

Heritage Park now the No. 1 priority

Alexis Barker
NLJ News Editor

The Newcastle City Council voted to make Heritage Park its No. 1 priority on the list of American Rescue

Plan Act grant resolutions the city submitted to the State Loan and Investment Board. The adjustment had been recommended by Chuck Barlett, the city's interim engineer, during the council's Feb. 6 meeting.

On Jan. 17, the council ranked Heritage Park as its third priority for grant funding under sewer and water project needs in the city. The estimated cost for Heritage Park is \$3,412,785, and the city has requested \$2,837,785

in coronavirus relief funds to pay for the project.

At that time, Priority No. 1 was a \$1,201,022 project to replace the sewer main and lift station on Duff Avenue. The grant for that project,

according to Barlett, would be for 84% of the project's cost, leaving the other 16% as a match paid by the city. According to information

— See **Park**, Page 6

Sandrini: Chapter 56 the only way to manage in-town deer

Alexis Barker
NLJ News Editor

A Chapter 56 permit through the Wyoming Game and Fish Department is the only effective and cost-efficient way to manage in-town deer numbers, said Joe Sandrini, the department's wildlife biologist. Sandrini told the News Letter Journal that the permit is used to reduce deer populations in various Wyoming communities. "It has been very successful in other towns in the state. Sundance was the first in Wyoming to do this, and they have been culling deer since 2010, some years more than others," Sandrini said in an email, noting that he has not seen any issues with

the lethal culling of deer in Wyoming. Other population management techniques, such as contraception or trapping and translocating, are expensive, time consuming and labor intensive, he said. Sandrini added that trapping also stresses deer and can result in the death of some deer due to capture myopathy, a condition affecting the muscles. The condition and health of in-town deer, as well as issues with deer and human and animal populations, is one reason the city voted to secure a Chapter 56 permit from Game and Fish, as previously reported by the News Letter Journal.

— See **Deer**, Page 6

County auditor raises pay policy concerns

Alexis Barker
NLJ News Editor

The lack of policies for the various pay schedules in Weston County could lead to trouble, according to auditor Paul Stille, of Leo Riley & Associates. Stille shared his concerns with the Board of Weston County Commissioners during the audit presentation on Feb. 7.

Stille's main concern is the lack of a policy regarding on-call time and holiday pay at the Weston County Sheriff's Office, he said.

"There are different things that go into their (sheriff's deputies) jobs that doesn't in the rest of the county. ... It would

just be good for that department to get those things in writing," he said.

"The problem is, these things are different than the policies that are adopted for the rest of the county," Stille continued. "So the first thing that is going to happen if a lawsuit were to come up, which you never think is going to happen but it does, is they are going to say, 'What are the written policies?'"

He stated that he was not trying to say that the sheriff's office is doing anything wrong, but that having written policies for how various types of pay are figured would be appropriate.

Stille explained that

some unwritten policies date from clerks and sheriffs who were in office some three or four generations ago.

"You cannot tell me that things don't deviate from what was originally planned," he said.

Having the policies in writing would provide more protection for the county in a potential lawsuit, Stille said. It would also allow for the policies to ensure accuracy when other people step into various roles in the county.

"I know Jeanie (Stone, deputy county attorney) is aware and trying to get an accurate solution to it,"

— See **Auditor**, Page 6

City sounds off on ongoing dispatch debate

Alexis Barker
NLJ News Editor

After months of silence over the ongoing dispatch battle between the city of Newcastle and Weston County — aside from an occasional letter to county officials — the city addressed the issue publicly during the council's Feb. 6 meeting. Several council members and Mayor Pam Gualtieri highlighted various public perceptions that they deemed false, while addressing other concerns that city leaders had expressed to their counterparts with the county.

"I want to put out our word on some things we are hearing," Gualtieri said.

The mayor then stated that the Newcastle Police Department is not refusing to move the police and dispatch operation to the newly renovated space at City Hall.

"We were delayed," she said. According to Gualtieri, there were issues with an agreement, for the 50 pair wire that was delayed by the county attorney, between the city and county that held up the move, but she claimed that issue was being resolved. She noted that when the city was approached about moving evidence from storage at the Weston County Law Enforcement Center, the new police chief, Chuck Bowles, was not in town. He

— See **Dispatch**, Page 2

Going for it



Senior Quint Perino had the game of his career Friday in the Dogies' close loss to the Wolves in Moorcroft. He led his team with 21 points, 8 rebounds, 1 assist, and 7 steals. Read more on Page 16.

News from the Legislature

Alexis Barker
NLJ News Editor

Bill addresses county landfill issues

Senate File 176 Solid Waste Disposal, a Weston County-inspired solid waste district bill, was approved by the House on Feb. 13 on second reading, according to Wyoleg.com. The bill passed the Senate on third reading on Feb. 2, with all 31 senators voting in favor of the legislation, according to Senate President Ogden Driskill, R-Devils Tower.

"As you know, Weston County is home to two solid waste districts: Central Weston and Weston," Driskill said in his Feb. 3 legislative update.

"SF0176 allows for the consolidation of a county's solid waste districts," he continued. "This bill will allow the Central Weston and Weston solid waste districts to combine without the need (and cost) of a special election — and importantly — without raising taxes on residents."

— See **Legislature**, Page 8

WEATHER FORECAST

Thursday
Sunny
Hi 32, Lo 14



Friday
Sunny
Hi 42, Lo 18



Saturday
Mostly Sunny
Hi 42, Lo 24



Sunday
Mostly Cloudy
Hi 40, Lo 24



Monday
AM Snow
Hi 38, Lo 19



Tuesday
Snow
Hi 31, Lo 15



Wednesday
Snow
Hi 24, Lo 2



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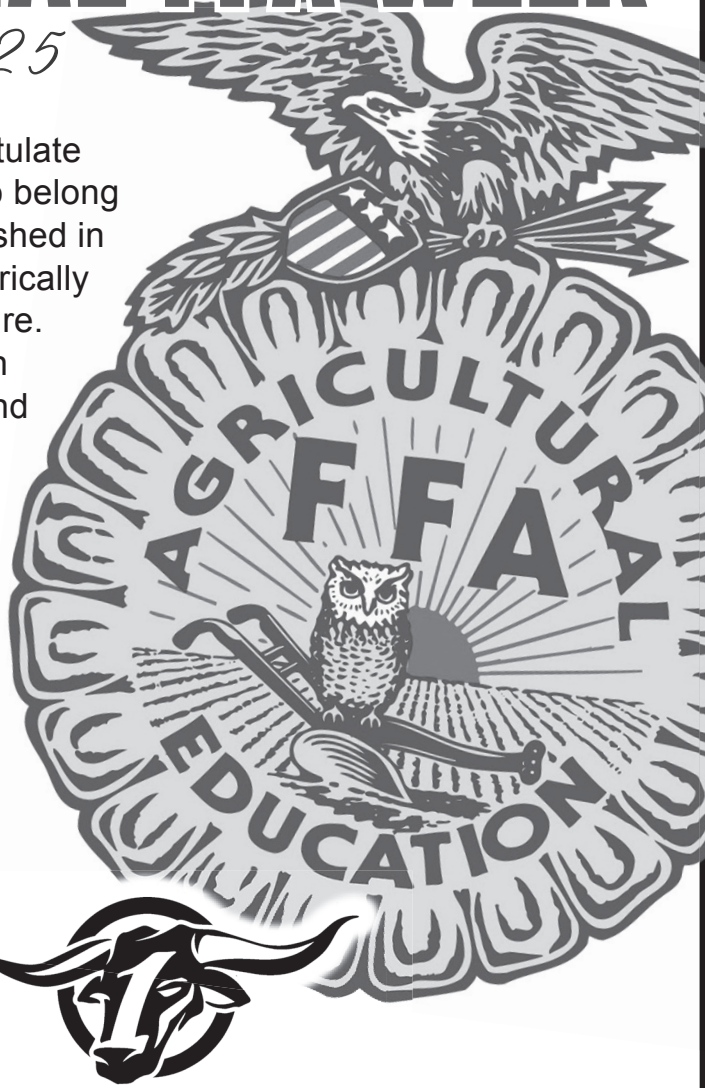


NATIONAL FFA WEEK

February 18-25

We want to congratulate the local youth who belong to the FFA. Established in 1924, FFA was historically focused on agriculture.

Today's organization includes agriculture and encourages science, leadership, career development, and so much more. National FFA Week is Feb. 18-25. To celebrate the occasion, inspire the youth in your life to join the FFA. Membership has lifelong benefits!



First State Bank will be closed Feb. 20th for Presidents Day.

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Unemployment ticks up

Alexis Barker
NLJ News Editor

Weston County's unemployment rate remained one of the lowest in the state in December, despite a 0.3 percentage point increase from November (2.1% to 2.4%), according to a report from the Wyoming Department of Workforce Services Research and Planning Division dated Jan. 25.

"The lowest unemployment rates were found in Weston and Teton counties, each at 2.4%," the report says. "Sweetwater County posted the highest unemployment rate at 4.2% in December. It was followed by Sublette County at 4.1%,"

Natrona County at 3.9%, Big Horn County at 3.8% and Carbon County at 3.8%."

Weston County's unemployment rate followed the normal seasonal pattern of increases from November to December. Statewide, the unemployment rate rose slightly from 3.6% to 3.7% month to month.

"Unemployment rates often rise in December as winter weather causes seasonal job losses in construction and other sectors," the report states.

The largest increases were seen in both Big Horn and Sweetwater counties, which both saw 0.6 percentage point increases. Teton County was the only county that decreased from

November to December.

Year over year, Weston County's unemployment range remained unchanged at 2.4%, while most counties saw their unemployment rate increase, according to the report.

"The largest increases were seen in Carbon (up from 3% to 3.8%), Niobrara (up from 2.4% to 3.1%), and Washakie (up from 3% to 3.7%) counties," the report says. "Jobless rates fell in Converse (down from 3.3% to 2.7%), Campbell (down from 3.6% to 3.2%), and Natrona (down from 4.2% to 3.9%) counties."

Statewide, the unemployment rate is lower than December 2021's rate of 4%.

More repair work



Photos by Walter Sprague/NLJ

Uzi Holquin of Hercules Custom Concrete uses an angle grinder with a cement cutting wheel to finish cutting in freeze lines in a new sidewalk on the corner of South Summit Avenue and East Wentworth Street on Monday, Jan. 23.

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News Letter Journal will be CLOSED Jan. 20 for Presidents Day



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Dispatch

from Page 1

is now working on an audit of the evidence before it is moved, she said.

Dispatch fees charged by the city have also been an issue. Gualtieri said that the County Commission was given 60 days' notice of the change in billing. She noted, however, that the city had made some calculation errors for the month of December and planned to correct the mistake.

As reported by the News Letter Journal in its Feb. 2 edition, the county was disputing an increase in the dispatch bill. The commissioners agreed to pay the customary \$9,000 for two months, instead of the \$11,000 charged by the city for the period.

City Clerk-Treasurer Stacy Haggerty reported during the meeting that the billing error resulted in an additional \$521.81 being charged to the county for dispatch services. Gualtieri noted that the bill would be adjusted.

"Some of the other stuff was that we weren't being transparent, but we were," Gualtieri said, noting that there was either a lack of communication or a miscommunication between county officials and the commissioners.

Specifically, Gualtieri said that the city had not threatened to turn off the county's utilities and that the city had hand delivered the invoice to avoid delays.

"We receive one big check for everything, and they pay almost two months behind, unfortunately," Haggerty said, adding that late payments are in violation of the city ordinance, which allows payments to be 45 days late before shutoff occurs.

Councilman Don Steveson stated that he believes there have been falsehoods presented to the commissioners from both Sheriff Bryan Colvard and Weston County's emergency management coordinator Gilbert Nelson. He did acknowledge that the city had not been the best about telling its side of the story during meetings.

"It gets irritating, and it comes back to the city's fault," Steveson said. "They won't respond, but they put it in the paper. It gets irritating that they (Colvard and Nelson) feed false information to the commissioners, and the documentation is not correct."

Councilman Tyrel Owens stated that the county has claimed it did not have a contract for services with the city. He said, however, that the city had prepared a contract that was presented to the commissioners. He said that the County Commission never responded with a counteroffer to keep the conversation moving.

"It is called communication, and it has been sorely lacking between the two entities for some

CITY BEATS

Notes from the Feb. 6, 2023, meeting of the Newcastle City Council

• Eric Kregel, a local tow-truck owner-operator, told council members that he was frustrated with the use of a tow-truck business from Upton to answer calls within Newcastle city limits. The council suggested that Kregel work with Newcastle Police Chief Chuck Bowles to come up with a solution to the rotating tow-truck schedule.

• Council members discussed and are considering the addition of a city administrator to city staff. The matter will be discussed during the council's Feb. 21 meeting.

• The council voted to approve \$2-an-hour raises for the three people working in City Hall.

• The council approved the resignation of Norma Shelton from the Weston County Travel Commission.

• Councilman Tyrel Owens reported that the streets committee has determined that the street in front of Little Ones Childcare should remain a no-parking zone.

• City Works supervisor Greg Stumpff reported that the cemetery committee has determined that the city can waive the use of a concrete burial vault upon burial in Greenwood Cemetery. If no vault is used, the deceased cannot be embalmed and must be buried in a natural wooden casket.

• The council approved the hiring of two new police officers: Derek Thompson and Kellie Moran. Both have previously worked in Newcastle and Weston County, Moran as an officer for the police department and Thompson as a sheriff's deputy.

time," Owens said.

"I don't think two dispatches is the answer to any problem . . . Newcastle is part of the county, and I think we need to get this figured out," he continued, noting that some dialogue and positive interaction between the city and county is needed.

Gualtieri said that the council would work with the county to schedule a joint meeting to discuss dispatch. At this time, no official date and time have been set for the meeting.

"Since we haven't been as vocal on why we are making decisions, it casts the council in a negative light. The more vocal entity is telling their side, and we have been quiet. It feels good to clear the air a bit," Owens concluded.

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Our View Letting a little sunshine in

Sharing the news for our area hasn't necessarily been easy the past couple of weeks. But it has been important. The tough issues facing local governments have seemed to be a little tougher since we started the new year — which makes them even tougher to talk about — and it is never pleasant to let the community know that a trusted volunteer and public servant had allegedly abused that trust and harmed somebody in their care. It is hard to confront these things and speak about them openly, but we believe there is no healing or improvement if we don't. That's why we were pleased that many of our community's leaders were willing to share important information with you as they confront these challenges and try to help our community emerge from them stronger and healthier than it was before. First and foremost, we want to thank WCSD #1 Superintendent Brad LaCroix and Newcastle Fire Chief James Curren for their willingness to answer questions in the wake of the arrest of a volunteer fireman and coach for multiple counts of sexual assault involving a minor over whom he held a position of authority. Although they couldn't speak in detail about an ongoing investigation, they did not hesitate to honestly acknowledge that something was wrong, and that their respective organizations were cooperating with the investigation and taking steps to

protect the people in their care. It might not seem like much, but a little bit of honesty, sincerity and empathy go a long way towards providing reassurance to a community that is rightfully concerned, and it also defends against rumor and gossip that invariably fills in the information void when community leaders won't answer questions or honestly address community concerns. Similarly, the Weston County Health Services board and Newcastle City Council acknowledged the need to tackle some of their biggest issues publicly last week. In the case of the local hospital, we were grateful that they provided some detail to an announcement of a special meeting that resulted in the retirement of that facility's CEO. The announcement revealed enough that community members were aware that a significant change was being discussed in leadership at the hospital, and even though the public wasn't privy to those actual conversations, all of the participants in those talks shared information publicly when they held the special meeting to make the leadership change official. We believe the WCHS board only started the process of openly making a leadership change, and we sincerely feel the board should share a great deal more with the community about the specific challenges the new CEO will face. They should also provide some detail into what their expectations for that person will be, and what goals and objectives they envision for

the facility and organization under the new CEO's leadership. We do believe the WCHS board is potentially off to a good start, and look forward to receiving more specific information from them in the very near future. Similarly, the Newcastle City Council finally held a discussion during the open portion of their meeting regarding the ongoing dispatch dispute with the county. Although the whole thing still feels like a "he said, she said" we were glad city officials presented their side to the public so we were finally able to present it to our readers. Now that they've let the light of day shine on the issue, we believe the next step is holding an honest (albeit contentious) and public conversation with county officials. As we've said before, we don't believe that there's any reason for either side to claim "litigation" as a reason to take the conversations behind closed doors because we think it highly unlikely that the "city" and "county" will sue each other. They largely represent the same taxpayers and would basically be suing themselves, so unless one side or the other wants to publicly announce that they are willing to resolve the issue in court — and spend a lot more of the taxpayer's money — then we fully expect them to lay all their cards on the table and allow the public to inspect them. If given enough information, perhaps the public can help identify a sensible solution where our leaders have so far failed to do so.

POLL of the WEEK

QUESTION:
 Do you think the deer are a problem in Newcastle?

- Yes
- No

Go to newslj.com to vote!

Look for results in next week's News Letter Journal.

Deadline for Letters to the Editor is noon on Friday

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Don Botkin Reporter/Sales



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Office Manager: Siri Karr
Graphic Designer: Amy Menerey
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NLJ Correspondents: Avery Chick, Hannah Gross and Katelynn Slaamot
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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WHY

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



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The Wyoming Legislature: A study in contrasts

The legislative session in Wyoming is often a study in contrasts. On one hand, we see our legislators try to solve complicated issues in thoughtful ways. We see them try to balance the views and interests of diverse constituencies. We see them engage in meaningful debate to try to reach the best solution. Moments like these make me proud to be in Wyoming and represented by a citizen legislature. This legislative session, the legislature has no shortage of important issues that they are working on. Our state's education funding system needs serious attention, and legislators have considered bills proposing solutions to the looming problem. Of course, many of those bills can and should fail, but that does not mean that the effort is worthless. Similarly, our legislature has spent a great deal of time over the years, including this legislative session, considering whether to expand Medicare in our state. There are legitimate arguments on both sides of

the issue and spending time debating and voting on this issue is a quality use of our legislature's time. There are many other worthwhile issues that our legislature has tackled this session, from our state budget to the many other miscellaneous bills — great and small — that address genuine problems in a thoughtful way. However, despite the good work the legislature is doing, there are also a number of bills being considered that are silly, poorly thought out, or downright malicious. For example, one bill introduced in the legislature would ban forced implantation of microchips in employees. While I doubt there are many people who would argue in favor of forced microchipping, this is not a worthwhile use of time. There are no businesses microchipping their employees and no businesses have expressed any interest in doing so. This bill certainly falls under the "silly"

category. It is a complete waste of time, addressing a problem that does not exist. Yet, the Wyoming Senate decided that it was worth its limited time to consider, debate, and vote on this bill. Hopefully the House shows better judgment. Other bills not worth the legislature's time include those dealing with refugee resettlement plans, requiring that participation in events at the state fair be counted as an "excused absence" at school, and establishing a "federal review" committee in the legislature. As to the refugee resettlement plan bill, Wyoming has no refugee resettlement plan. We do not have refugee populations that other states may have. This is another bill that wastes time addressing an issue that is not a genuine problem. On the state fair issue, given the real issues

facing our state, is it really worth the legislature's time nitpicking with school districts over excused versus unexcused absences? Clearly it is not. The "federal review" committee bill may be the worst of all because, not only is it a waste of time now, it promises to be a waste of time for a long time were it to be enacted. First, it aims to create a new committee with the charge to review "all federal action." I suspect that the sponsor of this bill is woefully ignorant of just what that would entail. The Code of Federal Regulations has changes or amendments every day. There can be hundreds of regulatory amendments in a week, and that is just one aspect of federal action. Thousands of lawyers spend their careers evaluating these regulations, but this committee of a handful of part-time Wyoming legislatures would be tasked with reviewing it in a legislative setting. Perhaps the worst part of this bill is that it instructs the committee to ignore any

holdings of the Supreme Court. There is one institution that has been charged with interpreting the United States Constitution since our nation was founded — the United States Supreme Court. This bill asks the legislature to ignore centuries of thought and interpretation of our Constitution while reviewing thousands upon thousands of federal acts, and to what end? This bill wins the award for worst of the legislative session. While I have learned not to judge intentions, I certainly have doubts about the good judgment of the sponsors of this bill. All of this is to say that we must keep a close eye on what is happening in our legislature. Good bills and efforts to solve real problems should be applauded. Legislative grandstanding, time wasting, and poor judgment should be called out for what they are: an affront to the people of Wyoming who live here and depend on the legislature to make real decisions on real issues.



Khale D. Lenhart
 Attorney
 Guest Column

Letters to the Editor Paving paradise

To the Editor:
 As a resident of Newcastle, I am disappointed with the plan to kill our city deer. I love Newcastle. I love my family, friends, and neighbors here in Newcastle. I love that I live in a state and a community where I can still trust our leadership. I know that in Newcastle, I am still a free American, living amongst other free Americans who value and cherish our freedoms as much as I do. We live in a special place, a place of common sense and values during a time when the world around us has seemingly lost its common sense and values — and frankly, its soul. I am very proud to live here, and reiterate, I love the people here, but I also love the deer we have here. My family enjoys seeing our city deer every day. The deer have become part of the reason we are so happy here. We love nature, particularly the animals, and we find a sense of joy and peace watching them. I am confident that my family is not the only ones who feel that way. I am equally confident that my family are

not the only ones who are opposed to the plan to kill our city deer. I pray often for our council members, asking my God to give them wisdom to lead. I am painfully aware that they receive far more criticism than they do praise, and that any form of leadership is a very tough job. I also know that when a person is free to make decisions that affect others, because of their position or title, there is an inherent danger that they will use that position for their own personal agendas. With this in mind, I ask, will there be any public input into this decision? Will there be a meeting where I and others can relate our reasons for objecting to this plan? Why did a single council member put so much effort into killing the deer? Did a deer eat all his begonias last summer and he's on a vendetta? The article mentioned his experience with city works is why he is hell bent on terminating the deer population. Does he want to kill the deer to keep the poop off

the grass and sidewalk? It all reminds me of a song about paving paradise to put in a parking lot — you know, the one that says "don't it always seem to go, that you don't know what you have till it's gone." Do council members ever write to the paper or directly to the community to explain the decisions they are making that will negatively affect large numbers of the community? If not, why not? If the deer are harming our citizens in any way, we should know about it, and of course the people matter most, but if this is just about making city workers jobs easier, etc., we, the citizens of Newcastle, need to know that as well so we can do our best to stop it! My home is along the creek, and just this week, I took several photos of our majestic city deer. I told my wife that I was going to contact Pinnacle Bank and offer the pictures to them to use in their calendar for next year. It would be nice

to have Newcastle represented in that calendar, and I thought a photo of our big city buck along Cambria Creek would represent us well. Now, if they do use that picture, I fear it will represent Newcastle in a way I will be anything but proud of. That we removed, in fact killed off, our wildlife in our town, to keep our parking lots cleaner, or our flowers from being eaten. That would be both wrong, and tragic.
 — AJ Schroff, Maple Street, Newcastle
Reading enjoyment
 To the Editor:
 Thank you so much for the very interesting and educational articles you've provided. I truly enjoy reading of the area my mother used to talk about. That's especially the Skull Creek area where she grew up. Again, thank you for the many hours of reading enjoyment.
 — Kari A. Clark



WESTON COUNTY TRAVEL COMMISSION BOARD OPENING

The City of Newcastle will be accepting letters of interest for a three-year term on the Weston County Travel Commission Board. The term will expire June 30, 2025. Please submit letters of interest to City of Newcastle, 10 W. Warwick, Newcastle WY 82701 by Friday, March 3, 2023.

Send community announcements to design@newslij.com

COVID-19 vaccines add another

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PUBLIC COMMENT WANTED

The Board of Weston County Commissioners is asking for Public Comment at their meeting on February 21st at 10:00 a.m. on extending the Barton Road 1 1/2 miles through Forest Service Road #1248 to end at the county line.

COACHES & REFS WANTED!

SPRING SOCCER

Online Registration Only Feb. 1–Feb. 28
Link available on Newcastle Soccer League Facebook page

Copy of birth certificate or passport is required for registration.

Child must be born in 2018 or before to participate.

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Obituaries

CHARLES EDWARDS SCONIERS
Oct. 6, 1956–Feb. 8, 2023

Charles Edwards Sconiers, “Big Ed,” was living in the Western County Manor in Newcastle, Wyoming. Big Ed passed peacefully on Feb. 8, 2023, at 66 years.

Big Ed was born on Oct. 6, 1956, in Port Neches, Texas, to Ansel and Virginia Nell Sconiers. He had an older sister, Sue Anne Sconiers. He lived in Port Neches for his first eight years, until his dad was transferred to Newcastle by his company.

Big Ed graduated from Newcastle High School in 1975. He attended Casper College and obtained an associate’s degree in mechanics. He entered the workforce and spent time playing football in Canada for short time.

Big Ed met his first wife, Judy GrandPre, at the railroad crossing in Newcastle. They married in 1980 and started their family. Ed

moved to Cheyenne, Wyoming, in 1983 to build a life. They had three beautiful children, Jodi Ann, Barbara Sue and Nicholas.

Big Ed worked for Newco Electric Wholesale and Professional Transportation Inc.

Big Ed moved back to Newcastle in 2012 and reconnected with his high school sweetheart. He married Mamie Plymessenger in 2014. They built a wonderful life together.

Big Ed was happiest spending time on the golf course, joking with his friends, and singing. He was known to catch people off guard with his singing voice and his teddy bear interior. He loved his fast cars and cold beer. If he was giving you a hard time, you knew it was because he cared. He always made sure to shower

his grandkids with Hot Wheels and love. His greatest joy was being a Popi to his grandkids.

Big Ed is survived by his wife, Mamie Sconiers; his beautiful children, Jodi Ann (Larry) Wilt, Barbara Sue Boyce and Nicholas Sconiers; plus two wonderful grandchildren, Eddie and Michelle.

Big Ed was preceded in death by his dad, Ansel Sconiers; his mom, Virginia Nell Sconiers; and his sister, Sue Anne Sconiers.

Services will be at a later date. Condolences may be sent to the family in care of Meridian Mortuary, 111 S. Railway Ave., Newcastle, WY, 82701 or expressions of sympathy may also be made online at meridianmortuary.com.



Charles Sconiers

How to focus on cardiovascular health

February is American Heart Month, when everyone can focus on cardiovascular health. Heart disease remains the leading killer of American men and women. Scientists continue to research which factors are most impactful in reducing the likelihood of having a heart attack, stroke, or other forms of heart disease. While some risk is impacted by genetics, a fair amount is also controlled by lifestyle choices.



Vicki Hayman Extension Notes

One of the key elements of a heart-healthy lifestyle revolves around what you eat. A diet that supports your heart is a flexible road map that encourages eating more food that’s good for the heart, yet fewer foods linked to cardiovascular disease. Eating for better heart health is not about counting calories, but it has to do with portion control and maintaining a healthy body weight. To support your heart health, it is also essential to refrain from smoking, exercise regularly, and find ways to reduce your stress levels.

What diet is best for the heart? You need a healthy

lifestyle you can sustain for life. The best heart-healthy eating plan is the one you will follow. Follow a program that speaks to your food personality and the types of foods that you and your family enjoy. You might be surprised to learn there is no one best heart-healthy diet.

Many diets share the same key ingredients, like fruits, vegetables, whole grains, lean protein, and healthy fats, but they are certainly not all the same. Several plans have been shown to boost heart health, especially the DASH diet, the Mediterranean diet, vegan and vegetarian diets.

The National Heart, Lung, and Blood Institute specifically designed the DASH (Dietary Approaches to Stop Hypertension) diet to help prevent and treat hypertension or high blood pressure. This, in turn, helps reduce your risk of heart disease. The DASH diet recommends specific amounts of food based on your calorie needs. It focuses on whole grains, fruits, vegetables, low-fat dairy, refined grains, added sugars, and lean meats but limits red meat. Additionally, it recommends limiting your sodium intake to 1 teaspoon (2,300 mg) per

day. If on a lower salt version, eating no more than 3/4 teaspoon (1,500 mg) per day is encouraged.

Typical daily meals on the DASH diet would look similar to this: Breakfast, yogurt with fruit and nuts. Lunch, turkey and roasted vegetable sandwich on whole-wheat bread. Dinner, fish with vegetables and brown rice. Snack, vegetables with hummus or guacamole.

The Mediterranean Diet includes traditional foods from countries surrounding the Mediterranean Sea. The diet generally emphasizes whole, minimally processed foods. These foods include nuts, whole grains, seeds, fruits, legumes, fish, vegetables, and extra virgin olive oil. Some people also include moderate amounts of poultry, eggs, low-fat dairy, and red wine. This diet also limits or eliminates refined carbs, added sugars, highly processed snacks, and red and processed meats.

Typical daily meals on the Mediterranean diet: Breakfast, vegetable omelet. Lunch, quinoa salad with chickpeas and vegetables. Dinner, whole-grain pasta with seafood, vegetables, and a glass of red wine. Snack, grapes with a few nuts.

Vegan and vegetarian diets eliminate all meat, including fish, poultry, and red meat. While vegetarians include other

sources of animal products, like eggs and dairy, vegans avoid all animal-derived ingredients, including honey, dairy, and eggs. Instead, these diets emphasize fruits, vegetables, beans, lentils, soy products, whole grains, nuts, seeds, and plant-based oils and fats. Vegan or vegetarian diets high in added sugars, refined grains, and heavily processed foods do not offer the same heart health benefits as those high in whole, minimally processed plant foods.

Typical daily meals on the vegan diet: Breakfast, sprouted grain toast with peanut butter and banana. Lunch, vegan minestrone soup. Dinner, brown rice and bean burrito bowl with a green salad. Snack, trail mix.

A healthy diet and lifestyle are essential to preventing and managing cardiovascular disease. When choosing a heart-healthy diet, consider factors like scientific evidence, nutrition quality, how easy it is to follow, and whether you can sustain it long term. Then, eat your way to a healthier heart. Finally, before starting any diet, please consult your healthcare provider to ensure it is the right option for your needs.

Sources: eatingwell.com; healthline.com; healthstandnutrition.com; heart.org; nhlbi.nih.gov

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faith & values

Daily Devotional Reading

February 17 Numbers 25-26	February 21 Deuteronomy 1-2
February 18 Numbers 27-29	February 22 Deuteronomy 3-4
February 19 Numbers 30-32	February 23 Deuteronomy 5-8
February 20 Numbers 33-36	<i>Scriptures Selected by the American Bible Society</i>

- **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. Kenti Barling, S. Summit & Winthrop Streets, 746-9684. christchurchnewcastle@gmail.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; Undeafated 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
- **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

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. ~ James 1:17

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25 Years Ago
Feb. 19, 1998

"I've never seen anything like this," remarked Dogie Theatre Manager Bill Nelson. Bill has managed Newcastle's only cinema since 1990. In that time no other movie has come close to rivaling "Titanic." With near capacity crowds Friday and Saturday, and a sellout Sunday, the winter blockbuster has already beat the previous record by 150 percent.

Last Wednesday's school board meeting brought three unexpected visitors from the Pepsi corporation. The beverage company has been competing with Coca-Cola for a concessions contract at the Newcastle Middle School and felt they'd been slighted in the negotiation process. Middle School Principal Scott Shoop spoke with the representatives from both companies the following day and decided to stay with the Coke deal.

Weston County Attorney Don Hansen met with county commissioners on Tuesday to discuss a Crook County proposal which would do away with Justices of the Peace in both counties.

"The thinking is that if Weston and Crook counties would get together and share a county court system, then the state might be willing to fund it," Hansen explained to the commissioners. The commissioners then voted to go along with a Crook County resolution which provides for the appointment of a county judge to be shared by both counties.

The Weston County Concert Association will sponsor the Marlins this weekend at Crouch Auditorium. The group entertains with a variety of vocal favorites from jazz to country.

50 Years Ago
Feb. 15, 1973

Larry Schlenker, second vice president of the Newcastle Jaycees, was named Wyoming Jaycee of the quarter at the meeting of the winter board in Torrington this weekend. The award is based on service to the Jaycee organization.

Peter Field of Cambria Forest Industries, Inc., Newcastle, has been elected an alternate director for the Western Wood Products association. Dan Colgan, also of Cambria Forest Industries, has been appointed to the WWP committee on marketing services.

Boy Scout Troop 71 will



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

be conducting a door-to-door clothing drive on Saturday, Feb. 17. The Scouts are conducting the drive in connection with a national clothing drive.

The Gateway Rebekah Lodge of Newcastle announced this week that the United Nations Pilgrimage for Youth speech contest will be held Sunday, Feb. 18, at 1:30 p.m. at the IOOF Lodge Hall in Newcastle. The speech shall be entitled, "What United Nations Means to Me," or "Why I would Like to Take Part in the United Nations Pilgrimage," or a similar topic.

The Misses Ann Landrigan and Kay Haymen have been awarded scholarships of \$100 each by the Lambda Chapter

of Delta Kappa Gamma. Both young women are enrolled in the college of education at the University of Wyoming and both are seniors.

John Tunnell and Pat Scissons were named all-tournament players at the recent freshman basketball tournament at Lusk. The Dogie freshmen placed second in the tourney.

100 Years Ago
Feb. 15, 1923

The lid was clamped down somewhat in the realm of moonshine last Saturday morning when Demonic Bargelia was assessed a fine of \$500 and ninety days in jail at hard labor for selling hooch. Paul Farquet

was assessed a \$200 fine for manufacturing moonshine at the same session of court.

From the Edgemont Express we learn that the bridge over the Cheyenne river at what is known as the Robinson crossing has been completed and the crew has moved to another location. Whether the bridge has been accepted by the Highway Commission we have not yet learned.

The Cabaret dance given by the Ladies Auxiliary of the American Legion, Mrs. James A. Greenwood, chairman of committee on arrangements, was a decided success in spite of the fact that the date was changed from Saturday to Monday night and also the very severe weather of Monday evening.

Reports come from Sundance that Chester Ogden and family were caught out in a blizzard of Monday night while returning from the Damon Cole home, where they had been visiting to their own home but a short distance away. It is reported that all of them were more or less frozen and that the little girl about three years of age will probably have to have one of her hands amputated.

The Kelsey and Cunningham Mill is the newest enterprise to become a factor in the upbuilding of Osage. The machinery started Monday, February 5th, 1923, manufacturing flour from wheat grown in this section of Weston County.

CLOSURE NOTICE
The Weston County Courthouse will be closed on Monday, Feb. 20, 2023, for President's Day. We will re-open on Tuesday, Feb. 21.

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From the vault ...



Photo Courtesy of WC Historical Society/Selma Chittim Collection
This photo was taken at the Green Mountain school, which was located at the foot of Green Mountain. Left to right: Ercel Johnson, Selma Peterson, Annie Hando, David Peterson, Norval Johnson, Alice Hando, David Erickson and Mary Hando.

TOTES of HOPE | SILENT BASKET AUCTION

WHO: Auction proceeds will benefit Totes of Hope (Sponsored by Newcastle FBLA)
WHEN: Thursday, Feb. 23, during the home basketball game vs. Douglas – beginning at 4 p.m.
WHERE: Breezeway in front of Dogie Dome at Newcastle High School
WOULD YOU LIKE TO DONATE A BASKET?
Donated baskets can be picked up or delivered to the high school on or before Feb. 22.
Contact Alysha Engle with questions:
englea@wcds1.org • 746-5808

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Feb. 1-28	Online Only	Soccer Registration	
Thu. Feb. 16	7AM	T.O.P.S. #218	W.C. Senior Center
	1PM	Crafts/Bridge	W.C. Senior Center
	5:30PM	WCHS Board of Trustees MTG	WCHS
	6PM	Veteran's Memorial Meeting	Four Square Church
Fri. Feb. 17	7PM	Alcoholics Anonymous	W.C. Senior Center
	9AM	Caramel Rolls	W.C. Senior Center
Mon. Feb. 20	1PM	Bridge	W.C. Senior Center
	5:30PM	BINGO	VFW Hall
	9AM	Exercise Class	W.C. Senior Center
	1PM	Computer Clinic	W.C. Senior Center
Tues. Feb. 21	6PM	WC Children's Center Directors Mtg	W.C. Children's Center
	7PM	Alcoholics Anonymous	W.C. Senior Center
	11AM	WC Commissioners	W.C. Courthouse
	NOON	Story Time	W.C. Library
Wed. Feb. 22	NOON	W.C. Museum District Historic Trails Presentation	W.C. Library
	NOON	W.C. Cowbells	W.C. Library
	1PM	Bridge/Dominoes	W.C. Senior Center
	5-7PM	Shrove Tuesday Pancake Supper	Christ Episcopal Church
Thurs. Feb. 23	6PM	Helping Hands Foundation Board Mtg	W.C. Senior Center
	6PM	American Legion Riders	Newcastle Lodge
	7PM	Newcastle City Council	City Council Chambers
	6:30-8:30AM	Wellness Wednesday	W.C. Health Services
Thurs. Feb. 23	9AM	Exercise Class	W.C. Senior Center
	9AM-1:30PM	GiGi's Closet	First United Methodist Church
	5PM	Ash Wednesday Service	Christ Episcopal Church
Thurs. Feb. 23	7AM	T.O.P.S. #218	W.C. Senior Center
	1PM	Crafts/Bridge	W.C. Senior Center
	4PM	Totes of Hope Silent Basket Auction	NHS Dogie Dome Breezeway
	7PM	Alcoholics Anonymous	W.C. Senior Center

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Deer

from Page 1

Sandrini said that he has seen various issues in the community among deer populations over the years.

“Most winters we encounter fawns that have starved to death, and at times (we) have adult deer that look undernourished. I found deer starved to death in town with full stomachs, but they had been eating things that they could not digest,” he said. “Many homeowners can attest to the significant damage deer do to gardens and ornaments; and the department regularly deals with deer injured or killed in vehicle collisions within the city limits. Finally, at times deer harmed pets and threatened people. Usually, this has been either females protecting their young, or aggressive bucks in rut.”

Sandrini said the success of Chapter 56 as a tool to cull the in-town deer herd is something the city will need to determine and it depends on the overall management goal.

“Do you want to get rid of all of them? Reduce their numbers 50% or what? The city needs to decide about how many deer they are willing to tolerate,” Sandrini said, “and then work to bring the number down to that, and then keep it there with future culling efforts.”

As previously reported in last



NLJ file photo

Although wildlife frequently seen within Newcastle's city limits add beauty to the landscape, Game and Fish Wildlife Biologist Joe Sandrini has indicated that the culling of the in-town deer herd is a management tool necessary to limit starvation, injured deer and harm to pets and citizens.

week's article “Deer removal likely in city,” Councilman Tyrel Owens, who has been working closely with Sandrini, estimated that roughly 210 deer are in the city. The permit would allow for the removal of 70-75 deer.

“So, you try and take the number of deer needed to get to your desired

number, and then each year harvest the number of fawns recruited as yearlings into the adult deer population. It is not a one-and-done deal. It is ongoing wildlife management,” Sandrini said.

Sandrini said the numbers cited by Owens are estimates because it is impossible to count all the deer.

“I found deer starved to death in town with full stomachs, but they had been eating things that they could not digest.”

— Joe Sandrini, Wyoming Game and Fish Wildlife Biologist

Estimating deer numbers is also notoriously difficult, he said.

“Anyone who tells you they know exactly how many deer are in an area, unless it is a fenced enclosure, is likely wrong,” he said. “In this case, I had Tyrel Owens drive several routes in town and count the number of deer in each group he saw, and record the perpendicular distance to those deer.”

This type of sampling, Sandrini said, is known as line-transect sampling. He added that a statistical analysis program is used to get density estimates.

“However, there are strict conditions necessary to get an accurate and precise estimate. Those cannot be met in town, but it is close enough to get some numbers to look at critically,”

Sandrini explained. “The statistics used basically estimate the number of deer you didn't (count) because they were farther away from your location.”

In this case, he said, Owens drove 10.8 miles and counted a total of 85 mule deer and two white-tailed deer. The point estimate was about 200 deer within the city's 2.56 square miles.

“But, the variability was very high, with an estimated range of just over 100 to over 400 deer. Obviously, if Tyrel counted 87, that is the minimum number, and it is highly likely we have over 100 deer per square mile, so 250 would be a gross overestimate in my opinion,” Sandrini said. “Most likely, we have something like 100 deer to maybe 150 deer wintering in and on the edge of town. At least that is my best guess based on what Tyrel reported seeing, looking at the data analysis, and my personal observations.”

Additional questions posed to the city on in-town deer conditions were not answered by press time.

The Newcastle City Council has not yet passed a resolution allowing for the lethal culling of deer in city limits. The next regular meeting for the council will be on Feb. 21 at 7 p.m. in the council's chambers.

Park

from Page 1

provided by public works supervisor Greg Stumpff, the Duff Avenue grant would cover \$1,008,858 of the total, with the city responsible for \$192,164.

Priority No. 2 involved the replacement of the water and sewer lines on Seventh Avenue. Information provided by Stumpff puts the total cost of this replacement project at \$862,584. For this project, the city has requested \$724,570 in grant funding, with the city's required grant match listed as \$138,014.

Dave Ehlers, a member of the Heritage Park steering committee, provided the council on Feb. 6 with a letter from the committee expressing

its desire for the council to reconsider the priority list.

“It is our position that based on the category and the identification for this round of ARPA funding that the Heritage Park application is best suited and should rank higher than the other two applications,” Ehlers said.

He noted that while the committee understands the city's position on prioritizing sewer and water needs over Heritage Park, this round of ARPA funding is designated for capital improvements and not water and sewer projects.

“The grant application submitted by the Heritage Park committee will be the strongest of the applications in this

particular category,” Ehlers continued.

He added that prioritizing the weaker water and sewer project applications could potentially send the SLIB a mixed message and jeopardize the funding for all three projects.

Barlett supported Ehlers position, saying that water and sewer project requests for this round of funding will be a lower priority than capital projects such as Heritage Park.

“Having served on the steering committee, I wish Dave could have been here at the last meeting,” Councilman Tyrel Owens said. “I felt blindsided that we had to rank them that evening.”

He said that if he had known the guidelines for the ARPA funding, he would put Heritage Park as No. 1.

“I also know that when you start playing the grant game, you run the risk of not getting any of them. That is counter-intuitive to what we want to do,” Owens said. “There are other funding opportunities available for the water and sewer projects.”

He then moved to adjust the priority list, making Heritage Park No. 1, Duff Avenue No. 2 and Seventh Avenue No. 3.

Councilwoman Ann McColley also spoke in favor of the adjustment.

“As a resident and city official, the city is the No. 1

priority, but I am also under the impression that if this (water and sewer) gets prioritized, maybe we will not get anything,” she said. “I would much prefer to get something, and that is Heritage Park. I am a total believer in getting Heritage Park.”

McColley acknowledged that Heritage Park is a “want” while the other projects are a need, but that, due to the nature of the funding, the city should prioritize the project that is most likely to be funded.

Stumpff, however, stressed the need for the Duff Avenue and Seventh Avenue projects.

“The only problem is, we have been looking at this lift station since 2017. It is costing

us more money all the time, and if something does happen catastrophic with it, you are looking at \$200 a day just in pump rental,” she said. “It is a critical piece of infrastructure for 125 homes in Gray Addition.”

Despite Stumpff's concerns, the council voted to move Heritage Park to the top of the funding list.

Barlett suggested that the water and sewer committee meet to go over priority projects and look into alternative funding streams for needed projects. He noted that there is still a chance the city might receive funding from the SLIB board for the Duff Avenue or Seventh Avenue projects.

Auditor

from Page 1

Commissioner Nathan Todd said. “I think it may not hurt to reach out to other counties and learn from how they are doing theirs.”

Stone told the News Letter Journal in an email that she was aware of Stille's concerns and that she has been working on addressing them in the policies she is preparing for the new county handbook.

Stone was hired to do the additional work on the county handbook and policies in March of last year. The News Letter Journal earlier reported that on March 1, in a 3-2 split vote (former Chairwoman Marty Ertman and former Commissioner Tony Barton and Commissioner Wagoner voting in favor and Commissioners Taylor and Todd against), the board voted to enter a four-month \$20,180 agreement with Stone, in addition to her duties as deputy county attorney. The proposal was suggested and prepared by Stone.

The agreement listed various issues Stone planned to address over that period, including the employee handbook, personnel issues, board training,

contract review and other duties. As part of the agreement, Stone's salary increased from \$5,000 a month to \$7,500 a month for four months. The total cost for this increase, including benefits, was \$10,901, according to her proposal.

The agreement also included the addition of a part-time secretarial position for the same period. The total cost for this position was listed at \$6,279 in the proposal.

Also included in the agreement was a \$3,000 line item for training and consulting fees. This line item would “allow for trainers and consultants/facilitators to come in and present on various topics” and to “aid in task completion.”

Concerns were raised by the commissioners in September. Both Todd and Commissioner Don Taylor questioned what Stone had produced for the additional money and how long it was taking to get the handbook and policies complete.

Stone assured the commissioners on Oct. 4 that the handbook was coming along and on Feb. 13 she told

the News Letter Journal in an email that she continues to progress with the handbook and policies. She noted that she is meeting with department heads to finalize the documents.

“Timeline for completion, hopefully in the next couple of months,” Stone said in an email.

In addition to the lack of policies, Stille shared two other concerns with the commissioners. The first was in regards to entities such as the Weston County Fairgrounds and the lack of additional sign-offs on checks and bills. He said that he had shared with the fair board the need to have a procedure in place so there is an extra check on spending for the entity.

The other suggestion made by Stille was in regards to the way the county records employee time. He said that other communities he audits for, including Torrington, use an electronic time keeping program that employees can use on their phones.

“The department head, instead of going in and signing a time card, they would go in and approve it,” Stille said.

COMMISSION CLIPS

Notes from the Feb. 7 Weston County Commissioners Meeting

- The board voted to advertise the desire for public comment on the extension of Barton Road in Upton for 1.5 miles to the Crook County line.
- Treasurer Susie Overman reported that the board would need to decide whether or not the county would offer optional property tax relief. Chairman Ed Wagoner said the board needs to wait a few weeks to see what the Wyoming Legislature does regarding property tax relief.
- Weston County Coroner Scott Beachler reported that Meridian Mortuary is considering charging the county fees for morgue storage and van use. At this time, he said, he did not know how much the fees would be and whether they would be charged per day or per month.
- The board voted to continue advertising help wanted, courthouse closures and board openings in the News Letter Journal. However, the commissioners turned down the \$5,000-a-year proposal from the News Letter Journal to advertise the county website on newsjlj.com and in the NewcNow weekly newsletter.

He said that this would eliminate the entry portion of the payroll process and eliminate the chances of error when inputting time for county employees by the clerk's office.

At the time, the commissioners made no official decisions on

policies or changing the way the county conducts payroll. Todd did suggest that the commission should have a representative from Tyler Technologies, a software provider, come in to discuss possibilities moving forward.

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You may ask ... how did I get here?

Now that you have been reading my stuff for a few months, I thought maybe it was time to talk about how I got here.

Some of you may know me as a native Newcastle resident, but some may not know this and maybe thought I was a Johnny-come-lately-to-change-the-town.

I was born and raised here, graduated from Newcastle High School in 1993, and bounced around the oil fields for a few years in various positions with a handful of companies. I dabbled a bit with the sheriff's department, working in the jail for a couple of years. Then I left for the bright lights and glitz of Rapid City in the summer of 2000.

How I ended up back here in September of 2021 is a tale of a downward spiral that started in early 2020. My grandfather, Toliver, passed away in February of that year, and a month later his wife, my grandmother, followed him to the great unknown. They were together 60-plus years, and I surmise that she didn't want to be away from him any longer. The weekend that she died was also when I found out that our office would be starting to work from home due to the coronavirus that would soon sweep across the nation.

For an already anti-social soul, this seemed like a perfect situation. There would be no one to stop by my desk with questions. I would have no need to put on a polite face, smile and nod at appropriate times while answering a question I had answered a thousand times before. Now I could get that question on our company messenger app and scowl and not have to keep quiet with my curses while typing a response.

Oh, there were phone calls and meetings still, but they were more palatable in a pair of shorts and a T-shirt, while, phone on mute, I could growl and swear at some of what was discussed.

Indeed, perfect! Until it wasn't. I started to become more with-

drawn, more insular. I started making excuses as to why I didn't want to have dinner with friends or go have a beer. I quit taking care of myself and my surroundings.

I was falling into a depression that I did not notice, and no one else did because I was not out in public or in the office. I had gotten to the point where I was not even going into grocery stores, preferring to order for pickup at Wal-mart, using Instacart for delivery. My only in-person contact was my family — and that was rare. I put on my fake smile and went to my brother's house to visit with the parents and his family. No one came to my home, and I was good with that, because it was a complete disaster area. I rarely did housework and eventually I just did not care one way or the other.

The year 2020 passed and into 2021 I went, still working remotely, still spiraling deeper into the abyss. By summer my health had started declining, but I was so black in spirit that I really didn't care. I would tell myself that 46 years was a good run. My days consisted of getting up from work, wearing whatever I slept in, doing my nine-hour shift, then doing nothing but maybe reading or turning on the X-box. Basically, I got to the point where I was either in my chair or in my bed.

In late July, I was very ill. I discovered a large soft tissue wound on the bottom of my left foot that became a diabetic foot ulcer and then very infected. I went to the emergency room and ended up staying for two weeks and three surgical debridements.

It still was not enough to jolt me into caring much. Hey, I got treated. I will be OK. With daily antibiotic infusions and wound care three days a week, I would be good to go — or so I told myself. Two weeks later I was in worse shape: infected, couldn't breathe, no energy at all.

I kept quiet and didn't let anyone know. Then the breathing became more labored. I laid down in my bed

to sleep one night in early August 2021 and was resigned that I may not wake up. I fell asleep at about eight that night. I woke up at 10 with my cat curled up next to me, feeling like I was breathing through a straw. I decided then and there that I was not ready to give up.

I texted my health care provider and told her I needed to go to the hospital, but couldn't drive myself. She said she would be there as fast as she could. I tried to dress, but couldn't. I had on a grubby pair of shorts and went to the door and sat on my front porch — one shoe, a pair of shorts, no shirt. She and her husband arrived about 30 minutes later. She came running up, shined a flashlight in my face and screamed at her husband to call 911 to get an ambulance there.

My health care provider kept talking to me, but I couldn't tell you anything that was said. I was pretty far gone. I recall the ambulance getting there and being helped to stand and get on the gurney. After that, I don't remember anything until around eight the next morning when I was sitting in a shower chair being scrubbed by a nurse and two aides. I spent the next 42 days hooked up to IV antibiotics, fluids and various other drugs administered through a PICC line directly into my heart. I was a mess — septic, various other bacterial infections, blood clots in my lungs and a growing sense that I wasn't ready to leave the world just yet.

Sorry about the cliffhanger, but due to space restrictions you will have to wait until next week's edition of the News Letter Journal for the rest of Dustin's tale — or go to the Opinions Tab at newslj.com and read it in its entirety right now.

Dustin would like to hear what you're thinking about these days. If you have any thoughts, concerns or observations about our community or the world as a whole, please share them with him at dustinb@midco.net. You can also drop him a line to let him know what you thought about his column, or just to say "Hi!"



Dustin Bergstrom
Dusty Mind

A little extra help



Photo by Walter Sprague/NLJ

On Jan. 23, Rhonda Lyman prepares a sack of groceries at BREAD, which provides food for those who find themselves needing a little extra help with food. BREAD is located at 627 Pine St. in Newcastle. The phone number is (307) 746-3542 and operates Monday through Thursday from 9:30 a.m. to 1 p.m.

Accomplishments

The University of Wyoming lists five students from Weston County on the 2022 fall semester academic Dean's and Dean's Freshman Honor Rolls.

The honor rolls consist of regularly enrolled undergraduates above freshman standing who earned a 3.4 or better grade-point average, and freshmen who have earned a 3.25 or better grade-point average.

Dylan J. Drost, Zade T. Orsborn, and Tristan Troftgruben of Newcastle made the Dean's List, as well as Reece Barritt and Ethan Lee Mills of Upton.

To be eligible, students must have been enrolled for a minimum of 12 credit hours taken for letter grades.

For more information about the University of Wyoming, view the webpage at uwyo.edu.



INSURANCE

HAVE YOU BEEN ASKING THE RIGHT QUESTIONS?

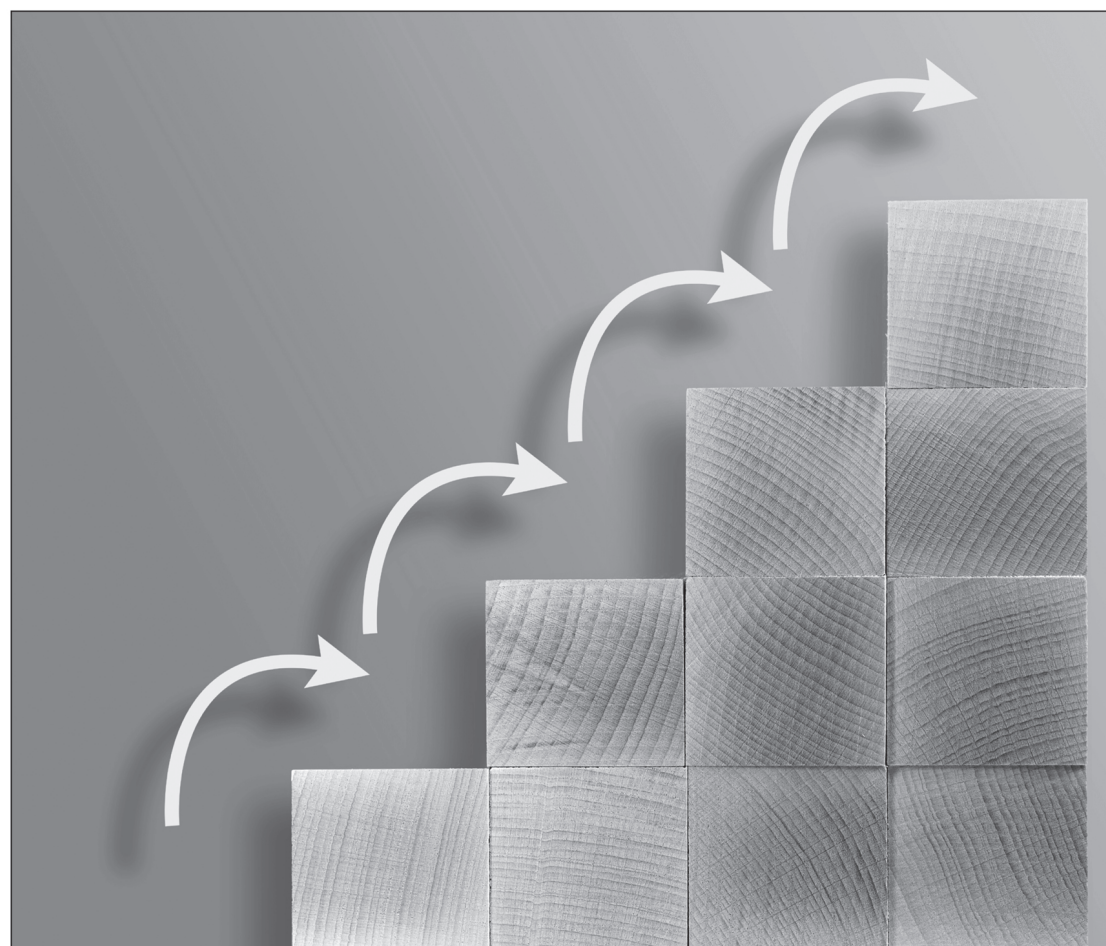
Drawing straws

Remember as a kid drawing straws on who would go first? Picking your insurance agent or broker should be a simple task, but not a task you do by drawing straws. Many people will chose their coverage based on the lowest price, but that shouldn't be your only criteria. In fact, the lowest price should not be at the top of your list when choosing an agent or broker. To help you make these decisions let us first look at Agents and Brokers.

An Agent represents a specific company and sells you the policies of the company they represent. A Broker is not employed by a specific company and represents the insured. A Broker will survey the market and bring back options for you to review. Insurance agents receive specific training from the company they represent on the coverage they provide. A Broker may not have specific training on the insurance company options as they do not represent one company. Both receive commission on their sales, and both can serve an important part in your selection process.

What do I need?

The insurance market is large. You can get coverage for health, auto, pet, homeowners...the list goes on and on. So first, ask yourself, what type of insurance do I need? And then what you hope to cover? What can I afford for a deductible? Who or what do I need to protect? How often will I use the plan? Who accepts the



insurance? Knowing your needs will help you narrow your search.

Research

Now that you have an understanding of agent and broker differences, and the type of coverage you need, you can research your options. Talk to family and friends. Who do they recommend? What experience have they had with claims and coverage? Is the agent or broker local? What areas of expertise do the insurance agents provide? If you are looking for health, homeowners and commercial insurance, you want an agent or

broker familiar with those areas of coverage. Some good questions to ask are:

1. What is your area of expertise?
2. Are you local, statewide, or national?
3. What is your experience in this type of insurance?
4. How many companies do you represent and who are they?
5. How long have you been in business?
6. What special training or credentials do they have?

In addition, search the agent or brokers name and business

name on the internet. Are there any news articles discussing the agent and agency? Are there any reviews (good and bad)? Do they have a social media page? Ask the agent or broker for their license number and information. You may also contact your state insurance department and ask if there are any enforcement or administrative actions against the agent or broker. In Wyoming, you can visit doi.wyo.gov/consumers, and look for "Find An Agent or Company". Through this search you can see if the agent or broker has a current license and what types of insurance they are licensed to sell.

Quotes

Once you have completed your research, and met with the agents or brokers, get a quote. If you have any questions on the quote make sure they can answer your question and clear up any confusion. Ask them to discuss each part of the quote and coverage that is being provided. Most importantly, if you have a question, ask. A good agent or broker will take the time to discuss your coverage options with you and make sure you understand them completely.

In the end, you should have an agent or broker that you trust. Someone that listens to what you need and will work with you to find the best coverage. If you already have insurance, remember to discuss your coverage with your agent regularly. Your needs can change from year to year.



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Photos by Walter Sprague/NLJ



Story time

On Wednesday night, during the regular meeting of the Weston County School District No. 1 Board of Trustees held at the administration building, three first-grade students, one from each class at the Newcastle Elementary School, read for the board. After the readings, each student was given a certificate and small gifts from the board as they were congratulated on a job well done. Above, Andi Wolfe reads "Cluck!" to the Board of Trustees. Wolfe said she loves that it was about chickens. Top left, Theodore Williamson, a student from Nick Gray's first-grade class, reads the magazine, "Vroom." He made a few noises while reading to show what race cars would sound like. Lower left, Alice Keeler likes octopuses. That was one of the reasons for choosing the book "Benjamin's Octopus."

Legislature

from Page 1.....

The Central Weston County Solid Waste District is located in Osage, and according to Driskill, when the power plant and petroleum processing plant there closed, the mill levies that supported the waste district were lost because the tax base went away.

"The solid waste district board overseeing the district put the transfer station to sleep because the station did not have enough revenue to operate," Driskill said in the update. "The board then handed their keys over to the Weston County Commissioners."

The News Letter Journal reported on July 25, 2019, in "Changing hands" that the five-person solid waste district board had resigned, presenting the commissioners with a letter and the keys to the transfer station and landfill. The board's resignation was accepted two weeks later, and the commissioners officially put themselves in the board positions during their July 16 meeting.

At that time, Commissioner Ed Wagoner, who also sits on the Weston County Solid Waste District board, said that the district would be opposed

to absorbing the central solid waste district because of potential liability for the landfill.

In Driskill's update, he thanked Wagoner for his testimony and support for SF0176, despite his previous stance on the consolidation of the two districts.

"While current law would require a special election to combine the solid waste districts, this bill removes red tape and gives county commissioners the ability to consolidate districts within a county with a resolution," Driskill said in the update. "An amendment to the

bill added that all solid waste district boards must agree to proposed mergers. This is a good common-sense measure that ensures the garbage gets picked up and the bills don't go up."

Legislature budgets for the next rainy day

As the Wyoming legislature hit the halfway point of this year's session, the Senate and House finished their deliberation on the Supplemental Budget bill, putting nearly \$1 billion into savings accounts, according to updates from

House Majority Floor Leader Chip Neiman, R-Hulett; Senate President Ogden Driskill, R-Devils Tower; and Sen. Cheri Steinmetz, R-Lingle.

"As a part of the process, the budget bill is presented in mirror form to both legislative branches," Neiman said in his update of Feb. 9. "Following that debate, the House and Senate come together to find agreement on the amendments that differ from the two sides. That process is now underway."

He noted that developing the state's budget is one of the Legislature's most important roles and that with \$2 billion in surplus, much focus was placed on how to best utilize those funds.

"My view is that this monetary influx is a one-time boon and not a wholesale change to our economic outlook. I want to prevent hard cuts down the road, which is why I am pleased nearly \$1 billion was placed into savings," Neiman said. "The Legislature should be a steward of your tax dollars, which means planning not only for the here and now, but, more importantly, for future generations. That means saving the money we are fortunate to have into long-term accounts that will benefit our children, their children and, hopefully, their children."

In her update, Steinmetz said she hopes to see the \$1 billion in savings hold.

According to Driskill, the next few weeks will be spent "hashing out" the differences between the final versions of the budget bills from both the House and Senate.

"This will be done by a group of five senators and five House members, known as the conference committee, who will then bring the bill to both chambers," he said in his Feb. 10 update. "After the House and Senate vote to agree on the negotiated budget bill, it will be sent to the Governor."

Driskill noted that the two bills were closer than they had been in previous years, with a difference of roughly \$1.5 million between the two.

"Both the House and Senate put nearly \$1 billion into savings," he said. "The Senate passed 41 amendments to the budget bill and the House passed 42 budget amendments. Of those amendments, 11 are considered mirror amendments, meaning they are very similar, and there is no need for wrangling by the conference committee."

The big difference between the two bills is where to put the savings, according to Driskill.

"The Senate wants to make a big deposit of the money into permanent savings. The House placed the bulk of the savings into reserve accounts, like the Wyoming Wildlife and Natural Resource Trust and the Wyoming Cultural Trust Fund, which are more liquid," he said. "I am glad there is agreement on the need to save money — now we just need to decide the best place to put it."

Both versions of the supplemental budget, Driskill said, save almost twice as much money as they spend as they feature \$1 billion in savings, compared to only \$515 million in spending. Part of that spending, in the Senate version, is an allocation of \$28 million to property tax relief, while the House voted to spend more on health care.

"Overall, the House and Senate bills take different sides on where the savings go and what to spend it on, but they reflect a Wyoming Legislature fully aware of the up-and-down nature of Wyoming's economy," Driskill concluded.

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Sports

News Letter Journal

SPORTS SCHEDULE

NEWCASTLE HIGH SCHOOL

Wrestling
2/17/23 VJ 3A East Regional A NOON @Douglas
2/24-25/23 VJ 3A State Championships A NOON @Casper

Men's Swimming
2/16-17/23 VJ 3A State Championships A 10AM @Gillette

Ladies' Basketball
2/16/23 V9 Douglas HS A 4PM
2/18/23 V9 Torrington HS A NOON
2/23/23 V9 Douglas HS H 4PM
2/25/23 V9 Buffalo HS H NOON
3/2-4/23 V 3A East Regionals A NOON @Torrington

Men's Basketball
2/16/23 V9 Douglas HS A 4PM
2/18/23 V9 Torrington HS A NOON
2/23/23 V9 Douglas HS H 4PM
2/25/23 V9 Buffalo HS H NOON
3/2-4/23 V 3A East Regionals A NOON @Torrington

Lady Dogies go 6-0 on the week

Sonja Karp
NLJ Sports Editor

The Lady Dogies varsity and junior varsity squads had a perfect week last week as they swept their competition on three separate nights. They began with wins over the Lady Goldiggers of Lead on Tuesday, with varsity coming away with a dominating 51-13 win, then went on to best Moorcroft on the road on Friday, the varsity winning 67-30, and finally they defeated the Lady Herders of Glenrock in the Dogie Dome on Saturday with the varsity ending the contest up 71-44.

"It was a pretty good week," said head coach Chad Ostenson. "It's not very often we get wins at both levels for each game, so that is great. The young kids are coming along pretty well."

As the Lady Diggers of Lead took the court on Tuesday in a make-up game from Dec. 16, it was pretty evident that they were out-sized, and far more inexperienced than the Lady Dogies. With only one senior and one junior on the roster, and most of the players not standing above 5-feet, 6-inches tall, they were at a distinct disadvantage to Newcastle, and it showed.

In addition, the Lady Dogies came out with all cylinders firing, jumping out to a 26-2 lead by the end of the first quarter. At the half, they led 36-6, and they continued to dominate in the final two quarters of play to end the game with a 51-13 victory.

Ostenson subbed early and often throughout the contest, giving the



Shelby Tidyman played a stellar game last Friday in the Lady Dogies win over Moorcroft. The senior filled up her stat line with 17 points, 3 rebounds, 4 assists and 7 steals.

Photo by Nicole McFarland/NLJ

Super stories of the Super Bowl

This year's Super Bowl was a unique one for sure.

The race to, and for, the championship had a lot of individual stories, and I found myself fascinated by those as much as I was by the great game that played out on my screen on Sunday.

The stories began in the build-up to Super Bowl LVII. Four of the teams who were in the playoffs had members on their roster who were former Wyoming Cowboys, which was pretty cool, but only Marcus Epps who plays starting safety for the Eagles made it to the Big Dance.

Patrick Mahomes, quarterback for the Chiefs, suffered a high ankle sprain in the playoffs two weeks before the Super Bowl, so people questioned whether



Sonja Karp
Karpe Dogie

or not he would be ready to be at his best for the big game.

Jalen Hurts, quarterback for the Eagles, has a back story of overcoming adversity to rise to play on the brightest stage in the NFL. Turns out, he was benched at half-time of a college game when he was a sophomore at Alabama, then relegated to back-up quarterback for his junior year. He transferred to Oklahoma his senior year where he led the Sooners to a Big 12 Championship, then became the starting QB for the Eagles and ended up at the Super Bowl.

Mahomes and Hurts are the first African American QBs to face off in a Super Bowl match-up.

— See Karpe, Page 10

Wrestlers fall flat as regionals loom

Sonja Karp
NLJ Sports Editor

After the whirlwind of the last few weeks, which involved several competitions, the Dogie/Bobcat Wrestling Team had a slow week, with just a quadrangular in Douglas Thursday against the Bearcats, the Wheatland Bulldogs and the Rawlins Outlaws in their final week of the regular season.

"It was a little weird to only have one meet last week," head coach Lee McCoy began. "It actually was kind of hard for the kids to get up for, too, so we were a little flat."

As McCoy has pointed out previously this season, with several open weights, his team gives up too many points to hope to win in a dual situation. However, there were even more open weights than usual on Thursday and there were a couple of athletes who were sick and/or nursing

injuries. As such, the squad dropped all three duals, with Wheatland besting them 46-22, Douglas finished on top 63-18, and Rawlins prevailing 54-24.

"It wasn't our best showing with having some kids out," McCoy admitted. "And we had kids with the flu, some were dealing with weight issues, and some were healing up from taking a little bit of a beating in the last couple of weeks."

Though he had anticipated probably not taking home a win on the night, he was disappointed with how the scores tallied up at the end.

"It was kind of an important quad for us. It was our first time seeing Rawlins where we knew we'd see some pretty important match-ups, and with this week being regionals, we wanted to finish strong," McCoy explained. "Unfortunately, it didn't turn

— See Wrestling, Page 10



Courtney Matthews has the advantage over her Rawlins opponent in Douglas last Thursday at the Dogies/Bobcats final regular season competition.

Photo courtesy of Kim Vrana

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Scribner takes advantage of Last Chance Qualifier

Sonja Karp
NLJ Sports Editor

It was the final opportunity for the Dogie swim team to punch their ticket to the state meet, and Samuel Scribner took advantage of the Last Chance Qualifier meet in Gillette Friday to do just that.

Scribner had previously qualified in the 50 Freestyle, but on Friday he dropped .90 of a second in the 100 Freestyle to not only post a new personal record, but also to get under the time and to add that event to his state slate.

“He was close coming in, so we knew there was a chance he could make it,” Coach Doug Scribner nodded. “He raced it well, so it was great that we were able to get another qualified event at the meet.”

Prior to the thrill of

Scribner’s victory, Harrison Gross felt the agony of defeat as he missed qualifying in the 200 Freestyle by a mere .23 of a second. In his second-place finish, Gross posted a PR time of 2:11.23, 1.65 seconds faster than his previous best.

“I told him he could join the club with Nate [Strickland] for just missing out on qualifying in a long race by just tenths of a second,” Scribner joked. “He hadn’t been feeling very good, and he missed practice the day before, so, to drop time while not feeling very well is pretty good, and I’m confident he’ll get it next year.”

Fortunately, Gross still has the 500 Freestyle on his state slate for next weekend.

Though he didn’t qualify for an event on Friday, Aaron Schantle had a fantastic final meet to wrap up his first season of swimming. The junior

carved an impressive 5.70 seconds off his 50 Freestyle time, and 5.55 seconds off his 100 Backstroke time.

“Aaron has been working on flip turns, and he is starting to get those down, and you can see the results,” Coach Scribner began. “His technique is looking pretty good and he is still working hard, so we are seeing really good improvements in his time.”

Ramsey Gross also cut 1.87 seconds off his time in the 100 Butterfly despite racing the event as the only swimmer in the pool.

Scribner had not planned on entering his team in any relays on the day, however, the boys expressed their desire to bookend the meet with the 200 Medley and the 400 Freestyle. As such, Scribner told them to form their teams and go for it.

Logan Olson, Strickland,

NHS Men’s Swimming
Newcastle @ Gillette Last Chance Qualifier 2/10/23
Individual Results:
200 Medley Relay: 2:11.31
1. Logan Olson, Nate Strickland, Ramsey Gross, Samuel Scribner
200 Free:
2. Harrison Gross 2:11.23 PR
3. Archer Ohnstad 2:26.15
50 Free:
1. Nate Strickland 27.08
3. Aaron Schantle 31.22 PR
100 Butterfly:
1. Ramsey Gross 1:05.55 3AQ
100 Free:
2. Samuel Scribner 56.91 PR 3AQ
4. Harrison Gross 1:02.71
5. Nate Strickland 1:03
7. Archer Ohnstad 1:06.28
100 Backstroke:
2. Logan Olson 1:10.34
3. Aaron Schantle 1:21.93 PR
100 Breaststroke:
1. Ramsey Gross 1:15.63
400 Free Relay: 4:31.11
2. Nate Strickland, Archer Ohnstad, Ramsey Gross, Samuel Scribner

Ramsey Gross and Scribner lined up for the 400 Free.

For the 400, the four swimmers opted to swim a 100 IM for each of their legs, and they put up an impressive time of 4:31.11, even though they swam the backstroke, breaststroke, butterfly and the freestyle on each of their legs.

“They wanted to do something funny in the 200 Medley, so they decided they wanted to swim it. They yelled when they jumped off the blocks, and they yelled with every stroke. Ramsey only yelled on the first two strokes because he said it was too hard to do with the butterfly,” Scribner chuckled. “Then I had to give them a hard time because their time on the 400 Free was just about as fast with each doing an IM as it was with the four doing it freestyle.”

The meet only lasted 15

minutes, which included diving, so it went very fast with very little rest in between events.

“For being so small and so short, it was one of the loudest meets we’ve been to,” Scribner said. “Everyone was cheering for everyone because these swimmers were trying to qualify for the state meet, so that was great.”

This week is the final competition for the season. It takes place Thursday and Friday in Gillette. Ramsey Gross will be swimming the 50 Freestyle, 100 Backstroke and two relays, Scribner will swim the 50 and 100 Free and two relays, while Strickland and Harrison Gross will compete in the 500 Free then will be available for the 200 Medley and the 400 Free Relays.

Scribner will make the final decision on relay teams closer to the state meet.

Wrestling from Page 9

NHS/UHS Wrestling		
Newcastle/Upton @ Douglas Quad 2/9/23	Newcastle/Upton v. Wheatland 22-46	Newcastle/Upton v. Rawlins 24-54
Newcastle/Upton v. Douglas 18-63	106: Haven Vrana W by MD 18-8	106: Haven Vrana W by Fall :57
106: Haven Vrana W by Fall 1:24	113: Open Forfeit	113: Open Forfeit
113: Open Forfeit	120: Jackson East L by MD 2-10	120: Jackson East W by Fall 1:49
120: Jackson East W by Forfeit	126: Scott Larson W by Fall :57	126: Scott Larson W by Fall :59
126: Scott Larson W by Fall 3:10	132: Casey Matthews L by Fall 5:32	132: Casey Matthews L by Fall 1:24
132: Casey Matthews L by Fall 3:42	138: Thomas Prell W by Fall 1:48	138: Thomas Prell L by Fall :46
138: Thomas Prell L by Fall 3:35	145: Open Forfeit	145: Open Forfeit
145: Open Forfeit	152: Open Forfeit	152: Open Forfeit
152: Open Forfeit	160: Open Forfeit	160: Open Forfeit
160: Open Forfeit	170: Double Forfeit	170: Open Forfeit
170: Open Forfeit	182: Jacob Prell W by Forfeit	182: Jacob Prell L by Fall 5:20
182: Jacob Prell L by Decision 2-3	195: Double Forfeit	195: Double Forfeit
195: Open Forfeit	220: Double Forfeit	220: Open Forfeit
220: Open Forfeit	285: Heath Henkle L by Fall 2:54	285: Heath Henkle W by Forfeit
285: Heath Henkle L by Fall 1:00		

out the way we wanted it to.”

Haven Vrana had a good night, winning all his matches at 106, despite being one of the wrestlers who was feeling sick.

“His first match was one that he should have taken care of quickly, but he ended up dragging it out,” McCoy said. “At one point he was up 10-2 but then he got sick and had to run off the mat. By the end he won by major decision, 18-8 — but he just about didn’t make it.”

In his final two matches, Vrana took care of his opponents quickly enough that he avoided any other moments of illness for the remainder of the quad.

Landon Norman didn’t make weight at 113, and Jackson East (120) had to cut weight the night before and day of the quad, which left him flat and off his game.

“He got beat by a kid who he has

beaten several times this year and really has no business being on the mat with him,” McCoy said. “Having to cut weight late really didn’t work out well for him and he just wasn’t himself.”

McCoy opted to hold Trey Schneider out at 126 to give him another week to heal up before regionals. Fortunately, he had Scott Larson to fill in the position and the sophomore did a great job, winning all three of his matches.

“Scott wrestled really well, and he looked good,” said McCoy. “I wish we had that at every weight, where we have guys waiting to fill in.”

Jacob Prell had a couple of tough matches in the 182-pound weight class.

“Jacob went up against TK Stinsen from Douglas again, who is pretty tough. It was a close 3-2 decision, and Jacob had opportunities to win, but he kind of let the kid take over and he ended up losing,” McCoy said,



Photo courtesy of Kim Vrana
Senior Heath Henkle battled in the final regular season contest of his career last Thursday in Douglas. Ahead is the Regional Tournament where the 285 pounder hopes to advance to the State Tournament.

frowning. “Then he wrestled a good kid from Rawlins. It was 3-0 right up to the end before Jacob got pinned. He was competitive, but ended up

getting stuck.”

This week, the Dogies/Bobcats head into the post season as they travel to Douglas for the 3A East Regional

Tournament on Friday, where McCoy is hoping to qualify several of his team for the state tournament in two weeks.

Newcastle’s

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Karpe from Page 9

Also, brothers ended up pitted against each other as Travis Kelse, wide receiver for the Kansas City Chiefs, and Jason Kelse, center for the Philadelphia Eagles, found themselves on opposite sides of the field on Sunday.

Early on, Travis was tearing it up on offense as the announcers wondered who on the Eagles defense could keep up with him.

The brothers both play on offense, but I wondered how things would be if Jason moved from the O line to the defensive line and whether or not he could anticipate Travis’ moves, which seem to be pretty unpredictable.

In the couple of weeks leading up to the Superbowl, there was something I saw on TV or social media (I can’t remember which) where one of the brothers commented that it didn’t matter to their mom who won, because however it turned out, she would be happy.

That made me wonder about the brothers watching each other as the game played out.

Did Jason celebrate secretly when Travis caught the Chief’s first touchdown pass, tying things up at 7-7?

Or was he frustrated that his defense couldn’t stop him?

Or did he feel a little of both?

Did Travis celebrate a little (secretly) for Jason when the Eagles scored?

Did sibling rivalry ramp up each brother’s performance?

Travis made an incredible catch on the Chief’s first possession after the half to keep their drive alive. I know that he is an incredibly talented player, but, dang, that was crazy.

The camera cut to both Kelse brothers after the Chiefs narrowly defeated the Eagles, and you could see that Travis was joyful and Jason was not, however the brothers shared a hug after the game.

Then there’s the Patrick Mahomes and Jalen Hurts stories.

Unfortunately, things looked grim as Mahomes re-injured his ankle shortly before halftime and there were questions whether or not he would return.

Fans breathed a sigh of relief though, because he didn’t play like anything was wrong when he emerged out of the locker room for the second half. In fact, with 2:10 to go and the game tied up, Mahomes made a huge play as he found a hole to gain 14 yards and give his team a pivotal first down. When all was said and done, he won MVP of the game.

Hurts had a phenomenal first half to give his team a 10 point advantage at halftime. There was one mishap, however, when he fumbled the ball, which led to a Chief’s touchdown in the second quarter, but even then he wasn’t flustered and he was still all business.

It is often said that you should never turn one mistake into another. You learn from the mistake, not dwell on it.

Hurts did just that. On the Eagles’ next possession and on his first touch, he gained 14 yards for a first down. That is having ice in your veins.

He ended the contest with 304 passing yards, which included a touchdown pass, and zero interceptions while completing 27 of his 38 throws. Not only that, but he also led the Eagles on the ground with 70 rushing yards and three touchdowns on 15 carries, and rushed for a two-point conversion. He set a record for a quarterback’s performance in a Super Bowl game.

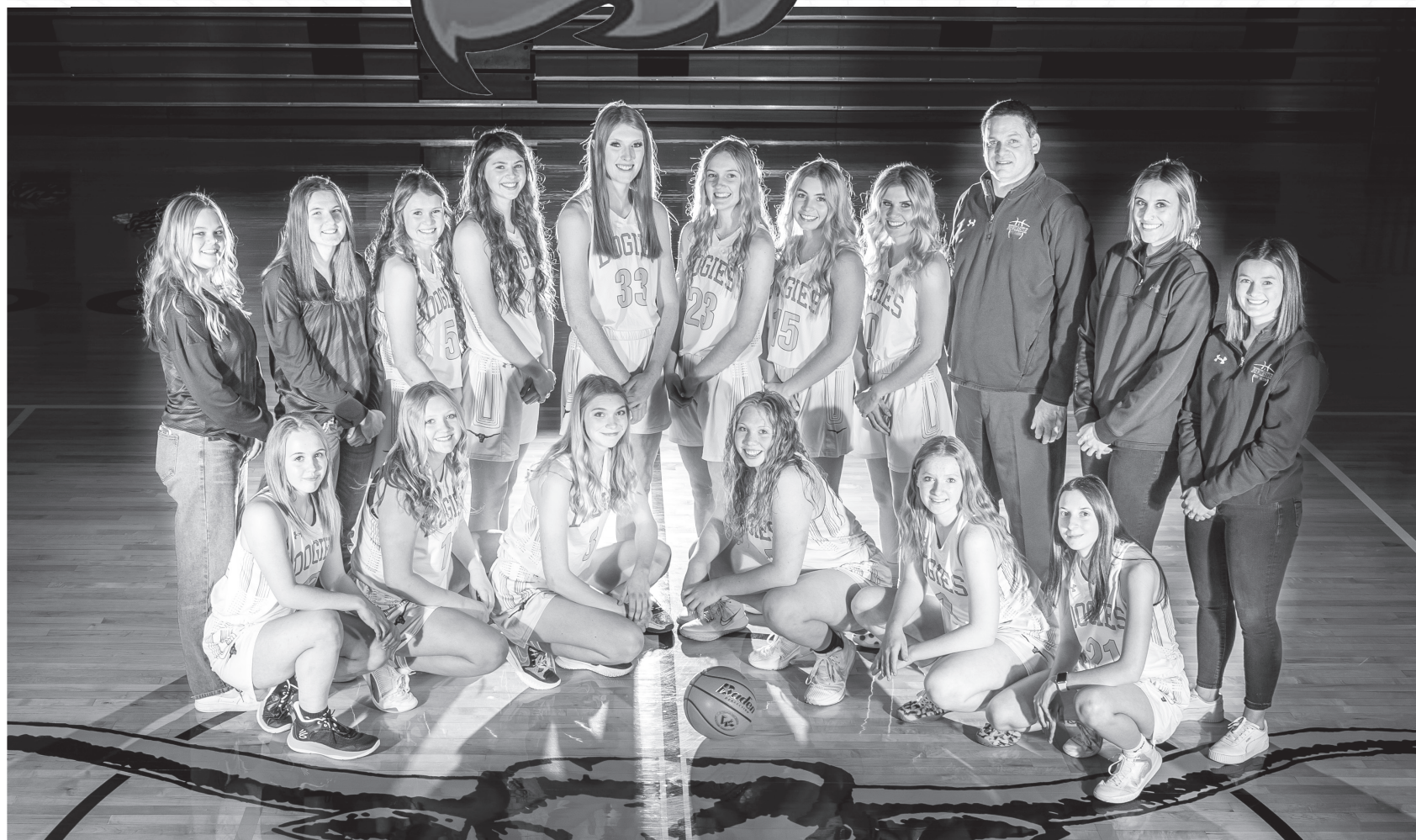
As I watched the game, I found it hard to decide who to cheer for. Turns out, when you don’t have a dog in the hunt, it all comes down to what the game looks like and this was a great one. I loved the game and all of the stories going on behind the scenes with both teams.

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2022-23

Varsity

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JV

Front Row: Victoria Pehringer, Jessica Geisness, Emi Lichtenberger, Preslee Fitzwater, Madison Sterriker, Kendall Mullen. Back Row: Coach Michalyn Crabtree, Bailey Benshoof, Callie Christensen, Ruth Rose, Hailey Beastrom, Sydney Pederson, Kendra Merchen, and Julie Morris.



Photo by Emily Hartinger/Skull Creek Photography

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#HornsUp

#Basketball

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Weather Vane

DATE	HI	LO
S-05	43	18
M-06	36	23
T-07	43	19
W-08	41	21
T-09	30	16
F-10	43	12
S-11	46	21

Legal Notice

NOTICE OF APPLICATION RENEWAL OF RETAIL LIQUOR LICENSES 2023-2024

Notice is hereby given that on the 16th day of January, 2023 the following Eight (8) Retail Liquor Licenses; one (1) Club License, Two (2) Bar & Grill Licenses one (1) Restaurant License; filed applications for renewal of their Liquor Licenses. Protests, if there be any, against the issuance of these licenses, will be heard at the hour of 7:15 p.m. on Tuesday, February 21, 2023, in the Newcastle City Council Chambers at City Hall, Newcastle, Wyoming.

Liquor License #1: PERKINS TAVERN, LLC d/b/a Perkins Tavern; LOT 6, BLOCK 10, ORIGINAL TOWNSITE

Liquor License #2: SHORT STOP #1, LLC, d.b.a Short Stop Fuel Mart A Tract of Land In the NESW of Section 30, T45N, R61W of the 6TH PM Weston County (Full Description Available).

Liquor License #3: DECKERS FOODS CENTER OF NEWCASTLE, INC., d/b/a Smoke Shop Liquors; A TRACT OF LAND BEING A PORTION OF QUARTER HORSE ADDITION, ZONED C-1

Liquor License #4: CAP & BOTTLE, LLC d/b/a Cap N Bottle; LOTS 10 & 11 CANNON SUBDIVISION OF LOT 20, BLOCK T, COUNTY CLERK ADDITION, ZONED C-1

Liquor License #5: B&D HOLDING NEWCASTLE, LLC, d/b/a COMMERCIAL C-1 -A PORTION OF LOTS 1 & 2, ALL OF LOT 3, BLOCK 2, AND A PORTION OF BLOCK 3, HOME BUILDERS ADDITION.

Liquor License #6: MINI MART INC., d/b/a Loaf 'N Jug #167; PORTION OF BLOCK 3 OF THE REPLAT OF HOMEBUILDERS ADDITION #1, NEWCASTLE, WESTON COUNTY, WY

Liquor License #7: BW GAS & CONVENIENCE RETAIL, LLC. d/b/a Yesway #1182 LOTS 1-2 & PARTS OF LOTS 3-5, BLOCK 9, ORIGINAL TOWN OF NEWCASTLE, WESTON COUNTY, WYOMING.

Liquor License #8: MAVERIK, INC. d/b/a Maverik #458; WESTON COUNTY PARCEL # 4561292301800 / ZONED COMMERCIAL

Bar & Grill #1: ISABELLA'S, LLC (dba) Isabella's, SOUTHERLY 60' OF KITS 1-3, BLOCK 10, ORIGINAL TOWN, ZONED C-2

Bar & Grill #2: NEWCASTLE LODGE AND CONVENTION CENTER, LLC., (dba) Grazer's Burgers and Beer located at 22918 Highway 85, Newcastle, Wyoming 82701. Tract 1-A W1/2SW1/4Sec 28, T45N R61W, 6th PM WESTON COUNTY, WYOMING

Club License #1: NEWCASTLE COUNTRY CLUB - d/b/a Newcastle Country Club; NE 1/2, SW 1/2 OF SEC 20, T45N, RANGE 61W OF 6TH P.M., ZONED AG

Restaurant #5: CURLEY'S QUE, LLC, d/b/a Curley's Que's Diner, LOT 9 of Block 6 or the Original Addition of Newcastle. Zoned Commercial

17th Day of January 2023
Stacy J. Haggerty,
Clerk/Treasurer, City of Newcastle

(Publish: February 2, 9 and 16, 2023)

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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 Streamline Markings, Inc., The Contractor, on Highway Project Number B201034 & B201A01 in Albany, Carbon, Campbell, Crook,

Johnson, Sheridan, Weston and Laramie Counties, consisting of epoxy striping, 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 March 22, 2023.

The date of the first publication of this Notice is February 9, 2023.

STATE TRANSPORTATION COMMISSION OF WYOMING

Pam Fredrick
Senior Budget Analyst
Budget Program

(Publish February 9, 16 and 23, 2023)

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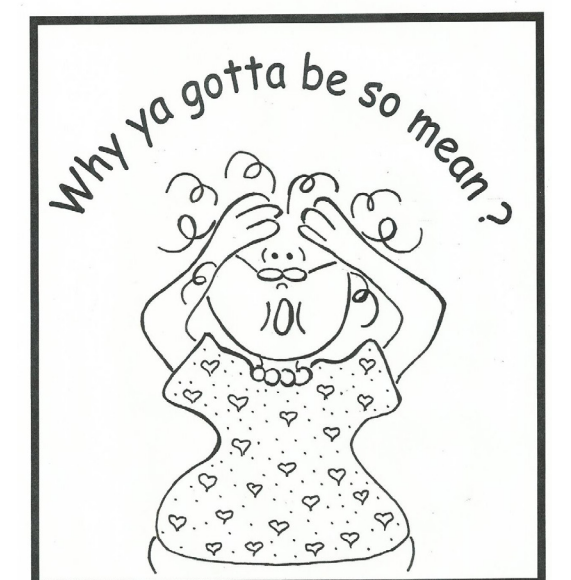
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Last week's answers

S	L	A	N	T	B	R	O	S	F	A	N	S
T	A	P	I	R	R	E	N	T	I	D	O	L
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L	A	T	H	E	F	E	E	R	E	C	T	
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E	R	I	E	M	A	Y	S	S	T	E	E	R

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

Gwamma by JaNel M. Farnsworth



ON YOUR FEET

- ACROSS**
- Pampering places
 - * ____ de trois
 - Lend a criminal hand
 - Toy block
 - As old as time?
 - Milan's La ____
 - Drug addict
 - Craving
 - Some primatologists' study object, for short
 - *Shoe, not a titular character in Henry James' novel
 - What spirits and culprits have in common
 - Falstaffian in body
 - Jack Kerouac's ____ Paradise
 - *Shoe, not lazy person
 - Concealing plant, in a painting (2 words)
 - Not leg
 - ____ help
 - Poet Pound
 - *Sound of Wellington boots
 - U.N. labor issues org.
 - Twig of a willow tree
 - Database command
 - Type of purse
 - "Platoon" setting, for short
 - Canadian province
 - Overly preoccupied with something
 - Motion of assent

- Louisiana swamp
 - Like list of chores
 - *Animated movie about a dancing penguin (2 words)
 - "All About Eve" star
 - Biblical birthright seller
 - Generic dog name
 - Are not
 - What snob puts on
 - Cogito, ____ sum
 - Mountain, in Germany
 - Trinitrotoluene, for short
 - Movie tape
- DOWN**
- Yarn defect
 - 100 centavos in Mexico
 - A long time ago
 - Somewhat (2 words)
 - City on the Seine
 - Pool growth
 - ____ but not heard"
 - *Rupturing this will take you off your feet
 - Can of worms
 - Deciduous tree
 - *Percussion with one's feet
 - Piano adjusters
 - Scrawny one
 - Caribbean religious and healing practice
 - Noble title
 - Apple TV+ coach

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COMMUNITY TOPS

TOPS meets at three Newcastle locations each week: Tuesday at 4pm at First United Methodist Church, call Joyce Brown at 307-629-1033; Thursday at 8am at WC Senior Center,

call JoAnn Dunn at 746-2654; and at 9 am Thursdays at First Baptist Church, call Ellen Butts at 746-4251. All are welcome!

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Are you in need of funds for medical traveling assistance? Contact Glenna at 307-468-2316 or Carol at 746-2298.

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NA meets at Church on the Hill, 6:30-7:30pm, every Tuesday. Call Shawn at 307-575-6641.

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AA meets at WC Senior Center family room, 627 Pine St., Mondays and Thursdays, 7-8pm. Contact Stan 746-9199.

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• Douglas Railroad Museum, 121 Brownfield Rd.
• Wyoming Camera Galleries, Casper
• Laramie Peak Motors, Wheatland

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Please submit a cover letter and resumé to the Clerk's Office at 1 West Main, Newcastle, WY 82701. Position will be open until filled. For questions, please call (307) 746-4744

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Dogie hoopsters get first W of the season

Sonja Karp
NLJ Sports Editor

They've gotten close a couple of times, but getting a win has been elusive to the Dogies in this year of rebuilding. However, last Tuesday, head coach Allen Von Eye's rookie crew felt the thrill of victory for the first time this season as they defeated the Lead Goldiggers, 53-50.

"You have to taste it to be able to know how to win," said Von Eye. "You always worry when you've taken losses, about how your kids are going to respond, but I thought they did a good job of showing up and they fought pretty hard for the duration of the ball game — even when things went a little awry."

The Dogies started the contest a little tight, fronting the Diggers a 7-point lead then ending the first quarter down, 5-11.

It was a different squad who took the court for the second quarter, however, and they out-scored Lead 13-5 to take a 2-point lead into the locker room.

The second half was a battle in a contest that saw six ties and six lead changes. The Dogies and the Diggers tied each other in the third quarter, scoring 11 points each, so Newcastle was able to hang on to a 2-point advantage heading into the final frame of play. However, in those final eight minutes, things were a little uncertain for Von Eye's crew.

"We were able to get the lead and maintain it pretty well," Von Eye began. "But when we started to come down the stretch, the guys let themselves get sped up a little bit, so the tide turned on us a little bit."

With four minutes to play, Lead went on a run to come from 8 points behind to take a 3-point lead over the Dogies.

A pivotal moment occurred when one of the Lead starters fouled Wyatt Cole on their end of the court, sending the junior to the line to shoot the one-and-one. As he was walking off court, the Digger player said or did something close enough to the official to pick up a technical foul as well,

NHS Men's Basketball	
Newcastle v. Lead 2/7/23: 53-50	
Quint Perino: 19 points, 3 rebounds, 1 assist, 1 steal	Zander White: 12 points, 4 rebounds, 3 assists, 3 steals
Wyatt Cole: 9 points, 6 rebounds, 2 assists	JJ Lipp: 5 points, 6 rebounds, 2 assists, 1 steal
Will Beastron: 2 rebounds, 2 blocks	Thatcher Troftgruben: 1 point, 3 rebounds, 2 assists
Teddy Troftgruben: 5 points, 3 rebounds, 2 steals	Pate Tavegie: 2 points, 1 rebound
Newcastle @ Moorcroft 2/10/23: 53-61	
Quint Perino: 21 points, 8 rebounds, 1 assist, 7 steals	Zander White: 5 points, 4 rebounds, 1 steal
Wyatt Cole: 7 points, 1 rebound, 1 assist, 2 steals, 1 charge taken	JJ Lipp: 6 points, 1 rebound, 2 assists, 1 steal
Will Beastron: 3 points, 4 rebounds	Thatcher Troftgruben: 7 points, 3 assists, 1 steal, 1 charge taken
Teddy Troftgruben: 4 points, 3 rebounds, 5 assists, 5 steals, 1 charge taken	Pate Tavegie: 1 rebound
Newcastle v. Glenrock 2/11/23: 45-5	
Quint Perino: 8 points	Zander White: 13 points, 5 rebounds, 2 assists, 2 steals
Wyatt Cole: 4 points, 4 rebounds, 1 assist, 2 steals, 1 block	JJ Lipp: 6 points, 8 rebounds, 5 assists, 2 steals
Will Beastron: 4 points, 3 rebounds, 1 block	Thatcher Troftgruben: 5 rebounds, 1 assist
Teddy Troftgruben: 8 points, 3 rebounds, 2 steals	Pate Tavegie: 2 points

thus gifting Cole four free-throws, and the ball to the Dogies.

Cole stepped up and hit all four from the charity stripe to make up his team's 3-point deficit and give the Dogies a lead.

From there, you could see the squad settle down and get down to business to finish the game on top, 53-50.

"We hit some pretty clutch free-throws in that second half, and with about 2:00 to go, you could see the guys were ready to finish," Von Eye said. "It was nice to put the other team in the situation of having to foul us and try to get out of trouble, instead of us having to do that."

"It was so great for the guys to finally get that win," he continued. "They see it up close and personal that they are struggling, so they really needed to get some confidence that they are capable of winning a game."

Quint Perino led the Dogies with 19 points, Zander White had 12, Cole ended up with 9 points, Teddy Troftgruben scored 5, Pate Tavegie 2 and Thatcher Troftgruben chipped in 1 point.

On Friday, the Dogies traveled to Moorcroft hoping to get their second overall, and first quadrant win of the season over the Wolves. In their first meeting, Moorcroft defeated Newcastle by 11, so Von Eye and his crew knew a win was possible.

Unfortunately, the game ended up being rife with foul calls resulting in a total of 65 free-throws being shot throughout. Distribution of the shots was even, so it wasn't a factor that affected the scoring, however, with that many calls, it disrupted the flow of the contest.

"We were digging into our bench pretty early, which made things a little difficult for us," Von Eye said, frowning. "When there are that many called, it's hard to know what you can do and what you can't."

The score was 10-7 in favor of the Wolves at the end of the first quarter and they went into the locker room up, 28-17.

The Dogies were able to make up ground in the third quarter and finally got a lead in the fourth, but were unable to hold onto it to finish on top

"You have to play pretty aggressively to turn things around, so when you're already in foul trouble, it makes it hard," Von Eye said. "We did a good job of giving ourselves an opportunity, but we just didn't have enough left in the tank to get the win."

That, coupled with good free-throw shooting by the Wolves and three back-to-back threes in a row in the fourth quarter, led to a disappointing 53-61 loss for the Dogies.

Perino led his team again with 21 points, Cole and Thatcher Troftgruben had 7 points each, JJ Lipp finished with 6 points, White had 5, Teddy Troftgruben had 4, and Will Beastron rounded out the scoring with 3 points.

On Saturday, the Dogies hosted the Glenrock Herders in another quadrant rematch that had the potential to be a win for Newcastle. Having lost in their first go by only 8 points, the Dogies knew it would be a battle — and that it was.

There were eight ties and seven lead changes throughout, with the biggest lead of the contest being a 10-point



Photo by Nicole McFarland/NLJ

Freshman Teddy Troftgruben is proving himself as a 3A varsity basketball player in his inaugural season. His hustle and determination were a definite advantage for the Dogies in all three of their games last week.

advantage to the Herders, but luck — and trips to the free-throw line — were on Glenrock's side.

When all was said and done, the Herders had 27 opportunities at the charity stripe to Newcastle's six. With the final score being 51-45 in favor of the Herders, those free-throws definitely factored into the Dogies' loss.

"We did some good things, and we're starting to handle pressure much better and with more confidence," Von Eye reported. "And we had some

chances to get some buckets down the stretch, but couldn't seem to finish in the final minutes of the game."

White led his team with 13 points, Perino, Lipp and Teddy Troftgruben added 8 points each, Cole and Beastron each had 4 apiece and Tavegie rounded out the scoring with 2 points.

It's another tough week as the Dogies host Belle Fourche on Tuesday, then travel to Douglas on Thursday and Torrington on Saturday.

Ladies from Page 9

younger kids the opportunity to get varsity minutes under their belts.

"Lead is young and it's a rebuilding year for them, but it was still a good game for us," Ostenson began. "We were able to get up and down the court, and everyone got to play quite a few minutes, and I felt like our younger kids did a nice job. They have improved quite a bit over the year, which is great."

Jaylen Ostenson led her team with 18 points, Oakley Checketts and Syd Pederson each had 8, Hunter McFarland and MacKenzie Conzelman added 6 points each, Shelby Tidyman scored 4 and Jayde Harrington chipped in 1 point to round out the scoring.

On Friday, Newcastle traveled

to Moorcroft for a second go-round against the Lady Wolves.

According to Ostenson, his team got off to a bit of a slow start and seemed to be a little off their rhythm as well. When Jaylen picked up her third foul in just four minutes of play, the team's leading scorer had to sit the bench.

However, the rest of the crew took it in stride and finished the first frame of play up 10-4. Then, in the second quarter, Newcastle stepped up their play a bit to go into the locker room up 24-11 over Moorcroft.

"When we play with energy, we look pretty good," Ostenson explained. "Right away it felt like we didn't really have any rhythm going, but then we adjusted and got things done."

The ladies' final game of the week was their senior recognition contest against the Glenrock Lady Herders.

Glenrock had picked up a win against Wheatland on Friday, so they were coming into the Dome with a little pep in their step.

That pep showed as they began the contest going blow for blow with the Lady Dogies. However, about halfway through the first quarter, Newcastle began to pull away to end the first frame of play up, 15-9.

In the second quarter, Ostenson's crew turned on the afterburners to out-score the Lady Herders 26-9, which realistically put the game out of reach given the 41-18 point differential.

"We got out and ran and made some pretty impressive passes," Ostenson said. "It's fun when they get to running and are sharing the ball back and forth."

In the second half, Newcastle scored 30 points to Glenrock's 26 to end with the 71-44 win.

Jaylen Ostenson put together her best game of the season, scoring 34 points, pulling down 14 rebounds, dishing out three assists, picking up one steal and executing six blocks.

NHS Ladies' Basketball		
Newcastle v. Lead 2/7/23: 51-13		
Jaylen Ostenson: 18 points, 6 rebounds, 3 assists, 1 block	Shelby Tidyman: 4 points, 5 rebounds, 5 assists, 4 steals	Hunter McFarland: 6 points, 4 rebounds, 3 assists
MacKenzie Conzelman: 6 points, 6 rebounds, 1 assist, 1 steal, 1 block	Oakley Checketts: 8 points, 5 rebounds, 1 assist	Jayde Harrington: 1 point, 7 rebounds, 1 steal, 1 block
Hailey Beastron: 4 rebounds, 1 steal	Sydney Pederson: 8 points, 4 rebounds, 2 blocks	Emi Lichtenberger: 1 assist
Brooklyn Benschopf: 1 rebound, 1 steal		
Newcastle @ Moorcroft 2/10/23: 67-30		
Jaylen Ostenson: 20 points, 9 rebounds, 5 assists, 2 steals	Shelby Tidyman: 17 points, 3 rebounds, 4 assists, 7 steals	Hunter McFarland: 8 points, 2 rebounds, 1 assist, 1 steal
MacKenzie Conzelman: 4 points, 4 rebounds, 1 assist, 1 block	Oakley Checketts: 2 assists	Jayde Harrington: 4 points, 7 rebounds, 2 assists, 1 steal
Sydney Pederson: 8 points, 2 rebounds	Hailey Beastron: 6 points	Julie Morris: 1 assist
Brooklyn Benschopf: 1 rebound		
Newcastle v. Glenrock 2/11/23: 71-44		
Jaylen Ostenson: 34 points, 14 rebounds, 3 assists, 1 steal, 6 blocks	Shelby Tidyman: 7 points, 5 rebounds, 4 assists, 2 steals	Hunter McFarland: 5 points, 1 rebound, 2 assists, 1 block
MacKenzie Conzelman: 8 points, 5 rebounds, 1 assist, 1 steal	Oakley Checketts: 3 points, 2 rebounds, 2 assists	Jayde Harrington: 4 points, 2 rebounds, 1 assist, 1 steal
Hailey Beastron: 1 point	Sydney Pederson: 9 points, 3 rebounds, 4 assists	Julie Morris: 1 rebound

"Jaylen had a nice game, and that was fun to see," Coach Ostenson said. "But all the way around, when we play with energy it's fun, and when you put all of the kids together, it's a pretty good game."

Pederson was the team's next highest scorer with 9 points, Conzelman had 8, Tidyman 7, McFarland 5, Harrington 4, Checketts 3 and Beastron added 1 point to the scoreboard.

As a team, the Lady Dogies hit nine shots from beyond the arc.

This week, practice will

consist of three days of pregame prep for Belle Fourche at home on Tuesday, Douglas on the road on Thursday and Torrington on the road on Saturday.

Douglas has been ranked number one all season, but the Lady Dogies are chomping at the bit to get a run at them.

"I'm looking forward to this week. Belle is big and athletic, and then it's on to Douglas and Torrington," Ostenson said. "It's going to be a fun week, and I'm looking forward to seeing how we match up against the Lady 'Cats."

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