

Alternative health care options available for businesses

DIRECT PRIMARY CARE, OTHER MODELS DISCUSSED

BY ILENE OLSON
Tribune Staff Writer

Nontraditional health insurance and health care options for small businesses were highlighted last week during a panel discussion in Powell.

“Conversations we hear every day when we talk to businesses are all about the cost of health care,” said Christine Bekes, executive director of Powell Economic Partnership, as she opened the meeting.

Bekes said some of those conversations led her to “realize there are other options, and there are options that work for businesses.”

Options summarized by the Nov. 28 panel include direct primary care through 307Health in Powell; an insurance policy designed for Wyoming businesses who are members of chambers of commerce; and health savings, reimbursement and flexible spending accounts.

CHAMBER PLAN

Brad Johnson, of Covenant Insurance Group in Casper, said chambers of commerce in Sheridan and Gillette approached him several years ago, asking him to come up with an insurance product that would meet employers’ needs.

The result is the Wyoming Chambers Health Benefit Plan. That plan now has a reserve fund that is 350 percent overfunded, he said.

“That means the longterm stability is very good. It’s not designed to be the least expensive; it’s designed to be the most stable,” Johnson said. “It’s done very well at achieving that goal,” with the average coverage to date remaining for seven years — much longer than the 17-month average, he added.

Chris Skiver of Blakeman Propane in Cody said his company provides the Wyoming Chambers Benefit Plan for its employees.

“It’s a Wyoming company,” he said. “There’s one person to deal with for questions — just one person. The previous insurance company we were with, I could spend hours and hours with multiple people in multiple departments trying to help employees. I haven’t had that experience with this company.”

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PHS STUDENTS HELP WITH BIGHORN SHEEP RELOCATION



Environmental science students from Powell High School travel to Cottonwood Creek trailhead by bus to experience the capture and relocation of bighorn sheep by the Wyoming Game and Fish Department on Monday. Tribune photos by Mark Davis

SCIENCE ON THE ROAD

‘If I could work in the outdoors doing what I love, it’ll be time well spent.’

Matt Jones, PHS junior

BY MARK DAVIS
Tribune Staff Writer

Monday before sunrise, Wyoming Game and Fish biologist Leslie Schreiber was stationed at a small campground 5 miles off the highway on a dusty dirt road east of Lovell. A stiff breeze made the low temperatures uncomfortable, stinging Schreiber’s cheeks and fingers, but she was pleased with the cold weather. Bighorn sheep overheat when they’re stressed — and being netted and transported on the end of a tether by helicopter causes a lot of stress.



LESLIE SCHREIBER

When a school bus carrying some of Wendy Smith’s students from Powell High School arrived in the sheep transition area, Schreiber jumped on board to go over the day’s work: Numerous Game and Fish biologists and game wardens and a contractor would capture 20 bighorn sheep by helicopter, then test and measure each captured animal and move them to Miner’s Canyon, in the Ferris Mountains north of Rawlins.

Schreiber went through the list of tests and measurements with the students, explaining the importance of controlling the population of the thriving herd in the Bighorn

Canyon National Recreation Area while at the same time augmenting a growing herd in the Ferris Mountains.

She spoke with passion while the students listened intently.

Schreiber is impressed — if not a little jealous — by the opportunity the students had to join in on the work.

“What Mrs. Smith is doing at Powell High School is not standard,” Schreiber said. “Growing up in Northwest Indiana, I didn’t have the opportunities these students have here. She can open doors — open their eyes to these careers.”

From an early age, Schreiber was inquisitive about the natural world around her. She spent much of her youth contemplating questions like which bird made the songs she heard or which species of trees grew near her home.

Schreiber was raised in Crown Point, Indiana, an industrial area on the southern shores of Lake Michigan known more for its steel mills than beautiful beaches and natural beauty.

She loved to watch nature programs on television, amazed by the featured scientists and the work they did.

“I couldn’t believe people were getting paid to do this,” Schreiber said.

She didn’t make the



Kylie Sinclair, a wildlife disease lab technician based out of Laramie, draws blood from a bighorn sheep while Powell High School student Matt Jones steadies the ewe. Jones helped with the relocation efforts while on an environmental sciences class field trip.

connection between her education and vocation until she enrolled at Purdue University in West Lafayette, Indiana. Her high school science courses were limited — almost entirely classroom lessons. Schreiber remembers taking only two field trips during her four years in high school. She doesn’t remember receiving much encouragement from her high school teachers to follow her dreams of a career in science.

Schreiber credits Professor Harmon Weeks for her jump from childhood dreams to becoming a scientist. Weeks

taught a couple of her required classes at Purdue.

“He believed wildlife and humans could coexist. And he wasn’t afraid to tell you the reality and challenges of being a biologist,” she said.

His words were important to Schreiber, motivating her to continue. After finishing her master’s, she came to Wyoming to work as a seasonal employee for the Game and Fish. Following six years of seasonal work, Schreiber was hired as the

See Science, Page 8

SIGNS OF THE SEASON



During a concert Monday night, Powell High School students (from left) Sabrina Shoopman, Marina Salazar, Madyson Riedinger and Alyssa Gould signed the words to the song ‘Supplication’ with the PHS Concert Choir on Monday night. The holiday concert also featured the high school’s guitarists, singers and band. Student musicians will next perform a jazz concert at the PHS Commons beginning at 7 p.m. Monday. Tribune photo by Carla Wensky

Thomas settles in as NWC dean

BY DON COGGER
Tribune Sports/News Editor

For Greg Thomas, who’s settling into his first year as Northwest College’s dean of student learning, the road to Powell began about as far south as you can get.

“I started teaching about 13 years ago at Methodist University in North Carolina, where I did my undergraduate work,” Thomas said. “I taught speech communication there for two years, and I was also the de-

bate coach. I then moved to Fayetteville State University, which was in the same town, and taught there for eight or nine years.”

When he finished up his doctorate, Thomas turned his attention west, looking for an opportunity away from the hustle and bustle of a town that is home to a pair of universities and an army base.

“Fayetteville is kind of a crowded area, and I have a wife and five kids, so we wanted to move somewhere

quieter and smaller,” Thomas explained. He came into NWC as a communication professor and debate coach.

Thomas began his tenure at NWC in the fall of 2015, though it wasn’t the only school in Wyoming that expressed an interest; he had another interview scheduled at Casper College.

“I never ended up going to that interview, because I got the call from NWC,” Thomas said.

See Dean, Page 2

Possessing guns nets prison time for illegal immigrant

BY CJ BAKER
Tribune Editor

A Mexican man has been ordered to serve two years in federal prison for acquiring dozens of guns while illegally living in the United States.

When the investigative arm of the U.S. Department of Homeland Security searched Julio Garay-Gutierrez’s residence south of Cody in June, they reportedly found 67 firearms that Garay-Gutierrez claimed as his own,

plus a “large” amount of ammunition.

Garay-Gutierrez, 40, pleaded guilty to one felony count of being an illegal alien in possession of firearms. Last week, he received a 24-month prison sentence from U.S. District Court Judge Scott Skavdahl. Garay-Gutierrez stands to be deported once he serves that time.

His trouble with the law began on a night last spring, when Cody Police Officer Rayna Wortham spotted him



JULIO GARAY-GUTIERREZ

See Immigrant, Page 3

ARTS AND ENTERTAINMENT



As Northwest College musicians perform Monday night, John Giarrizzo draws the concert scene. Giarrizzo is an associate professor of art at NWC. Under the direction of Jeff Troxel (left), Guitar Night at Gestalt Studios featured the Northwest Guitar Ensemble, Jazz Guitar Ensemble, individual student guitarists and guest artists Alex Nauman and Maurine Akin. Tribune photo by Toby Bonner

Dean: Thomas enjoying ability to impact more students in new role at college

Continued from Page 1

During his interview process, Thomas quickly realized Powell was just the kind of place he and his family were looking for.

"I was able to walk around the town to go wherever I need to go," he said. "I had a rental car and I just kind of left it parked. I felt like in the two days I was here, by the time I left, I was going into places, and people knew my name. I was like, 'I'm just here for an interview!' I knew then it would take no time to become part of the community. That's what drew me here."

In his new role as dean of student learning, Thomas works under Vice President for Academic Affairs Gerald Giraud. As for what the job entails, Thomas calls his duties a bit of a "hodgepodge" of everything academic-related. Overseeing adjunct faculty, online learning and summer school, as well as serving on various committees is just a sample of Thomas' responsibilities.

"It's kind of all over the place," Thomas said. "Anything academic-related, I've got my hands in."

The learning curve for his new position has been fairly steep, according to Thomas.

"The person who had previously held the position had been gone for a while; I didn't get to work with him to be able to transition," he explained. "It



Greg Thomas, newly appointed dean of student learning at Northwest College, works at his desk during office hours Wednesday. Thomas is enjoying his new position, though the learning curve has been steep. Photo courtesy Bobbie Bell

was kind of like, 'Hey, we're six months behind on the stuff that this job does, we need you to figure it out.'"

Despite the steep curve, Thomas said having been a

faculty member at NWC for a period of time helped to ease the transition.

"In this job, 90 percent of the people you're working with are the faculty," Thomas said. "Understanding where they're coming from and being able to speak the same language, I think has been really helpful. And the faculty has been super helpful as well in letting me know when I'm doing stuff wrong and when I'm doing it

right."

NWC President Stefani Hicswa praised Thomas for his "can do" attitude and his willingness to take on big projects.

"Greg has been a great addition to the college," Hicswa said. "In the short time he's been here, he has provided great insight and leadership for the student success initiatives we have been working on."

She specifically mentioned Thomas' "fantastic" work with the college's predictive schedule and retention teams.

"He brings great background and experience to this position and has good insight from the other colleges where he has worked," Hicswa said.

Thomas said he is enjoying the experience of working with Giraud and Hicswa in a closer capacity.

"As a faculty member, they were always accessible, even more so than other places I've worked," Thomas said. "But actually getting to work with them every day, you get to know them on a different level. They're fun, good people and I'm glad I get to see that."

Now almost a full semester into his new gig, Thomas said the ability to affect more students from a learning standpoint has been the most rewarding aspect.

"As a faculty member, you have a lot of effect on your students," he said. "But from this position and how many different areas of academic life it oversees, you get to help everybody. The most rewarding part is coming up with things and going, 'Hey look, these are ways that we can improve everybody's student experience at Northwest College.'"

'In the short time he's been here, he has provided great insight and leadership for the student success initiatives we have been working on.'

Stefani Hicswa, NWC president

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OBITUARIES

Virginia Mae Cooley

(Jan. 22, 1937 - Dec. 1, 2017)

Virginia Mae Cooley was born on Jan. 22, 1937, in Billings, Montana. She passed away quietly, and jumped on the wide, white, smooth highway to heaven with Don, from her longtime Powell home on Dec. 1, 2017, on Lane 11 1/2 under the gentle care of her daughters Cindy and Cheryl, and life-long friend Donna Garrison. She was surrounded by family and friends and had her faithful dog Daisey on her lap. She was 80 years old and had battled cancer for several years.

Virginia was born in Billings, Montana, to Jim and Doris Farnes. She grew up and attended schools in Deaver and Powell and graduated from Powell High School with the class of 1955. Little did she know at that time, the profound effect that her grade school pal and partner in crime, Alice Wambke would have on her future and life. She married Don Cooley on July

13, 1956, and settled in Powell where, in addition to raising a family of four, she helped run Cooley's Auto Salvage, drove beet trucks and was a rural mail carrier for many years.

Virginia was the backbone of the Cooley home and loved by many friends and relatives. She enjoyed camping, boating, traveling, Washington Redskins football and spending time with family and friends. She was a member of the Elks Club, Birthday Club, Big Horn and Basin Boat Club. Virginia was a past President of the Wyoming Rural Mail Carriers Association.

Survivors include two daughters, Cindy Cooley of Powell, Cheryl Newell (Brad) Sterling, Alaska, two sons, Ken Cooley (Kim Perrine) Powell, Dan Cooley (Robin) Cheyenne, a sister Patty Smith (Junior) Arizona, brothers and sisters in-law, Raymond and Alice Cooley, Powell, Ruth Cooley, Powell,



VIRGINIA COOLEY

Melba Sweet, Powell; nine grandchildren Chris Cooley, Tanner Cooley, Dusty Kluksdahl, Kasey Kluksdahl, Mindy Fach, Mackenzie Newell, Rafer Cooley, Madison Mae Cooley and Dawson Cooley; and nine great-grandchildren, Sloane Cooley, Bodie Cooley, Chase Cooley, Logan Cooley, Natalie Nix, Noah Nix, Marlowe Mae Hernandez, Rolly Fach, Anzley River Newell.

Virginia was preceded in death by her parents, husband Don Cooley, brother Roy Farnes, sister Karen Pile, brothers in-law Bob Cooley, Dick Sweet, Karl Jansson, Stanley Smith; sisters in-law Bonnie Jansson and Phyllis Smith.

Funeral services will be Saturday, Dec. 9 at 2 p.m. at the Elks Club. Interment to follow at Crown Hill Cemetery. Reception at the Elks Club to follow. Donations can be sent to the Elks Club in Powell or Spirit Mountain Hospice in Cody.

—Paid obituary

William M. (Mark) Imsand

(Oct. 2, 1948 - Dec. 2, 2017)

William M. (Mark) Imsand, 69, of Mobile, Alabama, died peacefully on Saturday, Dec. 2, 2017, at Mobile Infirmary.

He was born Oct. 2, 1948.

He and his wife Jean were longtime residents of the Powell and Cody area. He was preceded in death by his father and mother, James W. and Tally Day Imsand Sr., and his sister Shirley Imsand Thrower.

He leaves behind his loving

wife Jean Irby Imsand, after 47 years of marriage; two sons William M. Imsand Jr. and Brad (Rachel) Imsand, along with his two brothers James W. Imsand Jr. and David (Diana) F. Imsand Sr., and many nieces and nephews. He gifted his earthly remains to USA College of Medicine in Mobile.

Care: Doctor predicts direct primary care will 'take off'

Continued from Page 1

"Probably the biggest negative with them is, they're not the least-expensive health insurance out there — but we prefer employees who aren't looking for the least-expensive option," Skiver said.

HEALTH ACCOUNTS

Meanwhile, Reanne Wolff and Kevin Buss from SBW & Associates in Cody and Powell explained several options for employers or employees to put aside money for health care expenses. Those include health savings accounts, health reimbursement accounts and flexible spending accounts. All three pre-tax accounts are owned by the employer.

With health savings and health reimbursement accounts, employers and/or employees deposit money to cover future health care costs. To qualify for a health savings account, employees must be covered by a high-deductible insurance plan. Money in those accounts rolls over if it is not used within the year.

Employers and/or employees also may deposit money in a flexible spending account, which can be used for both health care and child care costs. However, that money must be used within one year.

"It's a use-it-or-lose-it plan," Wolff said.

Klay Nelson of GDA Engineers in Cody said they use a health reimbursement account "to make our benefits package look shinier."

"That's probably most advantageous for them; we tailor them to our needs," Nelson said. "We're going to give this class of employees X amount of dollars every month, and this amount to this class every month."

"We've got employees that have no families, and they're making insurance payments larger than their mortgage payments. We utilize the HRA, and our employees seem to like it," he said.

"I see us continuing with it," Nelson added. "We know every month how much will be coming out of our pockets, then we're pretty much done with it."

DIRECT PRIMARY CARE

Dean Bartholomew, a doctor who joined 307Health in August, said he's seen health care and insurance from three different viewpoints. As the previous owner of a small rural practice, he experienced the overhead costs for insurance processing and paperwork, and as a small business owner, he provided costly health insurance to his employees.

Now, he is a doctor practicing under the direct primary care model. That model provides physicians' services for a monthly fee and does not accept insurance, Medicaid or Medicare.

"We're able to have a relationship with the patient that's not driven by insurance demands, and we're able to meet patients' needs in a timely manner," he said.



JaDell Hovander of Continental Crest Insurance in Riverton speaks at a Nov. 28 forum on alternative health care options for businesses, as Gregg Wilson of Heart Mountain Farm Supply (left) and Dr. Mike Tracy of 307Health look on. Tribune photo by Ilene Olson

That is facilitated through the use of technology. Patients can reach their doctors by texts, email or phone.

"The revenue is up front, so we don't have to generate revenue," Bartholomew said. "When there's a fixed cost, a fixed revenue, you don't have a problem with texts."

For example, Dr. Mike Tracy, also of 307Health, said he had no appointments scheduled for a period of time on a recent day, and he was able to help several people through texting so they didn't have to leave work.

Another patient wasn't able to leave work, "so I walked down there to visit with them."

JaDell Hovander of Continental Crest Insurance in Riverton said he and his wife subscribe to 307Health, and the distance between Riverton and Powell hasn't been a problem.

"We have only been up here once," he said.

As for what led Hovander to sign up for 307Health, he recalled how his wife took their 5-year-old daughter to the emergency room in Riverton at 6 p.m. one day. The girl had fallen and deeply cut her chin. After hours of waiting, his wife, a nurse who works at the ER, agreed to clean the room and do the charting for the girl's visit in order to get her daughter seen; otherwise, they still had hours to wait.

"She got home at 1:30 a.m. It was a \$3,400 bill," he said. "So, when we were in the evaluation process, we called up 307[Health] and said, 'Hey, ... could we have called you and met you at 9 o'clock at the clinic?' And they said, 'Yeah, absolutely.'"

"The total cost probably would have been about \$12 to \$15," Hovander said, much cheaper than the ER visit — even with a restaurant meal and the cost of gasoline to get to and from the clinic in Powell.

As an insurance provider, Hovander said combining a subscription for direct primary care services, along with a major medical insurance policy and partially self-funded stop loss coverage, can lower the cost of health care while still providing good coverage. He said that results in an 80 percent decrease in the number of claims.

Gregg Wilson said Heart Mountain Farm Supply now pays for subscriptions to 307Health for its employees.

He told of an experience the company had in the 1990s when an older employee became sick with cancer.

"Their only form of insurance was through us," Wilson said. "We continued to pay him as a consultant while he was dying on his deathbed so he could continue to be on the insurance. That's a horrible situation to be put into as an employer, to literally hold an employee's life in your hand, and their care."

Additional health problems experienced by other employees resulted in the company's health insurance premiums escalating so much that it was more expensive to cover the employees through the company than it was for them to obtain insurance on their own.

"We just dissolved our health insurance coverage for our employees and increased everyone's salary at that point to enable everybody to go to health insurance," Wilson said. Heart Mountain Farm Supply decided to go with direct primary care two years ago, seeing it as a good solution.

Since then, "We've had employees say, 'I cut my finger and sent a picture to the doctor and he said, 'Come on in and I'll put some stitches in it.'" Another says, "I sent a picture of a rash to him, and he said, 'Don't worry about it.'" Wilson recalled, adding, "We haven't had anyone who has had to miss work because of illness for a long time — not because we wouldn't let them, but because they didn't need to."

One man in the audience asked about 307Health's plans for growth; Wolff added that more and more of the people she works with are going to 307Health. "You're going to need to have that expansion," she said.

Dr. Bob Chandler said 307Health has capacity for about 1,000 more patients now that Bartholomew has joined the practice. Bartholomew said he expects direct primary care to grow.

"This is not a model they just cooked up two years ago," he said. "It's a nationwide model. ... I think it's going to start taking off. Once that nut gets cracked open a bit, I think a lot of doctors are going to go to this model. That's why we went to medical school ... to take care of our patients."

Immigrant: Has been in custody since June 28

Continued from Page 1

driving with only his parking lights on.

Wortham pulled Garay-Gutierrez over on Cody's Big Horn Avenue a little before 10:30 p.m. on May 28. In an affidavit included in court records, Wortham wrote that she immediately smelled alcohol when she approached Garay-Gutierrez's vehicle. He told the officer he'd just left the Silver Dollar Bar after drinking a couple beers and that he'd taken painkilling oxycodone and morphine about six hours earlier.

He failed sobriety tests and was arrested, registering a 0.28 percent blood alcohol content level in a test administered at the Park County Detention Center; that's 3 1/2 times the legal limit for driving.

"Gutierrez made several statements while he was in the booking process about needing help with his alcohol problem ...," Wortham wrote.

At his first appearance in Park County's Circuit Court, Garay-Gutierrez pleaded guilty to misdemeanor counts of driv-

ing while under the influence of a combination of alcohol and controlled substances and to driving without a license. Circuit Court Judge Bruce Waters gave Garay-Gutierrez credit for the three days he'd served since his arrest, suspended another 87 days of jail time and released him to six months of unsupervised probation with an order to pay \$990 in fees and fines.

However, his freedom would be short-lived. After his release, Garay-Gutierrez was interviewed by an Immigration and Customs Enforcement deportation officer and admitted he'd illegally entered the U.S. around 2001. He recalled being arrested trying to cross the border at the age of 17 — which would be around 1994 — and he was later turned down for immigration relief in 1999, investigators say they later learned.

After interviewing Garay-Gutierrez, the deportation officer reviewed the Cody police department's report on the DUI arrest and noted that Garay-Gutierrez reportedly had a pistol in his possession.

The information was later forwarded to John Allred, a

special agent with Homeland Security Investigations, which is a branch of Immigrations and Customs Enforcement within the Department of Homeland Security.

In late June, Allred obtained a search warrant for Garay-Gutierrez's home off Wyo. Highway 120, just outside of Cody city limits.

Allred wrote in an affidavit that he explained to Garay-Gutierrez that authorities were looking for firearms and documents.

"When Garay asked [me] why, I informed him that he could not possess firearms because he was an illegal alien," Allred wrote. "I went through the facts with Garay, that he had entered the country illegally, then his petition for immigration relief had been denied a long time ago and thus Garay was unlawfully present in the United States. Garay agreed with [me] on those points."

He was arrested that day and has been in federal custody since then.

Garay-Gutierrez specifically pleaded guilty to possessing two Sig Sauer pistols and a Bushmaster rifle.

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IN OUR OPINION

Don't wait until 2018 to seek better health

People often complain about the hustle and bustle of the holiday season.

But there is one upside to frantically running around town in preparation for gift exchanges, parties and other Christmas tasks: you're getting some exercise.

It's easy to get outdoors and stretch your legs in Wyoming's spring, summer and fall. Our scenery is beautiful and, generally speaking, so is the weather. But things change in the winter, when the temperatures get so cold that even cars are reluctant to start moving.

As we head into this winter season, we'd suggest looking for ways to stay active. In fact, it's probably worth taking a break from all that bustle to actually focus on your health (as well as your family, friends and the real reason for the season).

With the outdoors becoming increasingly unpleasant — and blanket-covered TV-watching becoming more and more appealing — now is the time when you may need to make a conscious effort to get enough exercise.

Medical experts say staying active is tied to a multitude of good things — better moods, better sleep, better memory and less risk of developing chronic diseases, not to mention helping with weight loss and strength.

If you're not one to venture out into the cold, that's not a great excuse; Powell offers several opportunities for indoor exercise, with multiple gyms, an aquatic center, classes and trainers available around town.

Winter also brings more illness, as flu season is about to literally hit "fever" pitch. If you haven't received a flu shot already, medical experts generally advise that you get one, to lower your risk of catching the flu and/or passing it on to others. Washing your hands often is one of the easy steps you can take to help protect yourself.

Today's Tribune includes a "Holiday Health and Fitness Edition" that features several stories and other bits of information about staying healthy.

While many people wait until the start of the New Year to set resolutions about better health, we'd suggest there's no reason to wait. Whether it's making a point to walk more, cutting back on unhealthy foods or quitting smoking, why not start now? You'll feel better that you did — and it's a gift that will keep on giving, all year-round.

CJ Baker

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 and Sports/News Editor Don Cogger.

New movie about Dick Cheney in 2018

I first heard about Dick Cheney 44 years ago when he was named chief of staff for then-President Gerald Ford.

Some four and a half decades later, he has retired from one of the most interesting and influential political careers of any person in the country.

Today, the Jackson-based author maintains a quiet existence as he travels Wyoming with his granddaughter's horse competition efforts. He also appears at events such as Lander's One Shot Antelope Hunt, where he competed in 2016.

Politically, he helped his daughter Liz Cheney get elected to the state's sole U.S. House of Representatives seat last fall — a post that he ran for and won back in 1978.

But despite his most recent attempts at obscurity, a movie about his life will soon burst onto the national and international scene next fall that should be a blockbuster.

Called "Backseat," its creator Adam McKay says Cheney is arguably "the single most powerful political figure in modern American history."

Wow. Pretty big description for a young guy who grew up in Casper.

McKay has signed big movie stars to play people we all know. Christian Bale will play Cheney and Amy Adams will play Lynne Cheney. Steve Carell will play

former Defense Secretary Donald Rumsfeld and Tyler Perry is playing Colin Powell.

Actor Bill Pullman plays Nelson Rockefeller. Sam Rockwell plays George W. Bush, Alison Pill plays Mary Cheney and Lily Rabe plays Liz Cheney.

Some photos from Variety Magazine show amazing transformations as Bale and Adams modified their appearances into Dick and Lynne. It is always a challenge to play living people who have been in the public light in recent years, but going by what these photos show, they are on the mark.

Director McKay says he has always been interested in the former veep. "I've always found Cheney fascinating — questions of what drove him, what his beliefs were," McKay told the publication Deadline. "But once we started digging, I was astounded at how much he had shaped modern America's place in the world and how shocking the methods were by which he gained his power."

The Deadline article continued: "While new Vice President Mike Pence has cited Cheney as a role model, Cheney has always been a polarizing figure and a lightning rod for controversy for

his role in expanding the powers of the presidency while he served eight years as No. 2 to President George W. Bush.

"Among his initiatives was to press the war on global terrorism post-9/11, with tactics that ranged from spying to invading Afghanistan and then Iraq — the

latter based on Intel that Saddam Hussein had procured weapons of mass destruction and was aligned to al-Qaeda, assertions that were considered shaky at the time and were never substantively proven — and the establishment of techniques including waterboarding as part of an 'enhanced interrogation program' that many called torture against suspected terrorists held in Guantanamo without access to due process."

The article concluded: "Cheney was a study in contradictions: a war hawk who himself received five deferments that kept him from fighting in Vietnam. And while the Bush administration did not support gay marriage, Cheney personally went against the grain, perhaps swayed by the fact that his daughter was openly gay. Cheney's approval rating was down to 13 percent when he left office, and he has long been

a critic of the foreign policy of his former boss' successor, President Barack Obama."

An earlier movie called W. by director Oliver Stone also showed Cheney in his role in the George W. Bush administration. Richard Dreyfuss played Cheney in that 2008 movie.

As a longtime Wyoming newspaper editor, I had a lot of conversations with Cheney when he was our U.S. Representative. I always found him personable, knowledgeable and well-intentioned. I thought he did a wonderful job of representing the state.

We were proud of his role in the U.S. House and very proud of him as Secretary of Defense, especially during the first Iraq War.

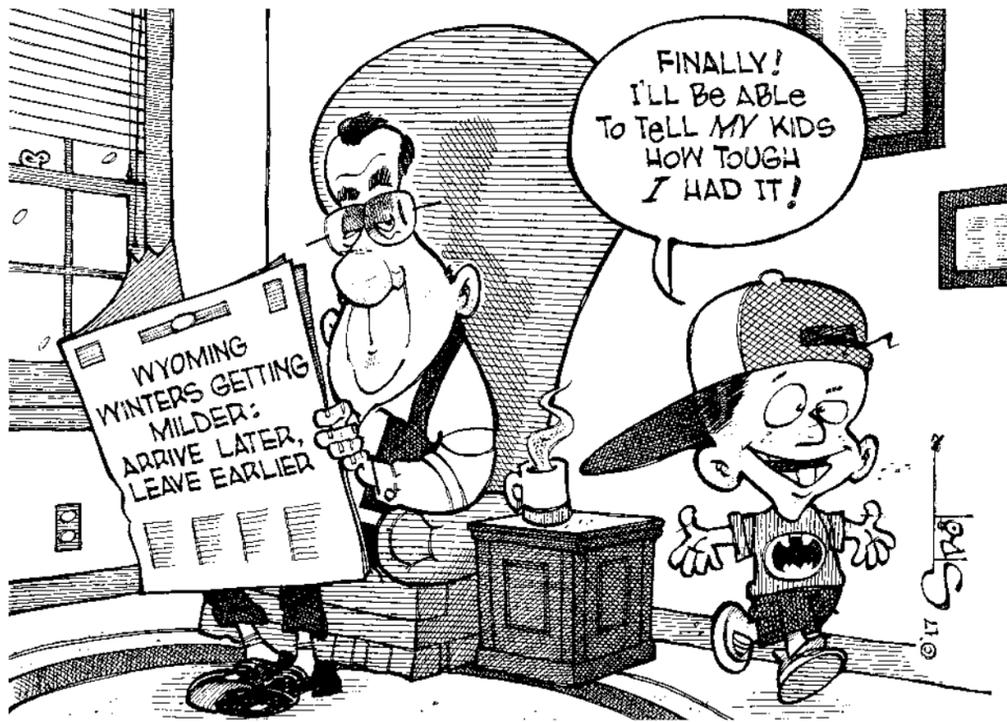
And like most Wyomingites, we were beaming with pride when he was elected vice president.

His role in getting the country involved in the Iraq and Afghanistan wars has left him a checkered national legacy. I always felt that most elected officials in his position during the 9/11 attacks would have pushed for such wars.

(Bill Sniffin, a longtime Wyoming journalist from Lander, has published six books. His coffee table book series has sold 30,000 copies. You can find them at www.wyomingwonders.com. Check out additional columns at www.billsniffin.com.)



BILL SNIFFIN
Guest columnist



The blind squirrel finds an acorn ... or is it sausage?

When Prussian statesman Otto von Bismarck searched for a metaphor to explain the legislative process, he naturally aimed for something extremely disgusting and stomach-turning. The result was his oft quoted line: "If you like laws and sausages, you should never watch either one being made."

Occasionally the comparison prompts a sausage factory owner to cry foul. Industrial animal slaughter and the processing of snouts and rectums into mixed meat products, they say, is nowhere near so nauseating as the workings of Congress. It's a fair criticism, especially if you view, read or listen to much news from Washington, D.C., these days.

I was pleasantly surprised then as I watched a Wyoming legislative committee work on an important criminal justice reform bill recently. I tried to follow von Bismarck's example and make a food analogy. The difference was I needed a metaphor for an event so rare it was difficult for me to fathom, much less explain to anyone else.

I pictured a mistake-prone chef making a soufflé. Each attempt was met with frustrating

failure as the dish always collapsed before it could be served.

But this time, it was made to perfection. The beautiful dish in this case was a controversial bill that could finally enable wrongfully convicted felons to challenge their convictions with non-DNA evidence that wasn't part of the original trial or appeal.

It took about an hour for the previously maligned measure to be explained, discussed and voted on. When it was over, the committee unanimously approved it, 14-0.

The post-conviction relief bill has been rejected repeatedly since 2011. It wasn't simply a matter of the seventh year being the charm that made all of the problems disappear. The success was all part of a calculated effort by the committee's leadership to put all the pieces together and ensure — to the satisfaction of all interested parties — that there were no holes in the legislation.

All it took was the willingness of the stakeholders to sit down and hash out their differences, many of which had scuttled previous iterations of the bill. The collaboration is a credit in large part to the urging of judiciary co-chairmen Sen. Leland

Christensen, R-Alta, and Rep. Dan Kirkbride, R-Chugwater. But it wasn't easy, especially since any of the players could have just shunned the effort and kept trying to kill the bill.

It's a good piece of legislation that will, if passed by the full Legislature, correct a major problem in Wyoming's criminal justice system. It outlines each step of the new evidence introduction process and allows either prosecutors or the defense to appeal any decision.

Under current law, if it's discovered at any time that an inmate's DNA proves he or she has been wrongfully convicted of a felony, such forensic evidence can be used by the defense to either get a new trial or to directly secure an exoneration and freedom. There is no deadline for when new DNA evidence can be presented.

That's what happened to Andrew Johnson, a Cheyenne man who spent nearly 24 years in the Wyoming State Penitentiary for sexual assault and aggravated burglary before DNA evidence in 2013 proved he was actually innocent of both crimes. The Laramie County district attorney dropped all charges.

But once someone convicted of a felony goes to prison, the clock starts ticking on the inmate's ability to get a new trial based on new non-DNA evidence. The law only allows an inmate two years

to file a petition seeking such justice.

Michelle Feldman of the national Innocence Project in New York works with the Rocky Mountain Innocence Project, which litigates wrongful conviction cases in Wyoming, Utah and Nevada. She's traveled to Wyoming for several years to testify before the Judiciary panel and other committees.

"It takes an average of 10 years in Wyoming to get [a felon's] innocence claim, investigate, track down witnesses and file the necessary motions," Feldman explained. By that time, the deadline is eight years in the rear-view mirror.

The bill is called the "Post-Conviction Determination of Factual Innocence Act." The working group that crafted the new proposed law included Rep. Charles Pelkey, D-Laramie, a long-time proponent of the bill in its various forms, Feldman and Tina Olson of the Office of the State Public Defender. Representatives of the Attorney General's Office, Wyoming Trial Lawyers Association and the Wyoming County & Prosecuting Attorneys Association were also included.

While they weren't holding hands and singing "Kumbaya," it was clear members of the working group were on the same page about what they wanted to

accomplish.

That's a far cry from the 2017 bill, which passed the House unanimously but couldn't make it out of the Senate Judiciary Committee after Wyoming Deputy Chief Attorney General John Knepper testified that he had numerous concerns about the bill. Knepper said the bill, then titled the "Actual Innocence Act," could lead to convicts who are guilty continually petitioning for new trials and wasting judges' time.

Feldman, though, countered Knepper's claim at the time by noting the 2017 Wyoming bill was modeled after one that has been on the books in Utah since 2008. During the past nine years, she said, only 13 petitions have been filed resulting in two inmates being freed. That's hardly an avalanche of claims.

Knepper also complained earlier this year that he didn't receive notice about the House Judiciary Committee's hearing on the bill in time to attend. He was the only person to testify against the bill when it went to the Senate committee, single-handedly killing the bill.

But the deputy chief AG served on the working group and is now one of the bill's strongest supporters.

"Some thoughtful changes were made from everyone's perspective," he said. "I hope what we got was a bill that I think helps the state move forward on this issue."

"It's not easy for people who are usually on opposite sides of

the courtroom to get together and improve the system," Feldman said. "I think we were able to do that, so it's really exciting. [Knepper] really kept his word on working with us on a solution."

It would be great if the way the Judiciary Committee handled improving the factual innocence bill becomes standard operating procedure. That's how the Legislature is supposed to work. And it was a refreshing experience.

I wouldn't count on it happening a lot, given the ornery nature of some lawmakers who can't be happy until they've taken someone else's bill and changed it beyond recognition. And, of course, the factual innocence bill is still a long way from success. Just because it made it through a joint committee doesn't mean one of the chambers won't kill it.

I certainly don't want to jinx this effort, which is an excellent example of how legislators, state agency officials, interested organizations and the public can come together and do something to improve our criminal justice system. Thanks to everyone involved for showing an old cynic like me that lawmaking doesn't have to resemble making sausage and sometimes, the soufflé also rises.

(Kerry Drake, of Casper, is a veteran Wyoming journalist with more than 30 years experience at the Wyoming Eagle and Casper Star-Tribune. This column first appeared on WyoFile.com.)



KERRY DRAKE
Guest columnist

LETTER TO THE EDITOR

Former teacher appreciated birthday celebration

Dear Editor:

I wish to thank the teachers at Parkside and their pupils for inviting me to lunch to help me celebrate my 100th birthday. Considering I did not know one teacher there, it was the most surprising thing to happen to me. Really, it was awesome and I will remember it forever. Thank you so much.

I'm sure it was an experience for the pupils to meet a 100-year-old. Even though they did not know me, they each made me a cute birthday card. Thank you, children, for making them. They all had sweet messages and pictures. I had a vision of one of the children running home after school calling, "Momma, guess what? There was a 100-year-old lady in school and she was a real people!"

In Christian love,
Gwen Beck
Powell

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TYKE-WANDO



Four-year-old Nylea Paul, a ninth kup white belt with yellow stripe for Big Horn Martial Arts Academy, breaks a board with a front kick during a recent demonstration. Tucker Prante, a third don black belt is holding the board, with Callie Siggins, a first don black belt assisting. The demonstration was part of an exhibition by students of Big Horn Martial Arts Academy during halftime of Saturday's NWC men's basketball game. Tribune photo by Don Cogger

Grant brings social worker to Heritage Health

BY ILENE OLSON
Tribune Staff Writer

Thanks to a federal grant, Heritage Health Center has added a social worker to help address mental health concerns, which often accompany physical health problems.

The \$125,000 grant came from the Health Resources and Service Administration through Access Increases in Mental Health and Substance Abuse Services (AIMS) supplemental funding.

Of that, \$75,000 was awarded to establish the social services position, and another \$75,000 is to be used for use for technological enhancements at the center.

"They actually ended up awarding us more than we asked for," said Collette Behrent Mild, executive director for Heritage Health. "The grants were for \$150,000; we asked for \$100,000, and they gave us \$125,000."

Heritage Health, established two years ago, is a federally funded community health center. One of the primary goals cited by members of the Powell Health Care Coalition — which spearheaded the years-long effort to establish the center — was the need to increase the availability of mental

health services.

Mild said the new social worker will help the clinic meet its goal of caring for the whole person.

"There's so many medical issues that cause mental health issues, and vice-versa," she said.

"The whole approach is called integrated behavioral health," said Heather Bales, the

licensed clinical social worker who stepped into the new position. "We feel like it just goes hand in hand. Sometimes mental health issues are going on, too — some depression, anxiety or [a need for better] coping skills."

Bales said a couple of patients she visited with recently found it difficult to focus on

their medical issues because they were dealing with housing problems. Lack of transportation also can interfere with follow-up treatment, she said.

Dr. Juanita Sapp said she can refer patients to Bales when she believes mental health services will help them.

Reasons for referrals vary widely, according to Mild and Sapp. They can range from a diagnosis a patient is having difficulty dealing with, to helping a patient avoid addiction to pain medication, to find-

ing resources to help with socio-economic problems.

A patient is more than a diagnosis, Sapp said. For instance, a patient is not just a diabetic. "They're a diabetic living with poverty, with a divorce, with the loss of their parents" and so forth, she said. "We can get better control of their physical health by addressing their mental health issues."

Having a social worker available at the center helps patients feel more at ease with obtaining mental health services, Bales said.

"If they hear we're a team, they're often more open to it," she said.

Sapp said patients sometimes feel a stigma when they're told they would benefit from mental health services.

"Sometimes they felt like I was dumping them," she said. "Now I'm not dumping them; I call Heather in right while the patient is here."

The Powell Health Care Coalition, which will pass the money on to Heritage Health, was one of only four organizations in Wyoming to receive AIMS funding this year. The others — Community Action of Laramie County in Cheyenne, Community Health Center of Central Wyoming in Casper and the University of Wyoming in Laramie — received grants for \$175,000.



HEATHER BALES

Senators support scrapping 'net neutrality' rule

LARAMIE — Wyoming's U.S. Senators support repealing a 2015 rule established by the Federal Communications Commission to protect what is commonly referred to as "net neutrality" — the rule that Internet service providers must treat all data on the Internet equally.

Service providers such as AT&T, Comcast and Verizon have been vocal opponents of the rule, saying the added regulation stifles their freedom to

charge for the use of the infrastructure they have developed and discourages investment in and development of new infrastructure.

Content providers such as Facebook, Netflix and Google — as well as other advocates for net neutrality — want to see the 2015 rule upheld, arguing innovation and entrepreneurship will be hurt if service providers have the ability to give preference to select content.

Sens. John Barrasso and Mike

Enzi, both Republicans, support FCC Chairman Ajit Pai's plan to scrap the 2015 rule, which treats Internet access as a publicly regulated utility.

"The Internet has revolutionized the way we teach, learn, conduct business and communicate with one another," Barrasso said in a statement. "It's important to ensure that users have open and reliable access to the Internet. It is equally important to ensure that future growth, investment and innova-

tion continues."

Enzi agrees, said Max D'Onofrio, the senior senator's press secretary.

"Sen. Enzi believes over-regulation shouldn't prevent the Internet from being innovative," D'Onofrio said. "This is how the industry has thrived since its creation."

The FCC is expected to vote on rolling back the net neutrality rules on Thursday, Dec. 14. Some opponents have asked the commission to delay the vote.

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DIGEST

WEATHER REPORT

Date	High	Low	Precip.
11.29	47	23.5	.00
11.30	39.4	20	.00
12.01	50.2	26.5	.00
12.02	49.8	25.4	.00
12.03	48.8	24.6	.00
12.04	30.3	15	.00
12.05	33	16.4	.00

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

NEW FACES

LaTishia Roberts and Jose Cuellar of Powell wish to announce the birth of a baby boy, Andre Kai Cuellar, who was born at Powell Valley Hospital on Sunday, Dec. 3, 2017. Andre was born at 10:38 a.m. weighing 5 pounds, 11 ounces. Grandparents are Kim Kleiner and Delia Carbajal.

DIVORCES

Julie Marie Birky and Charles Sean Birky
 Ashley Nicole Frame and Spencer Vincent Frame
 Allan Dwight Kersting and Shannon Lee Kersting
 Chelsey Query and Dale Query
 Amy L. Williams and Fred W. Williams

DISTRICT COURT

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

CHARGES REACHING THE COURT

Noah E. Berlow, born 1974, of Cody, charged with strangulation of a household member, three misdemeanor counts of domestic battery and a misdemeanor count of interference with an emergency call.
 Nicholas Phillip Greise, born 1994, of Powell, charged with aggravated burglary, aggravated assault and battery and misdemeanor counts of battery and possession of a controlled substance.
 Carolyn J. Wentzek, born 1995, of Powell, charged with two counts of possessing more than 3 grams of a controlled substance (Percocet and Tylenol with codeine) and a misdemeanor count of theft totaling less than \$1,000.

SENTENCES

Bianca Danielle Ballinger, born 1993, of Powell, served seven days in jail, must serve five years of supervised probation and pay \$245 to the court for conspiring to deliver a schedule II controlled substance (adderrall). Another count of conspiring to deliver a schedule II controlled substance (morphine) was dismissed. Ballinger's probation was also revoked and reinstated on a previous count of aiding and abetting the delivery of a schedule I controlled substance (marijuana), with a finding of guilt entered on the record. She had served 19 days in jail in that case.
 Carrie Lynn Ballinger, born 1975, of Deaver, must serve six to 10 years in prison and pay \$415 to the court and \$4,169.63 in restitution for aiding or abetting the delivery of a schedule II controlled substance (morphine) and, in a separate case, conspiring to deliver a schedule II controlled substance (morphine).
 Larry Laverne Brady Jr., born 1978, of Cody, must serve four to six years in prison and pay \$245 to the court for aggravated assault and battery. A misdemeanor count of false imprisonment was dismissed.
 Henry J. Gutierrez III, born 1985, of Laurel, Montana, must serve three to four years in prison and pay \$245 to the court and \$2,500 in restitution for receiving, concealing or disposing of stolen property valued at \$1,000 or more and, in a separate case, delivering a schedule I controlled substance (marijuana). A count of theft totaling \$1,000 or more and two misdemeanor counts of possessing a controlled substance (meth-

BEFRIEND BERKLEY



Berkley is a spayed female catahoula cross dog that has been in the shelter for quite some time. If you are interested in adopting Berkley or another shelter animal, call Caring for Powell Animals/Moyer Animal Shelter at 754-1019. Tribune photo by Carla Wensky

amphetamine and marijuana) were dismissed.

Shane Louis Palmer, born 1987, of Cody, probation revoked, must serve five to seven years in prison for delivering a schedule II controlled substance (methamphetamine). Palmer had served 439 days in prison at the time of sentencing.

Zachary C. Robinson, born 1979, of Cody, served 30 days in jail, must serve four years of supervised probation and pay \$245 to the court for possessing more than 3 grams of a controlled substance (methamphetamine) in powder form. Two misdemeanor counts of using a controlled substance (methamphetamine and marijuana) and a misdemeanor count of driving with no auto insurance were dismissed.

Steve Arthur Winsor, born 1965, of Cody, must serve 237 days in jail and pay \$245 to the court for a misdemeanor count of possession of a controlled substance (methamphetamine). That was reduced from an initial charge of possessing a controlled substance for a third or subsequent time.

PROBATION REVOCATIONS

Katrina Hanson, born 1989, of Cody, probation revoked (third revocation), must serve two to four years in prison for aiding or abetting the delivery of a schedule I controlled substance (ecstasy). Hanson had served 270 days in jail at the time of sentencing.

Cameron Darth Perez, born 1992, of Cody, probation revoked, must serve six months in jail and three years of supervised probation for auto burglary. Perez had served 54 days in jail at the time of sentencing.

POLICE REPORT

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

NOVEMBER 25

11:09 a.m. An officer found and disposed of a broken glass pipe at Homesteader Park on East Coulter Avenue.
 11:38 a.m. Officers responded to a report of an unruly patient at Powell Hospital on Avenue H. Mollie Claire Doherty, 48, of Cen-

tennial, Colorado, was arrested.

12:11 p.m. A male on North Clark Street was reported to be throwing rocks at a residence. Responding officers spoke to both parties, noting there was no property damage, and the aggressor advised he would not throw rocks again.

5:45 p.m. An assault was reported on East Monroe Street and the case was placed under investigation.

9:31 p.m. Officers responded to a domestic situation on South Jones Street and spoke to both parties involved. One of the individuals agreed to spend the night elsewhere and was provided a ride.

NOVEMBER 26

10:29 a.m. An elderly male reportedly walked out of a store on East First Street with a bag of peanuts. A responding officer located the male, who had forgotten to pay for the item. The store did not wish to prosecute at the time and the male returned to pay for the item.

12:45 p.m. An officer checked on the welfare of a resident on Rainwater Court and found the resident was fine.

NOVEMBER 27

6:19 a.m. A resident on East Madison Street reported someone knocked on their back window. The resident went outside and cleared the backyard but did not see anyone in the area. Officers searched the area but did not see anyone.

9:26 a.m. A resident reported suspicious activity at a neighbor's house on Ashwood Drive. An officer found everything was fine.

6:19 p.m. An officer assisted with a civil standby on East Third Street.

7:54 p.m. A small, red bike with training wheels was reportedly

stolen from a backyard on Hawthorne Court during the previous couple days. The case was placed under investigation.

9:27 p.m. Three dogs were reported to be running west at North Clark/East Seventh streets. An officer located a black Lab, one young yellow Lab and one yellow Lab puppy at Sixth and Absaroka streets, but he was not able to catch any of them.

11:42 p.m. A traffic stop on East Coulter Avenue resulted in the arrest of William Parmer, 33, of Lovell, on suspicion of possession of a controlled substance.

NOVEMBER 28

10:54 a.m. An officer responded to a reported assault on East Washington Street. The reporting party did not wish to pursue any criminal charges.

2:25 p.m. An officer checked on the welfare of a resident at North Division/West Fourth streets and found the individual was fine.

4 p.m. A white iPhone was reported to have been lost in the Powell area about two weeks earlier.

9:16 p.m. A protection order violation was reported on East Seventh Street and the case was placed under investigation.

NOVEMBER 29

9:04 a.m. An officer was requested to serve a criminal trespass order for a subject on East Seventh Street.

7:53 p.m. A traffic stop at Avenue G/Cary streets resulted in a warning to the driver for improper display of registration for not obtaining a Wyoming driver's license.

NOVEMBER 30

6:29 a.m. A person on Hamilton Way was reported to be yelling and making a lot of noise since about 5 a.m. Officers contacted the subject, who said they had been having a lot of nightmares lately but everything was OK.

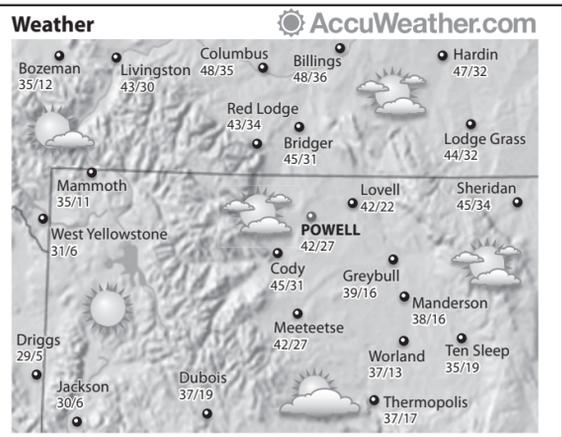
7:47 a.m. An officer checked with someone riding a motorized cooler on the sidewalk at North Bent/East Fifth streets. The individual received a warning for riding the cooler on the street.

8:13 a.m. A traffic stop at East Monroe/South Hamilton streets resulted in the arrest of a 27-year-old Powell resident on an active Washakie County warrant. She posted bond and was released.

8:18 a.m. A resident on North Absaroka Street reported finding an item under their vehicle so bizarre they couldn't even describe it. A responding officer advised it appeared to be a stuffed animal wrapped in a coyote hide, and the item was placed in lost and found.

9:51 a.m. A resident on West Bald Ridge Drive reported a squirrel in a fireplace. The community service officer responded and found several dead birds and a dead squirrel in the fireplace and advised the resident with some options.

11:28 a.m. A black flip phone was reported lost in the Powell area the previous day.



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5-day Forecast for Powell

Day	Forecast	High/Low
Today	Milder with intervals of clouds and sunshine	42° 27°
Friday	Mostly sunny and mild	47° 25°
Saturday	Plenty of sunshine	44° 24°
Sunday	Sunshine and patchy clouds	41° 24°
Monday	Mostly cloudy	41° 28°

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.....46°/18°
 Normal high/low.....36°/12°
 Average temperature.....31.8°
 Normal average temperature.....23.6°

PRECIPITATION
 Total for the week.....Trace
 Month to date.....Trace
 Normal month to date.....0.02"
 Year to date.....7.76"
 Snowfall for the week.....Trace"
 Snowfall month to date.....Trace"
 Snowfall season to date.....1.9"

Sun and Moon

Sunrise/Sunset.....7:39am/4:34pm
 Moonrise/Moonset.....9:30pm/11:18am

Last	New	First	Full
Dec 10	Dec 17	Dec 26	Jan 1

Forecasts and graphics provided by AccuWeather, Inc. ©2017

The State	Today	City	Today	City	Today
City	Hi/Lo/W		Hi/Lo/W		Hi/Lo/W
Buffalo	42/35/pc	Green River	34/16/pc	Laramie	27/21/sf
Casper	32/23/pc	Greybull	39/16/pc	Rawlins	28/21/sf
Cheyenne	33/27/c	Jeffrey City	32/22/pc	Rock Springs	30/16/pc
Gillette	39/30/c	Kirby	38/16/pc	Shoshoni	35/19/pc
The Nation	Today	City	Today	City	Today
City	Hi/Lo/W		Hi/Lo/W		Hi/Lo/W
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Boston	45/30/s	Indianapolis	31/17/pc	Miami	86/72/pc
Chicago	29/19/pc	Kansas City	34/18/pc	Phoenix	66/42/s
Dallas	47/26/pc	Las Vegas	61/40/s	St. Louis	36/20/pc
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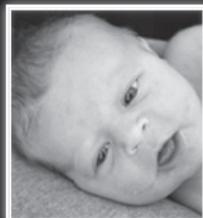
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Justin Esparza Marquez
11.08.17



Ramie Mills
11.11.17



Noah Reuter
11.20.17



Hazel Black
11.26.17



Addisyn Scott
11.28.17



Axel Hines
11.29.17



Jenkins Clarkson
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A frost-covered bull bison plods down a Yellowstone road near Fishing Bridge in this November photograph. While park roads remain open to buffalo year-round, most roads have been closed to human visitors since early November. Many Yellowstone routes are set to open to snowmobile and snowcoach travel next week, starting on Dec. 15. The East Entrance is set to open on Dec. 22. Photo courtesy Jacob W. Frank, National Park Service

Branding Iron fights reporting policy

UWPD REQUESTED NAMES OF ANONYMOUS SOURCES

BY JEFF VICTOR
Laramie Boomerang
Via Wyoming News Exchange

LARAMIE — The University of Wyoming is revising its mandatory reporting policy after a student paper editorial criticized campus police for requesting the names of anonymous sources.

Taylor Hannon, editor of UW's student newspaper the Branding Iron, said the request had a chilling effect on her staff, dissuading other reporters from taking on challenging stories.

"A lot of them are just shying away from the opportunity to work as journalists," Hannon said. "The main thing about being a student newspaper is to encourage your writers to want to take stories, to want to learn and push themselves. So, seeing it happening within my staff is very uncomfortable and concerning ... As journalists, we should be allowed to protect our sources."

A Nov. 3 Branding Iron story — "Number of sexual assault reports increases" — included an unourced allegation that a resident assistant sexually assaulted more than one female during the spring and fall 2017 semesters.

The UW Police Department contacted the story's freshman author, Destiny Irwin, seeking the source of the allegation. UWPD Chief Mike Samp said it was important to determine if a crime had occurred, if there was a victim in need of help and if there were a rapist who should be punished.

"Because of the public safety issues involved, we felt it was very important to follow up with the reporters involved in that article," Samp said. "In this particular case, public safety had to be the priority for our decision-making. We would not have been doing our due diligence if we didn't follow up with the allegation."

Hannon said the experience left the reporter shaken.

"It was never said that it was an interrogation, but that is the way that the writer perceived it," she said. "She felt super uncomfortable. She felt like she had to answer every single question."

The interview was not an interrogation, Samp said.

"Nobody was in custody at anytime," he said. "Everybody was free to leave. There was no coercion or pressure. There certainly were no consequences if that person did not divulge any information. The officer that was involved was completely respectful and courteous."

Seeking the source of the allegation, UW Interim Dean of Students Nycole Courtney emailed Branding Iron adviser Cary Berry-Smith, saying the student journalists were required to reveal their source because of their status as UW employees.

With some exceptions — mainly counselors and medical professionals — employees of UW are required, per UW policy, to report allegations, rumors or confessions of sexual misconduct both on and off campus, said Sean Blackburn, vice president for student affairs.

"The dean of students was following our policy in regard to a public safety issue involving a story a reporter was doing," Blackburn said. "We are currently looking at revising our policy to address journalistic privilege."

This interpretation of the policy is not shared by Cheyenne-based lawyer Bruce Moats, who was retained by Berry-Smith in response to the email.

Moats wrote a letter to UW's Office of General Counsel citing the university's mandatory reporting policy and arguing it does not apply to students, nor even all employees.

"Further, the reporters and editors at the Branding Iron have a qualified First Amendment

privilege not to provide unpublished material to the authorities through subpoenas or other mandatory disclosure," the letter reads.

The letter does not ask for an apology, but does ask the UW administration to recognize its "error."

"We're looking forward," Moats said. "We want this kind of situation that occurred here not to happen again (and) basically that student journalists be treated as journalists, which they are ... We want them to recognize that we shouldn't be treating students as mandatory reporters and interrogating them."

Blackburn said Branding Iron reporters are currently classified as mandatory reporters, but that his office will work with the Student Media Board to revise that classification.

"I want to be clear that we don't want to impinge on journalistic privilege," Blackburn said. "We recognize it, but we also recognize that journalistic privilege is not absolute — particularly when it comes to public safety — so we're looking into how to revise this policy ... In the meantime, if something comes up, we'll work to handle that on a case by case basis."

Hannon said both student and professional journalists would benefit from shield laws, which are state laws enacted to protect a reporter's privilege. Wyoming is the only state without either shield laws or a court-recognized privilege, according to the Student Press Law Center.

"There are no protections for journalists in the state of Wyoming," Hannon said. "And what has happened to us is only a little part of why we need rights. Having shield laws could help a lot of journalists and protect us even more."

UWPD is still investigating the case at the heart of the original Branding Iron story, Samp said.

"[The reporters] did provide enough information that we were able to determine who that source was," he said. "The situation is still under investigation and we will certainly keep the safety of our campus as the primary focus and No. 1 priority."

'We want them to recognize that we shouldn't be treating students as mandatory reporters and interrogating them!'

Bruce Moats
Lawyer

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Celia Solis
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Georgia Rutschke, a special education teacher at Powell High School, and student Kayla Streeter watch from the school bus as Wyoming Game and Fish employees process bighorn sheep at the Bighorn Canyon National Recreation Area. Tribune photos by Mark Davis

Science: Teacher helps inspire students' interest in the outdoors

Continued from Page 1

Greybull area wildlife biologist. She now speaks to both high school and Northwest College students.

Smith — who's taught at Powell High School for 27 years — brought a few dozen of her environmental science pupils. They were on one of several field trips they take throughout the school year.

Smith's natural resources class students did an overnight trip to Yellowstone National Park to do climate research on pikas, a small rodent that lives on the rocky slopes of the park.

"Pika are a species that are helpful in identifying climate change. They don't thermoregulate very well, so as it gets hotter, they move higher in elevation," Smith said.

Her class has been doing the research for four years, figuring out where pikas are located and gathering food samples. They share their results with the park.

Classes also have traveled to the South Fork to do bighorn sheep counts, studied aquatic habitats at area fish hatcheries, tested water at the Powell sewage ponds and traveled to oil fields and a refinery in Montana for research. When in the classroom, Smith invites experts to speak to her classes and students are constantly challenged with projects. Students in her environmental science classes are currently working on designs to help transform acreage near the school into good pheasant habitat.

Smith knows field trips are a good way to keep her students' attention.

"How many kids in Wyoming are motivated to be outside? Field trips help keep them motivated," Smith said between classes.

Matt Jones, a junior, hopes to spend part of his career in the outdoors. He'd like to be an outfitter or a guide — at least part-time. He's already harvested a buck and a doe this year during bow season. He also bagged a pheasant recently.

"If I could work in the outdoors doing what I love, it'll be time well spent," Jones said.

He helped steady sheep while biologists took samples before being shipped to their new home. Jones was shocked by the species' strength, despite the sheep being mildly sedated. And he relished the opportunity despite the brutal conditions. It's an experience he'll never forget.

"I love her class," Jones said.

Alyssa Gould, a junior who splits her spare time between choir and cheerleading, credits Smith with helping her prepare for her future career.

"Mrs. Smith has really helped me. I have friends in other schools that haven't even heard of environmental sciences and they don't even think of going on field trips," Gould said. "They're just in awe of our educational programs."

Once she graduates, Gould plans to earn a college degree in wildlife management. From there she might work on a master's degree before looking for a position as a game warden.

"I'd be the first in my family to go into the law enforcement field," she said. "The outdoors has always been a big part of my life. My family are big hunters."

Gould has harvested deer and elk, and is also in FFA and shows pigs in 4-H. She credits her experiences in Smith's class for helping her narrow down her vocation. She initially wanted to be an FBI agent, but then she took Smith's class.



Bighorn sheep are transported by helicopter to the processing area on Monday before being relocated to the Rawlins area by truck. The sheep are captured through gun-netting and then mildly sedated so biologists can perform tests on the animals before shipping them to augment a herd in the Ferris Mountains.



Wendy Smith, a science teacher at Powell High School, teaches her environmental science class Tuesday after taking her students on one of their several field trips.

"She helped make up my mind," Gould said.

Smith, who is well aware of the effects of positive reinforcement, has seen her nearly three decades of work at Powell High School pay off.

"Several of my former students have become biologists. Some are working for the Forest Service and the Game and Fish," Smith said. "We have the ideal place for it. We're close to Yellowstone, we work with Game and Fish all the time and we have great community involvement. We're very lucky."

Gould agrees Panther students are lucky, but more so of who is teaching than where they live.

"Mrs. Smith is great. We're lucky to have her," Gould said.



Matt Jones listens to Game and Fish biologist Leslie Schreiber while on board the school bus, prior to getting into the action of processing bighorn sheep.

THANK YOU

I wish to thank everyone who helped me celebrate my 100th birthday.

Thanks to Caroline Kost and Michael Jaycox for playing and singing songs that I sang about 83 years ago. What wonderful memories.

It was a pleasant surprise to see Andy Cabbage, he was in my second grade class in 1979, the year I retired. Thank you Andy for giving me a copy of our class picture. There were 24 children in the class. Also, Andy I will cherish the copy of a note I wrote to you. To think you kept a copy of it all these years.

It was a pleasant surprise to see my former 3rd grade student Nevin Jacobs. He was in my class of 1964. Thank you for your kind words and for eating lunch with me. Thanks everyone for the pretty teacup with flowers in it and a book I will enjoy reading.

This wonderful event happened because of my dear friend Marsha Neubert. She planned it all. What a tremendous surprise it was. Thank you Marsha for the wonderful memories. *In Christian Love, Gwen Beck*



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NWC WRESTLING

Trappers show improvement in Great Falls

JEFFERIES PLACES THIRD AT HERITAGE INN OPEN

BY BREANNE THIEL
Tribune Sports Writer

The Northwest College wrestling team traveled to Great Falls, Montana, to compete in the Argo Duals on Friday, where the team went 1-2. On Saturday, the Trappers competed amongst 23 teams in the Heritage Inn Open, with sophomore Taylor Jefferies finishing third in the 133-pound weight class.

"The kids worked hard, I think they're getting better," said head coach Jim Zeigler. "I think they are recognizing some things and wanting to get more competitive."

ARGO DUALS

The Trappers competed in three duals at the Argo Duals at the University of Providence (formerly the University of Great Falls), winning one and losing two.

Zeigler said that, considering the team had to forfeit two weight classes which equates to giving away 12 points in each dual, NWC did OK.

The first dual was against Northwest Kansas Technical College, where NWC lost 24-21.

Lisiate Anau — who is ranked second in the nation in the 285-pound weight class — met up with No. 1-ranked Ogdereh Batkhishig. Anau lost 3-2.

"It was a good match," Zeigler said.

The second match was against Montana State University - Northern. Zeigler said the team didn't wrestle very well in this dual, with Nodir Safarov and Anau the only Trappers to win their matches.

See Wrestling, Page 10



TAYLOR JEFFERIES



Lady Trapper Kira Marlow scores two of her 22 points in a 109-58 win against Dawson Community College on Friday as teammates Julynne Silva, Dani McManamen and Tala Aumua-Tuisavura look on. NWC finished undefeated in the Big Horn Federal Shootout with another win Saturday against Rocky Mountain JV. Tribune photo by Mark Davis

NWC LADY TRAPPERS GO 2-0 AT BIG HORN FEDERAL SHOOTOUT OFF TO BEST START IN A DECADE

BY BREANNE THIEL
Tribune Sports Writer

Two recent wins put the Lady Trappers' record at 9-4 — the best start to a season for the Northwest College women's basketball program in at least 10 years.

NWC hosted the Big Horn Federal Shootout over the weekend, coming away with wins over Dawson Community College 109-58 on Friday evening and against Rocky Mountain JV, 83-65, on Saturday.

NWC 109, DAWSON 58

NWC's 109 points against Dawson Community marked the second game in a row in which the Lady Trappers cracked triple digits. The weekend before, against Tohono O'odham Community College, NWC scored 113 points.

Head coach Janis Beal said she feels like this team has the potential to score around 100 points in a majority of the games.

"When we're playing hard and things are clicking and we're getting after it defensively, the sky's the limit with this team," Beal said.

Against Dawson, the Lady Trappers played hard, were clicking and getting after it defensively, she said, with every member of the team putting points on

the board and having at least one rebound. Nine out of the 12 players had at least one steal and one assist.

Kira Marlow led with 22 points, scoring 15 in the first half. The coach said Marlow "really did a good job kind of igniting us on the offensive end."

Four other Lady Trappers scored in double digits.

The next highest scorer was Samantha McCrorey, who came off the bench to score 14 points. She also led the team in rebounds with seven — four offensive and three defensive.

"She's just a physical tough kid. [I] thought she finished well and did really good off the bench for us," Beal said of McCrorey.

Dani McManamen scored 13 points and had five defensive boards.

Alexi Payne, who also came off the bench, had 12 points while starter Julynne Silva scored 10.

As a team, the Lady Trappers outshot the Lady Buccaneers in field goals with a 61.9 shooting percentage, compared to 30.4 percent for Dawson. NWC sank 72.7 percent of its free throws in 33 trips

to the line; Dawson shot 70.8 percent while at the charity stripe 24 times.

In 3-point shots, the Lady Buccaneers outshot the Lady Trappers 50 percent to 31.8 percent.

"We didn't defend the three very well," said Beal.

Dawson hit six 3-pointers in the first half out of nine attempts but the Lady Trappers responded in the second half, allowing only five attempts with the Lady Buccaneers only making one.

On the boards, NWC outrebounded Dawson 40-21 and the Lady Trappers had 16 steals.

Tayla Sayer, who came off the bench, led the team in assists with five and also had six points and six rebounds.

Beal said she was happy that "about half of the shots scored were off of a pass" and called the game a "good team win." She also felt things the coaches had been working on with the team had come to fruition.

"It's really fun as a coach to have worked with them on something and then see them be successful with it in a game," Beal said.

The only slight critique Beal had of the game was the number of turnovers.

"Those are some of the things we still need to clean up," Beal said. NWC had 26 turnovers — some of them were unforced, the coach said — and Dawson had 37.

"When you're scoring 109 points, you're going to have more possessions," Beal added. "The more possessions you have, the more chances you have for turnovers."

NWC 83, ROCKY MOUNTAIN JV 65

On day two of the Big Horn Federal Shootout, NWC tipped off against Rocky Mountain JV, coming away with a 83-65 win.

"They're not a bad team; they have some kids that can shoot the ball well," Beal said of the Lady Bears.

The Lady Bears had four players score in double digits and as a team they shot 37.3 percent from the field, 26.7 percent on 3-point shots and 85 percent from the free throw line.

The Lady Trappers had three players score in double digits and shot 41 percent from the field, 40 percent at the arc and 73 percent from the free throw line.

"It's tough to put two real high-intensity energy games together," Beal said.

See Trappers, Page 12

Freshman football players answered challenges of season

BY BREANNE THIEL
Tribune Sports Writer

Powell High School's freshman football team won five out of their eight games this season.

They beat Worland, Billings Senior, Rocky Mountain, Billings Skyview and River-ton to open the year before losing to Green River, Billings West and Cody to finish 5-3.

It was a grueling schedule for the PHS newcomers.

"That's a lot of games for freshmen," said defensive coach Nevin Jacobs. He explained that, in the 10 years he's been coaching, the freshmen usually only play six — maybe seven — games

a year. Several of the freshmen also had JV playing time (the JV had four games this season) and three freshmen got a little bit of playing time toward the end of the season at the varsity level. Football is the only sport in which freshmen can play all three levels — freshman, junior varsity and varsity.

This group of freshmen was up to the challenge of not only the schedule, but in the challenges that come with playing the game of

football. "They're a good group of kids. They work hard, they understand football," said offensive coach

'They're a good group of kids. They work hard, they understand football.'

Zack Coombs
Offensive coach

See Football, Page 10



The 2017 Powell High School freshman football team. Front row (from left): Andy Beavers, Xavier Vogel, Isaac Gutierrez, Elias Angelo, Josh Heine, Kobe Ostermiller, Averie Johnson, Seth Horton, Dan Rasmussen, Zeke Frankenberg, Kaden Salas and Riley Bennett. Back row: Jacob Deboer, Canyon Gonzalez, Adrian Geller, Gourdan Weimar, Grant Jeide, Ashton Brewer, Jesse Trotter, Landon Lengfelder, Kaden Abraham, Brailly Gann, Landon Sessions, Jack Pool and Alex Flores. Photo courtesy RJ Kost



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Pokes earn invite to Potato Bowl

For the second straight season, the Wyoming Cowboys have earned a bowl bid and their destination this year is Boise, Idaho. The Famous Idaho Potato Bowl Committee formally invited the Cowboys on Sunday. The game will be played on Friday, Dec. 22, and will kick off at 2 p.m. from Albertsons Stadium in Boise.

The Cowboys' opponent will be Central Michigan from the Mid-American Conference. UW will enter the game with a 7-5 overall record, including having gone 5-3 record in the Mountain West Conference. Central Michigan is 8-4 on the season and posted a 6-2 record in the Mid-American Conference. The Cowboys and Chippewas will be meeting for the third time in the two schools' histories. The series is tied at 1-1.

Famous Idaho Potato Bowl Executive Director Kevin McDonald said the bowl's committee is excited to welcome Central Michigan and UW.

"There is always extra enthusiasm around the bowl when we have two first-time participants and this year will be no different," McDonald said, adding, "... We have two exciting teams with big-play capabilities who will put an exclamation mark on the festivities with a really competitive game."

In the week leading up to the game, Boise will feature a "great lineup" of events, he said.

"It is a great accomplishment by our football program to earn its second consecutive bowl bid," said University of Wyoming Athletics Director Tom Burman. "We are proud of the football program that Coach [Craig] Bohl and his staff have built as they conclude their fourth season here at Wyoming."

Burman thanks the Potato Bowl committee for recognizing the Cowboys' "outstanding" season.

"Our players did a great job this season of finding ways to win games and building on the success they enjoyed a year ago," he said.

Burman also thanked UW's fans — including the student body — for their support through this season and encouraged them to attend this month's bowl game.

"Personally, our coaching staff and our players are excited about the opportunity to play in the Famous Idaho Potato Bowl," said coach Bohl.

Appearing in a bowl game for a second straight year "is another indication of us building a program for long-term success here at the University of Wyoming," Bohl said, adding, "I know it's been many years since Wyoming has gone to back-to-back bowl games, and we are proud of our players for achieving consecutive bowl appearances."

This will be Wyoming's 15th bowl appearance and first appearance in the Famous Idaho Potato Bowl. It marks the first time since 1987 and '88 that the Cowboys have played in back-to-back bowl games. UW played in consecutive Holiday Bowls in San Diego back in 1987 and '88 as champions of the Western Athletic Conference.

Tickets to the 2017 Famous Idaho Potato Bowl are now available for purchase through the University of Wyoming Athletics Ticket Office. Additionally, Pokes fans who can't make the game can buy tickets for young people involved in Big Brothers and Big Sisters of Southwest Idaho.

For more information, visit www.GoWyo.com.

Wrestling: Losing leads to listening, to discovering, to making progress

Continued from Page 9

Safarov is currently ranked second in the nation at 125 pounds.

The third dual of the Argo Duals was against Eastern Oregon University. NWC jumped out to a 24-0 lead with wins from Safarov, Jefferies, Palmer Schafer, Nic Urbach of Powell and Tate Allison.

Logan Soundrup and Jeff Oakes both got pinned and, after NWC forfeited the 174- and 184-pound weight classes, the dual was tied at 24 going into the final match.

Anau got a pin to win the dual 30-24 for the Trappers.

HERITAGE INN OPEN

At Saturday's Heritage Inn Open, also in Great Falls, "the kids wrestled OK in the tournament," Zeigler said. "I'm seeing some improvement."

Jefferies, a sophomore from Gillette, took third at the tournament in the 133-pound weight class.

"He was a warrior on Saturday," Zeigler said. "I was really proud of him."

Jefferies won his first match by a 15-5 major decision and pinned his second opponent to advance to the semi-final match. Jefferies then lost by a 5-2 decision to Naquan Hardy of McKendree to drop down in the consolation semi-finals match.

In the consolation semi-finals, Jefferies won by a pin to advance to the third/fourth place match. There, he won the third place match by a 5-3 decision over Blake McNall of Eastern Oregon University.

"He just seemed to bring back that Campbell County competitive edge," Zeigler said of the Gillette wrestler. "[Jefferies] just seemed hungry on Saturday. He looked good, he wrestled hard, he fought for everything, he didn't hold back."

Jefferies came back from the tournament with a black eye and mat burns on his face, and Zeigler also called him the performer of the day. Jefferies is currently

ranked seventh in the nation.

Jeff Oakes, who wrestles at 197 pounds and is currently third in the nation, competed in what Zeigler described as a "really tough weight." He went 2-2-0 at the tournament.

Anau placed sixth in the 285-pound weight class, where his four wins were by pin.

Zeigler said his wrestlers "are starting to realize some things that they need to do to get better in terms of their commitment level, their training, their focus, their discipline — all those things we talked about — it just takes awhile for that sink in."

Zeigler went on to say that once a wrestler gets "enough losses under your belt," they start to open their eyes and ears and start listening.

"Then when you start listening, you start discovering, and when you start discovering you start making some progress — and just a tiny bit of progress — and then it opens you up and you start moving in the right direction," Zeigler said. "That's what I feel

like: We've got a tiny bit of progress, but I feel like it's created some enthusiasm."

Next up for the Trapper wrestling team is to travel to Miami, Oklahoma, on Friday to face off against Labette Community College at 5 p.m. At 7 p.m., NWC will wrestle against Northeastern Oklahoma College, the No. 2-ranked team in the nation. The Trappers are currently ranked sixth in the nation as a team.

NWC OPEN RESULTS		
Individual overall records		
125 lb.	Rocky Cimnera	0-2-1
125 lb.	Hunter Kiser	1-2-0
133 lb.	Taylor Jefferies	4-1-0
141 lb.	Palmer Schafer	1-2-0
149 lb.	Nic Urbach	2-2-0
157 lb.	Tate Allison	0-2-1
165 lb.	Logan Soundrup	1-2-1
197 lb.	Jeffrey Oakes	2-2-0
285 lb.	Davon Galindo	1-2-1
285 lb.	Lisiate Anau	4-3-0
*wins-losses-byes		

CENTER ICE: Park County Youth Hockey Association Results

NOV. 4
PCYHA PeeWees 10, Gillette Wild 6 — Keegan Hicswa of Powell recorded an assist on the ninth goal.

Cheyenne Capitals 9, PCYHA Squirts 7
Jackson Moose 10, PCYHA High School 0

NOV. 5
PCYHA Squirts 4, Cheyenne Capitals 3
Jackson Moose 6, PCYHA High School 0
PCYHA PeeWees 4, Gillette Wild 4

NOV. 10
Casper Oilers 7, PCYHA Squirts 2
Casper Oilers 4, PCYHA High School 1

NOV. 11
Casper Oilers 8, PCYHA Squirts 0
PCYHA High School 6, Casper Oilers 6 — Rhett Pimentel of Powell scored two goals for Park County, while Powell's Ryan Kolpitcke made another.

PCYHA PeeWees 9, Rock Springs Miners 2 — Keegan Hicswa had assists on goals two and nine.

PCYHA Girls 7, Casper Oilers 5 — Lauren Asher recorded an assist and goalie Kayla Kolpitcke saved 27 out of 32 shots.

NOV. 12
Rock Springs Miners 5, PCYHA PeeWees 2

PCYHA Girls 6, Casper Oilers 6-0 — Lauren Asher had two assists and a goal, while Kayla Kolpitcke blocked 21 shots for a shutout.

NOV. 17
PCYHA Squirts 10, Gillette Wild 2

NOV. 18
PCYHA Squirts 8, Gillette Wild 4
Casper Oilers 6, PCYHA PeeWees 0
PCYHA Girls 7, Rock Springs Miners 1 —

Kayla Kolpitcke saved 17 of 18 shots on goal.

PCYHA Squirts 4, Gillette Wild 3
PCYHA High School 4, Laramie 4
Sheridan Bantams 6, Douglas 6 —

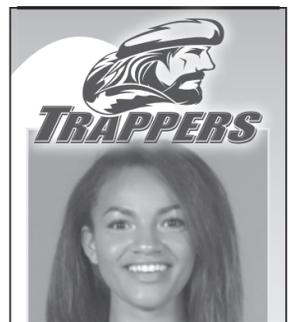
Because of a lack of players, Park County's Bantam team combined with Sheridan's. Andrew Walker picked up one assist and a goal while Bodie Heintz knocked in three goals for a hat trick while also assisting on another. Chris Walker of Powell coaches the team.

NOV. 19

PCYHA Girls 8, Rock Springs Miners 2 — Kayla Kolpitcke saved 18 of 20 shots.
Casper Oilers 4, PCYHA PeeWees 2
PCYHA High School 5, Laramie 4
PCYHA Squirts 4, Gillette 3
Douglas 7, Sheridan Bantams 2 — Bodie

Heintz scored the team's second and final goal.

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Dallas Petties • Basketball

TOP TRAPPER

Petties recorded a double double in the game against Rocky Mountain JV during the Big Horn Federal Shootout, scoring 25 points and grabbing 10 rebounds. Petties also shot 82 percent from the free throw line.

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Football: 'They enjoy winning as much as they hate losing, which is a good thing'

Continued from Page 9

Zack Coombs. "I think they came in with great understanding for freshmen."

Jacobs added, "They understand the game pretty well — better than most freshman teams probably do."

Both coaches said the most memorable game was against Billings Senior on Sept. 5.

The Panthers came from behind to score two touchdowns in the fourth quarter to win the game, 21-14.

Jacobs said the win was "against a really, really good football team."

Another highlight of the season was a 35-14 win over Billings Skyview. In Jacobs' coaching career, it was the first time Powell had won a game against Billings Skyview "and we beat them

pretty soundly," he said.

Against Billings West, the Panthers' third opponent from Billings, the game was tied 7-7 at halftime. Late in the third quarter Powell took a 13-7 lead, but Billings West scored in the fourth quarter to win 14-13.

Jacobs said it was a really good game. He said Powell has 20-25 players on the sideline, whereas the Billings schools have between 50-60 freshmen.

"So obviously a pretty good group to pick from," Jacobs said of the Billings schools. "We beat two out of the three of [the Billings schools] and we could have just as easily beat all three of them. That's pretty good."

The loss to Billings West came right after a 17-0 loss to Green River the prior week. Jacobs described the Green River team as maybe the best freshman football

team the Panthers played against all year.

"That's not saying that we couldn't have played with them or won that ball game," Jacobs added, explaining the Panthers didn't play that well but never gave up.

Coombs said the thing that hurt the team the most this year was illness and injuries.

During his tenure as a freshman coach at PHS, Jacobs said this group is in the top couple of classes he has had the opportunity to coach, calling them a "talented group of freshmen."

"They're not the biggest, or fastest, or strongest, but if you take all the talents they do have and throw it all out there at the same time, they have excellent team speed," Jacobs said.

Both Jacobs and Coombs described this team as having heart,

drive, determination, leadership and chemistry.

"They get along really really well with each other, they have a great chemistry just with each other and not only as football players but as just people," said Jacobs, adding that everyone was helping each other to get better.

"They enjoy winning as much as they hate losing, which is a good thing," Jacobs said. "For the most part they are a very coachable bunch."

Jacobs said the freshmen were very honest, knowing their strengths and weaknesses and were willing to work on the things they needed to.

Coombs agreed, saying that by the end of the season, the team was pretty beat up. When injuries had occurred, he said players were not afraid to try new positions and worked hard for what

was best for the team.

With this freshman class, the class above them and classes behind them, "it could be really interesting to see how successful the Powell Panthers are here in a year or two," Jacobs said.

Coombs said he is also looking forward to the future.

"They're going to be a lot of fun to watch and they are going to make some noise," Jacobs said, adding that if the players are willing to put in the offseason work, continue to "stay as in tune with the game, as excited about the game of football as they seem right now," there is the potential of a state championship title in their future.

"The sky is the limit with these guys," said Coombs, adding that every member of the team showed improvement this season.

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Published Thursday, Dec. 21

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A season of thanksgiving

Thanksgiving is one of my favorite holidays. One reason is that it really helps me get my perspective adjusted so I can appreciate Christmas.

I so quickly get absorbed in the details of my life and forget the importance of what it means that Jesus Christ, the son of God, "did not regard equality with God a thing to be grasped but emptied himself, taking the form of a bond-servant and being made in the likeness of men." (Philippians 2:6)

Thanksgiving is also uniquely

American in its origin, although many cultures have harvest celebrations. I reflect on the hardship that the early pioneers endured to establish themselves on this new piece of ground and how thankful they were for God's help in sickness and that God sent the Native Americans to help them survive the winter.

Gov. William Bradford led the early colonists in thanksgiving to God that first time in 1621, and George Washington declared an official national Thanksgiving decades later in

1789. President Lincoln made it a national holiday in 1863.

We have many things to be thankful for still in our nation today and many people gather with friends or family to eat delicious food and visit or go hunting or play games. The freedoms, health and prosperity that we enjoy are blessings, to be sure.

Each year I'm reminded that I need to be thankful all year, not just one day! The Bible gives me many ideas of things I can be thankful for that are perhaps even more universal than just the freedoms or prosperity that we appreciate in America. Thankfulness can be enjoyed in other parts of the world, in the

midst of sickness or poverty or war. How can that be?

In the big story of the Bible, we see that we have rebelled, chosen our own way and now find ourselves separated from God. Many people, in an attempt to restore the relationship, work really hard to please God, hoping that he will accept their hard work as sufficient to earn their way into his good will. But the Bible is clear that there is a coming judgment and we will be held accountable to that. Jesus said, "I do not judge them, because I did not come to judge the world but to save the world. He who rejects me and does not receive my sayings has one who judges him; the word I

spoke is what will judge him at the last day." (John 12:47-78)

This by itself might not sound good. But what I am eternally thankful for is that Jesus came and gave himself as the sacrifice that I could not make on my own. We are saved by grace through faith in the gift of God. Not of our own works so that we will not boast. (Ephesians 2:8-9)

So the words of Psalm 95 reignite my thankfulness during this season. "O come let us sing for joy to the Lord, let us shout joyfully to the rock of our salvation. Let us come before his presence with thanksgiving, let us shout joyfully to him with psalms. For the Lord

is a great God and a great king above all gods. Come let us worship and bow down, let us kneel before the Lord our maker. For he is our God, and we are the people of His pasture and the sheep of His hand."

I pray that you would accept this great news with thanksgiving today, that your heart may sing with me these words. As the psalm writer said, "Today, if you would hear his voice, do not harden your hearts." Please ask Jesus to reveal himself to you this season and see if you have something greater to be thankful for than you every dreamed possible!

(Seth Carter is director of Campus Ventures.)



SETH CARTER
Perspectives

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.aspx>

ONGOING

- **"MOVING WALLS: HEART MOUNTAIN** Barracks in the Bighorn Basin" exhibit on display at the Heart Mountain Interpretive Center through Dec. 31.
- **FRANNIE/DEAVER HOMESTEADING** Centennial Exhibit on display at Homesteader Museum in Powell through Dec. 31.

THURSDAY, DECEMBER 7

- **BABY & TODDLER TIME** at 11 a.m. at the Powell Branch Library.
- **READ TO A DOG** at 3:30 p.m. at the Powell Branch Library. Rusty and Pepper love to visit the library and listen to stories. Sign up to read to a dog for 15 minutes of canine companionship.
- ***HARD TO RESISTOR JEWELRY**, from 6-7 p.m. at the Powell Maker-space, 328 E. Third St. Instructor Hattie Pimentel will teach participants how to handcraft beautiful earrings using a soldering gun and electrical components. Ages: Middle school and older. **A PVCE class.
- **"IT'S A WONDERFUL LIFE,"** at 7 p.m. in the Nelson Performing Arts Center Auditorium. A community production of the ever-popular play that tells the story of a small-town man with big dreams. The cost to attend is \$5, or \$4 with a canned food item for the local food pantry. Repeat performances take place on Friday and Saturday.
- **TROMBONES WITH FRIENDS** Christmas Concert at 7 p.m. in North-west College's Hinckley Library Amphitheater.
- **WESTSIDE ELEMENTARY SCHOOL** students will perform their holiday program at the PHS Auditorium. The program begins at 6:45 p.m. with kindergarten, second- and fourth-grade students. Kids in first, third and fifth grades and the Kids Chorus follow at 7:30 p.m.

FRIDAY, DECEMBER 8

- **FRIENDS OF THE LIBRARY** Book Sale from 1-3 p.m. in the basement of the Powell Branch Library.
- ***FELTED SNOWMEN**, from 6-7:30 p.m. with instructor Anna Sapp in the NWC Center for Training and Development Classroom. Enjoy the texture of wool roving as you learn to needle felt. Participants will make a warm and wooly snowman for play or display. Ages 6 and older. **A PVCE class.
- **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.
- **"IT'S A WONDERFUL LIFE,"** 7 p.m. in the Nelson Performing Arts Center Auditorium. A community production of the ever-popular play that tells the story of a small-town man with big dreams. The cost to attend is \$5, or \$4 with a canned food item for the local food pantry.

SATURDAY, DECEMBER 9

- **HOLIDAY OPEN HOUSE** at the Heart Mountain Interpretive Center from 10 a.m. to 4 p.m. Free admission, origami, arts, crafts and a special film screening of "Moving Walls." Complimentary refreshments and goodies provided by Gestalt Studios. Santa will visit from 11 a.m. to 2 p.m. For more information, call 754-8000 or visit www.heartmountain.org.
- **FRIENDS OF THE LIBRARY** Book Sale from 10 a.m. to 1 p.m. in the basement of the Powell Branch Library.
- **CHRISTMAS COOKIE SALE** begins at 9 a.m. at Union Presbyterian Church. Get cookies for your family, friends and neighbors for \$8 a baker's box.
- **"IT'S A WONDERFUL LIFE,"** at 7 p.m. in the Nelson Performing Arts Center Auditorium. A community production of the ever-popular play that tells the story of a small-town man with big dreams. The cost to attend is \$5, or \$4 with a canned food item for the local food pantry.

MONDAY, DECEMBER 11

- **BABY & TODDLER TIME** at 10:30 a.m. at the Powell Branch Library.
- **AFTER-SCHOOL HELP** at 3:30 p.m. at the Powell Branch Library. Retired teacher Maddi Van Epps will be available to help students of all grades. Also on Wednesday.
- **THE NORTHWEST COLLEGE BOARD** of Trustees will meet at 4 p.m. in the Yellowstone Building Conference Center. The public is invited to make comments at a 5 p.m. Citizens' Open Forum.
- **POWELL HIGH SCHOOL** and Powell Middle School jazz musicians will perform at 7 p.m. at the PHS Commons.

TUESDAY, DECEMBER 12

- **FREE PRESCHOOL CLASSES** for children ages 3 to 5 from 8:30-10 a.m. at the Support Services Building, 245 N. Everts St. in Powell. Also on Thursdays. The classes are provided by Park County School District No. 1.
- **STORY TIME** at 10:30 a.m. at the Powell Branch Library. Also on Wednesday morning.
- **AFTERNOON BOOK DISCUSSION** at 2 p.m. at the Powell Branch Library. The book for the December discussion is "A Tale for the Time Being" by Ruth Ozeki. If you are interested in joining the monthly discussion, sign up at the adult desk at the library.
- **LEGO CLUB** from 3:30-4:15 p.m. at the Powell Branch Library. Join the library for this week's Lego building challenge. Final creations go on display for the month. Sign up at the children's desk at the library.
- **PARK COUNTY SCHOOL DISTRICT NO. 1** Board of Trustees meeting at 7 p.m. at the Central Administration Building.

WEDNESDAY, DECEMBER 13

- **LITTLE TOTS CLASS** for children ages 1 and 2 from 10-11 a.m. at the Support Services Building, 245 N. Everts St. in Powell. The class is provided by Park County School District No. 1.
- **THE POWELL ROTARY CLUB** meets at noon on Wednesdays at the Nelson Foundation House, 550 College Drive.
- **POWELL WRESTLING CLUB REGISTRATION** and parent meeting will be held from 6-7 p.m. at the PHS Commons. New wrestlers must bring a legal copy of their birth certificate to registration. For more information, contact Lisa Horton at 272-3605 or email powellwrestling-club@yahoo.com.

THURSDAY, DECEMBER 14

- **CAREGIVER SUPPORT GROUP** on the second Thursday of every month from 11 a.m. to noon in the Powell Valley Hospital Courtside Room, provided by the PVHC Social Services staff. For more information, call Douglas Sunderland at 754-1256.
- **SOUTHSIDE ELEMENTARY SCHOOL** kids will present their holiday program at the PHS Auditorium. Doors open at 6:15 p.m., and the first show — featuring kindergarten, second and fourth grades — begins at 6:45 p.m. The second show with first, third and fifth grades, plus the Kids Chorus, starts at 7:30 p.m.

FRIDAY, DECEMBER 15

- **PHS EROCNE PERFORMS** at the Powell Senior Citizens Center at noon.

SATURDAY, DECEMBER 16

- **INTERFAITH CRECHE EXHIBIT** from 11 a.m. to 6 p.m. at the Church of Jesus Christ of Latter-day Saints, 525 West Seventh Street. Come enjoy the nativity display.

HOSTING A PUBLIC, LOCAL EVENT?

Send your event details (date, event, location, time and contact information) by Tuesday at noon to 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.



Assembly of God

Lovell, 310 Idaho; Rev. Daniel R. Jarvis; 9:45 am Sunday school 11:00 am & 6:30 pm Sun., Wed., 10 am & 7 pm Bible Study.

Baha' Faith

For information write to: National Spiritual Assembly of the Baha'is of the United States, 536 Sheridan Rd, Wilmette, IL 60091.

Bennett Creek Baptist Church

11 Road 8WC, Clark, Wyo.; 645-3137; 9:45 am Bible study; 11 am Worship.

Charity Baptist Church

Pastor Kevin Schmidt, 754-8095, <http://kcschmidt.wix.com/charitybaptistchurch> meeting at 176 N. Day St. Sunday: 9 am Sunday school, 10 am morning service, 6 pm evening service. Wed.: Prayer meeting Bible study 7 pm. Access live streaming Sunday services through the web page.

Church of Christ

7110th mile east on Hwy. 14A, 754-7250; Sunday: 9:30 am Bible study; 10:30 am Communion; Small Group Sunday Evening; Wed.: 6 pm Bible classes; If we can help, call 254-2215.

Church of Jesus Christ of Latter-day Saints

Powell 1st Ward: 1026 Ave E Syd Thompson, Bishop. Home phone 754-2724, Study 754-2055; Sacrament 11 am; Primary & Sunday School 12:20 pm; PH RS YW PRI 1:10 pm.

Powell 2nd Ward: 525 W. 7th Street

Bishop J.J. Jeide 754-3929 (h) 754-3547 Study; Sacrament 9 am Sunday School 10:20 am, PH RS YW PRI 11:10 am.

Powell 3rd Ward: 1026 Ave E

Bishop Nate Mainwaring Study 754-8002; Sacrament 9 am, Primary & Sunday School 10:20 am PH RS YW PRI 11:10 am.

Powell 4th Ward: 525 W. 7th Street

Bishop Greg Spomer 754-2412 (h) 272-1038 (w) Sacrament 1 p.m.; Primary and Sunday School 2:20 pm; PH RS YW PRI 3:10 p.m.

Heart Mountain Young Single Adults Ward

(Ages 18-30) 525 W. 7th Street Kent Kienlen, Bishop; 754-3201 (h); Study 754-5631; Sacrament 11 am; Sunday School 12:20 pm; PH RS 1:10 pm.

Come Worship with Us!

Cornerstone Community Church

754-8005. Affiliated with the Evangelical Free Church of America. Sunday, 10 am, 507 N. Clark St. Nursery and children church provided.

Faith Community Church

"Love God - Love Others" 1267 Road 18 (Hwy 294), Powell. Contact: Lee Meador, 754-3289, powellfaithcommunitychurch@gmail.com Church located 3 miles SW of Ralston, 1/2 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 5pm & 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 Penry, pastor. www.powellumc.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 Kattenhorn Drive, 754-3639, www.GracePointPowell.org Sundays 9-10am Bible classes for all ages, 10am Coffee Connection Fellowship in the Library, 10:30am Worship Service (Children's Church for 3-6yr. olds during the message). Wednesday Evenings AWANA, Middle & High School Groups, Like us at www.facebook.com/GracePointPowell

Harvest Community Church

of the Nazarene Pastor: Matt Tygart, 364 W. Park St. (behind Blair's); 754-4842. 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.

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Trappers:

Continued from Page 9

"I thought we did a really good job with that."

Beal added that the team didn't have the little extra step they had the night before and that's where the game got a little bit close.

Going into halftime, the score was 41-26, NWC, with the Lady Trappers leading by as many as 20 points in the second quarter. In the third quarter, Rocky Mountain JV came out ready to play, outscoring the Lady Trappers 23-22 to make it 63-49 going into the final quarter.

Dallas Petties led the team with 25 points and 10 rebounds (split evenly between offense and defense) for a double-double.

"I thought she did a really good job for us, just with her aggressiveness on the offensive sides of things," said Beal of Petties.

Also scoring in double digits were Marlow with 12 and Silva with 10.

Silva and Payne were tied with six boards each, and Kaylee Brown and Marlow finished with three steals apiece.

Next up for the Lady Trappers are three games on the road.

Today (Thursday), NWC will travel to Williston State College with game time at 2:30 p.m.

On Friday, the Lady Trappers will play Dawson Community College at 5:30 p.m. and on Saturday, they'll play Stonechild College at Dawson at 11 a.m.

Beal said that this weekend, combined with the two wins at the Big Horn Federal Shootout, is important to hopefully gain some momentum going into the winter break.

"It'll be a good test to go play them [Williston and Dawson] on the road," Beal said. "Get a little bit of toughness-tested that way."

NWC has beaten both Williston and Dawson at home already this season. The win over Williston was 88-32 on Nov. 10.

After this weekend, the Lady Trappers will be off from competition until Jan. 10.



NWC's Tala Aumua-Tuisavura elevates for a shot during Friday's game against Dawson Community College at the Big Horn Federal Shootout. The Lady Trappers trounced Dawson, 109-58. Tribune photo by Dan Cogger

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THE LINEUP

This Week in Powell Sports

**Home games in bold*

THURSDAY, DECEMBER 7
NWC Women's Basketball at Williston State College, 3:30 p.m.
NWC Men's Basketball at Williston State College, 5:30 p.m.

FRIDAY, DECEMBER 8
PHS Girls' Basketball at East/West Classic in Buffalo, TBD
PHS Boys' Basketball at East/West Classic in Cody, TBD

PHS Wrestling - Powell Invite, 1:30 p.m.
NWC Men's Basketball at Dawson Community College, 3:30 p.m.
PHS swim triangular, 5 p.m.
NWC Wrestling at Northeastern Oklahoma College vs. Labette Community College, 5 p.m.
NWC Women's Basketball at Dawson Community College 5:30 p.m.
NWC Wrestling at Northeastern Oklahoma College, 7 p.m.

SATURDAY, DECEMBER 9
PHS Wrestling hosting Powell Invite, 9 a.m.
PHS Girls' Basketball at East/West Classic in Buffalo, TBD
PHS Boys' Basketball at East/West Classic in Cody, TBD
NWC Women's Basketball at Dawson Community College vs. Stonechild College, 11 a.m.
NWC Men's Basketball at Dawson Community College vs. Stonechild College, 1 p.m.

TUESDAY, DECEMBER 12
PHS Girls' Basketball vs. Lovell, 5:30 p.m.
PHS Boys' Basketball vs. Lovell, 7 p.m.

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FRIDAY
DECEMBER 15th
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Rocky Mountain Dance Theatre founder and artistic director Elizabeth Fernandez (center) brought The Nutcracker to Cody 20 years ago. The ballet has become a local holiday tradition. 'It's a huge part of my life, and so many dancers, and the community,' Fernandez said. Photo courtesy Craig Satterlee

'The Nutcracker'

MARKS 20TH YEAR AS LOCAL HOLIDAY TRADITION

BY TESSA BAKER
Tribune Features Editor

Shortly after opening a dance studio, Elizabeth Fernandez wanted to bring a special performance to the community.

"I also wanted something special for the dancers, so they had something every year that they could really look forward to ... really push for," said Fernandez, founder of Rocky Mountain School of the Arts and Rocky Mountain Dance Theatre in Cody.

Fernandez had always loved performing in The Nutcracker, and she appreciated the ballet's rich history.

"There's something magical about The Nutcracker. There just is ...," Fernandez said. "I wanted my students to have the opportunity to be a part of that magic."

In December 1997, she brought The Nutcracker to Cody for the first time.

"I never really thought about how, or any of the logistics, or how I was going to get the money, or the fact that I didn't have a single costume. I just was like, 'I'm going to do this,'" she said.

"I look back on that and think about how crazy that was," Fernandez added with a laugh.

Twenty years later, The Nutcracker has become a local holiday tradition — something residents in Cody, Powell and surrounding communities look forward to each December.

Even though the classic Christmas ballet features the same music and same basic storyline, the show isn't mundane.

"Every year, we try to make some sort of a change, whether it's some sort of special effect or costuming. I change the choreography a lot," Fernandez said.

Last year, Rocky Mountain Dance Theatre redid the story.

"It follows the basic story of all Nutcrackers, but ours has a little twist to it," she said.

The dancers also change roles from one performance to the next.

"The cast is different every single year," Fernandez said. "It's never the same show."

Between 100-120 local kids perform in The Nutcracker every year.

"It's a very big cast," she said.

While most kids are from the Cody area, others come from Powell, Worland, Ten Sleep and surrounding towns.

Featuring so many children in the cast is unique among dance companies. Most performances of The Nutcracker feature some local kids in a few scenes, Fernandez said.

"Ours is really based around the children of the community, so it's completely different. But also with that, it's still a very professional production, so I think there's an interesting balance that has to be played there," she said.

Some of the tiny dancers are as young as 3 years old. Dressed as Hershey's kisses, the little ones are a crowd favorite.

"I always say, the kisses steal the show, and they do the least amount of work," Fernandez laughed. "They're so cute."

Fernandez said she has enjoyed seeing the young students learn and grow into accomplished dancers.

"It's fun. They start as these little tiny kisses, and I always tell their parents, 'Someday they're going to be the Arabian leads or even Sugar Plum or Clara,'" Fernandez said.



THE 20TH ANNUAL NUTCRACKER

SATURDAY, DEC. 16 AT 7 P.M. — SUNDAY, DEC. 17 AT 2 P.M.

AT THE WYNONA THOMPSON AUDITORIUM IN CODY

For tickets, go to www.rockymountaindancetheatre.org/nutcracker or The Thistle in Cody

Local ballerinas will join professional dancers on the Wynona Thompson Auditorium stage for the 20th annual, locally produced Nutcracker ballet. Photo courtesy Pistachio Alley Photography

andez said.

As an instructor, Fernandez said it's been rewarding to see young dancers reach new heights.

"They get on stage and do things I never thought possible," she said.

It's also fun to see the younger dancers aspire to what the older students are doing, she said. Soon after kids finish dancing in The Nutcracker, they start talking about what parts they want next year.

"Every year, I'm in awe of how much it does mean to the kids who are here," Fernandez said.

The more advanced dancers start preparing for their roles in The Nutcracker in August.

"For them to master their roles, it takes a lot of time and practice," Fernandez said. "They start really early."

Younger kids begin practicing in September.

Each year, professional dancers join the

Rocky Mountain Dance Theatre production as guest artists. Natalia Magnicaballi and Michael Cook from The Susan Farrell Company of Washington, D.C., are returning to Cody for The Nutcracker this year.

"They've been our guest artists for the last several years," Fernandez said.

She said they enjoy working with the kids, and help them in their roles.

"They're really team players," she said.

Over the years, Rocky Mountain Dance Theatre has partnered with dancers from the New York City Ballet, The Juilliard School and Joffrey Ballet.

Visiting artists appreciate the close-knit family that the studio has become.

"In Cody, we have this little dance company, and it's an inspiration to people who come from these big companies all over the world, and that's a really cool thing, I think," Fernandez said.

She said she appreciates all the ways the Big Horn Basin has supported The Nutcracker over the past 20 years.

"What's amazing to me is the community support that we do receive," she said. "And that it has become magical for a lot of people."

ROCKY MOUNTAIN DANCE THEATRE PRESENTS
THE 20th ANNIVERSARY
Nutcracker
December 16th 7:00 pm
December 17th 2:00 pm
WYNONA THOMPSON AUDITORIUM
CODY, WYOMING
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POWELL: IRONWOOD APARTMENTS office now open. 825 E. 7th St. 307-764-5460.

Announcements

YOGA - TUESDAYS 6 a.m., Wednesdays 6 p.m., Thursdays 6 a.m. at 380 US HWY. 20 South. www.yogabuffs.net. 307-431-0386.

NA MEETS WEDNESDAYS from 7 to 9 p.m., Grace Fellowship Church, Greybull.

AL-ANON MEETS at 401 S. 5th, Grace Fellowship, Greybull at noon on Mondays.

CHRISTMAS OPEN HOUSE at Valley Flowers & Gifts. We have a great selection of items. Draw for 10 - 20% discount on purchase. Friday, December 8, 9 a.m. - 6 p.m. and Saturday, Dec. 9, 10 a.m. - 4 p.m.

ALCOHOLICS ANONYMOUS MEETINGS on Tuesday at 7 p.m. and Friday at 8 p.m. at 256 East Fifth St., Lovell Search and Rescue Building. Call 831-240-8984.

POWELL AL ANON provides support for friends and relatives of alcoholics. Meetings: Tuesdays at noon and Wednesdays, 7 p.m. at 146 South Bent (Big Horn Enterprises) north entrance off parking lot). For information, call 754-4543 or 754-5988.

NARCOTICS ANONYMOUS Meets at 146 S. Bent, Powell (Big Horn Enterprise building) Tues., Thurs., Sun., at 7 pm., Sat. at 10 a.m. Call 307-213-9434 for more info.

CODY NA MEETINGS Mondays & Fridays at 7 p.m., Episcopal Church, 825 Simpson Ave., door by alley. Call 307-213-9434 for more info.

NA MEETS IN LOVELL, Mondays at 7 p.m. at 1141 Shoshone Ave., Saint Joseph's Catholic Church. Call 307-213-9434 for more info.

UNITED WE STAND group of Narcotics Anonymous meets in the upstairs of Skyline Cafe, 141 E. Coulter, in Powell, Wed. and Sat. at 7 p.m. Call 307-202-0001 for info.

WELCOME TO POWELL! Call us for a Free gift pack and coupons from area businesses. Wyoming Welcome- 754-9399 or 754-3206.

IS YOUR NEIGHBOR'S PROPERTY ZONED FOR A PIG FARM? Find out for yourself! Review this and all kinds of important information in public notices printed in all of Wyoming's newspapers! Government meetings, spending, bids. Visit www.wyopublicnotices.com or www.publicnoticeads.com/wy.

HAVE SOMETHING TO SELL? Want To Announce Your Special Event? Reach over 361,000 Wyoming people with a single classified ad when it is placed in WYCAN (Wyoming Classified Ad Network). Only \$135 for 25 words. Contact this newspaper for details.

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For Sale

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WYOMING RETIREMENT CENTER is hiring now. The following positions are available at Wyoming Retirement Center: Housekeepers, LPNs, RNs. Apply online at http://agency.governmentjobs.com/wyoming. Background checks will be completed through Wyoming DCI and DFS. Pre-employment drug testing will be conducted for all direct patient care positions. Annual influenza vaccination is required. For more information contact the Wyoming Retirement Center 307-568-2431. EEO/ADA Employer.

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 BHB(98-101CT)

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 BHB(88TFCT)

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Help Wanted

POLICE OFFICER POSITION with the Cody Police Department. H.S. Diploma or GED is required. WY P.O.S.T. certification desired. Valid driver's license is required. Applicants must be at least 21 years of age. Application and job description are available at City Hall, by emailing dschumaker@cityofcody.com or from our website www.cityofcody-wy.gov. Position will remain open till filled. First review of applications will be on Dec 15th. Pay is dependent upon certification, \$20.08 to \$31.14 plus full City benefit package. The City of Cody is an Equal Opportunity Employer. (91, 93, 96, 98, 99CT)

AMERICAS BEST VALUE INN, 777 E. 2nd St., Powell, WY 82435, (307) 754-5117 — Apply at front desk — Must be willing to submit to a pre-employment drug screening — Maintenance/Groundskeeper position (full time). (80TFCT)
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 (91-100PT)
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VACANCIES
 Big Horn County School District #2, Lovell, Wyoming, has the following vacancies for the 2018-2019 school year:

- LHS Head Football Coach
- LHS Assistant Football Coach

Applicants may request a classified application by contacting the office of Superintendent Rick Woodford, 502 Hampshire Avenue, Lovell, WY 82431 or by calling 307-548-2259 between the hours of 8 AM and 4 PM, e-mailing cbowers@bgh2.org or downloading the application from the District website at www.bgh2.org.

The positions will close on Friday, January 19, 2018. Only completed applications will be considered.

Big Horn County School District #2 complies with equal opportunity and non-discrimination on the basis of race, color, sex, religion or national origin. (11/30-12/12/17)

PUBLIC NOTICES
 "BECAUSE THE PEOPLE MUST KNOW"

Name change

STATE OF WYOMING)
) ss.
 COUNTY OF PARK)
 IN THE DISTRICT COURT)
 5th JUDICIAL DISTRICT)
 Civil Action Case No. 28953)
 IN THE MATTER OF)
 THE CHANGE OF NAME OF)
 David DeWayne Hart)
 NOTICE OF PUBLICATION)
 You are hereby notified that a Petition For Change of Name, Civil Action No. 28953, has been filed on behalf of David DeWayne Hart in the Wyoming District Court for the 5th Judicial District, whose address is P.O. Box 1960, Cody, WY, 82414, the object and prayer of which is to change the name of the above-named person from David DeWayne Hart to David DeWayne Durtsche.
 Any objection must be filed with the District Court within 30 days following the last date of publication of this notice, or an Order Granting Name Change may be granted without further notice.
 DATED this 20th day of Nov., 2017.
 BY CLERK OF COURT: PATRA LINDENTHAL
 Clerk of District Court
 First Publ., Fri., Nov. 24, 2017
 Final Publ., Thurs., Dec. 14, 2017

Buntin probate

In the Probate Court of the Fifth Judicial District
 Park County, Wyoming
 Probate No. 9741
 In the Matter of the)
 Estate of)
 SHIRLEY M. BUNTIN,)
 DECEASED)
 Notice of Application for a Decree of Summary Distribution of Real Property
 TO: ALL PERSONS INTERESTED IN SAID ESTATE
 YOU ARE HEREBY NOTIFIED THAT on 17

November, 2017, COLLEEN ANDERSON filed herein her APPLICATION FOR SUMMARY DISTRIBUTION OF REAL ESTATE pursuant to W.S. 2-1-205. Said statute requires that a copy of this NOTICE be published in a newspaper of general circulation in Park County, Wyoming once a week for two consecutive weeks on days certain. Any objection to a decree of Summary Distribution of Real Property shall be filed with the Clerk of the District Court within thirty (30) days from the date of the first publication of this notice, or thereafter such objection will be forever barred.

Pursuant to W.S. 2-1-205 (f), NOTICE is hereby given, that if no objection to this Application has been filed within thirty (30) days of the first date of publication, the court shall enter a decree establishing the right and title to the property located in Park County, Wyoming.
 District Court Judge
 First Publ., Thurs., Nov. 30, 2017
 Final Publ., Thurs., Dec. 7, 2017

MDU rate revision

PUBLIC NOTICE
 The Wyoming Public Service Commission (Commission) has given Montana-Dakota Utilities Co., (MDU or the Company), authority to revise its Transportation Service (Non-Core Transportation) Rates 81 and 82 tariff sheets, including accompanying revisions to the Company's Gas Transportation Agreement (Agreement). Specifically, MDU has updated the Transportation Service (Non-Core Transportation) Rates 81 and 82 (1st Revised Sheets Nos 50 through 58) to reflect current practices and procedures, as well as to simplify the balancing provision. Additional revisions to the tariffs and Agreement include the removal of duplicative provisions contained within both tariffs and the Agreement. The proposed changes coincide with implementation of the Company's Customer Care and Billing System anticipated for the 4th quarter of 2017. MDU is not requesting a change to the Base Rate or Basic Service Charge. The Commission's approval is subject to notice, protest, intervention, possible hearing, refund, change, further investigation and further order of the Commission.
 MDU's Application is on file at the Commission's offices, located at 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming. The Application is available for inspection by any interested person during regular business hours or online at: http://

psc.state.wy.us/.
 Anyone who wants to file an intervention petition, request for a public hearing, or a statement, public comment or protest in this matter must file in writing with the Commission on or before December 28, 2017. A proposed intervention or request for hearing must set forth the grounds under which they are made and the position and interest of the petitioner in this proceeding.

If you want to intervene in this matter or request a public hearing that you will attend, or want to make a statement, a protest or a public comment, and you require reasonable accommodation for a disability, please contact the Commission at (307) 777-7427, or write to the Commission at 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming 82002, to make arrangements. Communications impaired persons may also contact the Commission by accessing Wyoming Relay at 711. Please mention Docket No. 30013-329-GT-17 (Record No. 14747) in your communications.
 Dated: November 28, 2017.
 First Publ., Thurs., Nov. 30, 2017
 Final Publ., Thurs., Dec. 7, 2017

Anderson probate

STATE OF WYOMING)
 IN THE DISTRICT COURT)
) ss.
 FIFTH JUDICIAL DISTRICT)
 COUNTY OF PARK)
 Probate No. 9743)
 IN THE MATTER OF)
 THE ESTATE OF)
 FRANKLIN DEAN ANDERSON)
 Deceased.)
 NOTICE OF PROBATE
 TO ALL PERSONS INTERESTED IN SAID ESTATE:
 You are hereby notified that, on the 30th day of November, 2017, the Last Will and Testament of Franklin Dean Anderson was admitted to Probate by the Fifth Judicial District Court and that Theresa L. Biron was appointed Personal Representative thereof. Any action to set aside the Will shall be filed with the Court within three months from the date of the first publication of this Notice or thereafter be forever barred.
 Notice and request is further given that all persons indebted to Franklin Dean Anderson or to his Estate

make immediate payment to the undersigned at P.O. Box 550, Cody, WY 82414.

Creditors having claims against the decedent or the Estate are required to file them in duplicate with the necessary vouchers in the office of the Clerk of said Court on or before three months 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 1st day of December, 2017.
 /s/ M. COLE BORMUTH, 6-2805
 Bormuth Law, LC
 P.O. Box 550, Cody WY 82414
 307.587.4711
 cole@bormuthlaw.com
 Attorney for Estate
 First Publ., Thurs., Dec. 7, 2017
 Final Publ., Thurs., Dec. 21, 2017

Liquor license

Notice of Application for Retail Liquor License Ownership Application
 Notice is hereby given that on November 22, 2017 an application was received in the office of the Park County Clerk to obtain a Retail Liquor License from 2HW, LLC, dba Rocking D River Guest Ranch, for the following described place and premises: a building located at 53 Stagecoach Trail, Cody, Wyoming. Protests, if any, against the application for said license shall be heard at 11:30 a.m. on December 19, 2017, in the Park County Commissioners' Room located at 1002 Sheridan Avenue in Cody, Wyoming.

Colleen F. Renner
 Park County Clerk
 First Publ., Thurs., Dec. 7, 2017
 Final Publ., Thurs., Dec. 14, 2017

Meeting notice

The Board of Directors of the Wyoming Community Development Authority (WCDA) will hold a conference call Board meeting beginning at 8:00 am, Wednesday, December 20, 2017, 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., Dec. 7, 2017

Bridal POWELL TRIBUNE EDITION
 SUPPLEMENT TO THE POWELL TRIBUNE | THURSDAY, FEBRUARY 23, 2017

JUST MARRIED

DEVOTION IN SICKNESS AND IN HEALTHSEE PAGE 3
 COUPLE SHARES BIRTHDAY AND A LIFETIME SEE PAGE 6
 A SURPRISE PROPOSAL AT BASKETBALL GAME SEE PAGE 7

Our Annual Bridal Edition is moving to January!

We are working with Cody's "My Wedding Expo" to be held January 18 at Geysers On The Terrace and Powell's "Bridal Fair" scheduled two days later on January 20 at the Park County Fairgrounds Events Center.

We'll publish our special Bridal Edition on January 11. Call today to reserve space. It's your chance to reach brides-to-be a week prior and lure them to the two premier bridal events in Park County!

Advertising space deadline Friday, December 29
Publication date Thursday, January 11

POWELL TRIBUNE
Contact Toby, Chris and Jessica Today!
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 toby@powelltribune.com
 chris@powelltribune.com
 jessica@powelltribune.com

SOUNDS OF THE SEASON



'It's the most wonderful time of the year,' as familiar Christmas music fills the air. Powell Fine Arts Club members were entertained at their annual Christmas party Tuesday by the Sunlight String Quartet, (from left) Maurine Akin on violin, Sherry Mackay of Cody on violin, Laurie Lee on viola and Linda Murray on cello. The quartet played string arrangements of traditional Christmas music, an annual seasonal presentation to Fine Arts Club. The luncheon and program were at the home of Joy Ann Bessler.

Tribune photo by Dave Bonner

Computer Science Education Week

Schools across Wyoming are celebrating computer science this week.

Gov. Matt Mead signed a proclamation Tuesday, declaring Dec. 4-11 Computer Science Education Week.

Powell schools will celebrate by participating in Hour of Code, a one-hour introduction to computer science. On Friday, students from Powell Middle School and Powell High School will lead Westside Elementary School students in Hour of Code activities.

Gov. Mead applauded the efforts of Wyoming school districts to offer ongoing computer science courses.

"Students are eager to acquire computing skills. Parents want their children to know and understand computer science. Employers need workers who are able to put this knowledge to work," Mead said in a news release Tues-

day. "By joining this partnership, we send a signal that Wyoming puts a priority on assuring our students have the knowledge and skills they need to contribute to our growing economy."

Mead joined the Governors' Partnership for K-12 CS, a bipartisan group of governors focused on strengthening computer science education for all students.

Mead said they're making a commitment to implement policies that:

- enable all high schools to offer at least one rigorous computer science course;
- fund professional learning opportunities for teaching computer science courses; and
- create high quality academic K-12 computer science standards.

The governor also offered support for legislation to amend

the required K-12 education program to include the teaching of computer science. One bill is sponsored by the Joint Education Committee; last week, the Select Committee on School Finance Recalibration voted to make a similar change.

After Wyoming marked its first-ever Computer Science Education Week last year, "we're hoping to build on its success this year," State Superintendent of Public Instruction Jillian Balow said in a release.

Google and the energy infrastructure company Williams donated funds to incentivize school to participate in Hour of Code. Each school that accomplishes 100 percent student participation will be entered to receive a \$500 award to be used to purchase materials or necessary technology and equipment for their classrooms.

HOURS: Monday-Saturday (7:30am-6pm) • Sunday (10:00am-5:00pm)



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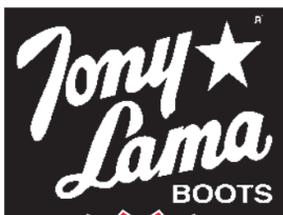


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Drawing to be held at 2 p.m. Saturday, Dec. 23.

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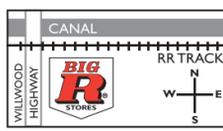
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HOLIDAY

HEALTH AND FITNESS

'It's about as close to personal training as you can get with a positive atmosphere.'

— Jess Campbell, Owner of Freedom Fitness

Make lasting resolutions

'THE GYM' BECOMES 'FREEDOM FITNESS'

BY DON COGGER
Tribune Sports/News Editor

What began as a love of sports and physical fitness has turned into a career for Frannie native and personal trainer Jess Campbell.

Campbell, owner of Freedom Fitness in Powell, said she knew from an early age that fitness would play a large role in her adult life, whether it was as a teacher, a coach, or both. A former collegiate basketball player, Campbell earned bachelor's degrees in biology and chemistry, as well as secondary education.

"Fitness has always been in my background," Campbell said. "After college, I worked as a physical therapy tech, got to teach adjunct at Northwest College. I just started diving more and more into the biomechanical end of training."

Campbell went on to earn a master's degree in kinesiology, with an emphasis in sports performance and nutrition, from A.T. Still University, a graduate school that focuses on health sciences. She said opening her own gym was originally an extension from the physical therapy step of her education.

"What do you do after physical therapy? Well, your next step after the physical therapy process is self-rehab," she explained. "And then you work on maintaining your ability. So that's where the idea for a gym started."

Campbell began with a small studio setting for her first gym, before moving to a larger location on North Hamilton Street. She kept the name simple, calling her establishment "The Gym," and as her clientele grew, so did the need for more space. After six years at the Hamilton location, Campbell moved her operation across the canal to 887 E. North Street, this past summer, changing the name to Freedom Fitness.

"[The new location] is a bigger building, with room to grow throughout the build-



Jess Campbell, owner of Freedom Fitness in Powell, provides a spot for one of her favorite clients, her mother LuAnne. Formerly The Gym, Freedom Fitness has moved into its new location at 887 E. North Street, and offers training for all ages and fitness levels.

ing," Campbell said.

And the name change?

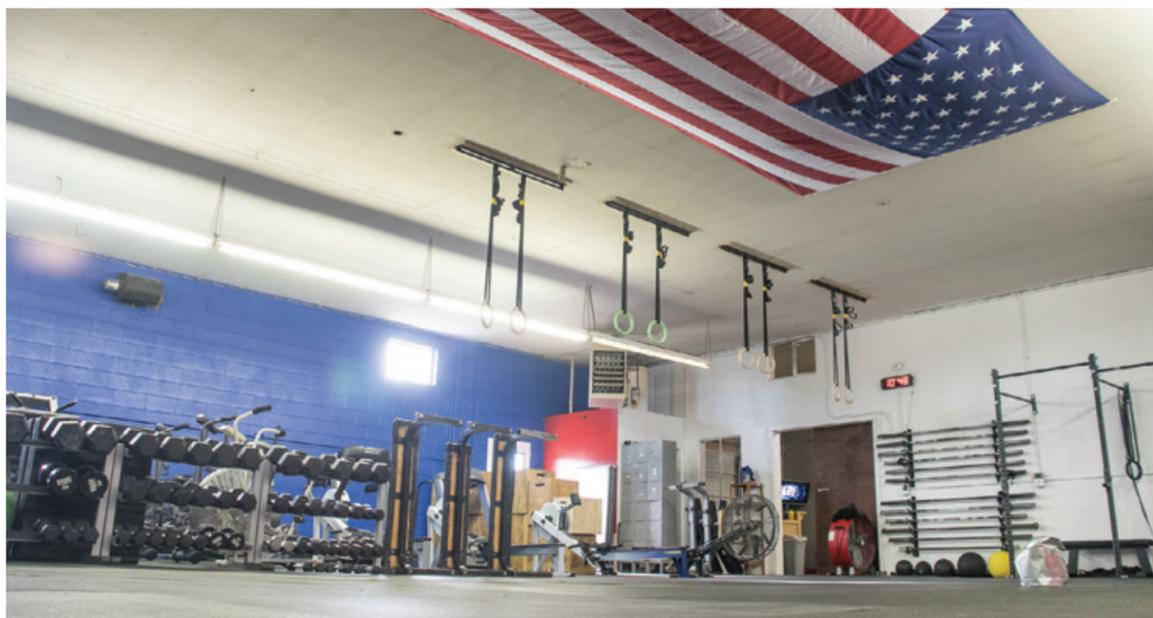
"As far as the name, I never really had an identity," Campbell said. "With Freedom Fitness, to me, it's something you can be proud of. It really encompasses what I think that anybody that walks into this gym is. We love America, we love our country, we love our town. We're all average joes just trying to get a little bit better for life."

Asked to describe her clientele, Campbell jokingly called them a "hot mess," ranging

in age from kids to adults in their 70s representing various levels of fitness.

"It's just such a great mix," she said, laughing. "It's every mom, every guy with aches and pains, just all sorts of people just trying to get through. It's hilarious, and so much fun because of that demographic. It's the most random people that become friends in here, from completely different walks of life."

See Freedom Fitness, Page 6



The workout area at Freedom Fitness features free weights and a variety of cardio equipment, as well as plenty of room for different exercises.

Tribune photos by Don Cogger

12 WAYS to have a healthy holiday season

We've all heard "The 12 Days of Christmas" song. But what about the 12 ways to stay healthy during the holiday season?

It may not be a catchy Christmas tune, but staying healthy does make the holidays brighter. The Centers for Disease Control (CDC) offers the following tips to keep you and your loved ones safe and healthy:

- 1 **Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- 2 **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- 3 **Eat healthy and stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2 1/2 hours a week and help kids and teens be active for at least one hour a day.
- 4 **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- 5 **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
- 6 **Fasten seat belts while driving or riding in a vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time — no matter how short the trip — and encourage passengers to do the same.
- 7 **Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- 8 **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
- 9 **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. If you are not insured, get insurance from the Health Insurance Marketplace.
- 10 **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
- 11 **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
- 12 **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

Source: Centers for Disease Control and Prevention
Tribune graphic by Gary Staebler



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Dr. Betsy Spomer made some self discoveries as she helped other medical providers find ways to balance their career and life goals

PHYSICIAN, HEAL THYSELF

BY ILENE OLSON
Tribune Staff Writer

After she began coaching other medical providers through their career struggles, Dr. Betsy Spomer of Powell Valley Healthcare began to realize she was a victim of physician burnout.

Spomer left her practice at Powell Valley Healthcare four years ago. She took a year off to clear her head, spend time with her family and find a way forward for her career.

"I didn't recognize that burnout was a factor until much later," she said. "In retrospect, I realize I was sort of the classic case."

Physician burnout is common among doctors, she said.

"You build a practice based on you sacrificing your time — and your life, really — for the wellness of others. And the minute you start trying to claim some of that back, it feels a little bit selfish," she said.

In health care training, "there's very little room for self discovery," Spomer added. "You're taught to be a certain way. A lot of times you kind of lose, or at least suppress, your own self-interest. When you get out there in the world, you forget who you are. You allow what you're doing to be who you are."

People suffering from burnout have no time or energy, and they become cynical. They experience fatigue and emotional exhaustion; they feel they have no control over their lives.

"Then you're not even sure your work matters," she said. "When you're burned out, there's nothing left to give."

Looking back at her own situation, "I took on a lot," Spomer said. "I wanted to do the mom stuff. I wanted to do the house stuff. I wanted to do all that and practice medicine."

She cut her hours at the clinic back to 20 per week, but found that was still difficult, and she made the decision to leave her practice.

At that time, Spomer intended to open a micro practice. But she still wanted to work part time, and she realized, with her husband Dusty's help, that it would be difficult to run her own practice on a part-time basis.

So, she decided to sit it out for a while and search for the direction she wanted to go with her career. As time went by, she became more and more interested in coaching medical providers. She'd had a life coach 14 years ago when her first daughter was born, and she found the coaching very helpful.

After a year and a half of training, Spomer began coaching medical providers nearly two years ago. She started Soul Honey Coaching in early 2016.

She generally meets with each client two times per month, either in person or over the phone.

"They bring their topic of choice for the day. It's my job to tie in whatever is going on today to that larger agenda," to move toward the client's overall agenda.

"My whole goal is to get them from where they're at and move them to where they want to be. Often, they don't know where that is; often, it's just a feeling.

"My job is to open their minds to things they hadn't thought of before — maybe what their interests are, what's holding them back, what their [core] values are."

Spomer said she had to overcome her tendency to be the problem solver — which she felt her job was as a physician — and learn instead to listen at



Betsy Spomer walked away from her career as a physician after suffering burnout. She's now working as a coach for medical providers, seeking to help them avoid that kind of a crisis. Tribune photo by Ilene Olson

tentively first, then help her clients direct their own thoughts to find the answers or solutions they're looking for.

"They start to really listen to themselves," she said. "Largely, it's just about getting them to trust themselves, to trust their intuition and their goals, and apply themselves."

The clients determine their own direction, and "I can hold them accountable," she said.

Doctors and other medical providers need to remember themselves, their families and their values, Spomer said.

"Standing in your integrity, honoring yourself and your family — whatever your core values are — first. That's when people thrive. They're less burned out, and they're actually giving from abundance, rather than from a depleted place."

Spomer said she enjoys helping physicians and other medical providers learn what they can do to improve their careers and thrive, and that, in turn, gives her a feeling of fulfillment.

Along the way, Spomer said she's learned some lessons that can benefit others as well as herself.

"What I've learned is, providers who are healthy ... are satisfied in their work. Patients have better outcomes, and patients are more satisfied."

In other words: "In order to provide adequate health care, I have to be taking care of myself. It took walking away for that to be really clear to me."

She said she wants to help others avoid that kind of a crisis.

"I want to help them through that. I don't think the answer is for all physicians to walk away from health care. That's not sustainable."

Spomer said she may go back into a medical practice at some point in the future, perhaps after her children are grown. But if she does, she will do it in a healthier way.

"I haven't pinpointed my purpose in life yet," she said, "but I know it has something to do with supporting others. I get to do that through my coaching, my life as a parent, as a daughter, as a wife."

PHS alum recalls lettering in track

THANKS TO VIGOROUS TRAINING

It took a lot of early morning running for Don Worst to earn his varsity letter from the Panther track team decades ago. In fact, it's only been in the years since graduating from Powell High School that Don Worst has been able to enjoy his letter.

"I never got to wear it at PHS because I could never quite win until about a month before I graduated in May 1984," Worst recalled in a recent email to the Tribune. "And oh boy, did I earn it!" Worst was a distance runner.

"As a junior, I just missed earning a varsity letter by about 2 feet to another runner and just missed making it to the Wyoming state track meet in Casper," he explained.

But Worst was determined to make state as a senior. He started running 2 miles a day, exercising at 6 a.m. before getting on the bus

to ride from his home in Clark to PHS. "I ran every morning starting [the] day after regionals '83 all year — no matter how cold, icy and windy it got," Worst said. "I was going to get that letter."

He wound up needing every inch of his training, edging out another runner by a couple feet at the 1984 regional to qualify for state.

Worst wound up taking 12th out of 12 in Casper, but ran the fastest mile of his life. He recalled getting a big hug from then-distance running coach Cliff Boos.

Coach Boos "knew what it was all about — digging down another level deeper in your heart and pushing yourself to your greatest level," Worst said. Worst, who now lives in Colorado, said earning the letter was his favorite memory from PHS.



Don Worst, a 1984 Powell High School graduate, poses for a recent photo in his letter jacket. Courtesy photo

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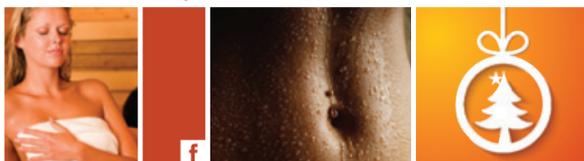
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Accepting New Patients

Top causes of death in men

1. Coronary artery disease
2. Cancer
3. Accidents/unintended injuries
4. Chronic lung disease
5. Stroke
6. Diabetes
7. Suicide
8. Alzheimer's disease
9. Influenza and pneumonia
10. Chronic liver disease

Dr. Kelly Christensen noted that renal (kidney) failure also is among the top causes of death in men, due mainly to diabetes and high blood pressure.



Courtesy photo

FOR MEN, PREVENTION IS STILL BETTER THAN A CURE

BY ILENE OLSON
Tribune Staff Writer

During a men's health presentation, Dr. Kelly Christensen outlined the top 10 causes of death for men, and ways to reduce the risk of dying from them.

For all areas of men's health, Christensen had the same recommendations: "Don't smoke, don't overeat, don't be sedentary, don't drink too much alcohol. Do exercise, do treat your high blood pressure and your cholesterol, and wear your seat belt. And that's as good as I can do at keeping you alive for as long as possible."

Coronary artery disease, which can lead to heart attacks, remains the top cause of death for men.

Risk factors for coronary artery disease are high blood pressure and high cholesterol, smoking, diabetes and obesity, Christensen told those gathered at Powell Valley Healthcare for his presentation.

"Of all the people that have high blood pressure, half of them ... don't know they have high blood pressure," he said. "The other half are taking a pill, but it actually takes an average of 1 1/2 medicines to control high blood pressure. So it's not OK to be on one pill and still have a systolic (top number) blood pressure running at 170."

HIGH CHOLESTEROL

Cholesterol comes from two sources: "You make it and you eat it," he said.

Solutions for high cholesterol include taking statin drugs, changing your diet and exercising.

Statin drugs will help reduce the cholesterol your body makes, "but you can still eat enough [high-cholesterol food] to make your cholesterol high," he said.

Statin drugs are the only way to reduce built-up cholesterol in the arteries, Christensen said. He cited a study in which people were given coronary angiograms, then they were treated with statin drugs, followed by another angiogram a year later.

"They were able to show that the cholesterol, or plaque, in the coronary arteries of those people's arteries regressed — they actually got smaller," Christensen said.

The other thing that will improve your cholesterol level is exercise, he added.

"Exercise helps with your good cholesterol — your HDL cholesterol — and that scavenges up some of the bad cholesterol and gets it out of there."

But, he cautioned, "If you have bad cholesterol, it's not going to go away. You need to start young to prevent that."

CANCER

Cancer is the second-leading cause of death in men, Christensen said.

Lung cancer is the most common cause of cancer death, both in men and women, and 90 percent of lung cancer is caused by smoking, according to an online article in Men's Health.

The second leading cancer is colon cancer.

The good news is that colon cancer can be screened.



DR. KELLY CHRISTENSEN

"If you haven't had a colonoscopy and you're over 50 years of age, you should get one," he said. "Colon cancer starts with polyps — little bumps inside your colon. ... It takes about 10 years for a polyp to become a cancer. So, when you do a colonoscopy, you can pluck up all those polyps, and if we pluck up all those polyps, guess what: We can prevent 95 percent of all colon cancer."

Despite the availability of that effective prevention measure, colon cancer is still very common, and it's among the top three causes of cancer deaths, Christensen said.

PROSTATE CANCER NOT USUALLY FATAL

Prostate cancer screening, however, is less valuable, he said.

Though common, prostate cancer generally grows slowly, he said. At age 55, men have a 30 percent chance of getting prostate cancer; by age 80, the risk increases to 60 percent. Out of 100,000 men, 101 have prostate cancer every year, but only 19 of them will die from it, he said.

"What we don't have is the test that will tell us who's going to die from it, and who's not going to die from it," he said. "We need a better screening test."

"So here's your choice," he said. "You can get tested and then have a biopsy done, then you have a decision to make. Am

I going to die from it, or am I not going to die from it? You don't know. ... It's a crapshoot."

Men who choose to have their prostates removed have a high incidence of impotency, while those who get radiation for prostate cancer often experience colon problems.

"You can have a lot of misery," he said. "The only right answer is don't get prostate cancer, but there's not a great way to do that, either."

A European study found that, in order to save one life nine years out from a diagnosis of prostate cancer, you would have to treat 49 men, and the other 48 would have lived without the treatment, Christensen said.

Christensen acknowledged that some medical professionals are strong advocates of the PSA screening for prostate cancer.

He said the U.S. Preventative Service Task Force previously recommended against prostate cancer screening.

"This year, they came out and they said, 'OK, talk to your doctor about it.' I think they got too much grief from the other side of the aisle."

Christensen said some medical professionals are strong proponents of a blood screening test for prostate cancer, but he's not among them.

As for whether to treat prostate cancer, "A lot of it is your own personal choice," he said. "If death is your greatest fear, then get it out. If your fear of losing erections is your greatest fear, then don't get it out."

The older a man is when prostate cancer is detected, the less likely it is that he will need to have it treated, he said.

ED AND LOW TESTOSTERONE

If erectile dysfunction becomes a problem from pros-

tate issues or other reasons, Christensen said there are several ways to treat it.

The best-known medication for ED is Viagra, but it's expensive, he said. But, he added, "It's also used for pulmonary hypertension. It comes in 20 mg. pills instead of 50 mg., and it's way, way, way cheaper. So ask your doctor about the cheaper ones."

Christensen said the risk for erectile dysfunction is about the same as that for heart disease, because it's caused by the same problems:

diabetes, coronary artery disease, obesity and smoking.

Ways to prevent or improve ED include medications or implants, exercise and quitting smoking, he said.

Christensen said men often ask if they might have low testosterone.

"Men do have a lower level of testosterone as they get older," he said. "It drops by about a percentage point every year from age 20 to age 90."

Symptoms of low testosterone include weakness, sexual dysfunction, feeling depressed, anemia and bone-density loss.

"If you feel mopey and low energy, first make sure you're getting eight hours of sleep, that you're exercising and eating good food and not junk food all the time," he said. "If you're doing all those things and you still just feel terrible, and you don't have all the energy you think you should have, then come on in and get tested. ... If you're truly low on testosterone, then it might help you. But it is not a panacea. It's not like you get testosterone shots and suddenly you're Arnold Schwarzenegger. It doesn't work that way."

'Of all the people that have high blood pressure, half of them ... don't know they have high blood pressure.'

Dr. Kelly Christensen

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Surrounded by supporters, Teresa Humphries-Wadsworth takes the first steps of a 403-mile Walk Across Wyoming on Sept. 1. Her walk began at Wyoming Veterans Memorial Park west of Cody and ended in Cheyenne on Sept. 15. Courtesy photo

Walk Across Wyoming: Lessons learned

400-MILE WALK CARRIED SUICIDE PREVENTION MESSAGE THROUGHOUT THE STATE

BY ILENE OLSON
Tribune Staff Writer

A Cody woman who walked across Wyoming doesn't recall what sparked her idea for the sojourn to raise suicide prevention awareness.

But she'll never forget her walk from Cody to Cheyenne, the problems and crises that nearly ended the journey before it began, or her feelings of accomplishment when she completed her journey.

Teresa Humphries-Wadsworth said she initially envisioned recruiting someone to do the walk, "but nobody was jumping up and down wanting to do it ... and I realized if it was going to happen, it was going to have to be me."

That was more than a little daunting. While suicide prevention was a frequent focus of her efforts for years, walking any distance never had been.

Humphries-Wadsworth's friend, Kelly Eckerdt of Powell, also an advocate for suicide prevention, planned to walk with her.

"I said, 'You can't do it without me,'" Eckerdt told the Park County Health Coalition in October. "Then I got home, and thought, 'Wow, what did I do?'"

PERSONAL TRIALS

Humphries-Wadsworth trained for more than a year for the walk. Not long before the walk was to begin, Eckerdt suffered a tendon injury.

"It was devastating," Eckerdt said. "I grieved a lot. Teresa grieved a lot. We cried a lot together."

Eckerdt said she realized, after some prayerful thinking, that she could still support Humphries-Wadsworth on her walk across Wyoming, but in a different role.

"I said, 'I'm not abandoning you,'" Eckerdt recalled. "I ended up being able to be her first-aid station, which was a blessing in disguise. We were asking for one, and no one stepped up to do that. I was forced into a situation where I could do that."

The day before Humphries-Wadsworth planned to start her cross-state suicide awareness walk, she faced a much more serious problem. That was the day her teenage son attempted suicide and was hospitalized.

"My own son was going through a survival crisis," she said.

His crisis came unexpectedly, out of the blue.

"It was not a chronic problem," Humphries-Wadsworth said. "He'd had a bunch of things happen within a two-week period, and he had been struggling with a medical diagnosis for about a year and a half."

"We knew he was struggling ... [but] we didn't realize how emotional that struggle was. It just shows you that nobody is immune to being touched by suicide."

Humphries-Wadsworth said she almost canceled the walk, but her husband and son both encouraged her to go ahead with it. In the end, her son's brush with suicide made her journey even more important from a personal perspective.

THE WALK BEGINS

Humphries-Wadsworth took her first steps toward Cheyenne on the morning of Sept. 1. As she walked nearly 400 miles through the state — 25 to 30 miles for about 13 hours per day — people would seek her out to thank her for what she was doing and to tell her their own stories. Often, they'd walk a few miles with her.

Humphries-Wadsworth said one of her favorite memories from the walk was when young men from the Cowboy Challenge Academy — a National Guard youth program based in Camp Guernsey — met her in Wheatland.

"They had to apply to be able to come and walk with me. They had to tell why they wanted to do this, so they were motivated young men. ... I shared my story, and they shared their stories."

"One boy turned to me and he said, 'Can I write to you?' It caught me off guard, but it was that precious moment of wanting to connect further."

"It was moments like that, or having a heart-to-heart connection, that pulled me forward."

Those moments helped her get through others that were anything but easy or pleasant.

Despite training for more than a year, Humphries-Wadsworth still found the going very difficult, especially at first.

"I got blisters, then the blisters had blisters, then those blisters had blisters," she said.

She also developed tendonitis in her ankle.

"Taping it fixed it up," she said.

In addition, she had to make sure she was eating enough calories to maintain her energy for all the walking she was doing.

"It was a lot of learning, physically," she said.

who had survived and healed after suicide attempts.

"The dedications — they were just incredible," she said.

While reading those heart-wrenching dedications, Humphries-Wadsworth was still experiencing her own raw emotions after her son's suicide attempt.

In addition, "Everywhere we stopped, even if we were just getting gas [for Eckerdt's side-by-side vehicle], people had a story. Everybody has been touched by suicide. It overwhelmed me at times," she said.

Humphries-Wadsworth dealt with those emotions "with a lot of prayer," she said. "And while I was walking alone, I could do my own thinking, processing and crying. So then I was emotionally available for others."

Between the physical and emotional demands, the two women found that they had to focus on the mile immediately

ahead of them, and try not look too far down the road.

"Mile by mile. Minute by minute. That's the only way we could do it," Humphries-Wadsworth said.

SAFETY CONCERNS

The stretch between Shoshoni and Casper took three days.

"It gives you an opportunity to take in what's around you," Eckerdt said. "Dry grass, maybe an antelope or two, with one red flower right in the middle. It kind of was representative of life and of hope. When you're in the middle of this desolate place where it feels like there is nothing left, there is life."

"I learned a lot about Wyoming and what it looks like and what it has to offer."

Eckerdt drove the side-by-side support vehicle on the left

See Walk Across Wyoming, Page 5

Walk Across Wyoming: By the Numbers

- Days: 15
- Miles per day: 25-30
- Hours per day: About 13
- Total miles walked: 403.42
- Total steps walked: 677,600 (about one step for every person in Wyoming, according to 2016 census estimates)
- Dedications: 42
- People reached through Facebook: 32,000

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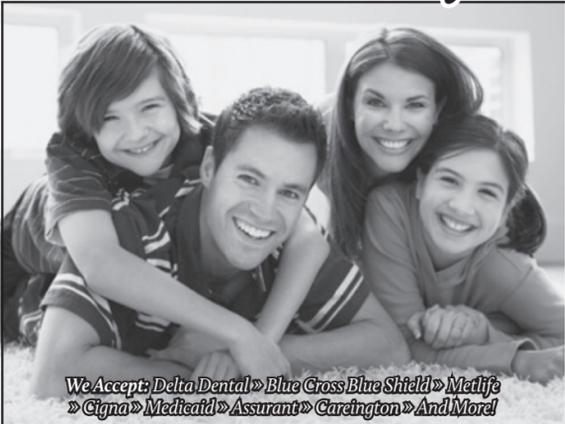
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Deb is originally from Michigan but has lived in Park County for over 35 years. Deb graduated from a school of nursing in Michigan and worked in a burn unit for a couple years before moving to Wyoming. In Wyoming she has worked in the OR, ICU and infection prevention. Home health including some pediatric nursing was also one of her favorite areas of patient care. Since 2009 Deb has worked for NWC as an adjunct faculty for the nursing and allied health programs. She is married with two grown children who have families of their own, blessing her with 4 grandchildren.

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Walk Across Wyoming: ... So many things could have gone wrong and none of them did, walker says

Continued from Page 9

side of the road, so she could see oncoming traffic. To do that legally, she had to be off the shoulder, driving in the weeds.

"But down in the weeds is where all the things are that have blown off the road — wires, trash, weeds — so the tires found them," Humphries-Wadsworth said.

The first time that happened, Kelly Eckerdt's husband, Powell Police Chief Roy Eckerdt, had just driven up to provide groceries and moral support.

"He said, 'I just want to see how you're doing,'" Humphries-Wadsworth recalled. "He looked down and said, 'You have a flat tire.'" Thankfully, that and other punctures along the roadside were fixed with a spray-in sealant, and the tires didn't have to be changed.

ADDITIONAL SUPPORT

Roy Eckerdt continued to serve in a supporting role. Among other things, he drove the truck that pulled the camper they slept in each night.

Roy Eckerdt said his duties also included being "chief cook and bottle washer" and obtaining groceries and supplies along the way.

He took on a more direct role on the route between Shoshoni and Casper when a mileage miscalculation meant Humphries-Wadsworth would have to walk 40 miles in a day — much more than the average

25-30 mile distance that generally took her 13 hours to walk.

"I was gearing myself up for, 'What's that going to look like? How am I going to do that?'" she said.

Roy Eckerdt offered to start at the other end of that day's walk and meet her in the middle.

Humphries-Wadsworth initially objected to the proposal, saying she would feel guilty for not walking all the miles herself.

Roy Eckerdt recalled part of their conversation:

"This is supposed to be my walk," Humphries-Wadsworth told him.

"I said, 'Teresa, what's the point of this walk?'"

"She said, 'Suicide prevention.'"

"I said, 'Is part of that message being aware of when you're overwhelmed and need to accept help?'"

Humphries-Wadsworth agreed that was part of the message she was trying to convey, and after some more discussion, she accepted his help.

ARRIVAL AND TAKEAWAYS

When she arrived in Cheyenne on Sept. 15, two weeks after taking the first steps away from Cody, Humphries-Wadsworth said she had a hard time realizing she had finally completed her Walk Across Wyoming.

"I don't know that I have the words" to describe that feeling, she said. "It was so exciting. It was like we couldn't believe we were really there. It was just very emotional and satisfying. I just had the sense that I really did it. Did I really do it?"

Looking back, Humphries-Wadsworth said she is amazed by all the support she and Kelly Eckerdt received, and by the unexpected blessings they experienced all along the way.

"We had these amazing coincidences that happened," she said. "The day we were figuring out how to tape up my ankle, this big RV pulled over, and it was my doctor and his wife. They were on vacation and saw me, and they pulled over and talked to me."

"Spiritually, I'm very grateful for all the people who prayed

for us, because so many things could have gone wrong, and none of them did."

Humphries-Wadsworth and Eckerdt said the Walk Across Wyoming did raise awareness of the need for suicide prevention in the success, so they consider it a success.

Looking forward, Humphries-Wadsworth said the walk may become an annual event. But, rather than a single person doing it, she'd like to see it become a relay-style walk involving many people who would walk short distances —

perhaps a mile each — to cover the route.

Humphries-Wadsworth didn't talk publicly about her son's suicide attempt until after the walk was complete. Since then, "I've received incredible support," she said. "It was a risk, putting out what I was going through. It was not easy. I'm a very private person about my life, but if I'm saying you need to share your story, I need to take the first step and share my story."

It is important to treat mental health issues and suicidal

thoughts or attempts the same as any other medical problem, she said.

"If we don't, we're creating stigma," and that can prevent people from getting the help they need, she said.

Humphries-Wadsworth said her son is doing better and getting the care he needs.

"He's proud of me," she said. "He was there [in Cheyenne] at our arrival; my husband brought him down. ... He was still acutely ill and needed more help, so now he's getting the help he needs."



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Teresa Humphries-Wadsworth takes a moment to relax and read a dedication during her Walk Across Wyoming. Courtesy photo

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Freedom Fitness: '... you have to do something that's feasible for you.'

Continued from Page 1

OFFERING A UNIQUE APPROACH

As for how Freedom Fitness compares to other fitness centers in the area, Campbell said its energy and sense of community is what sets it apart. Classes and programs are tailored to meet the specific needs of each client.

"For someone who is just getting started, we'll start with exercises that are much more rehab-based," Campbell said. "And then we'll build out this programming to support your goals. Nobody else does that for the price we have. It's about as close to personal training as you can get with a positive atmosphere."

Campbell said she tries to provide a place where clients can be themselves, and work at a level they feel comfortable with. Classes are provided throughout the day, and participants form a close bond with the others in their group. Those who prefer to work out on their own are welcome as well, and Freedom Fitness allows 24-hour access to the facility.

"We're going to make jokes, we're going to have fun," Campbell said. "But we're also going to work, and work hard. That's what keeps people coming back."

Knowing that scheduling time for a workout amidst a busy schedule can be difficult, Campbell tries to keep workouts and classes to under an hour.

"I've always kept it under an hour, because this shouldn't be your main goal," she said. "We're just doing everything we can to support function outside of here."

The most gratifying aspect of training others, according to Campbell, is watching their confidence grow with each workout. From beginners, to high school and college athletes, to middle-aged men and women in search of a healthier lifestyle, the sense of pride and accomplishment is evident in the results.

"I'm so prideful of any of the guys and gals in here, any of the kids, any of the athletes that



Freedom Fitness member John Kelleher deadlifts during a recent workout. Tribune photos by Don Cogger



Maky the labradoodle takes a break from patrolling the grounds at Freedom Fitness to say hello. Maky and her sister Minnie are usually on hand to greet members as they walk in the door. 'They like to think that everyone who comes in is there to see them,' owner Jess Campbell said of the pooches.

come," Campbell said. "They put in work, and that's a big deal. But it's so neat to watch the confidence of the clientele go up."

For those considering a change for the coming year but still on the fence about a time commitment, Campbell said it's important to know your limits and to keep goals realistic, especially at the beginning.

"Everybody in January wants to be, 'OK, I'm going to get after it,'" she said. "So they take away everything in their life that's good to them. They say, 'I'm going to take out pop, candy, carbs AND I'm going to exercise five to six days a week.' That's not realistic. You're going to fail."

Instead, what Campbell would like to see for the first two to

three weeks is for a client to show up three times a week, preferably at the same time each day, to create that repetition.

"When I see your face [continuing to show up], I'm going to write you a program that's going to work," Campbell said. "We're going to start off with body weight movement patterns, and then we're going to build on that foundation. What's really unique is when clients start coming in here and working out, nutritional patterns start to change. Then we get to start diving into the nutritional component of it."

Fitness is a commitment, but one clients shouldn't be afraid to make.

"You can't be all gung-ho, you have to do something that's feasible for you," Campbell said. "Three days a week is feasible. And when you get here don't be afraid to talk to me. You have to tell me about your aches and pains. There are hundreds of different exercises. We will modify anything that we're doing to fit those needs to reach your goal."

And finally, it should be fun. "It should be an enjoyable experience," Campbell said. "It should be everybody's best hour to debrief from the day, or start the day."

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