

City council awards final liquor license to hotel

PASSES OVER FITNESS CENTER PROPOSAL

BY MIKE BUHLER
Tribune Community Editor

Facing one of its toughest decisions — if not the toughest decision — of the year, the Powell City Council voted to award the city's last remaining retail liquor license to the Powell

Clocktower Inn. On Monday night, the council voted 4-2 to award the license to the planned hotel and conference center instead of a proposed fitness center and sports bar. Councilmembers Jim Hillberry, Scott Mangold, Lesli Spencer and Floyd

Young voted to give the license to the Powell Clocktower. Councilmen Eric Paul and Tim Sapp voted no, favoring an application from the Lovell-based Club Dauntless, which has been seeking to expand in Powell. Both were considered deserving applicants for the license, but with just the one retail license available, the council had to choose one over the

other. Councilman Mangold called Club Dauntless a "great project" and said it would be "great for the community." However, Mangold said his constituents supported giving the retail liquor license to the Powell Clocktower Inn. "Everyone that I have talked to said that it should go to the hotel," Mangold said. "I suppose they feel they have

more skin in the game with the hotel ... but as far as the public lobbying me and saying what they want, it's really a no-brainer for them." The city has made a substantial commitment to the planned hotel, helping secure a \$2.62 million state grant for the initial construction of the

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Leslie Schreiber, left, Wyoming's new sage grouse program manager, assists in carrying a bighorn sheep last December while leading a relocation effort in the Bighorn Mountains. Schreiber previously was the Greybull area wildlife biologist for the Wyoming Game and Fish Department. Tribune file photo by Mark Davis

LESLIE SCHREIBER SELECTED TO FILL VACANCY AS WYOMING'S TOP SAGE GROUSE EXPERT

Greybull biologist to head state's sage grouse program

BY MARK DAVIS
Tribune Staff Writer

Leslie Schreiber's path to becoming Wyoming's top expert on sage grouse began curiously, with venomous snakes in southern Indiana. About a decade ago, while studying the spacial ecology of timber rattlers in Indiana's Yellowwood State Forest, Schreiber happened upon Zack Walker, then the Hoosier state's herpetology program manager. Walker knew Schreiber as a tough intern for the Indiana Department of Natural Resources. There, among black locust

and red and white pines, Walker explained he was leaving for Wyoming — and he encouraged Schreiber to apply for a job in his new department at the Wyoming Game and Fish. "She's well-grounded, has a lot of common sensibilities — a good team player and a hard worker," said Walker, who's now the Game and Fish's non-game program supervisor. Schreiber did apply with the Game and Fish, and Walker hired the young scientist as a seasonal technician in Wyoming's herpetology program. See Schreiber, Page 8

New, locally focused program aims to prevent suicides, substance abuse

BY CJ BAKER
Tribune Editor

Efforts to prevent suicides and stop the abuse of alcohol, tobacco and other drugs are being led by a new local partnership. Over the past few months, a Park County Prevention program has, among other accomplishments, trained 75 people on how they can save lives from suicide, taught 10 servers in Powell about responsibly serving alcohol and trained 40 parents, teachers and citizens in Powell and Cody on how to recognize mental health issues among youth. "We've done a lot of great things over the last couple of months and I'm happy about that," Cody Regional Health Community Prevention Specialist Wendy Morris told Park County commissioners last month. Morris has been managing

the prevention efforts in Park County since last summer as part of a new partnership Cody Regional Health is leading with the county government and the Park County Health Coalition — a group of local volunteers involved in healthcare. Wyoming's efforts to cut down on suicide and drug, alcohol and tobacco use had previously been run by a private contractor, the Prevention Management Organization of Wyoming (better known as PMO). However, state lawmakers decided to go a different direction this year, setting aside \$8 million over the next two years for county governments to assume a bigger role in the process. Park County Public Health Nursing Manager Bill Cramp-ton said in June that there seemed to be concern that PMO

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Wild migrations

RESEARCHERS STUDYING MOVEMENTS OF LOCAL BIG GAME HERDS

BY DONNA SHIPPEN
Tribune Intern

Recent research into the movements of big game animals across the Greater Yellowstone Ecosystem has

yielded a slew of findings, with many of them now laid out in a new book. Published by the Wyoming Migration Initiative, "Wild Migrations: Atlas of Wyoming Ungulates" presents maps and

scientific data gathered by researchers over the past six years on seasonal migrations of the state's wild ungulate species — elk, moose, deer, pronghorn and bighorn sheep. Herds in the Big Horn Basin are among those featured in the publication. A rapt audience of Park County residents enjoyed author presentations and slide previews of the newly released book during a Nov. 15 event at the Cody Theater. In introducing the project, Corey Class of the Wyoming Game and Fish Department talked about the importance of migration corridors and the relevance of the initiative's research to the Big Horn Basin. The wildlife

management coordinator in the Game and Fish's Cody office, Class described migration as a link between vital winter and summer habitats. In the Basin, "most of our ungulates migrate to some extent; migration is core to their survival strategies," Class said. "If we can use this data to identify migration risks, we can be proactive in preserving these corridors." According to Wild Migrations co-author Matt Kauffman, the initiative's research has yielded some important findings for big game species in Park County and the Greater Yellowstone

See Migration, Page 8



A mule deer buck migrates in the fall on the Red Desert to Hoback corridor, the longest mule deer migration recorded in America so far. The discovery of this route is told in the Wild Migrations atlas, a new book that was recently presented in Cody. Photo courtesy Joe Riis, Wyoming Migration Initiative photography fellow

City administrator Zane Logan to retire in June

BY MIKE BUHLER
Tribune Community Editor

Since going to work for the City of Powell in 1992, City Administrator Zane Logan has become a mainstay at Powell City Hall. However, that will change next year, as Logan announced his retirement, effective June 3, at the end of Monday's Powell City Council meeting. Logan has served as city administrator since January 2005. He originally joined the City of Powell in June 1992 as the electrical superintendent and later served as public works director.



ZANE LOGAN

"It's something that I've been considering for quite a few months," Logan said, adding, "It's just time ... and I feel very comfortable with the department heads, the direction and the leadership with the mayor and the elected people." "Sometimes you just want to go out when things are going good — and I feel that way," he said. "I'm comfortable that the city's in the right direction, both as a community, as staff and as elected people. I just feel like it's time." Logan told the council Monday that the decision to

See Logan, Page 2

HOLIDAY HARMONY



Choir director John Miller directs the Powell High School concert choir at their Christmas concert held Monday at the PHS auditorium. The holiday program featured festive performances by the high school's guitar ensemble, concert band, PHS Singers and concert choir. For more holiday performance photos, see Pages 13 and 16. Tribune photo by Steve Johnston

CREW CLEANING UP CRASH



A Chinook helicopter works to remove a haul truck that went over a cliff and fell roughly 250 feet down into Dead Indian Creek in mid-October. Ronny Frankenberg II of Cody, 26, died in the incident. Frankenberg had been part of an Oftedal Construction crew that was working to stabilizing a sliding area of the Chief Joseph Highway. The Wyoming Highway Patrol and the Wyoming Occupational Safety and Health Administration (OSHA) have been investigating the crash, including why Frankenberg was unable to stop the truck before going over the cliff. Prior to bringing in the helicopter, workers cut the wrecked haul truck into pieces so it could be brought out of the steep canyon. 'This crew is amazing, safety minded and working hard,' said Cody Beers, a spokesman for the Wyoming Department of Transportation. Photo courtesy Wyoming Department of Transportation

Dissolved fair board sues Laramie County

CHEYENNE (WNE) — The Laramie County Fair Board is not going away without a fight. Earlier this month, the Laramie County Commission voted to dismiss the independent, volunteer board. Commissioners argue a new events department run by professionals could better oversee the Archer Complex — the county's new events center — and other county recreation. But board members disagree,

planning to take their arguments to Laramie County District Court on Wednesday. The crux of the board's argument is that state law says county commissioners can create a board of trustees to "control, manage and maintain the [county] fairgrounds," but offers no provision for dissolving it. Their attorney, Gay Woodhouse, further challenges the commissioners' ability to redirect the flow of property tax

money the board collects. The fair board, which referred to the decision as a "gross abuse of power" in a Friday news release, is asking a judge to immediately halt and ultimately reverse the commissioners' decision. Commissioners aren't worried, though. "We are of the opinion that if we can create [the board], we certainly should be able to dissolve it," Commission Chairman

Buck Holmes said. Holmes said he believes the commissioners can do as they like with the board's property tax. Park County commissioners dissolved their fair board in 2015, recreating it as a more informal advisory board. That followed a decision to have a commission-supervised events coordinator take over management of the fairgrounds from a board-supervised fair director.

Program: Communities able to tailor prevention efforts

Continued from Page 1
was "very top heavy" and not offering a lot at the local level. Crampton said he got the impression that state leaders wanted "less money going into positions that didn't seem to do a lot." Of the funding approved by the Legislature, Park County was allocated \$380,926 for prevention services over the next two years. At a June meeting, commissioners decided to have Cody Regional Health manage the program, in partnership with the local health coalition. Morris is providing the commission with quarterly updates, giving her first report Nov. 7. In addition to the mental health, suicide prevention and beverage serving training that the program has led, Morris has participated in several other events and attended trainings herself. "So far, it's been very positive," she reported. "I've had nothing but positive experiences." Crampton gave commissioners a similarly glowing take on the new effort. "This is the best I could have hoped for," he said. "This is outstanding." Part of the appeal of switching from a state-based to a county-based program is that communities will be able to tailor prevention efforts to their indi-

vidual needs. Morris is currently putting together a comprehensive work plan, timeline and detailed budget for the next 18 months. Part of that effort will involve conducting a community assessment to figure out "what really matters to the citizens of the Big Horn Basin — not just to Park County, but the whole region," Morris said. "That way, we can help each other out." The fact that prevention dollars are being spent and controlled locally has already been well-received by several organizations, she said. "There's a lot of local-driven work, and that's the important [thing]." Morris added that the prevention services are intended to be in addition to the services that are already available. "We are a resource," Morris said. "We're definitely not looking to duplicate any efforts that are going on in the county; that has never been my goal. We are here to complement, convene and assist." While there may be more flexibility for counties to guide how the prevention services are rolled out, the Wyoming Department of Health still has stringent requirements for how the money is spent. Of the available grant funding, counties and their contractors must spend:
• 28 percent toward prevent-

ing suicides;
• 23 percent for preventing underage drinking;
• 21 percent to curb binge drinking among adults;
• 19 percent preventing tobacco use; and
• 9 percent stopping opioid, prescription and other drug abuse. In the proposal that Cody Regional Health and the Park County Health Coalition made in June, they laid out a variety of possible efforts, ranging from quit tobacco programs to purchasing ID scanners for bars to boosting awareness about the dangers of leaving prescription drugs around a home. Of the \$190,463 available in the first year of the grant, the rough draft called for spending about \$91,000 on activities (like suicide prevention trainings) and about \$72,800 in wages and benefits for the community prevention specialist position, among other expenses. Cody Regional Health is supporting the program with in-kind donations that include accounting, office space, phone and internet service and assisting with employee benefits. The Cody-based public health-care organization has been involved in prevention work for decades "and we've done it because it's the right thing to do, not because there's anything in it for us," Morris said.

As the community prevention grant manager and specialist, Morris' job was described in the proposal as administering the grant and, among other duties, working to promote alcohol and drug-free lifestyles, prevent suicides with coordinated, systemic efforts, discourage substance abuse and reduce its impacts and to encourage healthy behaviors. Tracking the impact and success of the prevention efforts will be easier in some areas than others. For example, students are regularly surveyed on their alcohol use, so the amount of underage drinking can be tracked from year-to-year, said Diane Ballard of Cody Regional Health. However, if the coalition works to cut down on binge drinking among adults, "What adult is going to answer a survey for you?" Ballard asked rhetorically in June. "It's very hard to get that data." Some efforts, she suggested, may only change a few lives, with the only evidence being anecdotal stories of how a program has helped someone. The Legislature only provided funding for two years. With prior prevention efforts not working out in the eyes of lawmakers, Commissioner Joe Tilden said in June that he fears "we just won't do this anymore" if the county-led programs aren't successful.

Logan: Council will look at job descriptions and form search committee

Continued from Page 1
retire "was not an easy choice" and that he'd kept Mayor John Wetzel in the loop about his deliberations. "There has been some stuff that's happening, I guess," he

said. That included his wife's retirement, the death of former City Water Superintendent Bill Winters months after his retirement and "a couple of other things [that have] just been a start and a slap in the face about reality," Logan said.

Wetzel said the city would put a committee together and look at job descriptions as they prepare to search for Logan's successor as city administrator. "You will be missed," Wetzel told Logan. "But we get you for six more months."

City Councilman Scott Mangold, who served as mayor during Logan's first four years as city administrator, joked about Logan's retirement plans. "You'll finally have time to work on that squirrel habitat," Mangold quipped.

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OBITUARIES

Marlene Kathryn Bennion

(May 11, 1933 - Nov. 11, 2018)

Marlene Kathryn Bennion of Billings, Montana, died Nov. 11, 2018, at Hospice House of Laramie. She was 85.

She was born Marlene Barnhart May 11, 1933, to Harold and Rose Barnhart, in Seattle Washington. She had one younger brother, Ben Barnhart, who she grew up with.

As a child they moved quite a few times all over Washington and then in 1942, the family moved to Broadview, Montana, where they helped her uncle care for a wheat farm. They called the house they lived in the "Bittle Place" after the family that homesteaded there years ago. It had a huge wrap-around porch and a view of waving wheat fields every direction you looked.

This is the home where Marlene, as a young girl, would wrap herself in a flowing white sheet and walk out to the porch to sing to the wheat like she was walking on the stage of a theater. Singing was her lifetime love and goal. She loved Sunday afternoons when she, along with her brother and parents, would ride around the dirt country roads singing

to the radio. This was her most happy of memories.

They moved back to Spokane, Washington, when she was in high school and although her family continued to move, she begged to stay in Spokane so she could graduate high school. It was here that Marlene attended a Lutheran church one Sunday, where she was asked to sing a special.

The pastor told Marlene of the love that God has for her. After the service, the pastor came over to visit with her. She knelt and accepted Jesus as her Savior and was given a little red Gideon New Testament.

Her family then moved to Billings, Montana, after Marlene's graduation from high school and she began attending college there. This is where she met her husband, Thomas Bennion, and they were married Dec. 24, 1953. It was the only day they both could get off from work.

Tom and Marlene moved their family to Powell in 1970, where Tom worked as the manager at Linton's Big R for Bud Linton.

All three of their kids: Christine, Andrea, and Barrett Bennion, graduated from Powell High School. Tom and Marlene returned to Billings in 1988 to live with and care for his mother, Jeanette Bennion.

Tom passed on to be with the

Lord in June 2016.

Marlene then moved into Springwind Assisted Living in Laramie in March 2017 to be closer to daughter Andrea.

From there she moved into the Hospice House on Oct. 17, 2018. She enjoyed the quiet atmosphere. The cows grazing in the field across the street made her feel at home.

Marlene made friends wherever she went, and tested all the boundaries.

She was truly a kind, fun-loving and pleasant person. Marlene will be greatly missed.

She was preceded in death by her parents Harold and Rose Barnhart of Billings, Montana; her twin older infant siblings, Don and Donna; and husband Thomas Bennion of Billings.

She is survived by her brother, Benton Barnhart and wife (Merridy), of Casa Grande, Arizona; two daughters, Christine Milbourn (Donny) and Andrea Grosinger (Matthew) and son Barry Bennion (Melodie); 14 grandchildren and 11 great-grandchildren.

Cremation has taken place. There will be a dual inurnment with Tom in Billings, Montana, in June 2019. For those that would like more information about the inurnment or to send condolences, please contact Andrea at andreareose4@gmail.com.

Thomas Edgar Berryman

(Dec. 2, 1942 - Nov. 25, 2018)

On Nov. 25, 2018, Tom Berryman passed away at the age of 75 years old in Reno, Nevada. He was a wonderful husband, father, grandpa and great-grandpa. He was deeply loved and will be dearly missed by his family.

Tom was born at the Powell Hospital Dec. 2, 1942, to Edgar and Mary Berryman. He graduated from Powell High School in 1961 and then joined the Air Force. While sta-

tioned at Castle Air Force Base in California, he met his wife Charlotte. They married and moved to Powell in 1965 where they lived for 20-some years before moving to Sparks, Nevada.

Tom enjoyed fishing, camping, hunting, snowmobiling, and just being in the great outdoors every weekend with his family and close friends.

He was preceded in death by his wife Charlotte; sister Dora

and brother Bill.

Tom is survived by his sister Anna Nielsen and sister-in-law Charlotte Berryman; daughter Debra Hansen (David), daughter Rainee Grass (David), son John Berryman, and son Frank Berryman (Brandi); 10 grandchildren; three great-grandchildren; plus several nieces and nephews.

At this time there is no memorial service scheduled. The family will plan a Celebration of Life in the summer of 2019.



THOMAS BERRYMAN

Janet F. (Loomis) Decker

(Jan. 31, 1938 - Nov. 30, 2018)

A memorial service will be held Saturday, Dec. 8, at the Church of Christ, 2344 E. 2nd St., in Casper for Janet F. (Loomis) Decker, who passed away after a short illness late Friday, Nov. 30, 2018. Janet was 80.

Janet was born Jan. 31, 1938, in Powell to Gordon and Vera Loomis, who farmed in the Powell Valley. She graduated from Powell High School in 1957 and worked at Gambles in Billings for a short time before marrying Paul James (Jim) Decker Dec. 29, 1957. Janet caught Jim's eye during her sophomore year of high school. In true chivalrous fashion, he ran up behind her as she was getting ready to board the school bus and asked if she would go on a date with him. She replied, "I have to ask my mom," and after a positive report from

her older brother, Gale, the date was approved.

After their marriage, Jim and Janet moved to Heart Mountain to farm. After farming for a few years, Jim and Janet decided to move to Laramie for Jim to finish his education. The family moved frequently with Jim's career, living in Wyoming, Montana, Colorado and the Washington, D.C. area. After Jim's retirement, they moved back to Powell and then to Casper in 2015.

Janet valued family, friends and faith above all. Janet was a fabulous cook and hostess. All were welcome in her home, with the kitchen being the center of all activity. She loved to travel, counting her 16 trips to Alaska among her fondest memories. Camping at the Wapiti campground on the North Fork of the Shoshone above Cody with family was a most treasured memory. Janet was a talented artist and crafter always creating beautiful artwork. For all these loves of her life, nothing was more

important than leading a faithful Christian life.

Janet's survivors include her husband of 60 years, Jim; sons Craig and his wife Patti of Wasilla, Alaska, Stanley and his wife Lisa of Casper, and Gary and his wife Shannon of Casper; her brother Gale and his wife Terry of West Yellowstone, Montana, Glen Loomis and his wife Virginia, also of West Yellowstone, and Dorris and Wayne Sternitzky of Overland Park, Kansas; nine grandchildren, Adam, Logan, Cody, Ariel, Jody, Heather, Brian, Sunny and Jameson; as well as eight great-grandchildren.

Janet was preceded in death by her parents, Gordon and Vera Loomis; son Rodney; and grandson Jason.

In accordance with Janet's wishes, she has been cremated. At some point in the future, Jim and Janet will be united once again in the waters of the North Fork of the Shoshone at Wapiti and in heaven, faithful Christians for life and eternity.

License: 'Both projects are extremely welcome'

Continued from Page 1

conference center portion of the project. Proponents of the public-private partnership say the conference center — with a capacity for 200 to 250 people — and the 70- to 80-room hotel will be a major economic boost for Powell.

In contrast, Paul said his constituents supported giving the license to Club Dauntless.

"What I [have heard] several times was that Club Dauntless put their application in first," said Paul. He cast the lone dissenting vote against seeking state funding for the Clocktower in June, citing concerns about giving the hotel an unfair advantage.

"They're both worthy contenders," Paul said of the two applicants for the license, "... but [Club] Dauntless comes out ahead in two categories: They put their application in first and they could open first."

Club Dauntless co-owner Stacy Bair requested the liquor license on Oct. 19 and told the council she could have her fitness center and adjoining high-end sports bar up and running by November 2019. Hotelier Steve Wahrlich, meanwhile, requested the license on behalf of the Powell Clocktower Inn on Nov. 5; he hopes to open the facility in the spring of 2020.

Councilwoman Spencer summed up the tough decision that the council had to make. "From the folks that I have

heard from and talked to, both projects are extremely welcome — and needed — in this community," Spencer said. "I see both sides, but I also remember ... people were pushing for a hotel ... 22 years ago — and we're still pushing for a hotel. And this is the opportunity to make it happen."

"By no means am I discounting the workout facility and the gym. I think it's a great idea, I'm a supporter and I would be there," she added, but "it's really, really bad timing and that's what's hard."

Wahrlich, who owns the Best Western Plus ClockTower Inn in Billings, said he felt "a sense of relief" to have the license approved.

"It's another positive step forward," he said.

On the other side, Club Dauntless co-owner Bair was disappointed after the meeting.

"I really don't feel that the council heard much of anything I said," she said. "I offered to withdraw my application, but asked for answers as to why the hotel was unable to use the bar and grill license as previously discussed. I am disappointed that council seemed to overlook this question and disregarded my offer to withdraw."

Wahrlich told the council last month that he might be able to make do with a more limited bar and grill liquor license. It requires that 60 percent of a business's sales come from food and no more than 40 percent from alcohol.

However, Wahrlich said Monday that a bar and grill license ultimately didn't "weigh out" for the hotel and conference center.

"One of the things that I had not looked at was the operation of it — how do you make it work from that standpoint?" Wahrlich said. "From the very beginning, I've always stated that I did not want to build a restaurant — and from that standpoint, making this work with utilizing a catering kitchen was very viable, except it does not weigh out operationally and functionally from that standpoint."

Before the vote, Bair told the council members that, even if they awarded the license to the hotel, she could still build her facility and perhaps wait for an available liquor license; she has said a bar is needed to make the whole project financially feasible.

"I'm willing to stick my neck out here and proceed with construction plans because the city of Powell deserves Club Dauntless — and the people are excited about it," Bair said.

However, after listening to several council members state that their constituents supported giving Powell Clocktower Inn the liquor license instead of Club Dauntless, Bair had second thoughts.

"Comments by a few council members have me questioning the feasibility and timing of this project for Powell," she said. "The project is on hold at this point."

(Tribune Editor CJ Baker contributed reporting.)



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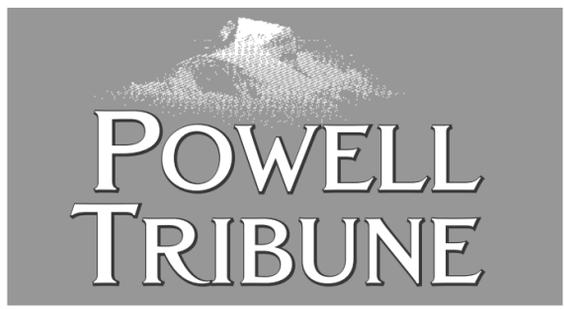
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100 years later, influenza remains deadly

THANKFULLY, VACCINES AND OTHER MODERN MEASURES HELP

Be glad you're reading about the flu in 2018 and not in 1918. One hundred years ago, the news was grim as the 1918 influenza pandemic spread across the globe, claiming more lives than World War I, which ended that November.

An estimated 500 million people — a third of the world's population at the time — became infected with the virus, and at least 50 million died worldwide, according to the Centers for Disease Control and Prevention (CDC).

In the United States, an estimated 675,000 people died from the 1918 influenza pandemic. The outbreak reached Wyoming, and one of the notable locals to die in the pandemic was Irma Garlow, the 34-year-old daughter of Buffalo Bill Cody. Irma and her husband, Fred, died within a few days of each other.

In 1918, life expectancy rates for Americans fell to just 36.6 years for men and 42.2 years for women. At a time of widespread fear and grief, few options existed for treatment or prevention of the flu.

"There were no vaccines to protect against flu virus infection, no antiviral drugs to treat flu illness, and no antibiotics to treat secondary bacterial infections like pneumonia," the CDC said on its website.

Can we just pause for a moment to marvel at modern medicine? One hundred years ago, scientists had not yet discovered viruses, let alone developed tests, treatments or vaccinations for influenza.

We've come such a long way. Today, the flu vaccine is in plentiful supply in America, with millions of doses produced each year. Yet even though flu shots are readily available and inexpensive, many don't get one.

If you haven't yet received a flu shot, we believe it's worth getting the vaccine — and there's still time to do so before the flu season peaks.

While a lot has changed since 1918, the flu still kills people every year. There were 27 flu-related deaths in Wyoming in 2017-18, making it a highly severe season, according to the Wyoming Department of Health.

Sadly, Montana experienced its first flu death of this season on Saturday as a 6-year-old kindergartner in Missoula, Montana, died of influenza and pneumonia.

"Influenza may be familiar, but should never be overlooked or accepted as a minor problem," said Dr. Alexia Harrist, Wyoming state epidemiologist, in a news release this fall. "We see serious illnesses, hospitalizations and deaths due to flu every season."

She called flu shots "safe and the most important action people can take to help prevent getting ill with influenza and passing it on to others."

The flu vaccine is available at doctors' offices, some pharmacies and Park County Public Health. And while you're at it, inquire about other vaccinations, such as those for shingles and whooping cough.

Of course, the flu shot isn't perfect — the CDC says its effectiveness varies, generally reducing your risk by 40 to 60 percent. That's why it's also important to practice common-sense measures to slow the spread of the flu and other illnesses, such as covering your mouth/nose when you cough or sneeze, and washing your hands frequently.

If you do get sick, be courteous and stay home from work or school, and don't run errands or attend public events.

The holidays are a time for sharing, but not when it comes to the flu.

Tessa 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, Community Editor Mike Buhler and Sports Editor Don Cogger.

Private letters to a lady, made public

My reading interests took an uncharacteristic turn last week. For most of my adult life, I have preferred to read non-fiction — especially history and current events — to reading fiction. Even when I read a novel, it is usually a story set within an historical event or a classic novel of some literary importance.

Recently, I have consumed a couple of recently published light novels along with a couple of Victorian novels and a few Jack London short stories. Last weekend, though, I returned to my favorite subject, history, but with a book that is rather unusual. It is a collection of 85 letters Ulysses S. Grant wrote to a girl he courted as a young officer and, as the commander of Union armies a decade later, to the same girl, who had become his wife, Julia Dent Grant.

I enjoyed the book, but I have to admit that I felt a little funny reading the letters at first. Reading somebody else's mail isn't a very polite thing to do in the first place, and it's probably even less polite to read a guy's intimate letters with his sweetheart. I don't think I'd like some stranger poking his nose into the letters I wrote to my wife-to-be

back during the year-long gap we had to endure between my graduation from UW and her graduation before we could get married. I don't actually remember what I said in any of those letters, but it's quite possible that I expressed some thoughts that might cause me embarrassment.

I suspect the former president of the U.S. might have felt the same way about his letters to Julia, but I wonder if he was aware that his lady kept every one of those letters he wrote. Julia did consider publishing them and actually talked to Mark Twain about it. She no doubt did so because her husband's memoirs had sold like those proverbial hotcakes, and she hoped the letters would provide her with an income, which she really needed.

This is worrisome. This saving of letters from a beau seems to be a girl thing, and somewhere among our possessions is a box containing all of the letters I wrote to my wife. In addition, there is a letter telling her that she should strongly consider

dumping me, or at least issue a stern tongue-lashing that I would never forget.

That letter came from a girl in the sociology class I was teaching, after a discussion of cultural differences surrounding marriage. One of the ideas that came up was the importance of having an attractive spouse. When I said that the beauty of the other person shouldn't be the only concern when you are choosing a mate, this girl decided that I must think the girl I was writing to was fat and ugly.

I'm not sure how she got Karen's address, but she did, and my student passed her opinion to Karen. Thankfully, Karen thought it was funny, and I was neither tongue-lashed nor dumped and our wedding went on as scheduled. However, I think that letter is still in the box, so I may not be safe yet.

Unlike Julia Grant, though, my wife isn't likely to seek publication of my letters to her, at least partly because she is more easily embarrassed than I. Besides, while she won't be a rich widow, she should be able to live comfort-

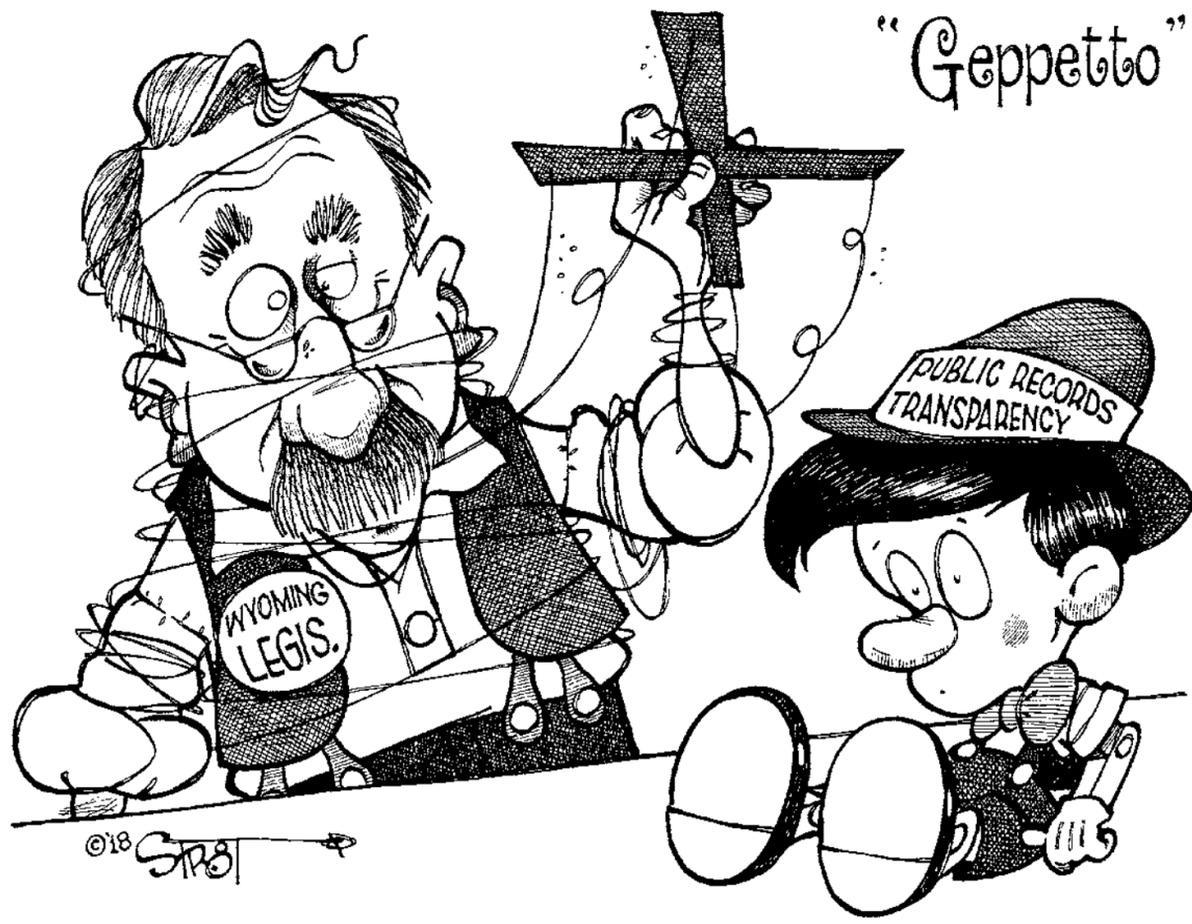
ably, so I don't have to worry. Julia Grant's effort to have the letters published never succeeded, until now, 133 years after her husband's death. Ron Chernow, who recently wrote a wonderful biography of U.S. Grant, published the book I am reading, "My Dearest Julia." It contains letters from his early years as a soldier, including those he wrote during the Mexican War, and those he wrote during the Civil War. It closes with a farewell letter he wrote to Julia a month before he succumbed to throat cancer.

The letters, which Grant wrote almost daily, reveal a person much different from the man imagined by many Americans. He turns out to be an excellent writer, although rather careless about spelling and some points of grammar. He demonstrates a sense of humor, but he deplores the carnage of the war, and the effect of civilians engulfed in the conflict especially troubles him.

I have always felt that Grant has always been misrepresented by history and underrated by most Americans. This book and Chernow's biography "Grant," go a long way toward changing that. They are both worth reading.



DON AMEND
The Amend Corner



Yes, there is a real Santa Claus

Saint Nicholas, better known as Santa Claus, was born in Asia Minor to a wealthy, Christian family. Nicholas' parents raised him strong in the Christian faith, but he lost both of his parents at a young age. He inherited his family's wealth and even though he was very young, he was determined to use his wealth to help the poor. In his village, there was a very poor family with three daughters that could not afford the required dowries for the girls to be married. Their father was going to sell them into prostitution, but Nicholas saved the girls one by one by throwing a pouch of gold through their window. The father found out about Nicholas' generosity and spread the word about him.

Nicholas grew up to be a priest and a bishop during a time when Christians were persecuted, but he never hesitated to stand up for the faith

and to help the poor, afflicted Christians. Once, Nicholas saved soldiers accused and imprisoned falsely as they called upon him for his intercession because they knew he stood for justice. Nicholas' love for God, justice and purity has made him an immortal saint of heaven. He's also the ever-beloved Santa Claus who is celebrated in western countries of Germany, Switzerland, Netherlands and was brought to the United States by the pilgrims. Saint Nicholas' feast day is Dec. 6. So, fear not and do tell your children that Santa Claus is real. He truly did exist and now he lives in heaven as he showers us with his gifts of prayers and intercessions. Although tradition has Santa

Claus bringing gifts to children, Saint Nicholas helped the adults as well. It's not only the children that have to be nice during this advent season as we are waiting and preparing for the birth of our Lord, but we, the adults, should be mindful of our actions as well.

Advent is the four weeks of preparation, prayer and devotion to God before Christmas. During the season of Advent, which started Sunday, Dec. 2, we can prepare for the birth of our savior by dedicating time daily to prayer and doing acts of corporal and spiritual works of mercy with joy. Corporal works of mercy are: feed the hungry, give water to the thirsty, shelter the homeless, clothe the naked and comfort the sick.

Spiritual works of mercy are: instruct the ignorant, council the doubtful, forgive offenses, rebuke the sinner, comfort the afflicted and pray for the living and the dead.

Remember that you do not have to travel to far off countries to do these acts of mercy. As Christ said in Matthew 25:40, "what you did for the least of one of these little ones you did it for me." That includes our families and friends. We just must remember to do the acts of corporal and spiritual mercy with love and joy. I hope you have a wonderful Advent season as you await and prepare for Christmas.

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



AUTOURINA MAINS
Guest columnist

CONTACT PARK COUNTY COMMISSIONERS: Jake Fulkerson ----- jfulkerson@parkcounty.us **Phone** ----- 307-754-8510
Lee Livingston ----- llivingston@parkcounty.us **Mailing Address** ----- 1002 Sheridan Ave.,
Tim French ----- tfrench@parkcounty.us **Joe Tilden** ----- jtilden@parkcounty.us **Cody, WY 82414**

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Longtime leaders depart county predator board

BY MARK DAVIS
Tribune Staff Writer

The Park County Predator Management Board has lost more than 50 years of experience, as Tuesday's meeting marked the last for the volunteer group's longtime president and vice president.

Board president Tod Stutzman served on the board for 30 years, including 22 years as president. The Powell resident said he considers his years of volunteer work essential to being a holistic rancher.

"Part of the business in raising livestock is protecting them. Protecting them from depredation by predators is big part of the job," Stutzman said.

The sheep rancher said he isn't looking for extra free time, but rather making room for a new position he's seeking on the Western Sugar Cooperative board of directors.

Vice president Allen Hogg, meanwhile, is leaving the board with 24 years of service. Hogg, of Meeteetse, grew up as a rancher and always had an interest in predators.

"Being part of the board came naturally to me," Hogg said.

Replacing Stutzman as president is Rori Renner, a cattle rancher from Meeteetse. Renner has been on the board since 2010, and previously traveled as a lobbyist seeking funds for the board. Renner said she isn't looking to make any dramatic changes.

"I hope to carry on the legacy that both Tod [Stutzman] and Allen [Hogg] set and protect the livestock producers in the county," she said. "There's going to be a steep learning curve."

The outgoing leaders said they're confident Renner will make an excellent president, but will have several difficult issues on her plate, including public perception.

"It's brutal work destroying an animal and the public doesn't always want to see that. Many don't even want to know where their steak comes from. But if you want steak on the table, predator control is part of the process,"



RORI RENNER



SHANE SMITH



Former Park County Predator Management Board president Tod Stutzman and former vice president Allen Hogg celebrate their last board meeting. The two, combined, had served more than 50 years on the board before stepping down Tuesday night. Tribune photo by Mark Davis

Stutzman said.

The Park County Predator Management Board contracts with trappers through the U.S. Department of Agriculture's Wildlife Services division.

Contractors have removed 6,228 coyotes, 117 coyote dens, 51 gray wolves and one mountain lion in predator management actions in the past year, according to Mike Foster, Wyoming director of Wildlife Services.

A significant role of the division is protecting livestock from predators such as coyotes, red fox, mountain lions, black bears, wolves and grizzly bears. Service specialists identify the cause of livestock damage and resolve conflicts while minimizing the impact on wildlife. The service also works with airports, private businesses, cities, counties, and individuals to curtail or prevent wildlife damage to a variety of resources.

"Funding will be the biggest issue Rori will face," Hogg said.

Members at the meeting discussed the

possibility of increasing the predator fee that Park County ranchers pay to help fund the board's work. The fee is currently \$1 per head of sheep and cattle, which is the maximum the state allows county predator boards to charge;

the fee hasn't increased for many years and that cap can only be raised by the Wyoming Legislature, Stutzman said. Funding for predator boards has decreased while the costs of predator control has increased.

Shane Smith, of Powell, will become the new vice president of the board. Smith was elected to the board in 2005. Replacing Stutzman as the sheep representative is Doug Heny, of Powell. Marty Haggie, of Meeteetse, will replace Hogg representing cattle producers. Regan Smith, a sheep rancher from Powell, will serve a second term as secretary/treasurer. He also was elected to the board in 2005.

The 10 members of the volunteer board — who also include Zane Bryan, Tim Hockhalter, George Joest, Keith Scheubel and Breanne Thiel — serve for three-year terms.

'I hope to carry on the legacy that both Tod [Stutzman] and Allen [Hogg] set and protect the livestock producers in the county.'

Rori Renner
Cattle rancher

Seasonal closures protect wildlife

The Bureau of Land Management Cody Field Office reminds the public of annual winter closures in the Bald Ridge, Carter Mountain, Little Mountain and Twin Creek Trail areas.

The closures are intended to limit disturbance to wildlife and big game in crucial winter ranges. The Carter Mountain and Little Mountain areas continue to be open to non-motorized and non-mechanized recreation opportunities such as hiking, snowshoeing, horseback riding and skiing. The BLM is committed to facilitat-

ing access to public lands and keeping the lands healthy and productive.

"These closure areas occur where big game forage becomes less available with increasing snow depth," said BLM Wildlife Biologist Destin Harrell. "This causes animals to work harder for food and lose vital fat reserves quickly. By reducing disruption during the winter, we increase their chance of survival and maintain a healthy population."

The following BLM-administered public lands are included

in the seasonal closures:

- Bald Ridge: closes Jan. 1-April 30 to all use including hunting and trapping. The Hogan/Luce Campground remains open to camping and the Hogan and Luce reservoirs remain open to fishing.
- Carter Mountain: closed Nov. 15-June 15 to all motorized travel. The area remains open to foot and horseback travel.
- Little Mountain: closed Dec. 1-April 30 to all motorized travel in the high country. The area remains open to foot and

horseback travel.

- Twin Creek Trail: closes Jan. 1-April 30 to all use where the trail easement passes through private land and on BLM-managed public land. The trail closure begins on the west side of the South Fork of the Shoshone River.

Signs and maps are posted at key locations to assist the public. For more information, please contact BLM Outdoor Recreation Planner Rick Tryder at 307-578-5900, or stop by the Cody Field Office at 1002 Blackburn St.

ENERGY SHARE PROGRAM ENTERS 31ST YEAR

Energy Share of Wyoming hopes to raise more than \$50,000 and assist more than 150 families across the state this winter.

The program assists individuals with energy-related emergencies when unusual circumstances create financial needs not met through existing assistance programs. Funding comes from voluntary contributions for the program, which started Saturday and runs through spring 2019 or until funds are depleted.

Fifteen Wyoming businesses, organizations and communities — including the City of Powell — sponsor the program.

During its 30th season last year, Energy Share raised more than \$56,000 in private and corporate donations to assist 155 households throughout Wyoming. Recipients of funding resided in 15 of Wyoming's 23 counties, with an average paid bill of \$306.

"We are very fortunate in Wyoming to have so many generous people who want to help their neighbors through difficult times. Over

the years, our program has been very successful and been able to assist thousands of families in need," said Mike Morrissey, an Energy Share member from Rocky Mountain Power.

Energy Share funding is available to assist with payment for energy bills when all other resources and assistance have been exhausted. First priority goes to individuals and families at or above 185 percent of the federal poverty level. Special consideration is given to senior citizens and the disabled.

Energy Share provides for a one-time expenditure of up to \$400 per household for electric costs. Additionally, Rocky Mountain PERC has donated funds to support a one-time payment this season for propane customers of up to \$400. All applicants must be Wyoming residents.

Funding decisions are made by The Salvation Army, which reviews applications and assesses eligibility based on need, lack of other resources and available Energy Share funds.

Individuals interested in applying for funds

should contact their local Salvation Army or call 1-877-461-5719 to find their local Salvation Army field representative.

For those wishing to make a tax-deductible contribution, sponsoring utilities include instructions in their fall and winter billing statements. In areas without a sponsoring utility, Energy Share individuals may send their tax-deductible donations to Energy Share of Wyoming, c/o Align, 1401 Airport Parkway Suite 300, Cheyenne, WY 82001-1543.

A nonprofit organization, Energy Share of Wyoming is a partnership of numerous organizations, utilities and businesses, including: The Salvation Army; Montana/Dakota Utilities Co.; Rocky Mountain Power; Black Hills Energy; Townsquare Media Group; Wyoming Rural Electric Association; City of Gillette; Town of Lusk; Dominion Energy; Align; City of Powell; Kelly Rizley Advertising & PR; Black Hills Corporation; Powder River Energy Corp.; and Rocky Mountain PERC.

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- Knowledge of computer operation, including Microsoft Word, Excel and data inputting.
- High school graduate or equivalent.
- Experience with Point Click Care software preferred but not required.
- One year experience as a medical records practitioner in a long-term care center preferred.

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RN or LPN license.
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DIGEST

Sheriff's office offers winter driving tips

Now that winter has a firm grip on the state of Wyoming, the Park County Sheriff's Office is urging drivers to be safe and cautious while traveling in poor winter weather conditions.

Frigid winter weather, with roads covered with slippery snow and ice, can challenge even the most experienced driver. It reduces the amount of traction your tires have, changes the time you have to respond to hazards, and makes your vehicle harder to control. Cold weather also tests the limits of your car's mechanical abilities.

Nearly 6,000 people are killed in weather-related traffic accidents annually, according to the U.S. Department of Transportation.

Here are the sheriff's office's tips to get ready for snow and ice-covered roads, and freezing temperatures:

- Pay attention to weather and traffic reports. Allow extra travel time for inclement weather and/or traffic delays.
- In frigid temperatures, allow the vehicle to adequately warm up before driving.
- Clear the vehicle's windows, headlights, tail and brake lights of snow and ice.
- Leave ample stopping time between you and the driver in front of you. Braking distance can be up to nine times greater on snowy, icy surfaces than on dry roads.
- Drive slowly, and be cautious on bridges and overpasses — they often are the first to freeze over.
- On snowy roadways, accelerate and brake slowly.
- If your vehicle is equipped with an anti-lock braking system (ABS), and you get into a skid, remember S.S.S.: Stomp on the brakes, Stay on the brakes



Cases and cans of Bud Light lie scattered across Interstate 80 on Wednesday after a multi-vehicle crash that closed the route between Evanston and the Bridger Valley. Uinta County Fire and Ambulance said seven semi-trucks and two passenger cars were involved, with four people taken to Evanston Regional Hospital with minor injuries. Winter can bring dangerous road conditions. Photo courtesy Uinta County Fire and Ambulance

and Steer where you want the vehicle to go.

If your vehicle does not have ABS, gently pump the brakes to stop the vehicle.

Before you venture out into adverse weather, you can take precautions to ensure you arrive at your destination safely. For instance, call and tell those at your destination your departure time, your travel route and your anticipated arrival time.

If you don't really have to go out, stay home. Wait until weather and road conditions improve.

Experts also suggest if you become stranded, it is best to remain in the vehicle. If nothing else, you are guaranteed shelter. Other helpful tips include:

- Tie a bright colored cloth

(handkerchief, towel, etc.) to the vehicle's antenna, driver door handle or outside mirror.

- Use your cellphone to call for help. Even if your phone indicates no service, try dialing 911.

- Keep the exhaust pipe clear of snow.

- Run the engine and heater no more than 10 minutes every hour, leaving a downwind window slightly open for ventilation while the engine is running.

- Light a flare or turn on a flashlight.

- Use floor mats, seat covers and blankets for added warmth.

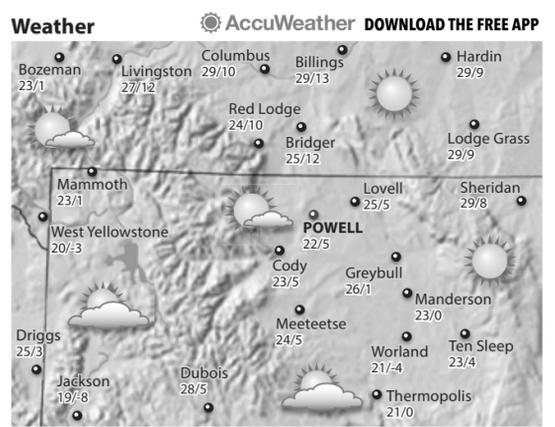
- Remain calm. Chances for rescue are better if you remain calm and in your vehicle.

- If you must leave your vehicle during a severe snow

storm or blizzard, secure a line of rope or cord to yourself and the vehicle to avoid becoming lost or disoriented.

The sheriff's office also recommends keeping an emergency kit in your vehicle with bottled water, blankets or a sleeping bag, flashlight or battery-powered lantern with extra batteries, jumper cables, emergency flares, extra clothing, small shovel, rope to use as a life line, nonperishable high-energy snack food, first-aid kit and necessary medications, sand or non-clumping cat litter for tire traction, cellphone, car charger or extra (charged) phone battery.

Up-to-the-minute road conditions are always available at www.wyroad.info.



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5-day Forecast for Powell

Today
 Mostly sunny and cold
 22° 5°

Friday
 Mostly sunny
 27° 9°

Saturday
 Sunny to partly cloudy
 31° 12°

Sunday
 Mostly sunny
 32° 16°

Monday
 Times of clouds and sun
 36° 25°

Weekly Almanac
 Powell for the 7-day period ending Tuesday

TEMPERATURES
 High/low45°/12°
 Normal high/low36°/12°
 Average temperature27.6°
 Normal average temperature24.0°

PRECIPITATION
 Total for the weekTrace
 Month to dateTrace
 Normal month to date0.02"
 Year to date9.08"
 Snowfall for the week0.7"
 Snowfall month to dateTrace"
 Snowfall season to date5.8"

Sun and Moon
 Sunrise/Sunset7:38am/4:34pm
 Moonrise/Moonset6:45am/4:34pm

New	First	Full	Last
Dec 7	Dec 15	Dec 22	Dec 29

Forecasts and graphics provided by **AccuWeather, Inc.** ©2018

WEATHER REPORT

Date	High	Low	Precip.
11.28	50.1	25.7	.00
11.29	47.4	18.6	.00
11.30	33.4	20	.07
12.01	31.4	16.4	.00
12.02	30.4	12.1	.00
12.03	29	15.6	.00
12.04	33.8	10.4	.00

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

- MARRIAGE LICENSES**
- LevinJay Kerbs, 22, and Taylor Lea Shanks, 20, both of Powell
 - Roger Samuel Joseph Wiltshire, 37, and Tracy Lynn Vink, 30, both of Powell
 - Shane David Williamson, 31, of Powell and Stacy Ann Kobbe, 34, of Cody
 - David William Slover, 49, and Jeri Lee (Black) Steward, 52, both of Worland

- POLICE REPORT**
Individuals arrested are presumed to be innocent and any listed charges are only allegations.
- NOVEMBER 22**
- 3:15 p.m. An officer checked on the welfare of a resident on North Bent Street and found the resident was fine.
 - 8:40 p.m. A caller reported a red flatbed truck that was swerving and almost hit the caller's mother at South Division Street/West Coulter Avenue. The vehicle was leaving the city limits and Wyoming Highway Patrol and the sheriff's

- office were notified.
- NOVEMBER 23**
- No time listed: A female resident reported losing a brown bifold wallet on East First Street the previous night. The wallet has the resident's ID in it, a prescription for Adderall and has a cross on it.
 - No time listed: A dog was reported to keep breaking through a neighbor's fence on Kattenhorn Drive. A responding officer found the dog's owners were not at home, but planned to continue trying to contact the owners.
 - 8:59 p.m. A woman on North Beckman Street reported her brother, who was on probation and not supposed to be around alcohol, had been drinking. The woman was informed that her brother was not on probation. The woman thought the probation was in another county, but the other county advised that was not the case. The woman was notified.
 - 11:21 p.m. A resident on North Beckman Street reported an intoxicated male knocking on their door. He was gone when officers arrived.
- NOVEMBER 24**
- 3:06 a.m. A windshield was reported to have been broken out of a vehicle on South Ferris Street.
 - 3:22 a.m. a windshield was reported to have been broken out of a vehicle on North Bent Street. Both it and the earlier incident were placed under investigation.
 - 7:38 p.m. A television was reportedly stolen on South Jones Street. The case was placed under investigation.
- NOVEMBER 25**
- 2:08 p.m. Someone reportedly

- broke into a vehicle on Sunlight Court and took some items. A responding officer contacted the resident, who did not wish to make an official report.
- 4:43 p.m. Dogs on South Edmonds Street were reported to have been barking for a couple hours. An officer contacted the dog's owner at the residence and advised them to quiet the dogs down.
- NOVEMBER 26**
- 12:52 a.m. A caller reported that someone in a vehicle had been following them around the Powell area for approximately an hour. A responding officer found the driver, who said they were friends with the caller and were driving a different vehicle to play a prank on them. The officer advised the driver to stop and to let the caller know they had been the one following them.
 - 9:55 a.m. A resident on South Edmonds Street reported a scam from a business. An officer spoke to the resident and placed the case under investigation.
 - 10:04 a.m. A resident on North Everts Street reported vehicles vandalized over the weekend. A responding officer placed the case under investigation.
 - 11:35 a.m. A vehicle was reportedly broken into and items taken on North Ingalls Street. The incident was placed under investigation.
 - 12:13 p.m. Officers assisted in the removal of an intoxicated customer from a property on East First Street.
 - 5:25 p.m. A resident reported losing keys and a cellphone on East First Street.

- NOVEMBER 27**
- 9:07 a.m. A resident on South Division Street reported a fraud and the case was placed under investigation.
 - 10:36 a.m. A caller reported a silver Kia coming into Powell on South Absaroka Street/East Coulter Avenue that had been flashing their lights and tailgating the caller. The Kia then passed the caller using the center lane, going at least 85 mph. A responding officer was unable to locate the vehicle.
 - 12:18 p.m. Officers checked on the welfare of a person on East Fifth Street and found they were fine.
 - 1:26 p.m. License plates were reported lost on Avenue G.
 - 1:39 p.m. After a traffic stop at North Absaroka/West 14th streets, the driver received citations for speeding and no seatbelt, and warnings for failure to stop at a stop sign and no registration.
 - 2:12 p.m. A traffic stop at Wyoming Avenue/South Mountain View Street resulted in citations to the driver for no driver's license, expired registration and no liability insurance.
 - 4:09 p.m. A traffic stop at East Third/North Gilbert streets resulted in the driver receiving a citation for driving while under suspension and a warning for expired registration.
 - 5:36 p.m. A caller on Mountain View Street reported a burglary to a residence. The case was placed under investigation.
 - 6:59 p.m. A bag of tiny white pills was found on West Coulter Avenue. The incident was placed under investigation.

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In an effort to protect native bighorn sheep, officials in Grand Teton National Park are proposing to relocate and kill roughly 100 mountain goats. Above, a bighorn sheep browses for food along the North Fork of the Shoshone River, near the UXU Ranch, on Tuesday. Tribune photo by Mark Davis

To protect sheep, mountain goats may be removed

BY MIKE KOSHMRL
Jackson Hole News&Guide
Via Wyoming News Exchange

Mountain goats that hoofed it to the Teton Range have become unwelcome neighbors.

Although charismatic and striking, the wild goats are exotic and pose a threat to an isolated, native bighorn sheep herd that's barely hanging on in Grand Teton National Park. That's a driving factor behind a new plan from park officials to relocate and kill about 100 mountain goats that now call the Tetons home.

"The issue is that the mountain goats, which are not native, have been at fairly low levels," said Grand Teton's science and resource chief, Sue Consolo-Murphy. "But in recent years they've expanded and really overtaken the declining bighorn sheep, which are native and their status is tenuous."

"Our proposal is to remove the mountain goats," she said. On Tuesday, the park released a planning document detailing the proposal and possible impacts. The hope is to act fast in order to avert a potential biological disaster.

When Grand Teton started taking public input on its mountain goat plan in 2013, rangers estimated that "10 to 15" goats inhabited the Tetons. At that time the bighorn sheep, called the Targhee Herd by the

Wyoming Game and Fish Department, was estimated to number 125 animals.

Since then goat numbers swelled as much as tenfold, and the population of sheep fell by 50 percent.

The reason for the sheep herd's decline is unknown, according to the environmental assessment.

"We do want to move quickly," park spokeswoman Denise Germann said. "We're thinking within three years we would be able to manage this and remove the goats from the park."

The desire is to start operations later this winter, after the National Environmental Policy Act process wraps up.

The Tetons' goat population traces to the Palisades herd, which occupies Snake River Range high country on both sides of the border between Wyoming and Idaho. The first of those animals showed up in the park in 1979, and by the late 2000s there were indications the goats were breeding.

Teton park's preferred plan, dubbed "alternative C" in the document, estimates that approximately 25 of the 100 mountain goats would be relocated, rather than killed. The ratio would depend on variables like capture success, interest from outside parties in receiving the goats and their ability to pay for transport, disease testing and other expenses.

Captured goats would be trapped on the ground, and darted and net-gunned aerially. "We want to be open to [use] those differ-

ent options, and respectful of the concerns and lives of those animals," Consolo-Murphy said. "But we also need to keep in mind our concern for that bighorn sheep herd. It's a native herd, and it's of a special interest."

For the lethal operations, contractors or trained National Park Service staff would "capture and then dispatch goats in a humane fashion," Consolo-Murphy said.

The planning document also describes using shotguns for helicopter-based removals and rifles to kill goats from the ground.

Park Service policy calls for maintaining the ecological role of native species and taking steps to reduce the potential for their extirpation. Invasive non-native species are unwanted and often targeted for elimination, especially when they have an impact on a native species.

The Teton Range herd of bighorn sheep is considered an especially high-risk population because the sheep are isolated not just from other herds but also from each other. Two groups of the sheep inhabit the range, one to the north and the other to the south. Although historically migratory, using lower elevations in the winter, those sheep now travel uphill once the snow flies, to depend on vegetation exposed along windswept ridges during the brunt of the season.

The 80 or so sheep that remain are thought to be susceptible to disease, potentially at risk from pathogens that are carried by the goats. They've also lost some of their best habitat from disruption by backcountry skiers, studies have shown, and they face risk of death due to avalanches, falls from cliffs and starvation.

'We're thinking within three years we would be able to manage this and remove the goats from the park.'

Denise Germann
Park spokeswoman

Psychologist and wife sent to prison in Medicaid fraud case

CHEYENNE (WNE) — A former Cheyenne psychologist and his wife were sentenced to prison Monday for making false statements to Wyoming Medicaid.

John R. Sink Jr., 68, and his wife, Diane M. Sink, 63, will serve 37 months in prison and must pay more than \$6.2 million back to the Wyoming Department of Health and the U.S. Department of Health and Human Services.

The Sinks also were ordered to forfeit more than \$750,000 in assets connected to the fraud, including cash, retirement accounts, vehicles and a house, according to a news release from

the U.S. attorney for Wyoming.

The husband and wife were indicted in May by a federal grand jury on charges of health-care fraud, making false statements and money laundering.

They pleaded guilty to making false statements earlier this year.

Prosecutors and law enforcement accused them of billing

'Fraud involving a government healthcare program ... is even more serious because it wastes taxpayer dollars ...'

Mark Klaassen
U.S. attorney

Wyoming Medicaid for \$6.2 million in group therapy that never occurred or didn't qualify to be state funded.

In May 2016, Wyoming Medicaid audited the Sinks, and court documents accused them of asking their employees to create backdated or phony treatment plans.

"Health-care fraud is a serious crime that increases costs and

wastes health-care dollars on medically worthless or unnecessary activities," U.S. Attorney Mark Klaassen said in a news release. "Fraud involving a government health-care program ... is even more serious because it wastes taxpayer dollars and reduces the program's ability to serve needy individuals and families."

The case was investigated by the FBI and Wyoming Medicaid Fraud Control Unit. Assistant U.S. attorney Eric Heimann and special assistant U.S. attorney Travis Kirchefer prosecuted the case.

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Schreiber: 'I'm honored and humbled that Game and Fish picked me ...'

Continued from Page 1

Schreiber, a Purdue University grad, stayed on for two years before heading to the University of Missouri to earn her master's degree. After graduation, she returned for two more years of seasonal work.

Then, when Greybull wildlife biologist Tom Easterly passed suddenly at the age of 50, Schreiber stepped into his role in 2014.

"They were big shoes to fill," Schreiber said.

The job was filled with adventure. Last year, Schreiber got a call late in her shift. A mountain lion was caught in a trap — the big cat was not the intended species — and the trapper needed help. The job began at night on snow-packed roads, crossing the Big Horn Basin to the Game and Fish's Cody office for a tranquilizer gun, then heading back home to get a snowmobile and grab a couple hours of sleep.

Growing up in Indiana, Schreiber never guessed she would one day be taking a pre-dawn snowmobile into the Bighorn Mountains. Or working hands-on with Wyoming's long list of iconic critters. Every day brought a new adventure.

This past summer, Schreiber led a team from the Game and Fish to collar Bighorn Mountain Range moose for the first study of the state's largest species of deer.

Showing no fear, Schreiber worked her way within 30 yards of a cow moose with a dart gun in hand — despite an agitated bull determined to stay between the biologist and her target. Schreiber was intent on making the best of every moment afield with the team in order to use all the collars available for the study. She eventually called off the attempt — not because of pressure from the bull, but out of concern for the moose.

From bears to lions, bighorn sheep to wolves, Schreiber was sent from one mountain range to the next into harm's way. And she loved it. But none of those large mammals were her specialty. Nor were the reptiles —

from the endangered Wyoming toad to extremely venomous midget faded rattlesnakes — while working as a seasonal tech. Schreiber's master's thesis was on sage grouse.

Shortly after the final collars were fashioned on cow moose, Tom Christiansen announced his retirement as the Game and Fish's sage grouse program manager. A nationally respected expert on the imperiled species, Christiansen had spent decades leading the state's program. He was a trusted voice through the 15-year debate that led to a historic multi-state collaboration aimed at saving the grouse, both from further declines and the endangered species list.

Schreiber immediately applied for Christiansen's job. It was an easy choice for the department to hire her, said Brian Nesvik, Game and Fish chief game warden and chief of the wildlife division.

"Leslie was selected because she has the skills and a tremendous work ethic," Nesvik said.

Schreiber finally gets a chance to work with sage grouse, but she'll also inherit the lead in a national tug-of-war that can pit habitat conservation against mineral extraction and development.

"Sage grouse are definitely a sensitive species and she'll get thrown right in the middle of the debate," Nesvik said.

In 2015, 10 western states joined in a collaboration with the federal government and President Barack Obama's administration in an attempt to save the species. It was the largest conservation effort in U.S. history. But some felt the new regulations missed their mark. Conservation groups, including the Sierra Club and Defenders of Wildlife, thought the regulations didn't go far enough to protect habitat — more than 25 percent of which is within Wyoming. Meanwhile, the Western Energy Alliance was among several energy extraction groups to protest the plan, claiming it went too far in restricting exploration.

Despite the objections, sage grouse seemed to be on steady



Leslie Schreiber, sage grouse program manager for the Wyoming Game and Fish Department, is photographed with a sage grouse hen. Courtesy photo

footing in the West. The collaboration was heralded by state and federal leaders, including Wyoming Gov. Matt Mead. But in 2017, under President Donald Trump, new Secretary of the Interior Ryan Zinke announced that the Obama-era sage grouse regulations would face a review. Many — including Mead — warned that changing course could result in more habitat loss and lawsuits seeking to list the sage grouse, but Zinke announced changes to the plan six months later. He used much of the language proposed by the energy alliance.

Recently, the Bureau of Land Management and the U.S. Forest Service have been working to open core sage grouse habitat — more than 8,000 square miles in five states — to energy extraction and grazing leases. Once again, sagebrush steppe became a political football. Schreiber's new job puts her smack in the middle of the fight.

In starting the position last month, Schreiber said she's too new to the post to comment on the politics of the imperiled

species, opting to take time to celebrate the promotion and get comfortable in the position.

"I'm honored and humbled that Game and Fish picked me to carry on the tradition of conserving and collaborating to protect sage grouse," she said. "I'm focusing more on the science and the daily activities that all of our biologists take part in, like coordinating lek efforts and reviewing research proposals."

Unlike Christiansen, who was based in Lander, Schreiber has chosen to remain in Greybull. And with the change, the state has decided to move the sage grouse program under the non-game animal umbrella, although the state is still hosting sage grouse hunting seasons. The precarious nature of the species fits better under the non-game species umbrella, Nesvik said.

Coincidentally, Schreiber's new boss is a familiar face — the same scientist who encouraged her studies and recruited her to Wyoming.

"On Nov. 1, Zack Walker became my immediate supervisor," she said.

Migrations: Primary concern in Big Horn Basin is winter habitat

Continued from Page 1

Ecosystem.

"One of the surprises [for herds in Park County] is that these migrations have been occurring for a really long time, as evidenced in the historic record," said Kauffman, the director of the U.S. Geological Survey's Wyoming Cooperative Fish and Wildlife Research Unit and lead scientist of the Wyoming Migration Initiative.

As an example, Kauffman cited the research presented by co-author Greg Nickerson on prehistoric bighorn sheep traps above the Shoshone River. Nickerson projected an atlas map showing the locations of known prehistoric traps relative to present-day bighorn sheep migration routes.

"The traps are in the same location as existing corridors," said Nickerson, providing evidence that bighorn sheep have been following these migration routes for hundreds, perhaps thousands, of years.

In addition to bighorn sheep migrations, the atlas includes information about elk and mule deer seasonal movements in Park County and the Yellowstone area. One map shows the migration corridors used by the nine elk herds that journey seasonally in and out of Yellowstone National Park. Resembling the rays of a starburst, the migration corridors arc out from the park's rectangular boundary in all directions of the compass.

Two of these arcing lines represent the Clarks Fork and Cody herds, which were studied by one of Kauffman's Ph.D. students, Arthur Middleton, and documented by National Geographic photographer Joe Riis in 2014-15. Middleton's research and Riis' photography were featured in National Geographic in 2016. Many of Riis' striking photographs — of elk and other migrating ungulates — are included in the Wild Migrations atlas.

While the elk migration study has concluded, the Wyoming Migration Initiative team is currently gathering data on mule deer migrations in the eastern portion of the Greater Yellowstone Ecosystem. It's an area spanning from the Wyoming/Montana border south to the Wind River Valley. Begun in 2016, the research project is following the movements of five herds. Three of these herds — the Clarks Fork, Upper Sho-



A mule deer doe migrates across a road near Fremont Lake outside of Pinedale. The story of how migration data led to conservation of a crucial bottleneck in this area is one of the 70 topics covered in the Wild Migrations atlas. Photo courtesy Joe Riis, Wyoming Migration Initiative photography fellow

shone and Owl Creek/Meeteetse herds — migrate in and out of the Big Horn Basin.

As part of the project, a large collaring effort was undertaken in 2016 and again in 2017. According to Kauffman, approximately 40 individuals from each of the five herds were fitted with GPS collars. Each deer carries its collar for up to two years, to allow for data collection from two cycles of spring and fall migration.

One of the study's initial findings is that the mule deer that winter on the South Fork of the Shoshone River migrate to Grand Teton National Park for the summer, Kauffman said.

Data from the mule deer study will be collected through 2019. Wyoming Migration Initiative scientists are using the data to look at potential threats and conservation opportunities, such as road crossings, fencing issues and residential develop-

ment.

According to Kauffman, the primary concern for Big Horn Basin ungulates is not migration barriers, but winter habitat.

"Most ungulates are migrating on [U.S. Forest Service] or BLM lands, but wintering on private lands; collaboration with private landowners is key," he said. "Subdivision is a primary threat."

For more information, visit www.migrationinitiative.org.

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PHS GRAPPLERS A MIX OF YOUTH, EXPERIENCE



Members of the Powell High School wrestling team warm up in the PHS wrestling room before Tuesday's practice. The Panthers open their season this weekend, hosting the Powell Invitational. Tribune photo by Don Cogger

SEASON OPENS THIS WEEKEND AT HOME

BY DON COGGER
Tribune Sports Editor

This weekend will be a busy one for Powell High School athletics, as the winter sports season kicks off with home contests for every team with the exception of boys' and girls' basketball.

But no event will be bigger than the Powell Wrestling Invitational, with 17 schools descending on the PHS gym Friday and Saturday. The Panthers will look to defend their title, having won the event last year. "The Powell Invitational has been going on a long time," said Panther head coach Nate Urbach. "We'll have pool wrestling Friday, so everyone will have about four matches for the most part. If you've done well Friday, you'll get to compete in the tournament round Saturday, where each wrestler will get another three matches. A lot of kids will get seven matches this weekend."

Now in his 15th season of coaching the Panthers, Urbach said the team of about 25 kids is a solid mix of returning experi-

ence and young talent. The team is coming off a fourth-place finish at state, and the longtime coach said he'd like to see the team perform as well or better this season.

"We're looking pretty good. We'll see," he said. "We have a couple of returning state champs, some medalists. We've got a lot of kids that were young last year that need to take big steps this year. That's what I'm looking at seeing."

Returning to the Panthers are a pair of state champions: Senior Reese Karst, who won the title at 138 pounds, and junior Brody Karhu, the defending champ at 152 pounds. The pair will be joined by junior Bo Dearcorn, who finished third at state at 170 pounds, and sophomore Emma Karhu, who became the first female to earn a medal in Class 3A wrestling with a fifth-place finish at 106 pounds.

"Bo Dearcorn, who was third for us last year and fifth the year before, he'll be tough this year," Urbach said. "Emma Karhu was fifth at 106, she'll be one

See PHS WR, Page 12

'We're looking pretty good. We'll see.'

Nate Urbach
Head coach

Panther swimmers dive into winter season

WITH 10 FRESHMEN, SWIM AND DIVE TEAM TO RELY ON YOUTH MOVEMENT

BY DON COGGER
Tribune Sports Editor

It will be a youth movement for the Powell High School boys' swimming and diving team this season, as 10 freshmen will take to the pool for the Panthers.

"We're a young team, but we have some really good returning swimmers as well," said PHS head coach Stephanie Warren. "Mixed in with our freshmen, we have some really talented swimmers. All of them, for the most part, have competition experience, whether it's middle school or USA. Potentially we have the possibility of being a very, very strong team."

The Panthers had 12 state qualifiers across eight events last season, and finished third in the state as a team. Powell lost five seniors to graduation, including state champion diver Hudson Wilkerson and Kacey Creed, the state runner-up in the 100 breaststroke and the 100 butterfly. Big shoes to fill, to be sure, but Warren said her swimmers will be up to the challenge.

"Once we get the kids through these first few meets, we'll know what their strengths are," Warren said. "Anything is possible."

The Panthers open the 2018-



The PHS boys' swimming and diving team do plank twists before hitting the pool Tuesday at the Powell Aquatic Center. The Panthers host a quad Friday at the PAC, then head west Saturday for the Cody Invitational. Tribune photo by Carla Wensky

19 season this weekend, with a home quad against Newcastle, Cody and Worland Friday and the Cody Invitational on Saturday.

"We'll probably see the same teams over there [in Cody], plus a few more," Warren said. "It will be a busy weekend for us."

Having so many freshmen on the team is a rarity, according

to Warren, adding an extra level of excitement to the program.

"This is by far the largest freshmen class that we have ever had," she said. "A lot of times, we get five, maybe six, and we would be really excited. We have 10 this year, and we've been watching these 10 come up through the USA Swim program, so we knew when they were younger that they'd be a

good team. It's great to see that they've stuck it out since they were little. I'm pretty excited to see what they're going to bring to our team."

Returning swimmers Warren expects to make an impact this season include seniors Trent Wilson and Joe Rogers.

"Trent and Joe brought some great stuff with them last year," Warren said. "They have

some great strengths and some distance swimming that they like to do, as well. We have that coming back, which is going to help us."

Juniors Jay Cox, Richard Spann and Ben Cannizzaro all qualified for state last year, and the coach expects fellow junior Dallin Allred to have a

See PHS swim, Page 12

TRAPPER WRESTLING

Injury-riddled Trappers show grit in Montana

BY DON COGGER
Tribune Sports Editor

Decimated by injuries, the Northwest College wrestling team continued to gut out the 2018 portion of its season, competing last weekend at the Battle of the Rockies in Great Falls, Montana.

With just six wrestlers healthy enough to compete, the Trappers dropped three duals on Friday, falling to Eastern Oregon University (36-15), Embury-Riddle Arizona (49-6) and Northwest Kansas Technical College (37-16).

"I think the kids got better, but it was an absolute challenge for us," said NWC head coach Jim Zeigler. "We lost three duals, and it was because we were forfeiting too many weights. You

See NWC WR, Page 10

Powell Panther cagers look to build around returnees



After winning just six games last season, the Powell Panthers boys' basketball team is focused on having a strong season this winter. Pictured from left are seniors Carson Heinen, Carter Olsen, William Preator, Kaelan Groves, Dalton Woodward and Kain Baxter. The Panthers open the season Friday afternoon at the East-West Classic in Buffalo against Pinedale, then take on Rawlins Saturday morning at the East-West Classic before facing off with host Buffalo Saturday night. Tribune photo by Mike Buhler

BY MIKE BUHLER
Tribune Community Editor

Coming off of a six-win season last winter, members of the Powell Panthers boys' basketball team had a surprisingly successful summer.

"We lost two games of the 15 [we played] over the summer league games," PHS coach Chase Kistler said. "What I found was they were playing more as a team. They were sharing the ball more and that made us more versatile all around. We didn't rely on one person scoring — the more we shared the ball, the scoring came easier [and] came a lot faster."

That commitment to teamwork and unselfish play — plus four returnees who played a lot of varsity minutes last season — has Kistler optimistic ahead of Friday's

season opener at the East-West Classic in Buffalo.

"We didn't lose a whole lot in terms of number of kids that played a lot of minutes," Kistler said. "We've got a lot of kids that did a lot of scoring and rebounding — and played important positions, getting the ball up the court. We've got a lot of those parts back this year."

Leading the returnees is Carson Heinen, who led the Panthers in points (8.4) and rebounds (7.3) per contest last season, and also paced the team with 22 blocked shots.

"Pretty much every year, he's been in the top eight in rebounding," Kistler said. He later said that Heinen has battled illness the last two years, so he could be primed for a big season.

"I think you'll see more

See PHS BB, Page 10

'We lost two games of the 15 [we played] over the summer league games.'

Chase Kistler
Head coach

THE LINEUP

This Week in Powell Sports

* Home events in bold

- FRIDAY, DEC. 7**
- PHS Girls' Basketball v. Rawlins at East-West Classic, Lovell, noon
 - PHS Boys' Basketball v. Pinedale at East-West Classic, Buffalo, 4 p.m.
 - PHS Girls' Basketball v. Douglas at East-West Classic, Lovell, 6 p.m.
 - PHS Wrestling at Powell Invitational, Powell High School, 1 p.m.**
 - PHS Boys' Swimming v. Newcastle, Cody, Worland, 5 p.m.**
 - NWC Women's Basketball v. Western Nebraska CC, Cabre Gym, 5:30 p.m.
 - NWC Men's Basketball v. Game Gear, Cabre Gym, 7:30 p.m.

- SATURDAY, DEC. 8**
- PHS Boys' Basketball v. Rawlins at East-West Classic, Buffalo, 11 a.m.
 - PHS Girls' Basketball v. Pinedale at East-West Classic, Lovell, noon
 - PHS Wrestling v. Powell Invitational, Powell High School, 9 a.m.**
 - PHS Boys' Swimming at Cody Invite, 10 a.m.
 - NWC Women's Basketball v. Trappers All-Stars at Cody High School, 1 p.m.
 - NWC Men's Basketball v. Game Gear at Cody High School, 3 p.m.
 - PHS Boys' Basketball v. Buffalo at East-West Classic, Buffalo, 7 p.m.



2018-19 PHS WINTER SPORTS SCHEDULES

*Home events in bold

PHS WRESTLING

Fri., 12/7	----- Powell Invitational	----- 1 p.m.
Sat., 12/8	----- Powell Invitational	----- 9 a.m.
Fri., 12/14	----- at Worland Invite	----- 12:30 p.m.
Sat., 12/15	----- at Worland Invite	----- 8:30 a.m.
Fri., 1/4	----- at Bozeman Invitational	----- 11 a.m.
Sat., 1/5	----- at Bozeman Invitational	----- 10 a.m.
Fri., 1/11	----- at Missoula Sentinel	----- TBA
Sat., 1/12	----- at Missoula Sentinel	----- TBA
Thur., 1/17	----- v. Laurel	----- 6 p.m.
Fri., 1/18	----- at Lander Invitational	----- 1 p.m.
Sat., 1/19	----- at Lander Invitational	----- 9 a.m.
Tue., 1/22	----- v. Lovell	----- 6 p.m.
Fri., 1/25	----- at Riverton Invitational	----- 9 a.m.
Sat., 1/26	----- at Riverton Invitational	----- 9 a.m.
Fri., 2/1	----- at Lander	----- 6 p.m.
Tue., 2/5	----- at Cody	----- 6 p.m.
Fri., 2/8	----- v. Buffalo, Cody, Worland	----- 5 p.m.
Fri., 2/15	----- 3A West Regionals, Powell High School	----- TBA
Sat., 2/16	----- 3A West Regionals, Powell High School	----- TBA
Fri., 2/22	----- 3A State Tournament at Casper	----- 9 a.m.
Sat., 2/22	----- 3A State Tournament at Casper	----- 9 a.m.

PHS BOYS' SWIM

Fri., 12/7	----- v. Home Quad, PAC	----- 5 p.m.
Sat., 12/8	----- at Cody Invitational	----- 10 a.m.
Sat., 12/15	----- at Riverton Invitational	----- 10 a.m.
Tues., 12/18	----- v. Riverton, PAC	----- 4 p.m.
Fri., 1/4	----- v. Lander, PAC	----- 5 p.m.
Sat., 1/5	----- Gene Dozah Invite, PAC	----- 10 a.m.
Sat., 1/12	----- at Worland Invitational	----- 10 a.m.
Tues., 1/15	----- v. Cody, Worland, PAC	----- 5 p.m.
Sat., 1/19	----- at Lander	----- 11 a.m.
Tues., 1/22	----- at Worland Triangular	----- 5 p.m.
Fri., 1/25	----- at Buffalo	----- TBA
Sat., 1/26	----- at Campbell County Invite	----- TBA
Fri., 2/1	----- at 3A West Conference Meet at Riverton	----- TBD
Sat., 2/2	----- at 3A West Conference Meet at Riverton	----- TBD
Fri., 2/15	----- at 3A State Meet at Campbell County	----- TBD
Sat., 2/16	----- at 3A State Meet at Campbell County	----- TBD

PHS BOYS' BASKETBALL

Fri., 12/7	----- at East-West Classic v. Pinedale, Buffalo	----- 4 p.m.
Sat., 12/8	----- at East-West Classic v. Rawlins, Buffalo	----- 11 a.m.
Sat., 12/8	----- at East-West Classic v. Buffalo, Buffalo	----- 7 p.m.
Fri., 12/14	----- at Cody	----- 7 p.m.
Fri., 12/21	----- v. Wyoming Indian	----- 7 p.m.
Fri., 1/4	----- v. Rocky Mountain	----- 7 p.m.
Fri., 1/11	----- at Big Horn Basin Classic, Thermopolis	----- TBA
Sat., 1/12	----- at Big Horn Basin Classic, Thermopolis	----- TBA
Fri., 1/18	----- at Worland	----- 7 p.m.
Sat., 1/19	----- v. Lander Valley	----- 4:30 p.m.
Fri., 1/25	----- v. Lovell	----- 7 p.m.
Fri., 2/1	----- v. Pinedale	----- 7 p.m.
Sat., 2/2	----- v. Big Piney	----- 2 p.m.
Fri., 2/8	----- at Thermopolis	----- 7:30 p.m.
Tues., 2/12	----- v. Worland	----- 7 p.m.
Fri., 2/15	----- at Lander Valley	----- 7:30 p.m.
Thurs., 2/21	----- v. Cody	----- 7 p.m.
Fri., 2/22	----- at Lovell	----- 7 p.m.
Thurs-Sat., 2/28-3/2	----- at 3A West Regional, Worland	----- TBA
Thurs-Sat., 3/7-9	----- at 3A State Tournament, Casper	----- TBA

PHS GIRLS' BASKETBALL

Fri., 12/7	----- at East-West Classic v. Rawlins, Lovell	----- noon
Fri., 12/7	----- at East-West Classic v. Douglas, Lovell	----- 6 p.m.
Sat., 12/8	----- at East-West Classic v. Pinedale, Lovell	----- 3 p.m.
Fri., 12/14	----- at Cody	----- 5:30 p.m.
Fri., 12/21	----- v. Wyoming Indian	----- 5:30 p.m.
Fri., 1/4	----- v. Rocky Mountain	----- 5:30 p.m.
Fri., 1/11	----- v. Big Horn Basin Classic	----- TBA
Sat., 1/12	----- v. Big Horn Basin Classic	----- TBA
Fri., 1/18	----- at Worland	----- 5:30 p.m.
Sat., 1/19	----- v. Lander	----- 3 p.m.
Fri., 1/25	----- v. Lovell	----- 5:30 p.m.
Fri., 2/1	----- v. Pinedale	----- 5:30 p.m.
Sat., 2/2	----- v. Big Piney	----- 12:30 p.m.
Fri., 2/8	----- at Thermopolis	----- 6 p.m.
Tues., 2/12	----- v. Worland	----- 5:30 p.m.
Fri., 2/15	----- at Lander	----- 6 p.m.
Thurs., 2/21	----- v. Cody	----- 5:30 p.m.
Fri., 2/22	----- at Lovell	----- 5:30 p.m.
Thurs., 2/28	----- 3A West Regionals at Worland	----- TBA
Fri., 3/1	----- 3A West Regionals at Worland	----- TBA
Sat., 3/2	----- 3A West Regionals at Worland	----- TBA
Thurs., 3/7	----- 3A State Tournament	----- TBA
Fri., 3/8	----- 3A State Tournament	----- TBA
Sat., 3/9	----- 3A State Tournament	----- TBA



NWC freshman wrestler Dawson Barfuss competes last month at the Trapper Open. Barfuss finished sixth at 125 pounds in last weekend's Battle of the Rockies tournament in Great Falls, Montana. Tribune photo by Mark Davis

NWC WR: Return to competition after break

Continued from Page 9

can't go in and forfeit four weights and win a dual. But we won some individual matches, and saw some improvements, which was what we were looking to do. It's hard to swallow those losses, but it's inevitable when you don't have a full lineup."

Although only a half-dozen Trappers participated in Saturday's open tournament, Zeigler said he was impressed with how they competed. Freshman Dawson Barfuss went 3-2 at 125 pounds, posting wins over McKendree's Marcus Povlick, Providence's Jordan Grimm and Montana State-Northern's Kaleb Frank. Barfuss' sixth-place finish was tops among Northwest wrestlers.

"Dawson Barfuss really woke up at 125 pounds," Zeigler said. "He did a really good job for us."

Heavyweight Daniel Jordan also had a solid tournament, finishing 1-2 with a pin over Dickinson State's Zach Myers.

"Our heavyweight [Jordan] did a good job against some stiff competition," Zeigler said.

Other Trapper wrestlers included William Fish (2-2), Sterling Kraye (0-2), Logan Gentzler (0-2) and Porter Fox (0-2).

"Coming out of the gate, the guys seem really timid," Zeigler said. "At each of the events, the first match always seems to have some anxiety involved. As the meets progress, they tend to loosen up a bit. We've

got to get rid of those first-match jitters and early anxieties, and just relax and compete."

A dual with the University of Providence scheduled for Saturday has been canceled, so the Trappers won't compete again until after the Christmas break. Zeigler said the long break will serve to get everyone healthy, as well as get the team focused on making a strong push heading into districts in February.

"With this weekend's dual canceled, it gives us the opportunity to prepare for our final exams, which is the most important thing we got going right now," Zeigler said. "Then we'll regroup over the break and hopefully come back with a full lineup in January. We'll have four guys back, so that will make a huge difference."

Zeigler added that it will be important for his wrestlers to maintain their weight and conditioning over the break, as well as watch film.

"There's so much wrestling available online of the top wrestlers in the country that they can watch," he said. "I try to teach my guys to be a student of the game — studying, learning and understanding wrestling through that process. Sometimes you have to take a step back to do that well. So we'll take a step back during this break, take a deep breath and remember the things that are important to us. But we'll also take some time to learn, and come back fresh and start over for what is truly the most important part of the season."

'I try to teach my guys to be a student of the game — studying, learning and understanding wrestling through that process.'

Jim Zeigler
Head coach

PHS BB: Tough schedule for Panthers

Continued from Page 9

scoring out of him and even more rebounding out of him [with Heinen] staying healthy," Kistler said.

Also looking to make an impact inside are Carter Olsen, who's making the move up from junior varsity, and 6' 3" senior Dalton Woodward.

"His jumping has definitely improved this year, so that's another big help on the boards," Kistler said of Woodward. "His shot block ability's there."

With Heinen, Olsen and Woodward playing inside, "rebounds are taken care of," the coach said.

Also back is Kaelan Groves, who was second on the team in scoring last season at 8.3 points per game and looks to start at point guard to open the season.

"Kaelan [Groves] was definitely a guy that had the ball in his hands quite a bit last year, getting the ball up the court," Kistler said. "He was one of our leading scorers."

Starting on the wing will be Will Preator, who averaged three points per game last winter.

"Will Preator's another guy that's played a lot of minutes, varsity and JV," Kistler said.

Kistler also spoke well of Jesse Brown, who is a potential starter and one of the team's best defenders.

"He's a hustle kind of guy that we can [have] him defend their best player if need be," Kistler said of Brown.

One thing that is certain is that Powell will not face an easy schedule. Of its three opponents in the 3A Northwest quadrant, Lander is ranked third in WyoPreps.com's Class 3A preseason poll, while Worland is No. 4. Those aren't even all the tough teams that the Panthers will take on this season, as Powell faces three of the top seven teams in the state at the East-West Classic in the season's first two days.

"That's going to be a good test of where we stand," Kistler said. "Also, right out of the gate, we're playing Buffalo, who's the No. 1-ranked team in the state; we're going to have them on their home court."

The Panthers will open the season Friday at Buffalo with a game against Pinedale, which is unofficially ranked seventh in the preseason poll, and will also face Rawlins, the second-ranked team in Class 3A.

"Those are just some highlights of teams [of] the games that we've got lined out," Kistler said.

Despite the tough schedule, Kistler remains optimistic, as the team's returnees will be joined by several sophomores who are coming off of strong freshman seasons, and a group of juniors who are "hard workers" and "get after it on defense" — players like Ethan Asher, Cameron Wentz and Noah Faxon.

"We had a great turnout for tryouts," Kistler said. "We've got a great program that's just building each year and getting better each year."

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Hearing from God directly by listening to his spoken word

remember as a child thinking how amazing it must have been for Moses to be at a burning bush and hear the voice of God, how special it must have been for the disciples to hang with Jesus, to talk with Jesus and to hear his voice. I remember thinking how my faith would be stronger if I could just hear from God more directly.

It wasn't until my early college days when I realized that I actually could hear from God directly. When I got some sense of the history of how God has spoken and has preserved and put the Bible together, I came to realize I had direct access to the voice of God more fully than most people



ANDREW SEVERINSEN
Perspectives

throughout history. It changed my life. It changed the way I view his word. And most importantly, it changed my relationship with God.

God still speaks. God speaks today directly to us. God speaks his very words to us in the Bible, his special revelation. He speaks and reveals himself to us primarily in the 66 books of the Bible (2 Timothy 3:16; 2 Peter 1:20-21; Hebrews 3:7). In the "beginning," God spoke to create (Genesis 1:3), and he continues to speak through creation (Psalms 19:1-2; Romans 1:20). God spoke through prophets, and God speaks through his son (Hebrews 1:1-2). And God still speaks to us today through his word. We can hear

from God, his very words, directly to us, as the Holy Spirit illuminates our hearts and minds, revealing himself to us.

The Bible is true. It's complete. It's authoritative. It's sufficient. In fact, the test of truth is the teaching of the Bible itself (John 17:17; Acts 17:11). Throughout the New Testament, Scripture is cited as a divine authority (Matthew 19:4-5; Romans 9:17; Hebrews 4:7). It is sufficient to know God and understand the good news and saving grace of Christ Jesus our Lord. We can know God by understanding what he has revealed to us and speaks to us through his word (Psalms 12:6; 19:7; 119:89, 96, 105; Proverbs 30:5).

The Bible is God's very words, written down by human authors. Like wind carrying a sailboat along the water, God in his spirit carried

along the human authors in the recording of God's very words. This is the verbal plenary view of the inspiration of Scripture. It is all God's word, inspired by God so that the human authors would record exactly what God intended to communicate (2 Timothy 3:16; 2 Peter 1:20-21).

The Bible is inerrant in the original writings. There are no errors or mistakes in all that it affirms. It is all God's word, and it's all true. The Bible is also infallible, meaning God's word will not fail to bring about its prescribed end (Numbers 23:19; Matthew 5:18; Titus 1:2). The 39 books of the Old Testament, the Jewish scriptures, are what the New Testament authors are speaking of when referring to "scripture" (2 Timothy 3:16; 2 Peter 1:21). The 27 books of the New Testament were gathered together and affirmed as

"scripture" in the days of the early church with a few qualifications in mind: apostolic authority and authorship, or authored by someone known and trusted by the apostles; unity with the rest of Scripture as a whole; and, unquestioned acceptance by the early church.

We can hear from God directly, today. All that it communicates, teaches, requires and promises, we can trust and bank our lives upon, in faith and in obedience. We don't worship the Bible — but we worship the one whom the Bible points to. And the one whom it points to is worthy of worship and praise. It's all about God and all points to him, for his glory and our joy.

(Andrew Severinsen is the pastor of Cornerstone Community Fellowship in Powell.)

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.asap-connected.com/Calendar3.aspx>

ONGOING:

■ **"THE MOUNTAIN WAS OUR SECRET:** Works by Estelle Ishigo" exhibit is on display at the Heart Mountain Interpretive Center through December.

THURSDAY, DECEMBER 6

■ **BUFFALO BILL CENTER OF THE WEST** will host a Bryan Bedrosian lecture as part of the Draper Natural History Museum Lunchtime Expedition series at 12:15 p.m. in the center's Coe Auditorium. Bedrosian will present a lecture titled, "Beyond Borders: Bird migrations to, from and through the Greater Yellowstone Ecosystem."
■ **PARKSIDE ELEMENTARY SCHOOL** students will perform their annual Christmas program at 7 p.m. at the PHS Auditorium.

FRIDAY, DECEMBER 7

■ **THE POWELL BRANCH LIBRARY** will be holding a young adult hangout for students in grades 6-12 at 1 p.m. There will be rotating activities including movies, games, crafts, and more. For more information, contact Brienne Schaefer, young adult librarian, at 754-8828.
■ **FRIENDS OF THE LIBRARY BOOK SALE** from 1-3 p.m. at the Powell Branch Library.
■ **OPEN ACOUSTIC JAM SESSION** from 6-9 p.m. at Gestalt Studios at the Polar Plant. Musicians of all skill levels are welcome. For more information, call 307-272-7625.
■ **"NORTHWEST COLLEGE INVITES AREA** residents to a blast-from-the-past community production of "The Awesome 80s Prom," at 7:30 p.m. in the Nelson Performing Arts Auditorium. Cost to attend is \$5 or \$4 with a non-perishable food item, which will be donated to the Powell Valley Loaves and Fishes food bank. There will be another performance a 7:30 p.m. on Saturday, Dec. 8. For more information about the production, contact Fred Ebert at fbert@nwc.edu or 754-6047.

SATURDAY, DECEMBER 8

■ **MEET THE POWELL VALLEY HEALTHCARE** Obstetrics Team from 9-11 a.m. at Second Street Coffee, 135 E. Second St. Enjoy a free beverage.
■ **FRIENDS OF THE LIBRARY BOOK SALE** from 10 a.m.-1 p.m. at the Powell Branch Library.
■ **HEART MOUNTAIN INTERPRETIVE CENTER** will have its holiday open house from 10 a.m.-4 p.m. Admission is free and there will be complimentary refreshments and goodies, origami, arts and crafts, plus gift shop and membership discounts. For more information, call the center at 754-8000.
■ **THE SHOSHONE ROCK CLUB** will host a Christmas potluck dinner and gift exchange from 11 a.m. to 3 p.m. Saturday at the Park County Fairgrounds' new building and large conference room in Powell. Invitees are asked to bring a dish of their own choosing. For more information, contact Linna Beebe at 307-899-2518.

MONDAY, DECEMBER 10

■ **BABY AND TODDLER TIME** at 10:30 a.m. at the Powell Branch Library.
■ **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.
■ **"THE POWELL POLICE DEPARTMENT** in partnership with Powell Valley Community Education will be presenting a class titled "Identity Theft, Fraud and Scams" at Northwest College from 5-6:30 p.m. in Room 70 of the Fagerberg Building. The class will include information on local scams, frauds, how to prevent being a victim and what to do if you become a victim. There is no cost to attend. For more information, contact Leslie Bigham at 754-6469.
■ **A HOLIDAY JAZZ CONCERT** will be presented by Powell Middle School and Powell High School students, beginning at 7 p.m. at the PHS Commons.

TUESDAY, DECEMBER 11

■ **STORY TIME** at 10:30 a.m. at the Powell Branch Library.
■ **PARK COUNTY SCHOOL DISTRICT** No. 1 Board of Trustees will meet at 6 p.m. at the School Administration Building, 160 N. Evarts St.

WEDNESDAY, DECEMBER 12

■ **ADULT SCRABBLE** at 10:30 a.m. at the Powell Branch Library.
■ **STORY TIME** at 10:30 a.m. at the Powell Branch Library.
■ **THE POWELL ROTARY CLUB MEETS** at noon at the Nelson Foundation House, 550 College Dr.

THURSDAY, DECEMBER 13

■ **BABY AND 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.
■ **THE POWELL BRANCH LIBRARY** will host an adult book discussion at 6 p.m.
■ **SOUTHSIDE ELEMENTARY SCHOOLS** Christmas program will be divided into two parts to accommodate the large audiences. Kindergarten, second-grade and fourth-grade students will perform from 6:45-7:15 p.m. at the PHS Auditorium. First-grade, third-grade and fifth-grade students and the Kids Chorus will follow with their performances from 7:30-8:15 p.m.

HOSTING A PUBLIC, LOCAL EVENT?

Please, tell us about it!

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



Come Worship with Us!

Cornerstone Community Fellowship

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

Faith Community Church

"Love God - Love Others" 1267 Road 18 (Hwy 294), Powell. Contact: Dave Seratt, 272-7655, powellfaithcommunitychurch@gmail.com 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 5 pm & evening worship 5:30 pm. Team Kid Tuesdays 3:30 - 5 pm.

First United Methodist Church

We love our neighbor at 2nd & Bernard Sts. 754-3160, Rev. Melinda Penry, Pastor. www.powellfumc.org; Sunday worship: blended worship 9:30 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.Grace-PointPowell.org. Sundays 9-10 am Bible classes for all ages, 10am Coffee Connection Fellowship in the Library. 10:30 am Worship Service (Children's Church for 3-6 yr. olds during the message). Monday Evenings 6 - 7:25 pm AWANA, Middle & High School Groups. Like us on Facebook.

Harvest Community Church of the Nazarene

Pastor: Matt Tygart, 364 W. Park St. (behind Blair's); 754-4842. www.harvestcomchurch.net 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.

Hope Lutheran (ELCA)

754-4040, corner of Cary St. & Ave. H, www.hopelutheranpowell.org, Pastor Paul Balaban, 9:30 am Sunday worship, Sunday school & fellowship following. 3rd Monday Women's Faith Bible Study, 7:30 pm, 3rd Tuesday Women's Grace Bible Study, 1:30 pm.

Immanuel Lutheran Church

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

Jehovah's Witnesses

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

Living Hope Community Church

305 S. Evarts St., Pastor Susan Legler, 754-7917, Sunday school 9 am, worship 10 am, Wed. Bible Study 6:30 pm. www.LivingHopeChurchPowell.com

New Life Church

185 S. Tower Blvd.; Tim Morrow, Pastor, 754-0424; Sunday worship 8:30 & 11 am. Kid's Church & nursery available. Sunday School, 9:45 am; Wed. youth group, middle school 6-7:30 pm, high school 7-8:30 pm.

St. Barbara's Catholic Church

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

St. John's Episcopal Church

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

Seventh-day Adventist

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

Trinity Bible Church

Don Thomas, pastor, 535 S. Evarts, 754-2660 www.tbccwyoming.com, reformedtbc@yahoo.com, 9 am Sunday School classes for all ages; 10:30 am Morning Worship Service; 5:30 pm Evening Worship Service. Contact the church for midweek home Bible studies. Free Grace Radio 88.1 F.M.

United Pentecostal Church

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

Union Presbyterian Church

(PCUSA). Third & Bent, 754-2491. George Pasek, interim pastor. Sundays: 9 am Sunday School/all ages; 10:30 am Worship; 11:30 am Coffee Hour; Holy Communion 1st Sunday of each month. Wednesdays: 6 pm Women's Bible Study. Scouting: Boy Scouts Mon. @ 4, Tues. @ 6 & Thurs. @ 3. Transportation available; everyone welcome. unionpresbyterian.org; unionpcpowell@gmail.com.

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Panther wrestlers Corey Linebaugh (top) and Reese Karst work through drills during a Tuesday practice at Powell High School. Karst is the defending 3A state champion at 138 pounds, and will begin defense of his title this weekend at the Powell Invitational. Tribune photo by Don Cogger

PHS WR: Karst, Brody Karhu returning champions

Continued from Page 9

to watch. Michael Maddox was sixth the year before last; he didn't place last year, but he's ready to go. And we've got lots of other guys I'm hoping are going to shine."

This year's team features 11 juniors on the roster, with Urbach calling them "a good class, pretty motivated, pretty good kids." The underclassmen he labeled as not having a lot of experience, though what they lack in that category, they make up for in drive and hard work.

"[The Powell Invite] is com-

ing at the right time; these guys need some competition," he said. "It gets boring beating each other up in practice, so they're ready to beat somebody else up."

As for any early injuries, Urbach said the team is healthy for the most part, and should go into the weekend's tournament strong.

"There's always bumps and bruises in wrestling; you're never 100 percent if you're going hard," he said. "But there's nothing to worry about at this point."

As for expectations heading

into the weekend and beyond, Urbach said he's optimistic.

"I've got high expectations, but I always have high expectations," he said. "But the big things you want to see is see kids improve. I want to see them improve, I want to see them be good teammates, I want to see them be good people. And I want to see them compete and get after it, not shy away from the battles. Last year, we tended to not improve as much over time as I would have liked. So that's something I really want to get better at this year."



PHS head boys' swimming and diving coach Stephanie Warren talks with freshman swimmer Ben Hawley during practice at the Powell Aquatic Center on Tuesday. Tribune photo by Carla Wensky

PHS swim: 'It's going to be fun,' said coach Warren

Continued from Page 9

breakout season. "He [Allred] is already doing much better than he has the last couple of years right off the bat," Warren said. "For the most part, we're set up pretty good."

Bryce Hogen is the team's lone returning diver, so Warren will be looking to him to lead the younger crew coming in. Sophomore Matthew Hobbs was also a state qualifier.

"Even though we lost Hudson Wilkerson, Bryce [Hogen] was able to dive with him for a couple of years, so he knows his expectations. He'll be the leader there," she said. "Out of the returning swimmers that we have, all but one of them were qualifiers for state. And I think Dallin [Allred] is going to make it this year. I think we're sitting

in a good way." As for the newcomers, Warren said she expects Nathan Johnston and Francis Rogers to fill the hole left by Creed.

"Those [Johnston and Rogers] are two freshmen that will probably be big scorers for us," she said. "And we have a freshman diver in Ben Hawley who moved to Powell from Lovell, and he has a diving background behind him, so we'll have a couple of divers holding the ranks there."

Warren said the older swimmers have made a point of taking the freshmen under their collective wings, demonstrating the leadership she's come to expect from the group.

"Our second practice of the week, we broke it into groups, and we took our upperclassmen and said, 'This is your group,

this is your group, etc.'" she said. "Right away they started leading them — teaching them some of the little things that they know. And freshmen, upperclassmen, they all took to it. It was a great way for them to start working together as a team."

Still early in the talent evaluation stage, Warren is pleased with what she's seen so far. This weekend's competitions will serve as a good barometer for where the team is at, and what aspects they need to improve on.

"We'll definitely know more after this weekend. It's going to be fun," she said. "I always like to get these first couple of meets out of the way before I start looking at expectations. Literally anything is possible at this point. We have a great group of kids, so the sky's the limit."

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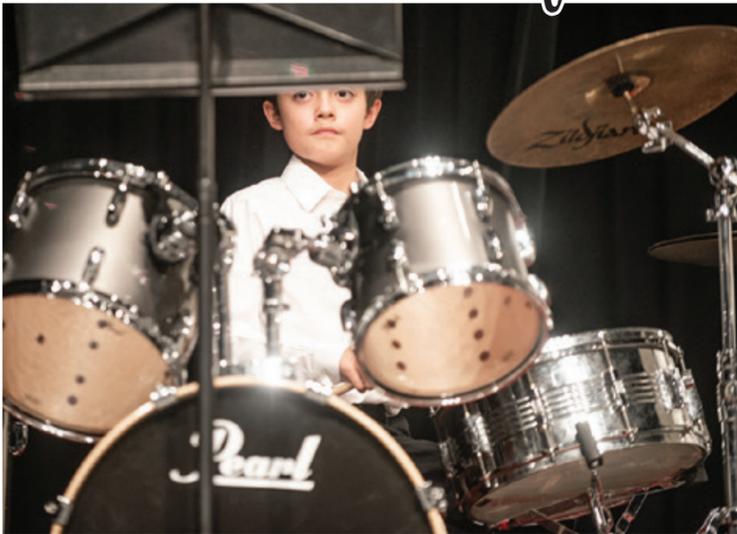
872 EAST NORTH ST., POWELL - 31 PEARSON AVE., CODY - 1121 HWY. 14A W, LOVELL



PHS concert choir members (from left) Elise North, Brilee Keeler, Thalia Hinojosa and Mia Baxter perform during their Christmas concert on Monday.

Tribune photo by Steve Johnston

Sounds of the Season



At left, percussionist Trevion Solberg performs during the sixth grade band's concert Tuesday night. At right, seventh-grader Breckin Streeter plays the French horn at the Powell Middle School's annual Christmas concert. Tribune photos by Carla Wensky

'A Christmas Dream'

PVHC VOLUNTEERS RAISE MONEY WITH CHRISTMAS-THEMED SHOP

BY MIKE BUHLER
Tribune Community Editor

In their 60-plus years of existence, the Powell Valley Healthcare Volunteers have lent many a helping hand with the hospital and in the community.

Now, the PVHC Volunteers have found a new way to help: a Christmas-themed shop on the PVHC campus that is named, appropriately enough, "A Christmas Dream."

It's located in the old Express-Care building.

"When we found out there was an empty building, we asked if we could use it to unpack and store our Christmas stuff since we get it in April," said PVHC volunteer Lanette Carter, who serves as the shop's buyer. "They agreed to let us use it for storage and unpacking — then we took an inch and we took a mile, and we asked if we could set our shop up over here."

The store opened in late October and will stay open until Dec. 22. Its hours are 10 a.m. to 4 p.m. Monday through Saturday.

"It was an opportunity for us to be able to really show them — and show Powell — what we could do," Carter said, "and make more money for the gift shop and the volunteers, and in turn help the hospital, the city of Powell and the surrounding communities."

In addition to a long list of holiday-themed items — Santas, reindeer, Christmas trees, wreaths and much more — "A Christmas Dream" also carries See's Candies, a hard-to-find candy that is seldom seen within hundreds of miles of the Big Horn Basin.

"It's a delicious candy," Carter said, adding that the PVHC Volunteers are also planning to sell



Powell Valley Healthcare volunteer Lanette Carter (left) serves as the buyer for PVHC's 'A Christmas Dream' shop, while fellow PVHC volunteer Kathy Mason (right) is the shop's manager. The store will remain open through Dec. 22, with all the proceeds going to support the work of the PVHC Volunteers. Tribune photo by Mike Buhler

it year-round in the hospital's gift shop, which is also run by the PVHC Volunteers.

Carter said that anything that "A Christmas Dream" does not have, she will try to order it or find it.

"We just want to please," Carter said. "If customers see something or [ask] 'Can we get this?' I am more than willing to search and try anything that somebody wants. We're here to please, I guess, and get what we can for the hospital and do what we can."

Like with all the endeavors of the PVHC Volunteers, all the proceeds from "A Christmas Dream" will go to helping PVHC

and the surrounding area.

"This became our Christmas dream because we were able to spread it out and buy more merchandise than we could before," Carter said. "The more we buy, the more we can sell and the more we can make."

One thing that "A Christmas Dream" will help with is funding scholarships for Northwest College nursing students. As of a couple months ago, the volunteers had funded more than \$77,000 worth of scholarships in and around the Powell area, "which I think is unbelievable," Carter said.

Among the many endeavors

that the PVHC Volunteers have funded or assisted with include:

- The PVHC Chrysalis Room, which is a hospice.
- Transfer wheelchairs.
- The furniture in many of the hospital's entryways.

They also help greet people at the front desk of Powell Valley Hospital.

"We're always open to suggestions from the hospital," Carter said.

For now, Carter is excited that the PVHC Volunteers' Christmas dream has come true with the opening of the new store.

"It's hard to be in here and not smile," Carter said.

STARTING FRIDAY, DEC. 7

SCREEN I
Showing nightly
7:00pm

Creed II
With Sylvester Stallone
Sat., Sun. Matinee - 3:00 pm ----- PG-13

SCREEN II
Showing nightly
7:15pm

Instant Family
With Mark Wahlberg
Sat., Sun. Matinee - 3:15 pm ----- PG-13

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

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DOWNTOWN POWELL ~ 754-4211

SHOWING THIS WEEK!

First Man Rated PG-13

Showing: Friday, December 7 ----- 7:00pm
Showing: Saturday, December 8 ---- 3:00pm • 7:00pm

Coming soon: Ralph Breaks the Internet • Instant Family • Mary Poppins Returns

Hyart Theatre www.hyarttheatre.com
\$5 Night Shows • \$4 Matinee Shows
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Bank of Powell would like to thank all those warm hearts out there that helped us collect coats for those in need this holiday season.

We would also like to thank Lee and Karen Elton of Lil Spark Laundromat and Lil Spark Car Wash for getting them all clean & ready to wear!

Thank you for our best coat drive yet and Happy Holidays!

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ACE
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214 North Bent Downtown Powell
307-754-5811 • M-F: 7:30am-6:30pm
Sat.: 7:30am-6pm • Sun.: 9:30am-5:30pm

CRAFTSMAN
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DREMEL

THE 21st ANNUAL Nutcracker
ROCKY MOUNTAIN DANCE THEATRE

December 15
7:00 pm
December 16
2:00 pm

WYNONA THOMPSON AUDITORIUM
CODY, WY

WWW.ROCKYMOUNTAINDANCETHEATRE.TIX.COM
TICKETS ALSO AVAILABLE AT THE THISTLE

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POWELL TRIBUNE

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Help Wanted

FREMONT COUNTY SCHOOL DISTRICT NO. 25, RIVERTON, WYO-MING, positions open immediately: Homebound Tutors needed (Certified teachers in Special Education and/or General Education or core content areas) May work 10-30 hours per week as a contractor – 10 hours per assigned student. Pay rate is \$40/hr. IF INTERESTED IN OBTAINING INFORMATION OR APPLYING, PLEASE CONTACT: Riverton Workforce Services, 422 E. Fremont, Riverton, WY 82501. 307-856-9231. Applications are received electronically at: <http://www.applitrack.com/fremontcountysd/onlineapp/> Fremont County School District #25 is an Equal Opportunity Employer. (98-98W)

AMERICAS BEST VALUE INN, Powell, WY, 307-754-5117, apply at the front desk *** Position: Housekeeper *** BHB(32TFCT)

Help Wanted

Part-Time Behavioral Therapist
Looking for a part-time behavioral therapist to increase communication, self-help, social skills, and improve behavior. You will work with children between the ages of 2-16 years old and must be very motivated to learn. Must have at least a high school diploma. This is a great opportunity to work directly with other psychologists and individuals who are board certified in behavior. We will train you and help you become certified to provide services. For more information please email brad@pkbehavior.com
BHB(97-98PT)

OVER ROAD DRIVER wanted. Home every 3-4 days. No E-log. Dan Brown Trucking. Call 307-765-4476. (8/23tnfB)

Help Wanted

WILKERSON & BREMER LAW GROUP, LLC is seeking two full time legal assistants. Entry level positions. No prior legal experience required. Must have general knowledge of computer, word processing and the ability to work in a fast paced team environment. Duties include assisting attorneys from inception to completion (cont'd)

Help Wanted

of litigation, document preparation and communication with courts, process servers, sheriff deputies and other attorneys. Hours are Monday thru Friday 8am to 5 pm. Send resumes to Silvia@rsiwy.com (85TFCT)



MED/SURG
1:1 Sitter
5 PRN positions, various shifts, including days, evenings, nights and weekends. This position is responsible to visually monitor patients at all times, for the patients safety. There is limited patient contact. High School Grad./GED required.

PLANT OPERATIONS
General Maintenance
1 full-time 40 hr/wk position, various shifts & on-call required. Equipment maintenance and repair, preventative maintenance, keeps grounds and facilities clean and safe. Assist departments with all facility projects. Prefer commercial experience with boilers, HVAC, switches, plumbing or locksmithing. High School Grad./GED required.

Powell Valley Healthcare offers a full benefit package to all full-time and part-time employees. These benefits include health insurance (medical, dental, and vision), a pension plan, long term disability insurance, life insurance (equal to your annual salary), and paid time off. EOE

777 Avenue H • 754-2267 • WWW.PVHC.ORG

Help Wanted

BANK OF LOVELL
A Division of the Bank of America N.A.

Full-Time Teller Position

Bank of Lovell is seeking applicants for a full-time position.

Candidates should be detail oriented; possess excellent customer service skills; ability to multi-task and proficient with computers.

Experience preferred. Salary DOE. Benefits include dental, health, vision and 401K.

Apply in person at
Bank of Lovell
179 E. 3rd St., Lovell, WY
Equal Opportunity Employer (11/22-12/6cL)

Help Wanted

Help Wanted

The Powell Tribune is seeking a **COMMUNITY JOURNALIST**
Wanting to join a winning team and have opportunity for advancement?

The Powell Tribune has an immediate opening for a dedicated **GENERAL NEWS REPORTER** to join its staff of award-winning writers. This position also includes the opportunity for advancement to a news leadership role. Preferred candidates must have a strong desire to report the news important to readers of a community newspaper, ranging from city council meetings to multicultural showcases at Northwest College. Reporters on a community newspaper staff are asked to juggle multiple beats and to assist with editing copy from staff and other sources. A knowledge of AP style would be helpful and photography skills are also preferred. Beginning salary range — \$28K to \$30K d.o.e. Health and retirement benefits package included.

Send resume, clippings and photo portfolio to
General Manager Toby Bonner
at toby@powelltribune.com.

POWELL TRIBUNE
128 S. Bent Street, Powell, WY • 307-754-2221

PUBLIC NOTICES
"BECAUSE THE PEOPLE MUST KNOW"

Adoption notice

STATE OF WYOMING)
IN THE DISTRICT COURT) SS

COUNTY OF PARK)
FIFTH JUDICIAL DISTRICT)
IN THE MATTER OF THE)
Civil No. 1323)
ADOPTION OF)

CALISE ELIZABETH VELASCO)
CONFIDENTIAL)
and)
MACIELA KATHLEEN VELASCO)

Minor Children.)

NOTICE OF PUBLICATION
NOTICE TO JAIME VELASCO, RESPONDENT
ADDRESS UNKNOWN
You are notified that a Petition for Adoption has been filed in the Wyoming District Court for the Fifth Judicial District, whose address is Park County Courthouse, 1002 Sheridan Avenue, Cody, Wyoming 82414. The object and prayer of the Petition are that Forrest T. Smith be allowed to adopt C.E.V. and M.K.V.

Unless you file an Answer or otherwise respond to the Petition referenced above within 30 days following the last date of publication of this notice, a default judgment will be taken against you and an adoption may be granted.

DATED this 19th day of November, 2018.
BY CLERK OF COURT:
PATRA LINDENTHAL by
JACQUE BOONE
Clerk of District Court / Deputy
First Publ., Fri., Nov. 23, 2018
Second Publ., Thurs., Nov. 29, 2018
Third Publ., Thurs., Dec. 6, 2018
Fourth Publ., Thurs., Dec. 13, 2018

Final payment

NOTICE OF FINAL PAYMENT
Pursuant to Section 16-6-116 of the Wyoming Statutes, latest revision, Notice is hereby given that Park County, Wyoming has been advised that the work on the BRIDGE OVER THE SOUTH FORK OF THE SHOSHONE RIVER COUNTY RD 6QS has been completed according to the plans and specifications and rules set forth in the Contract between the Park County, Wyoming, the Owner, and CC & G, INC., the Contractor, and said Contractor is entitled to final settlement therefore. All persons, firms or corporations who have any claims for work done or equipment/materials furnished on said work are hereby notified that final payment will be made to said Contractor in accordance with the terms of the Contract after the 41st day (January 9, 2019) following the first publication of this Notice. This Notice does not relieve the Contractor and the sureties on their bond from any claims for work or labor done or materials or supplies furnished in the execution of the Contract.
Park County, Wyoming
s/ owner
First Publ., Thurs., Nov. 29, 2018
Final Publ., Thurs., Dec. 13, 2018

Spectrum TV lineup

IMPORTANT INFORMATION ABOUT YOUR SPECTRUM TV LINEUP
Community Served: City of Powell WY.
Effective on or after January 15th, 2019, Pop will no longer be available on Digi Tier 2/Spectrum Gold. Pop will continue to be available on Spectrum Select with no change in channel position.
For a current channel lineup, visit www.Spectrum.com/channels. To view this notice online, visit www.Spectrum.net/programmingnotices.
Publ., Thurs., Dec. 6, 2018

Haberland probate

STATE OF WYOMING)
) SS.
COUNTY OF PARK)
IN THE DISTRICT COURT)
FIFTH JUDICIAL DISTRICT)
Probate No. 9873)
IN THE MATTER OF THE ESTATE OF)

LYLE F. HABERLAND,)
Deceased.)

NOTICE OF PROBATE

TO ALL PERSONS INTERESTED IN SAID ESTATE:
YOU ARE HEREBY NOTIFIED that on the 28th day of November, 2018, the Last Will and Testament of decedent was admitted to probate by the above-named Court and John Haberland was appointed Personal Representative thereof. Any action to set aside the Will shall be filed with the Court within three (3) months from the date of the first publication of this Notice or thereafter be forever barred.

NOTICE IS FURTHER GIVEN that all persons indebted to the decedent or to his estate are required to make immediate payment to the undersigned c/o Copenhaver, Kath, Kitchen & Kolpitcke, LLC, P.O. Box 839, Powell, WY 82435.

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 (3) 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 3rd day of December, 2018.
/s/ John Haberland
Personal Representative
First Publ., Thurs., Dec. 6, 2018
Final Publ., Thurs., Dec. 20, 2018

City minutes

City Council Proceedings
December 3, 2018

The governing body of the City of Powell met in regular session at 6:00 p.m. on December 3, 2018 in the Council Chambers of City Hall. Mayor Wetzel opened the meeting and led those in attendance in reciting the Pledge of Allegiance. Mayor Wetzel called the meeting to order and the following were present: Mayor John Wetzel, Council Members Jim Hillberry, Floyd Young, Lesli Spencer Tim Sapp, Eric Paul and Scott Mangold. City Officials: City Administrator Zane Logan, City Clerk Tiffany Brando, Attorney Sandee Kitchen, Deputy Attorney Scott Kath, Director of Public Works Gary Butts and Finance Director Kaela Nelson. Approval of Agenda: Councilman Young moved to approve the agenda, seconded by Councilwoman Spencer, unanimous approval, MOTION CARRIED. Approval of November 19, 2018 meeting minutes. Councilman Sapp moved to approve, seconded by Councilman Hillberry, unanimous approval, MOTION CARRIED. Bills and Claims: Councilman Paul entered the meeting. Councilman Hillberry made a motion the bills be allowed and authorize the Treasurer to draw warrants for payment of the same, seconded by Councilman Young, unanimous approval, MOTION CARRIED.

PUBLIC HEARING 6:00 p.m.: Application for Retail Liquor License _ Dauntless Club LLC and Clocktower Inn of Powell LLC. Attorney Kitchen opened the meeting at 6:02 p.m. Stacy Bair addressed the Council on behalf of Dauntless Club LLC and addressed the feasibility of having the retail license to make the business model work. Steve Wahrlich with Clocktower Inn of Powell LLC addressed the Council and the project and it will not work as previously thought with a bar and grill license. No further comments closed 6:14 p.m. Approval of Retail Liquor License: Councilman Mangold spoke on hearing from the public the importance of the hotel project receiving the license, Councilman Young reiterated Councilman Mangolds talks with the public. Councilman Paul heard from constituents the need for Dauntless Club and the project being ready to go and Councilwoman Spencer heard the same as Councilman Paul. However, Councilwoman Spencer also knows that for the last 22 years the community has been pushing for a hotel and that is still the push in the community. Councilman Sapp has hear both sides equally and feels that Dauntless Club is ready to go and will be opening before the hotel. Councilman Hillberry has heard both sides and wants both projects to go forward. Council discussed the current parked retail license and asked when the 1 year period will be up. City Clerk Brando stated July 17, 2019 and Councilwoman Spencer asked what makes them operational and City Clerk Brando explained definition of operational and required purchase of \$k from the liquor division. Councilman Paul spoke on behalf of Dauntless Club and the added value to the community that people who are looking to relocate the area are interested in. Councilman Paul moved to approve the retail license for Dauntless Club, seconded by Councilman Sapp, aye Paul and Sapp; nay Young, Hillberry, Mangold, Spencer and Wetzel, MOTION DENIED. Councilman Mangold moved to approve the retail license for Clocktower Inn of Powell, seconded by Councilwoman Spencer, aye Young, Hillberry, Mangold, Spencer and Wetzel; Nay Paul and Sapp, MOTION APPROVED. Powell Golf Club Update and Matching funds request – Jerry Herweyer addressed the Council on the overview of the 2018 season and thanked Councilman Paul for being the liaison for the Golf Board the last few years. Mr. Herweyer stated that for the 2019 season the Golf Board will take over the pro shop. Mayor Wetzel

addressed the request and would like to see it as an Economic Development Loan due to them repaying it as a loan. Pat Day, Treasurer of the Golf Board spoke on the board taking over the pro shop and gave a 5 year history and would like to request funds to purchase inventory as an asset. Mayor Wetzel and Council discussed process for Economic Development Loan fund and it is to help build a business and a better fit for the purchase of inventory and they can pick up application from the Finance Director. Mr. Herweyer would like to have this done by the next council meeting and Mayor Wetzel stated that is possible and the committee will meet once application is received. Request for Development of off-leash dog park by Tina Fagan and Judy Londo and proposed location on Homesteader Ct, just south of the water tower on the west side of the road. Ms. Fagan spoke on getting funds for fencing and improvements, but need council to approve going forward with the project. Mayor Wetzel referred staff to begin working on getting agreements in place. Councilman Mangold asked on potential odor from the Park and Ms. Londo spoke that as she researched other parks in Wyoming none of them have ran into an odor issue. Councilman Sapp asked how the area is used in the summer with the recreation department and DPW Butts spoke to it being the least used area in the park. As it stands with a grant to cover the costs of fencing the City would not have much cost in setting up the park. Mangold asked for ADA

requirements and DPW Butts stated they are easily accommodated in the area already. Council agrees with location and Ms. Fagan and Ms. Londo will work with staff. Committee Updates: Councilman Young Recycling Board update.

Resolution No. 13, 2018: A Resolution for Appointment of a Director to the Wyoming Municipal power Agency from the City of Powell, WY. Councilman Mangold moved to approve, seconded by Councilman Paul, unanimous approval, MOTION CARRIED. General Announcements: Administrator Logan informed Council Teresa Brown will start in Finance on Dec. 12th and the Police Dept. still has openings to fill. Employee Recognition Dinner Dec. 7th and Legislative Dinner Dec. 11th. Administrator Logan announced he will Retire June 3, 2019 and Mayor Wetzel stated they will begin discussing the process going forward.

There being no further business to be considered at this meeting, Councilman Young moved to adjourn, seconded by Councilwoman Spencer unanimous approval, MOTION CARRIED. Mayor Wetzel adjourned the regular meeting at 7:03 p.m.

APPROVED:
/s/ John F. Wetzel
Mayor
ATTEST:
/s/ Tiffany Brando
City Clerk
Publ., Thurs., Dec. 6, 2018

City payments

Item	Category	Amount	Item	Category	Amount
PAYROLL CLAIMS					
1	AFLAC Dependent Childcare	\$500.00	Payroll Deductions		
2	AFLAC Insurance Premiums	\$2,050.96	Payroll Deductions		
3	AFLAC Unreimbursed Medical	\$3,268.30	Payroll Deductions		
4	Internal Revenue Service	\$87,147.11	FICA		
5	Great West Retirement Service	\$8,263.60	Deferred Compensation		
6	Workers Compensation	\$0.00	Worker's Compensation		
7	Wyoming Retirement System	\$48,840.83	Retirement Contribution		
8	Child Support	\$816.00	Payroll Deductions		
9	Prudential Insurance Premium		Payroll Deductions		
10	Garnishment	\$0.00	Payroll Deductions		
11	Health Benefit Plan	\$95,446.36	Plan Benefit		
TOTAL PAYROLL RELATED: \$246,333.16					
TOTAL PAID WAGES IN NOVEMBER 2018 \$294,217.59					
12	360 Office Solutions	Aquatics	\$112.00	Copy Machine Fees	
13	AT&T Mobility	Administration	\$132.28	Monthly Wireless Fees	
14	Big Valley Bearing & Supply	Sanitation	\$17.24	Fitting	
15	Bighorn Design Studio	Council	\$1,742.00	Sweatshirts for Employee Recognition	
16	Blair's Market	Council, Police	\$101.16	Employee Recognition Breakfast, Halloween Candy	
17	Border States Electric Supply	Electric	\$852.27	Hub, Locknuts, Bushings & Electrical Supplies for Lagoons	
18	Charter Communications	Police	\$7.43	Monthly Cable Fees	
19	Crum Electric Supply Co	Electric	\$1,666.85	Disconnects, Fuses, NK's & Other Electrical Supplies	
20	Energy Labs	Waste Water	\$2,390.00	Waste Water Testing	
21	Fastenal	Various	\$210.07	First Aid Kit, Shop Supplies & Carbide Bit	
22	Fremont Beverages	Aquatics	\$92.90	Rescue Tube Covers	
23	General Distributing Co	Aquatics	\$364.00	CO2 & Tank Rental Fees	
24	Graybar Electric Company Inc.	Electric	\$8,685.85	Fuse Holders, Taps & Spare Pump	
25	I-State Truck Center	Streets	\$5,525.74	Replace Catalytic & Sweeper Accident Repairs	
26	John Deere Financial	Various	\$83.65	Bushings, Clamps, Clips, Snow Shovel & Nylon Ties	
27	Keele Sanitation	Parks	\$75.00	Pump Out Sump In Parks Garage	
28	Lifeguard Store Inc.	Aquatics	\$205.28	Rescue Tube Covers	
29	Lincoln Aquatics	Aquatics	\$1,520.60	Chemical Controller	
30	Micro-Comm Inc.	Water	\$76.49	Hose & Fittings	
31	Mountain West Computer	Various	\$223.51	Calendars, Stapler, Staples, Flashdrives & Printer Ink	
32	Mr. D's Powell	Council	\$66.83	Employee Recognition Breakfast Supplies	
33	Napa Auto Parts	Various	\$351.03	Drain Valve, Grease, Ball Joints, Battery, Gloves & Weather Strip	
34	Northern Wyoming Plumbing Inc.	Police	\$361.64	Bathroom Repair	
35	Northwest Pipe Fittings	Water	\$562.44	Curb Boxes	
36	Northwest Rural Water District	Airport, Water	\$308.09	November Water Fees	
37	O'Reilly Automotive Inc.	Admin, Sani	\$11.32	Drain Valve & Headlight Restore	
38	Park County Public Health	Police	\$20.00	Immunization Fee	
39	Park County Sheriff's Office	Muni Court	\$30.00	Inmate Housing Fees	
40	Powell Ace Hardware	Various	\$152.66	Bulb, Building Materials For PD, Door Opener & Batteries	
41	Powell Electric	Elec, Shop	\$167.39	Bulb, LV Switches & Relays	
42	Principle Life Insurance Co	Various	\$53.94	Monthly Life Insurance Premiums	
43	Production Machine Company	Various	\$469.40	Fittings, Hinge & Cutting Fees	
44	Quill	Police	\$51.27	Office Supplies	
45	Rimrock Tire	Sanitation	\$2,099.28	New Tires for 2 Vehicles, Tire Repairs & Mounting Fees	
46	Rocky Mountain Power	Waste Water	\$25.65	Power for Pump	
47	Sanders Plumbing & Heating	Aquatics, Wat	\$450.82	Toilet & Urinal Repairs, Freeze Water Line for Repairs	
48	Spomer Construction	Police	\$160.00	Gravel	
49	Standard Insurance Company	Various	\$2,544.54	Monthly LTD Benefit	
50	Symbolarts	Police	\$250.00	Curved Shirt Badges	
51	Triple A Building Services	Water	\$11,904.00	Tank Hatch Alterations for Compliance	
52	Verizon Wireless	Various	\$1,512.94	Monthly Cell Phone Fees	
53	Visa	Various	\$7,043.65	Misc Purchases for Various Departments	
54	Warren Transport	Sanitation	\$8,385.96	Fuel Surcharge & Waste Loads	
55	Wesco	Electric	\$23,155.10	New Light Poles for Clark Street	
56	White Ink Printing & Design	Airport	\$42.50	Business Cards D Weckler	
57	Wyoming DEQ	Airport	\$400.00	Storage Tank Registration	
58	Wyo Law Enforcement Academy	Police	\$227.50	Class Course Fee	
TOTAL AMOUNT OF CLAIMS FOR: 4-Dec-18 \$84,892.27					
Publ., Thurs., Dec. 6, 2018					



JOYFUL SONGS OF CHRISTMAS

Members of the Powell High School Singers fill the auditorium with sounds of the holiday season during their Christmas concert held Monday evening. The high school featured performances by the guitar ensemble, concert band, PHS Singers and the concert choir. Tribune photo by Steve Johnston

The seventh grade choir performed the songs 'In Winter' and 'Bright Star Shining!' during Powell Middle School's Christmas concert on Tuesday night. Powell students of all ages are presenting holiday performances throughout December. Tribune photo by Carla Wensky

NORTHWEST COLLEGE

Swing dance club hosts Blue Jean Ball

Northwest College's student swing dance club, The First Step (FSTS), hosts The Blue Jean Ball Friday at the Park County Fairgrounds. The event gets underway at 7 p.m.

Along with country music and an evening of fun, FSTS will also provide food and beverages.

"From the basics to advanced lifts, we'll teach it all," said Laural Lawler, FSTS vice president. "Plus, we're always open to learn-

ing more from our fellow community members."

This event is free and open to the public; however, guests are encouraged to bring a nonperishable food item, which will be donated to the Powell Valley Loaves and Fishes.

FSTS focuses on teaching country swing dancing to those who wish to improve their abilities. To learn more, contact Lawler at Laural.Lawler@nwc.edu.

Identity theft prevention taught Monday

Powell police officers will be presenting a class on "Identity Theft, Fraud and Scams" at Northwest College on Monday, Dec. 10. The free, public class will be held in Fagerberg Building Room 70, running from 5-6:30 p.m.

Officers will cover state and local trends, how to avoid becoming a victim and what to do if you are a victim. For instance, police

recently warned about a scam in which criminals send letters that appear to be from the Social Security Administration but are actually an attempt to trick people into giving up their Social Security numbers over the phone.

The class is being held in cooperation with Powell Valley Community Education. If you are interested in attending, contact Leslie Bigham at 754-6469.



PIES FOR PACKS

Emily Thomas of First Southern Baptist Church arranges a table laden with pies for last Saturday's Christmas pie sale at Union Presbyterian Church. The sale was a benefit for the Backpack Blessings program, which provides weekend meals and snacks for 110 Powell elementary school children. A total of 78 pies were donated by community members and produced proceeds of \$2,200. A board with representatives from local churches and the community administers the Backpack Blessings program.

Tribune photo by Dave Bonner

K-12 Students ... Turn in your Christmas Drawings to the Powell Tribune by Wednesday, Dec. 12.

ANNUAL POWELL TRIBUNE CHRISTMAS GREETINGS

Published Monday, Dec. 24

Local businesses, parents and grandparents ...

Your support enables the

Tribune to publish more youngsters'

images of

Christmas

than just the

winning

entries!



Front page color ad sponsorship ----- \$300

Second place winner sponsorship ----- \$175

Center spread box sponsorship ----- \$150

Signature list sponsorship ----- \$25

POWELL TRIBUNE

128 South Bent in Powell • 307-754-2221

toby@powelltribune.com • ashley@powelltribune.com

DON'T FORGET TO SEND YOUR LETTERS TO SANTA!

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A snowboarder carves his way through powder at Sleeping Giant last year. Winter sports can help you stay active during cold months. Tribune photo by Mark Davis



KEEP ACTIVE IN WINTER

DON'T LET STAYING IN KEEP YOU FROM WORKING OUT

BY TESSA BAKER
Tribune Features Editor

When the weather outside is frightful, the thought of working out may not seem delightful. "It is difficult for most of us to stay fit during the winter months and with short days and cold weather, it can be easy to put off exercise," said John Asher, director of rehabilitation services and orthopedic clinical specialist at Powell Valley Healthcare. To help you avoid going into hibernation

'So, start an exercise program, set goals, keep a journal, find an exercise partner and have fun.'

John Asher, Powell Valley Healthcare

mode, local physical therapists offered their top tips for staying active this winter. "If the weather permits, walking at Homesteader Park and keeping track of your distance and time is an excellent way to get to stay aerobically fit," Asher said. When walking, it's important to prevent falls on the ice and snow. "Wear appropriate non-skid foot wear.

Walk like a duck and take your time," said Allie Winckler, director of therapy and physical therapist at Gottsche Therapy and Wellness in Powell. Gottsche therapists say staying active in one of their wellness classes or at the Powell Aquatic Center are good ways to maintain

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COOL RUNNINGS



Rinda Eastman (left) runs with Tanya Bonner early Friday morning. 'Don't hibernate under those blankets, instead use this time to fuel your training and get outside,' Eastman said. She encourages people to grab a friend and go for a run in the snow — there are benefits for your muscles and your heart in doing so. Winter is also a good time to try something new like snowshoeing, downhill skiing or strength training outside. 'Whatever you choose to do, make sure you dress appropriately for the cold temps,' Eastman said.

Tribune photo by Toby Bonner

Keep active: Try new workout routines in winter

Continued from Page 1

strength. "With colder weather, we decrease our physical activity levels, lose strength and are at a higher risk for injury or falls," Winckler said.

Powell Valley Healthcare also offers a wellness program that can be individually tailored to your goals, Asher said.

He also called swimming "an excellent option." If you don't like to swim, you can opt for walking in the continuous river at the aquatic center.

PVHC also has an indoor walking course that's open to the community from 7 a.m. to 7 p.m. The course is located on the east side of the building.

"Using a wristwatch style fitness monitor can help you keep track of your steps per day, distance traveled, heart rate and help you track your progress," Asher said.

Even if the weather keeps you inside, that shouldn't keep you from working out.

"... There are numerous programs available online or on DVD with excellent exercise routines you can do in your home," Asher said.

If you don't have any weights or exercise equipment, it may be a good idea for a Christmas gift.

"Consider investing in a piece of exercise equipment that you love — and keeping it somewhere you love to be.

Exercise equipment looks great in the living room!" said Lynda Brown, physical therapist and owner of Advantage Rehab.

Set a goal to exercise for 10 minutes every day, Brown said.

When you set a goal to keep active, Brown said to have some friends join you.

"Run the Year is an internet-based group that helps you achieve a goal of 2,019 miles in 2019," Brown said.

That's about 5.5 miles per day, but she said you can conquer it alone or with a team of two to four.

"We charted and shared our progress with each other — and adapted the goal to allow all types of activity, not just running," Brown said.

Simple things like taking the stairs as frequently as possible make a difference, said Monique Keenan, a physical therapist at Cody Regional Health. She also encourages

people to join a local gym to exercise.

Wintertime also can open the door to new workout routines.

It's a good time to cross train, Winckler said.

"Use the winter months to do an activity that you don't do during the summer," she said. "This will help prevent injuries and promote muscle balance!"

For example, if you like to walk, use the winter to do weight training, Winckler said.

"You can do lean muscle training for toning or strengthening to build muscle mass," she said.

If you're willing to bundle up and venture out into a winter wonderland, you can find fun ways to exercise outdoors.

"... find a safe winter sport for your skill level, such as snowshoeing, ice skating or skiing," Keenan said.

Snowshoeing and cross-country skiing can be good options.

"Not only are these excellent total body exercises, they have the added benefits of improving balance and coordination," Asher said. "You will also get to enjoy the outdoors in wonderful Wyoming!"

You don't have to wait until the new year to make a resolution to work out more.

"So, start an exercise program, set goals, keep a journal, find an exercise partner and have fun," Asher said.

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12 TIPS TO STAY ...

Healthy at the Holidays

You've heard of the "12 Days of Christmas" ... but what about the 12 tips to stay healthy at the holidays?

To brighten the holidays, make your health and safety a priority this season. The Centers for Disease Control and Prevention (CDC) recommends these steps to keep you and your loved ones safe, healthy and ready to enjoy the holiday season:

• Manage stress: The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home and play. Get support from family and friends. Practice time management, and keep a relaxed and positive outlook.

• Bundle up: Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

• Don't drink and drive: Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes. Don't drink and drive, and don't let someone else drink and drive.

• Be smoke-free: Avoid smoking and breathing other people's smoke.

If you smoke, don't wait until the new year to quit — stop today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

• Fasten belts while driving: Whether you're going to grandma's house or just across town, wear a seat belt every time you drive or ride in a vehicle.

Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

• Wash your hands: Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

• Get your vaccinations: Wyoming Department of Health officials say last year's flu season was "highly severe," with at least 27 flu-related deaths, according to

Vital Statistics Services data. Everyone 6 months and older should get a flu vaccine each year. Vaccinations help prevent diseases and save lives.

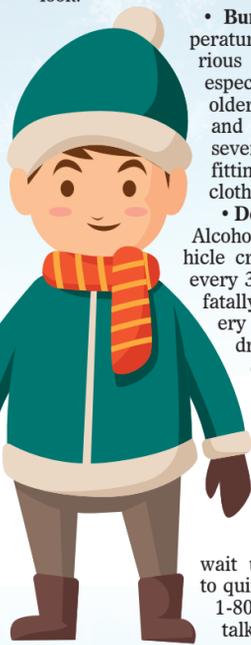
• Eat well: With balance and moderation, you can enjoy the holidays in healthy ways. Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods.

• Prepare dinner safely: When making holiday meals, wash your hands and surfaces often. Avoid cross contamination by keeping raw meat, poultry, seafood and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

• Get moving: Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2 and 1/2 hours a week, and encourage kids and teens to be active for at least one hour a day.

• Practice fire safety: Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year. Leave the fire-works to the professionals.

• Get exams and screenings: Schedule a visit with your health care provider for a yearly exam. Ask what tests you should get based on your age, lifestyle, medical history and family health history.



The dangers of shoveling snow

When a heavy snowfall hits, people drive with extra caution. But what about shoveling with caution?

Shoveling snow isn't just another household chore — each year, shoveling is to blame for thousands of injuries and as many as 100 deaths across the nation.

"Many people who shovel snow rarely exercise," said Patrick Skerrett, former executive editor of Harvard Health. "Picking up a shovel and moving hundreds of pounds of snow, particularly after doing nothing physical for several months, can put a big strain on the heart."

He noted that pushing a heavy snow blower also can cause injuries. In addition, there's the winter factor.

"Cold weather is another contributor because it can boost blood pressure, interrupt blood flow to part of the heart and make blood more likely to form clots," Skerrett said.

Those over the age of 40 — or who are relatively inactive — should be particularly careful when shoveling, the National Safety Council cautions.

The council recommends the following tips to shovel safely:

- Take it slow and stretch out before you begin
- Shovel only fresh, powdery

snow — it's lighter

• Push the snow rather than lifting it

• If you do lift snow, use a small shovel or only partially fill the shovel

• Lift with your legs, not your back

• Do not work to the point of exhaustion

• Do not shovel right after eating or while smoking

• If you have a history of heart disease, don't shovel without your doctor's permission.

• If you feel tightness in your chest or dizziness, stop immediately. A clear driveway is not worth your life.

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WATER WORKOUT

Top left, Powell High School student Matt Pool swims at the Powell Aquatic Center on Friday morning. At left, Michael Clendenen swims laps for his adaptive PE class alongside Jarred Oliver. Above, Emma Sessions works on aquatic therapy at the pool, with the help of physical therapist Amanda Walters and Amy Van Der Veer, who is a certified aquatic therapist. Tribune photos by Mark Davis

Don't overpay for official certificates

The Vital Statistics Services Office at the Wyoming Department of Health is the only official source of Wyoming birth, death and other certificate services. If residents are not cautious of on-line providers, they may encounter high fees and frustrations.

"We frequently receive complaints from customers who use companies that claim to quickly get official certificates," said Guy Beaudoin, deputy state registrar. "We do not want Wyoming residents to be fooled by the unrealistic service claims many of these online-based companies make, and we don't want them to pay unneeded high fees."

Many companies pay to have their websites listed first by search engines.

"People searching for Wyoming marriage, divorce, birth or death certificates may click on the first listing without making sure it's the correct, official source," Beaudoin explained.

Vital Statistics Services charges no more than \$20 for providing official documents. Secondary providers charge as much as three or four times the state fees.

"We suggest people contact our office directly rather than spending extra money," Beaudoin said. "If someone needs quick service we will do our best to help."

For help or information, visit <https://health.wyo.gov/admin/vitalstatistics> or call 307-777-7591.



Send us your Letters to Santa!

Mail them to the Powell Tribune: P.O. Box 70, Powell, WY 82435 or drop them off at the Powell Post Office by Wednesday, December 12. Letters will be published in our Monday, Dec. 24 Christmas Greetings edition.



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Eating healthy during the holidays?

IT CAN BE DONE

BY MIKE BUHLER
Tribune Community Editor

Between feasts with friends and family, tons of sweets and other goodies, the holiday season is arguably one of the easiest times of the year to overindulge when it comes to food.

But there are ways to keep from being overwhelmed with a tsunami of food, said Tina Braet-Thomas, registered dietitian at Powell Valley Healthcare.

One key is avoiding the binge-guilt cycle of overindulging, then being flooded with guilt afterwards.

"You can get lower-fat stuff and keep [holiday foods] as lean as you can," Braet-Thomas said. "Other thoughts are that you just go ahead and enjoy what's there and try not to feel guilty — but continue with your regular routine, especially if you're already following some good healthy habits."

One of those healthy habits is a regular exercise routine, even if it is just walking.

"In this part of the country where the weather can be really, really nasty, it might be hard to get out and about, but that's one of the things I think a person needs to do is just start your day with a walk," Braet-Thomas said. "Or if a person normally does their physical activity routine, make sure you get that in the very first thing. If not, take your dog for a walk or whatever."

Braet-Thomas also said that not eating at all before the dinner to save room for those holiday goodies can backfire.

"Most people are going to eat their meal mid-afternoon," Braet-Thomas said. "Some people just hold out all day long, all day long, until they're starving and then they really go overboard at the holiday meal. It's better just to have your regular breakfast, and if you're going to have lunch, make it light — maybe half of what you normally eat."

Braet-Thomas suggested roasting vegeta-



bles as a healthy appetizer.

Cut Brussels sprouts in half, chop up carrots, parsnips, sweet potatoes or even broccoli or cauliflower, and put them on a flat pan. After that, drizzle them with grape-seed oil or avocado oil, then season with salt, pepper and/or herbs, such as garlic or Mrs. Dash. Cover with foil, roast at 425 degrees for 20 minutes, then remove the foil and let the vegetables brown some before removing from the oven.

"Roasting vegetables is a great way to eat them, especially if people don't like them raw," Braet-Thomas said. "It brings out the flavor of the veggies. This time of year, we have lots of root vegetables which are excellent for roasting."

On the other hand, it is also a good idea to avoid nibbling and tasting the food as it cooks. "Sometimes by the time you sit down for the meal, you're half-full by doing all that tasting and nibbling," Braet-Thomas said.

There are other ways to win the battle of the bulge during the holidays, Braet-Thomas said.

"It's really all about choices," Braet-Thomas said. "It's like scanning the environment before you sit down if you're at someone else's to eat. ... You can make some decisions about what you want to eat — you plan for

it." She added that if you want to try several items, just get smaller servings of each.

Some other tips that Braet-Thomas offered for healthy holiday eating are:

- Drink lots of water and other non-caloric beverages.
 - Eat lots of vegetables.
 - Use custard cups instead of making a crust for a pie.
 - Use portion control, including using smaller plates if you are hosting the dinner.
 - Have healthy appetizers on hand. In addition to having more vegetables, such as on a vegetable tray, also use hummus instead of sour cream and/or mayonnaise-based dips.
 - If making a salad, do not put the dressing on the salad in the main bowl — either put it on your salad yourself, or better yet, put it in a side container and dip your salad veggies in it.
 - Place food on a separate table or on the counter so that it is not on the dinner table and easily accessible.
 - Last but not least, eat slower. "It takes about 20 minutes for your gut to signal to your brain, 'I'm full, I'm hungry, I'm overstuffing,'" Braet-Thomas said.
- Or, as Braet-Thomas says...
"It's OK to stuff the turkey, but not yourself," she said.



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Alzheimer's caregiving is isolating — alone in a crowd of 16 million

Job opening: Position requires you to be on call 24 hours a day. Salary is zero. In fact, you will pay, on average, \$10,697 per year to do a job that will negatively affect your own health, and may shorten your life. Average time on the job: eight to 10 years, although some hold the position 20 or more years.

That's the job of an unpaid caregiver for a loved one with Alzheimer's or another form of dementia. In 2018, there are 28,000 Wyomingites working in this job — doing the work for love, not for money. Across the country, 16 million people are caregivers for a loved one with dementia.

November marked National Alzheimer's Disease Awareness and Family Caregivers Month, as proclaimed by President Ronald Reagan, whose wife, Nancy, became his caregiver when he was diagnosed with Alzheimer's disease in 1994.

Following are a few interesting facts about those who are volunteer caregivers for loved ones living with dementia:

- About two-thirds of unpaid caregivers are women.
- 18.4 billion hours: That's how many unpaid hours of caregiving were provided in 2017 to persons in the U.S. living with dementia by family and friends.
- \$232 billion: The value of the hours

of unpaid caregiving (average \$12.61/hour).

- Depression is common: Between 30 and 40 percent of family caregivers for people with dementia suffer from depression compared with 5 to 17 percent of non-caregivers of a similar age.

- It's a high-stress job. Nearly 60 percent of caregivers for those living with Alzheimer's and other forms of dementia report "high to very high" levels of emotional stress, while 38 percent report "high to very high" levels of physical stress.

- It could kill you. A Stanford University study reported that caregivers have a 63 percent higher mortality rate than non-caregivers, and 40 percent of Alzheimer's caregivers die from stress-related disorders before the person for whom they are caring.

- Double trouble. One in four respondents are "sandwich generation" caregivers, meaning they care for children under age 18 as well as an aging parent.

- Experience not required. Half of all dementia caregivers (51 percent) report having no prior experience performing medical/nursing-related tasks, and often lack the information or resources necessary to manage complex medication regimens.

- "No" is not an option. Survey respondents frequently said that they felt they had no choice in whether they

could take on the caregiver role.

- Highly educated. About 40 percent of dementia caregivers have at least a college degree, if not more education.

- Not highly paid. Around 41 percent of caregivers have a household income of \$50,000 or less.

- Almost half tout the benefits. Despite the physical, emotional and financial strain, 45 percent of caregivers surveyed by the Alzheimer's Association reported the experience was "very rewarding."

- Most commonly expressed concern: "Nobody gets it." Alzheimer's caregivers frequently state that others — particularly those who are not caregivers themselves — do not understand the pressures and challenges facing those who are on duty essentially 24 hours a day due to the unpredictable behaviors and sleeping patterns of the person with dementia.

- The toughest choice. The majority of caregivers admit that the toughest choice they have ever had to make is deciding when they can no longer provide care for a loved one and it is time to move him or her to an assisted living facility.



KNOW YOUR FAMILY HEALTH HISTORY

Whether you know a lot about your family history or only a little, take time to talk to your loved ones about their health histories this holiday season.

It might not be easy. Your family members might not be used to talking about their diseases or might not want to talk.

But starting the conversation is important. Remember, you're asking not just for your own health, but for the health of everyone in your family.

Even if you don't have a parent or sibling with cancer or diabetes, you might be more likely to get a disease if other people in your family have or had the condition.

However, having a family health history of a disease doesn't mean that you will definitely get it. Knowing your family health history risk can help you — if you act on it. Collecting your family health history is an important first step.

How to collect your family health history:

- Talk to your family. Write down the names of your close relatives from both sides of the family: parents, siblings, grandparents, aunts, uncles, nieces and nephews. Talk to these family members about what conditions they have or had, and at what age they were first diagnosed.

- Ask questions. To find out about your risk for chronic diseases, ask your relatives about which of these diseases they have had and when they were diagnosed. Questions can include: Do you have any chronic diseases, such as heart disease or diabetes? Do you have health conditions, such as high blood pressure or high cholesterol? Have you had any other serious diseases, such as cancer or stroke? What is your family's ancestry? What were the causes and ages of death for relatives who have died?

- Record the information and update it. My Family Health Portrait, a free web-based tool, is helpful in organizing details and allows you to share this information easily.

- Share family health history information with your doctor and other family members. If you are concerned about diseases that are common in your family, talk with your doctor at your next visit. Even if you don't know all of the details, share what you do know. The information can help your doctor decide which screening tests you need and when those tests should start.

You can't change your family health history, but you can change unhealthy behaviors, such as smoking, not exercising or being active and poor eating habits. If you have a family history of disease, you may have the most to gain from lifestyle changes and screening tests.

For more information, visit www.cdc.gov/features/family-healthhistory.

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‘Admitting that you need help to share the load of caregiving is not a failure — it’s the best way to care for your loved one and yourself.’

Holding on to what is familiar

When I first started working at the Tribune, most of the people I interviewed did not know me. I would introduce myself — Tessa Schweigert, as my name was then. To help people get to know me, I often would say, “I’m Doug Schweigert’s daughter.” Usually, that would make a connection: Many people know my dad.

Some know him from his days selling cars, tractors or cellphones. Others met him through church. And a lot of people know my dad simply because he’s a friendly guy — the kind who talks to anyone, who enjoys making people laugh and who loves sharing a story.



TESSA BAKER
Such is life

If you know my dad well, you have seen a change in him, especially in recent years. His memory has worsened and his physical health also has declined. He’s no longer himself in many ways.

For my family, it has been a difficult and heartbreaking transition. I realize it’s also tough for his friends in our community who have known him for a long time.

If I dwell on what has changed, it’s easy for me to become upset or saddened. So, I’ve tried to hold on to what is still familiar. My dad’s faith hasn’t wavered. Even though he may no longer recall old memories or recognize once familiar faces, he still remembers who God is, and his loving kindness. When my dad was in a hospital bed with a brain bleed last year, facing an uncertain outcome, he repeated the words: “God is good all the time.” I hope that when I am in moments of turmoil, I say the same words. He also still hums the melodies of old hymns that proclaim God’s faithfulness. Another thing that has never changed is who stands beside my dad everyday, whether it’s a good day or a difficult one. My mom, Karen Schweigert, is always focused on what’s best for my dad, making his wellbeing and happiness her priority. She shows me what it is to truly live the vows “in sickness and in health, for better or for worse” with joy and compassion. In the midst of hard days, I see the ways that love still carries on. She has been such a faithful caregiver. But as is so often the case, those years of



Karen and Doug Schweigert with their grandson William Baker, soon after he was born to Tessa and CJ Baker in June. Photo by CJ Baker

caretaking took a toll. As a family, we had to consider not only what was best for my dad, but also for my mom. Earlier this year, we came to the difficult realization that my dad could no longer remain at home, and he was admitted to the Powell Valley Care Center. While it’s not the outcome we hoped for, we know he is where he needs to be. It’s also best for my mom, as everyday tasks and burdens are shared by other compassionate caregivers. For those who are facing similar circumstances, I want to encourage you that there is hope. Admitting that you need help to share the load of caregiving is not a failure — it’s the best way to care for your loved

one and yourself. There’s a reason that flight attendants always say to put on your own oxygen mask before assisting others. You need to be able to breathe before you can help someone else. In those moments of taking deep breaths, you can find blessings to be thankful for. My dad may not tell stories like he once did, nor recognize as many people in his beloved town of Powell. But there are things dementia can’t take away — he will always be my dad, and I will always be thankful and proud to introduce myself as Doug Schweigert’s daughter.

Support available for families caring for a loved one

“Caring for a loved one with dementia is, in many ways, the most challenging job a family member or friend will ever undertake,” said Janet Lewis, executive director for the Wyoming Chapter of the Alzheimer’s Association. “For that reason, caregivers are the focus of a sizeable portion of the services that our association provides.” Information, programs, classes and services that the Alzheimer’s Association provides — at no charge — to Wyoming families include:

- Know the 10 Signs: Early Detection Matters — If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of

people with Alzheimer’s disease as a way to highlight the challenges they face every day.

- Dementia conversations — A workshop that offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making financial and legal plans.
- Effective communication strategies — Learn to decode verbal and behavioral communication with a loved one with Alzheimer’s or other forms of dementia. Participants leave with strategies for meaningful connection with people in early-,

middle- and late-stage dementia.

- Healthy Living for your Brain and Body — Learn about the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.
- Legal and Financial Planning for Alzheimer’s Disease — This workshop, presented by an attorney who is a volunteer for the Alzheimer’s Association, is for anyone who would like to know more about what legal and financial issues to consider and how to put a plan in place.

- Support groups composed of other caregivers — In Powell, a caregiver support group meets in the Powell Valley Hospital’s Courtside Room (next to the Gift Shop) every second Thursday of the month. For more information, contact Trisha Shorb at 754-1259 or tshorb@pvhc.org.
- Family care consultations — The association’s free 24/7 Helpline (800-272-3900) helps people find resources in their community, deal with issues that are vexing to the caregiver, and more. The helpline is staffed by bilingual English/Spanish counselors, and translation services are available in more than 200 languages and dialects.

The association’s website at www.alz.org/Wyoming offers a wide variety of information and resources.

To learn more about caregiving, find care resources and support, call 307-287-6569.

‘Caring for a loved one with dementia is, in many ways, the most challenging job a family member or friend will ever undertake.’

Janet Lewis
Alzheimer’s Association

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Holiday season not joyful for everyone

BY MIKE BUHLER
Tribune Community Editor

Andy Williams once famously referred to the Christmas season as “the most wonderful time of the year.” However, it is not true for everyone.

For those who deal with depression, anxiety and other mental health issues, the holiday season can be one of the hardest times of the year.

“It is a big deal for a lot of people that struggle with depression,” said Devin Dutson, a licensed clinical social worker with Compass Mental Health Services in Powell. “I think it gets put to the side because of the expectation that everybody needs to be happy. With that expectation, people don’t talk about depression. They don’t talk about being sad. They don’t talk about how hard it can be if you’ve lost a loved one during the holidays and stuff like that.”

Darwin Irvine from Big Horn Basin Counseling Services said that sometimes seeing idealized holiday celebrations and situations in entertainment can also make depression worse. “It just hits harder during the holidays,” he said.

“Folks will get to thinking that they’re not having the holiday where all is great and wonderful, then they get isolated,” Irvine said. “... Most of us don’t have the ideal holiday that’s on TV or in movies or whatever. The wear and tear of life gets them down.”

Dutson said that the increased expectations around the holiday season also exacerbate depression and anxiety.

People are expected “to give more, they’re expected to provide more to other people — they’re even expected to be happy, which is in and of itself a difficult thing for somebody who’s depressed,” Dutson said. “When you have an expectation of ‘Hey, you just need to be happy — everybody should be happy, it’s that time of year,’ then what does that do for somebody that’s depressed? That makes it more difficult for them to find ways to be happy because the expectation is ‘you need to be happy.’”

Dutson said that while there is not a huge difference between holiday depression and anxiety in other forms, he said

that the season’s expectations can sometimes pile on.

“I think it’s similar to trying to deal with and cope with depressive symptoms throughout the year,” Dutson said. “It just seems like during the holidays, the expectations of the holidays add stress and add anxiety, which obviously adds a lot to the depression and things like that.”

However, Dutson said that battling holiday depression and anxiety is similar to how to battle it at other times of the year.

“Doing a lot of the same things that you would normally do helps out a lot, like avoiding family conflicts, being able to take care of yourself physically — getting enough sleep, living a daily scheduled routine and being able to just focus on the things that matter the most for people during this time of year,” Dutson said. “A lot of times, people will focus on things that don’t really matter a whole lot.”

Irvine said that getting involved in the service aspect of the holiday season can be a good way to combat depression and other mental health issues this time of the year.

“When folks come into us who are suffering from depression, anxiety or other health concerns, we try to get them to become involved with a church family or a service organization,” Irvine said. “It gives them a larger net of people to connect with.”

When it comes to how friends and loved ones of those who deal with depression and other mental health issues can help, Irvine encourages friends and loved ones to involve them as much as they can in their holiday festivities, while Dutson advises them to keep an eye on their friends and relatives who are struggling at this time of the year.

“I think it’s good for those people — family members — to probably pay more attention to them and be able to, I guess, be more aware of their family members’ emotional needs during that time,” Dutson said. “When they’re aware of it, then they can provide more help and assistance when it comes to trying to cope with depressive symptoms. Being there to talk to them, check in with them frequently and asking how they’re doing — just try to be there for them.”

‘It just seems like during the holidays, the expectations of the holidays add stress and anxiety ...’

*Devin Dutson
Licensed clinical social worker*

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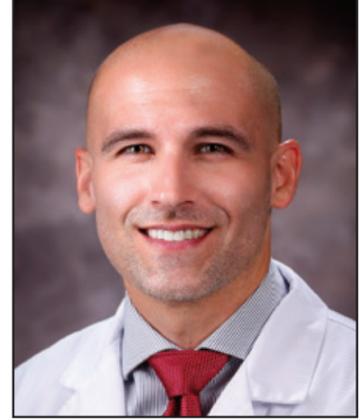
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