

## SALARIES INCREASE FOR SOME COUNTY ELECTED OFFICIALS

BY ERIC GILL  
Tribune Editor

Salaries went up for some Park County employees but not as much as requested for certain elected officials — and not for everyone. Pat Meyer, county assessor, requested the salary increases at a recent commissioners meeting. Although they agreed to raise salaries for some elected officials, Park County commissioners did not raise them as much as requested — and they declined to increase their own salaries. Meyer addressed the com-

missioners at a meeting in early May, pointing out they are mandated to set county employees' salaries annually, even if they decide not to increase them. The assessor said Park County's salaries are comparable to some counties in Wyoming, but he noted some metropolitan areas offer considerably higher salaries to attract top-level talent. "We were well behind,"

**'Park County lags behind. The private sector has rebounded faster [economically] from COVID than the public sector.'**

Joe Tilden  
Commissioner

Meyer said. In 2018, the average statewide salaries for clerk, assessor, treasurer and clerk of the courts was \$85,000. That was

See Raises, Page 3



Yellowstone National Park fisheries biologist Phil Doepke captains the Cutthroat, a park fishing boat used to cull invasive lake trout from Yellowstone Lake. The crew, led by Todd Koel, has worked to rid the lake of the fish for more than 20 years. Tribune photo by Mark Davis

## 'Fish geeks' battle invasive species

BY MARK DAVIS  
Tribune Staff Writer

Native fish populations in Yellowstone Lake have been jeopardized since fisheries biologists found lake trout illegally introduced in 1994. The process of removing the invasive species has cost tens of millions, while labor-intensive methods have evolved.

As the park makes headway mitigating the effects of lake trout, two more species have recently caused concern in the fight to protect Yellowstone Cutthroat trout.

Tuesday evening, the East Yellowstone chapter of Trout Unlimited invited Yellowstone fisheries biologist Phil Doepke to speak to the group during a public meeting at the Park County Library in Cody. The organization has donated to the battle to rid the lake of the invasive species and mem-

### YELLOWSTONE OFFICIALS HAVE SPENT YEARS FIGHTING DAMAGE FROM 'BUCKET' BIOLOGISTS

bers have volunteered to work on gill-netting boats in an effort to understand what the park faces in the battle.

"At the end of those two days, my fingers were just in tatters. I don't know how these guys do it day after day," said chapter member David Sweet.

Sweet has been an active member of Trout Unlimited for nearly 40 years, serving in virtually every leadership position in the chapter. He served as chairman of the Wyoming Council of Trout Unlimited and as founder of the

Save the Yellowstone Cutthroat Project. He now serves as Yellowstone Lake Special Project Manager. This ongoing project

has earned national attention and is now listed as a top priority national project by Trout Unlimited. Sweet was inducted into the Wyoming Outdoor Hall of Fame in 2014.

The park has been aggressively gill-netting, laying about 6,000 miles of nets per year on the bottom of the largest high-elevation lake in North America, which averages a depth of 140 feet.

Every year, contract commercial fishermen cost the park about \$1.5 million, Doepke said. From ice out in May until the docks start freezing over in October, scientists and fishermen, which Doepke called "fish geeks," have sought to crash the lake trout population, which feeds on the native cutthroats.

"Lake trout are a wonderful fish. They're just in the wrong place," Doepke said.

The labor of fisheries biologists and their vast arsenal of equipment is an added expense. Saving the native species is important, not only for the cutthroats' sake, but for other important species in the ecosystem. Without an abundance of cutthroats, grizzlies turned to feeding on alternative sources.

"Maybe you've seen the bumper sticker, 'lake trout kill elk,'"

See Fish, Page 7

## Rex Rich files for HD25

BY KEVIN KILLOUGH  
Tribune News Editor

Rex Rich filed Wednesday for House District 25, adding a fourth candidate to the race.

Rich previously applied for an open position on the PVHC Board, a position that ultimately went to Chris Cox.

Rich, who couldn't be reached by press time Wednesday, said in an interview on his pursuit of the PVHC board position that he's an electrician by trade, and moved into management at ExxonMobil later in his career.

Before retiring, Rich said he worked with budgeting, setting priorities, and bringing

goals to fruition. He previously served on the board of directors of a pregnancy resource center in Sweetwater County.

Rich's family moved to Powell when he was 14 and he graduated from Powell High School. His work in the oil industry took him away, but he returned to Powell to retire.

"So I wasn't born and raised, but I still have very strong ties to the community," Rich said in April.

In addition to Rich, former state Rep. David Northrup, Park County Republican Precinct committee member Troy Bray, and Powell businessman Chris Good have entered the HD25 race as of Wednesday.

The last day for filing is Friday, May 27.

## Big crane lifts scales at Park County landfill

BY ERIC GILL  
Tribune Editor

The Park County landfill in Powell will be back in full swing soon. The county engineering department hired a contracting firm to replace the foundation under existing scales with an entirely new cement bed to withstand the weight of vehicles — ranging from cars and pickups to big-rig trucks.

A heavy crane was brought into the county landfill site to lift the scales off the old foundation and place them on the new one. Two Sisters Contracting LLC, which operates out of Cody, won the bid to complete the project. JMS Crane & Rigging of Billings was subcontracted to lift the existing scales and place them on the new foundation at the landfill, located on Road 5 southeast of Powell.

"The project was to abandon the old scale because it had a defect in the foundation under a weight load cell," explained Sandie Morris, assistant landfill manager for Park County. "The new one's gonna be there for future generations — like the Egyptians."

On a Friday morning, under light snow flurries, workers from Two Sisters and JMS loosened the existing scales on the damaged platform and prepared for the giant crane to lift them out.

"They're going to pick the deck up off the old foundation and set it on the new foundation and load cells," Morris said, explaining load cells electronically measure the weight of vehicles with and without garbage to determine fees.

Before the day was over, the scales were expected to be lifted onto the new concrete platform, designed and poured by



A heavy crane was brought into the county landfill site southeast of Powell to lift existing scales off the old foundation and place them on a new one. The landfill is located on Road 5. Tribune photo by Eric Gill

Two Sisters Contracting, which won the bid for completion of the project. (Morris said the bid was approximately \$126,000 — "rough estimate.")

After state inspectors discovered flaws in the concrete beneath the existing scale station, it was shut down. The Wyoming Department of Environmental Quality (DEQ) determined the county landfill in Powell could not function adequately until the scale station was replaced.

"The state DEQ shut this landfill down for municipal solid waste," said Morris. "All that means is wet garbage."

The county continues to accept dry trash at the Powell landfill, she said, noting the county's engineering depart-

ment acted quickly to replace the scale station so it would not be out of action for a long period of time.

"The only thing we can't accept is food waste," Morris said,

prefacing county residents can still bring food waste to the landfill in large garbage bags, which are hauled off to another landfill in Park County that accepts food waste.

Morris said the Powell-based county landfill receives a significant amount of garbage from local residents.

"In the summertime we get about 60 cars a day," she said. "Normally, they drive up on the scale — it's all done by weight."

When the scale station is operable, landfill staff weigh each vehicle, before and after gar-

bage is dumped, and charge accordingly. The scale can handle up to 100,000 pounds, within the range of commercial contractors that use the county landfill, Morris said.

"We can take whatever is legal to drive across the road," she said.

Jim Flowers, an inspector with Engineering Associates in Powell, has watched the project daily since it began in March 2022.

"I watch the circus," Flowers said, as JMS crane operator Jeremy Reiker positioned the giant rig into place. "I say that a lot because I see people going around in circles when they can stop and talk."

Flowers quickly pointed out this was not the case with JMS or Two Sisters, which he noted are both highly professional

See Landfill, Page 3

## SENATE DISTRICT 19:

### Three candidates differ on what it means to be conservative

BY KEVIN KILLOUGH  
Tribune News Editor

Sen. R.J. Kost, R-Powell, is facing two challengers in the Senate District

19 primary. Ray Peterson, who held the seat until Kost won the 2018 primary, is hoping to regain the position, and Rep. Dan Laursen, who has served in the House since 2014, wants to move up to the Senate.

Laursen calls himself the "most conservative" of the three contenders and points to his voting record, which is 100% in line with the Wyoming GOP platform, to support his claim to the conservative mantle.

Laursen is on the board of directors for the Wyoming chapter of the American Legislative Exchange Council, a non-partisan organization committed to limited government, free markets and federalism. In February, the Conservative Political Action Conference recognized Laursen for his consistent conservative voting record.

"I go to Cheyenne to fight for the people, not for the government," Laursen said.

Laursen supports the Convention of States Project, which seeks to bring about an amendment to the U.S. Constitution, which will restrict federal spending, limit the

federal government's power, and impose term limits on its officials and members of Congress.

"We need to get our federal government under control ... I think they went overboard on the pandemic," Laursen said.

If elected, Laursen said he'll continue to fight back against any tax increases or new taxes.

"Government has to prove they're out of money," he said.

Kost said he isn't interested in showing allegiance to any party or agenda.

"I hope people see my honesty, my integrity, my character, and my devotion to the people of Senate District 19," the incumbent said.

Kost said he believes the best decisions are made at the local level and wants to keep state government out of the local arena as much as possible.

"I think we get involved

See SD19, Page 2



## Nethercott to run for Wyoming secretary of state

BY WYOMING TRIBUNE EAGLE  
Via Wyoming News Exchange

State Sen. Tara Nethercott, R-Cheyenne, has become the third state lawmaker to announce their candidacy to be Wyoming's next secretary of state.

A fifth-generation Wyoming native, Nethercott is a graduate of Riverton High School and the University of Wyoming. She made the announcement Tuesday in Riverton, according to a campaign news release that day.

She currently lives in Cheyenne, where she has been a small business owner and is a practicing attorney.

Elected to the Wyoming Senate in 2016, she chairs the Senate Judiciary Committee and,

for the last six years, has been on the Corporations, Elections and Political Subdivisions Committee that oversees state elections laws, her campaign noted.

She also is a member of two select committees, one dealing with the blockchain and another on capital financing and investments, according to her official online legislative profile hosted by the Legislature. (The blockchain refers to the public ledger underlying digital currencies.)

Nethercott also sponsored some bills in the past session of the Legislature. Senate File 53, "Local government liability pool amendments," deals with limits on some claims brought against localities and their employees. The bill has become

law. Nethercott declared her candidacy following current Secretary of State Ed Buchanan's recent announcement that he will not seek reelection so that he can be considered for a district court judgeship in his hometown of Torrington.

The first to announce his candidacy for secretary of state was current Senate President Dan Dockstader, R-Afton, followed by Rep. Chuck Gray, R-Casper.

Buchanan's change of plans, which came after he had announced he was running for reelection to his current position, took some political figures by surprise. Buchanan, in his current role, has noted that elections in the state were relatively free of any chicanery.

## TRW and education key assignments for Newsome

BY DAVE BONNER  
Tribune Publisher

Running for a third term in House District 24, State Rep. Sandy Newsome, R-Cody, feels she has a voice in areas most important to Wyoming.

She is a member of the House Travel, Recreation and Wildlife Committee and the House Education Committee.

"That includes preserving our wildlife and ensuring an environment that best fits the needs of Wyoming students in our public schools," she said. "I have sponsored legislation to increase broadband access across the state," as an important tool for students' success

while promoting economic prosperity and diversity, she said.

And then there is the issue of accelerating property tax assessments that will loom large over the entire Legislature. Newsome would like to see some kind of tax cap legislation enacted as a long-term solution.

"We have seen historic increases in property tax values, and we must address this issue," she said. "In the 40 years I've lived in Cody, I have never seen increases

like these." Newsome considers herself a protector of Second Amend-

ment rights and has voted for and co-sponsored pro-growth legislation.

She and her husband, Bob, have a longtime Cody business background, including former owners of Sunlight Sports. The Cody Theatre and Cowtown Candy.

Newsome faces the HD 24 challenge of Nina Webber for the nomination. Filing for the House seat ends May 27.



SANDY NEWSOME

## SD19: Last day for candidacy filing is Friday

Continued from Page 1

with too much," Kost said.

However, he said he's not trying to maintain a hard-line definition of what a conservative should be.

"Just what does conservative mean?" Kost asked. "Just because one person has a definition of what he thinks is conservative, does that mean everyone has to have that same definition?"

Kost has been criticized for voting against party lines.

If reelected, Kost said he'll do what he can to help the people of Park and Big Horn counties he serves. He said he can't make promises when it comes to legislative action, which requires rounding up enough votes from other legislators to get something passed. He will, however, research every bill to make sure the vote he casts is the best for the people of the district.

"They feel I should represent the party, and I'm sorry, but this

position represents the people of Big Horn County and Park County. And I hope I'm true to that," Kost said.

Peterson stresses the importance of getting leadership in the Legislature for the Big Horn Basin. He said the Basin's three senators and six representatives alone aren't enough to counter the overwhelming representation that Casper, Cheyenne and Laramie enjoy. To really have a voice for the rural Basin, Peterson argues, the Basin's representatives need leadership on key legislative committees.

As co-chair of the Minerals, Business and Economic Development Committee, Rep. Mike Greear, R-Worland, is the only Basin legislator with a leadership position on a key committee, and he is not running for reelection.

"We're already at a disadvantage in the Basin," Peterson said. With so few senators and representatives in the Legisla-

ture, "we need leadership."

Peterson said he's as conservative as the other two candidates, but he doesn't place a lot of importance on that credential.

"It's not enough to be a conservative. For the most part, anyone who lives in the Basin is a conservative," Peterson explained.

He said to be an effective champion of conservative values, a senator needs to pull in the votes of other legislators.

Like Laursen, Peterson champions the Convention of States Project.

Explaining his failure in the 2018 primary, Peterson said, "I'm not a good campaigner, but I'm committed now."

In this election, he's getting out to meet voters, using social media to reach them and promoting his website.

"It's going to be a full-on fight," he said.

Peterson plans to hold debates with the other candidates, in Powell and Greybull, in the lead-up to the primaries on Aug. 16.

The last day for filing is Friday, May 27.

## Nina Webber comes out swinging in Cody HD 24 entry to primary

BY DAVE BONNER  
Tribune Publisher

Nina Webber, candidate for the House District 24 Cody seat in the Legislature to represent west Cody, the North Fork and South Fork area, is hot after her opponent already.

Without calling Rep. Sandy Newsome, R-Cody, by name, Webber said the district has not had representation for nearly two terms now — the time Newsome has served as HD 24 representative.

"The rep there remains dark and out of touch to the point of not answering emails and does not appear in town meetings with other reps, nor does she attend Republican meetings," Webber declared.

Newsome and Webber faced off in the 2020 HD 24 primary election, with Newsome winning and going on to

be elected to her second term. The filing period for state legislative offices is open until May 27.

Webber lives on the North Fork. She is the GOP Wyoming National Committeewoman and the president of the Wyoming Federation of Republican Women.

Webber is a former Hot Springs County Clerk while living at Thermopolis. She has had previous business experiences as a land accounting manager at Gas Ventures, owners of a well service company in the Big Horn Basin, and nursing home administrator at Thermopolis.

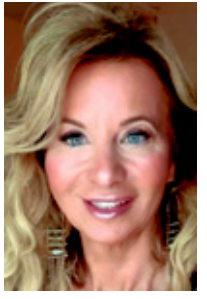
Three objectives top her agenda as a legislative candidate: to request an audit of all

state-funded entities; to work toward a cash-based state budget; to repeal outdated laws.

"I am doing surveys now and people are very upset about the huge escalation of property tax — some people will be taxed out of their home over this," she said.

"Our HD 24 (rep) knew this was coming, but did nothing," she said.

Of Newsome, she said further: "According to our Republican Platform, her voting record is lower than many Democrats. She is for issues that the majority of Park County citizens are dead against," she said, ticking off marijuana, Medicaid expansion, and multiple new taxes.



NINA WEBBER

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## OBITUARY

### John J. Gracey

(April 4, 1947 - Dec. 24, 2021)

John J. Gracey, 74, died Dec. 24, 2021, at Powell Valley Healthcare of congenital heart failure.

John was born April 4, 1947, to William C. (Bill) Gracey and Bessie Roberts Gracey in Sheridan. In his youth, John was active in Scouts, DeMolay, baseball and especially basketball, where he was one of only four Sheridan Broncos named Most Valuable Player for two years in a row (1964 and 1965). He graduated from Sheridan High School in 1965.

John graduated from Sheridan College with an Associates of Arts Degree and played basketball for the Sheridan College Generals from 1965 to 1967. He went on to the University of Wyoming and received a Bachelor of Arts Degree in Education in 1970. He began teaching and earned his Master's Degree in Curriculum & Instruction in 1978.

On Aug. 18, 1968, he married Mary Jane McHugh. They had 47 years of happiness together, most of them in the Powell area. They had two children, John William Gracey and Jean (Jeanie) Marie Gracey.

John taught school for 32 years, 31 of them in Powell School District 1, where he taught fourth, fifth and sixth grades. He coached seventh grade basketball. He was chosen four times to the Who's Who in Education for making a difference in students' lives. Being chosen twice is achieved by less than 2% of teachers; he was chosen four times. Children have always been a love of his life.

John was enthusiastic and contributed to his community. He took part in the Powell Elks Lodge #2303 (going through the chairs, Past Exalted Ruler, Trustee and Life Member), Powell Eagles Aerie #2426 and Masons (3rd Degree). He was a member of the Presbyterian Church, twice serving as an elder. He was a strong supporter of city recreation, participating in city league basketball (the over and under 35 leagues). He played fast pitch softball, winning the Mitch Myrick Outstanding Softball Individual in 1984. He refereed basketball from the junior high to college level for 15 years. He was also a strong supporter of the North-

west College programs.

John loved fishing, gardening and cooking and was a fan of most other sports. He also found a new love in his later years called grandchildren. "What a kick they are!"

Son John had two girls, Hannah and Lauren, and daughter Jeannie had a son, Cooper, and a daughter, Cecelia. John's love of his family was very important, and he liked to share their stories with others.

John was preceded in death by his wife Mary, his father, William C.; mother Bessie and brother William (Billy) R. Gracey.

He is survived by his son, John W. of Eureka, California, and two granddaughters, Hanna and Lauren Gracey; his daughter Jeannie Gracey of Bozeman, Montana, and grandchildren Cooper and Cecelia Etgen; and numerous cousins.

John was cremated in December. A memorial service will be held Saturday, June 11, 10 a.m., at the Union Presbyterian Church, at 329 N. Bent St.

Please send memorials to the Shrine's Crippled Children or to St. Jude's.



JOHN GRACEY

# MEMORIAL DAY

## at Crown Hill Cemetery



Flowers may be placed three days prior and must be removed three days after May 30.

## Notice of Summer Office Hours

### Central Administration Building

Park County School District #1 | 160 North Evarts, Powell, WY

Effective Monday, June 6, 2022, through Friday, July 29, 2022, office hours for the School Administration Building will be as follows:

Monday-Thursday -----7:00 am – 4:00 pm

Friday -----7:00 am – 1:00 pm

The office will be closed on Monday, July 4, 2022 in observation of Independence Day.

## Powell American Legion: Taps Across America

Powell American Legion Post 26 is participating in the National Moment of Remembrance event on Memorial Day, Monday, May 30, at 3 p.m.

The annual National Moment of Remembrance event asks

Americans to pause for one minute to remember those who have died in military service to the United States.

Taps will be played at two locations: Powell Korean War Memorial and the Powell Amer-

ican Legion Post 26 Memorial Wall.

Bugles will sound at exactly 3 p.m. at both locations.

Contact American Legion Post 26, 143 S. Clark St., Powell; 307-754-3411.

## Landfill: Scale can handle up to 100,000 pounds

Continued from Page 1

firms.

"These guys know what they're doing," Flowers said. "I think the county's getting what they asked for."

It's Flowers' job to make sure the job is done correctly.

"I send a daily report to our project manager," the inspector said. "And then Ted [Smith, of Engineering Associates] sends that to the county engi-

near."

Flowers said the job is expected to be completed by May 25.

"Tuesday or Wednesday, we'll be back in business," the inspector said.

## Raises: Commissioners' salaries not increased

Continued from Page 1

considerably higher for those positions than Park County offered at the time.

In 2018, for example, those same local positions were raised from about \$75,000 to \$80,000 four years ago.

"I took it upon myself," Meyer said, candidly explaining why he approached the commission about raising salaries for elected officials. "I really wanted to steer the commissioners, give them something" to base their decisions on.

"I really based it on inflation," he said.

With property values "skyrocketing," as he put it, Meyer said the Wyoming Legislature recently gave counties throughout the state the option to raise salaries over a four-year period in a "stepped" manner. That approach would entail approving salary increases over four years, but doing so in one-year increments.

"Once this is set it cannot be changed," said Commission Chairman Dossie Overfield, alluding to the four-year approach.

"I think we've got to do it," Commissioner Joe Tilden said about raising salaries. "Park County lags behind. The private sector has rebounded faster [economically] from COVID than the public sector."

The current average 2021

salary for Park County's top elected officials was \$83,000 compared to \$88,000 statewide, according to Meyer.

The commissioners discussed and voted on salary increase recommendations for each top elected position. With the exception of the county attorney's salary, most of the increases fell short of Meyer's recommendations.

Tilden, who is not running for reelection, recommended increasing salaries of county commissioners from about \$36,000 a year to \$41,000, still below the proposed increase to \$42,292.

"We never voted ourselves an increase for political reasons, primarily," Tilden said.

However, the majority of commissioners opposed giving themselves raises. Commissioner Lloyd Thiel was particularly adamant that commissioners not receive salary increases. Instead, Thiel emphasized the importance of giving raises to employees at the lower end of the county payroll.

No motion was made to increase commissioners' salaries. Consequently, Chairman Overfield stated commissioners' salaries will remain at \$36,174.38.

Commissioners did increase salaries of other elected officials. The treasurer's salary was raised from \$81,416.70 in 2021 to \$94,000 in 2022 after a 4-1 commission vote.

In addition, salaries of the county assessor, clerk, and clerk of the district court — each listed at \$81,416.70 in 2021 — increased to \$94,000 in 2022, with commissioners voting 4-1 to approve the raises. Thiel opposed the motion to increase salaries for the county treasurer, assessor, clerk and court clerk.

Although Meyer recommended the sheriff's salary be raised from \$83,416.69 in 2021 to \$99,375, commissioners voted 4-1 to raise the Park County Sheriff's 2022 salary to \$94,000. Commissioner Thiel opposed the increase.

The county attorney's salary was raised to \$115,000 from \$97,416.74 in 2021, after Commissioner Scott Mangold made a motion to do so. After the motion was seconded by Tilden, commissioners voted 4-1 to increase the county attorney's salary, with Thiel again opposing.

As a side note, Mangold's 2021 salary was listed as \$15,072.70 compared to \$36,174 for other commissioners, according to public records.

The county coroner's salary also increased by a commission vote of 4-1, with Thiel opposing. The coroner's salary increased from \$40,000.08 in 2021 to \$44,000 in 2022, after the commission opposed raising the coroner's salary to \$46,765, as recommended by Meyer.

## UPCOMING COUNTY BOARD APPOINTMENTS

Applications are now being accepted for the following volunteer county boards:

### PARK COUNTY LIBRARY BOARD

Meeteetse Representative - 1 upcoming appointment - 3 year term

### PARK COUNTY MUSEUM BOARD

Cody Representative - 1 upcoming appointment - 3 year term


Powell Representative - 1 upcoming appointment - 3 year term

Meeteetse Representative - 1 upcoming appointment - 3 year term

Applications may be requested electronically at [mnorberg@parkcounty.us](mailto:mnorberg@parkcounty.us), or applications are available at the County Commissioners' office in the COURTHOUSE, 1002 Sheridan Avenue, Cody, or at the PARK COUNTY ANNEX, 109 W. 14th Street, Powell. DEADLINE for submittal is NO LATER THAN 3:00 P.M. on Friday, June 10th. Please submit a letter of interest or résumé with the application. Interviews will be held Tuesday, June 21, 2022. Applicant must appear in person for interview.



# Thank You



The family of Mary Linton would like to express their sincerest appreciation for the kind expressions of sympathy, the thoughtful support of Dear Friends and the memorial contributions to the Bud and Mary Linton Nursing Scholarship at Northwest College Foundation.

We are especially grateful for the kind and compassionate care provided by the doctors, nurses and health care professionals with Powell Valley Healthcare, Hospital and Nursing Home.

## Garage Sale

Saturday, May 28  
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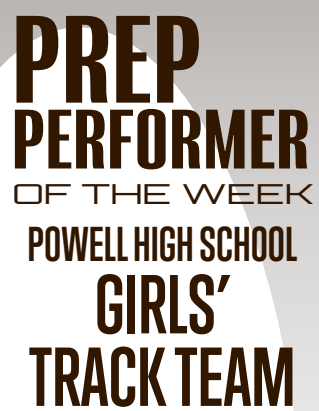
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## PREP PERFORMER OF THE WEEK

### POWELL HIGH SCHOOL GIRLS' TRACK TEAM



The Powell girls' track team won the state track meet in Casper for the second consecutive year this past weekend. PHS senior Jenna Hillman was part of three first-place finishes and a second-place finish, as the Panthers won the state title by six points over second place Mountain View.

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## PREP PERFORMER OF THE WEEK

### Daniel Merritt Track & Field



PHS junior Daniel Merritt broke the school record in the 1600 meters in a second-place finish at the Wyoming State High School Track and Field Championships in Casper. Merritt placed in the top six in three events and helped the Panther boys to a third-place finish overall.

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# POWELL TRIBUNE

GUEST EDITORIAL

## Time for a renewed commitment to civility

Civility (n) formal politeness and courtesy in behavior or speech. "I hope we can treat each other with civility and respect."

We've all seen it: Candidates on television, slinging mud at their opponents, whether the accusations are true or not. We've seen it in campaign ads, at campaign rallies and during debates. We've seen it on social media, both from the politicians themselves and from their supporters.

It almost seems like a waste of words to ask for and expect anything else. Yet we can't help but try.

Although it's already infected the race for Wyoming's single seat in the U.S. House of Representatives, we're appealing to candidates at all levels — from school board and city council races through the Legislature and the five statewide elected officials — to engage in civil, meaningful discussion of the key issues this election season. Please, rather than resorting to name-calling and fictional narratives, tell us what you believe and why you believe it. Then be open to hearing our perspective.

That's really what all of us long for, isn't it? The slower-paced, more neighborly time when we could talk about the state of the world without immediately passing judgment on each other.

Is it possible to disagree agreeably these days? We believe it is, and we'll explain why it's critically important this election season in a minute. First, though, let's establish a definition of what it is we seek.

According to Tomas Spath and Cassandra Dahnke, co-founders of the Institute for Civility in Government, "Civility is claiming and caring for one's identity, needs and beliefs without degrading someone else's in the process." On their website, they expand on that thought with this:

"Civility is about more than just politeness, although politeness is a necessary first step. It is about disagreeing without disrespect, seeking common ground as a starting point for dialogue about differences, listening past one's preconceptions and teaching others to do the same. Civility is the hard work of staying present, even with those with whom we have deep-rooted and fierce disagreements.

"It is political in the sense that it is a necessary prerequisite for civic action. But it is political, too, in the sense that it is about negotiating interpersonal power such that everyone's voice is heard, and nobody's is ignored. And civility begins with us."

So, what does civility look like in action? It starts with something as simple as holding the door open for someone with multicolored hair and multiple body piercings and tattoos or someone wearing a "Make America Great Again" hat, and greeting them with a pleasant smile and a friendly "Good afternoon. How are you today?" It extends to helping another person load groceries into their vehicle bearing a "Don't tread on me" or "Climate change is real" bumper sticker.

Politeness is just the first step, though. It also means sitting down to share a cup of coffee and conversation with someone who has views that are the polar opposite of your own.

At this point, some of you are saying to yourself, "Why? Why should I bother to engage with people who clearly have made up their mind that they're right and I'm wrong? Don't I risk wasting my time — or worse, coming away more verbally battered than I already am?"

Of course. No one said it was easy to maintain civility, especially in this age of polarized politics, internet trolls, and mainstream and social media echo chambers. Yet, we believe it's critical for the future of our society and our success as a country going forward.

So why is it important for candidates to focus on civility? As campaign season ramps up, it's been discouraging to hear so many people, all along the political spectrum, saying they're fed up with the whole political scene. Some say they may disengage completely — no reading about candidates, no following key races, possibly even not voting at all.

We understand these feelings, especially among those who have followed recent sessions of the Wyoming Legislature, observed the infighting of the state's main political party and read about a racially motivated massacre at a grocery store in Buffalo, New York.

Incivility is everywhere we turn. Verbal or physical attacks on others, cyberbullying, rudeness, religious intolerance, discrimination and vandalism are just some of the acts that have been experienced by people in most parts of our country, including here in southeast Wyoming.

That said, we sincerely hope everyone can overcome the impulse to shut down. Stay involved. Because to do otherwise is to concede defeat and let the worst of us rule the rest of us.

We all need to recommit to being informed voters this election season. And candidates, we need you to make an extra effort to help people stay engaged.

How? By refusing to get sucked into the mudslinging and uncivil reactions online. By stepping into the muck when you see it developing and saying, "Enough! We can be better than this." By truly listening to and engaging with those who show interest, regardless of whether they agree with you or not.

Only in this way will we avoid letting another election season drag us farther into the pit of incivility. If we're successful, our relationships with one another — as well as our democracy as a whole — will be as healthy and productive as they can be.

By the Wyoming Tribune Eagle

*(Editor's note: The Tribune is periodically featuring editorials from newspapers around the state. The pieces reflect the opinion of their respective papers. This editorial was first published in the Casper Star-Tribune on May 22.)*

### WE WANT TO HEAR FROM YOU

Letters to the editor are encouraged. We offer the forum, and we want to see it used. All letters must be signed, and include the author's home address and phone number. Addresses and phone numbers will not be published, but will be used to verify authorship. The Tribune will not publish anonymous letters, letters signed with pseudonyms, or letters with "name withheld by request." The Tribune reserves the right to edit all letters. The Tribune will not publish letters that single out commercial businesses or individuals for praise, thanks or criticism, unless the information is related to an issue of public interest. We offer a forum for expressions of thanks through paid advertising.

eric@powelltribune.com • Powell Tribune • 128 S. Bent, Powell, WY

### PHS GRADUATION — VALEDICTORIAN SPEECH

## Determine what's important and pursue that

Good afternoon Class of 2022! I would like to thank all the family and friends here to support us and celebrate with us as we close out the last four years of our lives.

I would also like to thank this great institution. We truly have some amazing teachers who have made a huge impact on my life as well as many others. Thank you, and then to you Class of 2022, it has truly been a grand accomplishment getting through this last semester, between getting coffee at Uncommon Grounds and attending our once a week college class, I am surprised we all did it.

In all seriousness, over the last four years we have all worked very hard to get to wear this cap and gown today. I would like to recognize all the hard work and long hours this class has gone through to reach their goals and even fly past them.

Our class has done some amazing things as individuals, but more notably as a team. I look at our state title for the girls' track team in 2021, the myriad of amazing works of art displayed in our school, how we threw those plays together in the last week before the show, and the incredible success of the robotics team getting them to the international level. While we may or may not have kick started a few habits during our time here, including Mr. Hunt's Mountain Dew addiction, we have also marked ourselves as a force to be reckoned with.

As we take all this success and knowledge forward, let's not forget our Ignition program lessons taught by Kara Miller on making SMART goals. And when making these goals that will help shape our careers, families, and impact those around us, please keep in mind this quote by the philosopher and poet, Lil Wayne, "Too much money, Ain't enough money."

In all seriousness, my hope for you is to discover what is important to you, and more importantly why. I have worked

so hard for goals and made sacrifices concerning my wellbeing for things that in hindsight did not make sense.

For example, I think I could have settled for a slightly lower score on Mr. Smith's chemistry test over stoichiometry. I am not trying to diminish the importance of stoichiometry to my future and the stability of society itself, but I most likely could have gotten at least three more hours of sleep that night and the world would have kept turning.

And then, once you have determined why something is important to you, choose to pursue it even when it's hard and you don't want to, because it is important.

Moving forward, I hope we all learn more about the world, different cultures, different skills — like how to build a picnic table with your grandpa or how to paint, and learn to slow down and fully enjoy the little crazy, weird things about life.

I would like to share one quick story about an odd occurrence that many of you guys might remember from our freshman year.

It was the mandatory first year PE class and we were learning the art of "tennis-ing" it up out on the courts, but sadly it started to rain. We all started scurrying off the court and getting inside out of the rain. Well, something, or should I say someone else, must have made its way inside and out of the rain as well, because as we enter the gym, the scattered screams signify that a little wet mouse has entered the gym.

Bad decision, little mouse. I didn't know what was going on, but luckily there was already a group of guys on the job to catch this mouse. The mouse is chased all around the gym while Mrs. Fluty is trying to find a janitor, because what else is she going to do to take care of it?

The whole class is captivated by this little mouse and riding along with it on its emotional roller coaster.

The mouse runs over into the corner and starts a line drive for the group of specta-

tors over here — all seems to be lost. The mouse is going to attack. Then out of nowhere, Toran comes out, lifts his knee up to his chest, and with the most force that I have ever seen someone stomp, splits the mouse right in two. Half the gym screams on the spot.

This story and memories like this are what make life so interesting, and are so valuable to carry with us. So I hope you and I never forget to appreciate them.

So apparently, when giving a valedictorian speech, you are supposed to impart some level of wisdom.

I don't know how my GPA is somehow correlated with wisdom, but I'm going to give it a shot.

When pondering all the wisdom I have, I wanted to reflect on a big lesson I have learned from this last year.

Over the last year, I have had a series of doors slammed in my face.

It started with getting turned down for an internship with a clinic in Guatemala, took a stop at not getting an interview for a scholarship I had been working towards since middle school, and ended with finding out I cannot defer my scholarship (which I am super grateful for) for a year-long Bible Institution.

While these may seem pretty insignificant in comparison to a lot of other issues going on, this is the world I lived in as a high school student.

A simple lesson I learned with these experiences was that with every closed door, God opens an opportunity that you can be sure he will use in both your life and in my life, and this is what's important to me.

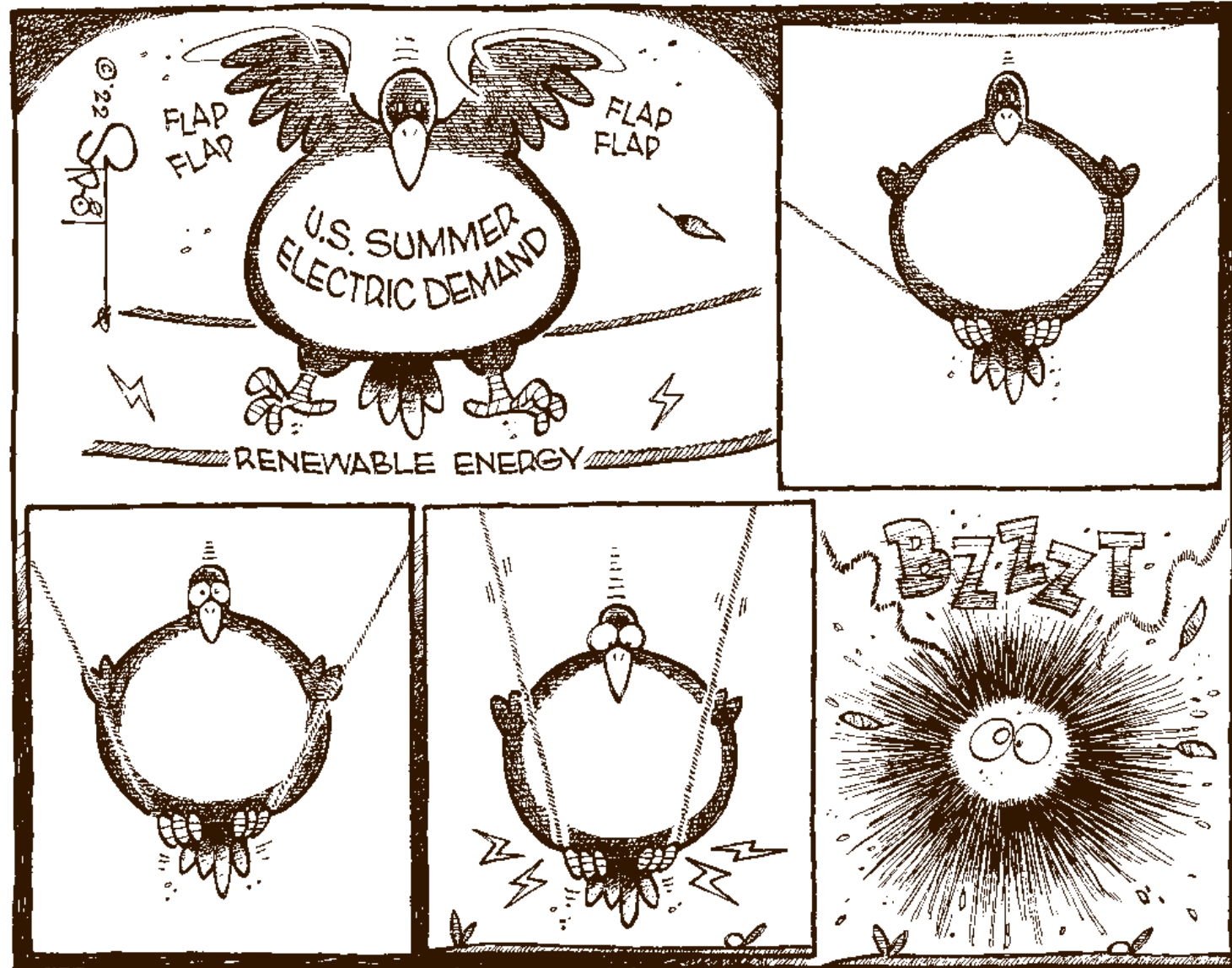
Because when I think about goal setting, this is what I want my main focus to be: bringing glory to God.

So when things don't go exactly as you wish they should, think about how much there is left to do and learn, think about Toran squishing that mouse and the valuable memories we carry with us, and know that God has a plan for you.

Thank you and God Bless!



JACE BOHLMAN  
Guest columnist



### LETTER TO THE EDITOR

#### Obscene, vulgar and pornographic

Dear Editor,  
Perhaps Troy Bray has a very small vocabulary, so I thought I'd help him to be more descrip-

tive and accurate.  
In Tuesday's paper, Troy characterized his email to Sen. Nethercott as inappropriate. He is wrong. He suggested she kill herself and signed off with two gendered sexual terms.

The full text of his email can be found in the Sept. 20, 2021 issue of the Casper Star Tribune, at this link: <https://tinyurl.com/yj2sbrzc>  
Also, he signed off on the letter to include his position in the Park County Republican

Party, and I'd like to clarify that he does not represent me, or the majority of Park County Republicans, in his comments or his lewd and indecent language.

Astrid Northrup  
Powell

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Lovell heavy equipment operator Rick Gurney operates a snow blower on top of the Bighorn Mountains during the annual opening work of U.S. Highway 14A east of Lovell in early May. Photo courtesy WYDOT

## U.S. Highway 14A opens for the summer

**OPENS AT NOON FRIDAY BETWEEN LOVELL AND SHERIDAN**

The annual spring opening of U.S. Highway 14A between Burgess Junction and Lovell will occur prior to Memorial Day weekend at noon this Friday, May 27.

The opening of U.S. Highway 14A is dependent upon favorable weather.

"We're ready to open Friday at noon," said Wyoming Department of Transporta-

tion (WYDOT) maintenance foreman Tony DeFuentes of Lovell. "Motorists are encouraged to drive safely and buckle up."

The annual winter closure of U.S. Highway 14A, west of Burgess Junction, is at milepost 76.04 on the Lovell side of the Bighorn Mountains. The seasonal road closure at Burgess Junction is just east of milepost

98.1. WYDOT annually closes this 22-mile stretch of scenic mountain road in the Bighorn Mountains of north-central Wyoming about Nov. 30 at the conclusion of the fall hunting season.

The high-mountain roadway usually opens for the summer by Memorial Day weekend.

For current road conditions, call 511 or log on to wyoroad.info.

## Bighorn Canyon prepares for the holiday weekend

Horseshoe Bend and Ok-A-Beh Marina at Bighorn Canyon National Recreation Area will be open for business Memorial Day weekend. Ok-A-Beh Marina has a variety of services for visitors, including pontoon rentals and a small store. Horseshoe Bend Marina offers food, non-motorized rentals and boat rentals.

All docks are in at Barry's Landing, Horseshoe Bend, and Ok-A-Beh. The concession dock is also in at Ok-A-Beh. The concession dock at Horseshoe Bend will be in by Memorial Day.

The floating comfort station at Dryhead has been installed. The floating comfort station at Devil Canyon and Black Canyon docks will be installed in early June.

Park staff is assessing the bear situation at Dayboard 9 and will decide soon if it can be opened this year. The Afterbay River Launch project is complete and the Kane boat ramp is cleared and open.

Afterbay campground will be open to the public Friday. Grapevine campground is already up and running. Fee col-

lections at both campgrounds will begin Friday.

The Horseshoe Bend and Trail Creek Campground already are open, and fee collections have started.

The Cal S. Taggart Bighorn Canyon Visitor Center in Lovell will change to summer hours, 8:30 a.m. to 4:30 p.m., seven days a week, starting Friday.

The Yellowtail Dam Visitor Center in Fort Smith, Montana, will open for the season Friday as well. It will be open 8:30 a.m. to 4:30 p.m., six days a week,

Tuesday through Sunday, but closed on Mondays through Labor Day.

The lake level as of May 21, 2022, is 3,622.72. There is minimal driftwood at this time but will increase as lake levels rise. Boaters are reminded to use caution because even small amounts of driftwood can cause major problems. Fuel is available at Ok-A-Beh Marina.

For current lake conditions or help planning a visit, call the Cal S. Taggart Bighorn Canyon Visitor Center at 307-548-5406.

### UW EXTENSION

## NEW THISTLE FIELD GUIDE RELEASED

This month, the Wyoming Natural Diversity Database released a new field guide on Wyoming thistles, designed to assist those who work or recreate outdoors in identifying native and non-native thistles. Titled Wyoming Thistle Field Guide and published in partnership with the University of Wyoming Extension, the pocket-sized guide features photos and descriptions of all 24 thistles found in the state, including the five noxious invasives.

Author Bonnie Heidel, lead botanist for the Wyoming Natural Diversity Database, said that the purpose of the new publication is to "bring attention to the bane and benefits of thistles." The guide is intended for statewide use by weed crews, landowners, educators, land managers and botanists. The keys, designed to guide users through the identification process step by step, are written for non-experts.

"Some of the most pervasive noxious weeds in the state are invasive thistles," Heidel said. If not identified and treated accordingly, in-

vasive thistles can displace native species, degrade habitat quality, impact agriculture and reduce land value.

Native thistles, on the other hand, "provide benefits for wildlife, pollinators, and for rangeland health in general." Bird species and large herbivores, such as elk, also rely on native thistles as a food source.

The big takeaway? Know the difference, said Heidel.

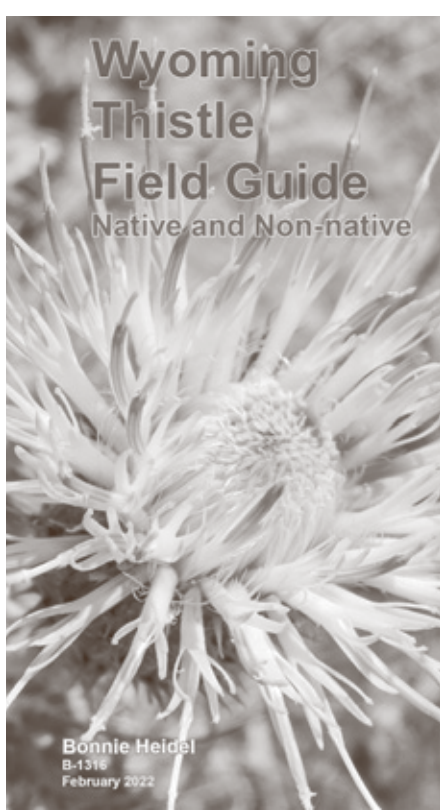
Print copies of the publication can be purchased online for \$4.50 plus shipping at the University of Wyoming Biodiversity Institute at wyobiodiversity.net or the Wyoming Weed and Pest Council (WWPC) at wyweed.org. Designed for convenience in the field, the pocket-sized book features a ruler on the inside cover and sturdy spiral binding.

A free digital copy of the guide is available online at bit.ly/wy-thistle-guide.

For additional assistance with plant identification, please visit www.uwyo.edu/uwe/county to contact a local University of Wyoming Extension educator.

**'Some of the most pervasive noxious weeds in the state are invasive thistles.'**

Bonnie Heidel  
Wyoming Natural Diversity Database lead botanist



**WHAT'S PLAYING: BEGINNING FRIDAY**

SCREEN 1 7:00PM  
SUN. MATINEE - 3PM

SCREEN 2 7:15pm  
SUN. MATINEE - 3:15PM

**The Northman** R

**Top Gun: Maverick** PG-13  
Open Friday, Saturday, Sunday & Thursday

**VALI TWIN CINEMA** 754-4211  
www.valitwincinema.com  
Concession open to public during theater hours.

**ONE AND ONLY DRIVE-IN MOVIE THEATRE IN WYOMING!**

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Showtime 9:00pm Or Dark

**Showing Friday & Saturday May 27-28** Celebrate the end of school at the drive-in!

**SONIC THE HEDGEHOG** Rated PG  
\$15/CAR

**SHOWING THIS WEEK!**

**Top Gun: Maverick** PG-13

Thursday ----- May 26 ----- 7:00pm  
Friday ----- May 27 ----- 7:00pm  
Saturday ----- May 28 ----- 7:00pm

**Hyart Theatre** www.hyarttheatre.com  
\$5 Night Shows • \$4 Matinee Shows  
Phone: 307.548.7021

We will be closed Monday, May 30<sup>th</sup> in observance of

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Park County Republican Women

**POLITICIAN FORUM**

**Wednesday, June 1**  
6:00-8:00pm  
**The Commons**  
135 N. Bent St.  
Downtown Powell

**Planning a controlled burn?**  
Call the Park County Dispatch Center 754-8700

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**UPCOMING CLINICS**

**North Big Horn Hospital District**  
1115 Lane 12, Lovell, WY - 307-548-5200 www.nbhh.com  
ALL DATES ARE TENTATIVE AND SUBJECT TO CHANGE, PLEASE CONTACT PROVIDER FOR UPDATES.

<b>PODIATRY</b> Big Horn Foot Clinic Lael Beachler, DPM June 1 & 16 • 307-754-9191	<b>PSYCHIATRIC SERVICES</b> Jenny Titus, DNP, FPMHNP-BC June 7 • 888-504-4074	<b>HOLISTIC PAIN MANAGEMENT</b> Mary Phillips, APRN June 13 & 27 406-438-6298	<b>ONCOLOGY</b> Patrick Cobb, MD Telemed 406-438-6290
<b>HOLISTIC PAIN MANAGEMENT</b> Adam Crawford, CRNA June 1 & 22 307-548-5628	<b>DERMATOLOGY</b> Jake Fagan, MD June 9 406-238-2500	<b>ONCOLOGY</b> Shin Yin Lee, MD June 14 406-238-2500	<b>RHEUMATOLOGY</b> Michael Belsky, MD July 406-238-2500
<b>SURGERY</b> Randy Folker, MD June 2 307-586-5300	<b>ORTHOPEDICS</b> Mark Ryzewicz, MD June 9 & 30 307-578-2180	<b>ONCOLOGY</b> Sam Abuerreish, MD June 28 307-347-2555	<b>GENERAL SURGERY</b> Michael Hill, MD Now a full-time provider at NBHH Clinic Please call the clinic to schedule an appointment. 307-548-5201
<b>CARDIOLOGY</b> Kristin Scott-Tillery, MD June 3 & 17 307-548-5628	<b>ORTHOPEDICS</b> Clint Merritt, PA June 9 & 30 307-578-2180	<b>OB/GYN</b> Laura Pleban, ANP June 30 307-578-2770	



# DIGEST

## NO INJURIES IN THREE-CAR COLLISION



On May 17, a three-car collision occurred on U.S. Highway 14A. When one car attempted to make a left turn onto Lane 9, the driver slowed the vehicle and turned on the turn signal. The car immediately behind slowed down and attempted to turn to avoid hitting the leading car when it was hit by another vehicle. No one was injured and substance use reportedly was not a factor. Tribune photo by Mark Davis

### CORRECTIONS

A May 17 story misstated the participants in the third place boys 4x800 regional relay team due to an error in the results. Ben Whitlock was a part of the team, and also ran on the 4x800 relay team at state last weekend. An editorial on Tuesday, May 10, should have stated that Elon Musk has bid \$44 billion to purchase Twitter, a deal that has not yet been finalized. An entry of the community calendar in the May 19 issue of the Powell Tribune misstated the date of the American Legion commodities distribution, which was on May 21. The Tribune regrets the errors.

### POLICE REPORT

Individuals are presumed to be innocent and charges listed are only allegations.

### APRIL 30

- 10:19 a.m. A caller reported a lock had been broken off a storage unit on South Ingalls Street. A case was opened.
- 11:56 a.m. A welfare check was conducted for a person on Avenue E who did not answer the door for Meals on Wheels. The person was contacted and was fine.
- 12:11 p.m. A juvenile on Avenue H received a citation for being under the influence of alcohol. A case was opened.
- 2:42 p.m. After a traffic stop at North Division Street/Avenue K, the driver received warnings for speeding and violation of driver's license restrictions. A parent was contacted.

- 8:10 p.m. A caller reported an intoxicated driver on East First Street. After investigation, Cameron Dean Lamb, 21, of Powell, was arrested for driving while under influence and possession of a controlled substance. The case is under investigation.

### MAY 1

- 4:44 p.m. A resident on Clover Drive complained about a male in the area who was speeding and driving recklessly. Officers responded, but were unable to locate the described vehicle.
  - 5:07 p.m. A caller on West First Street reported receiving threats. An officer contacted the caller and extra patrol will be provided.
  - 8:23 p.m. A building burglary was reported at West North/South Bent streets. The case is under investigation.
  - 10:15 p.m. A resident on North Beckman Street was told someone opened their door and let their cat out while they were away. Officers responded and determined the cat was fine. The resident will call if there are any problems.
  - 11:09 p.m. A caller at North Bent/East Seventh streets complained about a person driving fast and swerving on the road. Officers were unable to locate the vehicle.
- ### MAY 2
- 1:58 a.m. Officers responded to a report of a person yelling in an adjacent room on East Second Street. After investigation, it was determined the person was intoxicated, which was against their probation conditions. The case was forwarded to the county attorney for review.

- 8:21 a.m. After a traffic stop at West Seventh/Grand streets, the driver received a citation for speeding.

- 8:51 a.m. A caller on Wood Street reported a white truck with the letters USCI parked across the street and they were suspicious. The truck was determined to be from a utility company and the caller was notified.

- 2:56 p.m. A vehicle was reported stolen on Avenue C. The case is under investigation.
- 3:47 p.m. An officer assisted in a civil standby on North Beckman Street.

- 6:26 p.m. A caller on North Gilbert Street reported a male sitting on a bench in front of their building. A responding officer determined the male was using the WiFi, and he left the area.
- 7:27 p.m. A resident on North Beckman Street reported a bullying issue. The incident is under investigation.

### MAY 3

- 11:04 a.m. The community service officer responded to a report of a stray Border Collie on South Jones Street. The animal was taken to the animal shelter where the owner later appeared, looking for the dog. The owner received a warning for animal running at large and failure to obtain a dog license.
- 7:36 p.m. A resident on Clover Drive complained about a driver speeding through their neighborhood for the last couple weeks. Responding officers were unable to locate the described vehicle, but will provide extra patrol.

### MAY 4

- 3:40 p.m. An officer responded to

a reported stray pit bull at North Hamilton/East Third streets, and took the dog to the shelter. The dog owner later claimed the dog, and was issued a warning for animal running at large and failure to obtain a dog license.

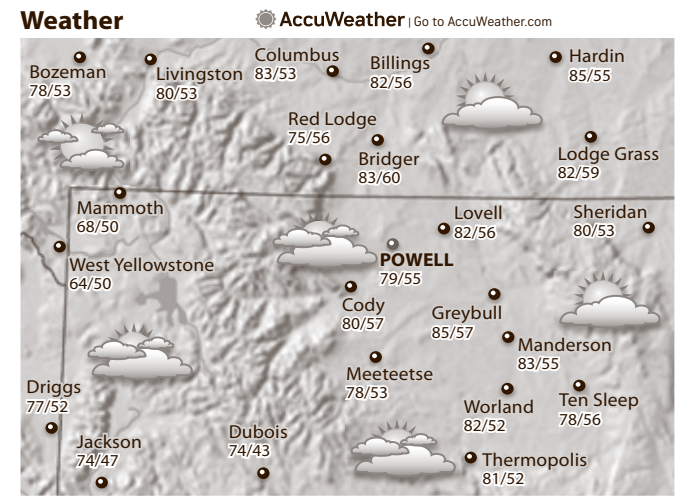
- 8:40 p.m. A caller on North Beckman Street complained about dogs that bark and are noisy all hours of the night. When the caller yelled at the dogs, the owner threatened them. An officer contacted the dogs' owner about the complaint.

### MAY 5

- 9:36 a.m. An officer responded to a resident's call about a dog barking situation on Avenue G, where the officer provided some options available.
- 6:59 p.m. A caller on North Bernard Street complained about dogs barking for an hour. A responding officer was unable to contact the owner about the complaint, but left a message.

### MAY 6

- 9:08 a.m. A backpack was reported lost on West Second Street.
- 10:47 a.m. A caller on East Second Street reported a fraud. The case is under investigation.
- 11:03 a.m. An abandoned vehicle was reported on North Day Street. The incident is under investigation.
- 4:30 p.m. A resident reported losing a pair of Apple ear pods in a Ramen Noodle case and keys on a camel lanyard with a moose and cat. The items were lost in the Powell area.
- 6:38 p.m. An officer responded to a possible disturbance on West Second Street, but the officer was unable to locate any disturbances.



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### 5-day Forecast for Powell

Day	Forecast	High/Low
Today	Clouds limiting sunshine	79° 55°
Friday	Cloudy, then some sun, breezy	76° 54°
Saturday	A morning shower or two; cloudy, not as warm	62° 44°
Sunday	Rather cloudy with a couple of showers	60° 42°
Monday	Windy and chilly with rain at times	48° 40°

Shown is today's weather. Temperatures are today's highs and tonight's lows.

### Weekly Almanac

Powell for the 7-day period ending Tuesday

TEMPERATURES

High/low ..... 72°/28°  
Normal high/low ..... 69°/43°  
Average temperature ..... 45.1°  
Normal average temperature ..... 55.7°

PRECIPITATION

Total for the week ..... 0.33"  
Month to date ..... 0.47"  
Normal month to date ..... 1.02"  
Year to date ..... 2.15"  
Normal year to date ..... 2.16"  
Percent of normal month to date ..... 46%  
Percent of normal year to date ..... 100%

### Sun and Moon

Sunrise/Sunset ..... 5:36am/8:49pm  
Moonrise/Moonset ..... 3:56am/5:10pm

Phase	Date
New	May 30
First	June 7
Full	June 14
Last	June 20

Forecasts and graphics provided by AccuWeather, Inc. ©2022

The State		Today		Today	
City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W
Buffalo	78/57/pc	Green River	80/54/pc	Laramie	72/43/c
Casper	80/47/pc	Greybull	85/57/pc	Rawlins	77/50/c
Cheyenne	77/50/c	Jeffrey City	77/52/c	Rock Springs	77/53/c
Gillette	78/54/pc	Kirby	82/51/pc	Shoshoni	81/52/pc

The Nation		Today		Today	
City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W
Atlanta	76/64/r	Houston	86/65/s	Louisville	75/62/r
Boston	67/60/pc	Indianapolis	72/59/r	Miami	89/78/sh
Chicago	71/53/sh	Kansas City	65/49/sh	Phoenix	105/78/s
Dallas	82/60/s	Las Vegas	101/75/s	St. Louis	70/58/r
Denver	81/55/c	Los Angeles	76/58/pc	Washington, DC	72/67/c

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain,

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# Fish: Park sells 40,000 fishing licenses per year

Continued from Page 1

he said. "Once they stopped eating fish, they started hunting elk calves."

Osprey have nearly disappeared from the park. The number of osprey nests in the park plummeted from about 50 in the late '80s and early '90s to just "a couple."

Eagles have turned to eating other famous bird populations in the park.

"Eagles, they liked the fish, but they're also a scavenging bird," Doepke said. "And what was found is instead of eating fish, they started eating the pelican young and swan cygnets [when the cutthroat population began to rapidly decline]."

Now, as efforts to remove lake trout for the past 20 years have found success, bears and eagles have been observed returning to their traditional spring menu of cutthroats while they move into streams to spawn.

The surviving cutthroat populations are now growing larger, which should thrill anglers. But Doepke said a large portion of the cutthroat population are now too big for osprey, and the charismatic birds species — which dive into water to capture prey — have yet to rebound.

The park sells 40,000 fishing licenses a year. Yellowstone cutthroats can't be harvested, but lake trout are a must-kill species. Doepke said anglers might want to target the southeast corner of the West Thumb region of the lake, where there is a larger population of lakera and anglers won't run into snagging issues with underwater gillnets and fish traps.

Gill-netting has continued since the beginning of the conservation project, but park biologists have also tried several other tactics to crash lake trout populations. In cooperation with some of the anglers fishing Yellowstone, they surgically implanted transmitters into about 200 lake trout, referred to as Judas fish, to track them back to concentrations of the species and their spawning beds. Then they casted their nets in the area.

Unfortunately, netting efforts drove the species away. So then



Lake trout removed from Yellowstone Lake by park officials and contract fishermen can't be sold due to FDA regulations. Rather, the nutrients from fish are returned to the lake or used to deter hatches on spawning beds. Tribune photos by Mark Davis

they tried dumping dead and shredded lake trout on known spawning beds. The practice worked to kill lake trout roe, but it also drew in unwanted bears and they faced running low on resources as lake trout populations plummeted.

"We were catching fewer lake trout, especially a lot fewer large lake trout, so the amount of fish material was getting to be a lot less. So it was like, OK, this works, but we're going to run out of fish."

In 2019 park biologists designed a carcass analogous pellet. The small pellets are made out of soy and wheat with the same protein content of the fish carcasses. The park had the pellets mass-produced in Twin Falls, Idaho. The park used a helicopter, making more than 40 flights to apply the same amount of pellets as the concentration of dead fish. The pellets are effective at causing 100% mortality on spawning beds.

As the park's top scientists find success, they've also made two very concerning discoveries. A single female cisco, a type of whitefish native to the Great Lakes, was caught in Yellowstone Lake. The species is hard to catch, Doepke said, and he suspects more illegal bucket biology is in play.

They tested the specimen, surgically removing a tiny calcium

carbonate structure in the inner ear called otoliths. It appears the female hatched in the lake, meaning there must be more, despite not finding other evidence to date.

Smallmouth bass were also caught near the park. The bass are an invasive predatory species that will threaten wild and native trout populations if they become established in the upper Yellowstone River.

"Since anglers are highly effective at suppressing invasive fish in waters where they coexist with native species such as cutthroat trout, they will be required to kill and report any smallmouth bass caught in Yellowstone National Park when the fishing season opens Memorial Day weekend," said Yellowstone's Lead Fisheries Biologist, Todd Koel.

Additionally, Yellowstone National Park and USGS biologists will be sampling the Gardner and Yellowstone rivers upstream of where the invasive smallmouth bass was caught. Over the next few weeks, biologists will monitor these rivers closely to gauge the possible extent of the invasion.

"Our goal is to protect native fish populations and natural ecosystems. We will do everything in our power to prevent the establishment of smallmouth bass in the park and



Yellowstone fisheries biologists (from right) Phil Doepke, Pat Bigelow and Ben Brogie work to remove lake trout from gill nets while removing the invasive species from Yellowstone Lake.

prevent them from preying on and displacing trout and other native fish," Koel said.

Doepke has worked in the conservation project his entire career at Yellowstone. But, this is his last season as he plans to retire before the end of the year. "It's been a wonderful job and I've really enjoyed working in Yellowstone National Park," he said.

"One of the great things about my job is I have essentially five,

six seasonal technicians and a couple of interns every year. These are all young fisheries professionals, and they're all looking for jobs. They want to do what I'm doing. They want to work as a technician. They want to get their graduate degree, and then they want to become a fishery biologist. There's just not that many jobs out there. I'm also in a wonderful situation. I don't have kids, I have a wonderful job, it

pays decently and I have great benefits, my job could probably benefit somebody else more, so, instead of working longer, saving up more money, buying better vehicles or better boats, I'm going to buy some time for myself to travel around and go fishing more."

Don't be surprised if Doepke starts a fishing guide service in the park. If he doesn't know where the fish are, who does?

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# COMMUNITY



## CIVIL WAR REENACTMENT

Above, the Confederates battle the Union during the annual Civil War reenactment at Powell Middle School on Friday. At left, Dominic Alvarez plays a wounded soldier during Friday's Civil War reenactment.

Tribune photos by Braden Schiller



The Union is amazed by its own firepower as soldiers fire off their air compressor cannons during the eighth grade Civil War reenactment.

## Three Powell students finish academic year with a Congressional Award

BY BRADEN SCHILLER  
Tribune Staff Writer

Sisters Allison and Katie Morrison as well as Powell High School alumni Rachel Kuntz have earned Congressional awards during the 2021-2022 school year. The Congressional Award has existed since 1979, "to recognize initiative, service, and achievement in young people," according to the Congressional Award website.

Allison, who will be a PHS senior, and Kuntz, who will be a junior at the University of Wyoming in the fall, were both awarded the gold medal.

Katie, a freshman at PHS and a newcomer to the program, has earned her bronze but plans to earn both her silver and gold medal next year.

"My sister is going off to college so I wanted to get them before she left," Katie said.

Allison, who has been involved in the Congressional Award since 2003, said it has helped her network and further develop her passion for community service.

"Throughout my entire life serving community has meant something to me," Allison said. "I've noticed as a habit when

volunteer opportunities come up I take them and I think that's because of Congressional Awards."

Kuntz, who graduated from PHS in 2020, earned her gold medal.

"I think it's actually a really good way to find yourself," Kuntz said.

Kuntz is a nursing student with a minor in journalism. She began working toward her first Congressional Award medal in high school after listening to another former alumni and Congressional Award winner Sydney Horton speak to her class about the program.

In order to earn their medals, goals that deal with personal development, community service, physical fitness and an expedition must be met.

Participants are able to align their four goals with their career and life goals as well. All three girls have helped camp founder Joyce Ostrom with Dano Youth Camp or been a member and are sponsored for the Congressional Award by Ostrom.

"All three girls are very, very compassionate and considerate of everybody and everything," Ostrom said. "They are willing to volunteer and help everyone in any way they can."

## BRIEFLY

### State to recognize 'Every Kid in a Park' program

SHERIDAN (WNE) — For the seventh year, Wyoming State Parks is partnering with state and federal partners in celebration of a program instituted in 2016 during the National Park Service's 100th year anniversary. As part of this effort, Wyo Parks will sponsor and promote "Every Kid in a Park."

The "Every Kid in a Park" program provides every fourth-grader nationwide the opportunity to obtain a pass granting the student and their family free admission to more than 2,000 federally managed lands including national parks, monuments, forests, wildlife refuges and more.

Fourth-graders, as well as parents and educators, can obtain passes by visiting the program's website at everykidoutdoors.gov.

As a complement to the federal program, Wyo Parks will honor the "Every Kid in a Park" passes through Aug. 31. Passes are good for free entrance/day use at any Wyoming state parks, historic sites or recreation areas.

For more information, contact Wyo Parks headquarters at 307-777-6323.

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## Youth Clubs of Park County says Thank You!

The Youth Clubs of Park County would like to take this opportunity to extend A VERY SPECIAL THANK YOU TO: the Cody, Lovell, and Powell community for the continuing support of the Youth Clubs of Park County through this year's Golf event which has been designated in memory of a great man, "Victor J. Riley, Jr." who believed that all the youth in these great communities needed a safe and fun environment to be when parents are working and school is out.

### A TREMENDOUS THANK YOU TO "THE POWELL GOLF CLUB" FOR ALL YOU DID TO ENSURE THE SUCCESS OF THIS EVENT!

Thank you to our golf committee for your time and effort; to Blairs Market for the beverages; to Good Year Printing and Powell Tribune for advertising; to Tina Bernard for the fantastic food; and to Fremont Motors-Powell for the Hole-in-One sponsorship.

### Thank you to our hole sponsor donors:

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| Big Horn Federal Savings (Cody & Powell) | Dairy Queen               | Keele Sanitation          |
| Brian Hotels-Golf Ball Cannon            | First Bank/Glacier Bank   | Production Machine Co.    |
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| Chamberlin Inn                  | Pro-Pre-e-tress              | Western Sugar          |
| Dairy Queen                     | Queen Bee Gardens            | Wyold West Brewing Co. |
| Expressions Salon and Spa       | Revive                       |                        |
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### Thank you to this year's team sponsors:

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## PHS athletes honored with year-end awards

### GRAHAM, CANNON NAMED SENIOR OUTSTANDING ATHLETES

BY SETH ROMSA  
Tribune Sports Reporter

Hard work, dedication and countless hours of practice and competition were honored on May 10 as Panther athletes attended the year-end athletic awards night for the first time in three years.

Awards given out to athletes encompassed individual sports, as well as special awards for senior athletes, including scholarships and the senior athletes of the year.

#### ATHLETES OF THE YEAR

Earning the honor as the Outstanding Senior Female Athlete of the Year was Kabrie Cannon, a two-sport athlete for the Panthers. Cannon participated in both cross country and soccer all four years.

"It meant a lot to me to be given this award," Cannon said. "There are a lot of good athletes in our grade, so it was an honor to be named this."

Cannon advanced to the state champi-

onships all four years of her cross country career, with a highest placement of 14 her junior year and 10 at regionals that same year, garnering All-Conference honors.

Throughout her soccer career Cannon played as a defender primarily, but moved to defensive midfielder this year.

Over the years Cannon has had numerous coaches and players who have influenced her as an athlete and continued to push her to compete.

"My coaches played a very large part in my high school career," Cannon said. "They always provided support and inspired me to strengthen my skills in both running and soccer all while focusing on my education."

Cannon said she developed friendships through both sports that she will cherish. The support from those friendships have meant a lot over the years, she said.

Cannon was also honored with the silver medallion, which is awarded to athletes dependent on the amount of varsity letters accumulated.

Cannon accumulated seven varsity letters but was unable to earn eight because the soccer season was canceled in the 2020 season due to COVID.

What is the one thing Cannon is going to miss now that her high school career is over?

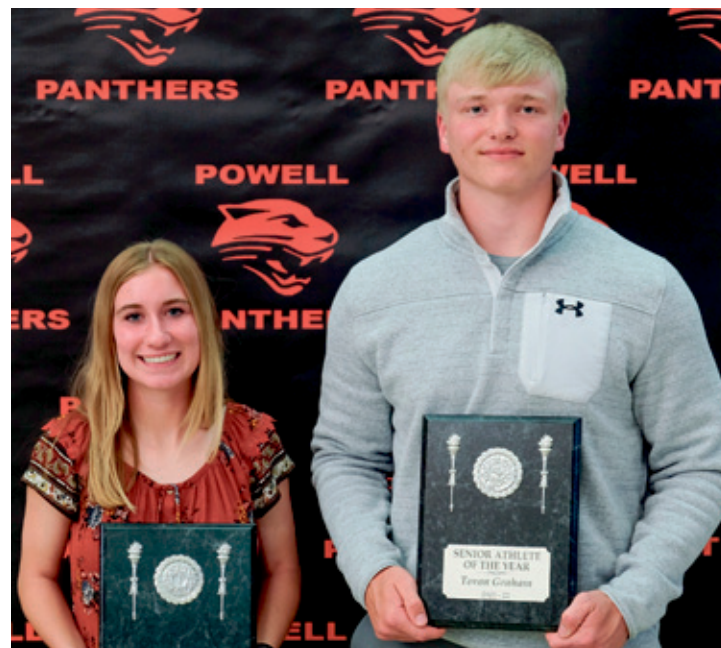
"I am going to miss being part of a team that I would consider my second family," Cannon said.

The Outstanding Senior Male Athlete of the Year was Toran Graham, a three-sport athlete for the Panthers who participated in football, basketball, and track and field.

In addition to being named the outstanding

**'My coaches played a very large part in my high school career.'**

*Kabrie Cannon  
PHS athlete*



After an outstanding four years at Powell High School, seniors Kabrie Cannon and Toran Graham were recognized as the most Outstanding Senior Athletes in the class of 2022 during an awards banquet on May 10. Graham was also recognized as the 3A/4A Wilford Mower Award winner for the Northwest District. Tribune photo by Seth Romsa

See Sports Awards, Page 10

## PIONEERS STUMBLE IN JACKSON TOURNEY

BY SETH ROMSA  
Tribune Sports Reporter

Difficult competition greeted the Pioneers on the road this past weekend, as a trip to Jackson to take part in the Jackson Southwest Series had the Pioneers matching up with new teams early in the season.

#### POWELL 12, ROCK SPRINGS 2

The Pioneers (8-11 overall) started the weekend bright and early on Saturday as Powell matched up with AA Rock Springs (2-21 overall) in an attempt to take down the Stallions.

Taking to the mound for the Pioneers was Brock Johnson, who was dealing early, allowing only two hits through the first four innings of play.

Unfortunately for Powell, run support did not come early until the bottom of the fourth.

Cade Queen scored on a wild pitch midway through the inning after he reached base to leadoff on an error.

Aiden Greenwald scored on a wild pitch during the next at bat, after he had reached base on a single earlier in the inning.

The Pioneers added another run on a Jhett Schwahn single to give the Pioneers a 3-0 advantage heading into the fifth.

Rock Springs got its only runs of the game at the top of the fifth as two runners were brought in on a single and a fielder's choice to make it 3-2.

In order to keep a lead, the Pioneers needed a response in the bottom half of the inning, and a response is what Powell got.

Dalton Worstell drove in a run, Greenwald scored on a passed ball after reaching on a single, Nathan Feller was



Putting all his effort into ensuring he does not let the ball down the line, Pioneers third baseman Cade Queen dives down to his right to snag a ball in his glove. The Pioneers ended the Jackson Southwest Series with a 1-2 record including a loss to Gallatin.

Photo courtesy Brad Boner, Jackson Hole News&Guide

walked to bring in Worstell, Johnson walked to bring in another run and Trey Stenerson hit a double and cleared the bases to bring in three more.

In total the Pioneers brought in seven runs in the fifth inning, blowing the game open to a 10-2 lead heading into the sixth.

After a three-up three-down top half of the sixth, Powell put the game to bed in the bottom half.

Aidan Wantulok drove in Greenwald, who was walked to start the inning, and Wantulok later scored on a passed ball to make it 12-2 and end the game

in the sixth inning due to the mercy rule.

"I felt like we played really well," Pioneers Manager Jason Borders said.

Johnson finished the gam, giving up only four hits and two earned runs along with 10 strikeouts to give the Pioneers a strong opening-game victory.

#### GALLATIN 5, POWELL 0

A second game greeted the Pioneers in the afternoon on Saturday, as Powell matched up with top competition from Bozeman, Montana — the Gallatin Valley Outlaws.

The Outlaws got on the board early, a single brought in a run in the top of the second to give Gallatin a 1-0 lead.

The Pioneers continued to keep things close through the pitching of Queen, but were only able to muster one hit through the first three innings.

A triple in the top of the fourth extended the Outlaws lead, as two runs were driven in to make it 3-0.

"They got the big hits that they needed and we didn't," Borders said. "I thought Cade [Queen] played there well and kept them off balance but we

did not get the big hits."

Powell again remained close, but were unable to have any real scoring threats heading into the sixth.

Gallatin added two more runs in the top of the sixth, causing the lead to swell.

The Pioneers got two runners on in the bottom of the seventh, but were unable to bring any runners in as Gallatin walked away with a 5-0 victory.

#### CODY 10, POWELL 2

Heading into what was orig-

See Pioneers, Page 10

## THE LINEUP

### This Week in Powell Sports

\* Home games in bold

#### SATURDAY, MAY 28

Noon: Pioneers A vs. Evanston at Green River tourney  
5:30 p.m. Pioneers A vs. Riverton at Green River tourney

#### SUNDAY, MAY 29

9 a.m. Pioneers A vs. Lovell at Green River tourney  
2 p.m. Pioneers A vs. Green River at Green River tourney

#### TUESDAY, MAY 31

5 & 7 p.m. Pioneers B & C vs. Cody

#### WEDNESDAY, JUNE 1

5 & 7 p.m. Pioneers A at Lovell (Cowley)

## Good Old Boys

The game of the week for the Good Old Boys was a "123-CCC" format this week.

Four-man teams count one low net and one low gross on par five, three low nets on par fours and two low nets on par threes.

The winning team this week consisted of Cas Seago, Paul Devoss, Thom Seliga and Lloyd Snyder with a score of 181.

In second place with a score of 185 was the team of David Frost, Dennis McCollum, Rhett Wolff and Jim Tobin.

Third place went to Larry Hedderman, Gerry Johns, Tanya Bonner and Clark Jeffs with a score of 186.

Rounding out the team scores in four was Ed Swistak, Buddy Rae, Ray Nelson and Marc Saylor with a score of 188.

Hedderman carded the only deuce on the day on hole No. 4.

The low gross and net went to Jeffs, who finished with a gross of 79 and a net of 72.

## Five Powell Panthers sign to compete at collegiate level

BY SETH ROMSA  
Tribune Sports Reporter

Five Panther athletes signed on to compete at the next level in recent weeks, as Eli Weimer, Gabby Thomas, Garrett Morris, Hawkin Sweeney and Morgan Schmidt all held signing ceremonies.

Thomas got things started for a pair of signings on May 11, as she signed her letter of intent to compete at Dickinson State University to run for the Blue Hawks.

Thomas ran for the Panthers in cross country for three years, competing on the state team twice.

She now heads to North Dakota to compete at the National Association of Intercollegiate



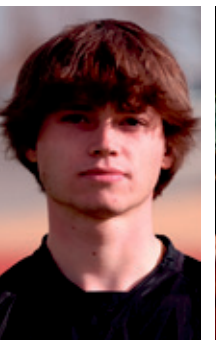
MORGAN SCHMIDT



ELI WEIMER



GARRETT MORRIS



HAWKIN SWEENEY



GABBY THOMAS

Athletics (NAIA) level starting this fall.

The other signing on the day was cheerleader Morgan Schmidt, who signed her letter of intent to compete at the University of Wyoming this upcoming year.

Schmidt signed her letter

after she was named to the UW cheer squad last month, and is the first female cheerleader named to a Division I team in the 23 years under Powell cheer coach Vicki Walsh.

On May 12, Weimer signed with the University of Sioux Falls in South Dakota to com-

pete in track and field for the Cougars at the NCAA Division II level.

Weimer completed his high school career at Powell this past weekend, finishing in seventh after clearing 5 feet, 10 inches; he cleared a height of 6 feet, 4 inches, just two weeks before

the state meet.

Weimer also competed in the hurdles for the Panthers, and heads into a scenario where the team is in need of a high jumper.

The final pair of signing ceremonies came on May 16, as a pair of Panthers from the Powell soccer team held official ceremonies for their signings.

Morris made his signing official, as he signed to play at Casper College this upcoming fall.

He is a two-time All-State selection at the 3A level and helped to anchor a Panther midfield that conceded 13 goals this season and helped score 99 goals overall.

Morris finished with five goals and eight assists and now heads to the junior college level

to compete with the Thunderbirds.

Sweeney also held his official ceremony alongside his teammate, as he heads to the NCAA Division II level program at Western Oregon University (WOU) in Monmouth, Oregon.

Sweeney finished with the second most goals in 3A this season with 32, along with 18 assists, and is also a two-time All-State selection.

He announced his decision to sign back in January, and now heads to WOU to join forces with former Northwest coach Stan Rodrigues. Rodrigues led the Trappers in 2016 and is the first coach in WOU history.

Each of these Panthers made an impression on Powell athletics, and will now take their talents to the next level.

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# Pioneers:

Continued from Page 9

inally supposed to be the third game of the tournament, the Pioneers got a rare early look at Northwest rival Cody (6-2 overall).

Cody got on the board first, as the Cubs drove in one runner on a fielder's choice to make it 1-0 after the first.

In the second inning Queen and Stenerson reached on a walk and a single and advanced on a Worstell single to give Powell a 2-1 lead after two innings.

Cody tied the game in the third on a single to make it 3-3.

The Cubs took the lead back in the fourth inning when the Pioneers surrendered four runs. Cody took the lead 6-2.

The Pioneers were unable to keep Cody off balance throughout the game, something Borders attributed to Powell not getting sliders and curveballs in the zone.

"We just could not throw our offspeed," Borders said.

Cody pulled away in the top of the fifth, adding three more runs to make it 9-2.

One final run was added in the top of the seventh, making the final score 10-2.

Due to weather conditions, the Pioneers were forced to cancel the final game against Green River but will have an opportunity to see the Knights on the road this upcoming weekend.

"We got to see them before we



**Pitcher Jacob Gibson rears back to gain control of the strike zone against Gallatin on Saturday, as the Pioneers look to get healthy heading into the Green River tournament this weekend and conference play next week.** Photo courtesy Brad Boner, Jackson Hole News&Guide

see them in conference so we have a good idea of what they look like now," Borders said.

## GREEN RIVER TOURNAMENT

The Pioneers head back out on the road this weekend for another tournament, traveling to Green River on Saturday and Sunday to take part in the Green River Knight Invitational.

Powell kicks off the tournament against AA Evanston on Saturday at noon and will have a late-afternoon game against A Riverton at 5:30 p.m.

The Pioneers then open early on Sunday against northwest foe Lovell at 9 a.m. and finish off the tournament against hosts

Green River at 2 p.m.

The Pioneers return to the area next Wednesday as they head to Cowley on Wednesday to take on Lovell in a double-header at 5 p.m. and 7 p.m. to open conference play.

Early season injuries are plaguing the Pioneers, as multiple athletes are dealing with injuries and Borders does not expect the team to be at full strength for two or more weeks.

Borders is hoping improving weather throughout the week will help the Pioneers get back on track with hitting, as the summer schedule is rapidly approaching.

# Sports Awards: Program held after three years

Continued from Page 9

athlete at PHS, Graham was named the Wilford Mower Award winner.

This award is given to the top male and female athletes in both the 1A/2A classes and 3A/4A classes in the Northwest District.

Graham is the first award recipient from Powell since Riley Stringer in 2015.

"It is really exciting and I am happy that I am able to come as far as I have made it," Graham said.

During his time in the football program at PHS, Graham recorded 261 tackles, 25 tackles for loss, six sacks, two interceptions and one fumble recovery.

He was named to the Super 25 team two years in a row in 2021 and 2022, was a two time All-State selection and the co-defensive player of the year in his senior season.

Graham then took his talent to the basketball court as a presence down low for the Panthers.

He finished the season with all conference honors, finishing with 233 points, 201 rebounds while shooting 60% from the field. Those numbers helped lead the Panthers to a semifinal berth at the state tournament.

Graham was not finished, as he placed second in the shot put for the Panthers at the state meet and fourth in the discus to help lead Powell to a third place finish in Casper this past weekend.

With his career near its end Graham was thankful for all the hours he put in and how much time his teammates and coaches put in to help him.

"I would not be able to be recognized for any of these accomplishments without my coaches," Graham said. "There have been so many hours, and it has been so fun along the way. My teammates have helped me more than they will ever know and I am so grateful for that."

Graham said he is going to miss the atmosphere that his fellow students and teammates bring to each event in Powell, and the support he has received throughout the years in Powell.

Graham was also the lone

recipient of a gold medallion at the banquet.

## SENIOR RECOGNITIONS

The senior class was honored for multiple awards alongside Graham and Cannon at the event.

Starting off the awards were Reagan Thompson and Ethan Bartholomew, who received the U.S. Army Reserve Scholar Athlete award.

Thompson competed on the track team throughout her time in Powell, and Bartholomew participated in tennis and track.

The U.S. Marines Distinguished Athletes were Abby Urbach and Sheldon Shoopman.

Shoopman participated in football and track during his time in Powell, and Urbach competed in track and basketball.

The Gerald Sleep Most Inspirational athletes of the year were Kaili Wisniewski and Riley Schiller.

Wisniewski competed in tennis and basketball while Schiller competed in cross country, swimming and track.

The Dr. Ray Christensen Stout Heart Awards went to Jenna Hillman and Zach Ratcliff.

Hillman competed in track for the Panthers and Ratcliff competed in football, basketball and track.

Bronze level winners for the boys were Ethan Bartholomew, Shoopman, Reed Smith, Kason Lamb, Ratcliff and Keaton Rowton.

Wisniewski was the sole recipient of a bronze medallion for the girls.

Cole Frank, Schiller and Hawkin Sweeney received a silver medallion for the boys.

Kylie Kahl was the other silver medallion recipient for the girls.

## INDIVIDUAL SPORTS AWARDS

In cross country the most valuable runner for boys was Daniel Merritt and Cannon for the girls. Paul Cox received the most improved for the boys and Salem Brown for the girls. Brynn Hillman was the most inspirational for the girls and Schiller was the recipient for the boys.

In volleyball the most valuable

was Addy Thorington, most improved went to Megan Jacobsen and Anna Bartholomew, with Maci Borders receiving the most inspirational.

The most valuable boys tennis player went to Ethan Bartholomew and the girls was Wisniewski. Cade Queen was the most improved for the boys and Alexis Terry was the most improved girl. Alli Harp was the most inspirational girl and Kolt Flores was the most inspirational boy.

The most valuable offensive player was Smith, the most valuable defensive player was Graham, the most valuable special teams player was Hawkin Sweeney and the Lee Blocking Award winner was Sheldon Shoopman.

The most valuable golfers were Gunnar Erickson and Megan McDaniel. The most improved was Evan Staidle and the most inspirational was Seth Siebert.

Kami Jensen was the most valuable girls swimmer. The most inspirational was Charlee Brence and the most inspirational was Taycee Walker.

Brock Johnson and Maddie Campbell were the most valuable basketball players. Kenzie Ratcliff and Trey Stenerson were the most improved. Graham and Wisniewski were the most inspirational.

Jimmy Dees was the most valuable wrestler, Patrick Haney was the most improved and Brent Childers was the most inspirational.

Nate Johnston was the most valuable swimmer, and Caden Sherman was both the most improved and most inspirational swimmer.

Morgan Schmidt was the most valuable cheerleader, Maddie Johnson was the most improved and Bella Bertagnole was the most inspirational.

Anna Smith was the most valuable dancer, Raven Tobin was the most improved and Peyton Hamilton was the most inspirational.

The awards for track and soccer were not presented at the event and will be presented at a later date.

# ATTENTION

Patrons of Park County School District #1

Please plan to attend one of the Consolidated Grant Planning Meetings scheduled on:

**Wednesday, June 1, 2022 at noon  
or Thursday, June 2, 2022 at 5:30pm**

Administration Building - Board Room, 160 N. Evarts, Powell, WY

Both meetings will contain the same information. The federal government requires the participation of a variety of community, business, school personnel, private school and homeschool parents in the planning and implementation of the following federal programs within the school district:

- |  |  |
|--|--|
| Title I-A (Supplemental Academic Support)          | Title VI-B (IDEA) (Special Education Programs)                   |
| Title I-D (Neglect and Delinquent)                 | Title VI-B (619) (Child Find)                                    |
| Title II-A (Staff Development)                     | Perkins (Vocational)   |
| Title IV-A (Student Support & Academic Enrichment) | SAMHSA (Substance Abuse & Mental Health Services Administration) |
| ESSER I, ESSER II, and ESSER III                   |  |

**Please contact Jason Sleep or Wendy McGill at the District Office at (307) 764-6186 if you have further questions.**

*It takes a Community to Raise a Child...*



*Park County School District #1 would like to thank all of the dedicated staff members who help our District meet its vision.*

*At the end of this school year, we celebrate the following years of service:*

- |                               |                   |                   |                   |              |
|-------------------------------|-------------------|-------------------|-------------------|--------------|
| <b>35-39 years of service</b> |                   |                   |                   |              |
| Dori Trustem                  | Dale Estes        | Denise Laursen    | Julie Stingley    | Russ Schwahn |
| <b>30-34 years of service</b> |                   |                   |                   |              |
| Cathy McKenzie                | Scott Smith       | Shelley Henry     | Wendy Smith       |              |
| Scott McKenzie                | Tracey Wichman    | Bonnie Rouse      |                   |              |
| <b>25-29 years of service</b> |                   |                   |                   |              |
| T.J. Bell                     | Pokey Henry       | Marci Brauchie    | Sue Staebler      |              |
| Nan O'Neill                   | Troy Hildebrand   | James Gilman      | Vicki Walsh       |              |
| Christy Stenerson             | Ashley Hildebrand | Jeanette Cox      |                   |              |
| <b>20-24 years of service</b> |                   |                   |                   |              |
| Cheryl Fels                   | Sheri Gifford     | Noelle Heinert    | Rita Bjornestad   |              |
| Jo Mitchell                   | Jeff Grahm        | Stephanie Warren  | Jane Faulkner     |              |
| Darwin Rowton                 | Amanda Johnston   | Chris Wolff       | Holly Kienlen     |              |
| Edda Varland                  | Tammy McCray      | Shannon Blackmore | Kellie McCauley   |              |
| Kerri Boggio                  | Jodee Metzler     | Christy Larsen    |                   |              |
| Richard Despain               | Tracey Peterson   | Mary Jo Lewis     |                   |              |
| Allison Feller                | Mike Reed         | Christine Rediske |                   |              |
| <b>15-19 years of service</b> |                   |                   |                   |              |
| Mary Abarca                   | Nate Urbach       | Heidi Dicks       | Tara Shorb        |              |
| Jennifer Fernelius            | Suzanne Alexander | Staci Henderson   | Marla Barngrover  |              |
| Jacque Hunter                 | Zack Coombs       | Mike Henry        | Bryan Bonander    |              |
| Marc McArthur                 | Michelle Hartman  | Bob Hunt          | Randi Bonander    |              |
| Tracy McArthur                | Chime Moore       | Nevin Jacobs      | Mandy Carter      |              |
| Edna Snyder                   | Lisa Price        | Lena Jones        | Lorraine Griffith |              |
| Stephanie Ramsey              | Charles Rand      | Wendy McGill      | Necole Hanks      |              |
| Joyce Ruward                  | Kelli Schiller    | Kim McCaslin      | Dan Hunter        |              |
| Scott Schiller                | Julie Simpson     | Darci Ostermiller | Christy Landwehr  |              |
| Ginger Sleep                  | Tim Baxter        | Francis Pease     | Amie Lundberg     |              |
| Jason Sleep                   | Vanna Branstetter | Brandon Preator   | Jerry Rodriguez   |              |
| Linda Straub                  | Pat D'Alessandro  | Jill Schmidt      | Jane Woods        |              |
| <b>10-14 years of service</b> |                   |                   |                   |              |
| Erin Beavers                  | Chase Kistler     | Liz Feller        | Celina Felton     |              |
| Phoebe Cox                    | Luke Robertson    | Charli Fluty      | Melissa Gernhart  |              |
| Anna Cabbage                  | Tim Wormald       | Eric Larsen       | Amanda Haney      |              |
| Darlene Escobedo              | Lynette Anderson  | Steve Lensegrav   | Scott Landwehr    |              |
| John Fabela                   | Denise Catlin     | Kyle Rohrer       | Anne Lovett       |              |
| Katie Griffin                 | Michelle Giltner  | Denise Schuler    | Richard Lyke      |              |
| Audrey Hall                   | DeLina Horton     | Hideo Urbach      | Bryce Myer        |              |
| Kristy Moore                  | Stephanie McKee   | Danielle VanLake  | Lenita Moore      |              |
| Jeanie Sanders                | Suzanne Patterson | Tolena Wempen     | Rob Paterson      |              |
| Waleryan Wisniewski           | Brenda Sessions   | Kassi Ashby       | Shelby Randall    |              |
| Shelley Argento               | Amber Beaudry     | Delia Carbajal    | Janette Reihm     |              |
| Katie Bott                    | Chanler Buck      | Juston Carter     | Jennifer Rohrer   |              |
| Mary Dillivan                 | Donna Cole        | Sunshine Dunkerly | Katie Sears       |              |

## Retiring Staff:

Nan O'Neill, Jo Mitchell, Sheri Gifford, Holly Kienlen, Jacque Hunter, Mary Abarca, Suzanne Alexander

*Thank you for your service to the children of Powell!*

# Kids' Fishing Day

JUNE 4 » BECK LAKE PARK » CODY

FREE TO ALL KIDS AGE 14 AND UNDER

First 300 registered kids get a **FREE Fishing Pole and Gift Bag**

**All kids get a Free Lunch and Prize**

Fishing license not required - Bring your own fishing gear (Bait and some fishing gear available)

GRAND PRIZE:

2-PERSON INFLATABLE KAYAK

Prizes Awarded for 40 Best Fish Caught

8AM-9AM: Registration

9AM-NOON: Kid's Fishing Competition

NOON-1PM: Lunch & Prizes *Awarded at 1PM*

Sponsored by Cody Optimist Club, Trout Unlimited, US Forest Service, and Wyoming Game and Fish





# Where is God?

Have you ever reached a point in your life when you seriously doubted God — his plan or reasons for allowing suffering and heartache? Trying to make sense of the “why?” question has caused even the strongest to lose heart. “Why God?” is the question that often seems to have no answer. As we ponder this question, let’s look at a story in John chapter 8 and see what is unfolding in the life of an unsuspecting woman caught in a terrifying drama.



STEVE NELSON  
Perspectives

At this moment in her life, the devious plans of heartless men reveal that she is a pawn being used to trap Jesus. She is in immediate danger, a danger so great she could actually lose her life.

Looking around, she sees angry eyes glaring down at her. She hears ugly, nasty and deliberately hurtful words being spoken about her. “You’re an adulteress, you deserve to die,” they heartlessly declare!

As this nightmare unfolds she must have been wondering, hoping, praying that someone would intervene, someone who cares enough to stop this madness and help her. Doesn’t anyone love her enough to set her free from this trauma and horrifying abuse?

Where is he? Where is God when someone who is about to die needs him most? Unknown to her, the moment of her greatest trial is a trial for Jesus, too. The same men abusing her have made sinister plans to take his life as well.

The short answer to what is God doing when your world is falling apart is found in what Jesus is doing as this precious woman is being condemned to death. When, to all human understanding, God appears to be absent — when everyone around you has forsaken you — the same Jesus who went to the Mount of Olives 2,000 years ago to pray and prepare for this battle (John 8:1), is just as willing and able to rescue you from whatever circumstance you are facing today.

Right now, he is waiting to hear your urgent plea. He longs to heal your broken life and, I believe, is willing to do everything possible to rescue you from whatever you are facing. My prayer is that you will allow him to help you, to save you and set you free. (Stay tuned, part 2 is coming next time.)

(Steve Nelson is pastor at Seventh Day Adventist Church.)

## COMMUNITY CALENDAR

\* Denotes there is a fee for the event

**THURSDAY, MAY 26**  
**TODDLER TIME** at 10:30 a.m. at the Powell Library.  
**FRIENDS OF THE LIBRARY BOOK SALE** from 1-3 p.m. in the basement of the Powell Library. Books are now \$5 per bag.  
**YOUNG ADULT READING TIME** will take place at 3:30 p.m. They will be reading “I Must Betray You” by Ruta Sepetys.

**FRIDAY, MAY 27**  
**FITNESS CLASS** from 10-11 a.m. at the Powell Senior Citizens Center. For more information, call 307-754-4223.  
**YOUNG ADULT MOVIE DAY** will take place at the Powell Library at 1 p.m.

**SATURDAY, MAY 28**  
**ROSEMALING-VEST AGDER** with Sally Holberg will take place from 10 a.m.- 3 p.m. at the Cody Country Art League on 836 Sheridan Ave. in Cody. Registration is \$60 and \$54 for members. To register or for more information call 307-587-3597.

**MONDAY, MAY 30**  
**THE AMERICAN LEGION** invites the public to come and participate in the annual Honor Guard Ceremony at 10 a.m. This ceremony will have an Honor Guard rifle firing and the playing of taps at Crown Hill Cemetery. Following the Honor Guard ceremony Post members will be meeting at the American Legion Post, 143 S. Clark St., for the Auxiliary’s annual wreath-laying ceremony. This will start at 11 a.m. and be held at the Wall of Honor. The public is once again invited to attend.  
**POWELL AMERICAN LEGION POST #26** will be participating in the National Moment of Remembrance at the Powell Korean War Memorial and the Powell American Legion Post #26 Memorial Wall at 3 p.m. where taps will be played.

**TUESDAY, MAY 31**  
**STORY TIME** at 10:30 a.m. at the Powell Library.  
**GENTLE YOGA** at 5 p.m., Room 102 in the

NWC Fagerberg Annex, 724 N. Beckman St. in Powell. The class is \$7 or \$32 for a six-pass punch pass. For more information or to register, visit www.nwc.edu/PVCE or call 307-754-6469.  
**BIBLE STUDY** on Tuesday evenings at 6 p.m. Families welcome. For further information, contact Pastor Horsley at 754-4842. Harvest Community Church of the Nazarene 364 W. Park St. in Powell (just behind Blair’s).

**WEDNESDAY, JUNE 1**  
**TODDLER TIME** at 10:30 a.m. at the Powell Library.  
**FITNESS CLASS** from 1-2 p.m. at the Powell Senior Citizens Center. For more information, call 307-754-4223.  
**PARK COUNTY REPUBLICAN WOMEN** will host a politician forum from 6-8 p.m. at The Commons on 135 N. Bent St. in Powell.  
**THE HOMESTEADER MUSEUM** is pleased to announce, starting June 1, it will resume summer hours of Tuesday – Friday from 10 a.m. – 5 p.m. and Saturdays from 10 a.m. – 2 p.m. Private tours and visits by appointment. Free admission — donations appreciated.  
**PARK COUNTY SCHOOL DISTRICT 1** will have a Consolidated Grant Planning Meeting at noon and an additional meeting on Thursday at 5:30 p.m. The meeting will be in the Administration Building boardroom at 160 N. Everts in Powell. For more information call 307-764-6186  
**A MINUTE TO WIN IT** challenge will take place at the Powell Library at 7 p.m. as part of Young Adult Summer Reading Activities.

**THURSDAY, JUNE 2**  
**FRIENDS OF THE LIBRARY BOOK SALE** from 1-3 p.m. in the basement of the Powell Library. Books are now \$5 per bag.  
**YOUNG ADULT BUILD A SUNKEN CITY** will take place at the Powell Library at 1:30 p.m.  
**THE CODY COUNTRY ART LEAGUE** will be hosting a featured artist opening with Patty Stern and Paige Bacon from 4:30-6 p.m. at 836 Sheridan Ave. in Cody.

**FRIDAY, JUNE 3**  
**FITNESS CLASS** from 10-11 a.m. at the Powell Senior Citizens Center. For more information, call 307-754-4223.  
**BBAS MASTER CLASS** with Mark McKenna will take place from 6-8 p.m. On Saturday the class will be held from 9 a.m. to 4 p.m. at 836 Sheridan Ave. in Cody. Intermediate students will complete a small animal portrait. The event is \$195 for the public and \$175.50 for members, please RSVP by calling 307-587-3597  
**YOUNG ADULT AFTER HOURS NERF WARS** will take place at the Powell Library at 7 p.m.

**SATURDAY, JUNE 4**  
**KIDS’ FISHING DAY** in Powell will be held from 6-10 a.m. at the Homesteader Park Pond. Parents must register their children ahead of time for a one-hour time block, which will hold 35 children. The event is open to children 16 and under and registration is free. A limit of four fish per child will be enforced and all caught fish must be kept. Fishing licenses are not required. To register or for more information please call 307-754-5711  
**KIDS’ FISHING DAY** will be held from 8 a.m. to 1 p.m. at Beck Lake Park in Cody. The first 300 registered kids get a free fishing pole and gift bag. All kids get a free lunch and prize. Fishing license not required, but bring your own fishing gear.  
**THE 11TH ANNUAL DANOLOPE DASH** will take place at 8 a.m., starting at the Park County Fairgrounds. Events include a 1-mile race, a 5k, a 10k walk/run and an obstacle course or virtual race. Registration is Friday from 5-7 p.m. and Saturday at 7 a.m. at the Park County Fairgrounds. Registration fee is \$11.  
**THE LOCAL AGRICULTURAL TOUR** will take place beginning at 9 a.m. at the Powell Library. Rebekah Burns will be leading a tour through local farms in the community. Sign-up is required.  
**FRIENDS OF THE LIBRARY BOOK SALE** from 1-3 p.m. in the basement of the Powell Library. Books are now \$5 per bag.

### Hosting a local event? Please, tell us about it!

The community calendar appears every Thursday. Send your event information by Tuesday at noon to news@powelltribune.com, call 307-754-2221, or bring it to the Tribune at 128 S. Bent St., Powell.



**Assembly of God**  
 Lovell, 310 Idaho; Rev. Daniel R. Jarvis; 9:45 am Sunday school 11 am & 6:30 pm Sun., Wed., 10 am & 7 pm Bible Study.

**Baha’i Faith**  
 For info. write to: National Spiritual Assembly of the Baha’is of the United States, 536 Sheridan Rd, Wilmette, IL 60091.

**Bennett Creek Baptist Church**  
 11 Road 8WC, Clark, Wyo.; 10 am Bible study; 11:15 a.m. Kids’ Church, 11:15 am Worship.

**Charity Baptist Church**  
 Pastor Kevin Schmidt, 754-8095, http://kcschmidt.wix.com/charitybaptistchurch, 176 N. Day St. Sunday: 9 am Sunday school, 10 am morning service, 6 pm evening service. \*\*Live Stream access also available through the webpage.

**Church of Christ**  
 7/10th mile east on Hwy. 14A, 754-7250; Sunday: 9:30 am Bible study; 10:30 am Communion; Small Group Sunday Evening; Wed.: 6 pm Bible classes; If we can help, call 254-2215.

**Church of Jesus Christ of Latter-day Saints**  
**Powell 1st Ward 1026 Ave. E**  
 Syd Thompson, Bishop 307-254-0470  
 Sacramento, 9 a.m.; Sunday School, 1st & 3rd Sundays, 10 a.m.; Primary 10 a.m.; Priesthood, 2nd & 4th Sundays 10 a.m.; Young Women’s, 2nd & 4th Sun. 10 a.m.; Relief Society, 2nd & 4th Sundays 10 a.m.; Wednesday: Mutual 7 p.m.  
**Powell 2nd Ward 525 W. 7th St.**  
 Neil Waite, Bishop 307-254-5293  
 Sacramento 10:30 a.m.; Sunday School, 1st & 3rd Sundays, 11:30 a.m.; Primary, 11:30 a.m.; Priesthood, 2nd & 4th Sundays, 11:30 a.m.; Young Women’s, 2nd & 4th Sun. 11:30 a.m.; Relief Society, 2nd & 4th Sundays 11:30 a.m.; Wednesday: Mutual 7 p.m.

**Powell 3rd Ward 1026 Ave. E.**  
 Nate Mainwaring, Bishop 307-431-6774  
 Sacramento, 11 a.m.; Sunday School, 1st & 3rd Sundays, noon; Primary, noon; Priesthood, 2nd & 4th Sundays, noon; Young Women’s, 2nd & 4th Sun, noon; Relief Society, 2nd & 4th Sundays; Wednesday: Mutual, 7 p.m.  
**Powell 4th Ward 525 W. 7th St.**  
 Scott Williams, Bishop 208-705-0559  
 Sacramento, 9 a.m.; Sunday School, 1st & 3rd Sundays, 10 a.m.; Primary 10 a.m.; Priesthood, 2nd & 4th Sundays 10 a.m.; Young Women’s, 2nd & 4th Sun. 10 a.m.; Relief Society, 2nd & 4th Sundays 10 a.m.; Wednesday: Mutual 7 p.m.

**Heart Mountain Young Single Adult Ward 525 W. 7th St.**  
 Greg Benson, Bishop 540-705-4743  
 Sacramento, noon; Sunday School, 1st & 3rd Sundays, 1 p.m.; Priesthood, 2nd & 4th Sundays, 1 p.m.; Relief Society, 2nd & 4th Sundays, 1 p.m.

**Faith Community Church**  
 “Love God – Love Others” 1267 Road 18 (Hwy 294), Powell — Church located 3 miles SW of Ralston, ½ Mile N off 14A, Pastor Dave Seratt 307-272-7655. Sunday Service at 8:30 a.m. & 10:30 a.m. Services available at: www.faith-community-church.org, Powellfaithcommunitychurch@gmail.com

**First Southern Baptist Church**  
 Corner of Gilbert & Madison. 754-3990, Bill Harvison, Pastor. Sunday Bible Study 10 a.m., Worship 11 a.m., Prayer meeting 5 p.m. Tuesday after school 3:30 - 5 p.m., open table community dinner 5-6 p.m.

**First United Methodist Church**  
 We love our neighbors at 2nd & Bernard Sts. Janita Krainiak, pastor, 754-3160, www.powellfumc.org; \*\*Washington Park Services Sunday, 10:45 am through Aug. 22.

**Garland Community Church of God**  
 Garland, Shane Legler, pastor, 754-3775; Located in the historic Garland schoolhouse. Everyone is welcome. \*\* Sunday school at 9:30 am, worship at 10:30 am and we are back inside.

**Grace Point**  
 Growing in Grace - Standing on Truth - Bringing Hope to the World. Senior Pastor, David Pool, 550 Kattenhorn Drive, 754-3639, www.GracePointPowell.org. \*\*Sunday 10:30 am Worship Service. We are following social distancing, staff screening, cleaning and other guidelines. Our master calendar is available at gracepointpowell.org/calendar for updated info. These services will also be live-streamed or pre-recorded and available on our website. All are welcome. Please contact us for more information, office@gracepointpowell.org / facebook.com/GracePointPowell

**Glad Tidings Assembly of God**  
 Gilbert & 7th St. East, 754-2333, Mike Walsh, pastor. \*\*Sunday School at 9:30 am, Worship service at 10:45 am. Everyone Welcome!

**Harvest Community Church of the Nazarene**  
 Pastor: Jeriah Horsley, 364 W. Park St. (behind Blair’s); 754-4842. www.harvestcomchurch.net \*\*Facebook Live Sundays at 11 am. Like us on Facebook: Harvest Community Church (HCC).

**Hope Lutheran (ELCA)**  
 588 Ave. H (corner of Cary & Ave. H); Pastor Donna Putney, 754-4040, www.hopelutheranpowell.org. In-person, socially-distanced worship Sunday at 9:30 am, also livestreamed on our Facebook page: Hope Lutheran Church. Elementary Education: Wednesdays from 3:30-4:30. Confirmation Instruction: Sunday at 10:30 a.m. Please contact the church office for information regarding Bible Study opportunities. Together in Jesus Christ we are freed by grace to live faithfully, witness boldly and serve joyfully.

**Immanuel Lutheran Church**  
 (Lutheran Church Missouri Synod.) 754-3168, Rev. Lee Wisroth, Pastor, 675 Ave. D. \*\* Sunday, morning services, 9 am at the church followed with Bible Study and Sunday School at 10:15 am.

**New Life Church**  
 185 S. Tower Blvd.; Tim Morrow, Pastor, Miles McNair, connection pastor, 754-0424. \*\* Sunday Worship, 8:30 & 11 am with Children’s Sunday School Classes and Nursery available during the service. Adult Bible Sunday School studies 9:45 a.m. Services will also continue to be streamed on Facebook and YouTube.

**Jehovah’s Witnesses**  
 Cody - 2702 Cougar Ave. - Sunday, 10 am; 10:40 am Watchtower study; Midweek meeting, Thurs., 7:30 pm.

**St. Barbara’s Catholic Church**  
 Fr. Phillip Wagner, 754-2480, 3rd & N. Absaroka; \*\* Sat Evening Mass, 5:45 pm, Sunday 9 am & 5 pm. Daily Masses, Tues noon, Wed 5:45 pm, Thurs 7:30 am, Fri 7:30 am. Parish Office is open Tues thru Fri 10am to 2pm. Please see our website for more details & bulletins, stbarbaracatholic.org.

**St. John’s Episcopal Church**  
 Megan Nickles, priest: 754-4000, Ave. E & Mountain View. \*\*Sunday morning services, 10 am.

**Seventh-day Adventist**  
 1350 N. Gilbert; 754-2129 Saturday. Everyone welcome. Worship Service \*\*Contact the church for more info.

**Trinity Bible Church**  
 Brian Onstead, pastor, 535 S. Everts, 754-2660 www.tbcwyoming.com, bonstead@tbcwyoming.com, \*\*Sunday school, 9 am, morning worship service 10:30 am, evening service 4 pm.

**United Pentecostal Church**  
 Kaleb Wheeler, Pastor, 307-250-7443. Meeting at the intersection of the Powell Hwy & Nez Perce Dr.- 7 miles from Cody. \*\*Contact the church for more info.

**Union Presbyterian Church (PCUSA).** Third & Bent, 754-2491. unionpcpowell@gmail.com. \*Union Presbyterian moves to Washington Park for joint services with the Methodists. Pastor Janita will be preaching to anyone who shows up for scripture, song, and fellowship beginning June 5 to Aug. 21. at 10:45 am.

### This feature is brought to you each Thursday by the following businesses:

**307Health**  
 DIRECT PRIMARY CARE  
 Dr. Bartholomew, Dr. Chandler, Dr. Tracy  
 250 N. Everts St. • 764-3721

**Aldrich’s**  
 VG Enterprises, LLC **Do it Best**  
 DBA Aldrich’s, Locally Owned  
 126 E. 1st • 754-5136

**BIG HORN CO-OP MARKETING ASSN.**  
 STORE & FERTILIZER PLANT  
 311 S. Bent & 661 E. North  
 754-3491 & 754-5962

**Big Horn Enterprises, Inc.**  
 Training Services for  
 Developmentally Disabled  
 146 S. Bent • 754-5101

**Blair’s SUPER MARKET**  
 All Your Friends at Blair’s  
 331 W. Coulter Avenue • 754-3122

**INTERSTATE TIRE SERVICE INC.**  
 All-wheel computer alignment  
 698 E. South St. • 754-5452

**LAVENDER ROSE**  
 ‘May you have a blessed day’  
 a gift shop  
 369 S. Clark  
 307-254-3900

**POWELL ELECTRIC**  
 More than 50 Years Serving the Area  
 4 generations of electricians  
 412 S. Fair St. • 754-5203

**POWELL TRIBUNE**  
 128 S. Bent • 307-754-2221

**Powell Valley Healthcare & Care Center**  
 777 Avenue H • 754-2267

**Dave Blevins State Farm**  
 POWELL, WYOMING  
 249 N. Clark • 754-9541

**The UPS Store**  
 151 E. 1st • 764-4175

**WESTERN COLLISION, INC.**  
 950 Road 10 Powell 754-3554  
 westerncollisioninc.com  
 All Types Auto Body Repair

**YELLOWSTONE MOTORS**  
 GMC TOYOTA  
 1105 W. Coulter Ave. • 754-5743

If you would like to join these businesses in sponsoring the weekly community church information contact: Ashley@powelltribune.com, Tera@powelltribune.com or Toby@powelltribune.com or call 307-754-2221 for information.



# SUPER CLASSIFIEDS

### For Rent

## Greybull Apartments

Now accepting applications for 1, 2 & 3 bedroom apts. Multi-family affordable housing. Rental assistance depending upon eligibility and availability.

◆ All units equipped with appliances, carpet, curtains.  
◆ Laundry facilities on site.

Call 307-765-9236 or stop by 9 North 2nd St., Greybull, WY 82426. TDD 1-800-877-9975  
www.bosleymanagementinc.com

This institution is an equal opportunity provider.

### Rocky Mountain Manor

A Senior Living Facility  
\* Efficiency, 1&2 bedroom apts.  
\* Some units with balconies  
\* Many services and activities  
Call for info, packet 754-4535

### Powell Self Storage

Convenient location in town.  
Units for rent from 5x10 to 10x25.  
Call 254-1333

**POWELL: BEAUTIFULLY REMODELED** mobile home. Must see. \$750/mo. including utilities. 307-272-5407.

**MAIN STREET OFFICE** space for rent in Basin. Newly remodeled. \$600 a month, includes utilities. 307-568-3733.

**BASIN: 2 BDRM APT.** 2nd floor, 1 month deposit, \$575, includes utilities. 307-765-4621 M-F.

**BASIN: TWO BEDROOM,** like new apartments. Appliances included, washer and dryer hookups. No pets, no smoking. Starting at \$725 per month plus utilities. 307-680-1523.

**STORAGE UNITS FOR** rent in Greybull. 10x20, \$75/month, outside storage available for RVs and trailers. 307-212-0092.

**STORAGE UNITS FOR** rent in Greybull next to Laundromat and new, inside storage next to Overland. 307-899-0796.

**GREYBULL: THE STORAGE SHED** has units available by the day, week, month or year. 1417 N. Seventh St. Call 307-568-2795.

**BASIN: STORAGE UNITS AVAILABLE** at The Storage Shed - by the day, week, month or year. 307-568-2795.

**POWELL: 2 TO 3 BEDROOM HOUSE,** 1 -1/2 baths. Garage. No pets, \$1,000/mo., \$1,000 deposit. 303-242-6696.

**POWELL: 1 BED TO 4 BEDS,** in town, out of town, Pets maybe, \$500 and up, Wyoming Real Estate Network, Call Larry Hedderman 754-5500.

### Services Offered

**NEED YOUR ROOF** repaired or replaced? Stellar Roofing is licensed & insured. Free Estimates! You have options, so be sure to get a second bid. Call Tom at 307-431-9188.

**EVERGREEN SMALL ENGINE** Repair LLC, Lovell, Keith Herren, 307-431-4299. Work on all small engines, 2-cycle, 4-stroke, sharpen and balance lawnmower blades. Get your oil changed and more.

**LOVELL GARAGE DOOR** and Glass. Serving all of the Big Horn Basin. Call Jason, 307-548-2900 or 307-272-5765.

**AIR BUTLER HEATING** and Cooling, appliance repair and plumbing. 307-254-8180.

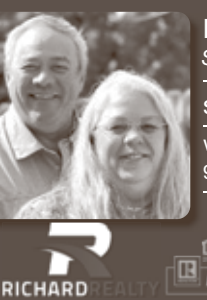
**ELIMINATE GUTTER CLEANING FOREVER!** LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-989-2246.

(42-42W)

### For Rent

### Real Estate

## YOUR KEY TO A SUCCESSFUL MOVE



**Larry Jr. & Dawn Snyder**  
Sales Associates 307-763-2339  
snyder@richardrealty.com  
www.larryanddawnsnyder.com  
927 12th Street, Cody, WY 82414

Choosing a Realtor is as important as choosing your new home.

**SOLD BY DEANNA** Skillman and Berkshire Hathaway HomeServices Hake Realty, 133 5th Ave. N, Greybull, 307-202-3436.

**SOLD BY DEANNA** Skillman and Berkshire Hathaway HomeServices Hake Realty, 303 3rd Ave. S., Greybull, 307-202-3436.

### Services Offered

**THE GENERAC PWRCELL,** a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-888-970-4434

**ARE YOU LEAVING FOR** a day, month or season? We provide basic house maintenance, security, lawn care, pet and livestock care. Serving the Powell/Cody area. 307-254-4410.

**REDNECK TILLING,** \$40/hr., 1 hour minimum. Call and schedule appointment, 307-664-2490.

**SAGE CLEANING LLC:** Residential & business services. Over 15 years experience. Call or text Lisa Lynn at 307-254-5338 for your free estimate.

**AMERICAN CLOCK REPAIR** - We repair all types of clocks - Grandfather, antiques, cuckoo and wall clocks. We also make house calls! Call 307-682-1570.

**FIND ALL PUBLIC NOTICES PRINTED** in Wyoming hometown newspapers in one place for FREE on the state-wide digital repository wyopublicnotices.com. Public notices enable citizens to monitor actions of local governments, serve as watchdogs for government officials and private interests, and exercise their constitutional right to be heard. Stay in the know by receiving FREE text and email notification on notices important to you like bids, meeting minutes, spending, taxes, foreclosures, public hearings, and much more ONLINE at wyopublicnotices.com!

### Cars & Trucks

**1993 F250 4x4 Turbo** diesel. Call and make offer. 307-568-2708.

**BUYING SCRAP VEHICLES** with clear titles. Pete Smet Recycling, 342 HWY 20 North, Worland. 307-347-2528.

**2005 FORD FLATBED.** Lifted, chipped, leather, many extras. 406-426-0361. Greybull.

(5/26-6/2pL)

### Wanted

**JUNK, ABANDONED OR** wrecked vehicles. 307-347-2280 or 307-431-9763.  
(4/21-10/13pL)

### Looking for a Friend?

Contact your local shelter to see pets available for adoption.

### Real Estate

### For Sale

**BRICK-STYLE FIRE WALL** for behind wood stove. \$100 or make offer. 4'x4'x1-1/4" thick. 307-388-8269.

**45" ROUND GLASS** kitchen table with four chairs. 307-272-6304.

**SOLAR KIT FOR cabin/smaller home.** Includes gel batteries, solar panels, combiner boxes, charge controller, power distribution box, power converter expandable to 12,000 watts, transfer switch. Wiring included. NEW. All on pallets ready to transport. Lovell. 307-250-9663.

**GREENHOUSE GARDENS,** 74 Shoshone Ave., Lovell. Seed potatoes, onion plants, trees and shrubs, bedding plants, baskets. Hours: 9 - 5, Monday - Saturday. Closed Sundays.  
BB(5/26-6/2pL)

**WHY PAY MORE** for your new floor? John's Carpet has the lowest prices on carpet, LVT and more. Call Ryan at 307-548-7233 for a free quote.

**33 ACRES IRRIGATED** farm/pasture land for sale 1 mile out of Basin. 307-202-0077.

**1984 24' GOOSENECK** camper. Ready to go. 307-272-6607.

**CABELA'S BIGHORN III** 12"x14" wall tent. Like new with stove plus pipe, \$800. Vortex Razor HD 11-33x50 spotting scope with Vortex Summit Tripod, \$575. S&W 460 with nice chest holster and some ammo and dies, \$1,400. Beretta FS92 w/ holster, \$800. Rem 721 30/06, some ammo and dies, \$400. Rossi 45/70 - \$500. 307-272-5468.

**ELLIE MAY'S HOMEMADE ELDERBERRY SYRUP** - Deliveries to Cody, Powell, Lovell, Greybull & Basin. Call or text to get on Delivery list! 916-759-2048 ellie-mayshomemade.com

**LIKE NEW STIHL FSA 85 LITHIUM-ION BATTERY POWERED STRING TRIMMER** WITH BATTERY AND CHARGING UNIT. Purchased new last spring. \$250 - CALL 307-254-0171.

**USED STIHL BG 56 C GAS POWERED LEAF BLOWER.** \$100 - CALL 307-254-0171

**PROTECT YOUR PROPERTY.** Defender surveillance system with 4 cameras, \$250. Call 754-2037.

**REACH THOUSANDS!** Advertise statewide with the Wyoming Classified Advertising Network. For sale, business services, announcements, recruitment, and more! Contact your newspaper. 25 words only \$150!

### Pets

**SERENITY BOARDING AND STABLES.** Dog and horse. www.serenityboardingandstables.com. 307-272-8497/307-431-0386.  
(11/14tnB)

### Business Opportunity

**SUCCESSFUL AND BUSY WINDOW TINTING** business for sale in Park Co WY. Turn key, excellent opportunity for motivated individuals. Reasonable rent in perfect shop space. Serious inquiries only. Email at windowtintbz4sale22@aol.com  
(37TFCT)

### Feed & Seed

**3.5 TONS SECOND CUTTING ALFALFA.** Shedded near Cody. 307-272-5307.

**CUSTOM LARGE SQUARE** bale stacking. 3x3s, \$4; 3x4s, \$6; 4x4s, \$7. Baling in 3x3s also available. 307-272-4266.  
(5/26-6/16cB)

### To Give Away

**FREE PIANO,** GOOD condition. 307-254-9608.  
(41-42FT)

### Announcements

**YOGA - MONDAY, WEDNESDAY,** Friday at 6 a.m. and Tuesday & Thursday at 6 p.m. at 380 US HWY. 20 South. www.yogabuffs.net. 307-431-0386.

**AL-ANON IS A** fellowship for the family and friends of alcoholics. Greybull Al-Anon has resumed face to face meetings. Friday, noon, at Grace Fellowship Church, 425 S. 5th St., Greybull, WY. Zoom meetings have proven helpful during the pandemic so we will continue to offer them in that way as well: Wednesday, 6pm and noon on Fridays. Call 307-272-7029 for the Zoom login information.

**POWELL AL-ANON** - is a fellowship of friends and families of alcoholics which meets at these times: Wed. at 7 p.m. at 146 S. Bent, Big Horn Enterprises north door; Tues. noon on Zoom until June 7, when we will begin meeting at the above address. For more information call 754-4231 or 271-2556. www.wyomingal-anon.org

**WELCOME TO POWELL!** If you're new to the area, you get a FREE Park County Welcome Basket packed full of local business information, coupons, freebies, and more! Send an email to wyomingwelcome@shayleeh.com or call/text Keawna at 307-254-7022 for info on where to pick up your Park County Welcome Basket. You can also find a list of distributors on our Facebook page @ParkCountyWelcomeBaskets  
(24TFffThursT)

### Help Wanted

### Announcements

**NA MEETS WEDNESDAYS** from 7 to 9 p.m., Grace Fellowship Church, Greybull.  
(tnfB)

**BYRON AA,** 35 S.Pryor St., Basement of Byron City Hall, Fridays, 7-8 p.m.  
(56TFffThursT)

**NARCOTICS ANONYMOUS** in Powell is meeting at 146 S. Bent St., Powell, Tues., Thurs. & Sun. at 7 pm and Sat. at 10 a.m. Virtual meeting information can also be accessed at urmna.org and virtual-na.org Call 307-213-9434 for more info.

**CODY NA MEETINGS-** Mondays and Friday at 7 p.m., temporary location 615 15th St. Building 3. Virtual meeting information can be accessed at urmna.org and virtual-na.org Call 307-213-9434 for more info.  
(24TFffThursT)

**NA MEETS IN LOVELL,** Wednesdays at 7 p.m. at 1141 Shoshone Ave., Saint Joseph's Catholic Church. Call 307-213-9434 for more info.  
(16TFffThursT)

**SUPPORT GROUP** - Tues. at 6 p.m., 215 N. Ferris St., Powell. 254-2283. Reduce anxiety, depression, stress. Understand your strengths, eliminate faulty thinking, learn to flourish and enjoy life. Attendance free and confidential.  
(32TFffThursT)

### Help Wanted

**ENDEAVOR ENERGY** IS looking for help in the oil field. Experienced or without experience. \$16 to \$18 per hour DOE. Driver's license required. Call for interview. 307-202-0678.  
(5/26-6/16cB)

**PART TIME GATE-KEEPER** at South Big Horn County Landfill. Applications available at the landfill.  
(5/26-6/2cB)

**BUSY MEDICAL OFFICE** LOOKING for an ophthalmic technician. You will perform a range of duties which includes preparing the patients to see the physician (preliminary exam, medical history & testing), preparation of examination and treatment rooms. Perform basic and routine vision screening examinations, administering eye medications, process prescription refill requests, cleaning and maintain ophthalmic instruments and assisting physicians during minor surgical and laser procedures. This is a full time position with health insurance, 401(k), employee discounts. Please send resume to: 424 Yellowstone Ave., Suite 100, Cody, WY 82414  
(42-43CT)

**LAW FIRM SEEKING A QUALIFIED** applicant for a part time legal secretary position. Ideal candidate must have a strong independent work ethic and be familiar with MS 365. See full posting at https://www.basinlaw.net/employment-opportunities. Please submit resume via email to basin@basinlaw.net  
(41-42FT)

### Help Wanted

**BUFFALO BILL CENTER OF THE WEST** - Seasonal Gallery Guard and Admissions Clerks Openings. Gallery Guards: Have fun, meet people, learn about the objects, and keep our employees and visitors safe. Gallery Guards ensure the safety of our visitors and collections in the five museums of the Center. Individuals work part time or full-time hours. Shifts include 8 a.m. to 1 p.m., and 1 p.m. to 6 p.m., a variety of days of the week. Admissions Clerks: If you are a people person this may be the job for you this summer. Admissions Clerks are the first point of contact as visitors enter the Center. Positions requires handling money, working on a computer, and working with the public. Apply online at centerofthewest.org/about-us/employment/ or stop by the Center and pick up an application. EOE  
(41-44CT)

**RESIDENTIAL CONSTRUCTION WORKER** WANTED! Intelligent and strong, will train if needed. Full time, local work, \$20 to \$30 per hour d.o.e. Paid weekly. Must have valid drivers license. Call 307-899-1863.  
(39TFCT)

### Northwest College Computing Services Coordinator

**Northwest College Computing Services Coordinator** Installing, configuring, maintaining, updating, and administering the college's network including IOS software, voice-mail systems, wireless hardware and software, security systems, communication systems, and back-up systems. For more information and to apply https://nwc.edu/hr EOE  
BHB(39-42CT)

### Northwest College Vice President for Administrative Services and Finance

**Northwest College Vice President for Administrative Services and Finance** Provides the strategic direction, administrative leadership, and operational management for the College to include, but not limited to: financial operations; computing and information technology; facilities/physical plant operations and master planning/implementation; human resources; accounting and business office, auxiliary and vendor contractors, and insurance and risk management programs. For more information and to apply: https://nwc.edu/hr/ EOE  
(40-43CT)

### RECYCLE this newspaper



## Come Join the Cody Police Department!

The Cody Police Department is seeking applications for a Police Officer. Come join our team!  
• Patrol Activities • Investigate Crimes  
• Responds to Calls for Service • Ensure Public Safety

Health Insurance, Retirement, Paid Holidays, Vacation & Sick Leave. Salary ranges from \$51,105-\$77,763 dependent upon certification. Officers have the opportunity to grow within the department: Bicycle Patrol Unit • School Resource Officer • Bomb Squad • Tactical Response Team

**For Questions, Application and Complete Job Description,** visit www.codywy.gov, stop by City Hall at 1338 Rumsey Ave or email dscheumaker@codywy.gov • 307-527-3468

### Help Wanted



New Horizons Care Center in Lovell has **RN & LPN Openings.**  
To join our team please apply at www.nbhh.com.  
\$11,000 hiring and retention bonus for full-time.



LOVELL, WYOMING is accepting applications for **Experienced Truck Drivers** CDL Doubles/Triples Endorsement Pay based on experience • Pre-Employment Drug Testing Required  
**Benefit Package Includes:** 401K Retirement Plan, Health Insurance, Vacation Pay, Vision and Dental  
For application please contact Tiffany: Email: tiffany@gkconst.com Website: gkconstructioninc.com  
GK Construction Inc. 1169 Lane 11½ Lovell, WY 82431 Phone: 307-548-6155



## Highway Maintenance Technician - Meeteetse

TNHM05-2022-03472 Wyoming Department of Transportation

WYDOT is seeking a Highway Maintenance Technician located in Meeteetse, Wyoming. This is a full-time entry level position.

Position performs various maintenance duties under limited supervision, in order to provide a safe, high quality and efficient transportation system. Duties include, but not limited to: operating single and tandem axle trucks, maintenance equipment and setting up proper traffic control.

Preference may be given to those with 2-3 years of progressive work experience (typically in Highway Construction and/or Highway Maintenance). Must have the ability to obtain a Class A Commercial Driver's License.

**Hiring Range: \$16.40-19.44 Hourly**  
**For more information or to apply online go to:** https://www.governmentjobs.com/careers/wyoming

**Open Until Filled. EEO/ADA Employer.**



## Highway Maintenance Technician - Basin

TNHM05-2022-03472 Wyoming Department of Transportation

WYDOT is seeking a Highway Maintenance Technician located in Basin, Wyoming. This is a full-time entry level position.

Position performs various maintenance duties under limited supervision, in order to provide a safe, high quality and efficient transportation system. Duties include, but not limited to: Operating single and tandem axle trucks, maintenance equipment and setting up proper traffic control.

Preference may be given to those with 2-3 years of progressive work experience (typically in Highway Construction and/or Highway Maintenance). Must have the ability to obtain a Class A Commercial Driver's License.

**Hiring Range: \$16.40-19.44 Hourly**  
**For more information or to apply online go to:** https://www.governmentjobs.com/careers/wyoming  
**Open Until Filled. EEO/ADA Employer.**



Help Wanted

**Northwest College Campus Security Assistant**  
Nights/Weekends  
Position performs campus enforcement, safety, and security tasks. Valid U.S. driver's license, acceptable driving record, and ability to successfully pass background check necessary. Fully-benefitted. Starting wage is up to \$14.60/hour. To apply and see the full job description, go to: [www.nwc.edu/jobs](http://www.nwc.edu/jobs) EOE  
(40-43CT)

**BIG HORN ENTERPRISES** has openings in our residential program. These positions offer 34+ hours per week with flexible scheduling, generous paid leave, dental and vision insurance, and a \$1,000.00 sign on bonus. If you would be interested helping people with disabilities in a relaxed, friendly environment, please call 307-754-5101, ext. 1, or come and apply at 146 S. Bent in Powell.  
(39-42CT)

**SALES ASSOCIATE - DENNY MENHOLT**  
Chevrolet Buick GMC - Downtown Cody - We are expanding and are looking for a few great folks to join our team. We offer Health Care Benefits, 401K Retirement Plan & Paid Vacation & Holidays, in-house training and more. You must be a self starter and have some computer skills. Are you a team player searching for a rewarding career? Please apply in person at 1172 16th St., Cody, WY. 1-307-587-4218 or send resume info@dennymenholtcody.com  
(38-49CT)

**RECYCLE**  
this newspaper

**The Powell Tribune is seeking part-time employment for its MAILROOM on Monday & Wednesday nights.**  
Applicants must be able to stand for 4-5 hours and be able to lift 25 lbs. Applicants must also be able to follow directions and work well as a team. Hours range from 5 pm to 10 pm. Please stop by the Powell Tribune Front Office at 128 S. Bent to pick up an application.  
**POWELL TRIBUNE**  
128 SOUTH BENT STREET • 307-754-2221 • WWW.POWELLTRIBUNE.COM

**Summer Positions Available**  
The City of Cody is seeking applicants to fill various seasonal positions within the City of Cody. Positions are available in the Parks, Recreation, and Aquatics. Pay range of \$11.54 – \$16.31 depending on position applied for. Specific job, pay information, and applications may be obtained from City Hall at 1338 Rumsey Ave, by emailing [dscheumaker@codywy.gov](mailto:dscheumaker@codywy.gov) or by visiting our website at [www.codywy.gov](http://www.codywy.gov). Positions will remain open until filled and will begin at various times dependent upon weather. Applications will be reviewed as received. The City of Cody is an Equal Opportunity Employer.  
(18,19,22,23,26,27,30,31,34,35,38,39,42,43CT)

**PUBLIC NOTICES**  
"BECAUSE THE PEOPLE MUST KNOW"

**MDU increase**  
PUBLIC NOTICE  
The Wyoming Public Service Commission (Commission) approved the Application of Montana-Dakota Utilities Co. (MDU or the Company) to pass-on a wholesale commodity cost increase of \$0.837 per dekatherm (Dth) to its residential, general, and small and large interruptible service customers, as well as an increase of \$0.836 per Dth for optional seasonal customers, effective for usage on and after May 1, 2022. The proposed change is due to an increase in the wholesale commodity price of natural gas and a small decrease in transportation capacity and pipeline-related costs.  
The Company's proposal results in an increase of approximately \$3.01 or 6.72%, before taxes, for an average residential customer using 3.6 Dth during May 2022. Actual bills will vary with usage.  
Commission Rule Chapter 3, Section 26 allows a utility to pass-on, to its customers, known or projected commodity cost increases or decreases, on a dollar-for-dollar basis, subject to public notice, opportunity for hearing and refund.  
MDU's Application is available for inspection during regular business hours at the Commission's offices in Cheyenne, Wyoming or any time online at: <https://dms.wyo.gov/external/publicusers.aspx> (Enter Record No. 17034).  
Anyone desiring to file a statement, intervention petition, protest, or request for hearing must file with the Commission in writing, on or before June 15, 2022. A proposed intervention or request for hearing shall set forth the grounds, the position and interest of the petitioner in this proceeding.  
If you wish to participate in this matter and you require reasonable accommodation for a disability, contact the Commission at (307) 777-7427, or 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming 82002. Communications-impaired persons may con-

Help Wanted

**PLEASANT FEMALE TO CARE** for 2-1/2-year-old in our home in Willwood area. 5 days a week, 8:30 to 4:30. Compensation negotiable. Call Ana, 714-745-7275.  
(34-43PT)  
**ARE YOU A CARING person?** You are NEEDED! Families of domestic violence and sexual assault want and need someone to care. Please call Crisis Intervention Services at 754-7959 or 307-272-4754 and put your talents to work. Volunteer today! Thank you.  
(53TF)

**Museum Caretaker**  
20 hours a week \$12.42/hour  
General maintenance duties, including special events and seasonal jobs. Some Saturdays required. Send letter of interest & provide 3 references to:  
**Homesteader Museum**  
324 East 1st St., Powell, Wyoming  
By June 8, 2022  
**Homesteader Museum**  
PARK COUNTY  
Powell Wyoming  
(10-49CT)

**Organ Donor Info:**  
The Living Bank  
1-800-528-2971

**Park County School District #1-Certified Teaching Position**  
**English Teacher**  
Powell High School/Park 1 Virtual Academy  
**Responsibilities are** to provide instruction in English for students in Grades 9-12/Virtual Grades 6-12.  
**Requirements** for all certified staff vacancies include bachelor's degree, qualification for WY certification with the appropriate endorsement  
**Salary:** District Certified Staff Salary Schedule 2022-2023 Base = \$51,000.00  
**Employment Term:** 185-day contract; starting August 16, 2022  
**Closing Date:** Will remain open until filled  
Interested individuals should apply online at [www.pcsd1.org](http://www.pcsd1.org)  
**For questions or concerns** call 307-764-6186  
EOE - To see our full non-discrimination statement see the home page on our website.  
(41-43CT)

Help Wanted

**Big Horn County School District #3 is hiring for the following position:**  
**Greybull Elementary School Administrative Assistant** - to begin August 1, 2022  
Provide a wide variety of confidential administrative and secretarial support to the Greybull Elementary principal and staff. (A complete description available online)  
Minimum starting wage \$16.40/hour  
10 month position (205 days)  
Please apply online: [www.greybullschools.org](http://www.greybullschools.org) or <http://www.applitrack.com/bighorn/onlineapp/>  
Mark A. Rose, Superintendent  
Big Horn County School Dist. No. 3  
640 8th Avenue North  
Greybull, WY 82426  
Application Deadline: May 30, 2022  
This institution is an equal opportunity provider. Big Horn County School District No. 3 does not discriminate on the basis of race, color, national origin, sex, age or disability in admission or access to, or treatment or employment in, its educational programs or activities. Inquiries concerning Title VI and Title IX may be referred to the Big Horn County School District No. 3 Superintendent located at 640 8th Avenue North, Greybull, Wyoming or phone 307-765-4756. Inquiries concerning Section 504 may be referred to Big Horn County School District No. 3 District Nurse located at 125 8th Avenue South, Greybull, or phone 307-765-2311. This information will be provided in an alternative format upon request.

**EXCITING STAFF ACCOUNTANT POSITION AVAILABLE**  
1 full-time day position, 40 hr/wk.  
Responsible for journal entries, reconciliations, monthly reports including financial, statistical & reimbursement, accounts payable/payroll processing. Associate's degree required, Bachelor's degree preferred. Fully benefited position.  
**Powell Valley Healthcare** offers a full benefit package to all full-time and part-time employees. These benefits include health insurance (medical, dental, and vision), a pension plan, long term disability insurance, life insurance (equal to your annual salary), and paid time off. EOE  
**Powell Valley Healthcare**  
777 Avenue H • 754-2267 • WWW.PVHC.ORG  
(10MAY20)

**CURRENT OPENINGS**  
Come be a part of our dynamic team that takes pride in our Personal Service Excellence!  
• Care Center RN/LPN, CNA  
• EMT, EMT I and Paramedic  
• Dietary Aide  
• Phlebotomist  
**North Big Horn Hospital District and NEW HORIZONS CARE CENTER**  
1115 Lane 12, Lovell, WY 82431  
Visit our website at [www.nbh.com](http://www.nbh.com) to apply or contact human resources at 307-548-5274. EOE

**VACANCY**  
Big Horn County School District #2, Lovell  
**LHS Title I Paraprofessional**  
This is a part-time classified position. This position is without benefits. 5.75 hours a day at \$16.50 per hour for 178 days a year. This position begins in the 2022 -2023 school year. The position will be open until filled.  
Applicants may apply online by visiting [www.BGH2.org](http://www.BGH2.org), and following the links under the 'employment' tab.  
For additional inquiries please contact the office of Superintendent Doug Hazen at 307-548-2259 or via e-mail at [cgallagher@bgh2.org](mailto:cgallagher@bgh2.org).  
Big Horn County School District #2 complies with equal opportunity and non-discrimination on the basis of race, color, sex, religion or national origin.

Help Wanted

**BIG HORN RED MIX INC**  
Big Horn Red Mix is looking for Full time, year round **MIXER/END DUMP DRIVERS** for its Powell and Cody locations.  
Must have a Class A or B CDL with a clean driving record and pass a pre-employment drug test. Benefits include 100% EMPLOYER PAID Medical, Dental, Vision and Life insurance. Vacation pay after a year.  
Please go to either the Cody or Powell Batch plants to pick up an application or request an application by email at [bhrrmoffice@rtconnect.net](mailto:bhrrmoffice@rtconnect.net)

Help Wanted

**Minerals Technologies Inc.** is currently seeking candidates for the position of **Control Room Operator and Bulk Loader** for the Lovell, WY plant.  
Starting wage of \$25/hr and benefits.  
Candidates need the ability to lift 50 lbs., have basic computer skills, and the desire to work safely.  
All offers of employment are conditioned upon successfully passing a drug test.  
For job applications, please visit our plant office at 92 Highway 37 in Lovell, WY  
**MINERALS TECHNOLOGIES**  
**ACC AMERICAN COLLOID COMPANY**  
**CETCO**  
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tact the Commission by accessing Wyoming Relay at 711. Please mention Docket No. 30013-384-GP-22 in your communications.  
Dated: May 16, 2022.  
First Publ., Thurs., May 19, 2022  
Final Publ., Thurs., May 26, 2022

**Gas increase**  
PUBLIC NOTICE  
The Wyoming Public Service Commission (Commission) approved the Application of Montana-Dakota Utilities Co. (MDU or the Company) to pass-on a wholesale commodity cost increase of \$0.769 per dekatherm (Dth) to its residential, general, and small and large interruptible service customers, and a decrease of \$1.405 per Dth for optional seasonal customers, effective for usage on and after April 1, 2022. The proposed change is due to an increase in the wholesale commodity price of natural gas and a small increase in transportation capacity and pipeline-related costs.  
The Company's proposal results in an increase of approximately \$5.46 or 8.58%, before taxes, for an average residential customer using 7.1 Dth during April 2022. Actual bills will vary with usage.  
Commission Rule Chapter 3, Section 26 allows a utility to pass-on, to its customers, known or projected commodity cost increases or decreases, on a dollar-for-dollar basis, subject to public notice, opportunity for hearing and refund.  
MDU's Application is available for inspection during regular business hours at the Commission's offices in Cheyenne, Wyoming or any time online at: <https://dms.wyo.gov/external/publicusers.aspx> (Enter Record No. 17016).  
Anyone desiring to file a statement, intervention petition, protest, or request for hearing must file with the Commission in writing, on or before June 15, 2022. A proposed intervention or request for hearing shall set forth the grounds, the position and interest of the petitioner in this proceeding.  
If you wish to participate in this matter and you require reasonable accommodation for a disability, contact the Commission at (307) 777-7427, or 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming 82002. Communications-impaired persons may con-

tact the Commission by accessing Wyoming Relay at 711. Please mention Docket No. 30013-383-GP-22 in your communications.  
Dated: May 16, 2022.  
First Publ., Thurs., May 19, 2022  
Final Publ., Thurs., May 26, 2022

**Name change**  
STATE OF WYOMING )  
IN THE DISTRICT COURT ) ss.  
5TH JUDICIAL DISTRICT  
Civil Action Case No. 30421  
IN THE MATTER OF THE )  
CHANGE OF NAME OF )  
Forest Gabriel Renand-Fontaine )  
Petitioner )  
NOTICE OF PUBLICATION  
You are hereby notified that a Petition For Change of Name, Civil Action No. 30421 has been filed on behalf of Forest Gabriel Renand-Fontaine in the Wyoming District Court for the 5th Judicial District, whose address is 1002 Sheridan Ave., P.O. Box 1969, Cody, WY 82414, the object and prayer of which is to change the name of the above-named person from Forest Gabriel Renand-Fontaine to Forest Gabriel Fontaine.  
Any objection must be filed with the District Court within 30 days following the last date of publication of this notice, or an Order Granting Name Change may be granted without further notice.  
DATED this 13th day of May, 2022.  
BY CLERK OF COURT: Patra Lindenthal, by Lynell Preston/Deputy  
First Publ., Thurs., May 19, 2022  
Final Publ., Thurs., June 9, 2022

**SUV proposal**  
REQUEST FOR PROPOSAL  
VEHICLE RFP# NWC 2022-002  
(1) MID-SIZE AWD SUV  
Northwest College is seeking Proposals to purchase one (1) mid-size AWD SUV. Selection of the firm will be at the discretion of Northwest College and the College reserves the right to reject any or all proposals. Proposal packets are available at Northwest

College, Wyoming. Packets can be faxed or emailed by contacting Deb Jacobs at (307) 754-6045. All proposals must be received on or before 2:00 p.m., Thursday, June 2, 2022. Questions regarding this Request for Proposal should be referred to Dennis Quillen at (307 754-6012).  
Publ. Thurs., May 26, 2022

**NWC van proposal**  
REQUEST FOR PROPOSAL  
VEHICLE RFP# NWC 2022-003  
CHEVROLET or GMC 3500 EXTENDED  
TWELVE PASSENGER VAN  
Northwest College is seeking Proposals to purchase a 12-passenger van. Selection of the firm will be at the discretion of Northwest College and the College reserves the right to reject any or all proposals. Proposal packets are available from Northwest College, Powell, Wyoming. Packets can be faxed or emailed by contacting Deb Jacobs at (307) 754-6045. All proposals must be received on or before 2:00 p.m., Thursday, June 2, 2022. Questions regarding this Request for Proposal should be referred to Dennis Quillen at (307 754-6012).  
Publ. Thurs., May 26, 2022

**Water supply contract**  
The Bureau of Reclamation intends to execute a water service contract with Shoshone Municipal Pipeline (Contractor) in accordance with Sec. 9(e) of the Act of August 4, 1939 (53 Stat. 1187). The contract will provide year-round water supply to the Contractor from the Shoshone Project for 9,725 AF of water. To provide written comments, to request additional information, or to view a copy of the proposed contract, please contact Cathy Johnston at 307-261-5649, or write to: Cathy Johnston, Bureau of Reclamation, Wyoming Area Office, P.O. Box 1630, Mills, WY 82644. Written comments will be accepted for a period of 60 days from the initial date of this notice.  
First Publ., Thurs., May 26, 2022  
Second Publ., Tues., May 31, 2022  
Third Publ., Thurs., June 2, 2022







# HEALTH AND Fitness

SUPPLEMENT TO THE POWELL TRIBUNE ■ THURSDAY, MAY 26, 2022

## Reversal of fortunes

**MATTHEWS AT CLUB DAUNTLESS**

BY MARK DAVIS  
Tribune Staff Writer

They met in band camp. Melanie was a flag girl and Jeff played the drums. Fifteen years and three kids later Melanie received bad news from her doctor. She would need surgery unless she changed her life dramatically.

Years of lifting kids, hectic schedules and poor nutrition habits led to two bulging discs and one herniated disc in her lower back, and 45 extra pounds on her frame.

"We had a bad relationship with food," Melanie said.

Despite the pain, she was determined to reverse her fortunes. She started exercising and eating right.

Jeff, who's a high-voltage electrician, was happy Melanie was determined to improve her level of fitness but wasn't inspired to join her. Then, on a trip to a remote electrical line in the Beartooth Mountain wilderness, he was struggling to climb the pole while a 60-year-old co-worker was making the hard task look effortless.

"We had to hike into that location," he said. "It was like 90 degrees that day and I was just so out of shape."

So he decided to join his wife and together they embarked on a journey of fitness. They found joy in the stress-relieving activities and their confidence increased as they watched their bodies transform. Soon, with a ton of changes to their lifestyle, both were in the best shape of their lives.

Then Jeff had a tragic accident. He doesn't remember much about that October night. He was riding a sweet 1100cc cruiser one minute and seemingly woke up in a hospital the next. He doesn't remember how he wrecked or being life-flighted to St. Vincent's in Billings. He had a broken scapula, three broken ribs and 15



Melanie Matthews leads a combat fitness class at Club Dauntless while her husband, Jeff, joins in on the workout. The Matthews family, including their three children, have embarked on a lifestyle of fitness, in part to help recover from severe injuries. Tribune photo by Mark Davis

broken bones in his face. But the most life-threatening injury was his swollen brain. Doctors had to do surgery to relieve the pressure. "The whole right side of my skull got cut out," he said.

Jeff wasn't conscious to see his family pray at his side or the Powell community come to his aid.

Tommy May and Brock Ninker — along with many others — quickly put together an entire afternoon of stock car races a month after the accident to raise money for the Matthews family.

"The only thing that got me through it was the community and how everyone banded together to help us," Melanie said.

Her husband was in a coma for 10 days and hospitalized for

more than a month. As bad as that may sound, he was actually lucky to live. While he was in a coma doctors showed Melanie an MRI of Jeff's skull, pointing to dark areas. Those areas of the brain that are permanently damaged appear as dark spots, or "black holes."

Melanie didn't know what to do so she stayed put. She was afraid to leave his side. Then Jeff surprised them all.

He began to quickly heal. One of Jeff's first memories after the accident was his neurosurgeon telling him his level of fitness had saved his life.

"He said, 'I don't know what you're doing. But had you not been doing it, you'd be dead.' So keep doing it."

He didn't have to tell Jeff twice. And, while it may seem a little odd, Melanie continued her exercise regimen while Jeff was in the hospital. She reorganized the hospital room to have room for her workouts.

"If I would have just sat there and not taken care of myself, my back would have been out and I would have been no good to anybody," she said.

Jeff and Melanie came out of the experience inspired by the folks who came to their rescue and the exercise routines that gave them both more productive lives. Melanie decided to become a certified health and wellness

See Matthews, Page 2



Jeff Matthews recovers in the hospital after a near fatal motorcycle accident. He credits his wife, Melanie, for inspiring him to get into the best shape of his life prior to the accident. His neurologist said if he had not been in fantastic shape, he probably would have succumbed to his injuries.

Courtesy photo



Westside Elementary fourth grade students learn a variety of sports including table tennis, golf, high jump and fencing from the fifth grade class on May 13. Photos by Lucy Jane Crimm and Braden Schiller

## Westside fifth graders teach schoolmates unconventional sports

BY BRADEN SCHILLER  
Tribune Staff Writer

'Fencing is really a sport for flexible people.'

Westside Elementary's fifth graders took over the school grounds to teach fourth graders new ways to stay active the morning of May 13.

With the supervision of teachers and family members, fourth grade students rotated through 16 lessons

spread out over the Westside campus and its bordering park.

"Fencing is really a sport for flexible people," fifth grader Karson Howe said.

He and his fellow teammate were demonstrating some rather aggressive side lunges that would help the fencer block an incoming attack from a blade, or in this case a bright pink pool noodle.

Other students practiced their golf and polo swings, while some searched for tranquility at the yoga station.

Fifth grader Wyatt Bost jokes that his favorite part about teaching yoga is "seeing if they're better than me at it (yoga), because I'm not that good at it."

Luke Robertson, Westside's physical education teacher, has

held the event since roughly 2014. The project is a collaborative effort between physical education and the computer lab. The collaboration emphasizes physical education, research skills and public speaking. It was originally developed by Robertson and former Westside librarian Jennisen Lucas.

In January all of Westside's fifth grade students gathered in the gym

to learn about the sports project and choose a sport. Students were split into groups of three or four and asked to make a list of sports they would most like to teach. In the past couple years students have been able to choose a sport within their top five to seven choices, said

See Sports, Page 4

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The team meets each weekday for early evening practices. Enjoy swimming, deck workouts, bike rides and around-town runs during the summer.

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swimcoachjerry@gmail.com or talk with him during a team practice at the pool.



Athlete outreach scholarship and financial aid is available.



# Powell Recreation plans on a summer full of activities

BY KEVIN KILLOUGH  
Tribune News Editor

Powell Recreation District is charging full steam ahead with a packed schedule of summer events for the kids. This year, the district is partnering with the Children's Resource Center to bring back Kid Zone for the younger kids, and for the adults, co-ed softball returns.

is \$14 per person for the pee wee classes, and \$16 for the older kids.

This year also features Extreme Sports events from June 8 to July 13, at Powell Middle School. For kids ages 9 to 13 who want to try something outside the traditional sports, these activities will include longball, Greek footsketball, ultimate frisbee, and spikeball. The activities run June 8 through July 13, and the fee is \$10.

Gymnastic activities will run through much of June. These non-competitive classes at the Parkside Elementary Gym are for ages 3 to 13, with fees ranging from \$27 to \$30. Students will develop strength, balance, coordination, flexibility and confidence.

Youth cheer classes will break down the basic cheer moves. The classes run from Aug. 1 to Aug. 12, for grades four through eight. The fee is \$35 and includes a T-shirt. Family discounts are available.

Young golfers can learn all aspects of the game with PGA pro Doug Firth. The classes run June 1 through July 20, for ages 7 to 17. The fee is \$60 for six weeks of instruction. There will be a parent/child tournament on June 22, and a Camp Championship on July 20.

Big Horn Martial Arts Academy will be offering Taekwondo classes for ages 6 and up, including adults. The classes run monthly throughout the year, at Trinity Bible Church. Fees are \$40 per person, with discounts for families.

Beginning May 31, there will be several Youth Sports Camps, covering basketball, volleyball, football and tennis. The ages for the weekly camps vary. All camps are at Powell Middle School, and there is no fee.

Early fall football, soccer and volleyball activities will continue at the end of August through September.

For adults, Co-Ed Softball League is returning. Dates are July 5 through Aug. 11. Registration deadline is June 20, and there is a fee of \$150 per team.

Stenerson said it's been a few years since the district held the activity, but he's expecting it will be as big a hit this year as it was before.

"That went over really well. We're hoping to pick that up again and make it even better," the director said.

### OTHER ACTIVITIES

The district's Summer Academy is offering a range of classes and craft activities for kindergartners through eighth graders. These include Bike Stars, Gardening and Bugs, Scrap Booking, and Cupcake Wars.

Stenerson said previous Cupcake War classes had a lot more boys who were perhaps expecting a good food fight. While no actual food is thrown, he said the baking classes are a lot of fun.

The classes run through June and July. Fees are \$22 per class, and \$19 per class for additional family members in the same household. For more information on activity times and dates, please visit [www.powellrec.com](http://www.powellrec.com).

The 36th annual Kids' Fishing Day will return on Saturday, June 4, at the Homesteader Park Fish Pond. Registration deadline is June 3. The event is free, and the pond will be open to the general public all summer from 7 a.m. until dusk. All Wyoming Game and Fish regulations must be adhered to.

The district is teaming up with the Science Zone to offer GSK Science for students entering grades two to six. This free summer education program aims to inspire the next generation of scientists. Contact the district at 754-5711 for details.

Other activities include fitness classes, pickleball, a triathlon on May 28, and zumba classes. More information can be found at [www.powellrec.com](http://www.powellrec.com), or call 754-5711 for details.



## HAND 2 FOOT HELPS RELIEVE TENSION, PAIN AND STRESS THROUGH REFLEXOLOGY

BY LUCY JANE CRIMM  
Tribune Intern

Deborah Slaughter has a zeal to heal and is finally living her long-term dream of helping others with her reflexology business Hand 2 Foot, which opened on May 1. It is the only reflexology business in Park County.

Reflexology is the application of pressure to the hands or feet to relieve tension, pain and illness.

"Our feet are the maps to our bodies," Slaughter said. "Once I learned that, then I learned to stimulate specific reflex areas on the feet that correspond to different internal organs and optimize the functioning of the organs."

Reflexology can help rid the body of toxins such as pollution, radiation, chemicals, pesticides and medications. It can relieve pain, injuries, stress, migraines, tension, digestive and respiratory problems, and improves overall health.

"When toxins accumulate in our bodies, our bodies warn us in forms of pain and other symptoms," Slaughter said. "Reflexology renews your immune system, it reduces inflammation, muscular pain ... it also helps anxiety. It's just an overall huge range of how reflexology can benefit a person's well-being and their quality of life."

Slaughter has been caring for others her whole life; at a young age she would care for her family

members and later became a certified nurses assistant. Her life goal has been to find natural ways to maintain a healthy body and mind. After researching natural ways to relieve muscle pain and watching a video on foot massages, Slaughter felt she would be good at it and wanted to learn more to help herself and others improve their health.

After unexpected events, the Wyoming Division of Vocational Rehabilitation helped make Slaughter's dream a reality by giving her an opportunity to develop a career she always wanted to pursue.

"I would like to teach everybody the benefits of [reflexology]. I want to get to know the community and help people better their health and their well-being," Slaughter said.

Slaughter is passionate about what she does. She personally has experienced the benefits of reflexology and wishes to share it with the community. She would eventually like to host workshops for couples and individuals who struggle with mental health to teach them basic techniques they can use on themselves or others.

Hand2Foot is available Monday through Saturday by appointment only. To make an appointment call 307-271-1408.

### HAND2FOOT RATES

- 30 Minutes - \$35
- 60 Minutes - \$55
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## Matthews: Doctor says diet and exercise saved Jeff's life

Continued from Page 1

coach and started teaching classes.

"The one thing that helped me move forward with [teaching] and doing this was I had to find a way to pay [the community's help] forward by helping other people."

Currently she teaches 10 exercise classes a week — eight a week at Club Dauntless. You'd think it would be enough exercise for an entire basketball team, but Melanie doesn't stop there. She also takes a couple classes a week.

Jeff is equally obsessed and loves to join her classes for several types of fitness training — from ballet to combat styles. The diversity of exercises helps his brain as it continues to heal. But it's not just exercise. Melanie concentrates on nutrition and physical activity equally.

After a few weeks in the hospital, Jeff wanted a Red Robin milkshake. "It almost put me back in my coma," Jeff joked.

But he knows diet and exercise



Jeff Matthews, his son Jaxton, Renzy, his wife Melanie and son Kendal pose for a family photo. Jeff is a high voltage electrician and Melanie is a fitness and health coach. Courtesy photo

saved his life and trusts his "personal" coach to keep him on the right track. It was hard at first, he warned, but well worth it in the end.

"It's like playing the guitar," he said. "You can teach your brain to play guitar. You might suck at first, but you get better every time you play."



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# NEW FARMERS MARKET COMING TO POWELL

BY KEVIN KILLOUGH  
Tribune News Editor

Vince Smith, vice president of operations at Yellowstone Motors, has an idea for a different kind of farmers' market. The farmers' market at Yellowstone Motors will come to fruition on Saturday, May 28.

The team putting it together includes Wendi Peterson and Scott Larsen. Neither of them have official titles. Peterson calls herself a "facilitator of all things," and works as a consultant. Larsen is an employee at the dealership, but he isn't sure what his title is.

Smith, who is from New Jersey, talks with the rapid speech pattern of someone from the East Coast.

"I'm trying to talk slower, but I'm definitely listening slower," he jokes.

Smith said he's been up since 2:30 a.m., and he's on his second pot of coffee. He's also had a couple Red Bull energy drinks, and he's halfway through a Coke on his desk.

The farmers' market at Yellowstone Motors will have a range of local vendors, Smith said, and the dealership isn't charging them anything for space. They get all the advertising for the event for free. The goal is to create something with a public benefit.

"This town has been good for us, and we want to do something for them," Smith explained.

It's not a rummage sale or a flea market. It will be quality local foods and quality products from local artisans, making everything from tamales to baked goods to soaps and candles.

Smith, who sits on the Powell Economic Partnership/Chamber of Commerce Board of Directors, is a big believer in expanding hours of shopping opportunities. At Yellowstone Motors, he's held a couple Black Friday sales at midnight. He said when the doors open, he'll find more than a dozen people lined up to shop.

"It's surreal to see people at 2:30 in the morning walking around with their kids in pajamas, shopping for vehicles," Smith said.

So, his thinking goes, offering



a weekend farmers' market will expand opportunities for local vendors. With a Saturday event, they're not competing with the Powell farmers' market, which is held every Monday evening next to Washington Park.

"We wanted to offer another avenue for our local vendors," Peterson said.

They're going to have a single food truck each week, rather than inviting a swarm of them. On May 28, they're bringing in the Olive Branch, a food truck billing itself as "a Mediterranean kitchen on wheels."

The menu includes arancini, tabouli, eggplant parmesan, and falafel wraps. Larsen said he sampled some of the truck's fare at the Northwest College Paint The Town Red event last September. It was so good he went back for another round, but the

truck was sold out. "They were just whipped out completely," Larsen said.

Visitors to the Saturday farmers' market can drop by Yellowstone Motors for five Farmers Market Bucks, which shoppers can use at any of the market's vendors.

The goal is to hold the markets weekly through September. As the trio shapes details of the May 28 event, Smith is already throwing out ideas for fall and winter events, such as an apple-picking and Christmas festivals.

"If we build it, they will come. People want events," Smith said.

Vendors wanting to sell at the markets or shoppers needing more information can contact Peterson at farmersmarket@yellowstonemotors.com or call 307-754-5743.



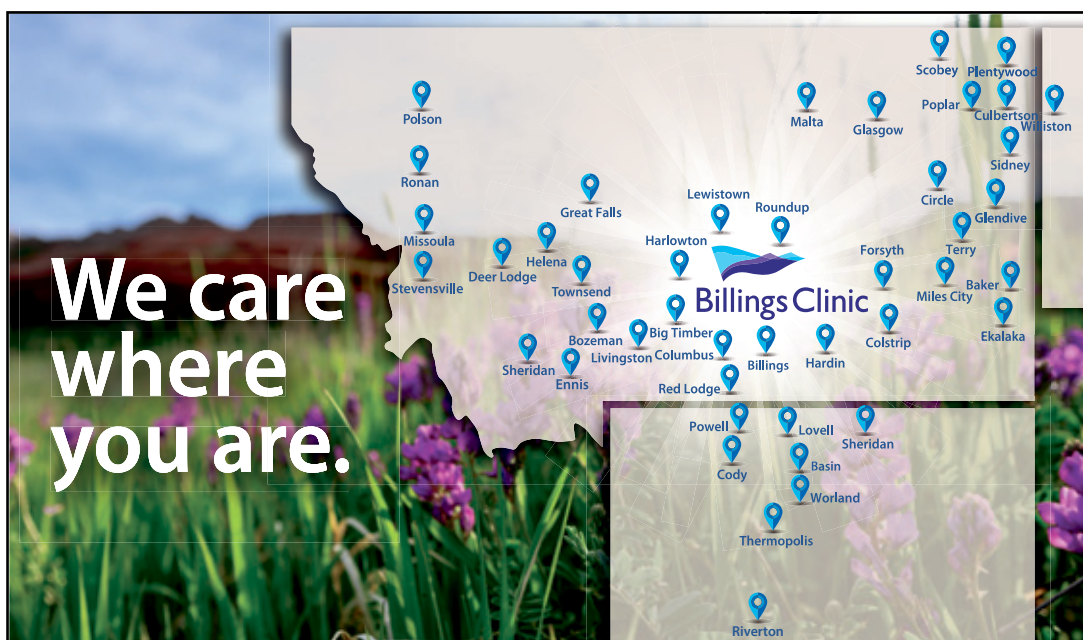
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720 Lindsay Lane, Suite C.  
Cody, WY

**Worland Orthopaedic Clinic**  
401 S. 15th Street  
Worland, WY

**Powell Orthopaedic Clinic**  
639 W. Coulter Ave  
Powell, WY

**Lovell Orthopaedic Clinic**  
1115 Lane 12  
Lovell, WY

**Thermopolis Orthopaedic Clinic**  
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### GYMNASTICS

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### KIDS' FISHING DAY

Saturday, June 4, ages 16 & under

### KID ZONE

Beginning June 1, ages 2-5

### YOUTH TENNIS

3 sessions beginning June 27, ages 4-13

### SUMMER ACADEMY

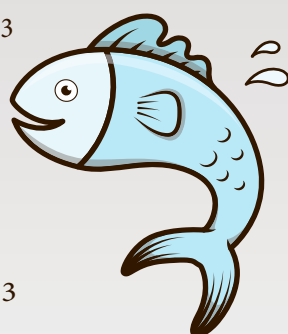
Weekly sessions starting June 6, grades K-8

### MARTIAL ARTS

Big Horn Martial Arts Academy, ages 6 & up

### YOUTH CHEER

August 1-12, grades 4-8



Contact Powell Rec  
307-754-5711  
[www.powellrec.com](http://www.powellrec.com)



Call 307.578.2180 to set up an appointment with a provider or visit [CodyRegionalHealth.org](http://CodyRegionalHealth.org).



Regional healthcare. It's in our name.





Kaylee Ross winds up as she gets ready to practice her lacrosse throw at Westside Elementary on May 13. Tribune photos by Braden Schiller

## Sports: Students choose sports

Continued from Page 1

Robertson. Students have been able to research and teach a sport they have some interest in. Students selected one of four roles: coach, slideshow designer, photographer and publicist. This year students chose cricket, golf, track and field (high jump and long jump), field hockey, polo, fencing, bocce, lacrosse, rugby, pickleball, squash, table tennis, croquet, track and field (shot put, discus and javelin), and yoga. The goal of the project is to help students develop research and communication skills, along with learning a sport they have not had much exposure to. From January until May students re-

searched, developed lesson plans and presentations, and practiced their sports. Students were also tasked with organizing a Google Slides presentation. Robertson says knowing how to put together a slide presentation will be beneficial for students later on in life. The morning of the event students and family members crowded into the Westside gymnasium to support honorary coaches. Students spread out over Westside's campus to teach the fourth graders while amused teachers and members of the community watched. "It's a little window for some of the community members to see what goes on in physical education class," Robertson said.



Finley Franklin takes a swing at trying a new sport as part of a Westside physical education project on May 13.


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# CLIMBING IN POPULARITY

**INTEREST IN CLIMBING IS GROWING, THIS IS HOW YOU SHOULD PREPARE**

BY BRADEN SCHILLER  
Tribune Staff Writer

Once on the fringe of popular culture, climbing has recently experienced a surge in popularity.

Many new to climbing or those interested in the sport may not know that the Park County area has a variety of sport climbing and bouldering locations to choose from.

"I've been here for 19 years now and in that time frame climbing has gotten more popular," outdoor instructor Keith McAllister said.

Northwest College hosts open wall climbing on Mondays, and regular attendance has exploded in size from a handful of people to more than 20.

In Park County, residents can also find both sport and boulder climbing that ranges from beginner to advanced. "The Island" just past Cody toward Yellowstone is

a popular spot for sport climbers who want an easy climbing experience or something more challenging. Bouldering can be found at Cedar Mountain, which McAllister says is the popular climbing discipline in the Cody area.

Sport climbing is a type of climbing where the climber clips into a series of preplaced anchors on a route on a chosen rock face.

Bouldering is ropeless climbing that typically ranges from several feet to 20 feet; these routes are called problems.

With any extreme sport it's important to be prepared. The first step in preparation comes with gaining experience. A beginning climber can learn from friends, guides and climbing gyms.

People in the Powell and Cody area who are interested in learning more are encouraged to reach out to NWC's outdoor program about

See Climb, Page 8



Above, Alicia Hines balances on a ledge while she prepares to clip into the next bolt on Black Wall, a route at The Island climbing spot just outside of Cody. At left, Hines and climbing partner Bill Wixted are all smiles after Hines finishes climbing Black Wall, a difficult route she had been working on for some time. Tribune photos by Braden Schiller



## ADVANTAGE REHAB

### Powell office gains new specialist

BY BRADEN SCHILLER  
Tribune Staff Writer

Jerod Sharp followed the yellow brick road from Wichita, Kansas, to Advantage Rehab's Powell office.

"My wife is from Washington, I'm from Kansas and since we got married five years ago, we had two kids, and we're trying to plant roots somewhere," Sharp said. "We wanted to be somewhere where we can enjoy public lands and mountains and kind of just enjoy country life a little bit."

Sharp, who formerly did contract work, specializes in orthopedics. He brings 11 years and roughly 20 clinics worth of experience with him to Powell.

According to Advantage Rehab's

website, Sharp specializes in spinal rehabilitation, dry needling, orthopedic rehabilitation, neurology rehabilitation and general pediatrics.

"I've been able to get exposed to a lot of stuff that I probably wouldn't get just by being in one location for 10 years," Sharp said.

The most enjoyable part of the job is being able to "get to know people and to help educate them," Sharp said.

"A lot of times I'll give them an analogy of comparing your body to a car," he said. "You wouldn't dare drive your car without changing the oil sometimes, or rotat-

ing tires. Our bodies are really no different than that. We just got to figure out what the oil change and the tire rotation on ourselves is."

Sharp and his family have been living in Powell for two months. They hope to be able to get to know the community and be involved through a church, which Sharp says is a big part of their lives, and possibly school athletics.

"We were both college athletes," he said. "So being able to get involved with them, teaching them to take some physical therapy and what we know in sports and just hopefully, encourage kids there."



JEROD SHARP

### Gyms regaining popularity as COVID-19 restrictions lifted

BY LUCY JANE CRIMM  
Tribune Intern

COVID-19 restrictions have been drawn back in recent months, and negatively affected businesses are starting to bounce back - this includes local gyms.

"When COVID hit we had to shut down, so we did shut down for a couple months," Club Dauntless operations manager Heidi Bassett said. "Then they let gyms open again so we just followed the COVID protocol guidelines."

Local gym, Freedom Fitness' cur-

rent location opened only for a short time before gyms were mandated to shut down. As a result, they were not initially hit as hard by COVID closures. In order to promote health

during the pandemic, Freedom Fitness allowed members to borrow equipment for at home use.

After reopening, gyms had to follow CDC guidelines that restricted capacity. According to the CDC COVID-19 Guidance for Gyms and Fitness Activities, "Fitness facilities may continue to operate

**'I think people have taken a bigger interest in their health to make sure they stay healthy!'**

Heidi Bassett  
Club Dauntless

See Gyms, Page 6

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# How to start an exercise routine (and stick with it)

Everyone knows that exercising regularly has many benefits, not just for your physical health, but your mental health too. From heart-health to stress-management, exercising can bring positive outcomes to all aspects of your life. Even though you may have all the knowledge of why you should exercise, you may still find yourself hitting the snooze button for those early morning workouts — or unmotivated to workout after a long day at the office. As you prepare to make exercising part of your life, here are some tips to help you stay on track with your new



**HALEY SORENSON**  
Guest columnist

healthy habit. Set a goal. By setting goals, you are holding yourself accountable. When setting goals, I like to stick with the SMART goal acronym: Make your goal specific, achievable, relevant and time-bound. When setting goals, focus on making them short-term, so as you go through your wellness journey you continue to crush your goals, leading yourself into long-term success. Put exercising on your calendar. Just as you would put a doctor's appointment on your calendar, do the same with your workouts. Make exercising a priority and put it in a place that

can work with your schedule, and make your schedule work around your new exercise routine. Find a workout you enjoy. If you don't like something, you won't do it! You can explore all types of workouts with group exercise classes. From yoga to cycling, group exercise classes offer a variety of workouts that you can try. Find your fitness community. Whether it be a community you find at your favorite gym or a group of friends you walk with, you are more likely to show up and workout when driven by the energy and presence of others. Finding your fitness community allows you to have a sense of belonging and purpose.

*(Haley Sorenson is the athletics director at Club Dauntless.)*

## Gyms: Growing emphasis on personal health

Continued from Page 5

with limited access (five people per 1,000 square feet including staff and patrons), with strong safeguards to mitigate the spread of COVID-19, such as physical distancing and cloth face coverings, in place."

Now, an emphasis on sanitation still remains, but restrictions such as face coverings, social distancing, and limited access have been lifted — this has resulted in an increase in the use of gyms by the public. Since they were given the green light to reopen, some gyms have seen a significant growth in members.

Freedom Fitness owner Jess Campbell, noted that because Freedom Fitness tried to provide as many services as they could throughout COVID-19 lock down, they didn't see a big decrease in members and the number of members remained relatively the same.

Campbell said that they have taken a new focus in promoting mental well-being through physical health because of the spike in mental health problems, such as depression and



Freedom Fitness on North Clark Street offers clients a variety of services and ways to train. Tribune photo by Lucy Jane Crimm

anxiety, due to the pandemic.

Growth in gym popularity could possibly be attributed to new awareness and emphasis on personal health. According to the CDC, going to the gym can have many benefits to people's mental and physical health. Regularly exercising can reduce health risk, strengthen bones and muscles, improve mood and boost energy.

"Actually membership-wise we got back our members plus [new members]. Health is so

important to everyone now that we actually gained members," Bassett said. "I think people are more interested in their health, especially with COVID being so scary. I think people have taken a bigger interest in their health to make sure they stay healthy."

Gyms can be a good environment for exercise because along with exercise equipment, some gyms offer group classes that can offer a sense of community and have trainers to offer assistance and answer questions.

## New self-monitoring blood pressure program available in Wyoming

The Wyoming Department of Health (WDH) is targeting high blood pressure with a new, free program that includes blood pressure self-monitoring, education and other support.

Known as the Healthy Heart Ambassador Program, the effort will be available at no cost to Wyoming adults diagnosed with high blood pressure.

"High blood pressure, also known as hypertension, is one of the major risk factors for developing heart disease," said Amber Nolte, Chronic Disease Prevention Program manager with WDH. "Hypertension is often referred to as a 'silent killer' because it does not have obvious symptoms."

Nolte said the second leading cause of death in Wyoming last year was heart disease, with more than 1,100 deaths, according to Vital Statistics Services, also part of WDH.

"High blood pressure is when

the force of your blood pushing against the walls of your blood vessels is consistently too high," Nolte said. "Unfortunately, many people with high blood pressure don't realize it so we want to help them learn if they are at risk and then give them the tools to do something about it."

"High blood pressure risk factors include health conditions, lifestyle and family history," Nolte said. "While risk factors such as age or family history are out of our hands, there are other steps we can take to lower our risk."

- Modifiable risk factors include:
- Lack of physical activity
  - An unhealthy diet, especially one high in sodium
  - Being overweight or obese
  - Drinking too much alcohol
  - Sleep apnea
  - High cholesterol
  - Diabetes

- Smoking and tobacco use
- Stress

The Healthy Heart Ambassador Program lasts four months. It focuses on regular home self-monitoring of blood pressure using proper measuring techniques, one-on-one consultations with a trained program facilitator, group-based nutrition education for better blood pressure management and support from the program facilitator.

The program is initially being offered through partner groups in Carbon, Fremont, Hot Springs, Laramie and Washakie counties. Nolte said it's hoped the effort can be extended to other Wyoming locations over time.

More information about the program, including current locations, can be found at <https://health.wyo.gov/publichealth/cancer-and-chronic-disease-prevention-unit/chronicdisease/healthyheartambassadorprogram/>.



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# 5 STEPS TO DETOXYFY YOUR BODY NATURALLY

(Family Features) — As you prepare your mind and body for the warmer months, you may be interested in detoxification as a way of cleansing and eliminating toxins. A typical detoxification period may include fasting and a strict diet combined with light, appropriate exercise.

According to Ayurvedic practices, an ancient Indian science focused on whole-body healing and health optimization, it may be beneficial to detoxify. Consider these steps toward detoxification from the experts at Buddha Teas:

### AIM FOR A HEALTHY LIFESTYLE

Before considering the specifics of daily routines and phases of detoxification, it's important to focus your lifestyle around healthy practices. For example, aim to minimize stress by participating in uplifting activities such as mindful walking, meditation, spending time in nature or other hobbies that put you at ease. Remember to rest both your mind and body, and get an appropriate amount of sleep each night.

### PREPARATION PHASE

Take three to seven days to prepare your body for detoxification. The start of your journey should involve the elimination or drastic reduction of caffeine, tobacco, alcohol and recreational drugs.

### ACTIVE CLEANSING PHASE

During the seven to 14-day active phase, it's important to create and follow a singular diet of kitchari, which consists of mung beans, basmati rice, spices and vegetables. As a complete protein that's easy to digest, kitchari helps reset your digestive system while restoring digestive fire and supporting the elimination of toxins. If you're looking for a place to start, consider trying a few different recipes online, or purchase from a natural foods store.



Hot tea or water with lemon can be helpful in detoxifying your body. Photo courtesy Getty Images

If kitchari isn't right for you, opt for oatmeal in the morning and steamed vegetables or vegetable soup with basmati rice for lunch and dinner. Be conscious of portion control; eat enough for satisfaction without overeating. Aim to finish your evening meal two to four hours before sunset.

Another important aspect of the active phase is liquid intake. Drink hot water with lemon juice in the morning. Throughout the day, consider a hot tea with bitter herbs like Buddha Teas' Detox Dharma Blend. This delicious option consists of carefully chosen herbs and spices that come together to help eliminate toxins. Other effective hot teas include nettle leaf, dandelion root and dandelion leaf.

### CREATE A MORNING ROUTINE

To stay on track during the active phase, it is helpful to create routines, starting with your morning wake-up call. After brushing your teeth and other daily to-dos, try relaxing techniques like sipping 8 to 16 ounces

of hot water with lemon juice, self-massaging, taking a warm or hot shower or bath, gently exercising and combining these activities with an appropriate active phase morning meal.

### CREATE AN EVENING ROUTINE

Proper relaxation prior to bedtime can help encourage restful sleep. Avoid watching TV about one hour before bedtime and consider massaging your feet with herbal oil for a few minutes before rinsing with cool water. Drink a peaceful beverage like a milk substitute mixed with Buddha Teas' Golden Milk, which is developed from an Ayurvedic recipe that provides satisfaction and comfort while supporting the body and mind.

As your active phase comes to a close, slowly reintroduce foods like dairy, wheat, soy, meat and fish. Continue activities like gentle yoga, walking, tai chi and qi gong then rejuvenate your body with hot beverages like turmeric ginger tea, chaga tea and mushroom tea.

## Congratulations, Dr. Juanita Sapp!



We wish you all the best in retirement and WELCOME you as the newest Heritage Health/One Health Board Member. We thank you for your commitment to making our communities healthier and are grateful for your knowledge, and patient advocacy. We are thrilled your keen sense of service development for patients in the Big Horn Basin will continue and be extended to break down barriers in other rural communities that we serve.

We appreciate your decades of service in the health care industry and admire your willingness to put patient care above all else. Best wishes from all of us. We will miss you in the clinic but we look forward to having you on our board.

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# Climb: Important to be prepared

Continued from Page 5

putting on a class. "We're always putting stuff together for folks," McAllister said.

Climbing allows the athlete to rely on their gear to a certain degree but it's important to have the gear on hand. Northwest College can rent students helmets, shoes and bouldering pads, while outfitters in the area and online shops can provide "soft gear" like harnesses, ropes and a belay device.

jure themselves and end up putting themselves out for the rest of the season," McAllister said.

McAllister advises paying attention to your shoulders, tendons and hands before climbing. These body parts are all heavily used in the sport and can be overlooked.

Climbing can be an activity for most people regardless of shape and does not have to be an intense workout. The sport can be carried on later into life. In fact, McAllister says he knows older climbers who are "hard-core."



Flexibility comes in handy while Alicia Hines moves methodically across the rock face.



Alicia Hines (left) takes a load off while climbing partner Bill Wixted lowers her down following a successful climb. Tribune photos by Braden Schiller

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# Anyone can benefit from yoga

BY BRADEN SCHILLER  
Tribune Staff Writer

Some think yoga can only help with flexibility but the practice, which is thousands of years old, offers a host of health benefits.

"The more you incorporate the more you're going to get from it," said Caitlin Schaefer, yoga instructor and owner of CS Yoga and Wellness. "It's really a practice and a discipline of self refinement. The more of the whole self, not just the body, but the mind, the heart, the soul, all of that, that you bring in, the more whole wellness that you'll have."

There are many different yoga practices and the level of intensity can vary drastically. Sometimes, yoga can simply be focusing on moving the breath from the chest and shoulders to the diaphragm.

"It's going to help you out of the sympathetic [response] into that parasympathetic [response] and start to come out of that stress response that everybody's living so much in," Schaefer said.

Cheryl Jaworowski, a certified yoga teacher, teaches gentle yoga classes through Powell Valley Community Education (PVCE).

See Yoga, Page 10



Derek Wilkowski, one of the yoga instructors at Club Dauntless, demonstrates a yoga pose during a class last week. This class is based on a power yoga, but is easily adapted for a range of levels to fit any student. Wilkowski has been teaching yoga for 10 years. Tribune photos by Carla Wensky

# 'Heritage' of HHC remains in merger with One Health

BY DAVE BONNER  
Tribune Publisher

The name will change, but the mission of the Heritage Health Center will not change in a merger scheduled to take effect June 1.

HHC, Powell's seven-year-old community health center, will merge in June with One Health, a Montana-based health center expanding into Wyoming. Both HHC and One Health are federally qualified health centers.

With the merger, the legal name of the entity — Heritage Health Center — will give way to One Health. "But some branding will have both logos, so the spirit of HHC will still be maintained," said Colette Mild, chief executive officer of Heritage Health Center. "Our philosophies remain the same, and our commitment to the community and our patients will not change."

With a staff of 30, HHC is based in Powell but has satellite clinics in Greybull and Lovell.

"This merger will increase our patients' access to health care services, including behavioral health, dental, vision and pharmacy," Mild said. "We are excited to expand our current offerings and add other services."

One Health is headquartered in Hardin, Montana, and has seven Montana clinics in Ashland,

Hardin, Miles City, Glendive, Lewistown, Chinook and Harlem.

One Health began its expansion into Wyoming in the fall of 2021 with the purchase of a building in Sheridan. The Sheridan clinic is set to open in the summer of 2022.

"This expansion helps build an integrated health care delivery system throughout east central Montana and northern Wyoming," said Dr. David Mark, CEO of One Health.

The merger with HHC comes about after a shared identification of health care challenges in the region, a deliberative process involving One Health and Heritage Health Center, Mark said. Those challenges include high levels of chronic disease, lack of access to behavioral health and substance abuse treatment, provider shortages and an aging population.

"Bringing our two organizations together will boost our ability to meet these challenges," Mark said. "In short, we're better together."

He emphasized that what community members most need and love about HHC and One Health will not change.

"Both will continue to offer all existing programs and services, and with each other's help,

See Merger, Page 10

## DOCTORING AND LEARNING HAVE BEEN HER PASSION

BY DAVE BONNER  
Tribune Publisher

Dr. Juanita Sapp eagerly looks forward to the mail each Wednesday for the delivery of her copy of the New England Journal of Medicine. She hasn't missed an issue in 45 years.

Chances are that will continue even though Dr. Sapp is retiring May 31 from a career in medicine.

She has been a doctor for 42 years, the last seven years with Heritage Health Center in Powell, which she helped launch in September 2015.

Dr. Sapp was the Chief Medical Officer and the sole provider at HHC when the community health center opened its doors in 2015. She was CMO for five years before stepping away from the administrative role, while continuing as one of five medical providers.

See Dr. Sapp, Page 10



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# Yoga: 'It's really a practice and a discipline of self refinement.'

Continued from Page 9

"If you're doing something right, you can push real hard to try to get something done," Jaworowski said. "But oftentimes, it's just a lot easier if you approach it gently."

For Jaworowski's personal use of yoga it's about being able to continue the day-to-day activities she enjoys with ease.

Schaefer began practicing yoga in college as a way to stay physically fit and later on as a form of rehabilitation following a severe car accident.

"I probably started practicing again, a year or two later [following the accident], I've lost all my strength, I've lost all my flexibility," Schaefer said. "I couldn't even reach the floor."

It was a slow process of progressing gently, she said.

Schaefer, who teaches most of her classes at Club Dauntless, said a common question is whether or not yoga can help you lose weight. Yoga can lead to weight loss but it's a gradual change. Regular yoga begins to take the body out of its stress state, which can lead to things like overeating, Schaefer said.

"You can go to Northwest College and search the medical journals, there's an article after article about meditation and the benefits for everything, blood pressure, stress, hypertension, cholesterol," Schaefer said. "Same thing with yoga, same thing with breathing."

Schaefer and Jaworowski both say yoga is beneficial for anybody willing to try it.

"If you have any sort of interest, find a teacher and a class that appeals to you," Jaworowski said. "I would encourage an exploration and just having an open mind, and when you come to your first class, wherever it is, just wear loose, comfortable clothing. Comfort and ease is a large part of what yoga is."



Derek Wilkowski demonstrates a yoga pose last week at Club Dauntless. Yoga not only improves flexibility, but also helps with stress relief and increases muscle strength, among countless other benefits.

Tribune photos by Carla Wensky

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## Dr. Sapp: Has been a doctor for 42 years

Continued from Page 9

Her last day of seeing patients at HHC will be May 24.

"One of the things I have enjoyed most about medicine is the opportunity to keep learning," she says of her love for NEJM.

During her years of practice, she has also enjoyed teaching.

"HHC has provided me great opportunities to teach," she reflected. "I have taught physician assistant students, nurse practitioner students and medical students."

She has been on the faculty of the University of Washington Division of Internal Medicine, and in 2021, she was presented the

Richard M. Tucker Regional Internal Medicine Faculty Excellence in Teaching Award.

HHC has succeeded, she believes, because the communities served have been welcoming and generous. Cooperation has been key.

"We have been fortunate to have close relationships with the administrative team, physicians and staff at Powell Valley Health Care, 307Health and 1st Choice Imaging," she said. "We have

**'Transitioning from active application of patient care initiatives to formulating the initiatives is a challenge I am looking forward to!'**

Dr. Juanita Sapp

been participating with Park County School District 1 in the grant for counseling in the schools. We have been cooperating with Greybull schools for children's health. It is these partnerships that will allow our communities to become healthier."

Dr. Sapp will have a continued role in the guidance of community health centers as she migrates to a seat on the board of One Health.

"Transitioning from active application of patient care initiatives to formulating the initiatives is a challenge I am looking forward to," she said. "It will allow me to continue to advocate for patients. Placing patients' concerns first has always been my goal."

At the same time, she said she will miss daily contact with patients and staff. "I have been so fortunate to have been the physician for such wonderful community members in the Big Horn Basin and to have worked with the best staff possible."

## Merger:

Continued from Page 9

will expand those services over time," Mark added.

A board of local community members provides direction to ensure One Health remains true to the specific needs of each area, Mark said.

Mild will have a new role in the One Health organization. She will become vice president of business operations and finance for the entire One Health operation and all its sites.

"I will maintain a Powell office, as will all staff currently working in Powell," she said. "We have already posted several new positions with One Health that will be housed in Powell or one of our other Big Horn Basin sites."

The recent purchase of the former Fitch Building in Powell will provide additional space for Heritage One Health operations in Powell. HHC presently has 3,300 square feet of working space in the 100 block of North Bent Street in Powell. In the Fitch building, Heritage One Health will have 11,000 square feet of usable space.

Remodeling of the Fitch building to accommodate a health care clinic is a next step. A RFQ (Request for Qualifications) will go out soon for architectural services, and design work will begin after a selection is made. A capital campaign may be initiated to secure needed funding.

"We are hoping to be moved in next summer or fall (2023) if we are able to secure funding, and construction can be coordinated in the current market," Mild said.

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# Whatever happened to the 'three-legged stool' of retirement?

According to the Bureau of Labor Statistics, just 51% of private sector employers offer defined contribution or defined benefit pension plans, and only 8% offer traditional defined benefit plans, thereby eliminating a guaranteed source of lifetime income.



**PATRICIA MOULTON**  
Guest columnist

Social Security benefits replace about 40% of the average worker's salary. What's more, the Social Security trust fund is expected to deplete its reserves by 2034 and will be able to fund approximately 77% of benefits after that.

Fortunately, there are ways to reinforce the third leg of the stool—retirement savings and other personal assets—so that you can still enjoy a long and fulfilling retirement. While each person's financial circumstances are different, here are two proven funding sources you may want to consider if you need to compensate for any shortcomings:

With people living longer than ever, it's important to make sure the money you have set aside will last the rest of your life. While Social Security provides a lifetime supply of income, it may not be enough to support your

desired lifestyle. If you think you'll need additional income and do not have a pension, a lifetime income annuity can be an excellent way to make up the difference.

Although the primary purpose of life insurance is to deliver death benefit protection, many permanent life policies accumulate cash value. If your need for protection decreases over time, you can borrow against this cash value — tax-free in most cases — and use the money to supplement your retirement lifestyle. (Loans against your policy accrue interest and decrease the death benefit and cash value by the amount of the outstanding loan and interest.)

While the three-legged stool of retirement may be a bit wobbly, the good news is that a secure future is still within reach. The main difference these days is that you will most likely have to build it yourself.

This educational third-party article is provided as a courtesy by Trish Moulton, Agent, New York Life Insurance Company. Form Number: AR06049.RB SMRU Approval: 1752043 (exp. 10/12/22)



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# Three tips to maintain Brain health

(Family Features) Many people are fearful of developing Alzheimer's disease, especially those with a family history of the condition. Researchers are investigating innovative treatments for Alzheimer's and other dementias, but no cure exists right now.

There are steps people can take, however, to help maintain and support their brain health. These activities often help with physical and emotional health and are generally positive habits to foster, especially as people age. In fact, a report from "The Lancet" found the risk of dementia is lower among people who adhere to these healthy habits:

### 1) Get Physical

According to Harvard Medical School, exercise keeps the brain healthy by helping release chemicals that support the development of new nerve cells and connections between brain cells. Exercise also improves mental health, blood pressure and the regulation of blood sugar, all of which can impact the development of cognitive diseases like Alzheimer's and other dementias. Staying physically active can become more difficult if someone's health declines, but doctors and other medical providers can share ways to maintain physical activity even if mobility is limited.

### 2) Keep Your Brain Active

Engaging in mentally stimulating activities may help keep the brain fit and potentially stave off dementia or other types of cognitive decline. For example, people who have cognitively demanding jobs (like accountants or math teachers) or who engage in cognitively stimulating activities (like learning a second language or how to play a musical instrument) may be at lower risk for developing cognitive decline and dementia, according to Harvard Medical School. Activities like these and more can also decrease feelings of depression, isolation

and loneliness, which occur more frequently as people age and are also associated with an increased risk for developing dementia, according to the National Institute on Aging.

### 3) Track Your Brain Health and Get Help Early

One way to detect changes in brain health is to track memory and other thinking skill performance over time. Detecting changes in memory is critical to slowing the progression of Alzheimer's, which can begin 15-20 years before the onset of obvious symptoms. Some changes in mood or memory that may raise red flags are often noticed by other people, not by the individual experiencing the changes, making it important for older adults who live alone or who do not have large social circles to track their own brain health.

One option for tracking brain health is the Alzheimer Prevention Trials (APT) Webstudy, funded by the National Institutes of Health, which monitors an individual's brain health through regular online memory testing that can be completed anywhere, anytime from a computer, laptop or tablet. Participants take no-cost,

online memory tests quarterly that are automatically shared with researchers who track results over time. If changes in memory are detected, and a participant is close enough to a study site, he or she may be invited to an in-person evaluation and, if appropriate, given the option to join an Alzheimer's clinical trial.

While researchers are working to advance treatments and find a cure for Alzheimer's, it's important that people practice healthy brain habits and monitor their brain health as they age to detect any changes in memory as early as possible. Without a cure, taking preventive measures and maintaining a healthy lifestyle are the best defenses against the disease.

Find more information at [APTwebstudy.org](http://APTwebstudy.org).



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# Preparing for SAFE SUMMER FUN

BY MARK DAVIS  
Tribune Staff Writer

After a long, cold winter in northwest Wyoming, there's no time to waste getting to the plethora of local places to play in the Big Horn Basin. It doesn't matter if your plans include enjoying a docile reservoir in a kayak, a 100-mile bike trip or mountain trails by foot; if you're not prepared for the season, your adventures likely won't play out like you dreamed.

No matter the pursuit, it's important to plan ahead, make sure your equipment is ready and your body is primed for an active summer, said Wes Allen, co-owner of Sunlight Sports. The most important tool for fun in the sun is your body.

"There are some really rewarding spots in the area, if you have a little bit of endurance," he said. "Get ready for what's coming this summer by getting a little cardio going."

Allen said you don't have to be a gym member to get the cardiovascular system working. Stairmasters aren't for everyone. All it takes is a little time to build up a nice base.

If you're into hiking, take some short hikes before attempting the marathons, Allen suggests. If you love to bike, don't head down the road for your first century-ride until you've been out testing your legs and lungs on shorter rides.

Allen suggests working on flexibility as well as endurance. "Making sure that you're doing a stretching regimen — or maybe yoga — it really keeps you from getting hurt when you're out on the trail. It's not necessarily all about forward motion, it's being flexible and being able to deal with off-balance situations."

For those on horseback, flexibility and core strength are important. That first ride always seems to make it harder to sit up or walk without a bit of a hitch. Not to mention saddle sores. Starting slow and working up to those longer days is important if you want to avoid discomfort down the road.

One way to prepare your body for fun is to gear up and work out with the weight you'll be carrying on those long weekends or vacations. Wear your backpack with some added weight in the compartments if you plan to hike. Or fill your panniers to train for the longer rides to come.

Equipment must fit well. If you're going to carry a backpack, make sure the weight is on your hips instead of your shoulders, Allen advises. If you get new boots, wear them around for a few days to make sure they won't rub you the wrong way 10 miles in on a bucket list trail.

If you are into biking, safety is of utmost importance, according to Christopher Guyer, owner of Joyvagen Cycles in Cody. Safety issues are fresh after former U.S. Sen. Mike Enzi of Wyoming died after a bike accident last July. It is unknown if there was an issue with his bike, but the seriousness of hitting the pavement at any speed is evident after Ezzi



A hiker makes his way down the 'old dam road' for a view below the Buffalo Bill Dam. Prepare for hikes this summer by packing the right equipment, including a first-aid kit, sun protection, extra clothing, insect repellent and a compass. It's also important to check the weather forecast and watch for signs of grizzlies when in bear country. Tribune photo by Mark Davis

broke his neck and ribs in the fatal accident.

Helmets, safety eyewear and pads can help, but the most important issue to start the season is riding a safe bike. The most troublesome issue is a mechanical malfunction that shows up mid-ride.

"We see a lot of loose axles, like someone might have put it in their car and pulled it out, slapped on the front wheel and didn't check to make sure it was tight the next time they rode it," Guyer said. "It's shocking how often we see that."

First of all, if you're going to bring in a bike for repairs or a yearly tune-up, don't bring it in a day or two before your trip. Give the technicians some time to schedule repairs; a lot of riders are bringing in their bikes at the first sign of 70 degrees, and Powell no longer has a shop.

**'There are some really rewarding spots in the area, if you have a little bit of endurance.'**

Wes Allen  
Sunlight Sports

A crisp shifting and braking bike is a safe bike."

If you're up to doing your own basic maintenance, Guyer suggests checking your tires to make sure they're not cracking and don't have dry rot. Make sure the tubes hold air and the chain is lubed. Do a quick bolt check, he said — "especially on the axles, stem and handlebars."

Guyer agrees with Allen about the importance of starting slow and working up to the big trips. "I think a good way to start this season is never to max out on your efforts when you're riding a bike. You see this frequently — even in the gym. People go in, they're excited, they're enthusiastic, and they go too hard. It's OK to ease into things."

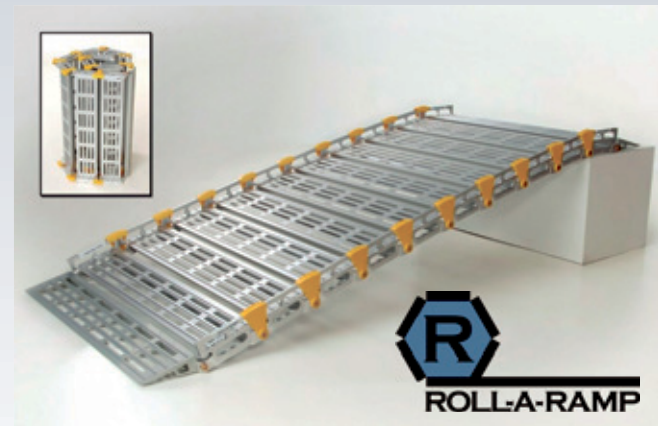
One of the most important pieces of safety equipment for fun in the wilderness is a handheld GPS satellite communicator, like a Garmin inReach, Allen said. When a trip turns tragic and you need help outside of cellphone signal coverage (which is often the case in the hills), the GPS allows those in need to get help to their location.

"I've talked to enough people who have had them and [the device] kept situations from turning really bad. Now I'm a big believer in them," Allen said. "If you do get hurt, they're great for you and they make Search and Rescue's job easier."

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