near-by eight years we’ve lived here. Pulled the carpet up, updated the bathroom, painted the cabinets and refined the kitchen’s layout, opened the wall between the dining room and the living room, and painted all the dark paneling. We put on a deck that’s like having another room in the summer and creat-ed rock walls that add character and definition to the yard. My dream, however, is to knock the whole sacker down and build a farmhouse style ranch. That’s going to probably cost half a million in today’s Sheridan County building dollars. Thus the big move to Laurel. A historic house that’s going to run me about $10,000 for 1500 square feet and more bones than I can stand. Maybe even a screened porch!

I’m sure there will be plenty of room for the horses, guns, and poles. And it’s not the heat that kills you, it’s the humidity, so as long as the central air works, I’ll be fine. I’m sure the water moccasins will be very welcoming. Come on, y’all!

AMY ALBRECHT is executive director of the Center for Resource Center.
Congestive heart failure explained

February is Heart Month and it is particularly fitting that Sheridan Memorial Hospital has accomplished accreditations by the American College of Cardiology for the treatment of congestive heart failure.

What exactly does this mean? It means that Sheridan Memorial Hospital has made management and treatment of congestive heart failure a major priority to improve patient quality of life, improve survival rates, reduce hospitalization rates, keep patients employed (or doing as much as possible) while managing necessary surgical options, and improve long-term quality of life.

Congestive heart failure occurs when your heart muscle is unable to pump enough blood. The heart pump is either too weak or stiff to be able to function properly. When this happens, the blood pressure increases and the heart has to work harder to pump blood.

Major conditions, which can result in heart failure, include heart attacks, chronic high blood pressure, chronic lung disease, heart valve diseases and coronary artery disease.

Risk factors that can contribute to heart failure include obesity, smoking, diabetes, hypertension, high blood pressure, high cholesterol and a family history of heart disease.

As heart failure symptoms worsen, some patients may experience swelling of the abdomen and lower extremities, resulting in rapid weight gain from fluid retention.

The hospital will offer free blood pressure checks every Monday from 7:30 a.m. and 11:30 a.m. to 1 p.m. All checks will take place in the hospital cafeteria. No appointment is needed. Those interested in the checkup may drop in during the designated times.

In addition to the check, staff will provide free information about lifestyle changes that could help control blood pressure. Sheridan Memorial Hospital is located at 1401 W. Fifth St.

TODAY IN HISTORY

FROM THE ASSOCIATED PRESS

Today’s highlight in history:

On Feb. 1, 2003, the space shuttle Columbia broke up during re-entry, killing all seven of its crew members: commander Rick Husband, pilot William McCool, payload commander Michael Anderson, mission specialists Kalpana Chawla, David Brown and Laurel Clark, and payload specialist Ilan Ramon (also a MKV in Michael). The first Israeli in space.

On this date:

In 1790, the U.S. Supreme Court convened for the first time in New York. (However, since only three of the six justices were present, the court recessed until the next day.)

In 1862, “The Battle Hymn of the Republic” was published by Julia Ward Howe, who published in the Atlantic Monthly.

In 1890, Giacomo Puccini’s opera Turandot premiered in Turin.

In 1942, during World War II, the Voice of America broadcast its first program to Europe, relaying it through the facilities of the British Broadcasting Corp. in London.

In 1943, during World War II, one of America’s most highly decorated military units, the 442nd Regimental Combat Team, made up almost exclusively of Japanese-Americans, was authorized.

In 1960, four black college students began a sit-in protest at a lunch counter in Greensboro, North Carolina, where they’d been refused service.

In 1996, the Ken Keyes novel “One Flew Over the Cuckoo’s Nest” was first published by Viking Press.

In 1998, during the Vietnam War, South Vietnamese General Nguyen Ngoc Loan executed a Viet Cong officer with a pistol shot to the head in a scene captured by news photographers. Richard M. Nixon announced his bid for the Republican presidential nomination.

In 1979, Iranian religious leader Ayatollah Khomeini returned to Iranian ousting in Tehran as he embarked on a goodwill tour.

In 2002, “Late Night with David Letterman” added a new component on a runway at Lloyd International Airport.

In 2005, Jeff Gillooly, Tonya Harding’s ex-husband, pled guilty for racketeering for his part in the attack on figure skater Nancy Kerrigan in exchange for a 24-month sentence and a $100,000 fine.

Ten years ago: President Barack Obama unveiled a multitrillion-dollar spending plan, pledging an intergenerational fix to combat high unemployment. Congress to quickly approve new job-creating legislation that would boost the deficit to a record $1.1 trillion.

Five years ago: An interception at Kennedy Airport by rookie Malcom Butler preserved the New England Patriots over the Super Bowl.

One year ago: New Jersey Sen. Cory Booker was elected to the Senate, the 2020 presidential race with a call to unite and win in a time of bitter polarization.

In 1790, Virginia Gov. Ralph Northam was elected after being surgically surfaced from his 1864 medical facial disfigurement.

Thought for Today: “It is the quality of one’s life, not the quantity that no one knows what he doesn’t know, that determines in the long run how much one cares about others, how much he is a person, the true measure of his life.” — Joyce Cary, English author (1888-1957).
Brinton Road in Big Horn. The event also provides an opportunity for the Sheridan community to learn about the organization.

The Sheridan National Guard will host an open house from 10 a.m. to 4 p.m. on Saturday, Feb. 7, 2015, at The Brinton Museum Feb. 7-20, 2015, for the community to ask questions and learn about what the Wyoming National Guard stands for and what they do.

The museum venue.

The community event will allow attendees to meet local recruiters, grab free food from Qdoba, check out equipment displays and enjoy refreshments. The National Guard National Guard does for Wyoming and, more specifically, the Sheridan County area.

The event also provides an opportunity for the Sheridan National Guard to host open house.

The National Guard to host open house.

SHERIDAN — Army National Guard will host an open house at the National Guard Armory in Sheridan on Saturday, with the purpose of demonstrating the Army National Guard does for Wyoming and, more specifically, the Sheridan County area.

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Influenza usually peaks two or three times during the season. This is a way of life for the Sheridan faithful, but after nine years of devotion to her love of the sport, her career is essentially at an end. Come March, when the Wyoming State Finals are come and gone, she said, her chariot racer will cease completely. She’s already past her prime at 36 years old, but that’s not the reason the Gillette thrill seeker is hanging up her reins. “Trying to keep up with the kids and the horses and keeping them in shape... I just can’t do it any more,” she said.

The sport she loves most is plummeting in popularity and she doesn’t know exactly how to breathe new life into it when so much work and little payout come from it. “It’s on the downward slide,” she said of chariot racing. “It’s a local work to four races. Four races. Last weekend’s Horshoes Valley Chariot Races in Glendo featured four races on the Sunday finals. Of those four, only six drivers were in attendance to man their respective teams. It’s a sad state of the unique sport, which mainly holds events in Wyoming, Maine and Utah. Lara never misses a Wyoming chariot race. As the sport continues to decline, her final season this year, without missing a race, will feature a mere six total events. “We used to run in Saratoga, Riverton, Rock Springs and Gillette,” she said. “They’re all gone now.”

Her words trail off. “It’s really hard to get new people involved, to want to come and do it and we don’t get anything but a little trophy or a T-shirt for a prize. It’s just snow, it’s just snow. It’s what’s killing it.”

Erica Gregorow, Founder of Rooted in Wyo, said the community through a variety of organizations, including the Center for a Whole Child, HFA, YFA, youth rodeo, community gardens, Downtown Sheridan Association, The Hub, KidsLife, Big Horn County Chamber of Commerce, Wyoming, and others.

Teams can partner with other downtown businesses or nonprofits such as The Food Group, or with sagtacular events. September 1, 2020 will be the inaugural event of the Sheridan County Chamber of Commerce. Admission will be $10 with $5 for kids 12 and under. For more information, please contact the Sheridan County Chamber of Commerce at 307-674-3222 or visit their website at www.sheridan.com.

The Food Group, Sheridan County Chamber of Commerce, Sheridan County Economic Development, The Hub, KidsLife, Big Horn County Chamber of Commerce, Wyoming, and others.

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Tickets on sale Monday, March 1.
The shopping spree is on us!

Find your name in the classifieds and win $20 in Chamber Bucks.

Call us or stop by our office to redeem your prize.

Donnie Gene Lindstrom

September 23, 1931 – January 20, 2020

Donnie Gene Lindstrom

Donnie Gene Lindstrom was born September 23, 1931, in Sheridan, Wyoming, the son of Donnie and Alice (Lindstrom) Lindstrom.

He attended the University of Wyoming and earned a Bachelor of Science degree in Civil Engineering.

Donnie was a dedicated member of the community, serving in various leadership roles, including as a member of the Sheridan County Planning and Zoning Commission.

He is survived by his loving wife, Jane; his children, Donnie (Dee) Lindstrom, Paul (Paula) Lindstrom, and Andrea (Andrew) Steinbrecher; his grandchildren; and his great-grandchildren.

In lieu of flowers, contributions may be made to the St. Vincent de Paul Society or the Sheridan County Library.

Donnie's funeral will be held at 10:00 a.m. on Saturday, January 25, 2020, at the First Baptist Church of Sheridan, with Pastor David Decker officiating.

Burial will follow at the Sheridan Memorial Park.

In memory of Donnie, please consider making a donation to the St. Vincent de Paul Society or the Sheridan County Library.

Please visit www.thesheridanpress.com for more information.

Donnie Gene Lindstrom

Survivors:

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Donnie Gene Lindstrom

Survivors:
A pair of snowboarders got up the ski lift to head up for another run at Antelope Butte Saturday, Dec. 28, 2019.

SHERIDAN — There are 130 days left until the first day of summer, but instead of letting doldrums set in, why not plan a weekend away? Out-of-state? Back to Wyoming in the summer, but Wyomingites know there are treasures to be found in state even in the colder months.

After slowing close to home for a week-end might break the winter months and add sunshine to the mix, and there is an economic benefit to a staycation. In 2018, the state collected $316 million in state and local tax revenue related to travel and tourism, according to the Wyoming Office of Travel and Tourism.

But what’s nearby with a winter day is in the snow at Antelope Butte, a ski tip in the hot springs of Thermopolia and a youth who points the loaded chamber.

On Tuesday, Susan Kaytlin Matthews pleaded guilty in U.S. District Court in Cheyenne to a youth who points the loaded chamber.

Matthews told investigators the boy and three others filled out paperwork at a sporting goods store on Feb. 19, 2019.

As a result Matthews was convicted for lying to buy a Taurus 9 mm handgun filled out paperwork at a sporting goods store.

Charges for lying on paperwork filled out paperwork at a sporting goods store.

A north-central Montana woman was convicted for lying to buy a Taurus 9 mm handgun filled out paperwork at a sporting goods store.

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Charges for lying on paperwork filled out paperwork at a sporting goods store.
Sheridan's Sam Lecholat (35) looks to pass against Natrona County High School Friday, Jan. 31, 2020.

Sheridan's Alex Sanders (2) finishes an attempted 3-point shot as the SHS student section cheers him on in action against Natrona County High School Friday, Jan. 31, 2020.

By ASHLEIGH SNOOZY
ASHLEIGH.SNOOZY@THESHERIDANPRESS.COM

SHERIDAN — Natrona County High School girls basketball couldn't stop the smooth play of the Sheridan Broncs Friday night, as the hosts went on to win 61-29.

Sam Lecholat commanded the Sheridan prime opportunities with 24 points of the game, ending with a steal and a layup in the final seconds for the Broncs. Those rebounds turned into points for his team, as he also earned 16 for his team, one point behind height partner Gus Wright, who had 17.

The Broncs led the Mustangs 10-0 in the first four minutes of play, which continued to a 17-8 first-quarter end. Natrona gave Sheridan prime opportunities with a few back-to-back youthful mistakes of a steal followed by losing control of the ball.

The team hustled for scoring plays, including Sheridan's Reed Rabon who, despite his 5-foot, 11-inch stature in comparison to towers Lecholat and Wright, earned 16 for his team, one point behind height partner Gus Wright, who had 17.

The Broncs took fourth in the 50-yard freestyle at the Laramie pre-invitational and 100-yard freestyle. Bryson Shosten placed fifth in the 100-yard backstroke. No team scores were kept for Friday — the Laramie meet will continue Saturday.

**LOCAL SPORTS BRIEFS**

**SHS swimmers take top spots**

**SHERIDAN** — Sheridan High School swimmer Thomas Yates took fourth in the 50-yard and 100-yard freestyle of the Laramie pre-invitational Friday. Isaac Otto took seventh in the boys 200-yard freestyle.

Bryson Shosten placed fifth in the boys 100-yard backstroke.

No team scores were kept for Friday — the Laramie meet will continue Saturday.

**SHS wrestling holding fourth**

**SHERIDAN** — Sheridan High School head wrestling coach Tyson Shatto said his team is doing “amazing” at the Ron Thon wrestling tournament in Riverton that continues through Saturday.

As of Friday evening, Landon Wood, Hunter Goodwin and focus Osborne are in the semi-finals. Colton Coon, Brock Stel, Kolten Powers and Ethan Mountain High School boys basketball couldn’t stop the smooth play of the Sheridan Broncs Friday night, as the hosts went on to win 61-29.

Sheridan's Mollie Morris (21) looks to pass against Natrona County High School Friday, Jan. 31, 2020.

ASHLEIGH SNOOZY | THE SHERIDAN PRESS

The team hustled for scoring plays, including Sheridan's Reed Rabon who, despite his 5-foot, 11-inch stature in comparison to towers Lecholat and Wright, earned 16 for his team, one point behind height partner Gus Wright, who had 17.

The Broncs led the Mustangs 10-0 in the first four minutes of play, which continued to a 17-8 first-quarter end. Natrona gave Sheridan prime opportunities with a few back-to-back youthful mistakes of a steal followed by losing control of the ball.

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The Broncs took fourth in the 50-yard freestyle at the Laramie pre-invitational and 100-yard freestyle. Bryson Shosten placed fifth in the 100-yard backstroke. No team scores were kept for Friday — the Laramie meet will continue Saturday.

**TRHS boys lose to Rocky Mountain**

**DAYTON** — The Tongue River High School boys basketball team lost to Rocky Mountain High School 64-37 Friday. Carleigh Reish and Izzy Carhart each scored 7 points — the most individually scored for the team.

The team hustled for scoring plays, including Sheridan's Reed Rabon who, despite his 5-foot, 11-inch stature in comparison to towers Lecholat and Wright, earned 16 for his team, one point behind height partner Gus Wright, who had 17.

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**TRHS girls lose to Rocky Mountain**

**DAYTON** — The Tongue River High School girls basketball team lost to Rocky Mountain High School 64-37 Friday. Carleigh Reish and Izzy Carhart each scored 7 points — the most individually scored for the team.

The team hustled for scoring plays, including Sheridan's Reed Rabon who, despite his 5-foot, 11-inch stature in comparison to towers Lecholat and Wright, earned 16 for his team, one point behind height partner Gus Wright, who had 17.

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The Broncs led the Mustangs 10-0 in the first four minutes of play, which continued to a 17-8 first-quarter end. Natrona gave Sheridan prime opportunities with a few back-to-back youthful mistakes of a steal followed by losing control of the ball.
The Lady Broncs retaliated quickly with two points, but the Lady Fillies negated those points with a made basket from the 10-foot line. It declined quickly after that for Sheridan, when a charge earned by Natrona County sent the Lady Broncs into catch-up mode for the rest of the contest.

Sheridan's Sydni Bilyeau showed hustle and strength with a solid boxout for a rebound, but the shot wouldn't fall for the freshman. Shots in general wouldn't fall for the Lady Broncs, who lost many boards because of weak or contested shots in the paint.

Ligocki wants deeply for the girls to see a win. They put in the work during the week but hasn't come out on top for most of the season. "I just want this team to get a win because they seem to play pretty hard," Ligocki said. "I just would like to see it on the scoreboard for them."

The Lady Broncs hit the road next weekend to face Cheyenne Central Feb. 7.

ASHLEIGH SNOOZY | THE SHERIDAN PRESS
Sheridan's Ellie Williams (20) plays defense against Natrona County High School Friday, Jan. 31, 2020. The Lady Broncs lost 44-32.

LADY BRONCS: Work

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Sheridan High School students honor the late Kobe Bryant while cheering on the Broncs in action against Natrona County High School Saturday, February 1, 2020 www.thesheridanpress.com THE SHERIDAN PRESS

I love you, Kobe. The Broncs will continue into action on the road in Cheyenne Central Feb. 7.

J.B. Holmes shoots 65 to take 1-shot lead in Phoenix Open

SCOTTSDALE, Ariz. (AP) — J.B. Holmes roared through the fan-packed closing stretch at TPC Scottsdale on his opening nine Friday, then grabbed the lead on the mellow side of golf's biggest party.

Six months after a final-round collapse and slow-play controversy at the British Open, Holmes took a one-shot lead into the weekend at the Waste Management Phoenix Open. He shot a 6-under 66 on Saturday, a day after making a hole-in-one in an opening 64.

“There’s going to be a lot of people. It’s going to be really loud,” Holmes said. “Just keep doing what I’ve been doing, hopefully, and I’ve driven the ball in a couple years.”

In July at Royal Portrush, Holmes was in traffic through the par-4 second round and faced a difficult shot from the sand in the left rough on the par-5 13th and 15th.

“I’ve been doing, hopefully, just keep doing what I’ve been doing. It’s always fun to see the whole bench score,” Lecholat said. “It’s a pretty good group. If everyone gets an opportunity, awe-some, right?”

Eight years ago, the Broncos, led by Lecholat and winging in 13 points, 10 rebounds and nine assists, and Michael Porter Jr. added 15 points and 11 rebounds as every member of the Nuggets that played in double figures.

Scott Piercy was 10 under after rounds of 66 and 67. He finished with birdies on the par-5 16th and 18th for a 66.

The former Arizona State star was on his hotel in Paris Tuesday, putting up 30 points and 10 rebounds last Friday against the Milwaukee Bucks, who were without two key starters in Paul Millsap (bruised left knee) and Antetokounmpo (left ankle sprain), but their bench responded in the first half behind 11 points from Porter and 10 from Juancho Hernangomez.

“If everyone gets an opportunity, awe-some, right?”

Although Sheridan head coach Jeff Martini tells Lecholat to shoot more, he doesn’t mind sharing the wealth.

“I’m just not that kind of person, I kind of play it safe, give other people that opportu-nity before I give myself an opportu-nity,” Lecholat said.

Sheridan weight lifting and camps show

Weight closed the 50-31 with 13-3 win. Ten on the floor last night of the start of the night started with a humble crew. Look at the fourth quarter.

The second half showed complete selflessness, from the SSHS student sec-tion cheering with the bench players to the court, to those secondstring players who ran out of bounds jumping off the bench on one occasion.

“Just keep doing what I’ve been doing, hopefully, and I’ve driven the ball in a few years.”

right and hopefully it would hit into that back or bounce just up and out it did,”

He bogeared the par-5 18th and took the lead from Wyndham Clark with bird-ies on the par-4 first and par-3 third. Holmes chipped in for birdie on the par-3 sixth and gave back the stroke on the par-4 seventh after hitting into a green-side bunker.

“Hit it really good in the middle of the round,” Holmes said. “Didn’t hit it quite as good toward the end, but putted really well and was able to make some birdies.”

Holmes won at TPC Scottsdale in 2006 and 2009 for his first and fifth PGA Tour titles.

“When that was just came out, I kind of gave myself the birdie, it was a little bit better,” Holmes said. “I still got a lot of room but the golf course has changed quite a bit since I was here last. Like, 12, 16, 18 are different.”

Clark was second, followed by 2018 winner J.B. Holmes and Troy Merritt. Merritt finished with birdies on 17 and 18.

“Of course I’m happy,” Merritt said. “It was kind of a rough start. I was 3-over on 2 and then kind of hit two good shots on eight and nine that led to the back side.”

Bill Horschel was third at 11 under after rounds of 66 and 69. He eagled No. 3 for the second-straight day.

“Just put myself in play and I was able to just work it around the course,” Merritt said.

Defending champion Jordan Spieth missed the cut with rounds of 74 and 69.

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Sheridan weight lifting and camps show

The Nuggets arrived at their hotel at 4:30 a.m. following Thursday's big nine-game winning streak and handed the NBA-leading Bucks their third first half behind 11 points from Porter and 10 from Juancho Hernangomez. Denver (14-15) leads the Northwest Division and has won eight of 11. The Nuggets improved to 15-9 on the road.

Antetokounmpo and his brother, Thanasis, made some personal history when they started together for the first time in the NBA to put some splash to the Bucks'Greek Heritage Night. Thanasis Antetokounmpo stole an errant pass with a mit-talks, recall the layout of the court and throw down a two-handed dunk that brought the crowd to its feet.

Giannis Antetokounmpo missed Tuesday’s win with a right shoulder wrists a and hadn’t played since putting up 30 points and 16 rebounds last Friday against the Denver Nuggets. Storybook beat the Charlotte Hornets 116-103 in Paris.

Barton, Nuggets hand Bucks rare defeat at home, 127-115

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If you Google “cholesterol,” you’ll get 112 million responses. Overwhelming and confusing, to say the least. But let’s give it a try, since it’s one of what you need to know about health. Cholesterol is not cholesterol under control as it can’t do your blood vessels and cause cardiovascular diseases, heart attack, high blood pressure, stroke and peripheral artery disease, and it helps guiding good-for-your-cholesterol to do its job. What is cholesterol? It’s a waxy, fatty substance produced by the liver. It’s essential for making cell membranes, vitamin D hormones like estrogen and testosterone, and fat-dissolving bile acids. Your liver and intestines make almost all you need. But cholesterol is also made from the saturated and trans fats in the foods you eat. Today, high cholesterol is a problem for more than 100 million Americans and almost 200 million Europeans. When cholesterol enters your bloodstream, it’s transported in particles called lipoproteins. It comes in several forms. There are four types of lipoproteins:

- Low-density lipoprotein (LDL) particles are made by the liver and also transport triglycerides. Most, prepared foods and bakery goods, especially fried foods, are rich in these fats.
- High-density lipoprotein (HDL) is just passing through your arteries, regular LDL or removed from your body by the liver. You need both HDL and LDL to survive, but only HDL levels. The recommended target is:
  - HDL less than 15 mg/dL.
  - Triglycerides levels of 149 mg/dL or more.
- Triglycerides levels of 149 mg/dL or less (optimal 110 or less).
- Total cholesterol below 200 mg/dL.

To reduce harmful triacylglycerides and LDL and levels and boost HDL try these three steps:
Step 1: Eliminate all trans fats. Use “unsaturated fats” from your diet (red and processed meats, prepared foods and bakery goods, especially fried foods) in all your meals.
Step 2: Increase your intake of whole grains and fruits and good HDL go up, along with your lousy LDL cholesterol.
Step 3: Make sure you get at least 150 minutes of general physical activity or an equivalent combination weekly. According to Dr. Michael’s Clinic viewpoint:

- Exercise can lower triacylglycerides and increase HDL levels. Combining exercise with three steps:
- Fiber reduces blood cholesterol, lowering triglycerides to be formed.
- Exercise helps control blood pressure and lowers cholesterol in pure cholesterol and is a problem for more than 100 million Americans and almost 200 million Europeans. When cholesterol enters your bloodstream, it’s transported in particles called lipoproteins. It comes in several forms. There are four types of lipoproteins:

Dear Abby: I have a problem: My husband has been staying over at his brother’s house, and she is planning to have a band perform while he is there. That way you won’t have to entertain them. That way you won’t have to entertain them. That way you won’t have to entertain them. While it’s never said open-
You may feel somewhat out of sync if you are inconsistent in your opinion or actions. This might be more important in the upcoming week, so you may want to engage in activities that enhance your overall well-being. Your healthful habits can provide a way to address any stress or pressure you might be feeling.

In the coming weeks, you might need to juggle numerous tasks and work a little harder than usual to keep up with your responsibilities. Attend to the small things and the big things will take care of themselves. You might need to focus on reality. You could be less apt to concentrate on practical matters. Howev-

You might try to make a few extra dollars, but it can be fun to learn new techniques that make you comfortable. You could be more interested in business transactions as this week progresses.

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Hints from Heloise

Dear Heloise:
I am writing to ask for your help. My dog, Max, constantly has tear stains under his eyes. I have tried many different things to help him, but nothing seems to work. Max is beautiful, except for the stains. Could you please give me some advice on how to remove these stains?

Sincerely,
[Name]

Editor's reply:
Dear [Name],
Thank you for writing to Heloise. Tear stains can be caused by a variety of factors, including allergies, dry eyes, and skin irritations. One effective method for removing tear stains is to use a solution of vinegar and water. Mix equal parts of vinegar and water, and apply the solution to the stained area with a cotton pad. Leave the solution on for 5-10 minutes, then rinse with water. You can also try using a weak solution of hydrogen peroxide, but be sure to test it on a small, inconspicuous area first to ensure that it doesn't cause any irritation.

I hope this helps Max and you see a noticeable improvement in his tear stains. If the stains continue to be a problem, it may be worth considering a trip to the vet to rule out any underlying health issues.

Sincerely,
Heloise

TEAR STAINS FROM A DOG’S EYES

Hints from Heloise

Tear Stains

It was wonderful to read about your dog sitter’s tip for removing tear stains. I have a similar issue with my dog, and I am always on the lookout for new solutions.

I also wanted to share a tip that has been working well for me. I use a cotton ball dipped in rubbing alcohol to gently clean the area around the eyes. This helps to reduce the staining and makes the fur look cleaner.

Thank you for your great advice.

Sincerely,
[Name]

Editor’s reply:
Dear [Name],
Thank you for sharing your tip for removing tear stains. Rubbing alcohol can be an effective solution, as it helps to dissolve the oils that can contribute to staining. It's important to be gentle when using rubbing alcohol, as overusing it can irritate the skin under the eyes.

I'm glad to hear that your tip is working well for you. If you continue to see improvement, keep up the good work.

Sincerely,
Heloise

Dear Heloise:
I recently saw a tip in your column about using a cotton ball dipped in rubbing alcohol to clean the area around the eyes. I have found that this method really helps to reduce the staining and makes the fur look cleaner. I wanted to share this with you.

Sincerely,
[Name]

Editor’s reply:
Dear [Name],
Thank you for sharing your experience with using rubbing alcohol to clean the area around the eyes. It's great to hear that this method is working well for you. If you continue to see improvement, keep up the good work.

Sincerely,
Heloise

Hints from Heloise

TEAR STAINS

Dear Heloise:
I recently read about your tip for removing tear stains from a dog's eyes and was wondering if you had any additional suggestions for dealing with this issue.

Sincerely,
[Name]

Editor’s reply:
Dear [Name],
Thank you for writing to Heloise. Tear stains can be a common problem for dogs, and there are several things you can try to help reduce them. In addition to rubbing alcohol, you can also try using a mild soap or water and a soft cloth to gently clean the area around the eyes. You may also want to try using a solution of vinegar and water to help dissolve the oils that can contribute to staining.

If you continue to see improvement, keep up the good work. If the stains persist, it may be worth considering a trip to the vet to rule out any underlying health issues.

Sincerely,
Heloise

Hints from Heloise

TEAR STAINS

Dear Heloise:
I recently tried your tip for removing tear stains from a dog's eyes and it worked wonders! My dog, Max, had been having some tear staining under his eyes, and after trying your method, the staining significantly improved. Thank you for your great advice.

Sincerely,
[Name]

Editor’s reply:
Dear [Name],
Thank you for writing to Heloise. I'm glad to hear that your tip worked well for you. Tear stains can be a common problem for dogs, and there are several things you can try to help reduce them. In addition to rubbing alcohol, you can also try using a mild soap or water and a soft cloth to gently clean the area around the eyes. You may also want to try using a solution of vinegar and water to help dissolve the oils that can contribute to staining.

If you continue to see improvement, keep up the good work. If the stains persist, it may be worth considering a trip to the vet to rule out any underlying health issues.

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How 49ers and chiefs match up in Super-Bowl

By Barry Wilner

It has been a while since it Super-Bowl has appeared to be such a toss-up. This between the NFC champion San Francisco 49ers and the AFC champ Kansas City Chiefs is a difficult game to judge. The 49ers (15-3) have gone from the No. 2 pick in the draft last April to the top of another championship. The Chiefs (14-4) were in the AFC title contest last year and fell in overtime.

In 2019, both teams were the NFC champion San Francisco 49ers and Kansas City Chiefs. Both teams were in the AFC championship game with Kansas City winning. That puts a huge onus on San Francisco to get an effective pass rush, something they have done virtually every week. They will harass Mahomes with a front seven led by rookie Nick Bosa (97), a force on the outside. DT DeForest Buckner (99) has a strong impact, and LBs Fred Warner (54) and Kwon Alexander (56), who was the prize (to their secondary isn't at his level. The Niners run the ball effectively, it could open some wide spaces for All-Pro TE George Kittle (85), who is a reliable placekicker with good range. He did miss three extra points, one

Chiefs is a difficult game to judge.

The biggest one.

Season champ Kansas City has a dangerous kick returner in Mecole Hardman (19), one of the NFL's best players. The Kansas City offense has been solid, their defense isn't at his level. The Chiefs must handle well. It's not difficult to figure out how the Chiefs will test defenses. He has been masterful in his past outings with Mahomes and the schemes that make him look like a star. San Francisco special teams coach John Fassel is the top fullback — as a blocker Juszczyk (44) is the NFL's number one in comparison, finishing off his first NFL season. Richie Sherman (25) remains out due to the speed of the Chiefs on the outside. DT Mecole Hardman (19), one of the NFL's best players. The

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**ZITS**

BY JERRY SCOTT AND JIM BORGMAN

**DILBERT**

BY SCOTT ADAMS

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**MARVIN**

The French fries at that new burger place were terrible!

I bet you still ate them, didn’t you?

Well... not all of them

Which ones didn’t you eat?

I didn’t eat the ones that fell on the floor

Well... not all of them

---

**SHOE**

By Gary Brookins & Susie MacNelly

---

**THE MACAR**

By Gary Brookins

---
The Family Circus

We apologize. Little Billy has decided to give Daddy today off by drawing up another page of his definitions.

What's the Meaning of This?

Wetter
Rain, Wind, Snowfall
School
Time of Snowy Weather
Winner
Usually said in the Winner.
Scold
Said
Swarmed
The Weather's not Scold at all.
Sot
Swarmed

Garfield

I LOVE MY SUNBEAM...
THE PEACE. THE QUIET. THE WARMTH OF THE SUN...

BY JIM DAVIS

But something's missing...

I KNOW...
FRIENDS TO SHARE IT WITH!

Born Loser

Are you going to watch the game?
Yes... well, the commercials and the halftime show, at least!

BY ART & CHIP SANSON

Oh, he's excited, all right! He's out doing his pregame ritual now.
Oh, is he at a sports bar, watching the pregame show on a big screen TV?

BY THE WAY, WHERE IS BRUTUS? I though he would be so excited about the game, he'd be planted in his easy chair in front of the TV long before now!

No, he's outside in the snow, tailgating in our own driveway!

Unfortunately, it doesn't work that way, Ernie... We can't expect an early spring if your umbrella is the only reason he's not seeing his shadow.

Frank and Ernest

Groundhog
Open Wide and Meet Your Teeth

Dental Health 2020

Read the descriptions of each kind of tooth and then label the tooth chart at right.

**Incisors** — The teeth at the front of your mouth are called incisors. They have sharp edges to help you bite into food, like a pear.

**Canines** — The really pointy teeth on either side of your incisors are called canines and they help to tear off food into bite-size, like meat.

**Molars** — At the back, are your molar teeth. These big, bumpy teeth help you chew food before swallowing it.

Baby Teeth On Board

Some people think that cavities in baby teeth don’t matter; because they’ll be lost anyway. But that’s not true.

Dental decay in baby teeth can negatively affect permanent teeth and lead to future dental problems.

Why do we lose our baby teeth?

People get two sets of teeth because as you grow, your mouth gets bigger.

People only have two sets of teeth, so we have to do our best to look after them by brushing twice a day with toothpaste and avoiding sweet drinks and snacks.

Give Kids a Smile!

More than 1.5 million children have received free oral health services through Give Kids a Smile and the national program began in 2003.

For general information for the Give Kids a Smile program, contact the American Dental Association at 1-847-499-1717 or visit ada.org.

A Great Smile Starts with Healthy Teeth

Healthy teeth give you a great smile and prevent painful problems. Use this chart to keep track of your brushing this week.

1. Find a brushing buddy at home.
2. Ask your buddy to color a star in the correct box each time you brush your teeth in the morning and a moon each night. Can you earn both each day?

When will I get my permanent teeth?

- **Incisors:** 6-8 years old
- **Canines:** 9-12 years old
- **First molars:** 9-11 years old
- **Second molars:** 10-12 years old

Nothing But the Tooth

Teeth stay in the mouth because, like trees, they have roots that hold them in our jaws. Tooth roots are usually long and smooth. Front teeth usually have only one root. Back teeth can have as many as three.

Do the math to complete this diagram of a tooth.

17 - 4 = root
10 + 4 = pulp
18 + 3 = crown
9 + 9 = enamel
12 + 4 = dentin
11 + 9 = nerves and blood vessels

Toothbrush Test

Can you pass the Toothbrush Test?

Are you as bright as your teeth? Take this quiz to find out!

1. How often should you brush your teeth?
   - A. At least twice a day, morning and night
   - B. Every Monday, Wednesday, and Friday only
   - C. More than once a day

2. How long should you brush your teeth?
   - A. Less than 30 seconds
   - B. At least 2 minutes
   - C. 4 hours or more

3. What is the right amount of toothpaste to use?
   - A. A pea-size amount
   - B. A thumb-sized amount
   - C. A big toe-sized amount

4. The best way to brush your teeth is:
   - A. Straight up and down
   - B. In small circles
   - C. Side to side

5. When should I floss my teeth?
   - A. Once a month
   - B. Once a year
   - C. Every year

6. How often should I visit a dentist?
   - A. Every 6 months
   - B. Once a year
   - C. Every two years

7. Should I brush my gums and tongue?
   - A. Never
   - B. Every day
   - C. When you feel like it

Extra! Extra! Healthy Search

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

INCISORS
CANINES
PAINFUL
DENTAL
TEETH
SMILE
MOLAR
MOUTH
ROOTS
CROWN
ORAL
JAWS
PULP
BITES
CHEW

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