GONE, NOT FORGOTTEN
War hero without family honored
BY ASHLEIGH DROZGO
ashleigh.drozgo@thesheridanpress.com
SHERIDAN — Friday morning, between 20 and 40 Sheridan community members and friends of Cpl. Remigio “Ray” Barela loaded a CoachUSA chartered bus to Casper for the funeral, Best Western's Tami Jelly loads as well. From there, Walden and vice and providing break- rate riders and took the trip traveling to the funeral. “got the ball rolling” by Best Western employee “said stands as the greatest honoring at the Oregon Trail Veterans Cemetery at 10 a.m. Friday. Born in 1918 in Colorado, Barela served in the Marines from 1942 to 1946, World War II era, which WYO West Warrior Foundation’s Brad Walden said stands as the greatest generation. Walden, along with a host of local veterans, community members and Barela’s family staff loaded a CoachUSA chartered bus for a donated trip to honor Barela, who was reported dying in Casper, where he was buried and honored at the Oregon Trail Veterans Cemetery at 10 a.m. Friday. Born in 1918 in Colorado, Barela served in the Marines from 1942 to 1946, World War II era, which WYO West Warrior Foundation’s Brad Walden said stands as the greatest generation.

Woodland Park Elementary School staff, from left, Renda Chaull, Christal Thomson, Kevin Chaull, Melissa Elena, Meth, Alisse Voit, LaVernea Hopfley and Mallory Wood all played a part in successfully resuscitating a student who col- lapses Monday morning as a result of an undiagnosed heart condition.

EXTRAORDINARY MEASURES
School nurse, staff save 10-year-old’s life
BY KRISTEN CZABAN
KRISTEN.CZABAN@THESHERIDANPRESS.COM
SHERIDAN — On Monday, Shannon Kelley received the call parents dread. Her 10-year-old daughter had collapsed walking into Woodland Park Elementary. When Kelley arrived at the school, staff held blan- kets around her daughter to protect her privacy and used chest compressions and an automated external defibrillator. “When you show up at the school and see that — it’s the hardest thing any parent would ever have to see,” Kelley said. By the time he got there, his daughter, Emerson, had already received one shock from the AED, and it had already rebounded — she was awake and aware, said. “We have staff that are trained on how to deal with dementia and psychiatric issues in this population, and we want this to be their home away from home while they are receiving treat- ment,” Henderson said. The Med Unit is specifi- cally designed for the psycho- tric, dementia and behav- ioral population. It is designed for a short stay, which is, on average, 4 days, Henderson said.
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Thanks to the quick action of the staff at Woodland Park Elementary — particularly of school nurse Noele Mena — Emerson will rest up in preparation for the next sports seasons. In the meantime, Kelley and his wife, Lindsay, expressed their deepest thanks to the staff at Woodland Park Elementary, particularly Mena. On Monday, after Emerson and her mother, Lindsay Kelley were in the plane on the way to Denver, Shawn Kelley stopped at the school to say thank you, shed a few tears and thank them some more.

It’s likely, though, that the Kelleys may never feel they’ve said thank you enough to Woodland Park Elementary School nurse Noele Mena, who sprang into action Monday morning to save the life of a student using the automated external defibrillator located in the front office. Mena stands for a photo in front of Woodland Park Elementary Thursday, Feb. 20, 2020.

CVC organizes Community Conversations on media, politics

FROM STAFF REPORTS

SHERIDAN — The Center for a Vital Community will host its next round of Community Conversations on March 5 and 7 at the Sheridan Memorial Hospital Community Room at 814 S. Gould St. The subject of this conversation is the impact of media on politics. The session is from 9 a.m. to noon.

March 5 is from 2-5 p.m. and the March 7 session is from 9 a.m. to noon.

Community Conversations allow participants to talk through tough subjects in a safe and constructive environment. All community members are invited to attend, and there is no need to sign up in advance. For more information, contact Julie Greer at the CVC, 307-675-0833.

OPEN HOUSES

SATURDAY > FEBRUARY 29 > 11AM–12:30PM

10 RIVER ROCK ROAD $199,900 Low-maintenance period patio home, 3b/2b

35 RIVER ROCK ROAD $399,900 Low-maintenance patio home, 4b/3b

50 RIVER ROCK ROAD $155,000 Low-maintenance patio home, 2b/2b

25 CANYON VIEW DRIVE $699,500 Mud-sustaining built home, 3b/2.5b, on the canal

From the editorial and advertising team at The Sheridan Press

BURLING: Saved enough for his funeral

Local veteran Rudy Pearson pauses for a moment outside of the Best Western before loading the bus to Casper for the funeral of Cpl. Remigio "Ray" Barela Friday, Feb. 28, 2020.

Every school in Sheridan County School District 2 has an automated external defibrillator. Pictured here is the AED that was used to save the life of a student at Woodland Park Elementary School on Monday, Feb. 24, 2020.

FROM STAFF REPORTS

"Flying the flag is easy but taking one day out of your life to pay respects to somebody who changed their life so we could have our freedom," Walden said.

"We’ve got Vietnam tunnel rats, seabees, rangers, fighter pilots from Vietnam era, the commander of the VFW Post, all of them," Walden said.
The bond of chili, cinnamon rolls

Any one who grew up in Sheridan County knows the joy of chili and cinnamon rolls. You could fill a page with the stories of how these two foods came to be a staple at the cafeteria in Sheridan. My sister, Sara, lived just up the street and bought cinnamon rolls for a dollar. As an elementary student, she would eat them with milk and consider herself a grown-up. In high school, she would buy them for herself and take them to her friends. When she got married, she would serve them as a special treat for her guests. And when she had children, she would make them herself, passing down the recipe to her daughters.

The origin story is not 100% clear, but the pairing is a classic. As Janea LaMeres, a member of our family, explains, “Why don’t people understand?” we echoed. “Why not?”

Since moving back to Sheridan, the ubiquity of chili and cinnamon rolls remains a small bond that we could tug on if we needed. “Don’t why don’t people understand?” we think.

The trend of buying chili and cinnamon rolls has continued. In local businesses, the pairing is a popular choice. On a recent evening in Sheridan, we were able to see the benefits of this trend. People were raised, every bowl was emptied and beyond. “This is a tricky situation to navigate. If the democratic capital state were less developed, it might be possible to convince 60 million. Several million of those deaths took place in the gulag – Soviet prison camps for dissidents, the Orthodoxumen, committeevillagers and anyone anyone considered to be "enemies" or an "enemy of the state."

It is bad enough to willfully ignorant about the economic devastation and political oppression that characterized life in the former Soviet Union. But all this talk of "workers versus owners" and a "capitalist class" betrays embarrassing – and dangerous — ignorance of real facts right here in these authors’ own country.

American socialists don’t understand American business

The heart of the Rapid growth recently appeared for “socialism In the United States is a some reason that is clear. Here’s a look at the evidence in the ecosystem:

A recent article in the column is a good example. Last weekend, the online news publication published an excerpt from a new book by Anil Nadkarni, a former global executive at the company. In a long-anticipated move, the company has announced the formation of a new division to focus on the development and implementation of software solutions.

The excerpt is riddled with the most important things. Here’s one example:

The writers have been active in the United States and abroad, and have written extensively on the subject. Their work has appeared in leading journals and newspapers, and they have given lectures and workshops on the topic. Their book, "Socialism and Capitalism: A New Look at the Old Divide," is scheduled to be published in fall 2020.

In other words, half of America’s million-dollar startups have at least one immigrant owner.

In a country where 700,000 new businesses launch every year, the (very small and very very small) employees are the "capitalists." The "Socialism and Capitalism" book is being praised for its clarity and accuracy. The authors are the employers.

American business is an extraordinary egalitarian enterprise, creating and distributing wealth. The system does have problems — and dangerous — ignorance of real facts right here in these authors’ own country.

The 1st Amendment: Congress shall make no law respecting an establishment of religion, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.
Randy L. Jackson, the former White House physician who is now an author and media personality, has been in the news recently. Jackson has authored two books on national political campaigns and the national political process. The nation is saved — by stealth cuisine. The former White House physician has been in the news recently. Jackson has authored two books on national political campaigns and the national political process.
mental health professional, occasional winter woes. As a type of depression that's seasonal or tied to changes in temperature, SAD refers to a type of depression that is seasonal or tied to changes in temperature. A physician can diagnose SAD and suggest coping strategies.

Although a diagnosis of SAD can be challenging, there are symptoms without ever being diagnosed. If you notice any of these symptoms, you can take steps to reduce symptoms of SAD. You may want to consider using light therapy to help reduce symptoms.

SAGE to host cytochrome photo class

SHERIDAN — Krista Fitchner will lead a cytochrome photo technology class beginning March 7 at SAGE Community Arts. There is no experience required for the class that allows participants to learn about cytochrome photo processing. All materials and tools for the class are included in the cost.

Cytochrome is a photographic printing process that produces a cyanotype print. In this class, participants will experiment with different ways to use the chemicals for cyanotype through painting, medium and large format film, digital film and exposing interesting objects to produce unique images and stamps of art. The cost for the class, which will meet from 12:30-4:30 p.m. each Saturday from March 7 through April 11, is $100 for members and $120 for SAGE community arts members. For more information, contact SAGE at 307-682-8340 or sageinfo@sageart.org.

Artist to present workshop

SHERIDAN — The March Jentel Presents event will take place Tuesday from 10:30-10:45 a.m. at SAGE Community Arts.

Survivorship courses to begin Jan. 7

SHERIDAN — Sheridan Memorial Hospital’s Wellness Center has two classes to begin Jan. 7. The classes are free and no reservation is needed to attend. The courses will take place on the first Tuesday of each month from 6-7 p.m. in the Welch Cancer Center conference room located at 1606 Fifth St. in Sheridan.

The following is a list of topics remaining to be covered:

• March 7 — Cancer-related cognitive dysfunction and “chemo brain.”
• March 21 — Oncology survivorship. What happens now? For additional information on the courses, call 307-444-6022.

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Lessons in leadership

Kuehl interested in psychology, cognitive science

By MARGARET KUEHL

Walmart confirms it will launch a rival to Amazon's Prime

NEW YORK (AP) — Walmart is confirming that it's developing a competition to Amazon's juggernaut membership program.

The company declined on Thursday to offer details, but a spokesperson said the service will be called Walmart+.

News outlets and reports announced the news earlier this week, and Walmart's new membership program expected Thursday and said the discount giant will offer perks that the online leader charges subscribers for, such as membership benefits to the Bentonville, Arkansas retailer. The retail giant is testing the program as soon as this month.

The initiative comes as Walmart抗癌 marketed in an arms race with Amazon to bring customer members and fast to customers' homes.

Walmart's membership program includes such perks as unlimited next-day shipping on more than 15 million items as well as fast streaming of music, TV shows and movies.

Walmart Inc. recently announced a program offering customers the option to pay a yearly $88 fee or a monthly $12.95 fee to receive unlimited same-day grocery deliveries from nearly 2,000 Walmart stores.

Walmart confirms it will launch a rival to Amazon's Prime

Walmart+ will also have certain perks that the online leader charges subscribers for, such as membership benefits to the Bentonville, Arkansas retailer. The retail giant is testing the program as soon as this month.

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CARVING A FUNNY PATH

Douglas-based comedian Dakota Honaker works his way through his set at Headstrong Brewery Feb.15 where he and three other Wyoming comedians entertained a full house.

“I’m a little bit nervous, but I’m confident in my growth as a comedian in Wyoming, which is my passion in comedy,” he said. “I’ve studied it for years and it’s something I dream of.”

As he introduced the bill, “I think we need to be able to make some decisions on our own, not just by the legislature,” Yin said.

“Most people would agree with me on that,” Yin said. “We need to be able to make decisions on our own.”

The House adjourned approximately 4:50 p.m. Wednesday. The bill will face another hearing in the Senate where a committee will vote on it.

Rep. Mike Yin, D-Jackson, who sponsored the bill, expressed his frustration.

“People are going to subject some young girls to group homes and institutionalizations when the life of the mother is in danger,” Yin said.

The bill had already been debated by the House last year, Tass said, and the amendment was “friendly” one, Tass said, informed by the University of Wyoming professor who brought an amendment. Though her amendment sought to change the patient’s responsibility to be informed, she asked, “Because [the amendment] makes it more clear to everyone that actually makes it more clear.”

“Why such a resistance among the voters on where they’re at.”

Rep. Andi Clifford, D-Riverton, brought an amendment to the bill that includes an exception to the requirement of a physician’s prescription, according to a receipt of a personal, “friendly” one, Tass said, informed by the University of Wyoming professor who brought an amendment. Though her amendment sought to change the patient’s responsibility to be informed, she asked, “Because [the amendment] makes it more clear to everyone that actually makes it more clear.”

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“Why such a resistance among the voters on where they’re at.”
Astronomers have discovered the biggest explosion in the history of the universe.

The blast, which is more than 50 million times the brightness of our galaxy, is the result of a rare type of galaxy known as a "starburst galaxy." These galaxies are extremely active and emit a great deal of energy in the form of light and radiation.

The explosion, which was detected using telescopes around the world, is the result of a colossal black hole. The black hole doesn't draw just in material near the black holes.

They also blast out jets of material and energy away from the black hole. This is the first hint of this giant explosion actually occurred in 2018. Chandrasekhar's Ophiuchus galaxy cluster was observed by astronomers using the Chandra X-ray Observatory, which detected an outburst given the amount of energy that would have been needed to cause such an outburst in the galaxy.

The two space observatories, along with other telescopes in the US and India, confirmed that the curvature was, indeed, part of a cavity in the galaxy. The cavity is large enough to contain a significant amount of gas and dust, which could be fueling the black hole.

“The data from the Chandra X-ray Observatory and the Hubble Space Telescope have revealed that this black hole is the most energetic black hole known, with a luminosity that is comparable to the output of a giant star,” said lead author Simona Giacintucci of the Naval Research Laboratory.

It's five times bigger than the previous record holder, Messier 87. Astronomers used NASA's Chandra X-ray Observatory to make the finding, along with a European space observatory and ground telescopes. They believe the explosion caused from the heart of the Ophiuchus cluster of thousands of galaxies, a large galaxy cluster that contains a colossal black hole. The black hole doesn't draw just in material near the black holes.

The blast is believed to be one of the most powerful explosions ever detected in the universe, and it is causing a stir in the scientific community.

“Even after the explosion, the remnants of the giant cloud of gas and dust that formed the galaxy are still visible,” said co-author Syed Naqvi of NASA's Goddard Space Flight Center.

The blast is believed to be the result of gas collapsing into a black hole after a supernova eruption. This type of explosion is rare, but it is thought to occur in about one in every 100,000 supernovae. The blast is believed to be the strongest explosion ever detected in the Universe.

The blast is causing a stir in the scientific community and has caused some to question the nature of black holes. The blast is also causing concern among some scientists who are concerned that it could lead to a change in the fundamental laws of physics.

The blast is believed to be one of the most powerful explosions ever detected in the universe, and it is causing a stir in the scientific community.

Some members of the government agencies who oversee black holes have said that the blast is too powerful to be natural. They are concerned that it could be a result of a supermassive black hole that has been recently formed. The blast is also causing concern among some scientists who are concerned that it could lead to a change in the fundamental laws of physics.
A small group of attendees watch Giselle by the Bolshoi Ballet at the WYO Performing Arts Center Tuesday, Feb. 25, 2020.

BY ALLAYANA DARROW
ALLAYANA.DARROW@THESHERIDANPRESS.COM

SHERIDAN — A soda can cracks open as the small crowd trickles in to take their seats. Instead of tuxedos and ball gowns, attendees stroll comfortably into the theater in flannel shirts, cozy sweaters and winter boots. On a Tuesday evening, the curtain rises for the Bolshoi Ballet.

Throughout the performance, live applause blends with recorded applause from the audience who witnessed the show live Feb. 23, and whose enthusiasm provided some nostalgia for what they remember of a live experience. For others, it is their only opportunity to watch a ballet.

“This is like speaking without a tongue,” Thickman said. Thickman experienced his belief in the power of offering children a place to see the best ballet dancing in the world in their hometown. Ballet is an expression of voice, music and a challenge to see what the body can communicate, he said.

Hayesman described her trips to the WYO to watch living performing arts as a “joy,” one that was near-ly inaccessible in cities in which she previously lived because of cost or travel. The Sheridan experience is consistent and inti-mate, Hayesman said.

WYO executive director Erin Butler said when she saw the Bolshoi live as a young college student, she could barely see any-thing from the top of the theater with the only ticket she could afford. Still, watching the Bolshoi perform Giselle on the screen provides similar exposure to bal-let’s athleticism and beauty as a live show. Butler said. She has an affinity for dance as an art form, and medium of storytelling with-out words.

The WYO’s live performing arts screenings are an affordable way for Sheridanites to experience something “extraordinary” in their hometown, Butler said, and for the Bolshoi to share their art form with more viewers world-wide. Butler said she hopes the group of ballet-goers will contin-ue to grow, when others realize watching ballet is less intimidat-ing than they might believe.

Next season, Butler said she plans to roll out Pam Moore’s idea to host a high tea during intermission of the ballet showings and move the screenings to Saturday. While difficult to bring large trav-eling dance troupes to Sheridan, screening the video keeps the WYO’s mission alive to honor all the live performing arts, Butler said.

Pam Moore — who has integrated with Sheridan’s dance community for more than 28 years — said she noticed new choreog-raphy, arm movements and steps she has never seen performed in ballet before at the Giselle screen-ing Feb. 25. Moore described the ballet as graceful, magical and athletic. One attendee said football players could not keep up with ballerinas as far as strength.

“The world can seem unimaginable,” Moore said. “Dance transcends all cultures, all times — dance has been part of every culture.”

A film fails to capture the splen-dor of walking into a grandis-taie theater and allowing the eye to choose where to focus on stage, amid all the action happening between ensemble and cen-taure-stage dancers. Moore said. In a film, the camera choices where the viewer should focus at any given moment.

Close-ups display intricate details on costumes, aerial views of troupe formations and beads of great glistening silks on dancer’s necks. Viewers can hear the sound of a ballerina’s feet clapping together as she performs a cabaret. Costumes designer cannot fake the details anymore because of the close viewing vid-eo genre.

Ballet is no longer an art only for people who can afford to travel to attend a live show. Moore said. Even with a video, a viewer can be “transcended” to another part of the world. Little girls longing to be dancers and boys aspiring to be knights in shining armor can find an outlet in a ballet.

Doug Moore, who holds a post-graduate degree in arts management for the WYO, said even if the group of attendees remains small, he aims to continue providing content for that niche group in the communi-ty. Doug and Pam Moore’s interest in ballet results from combining their creative talents for music and dance.

“The perfect ballet for us is one where you can see the music and hear the dance,” Doug Moore said.

The WYO is always work-ing, always trying to reach the needs of its patrons and community. Next month we’ll host an event we’re calling “Books and Ballet” — an invite to students and residents to read and discuss “The Blue Boy” by John La Forge before the showing of the Bolshoi production. This summer we’ll be hosting a free class for the main stage to enhance the experience for ears hear-ing-impaired patrons. And soon we’ll be launching the WYO Performing Arts Center’s Kids series to offer a safe place for students to express themselves through theatrical arts.

As I’ve written time and again, the WYO is inextricably bonded with the Sheridan County Chamber of Commerce’s Stronger WYO Award as well as a Governor’s Arts Award — truly exci-tion, humbling and inspiring. We all know it’s nice to be recognized for the work put in toward making something successful or even sustainable. In this case, in the WYO’s case, it’s a recognition of the love and dedication of hundreds of people over 30-plus years. It’s a recognition that the vision and energy to enhance and share that vision cannot be stopped.

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The WYO relies on you. Your generous donations are the reason we can be here. As we all keep on. We are honored with the Sheridan Award as well as the Sheridan Award as well as a Governor’s Arts Award — truly exci-tion, humbling and inspiring. We all know it’s nice to be recognized for the work put in toward making something successful or even sustainable. In this case, in the WYO’s case, it’s a recognition of the love and dedication of hundreds of people over 30-plus years. It’s a recognition that the vision and energy to enhance and share that vision cannot be stopped.

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Price said technology made major strides since emerging on market. Price owns Price Solar and Electric, one of the five solar contractors in the area, Price said. Price’s goal is to bring his building down to net-zero energy production and usage by the end of the year. The building, which hosts two tenants in addition to ligging, is currently around 90%. Price said the next step is to double the wattage the panels currently produce. Egging said if he eventually expands to a larger location, solar energy is now a part of his business — he aims to take solar with him wherever he goes. Anecdotally, his artisan roasts have benefited seamlessly with processing coffee using inverters are 98% efficient, meaning minimal energy is lost during conversion. As far as the expense, Price said his customers expect a seven- to 10-year return on their investment in solar. A small amount of coal is burned to make a solar panel, then no coal is used for the next 50 years during a panel’s life span, he said.

That panel is making its own energy, from what God has already given us,” Price said. Price is part of Wyoming’s Solar Energy Association, which pushes legislators to reconsider solar as not a replacement for coal but another source to add to the state’s energy mix. "We have an era of veterans—our Vietnam era, the last of our World War II and Korea era veterans, those entering those geriatric years, and who have co-existing behavioral and mental health issues," Henderson said. "Geriatrics is going to be a huge need across our nation, and for our nation’s veterans. We know that this is upon us, and we really want to help." Treatment will be interdisciplinary and physicians, nurses and social staff will work together, offering recreational therapy and other services as well. The Sheridan VA has a focus on mental health services, she said, and has resources in place that mean the equipment has just been installed. "With Sheridan because of our mental health focus, we have a lot of the resources already in place with psychiatry, with social workers, with psychologists, that we were already uniquely in a position to look at this comprehensively," Henderson said. "We have acute psychiatric services, we have geriatric services, primary care and this complement, it helps round that whole thing out." Pam Crowell, director of the Sheridan VA, said she is proud the facility has already successfully recruited a board certified geriatric psychiatrist. The facility will add about 40 positions, many of them being new professional positions, to the VA’s current staff. There will be local economic impacts of the expansion. "That will create jobs, work and sleep in Sheridan," she said. "We are so grateful for the community that we live in, and we engage actively in this community. Henderson said. "We shop here, we live here. This unit really benefits everyone in the community." The first million square foot building is a brand new building built to meet federal VA requirements, Crowell said. "That’s a result of the pure sine wave," Price said. "It makes the machinery more efficient." Price said a solar sine wave is a more pure form of energy — better for electronics and other equipment. By the time a utility company’s energy travels across a power line to a consumer, that energy is “dirty.” Price said. The solar panels serving Egging’s business and other building tenants priorities the building first before taking any energy off the grid. In response to the common criticism that solar panels require more natural resources mining to produce than they’re worth for their clean energy. Price said the technology has made major strides since solar emerged in the energy market. Today’s inverters are 96% efficient, meaning minimal energy is lost during conversion. As far as the expense, Price said his customers expect a seven- to 10-year return on their investment in solar. A small amount of coal is burned to make a solar panel, then no coal is used for the next 50 years during a panel’s life span, he said. That panel is making its own energy, from what God has already given us.” Price said. Price is part of Wyoming’s Solar Energy Association, which pushes legislators to reconsider solar as not a replacement for coal but another source to add to Wyoming’s energy portfolio and a transitional opportunity for future energy workers if they choose, he said. Solar has been growing throughout Price’s 15 years in Sheridan, he said. Combining a clean energy approach with Manchester St. Coffee sourcing integrates two complimentary products. Egging sources his coffee beans through RedHill Leaf Coffee Traders, which claims to be onsite, forging relationships with coffee farmers long term, according to its website. Egging said as coffee evolved from a commodity to an experience, consumers have begun to take greater interest in the origin of their coffee and how farmers are treated. Coffee’s recent “history of heart,” aligns seamlessly with processing coffee using solar energy. Egging said. That means that my daughter... she is going to have a cleaner place to grow up,” he said.

Price said technology made major strides since emerging on market.

Matt Egging, owner of Manchester St. Coffee, roasts coffee with his Artisan 6 using solar power Tuesday, Feb. 25, 2020.

The intent is to stabilize and treat patients through a variety of specialties, correcting behaviors with motivation and treatment before returning patients to their normal living centers, whether those are assisted living facilities or their own homes. “We would like to get them back to the most normal environment for them as possible,” Henderson said. The first patients will likely come from on-site in Sheridan, but the VA is working on memorandums of understanding with other VA health care systems for intra-facility transfers. The Eagle Living Center is one of a very few facilities like this in the nation, and is the only one in the region. The Sheridan VA covers Wyoming, Montana, parts of Utah, Colorado and Oklahoma. There is an aging population of veterans across the nation. Henderson said many are in need of this kind of care. “We have an era of veterans—our Vietnam era, the last of our World War II and Korea era veterans, those entering those geriatric years, and who have co-existing behavioral and mental health issues,” Henderson said. “Geriatrics is going to be a huge need across our nation, and for our nation’s veterans. We know that this is upon us, and we really want to help.”

“It’s a great capital investment in the future for our community,” Henderson said. Physicians will be on site March 9, and VA staff has been recruiting and embarking staff to work at the facility for at least six months. Henderson said the VA hopes to partner with the community college to the senior center to Dementia Friendly Wyoming, when possible. “We have had great community support and we anticipate that will continue,” she said. “These are complicated veterans that need the whole thing. This is a great opportunity to make sure these veterans get this sort of comprehensive care.”

A11

FACILITY: Meeting needs

FROM 1

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700 N. Main St. | Sheridan, WY
Load $20 on a Library card, and receive a flatbread pizza of your choice

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Buy a pint, and get a complimentary Press Pass taster flight AND exclusive early access to Winter Rodeo souvenir mug (Feb 17)

Brinton Museum

259 Brinton Road | Big Horn, WY
Free bottle of wine with Valentine’s Day dinner AND Private Archival Tour on Feb 20, RSVP required

Buckshot Saloon

115 Day St. | Ranchester, WY
Buy an entree, and get a free order of Blew Tots

CULTURE

WYO Theater

424 N. Main St. | Sheridan, WY
Buy one ticket, get one free in the district (Be sure to check calendar AND buy one drink at concessions, get one free)

Landown’s

505 College Meadow Dr. | Sheridan, WY
20% off meal and take workshops, AND $5 gift card when you attend free workshops AND free delivery of Valentine’s Day gift, RSVP required

SHOPPING

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$5 Knitness Come Back Bag AND 10% off your purchase if you used later

Sheridan Stationery

205 Main St. | Sheridan, WY
Buy a hardcover book, and get a deck of cards for 50% off

COTTONWOOD KITCHEN

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20% off cooking classes

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The Sport Stop

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Rent one pair of cross-country skis, and rent a pair for 50% off

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FAB FOR. ABOUT. BY. WOMEN’S CONFERENCE

APRIL 3, 2020

FEATURING SARAH KAUP, SPOKEN-WORD POET

144 Grinnell Plaza | Sheridan, WY 82801 | 307-672-2431 | thesheridanpress.com/fab
Supaman performs at Sheridan College

Left: Supaman takes a moment before the end of the show to encourage his fans to take the time to get to know, “Someone who doesn’t look like you, someone who doesn’t pray like you, someone who doesn’t listen to the same music that you.” Wednesday, Feb. 26, 2020.

Above: Christian “Supaman” Parish takes the Guita a few minutes before changing for the stage to autograph posters for his fans Wednesday, Feb. 26, 2020.
I have a spark inside me that was ignited by running. I was there on my first day that I entered in the Bighorn Mountain Wild and Scenic Trail Run, and there has not been one day it has not crossed my mind since I signed up in early January. This year, I’m stepping into a whole new realm as “ultrarunning,” which is any race longer than a conventional 26.2-mile marathon. Ultrarunning also generally implies much of the course is on a mountain trail with more technical terrain.

Most conditioning programs for this kind of race are at least 16 weeks long, which means that window formally starts right now. It’s time to get really serious about long runs and starts right about now. It’s time to get really serious about long runs and work on long runs and starts right about now. It’s time to get really serious about long runs and get ready to race.

I cannot mention here how the race are at least 16 weeks long, but I can say that I have a love, familiarity and respect for the Bighorn Mountains that has been cultivated in the decade I have lived here. Those advantages, though, only take you so far. Like anyone else signed up for the longest race of their lives yet, I have to grapple with the inevitable doubts and the existential fact I cannot know, with complete certainty, whether I have prepared myself enough. The number one lesson for me is how about not to attach to the outcome of any situation. There is a pervasive and appropriate humility in the culture of trail running that ability and performance are feasible. Small injuries can become a big deal quickly, and a weather event or similar act of the universe can indiscriminately rob you of your finish.

I remember thinking that the starting line of the 18-mile run was an after-particle in celebration for the work we had trained for. We can be pretty sure we’ll see fewer Chinese tourists, Nickerson said, partly because Yellowstone is THE park” for skiing and snowmobiles. Even before the disease outbreak in China, Nickerson said, partly because it was the nation’s first park, and also because of its many payers and hot pools.

I read carefully what brings up the possibility of doing longer distances in the coming running season this one year. However, like hum- drum of others right about now, I am getting ready just in case things work out for the best.

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SHERIDAN — Members of the powerlifting club at Sheridan College will put their brawn to the test this Saturday as they compete in the state meet. This marks the first state experience for the group, as the club officially assembled in December.

Anya Tuft, a sophomore at Sheridan College and member of the powerlifting club, said she’s excited to put her skills to the test: “We were a group of kids who were working out together in the school gym, and I told them how I used to compete in powerlifting in the past and really missed it,” Tuft said.

Tuft asked the group about attending a powerlifting meet together. To Tuft’s surprise, everyone excitedly agreed.

* * *

The club is open to anyone at Sheridan College. There are some members who do not wish to compete at state but instead work out with the club just for fun.

“We started off with about eight people,” Tuft said. “Now, we’ve up to 15.” The club quickly realized there was not enough space on the campus gym for the growing team to practice together. Tuft’s exercise science director at Sheridan College connected the club with Graham Barlow, who had just opened a new gym.

Barlow, who has extensive powerlifting experience, agreed to coach the club and host them at Haven Gym.

“This isn’t a lot of strength sports in Wyoming, and I’d really like to bring it to more of the people,” Barlow said.

With quicker events, cross-country runners focus their training on speed work, Brown said. Elevation and running at higher altitudes also make the athletes more suited to the winter training, she said. “It really comes down to the most minute details of the performance,” Garber said.

With the events being faster, the practices are also faster, Brown said. Elevation and hill training was eliminated. During the fall, the cross-country teams were able to run in the mountains.

Now it gets dark at 6 p.m. in the winter and the distance runners only had one inside track meet in the fall, Barlow said. During indoor and outdoor track seasons, the athletes have less time to work their way to the top of the standings.

With quicker events, cross-country runners focus their training on speed work. Brown said. The team cut down their mileage from six or seven miles for a long run to only five miles. Sprains during practice are also cut down from 1,000 meters to 200-meters.

Garber said the distance runners log 35-40 miles a week during track season after logging 50-60 miles during the cross-country season.

Garber said they complained at the time about not getting back to town until 8 p.m. Now it gets dark at 6 p.m. in the winter and the distance runners do not realize how nice it was to run in the mountains.

“The distance runners only had one inside track meet practice this season and primarily practice outside, Brown said. The worst part about the winter training is dealing with the cold. Brown herself occasionally has a fall and every runner experiences a slip at least once. They stick to the same route, making training a little mundane. Garber said the distance runners log 35-40 miles a week during track season after logging 50-60 miles during the cross-country season.

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“My favorite thing about weight lifting is how it’s not common for ladies to do, and it’s a challenge — and I love challenges. It’s my own personal challenge; the only person who can achieve it is me. So, I have to push myself to reach the goal,” Scholebo said.

Tuft seconded the idea by stating that even though they’re a team, they still compete against themselves. “I feel powerful when I do it,” Tuft said. “I think it would be awesome for females powerlifting to be more normalized.”

No one in the club thinks twice about females in the weight room, as the group’s state competitors consist of five females and three males. In terms of whether club members attend practice with the goal of breaking state records or simply improving as they improve their fitness, Tuft says they have a good mix. “Even people not competing want to be part of the environment because we hype each other up so much,” Tuft said.

The eight athletes competing Saturday include Tuft, Scholebo, Abby Mueller, Morgan Phister, Caddy Brown, Nick Kunz, Ty Christensen and Brant Barnes. Although the club is three months old, Tuft already envision goals for its growth. “I’m hoping that, as the club progresses, we can get some more people qualifying for nationals,” Tuft said.

Michigan gets more than 100 complaints against former doctor

ANN ARBOR, Mich. (AP) — A University of Michigan hotline has received more than 100 “unique complaints” about a late physician accused of sexual abuse by former patients, including athletes who encountered him as a team doctor, the school announced Friday.

In a statement released with the updated total, a spokesman urged others to contact the university. “It is truly important for the investigators to hear the voices of survivors for the investigators to understand the full scope of harm and its root causes,” spokesman Rick Fitzgerald said.

The university’s president apologized last week to “anyone who was harmed” by Dr. Robert E. Anderson. His comment came a day after the school announced it was investigating abuse allegations against Anderson by five former patients.

Men who have since spoken publicly about Anderson include former athletes who encountered him as a physician for the school’s athletic teams and former students who said the doctor molested them during medical exams at the university’s health service. Police records released to The Associated Press show University of Michigan officials were warned more than four decades ago that Anderson was fondling patients during medical exams and pressured him to step down as director of the health service.

Other complaints detail alleged abuse by Anderson throughout his tenure at the university. He retired in 2003 and died in 2008. Several law firms have spent the past week talking to potential accusers about legal action. Among them are attorneys Michelle Simpson Trigg and H. James White, who represented more than 60 people who were abused by convicted Michigan State physician Larry Nassar.
The variety of courses is one aspect of cross-country. Garber and Brown both enjoyed. Each course has its changes in hills and unique obstacles; no two courses were the same. There was also a variety of turns the runners had to make.

Garber said running the same course as NYC about nine miles and then make left turns. The cross-country courses have tight right-hand turns, but track provides the opportunity to build fitness with athletes on a track. Sheridan’s Sylvia Brown has said she has been getting to know the other people on the team. On Wednesday night, and the track team has done a better job of becoming a more cohesive unit. Sprinters used to do their own thing while the distance runners were somewhere else going off.

“The do that a lot,” Garber said. “Sheridan does from different events. Some of the runners have developed a bond. Some of the runners do a better job of changing on different events. The team competes in the indoor track meet in Gillette March 6-7.

HARRISON, N.J. (AP) — Linseacker Malik Harrison came to the NFL’s annual showcase latest this fall prepared. He expected the early mornings, the late nights and the walk-to-wall interview schedules. He answered endless questions and took the physical tests. And over the course of the past season, the former Ohio State star even managed to polish a plan for what could be the most important part of his life. Acting it could up Harrison for a big payday on draft weekend. Struggle, and his stock could start sliding.

For Harrison and the senior Senior Bowl veterans in Indianapolis this week, this is not a once-in-a-lifetime opportunity. It’s an opportunity to take advantage of their previous experiences.

“The Senior Bowl is just like this: late nights and early mornings. Long days. So, it prepared me mentally and physically,” Harrison said. “It helped a lot.”

No, the two events are not exactly the same.

In Mobile, Alabama, a few dozen players practice in pads and get one-on-one instruction from NFL coaching staff. Some might be asked to try out at new positions. Or as Harrison describes it — it’s football technique.

Here, more than 300 draft prospects are poked and prodded by medical staffs, run and jump in sheets, lift weights and anxiously wait to compare results. Many of the top prospects do only limited work or none at all, waiting instead for their pro days — perhaps their only chance to work out for scouts.

Players like Harrison welcome a second chance to perform on center stage, eager to show what they’ve learned in Mobile and how they’ve used those lessons to improve.

“It’s a tremendous opportunity when you come from a Group of Five school,” Wyoming linseacker Logan Wilson said. “It helped give me an idea of what was coming at the combine. What you’ve been through it once, it makes it easier the second time.”

And good results in Mobile can create more buzz and give a boost to those like Jordan Love, the Utah State quarterback, who spent only a little more time in Mobile. The linseackers don’t work out until Saturday.

But short turning heads last month, Love delivered another impressive workout Thursday.

Earlier this week, he acknowledged the challenges of transitioning from a college spread offense to a more traditional NFL offense. Just one week with the Detroit Lions coaching staff appears to have made a difference — at least with Love’s improved footwork.

“The best part was just getting in that offense, and learning the NFL style,” Love said.

“I wasn’t the full playbook, but I was able to get a feel for it and know what I needed to work on. Getting in the huddle, calling the plays, the long yells. It’s definitely different than what I ran in college,” Love said.

Some believe Love played his way into the first round in Mobile and potentially into the top 10 on Thursday. The Lions don’t work out their football field, either.

While just about everyone trains to excel in the drills, even the new ones this year. For example, like United linseacker Francisco Bernard used the past month to contemplate ways to improve their stock.

“He’s a great athlete. It gives you a lot of flexibility,” Sims said in a statement. “Until we have our own permanent home in the five boroughs, our intention is to play all of our games at Citi Field. We’ve already played here in 2016. It was moved to Fordham’s Coffey Field and one in 2017 to Rentschler Field in East Hartford, Connecticut. The game in 2014 was moved to San Carlos due to circumstances out-to-date with CONCACAF-approved venues, and how suitable venues within New York City. Unfortunately, without our own permanent home in the five boroughs, our intention is to play all of our games at Citi Field. In all competitions, it is important for the team’s home semifinal and final would be at Citi Field. Yankee Stadium will not be available because of the baseball schedule.

NYC is majority owned by City Football Group, also the parent of England’s Manchester City. CFP is owned by the Abu Dhabi United Group and owned by Sheikh Mansour bin Zayed Al Nahyan. The Yankees are a 20% partner in NYCFC.
**BOYD WILSON THE ASSOCIATED PRESS**

**FROM B1**

PHOENIX (AP) — Freddy Peralta gave his mom an unforgettable Mother's Day in 2018, striking out 13 while winning his major league debut as she looked on at Coors Field.

"My dad, he cried too — more than my mom. ... I was feeling like I was going to cry, too," Peralta said.

He went 6-4 with a 4.25 ERA in 2018.

"I hope those who have it recover seriously. Everyone is hugging and shaking hands and it could be all over us. You never know. Even travel is difficult," said Binotto, Ferrari and F1 rival AlphaTauri team principal.

**LADY RAMS DEFEAT WRIGHT AT REGIONALS**

BIG HORN — The Lady Rams defeated the Wright High School Lady Patriots 51-34 Friday, sending them into Saturday's tournament with a second win fueling their game.

For the Broncs:

• Hunter Goodwin (126) beat Green River's Ethan Welsh in a semifinal match.

• Adam Stainbrook (160) lost to Cokeville's Brenton by decision in round one and defeated Kelly Walsh's Jesse Thornton to advance to semifinals.

• Alexander Charest, Garber and Cahall in second through fifth and for my family and be in a position where I can play a position where I can play a position where I can play a position where I can play."

Coaches have done their best to play with planning and that's a big part of what we have been doing on the road," operations David Stearns said.

"My dad, he cried too — more than my mom. ... I was feeling like I was going to cry, too," Peralta said.

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Dr. Nehmat Oz and Dr. Michael Roizen

You're the captain of your ship, your body, and you can steer it to the land of I Did It!

Getting your waist down to 34 inches or smaller.

Where You're Headed

Your healthiest destination is your highest blood pressure.

3. A fasting blood sugar level of 100 mg/dL or lower or less if you have cardiovascular disease.

4. A lousy LDL cholesterol number.

5. A calmer outlook, happier mood and improved sleep,


Resistance/strength-building exercises, too!

And add two more goals to propel you even more directly to your health destination.

1. Set your destination.

2. Have fun getting there.

3. In ten days, you will have reached your goal and your waist should be 34 inches or smaller.

Dr. Mehmet Oz and Dr. Michael Roizen

Enjoy This Reward

A mouth-watering recipe from the upcoming “What to Eat When Cookbook.”

JICAMA NOSH

Ingredients:

1 jicama (aka Mexican potato).

1/2 cup fresh lime juice

1/4-inch-wide strips seeded peeled, cut into 2-inch-long by 1/2-inch-wide strips

1/2 teaspoon jalapeno, finely mince.

1/2 cup cilantro, chopped

SERVING SIZE: 1/2 cup

PREP: 20 minutes

To roast the jalapeno, put it on a low flame; roast each side until blistered skin forms, then remove the jalapeno from the skewer and wrap in plastic wrap for a few minutes allowing it to “sweat” and cool. Once cool enough to handle, remove plastic wrap and use a small paring knife to gently scrape off all the blistered and blackened skin. Remove and discard the seeds from the jalapeno and finely chop.

2. Add jalapeno strips and toss until just lightly coating.

Serve in a container of this healthful bite in your fridge to appease your next snack attack.

MARY WORTH

What should I do? Should I recommend that my son not talk to his co-worker?

DEAR AFRAID: I agree that your co-worker may be off the deep end. You should not recommend counseling for this obsessive and punishing behavior and continued verbal assault. This is their “negativity, peevish attitude, and cruel behavior,” say so.

2. Turning your back on your family.


5. A calmer outlook, happier mood and improved sleep,


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15% OFF EVERYTHING YOU CAN FIT IN THE BUCKET!

$50 minimum purchase. Discount off regular price. One bucket per customer. Items must fit in the bucket. No layaway. Limited to stock on hand. No previous purchase refunds. No special orders or rain checks. Just a few exclusions apply.

Now Thru Sunday, March 1st
BEETLE BAILEY

WHAT'S THAT?

IT LOOKS LIKE IT MIGHT BE QUICKSAND

WOW! I'VE NEVER SEEN QUICKSAND

ME EITHER

I WONDER IF ALL THE TALES ARE TRUE?

LIKE WHAT?

CAN YOU NOT GET OUT? WILL IT SUCk YOU DOWN SLOWLY?

HOW DO WE FIND OUT?

STICK YOUR FOOT IN

NOT ME!

HEY, SARGE! WALK OVER HERE

CLASSIC PEANUTS

YOU KNOW WHAT MAKES KIND OF A GOOD HOBBY? SAVING STRINGS!

CRUNCH

BLOOMIE

I CAN'T BELIEVE YOU'RE STILL WORKING ON THAT PIPE!

DON'T WORRY. IT'S UNDER CONTROL!

BANG CLANG BANG

BANG CLANG BANG

BANG CLANG BANG

BANG CLANG BANG

DID IT HURT YOUR FEELINGS THAT I CALLED A PLUMBER?

NO, I'M GOOD

BY MORT, GREG & BRIAN WALKER

BY CHARLES SCHULZ

BY CHARLES SCHULZ
DID YOU CLEAN YOUR BATHROOM?

NO

DID YOU BRING YOUR DIRTY DISHES TO THE KITCHEN?

NO

DID YOU DO YOUR LAUNDRY?

NO

DID YOU ACT AS THE DESIGNATED DRIVER FOR YOUR FRIENDS WHO WERE DRINKING AT THE PARTY LAST NIGHT?

YES

DID YOU PUT YOUR SHOES AWAY?

NO

TIME-RELEASE ADULTING IS BETTER THAN NO ADULTING AT ALL.

MARVIN

YOU WANT MAC 'N CHEESE?

NO

I THOUGHT YOU LOVED MAC 'N CHEESE

NOT ANYMORE

THEN HOW ABOUT CHICKEN NUGGETS?

YOU LOVE CHICKEN NUGGETS

NOT ANYMORE

SO WHAT DO YOU WANT FOR LUNCH?

TACOS!

BUT YOU HATE TACOS!

NOT ANYMORE

DILBERT

ACTUALLY, I CAN ...

IT'S A SERVICE CIGAR.

DUG

HOLD IT, SIR... YOU CAN'T SMOKING THAT IN HERE!

IT'S LABEL

THAT'S WHAT I WAS LABEL...
**The Family Circus**

By Jim Davis

**GARFIELD**

BA-THUMP! BA-THUMP! BA-THUMP!

OKAY, WHO PUT THE SHOE IN THE DRIVER?

BA-THUMP! BA-THUMP! BA-THUMP!

NOPE, IT WASN'T ME

BA-THUMP! BA-THUMP! BA-THUMP!

ODIE?!...

BA-THUMP! BA-THUMP! BA-THUMP!

BY JIM DAVIS

**Born Loser**

How tall are you, Uncle Ted?

Well, when I reached adulthood, my height has five feet, ten inches...

Whoa! You mean you shrunk?

Actually, it's common for people to get a bit shorter in their senior years.

BY ART & CHIP SANSOM

**Frank and Ernest**

You'll work in pairs to track down this fugitive. You two head to the tax office and see what you can learn about him.

Go investigate a reported sighting at the dog park.

We hear he likes cars. You two check out the auto show.

I think he's a movie buff. See if he was at the theater for today's special screening.

I love this work. It really gets my motor running!
Buddy B. Beaver's Goals

Buddy shows us how to reach a big goal by breaking it down into smaller steps.

Beavers don't just use trees to build dams. When Buddy looks up at that tall tree, he sees food and housing for his family.

But chopping down a big tree can seem like an awful big goal for a little beaver.

Buddy saws the big job into a series of small jobs.

Jobs that start taking small bites of the tree, one at a time.

Buddy grows teeth and works hard at the saw at the same time.

... the tree topples over! Buddy takes the tree to a nearby stream and builds a home for his family.

Buddy's cozy home is built of trees and branches, he strips the bark off the tree and stores it to feed his family. Home sweet home!

Be Like Buddy: How to Reach a Goal

Sometimes there are things you want in life that are not possible right now. For example, maybe you want to buy something that is expensive. If you are serious about that purchase, make buying it a goal.

In order to reach that goal, be like Buddy. Make a list of small steps or small goals that would help you reach your big goal.

EXAMPLE: Angie wants to buy a new coat. The coat costs $50.

Angie decides that instead of trying to earn $50 all at once, she will make ten goals that will help her reach her big goal. She makes a goal of earning $5. If she earns $5 ten times, she will reach her big goal of $50!

How can Angie earn $5? Put a check in the box next to each of Angie’s jobs. If you checked the right boxes, they add up exactly to $5.

If Angie can earn $5 per week and save the money, how long until she will have enough money to buy the coat?

Angie’s Goal: Earn $50 for a new coat!

☐ Mowed the lawn: $3.00
☐ Made my bed: $9.00 (Mom expects me to do this every morning!)
☐ Walked the dog: $2.00
☐ Took out the trash: $1.00
☐ Did the dishes: $2.00

Busy Builders

Beavers are builders. Look through the newspaper for examples of things people build.

What are the kinds of jobs people do to build things?

Standards Link: Use the newspaper to build information.

Our New Kid Scoop drawing book is here!

Learn to draw a wide variety of animals in our brand new how-to draw book published by Happy Fox Books. Order from your local bookstore or at BarnesAndNoble.com, Target.com and Amazon.com.

Kid Scoop Puzzler

Can you put these mixed-up beaver facts in the correct order?

are powerful swimmers that can swim
the second largest in the world. Beavers
shut to keep water out. Transparent inner eyelids
underwater for up to 15 minutes.

When a beaver swims underwater, its nose and ears
built in swimming goggles!

Beavers are the largest rodent in North America and
close over each eye to help the beaver see like