

## Commissioners call for no new wilderness in McCullough Peaks, High Lakes areas

### CRAFT OWN PROPOSAL FOR LOCAL WILDERNESS STUDY AREAS

BY CJ BAKER  
Tribune Editor

After a committee of local residents couldn't agree on how the county's two wilderness study areas should be managed, Park County commissioners decided to craft a plan of their own.

On Tuesday, commissioners unanimously called for federal legislation that could lead to more vehicle trails in the McCullough Peaks area while generally protecting the recreational activities that have been taking place there and at the High Lakes Wilderness Study Area.

Following two public meetings about the areas last month, "it was pretty overwhelmingly clear that the public in Park County did not want wilderness in the peaks or on High Lakes and that they wanted all the previous uses

allowed," said Commissioner Tim French.

The commission also called for there to be "no surface occupancy" in the McCullough Peaks study area. The restriction means that, while companies could extract minerals from underneath that part of the peaks, they would have to access the oil or gas by drilling horizontally from another location, as disturbances to the surface would be prohibited.

In listening to public comments and a county committee that studied the area, "it was very apparent to me ... that everybody wanted to protect it," Commissioner Joe Tilden said. "There was no question about that; it needs to be protected."

Under the proposal being put forward by the commissioners, motorized and

See Wilderness, Page 2



A grizzly browses for a meal near Pahaska Tepee on the North Fork. The area is close to Yellowstone National Park and the bear may move in and out of the park boundaries. The Wyoming Game and Fish Commission will make a final vote Wednesday in Lander for a fall hunting season. Up to 11 bears within the demographic monitoring area, including the North Fork, and 12 bears outside of the area could be targeted in the proposed season. Tribune photo by Mark Davis

## GRIZZLY HUNTS

Final details to be decided in Lander on Wednesday

BY MARK DAVIS  
Tribune Staff Writer

As Wyoming moves toward the first grizzly hunt in decades, one big step will take place next week, when Game and Fish commissioners vote on regulations legalizing the fall season.

A large crowd is expected as commissioners hear testimony on both sides.

"The issue is polarized. A lot of people are adamantly opposed to the hunting grizzlies," said Dan-

iel Thompson, Wyoming Game and Fish Department large carnivore section supervisor. "This is a fairly historic moment."

The final details will be hammered out in Lander on Wednesday. Beginning at 10 a.m., Game and Fish commissioners will meet at The Inn Peaks Conference Center to discuss and vote on the potential hunting season.

Should the commission approve the proposed hunts, up to 11 grizzlies could be taken within the demographic monitoring

area (DMA) and another 12 outside boundaries drawn to signify acceptable habitat. Within the DMA, only two females may be taken, and once the limit of two is reached, the hunt will be called off, regardless of the total number of bears taken. Outside the DMA, the rules are more liberal.

The spread of grizzlies well beyond the intended habitat is cited as one of the reasons for the season. Official population estimates are just over 700 individual bears, but officials

involved have said the count is biased to a low count. Some estimates put the population closer to 1,200. Hunts will help lower conflicts, Thompson said.

"Hunting is a great management tool outside suitable habitat," Thompson said.

It's no secret hunting has its critics. Some find the thought of hunting the recently delisted species irresponsible. The Greater Yellowstone Coalition was thrilled when Montana

See Hunts, Page 8

## Candidate filing period opens

BY CJ BAKER  
Tribune Editor

Wyoming's 2018 campaign season officially begins today (Thursday), with the opening of the filing period for August's primary election.

Republican and Democratic candidates running for partisan offices and anyone seeking a municipal position have from now until June 1 to declare

their candidacies.

With it being a non-presidential election year, most state, county and city positions are up for grabs, as are two of the Cowboy State's three seats in Congress.

Positions on the ballot include Wyoming's five statewide officials: governor, secretary of state, treasurer, superintendent of public

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## Sister and brother receive highest honors at Powell High School

BY TESSA BAKER  
Tribune Features Editor

Growing up on a Powell area ranch, twins Hattie and Rhett Pimentel learned the value of hard work.

Over the past four years at Powell High School, their hard work has paid off — whether it's building a robot, studying for calculus exams or applying for scholarships.

The siblings have been recognized with numerous national and state

awards, earned hundreds of thousands of dollars in scholarships and received the highest honor given at PHS: The Balfour Award.

On Sunday, they will graduate — Hattie as valedictorian of the Class of 2018, and Rhett as salutatorian.

It's likely the first time in the school's

104 years that twins have shared those honors. They "may be making PHS history," said Principal Jim Kuhn.

But it isn't the first time that the Pimentels have earned exceptional honors at PHS.

Last year, Rhett became the first PHS student to win the FIRST Tech

Challenge Dean's List Award — an honor given to only 10 robotics students across the country each year.

As members of the PHS robotics Team 3188, Rhett, Hattie and fellow teammates won the Wyoming state championship three consecutive years, as well as the Montana state championship. In 2017, they advanced to the world robotics championship in Houston, placing higher than any PHS team ever has.



RHETT PIMENTEL



HARRIET PIMENTEL

See Honors, Page 3

**'We both had a lot of great opportunities in Powell, and people who were willing to help us out.'**

Hattie Pimentel, PHS senior

## COLORFUL CHARACTER



Powell High School student Joe Schneider is covered in a wide range of hues after completing a school color run last week. The school year is winding down, with graduation set for Sunday at Powell High School. Tribune photo by Carla Wensky

## The PROWL

SEE PAGES 10-11 IN TODAY'S TRIBUNE

High school students learn about journalism, create online newspaper

BY TESSA BAKER  
Tribune Features Editor

Aspiring journalists are on the prowl at Powell High School.

A team of young reporters and editors, led by adviser Vin Cappiello, created an online student newspaper this school year, covering a variety of stories at PHS.

Prior to the launch of The Prowl news site last fall, it had been several years since PHS had a consistent student news outlet.

"I think it's safe to say we've already exceeded our own ex-

pectations," Cappiello said during a presentation to the Powell school board last month. "The Prowl website and online paper is thriving and definitely getting out into the community a little bit. But most importantly ... it's

having a really significant impact on our students."

Twenty-five students took Cappiello's inaugural PHS journalism class last fall, and The Prowl staff has 18 members this spring. For the 2018-19 school year, 31 students are pre-registered, Cappiello

**'I think it's safe to say we've already exceeded our own expectations.'**

Vin Cappiello  
Prowl adviser

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# Wilderness: Two-year process

Continued from Page 1

non-motorized travel in the McCullough Peaks WSA would be limited to current trails plus those that existed prior to the land becoming a study area in 1984 — plus the possibility of new trails that the Bureau of Land Management would evaluate on a case-by-case.

Commissioners Lee Livingston and Jake Fulkerson each expressed reservations about adding new trails before voting yes on the proposal.

Tilden agreed that, “I don’t want to see a whole bunch of brand new roads out there going this way and that way.” With the way the BLM review process works, a slew of new trails is “just not going to happen,” he said. “But I don’t want to close that door. I want to at least leave it open so there is maybe some opportunity [for more trails] in the future.”

Recreational activities that existed in 1984 would also be explicitly allowed in both the peaks, south of Powell, and in the High Lakes area, in the Beartooth Mountains. The changes would effectively convert the 25,200 acres in the peaks and the 15,200 acres in the High Lakes area from Wilderness Study Areas into less restricted special management areas, and generally bar federal land managers from tinkering with them.

“Here in the Big Horn Basin, we have lost so much over the last 20 years as far as additional restrictions, travel management, oil and gas, grazing, I mean, the list goes on and on and on and on,” Tilden said. “The community has pretty much told us how they want that managed and what they want it managed for.”

The commission’s proposal has no effect on its own, as it will take an act of Congress for the board’s wishes to become reality.

Commission Chairman Loren Grosskopf expressed confidence that U.S. Rep. Liz Cheney, R-Wyo., will introduce legislation to back whatever the county proposes. Park County’s proposal would likely be combined with recommendations that other counties forward to Cheney.

Whether Cheney can get such a bill through the House of Representatives — and whether U.S. Sens. Mike Enzi and John Barrasso could shepherd it through the Senate — is another question.

Cheney has made it a priority to resolve the status of Wyoming’s Wilderness Study Areas — places that have been identified as having wilderness-like characteristics. While awaiting Congressional action, activities are relatively restricted in WSAs, but they don’t receive as many protections as actual wilderness.

In an early April interview, Cheney said she sees a current opening to pass a bill.

“I’m sure there’s a lot of people that want to support this strongly or fight against it,” Cheney said of her efforts. “But I think my responsibility is to move as quickly as we can and to make sure that what I’m doing reflects what the counties want to have happen and not just delaying this forever and allowing these areas to stay in limbo.”

### ENVIRONMENTAL OPPOSITION

It appears almost certain that environmental groups will

mobilize against Park County commissioners’ plan and any bill Cheney introduces.

Last month, the Wyoming Wilderness Association sent Cheney a petition with more than 120 signatures, demanding that she not introduce “anti-wilderness” legislation.

Meanwhile, the Greater Yellowstone Coalition urged its supporters to oppose a proposal for the McCullough Peaks and High Lakes areas that was more conservation-friendly than the one suggested by commissioners. Drafted by the Park County Wyoming Public Lands Initiative (WPLI) Advisory Committee, a panel appointed by the commissioners, the proposal most notably called for designating 10,000 acres of the McCullough Peaks as wilderness.

However, the Greater Yellowstone Coalition — which was represented on the committee by staffer Jenny DeSarro of Cody — was displeased with the overall proposal; it also accused county commissioners of rushing things to meet Cheney’s timeline.

“The proposal didn’t serve our conservation interests — there weren’t enough protections for the long-term naturalness and wildness of these lands,” DeSarro wrote in a message to supporters.

DeSarro and one other committee member, Karinthia Harrison of Powell, voted to block the committee’s proposal on the grounds that it didn’t offer enough for conservation.

“Everyone must have an interest met. Yes, that includes wilderness,” Harrison said at a public meeting in Powell last month.

Comments from local residents, submitted during a recent comment period, ran almost 3:1 in opposition to new wilderness, commissioners said.

One speaker at an April 25 forum at the Park County Fairgrounds, Christy Larsen of Powell, talked of how much she enjoys snowmobiling and riding her ATV on public lands; Larsen said she loves the land as much as a traditional conservationist.

“These mountains belong to all of us, not just a few special people who don’t want to be bothered by motor noise,” Larsen said. “And I’m disappointed, actually, at the elitist attitude of these people who don’t want to share their lands and don’t believe in respect and multiple use for all.”

“I am strongly opposed to adding any more wilderness area just for the simple fact that we need to be teaching our kids how to love the land, and wilderness is not the best way to do that,” Larsen added.

### PROCESS ‘HIJACKED’

At the forum, two other committee members expressed frustration with the environmental community’s approach to the process.

“I feel like the grassroots effort was hijacked by big organizations from outside our area that didn’t want to reach a compromise,” said Christine Bekes, who represented the general public. “And that was really disappointing as a committee member who was working hard to compromise.”

For example, Bekes said she’d gone along with the proposed 10,000 acres of wilderness in the peaks, despite believing that an area from which you can see a highway “is not wilderness.”



Justin Joy talks about restrictions placed on the McCullough Peaks and emphasizes the need for local control of public lands in remarks to the Park County Commission during an April 25 meeting at the fairgrounds. ‘A lot of people that live around here, they love the freedom that they have,’ Joy said. ‘That’s why we live in such a conservative state. We want our freedoms.’ Tribune photo by CJ Baker

Former Park County Commissioner Bucky Hall, who chaired the committee, said WPLI panels across the state had been “slowed down and kind of barricaded by groups that call themselves the conservation community.” Hall said people on the committee who work for conservation groups “routinely aren’t allowed to make decisions” on their own, unlike other committee members.

In recent letters and columns submitted to the Powell Tribune and the Cody Enterprise, several environmentally oriented individuals and groups have been sharply critical of the commissioners’ handling of the WPLI. Committee member Hap Ridgway, who represented the general public, faulted commissioners for prohibiting the group from discussing any lands outside the wilderness study areas as it tried to reach a deal.

Ridgway also said the commissioners have shown an “anti-conservation” sentiment that poses risks to public lands.

His piece incensed commissioners, who spent more than 10 minutes at their May 1 meeting discussing how they wanted to respond.

“The thing that really upset me ... is he accused us of being rape and plunder people, anti-conservation, and we, as sportsmen, we put more on the ground for conservation and wildlife management in this state than they ever thought about doing,” Commissioner Tilden said.

### COMMISSION SPLITS WITH WPLI

The WPLI process was intended to get away from the usual conflict between different public lands groups.

One of the main aims is to come up with management plans for the Wilderness Study Areas that are broadly supported by stakeholders across the ideological spectrum.

In May 2016, Park County commissioners chose 20 locals to represent agriculture, energy, conservation, non-motorized recreation, motorized recreation, sportsmen and the general public. But at the time, some commissioners expressed skepticism about whether consensus would ever be reached.

By choosing to draft their own wilderness study area proposal on Tuesday, the commission effectively broke with the WPLI process, at least temporarily.

Some WPLI committees are still trying to reach consensus about their county’s wilderness study areas; other counties who haven’t found agreement may work with the Wyoming County Commissioners Association on a separate bill later this year.

Park County commissioners decided to work directly and immediately with Cheney, with the possibility of joining back up with the association on a bill if this effort fails.

“I think we have an opportunity right now,” Chairman Grosskopf said. “Liz [Cheney]

is ready. ... She’s ready to move forward, doing something.”

Commissioners spent a little less than an hour crafting their proposals for the McCullough Peaks and High Lakes WSAs.

“Two years reduced to that 30 minutes, huh?” mused Commissioner Fulkerson.

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# Celebration of Life & Dedication

## For Wesley Johnson



Gayla and Wendy Johnson invite friends and family to an event to celebrate the life of Wesley Johnson. A brief dedication is planned for the gravesite at Crown Hill Cemetery located in Powell on

Saturday, May 19 at 2:00 p.m.

A celebration will immediately follow at WYOld West Brewing (221 N. Bent in Powell) at 2:30 p.m.

Please plan to join us for an afternoon of fun, sharing and celebration! Including appetizers and a no host bar.

## Honors: '... apply yourself and try different things'

Continued from Page 1

Last week, Hattie and Rhett were named U.S. Presidential Scholars by the United States Department of Education. It's an honor given to only two students in Wyoming.

Earlier this spring, Hattie also was named a U.S. Senate Youth Program delegate (one of two for Wyoming).

Both Hattie and Rhett received the prestigious STARR scholarship for Michigan State University, which will cover all of their college expenses for the next four years (see related story).

"It's a really good scholarship," Rhett said.

He will major in mechanical engineering, while Hattie plans to study computer science before attending law school.

The twins grew up in Powell schools and said they're thankful for their education here. Both have achieved perfect 4.0 GPAs at PHS while also taking classes at Northwest College, volunteering at the Powell Makerspace and staying busy in a variety of extracurricular activities, including the PHS Robotics Club.

Rhett said Powell's schools are unique in offering robotics and tech programs.

"We both had a lot of great opportunities in Powell, and people who were willing to help us out," Hattie said.

The Pimentels thanked several mentors for their support, including computer science teachers/robotics coaches Rick and Judith LaPlante, Zac Opps and Joel Hayano, and robotics coach Allen Griffen.

"Each one of them has a different personality and different perspective on things," Rhett said. "Mentors are really important, I think."

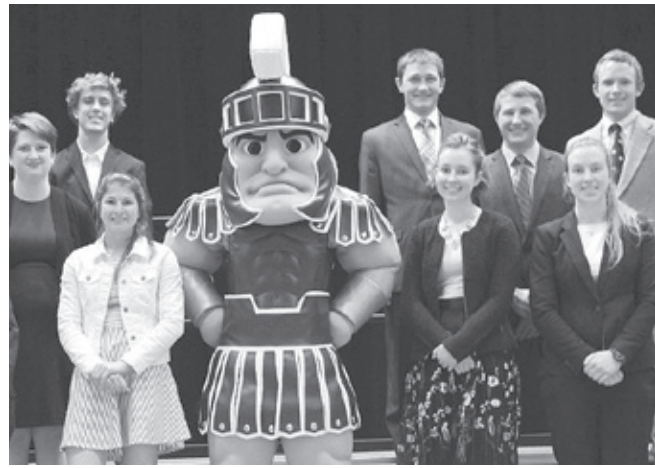
They said they're thankful for all of their instructors.

"We've had a lot of really good teachers over the years," Hattie said.

The twins said they're very grateful for the constant support of their parents, Troy and Emelyn Pimentel, and grandparents, Charley and Penny Whiton.

"They always come to all of our events and encourage us," Rhett said. "They're really supportive. It's awesome."

Hattie said they also appreci-



Wyoming students who received the STARR scholarship are pictured with the Spartan mascot at Michigan State University. Powell High School students Maddy Hanks (front row, left), Hattie Pimentel (front row, far right) and Rhett Pimentel (back row, far right) will attend MSU on the full-ride scholarship. Photo courtesy Michigan State University

## Three PHS students awarded STARR foundation scholarships

Powell High School seniors Maddy Hanks, Hattie Pimentel and Rhett Pimentel were each recently awarded a STARR Charitable Foundation Scholarship to attend Michigan State University.

The full-ride scholarship pays all regular costs of eight semesters at MSU, including tuition, fees, books, room, board and incidental expenses.

An anonymous private donor established the STARR

Charitable Foundation Scholarship to provide a unique education opportunity for students from Wyoming and Michigan's Upper Peninsula.

The donors stipulated that STARR scholars must demonstrate academic interest and achievement by attaining a grade point average of 3.0 or higher. Additionally, the scholars must demonstrate distinguished personal character and leadership ability.

ate everyone who helped them out with scholarship applications, including Kara Miller and Tammy Thiel in the PHS guidance office.

Looking back at their years of school, the Pimentels said participating in robotics was a highlight.

"It was lots of fun," Rhett said. "I spent a lot of time doing that."

"I also really enjoyed tennis," Hattie added. "It was probably one of the more fun things."

Growing up together and participating in the same activities — such as tennis and robotics — Hattie and Rhett have helped each other, but said they also have a bit of a sibling rivalry.

"We've both written essays for college scholarships on this," Rhett said. "We do have a rivalry and we are competitive, but I think it's healthy."

When asked what advice they would give fellow students, Hattie said, "it's important to apply yourself and try different things." She ended up joining robotics after randomly going to a meeting.

"Find something you're passionate about and try really hard at it and give it your all," Rhett said. "And also try to find some people who can help you out along the way — some teachers, some friends or some kind of mentors, because they'll help you through all sorts of things."

## PHS, Shoshone Learning Center graduation celebrations Sunday

Class of 2018 graduates will receive their diplomas on Sunday afternoon.

The Shoshone Learning Center's graduation begins at 12:30 p.m. in the Powell High School Auditorium, while the PHS graduation will start at 2 p.m. in the gymnasium.

The PHS Class of 2018 includes 111 graduates.

Some of the Shoshone Learning Center's nine graduates will participate in the PHS ceremony, so five SLC graduates will be on the auditorium stage.

SLC Principal Ginger Sleep called the Class of 2018 "a special group of seniors."

"They are goal-oriented, focused, dynamic, and fun to be around," Sleep said. "We will miss each of them and their in-

dividual personalities, but know they'll do amazing things post-high school."

PHS Principal Jim Kuhn said this year's graduates "truly developed into an excellent group of decision makers and leaders."

"Once again the four years with our seniors has gone by much too quickly," Kuhn said.

He called the Class of 2018 "a steady, positive influence in the school" and said the seniors led by example.

"If I had to pick out a word to describe these seniors it would be resilient," Kuhn said. "It didn't seem to matter what type of curveball life threw at them, they stepped right back up and continued to move forward. They accepted disappointments

as a learning experience, but attacked the next challenge without hesitation."

Academically, the PHS Class of 2018 had a GPA of 3.23 and completed 1,122 college hours. Their composite ACT score as a class was a 21, Kuhn said.

Collectively, this year's seniors earned over \$4.3 million in scholarship offers, also indicating their high level of achievement, Kuhn said.

"As a whole, this class seemed to be more sure of what they wanted in their futures and how they were going to get there," he said.

He said it is "a tough group of seniors to tell goodbye."

"I'm not sure if I'm ready to let them go, but I think I would get some pushback if I don't sign the diplomas," Kuhn said Wednesday.

— Tessa Baker

## Filing: Wyoming primary election set for Aug. 21

Continued from Page 1

instruction and auditor.

As for the Legislature, the entire state House of Representatives and half of the state Senate — including Senate District 19, which represents Powell — will be up for election this year.

Voters will also fill three seats on the Park County Commission and choose the county's other positions — sheriff, attorney, assessor, treasurer, clerk, clerk of district court and coroner.

In Powell, voters will pick a mayor and three city council members; unlike the others, those posts are nonpartisan.

Incumbents are running for re-election in most of the posts.

While the filing period is open, updates on who's filed for what offices will be posted at the end of each day on the Park County Elections Department's website, available at [www.parkcountyelections.us](http://www.parkcountyelections.us).

The primary election is set for Aug. 21.

Absentee ballots will be made available 45 days prior to the election. Residents can sign up for an absentee ballot now with the Park County Elections Department in Cody and staff will mail them out once they're available.

The primary election is a partisan affair, so Republicans generally vote on the Republican candidates they want to advance to November's general election and Democrats vote

on Democrats. Unaffiliated, independent voters will only vote on the nonpartisan, municipal positions.

If someone wants to run as an independent candidate in the general election, they must gather signatures and turn in a petition by Aug. 27.

As of the start of the month, Park County had 12,071 registered Republican voters, 1,826 unaffiliated voters, 1,498 Democrats and 165 others affiliating with the Libertarian, Constitution or another third party.

The filing period for special district positions — such as the Powell school, college or hospital boards — does not open until Aug. 8; those posts are nonpartisan.


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# POWELL TRIBUNE

IN OUR OPINION

## Take time to enjoy our public lands

It often seems that if the words “public lands” appear in this newspaper, it’s in the context of some kind of controversy.

Many times (see Page 1), it’s a debate over big issues and high ideals: Who can manage public lands better, the State of Wyoming or the federal government? Should the McCullough Peaks be permanently protected for future generations with new restrictions or should people be allowed to continue using the area just as they have for generations? And which places are best for riding motorbikes and which spots should be reserved for quiet hiking?

Unfortunately, what’s sometimes lost in the headlines and talking points are the lands themselves.

Here in Park County, we’re blessed to be surrounded by tons of breathtaking public lands. Turn your head one direction and you’re looking toward the Shoshone National Forest and Yellowstone National Park — one of the most amazing places on the planet. Turn the other way and your gaze drifts toward Bighorn Canyon and the Bighorn National Forest.

We enjoy access to spectacular places that most people in the world can only dream of. If you’re not hiking, biking, driving, riding, sightseeing or otherwise recreating in some of our public lands, you’re missing out. In many places — such as our national forests — it will only cost you the gas to get there. Starting next week, on May 25, you can add another free destination to that list, as Bighorn Canyon National Recreation Area will no longer be charging admission.

But enjoying public lands doesn’t require a trip to a famous or massive forest or park. Just west of Cody — well before you get to the Shoshone or Yellowstone — you’ll hit Buffalo Bill State Park. (Thanks to the efforts of county commissioners and others, parts of the state park are about to become free, too.) Head a ways east of Powell and you can spend some time fishing or walking at Deaver Reservoir.

If you live in town, you likely can spend some quality time on public lands just by walking a few blocks to a city park. Some are not that well-known. For instance, did you know the City of Powell maintains seven of them? We’ll admit that, until it was mentioned (and then rejected) as a possible site for a dog park last month, some of us on this editorial board had no idea Whitlock Park even existed. (For the record, it’s located next to the bus barn, not far from the intersection of Road 8 and Madison Street.)

While they may not grab headlines, these are all public lands that have been set aside for you to get out and enjoy.

These places belong to all of us — and we don’t all agree on how they should be managed and used; for that matter, some budget hawks don’t even agree that government should be spending taxpayer dollars on public lands, parks or recreation.

While no arm of government should get a blank check, we do believe that vibrant public places are critical to our community. The fact is that few people would ever consider raising a family or starting a business in a place that lacks parks or nearby places to recreate.

Debates over how we should manage our public spaces are important, as decisions can last for generations. You should speak up for what you want to happen to your public lands; just don’t forget to keep enjoying them, too.



*Powell Tribune editorials are signed by the writer. They express the view of the Powell Tribune Editorial Board, which includes Publisher Dave Bonner, General Manager Toby Bonner, Editor CJ Baker, Features Editor Tessa Baker, Community Editor Mike Buhler and Sports Editor Don Cogger.*

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## Wyoming resident, but not Wyoming tough

It’s official. I’m a resident of the Cowboy State. The long wait is over.

I celebrated by buying my first resident fishing license, saving about \$80 off the price of a nonresident license. Soon I’ll be applying for hunting licenses.

It takes 365 days to become a Wyoming resident. I understand the reasons. I can’t say I didn’t complain, but even at the nonresident prices, hunting and fishing this great state is still a bargain.

This past season I caught many fine fish — including my first-ever Yellowstone cut-throat trout with a fly rod. I also caught numerous plants and articles of my clothing while attempting to learn the art form. I took a lesson or two. I still stink, but I’m not giving up.

I also hunted, but was limited to sage grouse, chukar and pheasant. It was the first year

in many without harvesting deer. I was “unsuccessful” in drawing a nonresident deer tag this past fall. I considered going back to Nebraska or north to Montana, where nonresident tags are easier to procure, but I passed, thinking I should be patient.

I was wrong. Hunting is my passion. I’ve spent a great deal of my adult life with a bow or gun in my hands. Yet it wasn’t until this past year of abstinence that I realized how important hunting is to my psyche.

By January, I was suffering. Days began to feel long and my usual zest for life was turning stale. By early spring, I was a mess. Grumpy wasn’t adequate to describe my attitude. It wasn’t until recently, when

I scheduled several outdoor adventures, that I realized the importance of the outdoors to my soul.



**MARK DAVIS**  
Outdoor Report

Hiking in the Shoshone National Forest last week, I found myself alone in the deep woods for the first time since arriving in my new home state. The sound of nearby mountain chickadees grabbed my attention and I stopped trying to keep up with the group. I left the trail and headed toward the song.

In the pines, the courageous birds with their melodic songs darted in and out of view. A calm came over me as I stood silently in the shade.

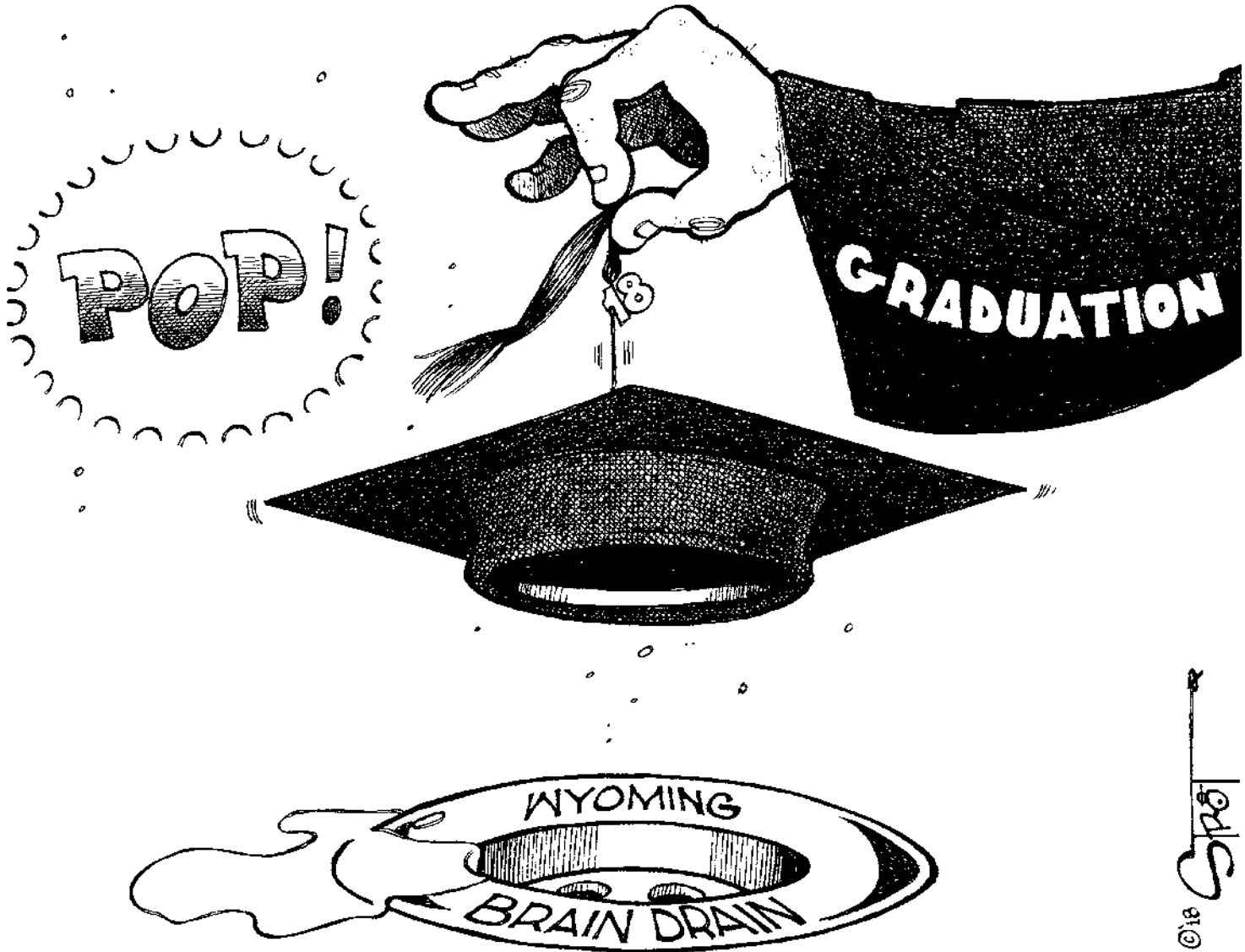
I got to thinking how much time I normally spend in the woods. On an average year, I typically bow hunted at least

20 days a year. And I often rifle hunt another 10-12 days a year — sometimes more if I could get a tag in more than one state.

While sitting in a tree stand or walking through a thicket, I work out my angst. I get nervous around people. The more nervous I am, the more I talk.

After a day in the woods alone, I almost feel normal. Calm is not how most describe me, yet after having the time to clear my head and being able to get to that point in the hunt where all I have left to think about is the wonder of nature, I get quiet. I’m happier when I get those battery-recharging sessions. I’m literally a better person when I go outdoors.

And now that I am an official resident of Wyoming, I can afford more time afield. And this next year, the rest of you might find the chubby flatlander chatterbox giving you a chance to get in a word or two.



## Roseanne rides again and that makes me happy

I’m a nostalgia buff. Ask my favorite decades of music, and I’ll answer the ‘70s and ‘80s. Ask for my favorite decades of TV shows, and I’ll answer the ‘80s and ‘90s.

Maybe that’s why I enjoy seeing Roseanne back on TV on Tuesday nights.

When Roseanne was originally on ABC from 1988 to 1997, it was one of the most popular shows on TV, ranking in the top five shows its first six seasons on the air and remaining in the top 20 until its ninth and final season.

When it was on TV back then, I liked it — especially the first few seasons — but wasn’t a die-hard fan. However, 20 years can change a lot, so when I learned Roseanne was coming back to prime-time TV, I was curious to see what it would be like.

After seeing the first seven episodes of the Roseanne revival, I have to say that I am impressed. However, I am also a bit surprised that the show is considered “right-wing TV” by many in America.

Granted, Roseanne Barr (and her character on the show, Roseanne Conner) both voted for Donald Trump in the 2016 presidential election; the first episode of Season 10 (as the revival of the show is called) focused on Roseanne’s feud with her sister Jackie over the 2016 presidential election, as Jackie supported Hillary Clinton.

That said, supporting Donald Trump does not make one a right-wing conservative — and

Season 10 of Roseanne is definitely not a right-wing conservative show.

First off, Season 10 portrays members of the LGBTQ community in a sympathetic light, which is not surprising considering two of Roseanne Barr’s three real-life siblings are gay and Sara Gilbert (who portrays Roseanne Conner’s daughter, Darlene) is also a lesbian.

Another example is Darlene’s son, Mark, who is described as genderfluid, meaning that he is a 10-year-old boy who has a strong interest in fashion and often wears girls’ clothing. While Mark’s grandparents have concerns, including that he might be bullied, they are still loving and supportive of him.

Second, D.J. Conner, Roseanne Conner’s oldest son, is married to an African-American woman. D.J.’s daughter, Mary, is portrayed by African-American child actress Jayden Rey. So it’s a bit of a reach to accuse Roseanne of promoting racism, though Roseanne was criticized for remarks about fellow ABC sitcoms Black-ish and Fresh Off the Boat in Season 10’s third episode, “Roseanne Gets the Chair.”

“We missed all the shows about black and Asian families,” said Dan Conner (Roseanne’s husband) in that episode, referring to Black-ish and Fresh Off

the Boat.

“They’re just like us,” Roseanne responded. “There, now you’re all caught up.”

While some who hold liberal views took offense at the exchange, I did not. At the end of the day, we are all Americans, regardless of race, creed, color or whatever, and we are all in this together.

Third, a recent episode of Roseanne, “Go Cubs,” featured a sympathetic portrayal of Roseanne’s Yemeni (and Muslim) neighbors, Samir and Fatima, and showed Roseanne Conner learning to move past her fears and prejudices toward them.

At the beginning of the episode, Roseanne feared they were terrorists, but she got to know them better when she awakened them in the middle of the night to ask for their WiFi password (which was “gocubs”). Later, when a grocery store cashier began belittling Fatima for her use of EBT and being Muslim, Roseanne went off on the cashier and promised to report her to her manager.

Rather than being a right-wing conservative show, Roseanne has portrayed tolerance toward Muslims, the LGBTQ community and people of color in America. And more than that, Roseanne is a nice trip down memory lane.

I enjoy seeing how Roseanne,

Dan and the Conner kids have aged and evolved over time. Seeing characters on TV that were prominent decades ago also makes me feel younger — which is a plus for me, as I am in my mid-40s. To top it all off, Season 10 has brought back many other actors from the original run of the series, including Johnny Galecki as Darlene’s husband David Healy (Galecki also portrays Leonard Hofstadter, perhaps my favorite current TV character, on The Big Bang Theory).

Other returnees in Season 10 from the first nine seasons include Sandra Bernhard as Nancy Bartlett, Estelle Parsons as Roseanne’s mother, Natalie West as Crystal Anderson and James Pickens, Jr. as Chuck Mitchell. Also back is Sarah Chalke, who was one of the two portrayals of Roseanne’s daughter, Becky Conner, but is now another character.

Last but not least, Roseanne has the same sense of humor in Season 10 that it had when it was originally on the air. The show that made many of us laugh back then still makes me laugh now. And many Americans agree, as Roseanne is back in the top five of the ratings and may well finish the season as the No. 1 show on television.

As the cliché says, “The more things change, the more they stay the same.”

(Mike Buhler is the community editor at the Powell Tribune. Contact him at mike@powelltribune.com.)

### POWELL TRIBUNE

(USPS 440-860) • ISSN: 0740-1078  
128 S. Bent • Phone: 307-754-2221 • Fax: 754-4873

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In memoriam, Diane Bonner (1939-2001)

This independently owned newspaper published by:  
Print, Inc., dba Powell Tribune

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Vice President/General Manager ..... Toby Bonner  
Secretary/Treasurer ..... Brad Bonner

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Production ..... Steve Johnston, Carla Wansky, Gary Staebler

Proofreader ..... Sandy Thiel  
Circulation & Billing ..... June Bering

Published Semi-Weekly on Tuesday and Thursday at Powell, WY. Periodicals Postage Paid at Powell, WY  
SUBSCRIPTION RATES:  
6 month subscription ..... \$30  
12 month subscription ..... \$50  
Subscriptions include access to Tribune e-edition

Postmaster, Send Address Changes to:  
The Powell Tribune, P.O. Box 70, Powell, WY 82435  
E-Mail: toby@powelltribune.com  
Website: www.powelltribune.com



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## Subdivision near Powell golf course approved

BY CJ BAKER  
Tribune Editor

Plans are again moving forward to build a major subdivision next to the Powell Golf Club.

Park County commissioners approved a preliminary plat for the 14-lot Powell Country Club Estates at their Tuesday meeting.

The property — which currently serves as a pasture — is being developed by Will Ambrose of Powell. Access to the subdivision will be off Road 5 on an as-yet-to-be constructed private road. Roughly three sides of the Powell Country Club Estates will be bordered by the golf course (by holes No. 7-11).

Spread across nearly 14.5 acres of land, each lot will be about an acre in size.

Ambrose's initial sketch plan for the subdivision received county approval back in 2009. However, the plans were delayed because of a slower economy and issues with the designing of the development's irrigation system, Ambrose told county officials at the time.

The preliminary plat passed the commission on a 3-1 vote on Tuesday; Commissioner Joe Tilden voted no because he wanted to see a more detailed plan for managing weeds while the subdivision is being developed.

The rest of the commission was satisfied with the plans already in place.

"I understand the concerns, but I don't want to place too much pressure on the developer during the transition phase," said Commissioner Jake Fulkerson.

In response to a question from Tilden, Ambrose said he was sure he could work with Weed and Pest and his engineers at Engineering Associates to "put something together that will make you all happy."

Part of the discussion surrounded a letter from Tracy Copenhaver, the attorney for the Powell Golf Club. Copenhaver said the subdivision could have a "very significant impact" on the course; he specifically worried that, once construction begins and the pasture is no longer irrigated, the grass could die and become a source of dust.

"... If that acreage is not watered and/or



This overhead view shows how the 14-lot Powell Country Club Estates will be laid out along Road 5 and the golf course northeast of Powell. Park County commissioners approved a preliminary plat for the development on Tuesday. Courtesy image

or vegetated, it could make the golf course virtually unplayable with a hard west wind," he wrote.

However, Engineering Associates' Cody Schatz said they plan to use water trucks during construction to keep the dust down; the subdivision's roads, called Birdie Lane and Wedge Way, will be paved.

Schatz said they've had extensive discussions with golf course representatives and a neighboring landowner about how the subdivision will be irrigated.

The neighbor wanted more water and the club leaders suggested building a water storage pond, "basically so they'd have another pond" on the course, Schatz said. In the end,

Ambrose decided to simply give up his water rights to his neighbor and the course.

"There were too many different hands saying, 'Well, you need to do this,'" Schatz said.

The tentative plan is for homeowners to water their yards with private wells. The distance between the home's wells and the septic systems will be close to the minimum distances required by the Wyoming Department of Environmental Quality. However, the department said those regulations are "not likely applicable to this subdivision," since drinking water for the homes is going to be piped in by the Northwest Rural Water District.

## BOBBY MCGEE SCORES BIG



The top-selling riding horse fetched \$31,000 at Saturday's Cody Horse Sale in front of the Irma Hotel. Bobby McGee, owned by Jeff and Christina Tift of Banner and pictured above at a Friday preview, was purchased by Debra Shores of Billings. The Tifts also had the second highest selling horse for \$27,000. Seventy-seven horses were sold at the 20th annual event. Jake and Kay Clark of Ralston have produced the horse sale for the last 18 years. The average selling price for riding horses was \$8,625, and 2- and 3-year-old colts sold for an average of \$2,360. Buyers from 23 states and Canada registered for the sale. 'The great thing about Cody is everyone loves horses,' said Kay Clark. 'Having the sale in front of the Irma brings "the best of the west" to Main Street.' Rain fell during Friday's preview of horses, but skies cleared and moisture slackened on Saturday. Courtesy photo

## NAMI Park County to host former Olympian

The National Alliance on Mental Illness Park County (NAMI) will host former Olympian and national mental health speaker Amy Gamble on Tuesday at 6 p.m. at the Park County Public Library's Grizzly Hall in Cody.

Gamble will share her story of living with bipolar disorder. She will talk about her struggles with suicidal thoughts and how at one point during a bipolar episode she found herself lost in a national forest in Idaho. Gamble will also talk about the common signs and symptoms of mental illness and discuss how the audience can help encourage someone to get the proper help.

Gamble is the author of "Bipolar Disorder, My Biggest Competitor: An Olympian's Journey with Mental Illness." She is also the director of NAMI Greater Wheeling, West Virginia, and a certified mental health first aid instructor.

May is Mental Health Awareness Month and with one in five Americans living with mental health conditions, NAMI Park County wants to start the conversation and end the stigma surrounding mental illness.

"Our goal is to shed light on mental illness, by having conversations and educating the public," said Sara Murray, NAMI-PC spokesperson. "We want to encourage peo-

ple to learn about mental health conditions. If they are struggling, we want them to get the help they need and not feel ashamed about it. Mostly, we want everyone to realize that there is hope and there is help."

The event is free and NAMI-PC invites everyone to join them for the informative talk and question and answer session. Light refreshments will be provided.

For more information about the event, contact Murray at 307-899-4561 or at Sara-mur@yahoo.com. For more information about NAMI and Amy Gamble, visit them online at www.nami.org and www.amy-gamble.com, respectively.

## NEW AIR SERVICE GROUP INCLUDES MEMBER FROM CODY

The Wyoming Aeronautics Commission unanimously supported Gov. Matt Mead's appointments to the Wyoming Commercial Air Service Improvement Council last month.

The council will be responsible for submitting a

commercial air service improvement plan to the governor and state lawmakers by Aug. 1.

The Legislature called for the creation of the council as part of Senate File 40, to develop a plan to stabilize,

improve and decrease the cost of commercial air service in Wyoming. The council will serve until March 15, 2019.

The governor appointed nine voting members to the council, including Bruce McCormack of Cody. Mc-

Cormack will represent the Wyoming Aeronautics Commission, which he joined last year.

For more information on the council, contact Melissa DeFratis at 307-777-4162 or melissa.defratis@wyo.gov.

## STOP BY TO ENTER IN THE DRAWING FOR THE Bike Giveaway!

**STARTING FRIDAY, MAY 18**

**SCREEN I** Showing nightly 7:00pm  
Truth or Dare  
Sat., Sun. Matinee - 3:00 pm ---- PG-13

**SCREEN II** Showing nightly 7:15pm  
Deadpool 2  
With Ryan Reynolds  
Sat., Sun. Matinee - 3:15 pm ---- R

**THURSDAY PREMIERE!**  
Screen 2: Deadpool 2  
Showing at 7:15pm Thursday, May 17

Adults ----- \$8.00  
Seniors (62 & older) ---- \$6.00  
NWC Students (WLD.) -- \$6.00  
Children (Ages 3-11) --- \$5.00  
Matinee seats --- Adults \$6.00  
Children \$5.00  
754-4211

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**VALI TWIN CINEMA**

**SHOWING THIS WEEK!**

## Avengers: Infinity War

Rated PG-13

Showing: Thursday, May 17 ----- 7:00pm  
Showing: Friday, May 18 ----- 7:00pm  
Showing: Saturday, May 19 ----- 3:00pm • 7:00pm

**Hyart Theatre** [www.hyarttheatre.com](http://www.hyarttheatre.com)  
\$5 Night Shows • \$4 Matinee Shows  
Phone: 307.548.7021

**MOVIE LINE** **American Dream Drive-in Theatre**  
754-5133  
Showtime 9:00pm Or Dark

**SHOWING MAY 18 & 19 FRIDAY & SATURDAY**

## Black Panther

PG-13

EVERY NIGHT IS CARLOAD NIGHT - \$15 • Single Person - Only \$2

Living Hope Community Church is **collecting items** for a garage sale to be held in June. All proceeds will be donated to Give Hope Ministries Orphanage and School in Uganda.

Please call 754-9713 for pickup or to make delivery arrangements.

**Living Hope Community Church**

**WRITING GROUP**

**Mondays, June 25-July 30 — \$20**  
5:30PM - 7:00PM  
Register by June 21 — Ages 18+

**YOGA FOR EVERY BODY**

**Mondays, June 4-June 25 — \$20**  
11:00AM - 12:00PM  
Register by May 31 — Ages 55+

**THE POWER OF A GOOD NIGHT'S SLEEP**

**Monday, June 18 — \$20**  
6:00PM - 7:30PM  
Register by June 14 — Ages 18+

To register, or for class details, please call or visit our website:

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**HAVE A COLLEGE GRADUATE?**

Parents, tell us of your children's college graduation: Mike Buhler at 754-2221, [mike@powelltribune.com](mailto:mike@powelltribune.com)

# DIGEST

## WEATHER REPORT

Date	High	Low	Precip.
05.09	77.1	50.1	.00
05.10	68.7	50.5	.00
05.11	55.9	40.9	.45
05.12	48.7	39.3	.24
05.13	62.9	42.0	.01
05.14	66.4	44.1	.00
05.15	74.3	42.5	.00

(Information provided by Powell-weather.net and Weather Underground).

## CORRECTION

■ A section celebrating Powell's 2018 graduates misstated the date of the Shoshone Learning Center's graduation ceremony. It begins at 12:30 p.m. Sunday in the Powell High School Auditorium. The Tribune regrets the error.

## NEW FACES

■ Lance Carter-Allen Neyman was born at Powell Valley Hospital on Friday, May 11, 2018, to Gennifer Kacmar and Jon Beauchamp-Johnson of Powell. He was born at 9:43 a.m. with a weight of 5 pounds, 11 ounces, and joins sister Reyanna-Rose Kacmar, 5. Lance's grandparents are Dennis Neyman, Marriane Harrison, Jim Dodds and Kathy Hixon.

■ Marianne and Tyler Gwynn of Lovell would like to announce the birth of a baby girl, Pauline Daisey Gwynn, who was born on Sunday, May 13, 2018, at Powell Valley Hospital. Pauline was born at 11:22 p.m. with a weight of 7 pounds, 4 ounces. Grandparents are Alvin and Elaine Emmett of Lovell, and Martin and Diana Gwynn of Ralston.

## DIVORCES

■ Austin L. Allen and Jessica L. Allen

■ Steven E. Bates and Jamie M. Bates

■ Lisa M. Beier and Kent A. Beier

■ Eva Helene Foss and John David Foss

## SHERIFF'S REPORT

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

**MAY 1**

■ 12:30 p.m. Ramon Roberto Jiron, 74, was served a warrant at the Park County Law Enforcement Center.

■ 1:23 p.m. Search and Rescue was called for a report of two vehicles stuck on Wyo. Highway 212 in the Cody area, about 5 miles past the road closure. A caller reported that a man had hiked out and told them that he'd gotten stuck, then another vehicle got stuck trying to pull them out. The caller then lost cell service and the Sheriff's Office was unable to call them back.

■ 3:31 p.m. A caller on Milo Road in the Cody area reported a fraud on Craigslist involving a home.

■ 3:48 p.m. A person was reported to be in the borrow ditch on Mussler Road/U.S. Highway 14/16/20 east of Cody.

■ 7:05 p.m. A white sedan with fogged up windows was reported on Road 7 in the Powell area. It was gone when the Sheriff's Office arrived.

**MAY 2**

■ 12:53 a.m. A caller asked to have a person removed from a recovery center on Wyo. Highway 120 north of Cody.

■ 9:59 a.m. Stacey Jon Henderson, 30, was served a warrant at the Cody Law Enforcement Center.

■ 1:15 p.m. A woman reported that her husband was driving intoxicated on Road 7RP in the Cody area.

■ 2:37 p.m. After a traffic stop on Lane 9 in the Powell area, a driver was warned for speeding and

## BAND OF BROTHERS



A variety of cats and kittens are currently available for adoption. These three kittens, all male, have another brother that was more interested in eating than having his photo taken. They will be ready for adoption around June 1. If you are interested in adopting a shelter animal, call Caring for Powell Animals/Moyer Animal Shelter at 754-1019. Tribune photo by Carla Wensky

cited for driving on a suspended license.

■ 7:30 p.m. Numerous black cows were returned to their owner after getting on Road 5/Lane 10 in the Powell area.

■ 7:39 p.m. A caller reported losing a yellow credit card carrier with owls on it in the Cody area.

■ 8:24 p.m. An unattended car was reportedly parked in a church's parking lot on Cooper Lane East in the Cody area.

### MAY 3

■ 12:09 p.m. Four horses were returned to their owner after getting out on Wyo. Highway 295/Lane 7 in the Powell area.

■ 7:15 p.m. A caller reported seeing a vehicle with its doors open and numerous items strung around Spirit Mountain Road in the Cody area; the caller said there had been people around the car but they had since left. The vehicle was gone when the Sheriff's Office arrived.

■ 11:32 p.m. A caller reported concern about an odor outside her residence on Willow Road in the Cody area. She thought it smelled like gas while her husband thought it smelled like burning plastic or something.

### MAY 4

■ 10:46 a.m. A fence was reportedly down on Marquette Drive in the Cody area, with one horse out and others trying to get out.

■ 10:59 a.m. A deputy assisted detention officers with a person at the Park County Courthouse in Cody.

■ 12:09 p.m. The Sheriff's Office was asked to check on the welfare of an elderly couple on Road 6RT in the Cody area; a caller said she'd been unable to reach them for about five days.

■ 1:55 p.m. An ATV reportedly rolled on Lane 16, 1 mile off U.S. Highway 14-A in the Cody area, with an injury.

■ 2:33 p.m. A deputy assisted a motorist on Lane 9 in the Powell area.

■ 3:11 p.m. Jonathon Edmund Ede, 33, was served a warrant at the Cody Law Enforcement Center.

■ 7:21 p.m. A teenage girl was reported to have gotten into a truck in Fromberg, Montana, that was being driven by a person with a warrant. The vehicle was stopped on Big Horn Avenue/34th Street in Cody and Kirbie Jean Bernhardt, 32, was arrested on a warrant.

### MAY 5

■ 1:06 a.m. The Sheriff's Office assisted with a report of an intoxicated male who was wanting to fight a female on Sheridan Avenue in Cody.

■ 2:26 p.m. Roping steers were

reported to be out on Road 2AB in the Cody area at a college facility. They were returned to their owner.

■ 2:58 p.m. The Sheriff's Office assisted Powell police with a report of a domestic dispute on North Bent Street in which a female reported she'd been hit by a male. The male was inside and the female outside at the time of the call.

## DISTRICT COURT

Charges reaching the court are only allegations and the defendants are presumed to be innocent. Counts are felonies unless otherwise noted.

### CHARGES REACHING THE DISTRICT COURT

■ Gilberto J. Meza Jr., born 1979, of Powell, charged with, as a registered sex offender, failing to provide updated information to the Sheriff's Office for a second time. In a separate case, Meza is charged with two counts of possessing a controlled substance (methamphetamine and marijuana) for a third or subsequent time.

■ Evan W. Haywood, born 1990, of Meeteetse, served 38 days in jail, must serve five years of supervised probation, concurrently with another case, for possessing a controlled substance (methamphetamine). A count of possessing a controlled substance (methamphetamine) with intent to deliver was dismissed.

■ Joshua O. Jacobs, born 1983, of Powell, served two days in jail, must serve two years of supervised probation and pay \$260 for possessing a controlled substance (marijuana) for a third or subsequent time. Misdemeanor counts of driving with a suspended license, driving with unreadable license plates and driving with no valid auto insurance were dismissed.

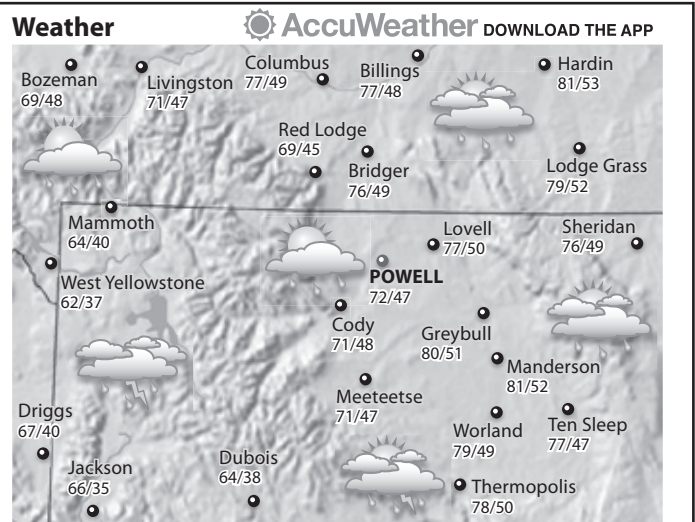
### SENTENCES

■ Amanda Beth Cheney, born 1983, of Worland, must serve 18 to 24 months in prison and pay \$445 for two counts of interference with parental custody.

■ Kirenda Leeann Cockrell, born 1990, of Cody, served two days in jail, must serve five years of supervised probation and pay \$260 to the court and \$250 in restitution for delivering a schedule I controlled substance (marijuana), with a finding of guilt deferred. A count of conspiring to delivering a schedule II controlled substance (oxycodone) was dismissed.

■ Brandon D. Conard, born 1985, of Clark, served 23 days in jail, must serve one year of unsupervised probation and pay \$430 to the court and \$1,940.31 in restitution for misdemeanor counts of altering price tags to obtain property valued at less than \$1,000 at less than the marked price and conspiracy to alter price tags to obtain property valued at less than \$1,000 at less than the marked price. Those counts were reduced from original charges of altering and conspiring to alter the price tags of property valued at \$1,000 or more.

■ Joni Lee Corbin, born 1978, of Cody, served four days in jail, must serve one year of probation and pay \$170 for a misdemeanor count of possessing a controlled substance. That was reduced from an original count of endan-



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## 5-day Forecast for Powell

Today	Friday	Saturday	Sunday	Monday
72° 47° Times of sun and clouds with a passing shower	52° 38° Mostly cloudy and cooler with a few showers	53° 42° Times of clouds and sun with a shower; cool	66° 46° Partly sunny	71° 50° Turning cloudy with a t-storm in the afternoon

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.....73°/34°  
Normal high/low.....67°/40°  
Average temperature.....52.4°  
Normal average temperature.....53.1°

PRECIPITATION  
Total for the week.....0.67"  
Month to date.....0.75"  
Normal month to date.....0.58"  
Year to date.....2.71"  
Normal year to date.....1.72"  
Percent of normal month to date.....1.29%  
Percent of normal year to date.....158%

## Sun and Moon

Sunrise/Sunset.....5:45am/8:39pm  
Moonrise/Moonset.....7:52am/11:20pm

First	Full	Last	New
May 21	May 29	June 6	June 13

Forecasts and graphics provided by AccuWeather, Inc. ©2018

The State		Today		City		Today		City	
City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W
Buffalo	75/49/pc	Green River	73/43/pc	Laramie	73/38/pc	Buffalo	75/49/pc	Green River	73/43/pc
Casper	79/44/t	Greybull	80/51/c	Rawlins	76/40/pc	Casper	79/44/t	Greybull	80/51/c
Cheyenne	77/46/t	Jeffrey City	75/43/c	Rock Springs	70/43/c	Cheyenne	77/46/t	Jeffrey City	75/43/c
Gillette	79/48/t	Kirby	79/50/c	Shoshoni	78/49/pc	Gillette	79/48/t	Kirby	79/50/c

The Nation		Today		City		Today		City	
City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W	City	Hi/Lo/W
Atlanta	81/67/t	Houston	96/69/s	Louisville	78/66/t	Atlanta	81/67/t	Houston	96/69/s
Boston	72/55/pc	Indianapolis	79/59/c	Miami	83/72/t	Boston	72/55/pc	Indianapolis	79/59/c
Chicago	78/55/pc	Kansas City	84/61/pc	Phoenix	97/69/s	Chicago	78/55/pc	Kansas City	84/61/pc
Dallas	94/75/s	Las Vegas	87/66/s	St. Louis	84/64/pc	Dallas	94/75/s	Las Vegas	87/66/s
Denver	82/50/t	Los Angeles	71/57/pc	Washington, DC	71/61/t	Denver	82/50/t	Los Angeles	71/57/pc

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

## Picnic Reservations

Picnic reservations for Homesteader Park, Southside Park and Washington Park are being accepted. If you are planning a picnic this spring, summer or fall at one of these City parks they are available on a reservation basis. A park reservation permit can be obtained by stopping by City Hall or downloaded at [www.cityofpowell.com](http://www.cityofpowell.com) under the Parks Department tab. The forms must be submitted at least 3 days prior to ensure the picnic shelter is available.

For more information, you may contact City Hall at 754-5106 or the Parks Department at 754-6971

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Wyoming Department of Transportation driver Tom Anderson plows U.S. Highway 14-A near the Sheridan/Big Horn County line on Monday in the Bighorn National Forest. WYDOT officials said they hope for the road to be open to traffic by Memorial Day weekend. Meanwhile, officials announced Monday that the Beartooth Highway (U.S. Highway 212) between Cooke City, Montana, and the Chief Joseph Highway (Wyo. Highway 296) is now open for the summer season. That means travelers can now reach Cooke City/Silver Gate and Yellowstone National Park's Northeast Entrance from the eastern side of the park. Photo courtesy WYDOT

## Critics say Wyoming animal protection laws are weak

BY KATIE KING  
Casper Star-Tribune  
Via Wyoming News Exchange

On a weekday morning last month at the Pet Ring Foundation, a wrinkly-faced English bulldog ignored everyone else in the room as he tenaciously chased a tennis ball across the Casper shelter's blue floors.

"Buddy loves his toys," said the shelter's director Preston Pilant, as he watched the sandy-colored dog bound around the room.

It seems like a harmless enough habit, but Buddy's passion for playing almost got him killed last year. The pooch, who was walking alongside his owner Lucy at a park in north Casper, dropped a toy he was carrying and started to play with it on the street.

A nearby driver grew impatient as Lucy tried to pull the heavy canine out of the road. Pilant said the man intentionally ran over Buddy, then put his car into reverse and hit the dog again before leaving the scene.

Buddy panicked and ran off, but a group of Lucy's friends — including Pilant — formed a search. Lucy eventually found her pet, who was taken for medical care and miraculously survived. But the director said it was still a horrific evening.

"Buddy is her close companion," said Pilant, who sometimes watches the dog for Lucy. "It was hard for her to deal with [almost losing him]."

Multiple witnesses copied down the driver's license plate and the man was later convicted of animal cruelty and sentenced to probation, said Pilant. Those who love Buddy considered the punishment a slap on the wrist.

Animal cruelty laws are "a joke" in Wyoming, said the director. Many residents consider pets to be family, he explained, yet the laws treat them as property.

"Our animal laws in general are just completely vague ... they need to be re-written,"

Pilant said.

Pilant isn't the only person who thinks the laws are lacking. Wyoming ranks near the bottom nationally in terms of animal rights, according to two national animal rights groups.

The Animal Legal Defense Fund, a national legal advocacy organization for animals, and the Humane Society of the United States both cited Wyoming as one of the worst five states for animal protections in 2017.

It's difficult for an offender to be convicted of animal cruelty in Wyoming because the laws are ambiguous, explained Lisa Kauffman, the society's Idaho director who's temporarily filling in for Wyoming. Prosecutors don't want to waste time pursuing a defendant when their attorney will likely find "wiggly room" and avoid a conviction.

Even those who aren't concerned for animals should still pay attention to animal cruelty because it's a red flag, according to Kauffman.

"People who become serial killers or who move into domestic violence or crimes against children — they usually start with animal cruelty," she said, adding that the alleged school shooter in Parkland, Florida, had a history of abusing small animals.

This link has been noted by the FBI, which started keeping a database of those with animal cruelty convictions about two years ago, she added.

While Kauffman would like to see the state create clearer laws and stricter penalties, she also acknowledged that Wyoming is already struggling with overcrowded prisons and doesn't need any more inmates. The Humane Society is therefore encouraging law-

makers to increase the fines and require mandatory counseling.

"Counseling can get that person the help they need," she said.

The link between animal abuse and harming humans is also concerning to Rep. Eric Barlow, R-Gillette.

"Information I have heard from domestic violence prevention groups seem to indicate a significant correlation

between those who abuse animals and go on to abuse people," he said in an email sent to the Star-Tribune this week.

Barlow was among the legislators who recently supported a bill that would have raised the maximum fines for those convicted of an initial offense of animal cruelty to \$2,500, and the maximum fine for a subsequent offense to \$10,000. Cruelty to animals is now a misdemeanor punishable by a maximum fine of \$750 for a first-time offense and \$5,000 for subsequent convictions.

The bill was sponsored by Rep. Mike Gierau, D-Jackson, who said his constituents asked him to increase the fines last year after a local resident was filmed abusing a horse.

The bill failed during the last legislative session, but Gierau said he's determined to try again next year.

Lisa Robertson, the co-founder of Wyoming Untrapped, was among those who asked the representative to work on strengthening penalties.

"The animals in our state suffer silently while we sit back and do nothing ... I want to see leadership take a step and acknowledge that there needs to be change," she said.

Others think existing laws

are already enough.

Representative Roy Edwards, R-Gillette, told the Star-Tribune that he voted against the bill because he does not believe animals are equal to humans.

"There are already enough penalties ... God left [animals] on this earth for us to take care of, not for them to dominate us," Edwards said.

Gierau said he plans to work with those on both sides of the issue throughout the next year. Some ranchers and farmers have recently reached out to the representative and explained they're worried that strengthening animal protections will harm their businesses.

"People get defensive because they feel that their livelihood is being attacked," Gierau said, adding that he understands and wants to work together on a solution.

Ken Hamilton, the executive vice president of the Wyoming Farm Bureau Federation — the state's largest organization of farmers and ranchers — said he doesn't necessarily object to strengthening penalties for animal abusers.

"We want to make sure that it's narrowly enough written that it doesn't have an impact on the agricultural community," he said.

Hamilton recalled that some of his members were told they're cruel to animals because they keep livestock outside in the winter.

"Sheep have 3 inches of wool so they don't get cold like a person ... People do have a tendency to sometimes anthropomorphize animals and I think you have to be careful that you don't do that," he explained.

But Hamilton said he thinks a middle ground can be reached.

Gierau told the Star-Tribune that he wasn't discouraged by his bill's defeat this past session. Meaningful legislation takes time and he said he considered this a strong first step.

"I hoped it would open up a discussion — and it has."

**'The animals in our state suffer silently while we sit back and do nothing ... I want to see leadership take a step and acknowledge that there needs to be change.'**

Lisa Robertson  
Wyoming Untrapped  
co-founder



## Specials for the Week!

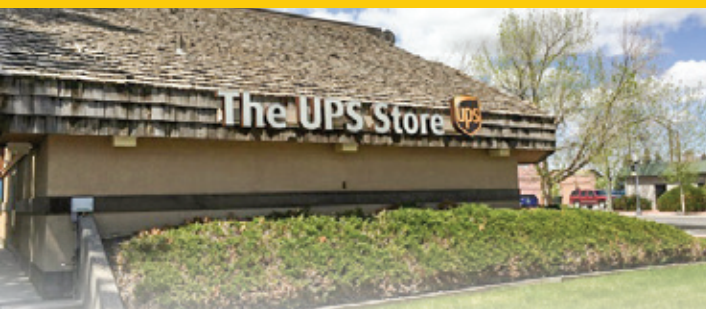
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## PREP PERFORMER OF THE WEEK

Ashton Brewer  
Soccer





Brewer was instrumental in last Friday's state play-in game against Douglas, stopping nine shots on goal and recording a shutout in regulation and overtime. The freshman keeper then blocked two of four shots in a shootout to preserve a 4-2 victory and advance the Panthers to this weekend's state tournament in Jackson.



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## PREP PERFORMER OF THE WEEK

Maddy Hanks  
Track & Field






Hanks finished fifth in the 300 meter hurdles and fourth in the pole vault at last week's 3A West Regional Track Meet at Panther Stadium, qualifying for this weekend's state meet in Casper in both events. Hanks, a senior, will also run a leg of the Lady Panthers' 4x400 meter relay team at the state meet.



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# Hunts: Idaho sets grizzly quota of just one bear

Continued from Page 1

decided to delay setting a season, passing on a 2018 hunt. The coalition is asking Wyoming to wait, too, and require a five-year moratorium on hunting the bears.

“Rather than feed the narrative that states are rushing to hunt bears as soon as they are removed from the ESA, we ask Wyoming to delay the onset of hunting, as the state of Montana did this past March,” said Chris Colligan, GYC wild-life program coordinator, in the group’s official release. “Montana cited low allowable female discretionary mortality (a similar concern in Wyoming) and ongoing litigation as the justification for this decision.”

The GYC is the only conservation group with offices in Park County. Colligan knows the group is one of the major opponents in this debate. Yet the active outdoor sportsman, raised in a hunting family with personally harvested wild game in his freezer, doesn’t want to be seen as the enemy.

“I work with Dan [Thompson] often,” Colligan said. “We see eye-to-eye on many things, but not everything.”

While the group is asking for five years, Colligan hopes the commission will at least delay the currently proposed season.

“The prudent measure would be to make the call to wait a year,” Colligan said.

He disputes that the hunts will be a useful tool in managing populations. Colligan claims the underlying premise — that hunting will decrease conflicts — is false.

“There’s relatively little science hunting will reduce conflicts,” he said.

The timing of the meeting coincides with the end of hibernation and the beginning of tourist season — Wyoming’s second-largest industry.

“Bears wake and head to lower elevations looking for food and get in trouble,” Thompson said.

There have already been conflicts this year. So far, four grizzlies have been “removed,” that is, killed, by wildlife managers, all in Park County. Three resulted from conflict situations and one was a humane act, euthanizing an old bear that was unable to lift its hind legs, according to the United States Geological Survey (USGS). Two of the bears were inside the DMA, two outside. Three more grizzly mortalities were reported, but are still under investigation and the cause hadn’t been released as of press time.

The terminology for dealing with conflicts are disarming. Grizzlies are either relocated or removed. Relocation is just

how it sounds: A bear is trapped and moved far enough away so that they are no longer a threat. Spring is a tough time for relocations, Thompson said. Weather restricts the areas where they can be moved. This year, snow accumulation is at 171 percent above normal, reducing the options to a scant few.

Removal sounds somewhat innocuous, but it’s the lethal means of dealing with a conflict. Individual bears are typically moved several times before being removed, Thompson said. Game and Fish biologists hate exercising the option. Losing a grizzly that’s been studied, sometimes for more than a decade, is a bad day at work for the state’s large carnivore scientists.

A large boar near Meeteetse was euthanized earlier this month. It had been captured and moved previously, but was feeding on livestock. Several factors go into the decision. This one included its history, location and lack of an available location deep in the wilderness.

“It’s a well thought-out process and he [the bear] was well outside the DMA,” Thompson said.

This time last year, the county had already heard details of a human attack near Clark: A shed hunter surprised a sleeping bear and was injured. There were no fatal attacks reported in 2017.

In Park County, there is more support for hunting than most places in the state and country. At recent Game and Fish scoping meetings, there have been more concerns voiced about the quotas on the species being too conservative. Colligan attended last month’s Yellowstone Grizzly Coordination Committee — which helps guide policy for the species — and was displeased with the lack of discussion about the effects of hunting so soon after delisting.

The State of Idaho set regulations for its grizzly hunting season last week, setting a quota of just one bear.

Both Thompson and Colligan hope for a civil debate during Wednesday’s Game and Fish Commission meeting in Lander. Very few involved in the debate think the commission will vote to delay hunts. Pending litigation over the delisting of the species, which is set to be resolved in late summer, could be the final hurdle before the season starts. The Greater Yellowstone Coalition isn’t involved in the litigation, but is watching with great interest.

“Our image is at stake with the decisions made,” Colligan said. “Hunting [grizzlies] will affect tourism.”

**‘The issue is polarized. A lot of people are adamantly opposed to the hunting of grizzlies. This is a fairly historic moment.’**

*Daniel Thompson  
Wyoming Game and  
Fish Department*

## Game and Fish reduces allowable female grizzly bear kills to one

JACKSON (WNE) — State wildlife managers have halved the number of female grizzly bears that hunters could target this fall, a change that means hunters will be limited to one-at-a-time access in the core of the species’ range in Wyoming.

The Wyoming Game and Fish Department announced last week that it downsized its female grizzly hunt quota from two bears to one during the 2018 season. It’s a significant change because it means the grizzly hunt in much of the Yellowstone region will now be shut down after a single sow is killed. The reduction came after a debate over whether Wyoming rightly “rounded up” its 1.45-bear share of the female grizzlies that can be legally hunted in the tri-state Greater Yellowstone Ecosystem.

Game and Fish Chief Game Warden Brian Nesvik said the change is not a concession that Wyoming erred, but was rather made out of caution.

“It seemed like a conservative approach and the right thing to do,” Nesvik said.

Montana and Idaho officials agreed during a winter meeting that Wyoming could hunt two female grizzlies, he said.

“We all agreed at that meeting ... that we would start with two female bears,” Nesvik said.

“And that hasn’t changed. We still believe that is the agreement and that is the authority that exists.”

Outside an ecosystem-interior “demographic monitoring area,” Wyoming has more leeway over its grizzly hunt, and there is no separate cap on the number of female grizzlies. A total of 12 grizzlies could be killed in the outskirts area, known as hunt zone 7, this fall, and, technically, all could be grizzly sows.

The updated regulations would also clarify the process to obtain a license for hunt areas 1-6 (within the demographic monitoring area). Hunters high enough on the grizzly license list will be required to pay their license fee and provide proof of hunter education within 10 days of being notified. Additionally, the updated proposal would establish 10-day hunt periods in those areas.

The Game and Fish Department had heard concerns that hunt opponents would try flooding the license application process or, if awarded a license, try to slow the process.

The Wyoming Game and Fish Commission will meet in Lander on Wednesday to discuss and vote on a potential grizzly bear hunting season.

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# Prowl: Adviser hopes to revive student print edition

Continued from Page 1

said. Last month, several students presented to the school board, sharing what they’ve learned.

“At the beginning, before we could write, we really had to learn about journalism and about laws, because we are protected by the First Amendment,” said Natalie Dillivan, a sophomore who serves as the associate editor.

She said they learned a lot about ethics and how news stories can have positive and negative impacts.

“We have to realize that just because we can write something doesn’t mean we should,” Dillivan said.

Students also learned how to approach people they don’t know and ask for an interview.

“I think a lot of what we learn in this class is the art of talking face-to-face with people,” Dillivan said.

Cappiello encouraged students to get out of their comfort zone and not interview their friends, said sophomore Hailee Paul, a Prowl reporter.

They’ve also learned how to write for Associated Press style, which she explained is different from writing a paper for an English or science class.

Cappiello also has taught students about the importance of meeting deadlines, Paul said.

“It has made us harder-working students and we’ve become better at getting our stories in on time,” she said. “I think it has helped us to be well-rounded students.”

PHS senior Braden Schiller, the online editor, said the student news site “has gone past anything that I would have expected it to.”

Cappiello said the journalism students “have embraced the goals we have set for them and then some.”

Sophomore Rachel Kuntz, a

Prowl reporter, will receive further training in journalism this summer. She was recently accepted into the Asian American Journalists Association’s summer program.

Superintendent Jay Curtis commended the PHS students and Cappiello, saying he thoroughly enjoys reading The Prowl.

Cappiello thanked the superintendent, saying “these kids have done some great work.”

“... Really, it’s just the tip of the iceberg right now as far as I’m concerned,” Cappiello said. “They have some goals, beyond what we’ve done so far.”

Cappiello hopes to revive the print edition of a student paper at PHS. The school used to have a student newspaper — The Powwow — until about five or six years ago.

“You always hear that print is dead, and I think there’s a lot of us out there who would disagree with that statement,” Cappiello said.

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Former Montana State University standout Aaron Papich (No. 99) will take over the reins as head coach of the Powell High School football program this fall. A two-time All-Big Sky selection as a Bobcat, Papich was an assistant last season at Riverton and brings over a decade of coaching experience to the Panthers. Courtesy photo

## NEW ERA TO BEGIN IN PANTHER FOOTBALL

PAPICH BRINGS EXPERIENCE, ENTHUSIASM AS HEAD COACH

BY DON COGGER  
Tribune Sports Editor

When he wasn't wreaking havoc on opposing offenses as a defensive standout for the Montana State University Bobcats, Aaron Papich was learning the intricacies of the game from his coaches, with an eye toward one day running his own program.

Papich has now spent roughly a decade coaching football, building relationships and enjoying his time as a coach. He's now taking the reins as the head coach of Powell High School's football program.

"This opportunity is pretty awesome, to come into Powell and be part of the great tradition

of excellence that they have, both athletically and academically, is a big honor," Papich said.

PHS Athletic Director Tim Wormald said Papich was one of four "highly-qualified" candidates who interviewed for the position, and that Papich impressed with his vision of where he wanted the program to go.

"He [Papich] is really focused on football being a means of teaching kids about life and helping them develop character," Wormald said. "The committee was really impressed with him."

Calling Papich a "motivator," Wormald said the coach brings experience in a variety of different sports at many different levels.

**'He [Papich] is really focused on football being a means of teaching kids about life and helping them develop character.'**

Tim Wormald  
Athletic director

the high school level, Xs and Os are good, you need to be solid in those. But they'll only get you so far. You have to be able to motivate and keep the big picture in mind, which is helping kids become

young men and be better prepared for life."

Papich began his high school coaching career as an assistant for two seasons under Jon Vance at Kelly Walsh High School in Casper. He then spent two seasons at Burlington, one as head coach, before working as an assistant last season at Riverton. He also coached a year under former Panther head coach Chanler Buck for a season, giving him an idea of what to expect when he returns to Powell; Buck left the position last month to become Powell Middle School's activities director/assistant principal.

"Coaching with Chanler [Buck] was an awesome experience, and

See Papich, Page 12

## Good Old Boys

WEEK 2 MAY 15, 2018  
GAME OF THE WEEK: One low net score on par 5s, two low net scores on par 4s and three low net scores on par 3s.

The Good Old Boys kicked off their second week at the Powell Golf Club with a game of taking one low net score on par 5s, two low net scores on par 4s and three low net scores on par 3s.

In first, with a team score of 112, was Kevin Lineback, Ray Nelson, Mark Saylor and Jim Tobin.

Dennis McCollum, Tony Waller, Tom Bibbey and Larry Hedderman were the runners-up with a score of 120, while rounding out the top three was the team of Bob Mason, Norm Altman,

In fourth place with a score of 127 was the team of Lloyd Snyder, Dave Frost, Mike Hernandez and Paul Devoss.

Saylor's 80 was the low gross score of the day, while Frost and Jeffs tied for low net with a 69.

Lineback and Frost each recorded a deuce on hole No. 4.

## COLOR RUN FUN



Powell High School students participated in a color run last week. Various color stations were positioned throughout Homesteader Park's walking path, where runners had colored powder thrown on them. The grand finale in front of PHS featured an array of colors thrown into the air, making a colorful cloud that settled on the group. Tribune photo by Carla Wensky

## THE LINEUP

This Week in Powell Sports

\* Home games in bold

### THURSDAY, MAY 17

PHS Track State Meet at Casper, 11 a.m.  
PHS Boys State Soccer v. Rawlins at Jackson, 11 a.m.

### FRIDAY, MAY 18

PHS Track State Meet at Casper, 9 a.m.  
PHS Boys State Soccer opponent TBD at Jackson, 11 a.m.

### SATURDAY, MAY 19

PHS Track State Meet at Casper, 9 a.m.  
PHS Boys State Soccer at Jackson, TBD  
Powell Pioneers Baseball v. Billings Angels, 1 p.m. and 3 p.m.

## Powell Middle School track strong at conference

SEVENTH- AND EIGHTH-GRADE GIRLS, EIGHTH-GRADE BOYS FINISH FIRST

BY DON COGGER  
Tribune Sports Editor

The Powell Middle School track and field teams stormed into the Yellowstone Conference Meet in Thermopolis as a team on a mission, with three of the four teams emerging as conference champions earlier this month.

### LADY CUBS

The seventh- and eighth-grade girls teams dominated the competition, finishing first with 163 and 144 points, respectively. Kami Jensen had a meet to remember for the seventh-grade team, finishing

first in the 100 meter hurdles, 200 meter hurdles and the high jump, while finishing second in the pole vault.

For the field events, Sydney Spomer took the top spot in the triple jump, while Jamalee Hernandez won the shot put. Grace Coombs earned gold in the discus.

Jenna Hillman owned the sprints on the eighth-grade side, winning the 100 meter dash, 200 meter dash and 400 meter run. Hillman also ran the anchor leg on the 4x400 relay team that finished first. Kabrie Cannon took the top spot in the 1600 meter run, while Reagan Thompson was

first in the shot put.

### CUBS

For the boys, the seventh-grade Cubs finished just behind Cody for the top spot, claiming silver with 141 points to Cody's 153. The eighth-grade boys were conference champs, finishing with 187.5 points, easily outdistancing second-place Worland's 107 points.

On the seventh-grade side, Jack Beaudry won the pole vault with a height of 7 feet. Sammy Adame had a string of second-place finishes, taking silver in the 100 meter dash, 200 meter dash and the high

jump, while teammate Daniel Merritt took silver in the 1600 meter run and bronze in the 800 meter run.

For the eighth-graders, Cole Frank and Reed Smith took home the gold in the 400 meter run and the 200 meter dash, respectively. Jacob Hieb finished first in the pole vault with a height of 9 feet, while Sheldon Shoopman took silver in the shot put and bronze in the discus. Shoopman also had a solid day on the track, finishing fourth in the 100 meter dash.

See Cub track, Page 12

High jumper Colby Warner clears the bar at a meet in Cody earlier this season. Warner will be in Casper this weekend to compete in the 3A State Track Meet at Kelly Walsh High School.

Tribune photo by Mark Davis



## PHS track, Panther boys soccer are state-bound

This weekend is a big one for Powell High School spring sports, as 36 members of the track and field teams and the boys' soccer team hit the road for state competitions.

The Panthers' soccer squad is headed to the Class 3A State Tournament in Jackson for the first time since 2016. After an up and down season, the 4-9-2 Panthers are peaking at the right time, punching their ticket to state with a 4-2 shootout win over Douglas in a play-in game. Powell faces Rawlins in the opening round today (Thursday) at 11 a.m. Win or lose, they play again Friday

at 11 a.m.

The Panther track teams, meanwhile, are taking a ton of talent to Casper for the 3A State Track Meet, also starting today (Thursday) and running through Saturday at Kelly Walsh High School. Events today start at 11 a.m., 9 a.m. on Friday and 9 a.m. on Saturday.

Schedules and brackets are available at [www.whsaa.org](http://www.whsaa.org) and the Tribune will provide updates at [www.powelltribune.com](http://www.powelltribune.com) and on social media.

—Don Cogger



LEXEE CRAIG

## Craig earns NSAA All Conference honors

FORMER PANTHER STANDOUT VAULTS TO SECOND PLACE

BY DON COGGER  
Tribune Sports Editor

Former Lady Panther track and field standout Lexee Craig continues to impress at the collegiate level. Craig earned a second-place finish in the pole vault at last weekend's North Star Athletic Association Outdoor Conference Meet. Her jump of 10 feet, 8 inches also earned her NSAA All Conference honors for the second straight year, but was shy of her personal best of 10 feet, 9.75 inches set earlier this season.

"It wasn't as good as I wanted," Craig said of her performance. "There's always room to improve."

Craig, a sophomore at Dickinson State in Dickinson, North Dakota, also placed fifth in the long jump at 15 feet, 6 inches — just 3 inches shy of her personal best. As a team, the Lady Blue Hawks won the conference title for the third time in four years. Dickinson's 215 points easily outdistanced Jamestown, second with 169.5 points.

As for being named All Conference again as a sophomore, Craig said it's an honor she'll always cherish.

"It's a really big accomplishment, and it's something I can always hold for myself and say, 'Hey, I did this,'" she said. "It's one of those things that makes you really realize how much you're capable of."

That said, there's more Craig hopes to accomplish. She's already set her goals for next season, and plans to work all summer to attain them.

"I always try to keep setting my goals higher," she said. "Next season I hope to make not just All Conference, but also make

See Craig, Page 12

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## What is The Prowl?

The Prowl, which actually is phsprowl.com, is Powell High School's online student-run newspaper, and is advised by Mr. Vin Cappiello. During the 2017-18 school year, students learned how to write stories for the

online media format, as well as how to write headlines and captions, take and edit photos and post stories to the website.

"It's been a wonderful experience to watch these young people grow as writers

and student journalists," said Cappiello, who has previously advised school newspaper and yearbook programs in Cody, as well as Kimberly and Twin Falls, Idaho. "They have a real voice about issues that are important to them."

## Mr. Mike Brooks retiring

By Braden Schiller  
*Prowl reporter*

It's not very often in this day and age that people get to witness hard work and dedication from an individual, and especially have that dedication span over 30 years.

Powell High School's head custodian Mr. Michael Brooks is stepping back from his long career at the end of this school year.

"Mr. Brooks has been with Powell High School for over 30 years. I have been able to work with him for the last six. I don't know if I have ever worked with a man that cared more about maintaining the high quality of a building or knew more about a building. No job was too big or too small for his best effort," said Principal Mr. Jim Kuhn. "His knowledge in construction/carpentry is one of the major reasons we have the art projects hanging around our building and available for everyone to share. He has the knack for looking at a project and then having a vision of how it was supposed to look when it was finished.

Mr. Brooks has been working at Powell High School since May 13 1985, and transferred from the gym to the high school in 1988.

"I've enjoyed working especially with the special needs students. One student at the old high school was legally blind," said Mr. Brooks. "I taught him how to run a walk-behind-auto scrubber. He didn't hit a table or chair or anything."

Mr. Brooks has become a valued member of the high school staff and one that many of the faculty and students hold in high regard.

"Well, Mr. Brooks has been instrumental in helping us to succeed in our permanent displays here at Powell High School," said Mr. Gilman. "Without his help none of this would be possible."

His knowledge and dedication have been recognized at all levels of the high school.



Mr. Mike Brooks takes a break from his daily routine in the PHS Commons to discuss his 30-plus years on the job.  
 (Braden Schiller photo)

"Mr. Brooks is probably one of the most knowledgeable custodians in the state. He knows floors and how to take care of them better than probably just about anyone. He is very handy and can be relied upon to produce quality work if he is asked to make or repair something," said Assistant Principal Mr. Tim Wormald. "I have really enjoyed watching him develop a relationship with Matt Pool and a few other students over the years. He treats these students very well and wants nothing but the best

for them."

Mr. Brooks has been working with children since he transferred to the high school in 1988, his latest protégé, Matt Pool.

"My favorite time of the school day is when I work with Mr. Brooks," said Pool. "He's helped me learn how to do a good job at cleaning the tables, rolling up the rugs and dust mopping the floors."

"Mr. Brooks really has a soft heart with kids and kids with disabilities," Mrs. Jacque Hunter said.

"He always said 'do the job right' because he was putting his name on it. I will miss not discussing projects with him and bouncing ideas off of each other," said Kuhn. "With more time to pursue his interests and hobbies, I will expect some elk steaks from him next fall."

Ultimately, Mr. Brooks wants to stress that it's always about the kids.

"We are here for the kids, to make their lives brighter," said Brooks. "It all starts with leadership and I've had 35 years of good memories."

## SUMMER JOBS

By Hailee Paul and Marie Ramier  
*Prowl reporters*

Summer. It's the months that kids never want to end. It's the time you stay up late, make friendships, get that summer tan you've been wanting and earn some money.

Summer jobs have become highly popular among teenagers across the nation. During the school year kids just don't have enough time to juggle school, work, sports and other extracurricular activities.

That's why kids are in the job hunt during summer.

There are the traditional jobs that you can get such as working at a business, but if you enjoy thinking outside the box there's plenty of other job opportunities out there.

### YARD WORK

Summer is a great time to get outside and do some yard work. You get a little tan, you are getting work done and you feel very satisfied at the end. There are a variety of options included in this job.

You could mow the lawn, pull weeds, till and water the garden/flowers, prune bushes, clean out flower beds, the list goes on. It's guaranteed that someone out in the community wouldn't mind having a teenager come and do some yard work for them.

### CAMP COUNSELOR

If you enjoy being around kids then being a camp counselor would be perfect for you. You get the chance to spend time outside and make bonds with other counselors and campers.

This may be the right fit for you if you have a busy summer. Some camps are only a couple weeks, so you wouldn't be working the whole summer.

### BABYSIT

This is a great fit if you like young kids. It'd be really easy to receive a babysitting job because parents are always looking for a night off and away from their kids.

With this style of job you could have a schedule or it could be a spur of the moment type deal.

Some teens babysit for families where both parents work during the summer so it's consistent. Others will just pick up babysitting gigs whenever they can.

### FAST FOOD

If you're looking for a steady summer job, then working for a restaurant is the right job for you. You will most likely have to undergo an application process and an interview but most jobs after high school require that same procedure.

"I knew I needed a job. The manager of Subway told me to apply for Subway online," senior Gracen Curtis said. "The people I work with are awesome. My boss is great, and works well with my busy schedule."

And with this type of job, you wouldn't have to give your whole summer away. Most often you will receive a schedule for when your shift is or sometimes you may be called in to work.

### CAR WASH

This would be a fun job to do with friends or family. All you need is a hose, some soap, a car and a location. You could do it at your house or a parking lot of a business that's willing to let you use it.

### LIFEGUARD

If you enjoy swimming or have a background in it then lifeguarding is right for you. Although you have to receive some training you are still protect-

ing swimmers.

"It is a genuine life skill that could come in handy in life, future, work, and emergencies," sophomore Ashlyn Aguirre said. "You need a week long class that is just over 100 dollars that pays for the book, and all training supplies. It teaches you water safety, CPR, AED, etc. ..."

### YARD SALE

All you need is some unwanted treasures and a group of people. The more people you can round up to do a yard sale the better. Then you have a variety of items and it's not just you alone.

Just remember that a yard sale usually sells items for cheap prices, but it's a quick way to earn money.

### PET SIT

Pet sitting is easy if you enjoy pets. You could do it for a family member or a neighbor. Depending on the pet it may be a super simple job, but others are more difficult. This job is nice if you don't have the whole summer to work because it usually lasts for a short period of time.

### RUN ERRANDS FOR ELDERLY

If you know any elderly you know that sometimes it can be difficult for them to get around. Offering to run errands for them will probably be a relief to them. You're also doing your good deed for the day. This would be a super easy job to get if you just start asking around at your church, or family friends or even your own grandparents.

### AGRICULTURE WORK

If you enjoy being outside and getting a little dirty this is a good job for you. There are many options that you could choose from with this type of job.

You could work with moving and setting up pipe for irrigation. You could work fields, pull weeds and make sure that the farmer's crops are growing properly. If you work in a family business you may get to use tractors. There's a variety of options here.

# Senior reflections

By Lauren Asher and Rylie Kannard  
Prowl reporters

When people think back on their high school experience, they tend to remember all of the most impactful times they've ever had. Whether those are good or bad, funny or sad, big or small. These are the things people will always remember.

That one class you take that one time — it's nothing special. It's not hard or easy or fun, but for some reason that one class is so important. Maybe it's because you sit next to someone you never talked to before and you find yourself looking forward to seeing them every day. Sometimes it's the class itself and the view from the window or the way the room smells and how typically bland and generic it is.

Sports are always a great opener to the high school experience. In practice you're surrounded by your teammates who may be strangers in the beginning but eventually, overall the hard work and dedication, you all develop a bond between you. You become a family, in between all the

pain and lethargy you laugh, create your own inside jokes, laugh at the mistakes you all make, and celebrate the victories of everyone on the team. Even the little things.

Homecoming Week — it sounds cliché, and it is, but it's also one of the best times in high school. It's a week designated for all of the stereotypical high school events and students really pour their hearts into it. Kids always try to outgrow high school too fast for some reason, but Homecoming Week is that one time that they can fully embody the high-schooler persona. Everyone looks forward to the pep assembly for a good laugh and loud cheers, the big football game where everyone's decked out in orange and black, and the dance to follow, where spirits are high and the music is loud.

Not everything in high school is glamorous, not everything is bright and shiny. You don't always get to feel like a kid, but there are few of those moments that happen where you get to revel in all of the cliché feels of high school. The kind of moments '80s movies are filled with and it's magnificent.



Powell High School art students pose with the unicorn display at Art Symposium. (Jim Gilman photo)

# Taxidermy controversy

By Lauren LeJeune  
Prowl reporter

The debate continues on whether taxidermy should be considered a legitimate form of art at the state level in Wyoming.

"I've gone to the art symposium for 21 years; we started taking taxidermy projects the second year," said Powell High School art teacher Mr. James Gilman. "There were probably some teachers who probably didn't like it, but most accepted it without problems. I never heard any gripes until the last few years."

It's unclear what drove the decision to try and outlaw taxidermy.

"I can't say; I would say there were more teachers who decided that they didn't like it, and there were teachers who decided that it didn't meet the fine art standards for Wyoming," said Mr. Gilman.

That was brought to my attention last year by the president-elect of the Wyoming secondary art educators association.

Mr. Gilman has been resilient in bringing taxidermy to symposium, despite what others say. This year's unicorn project was the first-place winner

in the student choice category. PHS art students ended up bringing home some 60 ribbons.

"They tried to stop us and that was what I was told was the goal at the fall meeting they had last November, was to try to get me to either stop bringing it or ban it altogether or make it more expensive to bring," said Mr. Gilman. "What they settled for was making it more expensive by making anything more than 5 feet in any one direction a \$20 entry fee instead of the \$3 entry fee."

Powell students aren't the only ones who've brought taxidermy projects to the art symposium.

"There have been pieces brought throughout the years, one or two here and there, but mostly it's kids doing internships at a taxidermy."

Despite others bringing taxidermy as well, the rights of teachers to decide what they deem to be art seems to have its limits.

"The teachers are supposed to be the ones who get to decide what art is and what isn't. You know, if its produced in your classroom you're supposed to be able to bring it without censorship whether other people approve of it or not. That's supposed to be how it works but the last few years apparently there's been enough of them who've decided that they don't like it for various reasons."

Mr. Gilman had the perfect response:

use taxidermy skills to create a sparkling masterpiece: the unicorn.

"The unicorn was definitely the answer to that. We used all the traditional methods of taxidermy other than skin to produce the piece of art that it is."

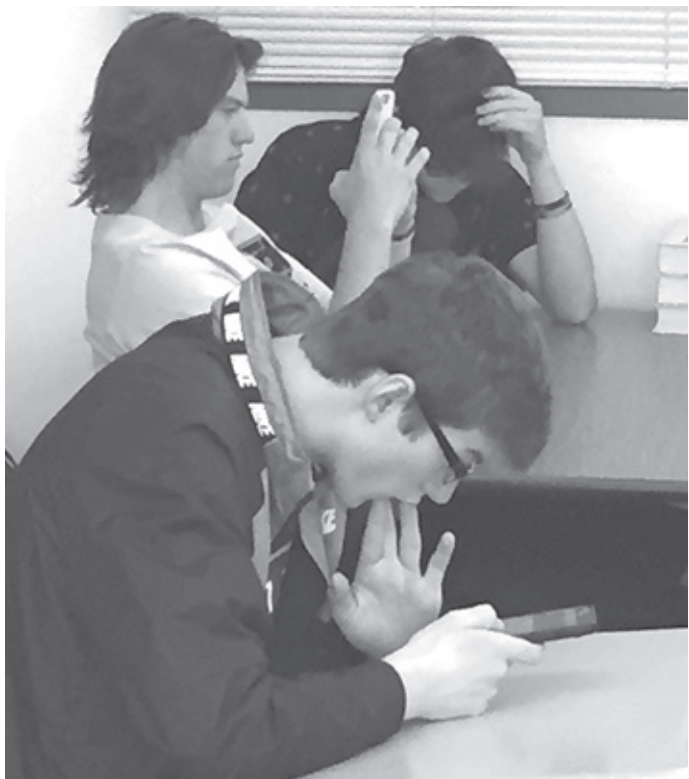
There's still doubt on whether taxidermy could be considered "art."

"Those people I don't know about because they won't come talk to me face to face. The one who would won't actually admit that he was the one leading the merry little band of people who didn't like it, so he wasn't very honest with me to my face. The other people were all very supportive. I had lots of support from other art teachers from all around the state and they loved it. They knew exactly what it was there for. It was there for protest and it was there to show that taxidermy is simply sculpture."

For the most part, the unicorn was perceived well.

"The students did well with it; the kids for the most part from other schools loved the unicorn and what it represented. A lot of the teachers had discussions with their kids about it and most of the kids were very, very supportive."

Only time will tell what becomes of the taxidermy controversy, but it's safe to say that Powell High School students and Mr. Gilman have made an impressive mark with the help of the unicorn.



Seniors (from front) Zack Meredith, Shay Dillon and Josh Wolfe kill some time before class. "Senioritis" is something soon-to-be-graduates often must deal with. (Vin Cappiello photo)

# 'Senioritis'

By Abigail Cabbage and Kenadee Bott  
Prowl reporters

It is the last stretch of the school year. Prom is over, sports are just about over and the end of the year is coming up with graduation and finals. There is just this air of bleakness; everyone is burned out and tired of it all.

But no one can shut down because students have common assessments, normal testing and more homework to prepare for the big tests. Then graduation for seniors who have been where all lower classmen are, covering in pain from stress and sleep deprivation.

However, all of the lower classmen are extremely proud to say they have made it and survived so far.

They are also very proud of the friendships they've made with the seniors and the juniors coping with the idea that they have to part with their little underclassmen friends as well. Students have so many other things to look forward to.

Yes, you've made it through high school or you've just begun the crazy ordeal. And don't even start with Senioritis!

It will all be OK in the end, you will grow up and be able to say, "yes, I have survived the first few steps of life."

This is the point in life that feels almost like a movie, where everyone is standing around and asking themselves all the same question, "What now?" This is completely OK. No one has to know exactly how and when they will be prepared. Use this time to just try and understand yourself and what you're looking forward to and how

to better yourself as a student and person.

"Even though everyone is tired of sucking it up, you've gotta suck it up," said Prowl Adviser Mr. Vin Cappiello. "It's that time of year."

Seniors have been preparing for this their whole lives, building for the next step into life, trying to perfect their grades to be their pedestal and correcting their profile to become the best person for the right job.

This dead space of unknown possibilities is for you seniors to decide. Not your friends, teachers or family. You decide what you're going to be.

This dead space of stress and panic is for you juniors to become the top dogs of the school. Plan out your final year of Powell High School and final year of being a Panther.

This seemingly long pause of activities is for you sophomores to brace yourself for the hardest year of high school. Prep for ACT work, planning for college and running out of ideas.

This first-time experience is for you freshmen who are just in the shallow end of the pool. Being shown the ropes on your first day of being a Panther to becoming an upperclassman to the newest incoming freshies.

This end of the year time period is difficult for all as well, not just the students. The teachers have to put up with the annoying teenagers. They still have lessons to teach but with the attitude the students are putting out, it makes it so much more difficult.

The end of the year is just this period of exhaustion, spring fever, carelessness, stress, frustration and feelings of giving up. With the countdown to summer vacation and graduation beginning, students have summer on the brain, meaning they are not wanting to sit in a classroom for hours at a time and learn when they could be outside playing in the grass or tanning in the sun.

People are tired of people and they just want sleep. 'Nuf said.

# Powell High School policy changes

By Devon Curtis and Braden Schiller  
Prowl reporters

When Powell High School students return to school on Aug. 22, some changes will be in place.

The GPA will be weighted differently, and the school week structure will also be drastically changed. The incoming freshmen and seniors are naturally the most concerned about this change.

The new half day-Friday schedule is being implemented because it gives teachers an entire Wednesday, removing the early release-release Wednesdays, because Wednesday is usually a more opportune day for teaching than Friday. School will be dismissed at 12:55 on Fridays. Twice a month, both staff and students will be dismissed, while on the other Fridays, teachers will remain for training.

The way the GPA is weighted will also be changing in the upcoming school year, making AP and dual enrollment courses one point more than regular classes, possible boosting the GPAs of students who have taken more difficult courses. For instance, if a student gets a B in an AP class, it will count as an A on their transcript, and if they get an A in the AP class, it will boost their GPA, which was not possible before.

But for some students, less free time seems to be a concern.

"I was looking forward to having a longer lunch period so that we could have more time to leave for lunch and was kind of disappointed when I found out it was shorter," incoming freshman Jenna Hillman said. "It's kind of worth it though, how we have half-Fridays but if it were my choice I would keep the week the same in order to have longer lunch periods."

Next year's seniors offer a slightly different point of view.

"I believe the weighted GPA is more rewarding than the unweighted one that we've had for so long. There is now an actual reason for AP classes," junior Holden Wilson said. "As for the new schedule, I



PHS students will look to the guidance office and other school leaders to guide them through a couple of policy changes that will go into effect next school year. (Braden Schiller photo)

am excited to see how it will impact the well being of students and teachers. I am personally looking forward to a half day every week. Lunch is a bit of a disappointment, but it should be worth it."

Another student offers up a slightly different point of view on the shorter week.

"I think it's good because it will eliminate lots of people missing more school, because classes are super empty on Fridays anyway," junior Sierra Sanders said.

Those who created the schedule emphasize that the schedule change is a positive thing not only for students, but for teachers and families as well.

"I believe there is a positive aspect in this schedule for families because kids will be out between 12:35 and 12:55 depending on the grade level. And I have had several parents tell me that they love the idea of added time on the weekend for family time," Southside Elementary principal Mr. Scott Schiller said. "I think the part that is also very important to the whole idea of half day Friday is the superintendent's and the Board of Trustees support of professional development time for teachers on half of these early out Fridays."

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Pictured at right, Jacob Redig, a fourth-grade student at Southside Elementary School, portrays Albert Einstein as students participate in a 'living biographies' program. The students dress up like a famous person that they researched, then portray them complete with speeches. As for his portrayal, Redig said, 'Einstein is inspiring and a nice guy. I've always wanted to be a scientist.' Above, Casen Gines portrays Sitting Bull, a famous Lakota leader, during Southside Elementary School's living biographies program. Gines, who has a Native American heritage, said he picked the leader because 'He's pretty cool.' Tribune photos by Mark Davis



## LIVING BIOGRAPHIES

AT SOUTHSIDE ELEMENTARY SCHOOL



Wyatt Thorington, a fourth-grade student at Southside Elementary School, portrays his hero Jack Hanna while participating in a 'living biographies' program Monday. Wyatt loves animals and sorts species on a world map by where they live.



Above left, Elaina Kousoulos portrays Milton Hershey during Southside's 'living biographies' program. The fourth-grade student handed out Hershey Kisses during her speech and said, 'I really like his candy.' Above right, Anai Torres portrays Frida Kahlo, a famous Mexican painter. 'I would like to be an artist when I grow up,' Torres said.



Brianne Siebert and Hunter Werbelow

## Siebert, Werbelow plan July wedding

Brianne Siebert and Hunter Werbelow are engaged to be married.

Brianne and Hunter were both born and raised in Powell, and graduated from Powell High School.

The bride-to-be is the daughter of Kendy Siebert-Heinz and Justin Sims.

She is a registered nurse in an intensive care unit.

The groom-to-be is the son of Elizabeth Hergenroeder and Steve Werbelow.

He works as a floor hand in the oil field.

The couple is planning a July 21 wedding at Wayfarer's Chapel on the North Fork.

## Hope Lutheran continues helping tradition

BY MIKE BUHLER  
Tribune Community Editor

The Women of the ELCA (Evangelical Lutheran Church in America) at Powell's Hope Lutheran Church continued a tradition that dates back to 1970 when they met last week to pack quilts and other supplies for Quilts & Kits.

The women at Hope Lutheran pack quilts, personal care kits and school kits that are shipped first to Minnesota and then overseas to those in need, via Lutheran World Relief.

"It's been a national project for many years throughout the Lutheran church," said Judy Vogt, mission action coordinator at Hope Lutheran. Vogt's been involved with Quilts & Kits from its beginnings at Hope Lutheran.

"I think probably it was started even after the war to help so you could get into different countries [to give aid] and things," she said.

The quilters at Hope Lutheran meet every Tuesday morning to make the quilts they ship overseas, which go to places like Honduras, Nicaragua, Peru, Mali, Angola, Zimbabwe, Uganda, Tanzania, Burkina Faso, the Democratic Republic of the Congo (formerly Zaire), India, Pakistan, Thailand, Georgia (the former Soviet republic), Ukraine and Serbia. This year, they made 107 quilts.

"They're especially ready to go whenever there's an emergency, like earthquakes, floods and natural disasters," Vogt said. "Lutheran World Relief has been



Hope Lutheran Church Women of the ELCA (from left) Mindy Christensen, Judy Vogt and Mary Reynolds pack kits as part of Quilts & Kits for Lutheran World Relief to ship overseas to assist those in need. Hope Lutheran has participated in Quilts & Kits since 1970. Tribune photo by Mike Buhler

**'It's a wonderful support group here because we work together ...'**

Judy Vogt, Mission action coordinator

able to get into a lot of foreign countries because of their good reputation."

The quilts have many uses. In addition to bedding, they also can be used as tents and shelters for those who have no home.

The personal care kits include such items as towels, combs and toothbrushes, while the school

kits include things like crayons, scissors and notebooks.

"We collect school project items during the school sales in the fall, then they're stored [until spring]," Vogt said. "We shop the best we can, get the best for our money. We also get money from Thrivent Financial in our action team grants that help provide

some batting for our quilts."

Most importantly, the women at Hope Lutheran receive their own rewards for their labor on behalf of those in need.

"It's a wonderful support group here because we work together, and whatever we put together we know is going to reach somebody," Vogt said. "It's been given with hands of love and shared throughout the world. Our church is very generous in donations and supporting these."



Longtime recycling leader Ann Hinckley of Powell recently resigned from the Powell Valley Recycling Board of Directors. She has been involved in local recycling efforts since the early 1990s. Tribune photo by Tessa Baker

## Longtime Powell recycling leader retires from board

For more than 25 years, Ann Hinckley has been dedicated to recycling efforts in Powell.

"I always thought recycling was an important thing," Hinckley said. "I hate to throw things in the garbage."

Recycling in Powell began in 1993 with the formation of the Powell Valley Recycling Task Force. Hinckley was involved in the early days of the task force's recycling efforts, along with current Powell Valley Recycling Board members Myron Heny and Floyd Young.

The task force was led by the League of Women Voters, the City of Powell Sanitation Department, the Powell City Council and the Park County Landfill.

After her many years of service, Hinckley resigned from the Powell Valley Recycling Board of Directors earlier this year.

"We lost a lot of institutional

memory with Ann's departure," said board member Dave Saucedo. "Her friendly demeanor and dedication to recycling will be sorely missed."

In the early days, recyclables were collected in the back of a truck parked at the Park County Fairgrounds.

"It went on from there," Hinckley said.

Today, the Powell Valley Recycling Center is located at 946 Road 10. The nonprofit organization remains dedicated to conserving natural resources and reducing the flow of solid waste going into landfills.

"It's really grand the way it's grown," Hinckley said. "And everybody has just accepted recycling as the way to go these days."

Powell Valley Recycling is open for assisted recycling drop-off on Monday, Wednesday and Friday from 10 a.m. to

5 p.m. The center accepts cardboard, aluminum, newspaper, steel cans, office paper, plastic grocery bags, and numbers 1 and 2 plastics. The center does not accept glass or styrofoam. Drop-off bins are available during non-business hours and days.

Collected materials are shipped and sold to regional recycling commodity enterprises. The City of Powell collects a monthly recycling fee that helps fund Powell Valley Recycling. The Park County Commission also provides financial assistance to the nonprofit organization, which employs nine people.

Hinckley said she appreciates residents who bring their recyclable items to the center.

"Thank you very much for recycling," she said.

— Tessa Baker

### ACHIEVERS



TASHA McELVEY

### Quinlan Wetzel receives Michigan State degree

Quinlan Joseph Wetzel of Powell received a Bachelor of Arts in Finance from Michigan State University's Eli Broad College of Business on May 5 during commencement exercises in East Lansing, Michigan.

He is the son of John and Shelby Wetzel. He has accepted employment with the University of North Carolina Asheville in fundraising and institutional advancement.

### Civil air patrol honor

Cadet Colonel Tasha McElvey of the Civil Air Patrol's Yellowstone Regional Composite Squadron received the Cadet Colonel Spaatz Award at a conference in Colorado Springs last month.

McElvey, of Deaver, was given the elite award by Maj. Gen. Mark Smith, the patrol's national commander, to "a standing ovation, with family members looking on and very few dry eyes," said squadron Capt. Jerry Cowles. Patrol members from across the Rocky Mountain Region and the nation attended the April 27-29 conference.

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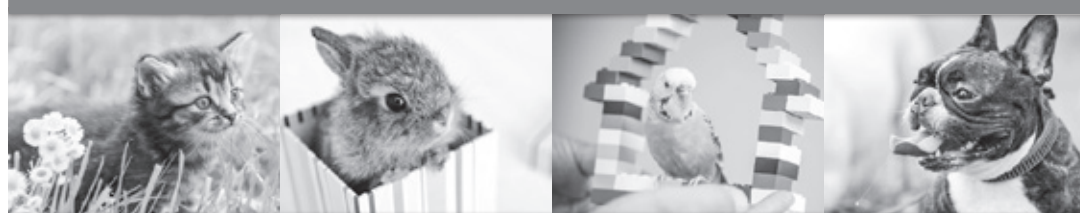


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# COMMUNITY CALENDAR

\* Before a listing denotes there is a fee for the event  
 \*\* After a listing indicates a class, event or presentation through Powell Valley Community Education. For more information or to register, call PVCE at 754-6469, stop by the office at 1397 Fort Drum Drive in the NWC Trapper West Village, or visit <https://register.asapconnected.com/Calendar3.asp>

**ONGOING**  
 ■ **"HOME FRONT POSTERS** of the Great War, 1917-1918" exhibit on display at Homesteader Museum in Powell through June 8. The exhibit can be seen at the museum 10 a.m. to 4 p.m. Tuesday through Friday.

**THURSDAY, MAY 17**  
 ■ **BABY AND TODDLER TIME** at 11 a.m. at the Powell Branch Library.  
 ■ **FREE COMMUNITY OPEN HOUSE** barbecue from 11 a.m. to 1:30 p.m. at Gottsche, 639 W. Coulter Ave. in Powell. For more information, call 754-9262.  
 ■ **BLOOD DRIVE** from noon to 6 p.m. at Trinity Bible Church (old Southside school) at 535 S. Everts St. Walk-ins welcome. For more information, call Sadie Hogan at 272-5090 or Frank Roth at 754-7063. By the time people are 70 years old, 90 percent will have a blood transfusion and yet only 10 percent will have given blood.  
 ■ **"SHOOT THEN SIP"** social gathering at Cody Firearms Experience at 5:30 p.m. hosted by the Park County Republican Women. More details will be provided on the Park County Republican Women Facebook page. RSVP on the Facebook page, to Sandy Newsome by phone or text to 307-272-1676 or email ParkCountyRepublicanWomen@gmail.com.  
 ■ **"BETWEEN EVERY TWO PINES:** Evening With an Arborist" program with Joshua Pomeroy from 5:30-6:30 p.m. at Gestalt Studios, 440 W. Park St. Pomeroy will talk about tree issues important to the area and answer people's questions about their trees. Free and open to the public, every third Thursday of the month.  
 ■ **BIGHORN CANYON ARTISTS IN RESIDENCE** work will be on display at Plaza Diane. The exhibit will open with a reception from 7-8:30 p.m. at Plaza Diane in downtown Powell. Refreshments and appetizers will be served. Rangers Christy Fleming and Amanda Allred will be at the reception to talk about the program and the artists.

**FRIDAY, MAY 18**  
 ■ **HOMESTEADER MUSEUM** will host a reception for Edna Scott, an original founder of the museum, at 10 a.m. Scott, who is 102 years old, now lives in Laurel, Montana. The museum is celebrating its 50th anniversary this year.  
 ■ **SILVER NICKEL JUKEBOX** will perform from 11 a.m. to noon at the Powell Senior Citizens Center, 248 N. Gilbert St.  
 ■ **WEBINARS FOR CAREGIVERS,** friends and family of dementia patients: the series takes place on Fridays from 10:30-11:30 a.m. through June 8. The webinars can be seen at 307Health in Powell, 250 N. Everts St. Those interested in viewing the webinars from home may do so by contacting WYCOA at [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa), emailing WYCOA at [wycoba@uwyo.edu](mailto:wycoba@uwyo.edu), or by calling 307-766-2829.  
 ■ **FRIENDS OF THE LIBRARY** Book Sale from 1-3 p.m. in the basement of the Powell Branch Library.  
 ■ **OPEN ACOUSTIC JAM SESSION** from 6-9 p.m. every Friday evening at Gestalt Studios at the Polar Plant. Musicians of all skill levels are welcome. For more information, call 764-2389.

**SATURDAY, MAY 19**  
 ■ **POPPY DAY IN POWELL:** American Legion Auxiliary members will be around town with poppies and donation cans. All money donated is only used for veterans.  
 ■ **YELLOWSTONE WEAVERS AND SPINNERS** will meet at 9:30 a.m. at the Garland Community Church. The group will be warp dyeing. Bring your warp tied so it doesn't tangle with the cross in the warp for weaving, crocheting, etc. Afterward, there will be a show and tell, then a carry-in dish lunch. For questions, call Bev at 307-202-0130.  
 ■ **WOMEN'S BUILD WITH HABITAT FOR HUMANITY** from 8:30 a.m. to 4:30 p.m. Habitat is building a home for a single mom in Cody. Even if you've never used a hammer or any tool before, come and be a part. Tools and safety instructions will be provided. For more information, contact Kitty Nettie, volunteer coordinator, at 272-3468.  
 ■ **WEBSITE WORKSHOP** at 2 p.m. at the Powell Makerspace. Call 254-9270 or email [generalinfo@powellmakerspace.org](mailto:generalinfo@powellmakerspace.org) to register for classes or to learn more.

**SUNDAY, MAY 20**  
 ■ **SHOSHONE LEARNING CENTER GRADUATION** at 12:30 p.m. at the PHS Auditorium.  
 ■ **POWELL HIGH SCHOOL GRADUATION** at 2 p.m. at the PHS Gymnasium.

**MONDAY, MAY 21**  
 ■ **BABY & TODDLER TIME** at 10:30 a.m. at the Powell Branch Library.  
 ■ **SUMMER READING** pre-registration begins. Sign up at the Powell Branch Library.  
 ■ **PAINTBRUSH PIECERS QUILT GUILD** will meet at the Cody Senior Center at 6 p.m. (Meeting is a week early due to Memorial Day.) The program will be presented by Ann Trosper, demonstrating "Checkerboard Dresden Plate." This will be a short business meeting with show and tell. Guests are welcome. For information, call Marybeth at 754-5399.  
 ■ **THE POWELL CITY COUNCIL** will meet at 6 p.m. in the Council Chamber at City Hall.  
 ■ **PAHASKA CORRAL OF WESTERNERS** meeting at the Governors Room in the Irma Hotel. The event begins with a no-host dinner at 6 p.m., followed by the presentation on the Medal of Honor around 7 p.m. Both the dinner and the presentation are open to the public, but due to limited seating, non-members must RSVP by emailing Jeremy Johnston at [jeremyj@centerofthewest.org](mailto:jeremyj@centerofthewest.org).  
 ■ **THE UNIVERSITY OF WYOMING** Department of Theatre and Dance will stage "Six Songs from Ellis" at 7 p.m. at Cody High School's Wynona Thompson auditorium. Choreographed and directed by UW dance faculty member Marsha Knight and co-directed by Leigh Selting, "Six Songs from Ellis" is a multimedia dance-theater work that centers on the oral histories of the immigrants and refugees who passed through Ellis Island.

**TUESDAY, MAY 22**  
 ■ **STORY TIME** at 10:30 a.m. at the Powell Branch Library. Also on Wednesday morning.  
 ■ **GAME ZONE** for young adults (grades six through 12) from 3:30-4:45 p.m. at the Powell Branch Library. Join the library for an afternoon of games.  
 ■ **FRIENDS OF the Powell Branch Library** meeting at 5:30 p.m. at the library.  
 ■ **THE NATIONAL ALLIANCE ON MENTAL ILLNESS** Park County (NAMI) will host former Olympian and national mental health speaker Amy Gamble at 6 p.m. at the Grizzly Room of the Park County Public Library in Cody.  
 ■ **PARK COUNTY SCHOOL DISTRICT NO. 1** Board of Trustees meeting at 7 p.m. at the Central Administration Building.

**WEDNESDAY, MAY 23**  
 ■ **KINDERGARTEN CIRCUS** at 10:30 a.m. at the PHS Gymnasium.  
 ■ **THE POWELL ROTARY CLUB** meets at noon on Wednesdays at the Nelson Foundation House, 550 College Drive.

**THURSDAY, MAY 24**  
 ■ **LAST DAY OF SCHOOL** for students in Park County School District No. 1.  
 ■ **LUNCH AND LEARN TALK** with Cathy Blanchard, women's health nurse practitioner, at noon in the Hospital Conference Room at Powell Valley Healthcare. Cathy will discuss menopause, including symptoms, lifestyle changes, health concerns and treatment options. To register, go to [www.pvch.org](http://www.pvch.org) or call 754-1104.

**SATURDAY, JUNE 2**  
 ■ **HEART MOUNTAIN COMMUNITY HIKE:** Meet at 8 a.m. at the Heart Mountain Ranch headquarters, west of Powell. From U.S. Highway 14-A, take Road 19 at the Heart Mountain Interpretive Center; travel 5 miles to Road 22. Bring water, a lunch, sunscreen, clothing for inclement weather, and bear spray if you have it. Powell Valley Healthcare will provide extra water and granola bars halfway up the trail. For more information, contact The Nature Conservancy's Heart Mountain Ranch Office at 754-8446 or e-mail [cpeters@tnc.org](mailto:cpeters@tnc.org). Leave dogs at home.

## HOSTING A PUBLIC, LOCAL EVENT?

The community calendar appears every Thursday. Send your event information (date, event, location, time and contact information) by Tuesday at noon to [tessa@powelltribune.com](mailto:tessa@powelltribune.com), call 307-754-2221, mail it to P.O. Box 70, Powell, WY 82435 or bring it to the Powell Tribune at 128 S. Bent St. in downtown Powell.

# Jesus Christ the firstborn son

Jews, Christians and Muslims of the Middle East still live the ancient culture and traditions of Bible times. Many traditions we read in the Bible, such as consecrating the firstborn son to God, are still practiced to this day. In the Bible, the Lord commands the firstborn to be consecrated to him in Exodus 13. Being firstborn has significant implications because the firstborn child receives double inheritance and replaces the father as the patriarch of the family. In Aramaic, the firstborn is known as bokhret betah (pillar of the home). The firstborn is the bokhra or pillar of the family because he inherits not only the wealth, but also all the responsibilities of a patriarch. He becomes the provider, protector and head of his household. A great responsibility is placed on his shoulders as he takes over and becomes responsible for the health and wellbeing of his entire family. The other meaning of bokhrah is sacrificial lamb, the lamb who lays down his life for his family, so the oldest is called to lay

his life down for his family.

The firstborn son's role's significance is demonstrated in Luke 7:11-17 when our Lord saw the widow in the funeral procession of her only son. "And when the Lord saw her, he had compassion on her and said, 'Do not weep.'" Our Lord resurrected the widow's son not only because she was losing her only son, but also because she was losing her protector, provider and the patriarch of her family, without whom a woman was left exposed in Biblical times.



**AUTOURINA MAINS**  
 Guest columnist

In the Biblical culture, the firstborn was easily recognized because his hair was not cut till his seventh birthday, keeping the tradition of the Bible; Judges 13:5 says "Razor shall not touch his head, for this boy is consecrated to God from the womb," referring to Samson. As you recall, Samson lost his strength and might when his hair was cut by Delilah's betrayal of him. This also explains why Jesus had long hair because he was the firstborn (bokhret betah) of his household who was consecrated to God. As the firstborn

son, Jesus became the patriarch of his family when Saint Joseph passed away and our blessed lady was widowed. Upon Jesus's death, his next in line sibling would have become the one in charge of the family. However, from the cross and right before Jesus was to die, he left his blessed mother in the care of Saint John (Jesus's cousin). This is really a very significant move, because IF Jesus had other siblings, leaving his blessed mother in the care of a cousin would have been a great dishonor to his blessed mother and his family. Jesus referred to his cousins and at times to his disciples as his brothers (John 11:20-31), as he told Mary Magdalene after the resurrection, "... go to my brothers." Mary Magdalene went to his disciples.

In Aramaic, close friends are often referred to as khoney — my blood or my kin. Jesus's action from the cross demonstrates his great love for his blessed mother as he assures her ongoing care and protection.

(Autourina Mains is a cradle Catholic who was born and raised in the Middle East. She is an Assyrian and speaks the ancient Aramaic language, which was used to write the first five books of the Bible.)



## Come Worship with Us!

### Cornerstone Community Fellowship

754-8005. Affiliated with the Evangelical Free Church of America. Sunday, 10 am, NWC Fagerberg Building, Room 70. Nursery and children church provided. Pastor Andrew's office and some of our small groups will be located in "The Upper Room" (the 2nd floor of the new SBW & Associates building; 428 Alan Rd. — access from outside stairs, west side of building).

### Faith Community Church

"Love God — Love Others" 1267 Road 18 (Hwy 294), Powell. Contact: Dave Seratt, 272-7655. [powellfaithcommunitychurch@gmail.com](mailto:powellfaithcommunitychurch@gmail.com) Church located 3 miles SW of Ralston, ½ mile N off 14A. Bible Study 9:30 am, Sunday Worship 10:45 am.

### First Southern Baptist Church

Corner of Gilbert & Madison. 754-3990, Don Rushing, Pastor. Sunday school 9:45 am; Morning Worship 10:45 am; Sunday Prayer meeting 5 pm & Evening worship 5:30 pm. Team Kid Tuesdays 3:30 — 5 pm.

### First United Methodist Church

We love our neighbor at 2nd & Bernard Sts. 754-3160, Rev. Melinda Penny, Pastor. [www.powellfumc.org](http://www.powellfumc.org); Sunday worship: blended worship 9:30 am, small group studies 11 am. Coffee before and after morning service. All are welcome, all means all.

### Garland Community Church of God

Garland, Shane Legler, pastor, 754-3775; 9:30 am Sun. School; 10:30 am Worship service; 7 pm Wed. Bible study & prayer. Located in the historic Garland schoolhouse. Everyone welcome.

### Glad Tidings Assembly of God

Gilbert & 7th St. East, 754-2333, Mike Walsh, pastor; Sunday School 9 am, Worship 10:30 am, (nursery provided), Wed., 7 pm, Unashamed Jr & Sr high youth meet.

### Grace Point

Growing in Grace - Standing on Truth - Bringing Hope to the World. Senior Pastor, David Pool, 550 Kattenborn Drive, 754-3639, [www.GracePoint-Powell.org](http://www.GracePoint-Powell.org). Sundays 9-10 am Bible classes for all ages, 10am Coffee Connection Fellowship in the Library, 10:30 am Worship Service (Children's Church for 3-6 yr. olds during the message). Wednesday Evenings AWANA, Middle & High School Groups. Like us on Facebook.

### Harvest Community Church of the Nazarene

Pastor: Matt Tygart, 364 W. Park St. (behind Blair's); 754-4842. [www.harvestcomchurch.net](http://www.harvestcomchurch.net) Sunday: Sunday School 9:30 am; Fellowship 10:30 am; Church service 11 am; Like us on Facebook: Harvest Community Church (HCC).

### Heart Mtn Baptist Church

307-254-5040, call for location. Miles McNair, pastor. Independent, KJV, Baptist Church. Sunday school 10 am, Main worship 11 am & 6 pm. Wed. preaching & prayer, 7 pm. Nursery available. [heartmountainbaptist.com](http://heartmountainbaptist.com).

### Hope Lutheran (ELCA)

754-4040, corner of Cary St. & Ave. H, [www.hopelutheranpowell.org](http://www.hopelutheranpowell.org), Pastor Laurie Jungling, 9:30 am Sunday worship, Sunday school & fellowship following, 3rd Monday Women's Faith Bible Study, 7:30 pm, 3rd Tuesday Women's Grace Bible Study, 1:30 pm.

### Immanuel Lutheran Church

(Lutheran Church Missouri Synod.) 754-3168, Rev. Lee Wisroth, Pastor, 675 Ave. D. Sunday Worship 9 am, Adult Bible Class & Sunday School 10:15 am, Holy Communion 1st & 3rd Sunday.

### Jehovah's Witnesses

Cody - 2702 Cougar Ave. - Sunday, 9:30 am public meeting; 10:05 am Watchtower study; Thurs., 7:30 pm, congregation Bible study, 8 pm, ministry school, 8:30 pm, service meeting.

### Living Hope Community Church

305 S. Everts St., Pastor Susan Legler, 754-7917, Sunday school 9 am, Sunday worship 10 am, Wednesday Bible Study 6:30 pm. [www.LivingHopeChurchPowell.com](http://www.LivingHopeChurchPowell.com)

### New Life Church

185 S. Tower Blvd.; Tim Morrow, Pastor, 754-0424; Sunday worship 8:30 & 11 am. Kid's Church & nursery available. Sunday School, 9:45 am Wed. youth group 7 pm.

### St. Barbara's Catholic Church

Fr. Phillip Wagner, 754-2480, 3rd & N. Absaroka; Sat. Evening Mass 5:45 pm, Sun. Mass 9 am, noon Latin Mass & 5 pm Mass on Sun., Daily Mass-Tues. Noon, Wed. 5:30 pm, Thur. & Fri. 7:30 am. Reconciliation 9 am & 4 pm on Saturdays.

### St. John's Episcopal Church

Megan Nickles, priest; 754-4000, Ave. E & Mountain View. Morning services 10:30 am. Godly Play - Sunday school for children, ages 2-12, 10:30-11:30 am. Visitors welcome.

### Seventh-day Adventist

1350 N. Gilbert; 754-2129 Saturday. Everyone welcome. Worship Service 9:30 am, Saturday, Sabbath School 11 am.

### Trinity Bible Church

Don Thomas, pastor; 535 S. Everts, 754-2660 [www.tbccuyoming.com](http://www.tbccuyoming.com), [reformedtbc@yahoo.com](mailto:reformedtbc@yahoo.com), 9 am Sunday School classes for all ages; 10:30 am Morning Worship Service; 5:30 pm Evening Worship Service. Contact the church for midweek home Bible studies. Free Grace Radio 88.1 FM.

### United Pentecostal Church

Kaleb Wheeler, Pastor, 307-250-7443. Meeting at the intersection of the Powell Hwy & Nez Perce Dr. - 7 miles from Cody. Sunday Worship 10 am, Wed. services 7:30 pm.

### Union Presbyterian Church

(PCUSA). Third & Bent, 754-2491. George Pasek, interim pastor. Sundays: 9 am Sunday School/all ages; 10:30 am Worship; 11:30 am Coffee Hour; Holy Communion 1st Sunday of each month. Wednesdays: 6 pm Women's Bible Study. Scouting: Boy Scouts Monday @ 4, Tuesday @ 6 & Thursday @ 3. Transportation available; everyone welcome. [unionpresbyterian.org](http://unionpresbyterian.org); [unionpc@tctwest.net](mailto:unionpc@tctwest.net).

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Help Wanted

Help Wanted

Help Wanted

Help Wanted

Help Wanted

Help Wanted

Help Wanted

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Powell, WY, 307-754-5117, apply at the front desk \*\*\* Position: Head Housekeeper \*\*\*  
BHB(32TFCT)

**AMERICAS BEST VALUE INN,**  
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BHB(32TFCT)

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**PIZZA ON THE RUN** now taking applications for part time and delivery drivers. Apply at 215 E. 1st in Powell or call Brenda at 202-3216 for more info. (23TFCT)

**SUMMER SEASONAL JOB OPPORTUNITY.** The Park County Weed and Pest Control District is seeking positive self-motivated applicants for the position of warehouse assistant For complete job description or to apply: Contact Park County Weed & Pest Control District at (307) 754-4521, visit us at parkcountyweeds.org, or stop by our office at 1067 Road 13, Powell, WY 82435.

(39-42CT)  
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(38TFThursCT)

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<http://agency.governmentjobs.com/wyoming/default.cfm>  
or submit an official application to A&I Human Resources Division, Emmerson Building, 2001 Capitol Avenue, Cheyenne, Wyoming 82002-0060, 307-777-7188, Fax 307-777-6562 along with transcripts of any relevant course work.  
(Dates Open or Open Until Filled.) EEO/ADA Employer.

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**Full-time Help Wanted**

**Manager/Watermaster**

The Shoshone Irrigation District in Powell WY is accepting applications for a full time manager/watermaster. The District delivers irrigation water to approximately 36,000 acres in and around Powell, WY from the Shoshone River with a staff of 12 full time employees. Shoshone Irrigation District is a Drug Free Work Place and an Equal Opportunity Employer. The Manager is responsible for day-to-day operations in accordance with State Law, Federal Law, District Contracts, Regulations and Policy, which includes daily reports to USBR Casper control for irrigation water needs. Must be able to hire, train and delegate authority to other capable employees. He or she is to submit to the Board of Director plans and future recommendations. They will handle public relations, interaction with federal, state and other canal organizations. Job requirements include but are not limited to the following:

- Have personnel management and/or supervisory skills, having a working knowledge of irrigation delivery systems, operation and water rights.
- Basic computer skills, i.e. word processing (Word), spreadsheet usage (Excel), data base programs (Access), GIS mapping programs (arc-view), internet usage, e-mail and the District's web page.
- Must have excellent communication and interpersonal skills and be capable of sustaining productive working relationships with the Board of Directors, employees, water users and all other entities of the District.
- Have math skills to perform calculations related to basic engineering and financial functions, i.e. water measurement calculations, accounting and budgeting processes, etc., coordinate and oversee all planning, construction and development programs, including preparing grant applications.
- Controls major District delivery structures and monitor irrigation deliveries.
- Have knowledge of weed and pest control.
- Must be willing to learn and assist in the operation of a hydroelectric power plant located on the Garland canal and file all essential reports required by FERC and the power company.

**Will train a qualified applicant. Position open until filled.**

To apply submit a detailed resume and letter of application to:

**Shoshone Irrigation District**  
**337 East First St., Powell, WY 82435**  
For additional information call (307) 754-5741

**WYO-BEN**  
Production Accountant

**Purpose:**  
Coordinate cost accounting and general accounting between mining and manufacturing operations and corporate management.

**Responsibilities:** assist with production costs and analysis, raw materials quantity and valuation, estimate and report reclamation liability, oversee accounting for quantity and valuation of finished goods inventory, complete implementation of the bills of material module in Wyo-Ben's ERP software, analyze plant and field activities.

**Minimum Requirements:**  
Bachelor's degrees in Business or Accounting, 3-5 year experience with accounting and inventory cost accounting in a manufacturing environment.

Refer to [www.wyoben.com](http://www.wyoben.com) for an application and submit info. to [jobs@wyoben.com](mailto:jobs@wyoben.com).



**PUBLIC NOTICES**  
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**Sickles probate**

STATE OF WYOMING )  
IN THE DISTRICT COURT )  
) ss.  
FIFTH JUDICIAL DISTRICT )  
COUNTY OF PARK )  
Probate No.9792 )  
IN THE MATTER OF THE ESTATE OF )  
CHARLES FRANCIS SICKLES, )  
Deceased )  
NOTICE OF APPLICATION FOR DECREE OF )  
DISTRIBUTION )  
TO ALL PERSONS INTERESTED IN SAID )  
ESTATE: )  
You are hereby notified that on the 4th day of )  
May, 2018, Jayne E. Sickles made application for )  
a Decree of Distribution of the assets of Charles )  
Francis Sickles (also known as Charles Frances )  
Sickles), including the following-described real )  
property: )  
Township 52 North, Range 105 West, 6th P.M., )  
Park County, Wyoming, according to the records )  
of the County Clerk and Recorder of Park County, )  
State of Wyoming. )  
Section 23: That part of SW¼NE¼SE¼ more )  
particularly described as follows: )  
BEGINNING at the southeast corner of said )

SW¼NE¼SE¼ marked by a ½" diameter iron pipe, thence North 89°44' West along the south line of said SW¼NE¼SE¼ for 436.13 feet; thence North 01°34' West for 331.14 feet to a ½" diameter iron pipe corner; thence South 89°44' East for 445.16 feet to a point on the east line of said SW¼NE¼SE¼ marked by a ½" diameter iron pipe; thence South 00°04' West for 331.14 feet more or less to the POINT OF BEGINNING.

The bearing for the above written description were deflected from a bearing of North 00° 01' West along the east line of said Section 23.

Any person or persons disputing the application are required to file their dispute in the office of the Clerk of said Court, on or before thirty (30) days after the date of the first publication of this Notice, and, if such claims are not so filed, unless otherwise allowed or paid, they will be forever barred.

DATED this 4th day of May, 2018.  
/s M. COLE BORMUTH, 6-2805  
Bormuth Law, LC  
P.O. Box 550  
Cody, WY 82414  
307.587.4711  
[cole@bormuthlaw.com](mailto:cole@bormuthlaw.com)  
Attorney for Estate  
First Publ., Thurs., May 10, 2018  
Final Publ., Thurs., May 17, 2018

**Final payment**

Notice of Final Payment  
Pursuant to Wyoming Statutes, notice is hereby given that the Heart Mountain Irrigation District has accepted the materials delivered for the Lateral H41

Procurement Project as substantially completed according to the specifications and rules set forth in the Contract and that Big Horn Truck and Equipment is entitled to final settlement therefore. Upon the 41st day (June 20, 2018) after the first publication of this notice, the Heart Mountain Irrigation District, under whose direction or supervision the material has been procured, will pay to Big Horn Truck and Equipment the full amount due under the Contract. This section does not relieve Big Horn Truck and Equipment and the sureties on its bond from any claims of work or labor done or materials or supplies furnished in the execution of the Contract.

Randy Watts  
Manager  
First Publ., Thurs., May 10, 2018  
Final Publ., Thurs., May 24, 2018

**Services proposals**

Park County School District #1, Powell Wyoming, is accepting proposals for the provision of the professional services in the area of Psycho-Educational evaluations. We are seeking services that included the administration of full or partial evaluations of referred students as well as attendance at eligibility meetings. Full evaluations will generally include a cognitive and educational assessment. Partial evaluations will typically include either a cognitive or educational evaluation. Psycho-Educational services will include 20 student evaluations during the 2018-2019 school year (i.e. 12 full, 8 partial.) Services will begin August 22, 2018 and end May 22, 2019. All evaluations conducted will be used to determine student eligibility for special education services and

are in accordance with Federal, State, and District statutes, rules, and regulations pertaining to services to students with disabilities. All offers to provide the above services must contain the following:

what services are to be provided,  
proof of licenses to provide the service,  
proposed fee to provide the service,  
references listing past school districts for which services have been provided.

Please send completed proposals to:  
Superintendent's Office  
Park County School District #1  
160 North Evarts  
Powell, WY 82435

All proposals must be submitted by 3:30 pm on June 7, 2018.  
First Publ., Thurs., May 17, 2018  
Second Publ., Tues., May 22, 2018

**WCDA meeting**

The Board of Directors of the Wyoming Community Development Authority (WCDA) will hold a Board work session beginning at 1:00 pm, Tuesday, May 29, 2018, and a Board meeting beginning at 8:30 am, Wednesday, May 30, 2018, at the offices of WCDA, 155 N. Beech, Casper, WY.

The purpose of the meeting is to discuss general business of the Authority. An agenda is available at the offices of WCDA at 155 N. Beech, Casper, WY 82601.  
Publ., Thurs., May 17, 2018

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# SPRING HEALTH AND Fitness

THURSDAY, MAY 17, 2018

POWELL TRIBUNE  
SUPPLEMENT TO THE POWELL TRIBUNE



Westside Elementary fifth-grader Kash Brazelton (left) works on the finer points of rugby with fourth-graders BreeLynn Dutson and Layla Dilworth. Fellow fifth-grader Isaac Stensing observes in the background. Tribune photos by Don Cogger

## Discovering Sports

from around the globe

### LOCAL FIFTH-GRADERS TRANSITION FROM STUDENTS TO TEACHERS

BY DON COGGER  
Tribune Sports Editor

OK guys line up, eyes on me ... pay attention, I'm only going through this once."

A group of fourth-graders from Westside Elementary School dutifully line up, backs against the tennis court nets on a beautiful morning earlier this month.

The instructors for this portion of the day's activities are all business, as they know they have a lot to go through in a relatively short period of time. Twenty minutes can seem like an eternity if you're anxiously awaiting the end of a school day, but when you're trying to teach something new to a group of kids, the time goes by in an instant.

That said, the instructors are also patient, offering encouragement and praise when needed (and even when it isn't). After all, just a few months ago, they were learning this stuff themselves, so it pleases them that they are able to share it, even if it's with a somewhat captive audience.

Today's lesson? The finer points of cricket, a sport with origins in Great Britain but with a strong European and Australian following.

The instructors? Members of Luke Robertson's fifth-grade PE class, tasked earlier this year with choosing a sport unique to another country or culture, researching the history of that sport and learning how to play it.

**'Then they do all the research on the sport, learn about the culture, learn about the history, the tradition, notable athletes, all those types of things. Then they take that knowledge and bring it into the gym.'**

Luke Robertson  
Westside PE teacher

Part of a year-long event he prepares with his older students, Robertson said the project is the culmination of months of hard work on the part of everyone involved. "I think we've been doing it for six or seven years now," Robertson said.

"Basically, it was the end of the year [the first year], and I was just looking for some kind of culminating event for the fifth-graders to do before they went into middle school."

Robertson and his fellow teachers kicked around ideas, finally settling on having students explore a topic unfamiliar to them, and learning to share it with others.

"We start off by picking what

they want to do and getting them into their groups," Robertson said. "Then Ms. [Jennisen] Lucas takes them in the library, and she really focuses on that



Westside Elementary fourth-grader Matty Gauger works on his lacrosse skills during Sports Project Day.

research aspect. Then they do all the research on the sport, learn about the culture, learn about the history, the tradition, notable athletes, all those types of things. Then they take that knowledge and bring it into the gym."

Students even create a website that corresponds with their sport as a means of sharing what they've learned.

"It kind of evolved over time — originally I was going to have them create a PowerPoint presentation," Robertson said. "But when I talked to the librarian, she said, 'Oh, they could create a web page!' So that's what we did."

Once a working knowledge of the sport has been attained, the students become the teachers, imparting their wisdom on a group of unsuspecting but enthusiastic fourth-graders.

"We start out in January with the kids working with us to go through the research process,"

See Discovering sports, Page 7

Westside Elementary fifth-grader Peyton Borchert demonstrates how to bat in cricket during the school's sports projects earlier this month. For the project, fifth-graders choose and research a sport, then teach what they've learned to fourth-graders at the end of the year.



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Stacy Bair and her husband, Devin, are the owners of Club Dauntless, which opened on Dec. 1 and sits just west of Lovell. Tribune photo by Mike Buhler

# CLUB DAUNTLESS BRINGS BIG-CITY GYM TO RURAL WYOMING

BY MIKE BUHLER  
Tribune Community Editor

Sitting just west of Lovell with a stunning view of both the Pryor and Big-horn mountain ranges, Club Dauntless brings the benefits of a big-city fitness center to Big Horn County.

Club Dauntless opened on Dec. 1 and has drawn members from all over the area, including Powell, said Stacy Bair, who runs Club Dauntless with her husband, Devin.

"It has [done] definitely, amazingly well and [been] well-received," Bair said.

"We weren't sure what to expect because our area's never really had a fitness center like this. But it's been amazing for community enrichment. Our minds have been blown from the beginning."

Club Dauntless offers something for everyone when it comes to fitness. First off, the facility offers a fitness center that features a full cardio area

complete with exercise bikes, ellipticals and treadmills and a weight training area that includes dumbbells, free weights and a full complement of Life Fitness weight-training machines — all with a stunning view.

"We designed the building and laid it out on the plot of land at the right angle that with the big picture windows, people on the cardio machines or just even on the floor can get a good view of our Pryor Mountains or the Bighorn Mountains while they exercise," Bair said.

*Stacy Bair*  
Gym co-owner

Club Dauntless also offers an app that allows members to view class schedules, sign up for classes and view promotions. In addition, the Life Fitness equipment has an app of its own.

"Life Fitness Equipment does have an app that helps track all of your cardio progress, your calories burned, the programs you like, miles you run — it keeps all of those stats," Bair said. "We have two personal

trainers on staff and they can actually use the Life Fitness app to pre-program cardio workouts for their clients."

In addition to its main fitness center, Club Dauntless also offers more than 40 group classes in its two studios every week. Classes run from 5:15 a.m. to 10 a.m., then begin again at 4 p.m.

"We've got classes that moms can bring their kids to," Bair said. "We've got classes specifically for senior citizens. We've got dance-based classes and we've got strength-based classes. We have 10 fitness instructors that teach the classes that are all certified and trained in multiple class styles."

The most popular class at Club Dauntless is Prime Fit, which is a class for senior citizens.

"It brings the most people in," Bair said of Prime Fit. "It's the best-attended class. It's specifically for senior citizens. Most of the exercises are done from a seated position. It's modified for all different fitness levels, so some of the seniors will do the class standing and some will stay seated the whole time."

Another popular class is the Mob class, with mob being a

See Dauntless, Page 3

## Forms, bracelets help patients control end-of-life care

Special forms and bracelets available through the Wyoming Department of Health can help ensure seriously ill patients are able to take more control over their decisions and wishes for end-of-life medical care.

Known as the Provider Orders for Life Sustaining Treatment (POLST) form, the document tells medical professionals in emergency departments or emergency responders what a patient has decided about certain medical treatments and extraordinary measures such as ventilators or feeding tubes.

"Many patients have strong

beliefs about what is right for them as the end of life nears. We recommend people who are seriously ill or frail consider completing a POLST form to help make their wishes clear," said Heather Welch with the Department of Health's Aging Division's Community Living Section.

POLST forms are legally binding once executed and becomes part of the patient's medical record, Welch said.

"Any adult who has the capacity to provide informed consent to, or refusal of, medical treatment may execute a POLST form," Welch said. The

free POLST form is available to download online at <https://health.wyo.gov/aging/communityliving/polst/>

"We tell patients who have completed POLST forms to keep the forms with them so they are readily available to medical professionals who may be helping or treating these patients," Welch said.

POLST bracelets are another helpful option, she said.

More information about the bracelet can be found at <https://health.wyo.gov/aging/communityliving/polst/>.

For more information, contact Welch at 307-777-7988.



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‘... it’s been so good for this community ...’

— Stacy Bair —

## Dauntless: Contemplating center in Powell area

Continued from Page 2

term for a group of kangaroos that includes mothers and their children.

“This class was designed for the moms who have little ones at home that aren’t quite in school yet that want to come get their workout, but don’t have childcare,” Bair said. “It’s at 8:30 (a.m.) three days a week — Mondays, Wednesdays and Fridays — and they basically can drop their older kids off at school if they have them, then bring the (younger) kids here. They get an excellent workout while the kids get some social time and get to play a little bit.”

New members at Club Dauntless are entitled to a free session with one of the club’s two train-

ers, Tiffany Wilkerson and former Olympian Jesseca Cross.

Cross specializes in nutrition and attacks weight loss from the wellness perspective. She provides meal plans with raw, healthy whole foods — she emphasizes fruits, vegetables and some nuts — that also remove inflammation from the body.

“Most of the clients that have lost the most amount of weight and body fat for me are the ones that just buy into the nutrition,” Cross said. “Movement is secondary — we’re always moving, right? — but the nutrition part seems to be a struggle for everybody in the United States.”

Wilkerson offers her CrZyFiT training, which focuses on nutrition and a full workout.

“I try to focus on building

strength through building a full range of motion — fundamental movement and functional training,” Wilkerson said. “I focus on macronutrient-based nutrition that has a little more freedom in food choices.”

With Club Dauntless doing so well in Lovell, could an expansion into Powell be next?

“We’re doing the research right now and contemplating it,” Bair said. “We’re searching for properties and we’ve got some phone calls into a few different prospective property owners in Powell, trying to see if there’s a spot that we can make work for it. We would love to — it’s been so good for this community and we’ve had way more people from Powell than we ever expected.”



Club Dauntless opened on Dec. 1 and sits just west of Lovell. The state-of-the-art gym offers more than 40 classes, a full fitness center that includes several cardio machines and a full weight training area, and a full view of both the Pryor and Bighorn mountains. Tribune photo by Mike Buhler

## Explaining the ‘Explanation of Benefits’

BY GORDON HOPKINS  
Rural Health News Service

Every time your doctor sends a medical claim to a medical insurance company or care management organization, you will receive an Explanation of Benefits — usually referred to as an EOB or EOB form. (The exception may be some prescriptions).

Despite having “explanation” in its name, an EOB quite often confuses rather than explains anything. However, it is important that you review each EOB you receive because neither insurance companies nor health care providers are perfect, and any errors can cost you down the line.

Here is some of the information that should appear on your EOB and what it means:

1. The date you saw your health care provider. People don’t like to think about it, but health care fraud is a reality. If you receive an EOB for a date of service you don’t recall, you should contact your provider or insurance company right away. This may be a simple clerical error, or you may have been the victim of identity theft.

2. The name of the provider. Again, if you don’t recognize the provider, you may be the victim of fraud and should follow up accordingly.

3. A description of the services provided. This may be the most important detail on the EOB. If you feel the service billed does not match what was actually done, you should follow up first with your provider and then your insurance company.

An incorrect description can cause all manner of grief. Insurance companies match to the diagnosis on the claim form. If the service provided is not considered appropriate for the diagnosis, the claim may be denied. Another problem is that many insurance policies limit certain services, such as chiropractic visits or mental health treatment. If the wrong service is billed, you could exhaust your benefits without realizing it.

4. The fee that your health care provider charged the insurance company. If your provider is “in network,” they have a contracted rate with your insurance company. The pro-



vider can list whatever charge they want, but the insurance company will cover only the negotiated rate. You are not responsible for the difference.

If your provider is “out of network,” then there is no contracted rate, and you are responsible for whatever your insurance doesn’t cover. That means it is always important to check with your insurance company about your health care provider’s network status.

5. What you owe. This usually refers to a deductible — the amount you pay per year before your insurance kicks in — or a copay — the percentage of each charge that your plan says you must pay. This is where many people get confused and sometimes upset, especially if they have already paid the provider. An EOB is not a bill. In fact, “This Is Not A Bill” is usually printed on the form. Despite this, there is usually a section that reads “You Owe This Amount” or some variation. Remember that the EOB does not list what you may already have paid your provider.

6. A “reason” code. If your claim was de-

nied, in part or in full, this code tells you why. The service may not be covered under your plan or may have been deemed not medically necessary, or you may have reached your annual plan limits.

You should keep all EOBs for the duration of your plan year. Find a safe place to store them. When you do decide to dispose of them, they should be treated just like bank or credit card statements, and shredded. Many insurance companies offer the option of paperless EOBs that you can receive by email for an added layer of protection.

And be sure to contact your insurance company’s customer service department with any questions or concerns.

(Gordon Hopkins is an award-winning columnist and feature writer for The Fairbury (Nebraska) Journal-News. Prior to that, he worked for several years in the health insurance industry. His latest book is “Nebraska at War: Dispatches from the Home Front and the Front Lines.” You can contact him at gordon.fjn@gmail.com.)

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# Doula collective forms in Powell

BY TESSA BAKER  
Tribune Features Editor

**W**hat does a doula do? By definition, a doula is trained to assist a woman during pregnancy and childbirth and provide support for a family after a baby is born.

But there are a lot of myths and misunderstandings about doulas. Some people mistakenly think a doula has the same role as a midwife, who delivers the baby.

While doulas stay with women throughout labor and delivery, they provide non-clinical tasks, such as comfort measures, massage, meditation, positioning and coping techniques, said Angela Rodrigues of Powell.

Others assume doulas only assist women in home births, not in hospitals. In fact, doulas also help clients in the hospital — whether a woman is having a natural birth, an epidural or a C-section.

“Another myth is that we sort of replace a dad’s role, and that’s totally not true,” said Rodrigues. “Our job is to create that bond and solidify the two of you more by being there. That’s really our goal.”

Rodrigues and Kylee Thormahlen are trained doulas who recently started a collective called Doulas of Wyoming. The northwest branch is based in Powell, and the goal is to bring together birth doulas from around the state and help raise awareness about doulas. The community can learn more about doulas during a “Meet the Doulas” night from 6:30-7:30 p.m. June 6 at the Powell Branch Library.

Ultimately, Rodrigues and Thormahlen hope it becomes more common for pregnant women in Wyoming to seek the support of a doula.

“Wouldn’t it be great if instead of asking, ‘Do you use a doula?’ if the question was, ‘Who is your doula?’” Thormahlen said.

Thormahlen works as an OB nurse at Powell Valley Healthcare and Cody Regional Health, and decided she also wanted to assist mothers as a doula.

As a nurse, the main focus is on a



Kylee Thormahlen (right) helps Megan Ribelin during labor at St. Vincent Healthcare in Billings. Thormahlen works as an OB nurse at Powell Valley Healthcare and Cody Regional Health, but also is a trained doula. She said she loves both roles and that they are ‘very separate, distinct roles.’ Photo courtesy Heather Fuhrman

mother and baby’s physical wellbeing. As a doula, she doesn’t do any medical procedures, but focuses more on the mental/spiritual/emotional side of labor and delivery.

“I love both roles, but they are very separate, distinct roles, and each one is important,” Thormahlen said. “We need the doctor or midwife there to deliver the baby, we need the nurse who

can watch the monitors and start the IVs and do whatever is needed medically to keep everyone safe, and we need the doula there to support. All of them are critical.”

“We’re all a team, in it together,” Rodrigues added.

Research shows benefits of a doula

See Doulas, Page 5

**‘Our job is to create that bond and solidify the two of you more by being there. That’s really our goal!’**

Angela Rodrigues, Doula



Angela Rodrigues (far right) has served as a doula for about five years. In addition to providing prenatal and postpartum visits, she stays with mothers and fathers throughout labor and delivery. Courtesy photo

## Pregnancy features added to health app for Wyoming families

A mobile phone app offered by the Wyoming Department of Health now includes new features focused on pregnancy.

“Pregnancy can be an exciting and sometimes confusing experience. For mom and baby, it’s also a critical time that affects current and future health,” said Dr. James Bush, Wyoming Medicaid medical director with the department. “We want our Family Health app to be a helpful and supportive tool for women who are expecting, as well as for all family members.”

Within the Family Health app, you can now switch from the General Health view to a new, specialized Pregnancy View for an expecting mom, Bush said.

Specialty features added to the app for pregnant women include:

- Weekly and daily updates based on the baby’s due date.
- Tracking tools such as kick counter, weight tracker, due date calculator and baby boost.
- Milestones for each trimester and postpartum based on clinical guidelines.
- Personalized articles on pregnancy experiences.

With helpful tools, the Family Health app can track medical appointments, growth and weight, immunizations and feeding for each family member.

Wyoming residents using the Family Health app can enter zip codes to access Wyoming-specific resources.

“We felt the app would be more useful for families in our state if it was customized with local and state information and connections,” Bush said. “With features such as click to call for Wyoming resources, this app is a tailored benefit rather than something generic.”

The app can be downloaded on the Apple App Store or Google Play Store by following the provided links, by searching “Family Health Wildflower” in each mobile store, or texting “Family” to 307-317-0819.

More information about the free Family Health app is available at <https://health.wyo.gov/healthcarefin/medicaid/family-health/>.

The app was developed in partnership with Wildflower Health, a mobile health software company.

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# WHAT TO EAT. WHERE TO EAT.

## The 2018 Powell Tribune Glossy, full-color flip book dining guide is coming!

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POWELL AQUATIC CENTER



As a doula, Kylee Thormahlen stays by a mother's side throughout the entire labor and delivery. Doulas are trained to provide non-clinical tasks, such as coping techniques and comfort measures.

Photo courtesy Heather Fuhrman

## Doulas: Provide continuous support during labor

Continued from Page 4

include reducing the risk of a C-section and reducing the need for anesthesia, Thormahlen said. Babies also do better in doula-assisted labors and deliveries.

Rodrigues referenced a quote from Dr. John H. Kennell, who said, "If a doula were a drug, it would be unethical not to use it."

Rodrigues became a trained doula about five years ago.

"It's a calling. We don't do it for the money, that's for sure," she said. "It's just something that's placed on your heart and ... once you experience that feeling ... you feel like you want to shed that light on as many women and families as possible."

Rodrigues has two sons who are eight years apart. She decided to work with a doula for her second child's birth, after not having one for her first child.

She had night and day differences between the two experiences.

Doulas provide two to three prenatal in-home visits, talking about individual concerns or fears and helping with the emotional/spiritual side for both moms and dads before the birth.

Rodrigues said they're on call two weeks before the due date and two weeks afterward.

A doula provides continuous support throughout labor and delivery, and a dad can get some rest if he needs to.

While some dads may be skeptical about doulas at first, they often become advocates of them, Rodrigues said. There's a lot of pressure put on

fathers, and a doula can help take some of that weight off, so he can "just be the husband and love his wife or partner through that experience," Rodrigues said.

Thormahlen said one father who wasn't initially sure about having a doula came away from the experience saying, "Oh my goodness, everyone should have a doula."

Doulas also offer prenatal and postpartum support with home visits.

Through pregnancy and after the baby's arrival, doulas help provide outlets for research to various questions parents may have.

"We're never there to say, 'I think you should ...'" Rodrigues said. Instead, they provide research and talk about options.

Women can hire a doula at any point of their pregnancy.

By forming the doula collective, there will be a network of doulas who can assist each other.

"If we're going on 36 hours [of labor], I can't be as helpful as that mama needs," Thormahlen said. "We can have a back-up doula so that they can feel comfortable with her coming in, so we can rest for a little bit of time and be the most helpful."

While hiring a doula may seem like a new concept, Dr. Bob Ellis used to work with doulas at Powell Valley Hospital.

"It's so cool that we have a rich history here. We're just trying to revive it," Rodrigues said.

For more information, call 307-221-5268 or 503-572-3072, email [doulasofwyoming@gmail.com](mailto:doulasofwyoming@gmail.com) or visit [www.facebook.com/pg/doulasofwyoming](http://www.facebook.com/pg/doulasofwyoming).



ANGELA RODRIGUES



KYLEE THORMAHLEN

## New vaccine requirements for kids

CHEYENNE (WNE) — The Wyoming Department of Health announced new childhood immunization requirements this spring, including protections against pneumococcal diseases and rotavirus.

Now, all children who attend Wyoming schools or child-care facilities must have these, and a host of other, immunizations within 30 days of beginning attendance.

The pneumococcal vaccination helps protect children from potentially serious infections caused by pneumococcal bacteria, including pneumonia, sepsis, middle-ear infections and bacterial meningitis.

Rotavirus is most common in infants and young children, often inducing severe diarrhea, vomiting, fever and abdominal pain.

"(The new requirements) have been in the works for

quite some time," said Kim Deti, Wyoming Department of Health spokeswoman. "We went through a careful process and have experts that make recommendations. We also have folks here that look at our program and examine how we want to apply national recommendations in Wyoming."

Most of the state-required childhood vaccines are administered far before a child reaches early school age, Deti said. The rotavirus vaccine is no exception. Experts recommend children receive three doses between two and six months of age. The pneumococcal vaccine timeline varies, depending on doctor recommendations.

"By the time a child enters kindergarten, he or she has usually received the recommended vaccines," Deti said.

Homeschooled children who participate in school activities,

including sports, will now also need to meet Wyoming's immunization requirements.

The new vaccine requirements meet national standards set by the Advisory Committee on Immunization Practices.

"We believe that these are safe and effective," Deti said. "They are recommended by very experienced national experts."

These vaccines are provided at no cost to Wyoming children until age 19, thanks to the state-funded Wyoming Vaccinates Important People Program and federally funded Vaccines for Children Program.

To learn more about Wyoming vaccine programs, requirements, recommendations, resources and records, visit [www.immunizewyoming.com](http://www.immunizewyoming.com), send an email to [wdh-immunization@wyo.gov](mailto:wdh-immunization@wyo.gov) or call 307-777-7952.

## Avoid spread of swimming-related illnesses

While getting wet in Wyoming's pools and lakes is a fun and healthy activity, swimmers should be careful to avoid catching or spreading recreational water illnesses.

"It is important to prevent germs from getting into pools and lakes. When germs get into the waters where we swim, they can steal our fun by causing diseases such as cryptosporidiosis, giardiasis and shigellosis," said Katie Bryan, epidemiologist with the Wyoming Department of Health.

"Unfortunately, it doesn't take much contamination to cause a problem," Bryan said.

Many germs that get into the water come from feces.

"Some of these germs are very tolerant to chlorine and might not be killed right away,"

Bryan said.

For example, cryptosporidium — the leading cause of pool-related outbreaks — can live in chlorinated water for more than 10 days. These germs are also common in untreated water such as hot springs, lakes, rivers and streams.

Disease symptoms can occur days to weeks after exposure and include diarrhea, stomach cramping, nausea and loss of appetite.

Simple steps swimmers can take to help protect themselves and others include:

- Avoid swimming on days when you are experiencing diarrhea. Germs can spread into the water and make others sick.
- Don't swallow swimming water and avoid getting water into your mouth.

- Practice good hygiene. Shower with soap before swimming and wash hands after using the toilet or changing diapers. Germs on the body can end up in the water.
- Parents of young children should remember to:

- Wash children before swimming (especially their rear ends).
- Check diapers every 30-60 minutes. Change diapers in a bathroom or a diaper-changing area and not right by a pool or lake. Germs can spread in and around the places we swim.
- Take children to the bathroom every 30-60 minutes. Waiting to hear "I have to go," may mean it's too late.

For more information about healthy swimming, visit [www.cdc.gov/healthyswimming/](http://www.cdc.gov/healthyswimming/).

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Rec de Plaza runners head out onto the course of last year's event.



## Variety of summer races for local runners, triathletes

If you've ever thought about competing in a triathlon or running a 5K for a good cause, now's your chance.

Starting this month, local races give residents of various ages and skill levels the chance to compete — whether you're participating for the first time or you're a seasoned athlete.

### POWELL AQUATIC CENTER TRIATHLON: SATURDAY, MAY 26

The Seventh Annual Powell Aquatic Center Triathlon is set for Saturday, May 26.

Triathletes will start by swimming 500 yards (20 lengths) at the aquatic center. The Powell Swim Club is supplying lap counters for the event. After completing the swim, triathletes will then bike from Home-stead Court. The bike route includes 15.5 miles on paved road. A helmet is required for biking.

The triathlon concludes with a 3.1-mile run, also on a paved road.

Athletes will be recognized at an awards ceremony following the event.

Registration is due by Sunday, May 20. The cost is \$30 for individuals and \$60 for teams.

Register at [www.powellaquatics.com](http://www.powellaquatics.com).

### DANO'LOPE' DASH: SATURDAY, JUNE 2

A fundraiser for the Dano Youth Camp, the Seventh Annual Dano'lope' Dash is slated for Saturday, June 2.

The event includes a 1-mile dash, 5K fun run/walk and a 10K run.

Runners and walkers will start at the Park County Fairgrounds, beginning at 8 a.m.

The Dano'lope' Dash is a fundraiser for the Dano Youth Camp, established in memory of the life and character of Danny "Dano" Ostrom.

The registration cost is \$25 for adults and \$20 for youth.

To register or for more information, visit [www.danoyouthcamp.org](http://www.danoyouthcamp.org).

### REC DE PLAZA: SATURDAY, JULY 7

The Rec De Plaza is back. Hosted by the Powell Recreation Foundation and Plaza Diane, the race will be run on a flat, fast 5K course, beginning and ending at Plaza Diane in downtown Powell.

Participants can opt for a 5K walk as well.

The Rec De Plaza starts at 8 a.m. Saturday, July 7. The run/walk is open to participants of all ages, and medals will be awarded to the first-, second- and third-place finishers in three age divisions.

Registration is \$40 and due by June 29 to be guaranteed a T-shirt.

Participants can register by mail at Powell Recreation Foundation, P.O. Box 1185, Powell WY 82435 or by calling the rec office at 754-5711.

Registrations also can be taken to the rec office in Home-stead Park or to the Powell Tribune, 128 S. Bent St.

The Powell Recreation Foundation is made up of dedicated citizens who believe additional facilities are needed for recreation activities in Powell. The group is working to raise funds for the construction of those facilities.

Plaza Diane Community Center for the Arts encourages all forms of artistic endeavor. Funds raised from the Rec De Plaza will help fund the programming of future arts education classes and gallery shows at Plaza Diane.

### SUGAR BEET CLASSIC: SATURDAY, AUG. 18

The annual Sugar Beet Classic Triathlon will take place on Saturday, Aug. 18.

The triathlon includes a 500-yard swim, 15 miles on bicycle



2017 Sugar Beet Classic competitor Kinley Cooley makes quick work of the 500 yard swim portion of the triathlon before making her way to the bike leg of the event. Tribune file photos

and a 5K run.

Swimmers will dive into the water at 8 a.m. at the Powell Aquatic Center to start the race.

The annual event is a fundraiser for the Powell Swim Club. Register by Aug. 10 to be guaranteed a shirt. There is no same-day registration.

For more information, contact Powell Rec at 754-5711.

### HEART OF A TRAPPER: SATURDAY, AUG. 25

Whether you're looking for a family fun challenge or a race for yourself, the Heart of a Trapper offers a fun and challenging trail run or hike on Saturday, Aug. 25.

This year, there will be three registration options: a 5K, half marathon and hike to the summit at Heart Mountain (8-mile distance). A barbecue and mu-

sic will follow the hike.

Heart of a Trapper is organized by the Northwest College Trapper Booster Club, in partnership with The Nature Conservancy. The cost for the half-marathon is \$45, while the 5K cost is \$35.

For the Heart Mountain hike, the cost is \$35 for adults, \$15 for kids 12 and under, \$10 for NWC students and \$100 for a family.

The event will raise funds for Northwest College athletic scholarships.

Participants will receive an event T-shirt and swag bag. Registration will close on Wednesday, Aug. 22.

For more information, contact Shelby Wetzel at [shelby.wetzel@nwc.edu](mailto:shelby.wetzel@nwc.edu), Tawnya Peterson at [tawnya.peterson@nwc.edu](mailto:tawnya.peterson@nwc.edu) or visit <https://ultrasignup.com/register.aspx?did=55301>.



Veteran triathlon participant Ladell Merritt pedals hard as he begins the biking portion of last year's Powell Aquatic Center Triathlon.

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**KID ZONE:**  
Wed mornings starting June 6, ages 2-5

**YOUTH TENNIS:**  
4 sessions beginning June 11, ages 4-13

**KIDS' FISHING DAY:**  
June 2, ages 16 & under

**GYMNASTICS:**  
June 5-28, Tue & Thur, ages 3-13

**SUMMER ACADEMY:**  
Weekly sessions starting June 4, grades K-8

**MARTIAL ARTS:**  
Big Horn Martial Arts Academy, ages 4 & up  
Lone Wolf Taekwondo, ages 5 & up

**REC DE PLAZA:**  
5k Run/Walk, July 7

**YOUTH CHEER:**  
2 sessions starting July 9, grades 4-8

**SCIENCE KIDS SHUTTER BUGS:**  
July 30-Aug 2, ages 9-12, free

**SUMMER BASKETBALL LEAGUE:**  
May 31-June 15, grades 5-8

**SUMMER SOCCER LEAGUE:**  
July 10-Aug 2, grades 4-8

**PICKLE BALL:**  
Tue & Thur 5:30-8 pm, begins June 5, all ages

**WOMEN'S SELF-DEFENSE:**  
June 16 or Aug 18



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At left, Westside Elementary student Taeson Schultz hurls the discus during Sports Project Day. Above, Westside Elementary PE teacher Luke Robertson (left) directs traffic at the beginning of the annual Sports Project Day earlier this month. To the right is teacher Jennifer D'Alessandro. Tribune photos by Don Cogger

## Discovering sports: 'I love it'

Continued from Page 1

said Lucas, who serves as the librarian for Powell's elementary schools. "We go over what kind of questions might you ask about this, [and] what kind of things do you need to know about the history. We spend several weeks just going in and doing research — reading books, looking at websites, watching videos."

An entire morning was set aside in early May for the fifth-graders to share what they've learned, with hands-on instruction for each sport, both in the gymnasium and on the grounds outside.

This year's event featured a total of 15 sports, from polo and fencing to rugby and lacrosse. Sports popular in the United States were also represented, as the younger students learned about their favorite track and field events, as well as table tennis and golf. Riding the wave of Team USA's gold medal performance at this year's Winter Olympics, curling also made an appearance.

Fourth-graders spent 20 minutes at each sports "station," with 5-10 minutes spent on the origins of the sport, followed by practical application and instruction.

"It's very exciting, because I don't always get to see this part of what they do, because it happens mostly in PE," Lucas said of the hands-on instruction of the various sports. "It's collaborative in that we know what's going on the whole time, but it's also parallel. So getting to see it all together is really exciting ... that's a big part of the research process is that sharing, putting it out there to an authentic audience."

Robertson agreed. "I think the kids really enjoy it, and it's neat because the fourth-graders get to watch, so that when they come up next

year, they go, 'Well, when do we get to do that?'" Robertson said. "They're usually pretty excited about it."

At the lacrosse station, instructor Brittney Wambeke said her group chose the sport based on two of the group's members having played it before.

"My friends Quincy and Colin had already played lacrosse, and thought it was really fun," Wambeke said. "I wanted to learn something new. I really like catching because you can move a lot more, and when you're throwing it, it's a little harder to move."

As for teaching the sport, Wambeke likens the experience to hanging out with her little sister.

**'The volunteers are tremendous, and on a beautiful day like today, it makes it all worth it.'**

*Luke Robertson  
Westside PE teacher*

"I love it, it really makes me feel happy to teach others, because I teach my sister a lot," she said.

While it all may seem like nothing more than fun and games (and really, what's wrong with that?), the teaching aspect of the project is also very important. For many fifth-graders, this is their first experience with sharing something they've learned with others in a classroom setting, an important step as they move into middle school and beyond.

"We talk about teaching pedagogy, how you keep a learner's attention," Robertson said. "How do you pose questions to kids? How do you give feedback? All of that is an important part of the process."

Robertson said the event wouldn't be possible without the help of volunteers, many of whom are parents and/or fellow faculty and staff, taking a morning off work to assist in the proceedings.

"The volunteers are tremendous, and on a beautiful day like today, it makes it all worth it," Robertson said. "And the parents love it — I usually get really good feedback."



Westside Elementary fifth-grader Trey Scott demonstrates how to throw the shot put as part of PE teacher Luke Robertson's annual Sports Project Day.

## Get kids off the couch this summer

With summertime around the corner, some kids may be looking forward to flipping on the TV, scrolling on their iPads or playing video games for hours.

Encouraging physical activity has many health benefits, including weight loss and mental health benefits.

How can you get kids up and moving? The American Heart Association offers these suggestions:

- Come up with alternative activities, such as playing sports, walking pets, going on a bike ride or heading to the swimming pool. Write down activity ideas and keep the list by the TV to remind your child the next time he or she heads for the remote.
- Be active as a family. Play catch together, go rollerblad-

ing or plan a family hike. Kids enjoy time with their parents, and this also sends the message that exercise is important.

"Some parents are just as attached to their devices," said author Tracie Barnett in an American Heart Association news release. She encourages parents to not use devices during mealtimes or in the bedroom. "Instead of FaceTime, let's have some face-to-face time," Barnett said.

- Remove the TV from bedrooms and don't allow kids to watch television during meal times.

- Limit the number of hours kids watch TV or are on their devices by planning ahead of time. Let your child pick one or two shows and only watch those.

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# HEARING LOSS

## ITS AFFECTS ARE MULTIFOLD

Most of us know somebody that suffers from hearing loss. Of the seven and a half billion people on earth, it is estimated that ten percent of the world's population suffers to some degree from the disability. That is a staggering number. While age is a factor in hearing loss, what many don't realize is that hearing loss does not happen only to those who are growing older. Hearing loss affects all ages, sexes and demographics. Surprisingly hearing loss occurs in most people who are under the age of 65.

Hearing loss is easily ignored or neglected by those who have it. It is dismissed as "it's not that bad" or if it was a problem my Doctor would tell me I need to have it checked. In our office we have many people say they just will wait till it gets bad, or I am too young to worry about it now. In the past waiting to wear hearing aids on mild losses was recommended. This is not the case anymore. Studies have shown that waiting is not a good thing to do.

A study by Johns Hopkins University has shown that untreated hearing loss that is age related, can affect us significantly. Hearing loss

does not just hamper our ability to hear clearly, it impacts our health in other ways. The study shows an increased risk of cognitive ability. With every ten decibels of hearing loss your risk of dementia increases by twenty percent. A severe to profound loss has five-times greater risk than those with normal hearing.

People with mild, moderate and severe hearing loss are 2, 3 and 5 times more likely to develop dementia respectively than people with normal hearing. Even a mild loss can increase the chances of dementia by two times. The symptoms of untreated hearing loss and Alzheimer's are nearly identical.

The findings are found in a study published in 2011 made by Frank Lin, otolaryngologist and epidemiologist at Johns Hopkins School of Medicine in the US. He and his team followed 639 patients for 18 years. None of the subjects had cognitive impairments at the beginning of the study, although some did have a certain degree of hearing loss. During the 18 years of follow up, 58 cases of dementia were diagnosed amongst the 639 patients.

### DIABETES

Japanese scientists have studied the relationship between diabetes and the prevalence of hearing loss.

Combining the results of 13 studies involving more than 20,000 people from the US, Asia, Australia and Brazil, all but one study found an association between diabetes and hearing problems.

The findings show that impaired hearing is twice as common among people with diabetes compared with those without diabetes.

Furthermore, the study also reveals that younger diabetics are at a higher risk than older adults.

According to Chika Horikawa, Niigata University Faculty of Medicine, who led the study, neither age nor exposure to a noisy workplace can explain the connection between diabetes and hearing loss and Horikawa says that there can be other explanations than diabetes itself.

Horikawa points to certain medications that many diabetics take, particularly blood pressure-lowering diuretics, which can affect hearing and cause hearing problems.

The Japanese study shows a correlation between diabetes and hearing problems. However, it is an observational association and it does not prove a cause-and-effect relationship between diabetics and non-diabetics.

Further- and additional studies are therefore needed to clarify the relationship between diabetes and the prevalence of hearing impairment.

The Japanese study was published in the Journal of Clinical Endocrinology & Metabolism.\*\*

At Heart Mountain Hearing LLC, we understand the frustrations and difficulties that hearing loss causes those who suffer from the disability and the family and friends that it also affects. We are highly trained in the latest technologies, to assist you in determining the best solutions for any hearing loss. Chris Pelletier has been testing, fitting and counseling people on better hearing for twenty-one years. He also has had a hearing loss since the age of twelve after a fireworks injury. He can tell you first hand how hearing loss can and does make daily life more difficult.

Heart Mountain Hearing offers more than just hearing aids. We have a full line of instant fit and custom-made hearing protection, and earphones. We do employment screenings, industrial testing. Our convenient location in beautiful downtown Ralston means we are just minutes from anywhere in the Big Horn Basin. We are open five days a week, with weekend and after hour appointments available. We service all brands of hearing aids but specialize in Starkey Hearing technologies. Starkey is still privately owned and operated with world headquarters based in Minneapolis, Minnesota.

During Better Hearing Month we are offering complimentary hearing screenings and consultations. We encourage everyone to take advantage of this offer, even if you have normal hearing. Having a baseline test is beneficial in monitoring your hearing health. Done annually it can show a shift in hearing early that can help protect your hearing.

### INCREASED RISK WITH INCREASED HEARING LOSS

Another study, published in 2012 by Gallacher et al, has confirmed these findings. In this study, 1057 men were followed for a period of 17 years. Their hearing loss was evaluated at the start of the study and then again after 9 years, in which both cognition and dementia were assessed. The authors found a strong relationship between hearing loss and both dementia and cognitive decline. For every 10 dB (A) of increasing hearing loss, compared to normal hearing level for that age, the risk of developing dementia increased 2.7 fold.

SOURCE: "Hearing well to train your brain" by Prof. Frank R. Lin and Prof. Sophia E. Krame

### 1 Hearing loss leads to social isolation

Untreated hearing loss has long been linked to increased social isolation and loneliness, which studies have shown are well-established risk factors for Alzheimer's and dementia.



### 2 Hearing loss accelerates brain shrinkage

Imagine your brain has a finite amount of fuel. As hearing becomes more difficult, you use more "fuel" to comprehend what you're listening to — meaning you have less for memory and decision making. Scientists refer to it as the "cognitive load theory."



### 3 Hearing loss leads to social isolation

Believe it or not — our brains shrink as we age. But MRIs of people with hearing loss show the brain "shrinks" faster than normal, likely due to lack of stimulation.



### 4 Reduce risk of cognitive decline and dementia

The benefits of wearing hearing aids may also include:

- Reduced mental fatigue
- Decreased feelings of isolation and depression
- Improved ability to multitask
- Improved memory, attention and focus
- Improved communication skills



## WHAT HAPPENS IF I WAIT?

The effects of untreated hearing loss.

### Most people will see an optometrist or get glasses as soon as they have difficulty seeing.

But for some reason, when hearing becomes a challenge, many ignore or simply put up with it rather than take corrective action. While your hearing loss may seem insignificant now — something you can deal with by simply turning the TV louder or asking friends to repeat themselves — *the longer you put it off, the harder it is to get back.*

To make matters worse, studies have shown that the effects of hearing loss are cumulative. Just as muscles grow weak from lack of use, the brain loses its ability to process sounds and recognize speech without regular auditory stimulation.

**DON'T PUT YOUR HEALTH OFF ANY LONGER!**

### THE EFFECTS OF UNTREATED HEARING LOSS CAN INCLUDE:

- Fatigue, tension, stress, depression
- Avoidance or withdrawal from social situations
- Reduced alertness and increased risk to personal safety
- Impaired memory and ability to learn new tasks
- Reduced job performance and earning power
- Diminished overall health

## DO YOU...

- » Frequently ask others to repeat themselves?
- » Turn the TV up louder to hear it?
- » Have difficulty hearing companions in noisy places?
- » Think other people's voices sound muffled?
- » Struggle hearing women and children clearly?

## TREAT HEARING LOSS BEFORE IT'S TOO LATE

Experts recommend getting an annual hearing screening once you reach age 50.

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