

# News Letter Journal

Weston County

October 20, 2022

Newcastle, Wyoming

Year 136 Week 42

## School adjusts to math teacher vacancy

**Alexis Barker**  
NLJ News Editor

Newcastle High School and other Weston County School District No. 1 administrators have had to get creative to address a math teacher shortage

at the school after the resignation of Alexandria Barrett-Stith on Sept. 11.

Barrett-Stith resigned in a one-sentence email to Newcastle High School Principal Bryce Hoffman. The email stated that she was resigning due to health reasons, effective immediately.

Her resignation left the school with only one certified math teacher, Ashley Reed, according to Hoffman. To address the shortage, the school has partnered with Carnegie Learning to provide virtual classroom instruction until a full-time teacher can be found.

Not having a replacement for Barrett-Stith makes NHS one of four schools in the state that cannot fill a math teaching position, according to the Wyoming School Boards Association vacancy page.

“Finding a certified replacement

in the short term has been difficult. We reached out to Black Hills State University, Chadron State College, and the University of Wyoming and did not have any luck,” Hoffman said

— See **Math**, Page 6

## Leading with excellence

**Hannah Gross**  
NLJ Correspondent

A functioning organization usually has a good board working behind the scenes to make sure that everything is operating smoothly, sufficient funds are secured and future generations of board members are up and coming. However, many people often feel unprepared to adequately perform the duties of their position.

Such was the wisdom imparted to workshop attendees on Oct. 11 by Mary Martin, a University of Wyoming senior extension educator from Teton County. Martin presented the class “Leading with Excellence: Tools for Effective Boards” at the Weston County Senior Center. The workshop was attended by Weston County residents who serve on various boards and want to be more effective board members.

The attendees expressed their desire to understand board dynamics, implement decision-making policies and fund-raising techniques, find the purpose and goal of their boards, recruit new members and get current members to follow rules.

— See **Workshop**, Page 2

## \$51 million in work planned

**Alexis Barker**  
NLJ News Editor

The Wyoming Department of Transportation is in preservation mode, according to District 4 engineer Scott Taylor, and there is approximately \$48 million in projects aimed at preserving roadways scheduled for Weston County between 2022 and 2028.

During the department’s annual State Transportation Improvement Program, better known as STIP, presentation to the Board of Weston County Commissioners on Sept. 20, Taylor reported that there is a total of \$51,484,826 of work scheduled for Weston County during that time period.

According to the presentation, in 2022 the department planned to mill and overlay 6.8 miles on U.S. Highway 85 North for \$4,519,315 and 8.26 miles of

U.S. Highway 85 North from Four Corners to the South Dakota state line for \$4,003,876.

In 2023, the department plans to complete a mill and overlay project of 10.04 miles of U.S. Highway 85 from Four Corners to Red Butte for \$7,097,827. And in 2024, the department will complete the Bridge Off Road System project replacing the bridge on Old Highway 85 for \$3,432,000.

The following year, in 2025, the department will do work on County Road 1A, better known as Old Highway 85. Currently, the project is scheduled to be a full-depth reclamation project with a cost of \$869,083, although the commissioners have said they will reconsider other improvement options.

The department will also

— See **Roads**, Page 2



All about vets

Photo by Kim Dean/NLJ

U.S. Sen. John Barrasso, inset, along with staff members, made an early morning special appearance at the Weston County Senior Center on Tuesday, Oct. 11, during the monthly veterans’ breakfast, sponsored by Marna M. Kuehne Foundation. Barrasso gave a speech highlighting how the Cowboy State has a history of a high number of men and women serving in the military, and honored two recent Wyoming servicemen, Rylee McCollum and Seth Rasmuson, who lost their lives in the line of duty. He thanked those in attendance for their service and also handed out his military challenge coin that has the bucking bronc on it. Veterinarian Maggie Klein, of Jackson, Wyo., pictured with Laura, a former military working dog, was also at the breakfast. Klein described a program she is involved with, Animal Assisted Intervention, that takes former Transportation Security Administration and military working dogs, and pairs them with veterans to train and spend time with them before being re-homed. While working through Lackland Air Force Base in Texas, seven dogs will be arriving Oct. 1 and will rest for 14 days at a private ranch in San Antonio, Texas, before being transported to Wyoming as part of this program.



## Hieb brothers climb the ranks

**Hannah Gross**  
NLJ Correspondent

Without men and women dedicating their lives to protecting others, what kind of chaos would ensue?

Submitted photo

**Troy Hieb was promoted to captain at the Casper Fire Department on Oct. 7. He has his roots in fire-fighting since he was 14 years old, when he joined the Explorer’s cadet program in Newcastle, but his interest developed long before that when his older brother Ryan joined the cadet program.**

Thanks to the hard work of firefighters and police officers across the country, we can sleep a little more peacefully each night knowing that emergency services are only a phone call away.

The Hieb brothers, both graduates of Newcastle High School, have chosen to serve those heroic capacities, and they were both recognized recently for their service and dedication. Ryan Hieb was the recipient of Chadron State College’s Distinguished Young Alumni award for his work in the Wyoming Division of Criminal Investigation, and his younger brother, Troy, was just promoted to captain of the Casper Fire Department.

“I’m proud of what they’ve done, and they keep achieving new steps of what they’ve done in their jobs,” their father, Darrel Hieb, said.

“I was extremely honored to get that award from the college. It was completely unexpected,” Ryan said. “It was very meaningful to be honored and recognized by the college.”

Ryan works on a scientific computer crime team that focuses on cases that cross sexual boundaries, specifically child exploitation investigations, and anything involving computer crime. Last year was an “unprecedented year” when his team of six solved a

— See **Brothers**, Page 8

### WEATHER FORECAST

**Thursday**  
Sunny  
Hi 73, Lo 39



**Friday**  
Partly Cloudy  
Hi 63, Lo 42



**Saturday**  
Partly Cloudy  
Hi 72, Lo 43



**Sunday**  
PM Showers  
Hi 53 Lo 29



**Monday**  
Partly Cloudy  
Hi 43, Lo 27



**Tuesday**  
Partly Cloudy  
Hi 40, Lo 24

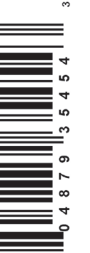


**Wednesday**  
Mostly Sunny  
Hi 49, Lo 30



### INSIDE

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- Singing, Page 7
- Bloom, Page 9



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## Not clownin' around



On Friday, Oct. 14, and Saturday, Oct. 15, Weston County Health Services volunteers held a haunted trail event at Serenity Trail, north of Newcastle. With costumes and makeup and plenty of decorations, volunteers played ghouls and goblins along a small loop of the trail to entertain and scare adults and children alike. A less scary trail was also available for small children to enjoy. That one only had static decorations and no actors. When he's carrying an aluminum bat, it's probably a good idea to avoid a maniacal clown.

Photo by Walter Sprague/NLJ

## Workshop from Page 1

An essential component of an effective board is a diversified board. Martin said it is good to have members with different ideas and opinions serving side by side.

"Be aware that we all have different styles and capitalize on the different talents," Martin said.

The class was divided into five units to cover the topics of board responsibilities, effective meetings, financial management and fund-raising, board-building cycles and strategic board communication.

Martin explained the "Big Ten" responsibilities of a board, which can be divided into three categories: to provide oversight, to set organizational direction and to ensure necessary resources. She provided tips on conducting strategic planning for organized meetings, selecting a capable director or CEO, and building a competent board.

Martin emphasized the importance of establishing budget guidelines to be mindful and prudent with resources while keeping legal and ethical integrity to balance transparency and responsibility.

"We want to cut (down) on legal fees by being more ethical," Martin said, presenting a comic to humorously illustrate her point. She added that legal issues develop when rules aren't followed.

Martin provided descriptions of different board member roles. She said that board members have the duty of care, loyalty and good faith and must be active and informed participants with independent minds.

"I didn't know" isn't a good excuse for a board member," Martin said.

The board chair is responsible for following the agenda, communicating with the executive director and facilitating discussion with dignity, among other things. Martin added that all members should be capable of fulfilling chair duties.

The secretary and treasurer must be trustworthy to ensure that records are kept safe and transparent. She explained the importance of fiduciary responsibility and cautioned against conflicts of interest because, according to Martin, that is a recurring issue throughout the state.

"We can't assume people are sinless," Martin said, emphasizing the need for accountability.

Every board looks somewhat different, so it is necessary to specifically describe the roles and rules of the board. When expectations are clear, the blame game can be eliminated, according to Martin.

"It's not unusual for a board to have its own set of rules," she said. "Know what your rules are and abide by them. ... Our rules should keep us out of prison."

Martin also offered techniques on how to run an effective meeting. Preparation is the key to hosting a focused and productive meeting. It's important "to hold people accountable to assigned actions" after the meeting is over.

She said it's important to start meetings on time and keep them under two hours. If an all-day meeting is necessary, providing refreshments or a meal can reduce tensions from potential debates and controversies.

"There's some homework that needs to go into having a good meeting," Martin said. "People behave better when they break bread together."

When dealing with difficult people, Martin said, it is important to target the behavior rather than attack the person and take ownership of one's own contribution to the conflict. It's important for everyone to be heard.

"If you're going to have a contentious meeting, it should be conducted formally," Martin said, noting that parliamentary procedure can eliminate emotional outbursts of anger.

"We have to be willing to be assertive. ... There are ways to say it that make it a win-win," she continued. "If you ignore difficult behaviors in the meetings, you're going to deal with it later. Nip it in the bud."

Ongoing communication and trusting relationships are key components between the board and staff. There must be respect for and confidence in the staff's abilities, as well as clear procedures of how mistakes are handled, she said, whether it's a forgive-and-learn policy or three-strikes-you're-out.

"The board can concentrate on governance if they trust the director," Martin said, adding that staff are responsible to enforce the visions set by the board and are accountable to the executive director.

Martin said an issue on many boards is "founders' syndrome." Rather than serving on a board for a long period of time, members need to be developing and preparing future leaders.

"No one stays in a job forever, so have a plan for how you're going to replace your executive director," Martin said.

Martin said it's important to cultivate a pool of potential board members, so it doesn't turn into a family-run board, creating a conflict of interest. She added that specific definitions and expectations help new members feel prepared.

"When you orient new boards, you should implement new board packets," Martin said, including the mission statement, financial audit and fund-raising goals.

Additionally, Martin encouraged the use of meetings as a reason to celebrate and give credit where credit is due when victories and accomplishments are achieved.

"Take the time to recognize victories and achievement. It's more fun than being on a board that works all the time," she said.



## COLOR WORKS

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## Roads from Page 1

complete a mill and overlay project in 2025 on U.S. Highway 85 for 10.37 miles from Mule Creek to BlackTail Creek at a cost of \$7,776,754.

In 2026, there are two mill and overlay projects scheduled in Weston County. The first is for 5.9 miles on WYO 110 with a cost of \$2,498,853 and the other on 13.6 miles of WYO 450 between Claretton and Reno Road for \$6,538,692.

Rounding out the 2022 STIP plan for Weston County are two mill and overlay projects in 2027 and 2028. The first will take place on 13.45 miles of U.S. Highway 16 near Soda Butte for \$5,979,554, and in 2028 the department will do work on 12.31 miles of U.S. Highway 16 from Upton to Osage for \$8,779,872.

For District 4, WYDOT has planned a total of \$397,007,435 — Campbell County (\$87,374,140), Crook County (\$107,307,332), Johnson County (\$66,569,773), Sheridan County (\$84,341,364) and Weston County (\$51,484,826) — in projects between 2022 and 2028. In addition to the road projects, the department plans to complete \$24,054,510 in contract maintenance projects — chip seals, crack seals, rumble strips, culvert lining, epoxy striping and sign upgrades — during the same period.





# nlj IDEAS

## Our View

### Props to those who attended

The News Letter Journal would like to offer a huge shout-out to all the individuals and boards that made an effort to have at least one board member in attendance at the board training hosted by the Weston County Extension Office on Oct. 11. The training was well attended, although we were disappointed to see that several boards were unrepresented that could have used the provided training.

Presented by Mary Martin, a University of Wyoming senior extension educator from Teton County and avid board member, the training highlighted the importance of boards and several points that boards should pay attention to and follow.

The class, entitled "Leading with Excellence: Tools for Effective Boards," is detailed in this week's story, "Leading with excellence," on Page 1. Important points made to those in attendance included the proper hierarchy of a board, working with the public, Robert's Rules of Order, and the need for proper communication among board members.

Martin also shared several areas where board members often make mistakes — many of which have been seen locally in recent months — as well as the best ways for boards to avoid making those mistakes in the future.

More often than not, it seems, this newspaper —

out of due diligence and duty to the public — ends up reporting on negligent behavior of local boards, so it's nice to have the opportunity to highlight and give proper credit to all of those board members that went out of their way to learn something new. We were impressed with the non-biased nature of the training, and the wide array of information provided by Martin.

So, to that end, kudos to the Weston County Fair Board, Weston County Health Services Board of Trustees, Weston County Museum District, Weston County Travel Commission, Weston County Senior Center Board, Weston County Republican Party, Weston County Friends of the Fair Board, Weston County Extension and the Rockpile Museum in Gillette, all of whom were represented at the training.

Individual attendees included Harriet Birkley, Shirley Harder, Kari Drost, Jamie Farnsworth, LeAnn Kenagy, Charlie Turner, Norma Shelton, Galen Stafford, Sandra Stewart Holyoak, Sherry Lowell, Vicki Hayman, Mike McFarland and Rhonda Lyman.

It is our fervent hope that, with the training provided as well as future efforts toward public service and transparency, we will no longer be faced with reporting that is less than favorable in regard to our local institutions and those who so willingly volunteer to serve the public.

## POLL of the WEEK

QUESTION:  
Are state test scores an indicator of the quality of our schools?

- Yes
- No

Go to [newslj.com](http://newslj.com) to vote! Look for results in next week's News Letter Journal.

RESULTS:  
Do you believe our elections in Weston County are accurate and secure?

- Yes ..... 83% (20 votes)
- No ..... 17% (4 votes)

## Letter to the Editor

### Positive poll watchers

To the Editor:  
Dear citizens, the Weston County Republican Party has enthusiastically endorsed the Poll Watcher Initiative because it is a valuable resource in proving to citizens that, here in Weston County, your election is conducted freely and fairly and that your individual vote matters and is properly counted.

The Poll Watcher Initiative was designed to be a positive, collaborative initiative that supports our county clerk's office, reassures our citizens that proper pro-

cedures are followed, and works with our county clerk, Becky Hadlock, to identify and solve small problems before they become big issues.

Just recently, I received a call from a citizen who alerted me to a potential problem with mailed absentee ballots. I let Becky know and she coordinated with the local post offices to ensure that all mailed absentee ballots would make it to the clerk in time to be counted. Becky was able to quickly solve this problem and I was able to call the citizen and assure them that their vote would be counted. This was a great example

of the teamwork and collaboration that the poll watchers program was designed to foster.

We have had several recent elections that have been decided by slim majorities — proving that every vote matters. I am proud of the Weston County Republican Party's role in the poll watcher program and grateful to the many citizens that have contributed to the success of Weston County's Poll Watcher Initiative.

If anyone would like to get involved in this initiative, please feel free to contact me at 307-312-0768 or via our website, [westoncountywy.gov](http://westoncountywy.gov). Best regards,

— Kari Drost, Chair, Weston County Republican Party



## What's killing our Wyoming folks over 100 years old?

The last four months appear to have been a terrible time for our folks over 100 years of age in Wyoming — we have at least 10 who have died.

The Cowboy State is the lowest populated state in the country and as such, does not have a lot of folks over 100 years old. Called centenarians, the state started the year with an estimated 29 of them.

I have been writing about folks over 100 years old, it seems, during my entire career, and one thing that seems consistent is the time of year in which they typically die. Most often, it is after Christmas and during the cold, dark days of winter.

But not this year. These folks expired during the prettiest time of the year — the summer months, when days are long and temperatures are warm.

Plus, these folks all survived the COVID pandemic that plagued the world during 2020 and into 2021. They, obviously, were survivors.

Cowboy State Daily has consistently published the state's obituaries each week. I find reading many of them to be fascinating. These folks led some very interesting lives. I would challenge our readers to click on the names and read about some of these folks.

Of the 10 who recently died, we have people who served in World War II, women who drove trucks, men who competed in the senior Olympics at the age

of 100, those who loved living in the emptiness of Wyoming, and some folks who literally lived lives to their fullest.

Seriously, is it not unusual for so many of our older prominent residents to die during this time?

It appears yes, but there is no conspiracy at work here. Their wonderful lives just came to an end. These are their stories.

The oldest of this group who passed was Mary See, 107, who was tied with Vera Brown of Recluse as the state's oldest. Vera is still going strong. Here is the list of the 10 recent centenarians who have died:

Mary See, 107, Powell. Mary See was married to her husband Claude, for 67 years and they bought a farm on the north end area of Powell in 1938. She enjoyed fishing and camping in the Beartooth Mountains, reading a good book, and gardening.

Pauline Stearns-Welty, 105, Riverton. She and her husband had a dairy in the Pavillion area. In a nice tribute by reporter Randy Tucker, she was referred

to as an icon in that part of Fremont County.

Zella Rogers, 104, Cheyenne. Zella had six siblings and as the eldest girl, by the time she was 4, she would stand on a stool in their sod house and make biscuits for her family. Zella loved ranch life out in the "middle of nowhere" on the hot, dry prairie. Zella would ride her white horse to school two miles back and forth every day with her black dog, Tip.

Jack Burns, 103, Cheyenne, was a great Wyoming character. Poet Mary Oliver asks, "What is it you plan to do with your one wild and precious life?" After 103 and a half beautiful years, it's clear that Jack Burns' answer was: "Everything!"

He enjoyed water skiing, golfing, traveling, hunting, fishing, spending time with family and friends, protecting his raspberry crop from hungry birds, making gorgeous stained-glass pieces in his basement workshop, challenging anyone to a game of cribbage, relaxing with his dog, cheering on the Wyoming Cowboys, being a social butterfly, and drinking his nightly glass of Scotch, which he poured every day at 4:59 p.m.

Ethel Gerard, 102, was born in Thermopolis in 1919 to Scottish immigrants. Ethel was a college graduate in an era when few women even attended college. During

the war, Ethel worked as a typist for V-Mail — a program designed to reduce the physical mass of mail to and from soldiers stationed overseas. V-Mail letters were written on a special form, photographed into microfilm, transported across the world.

Chuck Bruner, 102, Douglas, was born at Bruner Ranch home south of Douglas. Following a childhood rooted in his rural life on the ranch, he ultimately spent three years with the Navy during World War II. In 1949, he began building his innovative straw-bale home.

Chuck's career in mechanics was a testament to his lifelong universal curiosity. Chuck's love of the Wyoming outdoors, specifically hunting, fishing, and camping continued into his 93rd year. In 2014, Chuck participated in Wyoming's Senior Olympics and continued into his 100th year, always in his cowboy boots and jeans.

Robert Paul Bixby, 101, Cheyenne, grew up on a homestead claim 15 miles north of Cheyenne in the Little Bear neighborhood where Paul walked to the Goggin School about a mile away. He went on to receive training as an electrician and soon enlisted in the U.S. Army. He was the first Cheyenne member of the International Brotherhood of Electrical Workers and received his 85-year pin from

that union.

Bertha Sandberg, 101, Albin, received her Bachelor's degree from Chadron State. She served as president of Gamma Chi Omega, was homecoming queen, member of the College Chorus and of Cardinal Key Honor Society. She taught business and Latin at Chugwater for two years. She married Marvin Sandberg when he returned from World War II and they lived on a wheat farm near Albin.

Eleanor Steinberg, 100, Riverton, spent the majority of her life in Philadelphia before coming to Wyoming. She loved dancing plus her grandchildren, and great grandchildren very much. She had a wicked sense of humor and was kind to everyone she met.

Anna Amelia Nelson, 100, Torrington. Anna grew up on the family ranch near Jaireh and attended country school there at Dry Creek. She married Linden Nelson on Feb. 4, 1939, at Keeline, where the couple were married just shy of 77 years.

Bill Sniffin is a retired newspaper publisher who has penned a number of books about Wyoming. Check out additional columns written by Bill at [www.billsniffin.com](http://www.billsniffin.com), and find volumes from his coffee table book series, which have sold over 30,000 copies, for sale at the News Letter Journal.

## Deadline for Letters to the Editor is noon on Friday

News Letter Journal: WPA and NNA Award Winner

## WHO



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NLJ Correspondent: Avery Chick  
Photographer: Nicole McFarland  
Photographer: Tyler Sage

## 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.

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## 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 noon.

## WHY

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



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- 9 out of 10 newspaper readers vote in local, school board, and city elections.
- 75% of newspaper readers vote in state and national elections.
- 402,000 Wyoming adults read local print or digital newspapers.

Source: *The Wyoming Market Study, 2022; Conducted by Coda Ventures*

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# Here's how to make safe jerky

While you can buy jerky, you can also make it yourself! Proper drying of jerky removes most of its moisture, making the product shelf-stable.

Jerky can be made from almost any lean meat, including beef, pork, wild game, or smoked turkey breast. Raw poultry is generally not recommended for use in making jerky because of the texture and flavor of the finished product.

Remember food safety when making jerky! Raw meats can be contaminated with microorganisms that cause disease. Harmful pathogens can quickly multiply in moist, high-protein foods like meat and poultry and cause illness if the products are not correctly handled. The pathogens of greatest concern are Escherichia coli [E. coli] O157:H7 and Salmonella. The Trichinella parasite is dangerous too.

Washing your hands with soap and warm water often and thoroughly when handling raw meat, poultry, and fish is essential! Scrub your hands for at least 20 seconds, rinse, and dry with a clean paper towel.

If drying pork or wild game (antelope, bear, cougar, deer, elk), freeze the meat prior to drying to kill the Trichinella parasite before it is dehydrated. This parasite causes the disease trichinosis. To treat the meat, freeze a portion that is 6 inches or less thick at 0°F or below for at least 20 days.

Use only lean meat in excellent condition. For whole muscle jerky, trim the meat of excess fat and slice no thicker than 1/4-inch. Fat turns rancid very quickly and develops off-flavors during drying and storage.

Partially freeze meat to make it easier to cut. Slice the meat with the grain if you prefer chewy jerky. Five pounds of fresh meat will weigh approximately two pounds after drying.

Maintain meat under refrigeration or keep frozen until use. If marinating meat, do so in the refrigerator.

Keep raw meat, cutting surfaces, and equipment that has touched raw meat separate from ready-to-eat foods and other work surfaces and equipment. After washing cutting surfaces and equipment, sanitize them with a solution of 1 teaspoon of unscented chlorine bleach per one gallon of room temperature water. Let them air dry.

Jerky needs to be processed in a way that destroys pathogens. Research shows there are three options for preparing jerky

safely in addition to the drying process:

**Vinegar soak:** Vinegar is an acid, and it destroys Salmonella and E.coli pathogens on the meat. The effectiveness of the vinegar soak method in killing Trichinella parasites found in game meat has not been tested, so this method is not recommended for game meat. The Vinegar Marinade Jerky recipe included in this article uses the vinegar pasteurization process.

**Pre-cook the meat:** Meat can be pre-cooked by baking in the oven or by dipping in hot brine. Either way, the meat needs to reach an internal temperature of 160°F to destroy pathogens. The Hot Pickle Cure Jerky recipe in this article uses the pre-cook method by dipping it in hot brine.



Vicki Hayman  
 Extension Notes

**Post-drying heating:** Placing dried meat strips on a cookie sheet in a 275°F oven for 10 minutes will also kill pathogens.

Properly dried jerky is chewy and leathery. Let cool slightly, then bend the jerky; it should crack, but not break when bent. When jerky is sufficiently dry, remove the strips from the drying racks to a clean surface. Pat off any beads of oil with a paper towel and let cool.

For extra safety, heat jerky in an oven after drying. Research has shown that an extra margin of safety can be achieved by heating dried meat strips in a preheated 275°F oven for 10 minutes. Allow meat to cool, blot to remove excess fat, and package for storage.

Dried jerky can be stored for two weeks at room temperature, in the refrigerator for up to 6 months, or frozen for up to one year. Occasionally check the jerky you've stored at room temperature or in the fridge to make sure no mold is forming. Discard it if you find mold. Vacuum package jerky to extend the shelf life.

Try these research-tested recipes for whole-muscle jerky.

### Vinegar-Marinade Jerky

Ingredients per two pounds of lean meat slices (not recommended for game meat):

- Pre-treatment dip:  
 2 cups vinegar  
 Marinade ingredients:  
 1/4 cup soy sauce  
 1 Tablespoon Worcestershire sauce  
 1/4 teaspoon black pepper  
 1/4 teaspoon garlic powder  
 1/2 teaspoon onion powder  
 1 teaspoon hickory smoked salt  
 Directions: Place 2 cups vinegar in 9x11-inch pan or plastic storage container.

Add meat strips to the container, making sure vinegar covers all of the strips; let soak 10 minutes, occasionally stirring to ensure the distribution of vinegar on strips.

Combine all marinade ingredients and place them in a 1-gallon re-sealable plastic bag. Add lean meat slices to bag; seal bag and massage pieces to thoroughly distribute marinade over all of the meat strips. Refrigerate bag for 1 to 24 hours.

Remove meat slices from bag, and place flat, without touching each other, on clean dehydrator trays, oven racks, or other drying trays.

Dry in a dehydrator or oven. Dry meat at 145°F for 10 to 14 hours or until slices are adequately dry.

### Hot Pickle Cure Jerky

Ingredients per two pounds of lean meat strips sliced with the grain, not crosswise:

- Pickling Spices:  
 1 teaspoon black pepper  
 1 1/2 Tablespoons salt  
 1 Tablespoon sugar  
 Hot Pickle Brine:  
 3/4 cup salt  
 1/2 cup sugar  
 2 Tablespoons black pepper  
 1 gallon water

Directions: Place jerky slices on clean cookie sheets or flat pans. Evenly distribute half of the pickling spices on the top surfaces of the jerky pieces. Pound the meat on both sides to work in the spices. Cover and refrigerate for 24 hours.

Combine ingredients for hot pickle brine in a large pot. Stir to dissolve salt and sugar and bring to a slow boil. Place a few meat slices at a time in a steamer basket and lower it into the brine. Simmer for 1 1/2 to 2 minutes, occasionally stirring to make sure all pieces are immersed.

Lift the basket out of the pot and drain off liquid. Using clean tongs, remove meat pieces and place flat, without touching each other, on clean dehydrator trays, oven racks, or other drying trays. Repeat the process until all meat pieces have been pickled in the brine solution and placed in the dehydrator or oven.

Dry in a dehydrator or oven. Dry meat at 150°F for 9 to 24 hours or until slices are adequately dry.

(Sources: Hunters - What to do with extra game meat? Go retro and make into JERKY (Barnyards and Backyards 2016); National Center for Home Food Preservation at uga.edu/nchfp; So Easy to Preserve, 6th Edition, 2020. University of Georgia Cooperative Extension)

## Send your engagement, wedding and new baby announcements to design@newsli.com

# faith & values

### Daily Devotional Reading

October 21 Numbers 27:1-11	October 25 Deut. 17:1-20
October 22 Numbers 36:1-13	October 26 Deut. 19:1-21
October 23 Deut. 15:1-18	October 27 Ezekiel 18:1-20
October 24 Deut. 16:1-22	Scriptures Selected by the American Bible Society

- 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 BAPTIST CHURCH:** 19 Stampede St. 746-2321. Sunday School 9:15 am; Worship 10:30 am; Youth (6-12 grades) and Adult Bible Study Sunday Evening 6-7 pm; Wednesday Night Youth and Adult Bible Study 6 pm; Life Recovery Bible Study Sunday Night 7 pm
- CHRIST EPISCOPAL CHURCH:** Rev. Kenli Barling, S. Summit & Winthrop Streets, 746-9684. haydishall@hotmail.com. Service times: Sunday 4 pm
- CHRIST THE KING LUTHERAN CHURCH:** Pastor Rob Carr, 224 West Road, West of Dow Park, 746-2415. Sunday Worship 9 am
- CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS:** Bishop Ty Checketts, 120 Ash, 746-4131. Sunday Sacrament Mtg 9 am; Sunday School 10:20 am; Relief Society & Priesthood Mtg 11:15 am
- CHURCH ON THE HILL:** Pastor Wayne Wilson, 301 Delaware, 746-9663. Adult Sunday School 9:30 am; Prayer 10:15 am; Worship 10:45 am; Prayer Service Tuesday 6 pm; Undeafened Youth/children's ministry (3 years old-12th Grade) Wednesday 6 pm
- CORPUS CHRISTI CATHOLIC CHURCH:** Father Brian Hess, 19 W. Winthrop, 746-4219. Saturday Mass 5 pm; Sunday Mass 8 am; Weekday Mass 7 am
- COUNTRY CHURCH:** Four Corners, Pastor Bill Haley and Micah Popma, 746-9712. Worship 10 am
- FIRST BAPTIST CHURCH:** Pastor Ben Roberts, 903 S. Summit, 746-2188. Sunday School 9:15 am; Worship Service 10:30 am; Evening Service 6 pm;

- AWANA Clubs Wednesday 6:30 pm
- FIRST UNITED METHODIST CHURCH:** Rev. Ron Sample, 23 N. Seneca, 746-4119. Adult Bible Study 8:45 am; Traditional Church Services 10 am; 10:15 am Children's Church; Youth Group Sunday evenings 5:30-7 pm
- GATEWAY FELLOWSHIP:** Pastor Jon Anderson, 12 Old Hwy. 85, Evangelical Free Church, Bible Study 9:15 am, Worship 10:30 am. Call 746-8091
- KINGDOM HALL OF JEHOVAH'S WITNESSES:** 5018 US Hwy 16, 746-2319 or 746-4517. Tuesday 7 pm. 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. Sun. Worship 10 am; Wed. Night Prayer
- OSAGE COMMUNITY CHURCH:** 348 Sheridan St. in Osage, 465-2341. Sunday School 10 am; Worship 11 am and 6 pm
- SEVENTH-DAY ADVENTIST:** Pastor Lester Bently 612-240-7536, 78 Old Hwy 85. Saturday Sabbath School 9:30 am; Worship 11 am
- ST. ANTHONY'S CATHOLIC CHURCH:** Father Brian Hess, Upton. Sunday Mass 5 pm
- UPTON UNITED METHODIST CHURCH:** Pastor Donnie Holt, 834 Pine, Upton, 468-9302. Worship 9 am; Fellowship 10 am
- VICTORY NEW TESTAMENT CHURCH:** Rev. Theodore L. Halls, 414 Pine, 746-4366

Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. ~Romans 8:39



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**25 Years Ago**  
**Oct. 23, 1997**

There's more grunting and groaning than usual at Newcastle High School these days, and tests have nothing to do with it. These are not the sounds of frustrated young minds straining against theorems. These are the sounds of young muscles straining against weights. This is a school-wide effort to build a new fitness center on the heels of a landslide in fitness equipment courtesy of the Newcastle Sports Booster Club.

Andy Mitich spent three years, three months, and three days — off and on — building a scale model A12GTD-21, which was flown by Air Force pilot and the CIA. It was originally used as a man reconnaissance aircraft until President Dwight Eisenhower agreed there would be no more manned spy flights over Russia. Difficult to build because almost all information on the plane is classified, the model nonetheless earned Mitich the Best Aircraft award at the Black Hills Scale Modelers Club Show in Paid City on Oct. 11.

Newcastle's Val Thorson became the first women's cross country conference champion last week. Thorson took the lead 800 meters into the race. At the top of the first big hill she had gapped their field and only Moorcroft's Mindy Lien was able to go with her. At the 2,500-meter mark Thorson dropped Lien and kept the pressure on, winning by a huge margin.

The VFW State Auxiliary President Ruth Schach was honored at a no-host dinner Oct. 2 at 6 p.m. held at the



Weston County's History Through the Archives of the News Letter Journal

Lamplighter, with 22 members attending.

**50 Years Ago**  
**Oct. 19, 1972**

Newcastle was Wyoming's "capitol for a day" on Wednesday as Gov. Stan Hathaway discussed various state matters with interested persons. Hathaway spoke on some of the problems and how the state should have 500,000 residents by 2020.

Susan Kennedy, 15, daughter of Mr. and Mrs. Doc Kennedy of Newcastle, has been named the trip winner to the National Western 4-H Roundup in Dever, Jan. 14-18, 1973. Susan, a member of the Sage Council 4-H Club, received this award on her stat fair demonstration "Framework Foo-Foo's."

Byron D. James, former wrestling coach at Newcastle High School, is featured in a story the University of Wisconsin, River Fall, September, 1972, publication. He is raising black Siberian huskies and is training

the dogs to pull snow sleds. The story concerns his activities in training the dogs and building his own racing sled.

Ronald Dean Tetrick was sentenced last week by District Judge Paul T. Lianos Jr. Tetrick had pleaded guilty earlier to separate charges of grand larceny and issuing a no account check. Judge Lianos suspended all of the imprisonment sentence except for 90 days which Tetrick will serve in the county jail.

The Flowering Fingers Garden Club met with Lila Mohler at the LAK ranch Oct. 10. Since the last meeting five members have worked cleaning the beds at Dow Park of annual plants and weeds; removed some peonies, planted others, and watered the beds.

**100 Years Ago**  
**Oct. 19, 1922**

Several Newcastle people who were in Gillette last Thursday night when John W. Hay, Republican candidate for

governor, and John M. Snyder, candidate of the same party for state treasurer, spoke at the hall there, declare that the meeting was a fizzle of the worst kind. Over 1,200 invitations had been sent out, and at no time was there as many as 60 present at once.

The reason for this slump in attendance, although music, a duet, dancing and everything else but a banquet was promised, is that Robert R. Rose, of Kemmerer, Democratic candidate for congress, and Ed P. Taylor of Cheyenne, Democratic candidate for secretary of state, slipped quietly into town and held a meeting at another place, and by actual count over 600 were present.

The report that was sent from Upton that Stacy Cox had shot and killed Drew Smith at Douglas was a false alarm, says the Weston County Gazette. Stacy in Upton at the time the shooting was supposed to have taken place, and as his son Voy was out of town, somehow the second report came that it was him that did the deed. Mr. Cox is not a man that would resort to any such means of punishing a man even though he was justified in doing so.

Mr. and Mrs. A.J. Puckett were guests of honor at a reception given by the Eastern Star Monday night at the Masonic hall. A good program had been arranged after which delightful refreshments were served. Upton regrets that this estimable family is to move away.

There will be an Oyster supper at the Mahnke ranch Saturday, Oct. 28. Supper will be served from 5 to 7 p.m. A dance will follow. Everybody invited.

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8 out of 10

Wyoming Adults **AGREE** that meeting minutes and financial information from Government **SHOULD BE PUBLISHED IN LOCAL NEWSPAPERS**

Source: The Wyoming Market Study, 2022; Conducted by Coda Ventures

From the vault ...



(Photo courtesy of Weston County Historical Society from the Alice Schuette collection)

In this photo, by Donna Fletcher, employees at the Newcastle Bakery in Newcastle worked overtime during the 1949 blizzard to provide bread for their patrons.

LET US KNOW WHAT'S HAPPENING

Is your group or organization hosting an event?

Send your event listings to [design@newsj.com](mailto:design@newsj.com) for inclusion in the News Letter Journal's weekly What's Up Calendar

WHAT'S UP

WESTON COUNTY MEETINGS & EVENTS CALENDAR

<b>Fri. Oct. 21</b>	9-11AM 5:30PM	Free Beltone Hearing Test (also by appt.) BINGO	W.C. Senior Center V.F.W. Hall
<b>Sat. Oct. 22</b>	9AM-1PM 4-10PM	Girls' Getaway Halloween Music Festival	Newcastle Lodge & Conv. Ctr. W.C. Senior Center
<b>Mon. Oct. 24</b>	7PM	Alcoholics Anonymous	W.C. Senior Center
<b>Tues. Oct. 25</b>	11AM 3:30PM 5-7PM 7:30-10:30PM	Story Time Alzheimers/Dementia Support Kitty Moats School of Scares (12&U) Kitty Moats School of Scares (13&O)	W.C. Library Zoom Kitty Moats School (Osage) Kitty Moats School (Osage)
<b>Wed. Oct. 26</b>	6:30-8:30AM 9AM-1PM 9AM-4PM 5-7PM 7:30-10:30PM	Wellness Wednesday GiGi's Closet W.C. Public Health Walk-in Clinic Kitty Moats School of Scares (12&U) Kitty Moats School of Scares (13&O)	W.C. Health Services First United Methodist Church W.C. Senior Center Kitty Moats School (Osage) Kitty Moats School (Osage)
<b>Thurs. Oct. 27</b>	NOON 5PM 7PM 5-7PM 7:30-10:30PM	W.C.H.S. Foundation Mtg. Haunts & History Alcoholics Anonymous Kitty Moats School of Scares (12&U) Kitty Moats School of Scares (13&O)	W.C. Health Services Board Room Starts at W.C. Library W.C. Senior Center Kitty Moats School (Osage) Kitty Moats School (Osage)



# More than \$700k in unclaimed property

Alexis Barker  
NLJ News Editor

The Wyoming State Treasurer's Office holds approximately \$97 million in unclaimed property, with over \$700,000 of that owed to Weston County residents, according to information provided by Jeff Robertson, communications director and administrator of the Unclaimed Property Division of the Wyoming State Treasurer's Office.

"There are 8,488 properties available in Weston County with a value of \$707,678," Robertson said in an email to the News Letter Journal. "In addition, we are holding 342 shares of securities linked to residents with last-known addresses in Weston County. We cannot determine the value of those shares, though."

He noted that the single-largest properties owed to local residents include \$26,054 to a man in Upton and \$11,183 to a Newcastle man.

According to a press release dated Oct. 4, the division issued 2,389 payments statewide totaling \$2.564 million between July 1 and Sept. 30.

These first-quarter fiscal year results included \$1.07 million paid in September. The month was highlighted by a \$125,000 check to a Teton County resident and a \$102,000 check to a governmental agency.

"The Unclaimed Property Division has now issued three six-figure checks this fiscal year as a former Cheyenne resident received nearly \$170,000 in July," the release says.

"We continue to locate individuals with large prop-

erty values and reunite them with their lost money," State Treasurer Curt Meier said in the release. "While our staff tries to locate individuals owed some of these high-dollar amounts, the best way to see if you are entitled to any of our remaining \$97 million is to visit our state website and check for yourself."

With more than 900,000 individual properties in the state database, the press release says that one out of every 10 residents own unclaimed property. While some of these properties may only be worth a few pennies, the release states that the largest is valued at over \$1 million and 38 others are worth at least \$100,000.

"Even if you got a check from us a year ago, it's worth the time to search to see if any of these new properties turned over to the State belong to you," Meier said in the release.

"We have received more than \$1.7 million in new funds since the start of this fiscal year, and we anticipate another \$8 to 10 million will get delivered over the next couple months."

An instructional video on how to find out if you are owed any unclaimed property can be found at [mycash.wyo.gov](http://mycash.wyo.gov).

Unclaimed property is turned over to the state when a business, agency or governmental entity owes money, securities and/or the contents of a safe deposit box, among other items to an individual who can not be located in a specific time, according to the release. The property is held by the state of the last known address, and Wyoming law requires that the property be held in perpetuity until claimed by its rightful owner.

## Bringing it home



On Sunday, Oct. 9, the Crouch Auditorium at Newcastle High School held an audience of around 200 people who came to hear the third concert in the 2022-23 Weston County Concert Series. Providing a couple of hours of bluegrass with a Black Hills twist was the Cambria String Band. Former Newcastle resident Larry Roetzel, banjo player and leader of the band, brought plenty of humor and music to an enthusiastic audience, which gave the band a standing ovation. Retiring at the end of this season, the band has only three more concerts, then Roetzel will be on to other things.

Photos by Walter Sprague/NLJ



Clockwise from top left: Playing his own takes on classic songs, Larry Roetzel, banjo, singer, and leader of the Cambria String Band, entertains the audience; playing guitar, and occasionally the mandolin, Dusty Whiteside gives a sense of virtuosity to the band; Katie Lautenschlager plays complicated riffs on the fiddle; playing the double bass, Pegie Douglas, the newest member of the Cambria String Band, sings harmony.

## Math from Page 1

in an email to the News Letter Journal. "BHSU and CSC each only have one current secondary math student teacher and they are placed in their home states. One of them is already hired to fully take over in January at that school."

"The University of Wyoming sent out our job description through an email list service to recent graduates and upcoming graduates," he added. "The only interest we had was from an individual who is not currently certified in that content area, so it wasn't a great fit right now, but possibly could be down the road."

To address the issue in the interim, Hoffman said that the school has had to look at the various courses taught and approach each differently.

Algebra I and Algebra II students were initially covered by a substitute teacher and then Sonya Tysdal, curriculum director, was able to free up some time in her schedule to teach some lessons. This allowed students to receive instruction.

"Our best option now is a plan we are now moving forward with in partnership with our math curriculum providers, Carnegie Learning," Hoffman

said. "We were able to secure the services of a long-term substitute teacher who has a background in engineering and math."

Tysdal and the substitute will facilitate the class on site as co-teachers in a center learning model, he explained.

"Students in class will be split into two groups, which will rotate halfway through the class period between our long-term substitute and the teacher assigned to the class by Carnegie Learning. The students will learn from a live teacher virtually and receive instruction for 35-40 minutes," Hoffman said. "This individual will be able to answer questions and will be the same teacher assigned for that class each day."

He noted that the school believes this will bring consistency to the instruction given to the students, as opposed to rotating substitutes into the classroom.

While half of the class is working with Carnegie, the other half will work on Mathia, which is an already embedded practice in the student's routine, according to Hoffman.

"Students will have our long-term substitute available to answer ques-

“  
We know that this isn't an ideal way of learning but feel this is our best option currently with the resources we have . . . If this model is working well and we still do not have a certified teacher hired, we will continue to use this model the remainder of the school year.”

— Bryce Hoffman,  
Newcastle High School Principal

tions and manage student behavior," he noted.

"We know that this isn't an ideal way of learning but feel this is our best option currently with the resources we have," Hoffman explained. "Our plan is to utilize this model for the remainder of the semester, starting on Oct. 10. If this model is working well and we still do not have a certified teacher hired, we will continue to

use this model the remainder of the school year."

Costs associated with the Carnegie virtual instruction are \$33,750 for 10 weeks and \$101,250.00 for 30 weeks or the remainder of the year. According to Hoffman, the district will use Elementary and Secondary School Emergency Relief III funds, ESSER III, funds to cover the contract costs because funds can be used to address teaching shortages.

As previously reported by the News Letter Journal, the district received \$3,751,067.75 in federal funding from the state through ESSER III, part of the American Rescue Plan Act of 2021. It provided nearly \$122 billion to "states and local educational agencies to help safely reopen and sustain the safe operation of schools and address the impact of the coronavirus pandemic on the nation's students."

Addressing the other class taught by Barrett-Stith was accomplished by the district working with Eastern Wyoming College.

"One of the courses taught was Pre-Calculus/Statistics as a concurrent course through Eastern Wyoming College. Mrs. (Kim) Conzelman

(EWC coordinator) was able to work with EWC to transfer this course to a dual enrollment course that will be taught online by Mrs. Reed," he said. "We had the option to have an instructor from EWC deliver the content online but felt it would be more effective to have Mrs. Reed deliver that content because she has taught the course before and is available on site for questions through the homework help center and during enrichment/recovery time."

During the second semester of this class, Hoffman said things will change.

"Our only option to offer statistics with current personnel will be to have the course taught with an EWC teacher online as a dual enrollment course," he said.

The school is also using the enrichment/recovery time to provide support for the pre-calculus students.

"They are scheduled with Mrs. Reed for 30 minutes every day and can ask questions at this time," Hoffman said.

For other students who are struggling, the school has a homework help center four days a week, although there may not be a math teacher there all the time.

### PROPOSED AMENDMENT TO THE WYOMING CONSTITUTION TO BE VOTED ON AT THE GENERAL ELECTION NOV. 8, 2022

*Underlined words would be added to existing law. Words stricken through will be removed.*

A JOINT RESOLUTION proposing to amend the Wyoming Constitution by amending the retirement age requirements for Wyoming supreme court justices and district court judges.

BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF WYOMING, two-thirds of all the members of the two houses, voting separately, concurring therein:

**Section 1.** The following proposal to amend the Wyoming Constitution, Article 5, Section 5 is proposed for submission to the electors of the State of Wyoming at the next general election for approval or rejection to become valid as a part of the Constitution if ratified by a majority of the electors at the election:

**Article 5, Section 5. Voluntary retirement and compensation of justices and judges.**

Subject to the further provisions of this section, the legislature shall provide for the voluntary retirement and compensation of justices and judges of the supreme court and district courts, and may do so for any other courts, on account of length of service, age and disability, and for their reassignment to active duty where and when needed. The office of every such justice and judge shall become vacant when the incumbent reaches the age of ~~seventy (70)~~ seventy-five (75) years, as the legislature may prescribe, but, in the case of an incumbent whose term of office includes the effective date of this amendment, this provision shall not prevent him from serving the remainder of said term nor be applicable to him before his period or periods of judicial service shall have reached a total of six (6) years. The legislature may also provide for benefits for dependents of justices and judges.

**Section 2.** That the Secretary of State shall endorse the following statement on the proposed amendment:

Currently, the Wyoming Constitution requires Wyoming Supreme Court justices and district court judges to retire upon reaching the age of seventy (70). This amendment increases the mandatory retirement age of Supreme Court justices and district court judges from age seventy (70) to age seventy-five (75).

The Constitution also currently provides an exception to the mandatory requirement to retire upon reaching age seventy (70) for justices and judges who had not yet completed six (6) years of judicial service as of December 12, 1972. The proposed amendment would remove the now-obsolete six (6) year service guarantee.

### PROPOSED AMENDMENT TO THE WYOMING CONSTITUTION TO BE VOTED ON AT THE GENERAL ELECTION NOV. 8, 2022

*Underlined words would be added to existing law. Words stricken through will be removed.*

A JOINT RESOLUTION proposing to amend the Wyoming Constitution to allow local government entities to invest in stocks and equities upon a two-thirds vote of both houses of the legislature; and providing a ballot statement.

BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF WYOMING, two-thirds of all the members of the two houses, voting separately, concurring therein:

**Section 1.** The following proposal to amend Wyoming Constitution, Article 16, Section 6 (a) (ii) by creating a new subparagraph (C) is proposed for submission to the electors of the State of Wyoming at the next general election for approval or rejection to become valid as a part of the Constitution if ratified by a majority of the electors at the election:

**Article 16, Section 6. Loan of credit; donations prohibited; investment of funds; works of internal improvement.**

(a) Neither the state nor any county, city, township, town, school district, or any other political subdivision, shall:

(ii) Subscribe to or become the owner of the capital stock of any association or corporation, except that:

(C) The legislature may provide by law for the investment of county, city, township, town, school district, or any other political subdivision's funds in the capital stock of any association or corporation and may designate which of these funds may be invested. The legislature may prescribe different investment conditions for each type and class of political subdivision and for each type of fund. Any legislation establishing or increasing the percentage of any fund that may be invested under this subparagraph shall be passed only by a two-thirds (2/3) vote of all the members of each of the two (2) houses voting separately.

**Section 2.** That the Secretary of State shall endorse the following statement on the proposed amendment:

The Wyoming Constitution allows the state to invest state funds in equities such as the stock of corporations, but does not allow the funds of counties, cities and other political subdivisions to be invested in equities. The adoption of this amendment would allow the funds of counties, cities and other political subdivisions to be invested in equities to the extent and in the manner the legislature may allow by law. Any law authorizing the investment of specified political subdivision funds in equities would require a two-thirds vote of both houses of the legislature.



# They're singing through the ages



**Hannah Gross**  
NLJ Correspondent

The singing done in the churches of Weston County, whether it be classical hymns or modern worship music, is a continuation of a tradition thousands of years old. When residents gather on weekends to celebrate their faith, they are following in the musical footsteps of some of the earliest characters in the Bible.

"Many profoundly beautiful classical music works were, and still are, written for Christian worship. Christian music varies through time and across cultures. Thus, we have a rich body of music from history and contemporary works that we are blessed to have in our treasury," said Jane Abernathy, an organist at Corpus Christi Catholic Church.

And the history of that treasury is exactly what we will be looking at today for our third installment of the Heart of Worship series. Music has always been a very important part of the worship structure described in the Scriptures, both lyrically and instrumentally, and it has been creatively explored and developed by artists over the years.

The first appearance of music we find in the Bible begins with Cain's lineage recorded in Genesis. His descendant Adah had two sons named Jabal and Jubal. Jabal became the father of tent dwellers, while his brother was a musician who became the father of the lyre and pipe, according to Genesis 4:21-22.

Later, Miriam, the sister of Moses, danced with a tambourine as the Israelites made their exodus out of Egypt, and David is recorded playing the harp to quiet the spirit of Saul (Exodus 15:20; 1 Samuel 16:23).

"Music in the Christian church has its roots in our Jewish ancestors. In the Old Testament of the Bible, there are very many references to music in their liturgical worship. Moses and the Israelites sang praise to God during the Exodus, and the psalms are ancient songs that were accompanied by instruments," Abernathy said.

And that tradition carried on into the New Testament. Jesus sang a hymn with the Twelve Apostles before his arrest, the apostles Paul and Silas praised the Lord while in prison, and the early Christians sang hymns in many other passages, according to Abernathy.

"Of course, over the centuries music in worship changed and developed," she said. "In addition to Gregorian chant and other musical styles, new instruments were invented, and the organ became part of the music in the Western Church."

Abernathy has been playing the organ for Mass for 50 years, and the first version of a pipe organ was designed in Greece around 200 B.C., according to an article written by Thomas Acreman for Classic History on May 28, 2018.

However, Mass was conducted a cappella for most of the first millennium A.D. An article published by Viscount, a company that sells organs, on



Photo by Hannah Gross/NLJ

**Betty Brotzman has always loved music, and when her husband Norm entered the ministry in 1976, she became the main pianist for Assembly of God. While her daughter plays more often on Sundays, Brotzman still helps out when needed.**

Feb. 15, 2017, titled "History of Church Music—Part Two" says this was due to a belief that "musical instruments were worldly" and, therefore, antagonistic to faith.

"It is not clear how the organ came to be such a standard church instrument in western Europe starting around the year 900. A key to this puzzle no doubt lies in the development of the Benedictine order," Acreman says in the article. "The Benedictines were perhaps the only community to develop organs and polyphonic music (at that time), and to do so as a part of their church service."

The organ was incorporated into the Mass and soon became associated with Christian worship. Hymns have been a part of the Christian church since its roots, and Paul encourages the Colossian church to sing with "psalms, hymns and spiritual songs," in Colossians 3:16.

However, much like there is a debate between hymns and contemporary music today, churches argued over whether or not hymns were appropriate for worship because they were considered "contemporary" at one point.

"Some believed that hymns needed to be directly from the Bible to be worshipful and others went to the extreme and again eliminated instruments from their worship services, causing the hymns to be chanted," the Viscount article says.

Some hymns were written straight from the Scriptures, while others were penned by authors connecting principles found in the Bible. The hymnists were talented musicians who often composed thousands of songs in their lifetimes.

Not only are these hymns rich with deep theology, but there is often a back story behind each one. "It Is Well with My Soul" was written by a man who lost nearly everything in his life, and "Amazing Grace" was penned by a former slave trader named John Newton.

Other well-known classics include "A Mighty Fortress is our God" by Germany's Martin Luther from the late 1520s, Isaac Watts of England's "When I Survey the Wondrous Cross" in 1707, and "Blessed Assurance" by the famed blind American Fanny Crosby in 1873.

However, the list is much longer than that and spans a large portion of history. Many

of these hymns are still sung and enjoyed by Christians today.

Around the 18th and 19th centuries, churches brought carols into their services, especially during Christmas and Easter, although carols originated much earlier in the 13th century, according to the Viscount article.

Gospel songs became a part of Protestant worship music and were derived from African-American influence during the slavery era, according to MusicExpert editor Niki Foster in an article published on Oct. 6, 2022.

"Slaves also used the spiritual to communicate with each other, encoding messages about freedom and escape in apparently religious lyrics. For this reason, many songs are about the Exodus or God as liberator," Foster says in the article.

These spiritual songs brought in a new style of worship with upbeat tempos, according to the Viscount article, and influenced southern gospel music, which originated in 1910, Foster says.

Recently, there's been a shift toward contemporary Christian music, which Viscount says "has modernized hymns as a whole or included iconic phrases in their song structure." It carries a modern pop style, and popular bands include Third Day, Newsboys, MercyMe, Jeremy Camp and TobyMac.

"Musical tastes are as varied as church members themselves. There are those who love the old hymns while others much prefer more contemporary Christian music," says an article from Got Questions titled "Contemporary Christian Music – is it honoring to God?"

"Our primary concern should be for well-being and harmony in the body of Christ," the article continues. "So, the question is this: Does a piece of music edify believers while bringing honor and glory to Christ Jesus? If so, then what difference does it make if the accompaniment is provided by a piano or a guitar?"

Music changes, trends fade, new instruments are made, but the act of praising the Lord through song has remained a timeless practice for Christians throughout the history of the world.

"We sing to praise, to mourn, to rejoice, to ask for our intentions," Abernathy said. "(It) accompanies us through life."

## IN APPRECIATION

The VFW Post No. 2516 Auxiliary would like to extend our heartfelt thanks to the **Black Thunder Mine Sabers** for donating their safety project monies to our organization. This generous contribution will help us to continue to support and assist our area Veterans and their families.



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EARLY DETECTION SAVES LIVES

# Empire Wild fuses pop, folk, jazz and more

**Walter Sprague**  
 Art and Culture Reporter

The mixed trio Empire Wild are the artists who were chosen for the third concert of the 2022-23 season for the Weston County Concert Association at Crouch Auditorium, and they will take the stage on Friday, Oct. 28, at 7 p.m.

According to the group's website, empirewild.com, "Empire Wild is a genre-bending, crossover trio featuring Ken Kubota, Holly Bean, and Mitch Lyon. Ken and Mitch bring all the cello has to offer — bowed, plucked, chopped and more. Holly can be found singing and pushing the piano into any style the group sets their mind on."

The New York-based group was awarded the Ambassador Prize in the 2020 Concert Artist Guild Victor Elmaleh Competition. The CAG focuses its efforts on helping artists launch their careers.

The trio fuses "the sounds of pop, folk, jazz and more into their song writing and composition," the Empire Wild website says. "Their debut EP Paper Seasons features all original songs, highlighting the trio's unique sound and instrumentation."

They feel at home in the large concert halls, intimate salons and classrooms. Empire Wild seeks to bring creative musical outlets and opportunities to students of various backgrounds and skill levels. They have shared their talents through workshops at the University of Iowa and other schools.

For a peek at the talents of Empire Wild, visit their YouTube page. You can also follow them on their Instagram page.

This is the final association concert of 2022, as the 31st WCCA season will be breaking through the holidays. The next performance on the schedule is the jazz group The Travis Anderson Trio. They will play at Crouch Auditorium on Sunday, Jan. 29, at 3 p.m.

## Brothers

from Page 1.....

case saving 16 children, which is more than the previous five years combined.

"The most rewarding part of the job is saving children from really bad circumstances and situations ... to give them a chance without that kind of abuse," Ryan said. "Nothing is more important than protecting our children and our future."

The value of children is a strong motivation for Ryan because his daughter Ashtyn, now 2 years old, nearly lost her life to a brain tumor. After numerous surgeries, she's doing "amazing" now, but the experience taught Ryan to realign his priorities and balance family time with work.

Troy also finds his line of work fulfilling.

"It's a very rewarding career — always getting to help people — that's something I really enjoy," he said. "It can be exciting, and it's different. You never know what the next call is going to bring. ... No call is the same."

Both boys developed an interest in fire-fighting at a young age, but somewhere along the line, Ryan changed his mind and pursued criminal justice.

"Anyone who knew me knew I wanted to be a fire-fighter," he said.

After graduating from high school in 2006, Ryan attended Casper College, where he earned an associate degree in fire science and another in criminal justice. He was offered a job with the Casper Fire Departments, but then he also received a full-ride scholarship for CSC to further his studies in criminal justice, including an opportunity to study abroad in London.

Ryan conducted both his undergrad and graduate studies in London, where he enjoyed learning the cultural differences of the criminal justice system in another country, he said.

His second year in London was the year of the Olympics, and he had the privilege of working with the London Metropolitan Police and going inside the gates of Buckingham Palace, while learning the administrative and management side of the legal system.

"It was just a huge educational system all the way around," Ryan said.

After earning his bachelor's in criminal justice in 2010, Ryan landed a job with the Casper police department. During the six years he served there, Ryan worked in patrol for two years and the Problem Oriented Response Team (PORT) for two more years.

"Whatever was a problem, we were to come up with an idea and help it," Ryan said.

In his last two years with the police department, he was assigned to DCI, where he analyzed cell phones and data. That turned into a full-time position in 2016, the same year he earned his master's degree.

It wasn't his original plan to go into criminal justice, but Ryan says he is grateful he did, and is thankful for a professor



Photo by Tena L. Cook/Chadron State College

**Ryan Hieb was honored as Chadron State College's 2021 Distinguished Young Alumni for his work with the Division of Criminal Investigation, where he and his team of six solved a child exploitation case involving 16 children.**

at CSC who encouraged him to pursue his master's.

"I never would have even saw myself doing a master's at any point," Ryan said, adding that having people do this job "makes the world a better place."

He said DCI is "the best of the best," and he has worked with some great crews over the years.

"I can't say enough about that. We just have some really great people here. ... That's what I owe a lot of stuff in my career to," Ryan said.

And that's what Troy says he enjoys about his new position as a captain.

"I'm pretty grateful for the crews and the relationships of the people I work with," he said. "That's one of the most rewarding things — the group of people I work with are hands-down great people. They would literally do anything for you, on duty or off duty."

Although he didn't pursue a fire-fighting career, Ryan was influential in Troy's decision to fight fires.

"I definitely have to credit my start to my brother in the fire service," Troy said.

When Ryan joined the Explorer's cadet program, Troy began spending every free moment he had at the fire department until he was old enough to join the program at 14, serving as a chief for most of his four years of high school.

Darrel recalled the time Troy was on his first date in high school when a call for a fire came in. Instead of keeping his date, Troy apologized to his date and left for the call.

"They (Ryan and Troy) never missed a fire when they were out here," Darrel said. "They would try to run through a block wall to get to a fire — they're that dedicated."

Troy became a full member of the fire department when he turned 18 and volunteered in Newcastle for six years. After graduating from high school in 2010, Troy went on to graduate from Casper College in December 2013 with

three associate degrees in fire science, engineering science and business administration.

Like his brother, Troy furthered his studies in Chadron and earned his bachelor's degree in business administration in 2015. He began working for the Casper Fire Department in 2016 as a probationary fire-fighter before moving up the ranks to a regular firefighter then an engineer in 2018.

With a lot of experience in basic fire-fighting skills and driving the trucks, Troy was ready for the next level to further his knowledge base and career. According to Troy, the captain position involves leadership and management skills, the ability to make split-second decisions, and administration roles.

The fire department has "good succession planning," according to Troy, so he had had some experience. But he admitted that there is a lot more "weight on (his) shoulders" now that he is holding the position instead of merely acting in the position.

"It's definitely always intrigued me, and it's a challenge," Troy said. "Casper does a really good job of setting people up for success for the next position. ... That's helped the transition a lot."

Darrel said his sons are always willing to help "anyone and everyone," doing the right thing even when it "goes against the grain." While they were growing up, he said, they were "brutally honest" and never lied to him, so as a father, he was confident in his trust of them.

"They've both been good boys, easy to raise. (I'm) proud of them, and they never caused me any grief," Darrel said. "I think they both do the right thing."

Troy's schedule has him working two full days on then four days off, so it allows him to spend time at home with his wife, Hannah, and daughter, Adelaide. Ryan also lives in Casper with his wife, Kelsey, and their daughter, Ashtyn.



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October 20, 2022 — 9

# Sports

## News Letter Journal

### SPORTS SCHEDULE

**NEWCASTLE HIGH SCHOOL**

**Cross Country**  
10/22/22 V 3A State Championships @ Ethete A TBA

**Volleyball**  
10/21/22 V9 Glenrock Herders H 4PM  
10/22/22 V9 Buffalo Bison A 11AM  
10/28-29/22 V 3A East Regionals @ Wheatland A NOON  
11/03-05/22 V 3A State Championships @ Casper A NOON

**Football**  
10/21/22 V Torrington Trailblazers H 6PM  
10/28/22 V 1st Round Playoffs @ Laramie A TBA

**Ladies' Swimming**  
10/21/22 V 3A Regionals @ Buffalo A 1PM  
10/22/22 V 3A Regionals @ Buffalo A 10AM  
10/28/22 V Gillette Last Chance A 4PM  
11/04-05/22 V 3A State Championships @ Laramie A NOON

## Multi-sport athletes have a leg up

As the fall sports seasons start drawing to a close, I'm betting Dogie fans (like me) are beginning to look toward the winter. As I turn my sights toward basketball, swimming and wrestling, it got me wondering who we will see suiting up for each of those sports.

In the not-so-distant past, I would see the same kids on the sports rosters in all three seasons, but that seems to be a trend that is becoming more of an exception than the rule.

As the variety of youth sports options have risen (along with college tuition), parents have started to "push" their children into sports at earlier ages. Coaches and parents have also "pushed" those young athletes into specializing in one sport in hopes of earning an athletic scholarship.

— See Karpe, Page 16



Sonja Karp  
Karpe Dogie

## Bloom makes All-Conference

Sonja Karp  
NLJ Sports Editor

Gale-force winds and cool temperatures combined to challenge the cross country runners at the 3A East Conference Meet Thursday in Torrington. However, despite the adverse conditions, the Dogies and Lady Dogies gutted it out along with the pack, and sophomore Aspen Bloom finished fifth and ran her way to All-Conference honors.

"We were prepared for the wind, but nothing like we experienced when we got there!" said assistant coach Jessica Troftgruben. "It was so windy that the Torrington group didn't even set up a table. They were driving around on golf carts locating coaches to give instructions and our supplies."

Bloom was once again the sole runner for the Lady Dogies, and Troftgruben noted that Bloom was nervous as she prepared for the race.

"She knew she had a chance to get All-Conference, and she was feeling the pressure," Troftgruben acknowledged. "We discussed racing strategies with the tough wind, and she knew she had to run smart when facing the wind and take advantage when the wind was at her back."

Bloom jumped off the line and stayed with the leading runners right from the



Photo courtesy of Andrew Towne/Torrington Telegram

Aspen Bloom maintains focus as she runs with the top of the pack in Thursday's 3A East Conference Meet in Torrington. Bloom finished fifth in the race, earning a spot on the All-Conference team.

start, maintaining fourth throughout most of the race. As the runners neared the finish line, things started to heat up.

"We could see that the runner behind her was waiting to make her move and possibly using Aspen as a windbreak at times," Troftgruben explained. "It was a battle to the finish line for fourth

and fifth place, with Aspen taking that fifth-place spot."

Not only did Bloom earn All-Conference honors with her finish, she also set a new personal record with her time of 21:18, which was impressive given the conditions.

"Aspen runs so smooth and

graceful," Troftgruben said. "There are times when it seems effortless, but I know she feels differently. It was so awesome that she finished so well."

The Dogies were up next, and due to the injury bug hitting the squad

— See Runners, Page 16

## Netters flip a switch for the win

Sonja Karp  
NLJ Sports Editor

The Lady Dogie Volleyball squad bounced back better than ever after last weekend's disappointing loss to Wheatland by rolling over Upton in the Dogie Dome on Thursday in three straight sets, then getting revenge on Moorcroft at their house on Friday, taking home a four-set win in a pivotal conference match-up.

Head Coach Mickey Crabtree admitted that the squad had a few talks and also worked on some new free ball plays last week, and she said she was pleased to see her squad change gears and come out swinging on Thursday.

"We did go into the Upton game struggling a little knowing it was going to be a slower-paced game than we are used to," Crabtree

began. "But the girls came out and fought, so that was great to see."

The first two sets saw the Lady Dogies cruise to pretty easy wins over the Bobcats, defeating them 25-14 and 25-15 respectively. However, in the third set Upton sprang to life and put up a good fight against Newcastle. Despite the Bobcat challenge, Crabtree's team was able to outlast them and take the 25-21 set and match win.

"Upton bounced back and fought pretty hard in the third set, which was great to see," reported Crabtree. "There were some pretty scrappy plays on both sides of the net, and both teams went for everything, which was awesome."

That scrappy play did more than just benefit the teams on the court. Four Newcastle businesses — Isabella's,

First State Bank, First State Bank Insurance and Decker's Market — donated a dollar for every dig and \$2 for each kill by both teams with the proceeds going toward cancer awareness in the community.

"It was awesome to see all the girls fighting for every dig knowing that it was for more than just a point in the game," Crabtree said. "It was great to be able to raise some money

— See Volleyball, Page 10

Photo by Nicole McFarland/NLJ  
Lizzy Rushton (No. 5) goes up for a tip over the block as MacKenzie Conzelman (No. 6) covers her attempt. The Lady Dogies were able to exact revenge against Moorcroft Friday in their four-set win against the Wolves.



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# Swimmers face tough competition in Laramie

Sonja Karp  
NLJ Sports Editor

The Lady Dogie Swim Team was definitely small fish swimming in a big pond Friday and Saturday in Laramie, where they went up against 22 teams who were mostly 4A on Friday, then turned around to do it again on Saturday.

"The meet was gigantic and competition was excellent, and the girls handled it really well," began head coach Doug Scribner. "They were still tired, but they fought through it, and even though we didn't get any new qualifiers, we did see more improvement than we have in the last couple of weeks, so they swam tough in a pretty huge pool of competitors."

In terms of the number of improvements seen over the weekend, it was definitely up from previous weeks.

Raeleigh Shipp was among those who improved in her races, however, she fell just short of qualifying, which was her goal for the weekend. She was just half a second short in the 200 Freestyle, and three-tenths of a second in the 50 Freestyle.

"She was so close, so that was a bummer," Scribner sighed. "She was pretty sad because we were expecting her to make it in Laramie."

Hailey Beastrom was also still short in the 100 Backstroke, which has been her goal event for the state meet.

"We're taking things out fast like we want to, but we're not finishing like we should," Scribner explained. "That tells me that we're still tired, and we're just at the beginning of taper, so that should improve over the next two weeks."

Being such a big meet, the ladies were swimming in heats with people who were seeded with times close to their own, so they could really go out and race and have someone close to their time to push them. According to Scribner, everyone used that to their advantage to pick up season best times.

The biggest improvement came on Saturday with Rebekah Olson, who dropped almost 30 seconds from her time in Douglas in the 500 Freestyle.

On Saturday, Scribner entered his fastest four swimmers in the 200 Free Relay, and the strategy paid off as the team of Beastrom, Kyah Miller, Shipp and Lydia Anderson put up a season best time of 1:58.28, the first time this year that the team has been under two minutes.

"The girls were pretty excited when I told them that it was the fastest we've been in a long time," Scribner described. "In fact, it's the best time we've put up since 2009."

The four swam against another team who was seeded just a bit faster than they were, so Scribner advised his swimmers to use them to improve.

NHS Ladies' Swimming	
<b>Newcastle @ Laramie Pre Invite 10/14/22</b>	6. Lander 119.5
<b>Individual Results:</b>	7. Green River 110
200 Medley Relay: 2:31.15	8. Sheridan 101
32. Hailey Beastrom, Ruth Rose, Rebekah Olson, Jaydenn Nelson	9. Thunder Basin 74
200 Free:	10. Cheyenne East 43
32. Raeleigh Shipp 2:21.40	11. Kemmerer 37.5
75. Ruth Rose 3:10.85	12. Rock Springs 32
79. Veronica Ayers 4:17.68	13. Douglas 28.5
DQ. Lydia Anderson	14. Cheyenne South 24
200 IM:	15. Evanston 7
32. Kyah Miller 3:37.94	16. Worland 4
50 Free:	17. Newcastle 1
10. Lydia Anderson	<b>Individual Results:</b>
49. Hailey Beastrom 29.35	200 Medley Relay: 2:42.47
114. Jaydenn Nelson 33.35	37. Ruth Rose, Hailey Beastrom, Kyah Miller, Lydia Anderson
117. Rebekah Olson 33.46	200 Free:
127. Ruth Rose 34.22	21. Raeleigh Shipp 2:20.23
100 Butterfly:	200 IM:
23. Rebekah Olson 1:24.99	47. Jaydenn Nelson 3:15.38
29. Jaydenn Nelson 1:37.42	50 Free:
100 Free:	12. Lydia Anderson 27.00
29. Raeleigh Shipp 1:02.65	39. Raeleigh Shipp 28.97
100 Backstroke:	94. Kyah Miller 32.08
25. Hailey Beastrom 1:14.44	111. Rebekah Olson 33.21
70. Veronica Ayers 2:12.71	120. Ruth Rose 34.30
100 Breaststroke:	158. Veronica Ayers 45.12
40. Kyah Miller 1:33.90	100 Free:
400 Free Relay: 5:53.99;	15. Lydia Anderson 1:02.37
5:57.32	39. Hailey Beastrom 1:09.04
32. Ruth Rose, Rebekah Olson, Jaydenn Nelson, Kyah Miller	69. Jaydenn Nelson 1:15.52
34. Raeleigh Shipp, Lydia Anderson, Veronica Ayers, Hailey Beastrom	99. Veronica Ayers 2:12.93
<b>Newcastle @ Laramie Invite 10/15/22</b>	500 Free:
<b>Team:</b>	41. Rebekah Olson 7:28.72 PR
1. Cheyenne Central 223	200 Free Relay: 1:58.28
2. Jackson Hole 166	400 Free Relay: 5:40.79
3. Campbell County 152.5	34. Jaydenn Nelson, Raeleigh Shipp, Veronica Ayers, Rebekah Olson
4. Laramie 141	
5. Kelly Walsh 131	

Not only did they do just that to better their time, but they also beat the other team to the wall.

"I think that with the other improvements we've seen in the open 50 Free, we should be able to be even faster this weekend and at state," Scribner said. "If we improve what I think we're capable of, we have a chance of making it into the top six at state."

Shipp swam under qualifying time in her leg of the 200 Freestyle, so that bodes well for her shot at the open 50 Freestyle at conference competition this week.

The Lady Dogies still have three swims left to punch their ticket to state with two in the conference meet in Buffalo Friday and Saturday, then the qualifier next week. Unlike track, in order to qualify for the state meet in swimming you must swim the qualifying time regardless of your finish at the conference meet.

"Buffalo is a shorter trip than Laramie, and we'll have one more week of taper, so we're feeling good about the opportunity this weekend," Scribner surmised. "We just need to clean up a couple of things and get our confidence up, and we'll be fine."

## Volleyball

from Page 9

for the charity and see the girls rise to the occasion."

The Friday afternoon game in Moorcroft was an important one, with regional seeding on the line. Newcastle, Buffalo and Moorcroft were all sitting with two wins and one loss in the quadrant going into the weekend, with the Lady Dogies edging out the other two for the number one spot due to their overall record. Having previously lost to the Lady Wolves, it was imperative for Newcastle to get a win in order to stay on top of the Northeast Quadrant rankings.

It was evident from early in the match against Moorcroft that the Lady Dogies went in with the mind-set of taking care of business.

"They were off their game and we were on ours, though maybe we had a little bit to do with them being off their game," said Crabtree, grinning. "We had a lot of ace serves, which was nice to see, and we really didn't have a lot of errors, which was great. You could tell the girls really wanted it this weekend."



Photo by Nicole McFarland/NLJ  
From left, Savannah Carr, Storee Tupa, Gabby McVay and Tiernan Stanton cheer on their team from the bench as the Lady Dogies score against the Lady Bobcats in Thursday's Pink night contest, where Newcastle cruised to a three-set win over Upton.

It was a battle, but the Lady Dogies took the first two sets, 25-20 and 25-21. The Lady Wolves rallied back to take the third set 19-25, but then Newcastle righted the ship and finished things up with a 25-19 victory to take both set and match.

"After last week we talked a lot about legacy, and what they want to leave to the program after their senior year," Crabtree explained. "They took it to heart and really flipped a switch, so I hope we can keep that turned on to finish out the regular season."

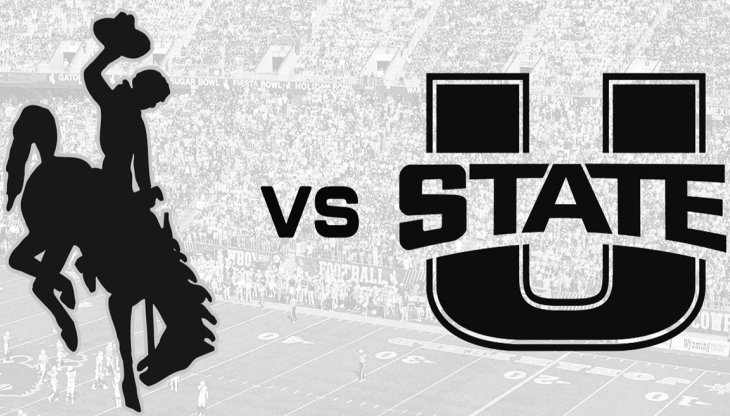
Friday is senior night as the Lady Dogies host a conference game against Glenrock with games scheduled for 3, 4, and 5 p.m. Saturday is another pivotal conference contest against Buffalo regarding seeding for the upcoming regional tournament. Action begins in Buffalo at 11 a.m. with varsity scheduled to play at 1 p.m.

"We're getting down to the nitty gritty of the season," Crabtree declared. "It's time to keep turning things up if they want to leave the legacy they want to leave."

NHS Volleyball		
<b>Newcastle v. Upton 10/13/22: 25-14, 25-15, 25-21</b>	10/14/22: 25-20, 25-21, 19-25, 25-19	10/14/22: 25-20, 25-21, 19-25, 25-19
Jaylen Ostenson: 13-13 serves, 8 kills, 3 set assists, 18 digs	Jaylen Ostenson: 11-12 serves, 9 kills, 2 solo blocks, 1 block assist, 20 digs	Jaylen Ostenson: 11-12 serves, 9 kills, 2 solo blocks, 1 block assist, 20 digs
Tiernan Stanton: 7-9 serves, 1 ace, 7 kills, 4 solo blocks, 3 block assists, 1 set assist, 2 digs	Tiernan Stanton: 13 kills, 4 solo blocks, 3 block assists, 1 dig	Tiernan Stanton: 13 kills, 4 solo blocks, 3 block assists, 1 dig
MacKenzie Conzelman: 7 kills, 3 solo blocks, 1 dig	MacKenzie Conzelman: 8-10 serves, 8 kills, 1 solo block, 1 block assist, 8 digs	MacKenzie Conzelman: 8-10 serves, 8 kills, 1 solo block, 1 block assist, 8 digs
Hunter McFarland: 16-18 serves, 2 aces, 2 kills, 2 block assists, 20 set assists, 15 digs	Shelby Tidyman: 8-9 serves, 6 set assists, 22 digs	Shelby Tidyman: 8-9 serves, 6 set assists, 22 digs
Shelby Tidyman: 8-9 serves, 6 set assists, 22 digs	McKenzie Rose: 8-10 serves, 3 kills, 1 set assist, 2 digs	McKenzie Rose: 8-10 serves, 3 kills, 1 set assist, 2 digs
McKenzie Rose: 8-10 serves, 3 kills, 1 set assist, 2 digs	Hunter McFarland: 18-19 serves, 1 ace, 3 kills, 2 block assists, 28 set assists, 16 digs	Hunter McFarland: 18-19 serves, 1 ace, 3 kills, 2 block assists, 28 set assists, 16 digs
	Shelby Tidyman: 19-19 serves, 2 aces, 1 kill, 3 set assists, 33 digs	Shelby Tidyman: 19-19 serves, 2 aces, 1 kill, 3 set assists, 33 digs
	McKenzie Rose: 21-22 serves, 2 aces, 4 kills, 1 block assist, 13 digs	McKenzie Rose: 21-22 serves, 2 aces, 4 kills, 1 block assist, 13 digs
	Gabby McVay: 1-1 serve, 3 digs	Gabby McVay: 1-1 serve, 3 digs
	Lizzy Rushton: 1 kill, 2 digs	Lizzy Rushton: 1 kill, 2 digs
	Storee Tupa: 9-10 serves, 1 ace, 2 kills, 1 set assist, 12 digs	Storee Tupa: 9-10 serves, 1 ace, 2 kills, 1 set assist, 12 digs

# 2022 COWBOY FOOTBALL

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# Dogies rock the Herd, prepare for Trailblazers

**Sonja Karp**  
NLJ Sports Editor

There was a lot on the line as the Dogies headed to Glenrock to take on the Herders Friday. With playoffs just around the corner, head coach Matt Conzelman's crew is hanging on to fourth place in the 2A East Conference, which means a playoff berth for the squad, but they have to finish the season strong given Torrington is knocking on the door.

A loss against the Herders would have jeopardized the Dogies' standing in the conference, so coming away with the 26-12 win not only maintained Newcastle's fourth-place spot, but also provided some momentum as they head into their final week of regular season play with an even bigger game on the line against the Trailblazers this Friday.

The game began with the Herders receiving the ball. Though they were able to move the ball a bit, the Dogies took over on downs with good field position that they used to get on the board with 5:19 to play in the first quarter.

"They are back to their old style game," began Conzelman. "They are going to go for it on fourth down and wherever on the field, so we got the ball and marched it down the field to score."

Connor Stolhammer was the ball

### NHS Football

**Newcastle @ Glenrock 10/14/22: 26-12**  
246 yards rushing, 36 yards passing  
Quint Perino: 1 TD, 15 carries for 52 yards, 5-9 pass completions for 36 yards, 1 punt return for 18 yards, 1 tackle, 6 tackle ast.  
Holden McConkey: 2 TDs, 17 carries for 136 yards, 1 reception for 8 yards, 1 kick return for 15 yards, 2 punt returns for 32 yards, 2 tackles, 10 tackle ast.  
Jacob Prell: 1 carry for 33 yards, 2 tackle ast., 9 tackle ast., 1 tackle for loss  
Dylan McFarlin: 0-1 FG, 0-1 PAT, 2 punts for 50 yards, 5 kickoffs for 228 yards  
Colton Vanderpool Mobley: 3 receptions for 21 yards, 3 tackles, 8 tackle ast.  
Connor Stolhammer: 1 TD, 1 2 pt. conversion, 4 carries for 25 yards, 1 fumble recovery, 2 tackles, 8 tackle ast., 1 tackle for loss  
Thomas Prell: 1 reception for 9 yards, 1 tackle, 9 tackle ast., 1 tackle for loss  
Heath Henkle: 1 tackle, 6 tackle ast.  
Jonathon Anderson: 4 tackle ast.  
Skyler Cummings: 1 tackle, 2 tackle ast.  
Peyton Simmons: 6 tackle ast.  
Zade Orsborn: 1 tackle ast.  
Cole Erb: 5 tackle ast.  
Cort Erb: 1 tackle  
Aidan Butler: 1 tackle, 3 tackle ast.  
Collin McConkey: 4 tackle ast.

version was no good, so the Dogies went up 12-6.

With 16.6 seconds to play in the first half, the Dogies were knocking on the door on fourth down, so Conzelman opted to try for a field goal. Unfortunately, Dylan McFarlin's attempt was blocked so the Dogies took the six-point lead into the break.

The Dogies were gifted an excellent opportunity with 6:07 to play in the third quarter when the Herders turned the ball over on downs on their own 16-yard line. Unfortunately, the Dogies committed back-to-back penalties, backing them up to the 21- and then 26-yard line, after which the Herder defense thwarted their offensive drive.

A second opportunity gave the Dogies great field position once again with 2:15 to play in the third. They began this offensive drive on the Herders' 22-yard line, and Quint Perino took advantage on a quarterback keeper to scamper 20 yards for touchdown number three.

"Quint had an awesome run on that one!" Conzelman said. "That gave us a little bit of breathing room, which was awesome."

This time, Conzelman decided to go for the PAT, sending McFarlin out for the attempt. His kick was blocked again, but there was a flag on the play against Glenrock, so on their second attempt, the Dogies went for two and

Stolhammer ran it in to put the Dogies up 20-6.

"After the penalty, we were moved closer to the end zone, so we decided just to go for it," Conzelman reported. "It was a nice play and Connor was able to get in, so that was good."

In the final frame of play, Glenrock was able to put one more into the end zone on a run to the left side of the Dogie defense. On the two-point conversion attempt, defense stood strong and held the Herd out to keep the score at 20-12 with 10:46 to play.

"They were able to get a couple of good runs," Conzelman admitted. "It's just a methodical offense that we were just trying to stop."

Unbeknownst at the time, a huge moment in the contest occurred as time began to wane in the fourth quarter. Thomas Prell had a nine-yard reception to bring the Dogies close to a first down, however, failing to move the sticks brought up a fourth-and-one situation.

"I didn't realize how big of a situation it was at the time given we were only up eight," said Conzelman. "We decided to run a fake punt, and Jacob [Prell] was able to run the ball about 40 yards, which set us up pretty good."

The Dogies made their margin of victory a bit more comfortable with one more touchdown with 2:38 to play. McConkey was the carrier again

as he rushed 20 yards into the end zone. McFarlin's PAT attempt was blocked again, but also once again there was a flag on the Herders, so he got another shot.

It just wasn't McFarlin's night as his second attempt was also not good. As such, the Dogies went up 26-12 and with the last possession of the contest, knelt on the ball to close things out.

"It was great to get the win, but one thing we need to clean up is that we lost 70 yards on 11 penalties," Conzelman said. "We should have had a couple more touchdowns if it weren't for that."

This week is huge for the Dogies as they host the Torrington Trailblazers in a do-or-die playoff situation for senior night on Friday.

"With the Upton/Sundance game, we started talking to the guys that we need to play with a sense of urgency, because this is, in essence, the start of playoffs for us," Conzelman acknowledged. "We're in the exact same position we were in last year when we saw Wheatland at our place. Whether we go to the playoffs or not is on our shoulders, and we have to be relentless and play the way we need to play."

Kickoff is scheduled for 6 p.m. on Friday, and Conzelman hopes that Dogie Nation will show up and show out with a playoff berth on the line.

# INSURANCE

# MEDICARE OPEN ENROLLMENT IS NEAR

### MEDICARE IN WYOMING

Open Enrollment for health insurance is happening soon. The Wyoming Department of Insurance (DOI) would like to remind all Wyomingites age 65 and above to be aware of the dates for Medicare Open Enrollment and to remember to shop and compare choices and update their enrollment information.

Whether you are renewing a plan or are a new enrollee, Open Enrollment is often your only opportunity throughout the year to evaluate your health insurance needs and coverages. Medicare Open Enrollment runs from October 15 to December 7, 2022 for plans through 2023. During this time, if you are newly eligible for Medicare you may enroll for the first time, or if you have already had Medicare, you can change your current Medicare health plan and prescription drug coverage for the coming year.

Plan costs, coverages, and prescriptions may change each year. If you are renewing your enrollment, it is important to review your selections from last year because the plans currently available, or your health status, or both, may have changed since your last enrollment. You should review your healthcare needs for the upcoming year and determine if any changes to your current coverage are necessary. Make sure your plan still meets your needs and budget. During Medicare Open Enrollment, you can also



make changes to your prescription drug (Medicare Part D) plans for the next year. Prescription drug formularies, which list what medications a plan will cover, can and do change often. So, if your plan or your medications have changed since last year, you should look into whether the plan you currently have is still right for you.

During Open Enrollment, you may also elect to change from original Medicare to a Medicare Advantage plan, if available. Medicare Advantage functions more similarly to a traditional health insurance plan,

with claims run through a private insurance company. If you elect to change, you get a one-year "free look" period, during which you may switch back to original Medicare anytime if you find you do not like how your Advantage plan works.

Finally, a note on Medicare and insulin: Starting January 1, 2023, plans cannot charge you more than \$35 for a one-month supply of each Medicare Part D-covered insulin you take, and cannot charge you a deductible for insulin. If you get a 60- or 90-day supply of insulin, your costs cannot be more than

\$35 for each month's supply of each covered insulin. You can learn more about the changes to insulin costs at [medicare.gov](https://www.medicare.gov).

For more information on Medicare Open Enrollment and how to enroll yourself, visit [www.medicare.gov](https://www.medicare.gov).

### WSHIIP

For consumers who would like assistance in enrolling in Medicare, the Wyoming State Health Insurance Information Program (WSHIIP) is a program to help people understand their Medicare rights and to answer their questions. Counselors trained to provide unbiased information about Medicare and its related programs can help you understand Medicare, Medicaid, Medicare Supplement (also known as Medigap) and long-term care insurance. This program is particularly useful if you are enrolling into Medicare for the first time and may not know the process or what to expect, but if you are renewing you may also find useful advice on what Medicare plan may best suit your needs.

There are consulting firms around the state who offer similar services for a fee, but the WSHIIP program is provided free of charge. To reach a WSHIIP counsellor, call **1-800-856-4398**. Be aware that these trained counselors are in high demand, so it is important to call as soon as you decide you need their services as your name may need to be added to a return call waitlist.



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# Weather Vane

	DATE	HI	LO
S-09	72	39	
M-10	74	43	
T-11	68	41	
W-12	55	39	
T-13	57	48	
F-14	64	45	
S-15	61	43	

### Legal Notice

#### WYOMING DEPARTMENT OF TRANSPORTATION CHEYENNE, WYOMING NOTICE OF ACCEPTANCE OF AND FINAL SETTLEMENT FOR HIGHWAY WORK

Notice is hereby given that the State Transportation Commission of Wyoming has accepted as completed according to plans, specifications and rules governing the same work performed under that certain contract between the State of Wyoming, acting through said Commission, and Northern Improvement Company, The Contractor, on Highway Project Number 2303017 in Weston County, consisting of grading, milling, asphalt widening and asphalt

paving, and the Contractor is entitled to final settlement therefore; that the Director of the Department of Transportation will cause said Contractor to be paid the full amount due him under said contract on November 16, 2022. The date of the first publication of this Notice is October 6, 2022.

STATE TRANSPORTATION COMMISSION OF WYOMING

Pam Fredrick  
Senior Budget Analyst  
Budget Program

(Publish October 6, 13 and 20, 2022)

### Public Notice

#### PUBLIC NOTICE

In accordance with the provisions of the Wyoming Environmental Quality Act and Chapter 1 of the Solid Waste Rules, the Weston County Solid Waste Disposal District has submitted a new Chapter 2 Lifetime permit application for the Weston County Regional Landfill.

This facility provides for the transfer, treatment and storage of scrap metal, white goods, clean wood disposal recycling commodities, green waste, paint, used oil, used antifreeze, scrap tires, electronic waste, cathode ray tubes and lead acid batteries, as well as the disposal of: municipal solid waste, industrial solid waste, construction and demolition waste and non-friable asbestos containing waste which have been generated within the State of Wyoming. The 119-acre facility is located approximately 5 miles south of Newcastle, Wyoming. More specifically, this facility is located in the S 1/2 SE 1/4 of Section 17 and NW 1/4 NE 1/4 of Section 20 T44N, R61W, in Weston County, Wyoming. The total volumetric capacity of this facility is estimated to be 2,690,200 cubic yards. The life of the facility is estimated to be 228 years.

The Department of Environmental Quality, Solid and Hazardous Waste Division (DEQ) has issued a proposed permit for this facility. Copies of the application and the proposed permit can be viewed at DEQ's Cheyenne office.

Any interested person has the right to file written comments, including objections on the proposed permit. The period for providing comments on the proposed permit shall begin on October 20, 2022, and end on November 28, 2022. Any written comments must be received by 5:00 PM on the last day of the notice period. Comments must be submitted in writing to the Department of Environmental Quality, Todd Parfitt, Director, 200 West 17th Street, Cheyenne, WY 82002 or submitted using the DEQ comment portal provided at <https://shw.wyomingdeq.com/input.com/>.

In accordance with the Americans with Disabilities Act, special assistance or alternative formats will be made available upon request for individuals with disabilities.

Para español, visite [deq.wyoming.gov](http://deq.wyoming.gov).

(Publish October 20 and 27, 2022)

### Election Notice

#### ELECTION NOTICE:

SALT CREEK WATER DISTRICT ELECTION VOTING WILL BE HELD AT THE OFFICE AT 5021B US HWY 16 EAST, WESTON COUNTY, WYOMING ON NOV. 8, 2022 BETWEEN THE HOURS OF 9:00 AM AND 2:00 PM. ABSENTEE

BALLOT AVAILABLE AT OFFICE DURING BUSINESS HOURS OR BY REQUEST CALL 307-746-3331. DEADLINE FOR ABSENTEE IN PERSON VOTING IS NOV. 3, 4:30 P.M. MAIL IN BALLOT IS DUE NOV. 8, 2022 BY 5:00 PM.

(Publish October 20 and 27, 2022)

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- Big splash, in the audience
  - Diminish
  - Miss America's accessory
  - Wear away
  - V
  - Nile's mouth, e.g.
  - Enter password (2 words)
  - Poetic "even"
  - Misbehave (2 words)
  - "Carpool Karaoke" James \_\_\_\_\_
  - "The Tonight Show" longest-serving host
  - Negative conjunction
  - One of Five Ws
  - Communications regulator, acr.
  - Australian palm
  - Branch of traditional medicine, adj.
  - Monet's water flower
  - Succotash ingredient
  - Indian side dish
  - Like dental exam
  - Administer
  - Frequenter
  - Town news announcer
  - Do like eagle
  - Recipe command
  - \*Not Fallon
  - Like a "Vogue" ad
  - "Is it \_\_\_\_\_ wonder?"

- Onion's kin
  - Am is to I as \_\_\_\_\_ is to we
  - \*Certain Barbarian's namesake
  - \*\*Last Week Tonight with John \_\_\_\_\_
  - Indifferent to emotions
  - Tokyo, in the olden days
  - Type of car
  - Not upright
  - Floor cleaner
  - Not mainstream
  - Gallup's inquiry
  - Word for a nod
  - Particular manner
- DOWN**
- Electric swimmer
  - Gator's kin
  - NBC's peacock, e.g.
  - Deck out
  - Muscle to bone connector
  - Balanced
  - \*\*"Full Frontal" Samantha \_\_\_\_\_
  - \*Judge Wapner and Judge Judy "hosted" from
  - 1/60th of min, pl.
  - Palo \_\_\_\_\_, CA
  - Like nonlethal gun
  - Accident
  - Squirrel or hummingbird, moving-wise
  - \_\_\_\_\_ Kane of soap opera fame
  - Pleasurable interjection

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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

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#### Gwamma by JaNel M. Farnsworth



FIND THE SOLUTIONS IN  
NEXT WEEK'S PAPER



**Public Notice**

**PUBLIC NOTICE**

The Wyoming Public Service Commission (Commission) approved the Application of Black Hills Power, Inc. d/b/a Black Hills Energy (BHE or Company) for authority to pass on an Energy Cost Adjustment (ECA) decrease of \$0.00560 per kilowatt hour (kWh), effective for usage on and after September 1, 2022. The proposed rate is due to decreased purchased power and natural gas costs. The Commission's approval is subject to notice, protest, intervention, refund, change, further investigation, opportunity for hearing and further order of the Commission.

The typical residential customer using 749 kWh per month may expect a monthly decrease of \$4.19, or 4.14%, before taxes. Actual bills will vary with usage.

The Application is available for inspection at the Commission's office in Cheyenne during regular business hours or online at: <https://dms.wyo.gov/external/publicusers.aspx>. (Enter

Record No. 17127.)

Anyone desiring to file a statement, intervention petition, protest, or request for hearing in this matter must file with the Commission on or before November 3, 2022. A proposed intervention or request for hearing must set forth the grounds, the position and interest of the petitioner in this proceeding. Please mention Docket No. 20002-124-EP22 in your communications.

If you wish to intervene in this matter or request a public hearing that you will attend, or make a statement, a protest or a public comment, and you require reasonable accommodation for a disability, please contact the Commission at (307) 777-7427, or 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming 82002. Communications-impaired persons may also contact the Commission by accessing Wyoming Relay at 711.

Dated: October 6, 2022.

(Publish October 13 and 20, 2022)

**Bid Notice**

**INVITATION TO BID**

Notice is hereby given that the Board of Trustees of Weston County School District#1, Newcastle, Wyoming, will receive at the Office of the Superintendent, 116 Casper Ave, Newcastle, Wyoming up to, but no later than 1:00 P.M. on Friday, October 21st, 2022 for a:

New 2022 or 2023 Ford E450 176" wheel-base Bookmobile. The vehicle to be equipped with the following options: airbags, anti-lock

brakes, air conditioning, power steering, windows and locks, shelving, wireless internet. Please contact us for the additional equipment needed.

All interested parties may contact Transportation Director Troy Allen at (307)-746-4837 for more details. The Board of Trustees of Weston County School District #1 reserves the right to reject any and all bids.

(Publish October 13 and 20, 2022)

**Public Notice**

**PUBLIC NOTICE**

The Wyoming Public Service Commission (Commission) approved the Amended Application of Black Hills Wyoming Gas, LLC d/b/a Black Hills Energy (BHWG or the Company) to establish a total purchased gas cost rate of \$0.8446 per therm, representing a decrease of \$0.0026 per therm, effective on and after September 1, 2022. The rate is applicable to approximately 67,937 customers, including all Cheyenne and Cody Division customers as well as all Choice Gas customers in the Casper, Gillette, and Torrington Divisions who have elected to take service under the Gas Cost Adjustment Rate. The Commission's approval is subject to notice, protest, intervention, refund, change, further investigation, opportunity for hearing, and further order of the Commission.

The proposed gas cost rate results in a monthly decrease of approximately \$0.18 (0.2%) for the typical residential customer who uses an average of 72 therms monthly during September through November 2022 and results in a projected decrease in the Company's revenues of approximately \$51,513 without any effect on the Company's earnings.

Commission Rule Chapter 3, Section 26 allows a utility to pass on to its customers known or projected commodity cost increases or decreases on a dollar-for-dollar basis, subject to public notice, opportunity for hearing and refund.

The Amended Application is available at the Commission's offices in Cheyenne, Wyoming during regular business hours or online at: <http://dms.wyo.gov/external/publicusers.aspx> (enter Record No. 17139).

Anyone desiring to file a statement, intervention petition, protest or request for a public hearing in this matter must file with the Commission on or before November 16, 2022. A proposed intervention or request for hearing must set forth the grounds and the position and interest of the petitioner in this proceeding.

If you wish to participate in this matter and you require reasonable accommodation for a disability, please contact the Commission at (307) 777-7427 or 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming 82002. Communications-impaired persons may also contact the Commission by accessing Wyoming Relay at 711. Please mention Docket No. 30026-63-GP-22.

Dated: October 17, 2022.

(Publish October 20 and 27, 2022)

**Election Notice**

**OFFICIAL ELECTION BALLOT FOR SWEETWATER IMPROVEMENT AND SERVICE DISTRICT HELD IN WESTON COUNTY, WYOMING NOVEMBER 8, 2022**

**INSTRUCTIONS TO VOTER**

- 1. TO VOTE YOU MUST BLACKEN THE CIRCLE [ O ] COMPLETELY NEXT TO THE NAME OF THE CANDIDATE FOR WHOM YOU WISH TO VOTE.
- 2. IF YOU SPOIL YOUR BALLOT, ASK FOR A NEW BALLOT.
- 3. USE ONLY A BLACK OR BLUE INK PEN.
- 4. TO WRITE IN A NAME, YOU MUST BLACKEN THE CIRCLE [ O ] TO THE LEFT OF THE LINE PROVIDED, AND WRITE THE COMPLETE NAME ON THE SPACE PROVIDED FOR THAT PURPOSE.

BOARD OF DIRECTORS SECRETARY/TREASURER FOUR YEAR TERM VOTE FOR ONE [1]

O SHIRLEY PARKS

O \_\_\_\_\_

OFFICIAL SPECIAL DISTRICT BALLOT SWEETWATER IMPROVEMENT AND SERVICE DISTRICT NOVEMBER 8, 2022 ELECTION JUDGE

(Publish October 20, 2022)

**DEADLINE FOR LEGALS IS FRIDAY**

**Cowboy State Look-In**

*Courtesy of the Wyoming News Exchange*



**BHE gets project approval**

GILLETTE (WNE) — Black Hills Corp. announced that its Wyoming electric utility subsidiary, Cheyenne Light, Fuel and Power Company, doing business as Black Hills Energy, received a bench decision from the Wyoming Public Service Commission approving a certificate of public convenience and necessity to build an estimated \$260 million transmission expansion project.

The approximately 260-mile transmission project, known as Ready Wyoming, will help meet current and growing energy needs of customers in Wyoming.

The expansion project will provide customers long-term price stability while enhancing the resiliency of the electric system and expanding access to power markets and renewable energy resources.

"We're pleased with the Wyoming com-

mission's unanimous approval of a settlement agreement to proceed with the project and appreciate the collaboration with the parties in the process," said Linn Evans, president and CEO of Black Hills Corp., in a press release. "We look forward to ongoing engagement with landowners and other stakeholders for Ready Wyoming, a vital project that will provide long-term benefits to our Wyoming customers and communities."

Construction of the transmission expansion project is expected to commence in 2023 and be completed in multiple phases through 2025.

The project is expected to contribute more than \$100 million of economic benefit to the Wyoming economy and employ up to 1,400 construction jobs.

*This story was published on Oct. 18, 2022.*

**ACLU says use ballot boxes**

CHEYENNE (WNE) — To reduce long lines on election day that may discourage people from exercising their right to vote, the ACLU of Wyoming is urging county clerks across the state to continue the use of absentee ballot drop boxes.

This is despite interim Secretary of State Karl Allred's request last Friday to remove them.

"Absentee voting is a safe, secure and effective way for Wyomingites to vote," Antonio Serrano, ACLU of Wyoming's advocacy director, said in a Wednesday news release. "Drop boxes have proven to be an accessible, secure and

easy way for voters across the country, and here in Wyoming to cast their ballots, and they have been widely used by people of all backgrounds and political affiliations without issue. Discontinuing the use of absentee ballot drop boxes now would create disruption for voters and would result in even greater disenfranchisement of eligible voters in our state.

"Absentee ballot drop boxes in convenient places allow voters to securely cast their ballots at a time of their convenience — especially important for rural voters who have to travel long distances to vote," the release said. "Our elected

officials should be doing everything they can to encourage people to vote — not trying to suppress people's ability to vote."

Laramie County Clerk Debra Lee told the Wyoming Tribune Eagle on Tuesday she has no intention of removing the drop box on the east end of the county courthouse in downtown Cheyenne.

Six other counties also use absentee ballot drop boxes, according to a letter Allred had sent to all 23 county clerks about the issue.

*This story was published on Oct. 14, 2022.*

**Wyoming still down workers**

CHEYENNE (WNE) — Some sectors in Wyoming have recovered all of the jobs lost during the early days of the COVID-19 pandemic, while other industries have not regained all of the staff they had in the second quarter of 2019.

These and other economic statistics are contained in a newly released report from the state.

Overall employment in the Equality State was down by 6,500 workers, or 2.3% of the total, from before the pandemic.

The headline numbers were "mostly dragged down by the mining industry (-5,300 or -25.1%) and government (-2,300 or -3.3%," according to Wenlin Liu, the chief economist at the Department of Administration and Information's Economic Analysis Division.

Some industries are doing better.

"Employment in retail trade and professional and business services had already surpassed the pre-COVID level by approximately 1,100 jobs," according to the email. "Leisure and hospitality,

the largest private sector employer, also recovered."

There were 38,100 leisure and hospitality jobs in this year's second quarter, Liu wrote in an email on Wednesday to the Wyoming Tribune Eagle.

Amid "heightened inflation," total taxable sales grew 17% in the three months through June compared to the year-ago period, the email summarized.

"This strong performance was mostly attributed to continued expansions in retail sales, leisure and hospitality services, and the robust rebound in mining."

Compared with the second quarter of 2019, the mining industry was down by 20.4%, it was reported. Mineral severance taxes last quarter were up 88% from the same time last year, the highest since the third quarter of 2008, the email said.

*This story was published on Oct. 13, 2022.*

**Council partners with IMAGINE**

SHERIDAN (WNE) — For more than a century, cheatgrass has plagued native wildlife across the western United States. The invasive weed poses many threats; the most concerning is that it fuels wildfires. And, unfortunately, Wyoming is not immune to the weed's spread.

According to the Institute of Managing Annual Grasses Invading Natural Ecosystems, cheatgrass impacts all 23 counties in Wyoming. There are an estimated 20 million acres with more than 10 percent of annual grasses, including cheatgrass. That's about 2 million acres of only annual grass in the state.

Invasive annual grasses, such as cheatgrass, are detrimental to native plants and

wildlife. Cheatgrass provides fine dry fuels that increase fire frequency and severity. It also decreases forage quantity and quality for livestock and wildlife, alters habitat, changes soil health and decreases biodiversity.

Jaycie Arndt, a coordinator for IMAGINE, grew up on a ranch in Wyoming and came to dislike cheatgrass and other invasive plants. That's why she's dedicated to helping manage invasive weeds and annual grasses.

"We have to manage annual grasses, not only to improve our rangelands but also to prevent further degradation or complete loss of function of our landscapes," Arndt said.

To combat the growing

problem, IMAGINE was created in 2020 to foster a collaborative, statewide approach to managing annual grasses in the Cowboy State. The organization partners with the Wyoming Weed and Pest Council, among others, to research the best treatment options for controlling annual grasses.

The public can help defend against invasive weeds by making sure to clean equipment, shoes, clothes and vehicles before leaving an area with annual grasses.

To learn more about IMAGINE and upcoming events, see [wyagresearch.org/imagine](http://wyagresearch.org/imagine).

*This story was published on Oct. 15, 2022.*

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Photo courtesy of Andrew Towne/Torrington Telegram

**Sam Scribner's face says it all as the sophomore, center, guts out his race in terrific winds at the 3A East Conference Meet Thursday in Torrington.**

## Runners

from Page 9

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3. Torrington 77  
4. Rawlins 123  
5. Pine Bluffs 134  
6. Douglas 136  
7. Newcastle 176  
INC. Wheatland

**Individual Varsity:**  
22. Sam Cunningham 19:10.1  
28. Sam Scribner 19:36.8  
37. Wyatt Cole 20:05.1  
44. Logan Olson 21:01.2  
45. Archer Ohnstad 21:02.7 PR  
46. Nick Lopez 21:47.8  
47. Ben Carter 22:06.5

**Women's Results**  
Individual Varsity:  
5. Aspen Bloom 21:18 PR



Photo courtesy of Julie Morris

**Aspen Bloom shows just how excited she was to not only earn All-Conference honors with her fifth-place finish in Thursday's 3A East Conference meet, but also how pumped she was to have set a new personal record while running in very tough conditions.**

recently, Troftgruben admitted that team morale was a little down. Thatcher Troftgruben, the squad's leading runner and who was All-Conference last season, was sidelined with a prolonged Achilles tendon issue. In addition, only the top seven runners for each team were allowed to compete, meaning the JV competitors were out of luck.

"In the past, JV have typically been allowed to run," Troftgruben said. "Since it was only the top seven, some of our runners who may have been on the bubble for competing at state didn't have a chance to get that last race in, which was too bad."

As the Dogies circled up for their pre-meet talk, nerves and excitement were out in full force, and Troftgruben admitted it was a little strange to be without head coach Kathy Beehler who was unable to attend due to a death in the family.

"We all understood that she needed to be where she was, and we had Nikki Bloom and Caleb Carter there to help," she said. "Caleb stepped in to give them some words to

think about while they prepared by telling them to find their why. 'What is your why in life? What is your why in running?' It was a great reflection thought as the boys had to step up without one of their top runners leading the pace."

Sam Cunningham and Sam Scribner exchanged that leading role for the Dogies as they changed places throughout the race. Cunningham would be the first Dogie across the finish line coming in 22nd with a time of 19:10.1 with Scribner finishing 28th in 19:36.8.

Wyatt Cole was next in 37th, then Logan Olson, Archer Ohnstad, Nick Lopez and Ben Carter finished one after the other in 44th, 45th, 46th and 47th. Ohnstad also pushed hard enough to pick up a PR with a time of 21:02.7.

"All of our runners pushed themselves into breaking up packs of other teams, and I

think we may have made the difference in why Worland took first and not Buffalo," Troftgruben surmised. "Sam Scribner, Wyatt, Logan, Archer, Ben, and Nickolas gave it their all as they battled their way through the wind passing one more guy."

This week is the final week of the season as the Dogies and Bloom head to Ethete on Saturday for the 3A state meet.

"This week we are focusing on stretching and taking care of our bodies in order to be healthy and competitive going into the state meet," Troftgruben said. "We are always proud of all of our runners, but their mental toughness in that windy race, crushing negative thoughts, coming together as a team, and seeing one of our Lady Dogies make All-Conference made this race special and we are looking forward to good things on Saturday."

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## Karpe

from Page 9

I have always been a proponent of kids being multi-sport athletes because, to me, the benefits far outweigh the drawbacks.

The number one benefit of playing more than one sport is that the athlete is able to develop different skills that complement other sports. For example, if you look at the most successful kickers in Dogie football history, they've all been soccer players.

The agility and quick reactions of volleyball players translates beautifully on to the basketball court.

Swimming works every muscle in the body, thereby increasing strength and stamina for pretty much any other sport.

Playing football, volleyball, basketball, soccer, running track, or whatever all benefit each other by improving footwork, agility, balance, endurance, explosion, communication and hand-eye coordination.

Another huge benefit of being a multi-sport athlete is avoiding overuse injuries. If an athlete focuses on only one sport year-round the prevalence of sport specific injury rises dramatically due to constant repetitive motions.

Another good reason to mix things up sports-wise is that focusing on only one sport throughout the year can easily lead to burn-out and losing the love of the game. Once it's no longer a passion, the likelihood of continuing to play, and play well, plummets.

To be fair, there are also benefits to single-sport specialization.

First, when an athlete focuses on just one sport they are able to perfect their skills for that sport, which obviously makes them a better player.

Second, the better an athlete becomes in their chosen sport, the more confidence they will gain, which then translates into being an even better player.

Third, there is always a risk of injury when an athlete plays more than one sport. We've seen Dogie athletes suffer an injury playing a sport in the "off-season" of their favorite one, and then had to sit the bench missing out on the opportunity to play the game they really love.

While sport specialization does offer some attractive benefits, let's look at the numbers when it comes to how likely it is that a high school athlete will actually see any type of monetary gain from sticking to one sport only.

According to ncaa.org, only 2% of high school athletes will be awarded a scholarship to play NCAA Division I sports. Though the top schools do give out millions, if not billions, of dollars nationwide to recruit the top players, the average scholarship is only \$16,000. When you're looking at tuition that runs \$25,000 to \$40,000-plus per year, that's not a huge number.

Obviously, Division I athletics are only for the elite. However, only 17% of high school athletes go on to play at the Juco (junior college) level, and the average scholarship there is only \$1,400.

Let's also look at the athletes who are getting recruited.

In 2017, 30 of the 32 first round draftees in the NFL were multi-sport athletes in high school. In addition, several DI coaches admitted they prefer to recruit athletes who played more than one sport.

When you weigh the pros and cons of single sport specialization and being a multi-sport athlete, I really think it's a no-brainer.

And, if you need more proof, some of the greatest athletes in professional sports played more than one sport in their youth. Bo Jackson, Michael Jordan, Tom Brady and Steph Curry are just a few who mixed things up in their younger years.

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