



# News Letter Journal

Weston County

January 22, 2015

Newcastle, Wyoming

Year 129

Week 4

## One and done

Denice Piscioti  
NLJ Reporter

At the first Weston County School District #1 Board of Trustees meeting of the year, newly elected trustee Melissa Stalder submitted a letter of resignation after attending only one meeting. WCSD #1 Superintendent Brad LaCroix recommended to the board they accept her resignation, which the trustees did, then passed a motion to appoint a person to fill the vacancy at the next meeting, scheduled for Feb. 11 at 6 p.m.

"You have 30 days to fill the position, and [that person will just fill the position] until the next election, it is not for the full term," explained LaCroix, when questioned about what the trustees were required to do next.

WCSD # 1 Board Chairman Bob Bonnar informed that the person appointed to the position will hold a two-year term, with another two-year term scheduled on the next school board election ballot, in 2016. At that time, there will be five four-year term seats and one two-year term, to put the terms back on track, with the shorter term position being placed on the ballot for a four-year term

— See Opening, Page 9

## RER short on funds

### Blaming permit issues, company begins layoffs

Alexis Shultz  
NLJ Reporter

At the regularly scheduled meeting of the Weston County Commissioners, on Tuesday, Jan. 20, Rare Earth Elements representative Mike Finn delivered an update that indicates the company, which is expected to open a rare element mine near at Bear Lodge near Sundance and develop a processing plant in Upton, may be in trouble.

In his update, Finn declared that RER is facing financial issues and is taking measures in order to stay solvent. He explained to commissioners two of the issues that were facing the company causing these financial issues as well as the measures they were taking in order to "tighten their belt."

Finn reported that delays in permitting through various agencies is causing higher costs to them, as well as the fact that stock prices for the company are low — which does not attract a large number of investors.

"Raising money is a chal-

lenge, stock prices are low; \$1,000 will buy you quite a few stocks," Finn professed.

With these financial issues, RER is being forced to take cost-saving measures in order to keep the company in the black and not in the red, he indicated. One measure being taken concerns the office in Upton. RER will not be renewing the lease on the office there, Finn explained.

"We've also laid off a number of employees and cut back some wages," Finn stated. He added that he has been told that these two things have also happened at the corporate office in Denver.

He clarified that at the end of the last quarter the company had about \$12 million still in the bank, so they were in fact at the time still solvent, and he has been told that junior mine companies face these issues often.

"Well, we're starting out a new year here. [Although] RER is taking a conservative

— See RER, Page 9



### Telling a tale

Newcastle Elementary School first-grader Tytus McFalls read to Weston County School District #1 Board of Trustees Jan. 14. Each year NES first-graders read a story to the board. Other youngsters that demonstrated their reading skills were Riley Rich, Maggie Lacey and Teddy Troftgruben. (Photo by Denice Piscioti/NLJ)

## In the Legislature this week ...

Alexis Shultz  
NLJ Reporter

With the 2015 session of the 63rd Wyoming Legislature beginning on Tuesday Jan. 13 a lot of issues were to be addressed by the men and women elected by voters around the state.

"There are 14 new House members, and three new Senate members," Rep. Hans Hunt reported, adding that the session began with the swearing in of



these new members at noon on Tuesday. Hunt explained that little official business is conducted on this first day, but several bills were referred to their respective committees.

On Jan. 14, Gov. Matt Mead delivered the annual State of the State address to the House and the Senate in a joint session. According to Hunt, the governor took this time to address issues including Medicaid

— See Legislature, Page 9

## FOCUS focuses on new beginnings

Alexis Shultz  
NLJ Reporter

2015 is looking to be an eventful year for FOCUS, the Foundation of Caring, Understanding, and Service, with the Dec. 15 approval by the Newcastle City Council to return funding to the organization, and a budget that is complete once again with the return of county money as well.

As 2014 came to an end, Donna Howard, director at FOCUS, was making plans to present information to her board at their annual meeting on Jan. 7, at which she professed that the main goal for 2015 will be prevention outreach campaigns involving banners, radio ads, newspaper ads, table tents, informational posters, PSA articles, and radio interviews.

As part of FOCUS' awareness campaign, the city has approved the hanging of awareness ribbons from the street lamps down Main Street in Newcastle, bearing the colors of the different awareness months throughout the year. Bob Hartley, Newcastle's city engineer, made it clear that the organization should not use anything that may scratch the paint on the posts.

"We have certain activities we are looking to accomplish, but nothing is fine-tuned yet, we are working on them," Howard professed as 2014 came to a close, explaining she was making plans for stalking awareness month, teen dating violence month, child abuse awareness, elder abuse awareness, and many more.

For Teen Dating Violence Awareness Month in February, Howard plans to distribute silicone

bracelets to students at the middle school and high school bearing the phrase, "Respect. Give It. Take It." Also, the high school art students will be doing a clothesline T-shirt project, with shirts designed and decorated by students, including the same phrase as the bracelets to promote awareness among students concerning the topic of teen dating violence.

She also expressed that the organization will be taking part in the Back to School Safety Bash, which they had to forgo in 2014. Along with this, she told the News Letter Journal, they may possibly be creating a FOCUS Calendar for 2016 in the month of August.

"Everything will be set around prevention outreach and information," Howard reported.

More than a year ago Newcastle

City Council members made the decision to take away the funding provided by the city to FOCUS until the organization could demonstrate proper financial practices. This move came shortly after the News Letter Journal ran a story explaining the resignation of the agency's employees in August of 2013, when those employees made allegations of inappropriate conduct among board members, as well as suggesting that funds had been used improperly by a previous employee.

Howard, who took over as director of FOCUS in January of 2014, spent the year rebuilding the foundation of the agency. Early in the year, Howard gave updates to the city council and county commissioners, reporting the addition of

— See FOCUS, Page 6

## No move after all

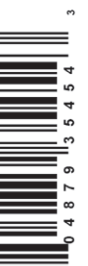
### Commissioners rescind motion to move Circuit Court

Alexis Shultz  
NLJ Reporter

On Tuesday, the Weston County Commissioners made the decision to rescind the motion they made on Dec. 2 that would move Circuit Court to the basement of the courthouse. At this time they also made a motion to house County Attorney William

— See Court, Page 3

|                         |   |   |  |  |   |   |  |   |
|-------------------------|---|---|--|--|---|---|--|---|
| <b>WEATHER FORECAST</b> | <b>Thursday</b><br>Sunny<br>Hi 38 Lo 21 | <b>Friday</b><br>Partly Cloudy<br>Hi 41 Lo 25 | <b>Saturday</b><br>Cloudy<br>Hi 44 Lo 31 | <b>Sunday</b><br>Partly Cloudy<br>Hi 40, Lo 29 | <b>Monday</b><br>Partly Cloudy<br>Hi 48 Lo 32 | <b>Tuesday</b><br>Sunny<br>Hi 48, Lo 32 | <b>Wednesday</b><br>Partly Cloudy<br>Hi 43 Lo 26 | <b>INSIDE</b><br>• Insurance, Page 3<br>• Giving back, Page 6<br>• Cold weather, Page 10<br>• Yoga, Page 18 |
|                         |   |   |  |  |   |   |  |   |



# Opinion

## News Letter Journal

### Our View

## Out of order

The Weston County Commissioners on Tuesday revisited an earlier decision to house Circuit Court in the basement of the Weston County Courthouse, and decided to rescind the action—effectively taking the county back to square one on the issue.

More often than not we've lamented county government's inability—or unwillingness—to make decisions and follow through on them, but in this instance we support the step backward because we hope it signals a shift in county government from the reactive kind of decision-making we've seen far too often in the past, to a more proactive approach.

That said, we believe that placing Circuit Court in the lower level of the courthouse is probably the right thing to do, and we hope the commissioners will come to that same conclusion after considering the number of different factors that can—and should—influence their ultimate decision. Principal among these is the security and convenience such a move would offer to the people of Weston County.

The Wyoming Supreme Court—under whose umbrella the state's circuit courts fall—has brought the issue of courthouse security to the Wyoming State Legislature. As a result, a \$50,000 grant was made available to eight Wyoming counties—including Weston—to conduct court security assessments, and two counties were able to access state funds to improve their own facilities. The Weston County Courthouse is showing clear signs of age and wear, and if we can access state money to repair and maintain our courthouse—but only if Circuit Court is located within it—we owe it to ourselves to consider the possibility.

That is especially true if there aren't any better alternatives—or if the objections to placing Circuit Court in the building are outweighed by the benefits of such a move to the people of Weston County. The only real alternative we've heard to this point involves moving the court into the Law Enforcement Center—another aging building in need of renovation and improvement—but we are concerned that those who are pushing for this solution have failed to consider the inconvenience, discomfort and personal security concerns of Weston County residents who do business in Circuit Court.

The vast majority of these people go to court over civil issues (divorce, child custody, small claims, etc.) or to contest misdemeanor charges, and forcing them to do so in a building that houses the county's prisoners and law enforcement is probably going to be pretty intimidating, if not downright scary. Felony cases that are brought to Circuit Court are quickly referred to District Court, which is already housed in the top floor of the courthouse, and we think this refutes the claim that locating Circuit Court there as well would represent a significant increase in danger to the people who work there. At the very least, we think the county should consider that somebody who appears in Circuit Court to pay a speeding ticket is probably more justified in worrying about their security in the basement of the jail.

It has also been reported that many residents who have to appear in Circuit Court mistakenly go to the courthouse already, and have to be redirected to the court's current location behind City Hall. This leads us to believe that residents already think it makes sense to house Circuit Court in the courthouse, and the commissioners really should take that into consideration. At the end of the day, Circuit Court customers are largely county customers, and allowing those customers the opportunity to do all of that business in the same place is the right thing to do.

### Letters to the Editor

#### Because it looks good on a bumper sticker

Dear Editor,

The Coffee Shop Consortium no doubt will take issue with last week's letter (We are seduced by the smiles of villains, Page 2) for assuming that the rich owe something to the poor.

No, it's not that at all. Living or trying to make a decent living in this country should not be a "Winner Take All" contest.

An outstanding example is Fastow, Skilling and Lay of ENRON.

Their outstanding skill and greed laid economic waste to a large segment of the population. The victims were neither lazy layabouts nor drug-crazed hippies. But, they definitely were victims.

The big bankers on Wall Street are another matter entirely. The ENRON bunch wound up in the slammer. The Wall Street bunch strained their backs hauling profits and bonuses home.

The other side of this equation is the thousands of personal bankruptcies and

home foreclosures.

As bad as the thieving big bankers are, there is an even worse villain stalking the working man and his family.

We hire (elect) agents to take care of our business. Unfortunately, they prove to be turncoats who work to benefit the big bankers and themselves.

Like wolves, they form packs called political parties.

How is it that we allow (or cause) this devastating situation to develop and devour us? "They" (the clever devils that they are) tell us short (but believable) stories, usually defaming their opponents.

These short stories are called "bumper stickers." Whoever prints the most bumper stickers wins.

In one season the bluecoats win, in another season it is the redcoats. In neither season do the people win.

We the people, ought to get together, figure out the way it should be and print our own bumper stickers.

—Jerry Baird



### Need to talk to a public servant?

Newcastle City Council Contact numbers:

|                  |          |
|------------------|----------|
| Mayor Greg James | 746-3677 |
| Todd Quigley     | 746-8973 |
| Linda Hunt       | 629-1512 |
| Roger Hespe      | 746-2800 |
| Archie Callander | 746-2450 |
| Donnie Steveson  | 746-4300 |
| Kara Sweet       | 746-5350 |
| City Hall        | 746-3535 |

www.newcastlewyoming.net

### Deadline for Letters is noon on Friday

## Look for the fire beneath Clinton's smoke

I really do hate to broach such an unsavory topic, but I can't help but comment on the sordid case of convicted sex-offender and billionaire Wall Street financier Jeffrey Epstein, who's currently facing a civil suit brought by one of his alleged former "sex slaves."

The Epstein affair has garnered some media attention due to his circle of high-powered friends, among whom are many recognizable names from the worlds of entertainment and politics, including, and not altogether surprisingly—former President Bill Clinton.

Or at least it included Clinton up until Epstein's legal problems began in the mid-2000s. That's when Bill, apparently worried about his reputation, such as it is, was reportedly quick to bail on his pal.

It is now being widely reported, however, that prior to then, our esteemed former president made several trips on Epstein's private jet to an estate owned by Epstein in the Virgin Islands.

Further details are sketchy, but the residence in question is where Epstein is alleged to have kept a small harem of underage girls, who provided massages and sexual services at what's being described by various sources as "orgy" parties.

Now, obviously the establishment media isn't exactly trying to hide any of this per se. They are, in fact, reporting that Clinton had what was evidently a once cozy relationship with Epstein, a man who's been investigated by Florida authorities for crimes related to the exploitation of girls as young as 12.

But what strikes me as curious is the way that it's being reported. There's been a winking, Clinton-will-be-Clinton quality to much of the coverage so far, even among the ostensibly anti-Clinton elements of the media. It would seem that journalistic interest in the matter doesn't really extend beyond audience titillation or expressions of mock outrage.

I guess this really shouldn't come as any surprise, though. Time and again the media has had clear opportunity to do a takedown of Bill Clinton, but they've always demurred when it has come to delivering the fatal blows. While the press played a decisive role in destroying Richard Nixon, a man who, whatever his faults, was at least a serious statesman, the journalistic establishment has never had it in for jocular, if-it-feels-good-do-it Bill.

Indeed, if I didn't know better, I'd say that in retrospect Clinton's impeachment for what actually amounted to the least of his transgressions, and the media circus surrounding it, were mostly a show put on for the benefit of the public.

Consider, if you will, that the image the media

has always been careful to leave us with of Clinton, is not of liar or lecher, but of a flawed but fundamentally decent man. We're given a congenial, like-able Clinton, a golf-buddy Clinton, smiling and enjoying a cigar as he waves at us, a Clinton looking like he hasn't a care in the world.

But if you actually sit down and reflect on the thing, if you try to get your head around all the scandals the Clintons have found themselves connected with over the years, either directly or peripherally—or for that matter, those which simply went without being properly investigated under their watch—you'll find it's impossible.

I can't even exhaustively list for you all the controversial and, quite frankly, bizarre incidents that occurred during Clinton's tenure as governor of Arkansas alone, much less discuss them in detail or attempt to explain how they're interrelated.

If you'll recall, there was the Whitewater real estate investment scandal; there were related questions surrounding Madison Guaranty Savings and Loan and the Rose Law Firm, where Hillary worked; Hillary's unusually profitable cell phone franchise investment and suspicious trading in cattle futures; the Arkansas Development Finance Authority, through which Clinton was alleged to have provided loans that were never paid back to his campaign contributors and political cronies; Clinton's alleged cocaine addiction, for which he was said to have been secretly hospitalized; the two Arkansas state troopers who swore under oath to have observed Clinton's drug use as governor; the suspicious death of Judy Gibbs, a call girl with whom Clinton was said to have been involved; Russell Welch, an investigator with the Arkansas State Police, who claims to have survived being deliberately infected with military-grade anthrax; Clinton's relationship with convicted drug distributor Dan Lasater, whom he later pardoned, and for whom Clinton's half-brother, Roger, worked; the airport in Mena, Ark. through which the CIA, under the Reagan and senior Bush administrations, smuggled weapons to the Nicaraguan Contras and cocaine back into the United States; drug-runner Barry Seal, who was eventually gunned down by Medellín Cartel hitmen; the murder of teenagers Don Henry and Kevin Ives, who may have witnessed the goings-on at Mena, and the ensuing disappearance or death of a number of potential witnesses to the crime; Park-O-Meter, a company that was a recipient of millions of dollars in loans from the ADFA, and which is said to have fulfilled secret government contracts related to Iran-Contra ...

And this isn't even the tip of the iceberg. It's just

a little taste of the kind of insanity that was swirling around Clinton during his time as a state governor.

It barely dips into the so-called Clinton body count or the innumerable and persistent accusations that suggest Clinton is less your average womanizer than he is a sexual predator.

There's a host of other claims. The Clintons deny it all. But what's really disconcerting is that no one of any consequence, certainly not the media, cares to remember any of it. It has gone down the memory hole.

In light of recent events, though, perhaps not all of it will remain lost down there forever. It's suddenly become very interesting to recall, for instance, that Clinton pal Dan Lasater was known for procuring teenage girls for immoral purposes, grooming them by getting them hooked on cocaine. In fact, that's why he went to prison.

I wouldn't hold my breath, though, in the expectation that the Epstein revelations might result in Clinton's downfall, or even that they might develop into something that leaves a lasting mark.

"Slick Willie," as recklessly arrogant as he can be, and often to Hillary's chagrin, has been slipping and dodging for far too long to allow that to happen.

Anyway, it would be contingent on the unlikely scenario of the establishment media, who continue to love and adore Clinton, and who tend to sympathize with his libertine ways, diligently pursuing the matter.

If it's any indication of the chances of that happening, there are probably more fluff stories on the internet right now about Clinton "photobombing" a little girl back in November or posing for a photo with two Bunny Ranch prostitutes than there are about his connection with Epstein.

It is our misfortune, nay, curse, that the Clintons will continue to be both influential and untouchable. They'll remain so even if Hillary eventually proves to come with what's been tactfully referred to as just a little "too much baggage" to become our "first female president," as the journoes are eager to celebrate her.

The Clintons evidently please a lot of powerful people, and the state of almost total corruption and hypocrisy they exist in is only a liability on those rare occasions when it becomes so blatantly obvious that the masses begin to take notice—and in that case the Clintons can always count on the media to put the appropriate spin on things.

Most of the time, though, the famous Clinton lack of conscious is actually a positive asset. Let's face it: It takes a certain kind of defect in a person's character, a kind of void where the soul should be, to be really successful in politics.

In that light, it's something for which the Clintons are admirably well suited.

## Who



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## What

We strive to cover all the news and entertainment important to the people of Weston County, Wyoming. Our entire staff takes part in the decision-making process of what appears in these pages and all content is locally generated. If you have a story idea please contact any of the people you see here. NLJ editorials appear in the upper left hand corner of this page and are written from the position of the newspaper, usually with the influence of several people, and in the hope that they will carry the weight of our 100-plus years of leadership. The personal columns and letters appearing elsewhere on this page, and others, represent the opinions of single individuals and do not necessarily reflect the position of the newspaper. The NLJ welcomes and encourages your Letter to the Editor. We will print all signed, original letters of local interest. Please provide a phone number for verification. We will not publish letters that are libelous or scurrilous in nature. Letters of thanks are offered at a reduced price in our classified section.

## Where

Stop in Monday through Friday at 14 West Main Street, Newcastle, Wyoming  
POSTMASTER: Please send any address changes to the News Letter Journal, PO Box 40, Newcastle, WY 82701.  
Annual Subscription Rate:  
In Weston County . . . . . \$45.50  
Out of County . . . . . \$57  
Senior Citizens (65+) . . . . . \$30  
Military (Active) . . . . . FREE  
Student, In State . . . . . \$27  
Student, Out of State . . . . . \$33

## When

News Letter Journal is published each Thursday at 14 W. Main Street in Newcastle (Weston Co.) WY 82701. Periodicals postage paid at Newcastle, WY. USPS No. 389-940. Deadline for advertising is the prior Friday at 5 p.m.

## Why

To provide news and entertainment for, and to serve the best interests of, the people of Weston County

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# Insurance deadline looming

**Denice Piscioti**  
NLJ Reporter

The deadline for open enrollment for health care through the Health Insurance Marketplace is fast approaching, so it is important for individuals without insurance to get it prior to Feb. 15 to avoid penalties for not having coverage as a result of the Affordable Care Act.

The purpose of the ACA is to make health insurance affordable for low to middle income families and ultimately lend support for a healthier population, according to a release from the U.S. Department of Health and Human Services. To help folks sign up, insurance navigators are available to help individuals decide what plan is best for them.

Gwen Ratermann and Monica Jennings are navigators with the State of Wyoming. They have been traveling throughout the state, visiting communities to assist people in obtaining health insurance through the marketplace on the website. Weston County is fortunate to also have a trained navigator at Weston County Health Services Home Health, LeAnn Kenagy, who is available to assist community members with the marketplace.

Earlier this month, Ratermann, Jennings and Kenagy spoke with the News Letter Journal to explain how they can help.

“As of Jan. 9, 17,029 Wyomingites have access to quality, affordable health coverage for 2015 through the Health Insurance Marketplace,” stated Sylvia M. Burwell, Health and Human Services secretary, in a recent press release. “There are just a few weeks before the Feb. 15 deadline and the end of Open Enrollment. For those who are thinking about getting health coverage, take a look at your options on HealthCare.gov or contact the call center. If you don’t enroll by Feb. 15, then you may have to wait until next year to sign up for affordable coverage. In the first months, 92 percent of Wyoming consumers who signed up were eligible for financial assistance.”

Ratermann explained that the figure of 92 percent eligible for financial assistance meant that those people qualified for premium tax credits, which will help reduce their monthly premium. In addition, a lot of them were also eligible for cost share reduction, which means total out-of-pocket expenses could be reduced.

“We are excited that we can help that many people to reduce the amount that they would pay for their health care!” Ratermann proclaimed.

The website is designed to be easy, but can still be complicated, and that is where navigators can assist, since they use the website every day.

Most people who don’t have health insurance will pay a responsibility fee when they file their taxes, explained Kenagy. For 2015, the penalty will be 2 percent of your income, or \$324 per adult (\$162.50 per child), whichever is greater. Some people could qualify for an exemption from the fee, based upon income or other situations, but they will need to apply for an exemption on healthcare.gov or call 1-800-318-2596.



Amy Menerey/NLJ

**Sleep studies are among many services offered at Weston County Health Services, that might be covered by the insurance plans offered on the Health Insurance Marketplace. To get help enrolling for health insurance, contact LeAnn Kenagy, a local health insurance navigator, at 746-3553.**

The cost of each plan is determined by income and household size, explained the navigators. Since the Marketplace first opened changes have been made, and in some states more plans are now available. In Wyoming, Jennings said, there are 40 different options available between the companies offering insurance on the Marketplace, under the different categories.

“There are only two insurance companies in Wyoming that currently participate in the Marketplace: Blue Cross-Blue Shield and WinHealth. Both companies offer several types of plans under the five categories: the Bronze plan pays 60 percent, you pay 40 percent; Silver plans pay 70 percent, you pay 30 percent; Gold, 80-20; and Platinum is 90-10. There are also catastrophic plans, which have high deductible and high out-of-pocket before insurance pays anything,” reported Kenagy.

Each option is required to have 10 essential health benefits, but the cost varies between the plans. What you can pay per month determines what you have to pay up front when visiting a medical clinic.

Open enrollment begins each year for the Marketplace on Nov. 15 and continues to be available through Feb. 15. The sooner a plan is purchased, the more readily insurance coverage is available to the customer.

“Basically, if you wanted coverage for the first day of the following month you have to have your application in by the 15th. The entire open enrollment ends Feb. 15, and coverage would begin as of March 1st. If they get it in after Jan. 15, then it is going to start March 1st,” explained Jennings.

“If you live in Wyoming, you have to enroll in Wyoming,” Kenagy also clarified, which is a question that often comes up, since many people living in border towns like Newcastle often use physicians in larger neighboring cities, such as Rapid City, S.D.

To find out if insurance coverage received from the Wyoming Health Insurance Marketplace covers your regular physician, Ratermann said there is a place online at healthcare.gov that details the providers covered by each of the two insurance companies

in Wyoming.

“We had the question yesterday, if Rapid City Regional Health doctors were covered or not, because you are so close to the border, by WinHealth. So we called and found out WinHealth is covering those physicians. But it is always good to check with the list of providers or call the insurance company and ask them. Or call the doctor’s office and ask them if they are covered by Blue Cross-Blue Shield of Wyoming or WinHealth. They will tell you,” acknowledged Ratermann.

Jennings interjected that things do often change, either with the insurance company or medical group, so it is best to check with them from time to time to stay informed about who is covered.

Another issue that comes up is whether a person is covered when traveling. Blue Cross-Blue Shield of Wyoming is a national based company, while WinHealth is an HMO in Wyoming. Ratermann recommended speaking to a customer service representative with the insurance provider to answer that question.

Kenagy also wanted to point out that a Health Savings Account differs from standard insurance plans. Also, plans with dental included generally are designated for children only, however, this year adult dental plans are available at a very reasonable rate, she added. Be sure to check out all the benefits before enrolling in a plan, and write down the plan identification number for future reference, she suggested.

Perhaps one of the biggest benefits of the ACA is that people cannot be turned down for pre-existing conditions anymore, nor do they have to wait to be treated for pre-existing conditions, however the navigators stated that existing health issues are a factor in determining which coverage is best for the individual. Knowing the medications taken is also beneficial to finding out what is covered in a plan.

“You really want to check those things out. That is our biggest message,” encouraged Kenagy. “It is good to check every year, too, because things can change.”

For more information or assistance, Kenagy can be contacted at 746-3553.

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Weston County Health Services Foundation would like to thank

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for their generous donation & continued support.

## Court

from page 1.....

Curley in the basement space that Circuit Court was set to occupy.

The commissioners had made the decision to move Circuit Court after concerns about the safety of the clerks was expressed to the board by Judge Matt Castano.

Commissioner Marty Ertman declared that she could not make the motion to rescind the previous motion due to the fact that she had voted against the original motion to move Circuit Court. This led to Commissioner Randy Rossman making the motion to rescind the Dec. 2 motion, with Commissioner Tony Barton seconding it.

Barton expressed that he had a conversation with Connie Allen, Circuit Court clerk, and that she had some legitimate concerns when it came to her safety. He explained that she would not be able to defend herself if something was to occur when no one was around, and this should be a concern to all.

Commissioner Tracy Hunt explained that the urgency that was expressed when Circuit Court initially came and pleaded to be moved has


passed, but this is still a legitimate concern.

After a period of discussion, the motion passed with all commissioners in favor of leaving Circuit Court in its present location.

This led to the question the commissioners have been grappling with for the last month or so: where to put County Attorney William Curley. They had previously planned to locate him in the office that Circuit Court currently occupies.

Hunt explained to the commissioners that he had visited Curley in his current location, and that his present circumstance is not a good one. Ertman clarified that the basement is really his only option, due to the fact that he does not have any money left in his budget for rent, alluding to the recent decision — urged by Curley — to use already budgeted funds to pay the wages of the new deputy attorney, Linda Black.

Ertman then moved to allow the county attorney to move his office into the downstairs of the courthouse, on the east side of the building. Rossman seconded this motion, with the other commissioners approving it.



You're Invited to Celebrate  
**Fern Porter's**  
**95<sup>th</sup> Birthday**  
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**Wanda Foote**

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Megan, Roger, Tanya,  
Tabby, Rodney, Nathan,  
Benji, Hannah, Danny,  
Lizzy and Sarah

**Obituaries**

**MARC ALLEN HAYNES**  
**OCT. 4, 1945-**  
**JAN. 12, 2015**

Marc Allen Haynes, 69, of Upton, passed away Jan. 12, 2015, at 1:05 a.m., at his home. Marc was born on Oct. 4, 1945, in Chamberlain, S.D., to Marjorie Beach and Henry Allen Haynes. He moved to Knoxville, Tenn., upon his father's return from his wartime duty station in Guam, during World War II.



Marc Haynes

At the age of 10, Marc returned to Chamberlain with his mother, after his parent's divorce, in 1955. He attended Chamberlain High School and graduated in 1963. After graduation he joined the Army National Guard and attended basic training in Fort Collins, Colo.

On Jan. 30, 1965, Marc married Diane Heinrich in Chamberlain. He worked various jobs, including driving for combine crews in Oklahoma and Texas, and driving cattle and gravel trucks, until he opened his own business, Marc's Mobile, in 1970 in Chamberlain. In 1973 and 1974 he worked as a mechanic for the Chevrolet and Ford garages.

In 1975, Marc moved his family to Upton, where he worked for Ed Beck's Construction for five years. He began working in the coal mines in 1980. After a 32-year coal mining career, he retired Oct. 1, 2012.

Marc was a devoted husband and loving father. He enjoyed time with his family, especially quiet evenings at home with his wife, Diane. He enjoyed the outdoors, with most of his free time being spent outside. His hobbies included camping, fishing, gardening and working on various projects in his garage.

Marc is survived by his wife, Diane Haynes of Upton; their eight children, Marnie (Randy) Hall of Casper, Lexie (Brian) Yarrington of Thermopolis, Angela Haynes of Rapid City, S.D., Nicole (Daryl) Blakeman of Rapid City, Mitchell Haynes of Wright, Michael (Amy) Haynes of Fort Collins, Colo., Daneil (Travis) Cundall of Casper and Ashley (Brandon) Sprigler of Casper; 11 grandchildren; his brother, Merrill (Karen) Haynes of Sioux Falls, S.D.; and three nephews.

Marc was preceded in death by his parents; his stepfather, Virgil Nelson; and his grandparents.

Vigil and Rosary services were held at 7 p.m. on Jan. 16 at St. Anthony Catholic Church in Upton. Mass of Christian Burial was held at 11:30 a.m. on Jan. 17 at the church. Burial followed at Greenwood Cemetery in Upton. Arrangements were under the care of Fidler-Roberts & Isburg Funeral Chapel of Sundance. Online condolences may be written at [www.fidler-isburgfuneralchapels.com](http://www.fidler-isburgfuneralchapels.com).

**DAVID LAVERN**  
**'PETE' JULIUS**  
**FEB. 18, 1947-**  
**JAN. 9, 2015**



David Julius

We celebrate the life of David L a V e r n " P e t e " J u l i u s , son of V o y J u l i u s and R o s e ( P o l l a t ) Julius VanCleave, born in Newcastle on Feb. 18, 1947. David passed away on Jan. 9, 2015, in Salt Lake City, Utah, after a long and courageous battle with numerous health issues.

David spent his early years in the midst of a large, loving family of Pollats, and Julius'

in Upton, Newcastle, and Osage, Wyoming.

David attended various schools in the area, and graduated high school in 1966 in Grand Junction, Colo., having moved there with his family.

David began his lifelong career in the oil field at the age of 5, when he and his brother, Charlie, would accompany their grandparents, Forrest and Violet Julius, to the family lease outside of Osage.

He continued in various aspects of the oil field throughout his life, and at the time of his retirement was a pumper in Douglas.

While David loved his chosen career in the oil field, his true passions were fishing and the Denver Broncos. He didn't always appreciate the way they played, and made sure he let everyone know it, but he was always a faithful fan from his living room.

David was a lifelong avid fisherman, never missing an opportunity to "drown a worm." He took great joy in teaching his daughter Mona, how to fish, and she quickly became his fishing buddy. Later in life, he enjoyed his "secret covert fishing operations" with his son-in-law, Dennis Corr, at his favorite fishing spot at Glendo Reservoir.

David loved being around family and attending family gatherings. He enjoyed telling and hearing stories, and laughing at all the family shenanigans, and never met a piece of pie that he didn't love.

Two family members of whom he was most proud, were his grandsons Tyler and Joshua Corr. He took great joy in watching them play baseball, and cheering them — and the whole team — on. He also enjoyed spending time with his step-grandchildren, Josh, Leah, Riggs and Rome.

David was preceded in death by his father; his grandparents,

Forrest and Violet Julius and Frank and Anna Pollat; stepfather, Junior VanCleave; as well as various aunts and uncles and other family members.

He is survived by his mother, Rose; wife, Cathy (Wenquist) Julius; daughter, Cindie (Luke) Vaughn; daughter, Mona (Dennis) Corr; sister, Donna (Maynard) Baker Rome; brother, Charles (Nita) Julius; sister, Melissa Ward; brother, Casey Ward; sister, Connie Boltjes; and brother, Carroll VanCleave; stepdaughter, Lisa (Brett) Carlisle; stepson, Leslie (Becca) Sanders; and six grandchildren. He is also survived by many aunts, uncles, cousins, nieces and nephews who will miss him greatly.

Services were held on Jan. 17 at 2 p.m. at the senior center in Newcastle, with a gathering of family and friends that followed.

Memorials may be made to the American Cancer Society, or the American Diabetes Association.

**A. MARGERET MACKLER**  
**JULY 1922-JAN. 9, 2015**

A. Margaret Mackler, 92, of Powell, died peacefully on Jan. 9, 2015, at Powell Valley Health Care, after a long struggle with Alzheimer's.

She was born in July 1922 on the family homestead in Weston County, and lived most of her life in Newcastle.

She married the love of her life, Louis E. Mackler, in January 1945, and raised two children in her beloved Wyoming.

Sadly, she was the last of her family generation, but is survived by both children, Lee Mackler and Carol Lunger, both residing in Cody; five grandchildren; six great-grandchildren; and numerous nieces and nephews.

She will be interred next to her husband at Greenwood Cemetery in Newcastle, where there will be a small, intimate ceremony with her surviving family.

Send your notices for events,  
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- ASSEMBLY OF GOD CHURCH:** Rev. Norm Brotzman, 216 S. Seneca, 746-2249. Call to Worship 9:30 am; Children's Church during Call to Worship; Faith Rally Sunday 6 pm.
- BAHA'I FAITH:** Firesides (Open to All) 1st & 3rd Fridays 7:30 pm at 15 Skyview Dr; 746-3626.
- CAMBRIA COMMUNITY CHURCH:** Pastor Todd Olson, 19 Stampede St. 746-2321. Sunday School 9:15 am; Worship 10:30 am; Wednesday Bible Study 6 pm
- CHRIST CHURCH EPISCOPAL:** Rev. Sally Boyd, S. Summit & Winthrop Streets, 746-9684. 1st, 3rd & 5th Sunday, Morning Prayer 10 a.m.; 2nd & 4th Saturday 4 p.m., Holy Eucharist. [haydishall@hotmail.com](mailto:haydishall@hotmail.com)
- CHRIST THE KING LUTHERAN CHURCH:** Pastor John Hopper, 224 West Road, West of Dow Park, 746-2415. Sunday Worship 9 am.
- CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS:** Bishop Greg James, 120 Ash, 746-4131. Sunday Sacrament Meeting 9 am; Sunday School 10:20 am; Relief Society & Priesthood Mtg 11:15 am.
- CORPUS CHRISTI CATHOLIC CHURCH:** Father Killian Muli, 19 W. Winthrop, 746-4219. Saturday Mass 5:00 pm; Weekday Mass 8 am.

- COUNTRY CHURCH:** Four Corners, Pastor Bill Haley, 746-9712, Worship 10 am.
- FIRST BAPTIST CHURCH:** Pastor Gary Anderson, 903 S. Summit, 746-2188. Bible Study 9:15 am; Worship Service 10:30 am; Teaching Service 6 pm; Wednesday Service 6:30 pm.
- FIRST CHRISTIAN CHURCH:** Mike Wiles, 301 Delaware, 746-9663. Sunday School 9:45 am; Worship 10:45 am; Prayer Service 5 pm; Eita Nova Youth Group Wednesday 6:30 pm Christian Academy.
- FIRST UNITED METHODIST CHURCH:** Pastor Jeff Thoms, 23 N. Seneca, 746-4119. Adult Bible Study 8:45 am; Traditional Church Services 10 am; 10:15 a.m. Children's Church and 11:45 am. Contemporary Praise & Worship Service.
- GATEWAY FELLOWSHIP:** Pastor Jon Andersen, Evangelical Free Church meets at the Weston County Senior Services; Sunday School 9:30 am; Worship 11 am. Call 746-8091.
- KINGDOM HALL OF JEHOVAH'S WITNESSES:** 5018 US Hwy 16, 746-2319 or 746-4517. Tuesday 7 p.m. Congregation Bible Study, Theocratic Ministry School and Service Meeting. Sunday Public Talk 10 am; Watchtower 11 am.

- NEWCASTLE FOURSQUARE CHURCH:** Pastor Mick Bohn, 1525 S. Summit, 746-3618. Sunday Worship 10 am; Wednesday Night Prayer.
- NEW LIFE FELLOWSHIP:** Pastor Wayne Wilson, meets at Haydis Hall (Next to Christ Episcopal Church), 746-5542. Sunday Worship 6 pm.
- OSAGE COMMUNITY CHURCH:** 348 Sheridan St. Osage, 465-2341. Sunday School 10 am; Worship 11 am and 6 pm.
- SEVENTH-DAY ADVENTIST:** Pastor Gary Force, 78 Old Hwy 85, 746-3504 or 278-0254, Pastoral Assistant Jason Logan 746-2974. Saturday Sabbath School 9:30 am; Worship 11:20 am.
- ST. ANTHONY'S CATHOLIC CHURCH:** Father Killian Muli, Upton. Sunday Mass 11:30 a.m.
- VICTORY NEW TESTAMENT CHURCH:** Rev. Theodore L. Halls, 414 Pine, 746-4366.
- UPTON UNITED METHODIST CHURCH:** Rev. Sharee Johnson, 834 Pine, Upton, 468-9302. Worship 9 am; Fellowship 10 a.m.; Adult Study 10:30 a.m.; 1st & 3rd Wed Evenings Prayer and Praise Service 7 pm.

*Rejoice in hope, be patient in tribulation, be constant in prayer.*  
Romans 12:12

**STAND IN THE GAP**



God told Ezekiel, "I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none." (Ezekiel 22:30) God still looks for those who will "stand in the gap" and build up the wall on which He can build His kingdom. He looks for good people, people of vision, people who will not sell their souls or sacrifice their spirits. Stand with others at your house of worship each week. The gaps are all around us; God needs us to stand with and for Him.

| Weekly Scripture Reading |        |         |         |          |        |         |
|--------------------------|--------|---------|---------|----------|--------|---------|
| Mark                     | Mark   | Mark    | Mark    | Mark     | Acts   | Acts    |
| 8:27-9:1                 | 9:2-32 | 9:33-50 | 10:1-31 | 10:32-52 | 8:4-25 | 8:26-40 |

*Scriptures Selected by the American Bible Society*

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**100 YEARS AGO - JAN. 28, 1915**

The primary rooms of the school, under the direction of Miss Dow and Miss Hilton, will give a cantata, The Gypsy Picnic, at the city hall on the evening of Feb. 5.

On account of the deep snow and cold weather, the school in the north timber has no pupils.

Mr. and Mrs. W.M. Gettys of the Beaver Creek area are the proud parents of a new baby girl.

Madames Lucas and Martin of Cambria were shopping at the county metropolis Wednesday between trains.

Mr. Riordan, representative of the Hartford Steam Boiler Inspection and Insurance Company, was a business visitor in camp Friday and Saturday.

The roller skating rink at Newcastle held quite a fascination for a party of our young folks, who journeyed down Saturday afternoon to participate in the rises and falls — mostly falls — of that institution.

The Fiddler Creek Women's Club met with Mrs. Ray Middleton Thursday, and all had a very pleasant time. They voted to have an oyster supper for the club members and their families on Feb. 5. There will be speaking and dancing, and in fact anything to have a hilarious time.

Mrs. F.R. Cooper, who was a trained nurse with extensive experience, has organized a society called the "Helping Hand," which will be of great benefit to the community, the object of it being to aid the sick.

W.D. McKeon and family went to the ranch Tuesday. The bed and top of a sheep wagon placed on runners and equipped with a heating stove made the trip comfortable and pleasant, regardless of the zero weather.

**75 YEARS AGO - JAN. 25, 1940**

Members of the board of county commissioners and other county officials were

studying yesterday a proposal to erect a building to house county farm agencies now located in the courthouse, in order to make more vault space.

A drive for the construction of a community building in Newcastle has been revived here during the past week. The need for a community hall has been shown at recent meetings, including the state Farm Bureau convention here three months ago.

Dr. and Mrs. A.J. Benesh left Monday for Denver, where they went on a business trip. They plan to return home the last of the week. Dr. N.E. Wells is in Dr. Benesh's office during his absence.

Red Owl Ad: Two-pound bag of Lakeland coffee for 35 cents; four packages of Jell-o for 19 cents; cookies for 10 cents a pound.

The Sundance-Devils Tower Telephone Company, which was organized recently at Sundance, now controls 40 miles of line between Sundance and the Carlile River bridge, with numerous side lines connecting with main line.

Mrs. Geo. Keisling and children and Mrs. Jean Brown of the Oil Field were transacting business in Newcastle Saturday.

Wednesday afternoon Mrs. H.D. Wiltse will be hostess to the Osage Women's Club at the community building.

Despite the 25 below zero weather, the school buses made their usual trips.

Mrs. Earl Johnson and Mrs. Oliver Bock and baby son of Osage spent Monday afternoon at the Carl Hays home in Newcastle, celebrating the birthday of Mrs. Hays.

Mrs. Wm. Titus, Mrs. Earl Johnson and Miss Gladys Keeler were county seat callers Wednesday, and the first two ladies attended Guild at the McAvoy home while Miss Keeler visited friends.

A blizzard of old-time

severity visited the Fairview section Wednesday and Thursday. Thermometers registered from 30 degrees to 35 below on Thursday morning.

Homer Goodson braved the cold and storm Wednesday evening to ride to the J.E. Long home. When a man is out of tobacco and flour, it isn't so hard to face a blizzard!

**50 YEARS AGO - JAN. 28, 1964**

The Newcastle Dogies rose to the occasion and ended an 18-game winning streak for University Prep last Saturday evening at Newcastle. The Dogies upset the touted Buckaroos 65 to 61. Friday evening the Dogies downed Douglas 74 to 53 at the Newcastle gym.

Pete Lanham was re-elected chief of the Newcastle Volunteer Fire Department at the recent election held by the firemen. Don Howell was elected as assistant chief and Bob Miller was named secretary-treasurer.

Looking over the proposed route of the wagon train from Newcastle to Douglas are members of the committee: Mrs. Jack Marchant, Arlowe Hulett, Bill Nolan, Dean Ross, Scott Marriner and James Parrish.

Mr. and Mrs. J.C. Minnich entertained at Sunday dinner in honor of Mrs. Dick Locke's birthday. Guests were Mr. and Mrs. Dick Locke and three daughters of Upton.

New officers of the Weston County Homemakers Council are Mrs. Glen Fulton, Mrs. Pat Shannon and Mrs. Leland Davis.

Mrs. Ben Zanoni was honored on her 84th birthday at a coffee given Wednesday afternoon at the home of her daughter, Mrs. Karl Thoeming.

Miss Loretta M. Granzer, civilian personnel director for the U.S. Army in Korea, left last Thursday after visiting the past month at the home of her brother and family, Mr. and Mrs. Joe Granzer Jr.

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**NOTICE**

Weston County has the following board positions available:

|                                   |                         |                                   |
|-----------------------------------|-------------------------|-----------------------------------|
| Planning Board                    | 2 Positions             | 3 Yr. Term                        |
|                                   | 1 expires 2017          |                                   |
| Solid Waste District (Osage Dump) | 1 Position              | 4 Yr. Term                        |
| Historic Preservation Board       | 2 Positions             | unexpired 3 Yr. Term expires 2017 |
| Predatory Animal Control Board    | 2 Position              | 3 Yr. Term                        |
|                                   | 1 Sportsman             |                                   |
|                                   | 1 Public Representative |                                   |

Anyone wishing to submit an application for any of the above positions may contact the Weston County Clerk's Office, 1 West Main, Newcastle, WY, between the hours of 8:00 a.m. and 4:30 p.m., Monday through Friday. Anyone wishing to apply may submit a written letter of interest. Letters need to be received by 4:30 a.m. on February 2, 2015. This matter will be considered by the Board of Commissioners on February 3, 2015, at 2:00 p.m.

Weston County does not discriminate on the basis of race, color, national origin, sex, religion, age or handicapped status in employment or the provision of services.

**From the Vault of the Anna Miller Museum:**

This clubhouse, the Clareton Community Hall, was built by the ranchers during the time of the Civilian Conservation Corps.



**WHAT'S UP**

*Meetings & Events Calendar*

| DATE    | TIME      | EVENT                               | LOCATION                       |
|---------|-----------|-------------------------------------|--------------------------------|
| Jan. 22 | Noon      | New Year open House                 | North Platte Physical Therapy  |
| Jan. 23 | 7 p.m.    | AA Meeting                          | Corpus Christi Church          |
|         | 7:30 p.m. | Bingo                               | VFW Hall                       |
| Jan. 25 | 2 p.m.    | Bingo                               | Corpus Christi Church          |
|         | 7 p.m.    | AA Meeting                          | Corpus Christi Church          |
|         | 5 p.m.    | Chili Feed                          | Firsrt United Methodist Church |
| Jan. 26 | 1 p.m.    | Low Vision Support Group            | WC Senior Services             |
| Jan. 27 | 6:45 p.m. | ALANON Meeting (746-9791)           | Mondell Heights                |
|         | 7 p.m.    | AA Meeting                          | WC Health Services Downstairs  |
|         | 7:30 p.m. | Eastern Star                        | Masonic Lodge                  |
| Jan. 28 | 7 p.m.    | AA Meeting                          | Corpus Christi Church          |
|         | 7 p.m.    | Lady's Firearm Safety Class         | WC Sportsmans Club             |
|         | 7 p.m.    | WC School District #1 Board Meeting | Administration Building        |

*Birthdays & Anniversaries*

- Jan. 23: Justin Francis, Cassie Cassey, Jean Piana
- Jan. 24: Leonard Cash
- Jan. 26: Jamie Hileman, Tristin Werners
- Jan. 27: Tom Sylte
- Jan. 28: Donna Mann
- Jan. 29: Hannah Rosenau, Madison Rosenau

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# For the Ages

News Letter Journal

## ‘Retirement’ means giving back

Denice Piscioti  
NLJ Reporter

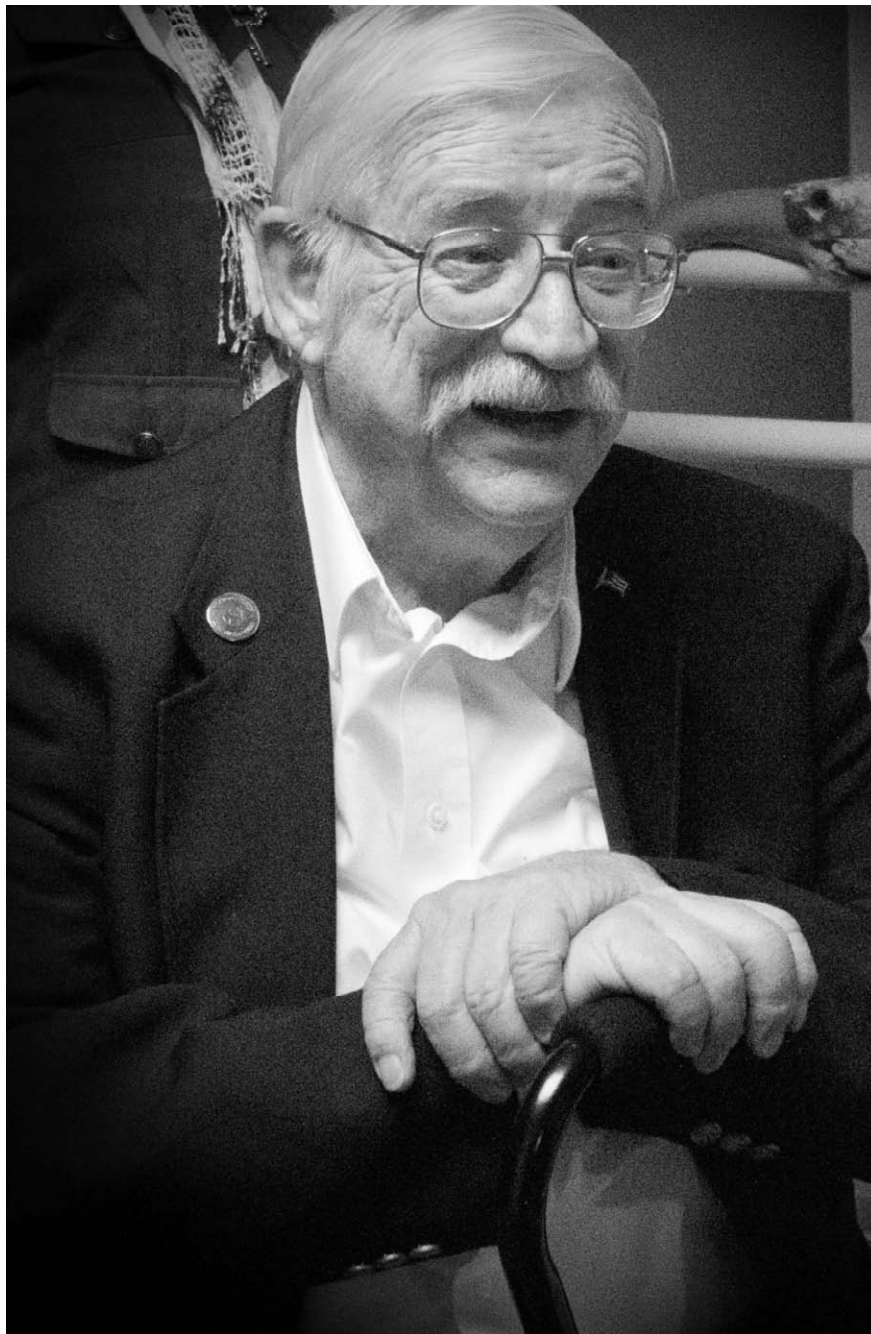
The Wyoming Legislature authorized the formation of the Wyoming Honor Conservation Camp in 1987, and the following year, on Oct. 1, Barry Peterson moved to Newcastle to help establish the facility.

Keith Pippen, who had been working at the Lusk correctional facility and was hired to be the warden at WHCC in Newcastle, hired Peterson to be the deputy warden. Ron Munoz was head of security and Joe Murphy was hired to be head counselor. About a month later, recalled Peterson, Gary Underberg — the only one still working at the facility today — was hired originally as a maintenance person.

“We first met in the sheriff’s office in the conference room for the first six months, while we developed policies and made arrangements to at least get temporary buildings there and so forth. So it was 1989 when we had our first inmates up there,” reported Peterson as he reflected on his early years in Weston County.

A double-wide trailer was hauled from a man camp in Lander to house inmates, while 24 inmates from Rawlins came to help with construction. For the first two months there wasn’t even a kitchen, recalled Peterson. Meals were brought from Weston County Health Services because they were the only ones who could provide meals every day of the week, even on holidays. Eventually, another double-wide trailer was obtained for a kitchen, with Elaine Carr hired to be in charge.

The first boot camp graduation was held May 6, 1990, for a class of four inmates. Peterson recalled the weather being cold and miserable. Even Wyoming’s governor at the time, Mike Sullivan, attended.



Amy Menerey/NLJ

Barry Peterson first came to Weston County to work at the Wyoming Honor Conservation Camp in the late 1980s. Now retired, he keeps active by giving back to the community through various organizations.

“It was a big special deal and it was our grand opening kind of a thing. I will never forget — James Gamble used to be head of corrections then — he told me, ‘Speed it up Barry! Everybody is dying, we are freezing to death up here!’ So I had to end the ceremony because it was so cold, oh my goodness,” he described.

Unfortunately, the first day WHCC opened Pippen was ill with cancer. Within three years, he didn’t have a choice but to retire, and Peterson said he died a few years later.

“Right off the bat, here I am playing acting warden when we opened. In fact, I called the warden in Rawlins and had him come up and give me advice on some things, because I had never worked in an institution,” Peterson admitted.

During the 17 years he worked at WHCC, Peterson saw five wardens and served as acting warden in between them. His business manager, Lana Culver, calculated he spent more time as active warden than any warden spent as warden.

“There was one time, for instance, I was the acting warden for 12 straight months. I was acting warden many times at different situations,” he reported.

For all but one of the years he worked at WHCC he actually lived on the grounds of the facility in a single-wide trailer they provided. He had bought property many years before in Weston County, but didn’t live there until WHCC expanded and needed the space he lived on.

When he retired, in 2005, Peterson had accumulated 31 years working for the State of Wyoming.

### A career is built

Peterson joined the United States

— See Peterson, Page 7

## Senior Happenings

- Weston County Manor**  
 Jan. 22: Bowling 10:30 a.m.  
 Jan. 22: Al & The Gang 2 p.m.  
 Jan. 23: Movie 6 p.m.  
 Jan. 24: Hangman 11 a.m.  
 Jan. 24: Movie 3 p.m.  
 Jan. 25: Trivia 11 a.m.  
 Jan. 26: Wii 10:30 a.m.  
 Jan. 27: Stories 4 p.m.  
 Jan. 27: Music 6 p.m.  
 Jan. 28: Crossword 10:30 a.m.  
 Jan. 29: Manicures 2 p.m.  
 Jan. 30: Movie 6 p.m.  
 Jan. 31: Quiz Ball 10:30 a.m.

### Weston County Senior Services

- Jan. 22: Ceramics 1 p.m.  
 Jan. 23: Blood Pressure Check 9:30 a.m.  
 Jan. 24: Open Rec Room  
 Jan. 26: Visually Impaired Support Group 1 p.m.  
 Jan. 27: Mexican Train 1 p.m.  
 Jan. 28: Manor for Lunch  
 Jan. 28: Creative Handcrafters 1 p.m.  
 Jan. 29: Community Memorial Service 7 p.m.  
 Jan. 30: Dance 7 p.m.  
 Jan. 31: Open Rec Room



Note: This list is not complete. For complete schedules see the event calendars at each facility.

## Kids were free to wander

This week for the first time ever, I heard the term “free range kids,” about a couple who let their kids walk unescorted to the park.

The term ‘free range’ immediately brought to my mind free range chickens, free range cows — stuff like that — and it made me think of how different the world is now.

If any kid was ever a ‘free range’ kid, it was all of us lucky enough to live in the

middle of the USA on farms and ranches, and even in small towns a few years back.



Donna Gochanour  
I Remember When

My mom lived in blissful ignorance and didn’t know half the stuff we did or got into while we were practicing freedom on the surrounding countryside.

We happily carried BB guns and .22s around, and plinked at ducks and rabbits and had contests trying to bag



Donna Gochanour Photo

a crow. Those birds had built-in radar and knew the exact moment you pulled the trigger — and zoom! They were gone. We never even managed to get close. We carried guns around, played with jack knives, went “swimming” in

sloughs, although few of us knew how to swim.

We spent hours and hours outside roaming all over, and our mom never knew exactly where we were. All those

— See Kids, Page 7

## Time to hang up bus keys

By Donna Gochanour  
NLJ Senior Correspondent

On Saturday, Jan. 17, friends and family met at the senior center in Newcastle to celebrate Glen Hutt’s retirement — from driving the bus.

He told me that he’d been asked about retirement plans about six months ago, and he replied that he would know when it was time to quit and he’d let them know.

Well, Dec. 4 was the day and he called his employer, Powder River, to let them know that he felt like it was time to quit.

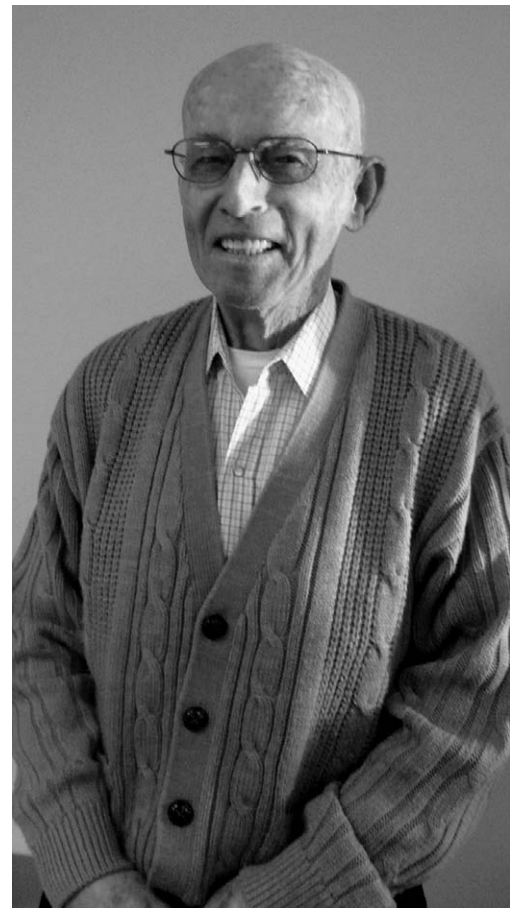
He had started working for Powder River when he was 61 years old, and now he was 84. In all of those years, he had never had an accident, never missed any work, and was never late — a commendable record.

When asked what he plans to do in his retirement, he replied, “Oh, I already have two more jobs!”

He is making runs for the Chevrolet garage, transporting vehicles forth and back here in town, and also hauls stuff for “that lady in the new hardware store.”

He has driven trucks since he was 14 years old, when he bought his first truck. He said there were no driver’s licenses required back then, and from the sound of things he has never stopped moving since then.

He has been involved in an amazing



Donna Gochanour/NLJ

number of enterprises, and it will take a much longer story to tell it all than this one started out to be.

Everybody I talked to had another “Glen Hutt story” to tell me. I’ll have to put a longer story about him on my Bucket List!

**We would like to join the City of Newcastle in recognizing Bob & Jo Williams for the improvements to their home located along the Highway 16 By-Pass**

We continue to improve through cleanup and new construction and applaud others in Newcastle who demonstrate a desire to make ours one of the most appealing communities in the Black Hills.





## Play time

Camryn Farella, in the Elmo Class at Weston County Children's Center, during play time at a recent visit to the Newcastle facility. (Photo by Alexis Shultz/NLJ)

## Kids

from page 6

things that we did, no kid is allowed to do these days, it sounds like.

We fell down and got hurt and spent a lot of time admiring all of the blood we created on a really good cut or scratch. Bandages were wonderful things and when you finally tore it off to check the progress under there, you had a chunk of Bandaid-sized clean skin!

Does anyone remember having toe-jam? I thought about it not long ago — it was the accumulated dead skin and dirt from running around barefoot, that resided between your toes. You could have a toe-jam contest by the end of the week when we got our Saturday night bath in the old wash tub. It was something that I haven't seen since.

We also had things called chillblains in the winter on our feet, and I haven't heard of them anymore either. Those nasty things hurt and itched like crazy in the winter. When we walked home from school we often got a "stitch" in our side, and the cure for that, our

mother assured us, was to spit under a rock. Don't ask, it did work! I figure it was because we just stopped for few minutes and slowed down on our walking.

And of course, we all knew that frogs gave you warts. My own kids were not lucky enough to be raised on a farm, but they still had plenty of freedom — walk to school, go to the park, visit a friend, walk to the nearest store — and nobody worried about them as long as they showed up sometime, in time to eat or sleep. For the life of me, I can't remember how we washed our hair, but it had to have been in that little wash dish on the wash stand that stood by the door in the kitchen. And I don't remember shampoo! There must have been something.

Well, there are some things good about the "Good Old Days" of being 'free range kids,' and some things were not so good, but I'm awful glad I'm not a little kid now. If I was, I'd like it to be in a small town like the one I live in now!

## Peterson

from page 6

Air Force and served from 1967 to 1970, where he was in telecommunications. He didn't find his assignments exciting in Mississippi and Georgia, but spent a year and a half on a mountain top in Turkey. He said he did enjoy what he learned there.

However, in order to go back to college Peterson got out of the service six months early, but it had been a good learning experience, one that helped him succeed later. He confessed that his grades were higher after he returned from the military.

"I am glad I did that, I was about to get drafted anyway, but still it was a good move to go in. I enjoyed that, it made me grow up a little bit," he informed smiling.

He began his career in corrections by earning a bachelor's degree in political science and psychology, and a master's degree in rehabilitation counseling at the University of Northern Colorado, before working for the state in Rawlins.

For two and a half years he worked as a rehabilitation counselor, but decided the mountainous paperwork was more than he wanted to handle, so he changed career fields, working in Douglas as a probation and parole officer in charge of both juveniles and adults, for 11 years. He enjoyed every minute of it, he said, but when the opportunity arose for him to assist in starting the honor camp in Weston County, he took it.

"Probably the best thing I have ever done in my life, I guess you could say, in Douglas I created a group home for kids in 1980. We worked with the county and social services and we created

a group home setting with full-time house parents. We were really proud of that! It is still there, in a different location, but it is still there. It is called the Converse County Group home," Peterson boasted.

They started with \$50 in the bank, and when he left seven years later they had a \$250,000 budget. Speech after speech he gave to convince people in Converse County the group home was needed, instead of just incarcerating juveniles. Key individuals in the community, along with support from the judge, also helped make it possible.

### Serving community

Being a state employee prevented Peterson from being involved in politics. About the time he was retiring, he became a precinct committeeman and has stayed in the position since.

Through the years, he has also been involved in organizations in the county such as the Newcastle Lion's Club, and has been involved with the American Legion for more than 20 years. He was on the board of the Foundation Of Caring Understanding and Services for a number of years, and served for five years on the Weston County Planning and Zoning Board.

Since 2010, Peterson has been an elected board member of the Weston County Health Services board, and now is the longest serving member of that board. He ran and won his second term last year. For the past couple of years he has been treasurer on the board.

Being chairman of the social organization Weston County AARP — formerly known as

the American Association of Retired Persons — is a position he also enjoys. Weston County AARP was founded in 1976, with Gen Roan being one of the founders. It is one of six active chapters in Wyoming, meeting once a month, with the exception of June, July and August.

"Each month we try to have a program with various different people coming and talking to us about various subjects," he said.

The organization is for individuals who are 50 and over, with a \$2 annual fee, and they do not have to belong to the National AARP organization. Anyone is welcome to come to the meetings at Weston County Senior Services' Cambria Room, Peterson added.

As many 'retired' folks are, Peterson keeps pretty busy. Glenda Mefford at WCSS recommended him for the Silver-Haired Legislature for two terms, which meets every two years. It is similar to the Wyoming State Legislature, with six different committees that consider potential bills and resolutions covering a wide range of topics. Peterson served as chairman on the Health Committee. They function similar to the state legislature by looking over and debating bills to be considered by the state, then taking their suggestions and recommendations to the Wyoming legislature.

"I have been involved in a lot of things since retiring. I consider it a community service. I lived off the government, in a sense, for all these years as a government employee. But I am paying back as a community service to all these organizations," Peterson stated.



## Eastern Wyoming College Newcastle Outreach Upcoming Community Education Classes

### Google Apps- 'Getting Started'

Fee: \$50 per person  
Day: Mondays, February 2 - 23  
Time: 7:00 pm - 8:30 pm  
Registration Deadline: 01/26/2015

### iPad II

Fee: \$35  
Days: Tuesdays/Thursday, February 3 - 26  
Time: 6:00 pm - 8:00 pm  
Registration Deadline: 01/27/2015

### Driver's Education

Fee: \$50  
Days: Tuesday or Thursday, Starting February 3  
Time: 6:00 - 9:00 pm  
Registration Deadline: 1/27/2015

### Gardening Session 1: Growing Herbs

Fee: \$15 or \$40 for all 3 gardening sessions  
Days: Thursday, February 5  
Time: 6:00 - 7:00 pm  
Registration Deadline: 1/29/2015

### Value Stream Mapping for the Office (Workforce Training)

Fee: \$60  
Days: Tuesday, February 10  
Time: 12:00 pm - 4:00 pm  
Registration Deadline: 02/03/2015

### Ribbon Blankets

Fee: \$25 + Supplies  
Day: Tuesday, February 10  
Time: 6:00 pm - 8:00 pm  
Registration Deadline: 02/03/2015

### On-Going Classes

**Indoor Walking;** beginning January 5  
**Co-Ed Volleyball** - \$10 per person; Wednesday, beginning March 4  
**Yoga** - \$5 per session; Monday/Wednesday, beginning January 7  
**Women's Fit Club** - No fee; Monday/Tuesday/Thursday, beginning January 5  
**Karate** - \$10 single / \$20 family monthly; Tuesday/Thursday, beginning January 6  
**Square Dancing** - \$2 per person, per session; Mondays/ 1<sup>st</sup> & 3<sup>rd</sup> Fridays, beginning January 16  
*\*Please stop by to register (NHS Room 120)*

Please contact Eastern Wyoming College Newcastle Outreach at 746-3603 or visit us on the web at: [www.weston1.k12.wy.us](http://www.weston1.k12.wy.us) for further details on our classes.

## Orthopedic Specialists Now in Newcastle

Memorial Hospital of Converse County Orthopedic and Sports Medicine specializes in the treatment and repair of sports related injuries, traumatic injuries, fracture care and total joint replacement.



Dr. Scott Croft

The group's anterior approach to hip replacement typically involves an overnight stay in the hospital, faster recover times and less pain.

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**Dr. Croft will be  
visiting Newcastle  
one Thursday  
per month.**

## \$50,000 REWARD

**For information that leads to the arrest and conviction of the person/s involved in the death of Katherine Grace Coffee.**

On the morning of June 3, 2011, the body of **Katherine Grace Coffee, also known as Katy Coffee**, age 35, was discovered in her home in Newcastle, the victim of an **apparent homicide**. Her death is being investigated by the Newcastle Police Department and the Wyoming Division of Criminal Investigation.



Anyone with information about the crime or knowledge of Coffee's whereabouts on the evening and night-time hours of Thursday, June 2, 2011, are asked to **please call the Wyoming Division of Criminal Investigation at (307) 682-1796, or the Newcastle Police Department at (307) 746-4486.**

Coffee's family has offered a \$50,000 reward to anyone that can provide information leading to the arrest and conviction of the person/s involved in this crime.

*Paid for in part by the News Letter Journal*



[www.facebook.com/NewsLetterJournal](http://www.facebook.com/NewsLetterJournal)

## FOCUS from page 1

two new board members, which would again bring the number of FOCUS board members to five, three of whom remained on the board after the resignation of the employees and other board members in 2013.

She told the city council her emphasis continued to be on 're-establishing credibility and confidence in the community,' but that she had not yet reached out for help from volunteers, reported Todd Bennington, NLJ reporter, in January of last year.

Howard then stated, "I don't have volunteers right now, just because we need a firm foundation," adding that she anticipated seeking people to participate in volunteer training.

Howard also requested the commissioners and city council to begin considering the release of the funds they both previously voted to withhold from the agency after the fiasco of the previous year, explaining that the organization had all of their payments paid but it would be helpful to have those funds reinstated for other purposes, such as purchasing office supplies, which is not federally or state funded.

She also explained her cooperation in working with the state agency that oversees FOCUS, The Wyoming Division of Victim Services, in hopes of making the needed adjustments to the budget she was working with.

Toddy Quigley, acting city council chair, who sat in for an absent Mayor Greg James, scheduled a Committee of the Whole meeting in February 2014 to discuss a reporting schedule for the agency as well as the funding issues they were facing. As for the commissioners, Howard agreed to report regularly, but they took no action to immediately release the county funds.

At the Feb. 3, 2014, Committee of the Whole meeting, the focus turned to the possibility of placing FOCUS under the authority of Northern Wyoming Mental Health, another non-profit agency. The topic for which the Committee of the Whole meeting was called, to discuss releasing funds to FOCUS, was put on wayside while discussion instead revolved around the proposal. Christine Winters, director for NWMH, was in attendance, however Howard, who was absent from the meeting, had previously stated that this type of arrangement would not be met with approval by either the FOCUS Board or the state authorities to whom FOCUS answers.

"Chris Winters approached me and wanted to know how the city might feel about FOCUS being taken under the



**Dave Whitford, member of the FOCUS Board, looks through papers during the January FOCUS meeting.**

Alexis Shultz/NLJ

umbrella of Northern Wyoming Mental Health," James stated at the Feb. 3 meeting. "In my opinion, obviously not speaking for the entire council, that would be absolutely the best [thing] that could possibly happen, and I would certainly make my recommendation to FOCUS and/or their board that they seriously consider that."

Iva Carter, who was a councilwoman at the time, voiced the only opinion against the idea, saying she was uncertain she would be in favor of such a consolidation, Bennington reported.

Winters stated that she would need to meet with the new FOCUS board to see if they were interested.

At the Feb. 5 meeting of the FOCUS board, both board members and Howard expressed distrust when it came to Winters and her intentions. They professed that Winters, who had voiced her own agency's financial issues with the Weston County Commissioners, was attempting to take over in pursuit of their money. They stated that she even went as far as to try to hack into their online account through which FOCUS manages state and federal funding for the agency.

In an interview with the News Letter Journal that followed, Howard said she had a letter of support from the Division of Victim Services that testified to the fact that FOCUS was receiving funding and that they have a commitment to

working with FOCUS to resolve any possible issues still lingering from any past management practices.

As expected, all five members of the board at FOCUS voted unanimously in affirmation that they had confidence in the leadership of Howard, rejecting any offer of assistance or oversight from Northern Wyoming Mental Health.

Winters, however, disputed any claims that she tried to hack into the online account of FOCUS. She provided evidence that, she stated, proved she was in good faith with her actions, and that she was only interested in helping FOCUS.

Winters stated that the idea to consider NWMH taking FOCUS under its umbrella stemmed from the now former chair and vice chair of the FOCUS Board asking for help when no services were being offered, following the resignations at the end of the previous year.

She added that this got her thinking that if the organizations were linked, it might ensure those services were provided in a consistent, reliable way.

Howard, though, said there was misplaced fear in those former board members, and a plan was already in place when they contacted Winters. Howard explained that Crook County Family Violence and Sexual Assault Services was to provide on-call services during the time FOCUS couldn't do so, and that she regretted that this was not

### "Stalking: Know It. Name It. Stop It"

- Affected over 7.5 million victim in one year
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- Stalking is a significant risk factor for femicide (homicide of women) in abusive relationships
- Victims may suffer anxiety, social dysfunction and severe depression
- Stalking is difficult to recognize, investigate, and prosecute
- Stalking is not a single identifiable crime, but a series of acts that cause fear in an individual
- It can take many forms, such as assaults, threats, vandalism, burglary, or animal abuse
- Victims may receive unwanted cards, calls, gifts, or visits
- One in four victims report technology is used to track their daily activities

Information courtesy of FOCUS

for a Victim of Crime coordinator, a position to address victims of all crimes, one that Howard stated, "would be very beneficial all the way around."

Howard agreed at the April meeting that an in-depth review by a financial professional recommended by the council could be a workable compromise to the expensive comprehensive audit that was suggested but that FOCUS could not afford, and it was.

She emphasized the importance of the funding from the city council and the Weston County commissioners to the mission of FOCUS. The amount the city was withholding, \$6,500, could help the organization to help a lot of people, she indicated.

At the close of the year, FOCUS managed quite a few accomplishments. In an interview with the News Letter Journal in late December, Howard professed that throughout the year they rebuilt the agency from the ground up.

"I had to review, adopt, write and amend all of our policies and our procedures," Howard stated, adding that an important piece of the puzzle is to have a stable board. At the time of the interview, Howard felt her board was indeed stable, consisting of Patricia Morgan, chairman, Andy Macke, vice president, Dave Whitford, secretary-treasurer, and board members Jimmy Long and Ken Pitlick.

Howard also had the opportunity to hire two part-time employees in 2014. She hired Judy Kelsey as a victim witness coordinator and crisis advocate, and Karen Mackenzie as a crisis advocate.

With all of these accomplishments, as well as Howard providing an internal review of their financial situation at FOCUS to the Newcastle City Council on Dec. 15, the council made the unanimous decision to return the withheld funds to FOCUS. Weston County Commissioners budgeted \$4,500 for the agency as well, and Howard confirmed in early January that she had received the first of those allotted payments in October.

This could be considered a huge triumph for FOCUS under all the negativity the agency faced in the past. James reported that, after reading the report, he could find nothing that would suggest that the funds shouldn't be returned to FOCUS. With Councilman Roger Hesper making the motion, Councilman Todd Quigley giving his second, and the rest of the council agreeing, FOCUS was approved to receive their funds for the current fiscal year.

# INSURANCE

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For 2015?*



## REVIEW YOUR POLICIES AND COVERAGE

The start of a new year is a great time to review your insurance. Changing circumstances may lead to different needs. Did you get married? Have a baby? Buy a new home or car? Talk with your agent and review your policies to see if they provide appropriate coverage for your needs.

### Life Insurance

Changes such as a birth, divorce, remarriage or even a new mortgage or new job may require changes to your life insurance policy. At the very least you should carefully review your policy.

- Do your premiums or benefits vary from year to year?
- How much do the benefits build up in the policy?
- What part of the premiums or benefits is not guaranteed?
- In what situations and through what procedures can you assess cash values?
- Can the policy be converted into another form of insurance or annuity?

### Homeowners/Rental Insurance

Update your home inventory and make sure your policy is up-to-date. Take some photos or video of your possessions. Add any new gifts to your home inventory, too. Also consider your environment. Your home could be located in an area prone to flooding or hail. These disasters can be costly, and may not be covered under a standard policy.

### Auto Insurance

Have you had any changes to your driving habits? If so, tell your agent to ensure your auto policy will cover you in an accident. Also take some time to check your auto insurance policy by following the guidelines below:

- Make sure your coverage is appropriate for your life situation.
- Review your deductibles for comprehensive and collision coverage.

- Make sure you have a copy of your insurance card and your insurance agent or company's number in your vehicle.

### Health Insurance

You may have recently enrolled or changed your health insurance through your employer, Medicare or an Exchange. Make sure you have new insurance cards. Before you visit a doctor, verify that your paperwork is in order.

- Make sure visits to your doctor and any specialists are still covered by your policy, as in-network or preferred provider lists change from year to year.
- Read your documents and make note of copays so you're not surprised later.
- If you're planning a vacation away from home, check to identify urgent care centers and hospitals along the way that accept your insurance.

### Protect Yourself

Insurance fraud can happen to anyone, anywhere. Avoid it by following these tips:

- Don't provide any personal information—like your social security number or bank information—over the phone until you have verified the legitimacy of the insurance company and agent.

- Ask for copies of everything you sign and keep a copy of the payment receipt or check for the initial premium payment you gave the agent for the policy.
- Call the insurance company if you don't receive a copy of the insurance policy outlining your coverage and its limitations within 30 days of your purchase.

The best way to protect yourself is to research the agent and company you're considering. Verify they are licensed where they are selling insurance.

For more information about issues dealing with your insurance, please contact your agent, the Wyoming Department of Insurance at (307) 777-7401 or toll free in Wyoming at (800) 438-5768 and online at <http://insurance.state.wy.us>.



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This public service announcement is presented and paid for by the insurance companies licensed to do business in Wyoming in cooperation with the Wyoming Insurance Department. For more information on the state's insurance companies, including financial information, visit the Insurance Department website's "Company Financial Information" section.



# Health screening Feb. 17

Residents living in and around the Newcastle can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with affordable screenings by Life Line Screening.

First Christian Church will host this community event on Feb. 17. The site is located at 301 Delaware Ave in Newcastle. Jim Banta of Torrington attended a Life Line Screening and said, "Thank you for all you've done."

Screenings can check for the level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health. Life

Line Screening will also check HDL and LDL cholesterol levels, diabetes risk, bone density as a risk for possible osteoporosis, kidney and thyroid function, and more.

According to a press release from Life Line, screenings are affordable, convenient and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages start at \$149, but consultants will help people create a package that is right for each individual, based on age and risk factors. Call 1-877-237-1287 or visit [www.lifeline-screening.com](http://www.lifeline-screening.com). Pre-registration is required.



## Ready for an audience

Newcastle Elementary School first-graders Maggie Lacey and Teddy Troftgruben prepare to read stories to members of the Weston County School District #1 Board of Trustees, on Jan. 14. (Photo by Denice Pisciotti/NLJ)

## Opening

from page 1

in the following election.

With recent experience in filling a vacated board position, WCSD #1 decided to handle the situation in the manner it was handled in the fall of 2014 when a member stepped down two months before the election.

Bonnar acknowledged his intent is to appoint a new board member at the first meeting in February, before the board

governance training. Trustee Tom Wright noted it is beneficial for interested individuals to be aware they will receive training immediately following being appointed.

"We do need to tell all of them that is a very, very important training for whoever does come into this spot. My intent is that we look for someone that is high on their priority list,"

specified Bonnar.

All were in favor of interviewing potential board members at the Feb. 11 meeting at an earlier time of 6 p.m.

Those interested in filling the position can submit letters of intent at the WCSD #1 administration office, at 116 Casper Ave. in Newcastle, until 4:30 p.m. on Friday, Feb. 6. The term will expire Nov. 30, 2016.

## RER

from page 1

approach this year, we are committed to moving the project forward," professed Finn, adding that the company does appreciate the counties support in the project.

Previous reports indicate that the mining of rare earth elements, which are in great demand because of their applications with green energy technology, high tech applications and defense

systems, would take place north of Weston County but would be processed at a plant the company intends to build at the Upton Industrial Site, at a cost of approximately \$64.6 million.

Officials within Weston County have given support of RER's project. In 2013, RER received approval of their project from the U.S. Forest Service.

## Legislature

from page 1

expansion, declining state revenues from the falling price of oil, as well as highlights from his first term, which includes the doubling of the rainy day fund.

In an interview with the News Letter Journal that followed, Sen. Curt Meier expressed his concerns about the drop in oil prices. He explained that this is one topic that will be in the forefront in the capital during this session, because the state is trying to move forward without burdening residents in Wyoming.

"Most of House District 1 is well aware how much our state's revenue is dependent on oil production, and this year is an extreme example," professed Rep. Tyler Lindholm on the subject. He explained that, so far, the Consensus Revenue Estimating Group forecast projects the revenue shortfall to be approximately \$223 million.

Lindholm told the News Letter Journal that the House currently has more than 117 bills to consider this session, while the Senate has 85. He added that, with the session lasting 40 days this year, anywhere from 300 to 600 bills have the potential to be introduced in total.

"The first week has consisted of seeing committee-sponsored bills, and some of these are going on their third reading in the House and will most likely pass on to the Senate," stated Lindholm.

Lindholm explained that he was assigned to the Agriculture, State and Public Lands and Water Resources Committee, as well as the Corporations, Elections and Political

Subdivisions Committee, which had seen seven bills at the time of his interview with NLJ, and had passed all but one of those to the House floor.

"The Agriculture Committee met for its first meeting of the session this morning," Hunt professed in his update on Jan. 15. He stated that no bills were considered, but the committee did organize an overall agenda for the session, with plans to begin seeing bills this week.

"This was the first day for bills to come up on first reading, or General File," Hunt stated last week. He explained that, among those bills considered were bills allowing for the issuance of citations electronically, or the paying of fines online, as well as a bill to transfer fees collected from state parks into their own account. Two bills correcting state statutes to comply with recent supreme court rulings were also considered.

Lindholm also addressed Medicaid expansion plans that the legislature will be looking at during this session. Senate File 66 addresses the topic and is the only bill sponsored by a committee. Also on the agenda is the SHARE Plan — Strategy for Health, Access, Responsibility, and Employment — which was declined sponsorship by the Joint Labor Committee in December.

Hunt professed his desire to hear the debate on both the SHARE Plan and SF 66, authored by Sen. Charles Scott, R-Casper, neither of which has reached the House floor. Hunt said he finds it hard to justify expanding a failed program, but looks forward to hearing

the pros and cons on the floor as well as hearing from the voters back home.

"Over lunch, the education committee met to discuss House Bill 10, concerning college outreach and allowing for transfer of credits between other community colleges in other states in the region," Hunt stated, adding that the bill passed the committee. Hunt also explained that the Rules and Procedures committee met at that time as well. With business being carried over into the afternoon, the committee considered a handful of procedural rules with few passing the committee.

Meier also took the opportunity to address two bills he feels are of concern to the citizens he represents. He explained that the Transportation, Highways, and Military Affairs Committee was going to review a bill, Senate File 29, on Monday that would allow for farmers and ranchers to pull a fifth-wheel trailer without a commercial driver's license, or CDL.

"This would help a lot of people in rural areas," Meier professed, adding that they would have to meet certain requirements and receive an affidavit stating they may drive while pulling the fifth-wheel, but it would not require the same things as a CDL.

He also addressed a bill that is drafted that would allow cellular companies to access WYOLink, that, he said, would allow for extended cell coverage in rural areas.

To stay current with all that is happening during Wyoming's 63rd Legislative Session, visit <http://legisweb.state.wy.us>.



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|------------------------|---|--------------------------|
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| <b>General Surgery</b> | Tiffany Bee, MD<br>Terry Altstiel, MD<br>(605) 644-4170 | 2nd Monday<br>4th Monday |
| <b>Orthopedics</b>     | Todd Anderson, MD<br>(605) 644-4460                     | 2nd & 4th Tuesday        |
| <b>Pediatrics</b>      | Tara Ulmer, MD<br>(605) 644-4170                        | 4th Thursday             |

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# NPD offers cold weather health and safety tips

With the successful and safe holiday season at a close, the Newcastle Police Department reminds Weston County residents to take necessary precautions for several more months of winter weather. Our winter storms can be unpredictable, and range from gentle snowfall over a few hours to raging blizzards lasting several days. Taking the necessary precautions during these dangerous winter weather conditions can mean the difference between staying healthy and the possibility of serious injury or even death.

One danger of prolonged exposure to cold temperatures is hypothermia. When exposed to cold temperatures, the body loses heat faster than it generates it. When that exposure is prolonged, the body uses up its stored energy and the body's temperature drops abnormally low, resulting in a serious medical condition called hypothermia. People whose body temperature drops below 95°F should seek medical attention.

Frostbite is another injury to the body, caused by freezing. Frostbite causes a loss of feeling and color in affected areas and most commonly occurs in the nose, ears, cheeks, chin, fingers or toes. The risk of frostbite is increased in people with reduced blood circulation, and among people who are not dressed properly for extremely cold temperatures. Frostbite can permanently damage the body. Severe cases can lead to amputation.

Avoid overexertion during cold weather. In cold weather, hard labor and strain can lead to heart attacks, and sweating could lead to a chill and hypothermia. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow, chopping wood or performing other hard work in the cold. Otherwise, if you have to do active outdoor chores, dress appropriately in

layered clothing, cover any exposed skin, and work slowly.

Both walking and driving on ice can be extremely dangerous. Many cold-weather injuries result from falls on ice-covered walkways and from vehicle accidents on icy, snow-packed roads. Keep your steps and walkways as ice-free as possible using rock salt or other pet-friendly chemical de-icing compounds. Alternatively, use sand or cat litter to reduce the risk of slipping on walkways. If driving on icy roads, do not be overconfident in your driving abilities. Drive appropriate for the road conditions, go easy on your brakes, and wear your seat belt.

In addition, secondary crashes at prior crash scenes are also a danger. Stopping on an icy road to assist someone who has been in an accident can cause more problems than it solves. You can lose control of your own vehicle while attempting to stop, or cause a passing driver to lose control of their vehicle as they attempt to avoid you. Unless the occupants of a crashed vehicle are in immediate danger, the best thing you can do is go to a safe location and call 911.

Do not go around road closure gates. These gates are in place for your safety. Even if the road appears to be fine at the gate, road conditions, or some other event such as a severe accident, may be located further along the highway, causing a hazard for drivers. Law enforcement is not actively patrolling closed roads in weather-related road closures. You are at severe risk if you go around a barrier and have an accident or your vehicle becomes stuck. Additionally, any person who willfully goes around the barrier is subject to a fine up to \$750 and/or can be jailed up to 30 days.

Winter weather encompasses weather conditions such as wind, sleet, ice, snow, and wind chill. The



Alexis Shultz/NLJ

**Kaia Pederson, Max Armstrong and Harmony Sullivan are prepared for winter weather as they take an outdoor excursion at the Weston County Children's Center.**

National Weather Service uses specific terms in their broadcasted warnings and forecasts to ensure the public knows what to expect during winter weather events.

Winter Weather Advisories are issued when winter weather conditions are expected to cause significant, possibly hazardous, inconveniences; however, if caution is exercised, advisory situations should not become life threatening.

A Winter Storm Watch is issued anywhere from 12 to 72 hours in advance of possible severe winter weather, such as heavy snow or ice that may affect an area, but its occurrence, location and timing are still uncertain. NWS upgrades a watch to a Winter Storm Warning when hazardous heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring.

A Blizzard Warning means that snow and strong winds will combine to produce blinding snow with near zero visibility, deep drifts, and life-threatening wind chill.

Whenever the NWS issues an

To learn more about winter weather terms or to view weather outlooks online, visit the National Weather Service website at [www.weather.gov](http://www.weather.gov). For more tips and winter safety checklists, contact our local NWS office in Rapid City, American Red Cross chapter, or emergency manager, or visit [www.redcross.org](http://www.redcross.org), [www.weather.gov](http://www.weather.gov), [www.dmv.org](http://www.dmv.org), or [www.ready.gov](http://www.ready.gov).

advisory, a watch, or a warning, the weather message will include the type of winter weather expected, the duration of the event, hazards that could result from the event, and provide precautionary or preparedness actions the public should take to protect themselves from the hazardous weather.

Newcastle Police Chief Jim Owens recommends that residents stay indoors, dress in warm layers, and travel only if necessary during daylight hours when confronted with winter weather conditions. Of course, he recognizes that this is not always

### Staying safe

The Newcastle Police Department offers these tips to help keep you and your family safe and healthy this winter:

- Keep your gas tank full to prevent fuel lines from freezing and winterize your vehicle by ensuring you have the proper oil and the correct ratio of coolant to water for your engine, ensure your battery is in good condition, and your tires are appropriate for dealing with winter roads.
- Keep an emergency supply kit in your vehicle and avoid traveling alone.
- Avoid driving when conditions include sleet, freezing rain, snow or dense fog. If you must drive under these conditions, drive in daylight hours as much as possible and check current road conditions at [wvroad.info](http://wvroad.info) or call WYDOT at 1-888-996-7623.
- Maintain your heating equipment and chimneys and consider what alternate heating methods are available to you in case of an emergency.
- Keep extra supplies of water, food, batteries, baby supplies, pet supplies, and medications in your home in case of a shut-in winter storm.
- Protect yourself from frostbite and hypothermia by keeping the amount of exposed skin to a minimum. Wear several layers of warm, loose-fitting, lightweight clothing, mittens, scarf or wild rag, a hat that covers your ears, and waterproof, insulated boots. Ensure your children and others under your care do the same.
- Keep your walkways clear of ice and snow.
- Before tackling strenuous tasks in cold temperatures and winter weather events, consider your physical condition, your doctor's recommendations, and the nature of the task.
- Bring pets and companion animals inside, if possible. For animals and livestock that are outside, ensure they have access to plenty of food, non-frozen drinking water, and shelter.

possible. So, listen to a NOAA Weather Radio or other local news channels for current weather information — and if you find yourself out when winter weather arrives, be aware of the dangers and protect yourself from the cold.

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# Sports

## News Letter Journal

### Schedule

| Wrestling |    |                        |   |      |
|-----------|----|------------------------|---|------|
| 1/22      | VJ | Glenrock Herders       | A | 5PM  |
| 1/24      | VJ | Moorcroft Invitational | A | 9AM  |
| 1/29      | VJ | Wright Dual at Upton   | H | 6PM  |
| 1/30      | VJ | Buffalo Invitational   | A | Noon |
| 1/31      | VJ | Buffalo Invitational   | A | 9AM  |

| Boys Basketball |    |                         |   |        |
|-----------------|----|-------------------------|---|--------|
| 1/23            | V9 | Buffalo Bison           | H | 4PM    |
| 1/24            | V9 | Worland Warriors        | A | 2:30PM |
| 1/26            | 9  | Wright Panthers         | H | 4PM    |
| 1/30            | VJ | Wheatland Bulldogs      | A | 4PM    |
| 1/31            | V9 | Torrington Trailblazers | H | 2:30PM |

| Girls Basketball |    |                         |   |        |
|------------------|----|-------------------------|---|--------|
| 1/23             | V9 | Buffalo Bison           | H | 4PM    |
| 1/26             | 9  | Wright Panthers         | H | 5:30PM |
| 1/30             | VJ | Wheatland Bulldogs      | A | 4PM    |
| 1/31             | V9 | Torrington Trailblazers | H | 2:30PM |

## Mat men win

Sonja Karp  
NLJ Sports Reporter

The combined Newcastle/Upton wrestling team didn't have to travel far for competition this week as the squad hosted the sixth annual Dogie Invitational in Newcastle last Friday, Jan. 16.

Seven teams hit the mats in the Dogie Dome to compete, including Rapid City Central JV, Sturgis JV, Gillette JV, Lusk, Hulett and Sundance.

As a team, the Dogies/Bobcats won the tournament, scoring 165 points, while Rapid City Central JV came in second with 142 points, and Gillette JV was third, scoring 131 points.

Individually, the boys did very well, with Trayton Dawson (106), Bradon Rushton (145) and Nick Bock (160) all bringing home first-place finishes for



Cooper Karp

Sophomore Donovan Prell, in the 113-pound weight class, during the Dogie Invitational Friday at the Dogie Dome.

the home team.

Dennon Parks (120) and Bryce Womack (285) had a good showing, placing second in their respective weight classes.

Donovan Prell (113),

Zach Schuessler (126) and Wyatt Corley (152) placed fourth.

Bryson Tidyman (113), Lyle Whitney (145) and James Moberly (152) placed fifth, and Alan Baker (106)

and Ricky Larson (138) rounded out the team's scoring by placing in sixth.

"I thought that we made some improvement from last week," nodded head coach Lee McCoy. "However, we

are still not pressing the attack on our opponents and we are not putting moves together in flurries. We have to improve in these areas

— See **Wrestlers**, Page 12

## Just keep swimming

Swimming, swimming, just keep swimming. Typically, I'm a wussy when it comes to getting in the water. I was a pretty good swimmer in my younger years, but I absolutely hate cold water, so when the Dogie swimmers are competing, the water in Kozisek Aquatic Center is always far too chilly for my weak resolve to enter into.

However, the disappointing cancellation of the Dogie boys' swim season has proven to work out in my favor, as the water is no longer competition temperature, therefore perfect for me to brave the waves for a wonderful change of venue for my own workouts.

As I stated a couple of weeks ago, I have embarked on the New Year, New You weight loss challenge presented by the Eastern Wyoming Outreach Program, and I'm super excited that the pool is accessible to me as an alternative option for working out, rather than the treadmill which I have developed a deep resistance to as of late.

As incentive, I ordered a swimming suit designed for racing, as well as a swim cap and goggles, which I have found are all essential for lap swimming.

The first night I got in the water, there were times when I was glad that there were life-guards in attendance because I'm not gonna lie — there were definitely some moments of panic.

However, after a few workouts I have developed more confidence, and have worked up from my beginning night's 500 yards to my most recent 1,000.

Of course, I have to mix up my approaches to the laps. I can't straight up swim all of those yards, so I make great use of the swimming aids, such as the kick boards and the fins, to keep my interest piqued and to also give myself a break while keeping my body moving.

Another great help is that I have friends who swim with me. Though the act of going back and forth in the pool is certainly an individual one, having someone to talk to during breaks and to hold you accountable for showing up and getting your workout done is priceless.

So far, I'm feeling pretty good about the results of my new

— See **Karp**, Page 12



Sonja Karp  
Karpe Dogie



## Flying high

At six feet, three inches, Newcastle High School junior Taylor Allen is the tallest member of the Dogie men's team. Allen played an aggressive game during Saturday's battle against the Wheatland Bulldogs, scoring 27 points, a career best. Read more on Page 12. (Photo by Sierra LaCroix)

## A narrow loss for the ladies

Sonja Karp  
NLJ Sports Reporter

It was a Dawg-eat-Dogie world in the Dome as the Lady Dogies hosted the 3A Southeast Wheatland Lady Bulldogs last Saturday night, on Jan. 17.

With only one game to prepare for all week, head coach Tyler Bartlett pushed his ladies to their limits during practice each night.

"It is amazing how hard these girls work," Bartlett exclaimed. "They all buy in to the program, and we busted their butts in practice last week, and they responded well."

Bartlett wondered if the coaches had pushed too hard during practice though, as he felt like fatigue got to the ladies late in the game against Wheatland.

The team started out strong going up early against the Dawgs, but toward the end of the first quarter Wheatland went on a run to close it out up 15-13 over Newcastle.

The second quarter was also controlled by the Bulldogs, as they out-scored the home team 10 to 6 to go into the locker rooms with the lead over Newcastle 25-19.

After the half-time break, the Lady Dogies started getting themselves back in the hunt and out-scored their opponent in the third to cut the lead to five, and at five minutes left to play, a dribble drive by Alyssa Dawson tied the game at 35.

"I really felt like we were on a roll at that point," Bartlett exclaimed. "Then Wheatland called a time-out, and when they resumed play the

Bulldogs were determined to win," he frowned.

Coming out of the time-out, the Lady Dawgs scored quickly and picked up the defensive pressure, forcing a couple of turnovers which they were able to segue into points.

Unfortunately, the Lady Dogies were not able to stop the offensive run, and couldn't put up another score of their own until 2:39 left in the game, so when time ticked down to zero, Newcastle found themselves on the losing end, 39-51.

"For a 32-minute game, I thought we played pretty well for about 29 of them," stated Bartlett. "At the end we had a few things go wrong. I'm not sure if it was the pressure of the moment or if there was some fatigue, but we just didn't finish the way we should have."

Dawson led all scorers with 18 points and she added seven rebounds, followed by Abby Gray with nine points and four rebounds, Bailey Karp with four points and four rebounds and Kaprina Jones also with four points and one rebound. Scottlyn Wiggins and Kendra Back rounded out the scoring with two points and four rebounds each.

The ladies suffered some foul trouble that they normally don't, with Karp and Wiggins each fouling out of the game, and these two players rarely find themselves in that situation. Back also had to sit more than she usually does because of fouls.

"This loss was a little disappointing because when you're tied

— See **Ladies**, Page 12

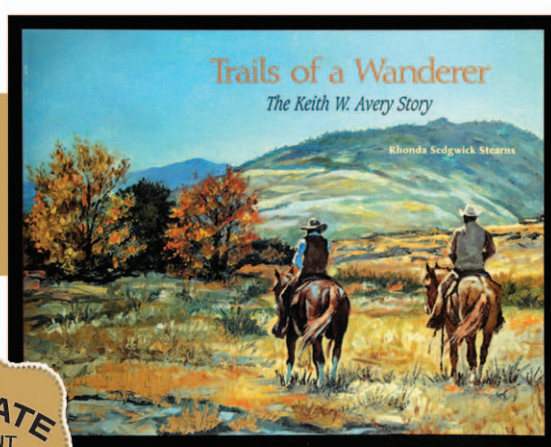
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Stalking is a serious crime that it is often portrayed unrealistically. When stalking is depicted as romantic or comical, or used casually to sell services and merchandise, it can be damaging and hurtful for victims and survivors. Additionally, it can influence our perceptions of stalking, minimizing or trivializing this very dangerous and potentially lethal behavior.

**If you are a victim of stalking, contact FOCUS at 746-2748**

## WALKER ESTATE AUCTION

**Saturday, January 24 at 10 a.m.  
Weston County Fairgrounds**

**FURNITURE:** Queen bed, Queen bedroom set, hide-a-bed, rocker/recliner, oak table and six chairs, dresser, coat racks, shelves, mirrors, new bar stools.  
**HOUSEHOLD:** Mirrors, pictures, oil paintings, large oil painting, log basket, pots and pans, dishes, glassware, Tupperware, corning ware, bag of hangers, air mattresses, utensils, flatware, cabinets, new bi-fold doors, new floor vents, brass floor style mirror, area and throw rugs, MUCH MORE!  
**MISC:** Luggage, knick knacks, cook books, books, house vents, tins, new canvas hairs, air pumps.  
**TOOLS & EQUIPMENT:** Wrenches, screw drivers, caulking guns, nuts & bolts, hardware items, hammers, nails, cutters.  
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# Allen brings home career high score

**Sonja Karp**  
NLJ Sports Reporter

Friday night's match-up between the Dogies and the 3A Southeast Wheatland Bulldogs turned into a tale of two players pitting Bulldog standout Kendrick Jackson against Dogie baller Taylor Allen.

Both of these players put on a show for the crowd, claiming career high scoring, with 34 points for Jackson and 27 points for Allen on the night. Jackson put 20 of his 34 on the board in the first half, and Allen made the second half his with 21 of his points coming in the third and fourth quarters.

"Jackson is just a player," exclaimed head coach Allen Von Eye. "Taylor had an amazing second half, playing aggressive and going hard to the basket," he bragged.

The first quarter was tough for the Dogies, as Wheatland's speed, strength and intensity seemed to take Newcastle by surprise. The defensive pressure applied by the Bulldogs resulted in forcing turnovers that they used to go up 14 over the home team by the end of the quarter.

"3A East is a whole different beast than our pre-conference match-ups," Von Eye pointed out. "You could see from the very beginning that our kids weren't ready for the speed and the intensity of Wheatland, who is a very good basketball team."

The Dogies collected themselves during the quarter break and in less than two minutes had cut the lead to only nine points, but Wheatland rallied to go up 38-21 over Newcastle as time ticked down to end the half.

"We dug ourselves a pretty good hole in the first quarter, but after that we collected ourselves and played very good basketball

### The Stats

| Newcastle v. Wheatland 58-77 |   |
|------------------------------|---|
| Jan. 17, 2014                |   |
| Dillon Ehlers:               | 10 points, 7 rebounds, 2 steals, 1 block            |
| Colton Sweet:                | 1 point, 6 rebounds, 9 assists, 2 steals            |
| Taylor Allen:                | 27 points, 4 rebounds, 2 assists, 2 steals, 1 block |
| Cam Quigley:                 | 9 points, 2 rebounds, 2 assists, 3 steals, 1 block  |
| Cooper Karp:                 | 1 rebound, 2 assists                                |
| Triston Roberson:            | 11 points, 3 rebounds                               |
| Dawson Norton:               | 2 rebounds, 1 assist, 1 steal                       |
| Alec Walker:                 | 1 rebound   |
| Kaullen Sundstrom:           | 1 rebound   |
| Vincent Oedeckoven:          | 1 steal   |

for the remaining three," Von Eye stated. "For 24 minutes they only out-scored us by five points, which proves that we can hold our own against anybody."

Wheatland continued controlling the game in the third, extending their lead to 56-34 by quarter's end, but the Dogies refused to succumb and roll over.

The fourth quarter was dominated by offense, with the Dogies out-scoring the Bulldogs 24-21, but it was not enough to overcome the deficit from the first quarter so Newcastle dropped the game, 58-77.

"I thought that we played very well defensively, especially with the match-up issues that this team presents us," explained Von Eye. "Each of their players is so versatile being able to shoot from the perimeter or take you on the bounce, so I thought our guys did a great job in the last three quarters of the game to hold them to a close margin," he continued.

Rebounding was an issue for the Dogies, who ended up with a deficit of 17, many of those being offensive boards for Wheatland that led to points at the end of the play.

The Dogies did shoot well from the perimeter however, hitting nine of 18

shots from behind the arc, but it just wasn't enough to overcome Wheatland's offensive depth.

In addition to Allen's 27 points, he also grabbed four rebounds and two steals, as well as two assists and one block. Triston Roberson followed Allen in scoring with 11 points and three rebounds, and Dillon Ehlers was close behind with 10 points and seven rebounds.

Closing out the scoring for the Dogies was Cam Quigley with nine points and two rebounds, and Colton Sweet with one point, nine assists and six rebounds.

"There were tons of positives in this game. It would have been really easy for our kids to just give up after the first quarter, but they didn't. They clawed and they fought, and kept battling with this experienced basketball team," Von Eye smiled.

With the knowledge that on any given day anyone can come out on top, the Dogies will be opening up 3A Northeast Conference play this weekend as they play host to the Buffalo Bison on Friday, Jan. 23, then travel to Worland to take on the Warriors on Saturday, Jan. 24.

"We're pretty excited coming into this weekend. Buffalo looks a lot like us with their shooting, and they are always scrappy and get after it on defense just like we do," Von Eye explained. "Worland is a dark horse in the league, and when it's all said and done, they will be right up there at the top. They go about 10 deep and they play hard, so that'll be an exciting game too."

It's a big weekend for the boys with these two conference games against two tough teams, but coaches and players are ready for and looking forward to the challenge.

## Ladies

from page 11

35-35 with little time left to go, and then lose by that amount it is really not what you want to do, but at the same time I'm so proud of this team," Bartlett stated. "They play hard, they play for each other and they do anything that we ask them to do, and you can't ask for anything more as a coach."

Overall, the coach continued, he's happy with the performance of his team.

"We pushed them so hard last week and I'm so happy with how they responded. We may lose a game here or there, but I think that if we push them hard now, it will pay dividends in March," he added.

This week, the Lady Dogies will finally enter into conference play with an overall record of five wins and four losses, as they host the Buffalo Lady Bison this Friday, Jan. 23, then travel across the mountain to take on the Lady Warriors of Worland on Saturday, Jan. 24.

"These will be tough games,

### The Stats

| Newcastle v. Wheatland 39-51 |   |
|------------------------------|---|
| Jan. 17, 2014                |   |
| Alyssa Dawson:               | 18 points, 7 rebounds, 1 assist         |
| Scottlyn Wiggins:            | 2 points, 4 rebounds, 1 assist, 1 steal |
| Kendra Back:                 | 2 points, 4 rebounds, 1 steal           |
| Abby Gray:                   | 9 points, 4 rebound, 2 assists, 1 steal |
| Bailey Karp:                 | 4 points, 4 rebounds                    |
| Abi Deveraux:                | 1 steal                                 |
| Rachel Henkle:               | 4 rebounds, 1 steal                     |
| Kaprina Jones:               | 4 points, 1 rebound                     |

but if we expect to do well at the regional and state tournaments, we'd better get used to just that," Bartlett declared. "Road games are hard, but given that we'll be playing for a state berth in Rawlins, winning on the road is also something we need to learn how to do."

The coaches and players are looking for some redemption after dropping their last two games to 3A Southeast opponents, and are excited to chalk up some conference wins this weekend.



Sierra LaCroix  
**Point guard Abby Gray brings the ball up against the Wheatland Bulldog press in Saturday night's contest at the Dogie Dome.**

## Wrestlers

from page 11

in order to compete at higher levels."

The Newcastle/Upton team is a very young one, with only two seniors and two juniors, the majority of the members belonging to the sophomore and freshman classes.

Eight of the wrestlers on the team are competing for the first time at the high school Varsity level, often against seasoned veterans of the mat.

"There are a couple of factors that come into play when looking at our team's consistency," stated assistant coach Alex Schaneman. "One is the venues in which we've been competing, going against some tough 3A and 4A wrestlers, and the other is lack of experience."

### Karp

from page 11

workout plan as well as my healthier eating patterns that I am attempting to reinstate as habit. I've seen good results on the scale, and I'm already sleeping and feeling better.

Though it's a lot easier to sit on the couch than it is to get out and be active, the end result of taking the plunge into physical activity is a positive one that I can't wait to become habit once again.

I know that swimming is not every-

### The Stats

| Newcastle/Upton Dogie Invitational Tournament |              |
|---|--------------|
| First place with 165 points                   |              |
| Jan. 16, 2014                                 |              |
| 106: Trayton Dawson:                          | First place  |
| 106: Alan Baker:                              | Sixth place  |
| 113: Bryson Tidyman:                          | Fifth place  |
| 113: Donovan Prell:                           | Fourth place |
| 120: Dennon Parks:                            | Second place |
| 126: Zach Schuessler:                         | Fourth place |
| 138: Ricky Larson:                            | Sixth place  |
| 145: Bradon Rushton:                          | First place  |
| 145: Lyle Whitney:                            | Fifth place  |
| 152: Wyatt Corley:                            | Fourth place |
| 152: James Moberly:                           | Fifth place  |
| 160: Nick Bock:                               | First place  |
| 285: Bryce Womack:                            | Second place |

Schaneman added that though the team is young this year, the future looks bright as these youngsters are learning some very valuable skills being able to compete at the

level they are at such a young age.

"A few of the freshmen are doing really well," Schaneman exclaimed. "When they can go into those big tournaments and get a couple of wins against juniors and seniors, that's a good thing," he smiled.

He also added that the experience and toughness that seniors Rushton and Bock bring to the team have been solid for the squad this year, and they have been competing very well against some of the best wrestlers in 3A.

The next three weeks of competition will be very tough and will test this young team as they will be taking on those bigger 3A and 4A schools.

This week the Dogie/Bocbat

team will travel to Glenrock for a dual on Thursday, Jan. 23, then travel on to Lander for the Lander Valley Invitational on Friday and Saturday, Jan. 24 and 25.

"The Lander Valley Invite is a new tournament for us, and I'm looking forward to competing in it," McCoy declared. "They boast that all 16 3A teams will be there and there will be some 4A and 2A teams there as well," he explained.

This week will definitely be a test of grit for the home team as their schedule is indeed a grueling one, but it will also be a great experience for this young squad as they launch into the all-important conference part of their season.

right now, and will continue to build up my yards for as long as my interest holds. My main goal in this new endeavor is to become healthier and to feel like I used to when I made sure that I took the time to attend to my physical well-being.

When all else fails, and I am needing inspiration, all I need to do is call upon Dory and remember to just keep swimming.

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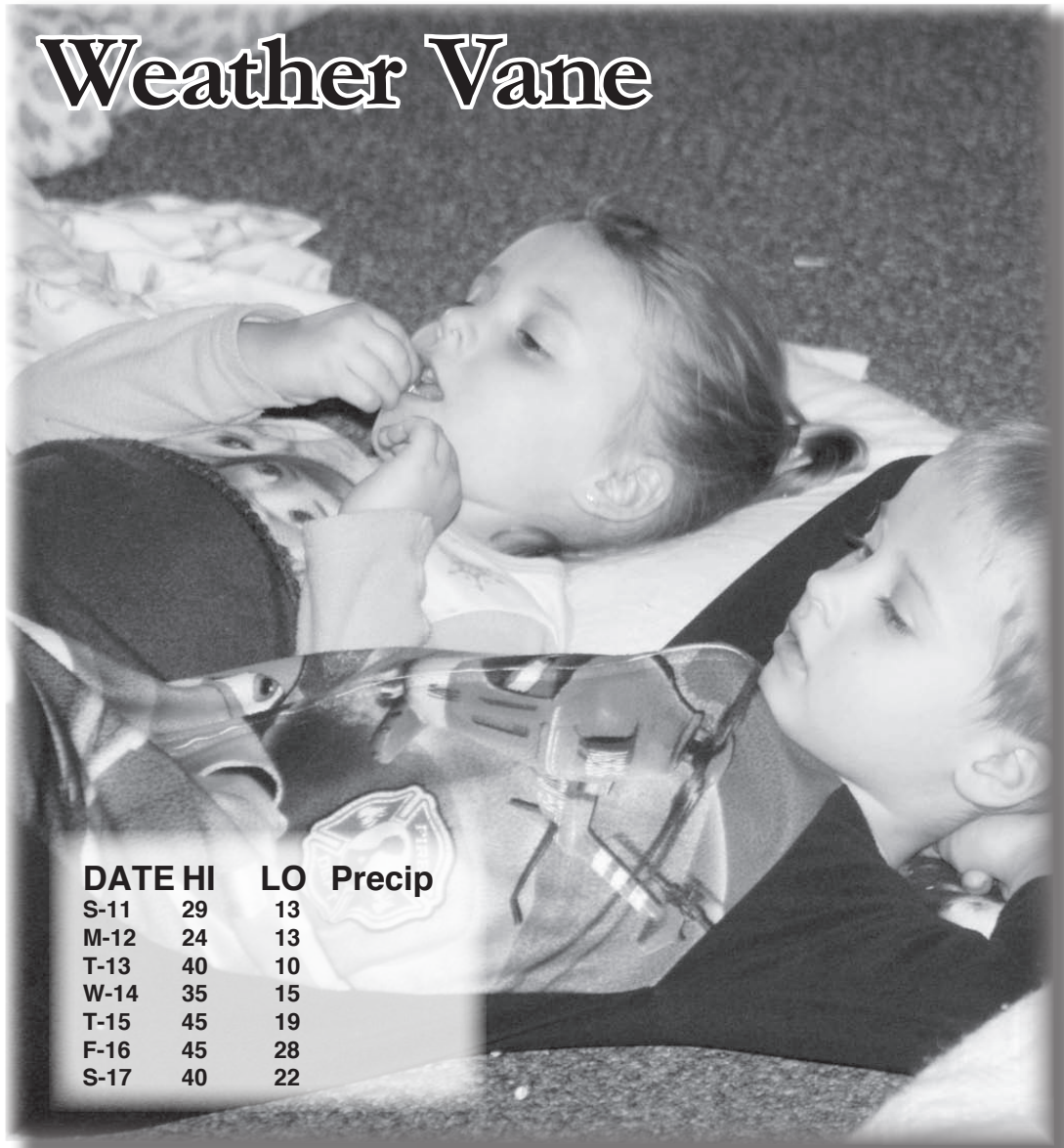


Table with 3 columns: DATE HI, LO, Precip. Rows include dates S-11, M-12, T-13, W-14, T-15, F-16, S-17 with corresponding high/low temperatures and precipitation amounts.

Foreclosure Notice

FORECLOSURE SALE NOTICE

WHEREAS, default in the payment of principal and interest has occurred under the terms of a promissory note (the "Note") dated 03/21/2008 executed and delivered by John Speas A/K/A John E Speas and Amanda L. Speas, ("Mortgagor") to Wells Fargo Financial Wyoming, Inc. and a real estate mortgage (the "Mortgage") of the same date securing the Note, which Mortgage was executed and delivered by said Mortgagor, to Wells Fargo Financial Wyoming, Inc., and which Mortgage was recorded on 03/27/2008, as Instrument Number 702233, Book 305, Page 863 in the records of the office of the County Clerk and ex-officio Register of Deeds in and for Weston County, State of Wyoming;

WHEREAS, the Mortgage contains a power of sale which by reason of said default, the Mortgagee declares to have become operative, and no suit or proceeding has been instituted at law to recover the debt secured by the Mortgage, or any part thereof, nor has any such suit or proceeding been instituted and the same discontinued; and

WHEREAS, written notice of intent to fore-close the Mortgage by advertisement and sale has been served upon the record owner and the party in possession of the mortgaged premises at least ten (10) days prior to the commencement of this publication, and the amount due upon the Mortgage on the date of first publication of this notice of sale being the total sum of \$146,136.98 which sum consists of the unpaid principal balance of \$95,196.92 plus Interest accrued to the date of the first publication of this notice in the amount of \$40,602.78 plus attorneys' fees, costs expended, and accruing interest and late charges after the date of first publication of this notice of sale;

WHEREAS, the property being foreclosed upon may be subject to other liens and encumbrances that will not be extinguished at the sale. Any prospective purchaser should research the status of title before submitting a bid;

NOW, THEREFORE Wells Fargo Financial Wyoming, Inc., as the Mortgagee, will have the Mortgage foreclosed as by law provided by causing the mortgaged property to be sold at public venue by the Sheriff or Deputy Sheriff in and for Weston, WY County, Wyoming to the highest bidder for cash at 10 o'clock in the forenoon on 02/03/2015 at the Weston County Courthouse located at 1 West Main, Newcastle, Wyoming, Weston County for application on the above-described amounts secured by the Mortgage, said mortgaged property being described as follows, to-wit:

Lot Four (4), Block One (1), Black Hills View Addition to the Town of the City of Newcastle, Weston County, Wyoming according to the plat thereof.

With an address of: 115 Bonnie Brae Ave Newcastle, WY 82701.

Together with all improvements thereon situate and all fixtures and appurtenances thereto. Dated: January 6, 2015

Brian G. Sayer Klatt, Odekirk, Augustine, Sayer, Treinen & Rastede, P.C. 925 E. 4th St. Waterloo, Iowa 50703

(Publish January 8, 15, 22 and 29, 2015)

Meeting Notice

PUBLIC NOTICE

The Weston County Health Services Board of Trustees meeting has been changed from Thursday, January 15, 2015 to Thursday, January 22, 2015. Board Education will be at 5:00 p.m. and the board meeting will begin at 6:00 p.m.

(Publish January 15 and 22, 2015)

Foreclosure Notice

NOTICE OF POSTPONEMENT OF FORECLOSURE SALE

WHEREAS, default in the payment of principal and interest has occurred under the terms of a promissory note (the "Note") dated 09/11/2012 executed and delivered by Ricky A. Miller ("Mortgagor") to Wells Fargo Bank, N.A. and a real estate mortgage (the "Mortgage") of the same date securing the Note, which Mortgage was executed and delivered by said Mortgagor, to Wells Fargo Bank, N.A., and which Mortgage was recorded on 09/12/2012, as Instrument Number 738210 Book 339 Page 875 in the records of the office of the County Clerk and ex-officio Register of Deeds in and for Weston County, State of Wyoming; and

WHEREAS, written notice of intent to fore-close the Mortgage by advertisement and sale, pursuant to the terms of the Mortgage, has been served upon the record owner and party in possession of the mortgaged premises at least ten (10) days prior to first publication of the notice of sale;

The property covered by said Mortgage is described as follows:

North Half (N 1/2) of Lots One (1) and Two (2), Block Two (2), Roby Addition, Newcastle, Weston County, Wyoming, according to the recorded plat thereof.

With an address of: 1034 Wood Street Newcastle, WY 82701.

WHEREAS, the property being foreclosed upon may be subject to other liens and encumbrances that will not be extinguished at the sale. Any prospective purchaser should research the status of title before submitting a bid;

NOTICE IS HEREBY GIVEN, pursuant to Wyoming Statutes Section 34-4-109 (2003) that the foreclosure sale of the above Mortgage, scheduled for 12/16/2014 at the Weston County Sheriff's Office located at 25 North Sumner Ave, Newcastle, Weston County, State of Wyoming, has been postponed to 10:00 o'clock in the forenoon on 2/3/2015 at the Weston County Sheriff's Office located at 25 North Sumner Ave, Newcastle, Weston County, State of Wyoming

Wells Fargo Bank, N.A. By: Klatt, Odekirk, Augustine, Sayer, Treinen & Rastede, P.C. 925 E. 4th Street Waterloo, IA 50703 (319) 234-2530

(Publish January 15, 22 and 29, 2015)

Gwamma by JaNel M. Farnsworth



Advertisement for News Letter Journal with address 14 W. Main Street, Newcastle, and slogan 'WE DELIVER! CALL 746-2777'.

Fun and Games

THE GRAMMY AWARDS

ACROSS

- 1. A bunch, as in cookies
6. \*Q-\_\_\_, Grammy-winning rapper from A Tribe Called Quest
9. \*Yo-Yo Ma won for performing this composer's Cello Suites
13. Luau greeting
14. Australian runner
15. Podium, pl.
16. Letter's end
17. The lower this is the better
18. Unwilling
19. \*\_\_\_ Center, Grammy Awards event host
21. \*It's shaped like an antique record player
23. Fool
24. Not quite an adult
25. Mother, sister or daughter
28. 1/168th of a week
30. Depart
35. \*1983 Grammy winner, Men at \_\_\_
37. "... the good ship and \_\_\_ was in peril," according to Gordon Lightfoot
39. \_\_\_ firma
40. "Terrible" czar
41. Attached to the collar of a horse, pl.
43. Of a dark black
44. Foul smell
46. Typically passed down by word of mouth
47. Miscellaneous, abbr.
48. Used for spreading plaster or cement
50. Carl Zeiss' product
52. Your, to Shakespeare
53. Carpenter's groove
55. Do needlework
57. Measurement of acceleration
60. \*"Frozen" song
64. Weeping queen of Greek mythology
65. \*Grammy winner, rapper and actor, \_\_\_-T
67. D-Day beach
68. Cupid's projectile
69. Sticky stuff
70. 16 seed over 1 seed, e.g.
71. William McKinley High School \_\_\_ club
72. '90s rock band "4 \_\_\_ Blondes"
73. Little ones

DOWN

- 1. \*"All About That \_\_\_"
2. Dismounted or climbed down
3. "Animal House" party garb
4. It starred Erik Estrada
5. Sabbath loaf
6. Steeped beverages
7. Mischief-maker
8. Rid of impurities
9. Real estate \_\_\_
10. \*\_\_\_ Levine of Grammy winning band, Maroon 5
11. C in NYC
12. "A likely story!"
15. It revolves around a star
20. Geologic period
22. Hi-\_\_\_
24. Trembling effect in music
25. \*"Shake It Off" singer
26. A helicopter parent might do this
27. Muse of love poetry
29. Eurasian mountain range
31. Do like bees
32. Path of #15 down
33. First-year undergrad
34. \*Iggy Azalea's hit
36. \*Best Rock Song at '96 Grammy Awards, "You Oughta

- 38. \*Grammy in '75 for Best Original Score, "The Way We \_\_\_"
42. Is it really that common?
45. Made a new picture
49. French lake
51. Take the first steps
54. Condescend
56. "Diary of a \_\_\_ Kid"
57. \*Pharrell Williams' album
58. "Watch out!" in golf
59. Double-reed instrument
60. \*Grammy winning group, Kings of \_\_\_
61. Homework to a student
62. Clarified butter
63. Feed bag contents
64. Old horse
66. Dove's sound

CROSSWORD puzzle grid with numbers 1 through 73 indicating starting positions for words.

Dish TV promotion: 'Make the Switch to Dish Today and Save Up To 50%' with price \$19.99 for 12 months. Includes logos for HBO, Showtime, Cinemax, and Starz.

© StatePoint Media

esurance advertisement: 'you could save 28%' on car insurance. Includes a 9x9 SUDOKU grid and a 'Last week's answers' grid.

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Last week's answers

Grid of words from the previous week's crossword puzzle: STAFF OPS, SMUG, CIGAR GOY, PAUSE, ATONE EEL, INSET, BIG GAME, PACKERS, SKI CHIN, GOV SAGO MICRO, APEX SEND CRACK, GIRL MACAU AGHA, AUDIT RING MEET, MIXUP SERFD, DRY, MIMETIRA, ARIZONA SCUFFLE, LABOR GNP MOOED, OLIOS MBA PROVE, TEDS ACT SEDAN

Grid of numbers from the previous week's sudoku puzzle: 2 3 9 8 7 4 6 1 5, 7 1 4 9 5 6 2 3 8, 6 8 5 2 3 1 7 9 4, 8 6 2 5 9 7 3 4 1, 1 9 7 6 4 3 5 8 2, 4 5 3 1 8 2 9 7 6, 5 7 1 3 2 8 4 6 9, 9 4 6 7 1 5 8 2 3, 3 2 8 4 6 9 1 5 7

Deadline for Legals is noon on Friday

Invest in your business advertisement featuring 'nlj' logo and 'Kast AM 1240' radio station logo with address 2208 W. Main Street.

## County Commission Minutes

JANUARY 6, 2015

The regular meeting of the Weston County Commissioners convened at 9:00 a.m. Present were Marty Ertman, Tracy Hunt, Randy Rossman, newly elected Bill Lambert, Tony Barton and County Clerk Cheryl Kregel. Also present were Fran Lehman and Alexis Schultz.

### Call To Order

Call to order was by County Clerk Cheryl Kregel. Commissioner Randy Rossman gave the Invocation and led the delegation in the Pledge of Allegiance.

### Elect Commission Chairman and Vice Chairman

The County Clerk opened the nominations for Chairman. Commissioner Rossman nominated Commissioner Bill Lambert and Commissioner Barton seconded. The County Clerk called for any other nominations. No other nominations were heard and a vote was called. All in favor Yea, Commissioner's Hunt, Rossman and Barton. Commissioner Ertman vote Nay and wanted her vote recorded. **Motion carried.** Chairman Lambert opened nominations for Vice Chairman. Commissioner Hunt nominated Commissioner Rossman who declined the nomination and moved to nominate Commissioner Ertman and seconded by Commissioner Hunt. Chairman Lambert called for any other nominations and none were heard and all votes were for Commissioner Ertman. **Motion carried.**

### Budget Amendment Hearing

Budget Amendment Hearing to increase the General Fund portion of the Fiscal Year 2015 Budget in the amount of \$9,195,00 for the CLG Historic Preservation HAABS-HAER Grant for Toomey's Mill was explained by Commissioner Ertman so that Commissioner's Lambert and Barton were informed. Chairman Lambert opened with public comment. No comment was heard and therefore public comment was closed. Commissioner Rossman moved and Commissioner Barton seconded to move funds over to the Toomey's Mill Grant. **Motion carried.** Meeting recessed at 10:08 a.m. and resumed at 10:16.

### Old Business

Commissioner Rossman gave an update on the maintenance person for the courthouse. Various topics and projects were discussed. Chairman Lambert suggested putting a description together of the job detail and pay. Commissioner Barton moved to set up a meeting with two Commissioners and other elected officials to make recommendations to hire maintenance person. Commissioner Hunt seconded and **motion carried.**

### BLM-Update on Northern Long-Eared Bat

Chairman Lambert greeted Rick Miller and Tracy Pinter from the BLM. The Commissioners were updated on the Northern Long-Eared Bat and the previous meeting in Sundance with Fish and Wildlife Services (US FWS). The commissioners also had a few questions concerning the sage grouse. Mr. Miller and Ms. Pinter were thanked for their updates.

### Courthouse Security

A letter had been drafted from Commissioner Hunt and sent to the other Commissioner's for their input. Commissioner Ertman gave a brief update on the Security meeting with Sheriff Colvard on the 5<sup>th</sup> of January, 2015. Further discussion of the viability of having the circuit court in the basement of the courthouse ensued. It was then decided to postpone the discussion until after the Courthouse Security Committee has had their meeting on February 11, 2015.

### Legal Newspaper

The designation of the county's newspaper was discussed with Lisa LeVasseur, Nick Trandahl of the Weston County Gazette and Bob Bonnar and Alexis Schultz of the News Letter Journal. A specific set of minutes were given to each business and they were asked to submit a cost per column inch and to include a total cost for publishing that set of minutes. A quote received from the Weston County Gazette in the amount of \$5.25 per column inch with a total cost to publish the same minutes at \$220.50. A quote was received from the News Letter Journal in the amount of \$11.00 per column inch with a total cost to publish being \$671.00. Discussion ensued. A motion was made by Commissioner Hunt to designate the News Letter Journal as the official paper for the County of Weston for the calendar year of 2015 with Commissioner Rossman seconding the motion. Commissioner

Ertman call the question. Votes were as follows: Yea: Hunt and Rossman; Nays: Barton and Ertman. Chairman Lambert cast the deciding vote as a 'yea' **motion carried.**

### Sheriff's Department

Sheriff Bryan Colvard met with the Commissioners and discussed his department's accounts and receivables and fees for the month. Also discussed was the leaking roof on the Emergency Operations Center (EOC) and will be receiving a proposal for replacement. Once bid is received Sheriff Colvard will present it to the Commissioners. Sheriff Colvard also requested to have a Commissioner to serve on the Courthouse Security because the former seat was held by Commissioner Jerry Shepperson who is no longer a commissioner. Commissioner Ertman volunteered and it was agreed to by the board.

The meeting recessed at 12:03 p.m. and reconvened at 1:00 p.m.

Alexis Schultz of the News Letter Journal asked to visit with the Commissioners on various subjects and new ideas. Commissioners were very helpful with questions and answers.

### Consent Agenda

Commissioner Ertman moved to authorize all signatures of Declaration of Official Depositories at First State Bank of Newcastle for Weston County for 2015. Commissioner Rossman seconded and **motion carried.**

Commissioner Rossman moved and Commissioner Ertman seconded to approve vouchers present expect voucher #58327, which was denied. **Motion carried.**

### Dues

Commissioner Ertman moved to pay the Black Hills Regional Multiple Use Coalition Dues of \$100.00 for dues. Second Commissioner Rossman **motion carried.**

### Contract Engineer

Jerry Hunt, Contract Engineer, met with Commissioners and discussed land fill issues and how to work together with all involved. Commissioner Barton moved to appoint two commissioners to go to the next meeting in Upton for the landfill meeting to see how this process can go forward. Chairman Lambert and Commissioner Barton were appointed to this project and seconded by Commissioner Rossman **motion carried.**

### Board Appointments

Planning Board: Commissioner Rossman moved and seconded by Commissioner Barton to reappoint Michael Chad Sears to the Planning Board for a three-year term. **Motion carried.**

Recreation Board (Mallo): Commissioner Rossman moved and seconded by Commissioner Hunt to reappoint both Gideon Dixon and Greg Stumpff to the Weston County Recreation Board for four-year terms. **Motion carried.**

Solid Waste District (Osage Dump): Commissioner Hunt moved and Commissioner Rossman seconded to reappoint Bert Sutherland to the Weston County Solid Waste District for a four-year term. **Motion carried.**

Fair Board: Commissioner Hunt moved and Commissioner Rossman seconded to appoint Ellen McKenzie to the Weston County Fairboard for a five-year term. **Motion carried.**

Weed & Pest: Commissioner Rossman moved to accept the letters of reappointment for Wayne Christensen to the (area 2), Donley Darnell (area 3) and Glen Materi (at-large) for four-year terms to the Weston County Weed & Pest Board. **Motion carried.**

Child Support Authority: Commissioners received a letter of resignation from Sandra Walford for termination of her position and appoint Clerk of District Court Gidget Macke to the position. The term will expire in July 2015. Commissioner Rossman moved and Commissioner Hunt second. **Motion carried.**

### Prairie Dog Resolution

Commissioners discussed a pending resolution to allow former Commissioner Lenard Seeley to remain on the Prairie Dog Amendment Interdisciplinary Team. Concerns were raised about confidentiality issues. Commissioner Rossman moved to table the discussion until he could have a conversation with Mr. Seeley. Seconded by Chairman Lambert **motion carried.**

### County Road Easement

Fran Lehman brought a copy of County Road Easement to have the commissioners discuss a few of their concerns about the document. The commissioners will have the County Attorney look

at it and ask for his opinion.

The meeting recessed at 3:22 p.m. and resumed at 3:29 p.m.

### Road & Bridge Department

Rick Williams, Road & Bridge Foreman, met with the Commissioners and discussed several projects his employees have been doing including plowing snow, working on trucks and maintenance on equipment.

### County Attorney

William Curley, Weston County Attorney and Lynda Black, approached the commissioners with a proposal to hire a deputy county attorney. He stated that it was up to the board to appoint his deputy and set the salary for the position. He stated that he believed the work load has increased substantially for the county attorney's office. It was his opinion that in order to attract qualified candidates, the salary needed to be \$75,000 plus benefits. Mr. Curley then explained that because he was hired as the deputy before he officially took office, the line item budget for the salary of the deputy would be depleted before the next budget occurred. Mr. Curley gave the board a letter explaining the breakdown of how the funding could be accommodated with moving some monies from one budget line to another within the county's budget. Discussion ensued as to how much more money the county would have to find to amend the current budget for the deputy county attorney. It was moved by Commissioner Hunt to hire Lynda Black as the county attorney at the annual salary of \$70,000 plus benefits for a three 3 month period. It was seconded by Commissioner Rossman. **Motion carried.** The votes were Hunt, Barton, Rossman & Lambert yea; Commissioner Ertman nay. It will be determined at a later date how much additional funds will be needed to cover the shortfall. Then a budget amendment will be scheduled.

### Ray Hunkins

Mr. Hunkins, attorney for Weston County concerning the Weston County Event Center called to discuss an item with the board. Commissioner Hunt moved and Commissioner Barton seconded to go into Executive Session per Statute 16-4-405 a) (iii) on matters concerning litigation to which the governing body is a party or proposed litigation to which the governing body may be a party. Chairman Lambert called for a vote. Commissioners Barton and Hunt Yea and Commissioners Rossman and Ertman voted nay. Chairman Lambert voted Yea. **Motion carried.**

The Board went into executive session at 4:15 p.m. Resumed regular session at 5:10 p.m. Commissioner Ertman moved to direct Mr. Hunkins to have WJE Engineers send Paul Reed Construction "Construction Change Directive Number 2" with the understanding that if a proposal is not received within 15 days, the contractor will be considered to be in default. It was seconded by Commissioner Rossman. **Motion carried.**

Vouchers are as follows:

066 NCPERS, payroll deduct, \$272.00, AFLAC, payroll deduct, \$1,729.33, Blue Cross Blue Shield, financial admin, \$56,815.21, Office of Child Support, payroll deduct, \$175.00, Orchard Trust, payroll deduct, \$1,140.00, WEBT, financial admin, \$177.25, Weston County Clerk, financial admin, \$48,207.80, WY Child Support, payroll deduct, \$1,175.00, WY Dept of Workforce Services, financial admin, \$2,548.02, WY Retirement System, financial admin, \$28,777.63, Voelker's Autobody, veh repairs, \$6,069.77, Wyoming State 4-H Foundation, dues, \$100.00, Lynda Bickford, election, \$109.50, Lichen Research Center, software, \$1,000.00, Postmaster, box rent, \$224.00, Regional Health, jail med, \$180.00, Mary Robertson, election, \$113.13, Claire Taft, election, \$128.13, Laura Bock, election, \$157.63, Mary Orban, election, \$142.63, KB Engineering LLC, engineer srvs, \$1,705.50, Kadmas, buffalo cr rd, \$442.78, Morrison Maierle Inc, airport runway, \$136,266.40, Black Hills Power, util, \$1,610.86, Hermes Consolidated, oil/gas/lube, \$14,900.17, Pitney Bowes Inc, supp, \$774.00, Bearlodge Engineering & Surveying, Mallo Camp improvements, \$5,072.50, Air Delights, supp, \$152.83, Alert Inc, training, \$850.00, All Clear Windows, supp, \$75.00, Alpha Communications, new equip, \$643.00, American Solutions for Business, supp, \$664.76, American Welding, repair/maint, \$333.79, AT&T, comm, \$990.11, Black Hills Chemical & Janitorial, brd of prisoner, \$698.20, Black Hills Plumbing, brd of prisoner, \$890.00,

Black Hills Power, util, \$1,745.10, Brownell's Inc, equip, \$115.88, Byrand Streeter, contract wages, \$1,158.75, Cambria Supply, oil/gas/lube, \$451.93, Campbell Co Sheriff's Office, brd of prisoner, \$300.00, Casey Thorson, supp, \$550.00, Central WC Solid Waste Dist, cwswd, \$1,875.00, City of Newcastle, util, \$5,194.66, Comtronix, comm, \$156.00, Culligan Water Conditioning, misc, \$15.00, Decker's Market, supp, \$93.36, Diebold Inc, supp, \$798.00, Double D Obsolete, repair/maint, \$174.29, ESRI, gis land records, \$250.00, Family Dollar Stores, supp, \$13.00, First State Bank, box rent, \$25.00, Fisher Sand & Gravel, gravel/rd mtrl, \$2,219.06, G&C Glass, repair/maint, \$252.23, Gateway Auto Supply, veh/maint/fuel, \$937.82, Golden West Technologies, software/comm, \$3,462.60, Hansen & Peck, office exp, \$4,250.00, Jerry Shepperson, mile/trvl, \$84.00, Johns Electric, repair/maint, \$84.05, KASL, print/pub, \$684.00, Kone Inc, repair/maint, \$525.96, Lenard D Seeley, mile/trvl, \$210.00, Lexis Nexis Matthew Bender, misc, \$476.96, Lichen Research Center, software, Lori Bickford, misc, \$2.50, Mamie C Krank, mile/trvl, \$30.00, Mastercard, veh/maint/fuel, \$1,153.13, Matthew Bender & Co Inc, misc, \$521.40, Max Masters, land rec, \$1,900.00, Michelle Sweet, misc, \$33.46, Minuteman Lube Center, maint/fuel, \$65.58, Moore Medical LLC, supp, \$224.73, Newcastle Ambulance Service, ambulance, \$7,311.66, Newcastle Motors, veh maint/fuel, \$567.43, News Letter Journal, print/pub/supp, \$2,202.14, Office Ally, immuniz, \$19.95, Osage Ambulance, ambulance, \$4,375.00, Outlaw Motors, airport, \$635.40, PFC Products Inc, supp, \$170.63, Plainmen, supp, \$2,120.77, Powder River Energy Corp, util, \$1,145.49, Power Plan OIB, repair/maint, \$114.30, Preventive Health and Safety Division, supp, \$28.00, Randy Rossman, mile/trvl, \$72.00, Reserve Acct-Pitney Bowes, post/freight, \$1,300.00, Roadrunner Disposal Service, util, \$60.00, RT Communications, comm, \$2,326.98, Servall Uniform/Linen Co., misc, \$225.44, Shopko, supp, \$87.11, Shreds, misc, \$879.25, Smilemakers, med supp, \$126.95, Source Gas, util, \$1,563.77, State of WY, veh maint/fuel, \$1,462.81, Thomson Reuters, misc, \$617.93, Timberline Services, gravel, \$19,377.56, Top Office Products, supp, \$9,571.10, Town of Upton, community/landfill, \$2,875.00, Uber Geek Computer, repair/maint, \$30.00, Upton Ambulance, ambulance, \$4,375.00, Urbin Law Office LLC, special atny, \$415.06, Verizon Wireless, comm, \$181.39, Visa, misc, \$498.95, WCS, comm, \$448.25, West River International, repair/maint, \$555.62, Western Printing, supp, \$307.60, Western States Sheriff Assoc, mile/trvl, \$175.00, WC Childrens Center, child ctr, \$3,750.00, WC, airport insurance, \$987.00, WC 4-H Council, supp, \$171.64, WC Gazette, print/pub, \$60.00, WC Health Services, jail med, \$1,842.28, WC Road & Bridge, veh/maint/fuel, \$3,348.50, WC Sr Services, brd of prisoner, \$1,427.00, Weston Engineering Inc, misc, \$15,162.30, Whirlwind Services, supp, \$560.00, Wireless Advanced Communications, veh maint/fuel, \$400.00, Woodys Food Center, brd of prisoners, \$182.37, WY Automotive, oil/gas/lube, \$596.52, WY Dept of Environmental Quality Solid & Hazardous Waste Mngt, maint, \$400.00, WY Dept of Health, misc, \$318.00, WY Dept of Transportation, gravel/rd, \$194,054.30, WY Law Enforcement Academy, school exp, \$100.00, WY Machinery Co, repair/maint, \$1,728.42, WY Network, financial admin, \$208.05, WY Trophy & Engraving, misc, \$14.79

There being no further business to come before the Commission the meeting was adjourned at 5:45 p.m.

Bill Lambert, Chairman

Attest: Cheryl Kregel, County Clerk

(Publish January 22, 2015)

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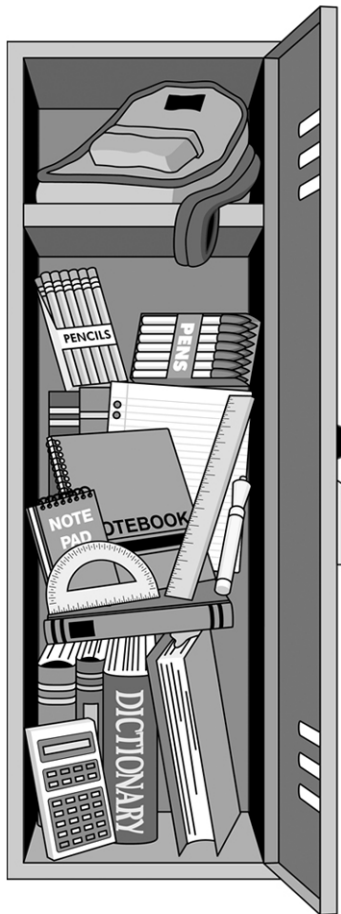
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We can order just about anything you're looking for!



**nlj**  
news letter journal

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## Blotter

### January 11, 2015

Civil standby requested. Extra patrol requested. Funeral Escort requested. Civil problem reported.

### January 12

Three VIN inspections requested. Trespass reported.

### January 13

Traffic hazard reported. Suspicious activity reported. Theft reported. Assist other agency. Suspicious activity reported. 911 hang up. Vehicle vs deer accident reported.

### January 14

Traffic stop. One arrest, DUI. Noise complaint. Accident reported. Traffic stop, One arrest, DUI. Traffic stop, Written Warning issued. VIN inspection requested. Report of a dog at large. Assist other agency.

### January 15

Arrest Warrant issued. Arrest Warrant issued. Report of a dog at large. Parking complaint. Found property reported. Traffic stop, Written Warning issued. Traffic control requested. School bus red light runner reported, Citation issued. Traffic stop, One arrest, Drugs. Traffic stop, Written Warning issued. Traffic stop, Equipment

Repair Order issued. Suspicious activity reported. Traffic stop, Written Warning issued. Suspicious activity reported.

### January 16

Traffic stop, Citation issued. Traffic stop, Citation issued. Assist other agency. Accident reported. Phone fraud reported. Report of a dog at large. Traffic stop, Written Warning issued. 911 hang up. Traffic stop, Written Warning issued. Traffic stop, Written Warning issued. Suspicious activity reported. Medical assist. Traffic stop, Citation issued. Suspicious activity reported. Medical assist. Traffic stop, Written Warning issued.

Traffic stop, Equipment Repair Order issued. Traffic stop, Drunk driver arrested.

### January 17

Drug activity reported. Traffic stop, Citation issued. Traffic stop, Written Warning issued. Missing dog reported. Harassment reported. Report of a dog at large. Harassment reported. Domestic disturbance reported, One arrest.



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News Letter Journal • 14 W. Main, Newcastle • (307) 746-2777

Court Report

CIRCUIT COURT
JUDGE MATTHEW F.G. CASTANO
Brandon A Morris, DUI: Alcohol- 1st Off W/IN 10 Years, Total Fine Paid, \$190
Patrick Talbot, DRIVE WHILE LIC SUSPENDED- 2nd + OFFENSE, Total Fine Paid, \$40
Patrick Talbot, DRIVE WHILE LIC CANCELLED, SUSPENDED, OR REVOKED IF NOT SUSPENDED FOR 31-5-229 OR 31-5-223, Jail: 90 days, Suspended 90 days. Total Fine Paid, \$40
Nathan A Wempen, UNDER 21- CONSUME ALCOHOL, Total Fine Paid, \$290
Marcie Crawford, PERMIT HOUSE PARTIES W/MINORS PRESENT. Total Fine Paid, \$490
Brandon A Morris, CARELESS DRIVING 1st OFF, Total Fine Paid, \$220
Ceara M Woldt, VALID DRIVERS LIC, Total Fine Paid, \$190
Kristina J Russell, DRIVE WHILE LIC CANCELLED, SUSPENDED, OR REVOKED IF NOT SUSPENDED FOR 31-5-229 OR 31-5-223 Total Fine Paid, \$420
Vickie L Mitchell CARELESS DRIVING 1st OFF, Total Fine Paid, \$220
Michael W Arp, FAIL TO PRODUCE AUTHORITY UPON DEMAND, Total Fine Paid, \$60
Bryce A Smith, EXCEED 65 MPH ON PRMRY/ SCNDRY(6+ MPH OVER) HWY. Total Fine Paid, \$91
Jody M McCormack, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$73
Bonnie K Palmgren, NO PASSING ZONES: OBEY SIGNS, MRKINGS, Total Fines Paid, \$110
Robert Bartels, INTERFERE W/PEACE OFFICER, Total Fine Paid, \$440
Ann Cottrell, EXCEED 65 MPH ON PRMRY/ SCNDRY(6+ MPH OVER) HWY, Total Fine Paid, \$70
Glenn S Riggs, SEAT BELT: DRIVER, Total Fine Paid, \$25
Eileen E Toth, SEAT BELT: PASSENGER OVER 12 YRS, Total Fine Paid, \$10
Kenda S Hossfield, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$73
Wade J Merchen, DRIVE VEH W/I SINGLE LANE, Total Fine Paid, \$70
Bonnie K Palmgren, POSSESS CONTR SUBST-POWDER OR CRSYT-3 GRAMS OR LESS, Total Fine Paid, \$690
Bonnie K Palmgren, POSSESS CONTR SUBST -PLANT- 3OZ OR LESS, Total Fine Paid, \$690
Ronnie L Huston, SEAT BELT: DRIVER, Total Fine Paid, \$25
Logan H Perino, EXPIRED/IMPROPER REGISTRATION, Total Fine Paid, \$120
James L Gerke, STOP SIGN, Total Fine Paid, \$110
Taylor E Cleverdon, POSSES CONTR SUBST- PLANT-3 OZ OR LESS, Total Fine Paid, \$390
Peter G Wilson, USE CONTR SUBST-SCH I, II OR III, Total Fine Paid, \$590
Robert D Daniels, BREACH OF PEACE, Total Fine Paid, \$190
Sean R Crabtree, OPEN FIRE PROHIBITED, Total Fine Paid, \$90
Jerry L Whitney, SEAT BELT: DRIVER, Total Fine Paid, \$25
Jerry L Whitney, FOLLOW TOO CLOSELY, Total Fine Paid, \$70
Lindsey, P Noble, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$90
Ruth Ligget, SEAT BELT: DRIVER, Total Fine Paid, \$25
Ruth Ligget, EXCEED 65 MPH ON PRMRY/ SCNDRY (6+ MPH OVER) HWY, Total Fine Paid,

\$89
Fern Porter, SEATBELT: PASSENGER OVER 12YRS, Total Fine Paid, \$10
Jack Scribner, UNLAWFULL CONTACT: RUDE, INSOLENT OR ANGRY TOUCHES W/O BODILY INJURY, Total Fine Paid, \$290
Mark L Schuessler, FAIL TO PURCHASE/ DISPLAY AN AIS DECAL, Total Fine paid, \$125
Taylor E. Cleverdon, SEAT BELT DRIVER, Total Fine paid \$25
Robert Alton Thomas Miller III, BREACH OF PEACE, Total Fine Paid, \$440
Kurtis D Phillips, SEAT BELT: DRIVER, Total Fine Paid, \$25
Megan Turner, COMPULSORY AUTO INSUR- 1st OFFENSE, Total Fine Paid, \$340
Daniel J Redding, OPEN FIRE PROHIBITED, Total Fine Paid, \$80
Wade J Merchen, SUPERINTENDENTS SPEED ZONE, Total Fine Paid, \$240
Jeffrey C Dowdy, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$82
Brenda R Sewell, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$111
Mark E. Stenson, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine paid, \$83
Mark E. Stenson, CHILD SAFETY RESTRAINT SYSTEM, FIRST OFFENSE, Total Fine paid, \$50
Sandra J Ducho, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$82
Teresa D Schutterle, CRIMINAL CONTEMPT, Total Fine Paid, \$140
Teresa D Schutterle, FAIL TO PROVIDE PROOF OF LIABILITY INSUR, Total Fine Paid, \$410
Jeremy S Moore, SEAT BELT: PASSENGER OVER 12 YRS, Total Fine Paid, \$10
Lee M Schroeder, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$67
Peter G Wilson, DRIVE WHILE LIC CANCELLED, SUSPENDED, OR REVOKED IF NOT SUSPENDED FOR 31-5-229 OR 31-5-223, Total Fine Paid, \$425
Peter G Wilson, COMPULSORY AUTO INSUR, 1ST OFF, Total Fine paid \$425
Charisse M Jordan, EXPIRED/IMPROPER REGISTRATION, Total Fine Paid, \$117
Charisse M Jordan, FAILURE TO PROVIDE PROOF OF LIABILITY INSUR, Total Fine Paid, \$415
Bailey T. Crackel, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$73
Joseph R Wood, EXCEED 65 MPH ON PRMRY/SCNDRY (6+ MPH OVER) HWY, Total Fine Paid, \$70
Total Out of Area Violations, \$38,140.

Bid Notice

RFP FOR CONSULTANT SERVICES: UPTON CITY PARK MULTIPURPOSE FACILITY - FEASIBILITY STUDY

Summary: The Town of Upton is looking for a qualified Consultant to prepare a feasibility study for a multi-purpose community facility located within Upton City Park.
Proposal Deadline: February 5, 2015
Detailed Information:
The study is to identify an appropriate facility to be built in a location to be determined within the park; identification of tenants for the building and their needs; proposed elevations and construction costs; long term maintenance costs; and, potential partnerships both public and private.
Due to a tight schedule for grant applications, the study is to be completed by April 30, 2015.
The major goals of the project are:
Identify potential community partners
Determine general interest of the community
Creation of a conceptual site plan with elevations
Identify long term financial management.
The complete RFP can be obtained by contacting:
Weston County Development Board Attn: Ann Barker wcdubupt@rtconnect.net
(Publish January 22 and 29, 2015)

Public Notice

ANNOUNCEMENT
Weston County School District #1 has an opening for a School Board Member. The position runs from February 11, 2015 to November 30, 2016. The deadline for applications is February 6, 2015 at 4:30 pm. Please send a letter of interest to:
Weston County School District # 1
c/o Board Vacancy
116 Casper Avenue
Newcastle, WY 82701
(Publish January 22 and 29, 2015)

City Financial Statement

CITY OF NEWCASTLE
SEMI-ANNUAL FY 2015 YTD FINANCIAL REPORT
THROUGH DECEMBER 2014
REVENUES ACCOUNT NET ESTIMATE YTD RECEIPTS GOAL 50%
Taxes \$787,296.00 \$499,780.42 63%
Licenses & Permits \$176,150.00 \$66,107.18 38%
State Shared Revenue \$1,693,600.00 \$1,068,085.41 63%
Office Services \$100.00 \$15.50 16%
City Hall Rental \$15,600.00 \$9,900.00 63%
Police Department Revenue \$157,050.00 \$93,630.69 60%
Cemetery Revenue \$9,500.00 \$4,150.00 44%
Other General Revenue \$1,016,576.00 \$451,910.32 44%
TOTAL GENERAL FUND REVENUE \$3,855,872.00 \$2,193,579.52 57%
Water Revenue \$1,309,900.00 \$447,247.38 34%
TOTAL WATER REVENUE \$1,309,900.00 \$447,247.38 34%
Sewer Revenue \$321,410.00 \$113,107.17 35%
TOTAL SEWER REVENUE \$321,410.00 \$113,107.17 35%
Garbage Revenue \$686,901.00 \$430,674.44 63%
TOTAL GARBAGE REVENUE \$686,901.00 \$430,674.44 63%
TOTAL REVENUE 2014-15 \$6,174,083.00 \$3,184,608.51 52%
APPROPRIATIONS ACCOUNT APPROPRIATED YTD EXPENDED GOAL 50%
Legislative \$30,400.00 \$12,402.65 41%
Judicial \$28,158.00 \$12,080.21 43%
Executive \$7,200.00 \$3,599.96 50%
Clerk & Treasurer \$134,554.00 \$62,659.70 47%
City Attorney \$33,600.00 \$16,800.00 50%
General Administration \$359,148.00 \$181,519.64 51%
City Hall \$28,623.00 \$20,489.46 72%
TOTAL GENERAL GOVERNMENT \$621,683.00 \$309,551.62 50%
Police Department \$1,145,568.00 \$524,165.33 46%
Fire Department \$191,500.00 \$26,576.23 14%
City Engineer/Protective Inspection \$68,988.00 \$33,188.81 48%
TOTAL PUBLIC SAFETY \$1,406,056.00 \$583,930.37 42%
Streets & Alleys \$1,241,407.00 \$612,341.54 49%
City Engineer-Street Department \$39,637.00 \$13,868.56 35%
Cemetery \$62,789.00 \$16,361.29 26%
Airport \$105,850.00 \$16,826.28 16%
TOTAL PUBLIC WORKS \$1,449,683.00 \$659,397.67 45%
Senior Citizens Center \$30,000.00 \$7,500.00 25%
Weston Co. Children's Center \$9,000.00 \$2,250.00 25%
No.WY Mental Health \$6,500.00 \$1,625.00 25%
FOCUS \$6,500.00 \$- 0%
Weston Co. In-Home Health \$5,500.00 \$1,375.00 25%
Weston Co. Youth Services \$15,649.00 \$4,600.44 29%
Ambulance Service \$100,000.00 \$49,999.98 50%
TOTAL HEALTH & WELFARE \$173,149.00 \$52,000.42 30%
Parks \$132,601.00 \$74,639.84 56%
Newcastle Recreation Board \$36,200.00 \$9,165.21 25%
TOTAL CULTURE & RECREATION \$168,801.00 \$83,805.05 50%
Humane Society \$17,000.00 \$4,250.00 25%
Chamber of Commerce \$13,000.00 \$3,250.00 25%
Elections \$6,500.00 \$5,669.07 87%
TOTAL OTHER GENERAL EXPENSES \$36,500.00 \$13,169.07 36%
TOTAL GENERAL FUND \$3,855,872.00 \$1,717,204.20 45%
WATER FUND
Debt Service/Bond Payment \$62,618.00 \$62,617.50 100%
Wells, Tanks & Equipment \$465,615.00 \$276,958.88 59%
Transmission and Distribution \$373,838.00 \$156,658.34 42%
City Engineer - Water \$36,387.00 \$16,713.11 46%
Accounting & Collection \$64,767.00 \$19,525.87 30%
Other General Expense \$306,675.00 \$67,449.13 22%
TOTAL WATER DEPARTMENT \$1,309,900.00 \$599,922.83 46%
SEWER DEPARTMENT
Sewer Department \$290,523.00 \$70,030.97 24%
City Engineer - Sewer \$30,887.00 \$11,779.77 38%
TOTAL SEWER DEPARTMENT \$321,410.00 \$81,810.74 25%
GARBAGE DEPARTMENT
Garbage \$343,165.00 \$188,115.70 55%
City Engineer - Garbage \$51,587.00 \$17,810.60 35%
Other General Expenses \$292,149.00 \$75,525.33 26%
TOTAL GARBAGE DEPARTMENT \$686,901.00 \$281,451.63 41%
Semi-Annual
TOTAL APPROPRIATION FUNDS 2014-15 \$6,174,083.00 \$2,680,389.40 43%

Charita Brunner, City Clerk/Treasurer
(Publish January 22, 2015)

Budget Notice

NOTICE OF BUDGET AMENDMENT
NOTICE IS HEREBY GIVEN THAT the Board of Weston County Commissioners proposes to amend the County Budget for the Fiscal Year 2015 in the following particulars:
Weston County was awarded funding for the Countywide Consensus List Block Allocations through the Office of State Lands and Investments. Increase the General Fund portion of the budget because of an unanticipated Federal Mineral Royalty Grant in the amount of \$521,710.00, and allocate the monies to expenditure line items in the following particulars: Courthouse Repairs \$150,000.00; Youth Exhibit Hall Improvements \$100,000.00; Solid Waste Projects \$211,710.00 and Mallo Camp Water Tank Phase II \$60,000.00.
NOTICE IS FURTHER GIVEN that this unanticipated budget matter will be considered and acted upon by the Board of County Commissioners at a meeting on February 3, 2015, at 10:00 am.
DATED this 29th day of December, 2014.
Board of County Commissioners
Weston County, Wyoming
(Publish January 22, 2015)

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# Business

news letter journal



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Toll: 866-328-7960 Cell: 307-629-1482  
gmsales@rtconnect.net

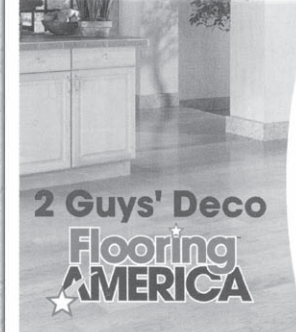
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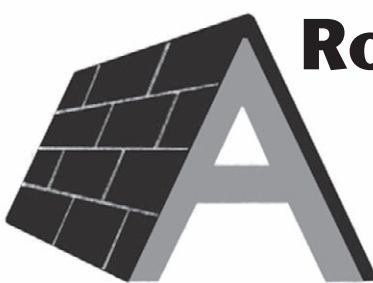
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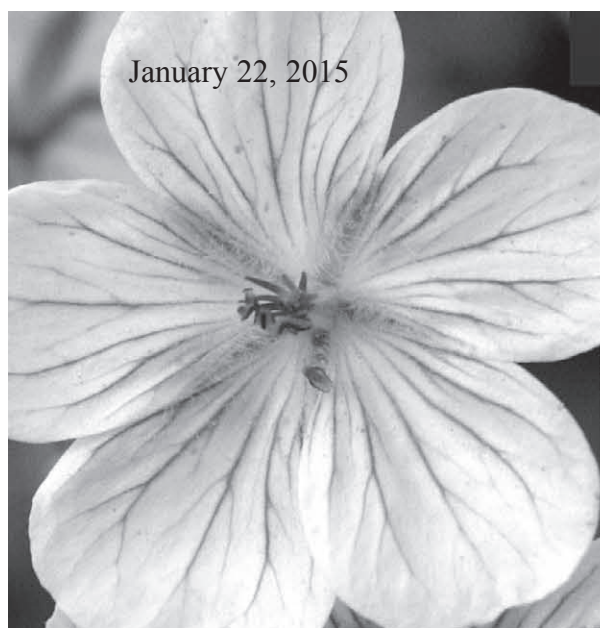
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# Classifieds

news letter journal

### Card of Thanks

Thanks to my awesome family and friends, near and far, organizations and clubs for your prayers, cards and calls after my stay in the University of Colorado Hospital in Denver. These are the bright spots that bring joy to the day.

Sincere Thanks,  
Madeline Worden

### Help Wanted

The Newcastle, Wyo Post Office is seeking a part time Letter Carrier. \$15.68 p. hour. 25-40 hours per week. Please see Vacancy Announcement at Post Office to apply. For more information contact Postmaster at 307-746-2309.

Looking for light car & truck tire technician; light mechanical helpful. Apply in person at Outlaw Motors in Newcastle. 04-1fn

### Help Wanted

Part time help needed, caring for paralyzed woman. Duties include personal care, cleaning, cooking, running errands. No experience needed. Call 746-3170 after 3 p.m. 04-3tp

Evening cashier, approximately 60 hrs every 2 weeks. Apply in person at 4-Way Gas N Go. 35-1fn

Looking for light car & truck tire technician; light mechanical helpful. Apply in person at Outlaw Motors in Newcastle. 04-1fn

Openings for all hours, full-time and part-time. Please apply in person or online at subway.com. 19-1fn

### For Rent

Mobile homes for rent. 3 bdrm, 1 bath; and 4 bdrm, 1 bath. No pets. Call 941-0913. 49-1fn

### For Rent

House for Rent; 3 bdrm, 2 bath, with 40'x50' garage. \$1,500 per month, plus utilities. Call 746-5337. 49-1fn

### Homes for Sale

House for sale; 108 Donaldson Drive. Call 307-746-8412, ask for Betty. 01-20tp

Mobile home for sale; good condition; 14 x 60. Must be moved; \$11,000. Call 746-2859 or 307-421-5546. 03-3tp

### Odd Jobs Wanted

Will do yard work, snow shoveling, gutter cleaning, tree trimming, painting, light carpentry, etc. Call Leonard Lang (307) 746-2999. 51-3tp

### Hay for Sale

Alfalfa/Grass 2014's, small squares, \$4.00 each. Excellent quality, located in Spearfish. Call 605-390-4844 or 605-722-4418. 02-3tp

### For Sale

2006 Buick Lucerne CXS loaded 102,000 miles very good condition, \$6,800.00. Call 465-2256. 04-3t

2008 8x25' Steel Deck Gooseneck Trailer 2-7000lb axle w/brakes. Good Tires 10 ply & new spare. Firm: \$4,500 746-8636. 02-4tc

2007 Dodge 2500 HD 5.9 Diesel /6 speed/manual trans 4:10 limited slip rear end; very clean/1 owner/103,000 miles w/Bradford flat bed w/tool boxes. Firm: \$21,000. Call 746-8636. 02-4tc

Nice computer desk with top shelves and two black file cabinets. Call Betty at 307-746-8412.

Weight System Exerciser Weider Pro 4300, excellent condition \$100. Located 25 miles north of Newcastle, call 746-4919.

tion \$100. Located 25 miles north of Newcastle, call 746-4919.

**Self-Help WESTON COUNTY HELPING HANDS FOUNDATION.** Applications are now available for help. Please contact Rita Conklin at (307) 629-0627.

### AL-ANON

(Help for family & friends of alcoholics) meets every Tuesday night at 6:45 p.m. Mondell Heights.

**Veterans Outreach & Advocacy Program** (Wyo.Dept. of Health/BHD). OEF/OIF veterans eligibility, (307) 630-3230.

**TOPS (Take Off Pounds Sensibly) Meeting on Tues. at 4 p.m. at First United Methodist Church upstairs.** Contact Joyce Brown 746-3696.

### Self-Help

**TOPS (Take Off Pounds Sensibly) Meeting every Thurs. morning at the Weston County Senior Center.** Contact Ellen Butts, 746-4251.

### Weston County Sportsmans Club.

Lady's Firearm Safety and Self Defense Class. FREE, held Wednesdays, 7-9 p.m. Contact Craig Stuart at (307) 746-2822

### Safe Ride

**SAFE RIDE, Thursdays, Fridays and Saturdays only from 4 p.m.-2:30 a.m.** Donations accepted. There is an account at Pinnacle Bank for donations as well. Call 629-1682.

### Job Printing

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**EQUIPMENT OPERATOR**

The City of Newcastle is accepting applications until January 29, 2015, for employment in the public works department as Equipment Operator at the Newcastle Landfill. The successful applicant must possess a current Wyoming driver's license and be able to obtain a Class B commercial driver's license within six (6) months of employment. Applicant should have experience operating heavy equipment. Employment will include some weekend and evening hours, and applicant must be willing to be available for on-call duty. Starting salary DOE with benefits. Applications are available at City Administration Office located at 10 West Warwick, Newcastle, WY.

**Plant Hand**

Full-time position, Monday thru Friday Must be able to work shifts between the hours of 5 am to 9 pm Excellent benefits, competitive wages, paid holidays & vacation.

Apply in person at Red Giant Oil, 10 Big Red Rd, Newcastle, WY 82701 or e-mail resume to karend@redgiantoil.com

**PUBLIC SAFETY/EMERGENCY DISPATCHERS**

The Newcastle Police Department is accepting applications for Public Safety/Emergency Dispatchers. The position is open until filled. The starting salary for Communications Level 1 is \$13.77/hour with an increase after completion of basic academy, and another increase after 1 year of successful probation. We offer a step system for raises based on training and education with increases given after attainment of advanced and professional state certification. The City of Newcastle provides the full insurance premium for the employee and their family as well as a 50/50 match for retirement under the State law enforcement retirement plan. The position is 24/7 and requires shift work (nights, holidays, and weekends). The communications center answers incoming phone calls, ascertains nature and location of problems, dispatching necessary personnel and equipment to include Police, Sheriff, Fire and Ambulance services for Weston County. Records management is also a crucial part of the job as well. Job requirements that must be met: Age 21 or older, Citizen of the United States, education with high school diploma or GED. The minimum job qualifications: Basic computer skills to include proficiency in keyboarding (40+WPM), no criminal record that would disqualify from certification, medical and psychological evaluation, background investigation with fingerprint submittal for Federal, State and Local clearances, completion of application and passing percentage on written and oral testing and interviews. Preference will be given to P.O.S.T. Certified Telecommunicators. Please call, fax, stop in or e-mail for an application. Sgt. Melissa Stubbs, npdstubbs@rtconnect.net, Newcastle Police Department, 25 North Sumner, Newcastle, WY 82701, Ph: (307) 746-4486

**CUSTODIAL POSITION**

Weston County School District #1 is accepting applications for a custodial worker to join our team. Starting wage is \$14.13 hr. plus benefits. Applications are available on the school website at www.wcsd1.org or at the Administration Office, 116 Casper Avenue, Newcastle, WY., during normal office hours (7:30 a.m. - 4:30 p.m.). Positions will be open until filled. EOE

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Sponsored by a community benefit grant from Cheyenne Regional Medical Center. This activity has been submitted to the Colorado Nurses Association for approval to award contact hours. The Colorado Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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# Body, Mind

# & Spirit



**YOGA CLASSES** at Meadowlark Academy of Dance are currently offered Tuesdays at 8 p.m., Wednesdays at 7:30 p.m., and Fridays at 5:30 p.m. Classes are offered year-round, however schedules are subject to change each season. Yoga class is made to be accessible to all types of people, and is open to anyone from age 4 to age 104, and any level of experience, from beginner to a regular and advanced practitioner. Access the Meadowlark Academy of Dance Facebook page to see when classes are held, as well as any changes in schedule or cancellations.



## Ancient form of exercise encourages strength, flexibility, coordination & balance

Story by Michelle Abrams

Photos by Denice Pisciotti

Yoga is an ancient form of exercise with historical origins dating back to the 5th Century B.C. Yoga's intended purpose is to cultivate both physical and mental discipline. A regular yoga practice boasts numerous health benefits including: increased strength, endurance, flexibility, coordination, balance and muscle tone, stimulates a high metabolism, improves cardiovas-

cular, immune, respiratory, and circulatory system health, enhances good posture, results in heightened mental clarity and focus, and promotes stress relief for the body and mind. The array of positive results a regular yoga practice entails does not only extend to those who participate in classes as exercise or for stress relief, but it is also extremely beneficial for dancers and athletes of all kinds. Michelle Abrams, E-RYT 200 Vinyasa yoga instructor at The Meadowlark Academy of Dance, knows firsthand the value of yoga for athletic youth. As a former high school athlete and ballet dancer in Winnetka, Ill.,

and as a current geoscientist and yoga instructor, Michelle is well-rounded in her knowledge of both yoga and the science supporting its benefits. The idea that yoga is good for the body is not only something that is currently common medical knowledge at Harvard nowadays, it is something you feel directly as a consequence of yoga participation. Through dedication to a yoga practice, one is able to gain positive changes in many areas of life. Dancers employ the aspects of increased strength, flexibility, coordination and balance, as well as benefitting from cultivating the physical and mental

The author, above, in the Eka Paa Rajakapotasana (One Legged King Pigeon pose, a variation called Mermaid).

stamina and concentration yoga requires. The improvements seen in the dancers who participate in yoga class regularly at Meadowlark is well noted by their dance teacher, Jessica Graham.

"It teaches one presence and awareness, both crucial qualities any great dancer, performer, and student in general would require. Yoga is about being centered, and providing a healthy form of exercise which is relevant to the needs of the body, especially for dancers," Graham says.

Professional yoga teacher training requires coursework in skeletal and muscular anatomy, nutrition and diet, instruction on meditation and breathing techniques, as well as study of the physical postures and mental aspects of the practice. An E-RYT 200 instructor has more than 1,000 hours of experience teaching yoga classes, 200 hours of in-class work, and must pass several qualifying examinations at a registered yoga school to receive certification.


"Being educated as a yoga teacher, and concurrently studying for my Master of Science in geology, gives me the ability to approach yoga teaching from a scientific and logical standpoint, which allows me the flexibility to teach by using both my textbook yoga knowledge and hands-on experience. I feel yoga class should be an experience that is able to be enjoyed by all those who seek the benefits of participation," Abrams says of herself and her teaching style.

According to Abrams, yoga is an exercise which is loved and enjoyed by all ages, body types, men and women, and all levels of experience. It teaches body-mind awareness without judgment of oneself or others. Yoga classes are a fun and calming environment which challenge both body and mind, while increasing physical health and helping to relieve and alleviate stress.

Interested in giving yoga a whirl? At The Meadowlark Academy of Dance, the first class is free! Yoga classes are held regularly at the dance studio, located at 407 West Cambria in Newcastle. Class times are available on the Meadowlark Facebook page, or by calling 746-3526. Wear comfortable clothing, bring your own yoga mat, or if need be one will be provided.



Caylee Farnsworth, Megan Kenney, Keri Bissey and Paige Deyo stand on one leg in a compressed variation of Garudasana (Eagle Pose), which is a balancing posture. This photo was taken during a recent Yoga session at Meadowlark Academy of Dance in Newcastle.




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