



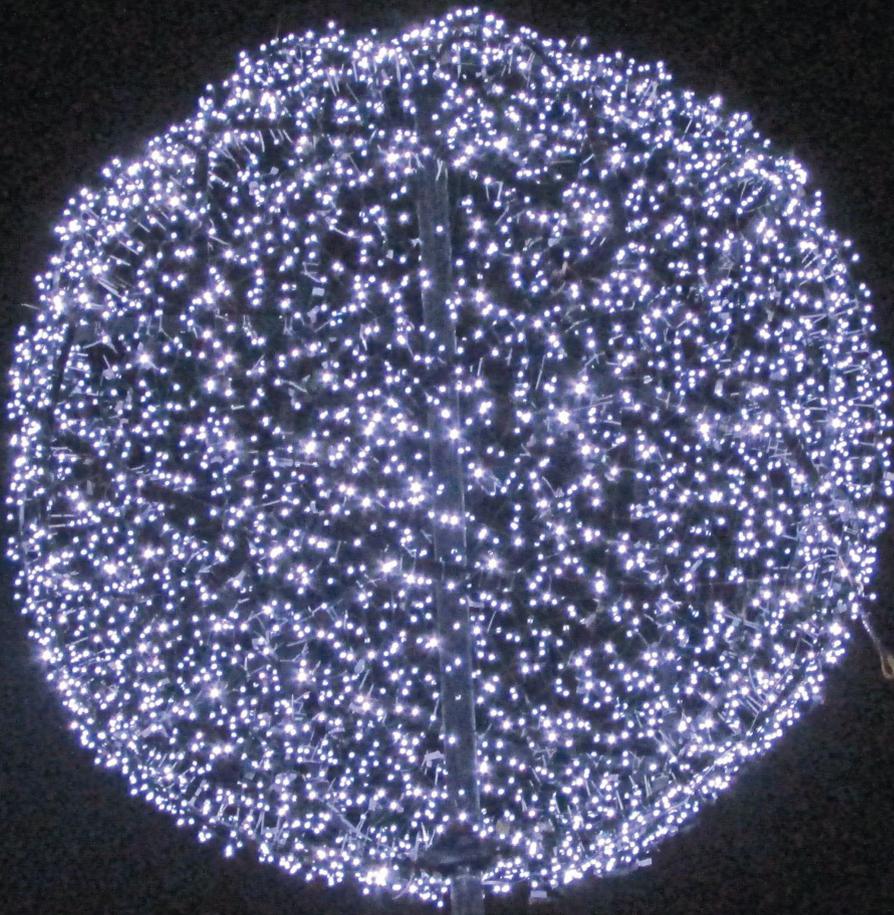
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Vol. 105 No. 2 — JANUARY 10, 2013

Celebrating in the new year



Dave Clark/Pine Bluffs Post
Dec. 31st Union Station Plaza in Cheyenne saw its second annual ball drop. The turn out was great even though the temperatures dropped to the single digits that night. They had music, laser show and a fire works display once the ball dropped to celebrate in the new year.



Pine Bluffs council starts new year

Charlene Smith
reporter@pinebluffspost.com

The Pine Bluffs council met Monday evening and approved a resolution to capture revenues and expenditures related to the Water Loop project. Town administrator Caryn Miller told the council the workers would stop work on the project until March 3, due to

weather conditions. Mayor Bill Shain complimented Miller on the effort she made keeping the council informed of the progress and getting the project going.

The council reviewed the bids for the sale of the bus, and accepted the highest bid of \$975.

Miller informed the council of copier issues she was experiencing. "I can't print flyers

WEATHER	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
January 11 through January 17	Snow Possible Hi 26 Lo 5	Clouds & Windy Hi 17 Lo 2	Partly Sunny Hi 23 Lo 5	Cold Hi 22 Lo 6	Brilliant Sun Hi 32 Lo 19	Partial Sunshine Hi 39 Lo 20	Bright & Sunny Hi 45 Lo 15

The Leaning Post ~ Views and Opinions

Wyoming's newspapers are in a strong position

Bill Sniffin
www.billsniffin.com

The ritual of reading the local newspaper is alive and well here in Wyoming. Whether it is daily, twice-weekly or weekly, folks are reading their local paper as soon as it is delivered.

Newspaper readership is growing. And yet, for some reason, the conventional wisdom is that newspapers, if not dead already, are certainly dying.

In home after home, it is not just grandpa and grandpa reading the local bugle, but rather grade school kids, high school kids and busy moms and dads. And college students far from home.

Perhaps to go along with my almost constant hyperbole about Wyoming, I can honestly report our newspapers are among the best in the country. This is because of a proud culture of excellence, established a long time ago that continues today.

All of our Cowboy State papers are "community newspapers," which practice something called refrigerator journalism. This is an almost silly but very accurate term that describes how families will cut out news stories from the local paper and attach them to their refrigerators with magnets.

This focus on local news has paid off for our editors and publishers. Our newspapers are doing well.

Maybe it is because big-city papers like those in Denver, Seattle or New Orleans have closed or cut back that the myth persists that newspapers are in trouble. Not true.

We live in an era of Facebook, smart phones and iPads and it is easy to buy into the theory that digital reporting is news and printed reporting is history. Not true.

"I just won't believe it until I read it in the newspaper," is a comment that I have heard hundreds of times.

Again, with the quality editors serving our newspapers, you can assume what you read will be accurate.

By touting newspapers, we are not taking anything away from the new media that uses the Internet to get news spread around. There is a future in new media. But the old media is not dead. Not by a long shot.

If you count my delivering newspapers when I was nine years old, then I am celebrating my 57th year working in the newspaper business.

It could be argued that tossing a paper on someone's porch is about as close to actually working for a newspaper as sitting here in my home office tapping out this column on my computer is as close to a real newsroom.

But in-between those two extremes, I worked as a high school reporter for the local paper, as sports editor, news editor and then editor of

a local paper and then as an owner and publisher of newspapers in places as varied as Lander to Spearfish, SD to Kihei, Maui.

Small cities and towns are remarkably the same across such a vast spectrum.

First of all, it is all about names and faces. People want to read about their neighbors. An old mentor of mine once asked me in 1971 about why Lander was such an odd town. "Nobody ever gets sick in Lander? Nobody ever breaks his or her leg?"

This old editor then taught me that if what the folks were talking about at the coffee shop or beauty salon was not in my paper, then I was failing. He was not talking about gossip but regular "news" that people

tell each other.

Wyoming newspapers do a great job of getting that news reported.

It always seemed to me that my local newspaper needed to champion our town on the large scale. But our job was also to knit together its residents on a smaller scale, by reporting deaths, serious illness and even broken legs.

The best-read parts of the newspaper are often letters to the editor, obituaries and courthouse news. Editors who prominently display these news categories usually have well-read newspapers.

Retired Buffalo publisher Jim Hicks says people need to read their papers to keep up with local government so "you have a seat at the table."

Moms, mistakes and memories

Charlene Smith
reporter@pinebluffspost.com

Philosopher Erich Fromm said, "The mother-child relationship is paradoxical and, in a sense, tragic. It requires the most intense love on the mother's side, yet this very love must help the child grow away from the mother, and to become fully independent."

It was my mom's birthday last week. Even if I had all the means to buy in this consumer driven world, she would be difficult to buy for. As I get older and deal with impending death of my parents, I want to buy them anything they want. But more often than not lately, what they want doesn't come off a shelf with a tag attached. So, what better way to spotlight mom than the local paper! As a mother myself for some years now, I realize how special birthdays are. But mom would never let anyone spotlight her. But I think I'm old enough to not ask for permission.

You don't get to select your parents, go to a drive-through window and order what you want. Even if you did, chances are when you get along in life you would say, "I should have left off the onions," or something to that affect. So, it's best to love what you have unconditionally.

Unconditional love often comes at the cost of sharing in the pain of mistakes. My oldest is struggling through life right now. You never know when your children will find themselves in the muck and crud after false steps left them on the ground. But as I heard in a program last week, "tough days don't last, tough people do."

But it seems the toughest day when

it's your child's own oversight and choices that are causing the struggles. The pain I am sharing with my oldest is similar, for me anyway, to his brother losing his leg. Both life changing and both consequences will put the boys on paths they didn't outright choose. Is it a mistake to want something you can never have? Or just bad luck?

I remember my mother being there when I fell into the murky water of missteps. Mom is like the Wyoming weather; it's nice the way it is, sure would like it to change, but glad when the wind stops blowing. When the mistakes I made turned out grand, she was there to say, "I told you it would work out." When the choices I made turned heartbreaking, she was there to say, "Keep trying."

Mom is with me through every memory I have in life, even when she isn't physically present. I guess that's what makes moms special. They share our pain, help us clean up mistakes, and are there in our hearts through our life.

I may not get to spend a lot of time with my mom. I have taken her through more mistakes than the Minnesota Vikings have failed to make the Super Bowl. But the memories I have of her help me everyday to be a better mom to her grandchildren and endure the pain that comes with the muddle life brings. My life is rich and full and wonderful because of my mom. It's a sure bet that there will be more mistakes along the way, but as I always tell my kids, "Who tells a story about the time when everything went right, and what kind of memories would that make?"

Happy belated birthday, mom.

Change begins with you

Patrick Cossel
Stevenson Newspapers

With the first full week of 2013 behind us, I think I see some things that need to change. Yes, I know what you're thinking, "Already?"

Yep, already. So here goes.

First, you need to stop referring to a man's friendship with another man as a "Bromance." Although this term was made popular by the movie, "I love You Man," there is nothing

funny about it. Seriously, just because I call my brother-in-law and talk to him about the football game doesn't mean I am engaged in a "Bromance." I mean, what does it even mean?! It's a friendship, nothing more, and needs to be left as such.

Murses. Some of you may be asking, "What is a 'Murse?'" "A Murse is a bag carried by a man that is not a back pack. It is usually slung over the shoulder in the same fashion as a woman carrying a purse.

Men typically try to position the bag more to the front or rear of their body to avoid looking like a purse. But, someone, somewhere declared this carrying device a murse and it has now made its way into standard vernacular.

Speaking of vernacular, let's do away with the word, "Chillaxing." My spell checker has flagged this word as being spelled incorrectly. Why? Because it's not a word! It is instead an amalgamation of two words, chilling and relaxing. One does indeed mean to relax, while the other means to make cold. Yes, I know the urban dictionary definition of the word, "chill," is "to hang out, to be easy going, etc." However, that's the Urban Dictionary.

Let's see, other trends, or growing trends, that need to end this year.

School shootings. This seems like it's becoming the norm, let's hope this year things change.

Politicians lying to us. Okay, I have a better chance of winning the lottery than this one coming true, but it's worth a thought!

Bullying. I mean seriously, don't our children have enough to worry about?

So, that's probably enough for now. Interestingly, when I look over the list, it becomes clear where the change needs to come from. Each and everyone of us. Only we have the power to end all this. I guess change really does start with us.

Enjoy 2013, friends, I know I will!

Pine Bluffs Post

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Cynthia Shroyer

Production
Dave Clark

Reporter
Charlene Smith

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2012 MEMBER

WYOMING PRESS ASSOCIATION

Community Calendar

Items for possible inclusion in the weekly community calendar should be typewritten or legibly printed. All submissions should include the name and daytime telephone number of the person submitting the information in case questions arise.

Items which may be included in the calendar are church events, club meetings, and school events.

If your club will not be meeting or has a change, please contact us so we can update the calendar with the correct information as soon as possible.

Items should be received on Monday at 5 p.m., one week prior to the date they will appear in the calendar. They may be faxed to 307-245-3325, e-mailed to csbroyer@pinebluffspost.com, mailed to Pine Bluffs Post, P.O. Box 68, Pine Bluffs, WY 82082, or dropped off at the Post's office located at 201 E. 2nd St.

Thursday, January 10

Fun for Kids

Fun for Kids — Penguins will be presented for preschoolers at the Pine Bluffs Branch Library at 10 a.m.

Albin council

Albin Town Council will meet at 7 p.m. at the community center.

Serenity Al-anon

Pine Bluffs Serenity Al-Anon meets Thursdays at 7 p.m. at United Methodist Church. Use the east door. All are welcome.

OA

Overeaters Anonymous meets at the First Christian Church, 219 West 27th St., Cheyenne, at 5:30 p.m.

CLA

Clutterers Anonymous meets at Recover Wyoming, 512 E. Lincolnway, Cheyenne, at 7 p.m.

Friday, January 11

Buckaroo day

The Burns and Pine Bluffs branch libraries will host Buckaroo Day from 1 to 2 p.m.. They will be reading two fun books, "Betty Bunny Loves Chocolate Cake" and "POP! The Inventions of Bubble Gum." Participants in kindergarten through third grade will do bubble gum experiments and make their own chocolate cake.

High school sports

The Burns/Pine Bluffs wrestling team will compete in the Don Runner tourney in Pavilion. Burns basketball teams will travel to Southeast. Pine Bluffs will travel to Guernsey. Pawnee will travel to Fleming.

AA

Pine Bluffs AA meets at 7 p.m. at United Methodist Church. Use the east door. All are welcome.

Saturday, January 12

Coffee club

Burns Coffee Club enjoys coffee, cinnamon rolls and conversation with friends and neighbors from 8 to 11 a.m. at 130 Main St. in Burns.

High school sports

The Burns/Pine Bluffs wrestling team will compete in the Don Runner tourney in Pavilion. Burns basketball teams will travel to Wright. Pine Bluffs will host Southeast. Pawnee will host Otis.

Monday, January 14

Burns council

The Burns Town Council will meet at 7 p.m. in council chambers in the Burns-Plex.

Thursday, January 17

Fun for Kids

Fun for Kids — House and Home will be presented for preschoolers at the Pine Bluffs Branch Library at 10 a.m.

High school sports

Pawnee basketball teams will travel to Prairie.

Serenity Al-anon

Pine Bluffs Serenity Al-Anon meets Thursdays at 7 p.m. at United Methodist Church. Use the east door. All are welcome.

OA

Overeaters Anonymous meets at the First Christian Church, 219 West 27th St., Cheyenne, at 5:30 p.m.

CLA

Clutterers Anonymous meets at Recover Wyoming, 512 E. Lincolnway, Cheyenne, at 7 p.m.

Friday, January 18

Garage Sale

The Albin Community Center will host a garage sale and craft fair at the center 9 a.m. to 4 p.m. Call 214-9827.

High school sports

The Burns/Pine Bluffs wrestling team will compete in the Dogger Invite. Pawnee basketball teams will travel to Prairie.

AA

Pine Bluffs AA meets at 7 p.m. at United Methodist Church. Use the east door. All are welcome.

Saturday, January 19

Garage Sale

The Albin Community Center will host a garage sale and craft

fair at the center 9 a.m. to 4 p.m. Call 214-9827.

High school sports

The Burns/Pine Bluffs wrestling team will compete in the Dogger Invite. Pine Bluffs basketball teams will host Burns. Pawnee will compete in the NCL tourney in Peetz.

Coffee club

Burns Coffee Club enjoys coffee, cinnamon rolls and conversation with friends and neighbors from 8 to 11 a.m. at 130 Main St. in Burns.

Meet the Animals

Be at the Burns Branch Library from 9:30 to 11:30 a.m. to eat some yummy breakfast and then learn all about animals from the Cheyenne Animal Shelter. You'll meet a dog, rabbits, guinea pigs and more. Learn about pet care and bite prevention. You'll even get to pet an animal or two!

Monday, January 21

Closure

The Burns Branch Library will be closed for a staff inservice.

Pine Bluffs council

Pine Bluffs Town Council will meet at 7 p.m. at town hall.

Tuesday, January 22

High school sports

Burns basketball teams will host Wheatland. Pawnee will host Briggsdale.

Thursday, January 24

High school sports

The Burns/Pine Bluffs wrestling team will host South JV at

6 p.m.

Fun for Kids

Fun for Kids — Dance, Dance, Dance will be presented for preschoolers at the Pine Bluffs Branch Library at 10 a.m.

Serenity Al-anon

Pine Bluffs Serenity Al-Anon meets Thursdays at 7 p.m. at United Methodist Church. Use the east door. All are welcome.

OA

Overeaters Anonymous meets at the First Christian Church, 219 West 27th St., Cheyenne, at 5:30 p.m.

CLA

Clutterers Anonymous meets at Recover Wyoming, 512 E. Lincolnway, Cheyenne, at 7 p.m.

Friday, January 25

High school sports

Burns basketball teams will travel to Lingle. Pine Bluffs will host Kimball. Pawnee will host Weldon Valley.

AA

Pine Bluffs AA meets at 7 p.m. at United Methodist Church. Use the east door. All are welcome.

The winner is



Submitted photo

Shyla Martinez, center, was the winner of a raffle hosted by the Texas Trail Museum (represented by Jackie Mueller, at right) and the Texas Trail Market (represented by Bill Cushing, at left). The prize was a \$200 gift card for the market.

STAMPEDE

By Jerry Palen



Jerry Palen 1-7-13

“If the human race wishes to have a prolonged and indefinite period of material prosperity, they have only got to behave in a peaceful and helpful way toward one another.”

Winston Churchill

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“I know it’s the time of year for giving. That’s why I’m doing my tax returns.”

News Notes

Habitat for Humanity seeks homebuyers for 2013 building season

Habitat for Humanity, The Heart of Wyoming, Inc. is currently seeking homebuyers for the 2013 building season. If you are interested in owning your own home and meet the following qualifications, Habitat for Humanity, The Heart of Wyoming, and Inc. may have the solution for you.

Need for adequate shelter — Habitat for Humanity provides decent housing to those who may be overcrowded in their current housing situation, accessibility to those with physical challenges and room for families to grow.

Ability to afford a home — A Habitat home has a mortgage to pay. Habitat for Humanity works with homebuyers whose income meets established criteria based on the number of occupants in your family. For example, a family of four occupants must have a monthly income between \$1,792 to \$2,988.

Demonstrate the desire to work with Habitat for Humanity to obtain a home — Every family chosen by Habitat for Humanity becomes a partner with us, helping to build their home, from raising money to pounding nails, and taking classes to learn what they will need to become successful homeowners. Your willingness to partner with Habitat for Humanity can help you build a safe affordable home for your family to grow and thrive in.

For more information or to request an application, contact Habitat for Humanity, The Heart of Wyoming at 307-234-1348, in person at 302 Van Horn Avenue in Mills, or visit our website at www.heartofwyoming.org. Completed homebuyer applications must be received no later than February 28, 2013.

Habitat for Humanity, The Heart of Wyoming, Inc. is a nonprofit home builder and mortgage company that does not discriminate based on race, religion, creed, physical or mental ability, gender, or sexual orientation.

Wyoming-National Archery in the Schools state virtual tourney set

The Wyoming Game and Fish Department will host the Fifth Annual Wyoming-National Archery in Schools Program (NASP®) State Virtual Tournament Feb. 18 to March 1.

The tournament is open to fourth through twelfth graders who compete in elementary, middle and high school divisions. The tournament allows the young archers to shoot in their home gym and record their scores on-line. Last year, 322 Cowboy State students from 12 schools participated in the tournament, shooting as individuals and on teams. Since March 2002,

millions of students at more than 7,400 schools across the country have participated in NASP®. Archers with qualifying scores can advance to the national tournament in Louisville, Ky., May 10 and 11, 2013.

To shoot in the tournament, archers need to pay a \$5 entry fee used to cover the cost of tournament shirts and awards and teachers must be NASP®-certified. Register at www.nasptournaments.org. NASP® instructors may register using their "Basic Archery Instructor" registration number.

The tournament begins Feb. 18 and all scores must be

submitted by March 1 before 5 p.m. Mountain Standard Time. For more information or to get your school involved in the tournament please contact Game and Fish Conservation Education Specialist Tasha Sorensen at 307-777-4536 (tasha.sorensen@wyo.gov) or visit the <http://wgfd.wyo.gov/> and click on "Education, Educator Information."

Wyoming's NASP® and Community Archery Programs are supported by Game and Fish. Game and Fish provides all instructor training, equipment grants and loaner equipment at little to no cost to schools and community programs.

New year means new licenses needed

The Wyoming Game and Fish Department reminds hunters and anglers that most 2012 licenses and stamps are no longer valid in the new year.

The one exception is for 2012 elk licenses that are still valid in areas with elk seasons extending into January. Even though their 2012 elk license is valid in January, hunters are reminded that the 2012 conservation stamp has expired and a new one will be needed to participate in January elk hunts.

Hunting seasons for small game and some bird species extend into January and February, but 2013 bird and small game licenses are required to participate in those hunts. The season for Chukar and gray (Hungarian) partridge closes Jan. 31, and season for small game, cottontail rabbits, snowshoe hares, and squirrels close on Mar. 1.

In addition, some waterfowl seasons continue into January. A new bird license is needed for waterfowl hunters but the current Federal Migratory Bird

and Conservation Stamp (duck stamp) and Harvest Information Program (HIP) permit are valid until June 30.

Licenses for 2013 are available online, at all automated license-selling agents, and at all Game and Fish Department offices. Manually issued paper licenses for 2013 are also available at manual license selling agents.

A listing of license agents is available at wgfd.wyo.gov. Hunters and anglers can also call (307) 777-4600 for more information.

Time to apply for limited-quota spring turkey draw

Time to apply for limited-quota spring turkey draw

The deadline for hunters applying for a spring turkey license for one of the limited-quota turkey areas is Jan. 31 for both online and paper applications.

For 2013, hunt areas 6, 8, 10, and 13 are limited-quota areas

for the spring hunt. For general license areas, hunters may send in applications during January. Beginning March 1, hunters may purchase leftover limited-quota licenses and general licenses from the Game and Fish website wgfd.wyo.gov or from any automated license agent.

Complete information on the

spring turkey hunt, including seasons and area descriptions are found on pages 24 to 29 of the "Upland Game/ Small Game/Wild Turkey Regulations" pamphlet.

Turkey licenses are \$16 for residents and \$72 for nonresidents. For questions, visit wgfd.wyo.gov or call 307-777-4600.

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"There's a difference in livin' and livin' well!"

Student of the week: Pine Elementary



Charlene Smith / Pine Bluffs Post

Tucker Norman is a student committed to learning and encouraging others to do the same said Pine Bluffs Elementary principal Sue Stevens.

"Tucker embraces leadership with confidence, and leads in a quiet gentle way, having the respect of his classmates," said Stevens. "Tucker is dependable and follows through with his commitments, doing his best at whatever he does."

Tucker is the son of Gretchen and Bryan Norman, and has an older brother and younger sister at home. He is not shy about telling you he prefer's his mom's "home lunches" to the schools. "But I don't get them that often," sighed Tucker.

Tucker is active in basketball and soccer.

"I want to be a pilot," Tucker said. "If that doesn't work out, I think I would like to be a scientist. I would like to mix things to find new elements."

Tucker enjoys math, which will come in handy for either one of his future endeavors. Fourth grade teacher Stacy Fullmer hosts an after-school-program geared towards math lovers. "It's called Math Olympian and it's fun," said Tucker. "A lot of my friends go."

New year continued from page 1

without a strip running down it," said Miller. She said the owner of the company that the town uses for its copier service isn't very accommodating and isn't easy to work with. Miller told the council she had researched options for other copiers and service plans and presented the information. The current copier was purchased in 2008 for \$5,045. After much discussion on whether a lease or purchase is better, the council agreed to lease a copier from Capital Business Systems in Cheyenne.

The council approved changes to

the personnel policy.

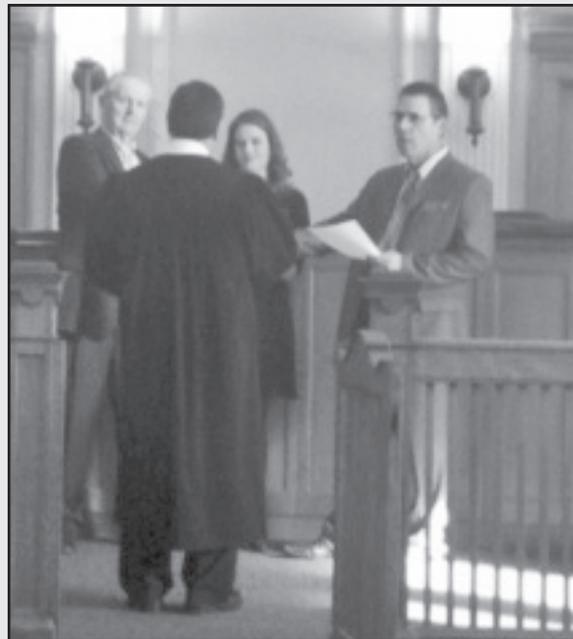
Sandie Rageth greeted the council with news of the Pony Express tractor drive starting in Pine Bluffs June 1, 2013. Rageth said she and her husband would like to sponsor breakfast for the drivers in the park before the drive begins at 8 a.m. that morning. She also said that 20-50 tractors would be staged at her house prior to the start. "They will start in Pine Bluffs and end in Missouri Valley, Iowa," said Rageth. "Kenny will go as far as Sidney with them, which is their stop for the first night."

Shain said this was a wonderful

opportunity for Pine Bluffs and thanked Rageth for working on this. Rageth also said they would like to host the tractor pull again for Trail Days. Shain said that would also be great, and he recommended Rageth contact the Trail Days committee and Sonja Fornstrom to make sure both events were well coordinated. "I know Sonja is planning the garage sales for June 1, but there is no reason both events can't happen, we just need to coordinate them," said Shain.

The council will meet Monday, Jan. 21 at 7 p.m.

New county commissioners sworn in



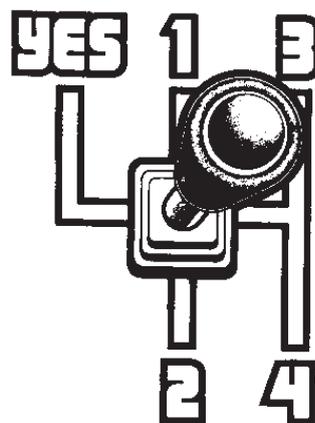
Charlene Smith/Pine Bluffs Post

Three new county commissioners were sworn in by Judge Thomas T.C. Campbell Monday afternoon at the Laramie County courthouse. Buck Holms, Amber Ash and Lee Hasenauer are part of the historical expansion of Laramie County commissioners board to five. Numerous guests were there to honor the commissioners including commissioners Troy Thompson and Diane Humphrey.

Thanks to Points West Community Bank, friends and customers for the many years we have worked together. I am looking forward to retirement, but as the bank gang says, "Bankers never retire, they just lose interest". **Larry Malm**

Please join us in honoring Rachel Lipska on 40 years of service with Farmers State Bank

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Burns Lady Broncs top Saratoga, fall to Lingle



Brian Trautwein/Saratoga Sun

Lady Bronc Mckayla Ward takes the ball down the lane Friday at Saratoga. Burns came home with a 54-31 victory.

Cynthia Shroyer
 editor@pinebluffspost.com

The Burns Lady Broncs got off to a good start for the second half of the basketball season, recording a 54-31 victory over the Saratoga Lady Panthers on the road on Friday. The Lady Broncs hosted Lingle on Saturday and suffered a loss by a slim 40-45 margin.

"At Saratoga we got off to a slow start and played pretty well in the second half," said Burns head coach Barry Ward.

The teams were tight in the first quarter, with Burns taking a one-point lead into the second period. Saratoga connected for more points than Burns in the second quarter, putting the Lady Broncs at a 17-19 disadvantage going into the half. Coming back to the hardwood, the Lady Broncs exploded at the net, putting 19 points up in the third stanza and 18 in the fourth. Saratoga found the basket few times, tacking on only 12 points in the second half.

Mckenzie Ward was the high scorer in the game, putting 14 points

on the board. Megan Marker added 12 and Alex McCart 10 in the effort. McCart also had 14 boards for the double-double.

Burns held a one-point lead after the first half of play at Lingle, having put seven points in the books in the first quarter and 12 in the second. Lingle found the net for six points in the first canto, before tacking on 12 in the second.

Some momentum was lost in the locker room, as the Lady Broncs found the net a difficult target, scoring only six third quarter points. In the meantime, the Lady Doggers found some power and put up their highest scoring period — a 14-pointer. Lingle built on its seven-point lead, adding 13 fourth-quarter points. Not to be outdone, Burns fought back with a 15-point final stanza effort, but it was not enough to take home the "W".

"At Lingle the kids played so hard," Coach Ward said. "I was really proud of our effort. We just missed too many easy baskets and free throws to get a win."

Mckayla Ward took her turn at

high score honors with 12. Sister Mckenzie shot for 11 points and Marker put 10 on the board.

This was only the second loss for the Burns squad, which brings the Lady Broncs record to 9-2. Looking to add three more victories, their schedule includes a Tuesday game at Mitchell, a trip to Southeast on Friday, and travel time to Wright on Friday.

Individual weekend stats

Points — Mckayla Ward 21, Mardi O'Neal 10, Megan Marker 22, Mckenzie Ward 25, Chelsea Engel 2, Alex McCart 12, Bri Bocox 2
 Free Throws — Mckayla Ward 4/6, O'Neal 2/4, Marker 3/6, Mckenzie Ward, 3/5 Engel 0/3, McCart 0/8, Bocox 0/4
 Rebounds — Mckayla Ward 8, O'Neal 2, Marker 14, Mckenzie Ward 7, Engel 7, Hailey Pyle 8, McCart 16, Bocox 12
 Steals — Mckayla Ward 3, O'Neal 4, Marker 7, Mckenzie Ward 8, Engel 3, Pyle 1, McCart 9, Bocox 1
 Assists — Mckayla Ward 4, O'Neal 3, Marker 6, Mckenzie Ward 5, Engel 2, Pyle 1, McCart 1, Bocox 3

Broncs return to court with two wins

Cynthia Shroyer
 editor@pinebluffspost.com

The Burns Broncs can call the inaugural weekend of 2013 a resounding success. After heading over the summit to play Saratoga and returning with a 68-42 victory, the Broncs put out the welcome mat for Doggers. Burns sent Lingle packing after notching a 53-40 win.

"We were very pleased with the weekend," Broncs head coach Sean Patterson said. "The boys did a fantastic job of stepping up and competing at a high level. Saratoga is not a easy place to play and the kids came out prepared from the start and played with a lot of energy and enthusiasm."

Travis Romsa recorded a double-

double in the game, putting up 19 points and snagging 20 boards. Romsa's effort was aided by Colby Ward's 16 points and Austin Burkett's perfect shooting (3/3) beyond the three-point line.

"Against Lingle we were able to apply some pressure defense to try and jump start our offense," Patterson said.

Taylor Kirkbride and Romsa each put 15 points on the board against Lingle, while Ward tacked on 10. Romsa led in rebounds with nine. Kirkbride was a perfect eight of eight from the charity stripe.

The Broncs are on the road for three games this week, at Mitchell Tuesday, at Southeast Friday, and at Wright on Saturday.

Individual weekend stats

Points — Cody Leader 15, Colby Ward 26, Taylor Kirkbride 20, Mikky Heward 5, Austin Burkett 11, Riley Petsch 3, Travis Romsa 34, Wyatt Berg 4, Cole Bostron 3
 Free Throws — Leader 1/2, Ward 3/4, Kirkbride 8/8, Heward 1/5, Burkett 3/4, Petsch 1/2, Romsa 2/4, Bostron 0/2
 Rebounds — Leader 2, Ward 8, Kirkbride 15, Heward 5, Burkett 8, Petsch 5, Romsa 29, Berg 1, Bostron 7

Brian Trautwein/Saratoga Sun

Burns Bronc Mikky Heward breaks away from the pack in a drive to the basket Saturday at Saratoga. The Broncs won the game 68-42.



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Lady Hornets have tough weekend

Cynthia Shroyer
 editor@pinebluffspost.com

The Pine Bluffs Lady Hornets started off the 2013 portion of their basketball season with a couple tough losses. On Friday, they traveled to Kimball where they experienced a 16-42 loss at the hands of the Lady Longhorns. Still on the road Saturday, the Lady Hornets scored just 29 points to the 42 the Lusk Lady Tigers entered in the books for Pine Bluffs' second weekend loss.

"It was a tough weekend for us," Lady Hornets head coach Lindsey Forbes said. "We struggled offensively, which shows our youth and rust from the break over the holidays. We have some things to clean up but the girls always work hard and want to improve. We will focus on what needs to be done to improve each week,

and we will get there."

Andrea Baker led in scoring Friday with six points. On Saturday, Jesi Zitek led with 11, six points coming off two treys.

Up next for the Lady Hornets is another road game, this one versus Guernsey on Friday. On Saturday, the Hornets' Nest will be the scene of a contest with Southeast.

Individual weekend stats

Points — Austin Asay 3, Sam Hanson 3, Brooke Darden 2, Jesi Zitek 13, Dana Mullins 2, Bailey Curtis 4, Andrea Baker 9, Jaden Ragsdale 9
 Free throws — Asay 3/6, Hanson 3/4, Zitek 5/9, Mullins 0/2, Baker 1/2, Ragsdale 3/5
 Rebounds — Asay 11, Hanson 4, Zitek 1, Mullins 6, Curtis 3, Baker 10, Ragsdale 8

Michele Daum/Western Nebraska Observer

Pine Bluffs Lady Hornet Jesi Zitek defends against Kimball Lady Longhorn Darbi Klinkhammer on Friday. The Lady Longhorns sent the Lady Hornets home with a 16-42 loss.

Longhorns, Tigers take sting out of Hornets

Cynthia Shroyer
 editor@pinebluffspost.com

Coming off a two-week winter break, the Pine Bluffs Hornets headed out on the road for their first two contests of 2013. On Friday, the Hornets went east to face off with the Kimball Longhorns. The Hornets got swatted, coming up on the losing end of a 35-56 score. Taking to the pavement again on Saturday, the Lusk Tigers played host, and squeaked out a one-point 36-35 win over the Hornets.

Coming back to the court against Kimball, the Hornets took an early 13-12 lead, but lost it with a 6-20 second quarter. After a 16-24 second half, the Longhorns sent the Hornets home with a loss.

"First of all, they are a very good team," said Hornets head coach Will Gray. "They can score in bunches, and they are very hard to defend. At times in the game we defended them as well as anybody will all year. We played a very physical game inside, which is a great sign."

Gray said in the past the Longhorns beat the Hornets up in the paint.

"Offensively we did a lot of good things, but I thought we took to some rushed shots in the second half when we had a chance to cut the deficit to single digits."

"I hope the kids realize that we can play with anyone if we defend like we are capable," Gray said. "We did a lot of good things and we will continue to build off of those things this week."

Scott Gross was the Hornets high scorer, putting 15 points on the board for the squad.

Gray said Travis Smith hit a shot with 8 seconds left in the game against Lusk, which pulled the Hornets to within one of the Tigers.

"We drew up a play for Taylor Fornstrom, they defended the initial part of the play, but we got a shot up, and it was about 4 inches too short," Gray said of the last-second effort to put a game in the win column.

"We played great defense throughout the game, but we didn't help ourselves at the line," Gray said. "We were seven of 23, and you don't win very many games with a line like that. In tight defensive games every possession counts and we didn't capitalize on our opportunities at the free throw line."

Gray said that is an issue that needs to be fixed and will be in future games.

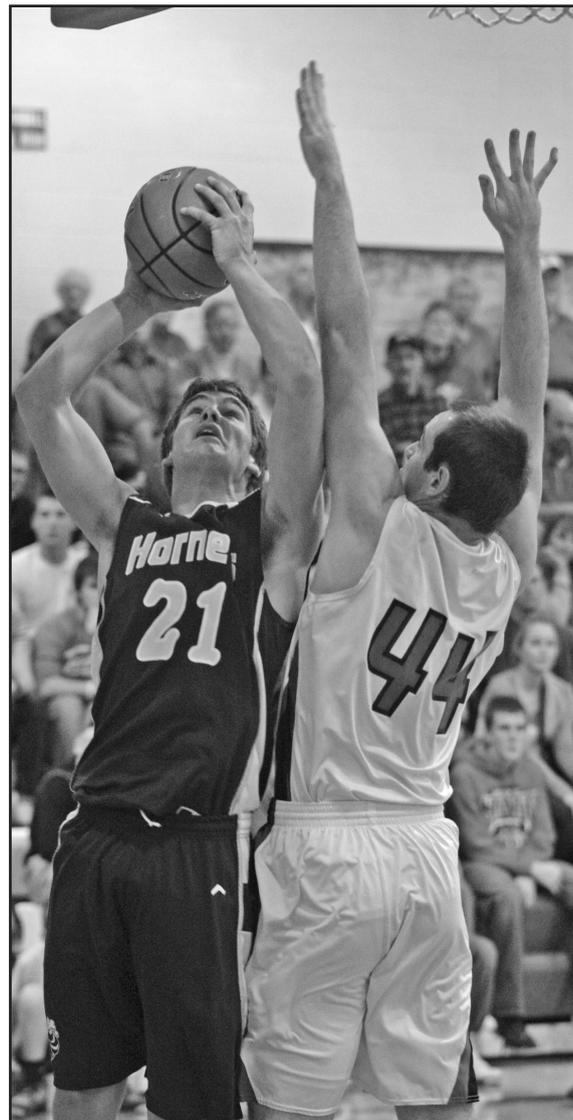
"Lusk came in averaging over 60 points a game, and I thought we did a great job of controlling the shots they got," Gray continued. "Sometimes the ball just doesn't bounce your way."

Fornstrom led the team in scoring with 15 points. Gross tacked on 13.

The Hornets are on the road Friday at Guernsey. They host Southeast on Saturday, a game Gray labeled "very important".

Individual weekend stats

Points — JC Thurin 4, Lane Nusbaum 6, Stephen Coverdale 2, Brady Lamb 4, Scott Gross 28, Taylor Fornstrom 20, Preston Thurin 6



Vicki Stull/Western Nebraska Observer

Pine Bluffs Hornet Scott Gross aims around Kimball Longhorn defender Jake Reader during their contest at Kimball on Friday. The Hornets lost 35-56.



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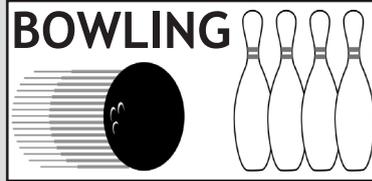
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- Sisters Grimm, Bushnell
- Main Street Market, Kimball



Week of Dec. 27, 2012

Tuesday Mixed
1. Sandy's Team 271
2. Kim's Team 247.5
3. Heidi's Team 247
Women's Highs
Handicap game: Heidi Hueftle 254
Handicap series: Heidi Hueftle 647
Scratch game: Sandy Harmon 177
Scratch series: BJ Bowman 449
Men's Highs
Handicap game: Lester True 248
Handicap series: Lester True 684
Scratch game: Jack Smith 201
Scratch series: Jack Smith 517

Friday Mixed

1. Don's Team 3
2. Madden/Walls 3
3. Aaron's Team 3
Women's Highs
Handicap game: Amber Bolejack 227
Handicap series: Melissa Walls 570

Scratch game: Amber Bolejack 136
Scratch series: Roxie Bolejack 349
Men's Highs
Handicap game: Brian Bolejack 245
Handicap series: Aaron Bolejack 623
Scratch game: Brian Bolejack 190
Scratch series: Miles Sumner 505

Sunday 3-man

1. Cheyenne Gang 157
2. Mike's Team 136
3. Vern's Team 134
Highs
Handicap game: Shawn Fredrickson 302
Handicap series: Shawn Fredrickson 795
Scratch game: Shawn Fredrickson 260
Scratch series: Steve Soltesz 689

Week of Jan. 1

Wednesday Mixed
1. High West Gals 35
2. Bowen Arrow Ranch 34
3. Bluffs Insurance 31
Women's Highs
Handicap game: Dawn Crouse 230
Handicap series: Kendra Roeder 619

Scratch game: Kendra Roeder 168
Scratch series: Kendra Roeder 481
Men's Highs
Handicap game: Bob Cochran 240
Handicap series: Bob Cochran 616
Scratch game: Bob Cochran 200
Scratch series: Bob Cochran 496

Thursday Mixed

1. BJ's Team 25
2. Sandy's Team 21
3. Tanya's Team 21
Women's Highs
Handicap game: Sandy Harmon 232
Handicap series: Tanya Lyons 674
Scratch game: BJ Bowman 207
Scratch series: BJ Bowman 476
Men's Highs
Handicap game: Lester True 271
Handicap series: Lester True 717
Scratch game: Wayne Pile 203
Scratch series: Jack Smith 512

Friday VA Mixed

1. Chuck/Jo 25
2. Ryan/Dave 25
3. Mike/Tina 20
Women's Highs

Handicap game: Tina Houston 277
Handicap series: Tina Houston 725
Scratch game: Tina Houston 259
Scratch series: Tina Houston 671
Men's Highs
Handicap game: Jerome Kenny 270
Handicap series: Mike Milliken 732
Scratch game: Dave Herrington 205
Scratch series: Dave Herrington 550

Sunday Mixed

1. Get R Done
2. Sorensen's Cattle Cruizers
3. LJ's
Women's Highs
Handicap game: Beth Pafford 271
Handicap series: Beth Pafford 741
Scratch game: Beth Pafford 193
Scratch series: Beth Pafford 507
Men's Highs
Handicap game: Marv Mirich 302
Handicap series: Kelley Kriz 819
Scratch game: Marv Mirich 246
Scratch series: Kelley Kriz 615

THEME: Twentieth Century ACROSS

1. Alfred Hitchcock in his movie, e.g.
6. *Banned insecticide
9. *Infamous weapon in Persian Gulf War
13. *"The Hitchhiker's Guide to the Galaxy" author
14. Two halves
15. Chummy
16. Site of witchcraft trials
17. Fred Flintstone to Barney Rubble, e.g.
18. Stupid or silly
19. *Code name for detonation of first nuclear device
21. *1945-1990 antagonism
23. Batman and Robin, e.g.
24. *Rock and _____
25. Unit of absorbed radiation
28. Manufactured
30. Stubbornly unyielding
35. Prima donna problems
37. Clever
39. Used to indicate compliance over radio
40. It hovers
41. Red Cross supply
43. Like something that can't fit anymore
44. Stay clear
46. *Ernest Hemingway's nickname
47. Blue-green
48. *Split by a wall
50. Like Dr. Evil's tiny self
52. Hog heaven?
53. Openmouthed astonishment

55. Recipe amount
57. *Salk's discovery
61. Sea dog
65. "_____ Last Night," movie
66. *Shock and _____
68. Wide open
69. One who "_____ it like it is"
70. 100 lbs.
71. Attach to, as in a journalist
72. Editor's mark
73. Lamb's mother
74. Plural of lysis

DOWN

1. Those in a play
2. Purim's month
3. *French Sudan after 1960
4. Correct
5. Heaviest known metal
6. Showing stupidity
7. *Its discovery had a huge impact on crime investigation
8. *Ma Bell, e.g.
9. Equivalent to hands on clock?
10. Eagle's talons, e.g.
11. Long forearm bone
12. Textile worker
15. _____ talk
20. A despicable person, pl.
22. *Hemingway's "The _____ Man and the Sea"
24. Sometimes done to an argument
25. Betty Ford Center, e.g.
26. Type of nectar
27. Sorrow
29. Like a billionaire's pockets
31. Received on special occasions
32. They can be Super or Kra-

- zy
33. Enthusiastic approval
34. *First cloned mammal
36. Potting need
38. South American Indian people
42. Kind of ray
45. 20 on a human body
49. *A Bobbsey twin
51. *Newly-founded state, 1948
54. *Gerald Holtom's sign
56. Unusually small individual
57. Giant kettles
58. Lend a hand
59. *First African-American to host a TV show
60. *Branch Davidians or Heaven's Gate, e.g.
61. "Out" usually follows it
62. Captures
63. D'Artagnan's weapon of choice
64. *Bolsheviks
67. *A huge web

Answers for last week's crossword puzzle

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

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19				20		21	22				
		23			24						
25	26	27	28	29	30	31	32	33	34		
35		36		37		38		39			
40				41			42		43		
44			45		46				47		
48				49	50			51	52		
			53		54		55		56		
57	58	59	60			61			62	63	64
65					66	67		68			
69					70			71			
72					73			74			

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Heard it at the Fence Post

Pine Bluffs Post Community News

BANNER CO. NEWS

Barb Cross

Several ladies joined in celebrating the arrival of our newest community member, Miss Sierra Sue Johnson with a baby shower held Sunday, Dec. 30, at the Harrisburg Community Church. Mom, Stacy, allowed us to take turns holding this beautiful little one and I think we all had a great time. Sierra tolerated each of us and simply slept the entire time. Many wonderful and useful gifts were received and a nice strawberry dessert was enjoyed also! I have not paid much attention to baby items for a while (since our last baby shower) and was surprised at one of the gifts. It was a pair of knee pads made for when she starts to crawl. How cool is that? I bet all of us moms remember our little ones spending hour's everyday upon their knees traveling over all different types of surfaces. The pads are a great idea!

And for now as we have celebrated the birth of Jesus and the coming of the New Year we anticipate what this 2013 has in store for us. Some stores have great sales on Christmas decorations right now, some still have fall/Thanksgiving/Halloween sales going on. I recently heard one sales clerk comment to another that they were just re-stocking the shelves from one holiday to the next, and so they were. Personally, I am really ready to get back into some sort of 'regular' routine, if there is such a thing.

Students at Banner County

School resumed normal classes last Friday, and basically just were attempting to organize for the next semester and start off with a fun-filled, hopefully educational month this January. Students in some other schools held off and began classes this Monday.

Yesterday, Wednesday, Jan. 9, the elementary students did not have school due to a teacher work day. I spent the day with four kids at the hospital. Only off and on, not for like 8 hours straight. We managed okay, and are back in school again today. Who knew that school for them would be cancelled on this particular day? Anyway, life is just like that sometimes, right? This has been the first full week of this semester, and this year. Happenings this week included varsity basketball games with Hyannis on Monday, the Geography Bee held on Tuesday, and a FFA Boosters meeting, and FFA student competition for the district contest (which hopefully I will be able to report on next week). All of this which I did not inform you of last week, because I was unaware, I apologize.

Friday, Jan. 11, four games of basketball will be played at Crawford beginning at 3 p.m. On Saturday, Jan. 12, the varsity wrestling team will participate in the Bayard tournament and basketball teams will travel to Minatare, first game to be played at 4 p.m.

The regular school board meeting will be on Monday, Jan. 14, at 7 p.m. in the school cafeteria. Everyone is invited and encouraged to attend.

The boys' varsity basketball MAC Tournament will begin on Tuesday, Jan. 15, and for more information you need to call the school at 436-5262 on this one.

At the Banner County Court-

house, Wednesday, Jan. 16, the brave drivers examiner will be available from 9 to 11:30 a.m. Notice how they always get out of there just before lunch?

One more note of local interest this week. There will be a bridal shower for Hannah Brown Sunday, Jan. 20. It will be at the Harrisburg Community Church at 2:30 p.m. Hannah and Ryan Norman plan to wed this spring. I also had this date confused with the baby shower for Sierra in the last news article. Guess I was caught off guard on that one.

Several of our good neighbors and friends have recently been undergoing some pretty tough health issues. John Ragland has returned home after several weeks of hospitalization and in-house physical therapy. He still continues with these treatments, but is back at home. Tom Neal is still in hospital and will be there for quite some time yet. If you would like to send him cards or letters of encouragement his address is at Medical Center of the Rockies, 2500 Rocky Mountain Avenue, ICU room 2105, Loveland, Co. 80538. There will be a benefit soup supper for Tom and his family on Sunday, Jan. 27, at the fire hall. It will be from 12:30 to 3:30 p.m. and there will also be a silent auction. If you are unable to make this and would like to donate, please send your gift to the fire hall at P.O. Box 93.

Also recovering from recent surgeries or illnesses are Connie Soule, Stephanie Farrow, and Carole Tucker. All three ladies are back at home and recuperating. Carole however, was at the Villa during Christmas when the Banner County elementary children stopped in to sing Christmas carols and give

hand-made cards to the residents. She visited with several students who she says were surprised to hear that she spent many years in Banner County. Joe just couldn't quite figure out how she knew who he was and how I knew about their conversation before he even got home from school. Oh, modern technology and face book friends!

Folks celebrating birthdays this week include: David Baker, Charlene Malm, Lita DelCamp, Haddie Grubbs, Savannah Jordan, Wilma

Post, Madalyn Soule and David Gifford. Happy birthday!

One couple celebrates an anniversary, and that is Mr. & Mrs. Travis Cochran. Congratulations!

All for now folks, I am just getting back in the groove of what we have going on here at home, so I am short on what is happening elsewhere. Maybe next week. Until, next time, take care and please send news to 436-7152, 641-1335, or write to crosswords@embarqmail.com. Barb Cross (Mrs. Rod)

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Registration/Questions: Vickie Schinzel (307.640.3411)

HEREFORD NEWS

Carolyn Ragsdale

The January Senior Citizen community potluck luncheon will be held on Friday, Jan. 18, at 12:15 p.m. at the Grover Senior Center. Everyone 55 and older are welcome to attend. Come and join in the fun with your friends and family. Andy Lopez will be giving

a presentation on medicare fraud.

For the special this week at the Hereford Community Church Carol Opdycke read “Explain God” written by an 8-year-old boy for a class assignment.

The sermon topic was “Jesus.” It is hard for our human minds to grasp the fact that Jesus created all things then came to Earth as a baby to live among us. What must it have been like for Mary and Joseph to raise this baby boy who was God? He was worshiped by the shepherds and wise men, and prophesied over by Anna and Simeon in the temple. He fulfilled every prophecy about Him in

the Bible. He was tempted in every way, but never sinned. Then He willingly died for the sins of every one of us. What an amazing Jesus! The congregation then burned their burdens and celebrated Holy Communion.

Next week the sermon topic will “400 years.”

Next Sunday morning the church will hold their quarterly business meeting at 10 a.m. before the morning worship service. Come and help make decisions for your church.

Submit your community news: 307-246-3763.

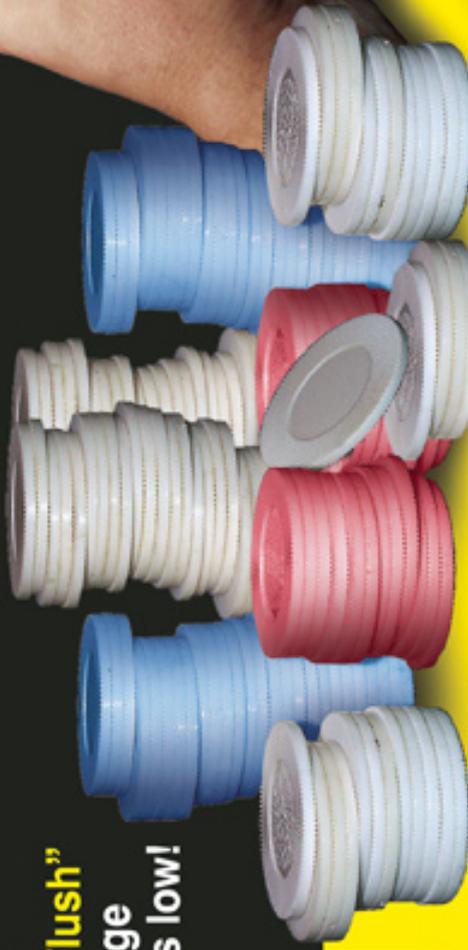


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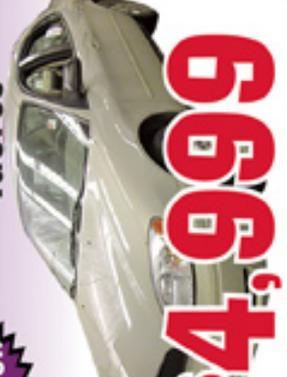


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All IN Used Blowout!

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#31148A

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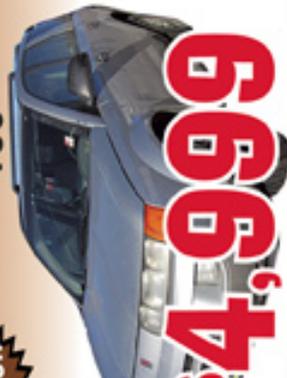


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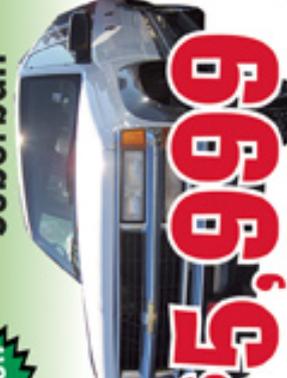


All IN Used Blowout!

1999 Chevy Suburban

#414659C

\$5,999



All IN Used Blowout!

1994 Cadillac Concourse

#414651A

\$7,999



All IN Used Blowout!

2000 Ford Expedition

#414660A

\$3,999



All IN Used Blowout!

2000 Lincoln Continental

#100425A

\$3,999



All IN Used Blowout!

1995 Mercury Villager

#42514A

\$4,999



All IN Used Blowout!

2003 Nissan Pathfinder

#100433A

\$7,999



All IN Used Blowout!

1992 Cadillac Deville

#31156A

\$3,999



All IN Used Blowout!

1992 GMC Sierra

#90049B

\$3,999



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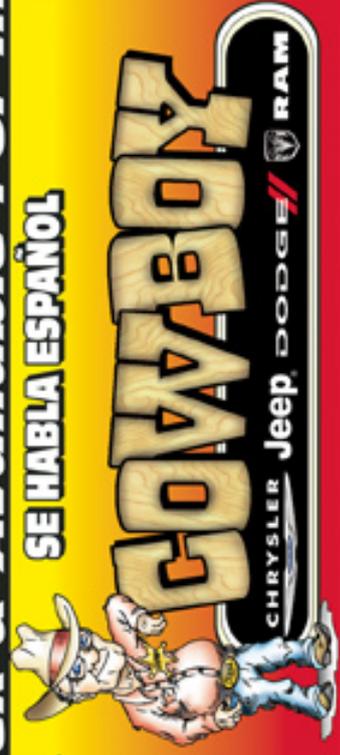
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Looking Back

WITH THE PINE BLUFFS POST www.pinebluffspost.com

If you have an old photo taken in Eastern Laramie County and would like to share it, please contact the *Post* at 245-3763 or email us at news@pinebluffspost.com

100 years ago

Word reached Cheyenne late yesterday (Monday) of the death of County Commissioner W.G. Curtis of Torrington. While it was generally known that Mr. Curtis was in poor health, the news of his death came as a great surprise to his many friends in the city. It was an odd coincidence that his death occurred on the day of his resignation from office of commissioner of Laramie county was to take effect. Residing in the newly created county of Goshen, Mr. Curtis could no longer serve as a commissioner of Laramie county after the opening of the above county on the first day of January. Coming from Torrington, Conn., about twenty-five or thirty years ago, Mr. Curtis settled in the northern part of what was then Laramie county, and engaged in ranching. It was due to his influence that the town in the Goshen valley received the name of his eastern home, Torrington.

75 years ago

John H. (Dick) Schroeder, 58, popular Laramie county legislator and Cheyenne business man, succumbed suddenly Tuesday of a heart attack at his home in Cheyenne. Schroeder's death came as a shock to his many friends in Cheyenne and throughout the state. In recent

weeks, he had shown rapid improvement from a heart ailment that kept him bed-ridden through last summer and last fall.

Reading his annual message on the state of the nation before the senate and house at the opening of congress, President Roosevelt declared his purpose to advance upon the same fundamentals of the New Deal that have hitherto been proposed. He said: "I do not propose to let the people down. I am sure the congress will not let the people down. We hold our principals and our objectives to be sound. We will never go back on them."

A closeout on ladies and children's galoshes and overshoes. Ladies' galoshes 95 cents a pair. One and two buckle cloth top overshoes 98 cents a pair.

50 years ago

Clarence Soule and sons Greg and Jeff went to Denver Wednesday with Greg's Shorthorn steer which he has entered at the stock show. Greg, who is 11 years old, is having his first "go" at the stock show business.

John F. Bridge, 18, was fined \$50 and a 30-day suspended sentence and put on probation to his father for six months after he pleaded guilty to driving 60 mph in a 20-mile zone,

reckless driving, and contempt of court in Judge G.R. Crossan's court in Albin. Bridge's driver's license was also suspended for 30 days.

R.L. Crock has moved his store and shop equipment from Scottsbluff to Pine Bluffs and will operate a store at his home on Main Street, according to an announcement elsewhere in this issue.

25 years ago

Joining the rest of the nation in the wave of anti-smoking campaigns, School District No.2 trustees approved a first reading of a new policy to prohibit such activity from 7:00 a.m. to 5:00 p.m., in all area schools.

The 26th Wyoming Reunion will be held Sunday, February 21, 201 N. Center St. Mesa, Ariz. Doors will open at 10:00 a.m., and a hot dinner will be served at noon. Cost will be \$7.50 per person including registration. Tickets may be purchased in

advance, also at the door.

Approximately 755 University of Wyoming students received degrees at the completion of the fall semester, December 19. Of the total 596 received bachelor's degrees, 125 masters's, 32 doctoral degrees, one educational specialist and one J.D. Degree. Area students who received degrees are: Penni S. Cairns, Craig A. Johnson, Christopher L. Pelton and Chris M. Poelma.

10 years ago

The residents of Laramie County School District (LCSD) #2 will not be able to voice their opinion for the proposed charter school any time soon, as the charter school public hearing scheduled for Jan. 6 was postponed. According to LCSD #2 Interim Superintendent Howard Craton, the hearing was postponed for various reasons, including board members not being able to attend, over-scheduling, and

not knowing how the hearing would be conducted.

Burns residents will be seeing new houses come into existence, as the Sunset Ridge development progresses. In early June 2002, the Burns Town Council approved the preliminary plans for a modular housing development, hoping to promote growth in Burns. In mid-September the council passed the final approval, with the water and sewer plans, to begin construction on the site.

The month of December is always one of the busiest months for the Pine Bluffs FFA chapter, with the hustle and bustle of the holiday season. The month began with the chapter beginning their angel tree gift project. Each class chooses a name from the tree of needy children in the grocery store, and buys them a gift to make their Christmas a little merrier.

ALBIN
NEWS
Monte Lerwick & Charlene Smith

Albin brought the new year in all dressed in white. The bunnies are even scurrying around in the cold.

The Albin Community Center hosted a fun evening of games,

music and pot luck snacks New Year's Eve. Everyone who attended said it was nice getting together with friends and neighbors.

There will be a garage sale Jan. 18 and 19, from 9 a.m. to 4 p.m. at the community center. Call for more information.

Albin elementary will have their award assembly Wednesday, Jan. 16, at 1:15 p.m. The state of Wyoming is honoring the school for their recognition of a National Title 1 school. The teachers will attend the national convention and receive the award in

Nashville the week of Jan. 21.

Our own Dixie Malm raised the rafters at Burns High School Saturday afternoon with the National Anthem before the Broncos played the Lingle Doggers. The inspiration was enough to help the boys get their second win of weekend action, but the girls fell short by five points.

Any news you might have from our humble home is welcomed. Email it to reporter@pinebluffspost.com before Monday at 5 p.m.

BUSHNELL
NEWS
Jamie Carpenter

The Firebelles meet Thursday, Jan. 10.

The Granny Craft Club meets Monday, Jan. 14.

The Firemen's Meeting is Thursday, Jan. 17.

The village board meeting will be held on Thursday, Jan. 17, instead of Jan. 10.

The Bushnell Lions Club has calendars for sale at the Sisters

Grimm. Stop by and pick one up for only \$5.

Don't forget the bookstore is closed this week. We will reopen with black bean chili for lunch on Sunday, January 13. For the rest of the month we will be open Tuesdays, Wednesdays, Fridays, and Sundays

(or by appointment). Lunch will only be served on Sundays.

If you have news, announcements, information about events happening nearby, or anything else you'd like to share, please contact me at sistersgrimmbooks@gmail.com or 308-230-0683.

GROVER
NEWS
Cheryl Ososky

The January Senior Citizen community potluck luncheon will be held on Friday, Jan. 18, at 12:15 p.m. Everyone 55 and older are welcome to attend. Come and join in the fun with your friends and family. Andy Lopez will be giving a presentation on medicare fraud.

Submit your community news to 970-895-2497 or email it to Cheryl@Ososky.com.

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Here come the low fat, low calorie dark dank dreaded days of January

Charlene Smith
reporter@pinebluffspost.com

You didn't think about the 400 calories a square of Grandma's fudge. And forget about being mindful of the 1,800 calories on the plate at Christmas dinner or those parties where you munched 3,000 of the make-you-feel-good-now-but-later-regret calories.

Sigh.

You are not alone. Diet pills, systems and plans spend millions of dollars with marketing firms in December dreaming up ways to remind you in January of what you ate. Even if people don't say it out loud, most of us are guilty of wanting to lose weight after we lost the last page of our calendars.

I, among more educated, higher paid people, am here to guide you through the darkness and perhaps finally to a you that smiles back when you pass a mirror.

From what I read, there is much research on when you eat your calories. A lot of substance, and not just fat, is given to not eating after 6 p.m. and eliminating carbohydrates after 3 p.m. There are arguing theories that 2,000 calories a day is the same no matter when you consume them. The body works when you sleep, but more and more nutritionists are encouraging people to put more time in between eating and sleeping.

For the ease of calculations, we will use the 2,000 calorie diet

that you find on the back of food labels. Your daily amount may be more or less than that. The best thing to do is find a calorie calculator and get your daily amount.

With 2,000 calories, you should consume 400 to 700 calories of fat. Try to stay away from the trans fat as much as possible, and the saturated fat that is found in foods such as butter, dark chocolate, nuts, cheese, sausages or prepared meats, and whipped crème. The experts warn not to exchange trans fats for any of these items, as they are worse on your health. Use butter instead of margarine but watch the amount you use.

Carbohydrates should make up about half of your caloric intake, unless you are trying to lose weight quickly in which case you will want to stay under 100 grams or even 20 grams of carbs each day. Each gram of carbohydrates contain four calories, so again, going back to the 2,000 calorie diet, you should consume about 250 grams of carbs. To lesson your carb intake, stay away from white sugar, flour, sugary drinks, pastries, cookies, greasy chips and processed foods.

At the local grocery store, I looked at fat and carbohydrate content in foods that my family consumes on a weekly basis. Turns out I was serving enough carbohydrates in one meal to heat the house with the calories needed to burn in losing one pound.

All the information, albeit overwhelming, can help you chart a course away from unhealthy towards a more nutritious way to eat. And it doesn't have to be dreary or dark while you get there.

I used a few of my families mainstay meals to help you see how you can drop the bad fat and carbohydrates easily and with little hassle at the store.

Breakfast is a fast meal that many of us skip. Dry cereal, although a faster and often cheaper alternative to breakfast food, is not always the healthiest choice. Even if you opt for a stand-by healthy favorite as mini-wheats, you are consuming 45 grams of carbohydrates in one serving. That is almost 20 percent of your day in one bowl. A quick and healthful exchange is one egg, slice of bacon and a piece of whole wheat toast or better yet a corn tortilla. You can start the bacon while you are finishing your morning hygiene, use the same pan and bacon grease to fry the egg, drop the toast down when you flip the egg and in about the same time it takes you to pour the cereal and milk, you have breakfast for about 240 calories, 11.5 grams of fat and 18 grams of carbohydrates. Not a bad start to your day. You can add a cup of coffee for little or no calories, fat and carbs as long as you take it black.

Lunch doesn't have to mean processed microwaved food or

a 99 cent heart attack in a bag. I often bring leftovers from home. A cheeseburger, french fries and soda will run about 1,000 calories, 42 grams of fat and 137 grams of carbs, almost a day's worth. On the other hand, one cup of hamburger helper is about 310 calories, 14 grams of fat and 28 grams of carbs. Add a leafy salad with ranch and an iced tea, you are still under 500 calories, 15 grams of fat, and 45 grams of carbs. Switch out the ranch for a lighter carb version and you drop 15 grams of carbs.

Dinner is abundant in my home. A typical dinner for us would be chicken fried steak, mashed potatoes with gravy, peas, rolls, and chocolate cake. That equals about 1,100 calories with 40 grams of fat and 77 grams of carbs. Too much. A healthy and easy exchange for this meal would be to keep the beef steak, but lose the batter in exchange for a few mushrooms and onions fried with it in a pan coated with low fat oil. Instead of the mashed potatoes, try mashed cauliflower (follow the same recipe as potatoes just use cauliflower instead), keep the peas, lose the bread completely, and in exchange for that homemade chocolate cake? Try low carb calorie chocolate cake (recipe below).

Your evening meal comes out at 390 calories, 5 grams of fat and 62 grams of carbs. As you can see, by keeping cake in your diet, the carbs will stay around. The sweet ending cost you 47 grams of carbs and 176 calories.

In order to shed a few pounds and get healthier on the inside as well, you will need to cut back on some things you love. But cutting

back doesn't mean cutting out. Instead of chocolate cake seven nights a week at the Smith house, we will have it once a week, and sliced strawberries and crème a few nights for only 6 grams of carbs and very few calories. A baked peach or pear is only about 7 grams of carbs, and cantaloupe is 4 grams of carbs per 100 gram serving.

Sweet things help the dark dreary days of diets. Try it for a while and see if it helps that smile in the mirror.

Low calorie low carb chocolate cake (recipe from sparkpeople.com)

Ingredients

1 1/4 cups all-purpose flour
1 cup sugar
1/2 cup baking cocoa
1/4 cup cornstarch
1/2 teaspoon baking soda
1/2 teaspoon salt
4 egg whites
1 cup water
1/2 cup corn syrup
2 teaspoons confectioners' sugar

In a bowl, combine the first six ingredients. In another bowl, whisk egg whites, water and corn syrup. Stir into dry ingredients. Pour into a 9-in. square baking pan coated with nonstick cooking spray. Bake at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Dust with confectioners' sugar. (I cheated and melted a little butter with some cocoa and low fat milk. After it boiled, I added a splash of vanilla and some powdered sugar for a light frosting, and about 30 calories extra per serving.)

BURNS NEWS

Burns Branch Library

Have you taken a glance at our Facebook pages? We have an adult page, a teen page and a Library Café page. Staff members enter posts to let folks know interesting info and engage patrons in conversations. Go to our web page at LaramieCountyLibrary.org and click on "Facebook" and like us. We welcome your comments!

New on our webpage, www.LaramieCountyLibrary.org is the link to our online auction. We opened the ongoing auction last week and currently have some very interesting older books on

which you can bid. We'll continue to post new items (books and other collectibles) as the time goes by, so keep checking in.

Friday, Feb. 11, is an early release day for the schools. Are you wondering what to do with your children, grades K-3? The Burns and Pine Bluffs branch libraries are hosting "Buckaroo Day." We'll be having bubble gum contests and learning how to make our very own cakes in the microwave. These programs are from 1 to 2 p.m.

Christmas vacation is over and the schools are all back in session along with the athletic competitions! The Burns/Pine Bluffs wrestling team will be in Pavillion for a Friday/Saturday tournament. The Burns boys and girls basketball teams will be playing on Friday at Southeast and the Burns boys will be traveling to Wright for a game on Saturday.

SENIORS AND PARENTS! There will be a Financial Aid Night

at Burns High School on Tuesday, Jan. 15, at 6 p.m. Meet in the Commons. This will provide you help in completing FAFSA forms and finding out about scholarships, loans and grants.

We are looking for someone to help us with tips and ideas on gardening this spring. I know there are lots of you out there that have beautiful gardens, flower beds and lawns. Anyone willing to help us with this addition to the Burns News, please contact Sharon, Stacy or Janet at the Burns Branch Library.

Burns Branch Library
Laramie County Library System

112 Main Street
Burns, WY 82053

Visit us on our website at www.LaramieCountyLibrary.org or on Facebook at <https://www.facebook.com/LaramieCountyLibrary>

LARAMIE COUNTY SCHOOL DISTRICT #2 RECREATION BOARD

In an effort to improve the quality of life and provide for indoor and outdoor recreation opportunities throughout Laramie County School District #2, the LCSD #2 Recreation Board of Directors is soliciting requests for 2013 recreation fund grants. These grants are available to all patrons within the boundaries of LCSD #2 who have a proposed project that supports recreational opportunities. The primary objective of the LCSD #2 Recreation Board is to support and assist the communities of Laramie County School District #2 and to bridge the gap with the support of recreation resources to maintain and develop facilities and programs for the students and the community.

We welcome interested applicants. Applications are available at the school district's Central Administration Office or at www.laramie2.org (Click on the Grant Opportunities link on the Home Page). Deadline to submit applications is 4:00 p.m. February 1st at the Central Administration Office, 311 East 8th Street in Pine Bluffs.



Iron Sharpens Iron

Proverbs 27:17

Cynthia Shroyer

cshroyer@pinebluffspost.com

Firefighters entered a dark room illuminated only by emergency vehicle lights outside the house. Thick smoke permeated the rooms pluming visibility to near zero.

Some smoke clears and the firefighters see an interesting sight — on a table burned on all sides is an unmarred circle. In the center of the circle is an open Bible, untouched by the flames, just covered a bit in ashes.

This is a true story from a fire in the Pine Bluffs area a few years ago.

That Bible safely sitting in the midst of flame and cascading water attests to the steadfast covering of the One Who wrote it. Inspired by God, using men as instruments, the Bible was written over at least a 1,600-year time period. The Old Testament is consistent with the new. Prophecies recorded in the pages of the last 27 books. It even covers a 400 year period of silence by God — the span between Malachi 4:6 and Matthew 1:1. It

Experiencing the power of the Word

then records how God broke His silence and murmured His grace and love to us through the birth of a baby.

And in all this time, from creation to the birth, death and resurrection of God's Son to the present, God's Word remains. The oldest book of the Bible is Job, written 3,500 years ago. And we still have the book in our homes and libraries.

Peter quotes Isaiah 40:8 in his letter to Christ followers who were scattered, but chosen to do God's work. Feeling like exiles, and needing a reminder of the hope they had (we have) in Christ, Peter wrote in I Peter 1:23-25, "For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. For 'All men are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord stands forever.' And this is the word that was preached to you."

This is the word preached to us as well.

Jesus addressed the staying power of scripture in Matthew 5:18. "I tell you the truth, until heaven and earth disappear, not the small-

est letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished."

I find it so cool that if we want to know what "everything to be accomplished" is, all we have to do is look within the pages of the Bible. I know it may not be easy, but it is rewarding. A new view of the world and things that have happened, and will happen, open to you when you read the Bible. If you need a little help in figuring out the mysteries held in the Bible check out works by Tim LaHaye or Joel Rosenberg. They look at events as they unfold, and holding them to the light of scripture, see where they fall in completing prophesy.

(Side note — If you want to know when the rapture is happening, don't bother with anyone who "answers" that question. Jesus gave the answer to that question in Matthew 24. No one knows but the Father. That would be God and He has given one instruction to us — be ready. Keep watch. If God wanted us to know, He would tell us. We need to move on, get over not knowing and get on with the business of being prepared and preparing others for His coming. Who needs one more thing to stress over? To borrow a platitude — live each day like it's your last. Bask in the promise of eternity with Christ and do what you can to make sure there is a heavenly population explosion!)

It amazes me that in a country where we are free to read the Bible, handle it on a daily, even hourly basis, many people do not. In fact,

most do not. The national average of homes with a Bible in them is 93 percent. On average there are three Bibles per home. Most go untouched. In a poll taken by the Gallup Organization in October, 2000, the percentage of Americans who read the Bible at least once a week is only 37 percent.

Yet there is so much to learn.

About how to treat others — love your neighbor like you love yourself (Matthew 19:19).

About what to do with enemies — love you enemies and pray for them (Matthew 5:44).

How about those who hurt you? Matthew 18:21 tells us to forgive, and in essence an infinite number of times.

How about being a good boss, or a good worker? Check out Ephesians 6. Respect and hard work are the makings of a happy workplace.

Need to know how to be a good husband, wife, child? Also addressed in Ephesians, chapter 5. Love builds respect and supplying both will assure you are loved and respected in return.

I want to challenge you to read the Bible on a daily basis. Many Bibles have a daily reading list you can follow. Though many resolve to begin such a program on the New Year, there is no harm in jumping in now. I started Jan. 2, with a program on YouVersion.com called Eat the Word. There are different formats you can follow on the site, as well as different versions to read from.

Boiled down, if you read three-and-a-half chapters a day — 15 to 20 minutes of your time — you

will get through the Bible in a year. Amazing that most of us refuse to find the time to do that little for something that can do so much for you.

Consider Proverbs 30:5 — "Every word of God is pure: he is a shield unto them that put their trust in him."

Or Mark 7:13 — "... thus you nullify the word of God by your tradition that you have handed down ..." (Are you letting your lack of Bible reading become a tradition in your household?)

And if you don't know the Word, how can you live the Word, a command reiterated by Jesus in Luke 4:4.

We need to memorize and put into practice the words of 2 Timothy 2:15 — "Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth."

Go and read Acts 17:11 which speaks of the Bereans receiving the word with all readiness of mind and of searching the scriptures daily. If they can do it without all the modern conveniences we have, then we are without excuse.

John Jay, the first chief justice of the United States Supreme Court put it this way — "The Bible is the best of all books, for it is the word of God and teaches us the way to be happy in this world and in the next. Continue therefore to read it and to regulate your life by its precepts."

That's a good reminder to us all — straight from the Supreme Court!

FAITH COMMUNITIES

Albin Baptist Church, 315 Cheyenne Ave, Albin; 246-3254; Sunday school, 9:30 a.m., Sunday service 10:45 a.m.; Youth group, Sunday, 5:30 p.m.

Blessed Hope Baptist Church, 327 S. Main St., Suite D, Burns; 307-757-7910; J. Nathaniel Ensley, pastor; Sunday fellowship, 10 a.m., Sunday service, 10:30 a.m.

Burns Presbyterian Church, 140 S. Wyoming Ave., Burns; 547-3734; Rev. Gwyn Downing, pastor; Sunday worship 9 a.m.; Sunday school all ages, 10:10 a.m.

Carpenter United Methodist Church, Rev. Lynn Evans and Gail Graves, pastors; Services are held each Sunday at 10 a.m.

Golden Prairie Baptist Church, 4996 Road 226, 246-3293; Sunday school, 9:45 a.m., morning worship, 10:55 a.m. Nursery provided for infants and toddlers; a worship preparation time for children aged 3-5 is offered the first Sunday of each month to help children transition into worship with their families.

Greater Works Baptist Church; 708-837-4751; Phil Prettyman, pastor; services held Sunday, 10:30 a.m. and 6 p.m. at the Pine Bluffs Historic High School; Thursday prayer service, 7 p.m.

Hereford Community Church, Hereford, CO, Rev. Carol Opdycke, pastor, Sunday service and Sunday School 11 a.m.

Hillsdale United Methodist Church; 4235 Hills St., Hillsdale, 1-303-548-4062; Leslie Matschke, pastor; Sunday worship service, 10 a.m.

Immanuel Lutheran Church, 201 Washington Ave, Burns; 1-308-235-2582; Kenneth Mars, pastor; Sunday worship, 8 a.m.

Lighthouse Assembly of God, 117 W. 5th St., Pine Bluffs; 245-3822; www.light-housepb.com; Norman and Rhonda Reed, pastors; Sunday school, 9:30 a.m.; worship service, 10:30 a.m.; KITT'S KLUB, Fusion Youth Ministries, and adult Bible study, Wednesday, 6:30 p.m.; monthly men's and women's meetings.

Pine Bluffs Baptist Church, 418 Pine St.; 245-3534; Dan DeBruyn, pastor; www.pinebluffs baptist.org; Sunday school, 9 a.m., Sunday service, 10 a.m.; Jr./Sr. high ministry, Wednesday, 7 p.m.

Pine Bluffs United Methodist Church, 600 Main St.; 245-3781; Sunday morning 9:30 worship service followed by coffee fellowship time and adult Sunday School; first Sunday of every month 7 p.m. evening worship service; Every Wednesday at 5:30 p.m. Son Time (all ages, including parents); First and third Wednesdays at 6:30 p.m. United Methodist Youth.

Presbyterian Church of Kimball, Sev-

enth and Cedar Street; 1-308-235-3044; Alan Foutz, PhD, pastor; Bible study for all ages, 9:30 a.m.; Worship service, 10:30 a.m.

St. Joseph's Catholic Church, Albin, Father Kevin Koch, Sunday Mass, 8 a.m.

St. Paul's Catholic Church, 501 East 4th Street, Pine Bluffs, 245-3761; Father Kevin Koch, pastor. Daily Mass, Monday — Wednesday and Friday, 8 a.m.; Saturday Vigil Mass, 5 p.m.; Sunday Mass, 9:30 a.m., Reconciliation Saturday, 4:30 p.m. or by appointment. Faith Formation Classes, 10:30 a.m. for grades pre-k thru grade 8 to include First Communion Preparation.

St. Peter's Catholic Church, Carpenter; Father Kevin Koch, Sunday Mass, 11:15 a.m.

Evangelical Wesleyan Church, 321 W. 1st St., Burns; 547-2276; Walter F. Hagemeyer, pastor; Sunday School, 10 a.m., morning worship, 11 a.m., evening service, 7 p.m.; Wednesday prayer meeting, 7:30 p.m.

Grace English Lutheran Church, corner of 8th and Miller, Pine Bluffs, 245-3390; Sunday service, 10 a.m.; Bible study and Sunday School immediately following service; Bible study, 7 p.m. Sunday, and 9 a.m. Thursday.

Zion Lutheran Church, on WCR 124, Grover; Sunday service 8 a.m.; Sunday School immediately following service.

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School news

January Newsletter

We all hope that everyone had a fantastic holiday break, and is ready to come back rejuvenated and ready to hit the ground running.

Academics

Before I go any further I would be remiss if I didn't stress the importance of hitting the ground running because the end of 1st semester is January 11th. With the end of the quarter only a week away, students and staff will be working hard in an attempt to close out their grades.

At this time it is appropriate to throw a shout out to a couple of students who recently rocked the ACT test. Sam Hansen scored a 26 composite including an amazing 31 in reading, and Lane Nusbaum scored a composite of 28 including a 30 in reading. Both of these scores qualify these academic all-stars for the top tier in The Hathaway Scholarship, which means more money for college. If you see either of these students, be sure to give them a pat on the back.

Upcoming events:

1/11 End of 2nd Quarter/1st Semester

1/21 Staff In-service Day – No Students

Activities

In December, thanks to the generosity of our students, staff, and community PBHS Student Council was able to purchase Christmas gifts for 71 children from preschool through 12th grade. Each class and the faculty raised over \$100 in this effort, and we received donations from the community amounting to over \$350. Thanks to everyone who contributed to help make Christmas a little brighter for some children who otherwise may not have received much this Christmas.

Our boys' basketball team has rolled out to an impressive 6-2 start. It would appear that our boys have something to prove going into this season, and will hopefully keep that momentum as they hit the heart of their season.

Our girls' basketball team has also started quickly with a 5-3 record. This is especially impressive considering the fact that they have only one senior and play a ton of underclassmen. I would anticipate that as the year goes on, and the girls gain experience they will only get better and better.

This year we have a couple of wrestlers that are also strutting their stuff. Chris Kimzey finished third and Gabe Felix finished fifth at the Southeast Invitational. Chris also placed fifth at the Bison

Bonanza. Way to go guys and keep up the great work.

Upcoming Events:

1/12 GBB & BBB vs Southeast @ 1:00

1/14 BBB "C" Team vs Torrington @ 4:00

1/15 JHBB vs Southeast @ 4:30

1/19 GBB & BBB vs Burns @ 1:00

1/22 JHBBB vs Burns @ 4:00

1/25 GBB & BBB vs Kimball @ 4:00

1/26 GBB & BBB vs Lingle @ 1:00

Happenings

'Tis the season; not that season, but cold and flu season. The people in the know are anticipating that there will be a high number of cases continuing until spring. Some things that can help everyone stay healthy are:

1) Get immunized.

2) Maintain good hand hygiene.

3) Keep your students home if they are ill.

Finally, in light of recent national events I feel compelled to let everyone know that while we have great students and staff, we are taking a hard look at our school security and student safety. This includes working closely with local law enforcement, and refining our emergency preparedness

plans. I would anticipate changes, and want to thank everyone in advance for your patience with this process.

Conclusion

As always I hope you have found this article useful, and if you ever need anything be sure to let me know.

Sincerely,
Todd Sweeter
7-12 Principal
Pine Bluffs



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www.pinebluffspost.com

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Deadlines for all Legal Notices is Monday by 5 p.m. of week of publication.
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• mail to Pine Bluffs Post P.O. Box 68 Pine Bluffs, WY 82082

[PUBLIC NOTICES]

Notice to Bidders

Notice is hereby given that the Town of Pine Bluffs will receive sealed bids at the Pine Bluffs Town Hall for the construction of the City Park Improvements Project for the Town of Pine Bluffs until 10:00 a.m. on Thursday, January 17, 2013. The work is described in the plans and specifications and on the bid schedule.

At the afore mentioned time and place, such bids that are received for the project shall be publically opened and read aloud.

Bid forms, specifications and plans may be obtained from the Engineer, BenchMark Engineers, P.C., 1920 Thomes Avenue, Suite 620, Cheyenne, Wyoming 82001 (307) 634-9064 upon payment of \$75.00 per set, non-refundable. Bid documents may be inspected at the office of the Engineer at the above address from 7:30 a.m. to noon and 1:00 p.m. to 5:30 p.m., Mondays through Thursdays and 8:00 a.m. to noon Fridays.

A pre-bid conference will be held at 10:00 a.m. on Thursday, January 10, 2013 at the Pine Bluffs Town Hall, 203 Main Street, Pine Bluffs, Wyoming. It is recommended that all bidders interested in this project attend the pre-bid conference.

Bids must be submitted on the proposal forms provided in accordance with the contract documents. "... the contract shall be let to the responsible certified resident making the lowest bid if the certified resident's bid is not more than five percent (5%) higher than that of the lowest responsible nonresident bidder. (W.S. § 16-6-102a) "Preference is hereby given to materials, supplies, agricultural products, equipment, machinery and provisions produced, manufactured, supplied or grown in Wyoming, quality being equal to articles offered by the competitors outside of the state." (W.S. § 16-6-106)

The sealed bids must be marked on the outside envelope "Town of Pine Bluffs City Park Improvements Project Bid Opening at 10:00 a.m. on January 17, 2013."

Bids may be mailed or delivered to:

Caryn Miller, MPA, Town Administrator

Town of Pine Bluffs
PO Box 429
203 Main Street

Pine Bluffs, WY 82082

The successful bidder will be required to enter into a contract with the Town of Pine Bluffs within fifteen (15) days after the Notice of Award date.

The Town of Pine Bluffs reserves the right to reject any and all bids or schedules and to waive minor irregularities and formalities therein, and to award the contract in whole or in part in the best interest of the Town of Pine Bluffs.

Caryn Miller
Town Administrator
Legal No. 5090. Published in the Pine Bluffs Post Dec. 20 and 27, 2012, Jan. 3 and 10, 2013.

[PUBLIC NOTICE]

Notice is hereby given that on the 17th of December, 2012, application was filed for a new County Retail Liquor License in the office of the Clerk of Laramie County for the following described place and premise, to wit: Wearin Brothers Cattle Co. d/b/a Riata Ranch Event Center, 822 Arena Lane.

Protests, if any against the issuance of the above license will be heard at the hour of 3:30 p.m. on the 22nd of January 2013, at 310 W. 20th Street on the 3rd floor of the Historic Courthouse.
Debra K. Lathrop
Laramie County Clerk
This information is available in alternative forms. If reasonable accommodations are required, contact Laramie County Human Resources, 309 West 20th St., Cheyenne, WY 82001 (307) 633-4355 within a reasonable time.

Legal No. 5097. Published in the Pine Bluffs Post Jan. 3, 10, 17, 2013.

The Town of Albin is accepting bids on vacant land; Block 12, Lots 21 and 22. Sealed bids are due at the Town Hall by 5:00pm on Thursday, January 10, 2013. For specifications call the Town Hall at (307) 246-3386. The bids will be opened at the Town Council meeting on January 10, 2013 at 7:00pm. The Town of Albin reserves the right to reject any and all bids.

Legal No. 5098. Published in the Pine Bluffs Post Jan. 3 and 10, 2013.

[LEGAL NOTICE]

Pursuant to W.S. §4-10-507: Ada H. Lerwick (the Decedent) died on the 20th day of May, 2012, a resident of Lara



Mark Watson

Panhandle no-till educator

There are several educational meetings scheduled for January and February, 2013 that producers in our area should plan to attend. I've been going to no till crop production meetings for over 20 years and I have always felt that attending as many of these meetings as possible has always been time well spent.

These educational meetings are a great way to meet and visit with other producers about their no-till crop production practices. These meetings always include speakers that cover a variety of topics on soil health, economics, crop production, machinery, and marketing of crops. The one constant that

Farm & Ranch



No Till Notes – educational meetings

I've found in my 20 years of no-till crop production is no till crop production and agriculture in general is always changing. I think it is very important to stay informed and be flexible in changing our farming practices as our world of agriculture evolves.

Production of field peas and the marketing of field peas are the first meetings scheduled in January. We have a real opportunity in this region to make field peas a viable alternative crop for this area. The production and marketing of field peas in this region will produce a significant economic impact on our agricultural community. Field peas will take the place of summer fallow in this region and will add to the profitability of our farming

operations which will have a real economic impact on our communities as well.

The field pea production and marketing meetings begin in Alliance, Nebraska on Jan. 9, at the Alliance Public Library. The meeting is scheduled for 9 a.m. and will last until noon. A second meeting will also be held on the Jan. 9, in Hay Springs beginning at 1:30 p.m. at the Hay Springs Community Building.

The following week there are field pea production and marketing meetings scheduled for Jan. 16, at the Farm and Ranch Museum in Gering beginning at 1 p.m. The following day on Jan. 17, a field pea production and marketing meeting will be held in Albin, Wyoming at the Albin Community Center beginning at 1:30 p.m.

There are also field pea meetings scheduled for Kimball and Sidney on January 23, 2013. The following day on Jan. 24, field pea meetings will be held in Big Springs and Imperial. Times and places for these meetings have not been scheduled. I'll post the time and place for these meetings in as soon as I find out this information.

We have a real opportunity in this region to develop a marketplace for field peas. The development of this marketplace will have a significant economic impact on our agricultural community with the addition of field peas into our cropping rotations. I hope to see you at these meetings to discuss all aspects of field pea production and marketing.

[PUBLIC NOTICE]

MEETING LOCATIONS AND DATES FOR 2013

<u>January 9, 2013</u>	Work Session/COW	Pine Bluffs
<u>January 14, 2013</u>	Regular	Carpenter
<u>February 6, 2013</u>	Work Session/COW	Burns
<u>February 11, 2013</u>	Regular	Pine Bluffs
<u>March 6, 2013</u>	Work Session/COW	Pine Bluffs
<u>March 11, 2013</u>	Regular	Albin
<u>April 3, 2013</u>	Work Session/COW	Burns
<u>April 8, 2013</u>	Regular	Burns
<u>May 8, 2013</u>	Work Session/COW	Pine Bluffs
<u>May 13, 2013</u>	Regular	Carpenter
<u>June 5, 2013</u>	Work Session/COW	Burns
<u>June 10, 2013</u>	Regular	Pine Bluffs
<u>June 26, 2013</u>	Close Out/Fiscal Year	Pine Bluffs
<u>July 10, 2013</u>	Work Session/COW	Pine Bluffs
<u>July 17, 2013</u>	Regular & Budget	Albin
<u>August 7, 2013</u>	Work Session/COW	Burns
<u>August 12, 2013</u>	Regular	Burns
<u>September 4, 2013</u>	Work Session/COW	Pine Bluffs
<u>September 9, 2013</u>	Regular	Carpenter
<u>October 9, 2013</u>	Work Session/COW	Burns
<u>October 14, 2013</u>	Regular	Pine Bluffs
<u>November 6, 2013</u>	Work Session/COW	Pine Bluffs
<u>November 11, 2013</u>	Regular	Albin
<u>December 4, 2013</u>	Work Session/COW	Burns
<u>December 9, 2013</u>	Regular	Burns

Legal No. 5101. Published in the Pine Bluffs Post Jan. 10, 2013.

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week of publication.Send legal notices to legals@pinebluffspost.com • fax to 307-245-3325 • mail to Pine Bluffs Post P.O. Box 68 Pine Bluffs WY 82082**[PUBLIC NOTICES]**

mie County, Wyoming.
The Decedent created the Ada H. Lerwick Living Trust Agreement dated August 21, 1989.

The situs of said trust is in Wyoming, and W. Keith Lerwick and Wayne A. Lerwick are the Co-Trustees of said trust.

The Co-Trustees of said trust hereby publish notice of their intent to distribute the assets of the Settlor as permitted under the terms of the trust.

Creditors have 120 days from the first publication of this notice to make claims against the assets of the trust. Claims should be addressed to Cook and Associates, P.C., P.O. Box 1345, Laramie, WY 82073.

DATED this 31st day of December, 2012.

Attorney for the Trust:

Craig C. Cook

Cook & Associates, P.C.

P.O. Box 1345

Laramie, WY 82072-1345

307-745-7320

Legal No. 5099. Published in the Pine Bluffs Post Jan. 10 and 17, 2013.

Laramie County Fire District #6 will hold their Annual board Meeting on January 10th at 7:00 PM, at the training center in Burns, Wyoming. The regular monthly board meeting will be held directly after the Annual Meeting.

Legal No. 5100. Published in the Pine Bluffs Post Jan. 10 and 17, 2013.

THE DISTRICT COURT OF THE FIRST JUDICIAL DISTRICT

OF THE STATE OF WYOMING IN AND FOR LARAMIE COUNTY

Docket 46, No. 33

In the Matter of the Estate of)

LOIS CHILD SCHREINER,)
Deceased.)
NOTICE OF APPLICATION
FOR DECREE

OF DISTRIBUTION UNDER

WYO. STAT. § 2-1-205

TO ALL PERSONS INTERESTED IN SAID ESTATE:

You are hereby notified that an Application for Decree of Distribution Under Wyo. Stat. § 2-1-205 has been filed in the above named Court alleging that Lois Child Schreiner at the time of her death owned oil and gas and ores and mineral interests in real property located in Laramie County, Wyoming, more particularly described in said Application on file with the above-named Court.

The Court has set a hearing upon said Application at 8:30 a.m. on January 30, 2013. Any objection to said Application must be filed in said Court on or before said date or the same may thereafter be forever barred. If it appears that the facts stated in the Application are not in dispute, the Court shall enter the requested Decree.

Michael Schreiner

Wanda Vaziri, Applicants

HIRST APPELATE, LLP

Attorneys for Applicants

1720 Carey Avenue, Suite 400

P.O. Box 1083

Cheyenne, WY 82003-1083

Legal No. 5102. Published in the Pine Bluffs Post Jan. 10 and 17, 2013.

THE DISTRICT COURT OF THE FIRST JUDICIAL DISTRICT

OF THE STATE OF WYOMING IN AND FOR LARAMIE COUNTY

Docket 46, No. 34

In the Matter of the Estate of)

DORIS CHILD NITZEL,)
Deceased.)

NOTICE OF APPLICATION
FOR DECREE

OF DISTRIBUTION UNDER
WYO. STAT. § 2-1-205

TO ALL PERSONS INTERESTED IN SAID ESTATE:

You are hereby notified that an Application for Decree of

Distribution Under Wyo. Stat. § 2-1-205 has been filed in the above named Court alleging that Doris Child Nitzel at the time of her death owned oil and gas and ores and mineral interests in real property located in Laramie County, Wyoming, more particularly described in said Application on file with the above-named Court.

The Court has set a hearing upon said Application at 8:30 a.m. on January 31, 2013. Any objection to said Application must be filed in said Court on or before said date or the same may thereafter be forever barred. If it appears that the facts stated in the Application are not in dispute, the Court shall enter the requested Decree.

Cheryl K. Wall
Terrie Ellis, Applicants
HIRST APPELATE, LLP
Attorneys for Applicants
1720 Carey Avenue, Suite 400
P.O. Box 1083
Cheyenne, WY 82003-1083
Legal No. 5103. Published in the Pine Bluffs Post Jan. 10 and 17, 2013.

Post Classifieds**THANK YOU**

First of all thank you to my church family at Pine Bluffs Baptist, to my town family "town of Pine Bluffs" so many of you came to visit me in the hospital and rehab plus furnished food for Jerry in my absence. A special thanks to our daughter Shannon Weller for taking good care of her dad and I. I received flowers, cards, gifts, visits and even pizza "yum" but most of all prayers, with out them I would not be here today. I was truly touched by Angels. To the EMTs, Police and Fire departments, you guys where there when I needed you the most. Thank you so much. You were my Angels too. How blessed we are! God loves you all.

We received so many cards for our 40th anniversary. I don't want to leave out the people in Cheyenne, Burns, Albin, Carpenter, Hereford and Nebraska. I hope I haven't forgotten anything or anyone.

Jerry and Billie Sanders
(1/10/13-1107)

WANTED

Older local in desperate need of good running PU truck that can tow 5000 lbs. Sorry have no money can trade a 94 Mitsubishi Montero and if need be a lawn tractor both run good. Dependable running a must looks unimportant. If you are feeling generous and have a truck sitting around that you no longer use because you got a replacement please call 307-275-0113 (1/10/13-TFN-1106)

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HELP WANTED

Laramie County School District #2 is accepting applications for a maintenance position for Pine Bluffs Elementary and Pine Bluffs High School. This is a 260-day position with full benefits. Applications are available from our website at laramie2.org. Mail the completed application to Laramie County School District #2, P.O. Box 489, Pine Bluffs, WY 82082. (1/17/13-1108)

PART-TIME FLEXIBLE HOURS

Apply in person at Pine Bluffs A&W. Please apply between the hours of 8 a.m. to 3 p.m. (1/17/13-1109)

FOR RENT

Equipment for rent. Skidster w/ buckets, forks or rock bucket. Backhoe ex-tendahoe. 27 ft. scissor sky lift. 20 ft. flatbed trailer. \$150/day. \$500/week. Call 245-3007. (1/10/13-TFN-001)

Now accepting applications for 1 bedroom apartments.

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Sara Lee Delightful Whole Wheat & Honey Bread ...	20oz	\$3.39	Sunkist Lemons	2/\$1.00	
Sara Lee Delightful Multi-Grain Bread	20oz	\$3.39	Chilean Green Seedless Grapes.....	\$2.99lb	
Lay's Potato Chips	10-10.5oz	2/\$5.00	Chilean Red Seedless Grapes	\$2.99lb	
Fritos or Cheetos	9-10.5oz	2/\$6.00	Green Cabbage	49¢/lb	
Ocean Spray Cranberry Juice	64oz	\$2.99	Dole Celery.....	Stalk	\$1.49
Hunt's Pasta Sauce	24oz	99¢	Green Onions	Bunch	5/\$2.00
Campbell's Chicken Noodle Soup	10.75oz.....	75¢	Yellow Onions.....	3lb Bag	2/\$3.00
Campbell's Tomato Soup.....	10.75oz.....	75¢	Red Radishes.....	1lb Bag	\$1.49
Shurfresh Cottage Cheese.....	16oz	\$1.29	On-Vine Tomatoes.....	\$1.49lb	
USDA Choice Angus Boneless Beef Top Round Steak.....	\$3.99lb		Highline Whole White Mushrooms	8oz Pkg.....	2/\$3.00

Prices good Thursday, January 10, 2012 thru Wednesday, January 16, 2013 at Texas Trail Market, your hometown co-op grocery store.