



Jake Ruthven looks to net walleye as Game and Fish biologists electrofish Deaver Reservoir in a test to calculate the health of the walleye fishery. The test results were very positive, a dramatic improvement over the 2018 test. Tribune photos by Mark Davis

## ANNUAL TESTS SHOW POPULATIONS OF TASTY FISH WELL ABOVE AVERAGE

# Walleye thriving at Deaver

BY MARK DAVIS  
Tribune Staff Writer

As Game and Fish red shirts pulled into the launch at dusk, Deaver Reservoir fishermen were few. Those left were working hard for bites, but it was still early. Walleye move to the shallows after dark.

The department biologists brought a 6,500 watt generator powering a 240-volt system to assist in their after dark catch. Not many fish in their path would escape the pulse direct current running to a boom resembling a robotic octopus for the annual count of walleye in the popular fishery.

“Our objective is to catch at least 80 walleye over the 10-inch mark,” said Jason Burckhardt, Cody Region fisheries biologist as he swatted at unwanted flying pests.

A light breeze kept most of the mosquitoes off balance during their assault on shore as Burckhardt went over safety regulations. The department has been aggressively managing the



Jake Ruthven, Game and Fish fisheries tech and graduate student at the University of Wyoming, measures one of 185 walleye netted in a 60-minute test of Deaver Reservoir.

reservoir for walleyes for the past 20 years. “Last year [the population] had dipped a little bit,” Burckhardt said before the test began.

“The numbers vary a little depending on the netters as well,” he explained, probably

apprehensive about his newest inexperienced netter. This stout Tribune reporter was roped into duty when a game warden had a scheduling conflict.

Each netter averaged a little more than three fish a minute during the 60-minute test. Ex-

citement was high as several beautiful walleye were netted. All looked healthy – even those less than 5-inches – but only walleye 10-inches or bigger were counted in the operation.

The math is based on an equation called Catch Per Unit Effort. The team worked the banks of the reservoir pulling in hundreds of fish - nearly 113 were walleye making the 10-inch benchmark. This was well over the benchmark of 80. There were several minutes of relaxation with no fish. Then there were moments where fish came too fast and a few were missed.

“Ten percent of the water holds 90 percent of the fish,” Burckhardt said.

The electrical current causes the walleye’s muscles to contract, and they swim toward the boom. Netting isn’t terribly hard, other than managing the specially designed nets with ten-foot poles against the current. Sometimes multiple walleye need to be caught at a time.

See Walleye, Page 8

# POWER OUTAGE

## Squirrel and moisture to blame

BY DAVE BONNER  
Tribune Publisher

The weather and a squirrel were to blame for power outages Sunday morning.

Before the start of Sunday morning services at Union Presbyterian Church, a loud pop was heard in the alley behind the church.

It wasn’t a show-stopper. But it caused a slight alteration of plans before the conclusion of services.

Pastor George Pasek had just begun his Sunday sermon. Behind him, organist Judy Showal-

ter stepped from the sanctuary. When she returned, she whispered in the pastor’s ear.

It was a little out of the ordinary. So was the news.

“The city is going to be shutting off the power,” Pasek told the congregation.

An employee of the city electrical department, unseen by Pasek and parishioners, had come into the church and motioned to the organist from a side door. She passed the message on.

See Power, Page 3

# NWC helicopter operation a success

BY KEVIN KILLOUGH  
Tribune News Editor

The thumping of the helicopter blades could be heard from just about anywhere in Powell Friday, as a CH-47D “Chinook” hovered around Northwest College. Residents gathered around the campus to watch the helicopter lifting three-ton air conditioning units onto the roof of the col-

lege’s Orendorff Building.

To characterize the risk involved with the operation, Dave Plute, Northwest College plant manager, refers to a saying among Navy helicopter mechanics. They describe a helicopter as a million parts flying in close formation.

A lot of other moving parts had to work together properly

See Helicopter, Page 3



Each air conditioning unit weighed more than 6,000 pounds, but the CH-47D helicopter could carry about four times that amount. Despite the constant rain, the dangerous operation at NWC was completed. Tribune photo by Kevin Killough

# Powell estimated to have seen slight growth last year

BY KEVIN KILLOUGH  
Tribune News Editor

According to the latest population estimates by the U.S. Census Bureau, Powell is the sixth-fastest growing city in Wyoming, thanks to an increase in the town’s total population of four residents.

The estimates, announced last week, put Powell’s population at 6,310.

About three-fourths of Wyoming’s cities of 2,000 people or more saw their population drop between July 1, 2017 and July 1, 2018. The total population of the state dropped by 1,197 residents, and only six cities of 2,000 people or more

saw population increases.

Cody was the second-fastest growing city in the time period, increasing 0.5 percent by adding 46 new residents.

At 0.6 percent, Cheyenne had the highest percentage increase. Thermopolis had the largest drop of 2.8 percent as a result of losing 81 residents. Casper and Rock Springs

lost the most total number of people during the year, at 351 and 291 residents lost, respectively.

Park County saw an increase in residents of 0.5 percent during the year. Most of the gains were outside Powell, Meeteetse and Cody, with a

See Growth, Page 2

# Student pilot crashes small plane at Cody airport

## NO ONE INJURED

A small, private plane crashed at Yellowstone Regional Airport on Saturday morning, flipping upside down.

The occupants of the Piper Cub — a student pilot and a local flight instructor — were not injured, but the Cody airport was closed for roughly two hours while personnel worked to investigate the incident, right the plane and move it off the runway.

The aircraft crashed on the northeast end of the runway around 11 a.m. Yellowstone Regional Airport Director Bob Hooper said the plane “apparently was affected by winds while landing, causing the aircraft to flip and come to rest upside down.” The airport’s

aircraft rescue and firefighting personnel responded and assisted with the incident.

The plane is owned by Hunt Oil Co., a Dallas-based oil and gas company that owns property around Park County. Hunt Oil is part of a family of companies that includes Hoodoo Land Holdings, which owns and operates the sprawling Hoodoo Ranch south of Cody.

A departing United Express flight to Denver was delayed about 1 1/2 hours, while an incoming Delta Connection flight from Salt Lake City was delayed about two hours, Hooper said in a Sunday news release.

The Federal Aviation Administration and the National Transportation Safety Board are investigating the incident.

— By CJ Baker



Firefighting personnel and others work to right a plane that flipped over while landing at Yellowstone Regional Airport Saturday morning. A student pilot and flight instructor on board were not injured. Photo courtesy Vince Vanata



Heavy precipitation caused flooding along Sage Creek. When culverts are unable to keep up, Sage Drive acts as a spill-way. Photo courtesy Park County Public Works Department

## Area east of Cody hit by flooding

Recent precipitation has caused flooding along Sage Creek, east of Cody.

With creek water flowing over Sage Drive, Park County authorities announced an emergency closure of the road on Tuesday evening, but reopened it by 7 a.m. Wednesday after the water receded.

Park County Engineer Brian Edwards said it appears some private properties have also been flooded; some buildings and other structures just south of U.S. Highway 14/16/20 are surrounded by water, he said Tuesday.

"We've been monitoring the situation and have made contact with the few landowners affected by flooding and have offered them any help we can. However, right now it appears the water is receding," Lance Mathess, a spokesman for the Park County Sheriff's Office, said Wednesday.

**'In talking to some of the locals, they have not seen the water up this high on the creek in several years.'**

**Brian Edwards**  
County engineer

Edwards said the road did not appear to be damaged. The county installed the culverts, concrete headwalls/aprons and pavement in the 1980s after a bridge — which had stood just a short distance upstream — washed out, Edwards said.

"The road essentially acts as a spill-way when the culverts are unable to keep up during a flood situation," he explained. "In talking to some of the locals, they have not seen the water up this high on the creek in several years."

Beyond the trouble with Sage Drive, the rain also washed out a portion of County Road 6UT in the Diamond Basin area south of Cody. In the damaged section, the surface of the gravel road sunk considerably.

— By CJ Baker

# Powell Valley Hospital earns high marks from feds

BY KEVIN KILLOUGH  
Tribune News Editor

The Centers for Medicare and Medicaid (CMS) recently awarded Powell Valley Hospital an overall rating of four stars, putting it in the top 20 percent of hospitals in the nation.

"This 4-star rating is a reflection of the efforts of our staff and providers to ensure that [Powell Valley Healthcare] is continuously improving the quality of care we provide to patients," said Sara Welling, director of quality improvement.

Over 4,000 Medicare-certified hospitals across the country are assessed by the CMS Hospital Compare ratings. CMS uses a variety of criteria to develop the ratings, including timeliness of care, effectiveness of care, hospital readmission rates and patient satisfaction.

"We focus on evidence-based care and are paying close attention to the elements of providing safe, effective care," Welling said. "We want the best for our community and are committed to continuous improvement."

Surveys of patient satisfaction — one of several measures contributing to a hospital's overall score — contain 10 topics, including factors such as how well hospital staff communicated with the patient, the cleanliness of rooms and restrooms and if the patient would recommend the hospital.

The percentage of PVHC patients reporting they were given information about what to do during their recovery at home came in at 92 percent, which was 5 percent higher than the state and national average. On all other survey measures, PVHC was within a few percentage points of the

state average. The federal rating system notes that the number of responses for all topics were below 100, which is considered to be possibly too small of a number to reliably assess the hospital's performance.

On two measures of timeliness of care, PVHC was below the state average — meaning the Powell hospital's rating was better. For instance, the average number of minutes before outpatients with chest pain or possible heart attack got an ECG was four minutes, whereas the state average was eight minutes.

For more information about hospital ratings, visit [www.medicare.gov/hospitalcompare](http://www.medicare.gov/hospitalcompare). For more information about PVHC's Quality Improvement Program, call Welling at 754-1201 or visit the "patient satisfaction" page at [www.pvhc.org](http://www.pvhc.org).

## Growth: Powell sixth-fastest growing city in Wyoming

Continued from Page 1

total of 84 residents moving into rural Park County.

Between April 2010 and July 2018, the county had a population growth of 4 percent. Big Horn County gained 212 residents over the

eight-year period, resulting in an increase of 1.8 percent in population.

Teton County had the highest increase during that period of 8.4 percent; Washakie County lost 7.5 percent of its residents in that time.

In releasing the new figures, the Census Bureau made revisions to their prior estimates, too. The bureau previously figured that Powell's population had stood at 6,440 residents in July 2017; however, it now believes the city had only about 6,306 residents at that time.

## UPCOMING COUNTY BOARD APPOINTMENTS

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

### • PARK COUNTY LIBRARY BOARD

1 Upcoming Appointment – 3-Year Term (Expires July 1, 2022)



Applications may be requested electronically at [skohn@parkcounty.us](mailto:skohn@parkcounty.us), and are available at the County Commissioners' office in the ORIGINAL COURTHOUSE, 1002 Sheridan Avenue, Cody, or at the PARK COUNTY ANNEX, 109 W. 14th Street, Powell. **DEADLINE** to submit is **NO LATER THAN 3:00 P.M. on Friday, June 7, 2019. Please submit a letter of interest or résumé with the application.** Interviews will be held **Tuesday, June 18, 2019**

**Applicant must appear in person for interview.**

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OBITUARIES

**Lynn Russell Snell**

(April 4, 1954 - May 25, 2019)

Our amazing husband, son, nephew, uncle, cousin, in-law, and friend passed from this Earth Saturday, May 25, 2019. He left too soon.

Lynn was born in Lovell on April 4, 1954, to Pearl Ann Hart Snell and Charles Russell Snell. He was welcomed home by his bossy big sister, Leatha, who immediately took ownership. He was later joined by another sister, Leann, who adored and pestered him; brother Lyle, who was more stubborn than he was; brother Marty, who just wanted to be included; and lastly, by baby brother Jeff.

Lynn attended school in Byron and Powell, but his real life started when he joined the Army. After boot camp at Ft. Leonard Wood, Missouri (Fort Lost in the Woods Misery), he was sent to Fulda, West Germany, where he met and married his beautiful and beloved wife, Janet, his soulmate, partner in crime, biggest competitor and most avid fan. They were married for 40 years and were just getting used to each other. They planned to have another 40 years together.

Lynn rarely sat still except to read and sleep. Outdoor sports were his passion. He was an amazing skier. He skied the Alps many times and could be found on

the slopes of his favorite mountains in Montana and Wyoming (with Janet, of course, and whichever friends decided to tag along) nearly every weekend during ski season. Lynn's Run on Red Lodge Mountain was special to him. When he had to give up skiing, he took up golfing with equal passion, playing almost every day, 12 months per year, in Wyoming. He was a member of the "good ole boys" at the Powell Golf Club. Some of this group has been his teachers in school, and it was difficult for him to call them by their first names because he was raised to treat authority with respect.

Lynn was a wanderer. He knew the Big Horn Basin better than anyone. He could get from one side of the Basin to the other off-road. He had ATVs for years and there wasn't a trail he didn't know. It was all fun and games until he bought THE RZR (Blitz). Then, he really got down to business. Blitz had a need for speed, or maybe that was Lynn. His motto was "bigger, better, faster," and Blitz docilely complied. After all, that was what Lynn wanted.

Everybody loved Lynn. Seriously, EVERYBODY LOVED LYNN. He was everybody's best friend. He had friends all over the world, and he usually ran into someone he knew wherever

he went, including an encounter with a questionable hitchhiker who turned out to be his cousin Tim. Four degrees of Lynn Snell would be more entertaining than six degrees of Kevin Bacon!

Everyone has their favorite "Lynn" story or two or three. Lynn LIVED his life, and everyone who was fortunate enough to be included by him feels blessed for knowing him. He leaves a massive hole in their lives.

Lynn was preceded in death by his father Russell Snell, who passed away last August, his father-in-law Alfred, and his mother-in-law Lydia.

He is survived by his forever soulmate, Janet; his mother, Pearl Ann; sisters and brothers, Leatha (Russ), Leann (Lisa), Lyle (Mehl Ree), Marty (Patti), Jeff (Cindy); numerous nieces and nephews who absolutely adored him; countless best friends; and of course his special girl Gemma (greyhound extraordinaire).

Life's journey is not to arrive at the grave safely in a well preserved body, but rather skid in sideways totally worn out and shouting, "Wow, what a ride!" That's our Lynn.

There will be a memorial service for Lynn on Saturday, June 1, 2019, at 11 a.m., at Powell Third Ward Church of Jesus Christ of Latter-day Saints, 1026 Avenue E, in Powell.



LYNN SNELL



VETERAN

**Elsie M. Nelson** (Aug. 10, 1924 - Jan. 26, 2019)

A memorial service for Elsie Nelson will be Monday, June 3, at 11 a.m. at Hope Lutheran Church in Powell.

**Power: '... moisture is finding weak points in the system'**

Continued from Page 1

Undeterred, Pasek resumed his sermon. When the lights blinked out a few minutes later, the pastor set down his microphone and spoke a little louder. Later it was learned the pop heard in the church was from a wayward squirrel.

Steve Franck, electrical superintendent from the City of

Powell, said weather caused further problems with the system in town. A reclosure that is supposed to keep the power on when there's a disruption failed.

"We had to bypass it," Franck explained.

This led to parts of town, including downtown and the aquatic center, to be without power for about three hours on Sunday. Franck said the problem

is the rain.

"With so much weather right now, the moisture is finding weak points in the system," he said.

But the big cause of Sunday's power failure was ultimately the squirrel running across wet, energized wires.

"That ended his life pretty abruptly," Franck said.

(Kevin Killough contributed to this report.)



Crews get sprayed with rain and dust from the downwash as they hook up a curb for the new air conditioning unit on the Orendorff Building at NWC. Tribune photo by Kevin Killough

**Helicopter: New A/C units much more efficient**

Continued from Page 1

for a successful operation, and flying the helicopters was just one task at hand.

The college was replacing two rooftop air conditioning units that were over 30 years old. The old ones had to be lifted off the roof and set on the ground before the new ones could be hoisted back onto the roof. Both the old and new units had a "curb" to move as well. These are kind of like adapters that fit the units into the hole on the roof.

Using cranes would have been a lot more expensive, as they would need to remove trees and break concrete to get one into position.

The operation, which had been in the planning stages for months, was originally slated to go for Tuesday. One of the moving parts that had to come together was the weather, and

it wasn't cooperating. While a window opened up in Powell on Tuesday afternoon, low visibility and clouds kept Billings Flying Service from getting the chopper down here. Friday's weather wasn't much better, but it was good enough for the trip from Billings.

"It could have been worse," Plute said.

There were more than a dozen people involved in the operation. Some were on the ground, some were on the roof, and the rest were in the chopper.

The primary concern was safety. Helicopters can't make the same precise movements a crane can, and there's always the chance something can go wrong when you have three-ton machines swinging through the air. It was impressive to see how steady the units were as they lifted up and set back down again.

"The pilot was sure holding that puppy steady," Plute said.

Some members of the ground crew kept people out of the emergency landing zones, which were designated just in case the pilots had to put the bird down quick. A few excited children, eager to get as close as they could to the helicopters, ran across the fields, and they had to be told to stay behind the barriers.

Fortunately, there were no emergencies, and the operation went off about as smoothly as one can expect on a cold, rainy day.

"We were lucky the weather opened up enough that we could get everything done," Plute said.

The new units are much more efficient and will save the college money over time.

"We should see an incremental decrease in our utility costs," Plute said.

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# POWELL TRIBUNE

IN OUR OPINION

## Government and unreliable outcomes

John Wesley Powell, for whom our town is named, had an enormous contribution to exploration and effective irrigation policies that have allowed the American West to thrive, including our own area's agriculture industry upon which our local economy relies.

Despite the value he brought to the West, policymakers did not readily embrace Powell's advice, and the story provides a cautionary tale about the pitfalls of looking to government to solve problems.

After Wesley Powell's historic trip down the Colorado River and through the Grand Canyon, Powell went to work for the federal government. In 1881, he became the second director of U.S. Geological Survey. In 1888, the West faced a series of droughts that spurred federal action. Powell directed an extensive survey of the public domain lands of the West, and the government halted settlement of these lands while the surveys were done.

From these surveys came Powell's proposal to build irrigation systems in the vast, arid territory. Water and land, he argued, should be distributed in a way that doesn't limit the resource to just those lucky enough to own land along the river.

What seems a no-brainer to us today was met with fierce opposition at the time partly as a result of another large-scale government project. In an effort to incentivize railroad companies to connect the East and West Coasts of America, the federal government granted huge swaths of land to the railroad companies. When the companies learned of Powell's proposals, which would limit them selling all that land to farmers, the companies aggressively lobbied to have Powell's ideas relegated to the dust bin of history.

Powell ultimately lost the battle, and the Geological Survey reverted back to distribution of land based mostly on the railroad companies' financial interest. The controversy took the fight out of Powell. He resigned the directorship of the Geological Survey and died nearly penniless in 1902.

Powell's ideas eventually made their way into federal policy on irrigation and today we have a network of dams and canals that feed water to our vital agricultural industry. But this very nearly didn't happen.

The story of Powell is a cautionary one. While government can produce good results, policies can have a slew of unintended consequences. We did get the railroads built, and we have a functioning irrigation system. Both were beneficial. But the policies that gave birth to the former very nearly killed the latter, which would have been a disaster.

There's a lot of debate today over how much government should be involved in developing solutions to healthcare costs, climate change, immigration and many other issues. It's worth remembering just how unreliable government solutions can be and how unforeseen consequences of bad policies can alter situations.

In the case of railroads and water resource management, there weren't a lot of other options. Where there are other options, it's probably best not to rely on government.



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, News Editor Kevin Killough, Features Editor Tessa Baker and Sports Editor Don Cogger.

## Watch for bears on the road

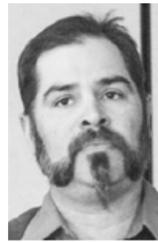
With summer approaching, we are expecting thousands more people traveling through our great state. Now is a good time to remind everyone to watch out for wildlife near the roads — and this includes bears.

State highways and bears don't mix well. Bears that feed close to roads can become habituated to humans and vehicles. Having bears frequent highways increases the opportunity for them or their offspring to be hit by a vehicle. It also increases the chances of a bear becoming more bold and approaching people or frequenting areas where access to human food can cause bears to become

food conditioned, requiring further management actions.

Game and Fish cannot respond to every roadside bear occurrence. But, when the safety of the bear and the public is in question, we try to move the bear away from the road. We primarily do this by honking horns on our vehicles and using cracker shells — a practice common for wildlife managers across the country. We work closely with our partners like the U.S. Forest Service and the

Wyoming Department of Transportation to get signage up to let people know there is wildlife on the roadway. Encouraging bears to move away from roads is for your safety as much as the bear's.



DAN THOMPSON  
Guest columnist

Here are some things we recommend if you do come along a roadside bear:

- Don't stop in the road or block traffic.
- Watch for warning signs and reduced speed limits due to wildlife presence.
- Stay in your car and stay

at least 100 yards from bears.

- Use binoculars or spotting scopes for safe viewing.
  - If a bear approaches your car, honk your horn to discourage the bear from becoming too familiar with humans.
  - Never feed bears or leave food accessible to bears.
- Wyoming has some of the best wildlife viewing opportunities in the world. Game and Fish wishes you safe and enjoyable wildlife viewing this summer.

(Dan Thompson is the Wyoming Game and Fish Department's large carnivore section supervisor, based in Lander.)



## Retirees finding purpose and pay as professional caregivers

Wyoming retirees are no strangers to the world of caregiving. Many raised their own children, and today a large number provide unpaid care to family members or loved ones. As companies that provide home service in Wyoming try to recruit and retain a quality workforce, older and more experienced caregivers are in high demand. Paid caregiving can be a great opportunity to stay active, connect with community and make pretty good money.

Experts in the field tell me that the home care services industry is prioritizing recruiting retirees as caregivers. Home services companies offer their paying clients everything from companionship, to personal care, medication reminders, meal preparation and even rides to and from medical appointments.

Retirees often make outstanding professional caregivers for a variety of reasons. Retirees generally have experience in helping a loved one in a similar capacity; they tend to form a stronger

personal connection with the eldest generation; and often times they are looking for ways to give back to their communities in their retirement years. In some cases, home service companies will pay between \$10 to \$20 per hour to someone willing to perform these services.

Wyoming needs caregivers. According to AARP numbers, Wyoming has 66,000 unpaid caregivers offering support to family members, neighbors or loved ones. This translates into 62 million hours of care and \$817 million per year. These numbers are important because without these unpaid caregivers, many of the beneficiaries of this care would end up in a nursing home paid for by the state. Last year, long term care cost Wyoming around \$138 million and the Department of Health suggests that number could rise to over \$300 million over the next 10 years.

Paid care providers provide a similar value. The cost of in-home care is typically a fraction of the cost of nursing home care. And that does not even take into account the independent value of being able to age in your own home.

This value proposition gives both clients and the state considerable motivation to find more caregivers. The ability to make a little cash might be good motivation for retirees kicking around the idea of becoming a professional caregiver. Communities across the state have home

care companies looking to bump up their workforce. Call around to find out what the job market looks like in your area. When you talk to a provider, tell them what you think you are capable of doing in terms of duties as well as the time you are available. If you don't think you can offer a lot of time, that is fine, home service providers are often flexible and will try to

match you with clients that fit your schedule.

Before you commit to working with a home services organization it's always a good idea to be clear about expectations, support and employment status. You might ask these four questions: 1. Would you be a direct employee of the company? Some organizations treat paid caregivers as employees and some treat as contractors. That has implications for benefits and taxes. 2. Would you be bonded and insured by the company to protect yourself legally? 3. What does the initial training look like before you are asked to provide support services and is continuing training available? 4. Finally, what sorts of benefits above cash does the company offer?

To find a list of service providers that the state Department of Health's Aging Division does work with, go to [www.aarp.org/wyoming](http://www.aarp.org/wyoming).

(Sam Shumway is the State Director for AARP Wyoming, based in Cheyenne. He can be reached at [sshumway@aarp.org](mailto:sshumway@aarp.org) or 307-432-5816.)



SAM SHUMWAY  
Guest columnist

**CONTACT PARK COUNTY COMMISSIONERS:**  
Jake Fulkerson ----- jfulkerson@parkcounty.us  
Lee Livingston ----- llivingston@parkcounty.us

Dossie Overfield ----- doverfield@parkcounty.us  
Lloyd Thiel ----- lthiel@parkcounty.us  
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In memoriam, Diane Bonner (1939-2001)

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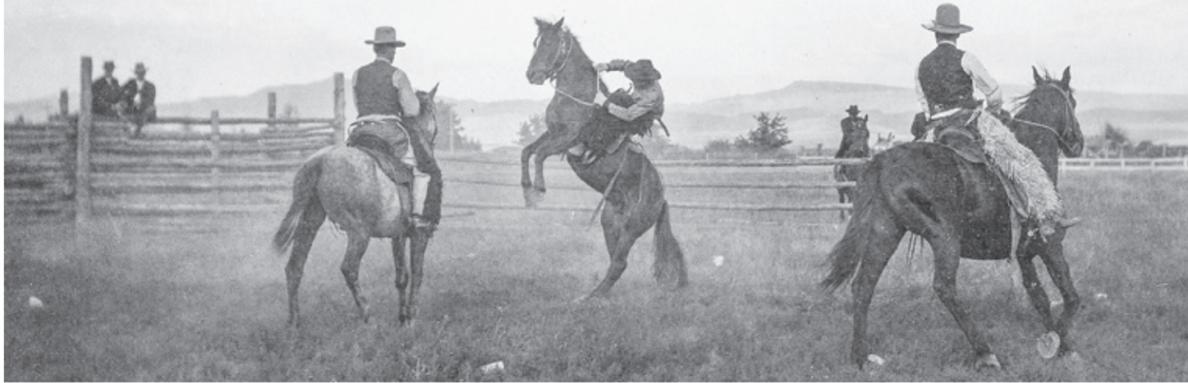
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## 100 YEARS OF THE CODY STAMPEDE



Arthur Holman rides a bronc at a past Cody Stampede, with Clarence Williams pictured at left and Blocker Dodge at right.

Photo courtesy F.J. Hiscock/Cody Local History Collection, McCracken Research Library

### UPCOMING EXHIBITION CELEBRATES CODY RODEO

The century-old Cody Stampede is the subject of an upcoming special exhibition at the Buffalo Bill Center of the West.

"Whoop it up! Celebrating 100 years of the Cody Stampede" tells the story of the multi-day rodeo event that — with the exception of World War II — has been held in Cody every year since 1919.

The exhibition features vintage photographs, artwork, artifacts, and film footage — along with some surprises. It interprets the Stampede in the context of its precursor, Buffalo Bill's Wild West, with its heroic portrayal of the American cowboy taming wild broncs. Exhibit organizers say Whoop It Up! also connects to the diverse cast of lady riders, cowgirls, trick riders and ropers, and bold equestrianism that made the Wild West a template for western rodeos throughout America.

The Cody Stampede grew out of local celebrations on the Fourth of July. In the early days, it featured a program of wild horse races, Texas longhorn steer wrestling, Crow Indian dancers and, always, a bucking horse contest. Recognizing that they had a winner, local leaders capitalized on Cody as a gateway community and hub for tourists on the many routes to Yellowstone National Park. They linked the rodeo to the Western experience, as advertised by dude ranches, and promoted it in a constellation of



A cowboy is pictured heading a steer during the July 4, 1957 Cody Stampede. The century-old Stampede is the subject of a new exhibition at the Buffalo Bill Center of the West. Photo courtesy Jack Richard/McCracken Research Library

attractions that included the Buffalo Bill Museum, big game hunting, scenic landscapes and other Western fun.

Today, the Stampede has evolved into a top-tier rodeo, drawing professional contestants from across the country. It boasts the highest purse of any rodeo on the Fourth of July.

The Center of the West is part-

nering with the Cody Stampede Board and the local community on the exhibition. It features rodeo legends Nick Knight, Mel Stonehouse, and "Cody Bill" Smith, among the many star performers who have passed through Cody on their way up the ladder of fame.

The exhibition also displays memorabilia related to the Stam-

pede Parade, which takes place each year on July 3 and 4, and highlights celebrities such as John Wayne and Gary Cooper, who both once served as grand marshals for the parade.

Whoop It Up! opens Friday, June 7 in the center's Anne and Charles Duncan Special Exhibition Gallery and remains on display through March 31, 2020.

### Input sought on CWD at Worland meeting

The Wyoming Game and Fish Department is inviting the public to participate in a Monday, June 3, meeting in Worland on chronic wasting disease (CWD). It's part of the Game and Fish's efforts to develop a revised CWD management plan.

"CWD is widely distributed across Wyoming and is fatal to deer, elk and moose. Providing information and hearing from the public is important as Game and Fish works to address CWD in Wyoming, and we hope people will come to these meetings to learn about CWD and have conversations with us," said Scott Edberg, Game and Fish deputy chief of wildlife. "It is essential to learn what people in Wyoming know and think as we work through this collaborative process."

The meeting will begin with Game and Fish sharing foundational information about CWD before dividing into smaller groups with the public to discuss ideas on the management plan. Following the meetings, the Ruckelshaus In-

stitute will compile the information gathered from across the state and present it to the 32 members of the newly appointed Game and Fish CWD working group. The group will consider this and other information as they work to develop a revised CWD management plan.

"The work in these meetings will be informative to all parties involved," said Jessica Western, director of the Collaboration Program in Natural Resources for the Ruckelshaus Institute. "Game and Fish and the public will learn from each other and, at the end of this process, have a solid CWD management plan that is rooted in science and the needs of Wyoming's public."

For those unable to attend in person, the meeting will be recorded and available to view on the Game and Fish website, as well as an opportunity to submit online comments for consideration in the revision of the CWD management plan.

Visit [www.bit.ly/2T9QnPP](http://www.bit.ly/2T9QnPP) for more information.

### Heart Mountain hike postponed

The recent wet weather has forced the postponement of a planned community hike at The Nature Conservancy's Heart Mountain Ranch Preserve.

The annual event had been scheduled for Saturday, but Heart Mountain has received a large amount of rain and snow over the past couple weeks, said Carrie Peters, a conservation

practitioner at the preserve.

"... with it continuing to rain [Monday and Tuesday], the trail is just going to be too muddy and slippery," said Peters, adding, "We were so hoping that it would dry out but the weather simply isn't cooperating!"

The Nature Conservancy hopes to reschedule the hike for Saturday, June 15 instead.

### EQUINE ASSISTED THERAPY RETREAT AVAILABLE FOR CANCER SURVIVORS

Rainhorse Equine Assisted Services in Hyattville is hosting a retreat for cancer survivors, family and caregivers called "The Art & Wisdom of the Horse."

In this retreat and workshop, participants will experience the remarkable healing ability of horses through guided, un-mounted interactions.

"Horses are naturally social animals that welcome a bond with another being, including humans," organizers say. "Once that connection is formed, it can provide great comfort to the patient, giving them a much-needed escape from their regular treatment regimen or boost their self

esteem and confidence after the trauma of fighting cancer."

Participants will also be introduced to creative writing and journaling as a healing activity.

Free for all participants, the retreat will consist of four one-day sessions that will take place once a month: June 1, July 13, Aug. 3 and Sept. 7. Participants may attend one session or all of them.

The workshop takes place at the Oxbow Ranch in southern Big Horn County.

For more information, visit [www.rainhorse.org](http://www.rainhorse.org) or contact Executive Director Maria Eastman at 307-469-2289 or email her at [rainhorse@tctwest.net](mailto:rainhorse@tctwest.net).

### ACHIEVER Cronin graduates with honors from law school

Keeley Cronin of Powell graduated with honors from the University of Wyoming Law School on May 18. Cronin was named a Brimmer scholar in 2018 — the most prestigious award offered by the College of Law.

In a news release last year, UW officials described Cronin as "an outstanding student and outspoken leader" who is "extremely driven and has taken advantage of every opportunity to gain valuable legal experience."

Through the externship program and summer internships, Cronin served as a

summer law clerk for Albany County District Court Judge Tori Kricken; worked as a summer associate for the Cheyenne law firm Hirst Applegate LLP; and worked as a research assistant for the Powell law firm of Copenhaver, Kath, Kitchen and Kolpitke. Last summer, Cronin served as a summer associate for Baker Hostetler in Denver.

At UW, Cronin has been involved in the Wyoming Law Students for Equal Justice Club, the Wyoming Trial Lawyers Association-Student Chapter, and she competed in the 10th annual Robert R. Rose Jr. Voir Dire

Competition, finishing as a semifinalist. She also worked as a staff member for the Wyoming Law Review and served on the Editorial Board.

Following graduation, Cronin will serve as a judicial law clerk to the Honorable Greg Phillips in the Tenth Circuit Court of Appeals in Denver.

A native of Powell, Cronin graduated from BHS in 2008 and earned dual bachelor's degrees from UW, graduating in 2013 with a degree in religious studies and a degree in speech, language and hearing sciences. She is the daughter of Terry and Jan Cronin.



KEELEY CRONIN

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

**MOVIES BEGINNING FRIDAY, MAY 31**

**SCREEN I**  
Showing nightly  
7:00pm  
**Aladdin**  
With Will Smith  
Sat., Sun. Matinee - 3:00 pm ----- PG

**SCREEN II**  
Showing nightly  
7:15pm  
**Godzilla: King of the Monsters**  
Sat., Sun. Matinee - 3:15 pm ----- PG-13

**VALI TWIN CINEMA**  
Concession open to the public during theater hours.

[www.valitwincinema.com](http://www.valitwincinema.com)  
DOWNTOWN POWELL ~ 754-4211

**MOVIE LINE 754-5133**

Showtime 9:15pm Or Dark

**American Dream Drive-in Theatre**

SHOWING MAY 31-JUNE 3 FRIDAY-MONDAY

**Pokémon Detective Pikachu**  
RATED PG

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SHOWING THIS WEEK!

With Will Smith **Aladdin** Rated PG

Showing: Thursday, May 30 ----- 7:00pm  
Showing: Friday, May 31 ----- 7:00pm  
Showing: Saturday, June 1 ----- 3:00pm • 7:00pm

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STARTING FRIDAY, MAY 31

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Wyoming Center on Aging

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# DIGEST

## Memorial Day rockslides hit roads outside Cody, Ten Sleep

### ALL ROADS OPEN BY TUESDAY

Wet weather caused rockslides west of Cody and east of Ten Sleep on Monday, but crews had both routes reopened by Tuesday morning.

Falling rock advisories remained in effect on all mountain highways in northwest Wyoming on Tuesday, including Wind River Canyon (U.S. Highway 20/Wyo. Highway 789), west of Cody (U.S. 14/16/20), east of Ten Sleep (U.S. 16), east of Greybull (U.S. 14), east of Lovell (U.S. 14-A) and northwest of Cody (Wyo. 296).

Maintenance crews responded west of Cody Monday evening to a rockslide near Buffalo Bill Reservoir. It occurred in an area where workers installed fencing last year to catch falling rocks.

Monday's slide damaged the fence west of the tunnels, but "the fencing did its job," said WYDOT Cody maintenance foreman Jim Berry.

"Without the fencing, the rockfall would have impacted/closed the roadway for a longer period of time," Berry said.

On U.S. 16, east of Ten Sleep, some rocks had fallen on the road by Monday afternoon. But about 5:15 p.m. Monday, more rocks dropped on the highway about 6 1/2 miles east of Ten Sleep and closed the roadway.

WYDOT Ten Sleep maintenance fore-



**Amid continued wet weather, rocks fell onto U.S. Highway 16 east of Ten Sleep on Memorial Day. Crews cleared away rocks that were as large as a half-ton pickup.**

Photo courtesy Wyoming Department of Transportation

man Matt Jones first responded with a plow truck, then with a loader, to clear rocks "from the size of softballs and basketballs to the size of a half-ton pickup truck."

WYDOT workers also removed smaller rocks from the highway inside Wind River

Canyon between Thermopolis and Boysen Reservoir, all night Monday, as well as other areas, including Chief Joseph Scenic Highway.

Motorists are encouraged to monitor road conditions at wyoroad.info.

### WEATHER REPORT

Date	High	Low	Precip.
05.22	51	36	.13
05.23	54	40	.06
05.24	56	42	.17
05.25	67	39	.00
05.26	70	46	.00
05.27	53	46	.91
05.28	62	45	.08

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

### MARRIAGE LICENSES

- Joshua Robert Demers, 28, and Jamie Lee Upham, 32, both of Butte, Montana
- Thomas Joseph George, 19, and Laura Anne Ferguson, 22, both of Powell
- Shane Michael Smith, 52, and Colleen C. (Drennan) Cordes, 48, both of Powell
- Luke Lewis Sherman, 54, and Nancy Michele Haefner, 56, both of Sheridan
- Alex Lewis Roberts, 30, and Stephanie Rachelle McCullough, 28, both of Cody
- Toby Michael Hooper, 19, and Alexandria Lee Nicholson, 20, both of Powell
- Tanner Cayd Wyse, 22, and Sabina Deann Bridges, 23, both of Powell

### SHERIFF'S REPORT

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

**MAY 17**  
10:57 p.m. A deputy helped control traffic while firefighters worked a structure fire on Lane 13 in the Powell area.

**MAY 18**  
2:43 a.m. A 32-year-old man was reported to be having hallucinations, saying he and others were going to die on Jackie Bee Drive in the Cody area.  
8:41 a.m. A woman on Cooper Lane in the Cody area reported that her son was being cremated after dying of a serious illness; she asked to have a person served with a no trespassing order for the funeral home.  
8:50 a.m. Cows were returned to their owner after getting out on U.S. Highway 14/16/20 west of Cody.  
12:06 p.m. A 69-year-old man was reported to be unconscious and not breathing on 11th Street in Cody.

2:32 p.m. Cows were returned to their owner after getting out on Road 2BE in the Cody area.

4:15 p.m. The sheriff's office assisted with a report of a vehicle traveling at a high rate of speed on 17th Street in Cody.

9:15 p.m. Roughly 10 cows were returned to their owner after getting out on Lane 14 in the Powell area.

9:24 p.m. A woman reported that neighbors were shooting off fireworks on Road 11 in the Powell area, saying her horses may have gotten out.

11 p.m. Two suspicious vehicles were reported to have parked across the street from a caller's home on Viking Drive in the Cody area. The report was determined to be unfounded.

**MAY 19**  
10:25 a.m. A caller reported that a sorrel horse on Cooper Lane East in the Cody area looked "scraggly," saying they could see the animal's ribs and that it seemed lethargic.

11:36 a.m. Jonathan Macky Joy, 33, was arrested on a warrant on Main Street in Ralston.

12:52 p.m. A deputy assisted Cody police with a traffic stop on 8th Street.

1:21 p.m. The Powell Police Department asked for a deputy to check and see if a male's truck was at his residence on Lane 8. The sheriff's office was unable to assist.

2:15 p.m. A woman reported that she was going to pick up her trailer in about an hour on Manning Road in the Cody area. She asked for a deputy to stand by, saying her brother had caused problems before. The sheriff's office was unable to assist.

4:59 p.m. A woman reported that a certain person was stealing her WiFi box, clothes and other property from her house on Road 7, in the Powell area.

5:20 p.m. A bicycle was reported found near the Ralston Reservoir

on Lane 12 in the Powell area.

8:56 p.m. A driver was warned for unsafe acceleration and no valid registration after a traffic stop on State Street/Wyo. Highway 120 in the Meeteetse area.

**MAY 20**  
1:49 a.m. A red Chevy pickup was reported to be swerving, driving slowly and using both blinkers when turning on Lane 8/Road 11 in the Powell area. The sheriff's office assisted.

2:48 a.m. A deputy checked on a possible party involving underage drinkers on Carbon Street in Ralston.

9:02 a.m. A citizen asked to have a person served with a no trespassing notice for property on Road 7RP in the Cody area.

10:42 a.m. A deputy checked on a vehicle on the side of Wyo. Highway 120 north of Cody and found they were just making a phone call.

12:16 p.m. A woman on Road 3EX in the Cody area reported concerns about her son's behavior, believing he might be doing drugs. A citation was issued.

1:03 p.m. A deputy checked on a parked vehicle on Lane 5 in the Powell area and found a person was taking pictures of a head gate.

4:10 p.m. A deputy assisted a motorist on Lane 9H in the Powell area.

5:25 p.m. A driver was warned for unsafe passing on U.S. Highway 14/16/20 west of Cody.

8:33 p.m. A woman reported that her neighbor's horse was loose on Mustang Lane in the Cody area.

10:09 p.m. An orange vehicle was reported to have broken down on North Absaroka Street in Powell

and was partially blocking the road.

**MAY 21**  
5:42 a.m. White, tan and brown cows were reported to have gotten out on the road on Lane 14 in the Powell area. The sheriff's office assisted.

8:38 a.m. A citizen on Road 1AF in Clark said a person who'd recently been reported missing had returned; the citizen wanted to know what to do next. The sheriff's office assisted.

9:47 a.m. A man on Lane 9 in the Powell area reported that his wife's ex-husband had been threatening to kill him. The man wanted to know what he could do about it. The sheriff's office assisted.

10:01 a.m. The sheriff's office was asked to standby at a Park County Commission hearing at 1 p.m. in the basement of the courthouse.

5:02 p.m. A deputy assisted a motorist on U.S. Highway 14/16/20 west of Cody.

6:29 p.m. A black SUV was reported to be driving on the wrong side of the road, heading north, on Wyo. Highway 120 north of Cody.

**MAY 22**  
5:14 a.m. Trees were reported to be on fire, just past a guest ranch, along Forest Service Road 432 off U.S. Highway 14/16/20 west of Cody. The call for assistance was later canceled.

6:51 a.m. A cow was returned to its owner after getting out on Road 6WX in the Cody area.

### Estate Sale

5-31 & 6-1  
8:00-1:00 both days  
895 Ln 11  
Dressers, bed frame, clothes, toys, some yard equipment

### ByGone Blowout

Moving sale  
726 Minnesota Lane  
Saturday, June 1  
8:00am to noon

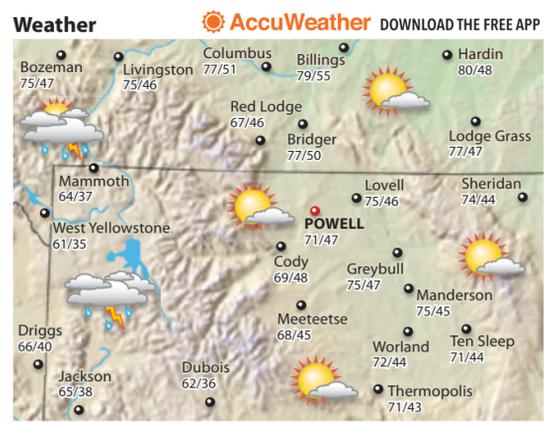
No junk. Don't miss this one!  
Guy garage items. No holds.

### AAUW Yard Sale

Saturday, June 1  
7:30 am - Noon

329 N. Bent  
(Presbyterian Church Parking Lot)

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### 5-day Forecast for Powell

Today	Friday	Saturday	Sunday	Monday
Mostly sunny and pleasant	Clouds and sun, a t-storm in spots in the p.m.	Nice with intervals of clouds and sunshine	Mostly cloudy with a couple of showers	Partly sunny with a couple of showers possible
71° 47°	69° 47°	73° 50°	75° 52°	67° 42°

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

### Weekly Almanac

Powell for the 7-day period ending Tuesday

TEMPERATURES  
High/Low.....68°/32°  
Normal high/low.....70°/44°  
Average temperature.....46.9°  
Normal average temperature.....56.7°

PRECIPITATION  
Total for the week.....0.78"  
Month to date.....2.19"  
Normal month to date.....1.23"  
Year to date.....2.90"  
Normal year to date.....2.37"  
Percent of normal month to date.....178%  
Percent of normal year to date.....122%

### Sun and Moon

Sunrise/Sunset.....5:34am/8:52pm  
Moonrise/Moonset.....3:55am/4:52pm

New	First	Full	Last
June 3	June 9	June 17	June 25

Forecasts and graphics provided by AccuWeather, Inc. ©2019

The State	Today	City	Hi/Lo/W	Today	City	Hi/Lo/W	Today	City	Hi/Lo/W
Buffalo	70/48/t	Green River	66/42/t	Laramie	59/33/t				
Casper	67/41/t	Greybull	75/47/s	Rawlins	62/38/t				
Cheyenne	62/42/t	Jeffrey City	65/40/t	Rock Springs	63/42/t				
Gillette	70/44/s	Kirby	72/43/s	Shoshoni	70/44/t				

The Nation	Today	City	Hi/Lo/W	Today	City	Hi/Lo/W	Today	City	Hi/Lo/W
Atlanta	91/71/pc	Houston	89/74/t	Louisville	78/63/t				
Boston	69/57/c	Indianapolis	73/58/t	Miami	91/80/s				
Chicago	71/54/t	Kansas City	74/55/pc	Phoenix	96/72/s				
Dallas	84/66/s	Las Vegas	89/71/pc	St. Louis	77/61/t				
Denver	67/44/t	Los Angeles	77/57/pc	Washington, DC	90/68/t				

## SUDOKU

7	4	9			1	3		2
	2		6			4		
6		3	9		4	1	7	
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1								

### SUDOKU BROUGHT TO YOU BY:

P	C	2	9	6	5	8	1	4	7
9	1	8	4	2	3	5	6	7	8
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2	3	4	5	6	7	8	9	1	2
3	4	5	6	7	8	9	1	2	3
4	5	6	7	8	9	1	2	3	4
5	6	7	8	9	1	2	3	4	5
6	7	8	9	1	2	3	4	5	6
7	8	9	1	2	3	4	5	6	7
8	9	1	2	3	4	5	6	7	8
9	1	2	3	4	5	6	7	8	9

### FREE LUNCH FOR CHILDREN

The Summer Food Service Program is back again this summer! Beginning June 3, all children under 18 are encouraged to join us for free lunch each weekday throughout most of the summer. Discounted meals are available to adults also.

Location: Homesteader Park warming house/baseball concessions building  
Between 12:00 p.m. and 1:00 p.m.

No sign-up requirements - any child under 18 may come to eat.

Summer Food Service Program for children - June 3 - July 26, excluding July 4 and 5.

Interested in volunteering? Call 754-1276  
USDA is an equal opportunity provider



### UPCOMING CLINICS



## North Big Horn Hospital District

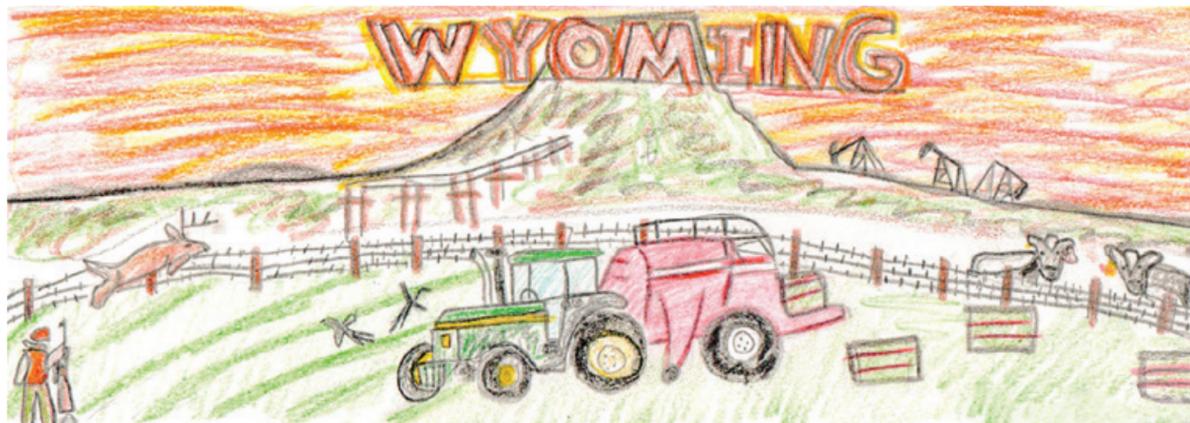
1115 Lane 12, Lovell, WY - 307-548-5200 www.nbhh.com

<b>ORTHOPEDICS</b> Clint Merritt, PA June 4 & 18 307-578-2180	<b>ORTHOPEDICS</b> Jared Lee, MD June 14 & 28 307-578-1955	<b>GENERAL SURGERY</b> Michael Hill, MD June 20 307-548-5201	<b>CARDIOLOGY</b> Kristin Scott-Tillery, MD 406-238-2000
<b>PSYCHIATRIC SERVICES</b> Jenny Titus, DNP, FPMHNP-BC June 4 & 18 • 888-504-4074	<b>ORTHOPEDICS</b> Mark Ryzewicz, MD June 18 307-578-2180	<b>GENERAL SURGERY</b> Barry Mangus, MD June 24 & 25 307-548-5201	<b>DERMATOLOGY</b> Jared Lund, MD 800-332-7156
<b>PODIATRY</b> Big Horn Foot Clinic Lael Beachler, DPM June 5 & 20 • 888-950-9191	<b>ONCOLOGY</b> Shin Yin Lee, MD June 18 800-332-7156	<b>ONCOLOGY</b> Patrick Cobb, MD Telemed 406-438-6290	<b>ONCOLOGY</b> Sam Abuerreish, MD 307-347-2555
<b>MIDWIFE</b> Sharae Bischoff, APRN June 12 & 26 307-754-7770	<b>ORTHOPEDICS</b> Jimmie Edwards, PA-C June 21 307-578-1955	<b>FOOT CLINIC</b> 307-548-5213 Call for appointment and information	Please use the clinician's phone number as listed to schedule an appointment.

## HONORING THE FALLEN



Lin Bashford, First Vice Commander of the American Legion Post #26, salutes after placing the Post's wreath beside others on Memorial Day. The Wreath Laying Ceremony was presented by Brenda Eden, Past American Legion Auxiliary President, seen at the far right. Rainy weather drove the ceremony indoors at the Legion instead of the cemetery, as originally planned. Tribune photo by Carla Wensky



Dawson George was recognized for a drawing he submitted to the Wyoming Agriculture in the Classroom bookmark contest. George's drawing features agriculture, hunting and energy production. Courtesy image

## Westside student recognized for bookmark art

Fourteen Wyoming students from across the state were recently recognized for their artwork by Gov. Mark Gordon — including Powell fifth-grader Dawson George.

The May 17 celebration in Cheyenne acknowledged the students' achievement in art and excellence in interpreting agriculture and natural resource concepts.

Each year Wyoming Agriculture in the Classroom (WAIC) encourages second-, third-, fourth- and fifth-grade students to submit hand-drawn bookmarks for the program. This year, WAIC received over 1,500 entries, from students across Wyoming.

Among the 14 student artists recognized was George, who was a member of Kelsey Tobin's fifth-grade class at Westside Elementary School this past school year.

The students' artwork is be-



Pictured are Wyoming Department of Agriculture Director Doug Miyamoto, Esther Clark and Vicki Schuler of Farm Credit Services of America, Dawson George, First Lady Jennie Gordon, Gov. Mark Gordon, Westside teacher Kelsey Tobin and Wyoming Agriculture in the Classroom board member Matt Micheli. Courtesy photo

ing published and distributed around the state. Farm Credit Services of America sponsored George's bookmark. For more information, visit [www.wyaic.org](http://www.wyaic.org) or call WAIC at 307-369-1749.

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Wyoming Game and Fish Department employees Jason Burckhardt, biologist, and Jake Ruthven, fisheries tech, prepare to do a test to calculate the health of walleyes stocked in Deaver Reservoir. Tribune photo by Greg Wise

## Walleye: 185 walleye were counted in an hour of electrofishing at reservoir

Continued from Page 1

The hardest part is emptying the net quick enough to get back to pulling in more walleye. The wide, flat-bottomed aluminum boat is equipped with powerful lights and illuminated an underwater habitat rich with what shore fishermen would call snags. Interestingly, no expensive lures were seen in the hour test. Walleye weren't the only fish caught that night. Some beautiful pan fish were pulled in, as well as at least one fish of special interest.

Game and Fish seasonal fisheries tech and University of Wyoming graduate student Luke Ruthven kept his eyes out for brook sticklebacks. The tiny invasive species with spines on its back is the subject of his master's thesis. They most likely made their way into the reservoir in a bucket of bait.

The brook stickleback is native to eastern states, but has been introduced into at least 16 states outside its native range – primarily as a result of baitfish introductions. They've been found in several drainages throughout Wyoming, including Shoshone River drainages like Deaver Reservoir.

The species compete with and negatively affect other fish species. And studies have shown they also harm waterfowl due to the species' affect on zooplankton biomass and abundance. Brook stickleback are known to forage for other fish species' eggs, which might also hurt fish populations, resulting in reduced fishing opportunities.

Ruthven's studies may help understand the effects of yet another invasive species in the Cowboy state. Deaver Reservoir allows for the use of minnows, unlike many fisheries in



Game and Fish biologist Jason Burckhardt keeps records while on the water after dark checking for walleye. The department has been aggressively managing the reservoir for the tasty species for 20 years. Tribune photo by Mark Davis

and Fish implemented the reduced limit, going from a six-fish limit to three, populations have made a "dramatic increase," Burckhardt said. That translates to great walleye fishing, this year better than most.

Not counting those missed by the netters, a total of 185 walleye were counted in an hour of electrofishing. Most of the walleye captured were between 10 and 15 inches. The test far exceeded the objective of 80. The largest we sampled was 21.9 inches and weighed 3.56 pounds, Burckhardt reported.

"There are larger ones in there," he said. "We're going on 20 years of managing it as a walleye fishery. Most folks, including myself, are amazed about the quality of a fishery this reservoir is. It's a tiny 30-acre lake and we're producing some decent fish," Burckhardt said.

The data shows clearly that when the Game

and Fish implemented the reduced limit, going from a six-fish limit to three, populations have made a "dramatic increase," Burckhardt said. That translates to great walleye fishing, this year better than most. Not counting those missed by the netters, a total of 185 walleye were counted in an hour of electrofishing. Most of the walleye captured were between 10 and 15 inches. The test far exceeded the objective of 80. The largest we sampled was 21.9 inches and weighed 3.56 pounds, Burckhardt reported.

"There are larger ones in there," he said.

# Christmas in June

BY MARK DAVIS  
Tribune Staff Writer

Free fishing day is coming! Free fishing day is coming!

Better than Christmas in so many ways, Free Fishing Day is also Kids Fishing Day. It's a gift from the state, businesses, organizations and local communities to all who wish to fish the wonderful waters of Wyoming.

"The free day takes down barriers and makes it really easy for folks to get out to see what fishing is all about without worrying about a license," said Sam Hochhalter, Wyoming Game and Fish Cody Region fisheries supervisor.

Held across Wyoming in celebration of National Fishing and Boating Week, several annual events are scheduled in Park County. Anyone may fish without a license or conservation stamp on Saturday, June 1. All limits and other fishing regulations apply.

"Free fishing day puts the spotlight on the sport of fishing as several groups plan to share their love for fishing with the community at large," Hochhalter said.

**POWELL EVENTS**  
Powell kicks off the celebration at 6 a.m. with the 33rd annual



**Kids Free Fishing Day** at the cement pond at Homesteader Park for preregistered participants under 16 years old. Parents will be able to sign up their children for a single, one hour time block between 6 and 10 a.m., but is limited to 35 children per time block. Participants must pre-register at the Powell Recreation office. A limit of four fish per child will be enforced and fish caught must be kept. All other Wyoming Game & Fish regulations apply.

Janet Stambaugh of Wyoming Outdoorsmen recently presented the Powell Recreation District with a \$1,000 check to support the event. Wyoming Outdoorsmen also donated \$1,000 to the Kids Free Fishing Day at Beck Lake, to be held the same day in Cody.

**CODY EVENTS**  
The Bureau of Land Management and FishingCommunity.org will host the Hogan/Luce Veterans Family Fishing Classic

on June 1 at the Hogan/Luce Recreation Area near Cody.

The event is free of charge and open to all veterans, their families and the public.

"We hope veterans and their family members will join us for a fun day to fish, canoe or kayak, and celebrate veterans and public lands," said Rick Tryder, BLM outdoor recreation planner.

The event runs from 9 a.m. to 2 p.m. Activities will include shore fishing, fishing instruction, kids activities and the chance to check out the recent improvements at Hogan/Luce that make the site more accessible for people with disabilities, including accessible picnic tables, fire rings, bear boxes, a new dock and paved walking trail.

All fishing equipment will be supplied and lunch provided for veterans and their families. To sign up or volunteer, or for more information visit [www.f4v.org/events/hvffc](http://www.f4v.org/events/hvffc) or contact Rick

## LOCAL FREE FISHING EVENTS SHOWCASE SPORT FOR PUBLIC

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### BLM EVENTS

Children ages 14 and under are invited to the annual Cody Kids Fishing Day event from 8 a.m. to 2 p.m. at Beck Lake Recreation Area in Cody.

"This is a great opportunity for Cody area youth and their families to spend the day outdoors learning about fishing," said Tara Hodges, Information and Education Specialist.

The event is free of charge and the entire family is encouraged to attend. The day includes educational activities; spin and fly casting, knot tying and learning how to release a fish. A free hot-dog lunch starts at 11 a.m. (provided by the Cody Optimist Club) and a fishing derby will follow. Assistance will be available for beginner fishermen.

Registration for educational activities is from 8-9 a.m. at the lower picnic area at Beck Lake Recreation Area. Each participant will receive a gift bag upon registration. At the conclusion of the event, prizes will also be awarded to every child. Participants should bring their own poles; a limited amount of fishing poles, gear and bait will be provided.

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## PIONEERS SPLIT PAIR WITH GREEN RIVER

### QUEEN SHINES ON THE HILL IN 8-4 WIN OVER KNIGHTS

BY DON COGGER  
Tribune Sports Editor

After dropping a home doubleheader to the 406 Flyers to open the 2019 season, the Powell Pioneers Legion A baseball team hit the road over the weekend in search of its first win.

The Pioneers found exactly that at Green River, splitting a doubleheader with the Knights to give both teams their first wins on the season.

"It was a pretty good weekend, I'll give it that," said Pioneers' manager Joe Cates. "The pitching in both games was phenomenal."

A Green River run in the fifth inning of the opening game of the day-night doubleheader broke a 1-1 tie and gave the Knights a 2-1 win, their first in 11 games. The second game was all Powell, as starter Colin Queen pitched a gem. The Pioneers' starter allowed just one hit and one run in the 8-4 win, striking out 10 in five innings of work.

"Colin walked three and struck out 10 that game," Cates said. "That was a great day for him. His curveball was OK; we gotta work on that a little bit, get that curve back where it needs to be. His changeup was good when he threw it for strikes. He just had a great game for us."

#### PIONEERS 8, GREEN RIVER 4

After a rough outing against the 406

Flyers opening weekend, starting pitcher Queen took the mound in Sunday's nightcap against the Knights with a renewed focus. The lefty got off to a fast start, fanning six of the first 10 batters he faced, including striking out the side in the third inning.

The Pioneers also figured out a few things at the plate, resulting in a lot more contact and cutting back on strikeouts.

"We as a team put the ball in play a lot more [than the first game] with just five strikeouts," Cates explained. "We also had 12 walks, showing much better discipline at the plate. Their ability to recognize balls and strikes was a lot better."

After two scoreless innings to start the contest, Powell got the bats going in the third, plating three runs to take a 3-0 lead. Kobe Ostermiller got things started in the third with a one-out single. Ostermiller promptly stole second and Queen walked; an infield single by Jesse Brown loaded the bases, setting the stage for Cameron Schmidt. The Pioneers loaded the bases twice against the Flyers a week earlier with nothing to show for it; capitalizing on scoring opportunities was something Cates said the team addressed prior to making the trip to Green River.

The recently-graduated Schmidt didn't disappoint, jumping on a 1-1 pitch and driving a double to center, scoring Ostermiller and Queen.

"The guy threw Cameron [Schmidt] a curveball, and he did a great job of keeping his hands through the ball," Cates said. "He hit a good line drive that just cleared the shortstop."

With just one out and runners on second and third, Ryley Meyer bunted down the third base line, scoring Brown to give the Pioneers a 3-0 lead.

Powell plated another run in the fourth as Queen continued to help his own cause at the plate, singling in Garrett Stutzman to take a 4-0 lead. The scoring continued in the fifth, with a one-out single by Cameron Wentz that scored two, pushing the Pioneers' lead to 6-0.

"Cameron Wentz came through with a great hit there," Cates said. "It was nice to see one of my soccer guys hit the ball well."

Green River rallied in the sixth and the seventh, scoring two runs in each inning. But the Pioneers plated two more runs of their own in the seventh, holding off the

**'We as a team put the ball in play a lot more with just five strikeouts.'**

Joe Cates  
Manager



Powell Pioneers pitcher Colin Queen fires a pitch toward the plate during a recent doubleheader against the 406 Flyers. Queen turned in a dominating performance on the hill on the road against Green River Sunday, giving up just one hit and two runs (one earned) and striking out 10. The Pioneers won the game 8-4 for their first win of the season. Tribune photo by Mark Davis

See Pioneers, Page 10



Orin Hutchinson leans into the turnaround at the base of Polecat Bench Saturday. Hutchinson competed in the men's solo division and finished second with a time of 1:25.08. Tribune photo by Carla Wensky

## PAC Triathlon features 31 soloists, 7 teams

### ATHLETES FROM WYOMING, MONTANA COMPETE

BY DON COGGER  
Tribune Sports Editor

The eighth annual Powell Aquatic Center Triathlon enjoyed a rare break from this Spring's soggy weather Saturday, as 31 soloists and seven teams tested themselves in the state's first triathlon of the season.

"We were completely blessed with the most perfect day," said race director Tanya Bonner. "I was a little worried when my course markings washed away late Friday. Thankfully, I was able to re-mark the course early Saturday."

This year's race began by swimming 20 lengths of the PAC's pool, totaling 500 yards, before transitioning to the bicycle stage, located by the Parks Department building. From there, riders pedaled along East Seventh Street, went north on Road 8, west again on Lane 8 and turned north onto Elk Basin Highway before reaching the turnaround and making their way back — totaling 15.5 miles.

Upon returning back to the transition station, the bikes were abandoned and the final leg of the race began: a 5K run down West Seventh Street to

Grand Street and back.

As has become customary, competitors ranged in age from still in their teens to their 60s. Registrations were up from last year's event, with triathletes from from Casper, Lander, Gillette, Greybull, Sheridan, Buffalo, Roberts, Billings, Missoula, Lovell, Deaver, Cody and Powell competing.

"People seem to have a lot of fun, and it just makes my day knowing I've made someone else's day, or helped them achieve their very first triathlon," said Bonner, who, along with teammates Robin Nichols and Ben Zeller, finished first among the coed teams with a time of 1:22.49. "People were very complimentary about the event, very low key. The focus is having fun."

Buffalo's Dustin Smith posted the fastest time of the event among the soloists and overall, posting a blistering 1:06.50 to finish first in the men's 31-35 division. Nora Hutchinson paced the women soloists with a time of 1:26.01, claiming the top spot in the women's 26-30 category. Rachael Esh and Lindsay Parish took second and third, respectively.

**'We were completely blessed with the most perfect day.'**

Tanya Bonner  
Race director

See PAC TRI, Page 10

## Parkside Marathon brings more than 200 runners together

BY TESSA BAKER  
Tribune Features editor

Nearly every student at Parkside Elementary School ran in the school's marathon this year.

Out of 207 kids, all but two qualified and every student from Clark Elementary School qualified, bringing the total to 217 runners altogether.

"The number of qualifiers we had this year was definitely a highlight," said Cathy McKenzie, who founded the Parkside marathon. "Also, the number of spectators was also impressive and appreciated this year. We had great weather and a great atmosphere to celebrate all of our Parkside runners!"

To qualify, students in kindergarten and first grade had to run 72 laps over the course

of the school year, which equals about 12 miles. In second and third grades, kids ran 100 laps to qualify (that equals about 17 miles), while fourth- and fifth-graders ran 150 laps (25 miles).

After logging miles throughout the school year, kids ran their final laps together at the marathon finale earlier this month.

The top two runners in the school were Brady Harvey (300 laps, 50 miles) and Emery Hernandez (284 laps, 47.3 miles.)

They stayed together lap for lap almost the entire year until Hernandez got sick in April and had to take a couple days off, McKenzie said.

"They are both impressive runners and athletes," she said. "They both regularly ran 10-11 laps in a 15-minute recess."

The top runners for each

grade level were:

K: Tucker Kovach — 108 laps (18 miles)

1st: Karen Richmond — 110 laps (18.3 miles)

2nd: Justin Marquez — 130 laps (21.7 miles)

3rd: Veronica Kovach — 189 laps (31.5 miles)

4th: Brady Harvey — 300 laps (50 miles)

5th: Colin Walker — 202 laps (33.7 miles)

For McKenzie, this year's marathon was bittersweet, as it marked her last one at Parkside. She will teach at Powell High School next year.

"The marathon is definitely one of the things I will miss the most next year!" she said. "It is always one of my favorite days of the year. Watching 200-plus

See Parkside, Page 10



Kimber Allen and Nova Morris are off to a great start on their first lap around the Powell Middle School track earlier this month on their way to completing the Parkside Elementary Marathon. Starlene Potts and Darrell Mumm are seen directly behind them. Tribune photo by Carla Wensky

A shout out to the near record number of solo and team participants as well!

# Thank You

We would like to thank the following sponsors for helping make the 8th annual triathlon a tremendous success:

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Powell Aquatic Center Triathlon Director Tanya Bonner and the PAC staff





Volunteer and daughter of Cathy McKenzie, Katie McKenzie marks Talon Nuss' hand to signify how many laps he completed. Marcos Velasquez is seen behind. 217 runners from Parkside Elementary and Clark Elementary completed the marathon earlier this month.

## Parkside: Bittersweet for founder

Continued from Page 9

runners take off and run is just so exciting!

McKenzie said that the marathon "would never be possible without the help of so many people at Parkside, especially Anna Cabbage and Patty Startin who work so hard at keeping track of the numbers and taking pictures of the qualifiers and so

many other behind-the-scenes details."

She also thanked all of the sponsors who have been so generous in supporting this event.

"An especially big shout-out goes to the Parkside PTG who provides the funds for the majority of the T-shirts," McKenzie said. "Their support has been unwavering and so appreciated over the years."



Parkside teacher and marathon founder Cathy McKenzie awards Phoenix Alvarez with a completion medal while Travis Belston waits in line earlier this month. This was McKenzie's last year at the helm as she will begin teaching at Powell High School next year. Tribune photos by Carla Wensky



Terra Dickerson makes her way along Seventh Street to the half way point in the running segment of the PAC Triathlon. Dickerson, along with teammates Sadie Allen and Ashley Johnson grabbed first place in the women's team division Saturday. Tribune photo by Carla Wensky

## PAC TRI: Dustin Smith logs fastest time with 1:06:50

Continued from Page 9

Also in the women's solo category, Kayla Mershen took the top spot in the 31-35 division, followed by Ashley Cooper in second place and Angela Brugger in third.

Lindsay Kindelman Lande was first in the 36-40 division, Jeanna Merritt took gold in 41-

45 and Cindy Phillips was tops in the 46-50 division.

For the men, Adam Williams took gold in the 20 and under division, Mitch Svaty was first in 21-30 and Daniel Lande from Missoula claimed the top spot in the 36-40 division.

Oliver Mitchell was tops in 41-45, Tim Baxter was first in 46-50 and Tom Holt won 51-55.

John Housel rounded out the men's soloists with gold in the 60+ division.

The women's team of Sadie Allen, Ashley Johnson and Terra Dickerson took the top spot with a time of 1:46.51, while the men's team of Ladell Merritt and Daniel Merritt took first with a time of 1:11.53.

### 2019 PAC TRIATHLON RESULTS

#### Women's Solo

##### Women's 26-30

1. Nora Hutchinson 1:26.01,
2. Rachael Esh 1:34.34, 3. Lindsay Parish 1:36.40

##### Women's 31-35

1. Kayla Mershen 1:38.28, 2. Ashley Cooper 1:39.47, 3. Angela Brugger 1:47.47

##### Women's 36-40

1. Lindsay Kindelman Lande 1:28.13, Beth Guenther 1:43.36, 3. Kristin Thompson 1:51.05

#### Women's 41-45

1. Jeanna Merritt 1:28.20, 2. Sonja Brue 1:50.46

#### Women's 46-50

1. Cindy Phillips 1:42.08, 2. Heather Solomon 1:55.47

#### Men's Solo

##### Men's 20 and under

1. Adam Williams 1:20.42

##### Men's 21-30

1. Mitch Svaty 1:15.42, 2. Orin Hutchinson 1:25.08, 3. Michael Gutierrez 1:32.29

##### Men's 31-35

1. Dustin Smith 1:06.50, 2. Caleb Lande 1:15.12, 3. KC Fiedler 1:22.12, 4. Timm

#### Cooper 1:43.11

##### Men's 36-40

1. Daniel Lande 1:40.55

##### Men's 41-45

1. Oliver Mitchell 1:30.43

##### Men's 46-50

1. Tim Baxter 1:25.40

##### Men's 51-55

1. Tom Holt 1:18.57, 2. Steve Unsworth 1:27.03

##### Men's 56-59

1. Steve Henley 1:34.55, 2. Warren Solomon 1:42.30

##### Men's 60+

1. John Housel 1:35.37, 2. Les Benner 1:37.11, 3. Jerry Rodriguez 1:41.02

#### Women's Teams

1. Sadie Allen, Ashley Johnson, Terra Dickerson 1:46.51, 2. Sarah Aksamit, Brianna Krook, Haley King 1:52.29

#### Coed Teams

1. Tanya Bonner, Robin Nichols, Ben Zeller 1:22.49, 2. Ben Zeller, Daniel Zeller, Molly Zeller 1:22.56, 3. Tim Brugger, Aaron Brugger, Laine Parish 1:26.50

#### Men's Teams

1. Ladell Merritt, Daniel Merritt 1:11.53, 2. Dave Blevins, Toby Bonner 2:01.14

## Pioneers:

Continued from Page 9

Knights' rally to win 8-4.

"Getting that first win takes the pressure off," Cates said. "We're getting to where we need to be. Defensively I think we were pretty solid with three errors on the day. That's a lot better than five errors in an inning."

The Pioneers finished the game with seven hits, led by Queen (2-for-4, 2 RBI) and Ostermiller (2-for-3, 1 RBI). Schmidt had the hit of the game with a two-run double that broke open the scoring for Powell; Wentz's two-run single and a single by Jesse Brown rounded out the Pioneers' day at the plate.

Queen picked up his first win on the season, giving up just one run on one hit over five innings, striking out 10. Jesse Brown pitched an inning and two-thirds in relief, giving up three runs on two hits (two earned) and striking out two.

### GREEN RIVER 2, PIONEERS 1

The first game of the day-night doubleheader was a pitcher's duel, with each team managing just three hits apiece for the game. The Knights scored a run in the third and one more in the fifth, winning 2-1.

"We had guys on base, we just couldn't move them around when we needed to," Cates said. "I think we struck out four times with runners on second and third with less than two outs. We definitely had a chance to win that game and blow it open, we were just unable to do so."

Ryley Meyer got the start on the mound for the Pioneers, looking to atone for a disastrous first inning the team suffered in the season opener against the 406 Flyers. The right-hander was able to shake off that 10-run inning a week ago to pitch six solid innings against the Knights, giving up two runs (one earned) on three hits and fanning four. Meyer was credited with the loss, but Cates was pleased with his pitcher's resiliency.

"He [Meyer] threw great, he battled all game long," he said. "That was awesome as a coach to see. One of the things that I told him after the game was that I was proud of him; he's had that ability to pitch like that for a while, to be able to go in there and pound the zone. I think he's gotten over that hump he needed to get over, and I'm really hoping he's going to have a breakout year. He has that ability."

After two scoreless innings to start the game, the Knights finally broke the stalemate in the bottom of the third, taking a 1-0 lead. The Pioneers tied the game in the top of the fifth, when a sharply hit single to left by Schmidt scored Ostermiller. The tie was short-lived however, as the Knights plated the winning run in the bottom of the fifth. The Pioneers were unable to get anything going in their final two at-bats, and Green River held on for the 2-1 win.

The Pioneers finished with just three hits on the game, led by Schmidt's RBI single. Ostermiller and Stutzman also finished with a hit apiece.

Next week is a busy one for the Pioneers, with home doubleheaders against the Billings Angels and 406 Flyers Monday and Wednesday, followed by a road doubleheader Saturday at Riverton. With a lot of baseball scheduled for a short period of time, Cates said the team will continue to work on the fundamentals.

"The nice thing is the Monday and Wednesday games are non-conference games," he said. "Colin [Queen] and Riley [Meyer] will start on Monday, and the Wednesday game, I'd like to get some of my other guys who don't pitch very often a ton of innings. I'd like to get Cameron Wentz ready to go, he could be a very good arm for me. I gotta get Nate Brown going, I gotta get Ashton Brewer throwing some. He's [Brewer] a great athlete, but I don't think his coordination has caught up to his body yet. He's a great kid, he works his butt off when he's out there for me."

# SPRING

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# Tangent or target?

Is the pro-life movement politically-centered or gospel-centered? A few weeks ago, the Powell Tribune published an article by UW professor of Philosophy and Religious Studies Paul Flesher, which reviewed the history of evangelical Christian campus ministries and emphasized that the main message of these campus groups has drastically changed over the decades.

Flesher's contention was that evangelical Christians have been co-opted by the Republican party and that, as a result, the gospel message of salvation through faith in Jesus Christ is being overridden by a political agenda regarding abortion. He believes this has damaged the credibility of evangelical Christians because the "good news" of salvation "had to give larger amounts of time to the anti-abortion message."

But, is there such a sharp division between a pro-life message and the gospel itself? Have evangelical groups truly adopted a new mission and a new

message? Flesher's line of reasoning seems simplistic and inadequately supported. Perhaps it will help if we ask a question: Is the gospel indifferent to the protection of human life and the value of all people?

There are two avenues of evidence here. First, we may look at the Bible itself. From the establishment of ancient Israel, God put in place laws that revealed his compassion and care for the weak and vulnerable of society. For example, in drastic contrast to the surrounding nations, Israel was instructed to care for the poor and defenseless by not reaping their grain to the edges of the fields so that the poor would have something to eat (Lev. 23:22). Isaiah 58 shows that God's people should be about addressing injustice, oppression and

hunger. James 1:27 teaches that God wants his people to look after the most defenseless and vulnerable in society. Throughout the Bible, we see that a vibrant, abiding relationship with God results in care for the alien, the poor, the orphan and others at the edge of existence.

In addition to this biblical foundation, we can also see massive evidence from history that the gospel fosters a high regard for all human life, which so shows the consequences of faith in the God of the Bible. From the beginning of the church in the midst of the Roman Empire, Christians have viewed all people as having a spiritual equality before God because the Bible teaches that all are made in the image of God. As a result, the spread of Christianity saw an increase

in the rights and wellbeing of women, a priority of caring for the sick at great risk of catching a deadly disease, and the rescue of infants, especially baby girls, that the Romans would abandon in the wilderness to die. Furthermore,

Glenn Sunshine, a professor of history, observes that "Christians were the first people in history to oppose slavery systematically."

Undoubtedly, a look at the Bible and a look at history shows that the message of Christianity, the gospel, is not indifferent to the protection of human life and the value of all people. Rather, it leads to protecting the vulnerable and valuing everyone as a consequence.

So, then, is the pro-life message primarily political and not in keeping with the gospel, as Professor Flesher argues? Clearly not. Christians who are pro-life simply hold that the Bible teaches that personhood begins at conception for all people. And that is a position that is strongly supported by science. The fact that Jesus Christ loves all of us and entered our world to save us from our sin when we were helpless and vulnerable naturally leads to our Christian duty to love all people, especially those at the edges, and even those who aren't born yet.

(David Pool is the senior pastor at Grace Point.)



DAVID POOL  
Perspectives

## COMMUNITY CALENDAR

\* Before a listing denotes there is a fee for the event

\*\* After a listing indicates a class, event or presentation through Powell Valley Community Education. For more information or to register, call PVCE at 754-6469, stop by the office at 1397 Fort Drum Drive in the NWC Trapper West Village, or visit <https://mwc.edu/pvce/>.

### ONGOING:

- "CHILE: ARRIBA Y ABAJO" on display in the SinClair Gallery. This spring, Jen Litterer-Travino led a group of students and community members on a 10-day trip to Chile; this exhibition features a selection of photographic images taken on that excursion.
- "SONGS ON THE WIND" exhibit at Heart Mountain Interpretive Center. The exhibit explores the role music played in the lives of Heart Mountain internees. Supported in part by a grant from thinkWY/Wyoming Humanities, the exhibit blends film, music, art and camp artifacts.

### THURSDAY, MAY 30

- FEDERAL COMMUNICATIONS COMMISSION member Brendan Carr is set to appear at a 9:30 a.m. town hall event at Northwest College, in Room 70 of the Fagerberg Building.
- BABY AND TODDLER TIME at 11 a.m. at the Powell Branch Library.
- "THE WILD WEST SHOWS And Global Human Exhibitions" presentation at 12:15 p.m. in the Buffalo Bill Center of the West's Coe Auditorium. The presentation is led by Janne Lahti, Academy of Finland research fellow and adjunct professor of history.
- WYOMING FORAGE FIELD DAY in Powell, with a focus on alfalfa production from seed to harvest. Registration begins at 8 a.m. with refreshments followed by a welcome at 8:30. Morning information sessions are at the Park County Fairgrounds, 655 E. 5th, and afternoon workshops are at the Powell Research and Extension Center. To RSVP, contact Vardiman at 754-8836 or [jvardima@uwyo.edu](mailto:jvardima@uwyo.edu) or visit [bit.ly/2019forageday](http://bit.ly/2019forageday).

### FRIDAY, MAY 31

- 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.
- BAR BINGO every Friday at the American Legion starting at 6 p.m.

### SATURDAY, JUNE 1

- 33RD ANNUAL KIDS' FISHING DAY at Homesteader Park Pond in Powell. Time blocks will be scheduled from 6-10 a.m., but will be limited to the first 35 children per time block. Wyoming Game & Fish is also sponsoring a statewide free fishing day on June 1, so parents and participants will not need a fishing license for this event. Open to children 16 and under; registration is free. Sponsored by Powell Recreation District, Wyoming Outdoorsman & City of Powell. For more information, call 754-5711.
- KIDS' FISHING DAY at Beck Lake Park in Cody for kids 14 and under. Registration from 8 a.m. to 9 a.m. Learn about fly casting, spin casting, knot tying, fish ID, fish handling and releasing and more. Free lunch and gift bags and prizes. Sponsored by Cody Optimists, Wyoming Game & Fish Department, East Yellowstone Chapter of Trout Unlimited and the U.S. Forest Service.
- FRIENDS OF THE LIBRARY Book Sale from 10 a.m. to 1 p.m. at the Powell Branch Library.
- PARK COUNTY DEMOCRATS will meet at 11 a.m. in the Grizzly Room at the Park County Library in Cody. For more information, call Kelly at 307-213-0143.

### MONDAY, JUNE 3

- BABY AND TODDLER TIME at 10:30 a.m. at the Powell Branch Library.
- SUMMER READING BEGINS at the Powell Branch Library. For more information, call 754-8828.
- VACATION BIBLE SCHOOL at Immanuel Lutheran Church from June 3-6 for kids ages 3 to sixth grade. Immanuel Lutheran Church is located at 675 Avenue D in Powell. For more information, call Adrienne at 307-202-0774.

### TUESDAY, JUNE 4

- STORY TIME at 10:30 a.m. at the Powell Branch Library.
- STARLAB PLANETARIUM, an inflatable planetarium, at the Powell Branch Library at 2 p.m. Experience the night sky like never before! Ages 3 to adult. Sign up for a 15-minute session at the library.

### WEDNESDAY, JUNE 5

- GAME TIME at 10 a.m. at the Powell Branch Library. Adults are invited to play Scrabble, Uno, Mancala, Risk and many other fun games. Bring your friends.
- YOGA STORY TIME at 10:30 a.m. at the Powell Branch Library. Enjoy a morning session of yoga and stories. Children of all ages are welcome.
- THE POWELL ROTARY CLUB meets at noon on Wednesdays at the Nelson Foundation House, 550 College Drive.

### THURSDAY, JUNE 6

- WEBINAR ON SHOPKO CLOSURE from 8:30-10 a.m. Hosted by the Wyoming Business Council. To participate, register online at [www.bit.ly/2M0Btw5](http://www.bit.ly/2M0Btw5).
- BABY AND TODDLER TIME at 11 a.m. at the Powell Branch Library.
- SPACE PARTY AND STAR WARS Costume Contest from 2-3 p.m. for youth in sixth through 12th grades. Kick off Summer Reading with a party.
- PLAZA @ FIVE from 5-6:30 p.m. at Plaza Diane in downtown Powell. Paint a flower pot for \$5. The weekly summer series will feature art, music, food and fun.
- A PROGRAM ON THE 150TH ANNIVERSARY of the Powell Expedition. Rebekah Burns, Powell Visitor Center coordinator, will speak about the John Wesley Powell expedition from 7-8 p.m. at the Powell Branch Library. The program is free and open to all ages. Light refreshments will be served.

### SATURDAY, JUNE 8

- "RETURN TO FORETOP'S FATHER" film will be shown at the Heart Mountain Interpretive Center. The event will begin with a short reception and hors d'oeuvres at 5 p.m. The screening of the film, which tells the story of Apsaalooké tribal elder Grant Bulltail, will follow at 5:30 p.m. This event is free and open to the public.

## HOSTING A PUBLIC, LOCAL EVENT?

The community calendar appears every Thursday. Send your event information (date, event, location, time and contact information) by Tuesday at noon to [mike@powelltribune.com](mailto: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.



### Assembly of God

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

### Baha'i Faith

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

### Bennett Creek Baptist Church

11 Road 8WC, Clark, Wyo.; 645-3211;  
10 am Bible study; 11:15 am Worship.

### Charity Baptist Church

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

### Church of Christ

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

### Church of Jesus Christ of Latter-day Saints

Powell 1st Ward 1026 Ave. E  
Syd Thompson, Bishop 307-254-0470  
Sacrament meeting: 10:30 am  
Primary, Sunday School or RS, PH, or YW  
11:40 am

### Powell 2nd Ward 525 W. 7th St.

J.J. Jeide, Bishop 307-272-3921  
Sacrament meeting: 9:00 am  
Primary, Sunday School or RS, PH, or YW  
10:10 am

### Powell 3rd Ward 1026 Ave. E.

Nate Mainwaring, Bishop 307-431-6774  
Sacrament meeting: 9:00 am  
Primary, Sunday School or RS, PH, or YW  
10:10 am

### Powell 4th Ward 525 W. 7th St.

Greg Spomer, Bishop 307-202-8056  
Sacrament Meeting: 10:30 am  
Primary, Sunday School or RS, PH, or YW  
11:40 am

### Heart Mountain Young Single Adult Ward 525 W.

7th St. Greg Benson, Bishop 540-705-4743  
Sacrament meeting: 12:00 pm  
Sunday School, or RS, or PH 1:10 pm

## Come Worship with Us!

### Cornerstone Community Fellowship

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

### Faith Community Church

"Love God - Love Others" 1267 Road 18 (Hwy  
294), Powell. Contact: Dave Seratt, 272-7655,  
[powellfaithcommunitychurch@gmail.com](mailto:powellfaithcommunitychurch@gmail.com)  
Church located 3 miles SW of Ralston, 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](http://www.powellfumc.org);  
Sunday worship: blended wor-  
ship 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 - Bring-  
ing Hope to the World. Senior Pastor, David Pool,  
550 Kattenhorn Drive, 754-3639, [www.Grace-PointPowell.org](http://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 (Child-  
ren'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](http://www.harvestcomchurch.net) Sunday: Sunday  
School 9:30 am; Fellowship 10:30 am; Church  
service 11 am; Like us on Facebook: Harvest  
Community Church (HCC).

### Heart Mtn Baptist Church

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

### Hope Lutheran (ELCA)

754-4040, corner of Cary St. & Ave. H,  
[www.hopelutheranpowell.org](http://www.hopelutheranpowell.org), Pastor Donna  
Putney, 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, 10 am;  
10:40 am Watchtower study; Midweek meeting,  
Thurs., 7:30 pm,

### Living Hope Community Church

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

### New Life Church

185 S. Tower Blvd.; Tim Morrow, Pastor, 754-  
0424; Sunday worship 8:30 & 11 am. Kid's Church  
& nursery available. Sunday School, 9:45 am;  
Wed. youth group, 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. Recon-  
ciliation 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. Evaris, 754-2660  
[www.tbccwyo.com](http://www.tbccwyo.com), [reformedtbc@yahoo.com](mailto:reformedtbc@yahoo.com),  
9 am Sunday School classes for all ages; 10:30 am  
Morning Worship Service; 5:30 pm Evening Worship  
Service. Contact the church for midweek home Bible  
studies. Free Grace Radio 88.1 FM.

### United Pentecostal Church

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

### Union Presbyterian Church

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

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

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BLAIR'S MARKET - All Your Friends at Blair's \_\_\_\_\_ 331 W. Coulter Avenue • 754-3122  
GARVIN MOTORS, \_\_\_\_\_ 1105 W. Coulter Ave. • 754-5743  
INTERSTATE TIRE SERVICE, INC. - All-wheel computer alignment \_\_\_\_\_ 698 E. South St. • 754-5452  
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POWELL ELECTRIC - More than 50 Years Serving the Area • Michael Logan, Owner \_\_\_\_\_ 754-5203  
POWELL VALLEY HEALTHCARE & NURSING HOME, \_\_\_\_\_ 777 Avenue H • 754-2267  
STATE FARM INSURANCE, DAVID BLEVINS, Agent, \_\_\_\_\_ 249 N. Clark • 754-9541  
The UPS STORE, Powell \_\_\_\_\_ 151 E. 1st • 764-4175  
VG ENTERPRISES DBA ALDRICH'S, \_\_\_\_\_ 126 E. 1st • 754-5136  
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**Call 254-1333**

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

**BASIN: TWO BEDROOM, ONE BATH HOUSE.** Stove, refrigerator, washer, dryer, sprinkler system, garage. \$550 per month plus utilities, \$400 deposit. 1 year lease. Call 307-568-2286. (5/30-6/6pB)

**MONTHLY RV SPACE** with full hook-ups available between Greybull and Basin. 307-272-9648. (5/30tfnB)

**BASIN: TWO BEDROOM APARTMENT.** Great location. \$500/month plus deposit. Pets ok. 307-212-0092. (4/18tfnB)

**STORAGE UNITS FOR RENT** in Greybull next to Laundromat and new, inside storage next to Overland. 307-899-0796. (1/21tfnB)

**GREYBULL: DRY CREEK STORAGE.** New units. 12x24, 12x20, 12x16, 10x10. 700 14th Ave. N. 307-272-9419. (7/23tfnB)

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

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

**POWELL: MOBILE HOME LOTS** for rent, \$230/mo. Water and sewer paid. Pet allowed with manager approval. (307)272-4410. (37-45PT)

**POWELL: 3 BDRM 2 BATH,** \$900/mo. utilities paid. 307-272-1283. (36TFCT)

**POWELL: TWO VERY NICE,** clean, 2 bedroom apartments. The first one is \$725/mo. & \$725 deposit, the second is \$775/mo. & \$775 deposit, absolutely No smoking and No pets, w&d, dishwasher, all utilities paid. Agent interest, 307-754-8213. (04TFCT)

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www.bosleymanagementinc.com  
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**Wanted**  
**SUMMER RENTAL WANTED:** Looking for a rental in Basin, Greybull, Lovell or surrounding area from June 14 to August 16. House, apartment or room, for one man. Text or call 814-442-6769. (5/23-5/30pB)

**Farm Equipment**  
**LARGE LAND LEVELER,** \$1,500. Call 307-271-1000 or 307-754-4048. (26TFET)  
**2 JOHN DEERE 4020s,** one w/ loader. Call 307-271-1000 or 307-754-4048. (85TFET)

**For Rent**  
**RESIDENTIAL LOTS** IN Scharen subdivision east of Greybull. Great mountain views. 307-765-2213. (4/11-10/31cB)  
**BEAUTIFUL** Bob Carothers painting. \$6,000. May be seen on Greybull Swap & Sell, Make an offer. 307-899-2368. (11/1tfnB)

**Real Estate**  
**GREYBULL: THREE BEDROOM HOUSE** for sale. Best offer over \$80,000. \$16,000 under assessment. For questions call Dave at 307-258-4441. (5/23tfnB)  
**RUN WITH THE BEST!** Running Horse Realty, List or Buy. Your Home & Land Specialists! Greybull 307-373-2565 & Powell 307-754-9400. runninghorse Realty.com Click, Call, Come by! (11/26tfnB)  
**SADDLE UP! BUY, SELL PROPERTY!** Running Horse Realty, 754-9400. runninghorse Realty.com (31TFCT)

**Mobile Homes**  
**1999 AMERICAN, 3 BDRM,** 2 bath, 14x70 mobile home on rented lot. \$25,900. Contact 307-587-3738. (24TFCT)  
**MOBILE HOME LOT.** Scotts Granite Park, 333 S. Jones Street, #37. Onsite manager, great community. \$305 p/month includes water & sewer. 307-254-1114. (23TFCT)

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

**For Rent**  
**TOYOTA CAMRY SOLARA Sport SLE V6.** Super condition. 160K. Smooth riding, new brakes, fresh oil, new tires. MPG 23/33. \$4,000. 208-739-8148. (5/9-30pL)  
**BUYING SCRAP VEHICLES** with clear titles. Pete Smet Recycling, 342 HWY 20 North, Worland. 307-347-2528. (5/10tfnB)

**Boats**  
**13' SATURN INFLATABLE KA BOAT** - outfitter series w/ new electric pump. Retail \$1,500, asking 850, used twice. 907-255-5839. (40-43PT)

## Cars & Trucks

**TOYOTA CAMRY SOLARA Sport SLE V6.** Super condition. 160K. Smooth riding, new brakes, fresh oil, new tires. MPG 23/33. \$4,000. 208-739-8148. (5/9-30pL)

**BUYING SCRAP VEHICLES** with clear titles. Pete Smet Recycling, 342 HWY 20 North, Worland. 307-347-2528. (5/10tfnB)

**Boats**  
**13' SATURN INFLATABLE KA BOAT** - outfitter series w/ new electric pump. Retail \$1,500, asking 850, used twice. 907-255-5839. (40-43PT)

**ALTERATIONS & MORE.** 1200 N. 7th Street, Greybull. One block from A&W. 307-765-2535. (11/15tfnB)  
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**AVAILABLE TO TRIM** and shoe horses. 307 Forge & Farrier Services. Call 307-272-3540. (38-49PT)  
**NEED HELP MOWING** your lawn this summer? Call Eisaac at 307-202-2735. (30-43PT)  
**JULIE'S ELDER CARE SERVICES,** PT hours. Excellent references. 35 years experience. Powell area only. 307-271-7013. (31-45ThursPT)  
**AMERICAN CLOCK REPAIR** - We repair all types of clocks - Grandfather, antiques, cuckoo and wall clocks. We also make house calls! Call 307-682-1570. (67TFCT)  
**NEED GUTTERS? CALL SIMMONS** Ironworks, 754-8259 or 899-8259. 5 or 6" seamless gutters. (03TFCT)  
**AFFORDABLE PORTRAITS!** Call C.Wensky Photography. Affordable prices, experienced results. 202-0858. (29TFET)  
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**For Sale**  
**COWBOY TIMBER**  
307-548-9633  
www.cowboytimber.com  
POSTS, POLES, AND ROUGH CUT LUMBER

**RESIDENTIAL LOTS** IN Scharen subdivision east of Greybull. Great mountain views. 307-765-2213. (4/11-10/31cB)  
**BEAUTIFUL** Bob Carothers painting. \$6,000. May be seen on Greybull Swap & Sell, Make an offer. 307-899-2368. (11/1tfnB)

**Real Estate**  
**GREYBULL: THREE BEDROOM HOUSE** for sale. Best offer over \$80,000. \$16,000 under assessment. For questions call Dave at 307-258-4441. (5/23tfnB)  
**RUN WITH THE BEST!** Running Horse Realty, List or Buy. Your Home & Land Specialists! Greybull 307-373-2565 & Powell 307-754-9400. runninghorse Realty.com Click, Call, Come by! (11/26tfnB)  
**SADDLE UP! BUY, SELL PROPERTY!** Running Horse Realty, 754-9400. runninghorse Realty.com (31TFCT)

**Mobile Homes**  
**1999 AMERICAN, 3 BDRM,** 2 bath, 14x70 mobile home on rented lot. \$25,900. Contact 307-587-3738. (24TFCT)  
**MOBILE HOME LOT.** Scotts Granite Park, 333 S. Jones Street, #37. Onsite manager, great community. \$305 p/month includes water & sewer. 307-254-1114. (23TFCT)

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

**For Rent**  
**TOYOTA CAMRY SOLARA Sport SLE V6.** Super condition. 160K. Smooth riding, new brakes, fresh oil, new tires. MPG 23/33. \$4,000. 208-739-8148. (5/9-30pL)  
**BUYING SCRAP VEHICLES** with clear titles. Pete Smet Recycling, 342 HWY 20 North, Worland. 307-347-2528. (5/10tfnB)

**Boats**  
**13' SATURN INFLATABLE KA BOAT** - outfitter series w/ new electric pump. Retail \$1,500, asking 850, used twice. 907-255-5839. (40-43PT)

**ALTERATIONS & MORE.** 1200 N. 7th Street, Greybull. One block from A&W. 307-765-2535. (11/15tfnB)  
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**COMPUTER AND LAPTOP** repair. T3. 307-578-6467. (3/14tfnL)  
**AIR BUTLER HEATING** and Cooling and Appliance Repair. 307-254-8180. (11/23tfnL)  
**GUARANTEED CREDIT APPROVAL** through Wyoming Auto Finance. Only available at Midway Auto Sales. Stop getting denied for a loan. 307-548-7571. (3/10tfnL)  
**AVAILABLE TO TRIM** and shoe horses. 307 Forge & Farrier Services. Call 307-272-3540. (38-49PT)  
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## Services Offered

**SERVICEMAN FROM BROWN'S** Western Appliance will be in Basin-Greybull once a week to service your appliances. Lawn and garden equipment repair. Will pick up, repair and return. Call or write 711 Railway Avenue., Worland 82401. 1-800-570-3281. (1/6/12tfnB)  
**NEED WORK DONE?** Fencing, rototilling, corral cleaning, brush hog work, ditch cleaning and light backhoe work, stump work. 307-388-5464 or 307-388-5463. (5/9-5/30pB)  
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**Announcements**  
**POWELL ALANON** provides support for friends and relatives of alcoholics. Meetings: Tuesdays at noon and Wednesdays, 7 p.m. at 146 South Bent (Big Horn Enterprises/ north entrance off parking lot). For information, call 754-4543 or 754-5988. (103TFFThursFT)  
**NARCOTICS ANONYMOUS** Meets at 146 S. Bent, Powell (Big Horn Enterprise building) Tues., Thurs., Sun., at 7 p.m., Sat. at 10 a.m. Call 307-213-9434 for more info. (21TFFThursT)  
**CODY NA MEETINGS-** Mondays at 7 p.m., Episcopal Church, 825 Simpson Ave., door by alley. Call 307-213-9434 for more info. (24TFFThursT)  
**NA MEETS IN LOVELL,** Mondays & Fridays at 7 p.m. at 1141 Shoshone Ave., Saint Joseph's Catholic Church. Call 307-213-9434 for more info. (16TFFThursT)  
**WELCOME TO POWELL!** Call us for a Free gift pack and coupons from area businesses. Wyoming Welcome- 754-9399 or 754-3206. (15ThursTFFT)  
**KNOW WHAT YOUR GOVERNMENT IS UP TO!** For all kinds of important information in public notices printed in Wyoming's newspapers, visit: www.wyopublicnotices.com or www.publicnoticeads.com/wy. Government meetings, spending, bids and more! (88-88W)

**Help Wanted**  
**THE CITY OF CODY** is seeking applicants to fill the Full Time Head Lifeguard Coordinator position. Primary duties include monitoring activities in swimming areas, performing routine aquatics work in teaching swim lessons and serving as a lifeguard. Assisting with planning, scheduling of activities and staff required. Lifeguard, CPR, Water Safety Instructor and Certified Pool Operator certifications preferred or obtainable within a reasonable time period after hired. HS Diploma or GED and 2 years specialized experience. This position requires the employee to work various shifts including evenings, holidays and weekends. Application and job description available at City Hall, 1338 Rumsey Avenue, by emailing dscheumaker@cityofcody.com or on the website www.cityofcody-wy.gov. Application deadline is June 14th. \$17.68/hr plus City full benefit package. The City of Cody is an Equal Opportunity Employer. (43-43W)

**Help Wanted**  
Classified Positions: Health Aide at Elementary Schools, Occupational Therapy Paraprofessional, Several SPED Paraprofessional vacancies. IF INTERESTED IN OBTAINING INFORMATION OR APPLYING, PLEASE CONTACT: Riverton Workforce Services 307-856-9231. Applications are received electronically and job descriptions are located at: https://www.appl-track.com/fremontcountysd/onlineapp/ Fremont County School District #25 is an Equal Opportunity Employer. (43-43W)

**Help Wanted**  
**Big Horn County School Dist. Number One Box 688, Cowley, Wyoming SUPPORT STAFF VACANCY**  
May 21, 2019  
Position: Para-professional Special Ed (20 hours per week) at Burlington.  
Qualifications: Preference will be given to highly qualified persons with an associate's degree or equivalent.  
Salary: \$14.99 per hour (Step One)

**Help Wanted**  
Position: Para-professional At Risk (28 hours per week) at Burlington.  
Qualifications: Preference will be given to highly qualified persons with an associate's degree or equivalent.  
Salary: \$14.99 per hour (Step One)

**Help Wanted**  
Position: Para-professional Preschool (14 hours per week) at Burlington.  
Qualifications: Preference will be given to highly qualified persons with an associate's degree or equivalent.  
Salary: \$14.99 per hour (Step One)

**Help Wanted**  
Contact: Superintendent  
Big Horn County School District Number One  
Box 688  
Cowley, Wyoming 82420  
Phone: 307-548-2254  
Big Horn County School District #1 does not discriminate in relation to race, color, religion, national origin, sex, age, or disability in admission of, access to, or treatment, or employment, in its educational program or activities and provides equal access to the Boy Scouts and other designated youth groups.  
Inquiries or complaints regarding affirmation action, discrimination, sexual harassment or equity should be directed to one or both of the following persons: Title IX Coordinator: Superintendent, 307-548-2254. Section 504 Coordinator: Special Services Director, 307-548-2238 or the Wyoming Department of Education, Office for Civil Rights Coordinator, 2nd Floor, Hathaway Building, Cheyenne, Wyoming 82002-0050, or 307-777-6218. (5/23-30cL)

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

**Help Wanted**  
**ELECTRICIAN/ APPRENTICE**  
Lovell Factory  
Full-time position.  
Competitive pay · 401K  
Paid holidays · Vacation · Health, Vision & Life insurance  
Applications can be picked up at  
400 Great Western Ave., Lovell, WY.  
Western Sugar Cooperative (Grower Owned)  
Western Sugar Cooperative is an Equal Opportunity Employer.

**Announcements**  
**YOGA - MONDAY, WEDNESDAY,** Friday at 6 a.m. and Tuesday & Thursday at 6 p.m. at 380 US HWY. 20 South. www.yogabuffs.net. 307-431-0386. (2/5tfnB)  
**NA MEETS WEDNESDAYS** from 7 to 9 p.m., Grace Fellowship Church, Greybull. (tfnB)  
**AL-ANON MEETS** at 401 S. 5th, Grace Fellowship, Greybull at noon on Mondays. (tfnB)  
**ALCOHOLICS ANONYMOUS MEETINGS** on Tuesday at 7 p.m. and Friday at 8 p.m. at 256 East Fifth St., Lovell Search and Rescue Building. Call 831-240-8984. (7/27tfn/nCL)  
**SUPPORT GROUP** - Tues. at 6 p.m., 215 N. Ferris St., Powell. 254-2283. Reduce anxiety, depression, stress. Understand your strengths, eliminate faulty thinking, learn to flourish and enjoy life. Attendance free and confidential. (32TFFThursT)

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**Help Wanted**

**KING'S INN, 777 E. 2nd Street, Powell, WY 82435, 307-754-5117, Front Desk Clerk Position, Saturday and Sunday, 7 a.m. - 3 p.m. Please apply at the Front Desk.**  
(43TFCT)

**FULL TIME POSITION AVAILABLE** in busy Physical Therapy Clinic. Position involves helping therapists with patients, cleaning and some clerical. Please pick up an application at 469 S. Mountain View, Powell  
BB(40-43CT)

**Help Wanted**

**Northwest College Database Administrator Computing Services Coordinator** Full time position in Powell, WY manages the functionality of the college's database-application-system software, or networks, including operations, maintenance, programming, support, and/or enhancement. Experience with an ERP or SIS (Ellucian Colleague) and SQL preferred. For more information and to apply <https://nwc.edu/hr> EOE  
BHB(40-43CT)

**Help Wanted**

**OVER ROAD DRIVER** wanted. Home every 3-4 days. Dan Brown Trucking. Call 307-765-4476.  
(8/23fnB)  
**STILLWATER HOSPICE OF Northern Wyoming is looking for volunteers for our local hospice patients. If interested please contact us at 307-548-1750.**  
(5/30-6/6pL)  
**PIZZA ON THE RUN** now taking applications for part time and delivery drivers. Apply at 215 E. First in Powell - call Kyler 272-8890 or Apply at 1302 Sheridan Ave. in Cody - Call Brenda 202-3216.  
(02TFCT)

**Help Wanted**

**KING'S INN, Powell, WY, 307-754-5117, apply at the front desk \*\*\* Position: House-keeper \*\*\***  
BHB(32TFCT)  
**ARE YOU A CARING person?** Families of domestic violence and sexual assault want and need someone to care. Please call Crisis Intervention Services at 754-7959 or 587-3545 and volunteer today!  
(53TF)

**Help Wanted**

**Energize your career and build your future! Come join our powerful team!**  
**WBI ENERGY TRANSMISSION**  
An MDU Resources Group company  
WBI is currently hiring!  
**Operations Specialist I/II**  
Powell, WY  
Apply today at [jobs.mdu.com](http://jobs.mdu.com)  
**Deadline to apply:** June 7, 2019  
**Visit our website at [jobs.mdu.com](http://jobs.mdu.com)** to view job details and apply! We offer great benefits and career growth opportunities and are a safety-driven employer.  
*An equal opportunity employer*

**Help Wanted**

**Help Wanted**

**North Big Horn Hospital District and NEW HORIZONS CARE CENTER**  
1115 Lane 12, Lovell, WY 82431  
**Come be a part of our dynamic team that takes pride in our Personal Service Excellence!**  
**CURRENT OPENINGS ~**  
• EMT-I/Paramedic  
• Hospital CNA  
• Care Center CNA  
• Respiratory Therapist  
• Dietary Aide (CR)  
• Housekeeping/Laundry Aide  
• Visiting Nurse LPN (CR)  
• Phlebotomist/Lab Aide  
• Hospital RN  
• Care Center LPN/RN  
Visit our website at [www.nbh.com](http://www.nbh.com) to apply or contact human resources at 307-548-5274. EOE.  
(530CL)

**Check out the SUPER Deals in Today's Super Classifieds!**

**ON THE ROAD to Yellowstone**



**2019 FREE VISITOR GUIDE**  
to Powell, Wyoming and the Greater Yellowstone Area



# Our 2019 edition of 'On The Road to Yellowstone' is now being distributed!

Look for it on newsstands throughout the Big Horn Basin and beyond.

Complimentary print copies also available at the Powell Tribune. An online version can be viewed at [www.powelltribune.com](http://www.powelltribune.com)

**POWELL TRIBUNE**

**128 South Bent Street • Powell, Wyoming**  
307-754-2221 • [www.powelltribune.com](http://www.powelltribune.com)

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

**Remodel done**

Notice of Final Payment to Contractor North Big Horn Hospital Old Clinic, Pharmacy & Lab Remodels Lovell, WY  
Notice is hereby given that North Big Horn Hospital District, Lovell, WY has accepted the work as complete, according to the plans and specifications and rules set forth in the contract between the North Big Horn Hospital District, Lovell, WY and Heart Mountain Construction, Powell, WY for completion of the North Big Horn Hospital Old Clinic, Pharmacy & Lab Remodel Project.  
The above-mentioned contractor is entitled to final settlement. Therefore, on the 8th day of July 2019, being the (41st) day after the first date of advertisement the North Big Horn Hospital District, Lovell, WY will pay the above-mentioned contractor the full amount due under said contract; provided all punch list and project close-out requirements have been met.  
First Publ., Tues., May 28, 2019  
Second Publ., Thurs., May 30, 2019  
Third Publ., Tues., June 4, 2019

**Gas increase**

**PUBLIC NOTICE**  
Pursuant to the Wyoming Administrative Procedure Act and the Wyoming Public Service Commission's (Commission) Procedural Rules and Special Regulations, notice is hereby given of the application of Montana-Dakota Utilities Co. (MDU or the Company) for a general natural gas service rate increase of \$1,052,167 or 6.96 percent per year. MDU is also requesting approval of changes to its tariffs.  
MDU is a public utility as defined in Wyo. Stat. § 37-1-101(a)(vi)(D), providing natural gas public utility service under certificates of public convenience and necessity issued by the Commission. MDU is subject to the Commission's jurisdiction under Wyo. Stat. § 37-2-112.  
The Company's principal place of business is located in Bismarck, North Dakota. MDU provides natural gas utility service to approximately 19,059 customers in Wyoming.  
MDU filed its Application on May 24, 2019, together with exhibits and revised tariff sheets, requesting authority to increase its natural gas utility service rates approximately \$1,052,167 per year or 6.96 percent. In the Application, MDU is requesting a 10.3% return on equity equating to an overall return of 7.754% on rate base. MDU requests that the increase be made effective upon the completion of Commission proceedings.  
MDU states if the proposed rate requests are approved, the average residential natural gas cus-

tomers using an average of 88 dekatherms (Dth) on an annual basis can expect an increase of \$3.94 or 8.4% per month. Due to rate design and individual customer load factors and usage characteristics, the percentage rate change to individual customers within each rate schedule may be higher or lower than the average for the customer rate class or rate schedule. The impact on individual bills may vary from the proposed increase in rates. Further, the rates ultimately approved by the Commission on an individual customer class basis may be lower or greater than those being proposed by the Company. Customers interested in knowing exactly how the natural gas rate proposals would affect their actual bills should contact MDU.

In addition to the proposed changes in rates for natural gas service, MDU is also proposing certain revisions to its natural gas service tariffs to incorporate its proposed changes in its rates for service.

MDU states the rate increase proposed in its application is because its current rates do not reflect the cost of providing natural gas service to the Company's customers.

This is not a complete description of MDU's Application. MDU's Application is on file with the Commission at its offices located at 2515 Warren Avenue, in Cheyenne, Wyoming and at all MDU's Wyoming offices. The Application may be inspected by any interested person during regular business hours or at MDU's website: <http://www.montana-dakota.com/rates-and-services/rate-cases>.

Anyone desiring to file a statement, protest, intervention or to request a public hearing in these matters must so file, in writing, with the Commission, on or before June 28, 2019. The petition(s) shall set forth the grounds of the proposed intervention(s) or request(s) for hearing and the position and interest of the petitioner in these proceedings.

If you wish to intervene in these matters and/or request a public hearing which you will attend and you require reasonable accommodation for a disability, please contact the Wyoming Public Service Commission at (307) 777-7427 or write to them at 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming 82002, to make arrangements. Communications impaired persons may also contact the Commission by accessing Wyoming Relay by dialing 711. Please mention Docket No. 30013-351-GR-19 (Record No. 15261) in your communications and contact us as soon as possible to help us serve you better.  
Dated: May 28, 2019.  
Publ., Thurs., May 30, 2019

**Budget hearing**

Notice of Budget Hearing Shoshone Municipal Pipeline  
The Shoshone Municipal Water Joint Powers Board dba Shoshone Municipal Pipeline is conducting a public budget hearing for the purpose of hearing public comment regarding its FY-2020 budget.  
The hearing will be held at its Water Treatment Plant, 50 Agua Via, Cody, WY 82414 on Monday, June 10, 2019, at 10 a.m.  
A summary of the budget is as follows:  
Income ----- 3,422,700.00

Expenditures-----	2,051,400.00
Debt Service-----	1,226,700.00
Sinking Fund-----	100,000.00
Total Expenses-----	3,378,100.00
Income - Expenses-----	44,600.00
Investment Income-----	75,000.00
Total Net Income-----	119,600.00
Publ., Thurs., May 30, 2019	

**Public hearing**

**NOTICE OF PUBLIC HEARING**  
**LIVE IRON MINOR SUBDIVISION (MS-27)**  
On Tuesday, June 18, 2019 at 11:00 a.m., the Board of County Commissioners will conduct a public hearing to consider the Sketch Plan for the Live Iron MS-27 (Applicant 2 Visions, LLC). The applicant proposes one 10.16-acre lot; one 10.40-acre lot; one 10.15-acre lot; and one 10.19-acre lot, each intended for residential use. This subdivision is located in Lots 1 and 2 of the Stage Station Subdivision (SS-249), T54N, R100W, Resurvey, of the 6th P.M., Park County, Wyoming, in a General Rural Powell (GR-P) zoning district.  
The hearing will be held in the Commissioners Meeting Room #105 in the Original Courthouse, 1002 Sheridan Ave. Cody, WY. Anyone wishing to comment on this matter is encouraged to attend, or submit comments to the Planning & Zoning Department, 1002 Sheridan Ave., Suite #109, Cody, WY 82414. For more information call 307-527-8540 or 307-754-8540.  
First Publ., Thurs., May 30, 2019  
Second Publ., Tues., June 11, 2019

**Public hearing**

**NOTICE OF PUBLIC HEARING**  
**PESCADERO MINOR SUBDIVISION (MS-29)**  
On Tuesday, June 18, 2019 at 11:20 a.m., the Board of County Commissioners will conduct a public hearing to consider the Sketch Plan for the Pescadero MS-29 (Applicant Pescadero Properties, LLC). The applicants propose to divide an existing 7.2-acre parcel into 4 lots: one 1.90-acre lot; one 1.72-acre lot; one 1.72-acre lot; and one 1.86-acre lot, each intended for residential use. This parcel is located at 850 Road 5, in a portion of Lot 63-I, Lot 63, T55N, R98W of the 6th P.M., Park County, Wyoming, in a General Rural Powell (GR-P) zoning district.  
The hearing will be held in the Commissioners Meeting Room #105 in the Original Courthouse, 1002 Sheridan Ave. Cody, WY. Anyone wishing to comment on this matter is encouraged to attend, or submit comments to the Planning & Zoning Department, 1002 Sheridan Ave., Suite #109, Cody, WY 82414. For more information call 307-527-8540 or 307-754-8540.  
First Publ., Thurs., May 30, 2019  
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First Publ., Thurs., May 30, 2019  
Second Publ., Tues., June 11, 2019

**Beartooth Ranch Floodplain Development Permit**

4-19  
On Tuesday, June 18, 2019 at 11:35 a.m. the Board of County Commissioners will conduct a public hearing to consider the application for a Floodplain Development Permit for Beartooth Ranch to construct a 1,200 sq. ft. picnic shelter within the floodplain on a parcel owned by the State of Wyoming.  
The property is located at the south end of County Road 8UC approximately 3 miles west of State Highway 120 and 21.5 miles northwest of Powell, Park County, WY. The property address is 439 Road 8UC, Clark, WY.

The hearing will be held in the Commissioners Meeting Room #105 in the Original Courthouse, 1002 Sheridan Ave., Cody, WY. Anyone wishing to comment on this matter is encouraged to attend or submit comments to the Planning & Zoning Department, 1002 Sheridan Ave., Suite #109, Cody, WY 82414. For more information call 527-8540 or 754-8540.  
First Publ., Thurs., May 30, 2019  
Second Publ., Tues., June 11, 2019

**Wiese probate**

STATE OF WYOMING )  
IN THE DISTRICT COURT )  
(SS.  
COUNTY OF PARK )  
FIFTH JUDICIAL DISTRICT )  
Probate No. 9949 )  
IN THE MATTER OF THE ESTATE OF )  
EVY ANN-MARIE WIESE, )  
Deceased. )

**NOTICE OF PROBATE**  
**TO ALL PERSONS INTERESTED IN SAID ESTATE:**

You are hereby notified that on the 29th day of April, 2019, the Last Will and Testament of Decedent was admitted to probate by the above-named Court and Jacob Haun was appointed Personal Representative thereof. Any action to set aside the Will shall be filed in 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 her estate are requested to make immediate payment to the undersigned at P.O. Box 839, Powell, Wyoming 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 24th day of May, 2019.  
/s/ Jacob Haun  
JACOB HAUN  
Personal Representative  
First Publ., Thurs., May 30, 2019  
Final Publ., Thurs., June 13, 2019

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# THE HOME PAGE



Debbie Weckler holds up a wind sock that was signed by the many well-wishers who she's worked with in the over five years she's managed Powell Municipal Airport. Tribune photo by Kevin Killough

## Airport manager to retire

BY KEVIN KILLOUGH  
Tribune News Editor

Powell Municipal Airport Manager Debbie Weckler will retire next week, having left an impression on the pilots and passengers who have flown into the airport. A pile of gifts have come into the terminal from those who appreciate all she's done.

"The minute someone lands, we're friends and family," Weckler said.

Among the gifts was a letter from U.S. Sen. John Barrasso, which referred to her as a "true ambassador of Powell."

Besides the cookies and pies she bakes and leaves out for the travelers, Weckler goes the extra distance to make the pilots feel comfortable. Often the pilots are left behind at the airport for hours while their passengers head into town, and Weckler, with her amiable personality, keeps them company while they wait.

One pair of pilots, she recalls, flew in from New York City on a Gulfstream business jet. While Mike and Vern waited at the airport for their boss to return, Vern spotted the John Deere rideable lawn mower used to trim the turf runway. Being a city person, Vern had never had the opportunity to ride one. He asked if he could give it a go, and so Weckler let him take it out for a spin.

Sometime later, Mike and Vern flew their jet over the airport at about 12,000 feet. They weren't making a landing in Powell on that trip, but they called Weckler on the airport communications frequency just to say hello and thank her again for such a great visit.

"I thought that was sweet," Weckler said.

Mike and Vern are featured among the signed photos of pilots with their planes that line the windows of the terminal.

Another pilot she remembers flew a Cirrus aircraft in from out of state. The pilot had chalked the wheels and took the airport's courtesy car into Powell. Apparently, he wasn't familiar with how wind works in Wyoming.

From the corner of her eye, Weckler noticed his plane rolling backwards. She dashed out onto

the apron to catch the plane and tie it down — potentially saving the pilot thousands of dollars in damages.

When Weckler wasn't ensuring pilots enjoy their stay or catching runaway aircraft, there was plenty that kept her busy.

"This is Henry," she said as she stood next to one of two snow plows the city keeps at the airport. "Henry and I get along."

The airport also has a John Deere 544 tractor to push snow, but Weckler said driving it is a lot harder.

"You have to really pay attention. It can push down a hangar as easily as it can push snow," she said.

It is not one of the parts of the job she'll miss, but Weckler said she's thankful this past year was pretty easy on the snow.

Weckler is originally from Topeka, Kansas, and graduated high school in Wichita. She then went to nursing school in San Diego, where she'd work in the medical field for 20 years. Looking for a change

of pace, she moved out to Cody and worked for SkyWest Airlines. She was working for the airline when the Sept. 11, 2001, terrorist attacks took place and decided to leave. Weckler returned to the medical field and worked at Powell Valley Healthcare for a while. But when the City of Powell later began searching for a new airport manager, they invited Weckler to apply. She went through the interviewing process and got selected for the position. That was about 5 1/2 years ago.

"It's a lot of work, but it's fun work," she said.

As much as she enjoyed it, Weckler said she's been working since she was 17. Now, when she wants to visit her kids and grandkids, who live all across the country, she can just pick up and go.

"I'm looking forward to it," she said.

Her last day is June 4, and she plans to move to Washington to be closer to her daughter, who lives in Vancouver.

Meanwhile, the hiring committee for the open airport manager position has identified a candidate, and an offer has been made. If the candidate accepts, one of Weckler's last tasks will be starting his training.

**'It's a lot of work, but it's fun work.'**

*Debbie Weckler  
Powell Municipal Airport*

## New book describes the power of taking the first critical step

BY DAVE BONNER  
Tribune Publisher

Discovering the therapeutic value of flowers and flower photos, a former Powell man was inspired to write a short book with a simple, but powerful message: Every important undertaking always starts with the first step.

Dwight Blood is a 1949 graduate of Powell High School who went on to a career as a college professor, teaching for over 45 years at four universities. Now 86 and a resident in an assisted living facility in South Jordan, Utah, Blood lost his wife of 63 years in 2016 and experienced the turmoil of coping with her death. Adding to his struggles, he underwent two major stomach surgeries and is still recovering from the second procedure from a year ago.

Flowers helped him make his way back.

He has ordered many bouquets of flowers — 100 in the last year — for delivery to his assisted living facility. One he places weekly at the caregivers' station. He takes photographs of the flowers by the thousands, giving away prints and posting them on social media.

"These weekly flowers and photos became my lifeline," he said, "rescuing me from sadness

and despair."

Blood also used the flower photos as a base for writing short notes of encouragement and inspiration.

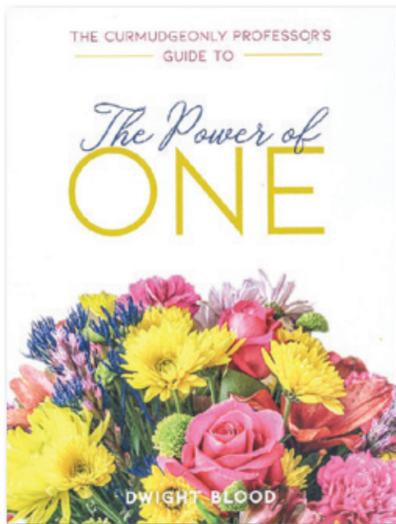
"So that has been my therapy," he said. "Words intended to help, flower photos intended to bring a smile."

Blood's book, in title, builds on a blog that he wrote in his final years of college teaching. He called it "The Curmudgeonly Professor."

His latest short work — which he readily admits was a lot more fun than writing about economics — is titled, "The Curmudgeonly Professor's Guide to the Power of ONE."

It is a focus on beginnings, as he offers 19 suggested actions "to make us, and others whose lives we touch, better off."

The primer on new beginnings considers the benefits of one smile, one kindly deed, one little prayer, one new perspective, one new thing learned, one journal



The author's colorful photos of flowers illustrate his book. Courtesy image

entry, one thank you message and more.

The book is available on Amazon.com. Blood has published works of his years growing up in the Penrose area east of Powell, among them "Echoes of My Wyoming Boyhood," "Raggy Music, How I Got an Education at the University of Wyoming" and "September Beginnings, Searching for My Wyoming Legacy."

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Contractors pour cement for the foundation of the Club Dauntless gym in west Powell. When complete, hopefully before the end of the year, it will have 10,000 square feet on two levels. Tribune photo by Kevin Killough



Shelby Wardell was among the participants in last year's Run the Dauntlet. The quarter-mile course features 14 challenging obstacles for people to overcome. Courtesy photo

# CLUB DAUNTLESS

## BRINGING FITNESS TO POWELL

BY KEVIN KILLOUGH  
Tribune News Editor

The Powell location of Club Dauntless gym is starting to take shape. Earlier this month, crews were out pouring the concrete on the foundation, and if all goes as planned, it should open before the end of the year.

"A state-of-the-art gym is a good amenity for a community," said Club Dauntless owner Stacy Bair. "It's the kind of amenity that will attract people to move to Powell."

This will be the second location for the gym she co-owns with her husband, Devin. They opened their first location in Lovell in December 2017, and it really took off. They now have about 10 instructors who provide yoga, spin, urban boot camp, pilates, PrimeFit and Zumba classes.

They have classes for all ages and families, as well. They do a family fun night, which usually has a theme, like super hero hip-hop. They also hold weekly

classes for seniors, and Bair said it's one of their most popular classes. Altogether, there are 48 classes a week in Lovell.

Bair said they had a lot of members from Powell. If these Powell residents would drive a half-hour to Lovell for a gym, the Bairs figured there was enough demand for a second location in Powell. The Powell location follows the same formula that inspired the first.

Bair was born and raised in Lovell, and like many small-town kids, she up and bailed when she got the chance.

After over a decade in sunny California, she returned to her hometown, bringing with her a passion for fitness. She also had a renewed sense of community, and she wanted to bring the two together somehow.

Club Dauntless, with all its classes and community events — including its annual Run the Dauntlet obstacle course event

— is the result of this combination of passions for fitness and community.

When complete and open, the Powell location will have 10,000 square feet of space on two levels. Half of the lower level will be for group exercise, and the other half will be weights and cardio. The showers and changing rooms are also located on the lower level.

The upper level will have a state-of-the-art spin studio and a functional training area. Unlike weight training, which targets specific muscles, functional training utilizes weight-bearing activities aimed at movements that are more closely related to those taken in the course of everyday activities and sports. They will also have tanning services, and they might offer massage.

The gym is open 24 hours per day,

**'A state-of-the-art gym is a good amenity for a community.'**

Stacy Bair  
Club Dauntless owner

See Dauntless, Page 4

## — RUN THE DAUNTLET TO RUN AGAIN —

BY KEVIN KILLOUGH  
Tribune News Editor

What do The Pig Roast, Cliff Hanger and Fly Trap have in common?

These are a few of the names of the obstacles participants will encounter at the Run the Dauntlet on June 29.

This will be the second year Stacy Bair and her husband,

Devin, hold the event next to their Club Dauntless gym in Lovell. The quarter-mile course features 14 obstacles that participants jump over, crawl through, or climb.

"It's similar to a spartan, but without the long-distance running," Stacy Bair said.

Last year, about 150 people participated in the event, and almost all completed it.

"Some people elect to bypass an obstacle or two," Bair added.

They also have a bonus obstacle this year. It's a 20-foot bar with rings on one side and pegs on the other. The participant has to move from ring-to-ring and then swing around the other side and move back down the other side of the bar with the pegs. It sounds pretty easy,

but Bair said she isn't sure most people can complete it.

This year they invested in some high-tech digital timing equipment. The participants wear a chip in their bib, and as they pass the markers, the computer records the time.

"Last year, we did it the old fashioned way. We were out

See Run the Dauntlet, Page 4

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Incoming Powell High School freshmen Maddie Campbell, Mikayla Graham and Gabby Patterson do leg lifts as part of a circuit program at Freedom Fitness last week. Trainer Jess Campbell is offering Summer Sports Training camps this summer for local middle and high school athletes, focusing on performance training, cognitive training and nutrition education.

# Freedom Fitness gym offers Summer Sports Training Camps

The end of the school year brings the arrival of the Summer Sports Training Camps at Freedom Fitness.

"It's my favorite training time!" said Jess Campbell, owner of Freedom Fitness.

The 12-week training camp offers two levels of training. The Athletic Performance Training Camp focuses on basic physical strength, speed, power, run and jump mechanic work.

The Elite Athlete Performance Academy offers the same components with additional classroom time for cognitive training and nutritional education for athletes on how to fuel their body for training and game days. In addition, it focuses on mentality training — such as a bulletproof mind, positive thinking and game day prep — as well as flash reflex and reaction training.

Training paths are programmed and modified for each athlete.

The Athletic Performance Training Camp will be offered Monday through Friday at 6 a.m., 7 a.m. or 5 p.m. The Elite Athlete Performance Academy also will be offered Monday through Friday at 8 a.m. and 4 p.m.

The training camps started this week and continue through Aug. 16. You can sign up anytime, and both programs can be paid monthly.

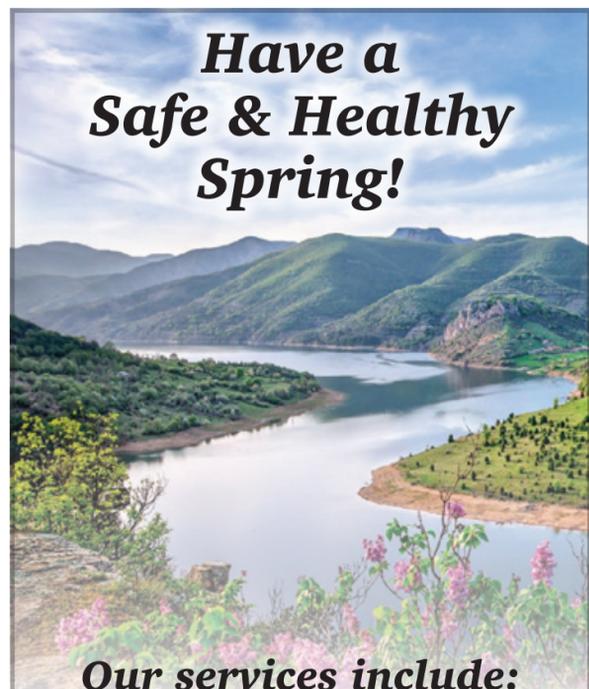
Partial and full scholarships are available for local athletes.

"This program produces results," Campbell said. "Year after Year. Athlete after Athlete. Better, faster, stronger."

For more information, call or text 307-202-2399.



Freedom Fitness trainer and co-owner Jess Campbell, left, works with Powell High School athlete Toran Graham on proper technique of the military press during a training session last week. Graham is a three-sport athlete for the Panthers, competing in football, basketball and track. Tribune photos by Don Cogger



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### JUNIOR GOLF:

Great format and price, Wednesday mornings  
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### KID ZONE:

Wednesday mornings starting June 5, ages 2-5

### YOUTH TENNIS:

4 sessions beginning June 18, ages 4-13

### KIDS' FISHING DAY:

June 1, ages 16 & under

### GYMNASTICS:

June 4-27, Tue & Thur, ages 3-13

### SUMMER ACADEMY:

Weekly sessions starting June 3, grades K-8

### MARTIAL ARTS:

Big Horn Martial Arts Academy, ages 6 & up  
Lone Wolf Taekwondo, ages 5 & up

### REC DE PLAZA:

Polecat to Yellowstone, June 29

### YOUTH CHEER:

July 8-18, grades 4-8

### SUMMER BASKETBALL LEAGUE:

June 3-21, grades 5-8

### SUMMER SOCCER LEAGUE:

July 9-Aug 1, grades 4-8

### PICKLE BALL:

Tue & Thur 5:30-8 pm, begins May 28, all ages

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Visit [powellrec.com](http://powellrec.com) or [plazadiane.org](http://plazadiane.org) for registration info  
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# Do you have prediabetes?



DR. PATRICK ALLEN



ELIZABETH FABRIZIO

## CONDITION IS PREVALENT

You could have prediabetes and not even know it. In fact, 90 percent of people who have this condition are not aware they have it.

Prediabetes is a health condition characterized by blood glucose levels that are higher than normal, but not high enough to be diagnosed as diabetes or to have significant symptoms. Prediabetes increases the risk for type 2 diabetes, heart disease and stroke. It is estimated that 84.1 million American adults have prediabetes.

This problem is so prevalent that the Centers for Disease Control (CDC) along with the American Medical Association are collaborating to create tools for health care teams to use to identify persons with prediabetes and then refer them to a diabetes prevention program (DPP).

**'It is a time commitment, but our team will be there to help support patients every step of the way.'**

Dr. Patrick Allen  
Cody Regional Health

There is a national movement to screen, identify and refer patients to a program that has been proven to stop the progression of diabetes and lower your risk to getting diabetes. Cody Regional Health has a diabetes prevention program. The program includes a CDC course curriculum which is presented over a year's time and focuses on lifestyle change intervention that targets improving diet, increasing physical activity and achieving moderate weight loss. The course develops behavioral problem-solving and coping skills.

"I'm excited to see more patient lives transformed by this program. It is a time commitment, but our team will be there to help support patients every step of the way," said Dr. Patrick Allen, Cody Regional Health primary care provider.

"To be eligible, a participant must be at least over 18, have a BMI greater than 24 and either have a blood test showing a fasting glucose over 100 g/dl and/or a A1C of 5.7-6.4," said Cody Regional Health's Clinical Nutrition Director Elizabeth Fabrizio.

A person may also qualify by taking a simple "risk assessment test" (see at left).

CRH will be finishing their first pilot program the middle of July and many of the participants have had tremendous success. They will be starting a new class June 19, which will be held on Wednesday evening from 5:30 to 6:30 p.m. at Cody Regional Health Education Center.

If interested in joining the June class, please call Fabrizio at 307-578-2468. Space is limited.

## PREDIABETES RISK TEST

- 1 How old are you?  
Less than 40 (0 pts) 40-49 (1 pt)  
50-59 (2 pts) 60+ (3 pts)
- 2 Are you a man or a woman?  
Woman (0 pts) Man (1 pt)
- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?  
Yes (1 pt) No (0 pts)
- 4 Do you have a mother, father, sister or brother with diabetes?  
Yes (1 pt) No (0 pts)
- 5 Have you ever been diagnosed with high blood pressure?  
Yes (1 pt) No (0 pts)
- 6 Are you physically active?  
Yes (0 pts) No (1 pt)
- 7 What is your weight status?  
(See chart below)

### ADD UP YOUR SCORE

**If you scored 5 or higher:**  
You're likely to have prediabetes and are at high risk for type 2 diabetes.\*

HEIGHT	WEIGHT (LBS.)		
4' 10"	119 - 142	143 - 190	191+
4' 11"	124 - 147	148 - 197	198+
5' 0"	128 - 152	153 - 203	204+
5' 1"	132 - 157	158 - 210	211+
5' 2"	136 - 163	164 - 217	218+
5' 3"	141 - 168	169 - 224	225+
5' 4"	145 - 173	174 - 231	232+
5' 5"	150 - 179	180 - 239	240+
5' 6"	155 - 185	186 - 246	247+
5' 7"	159 - 190	191 - 254	255+
5' 8"	164 - 196	197 - 261	262+
5' 9"	169 - 202	203 - 269	270+
5' 10"	174 - 208	209 - 277	278+
5' 11"	179 - 214	215 - 285	286+
6' 0"	184 - 220	221 - 293	294+
6' 1"	189 - 226	227 - 301	302+
6' 2"	194 - 232	233 - 310	311+
6' 3"	200 - 239	240 - 318	319+
6' 4"	205 - 245	246 - 327	328+
	(1 pt)	(2 pts)	(3 pts)

If you weigh less than the amount in the left column: (0 pts)

\*Only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor if additional testing is needed.

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# Dauntless:

Continued from Page 1

seven days per week. It's set up to provide members with a safe and secure place to workout. Members access the gym with electronic key fobs, and there are security cameras.

Bair is in the process of finding the trainers to give the classes at the Powell location.

"We're hoping to draw in the same group of fitness enthusiasts as we did in Lovell," she said.

**'We're hoping to draw in the same group of fitness enthusiasts as we did in Lovell.'**

The business ran into some hiccups earlier this year, when Bair pursued Powell's last remaining liquor license for a side business that was to be a sports bar

featuring a golf simulator. Bair said it was a separate business from the gym, but it was going to help with revenues to support both. The city council elected to give the license to the Clocktower Inn — a planned hotel and conference center that's being supported by a state grant. The project is tentatively scheduled to break ground this summer if it can secure the private financing.

Despite the setback on the liquor license, Bair decided to go forward with the gym — and since the simulated golf idea is put on hold, she decided to open a third Club Dauntless location in Greybull.

"Throughout the [Big Horn] Basin, people will have every opportunity they need to get fit and healthy," she said.

At some point in the future, if the opportunity arises, Bair said she might try again to pursue the simulated golf business.

"It's still on my wish list of things I'd like to bring to Powell," she said.

Memberships to Club Dauntless are \$40 per month for individuals and \$60 per month for families. They also offer corporate rates. The memberships can be used at any of the Club Dauntless locations.



## Run the Dauntlet: Course features 14 obstacles, set for June 29 at 1 p.m. in Lovell

Continued from Page 1

there with a stop watch and a clipboard," Bair said.

This year, the event will be held at the same location, starting at 1 p.m.

There is a competitive and a non-competitive class. The non-competitive class includes a fun run for kids 12 and up, and an inflatable obstacle course for kids 4 - 11.

The competitive classes include two levels: the elite for ages 16 and up and the elite jr. for kids 12 - 15. All competitive participants get an exclusive T-shirt, and winners will receive trophies.

Entry fees for participants over age 16 for the competitive class is \$50 if registered before June 5, and \$40 for kids 12 - 15. After June 5, those fees go up by \$10.

Entry fee for the fun run is \$25 on June 5 and \$30 after. The inflatable obstacle course is \$1 per run.

Bair said the fees help cover their cost of putting on the event, but she and her husband still pay a "small fortune" to make it happen. She said it's worth it for all the fun people have.

"I'm very passionate about fitness, but also community," she said.



Last year's Run the Dauntlet brought out 150 participants who jumped, crawled or ran through the course, like the two competitors above. Among the participants, were Rebekah Franklin (top) and Cameron Carpenter (left). Courtesy photos



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Athletes traverse the descent from atop Polecat Bench in a Rec De Plaza training run last week. Runners pictured (from left) are Dylan McEvoy, Daniel Merritt, Jace Bohlman, Riley Schiller, Jozi Simpson, Abby Landwehr, Kabri Cannon and Kayla Kolpitke. Tribune photo by Mark Davis

# Polecat to Yellowstone

REVAMPED REC DE PLAZA IS ONE-WAY, 10K DOWNHILL THRILL RUN

BY TESSA BAKER  
Tribune Features Editor

Starting from atop Polecat Bench, Rec De Plaza's revamped one-way course will take runners on a new challenge.

"The view from the start line is breathtaking, with an awesome look at the entire Powell Valley," said Toby Bonner, race organizer.

A fundraiser for Plaza Diane and the Powell Recreation District, the downhill thrill run begins at 8 a.m. Saturday, June 29. Race Day registration is from 7-7:30 a.m. at Northwest College's Yellowstone Building west parking lot at the corner of Division and Seventh streets.

The new 10K route starts off the beaten path with an extreme descent. The first portion of the race (3.2 miles) is on dirt, leading runners to a halfway aid station. Then the second leg (3.1 miles) is on blacktop into Powell to the finish line near the Yellowstone Building

at NWC.

"Instead of the flat circular course skirting the edge of town that we've used the last two years, we came up with a one-way option with less turns and combined trail and blacktop," Bonner said. "We wanted to create an event that was challenging and memorable, one that runners chat up and want to return to compete in for years to come. I mapped out the one-way 10K 'Polecat to Yellowstone' course with that in mind."

For those not ready to take on a 10K, runners/walkers can participate in a shorter 5K-only version.

"We will start them at the

halfway point at the same time 10K participants begin atop the bench," Bonner said.

He recommended that runners practice the 10K route in advance.

"The descent portion off Polecat Bench at the beginning is challenging. For the most part, the course is downhill from start to finish," Bonner said. "There are a few slight inclines, but overall it's a decline ... and fast!"

Rec de Plaza organizers increased the distance to include the 10K in addition to the 5K, because runners mentioned they preferred having that as an option.

The race is open to all ages.

Medals will be awarded to the top three 10K finishers for boys and girls 19 and under, as well as men and women ages 20 to 39 and 40 and over.

Registration is \$25 per participant and includes a Rec de Plaza T-shirt. Pre-registration by June 21 is recommended. Race day registration/check-in will be from 7-7:30 a.m.

Powell Rec is going to supply its bus to transport participants from the registration/finish line near NWC's Yellowstone Building to the 5K and 10K start lines. A seat on the bus is \$5 per participant.

All proceeds from the race will go toward the Powell Recreation Foundation — which is raising funds for the planning and construction of a new recreation center — and Plaza Diane, to help the downtown arts center with future arts education classes and gallery shows.

For more information, visit [powellrec.com](http://powellrec.com) or [plazadiane.org](http://plazadiane.org), or call Powell Rec at 754-5711.



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## TIPS

to help prevent back pain:

- Maintain a healthy diet and weight — remain active
- Avoid prolonged inactivity or bed rest
- Warm up or stretch before exercising or other physical activities, such as gardening
- Maintain proper posture
- Wear comfortable, low-heeled shoes
- Sleep on a mattress of medium firmness to minimize any curve in your spine
- Lift with your knees, keep the object close to your body, and do not twist when lifting
- Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues

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# Exercise and mood: A strong correlation

Exercise makes us feel good. The body releases chemicals called endorphins when we exercise. These chemicals activate opiate receptors in the body, which can reduce the perception of pain and give an overall sense of well-being. Exercise can elevate our mood. In this sense, it is truly possible to "get high" on exercise. What does the medical world have to say about the role of exercise in treating mood issues such as depression?

Dozens of medical studies have examined the effects of exercise on people with depression. Most of the studies involve aerobic exercise and a few examine the effects of resistance training. There is good evidence that exercise can help reduce symptoms of depression and prevent relapses in those treated for depression. Two research studies done through Duke University — called the SMILE (Standardized Medical

Intervention versus Long-term Exercise) studies — found no differences in depression scores after 16 weeks between the "older adults" who took medication and the "older adults" who exercised regularly. Furthermore, those study participants who engaged in regular exercise programs 10 months after the end of the study were much less likely to be depressed or experience depression symptoms.

Depression in study participants was reassessed one year after the trial. The only predictor of depression was whether or not people were exercising regularly, regardless of the group to which they were assigned for the study. It did not seem to matter whether the study participants

were initially treated with exercise or medication — it was regular exercise after completion of the study that was protective against depression.

These study findings suggest that regular exercise may reduce depression symptoms in those who have been diagnosed with depression. The follow-up study findings suggest that exercise may also be helpful in preventing relapse. Part of the benefit highlighted in this study is the benefit of exercising with other people. Having a workout and accountability partner may also help a person fight or avoid depression.

So how can we use this information in Park County? Depression is a real malaise in places like northern Wyoming

where residents spend much of their time inside during colder weather. So ... it is time to exercise!

Exercise can be simple. Brisk walking can produce many of the same effects as a more intensive workout regimen. Take a walk around your neighborhood or a stroll around Homesteader Park. Hike up Heart Mountain with friends and bear spray. Go to the Powell Aquatic Center and get some exercise. This can range from swimming laps to walking around the lazy river.

Consider regular work-outs or joining a wellness program or fitness class at one of the local fitness or physical therapy centers. Get out and do something for your health — make a plan and then do it. The better you care for yourself, the better you can enjoy life.

(Dr. Mike Tracy is a primary care physician at 307Health in Powell.)



**DR. MIKE TRACY**

Guest columnist

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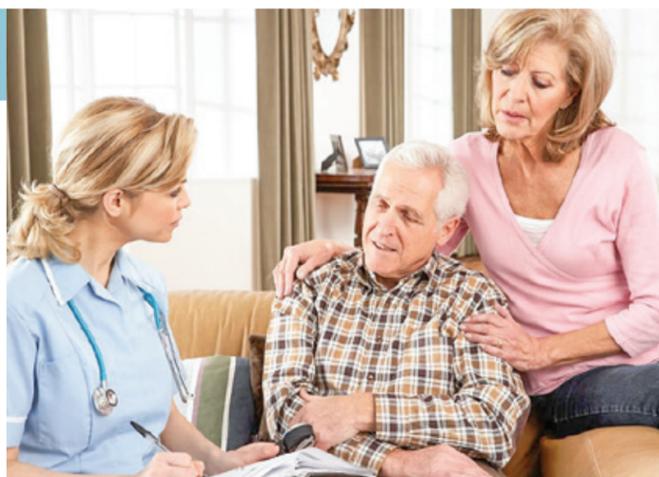
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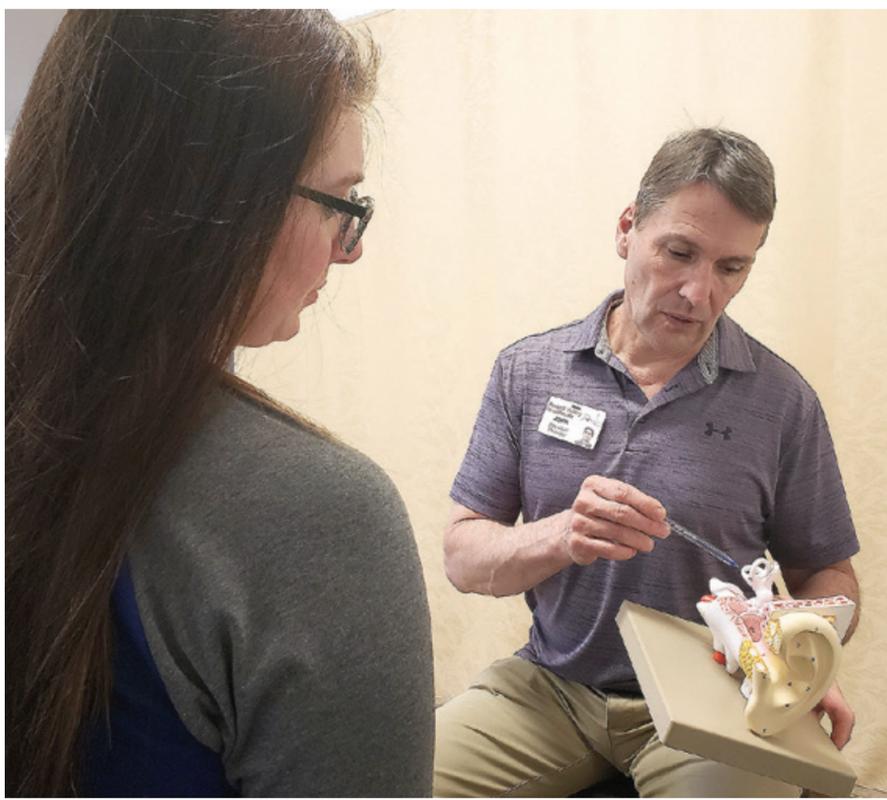
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John Asher uses a model of the inner ear to explain vertigo to Amanda Spomer. Courtesy photo

## Vertigo and vestibular disorders

BY JOHN ASHER  
Guest columnist

Every year, millions of Americans experience some form of dizziness or vertigo. Thankfully, most of the time these symptoms are self-limiting and temporary.

For others, however, the symptoms of vertigo or dizziness can be truly debilitating and can make even normal daily activities difficult. It is estimated that somewhere between 25 to 35 percent of Americans will experience some form of vertigo or vestibular dizziness at some point in their lives.

The vestibular system, which lies in our inner ear, works in conjunction with visual input from our eyes, as well as with special muscle receptors throughout our bodies.

It is this complex system that allows us to maintain our balance and equilibrium. It is

thought that the vestibular portion of this system contributes up to two thirds of the information needed to maintain normal balance. Thus, when there is a problem with the inner ear, equilibrium and balance suffer significantly.

The most common cause of vertigo is Benign Paroxysmal Positional Vertigo or BPPV for short. It is the number one cause of dizziness in people over 50 years of age.

BPPV is caused when crystals of calcium carbonate, which are normal structures in the inner ear, become dislodged and migrate into the balance canals of the inner ear.

Symptoms of BPPV include a severe spinning sensation or a sensation of the room moving around you (vertigo). It is most apparent when lying down, rolling over in bed, or when looking up and tilting your head back. The spinning sensation usually

lasts for 5 to 60 seconds. People often become nauseous when this happens.

BPPV can usually be treated successfully by a physical therapist or physician trained in specific vestibular repositioning maneuvers. Most patients with BPPV get relief with one or two treatments.

There are other conditions that can cause vertigo or feelings of imbalance, such as Meniere's disease, Migraine, concussion or problems with the cervical spine.

If you think you may have symptoms of vertigo or dizziness, contact your physician for an appointment. If you should ever have vertigo accompanied by difficulty speaking, arm/leg weakness, or double vision, seek care immediately.

(John Asher PT, OCS, is a certified vestibular rehabilitation specialist at Powell Valley Healthcare.)

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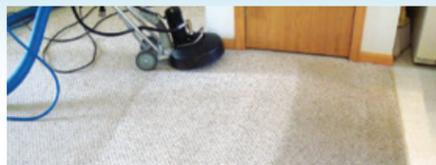


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## Avoid ticks and diseases they spread

As Wyoming's warmer days approach, avoiding ticks when spending time outdoors can also mean escaping some potentially serious diseases, according to the Wyoming Department of Health.

Diseases sometimes passed on by infected ticks in Wyoming include tularemia, Rocky Mountain spotted fever and Colorado tick fever. Lyme and Powassan diseases can be a concern during travel to other states, but are not

known to be spread by Wyoming ticks.

"Ticks can be active in Wyoming most of the year, but spring and summer are typically the peak seasons when we see related illnesses," said Dr. Alexia Harrist, state health officer and state epidemiologist.

General recommendations to help avoid tick-related diseases include:

- Wear light-colored cloth-

ing to make it easier to see ticks crawling on clothing.

- Tuck pant legs into socks.
- Apply insect repellents such as those containing 20 percent or more DEET and/or picaridin.
- Upon return from potentially tick-infested areas, search yourself and children for ticks and remove if found.
- Check pets for ticks; use tick control products recommended by veterinarians.

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The Piranhas USA Swim Team is a program of the Powell Swim Club, a non-profit 501c3 organization.

For more information, call Head Coach Stephanie Diver at 530-864-1092 or talk with her during a team practice at the pool.

Call for a location near you.

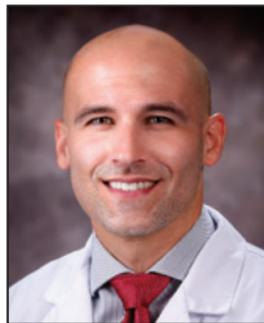


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# Eating well and weight loss begins with internal motivators

Once heard that it takes two minutes of a repetitive rocking or bouncing action to soothe a fussy baby. In that situation, two minutes can feel like an eternity. The caregiver is tempted to give up and try something else after a few seconds.

For people fighting the weight loss battle, it can be very similar. We try a particular diet for a few weeks or months, only to decide that it isn't effective enough. We give up for a while (long enough to regain any weight that was lost), then try something else.

Breaking free of this cycle can feel impossible, but it can be done! And it may surprise you to hear that it has less to do with what you eat than with what motivates you to change.

With change of any kind, action only takes place when the desire for things to be different finally outweighs the desire to avoid change. Before you decide how you want to approach weight loss, it is critical to identify why you want to lose weight.

We can break motivators down into two categories: internal and external.

External motivators are outside of your control and most often these are not effective in driving change. Examples of external motivators specific to weight loss are approval of other people or a wish to have a particular physical appearance.

When you are internally motivated, change is much more likely to occur. Internal motivators are focused on improving yourself, for your own sake. In other words, eating well becomes its own reward because of how it makes you feel.

External motivators are not without value. Maybe it's the suggestion from your doctor that gets you thinking about trying to lose weight. Perhaps your upcoming class reunion has you thinking that you felt better 20 pounds ago, or you find yourself struggling to keep up with children and grandchildren. However, for change that is lasting and rewarding, turn those external factors into internal motivators. As an example, let's look at motivation as it applies to kids and bedroom cleanliness. I have three children. For two of them, there is never a need to

encourage them to clean their bedrooms. They do it without prompting because they have learned that they feel more comfortable and relaxed when their rooms are clean. The act of cleaning their rooms is even enjoyable, because they really like the feeling of having a clean room.

For the third child, it looks different. Once his room resembles the aftermath of a tornado, the discomfort of living in the mess finally becomes greater than his desire to avoid cleaning his room. Only then does the room get cleaned. This pattern will continue unless he decides that he

likes having a clean room more than he dislikes cleaning it! As a registered dietitian, I'm painfully aware that most of my patients are not eagerly anticipating meeting with me. Many of them have had previous negative experiences with dietitians. For too many years, dietitians, generally speaking, have settled for providing nice handouts and lists of "eat this" and "don't eat this."

If a simple lack of information was the problem, then we would not see anyone battling with weight loss and related chronic diseases. There is information aplenty! If a list of foods was the only thing necessary to make lasting, positive changes in eating, then I would be out of a job! While providing sound, evidence-based nutrition education is a part of what I do, it is not the whole picture.

I don't want to give you the impression that what you eat is unimportant. Again, if that were the case, my profession would not exist.

What I want you to hear is that before you focus on the food, take some time first to focus on what is driving the change. Jumping in and out of various diet plans, and the resulting fluctuations in weight, is physically and emotionally harmful.

Alternatively, when you are internally motivated, each positive change that you make encourages you to maintain that habit and to look ahead toward your next goal.

*(Katy Asay is a registered dietitian at Heritage Health Center in Powell.)*



**KATY ASAY**  
Guest columnist

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## Measles vaccination remains important for Wyoming residents

Increased cases of measles in some areas of the United States show why vaccination is important, but extra vaccine doses or boosters for state residents are not currently needed, according to the Wyoming Department of Health.

There has not been a reported case of measles in Wyoming since 2010. However, more than 700 measles cases, the most since 1994, have been confirmed across the country this year by the federal Centers for Disease Control and Prevention (CDC). The majority involved unvaccinated people.

"Measles should be taken seriously, because it can sometimes lead to pneumonia, swelling of the brain known as encephalitis and death," said Dr. Alexia Harrist, WDH state health officer and state epidemiologist.

"We are concerned about the growth in measles cases across the country, but believe no new or extra actions are needed in Wyoming at this point," she continued.

The department is encouraging people to follow the vaccination recommendations that are already in place.

Measles begins in most people with fever, runny nose, cough, red eyes and sore throat, followed by a rash that spreads over the body.

"Measles is extremely contagious and easily spreads to others through coughing and sneezing," Harrist said. "It is important to be up to date on vaccinations because anyone who is not protected against measles, including children too young to be vaccinated, could

become infected with a serious disease."

Experts recommend a safe and effective vaccine that provides protection against three diseases: measles, mumps, and rubella (MMR). Children should get one dose at 12 through 15 months old and then another at age 4 through age 6.

Adults who do not have evidence of immunity and who were born after 1957 should consider getting at least one dose of MMR vaccine. Adults at increased risk include college students, health-care workers and international travelers. "People in this high-risk group should consider two doses if they do not have proof of immunity," Harrist said.

The CDC estimates 3 to 4 million people got measles each year in the United States before the vaccination program began in 1963, with thousands of hospitalizations and hundreds of deaths.

"Vaccination against this serious disease has been quite successful," Harrist said.

Measles is still common in many parts of the world including some countries in Europe, Asia, the Pacific and Africa. People in the United States still get measles in rare situations.

"Every year, unvaccinated people get measles during international travel, bring the disease into the United States, and spread it to others who are unvaccinated," Harrist said. "Ongoing spread of the disease is a risk in communities with pockets of unvaccinated people and can lead to outbreaks."

More information is available from the CDC at <https://www.cdc.gov/measles/index.html>.

**'Vaccination against this serious disease has been quite successful!'**

Dr. Alexia Harrist  
State health officer



### COURSE KEY

1. Mount Dauntless
2. Cliff Hanger
3. Jungle Fever
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5. The Pig Roast
6. Fly Trap
7. Landscaper
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# REINVENTING THE HEARING AID



Hearing aids have never been thought of as cool. The mere mention of hearing aids and a vision of a Mrs. Kravitz, from the TV show Bewitched, using her husband's big clunky hearing aid with a long wire comes to mind. Many people are not aware of how far hearing aid cosmetics have improved, and more importantly how much technology has improved. Hearing aids are not what our parents wore, they are smaller, better sounding, and offer features that even five years ago seemed unattainable.



## MINIATURIZATION

Miniaturization of circuitry has enabled engineers to pack more into smaller packages. What once was the size of a pack of cigarettes with poor sound quality, can now be made small enough to sit on a dime. Now imagine a hearing aid with the ability to connect directly to a smart phone and stream calls into both ears, rechargeable batteries, fitness tracking, connect to Alexa as a personal assistant, or translate languages. Still not enough to be impressed? Now there are hearing aids that can detect falls and send for help, and soon will even have heart rate monitoring.

Starkey Hearing Technologies, Livio® AI, the world's first hearing aid that tracks brain and body activity, while also providing superior sound quality. It's the first-ever hearing aid to feature integrated sensors and artificial intelligence to optimize your hearing experience and deliver benefits beyond traditional amplification.



## LIVIO AI PROVIDES:

- Body and brain health tracking via smartphone and the Thrive™ Hearing app
- Track your daily steps, activity and movement, and the brain score is calculated by daily use, active listening and engagement scoring.
- Superior sound quality, listening clarity, more natural hearing and effortless transitions
- Peace and quiet while amplifying the important things, and helping you better understand conversations
- Streaming of phone calls, music and messages directly to your hearing aids using your smartphone
- The convenience of getting minor adjustments delivered remotely without having to schedule an office visit.

## RECHARGEABLE AND RELIABLE HEARING AIDS DELIVERING 24 HOURS\* OF SUPERIOR HEARING ON ONE CHARGE

Available only in the RIC R style. \*Results will vary based on wireless and feature usage.

If you're an older adult — or care for someone who is — falling is likely to be high on your list of worries. And rightfully so, according to the National Council on Aging: Every 11 seconds, an older adult is treated in an emergency room for a fall-related injury. Falls are the leading cause of fatal and non-fatal injuries for older Americans.

**That's why we're excited to introduce the latest feature of our Livio AI hearing aids, the world's first hearing aid with artificial intelligence and integrated sensors.**

### How fall detection and alerts work

The hearing aid wearer selects up to three contacts to be notified if they fall.

They (or their hearing professional) can enter contacts easily into the Thrive Hearing app.

The auto alert feature automatically sends an alert to the contact(s) if the hearing aid wearer falls.

The alert contains the GPS location of the wearer.

The contact can then immediately call the wearer back to check on them or otherwise get them help.

The manual alert feature allows the wearer to simply tap their hearing aid to send an alert for a fall or non-fall related event.

Using their built-in 3D sensors, Livio AI hearing aids can detect when a wearer falls, and send alert messages to selected friends or family members. Now, in addition to wearers enjoying our best sounding hearing aid ever, they and their loved ones can enjoy increased peace of mind, too. Plus, unlike other fall-detection devices, which hang around the neck or are worn on the wrist, Livio AI benefits from the anatomy and physiology of the human body. During typical, daily activities and instances of falls, muscles in the neck work with the balance system of the inner ear to protect and stabilize the head. Since hearing aids are worn on the head, they are naturally less prone to mistake daily activities for falls than the devices worn on other parts of the body.

Starkey's best-in-class RIC rechargeable hearing aids with lithium-ion batteries have a long lasting charge and are easy to use.

No more hassle of disposable batteries

Long lasting charge delivers superior hearing

All-in-one charger lets you grab your hearing aids and go



**Only available in Livio® AI, Livio® and Muse™ iQ rechargeable hearing aids**

When the American Speech-Language-Hearing Association (ASHA) designated May as Better Hearing and Speech Month back in 1927, their goal was to raise awareness about speech and hearing challenges and — more importantly — encourage people to take action and treat their own hearing and speech problems.

That mission is just as important today as it was 92 years ago. Maybe more so. Because today we know more about hearing loss — and how important hearing is to

our quality of life — than ever before.

For instance, we know that untreated hearing loss is linked to cognitive decline and dementia. We know that hearing loss is linked to increased risk of falls and social isolation. And we know it can cause higher medical costs, mental fatigue and more. But most importantly, we know that people who treat their hearing loss are more likely to be optimistic, engaged, socially active, and happy that they did something about this easily treatable issue.

The earlier you deal with hearing loss the better. Waiting can lead to greater loss and diminished results. Heart Mountain hearing is the best choice for learning more about your hearing loss and finding the best solution for the difficulties associated with hearing troubles. Chris Pelletier and his staff are well trained in helping you or a loved one to hear better. **During Better Hearing Month FREE hearing screenings are being offered.**



**Chris Pelletier**  
Hearing Instrument Specialist, Owner



### 1 Hearing loss leads to social isolation

Untreated hearing loss has long been linked to increased social isolation and loneliness, which studies have shown are well-established risk factors for Alzheimer's and dementia.



### 2 Hearing loss shifts your cognitive load

Imagine your brain has a finite amount of fuel. As hearing becomes more difficult, you use more "fuel" to comprehend what you're listening to — meaning you have less for memory and decision making. Scientists refer to it as the "cognitive load theory."



### 3 Hearing loss accelerates brain shrinkage

Believe it or not — our brains shrink as we age. But MRIs of people with hearing loss show the brain "shrinks" faster than normal, likely due to lack of stimulation.



### 4 Reduce risk of cognitive decline and dementia

The benefits of wearing hearing aids may also include:

- Reduced mental fatigue
- Decreased feelings of isolation and depression
- Improved ability to multitask
- Improved memory, attention and focus
- Improved communication skills



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