TORRINGTON TELEGRAM



Lady Blazers second, Blazers third at Binfield

See page B1

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WEDNESDAY, MARCH 27, 2024

\$1.50

WEATHER



WEDNESDAY

THURSDAY

INSIDE STORIES

Hole-in-one at Cottonwood



Student council gives to hunger incentive page A3

Governor Gordon signs four bills supporting the second amendment page A6

Wyoming rancher runs in Boston Marathon



A few members of the Taylor family during branding several years back. Jason (far left) recalled having to brand calves just a few days after the Colorado Marathon and being incredibly sore the whole time. Photo courtesy of Kim Taylor (far right).

BY TERRA OCHSNER

Editor of the Western Ag Reporter

TORRINGTON - On April 15, 2024, thousands of the world's most elite runners will convene in Boston, Massachusetts, for the 128th Annual Boston Marathon (26.2 miles), and among those athletes this year will be

first-time qualifier, Jason Taylor, a rancher and father of eight from Torrington, Wyoming. Of all the marathons that are run around the globe each year, only six have earned the title of "World Marathon Major," including the Tokyo Marathon, London Mar-

see **BOSTON** page A5

Discover summer health

County nurse manager advocating for your health

BY RHETT BREEDLOVE rbreedlove@torringtontelegram.com

TORRINGTON - Although winter flu and cold season is still upon us, the weather has shown signs of turning warm in recent weeks. As with any change in the season, old challenges begin to subside while new begin to discreetly present themselves.

While county health matters thankfully have proven to be somewhat mild and routine in recent months, according to Goshen County Public Health's (GCPH) new Nurse Manager, Kara Palfy, and Public Health Response Coordinator, Ryan Wunibald, it is always healthy and wise for residents to continue practicing healthy habits and hygiene.

Although the county is in a far different and much better spot today than it was four years ago, warmer weather may mean less cold and flu but perhaps more of other things.

Originally from Colorado and having started her new county position just this last October, Palfy is both excited and eager to fulfill her new responsibilities in providing safe and appropriate health assistance for all county



Kara Palfy, Goshen County Public Health's freshly appointed nurse manager, discusses summer health practices, ongoing maternal programs, testing and vaccines made available to all county resi-

residents.

"I started October 31, and have done things in my past that were public or population health related," Palfy said. "I'm still learning the system and learning the ropes. Also, this position is not like any nursing position I've ever had.

see ADVOCATE page A8

Justice for a victim

'Also, to protect other kids out there'



Goshen County and Prosecuting Attorney, Eric Boyer, discusses the recent sentencing of, Kenneth Fink, while also advocating for residents to protect our most vulnerable from irreparable harm.

BY RHETT BREEDLOVE

rbreedlove@torringtontelegram.com

TORRINGTON - As Torrington resident, Kenneth Fink (68), exited the Goshen County Courthouse Tuesday morning to begin a sentence of no less than 10 years and no more than 18, a ripple effect of local lives had been forever altered.

As part of a plea agreement with the State of Wyoming, Fink chose to plead guilty to sexual abuse of a minor in the second degree; most likely to avoid the maximum state penalty of 20

There would be no probation, no community service, no counseling. For this particular case, the 68-year-old longtime resident of Torrington slowly walked out of the courtroom knowing with all realities considered, he would most likely die in prison where there could never be another helpless

Until then, his new home would be a small concrete room with a heavy immovable door which can only be unlocked by the press of a button.

As with most sexual predators, Fink most certainly did not fit the stereotypical image. He did not at first glance appear to be a filthy, perverted danger to the most vulnerable and innocent of society: our children.

Quite the contrary and as with most guilty predators, Fink knew his victim and knew them very well. A close family friend who for years earned the love, trust, and respect of his victim

see VICTIM page A3

OBITUARIES

- · Carole Jean Simonsen Coxbill
- Joseph Armando Peña

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joaks@torringtontelegram.com

BY JESS OAKS

interview.

YODER – There is no doubt about it, when there is a problem, Jay Clapper, Southeast Agricultural Education Instructor and FFA Chapter Advisor, is there.

Pigs won't gain weight. Call Clapper.

Do your chickens have bumblefoot? Call Clapper, he will know what to do. What about if your alligator won't do

what alligators do? Don't worry, Clapper

"I was so blessed that I got to be in this profession," Clapper said in an earlier

This winter, Clapper announced he would be retiring from education and leaving Southeast High School (SHS) behind after 14 years. When he was interviewed for a story regarding his retirement, Clapper stated, "I want this about the kids."

With the help of Cheryl Alps, Clapper's assistant, present and past students, co-

workers, and friends were interviewed as a tribute to the long-time FFA advisor and educator.

"I had Mr. Clapper from eighth grade through my senior year and was a substitute teacher for him after I graduated. He loves to banter with people and has a heart of gold since he did everything for us students," Laurel Luke Herbst, a 2015 graduate of SHS and chapter FFA member said. "His philosophy was for us to learn life skills and to be able to go out into the world and succeed. It was never about the ribbons or the trophies for him. It was about helping kids grow, be confident in themselves, and teaching them responsibility and accountability. He had many programs for kids whether you came from an ag background

During a recent event, Clapper explained, through agriculture education classes and the chapter FFA organization, he is one

see **FAREWELL** page A7



Over the years, the number of students, friends, and family, Jay Clapper's wealth of knowledge has touched unmeasurable. Left to right: Jay Clapper, William Knowlton, Sydney Moeller, Kailey Porter, and Brea Mills.



111 West 22nd **Torrington, Wyoming**



Susan Klemola



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OBITUARY

Carole Jean Simonsen Coxbill

January 15, 1946 - March 23, 2024

TORRINGTON - Private familv services will be held at a later 23, 2024 at the Goshen Healthcare place. Carole was born January 15, 1946 in Tilden, Nebraska the daughter of Arnold and Willavie Simon-

arrangements.

Carole is survived by a son Jay date for Carole Jean Simonsen Cox- (Carol) Watson of Torrington, Wyobill, 78, who passed away on March ming; sisters Linda Erdman, Patty (Gary) Miller and Kay Lindenmuth; Community. Cremation has taken five grandchildren; and ten great grandchildren. She was preceded in death by her parents; a son Dale Allen Watson; brother Jerry Simonsen. The Colyer Funeral Home as- sen and wife Vaughn Simonsen; and sisted the family with the cremation her late husband Emmett Coxbill.

Joseph Armando Peña

TORRINGTON - Joseph Armando Peña, of Torrington passed away unexpectedly on March 21, 2024 at the age of 50. Joseph is survived by his wife, Paula Peña , his daughter Satasha Peña, 3 step kids, numerous grand-



Peña, sister Amanda and brother James. He is processed by his mother Rebecca his grandparents Ralph and Sylvia Cuthbertson and Eralio Peña. A rosary and funeral service is scheduled Wednesday March 27 9:30

kids. His father Armando a.m. at St. Rose Church. Romombrance

Hole-in-one at Cottonwood

BY JESS OAKS

joaks@torringtontelegram.com

TORRINGTON – Spring has been in the air throughout Goshen County and many community members are enjoying the beautiful sunshine while they participate in a wellloved past time, golf.

To many, there's nothing better than enjoying what Torrington truly has to offer at Cottonwood Golf Course and that is exactly what Andy Espinoza and his golfing pal, Billy Janes did on Thursday, March

Espinoza, who has been golfing at the course for many years, stuck it rich when he landed a hole-in-one Thursday afternoon on hole nine. Espinoza drove the ball 140 yards from the blue tees with a nine wood.

The record-shot was witnessed by

Espinoza has been golfing at Cottonwood in the early 1980s when he moved to Torrington.

"This is my second hole-in-one I've had. Both were on the same hole. number nine in Torrington," Espinoza said. "My wife has had three so I am catching up to her almost."



COURTESY PHOTO

Andy Espinoza soaking up the warm March sunshine at Cottonwood Golf Course, in Torrington. Espinoza landed a hole-in-one on hole nine of the course.





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Publisher: Rob Mortimore rmort@torringtontelegram.com **Editor: Jess Oaks**

Office Manager: Jenn Wiest jwiest@torringtontelegram.com Production: Chad Dixon

joaks@torringtontelegram.com cdixon@torringtontelegram.com **Editorial Department**

Advertising Hannah Haffner

rgalbreath@torrington telegram.com**Rhett Breedlove**

Robert Galbreath

hhaffner@torring tontelegram.comrbreedlove@torringtontelegram.com **SUBSCRIPTION RATES**

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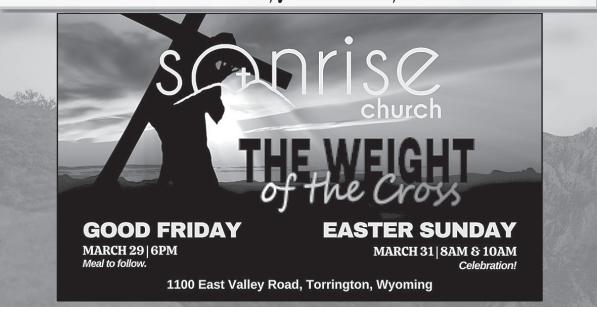
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Easter Services Directory

This Easter Sunday, join these local churches and their congregations as they celebrate the miraculous resurrection of Jesus with beautiful sunrise services.



Student council gives to hunger incentive

joaks@torringtontelegram.com

LINGLE – The community is invited to attend a series of fundraisers to aid in the Hunger Incentive sponsored by the Lingle-Fort Laramie (LFL) Student Council on Wednesday, March 27.

"This is the second year we will be holding this fundraiser. It is a combination of a bake sale that takes place throughout the school day, and a dinner that the student council puts on for everyone that attends parent teacher conferences. The bake sale is for all students and staff and even community members. The dinner is a free will donation dinner, all of these proceeds go directly back to the Hunger Initiative fund," Louden Bremer LFL student body vice president said. "It's a win-win event because families can come and eat for free, or families can come eat and donate to the cause."

The free will donation dinner of pulled pork sandwiches begins at 5

The fundraiser benefits kids and families in our community, according to Leah Foster, senior, and LFL student body president.

"The trickle-down effects of this fundraiser are astounding. It helps families feel as though a weight has been taken off of their shoulders. When kids don't have to worry about where their next meal is coming from helps kids focus on schoolwork and helps them



Members of the Lingle-Fort Laramie Student Council back row (left to right): Charlotte Speckner, Skyler Thomas, Marcos Martinez, Nolan Spears, Nathan Fish, Louden Bremer, Leah Foster, Holley Leiseth, Brenly Shipp, Natalie Speckner, and Madison Gibson.

have a more productive day," Foster explained. "I cannot imagine the positive effects that go on behind the scenes that we don't even see."

Proceeds of the event stay in the community, according to Erin Estes, council advisor said.

"We are raising money to help pay off student lunch debt and other food related issues. We have raised about \$1800 so far and hope to raise a total of \$3000," Estes said.

"Last year we donated to three main groups; the after-school practice program (\$2000); the backpack program (\$2000) and we were able to pay off over \$5,600 in lunch debt from LFL students. It also went to buying lunch for

parents and kids at last year's elementary track meet. Funds ultimately benefit any hunger related issues in our school community," Bremer added.

Food is something no child or family should ever have to worry about, according to Foster.

"It's not fair to expect kids to show up every day when things of this size are going on behind the scenes. We hope that this fundraiser leaves kids with happy memories of their school days. We want to make sure that the kids and their families know that we see them, and we are here to support them," Foster said. "We know that the issue will not go away anytime soon so PO Box 379; Lingle, WY 82223," Estes we hope to continue this fundraiser in *explained*.

years to come so kids never feel like they are in the dark."

"We understand that this can be a difficult thing to talk about, but we encourage you to talk to your kids and the people in our community about it. The more we talk about it the less stigma there will be! If your or someone in your family is in immediate need, please reach out to one of us or with our advisor and we will help you get in touch with the available resources," Foster said. "Finally, if you feel inclined to donate, please do, this money does not go to waste and goes directly to the hunger initiative fund and will impact families in your community. We hope to see everyone Wednesday night for our pulled pork dinner."

The community has done a great job of supporting the LFL fundraiser last year and Bremer only expects this year to be even more resourceful.

"The best way for the public and community to show support is to share our messages online, come to our fundraisers and be involved, and simply put, just donate! This is, in my opinion, one of the best, if not THE best fundraisers ever put together," Bremer

"If you would like to donate to this cause, please contact Erin Estes: eestes@goshen1.org; or mail a check made out to LFL Hunger Initiative to LFL High School; Attn: Erin Estes;

Wyoming libraries offer blood pressure cuffs

BY RHETT BREEDLOVE

rbreedlove@torringtontelegram.com

TORRINGTON – "Information is power, the more information a patient and their doctor have, the better the treatment plan," Kara Beech, project coordinator for Wyoming Center on Aging (WyCOA), says. "Better treatment plans lead to better overall health. It is exciting to see individuals across the state checking out these kits to work on improving their health and that of our communities."

The public libraries of Wyoming have been dedicated in the support and betterment of public health in communities.

According to the Centers for Disease a collaborative pilot between WyCOA a substitute for regular visits to initial in the U.S. have high blood pressure, which is also known as hypertension, and/or are taking medication as such. It is believed that one-fourth of adults with hypertension have their condition under control.

The Wyoming Department of Health claims nearly one in three Wyomingites have been told they have high blood

Self-measured blood pressure monitoring (SMBP) kits are now available in all 23 counties including 67 libraries statewide, bringing a total of 650 available kits during the first year of the program. It should be noted this is

Control, almost half of grown adults at the University of Wyoming, the Wyo- healthcare providers, they are a great ming Department of Public Health, and Wyoming public libraries.

> In order to further expansion and future programming focused on cardiovascular health, state libraries are strongly encouraging patrons to check out a kit and complete the included survey. Individuals that check out a kit and complete the survey between April 1 and June 8 could be eligible to win a \$100 Amazon Gift Card. Random winners will be drawn weekly from all surveys completed. Winners will also win an additional \$100 Amazon Gift Card for the library that checked out the winning kit.

Although the kits are not considered

way for residents to view and keep track of their numbers, providing more valuable information to be relayed to a doctor.

The kits are provided in both English and Spanish, and include an automate home blood pressure cuff, blood pressure logbooks, educational material form the American Hearth Association, elaborate information on blood pressure, and also easy suggestions for potential lifestyle changes.

If you would like more information on programs offered by WyCOA, feel free to visit www.uwyo.edu/healthierwyo/ or go to www.goshencountvlibrarv.org.

Victim: 'This past year was nothing but hurt and pain for me'

FROM PAGE A1

and their family. All knowing fully year was nothing but hurt and pain it comes to justice for a suffering prison time recommendation from what the end intention was, and seizing the opportunity to do nothing but violate when the victim was at their most vulnerable.

"When Kenny got out of jail, I was worried he would come and get me has ever been victimized. It would because I told officer Herb [Irons] what happened," the victim said via impact statement. "I didn't feel safe anymore. But with many talks with my family, I knew he wouldn't come near me because my Papa said he would beat him up and make sure he wouldn't leave here without medical attention."

"I think Kenny needs to go back to

out there."

Powerful words from an 11-yearold child.

Powerful words from anyone who seem realistically devastating in order for so many innocent children to be protected from evil, one child along with their family has to suffer permanently.

The last statement however perhaps could be considered the most powerful. "To protect other kids out ent to simply be put on probation. there."

victim continued, "Because this past, the sentence is more than fair when 10-18 years, which was also heavy for me. Also, to protect other kids family, and is a stern warning for myself, the state, and the Departpotential would-be predators.

> In addition, Boyer believes the sincere and direct impact statements provided by the family of the victim were perhaps a decisive influence on the guilty defendant's lengthy sentence.

"All of the victim impact statements were the most thorough, and helpful I had ever seen in any case I have ever dealt with," Boyer said. "The defense attorney asked his cli-I think largely it was the impact of According to Goshen County and those statements I believe largely

jail and stay there till he dies," the Prosecuting Attorney, Eric Boyer, drove the court to sentence Fink to ment of Probation and Parole. Personally, I give all the credit to the

family and their impact statements." When asked if the 10-18-year sentence was satisfactory for the state, Boyer replied adamantly, "Very much so. The judge specifically commented as he's required, the purpose for sentencing includes both punishment and retribution, while discouraging others and raising public awareness from committing the same kind of offense."

See VICTIM page A6

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The birds are chirpin'

19 the time has finally come! After haven't seen the last of winter and it the birds chirp. what always seemed like an eternity, will return eventually. For right now spring has officially arrived.

Knock on wood obviously. Any lifelong Wyoming resident knows well enough just because it says so on the calendar doesn't mean snow is going to care one or another. So, enjoy the warm weather as it comes but don't put the snow shovel and gloves away just yet.

Now, on to more important things.

There truly is nothing like the feeling of being finally able to wake up bright and early in the morning and hear birds chirping. As cheesy as it may sound to some, there may be no better way to start the day.

For some reason, this was always a sure-fire way of knowing when winter may in fact be on its way out the time has now hopefully come where

No, not a groundhog. As honorable and noble as the furry little guy may be, whether he did or didn't see his shadow never really felt like it had anything to do with winter or spring.

Actually, a very different animal

know when spring was here. Quite the contrary, when we finally

start to hear the birds chirp bright and early in the morning, this is truly lasts forever. Just as winter has when it always felt like we were well finally surrendered to spring, bad

Cold and darkness is headed out the good. for next year, while warmth and sun-

Rhett **Breedlove** Staff Writer

though, spring in and of itself has the power to make us all start to look on the bright side of things.

Just like we talked about months and months ago, the mysterious ways in which the universe chooses to work has once again brought us to the season of light and

rebirth. Such as life.

Once again, that may sound corny to some but it's the truth.

As a wise middle school principal once said, "This too shall pass." The we can begin to let things pass.

Winter no doubt has the power to wear everyone down, even if we are a fan of it. After a while once all the holiday lights and fun have come down, the days at that point seem to be just cold, dark and miserable. always seemed to be the one to let us After weeks and weeks of this, who wouldn't begin to feel like everything now seems cold and dark?

> Be that as it may, no dark time times will eventually surrender to

Absolutely now that spring is here, we are going to have the joy of listening to a lot of wonderful sounds. More cars and trucks are going to be passing through, the loud smack of a bat will ring throughout the baseball fields, and the rhythmic motions of sprinklers are always comforting to

That all being said, it all starts when the birds start to sing. Dogs barking, cats meowing, horses neighing, and even sheep baaing are always comforting noises to be heard in the springtime. For some reason though, the peaceful soft sound of the birds on a beautiful spring morning can resonate throughout your whole mind, body and soul.

They are almost letting you know that your time has come. Dark times are nearly over. The cold times are almost over. It has finally passed, and everything is going to be okay. You have made it through both the winter of seasons and of life. Now you have earned your spring.

This is when that wonderful sound will start to follow us everywhere. know quite when it's going to get world can bring when winter finally takes it leave, no other sound brings as much peace to a person's mind as the beautiful singing of our birds.

You can hear that noise when you How do we truly know this is hap- wake up. You will hear it when you

Ladies and gentlemen, as of March light are coming in. Yes indeed, we pening when it begins? Just listen to water the flowers. You will hear it when you turn the lawnmower off. You will hear it as the sun sets soft.

They will sing for you on the golf course. They will sing for you when you go fishing. They will sing for you when you take a walk. They will sing for you when you have a talk.

Remember now to take full advantage of the warm weather. We weren't meant to stay cooped up from the cold for too long. Now is definitely the time to get outside and feel the warmth of the world, and mother nature's fresh air.

But going even further, remember now it seems spring truly is here to remind us life is going to be filled with darkness and loss, but is also filled with light and rebirth.

For every blade of grass turned brown in the fall, they are once again about to turn green. Every leaf that fell from a tree months ago is about to be replaced with a fresh brand new one. For every elderly loved one who has passed, a newborn infant is about to make their worldly arrival.

Absolutely spring may be the most relieving time of year. We never Out of all the pleasing sounds the here or when it plans on working it's magic.

> One thing is for sure, however. When we start to hear the birds sing, we know everything is going to be just fine.

At last. Spring is finally here.

The telephone is ringing...

little birdy told me?!

That's always how it begins. Hey, did you hear Bob is moving? Bob is our 75-year-old neighbor.

Yeah, he's finally leaving Torrington! Guess he joined the circus. Does that even sound like an accu-

rate statement? Yep! That's right, I think he might

be a little too old, you know, to be a trapeze artist. See, that's how it all starts. The

next thing you know, Bob is moving a small family of squirrels into his house.

People talk. And people living in small towns like what we are blessed with in Goshen County are no exception. We talk.

Sometimes it's hard not to get wrapped up in the chatter. Sometimes it's difficult to walk away

Psstt...Hey! Hey you! Guess what a from a conversation as dramatic as daytime television. But do we really need to believe it?

> How helpful is believing everything we hear?

> Example, Punxsutawney Phil told us spring was coming and, while it's surely on the way, the last few days of snow flurries and freezing temperatures have us all second guessing the accuracy of his statement.

> How many times have we been told we'd see rain? Or that time we were told Y2K would break all the computers?

> Gossip is worse. You can't tell the difference between a fabrication and the facts.

> Sure, process of elimination tells us Bob isn't joining the circus. He's just going with his grandkids TO the circus.

of "telephone" we played in grade school. For some of you youngsters, as a class, we would stand in a line

and teacher would whisper a sentence into the first student's ear. The sentence was always something simple like, "The brown dog jumped over the fence," and before it traveled to the end of the line it was repeated by each student into the ear of the next classmate.

Finally, the last student would repeat the sentence aloud which was normally, "Susan eats crayons in the back of the classroom."

Jess

Oaks

There may not even be a "Susan" in our class, but we know what's es are, they are pretty unhappy You see, gossip is like the old game been happening to all the crayons with theirs.

now. Or at least we think.

The point is, sometimes the information we hear, the information we repeat, isn't truthful. Sometimes the information we regurgitate is a complete distortion of the actual statement.

Not everything we hear is truth. Sometimes messages get distorted. Facts get confused and sometimes they were never true to begin with.

The next time we hear a juicy piece of gossip, we all should consider whether it is believable. Not everyone has good intentions in the words they speak, so it's important to ask ourselves whether the story is just to hurt another person.

Gossip can be a dangerous tool but always remember, if someone is busy talking about your life, chanc-

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Lingle Town Council

*Al Unvezagt – Mayor alunverzagt@yahoo.com Kathy Wilhelm lingletown@hotmail.com Brandie Cook lingletown@hotmail.com lingletown@hotmail.com Micah Foster A.J. Lambert lingletown@hotmail.com

Goshen County Commissioners

*Michael McNamee mmcnamee@goshencounty.org Aaron Walsh awalsh@goshencounty.org Justin Burkart jburkart@goshencounty.org Yoder Town Council

*Norman Feagler - Mayor

Amanda Fogle To reach Yoder Elsie Gray council members, call Bob Oaks Josh Haffner 307-532-4304

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To reach Fort Laramie council members, call Mike Doan 307-837-2711 Kelly Loveland LaGrange Town Council

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How to contact Goshen County Legislators

Cheri Steinmetz Senate District 03 Goshen/Niobrara/Weston cheri.steinmetz@wyoleg.gov (307) 534-5342

Allen Slagle **House District 02** Goshen/Niobrara/Weston allen.slagle@wyoleg.gov (307) 306-7532

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Boston: Rancher Qualifies for Boston Marathon in Ap

FROM PAGE A1

athon, Berlin Marathon, Chicago Marathon, the New York City Marathon, and the Boston Marathon.

For the 42-year-old, qualifying for the Boston Marathon has been a lifelong dream that began in his family's hay fields in Washington state when he was young.

"Running and agriculture are pretty intertwined," Taylor began. "I grew up on an alfalfa farm, and we didn't have pivots at that time, so we had hand lines and wheel lines. We'd get up early and move pipes, and there would be about 20 pipes per line. We'd have to take them apart, drain them, and carry them 20 or 30 steps to the next set, and you'd hook them all back up."

With a longer growing season in Washington, Taylor said his family would get five cuttings each year, and as such, a lot of work had to get done before school in the mornings.

"A lot of it was done running because we had to hurry up and get done, so that's probably where I started getting in shape to run. And then we'd get up early and bale little squares on 800 acres, and we would buck bales and ship it to the dairies in Canada and Washington," Taylor said.

He also recalled a program in grade school called "Junior Joggers," where kids would get to run around a halfmile field during lunch.

"You'd get a paper slip every time you went around, and you'd turn them in after the lunch break," he said. "They'd total your miles, and I think I made it to the 200-mile club, which was a big deal for us fourth and fifth

Taylor's family eventually moved to Baggs, Wyoming, and transitioned more to the cattle side of agriculture.

"I fell in love with the ranching, because I was sick and tired of farming," he joked.

In that time, he continued to thrive in the challenges presented by ranching and running. Throughout high school, he was successful in track and field; however, Taylor's gifts began to shine through the longer races in

"The longer the race, the better for me. I was ranked in the top three every year in high school for the mile and two mile, but that wasn't really what I was great at," he said, adding that he was a state champion in cross country. "I love cross country because it just presents more challenges, and there's a lot more to it than just running around an oval. When I was in high school, running was my life. That's what I thought I was going to running "shows that, when things get focus on for a long time."

And that plan came to fruition for a while at least. Taylor competed on both the track and cross country teams at the University of Sioux Falls. However, the twist came when he met his now wife, Kim, around Christmastime his freshman year.

and fancy free," he chuckled. "But, I knew she was the person that I wanted to be around the rest of my life."

months after meeting, were married by the age of 20, and they had their first son, Cody, 10 months after they got married. The couple finished up their two-year degrees, and with Cody in tow, they headed back to Baggs where Jason began coaching cross country and ranching.

Their second child, Collin, was born

Warning

Signs of a **Heart Attack**

Uncomfortable

pressure, fullness,

squeezing or pain in the center of your

chest lasting 2

minutes or more. Pain may spread to

shoulders, neck or

arms. Severe pain,

dizziness, fainting,

sweating, nausea or

shortness of breath

may also occur.

If you or someone

you know is

experiencing these symptoms, seek help

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Jason Taylor getting in some pavement time on an 18-mile run north of Torrington, Wyoming, in preparation for the Boston Marathon.

15-months after Cody, and he was followed by: Callie, Cora, Conner, Cayla, Crimson, and Clancy.

Jason recalled the first marathon he ever ran in Steamboat Springs, Colorado, right before he and Kim were married. At that point, he'd never run more than a half marathon (13.1

"I was in third place and felt like I was doing really well. I was running like a 2 hour 40 minute pace, which would've been pretty cool at that point in my life for my debut," he said. "I hit mile 18, and I started feeling tired and hadn't been taking on fluids like I should. At 21.5 miles, I stopped [...] and my muscles locked up."

Taylor said his mind "was getting foggy," and he had to drop out of that

"But I learned a lot from it," he said. With moves from Wyoming to Nebraska and back again, along with raising and homeschooling their children, and of course, ranching, Jason's running goals took a back seat for about 13 years. In fact, he was 28 the last time he ran a marathon. Though running has remained an important outlet for him the entire time.

"Long term, if I'm not running, I'm just more tired and mentally kind of down in the dumps. If you have a day where you have the blues, if you get out and run – and you've got to force yourself sometimes - it just can change your perspective so much. There is a physiological thing that happens when you run that really makes a big difference to your mental

tough, and the finances as well," but life." hard, you can push through," he said.

It's Contagious...

One of the greatest examples of overcoming challenges through training came in the 16-weeks leading up to the Colorado Marathon (May of 2023) where Taylor was able to qualify for the Boston Marathon. The meat "I always thought I wouldn't get mar- of his training took place during a ried until I was 40. I was just foot loose harsh winter, right in the middle of

> "Having eight kids, running marathons, and running a 600 head

1 mile off of Highway 85

Tue- Fri 8:30-4:30

Sat 8:30-2:30

everything he does," Jason and Kim's oldest son, Cody (20-years-old), said. "His work ethic and perseverance has rubbed off on us, and it has shown us that you always finish well and never leave something half done."

Cody, who works for another rancher in Torrington now, recalled how "cool" it was to watch his dad finish the Colorado Marathon and qualify for the Boston Marathon "by quite a bit." Jason needed to finish in 3 hours 10 minutes or less to qualify, and he logged a time of 3 hours 3 minutes, which earned him 40th place overall and won him the 40–44-year-old men's division by over two minutes.

Collin, who is 19-years-old and working on a ranch in Valentine, Nebraska, added that he is so proud to see his dad "finally going for it" after all these years of putting the family and the ranch first.

"He has always inspired me to go out and challenge myself," Collin

Cody and Collin both picked up running from their father and continue to do so now.

"I think we all like running, mostly because he does," Cody said.

Callie (17) and Cora (15) both had the unique experience last fall of having their dad as their high school cross country coach, and while Cora is the self-proclaimed non-runner of the family, they both enjoyed seeing how passionate he was about that aspect of the sport as well.

"It was super cool to have him as an official coach," Callie continued, "even though he's been my coach, He added that "ranching can be so my boss, and my teacher my whole

> Cora recalled all the times she's watched him run in her life, and this would've been so hard," he said. how he'll come home from a long day "It's been really special."

at the ranch and start running on the treadmill.

"I always think, 'aren't you tired?" she laughed, "but he's so

passionate about it." Callie added that "it's been amazing" to see him overcome calving, injuries of his own, and everything in between to achieve his goal of

She added that this relates to his faith and one of his favorite Bible verses, James 1: 2-4 (NLT Version):

qualifying for the Boston Marathon.

"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing."

"I think it applies to so many areas of life," Callie said. "Through faith, ranching, and running, you're conquering trials all the time."

Cody, Collin, Callie, and Cora each commended both of their parents for the personal sacrifices they've made over the years, and most importantly for teaching them, their siblings, and many others about God's love.

"Not only have they instilled God in us, but they follow God themselves," Cody said. "It's not so much them talking about it, but the fact that they really live it."

Boston Goals...

Once the Boston Marathon rolls around in a few short weeks, the Taylors will be slowing down on their first round of calving and gearing up for their second. Kim and Jason plan to be in Boston for five days in order for him to get acclimated beforehand and allow for some recovery post-race. Most of the family is going to make the trip to support him, and Jason's brother, Josh, will stay behind to make sure things run smoothly at the ranch.

Taylor's "Plan A" goal is to finish under 3 hours, and "Plan B" is to finish under 3 hours 5 minutes, with "Plan C" being to simply finish the

"If you cross the finish line in Boston, you've gotten somewhere, and you know you've done something,"

He commended his family for stepping up to help him during his training the last several years, from covering things at the ranch, to driving/running alongside him during his many hours of training to ensure that he's got the resources he

"If I didn't have the family I do,

f

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Governor Gordon signs four bills supporting the second amendment Governor vetoes bill to repeal gun free zones

FOR THE TELEGRAM

CHEYENNE – Governor Mark through the use of a firearms code. Gordon signed four bills today that Second-Amendment friendly state. The Governor signed SF0073 - Concealed firearms-permit eligibility, SF0105 - Wyoming Second Amendment Financial Privacy Act, SF0109 - Prohibit Red Flag Gun Seizure Act., and SF0086 - School safety and security-funding.

SF0105 protects the privacy and sensitive financial information of people purchasing firearms, firearms parts, or ammunition in Wyoming by prohibiting credit card processors from using firearms or firearm-related merchant category codes. It also prohibits government or private entities from keeping any registry of privatethose firearms created or maintained Legislature.

SF0109 prohibits red flag gun laws strengthen Wyoming's status as a from being enforced or implemented in Wyoming, while SF0073 amends the concealed carry permit regulations to make those who have had their firearms rights restored, eligible. SF0086 creates an account to reimburse school districts for costs related to possession of firearms on school property by school district employees.

> The Governor vetoed HB0125 - Repeal gun free zones and preemption amendments due to concerns that HB0125 exceeds the separation of powers embodied in Article 2 of our Wyoming Constitution. If the bill were enacted, any specific policy, fur-

"House Bill 125/Enrolled Act No. 49, erodes historic local control norms by giving sole authority to the Legislature to micromanage a constitutionally protected right," Governor livered to my desk, this bill lacks Gordon wrote in his veto letter. "Any further clarification of the law, if this bill were enacted, would augment the Legislature's reach into local firearms regulation."

The Governor noted the bill would require each state facility, such as the University of Wyoming, Wyoming State Hospital, or the Wyoming Boys School, to receive legislative approval to restrict carrying firearms, or even to set policies as practical as proper weapon storage. It would also repeal the statute that has allowed school ther regulation, or clarification of the districts to establish specific policies

ly-owned firearms or the owners of law could only be implemented by the allowing concealed carry in their districts.

> "Every piece of legislation must stand for critical review, particularly those affecting our constitutional rights," the Governor wrote, "As desufficient review and debate. A bill covering such a sensitive topic does not lend itself to successive tweaks to correct flaws, and therefore I believe the Legislature should be open to debating and fully working this bill through its established processes."

> The Governor concluded he will direct the State Building Commission to begin a process to reconsider rules to allow concealed carry permit holders to exercise their rights within the Capitol and other appropriate state facilities. That process will involve significant public input.

Victim: 'I just try to do my job as I'm paid to do'

FROM PAGE A3

For an attorney who has vehemently built a career not so much on putting the guilty in prison as becoming a voice for victims, while also showing mercy and compassion to individuals who have made merely a horrible decision; Boyer strongly believes predators such as Fink must be punished to the full extent of Wyoming law.

can and will take these types of allegations seriously, both to protect people and punish the guilty as appropriate," Boyer continued.

noted further the importance of responsible community support for one another when it comes to violence, harassment, or sexual assault the chance action has to be taken," of any kind.

virtually go unnoticed.

It should be duly noted a prior victim of Fink's from long ago had come forward in hopes of helping with the state's prosecution, hoping the assistance would not only bring some closure to themselves, but also to protect other kids out there.

As Boyer himself stated, communi-"I want the community to know we ty members have a civic responsibility to protect our children and each other from further victimizations such as this.

The state prosecuting attorney the community to consider formally about any potential situation involving injury to a child or even adult on Boyer said. "It's better to try and be

and their families, it takes everyone deal with it. It's not appropriate, nor the last. working together and bravely ad- the problem of just one individual to types of offenses."

> While Boyer has received approval from the family of the victim for the final results of the case, the prosea quiet sincerity.

"I just try to do my job as I'm paid to do. The family however did a fantastic job of advocating for and protecting their own family member. I greatly appreciate their assistance."

While Boyer calmly left his of-"I strongly encourage everyone in fice Friday afternoon with longtime canine companion, Bull, one could reporting any concerns they have not help but think of the words spoken by both the prosecutor and the to stop them. Not with more harassvictim.

To protect other kids out there.

As Boyer explained further in proactive for all of us as a commu- to come across his desk, Boyer un- are looking out for one another, and order to bring justice to victims nity than assume someone else will derstands sadly it probably won't be not staying quiet.

As he has mentioned over and dressing issues that otherwise may take that on. It takes a community, over again in the past, everyone is and it takes a village to stop these capable of making mistakes, and everyone is just human. Nobody at the end of the day is ever going to be

> Vile acts upon children, or even cuting attorney humbly replied with the elderly is something entirely different, however. We as human beings should know better on how to treat them, and why they should always have our protection.

> > When it comes to a dangerous predator willing to prey upon the weak and defenseless, we can't help but remember what both the child and prosecutor were alluding to.

It takes all of us working together ment and violence, but forcing them to face justice by the full extent of Although this wasn't the first case the law. That can only be done if we

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UW Extension to offer cattle AI workshop and breeding days in Campbell, Fremond Counties

FOR THE TELEGRAM

GILLETTE and LANDER – For youth interested in breeding their cattle, the University of Wyoming Extension will offer artificial insemination (AI) workshops in Campbell and Fremont Counties Thursday, May 9, followed by breeding days later that

The May 9 workshops, led by UW Extension educator Chance Marshall and UW Extension beef specialist Shelby Rosasco, will take place from 4-7 p.m. at extension offices in Campbell and Fremont Counties. Topics to be discussed include nutrition, breeding selection, AI protocol and pregnancy testing.

istration, which reserves dinner and supplies, closes Wednesday, May 1.

Breeding days, in which participants artificially inseminate cattle under Marshall's guidance, are scheduled for Tuesday, May 28, in Campbell County and Wednesday, May 29, in Fremont County. For those who attend the May 9 workshop, the cost is \$25 per head for up to four females and \$50 per head for each additional animal.

Now in its third year, the AI proacross Wyoming and even from surrounding states.

"AI is an involved process where

To sign up for a workshop, visit you have to make decisions on breedhttp://tiny.cc/24cattleaibreeding. Reg- ing combinations and think about mals, we want to provide them that what your goals are," says Marshall. "It's not just getting animals bredit's also about encouraging young people to think about the future."

While the AI program is geared toward 4-H'ers and other youth raising cattle, community members of all ages are welcome to attend. The workshop and breeding days are not a substitute for an AI school, however, and participants do not receive a certification for attending the events.

"We teach about the process, but gram has attracted participants from the point is to provide ways for young people to actually breed their animals and further their involvement in the industry," Marshall explains.

"Even if they've just got a few aniopportunity."

For youth raising sheep and goats, UW Extension will offer AI work-

shops and breeding days this summer. All 2024 AI educational workshops and breeding days are funded by a grant from the John P. Ellbogen Foundation. The program is organized by Marshall and Campbell County 4-H educator Kim Fry.

Contact Marshall at (307) 332-1018 or cmarsha1@uwyo.edu for more information on Fremont County programming. Contact Kim Fry at (307) 682-7281 or Kim.Fry@campbellcountywy. gov for questions about Campbell County programming.

Farewell: 'I'm so thankful for all the opportunities...

FROM PAGE A1

of the few educators who has worked with students from eighth grade to graduation.

"Mr. Clapper was my ag teacher from my eighth-grade year through my senior year," Blaine Wilker, 2015 graduate of SHS and FFA chapter member recalled. "The bottle calf program I was a part of was probably my most memorable experience in his program. As far as favorite memories go, I'd say the range judging trip to Elko Nevada would be it, with James, Laurel, Jacob, and Cheryl. Lots of lessons, and laughs." Wilker continued. "Honorable mention goes to when we had a trip to Glendo and we came up on some road construction and Mr. Clapper mistook the flagger's stop sign as a suggestion rather than an order, and instead slowed way down, gave the flagger a neighborly wave, and tried to swerve around."

Most of the students Clapper taught through his stories and witty education explained Clapper could tell a story better than most. However, according to Clapper, his stories come from real-life experience.

"Does the carpenter build the house or does the house build the carpenter?" Clapper asked. "I promise you the house will build the carpenter and I've been so fortunate, that it wasn't a small house. Ninety percent of what I am able to do, I had to learn on my own. You don't get it from college. I either grew up with some of those experiences and I had to learn almost everything the hard way," Clapper reflected in an earlier interview.

"Mr. Clapper. I wasn't really sure what to think when I first met him as a seventh grader. Especially when the first project involved skinning dead rattlesnakes. However, over the next six years, this at first interesting character, has had immense influence on where I'm at in life today. Anything from shop skills, butchering chickens, business knowledge, or advice on everyday life he shared it all," Ben Rein, a 2016 SHS graduate and FFA member said. "From day one, he treated us like adults and he even on day one said he was going to treat us as such. Which in turn earns a lot of respect from teenagers who are being treated like second graders elsewhere. Personally, through class and FFA he helped guide me towards all kinds of opportunities. I can't find the exact words other than he was a great teacher, counselor, and a friend for life. As he goes on from teaching, between the humor and deep, serious talks with his students, he will be missed and I wish him well with his next chapter of retirement," Rein said.

"I'm so thankful I got to have Mr. Clapper as my Ag teacher for all six years I took ag class. The many, many

memories of how good I was at annoy- has made from it." ing him make me giggle," Jordan Stoddard, a 2022 SHS graduate and FFA member said. "But oh man let's just talk about his driving really quick. Please Lord, take that man's drivers license and give him a small sense of direction. Our Ag mech trip was one of a kind, to say the least. The roads were crappy and we had a suburban full of highschool boys and me, so you can only imagine the amount of horsing around that went on. Mr. Clapper was well entertained, but no one was giving this man directions which was our first mistake," Stoddard recalled. "Our second mistake was making this man laugh so hard I think sometimes he forgot he was driving. But we somehow some way made it there safe after missing the first couple of turns."

Clapper developed relationships with his students.

"Mr. Clapper really did a good job of making kids feel comfortable in the FFA chapter and in his Ag classes," David Becker, SHS graduate and FFA member said. "My class was the first group that had him from seventh grade up through 12th grade, and there are a lot of memories that I will carry with me from that time – from the beginning when we tried to improve on the previous class's fart machine prank in junior high, to my final state convention in Cheyenne."

The connection Clapper has had with his students is one of a kind, according to his daughter, Kaylynn Clapper. Kaylynn, an SHS graduate and FFA seventh grade to senior year made her successful.

"There are six of us, so I am the middle child," Kaylynn said. "I am the

third oldest. "From my perspective, if I look at the totality of his career, this man is just so about projects and really truly engaging with students on that next level," Kaylynn said. "I just feel like at his old role in Wray (Colorado) he actually got a solar turbine grant funded and produced power to the entire city as just an ag teacher. In one little quote, that he's always had his whole life is he's 'just a teacher', and the thing about being 'just a teacher' is there's such a larger connection. One person really has the ability to influence over such a large span of time. I was adopted by them when I was eight years old so I was already a full-fledged little human when I met them and I feel like the entire direction of who I am and my profession and what I really clung to in high school steams from his passion of public speaking and getting out there and forcing you to do things you are uncomfortable with," Kaylynn added. "It's been crazy the life-long connections he

"Jay is an excellent teacher who truly likes kids and puts them first in his plans for them. Retirement is a good choice for Jay but a loss for the education world. I enjoyed my time working with Jay at Liberty School and call him my close friend," close friend and colleague, Dale Oliver said.

"When looking back at all the years I spent with Mr. Clapper I don't think there was one day where it wasn't fun in AG Class or in FFA," Southeast FFA Chapter President, senior, Kailey Porter said. Clapper has a lot of sayings that are on repeat daily. Clapper is an amazing person with a huge love for his students. Clapper was more than a walking wisdom reciter he was a man who loves his old country music, a man who could talk about a certain topic for 30 minutes straight. Clapper was an amazing teacher but he's an even better role model," Porter added.

"Mr. Clapper was my ag teacher for six years. During that time, I made many memorable memories, one of which took place during my eighthgrade year at the National FFA Convention. On the morning of my agriscience competition, Mr. Clapper and I were driving to downtown Indianapolis. As I looked over my notes, I heard some honking and then felt the SUV jostle around and my notes went flying. I looked back and realized Clapper drove over a round-a-bout during rush hour traffic," a 2022 graduate and Southeast FFA Chapter member, Bree Coxbill said. "Being a silly middle schooler, I member expressed having her father screamed 'I saw the light' at the top of as her educator and FFA advisor from my lungs as I grabbed the car door and saw drivers shaking their fists while he added. they drove by. From that moment on to today, Mr. Clapper and I shared many similar memories from parliamentary pro and speaking contests, days in the classroom, or even running for state and national FFA offices. Looking back, I will forever be grateful for the ag teacher and the person Mr. Clapper is. I would not be the individual, friend, or leader I am today if it was not for his guidance and wisdom over the years,"

Coxbill continued. "I was a parent volunteer for a few years for Jay when my son was in school. Then the Assistant FFA Advisor position became available in 2016. I'm so glad he chose me to be the Assistant FFA Advisor. I can truly say this is by far the best job and Jay has been the best boss I have ever had," assistant Cheryl Alps said. "I've been his backup, his double checker (he checks me too), and his behind-the-scenes organizer. We work so well together. Jay has been great to work with. He will be truly missed at the school, but he will be a lifelong friend.

I'm so thankful for all the opportunities he has given me."

"Jay was the type of teacher that a lot of kids needed in the agricultural classes. He gave those kids a chance to raise livestock, raise crops, and build things that they would never of had a chance to do. Everyone was considered equal in his classroom," Lonny Luke, friend and FFA supporter said. "He helped kids go to college with his money-making projects. Jay is a person that will always be a friend and lend a hand when it's needed by everyone. He will be missed but not his sausage gravy,"

Luke added. "It's hard to sum up six years' worth of lessons, stories, and opportunities into one short article snippet. However, one of my favorite aspects of having Mr. Clapper as an FFA advisor and ag teacher was that he created an environment for his students where they could take advantage of any opportunity they wanted. Whether it was competing in a career and leadership development event, starting a new supervised agricultural experience, or attending FFA events around the state and even across the country. All we had to do was put in the work towards any opportunity that we wanted to take. We as students were able to get out of it what we put into it," a 2016 SHS graduate and FFA member said. "Because of that, I took every opportunity I could through FFA. The opportunities I took and everything I learned through FFA set a solid foundation for me as I transitioned out of high school, and has helped me get to where I am now. I am beyond thankful for everything that Mr. Clapper has done for me over the years, and I wish him the best of luck in his next chapter in life,"

"I just want to say anyone who got to have the pleasure of being taught by this book of knowledge of a man is truly lucky. He has taught me more than I could comprehend at the time and boy has it paid off. Mr. Clapper, I appreciate you for treating us like your own. We are all truly blessed we got to partake in driving you crazy, causing you to lose the hair you don't have, teaching you how to use modern technology, helping you still not be able to understand a teenager, and, listening to your everyday advice even if we didn't want to. We love Mr. Clapper and we thank him for putting up with us,"

Stoddard added. Reflecting on the official FFA opening and closing ceremonies script, the chapter FFA advisor explains his role in the lives of present and past generations of agriculturists. A role filled by an exceptional educator who has undoubtedly been admired by many. During the roll-call ceremony when the advisor is called upon, he recites, "Here by the owl. The owl is a time-

See FAREWELL page A8



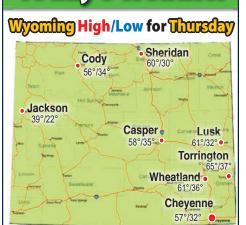


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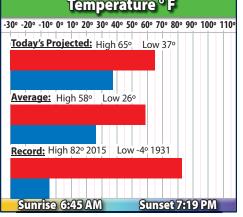
Today's Weather



5 Day Local Forecast

High 65°	3/28 Real Feel 63°	Warmer with periods of clouds and sunshine; breezy in the afternoon	Precipitation 2%
Low 37°	Real Feel 30°	Considerable clouds with a couple of showers late	67%
Friday 3/2 High 61°	<u>9</u> Real Feel 59°	Cloudy	Precipitation 11%
Low 32°	Real Feel 21°	A couple of showers in the evening; otherwise, considerable cloudiness	69%
Saturday : High 67°	3/30 Real Feel 64°	Mainly cloudy, breezy and warmer	Precipitation 25%
Low 36°	Real Feel	A couple of thundershowers in the evening; turning out clear	60%
Sunday 3/ High	31	Partly sunny and cooler with	Precipitation 59%

Low 34° Real Fee. 22°	Periods of rain	66%							
Monday 4/1 High 57° Real Fee. 52°	Areas of drizzle in the morning; otherwise, cloudy	Precipitation 55%							
Low Real Fee. 23°	Cloudy	25%							
Temperature ° F -30° -20° -10° 0° 10° 20° 30° 40° 50° 60° 70° 80° 90° 100° 110°									





M - F 8:30am - 6pm • Sat 8:30am - 2:00pm

Farewell: 'The owl is a time-honored emblem'

FROM PAGE A7

honored emblem of knowledge and wisdom. Being older than the rest of you,

advice will always be based on true been touched by the incredible knowlknowledge and ripened with wisdom,"

I am asked to advise you from time to a statement reached by the lives of stutime as the need arises. I hope that my dents, friends, and family who have edge delivered at the hands of Clapper.



COURTESY PHOTO

Spencer Booth, Mr. Clapper, Connor Moody, and Mateo Correa. At 2023 state convention practicing for Environmental and Natural Resources contest.



Back row: Talon Tippets, Remington Hansen, James Sorrick, Hadley Evans, Trevor Jolivich Rein Coulson, Bailey Mehling, KayDee Gladson, Holly Schultz, Daisy Wood, Mr. Clapper Front row: Aiden Moorehouse, Bree Coxbill, Ben Gibbons, Joaquin Ramirez, Lizzy Boche and Breckrn Ricker, all freshmen.

Advocate: 'We are coming our of respiratory season'

FROM PAGE A1

I'm doing a lot of grant invoicing, and time keeping in an administrative position I have not done before. It has all been new."

When asked of the current public health situation in regard to residential population, Palfy expressed cautious optimism that hopefully cold and flu season may be on its way out the door for the season.

"We are coming out of respiratory illness and influenza season," Palfy continued. "Hopefully it hit its peak and is starting to come back down. Covid didn't seem to be terrible with people this year, and we had fewer hospitalizations which was good. I think we were pleasantly surprised as everyone was waiting to see what Covid would do again. It seemed a bit milder than it's been in the past, but influenza was a little bit worse."

Adding further to the comments of Palfy, Response Coordinator Wunibald noted indeed COVID-19 was not nearly as much of a problem this year than influenzas. According to Wunibald however, the month of February turned out to be quite a challenge for statewide health providers when dealing with widespread influenza.

"We had really an awful February," Wunibald stated. "The state of Wyoming had more deaths in February than we've had in quite some time. I know we had a pretty widespread influenza hit in the school district, and we had multiple schools who were hit harshly. Some got nailed really bad and struggled locally."

When touching base on what resischool year, Wunibald stated courteous common sense practices have not changed when it comes to the prevention of spreading the flu.

"It's one of those things where you are pretty much not supposed to be around people for five days," Wunibald continued. "So, you are helping if you have a positive influenza and try to keep yourself away from almost everyone for five days, so everything does not become worse. For everybody it can be hard."

While cold and flu become less of a concern headed into the warm months of both spring and summer, Wunibald and Palfy are adamant and hopeful residents will take necessary precautions to protect themselves and their children from one other summer health concern. One in recent years that has proven to have dangerous, or even deadly longterm consequences.

screen is a big deal," Wunibald continued. "Right now, we are in a situation where weather changes instantly, constantly and a lot. We are in a very volatile cycle for weather right now. Be prepared to run into nasty weather you maybe didn't think you would have for a while. I'm positive that there will be some vaccination clinics coming up. We did that last year with Jen Boxberger from Lingle."

In possibly partnering with the Wellness Wagon in Lingle, operated by Eastern Wyoming College professor and nurse practitioner, Jen Boxberger, Wunibald and Palfy are remindful and eager for upcoming county health clinics and expo participation.

According to GCPH such events are crucial in advocating in particular for seniors, as well as keeping up with essential community engagement.

"We've been working with state cancer prevention, and they sent us a whole big box of protection from the sun such as plenty of sunscreen and sunglasses," Palfy said. "Summer is a great time for getting people outside for fresh air which is healthy. We are very excited about our Senior Resource Expo on May 24. We have people lined up already to start setting up booths. There will be hot dogs, chips, drinks and door prizes. We told people rather than pay a booth fee they can provide a door prize."

"If things go the way we would like, we will have over twenty booths for seniors going over fall risks and exercise for different scenarios," Wunibald added. "We should have providers for a lot of different knowledge in fields for senior citi- that basically never happens. Somedents can do to avoid spreading influ- zens. We will have housing, Wyo Help, times they feel nauseated by a needle. enza going forward or headed into next medical clinics, dental offices and hearing aids. It's more of an event focused on seniors, and we are very excited. It's nice to have the opportunity. The city is obviously allowing us use of facilities, and it's a handy space as it will be held in the Pony Express Room."

> Palfy was once again remindful to residents that GCPH does a wide variety of different things for potential patients off all ages, and actually wishes more individuals would come in seeking help not just for vaccines, but also matters concerning birth control, motherhood and male health.

"I really want the community to feel they can come in and say hi," Palfy said. "I would like more input from the community, and I'm open to doing anything up here that makes sense. We also have our Maternal Child Health where we see pregnant women and fol-

"Health wise, definitely wearing sun- low her until the baby is two years old. We take them and provide education materials, while also providing teaching throughout the whole process. Our nurses Cindy, Alissa and Manon are amazing and it's a great program."

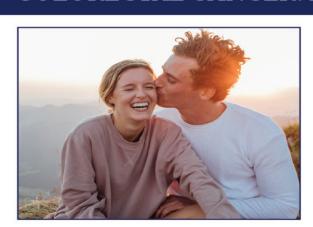
Just prior to returning to his end of the week responsibilities as Goshen County Health Response Coordinator, Wunibald had some final words of praise in regard to a growing number of senior residents who have come in with goals of protecting not only themselves, but their equally vulnerable grandchildren.

"As far as RSV vaccinations we did a few at the beginning of the year with adults, but we also saw some people who came in wanting to be up to date so their grandbabies were not exposed to some things," Wunibald said. "I bet we had ten different grandparents who came in and said they are recommending this so 'I don't expose my newer grandbabies.' This is a health initiative with young women as well that is being talked about. I greatly admire these grandparents in helping provide safety for their grandkids, if that's what their recommendation is, whether it's tetanus, diphtheria, or whooping cough. You don't always picture public health being an on-call thing, but there are things we have to stay on top of so we don't lose thousands of dollars' worth of vaccines. I tell kids each of these ladies have given me a shot, and they are darn good at it. If a kid were to have a reaction, we have the capacity to figure out how to help them quickly if there's an emergency, but but you never really know when that's going to happen. Our nurses coach them amazingly, and it's not uncommon. Just relax and you'll be fine. And

remember, it's at zero cost." "We are trying to make this up here a friendly environment. We really are," Wunibald continued. "We are very thankful for our commissioners getting the opportunity to expand. Sometimes it's a big challenge, but we have a vast majority of residents who are very supportive of us providing services with what people need. There are some things that literally make you go to a pharmacist to get that, and those are the things that we have to come up with so we are steering people

in the right direction." If you have more questions or would like further information on GCPH, feel program. It's an amazing program free to visit www.goshencounty.org or call 307-532-4069.

COLORECTAL CANCER: LIFESAVING INFO YOUNG ADULTS SHOULD KNOW



If you're not yet 45, you probably haven't given colorectal cancer a thought, but there is crucial information younger people should know.

While the overall rates of colorectal cancer are declining in the United States because more people are being screened, the rate of colorectal cancer in younger people is on the rise. Madappa Kundranda, MD, a medical oncologist with Banner MD Anderson Cancer Center at Banner Gateway Medical Center, shared these concerning statistics—newly diagnosed colorectal cancer is up 6% in people under age 45 and up about 20% in people younger than 55.

Reduce Your Risk

- · Get at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise
- Eat a plant-based diet—two thirds of every meal with whole grains, vegetables, fruits, nuts and seeds, and one third with lean protein like chicken, fish or tofu.
- Eat no more than 18 ounces of red meat per week. Three ounces is about the size of a pack of cards.
- Limit processed meats: bacon, hot dogs,
- · Maintain a healthy body weight. Excess fat increases the risk for colorectal cancer.
- Limit alcohol.
- · Avoid tobacco.

Be Aware of Symptoms See a healthcare provider if any of these symptoms last for more than two weeks,

- · Persistent diarrhea or constipation
- even if you're a teenager or young adult:
- frequency Discomfort or urge to have a bowel movement when there is no need

· Change in bowel habits: size, shape or

- Rectal bleeding
- · Blood in your stool or toilet after a bowel movement
- Abdominal pain, cramping in your lower stomach or weakness
- · Feeling bloated or full
- Change in appetite
- · Unexplained weight loss
- · Fatigue, low stamina or more exhaustion than normal

Younger people with a family history of colorectal cancer or those who experience concerning symptoms for more than two weeks should talk to a health care professional.

For information call: 307-532-2107

Read the full article: bannerhealth.com/ healthcareblog/teach-me/colorectal-cancerlifesaving-info-young-adults-should-know





EWC cowgirl and cowboy advance to short go at Lancer Rodeo

Page B8

THS softball and soccer results

Page B8

Lancer men snag first place at tournaments

Page B3

SCHEDULES

Torrington

Track

The Blazer and Lady Blazer track teams travel to the Wheatland Invitational on March 28. Events are scheduled to begin at 10 a.m.

Girls soccer

The Lady Blazers compete against Douglas at an away game on March 28 at 3 p.m.

Boys soccer

The Blazers board the bus for an away game against Douglas on March 28 with kickoff at 5 p.m.

Softball

The Torrington High School girls' softball team travels to Cheyenne Central on April 2 for a double-header beginning at 3 p.m.

Southeast

Track

The Southeast boys' and girls' track teams compete at the Bayard Invitational on Thursday, March 28, beginning at 9 a.m.

Lingle-Fort Laramie

Track

Lingle-Fort Laramie tracksters are on the road for the Bayard Invitational on March 28.

Eastern Wyo. College

Rodeo

The Lancers and Lady Lancers are on the road to compete at Colorado State University on April 5.

Men's golf

Golfers travel to McCook College, Nebraska, for a tournament on March 28.



Lady Blazers second, Blazers third at Binfield



The Lady Blazers dominated the finals in the 100-meters at the Binfield Invite, snagging the top five spots in the race, led by sophomore Brooklyn Asmus and senior Alyssa Wondercheck with state-qualifying times. Pictured, from left, are sophomore Natalie Hawes, junior Jaycee Hurley, Asmus, Wondercheck and sophomore Trishell Pontarolo.

BY ROBERT GALBREATH

rgalbreath@torringtontelegram.com

SCOTTSBLUFF - The Torrington High School boys' and girls' track teams hit the ground running, jumping and throwing at the annual season-opening Binfield Invitational in Scottsbluff on March 22.

team while the Blazers secured third place with 68 points.

Sophomore Brooklyn Asmus captured gold in both the girls' 100-meters and 200-meters, punching her ticket to state in each event. Asmus crossed the finish line for the 100-meter dash The Lady Blazers garnered sec- in 12.44 seconds and timed the

more than 3.5 seconds ahead of in discus landed more than 11 the runner-up, Moxie Peterson, of Scottsbluff.

Senior Tyler Bennick dominated boys' throwing events, clinching first place in the shot put with a state-qualifying mark of 51 feet, 2 inches and winning the discus with a state-qualifying

ond place, tallying 125 points as a 200-meters in at 25.51 seconds, throw of 143-03. Bennick's mark feet farther than the secondplace finisher, North Platte's Ian Caudy.

> Junior Callie Taylor snagged gold in the girls' long-distance 3200-meters, posting a time of

> > see THS TRACK page B3

Lady Doggers third, Doggers fifth at Binfield

BY ROBERT GALBREATH

rgalbreath@torringtontelegram.com

SCOTTSBLUFF – The Lingle-Fort Laramie (LFL) boys' and girls' track teams opened the 2024 spring season with a bang at the Binfield Invite in Scottsbluff on March 22, returning with a bag full of hardware and state-qualifying times.

The Lady Doggers captured third place overall, posting 85 team points. The Doggers picked up fourth place with 41 points.

Sophomore Jordynn Speckner snagged gold in the girls' 400-meter dash, posting a time of 1 minute, 5.01 seconds, and qualifying for state in the process. Speckner beat the runner-up, Reese Wiengart, by 0.31 seconds.

Timing the boys' 800-meters in with a state-qualifying time of 2:02.40, junior Brody Roberts garnered gold in the event. Roberts crossed the finish line more than 13 seconds ahead of the secondplace finisher, Torrington's Zabdiel Munoz.

Roberts, sophomore Brayden Posten, sophomore Brady Cook and junior Nathan Fish won the boys' 4x400-meter relay with a time of 3:47.76

ROBERT GALBREATH/TORRINGTON TELEGRAM

Sophomore Jordynn Speckner pulls ahead of the competition in the 400-meters see LFL TRACK page B3 at Scottsbluff. Speckner won the event with a state-qualifying time.



ROBERT GALBREATH/TORRINGTON TELEGRAM

Senior Tylar Stoddard catches air in the triple jump at Morrill. Stoddard garnered gold in the event.

SE tracksters post solid performances

BY ROBERT GALBREATH

rgalbreath@torringtontelegram.com

MORRILL – Cooler temperatures and a nagging breeze greeted the Southeast High School track team at the Morrill Early Bird Invitational on Saturday, March 23. Taking the weather in stride, both the Cyclones and Lady Cyclones snagged plenty of hardware at their first official outdoor meet for the season.

The Lady Cyclones secured sixth place as a team out of 17 schools at the meet, posting 49 points.

Senior Tylar Stoddard garnered gold in the girls' triple jump, hitting a state-qualifying mark of 32 feet, 3 ¼ inches. Stoddard beat the runnerup – Danika Hassel of Bayard – by more than six inches.

"Overall, I was happy with our performance (at Morrill)," coach Jeff Fullmer said. "I think we'll see an improvement this week at Bayard in our overall team look because we'll have a full team there. We were missing several athletes due to FFA and sickness."

Sprints, throws and jumps "all

were impressive," Fullmer added.

"Our sprinters really stepped up this weekend," Fullmer noted. "Our throwers and jumpers also looked good early. If we continue to improve and work on consistency, we'll be tough in those events by years' end."

Girls' top-eight highlights

Senior Harper Boche captured second place in the shot put, clearing 36-09 ½ with her toss. Boche went on to take fourth place in the discus with a mark of 97-07. The senior achieved state-qualifying marks in both events.

Sophomore Kaycee Kosmicki raced into second place in the 200meter dash, timing in at 27.51 seconds and qualifying for state.

In the shot put, freshman Haylee Ekwall clinched third place with a throw measuring 34-11 and qualifying for state in the process.

Clocking the finals for the 100meter dash in at 13.49 seconds, senior Sasha Haines secured fourth place in the event. Haines went on

see SE TRACK page B3



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COD TORRINGTON, SOUTHEAST & LINGLE-FORT LARAMIE HIGH SCHOOL GIRLS TRACK

TORRINGTON HIGH SCHOOL GIRLS TRACK 24



Photo/Robert Galbreat

Members of the Torrington High School girls' track team include in back row, from left:
Wittni Bugher, Teryn Stokes, Kaia Jacobson, Callie Taylor, Tiffany Krueger and
Trishell Pontarolo. Front row, from left: Natalie Long, Karlee Mathson, Esperanza Chavez,
Ava Mattis, Kadence Schamel, Brooklyn Asmus and Natalie Hawes. Also on the team,
but not pictured, is Alyssa Wondercheck.

Lady Blazers capture second at Binfield Invite

SCOTTSBLUFF – Opening the 2024 spring season with a bang, the Torrington High School Lady Blazers snagged second place at the Binfield Invitational in Scottsbluff on March 22, posting 125 team points.

Sophomore Brooklyn Asmus won both the 100-meters and 200-meters, qualifying for state in each event. Junior Callie Taylor garnered gold in the 3200-meters.

Sophomore Trishell Pontarolo snapped up first place in the triple jump, punching her ticket to state in the event. Sophomore Natalie Hawes won the 300-meter hurdles and qualified in that event and the 100-meter hurdles.

Asmus, senior Alyssa Wondercheck, Pontarolo and sophomore Natalie Long won the 4x400-meter relay, capturing a state berth.

Wondercheck also qualified for state in the 100-meters.

The Lady Blazers compete at the Wheatland Invitational on Thursday.

Lady Cyclones sixth at Morrill Early Bird

MORRILL – The Southeast High School Lady Cyclones posted strong performances at the Morrill Early Bird Invitational on March 23. The Southeast girls placed sixth as a team out of 17 schools, posting 49 points.

Senior Tylar Stoddard won the triple jump and qualified for state in the event. Fellow senior Harper Boche hit state-qualifying marks in both the shot put and discus. Sophomore Kaycee Kosmicki punched her ticket to state in the 200-meters, while freshman Haylee Ekwall threw a state-qualifying mark in the shot put.

Senior Sasha Haines qualified in the 1200-meters and junior Angie Logsdon qualified in the pole vault.

The Lady Cyclones compete at the Bayard Invitational in Nebraska on Thursday.

SOUTH EAST HIGH SCHOOL GIRLS TRACK 24



Photo/Robert Galbreath

Members of the Southeast High School girls' outdoor track team include in back, from left: Harper Boche, Brooklyn Leithead, Haylee Ekwall, Hadley Leithead and Bailey Mehling. Middle row, from left: Taylar Hansen, Lizzy Boche, Keana Llewellyn, Molly Hasbargen and Haylee Gibson. Front row, from left: Kylee Llewellyn, Sasha Haines and Kaycee Kosmicki. Also on the team, but not pictured, are Tylar Stoddard, Madison Boyden, Kodie Andersen, Anna Hartman and Angie Logsdon.

LINGLE-FORT LARAMIE HIGH SCHOOL GIRLS TRACK 24



Photo/Robert Galbreath

Members of the LFL girls' track team include in back row, from left: Alisha McGraw, Jada Kaufman, Josie Houk, Holly Leiseth, Natalie Speckner, Izzy Spears, Brianna Lowther and Kenzie Wilkins. Middle row, from left: Avary Rising, Addie Teeters, Charlotte Speckner, Kaiten Schilreff, Anna Frederick, Jordynn Speckner, Addi Wilkins and Madison Hatch. Front row, from left: Haven Torres and Kiera Fleenor. Also on the team, but not pictured, are Grace Gibson and Emma Seals.

LFL Lady Doggers snag third at Binfield Invite

SCOTTSBLUFF – Kicking off the 2024 spring season on a high note, the Lingle-Fort Laramie High School Lady Doggers obtained third place at the annual Binfield Invitational in Scottsbluff on March 22. The Lady Doggers posted 85 team points.

Sophomore Jordynn Speckner won the 400-meters and qualified for state in the event. Additional state qualifiers included sophomore Avary Rising in the shot put, Jada Kaufman in the 100-meter hurdles and the girls' 4x400-meter relay team consisting of Kaufman, Speckner, junior Kenzie Wilkins and freshman Madison Hatch.

Tracksters return to action with the Bayard Invitational in Nebraska on Thursday.





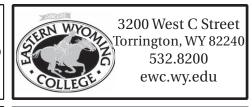




























Lancer golfers open spring season with double wins

BY ROBERT GALBREATH

rgalbreath@torringtontelegram.com

COLORADO – The Eastern Wyoming College Lancer golf team commenced the spring season with a bang, capturing wins at both the Battle of the Dance in Windsor, Colorado, and at a tournament hosted by Lamar and Otero colleges.

At the NCAA Battle of the Dance on March 20, the Lancers beat five colleges in their division to take first place, shooting 15 over par cumulatively as a team.

Traveling back to Colorado for the NJCAA Lamar-Otero Tournament, EWC captured first place with a combined score of 561 (+1). The Lancers shot consistently in both rounds (281-280) to pull ahead of both host colleges, Central Wyoming College, McCook Community College and Northeastern Junior College.

"The guys had a great week of golf," coach Zachary Smith said. "It was great to start the season with two wins, especially with one of them being an NCAA tournament. We had lots of different guys step up when we needed them. I was very



COURTESY PHOTO/ZACHARY SMITH

EWC freshman Taiki Sugawara takes a swing during the Lamar-Otero College Tournament.

excited for (freshman) Taiki Sugawara Dance in ninth place overall, shooting both tournaments."

Lamar-Otero College

Sugawara finished the Battle of the 14th place, improving from 77 in the (+5). Chapman tied for 13th (148, +8).

this week. He was our highest finisher at one-over-par for a cumulative total of 145 (72-73).

Sophomore Ryker Dunkley secured

first round to 72 in the second for a combined 149 (+5).

Freshman Tytan Brichell came in 15th place, tallying 149 strokes (+5).

Freshman Braylon Bingham took 22nd place at 152 (+8) with fellow freshman Joshua Chapman in 25th at

Sophomore Leander Suttka finished the tournament in 35th place with a two-day score of 158 (+14).

Battle of the Dance

Sugawara led the Lancer pack in Windsor, snagging second place overall by shooting four-under-par for a combined 136. The freshman shot 71 in the first round, improving to 67 in the second.

Birchell took third place, shooting 70s in both rounds for a cumulative tally of 140 (on par).

Dunkley also shot consistently with 72 strokes in each round for a score of 144(+4).

Bingham and Suttka finished in a three-way tie for eighth place at 145

THS Track: Binfield Invite girls' and boys' top eight results

FROM PAGE B1

13 minutes, 53.65 seconds. Taylor beat the runner-up, Tyrah American Horse, of Gordon-Rushville, by nearly 10 seconds.

Clocking the girls' 300-meter hurdles in with a statequalifying time of 48.67 seconds, sophomore Natalie Hawes won the event. The sophomore finished 0.48 seconds ahead of the competition, Scottsbluff's Paige Horne. Hawes also earned a state berth in the 100-hurdles with a second-place finish at 16.83 seconds.

In the girls' triple jump, sophomore Trishell Pontarolo bagged first place with a state-qualifying leap of 34-10. Pontarolo beat the second-place finisher, Scottsbluff's Allie Darnell, by two feet, six inches.

Asmus, senior Alyssa Wondercheck, Pontarolo and sophomore Natalie Long won the girls' 4x400-meter relay, timing in at 4:20.57. The team crossed the finish line nearly 15 seconds ahead of Lingle-Fort Laramie and earned a state berth in the process.

Senior Trey Parriott punched his ticket to state with a second-place finish in the boys' shot put at 47-11 1/4.

Wondercheck ran a state-qualifying time in the 100-meters, picking up second place at 13.20 seconds.

"It was great to get that first meet out of the way,"

coach Russell Stienmetz said. "With several freshman out on the team, this was their first time competing at the high school level. It was a great day overall for our inexperienced track athletes all the way to the veteran athletes. We had several pre-qualify for state, which is huge."

Girls' top eight

Torrington dominated the 100-meter finals, snagging the top five placings, led by Asmus and Wondercheck. Junior Jaycee Hurley pulled into third place, posting a time of 13.88 seconds. Hawes came in fourth place at 13.55 seconds with Pontarolo in fifth at 13.79 seconds.

Long secured third place in the 800-meters, crossing the finish line in 2:35.47. Junior Tiffany Krueger snapped up fifth place in the event at 2:43.40 with Taylor in eighth place at 2:56.29.

Krueger obtained fifth place in the 1600-meters, timing in at 6:40.44.

Hurley achieved third place in the 300-meter hurdles, clocking in at 51.08 seconds.

In the shot put, junior Teryn Stokes came in fifth place, hitting a mark of 30-09. Stokes placed sixth in the discus with a throw of 92-09. Freshman Kaia Jacobson took seventh place in the shot put at 27-10 3/4.

Three Lady Blazers broke into the top eight in the pole vault, led by Long in fourth place at 8-00. Freshman Esperanza Chavez finished fifth with a mark of 7-06. Fellow freshman Sophia Wilson placed sixth at 7-00.

Wondercheck garnered third place in the long jump, clearing 15-10. Freshman Kadence Schamel placed eighth in the event with a mark of 13-04.

In the triple jump, freshman Ava Mattis came in fourth place at 30-05.

Boys top eight

The Blazers performed well in mid-distance and distance events. Senior Zabdiel Munoz captured second place in both the 800-meters, clocking in at 2:15.43, and the 3200-meters, at 11:01.61.

Junior Tyler Nicolay pulled into fourth place in the 800-meters, crossing the finish line in 2:21.93.

In hurdles, freshman Beau Martinez placed fourth in the 300-meters, at 49.46 seconds, and fifth in the 110-meters with a time of 19.31 seconds.

Parriott earned seventh place in the discus, launching the projectile 115-00.

Junior Evan Hellus picked up second place in the triple jump with a leap of 39-03 ½. Hellus went on to place third in the long jump at 19-03 $\frac{1}{2}$.

LFL Track: Girls' and boys' top-eight highlights

FROM PAGE B1

- more than three seconds ahead of North Platte.

Senior Izzy Spears qualified for state and achieved second place in the girls' discus, hitting a mark of 107 feet. 2 inches.

In the girls' shot put, sophomore Avary Rising punched her ticket to state with a second-place finish at 34-01 $\frac{1}{2}$.

Junior Jada Kaufman crossed the finish line in third place for the 100-meter hurdles with a state-qualifying time of 17.55 seconds.

The girls' 4x400-meter relay team also clinched a state berth. Junior Kenzie Wilkins, junior Jada Kaufman, freshman Madison Hatch and Speckner took second place in the event at 4:35.55.

"After practicing for three weeks, it was nice to finally have a meet," coach Mike Lashley said. "We saw some really good performances from our athletes. It is a great starting point for the season

and gives us a much clearer picture of areas where we need to improve. Our more experienced athletes seemed to pick up where they left off last year and I was extremely impressed with how our newcomers performed."

Girls top eight

Senior Holly Leiseth posted solid performances in middistance and distance. Leiseth garnered third place in the 1600-meters with a time of 6:29.98 and went on to obtain sixth place in the 400-meters, at 1:08.17.

Speckner finished fourth in the 800-meters, timing in at 2:37.28.

Representing LFL in the 3200-meters, sophomore Anna Frederick placed fourth in the event at 15:31.04. Frederick also earned seventh place in the 1600-meters at 6:52.97.

Sophomore Kiera Fleenor broke into the finals for the 200-meters, placing eighth at 30.82 seconds.

Clocking the finals for

the 300-hurdles in at 53.06 seconds, Kaufman snagged fourth place.

Freshman Addi Wilkins took sixth place in the finals for the 300-hurdles, posting a time of 55.16 seconds, and eighth place in the 100-hurdle finals, at 19.86 seconds.

Relay highlights consisted of second place for Fleenor, Wilkins, Hatch and sophomore Kaiten Schilreff in the 4x100-meters at 55.84 seconds.

In throwing events. Freshman Charlotte Speckner took third place in the shot put, at 31-00 ³/₄, and finished fourth

in the discus, at 97-06. Senior Josie Houk snapped up fourth place in the shot put, hitting a mark of 30-10 ½. Houk also placed eighth in the discus with a toss of 88-08.

Rising clinched seventh place in the discus at 89-06.

In jumping events, Hatch snagged fifth in the high jump with a leap of 4-02.

Wilkins obtained sixth place in the triple jump, clearing 28-11. Schilreff placed eighth in the event at 27-10. Frederick came in eighth place in the pole vault with a

mark of 6-00. Boys top eight

Cook broke into the finals for the 110-meter hurdles, capturing third with a time of 17.32 seconds.

Freshman Rogan Fisher picked up sixth place in the 110-hurdles, posting a time of 22.84 seconds. Fisher also placed eighth in the 300-hurdles at 56.07 seconds.

Fellow freshman Lucas Ingram took fifth place in the 300-hurdles at 50.05 seconds.

Representing the Doggers in distance events, freshman Tyler Smith secured fourth place in the 3200-meters, at 12:36.40, and seventh in the 1600-meters, at 5:41.05.

In throwing events, Cook finished fourth in the discus

with a toss of 122-10. Fish snapped up fourth place in the pole vault, clear-

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ing 9-06.

SE Track:

FROM PAGE B1

to place fifth in the 200-meter finals with a time of 28.75 seconds. The senior prequalified in the 100-meters.

Representing Southeast in the pole vault, junior Angie Logsdon obtained fourth place with a state-qualifying leap of 8-00. Logsdon also snapped up fifth place in the triple jump at 30-04.

In mid-distance and distance events, sophomore Anna Hartman pulled into sixth place in the 800-meters, at 3 minutes, 2.41 seconds, and seventh place in the 1600-meters, at 7:07.39.

Stoddard rounded out top-eight finishes placing seventh in the 200-meter finals with a time of 28.90 seconds and securing eighth in the 100-meters at 13.99 seconds.

Boys' top eight highlights

Senior Wyatt Gladson was the lone athlete on the Cyclones' squad to break into the finals in sprinting events. Gladson earned seventh place in the 200-meter finals, timing in at 25.13 seconds.

The boys' 4x100-meter relay team placed eighth. Gladson, senior Lance York, freshman Trevor Jolovich and sophomore Liam Haas crossed the finish line in 51.92 seconds.



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ESPN	26	(5:30) MLB	Baseball		SportsCei	nter (N) (Li	ve)	SportCtr (N) (Live)	SportCtr (N) (Live)	
ESPN2	27	(5:00) Base	eball	Garcia	Climb	E60 Candace Parker			Around	Pardon		
FOOD	69	BeatBob	BeatBob	BeatBob	BeatBob	BeatBob	BeatBob	BeatBob	BeatBob	BeatBob	BeatBob	
FREE	35	(6:00) ਼ੈ*★★	Spider-Ma	an 3 ('07)			erminator					
FX	65		★ Ford v F				in 60 Seco		Movie			
HGTV	45	Farmhous	se Fixer	Hunters	Hunters	House		Down Hor	- \ /	Hunt Intl	Hunt Intl	
HIST	41	Swamp Pe		(:05) Swam			np People					
HALL	62	₹ Two Tic	kets to Pa	radise ('22)		Shifting Gears ('24'				Gold Girls		
LIFE	34	Castle		Theresa C			Caputo (N)			(:05) T. Ca		
OUT		Heartland		Africa			Buckventr			Heartland		
OWN		20/20 on (20/20 on C		20/20 on (20/20 on (20/20 on C		
SYFY	٠.			nanic: Res			¥★★ Wild				Movie	
TBN	60			Watchm		Praise				Amazing		
TBS	44	(5:30) NCA					l: Teams TE		Inside	Pet Tricks		
TCM	307	(6:00) % Ra					Curtis. (P)					
TLC		Little Peo		Little Peo			Supersize					
TNT	32			anther ('18)			ck Panthe					
TOON							Burgers	Burgers	American			
TRAV	52			naq's Exorc		Yeti Mass				Blind Frog		
USA	31	Law-SVU	"Name"	₹★★★ Pir	ates of the	Caribbear	n: The Curs	e of the B	lack Pearl	F Pirates o	of the	

		7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KCWC	6					Moynihan" (Charley C		1111111	Hoover
KNEP	4	Shark Tar		20/20 (N)	Muotoro	vioyimian (11)		(:35) J. Kin	nmel	Nightline
KSTF	10				al Semifina	l: Teams TE	BA (N)		(:35) Colbe		AfterMid.
KLWY	12		lay Night S			News at 9		FamFeud			
KTNE			Masters "N					Amanpou		Masters "	
A&E		The First						(:05) The F		(:05) The F	
ALTSPRT		NBA Bask	-					Nuggets			Basketbal
AMC			★ Moneyb	all ('11) Bra	nd Pitt.	₹*** Tru	e Lies ('94				120000
ANPL		Tanked Tanked			Tanked		Tanked		Tanked		
BRAVO		Vanderpu	mp Rules	Vanderpu	mp Rules	Vanderpu	mp Rules	(:15) The V	alley	(:15) The V	/alley
CNBC		American		American		American		American		American	
CNN		The Source	ce (N)	CNN (N) (I	_ive)	Laura (N)	(Live)	Cooper 36	60	E. B. Outl	Front
DISC		Gold Rus	h WW	Gold Rus		Gold Rush	WW (N)	Backyard	Gold (N)	Backyard	Gold
E!		(5:00) 9 A L	eague of	ቻ ★★★ Pit	ch Perfect	('12) Skylar			₹★★★ Pit		
ESPN	26	(5:30) NC		NCAA Wo				SportCtr (N) (Live)		SportCtr	
ESPN2		(6:00) Soft	ball	SportCtr (N) (Live)	SportCtr (N) (Live)	UFC Live	ÚFC	Around	Pardon
FOOD	69	Diners	Diners	Diners	Diners		Diners	Diners	Diners	Diners	Diners
FREE	35	FamilyG	FamilyG	FamilyG	FamilyG	FamilyG	FamilyG	FamilyG	FamilyG	FamilyG	FamilyG
FX	65	Movie	₩*** Gu	ardians of	the Galaxy	y ('14) Chris Pratt. Spermwo			rld (N)		
HGTV	45	DreamH	DreamH	DreamH	DreamH	DreamH	DreamH	DreamH	DreamH	Hunters	Hunters
HIST	41	The UnXp	lained (N)	(:05) UnXp	lained	(:05) UnXp	lained	(:05) UnXp	lain	(:05) UnXp	lained
HALL						* A Godwink Christmas: Mea					n for
LIFE	34	☆ Greed:	A Seven D	eadly Sins	Story	F Envy: A Seven Deadly Sins					
OUT	30	Wardens	Wardens	₩ ★★★ Th	e River Wil	d ('94) Kevi	n Bacon, N	1eryl	₹*** Th	e River Wi	ld ('94)
OWN		Ready to				Ready "Th		Ready to	Love	Ready to	
SYFY	51	(6:00) ♀ Mo i	rtal Kombat	¥★ Morta	Kombat A	nnihilation		Resident	Alien	₩±± Mor	tal
TBN	60	Friday Ni		Praise		Friday Ni			Greenbe	Gaither	Daniel
TBS	44	(5:30) NCA	A Men's	NCAA Me	n's Region	al Semifinal	: Teams TE		Inside	Pet Tricks	
ТСМ			sinkable M			orce Amer	ican Style	('67)	₩ What's t	he Matter V	
TLC	38	Love & Tr	anslation	90 Day Fia	ancé	90 Day Fia	ncé: Happ	oily Ever A	fter? (N)	90 Day	90 Day
TNT		(5:00) 🆫		Rampage		₩±± Den					
TOON				King/Hill	King/Hill	Burgers					
TRAV	<u></u>	The Dead		The Dead		The Dead		The Dead		Dead File	s "Buried"
USA	31	(5:00) F Far	ntastic	¥★★ Pirat	es of the (Caribbean:	At World's	End ('07)	Johnny De	op.	Movie

SATURE	DAY	EVENING						MAR	CH 30	. 2024
		7 PM 7:30	8 PM	8:30	9 PM	9:30	10 PM			
KCWC	6	Lawrence Welk	Keep Up						Austin Ci	
KNEP	4	(5:00) \ \ \ ★ ★ ★ The Ten	Command	ments ('56	3)	(:45) Terr.	News (N)	SEAL Tea	m	Rookie
KSTF	10	Elsbeth "Pilot" (N)	48 Hours	,	48 Hours	(N)	News10p	Song	Opry	
KLWY	12	(5:00) Baseball (N)	Paid Prog.	Last Man	Mod Fam	Mod Fam	We Are Fa	amily	Neighbor	Neighbor
KTNE	13	Time/By Keep Up	Countdow	n to War	Sinatra: A	Man	Austin Cit	y Limits	NOVA	
A&E	40	The First 48	The First 4	18	(:05) The F	irst 48	(:05) The F	irst 48	(:05) The F	irst 48
ALTSPRT	28	Avs360 BestOf	Mammoth						Avalanch	
AMC	43	¥★★ Men in Black II	(- /			e Fifth Ele			in, Bruce W	/illis.
ANPL	37	North Woods Law	North Woo	ods Law	North Wo		North Wo		North Wo	
BRAVO	68	Below Deck	Below Dec		Below De	ck	₹★★★ A l	eague of		
CNBC	48	Shark Tank	Shark Tan		Shark Tar		Shark Tar		Shark Tar	
CNN	46	CNN Spec	CNN Spec		CNN Spec		CNN Spec		Newsroor	
DISC	36	Expedition X	Expedition		Expeditio		Expeditio		Expeditio	
E!	42		(6:30) \#★★★ The Mask ('94) \#★ The Waterboy ('98) Adam Sandler. \#★ The Waterboy ('98)							
ESPN	26	(6:00) NCAA Women							SportCtr	(N) (Live)
ESPN2	27	. , , , , ,	Softball St		\ /	\ /	SportCtr (,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	30 for 30	
FOOD	69	Diners Diners		Diners	Diners	Diners	Diners	Diners	Diners	Diners
FREE	35	(6:05) ♥★★★	(:15) \\ ★★★	,	,			(:45) ∯★★↑	Frozen II	
FX	65	1 / "	~		Homecoming ('17) Tom Holland.				Spider-Man: Far	
HGTV	45	Dream Home				Hunters	Hunters	Hunters		Hunters
HIST	41	(6:00) The Bible	(:05) The B				(/	Bible "Missi	on"	
HALL	62	Miracle in Bethleh			* An Easter Bloom ('24) (P)					g Bracelet
LIFE	34	¥ My Acting Coach I				Nith My Mo		er ('24) (P)		
OUT	30	(6:00) ** ★★ Dante's P	eak ('97)	ቻ★★★ The	e Impossik	ole (†12) Na	omi Watts.		Hollywo	Viral
OWN	58	Love	Love		Love		Love		Love	
SYFY	51	¥★★ Journey 2: The				Helsing ('0	, ,			Movie
TBN	60	Story Rosenbe	Hour	Youseff	Huckabee		Story	Rosenbe		Praise
TBS	44	(6:30) NCAA Men's			Inside		:40) ਼ਿ±★★ T			anu
TCM	307	(6:00) * Passenger	(:15) \\					₩±± Pusl	\ /	
TLC	38		Dr. Pimple				7 Little (N		7 Little (N	
TNT	32	(6:00) Collision (N)	¥★★ Godz							e Monsters
TOON		King/Hill King/Hill								
TRAV		Woo Haunted	Unexplain		Unexplair		Unexplair			
USA	31	(6:00) \\ \dagger \da	otter and th	e Chambe	er of	₹★★★ Ha	rry Potter	and the Pri	isoner of A	zkaban
USA	31	(0.00) X X X X Hally FO	ALC: AIR II	C Onambe	,1 01	IX X X X IIA	ily i olici i	und the Fi	SOIICI OI A	L Navaii

SUNDAY	/ EV	ENING						MAR	ICH 31	, 2024
		7 PM 7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KCWC	6	Call the Midwife (N)	Nolly (N)		Alice-Mas	ter (N)			Greener Pas	stures"
KNEP	4	American Idol (N)			What Wou	ıld (N)	Terr.News	Invest.	Song	Opry
KSTF	10	The Equalizer (N)	Tracker (N	۷)	CSI: Vega	S	News (N)	Invest.	SEAL Tea	m
KLWY	12	(5:00) NASCAR Cup S	Series	Mod Fam	Last Man	Last Man	Two Men	Two Men	Outdoors	FamFeud
KTNE	13		Alice-Mas	iter (N)	Independe	ent Lens "(Greener Pa	stures" (N)	Nolly	
A&E	40	Biography "Roman R			(:05) WWE		(:05) WWE		(:05) Biogr	
ALTSPRT	28	(6:00) Moe Basketbal	I Cleveland	Cavaliers	at Denver N	luggets	Nuggets	Mammoth	World Pol	er Tour
AMC	43	** ★★ Iron Man 2 ('10)	Gwyneth I	Paltrow, Ro	bert Downe	ey Jr	Dead (N)	(SF)	(:15) Paris l	
ANPL	37	Lone Star Law	Lone Star	"Busted"	Wardens		Wardens	(N)	Lone Star	Law
BRAVO	68	Summer House	Housewiv	es	Housewiv	es (N)	Summer	House (N)	Housewiv	es
CNBC	48	Shark Tank	Shark Tar		Shark Tan		Shark Tai		AMA Supe	
CNN	46	CNN Spec	CNN Spec		CNN Spec	;	CNN Spec		CNN Spec	
DISC	36	(6:00) Afraid	Naked and		Afraid (N)				s Don't Attr	
E!	42	₹*** Pretty Woman							Marisa Tome	ei, Joe
ESPN	26	\ /	SportCtr ((N) (Live)	SportsCei			SportsCe		
ESPN2	27	UFC Unleashed	30 for 30		Nine/IX Ve		UFC Arch		UFC Arch	
FOOD	69		Grocery				eat 8 Face	off" (N)	Wildcard	Kitchen
FREE	35				ry 2 ('99) T				★ Toy Story	
FX	65								Spider-N	
HGTV	45	Home Town	Home Tov		Home Tov		Small Tov		Hunters	
HIST	41		(:05) Built		(:05) Built	America	(:05) Built	America	(:05) Built	
HALL	62			ter Bloom	\ /		Way Hom			Gold Girls
LIFE		🗜 Beaches ('17) Nia l			¥ Steel Ma		12) Queen		♀ Clark Sis	
OUT		Realtree Bone Coll.			Winches		Crush	Hunt	Realtree	
OWN	58		20/20 on I		20/20 on I	_	20/20 on		20/20 on 0	
SYFY	51	(6:30) ¥★ Law Abidin			₹★★★ An	nihilation	('18) Natali	e Portman.		Movie
TBN	60			Creflo	Praise (N)		Praise (N		Greenbe	
TBS	44	Big Bang Big Bang					98) Adam S		₩** Vars	
TCM		(6:00) # Easter Parade							Conqueri	
TLC	38	90 Day "The Princess			90 Day Fia				90 Day Fia	
TNT	32	(:15) ♥★★ Godzilla vs							Jason Statl	
TOON	24	(6:00) Y Young Frank	enstein	Burgers	Burgers				American	
TRAV	52	Jack Osbourne's			Expedition	n Bigfoot			Expedition	
USA									Deathly Hall	

	_	7 PM 7:30	O DM	8:30	O DM	0.20	10 PM	10.20	11 DM	11.00	
1401140			8 PM	8:30							
KCWC	_		Antiques		Help! We			Contrary			
KNEP	4	American Idol (N)	NOIO (NI)		To Be An			(:35) J. Kin		Nightline	
KSTF		Neighbor Bob Heart			NCIS: Hav		News10p	(:35) Colbe	ert (N)	AfterMid	
KLWY		iHeartRadio (N) (Live		_	News at 9		FamFeud			Neignbo	
KTNE			Doc Martin		Old		Amanpou		Antiques	D 111/	
A&E		RoadWars RoadWars						Hoadwars	Hoadwars	Roadwar	
ALTSPRT	28	(5:00) NH Avalanch		BestOf		NHL Hock					
AMC		** ★ Beverly Hills C					ard ('05) Ac			Movie	
ANPL	37	Homestead Rescue									
BRAVO	68	Below Deck	Below Dec		Below De	- ()	Below De	- (/	Below De		
CNBC			Shark Tan		Shark Tar		Shark Tar		Unlocked		
CNN	46		CNN (N) (L		Laura (N)		Cooper 36		E. B. Outl		
DISC	36	Contraband: Seized									
E!		(6:30) ₹★★ Spider-Ma		obey Magu			ider-Man (
ESPN		(:15) NCAA Wom. To	(:15) Sport	sC. (N)	SportCtr (SportCtr (
ESPN2		30 for 30 The Minister			NFL Live		30 for 30 l			Around	
FOOD		BeatBob BeatBob			Spring Ba		Diners, Dr		Diners, Di	rive	
FREE		♀ ★★★ Hitch ('05) Eva			*** The Proposal ('09) Sandra						
FX	65						True Unde		₱ Dodgeba # Dodg		
HGTV	45		Dream Ho		Rock the	Block	Rock the Block (N)				
HIST	41	(6:00) Ancient Aliens							rldly Connections"		
HALL	62	The Professional E	Bridesmaic	d ('23)		Dreams (15) Jill Wag	gner.	Gold Girls		
LIFE	34		Castle		Castle		Castle		(:05) Castl		
OUT							AndrewZ			WildFed	
OWN	58		20/20 on C		20/20 on (20/20 on (20/20 on (
SYFY	51					e Prisoner	of Azkaba		Fantasti	c Beasts	
TBN	60	Takeaway-Kirk			Praise			Takeaway		Jordan	
TBS		Pet Tricks Pet Tricks				American					
TCM		(6:00) ¥ Grand Hotel					(:15) ਼ਿ*★★	★ Dinner	at Eight ('3	3)	
TLC	38	90 Day: Single Life	90 Day: Si	ingle Life	90 Day (N)	(:05) Seeki		(:05) 90 D a		
TNT	32	(6:00) \ \ \ ★★★ Creed II	('18)	₩*** Cre	ed II ('18)	Michael B.			Cold Case	Wishing	
TOON	24		King/Hill					Burgers	Burgers		
TRAV		Mysteries of the Unk				of the Uni			Mysteries		
USA			9-1-1 "Curs	sed"	WWE Monday Night RAW (N)				,		

TUESDA	AY E	VENING				40 500		PRIL 2	
		7 PM 7:30	8 PM 8:30	9 PM	9:30			11 PM	
KCWC	6	Roots (N)	Julius (N) (P)	Frontline		My Grand		BBCNews	
KNEP	4	Will Trent (N)	The Rookie (N)	Good Dr ((:35) J. Kir		Night
KSTF	10	FBI (N)	FBI: Int (N)	FBI-Wante	. (/		(:35) Colbe		After
KLWY	12	Cleaning (N)	Alert: Missing (N)	News at 9				Neighbor	
KTNE	13	Julius (N) (P)	Frontline	Old		Amanpou		Julius (N)	
A&E	40	Neighbor. Neighbor.							
ALTSPRT	28	Basketball San Antor	nio Spurs at Denver No	uggets (N)	Nuggets (N) (Live)	BestOf	Mammoth	Bask
AMC	43	(6:30) 👯 ★ Major Leag			etty in Pink	('86) Molly	Ringwald.		
ANPL	37	Wardens	Wardens	Wardens		Wardens		Wardens	
BRAVO	68	Vanderpump Rules		Vanderpu	mp (N)	The Valley			Vand
CNBC	48	Shark Tank	Shark Tank	Shark Tan		Shark Tan		The Car C	
CNN	46	The Source (N)	CNN (N) (Live)	Laura (N)		Cooper 36		E. B. OutF	
DISC	36	Moonshiners	Moonshiners			's Restaura		Moonshin	
E!	42	Mod Fam Mod Fam	Mod Fam Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod
ESPN	26	Basketball McDonald				SportCtr (N) (Live)	SportCtr (N) (Li
ESPN2	27	Basketball NIT Tourn	. Second Semifinal: Te	eams TBA	NFL Live		Good Guy	Around	Pard
FOOD	69	Chopped	Chopped	Chopped		Kitchen (N		Chopped	
FREE	35	(6:45) *** ★ Sweet Ho	me Alabama ('02)	(:20) ₹★★	The Heat (13) Melissa	McCarthy,	Sandra Bu	Illock.
FX	65	(5:30) F. Thor: Dark W	₩** Doctor Strange	in the Mul	tiverse of	Madness ('22)	Shogun (1	
HGTV	45	Help-Wrecked	Fixer to Fabulous	Fixer to (N		Renovation	n (N)	Paid Prog.	Hunt
HIST	41	Oak Island (N)	(:05) U-Boats (SF)	(:05) Oak Is			ng Deeper	Curse of (Dak Is
HALL	62	Come Fly With Me	('23)	The 27-I	Hour Day ('21) Autumi	n Reeser.	Gold Girls	Gold
LIFE	34	Castle	Castle	Castle		Castle		(:05) Castle	е
OUT	30	Drop Zone Driven	Fowl Life Upland	Hunt	Bowhunt	Lindsey		Drop Zone	Drive
OWN	58	Deadline: Crime	Deadline: Crime	Deadline:		Deadline:		Deadline:	
SYFY	51	(6:25) # Harry Potter	and the Order of the	Phoenix	(:25) ♀★★>	Harry Po	tter and th	e Half-Bloo	od Pri
TBN	60	Joyce M. Livg Proof	Together Center	Praise		Prince	Youseff	Sekulow	Chris
TBS	44	(4:30) MLB Baseball	MLB Baseball San F	rancisco Gi	ants at Los	Angeles Do	odgers (N)	MLBClose	Mod
TCM	307	(6:00) ¥ Sense and S	ensibility F*** Th	e Remains	of the Day	('93) Antho	ony	♀ In the Na	me of
TLC	38	7 Little Johnstons	Little People	Little Peop	ole (N)	Little Peo	ple (N)	7 Little (N)
TNT	32	(5:30) Basketball	Basketball Dallas Ma					NT (N)	Bask
TOON		Dog Dog	King/Hill King/Hill						Ame
TRAV		A Haunting	A Haunting	A Hauntin		A Hauntin		A Hauntin	
USA	31	Law & Order: SVU	Law & Order: SVU	WWE NXT				(:10) ♀★★	Snitcl

31	• 1 1 Tomonon	0 1 1 0 0 ii			iaaj migin	10111			
SDA	Y EVENING						Α	PRIL 3	, 2024
	7 PM 7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
6	NOVA (N)	History of	(N) (P)	NOVA		Wonders	of Mexico	BBCNews	
4	Conners Not Dead	Abbott	Pyramid	Judge (N)		Terr.News	(:35) J. Kir	nmel (N)	Nightline
10	Survivor (N)								AfterMid.
		Animal	FamilyG	News at 9					
				Old					
									/er
43									Movie
37					ife				
		Expeditio	n	Expedition I				Ghost A. (N)	
	(6:00) ₹ Bad	ਝ਼±⋆⋆ Ea	sy A ('10) E	mma Ston	ne. ", ★ ★ Bad				
									SportsC.
					N) (Live)				
									Hunters
62			2)	₹ The We	dding Veil	Journey (1/2	23)		
34									
30	Shooting Gunfather								Rifleman
51									
									Jordan
			e Wild One	('54)					Movie
32									
								Paranormal Cam.	
31	Law-SVU "Influence"	Law-SVU	"Recall"	Law-SVU	"Uncle"	Law & Ord	der: SVU	Law-SVU	"Infiltrated"
	6 4 10 12 13 40 28 43 37 68 48 46 36 42 26 27 69 35 65 41 62 34 30 43 30 43 40 40 40 40 40 40 40 40 40 40 40 40 40	6 NOVA (N) 4 Conners Not Dead 10 Survivor (N) 12 Masked (N) 13 History of (N) (P) 40 CourtCam CourtCam 28 Lacrosse Colorado a 43 **** Pretty in Pink 37 The Vet Life 68 (6:30) **** John Wi 48 Shark Tank 46 The Source (N) 36 Expedition 42 (6:00) *Bad 26 (5:30) Basketball 27 SpoCenter 69 Grocery 35 (6:00) *** Why Him* 65 (5:30) **** Logan (* 45 Farmhouse Fixer 41 (6:00) Pawn Star (N) 62 ** The Wedding Veil 34 Castle 30 Shooting Gunfather 58 Love It or List It 51 (5:05) ** Harry Potter 60 Praise My First 44 (6:00) Wrestling (N) 307 (6:00) ** On the Water 38 Crack Addicts 32 (5:00) NH NHL Hock 24 Dog Dog 52 Paranormal Cam.	7 PM 7:30 8 PM 6 NOVA (N) History of 4 Conners Not Dead Abbott 10 Survivor (N) 12 Masked (N) Animal 13 History of (N) (P) NOVA 40 CourtCam CourtCam Booked (I 28 Lacrosse Colorado at Denver (N 43 ★★★ Pretty in Pink ('86) Molly 37 The Vet Life The Vet L 68 (6:30) ★★★ John Wick: Chapte 48 Shark Tank Shark Tark 46 The Source (N) King Chal 36 Expedition Expedition 42 (6:00) ★ Bad ★★★ Ea 26 (5:30) Basketball Basketbal 27 SpoCenter NFL Live 69 Grocery Grocery 35 (6:00) ★★★ Honya ('17) 45 Farmhouse Fixer Hunters 41 (6:00) Pawn Star (N) (:05) Pawn 62 ★ The Wedding Veil Legacy ('2 34 Castle 30 Shooting Gunfather Defense 58 Love It or List It Love It or 51 (5:05) ★ Harry Potter 60 Praise My First Story 44 (6:00) Wrestling (N) Mod Fam 307 (6:00) ★ On the Water ★★★ Th 38 Crack Addicts Crack Ad 32 (5:00) NH. NHL Hockey Seattle 24 Dog Dog King/Hill 52 Paranormal Cam.	7 PM 7:30 8 PM 8:30	SDAY EVENING 7 PM 7:30 8 PM 8:30 9 PM 6 NOVA (N) History of (N) (P) NOVA 4 Conners Not Dead Abbott Pyramid Judge (N) 10 Survivor (N) The Amazing Race (12 Masked (N) Animal FamilyG. News at 9 13 History of (N) (P) NOVA 40 CourtCam CourtCam Booked (N) CourtCam 28 Lacrosse Colorado at Denver (N) (Live) Mammoth 43 **** Pretty in Pink (*86) Molly Ringwald. **** Tw 37 The Vet Life The Vet Life The Vet Life 68 (6:30) **** John Wick: Chapter 2 (*17) Top Chef 48 Shark Tank Shark Tank Shark Tank 46 The Source (N) King Charles (N) Laura (N) 36 Expedition Expedition Expedition 42 (6:00) ** Bad **** Easy A (*10) Emma Stone 43 (6:00) *** Why Him? (*16) **** Pretty Woman 44 (6:00) **** Why Him? (*16) **** Pretty Woman 45 Farmhouse Fixer Hunters Hunters 41 (6:00) **** Logan (*17) **** Deadpool 2 (* 45 Farmhouse Fixer Hunters Hunters 41 (6:00) Pawn Star (N) (:05) Pawn Stars (N) (:05) Pawn 42 (Castle Castle Married "F 30 Shooting Gunfather Defense America Hollywo. 58 Love It or List It Love It or List It Love It or 58 Love It or List It Love It or List It Love It or 59 Crack Addicts Crack Addicts My 600-Lit 30 (6:00) ** On the Water **** The Wild One (*54) 31 Crack Addicts Crack Addicts My 600-Lit 32 (5:00) NH NHL Hockey Seattle Kraken at Los Angeles 44 Dog Dog King/Hill King/Hill Burgers 59 Paranormal Cam. Paranormal Cam.	SDAY EVENING 7 PM	T PM	SDAY EVENING	SDAY EVENING



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WYCAN 3/29

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159 Announcements **TRANSPORTATION**

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163 Lost & Found



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207 Agriculture

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Technical

Fort Laramie Public Works Director. The Town of Fort Laramie is looking for a full-time Public Works Director. Requirements for the position are a valid WY Driver's License, over the age of 18, and physically able to lift up to 100lbs. This position may be subject to a drug test and background check. Preferred skills include operation of public water, sewer and electrical systems, light and heavy machinery, power and hand tools, and custodial work. Applicants should have, or be able to obtain within one year, Level I Water and Wastewater licenses. The Town of Fort Laramie is an Equal Opportunity and

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person at the Town of Fort Laramie Town Hall: 102 W Otis St. Fort Laramie, WY 82212. Contact the Town of Fort Laramie at (307) 837-2711 or email tshort@ townofftlaramie. org to request an

Please apply in

application or ask questions. Deadline to apply is April 5, 2024 at 2:00PM.

345 Firewood

FREE recycled paper for fire starter. Pick up at Torrington Telegram. Please use back door facing alley.

359 Misc-For Sale

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TFN

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Email: jsterkel@torringtontelegram.com

Torrington, WY 82240

DEADLINES:

Wednesday Publication - Monday 12 p.m. Friday Publication - Wednesday, 12 p.m Weekly Shopper, Thursday, 3 p.m. Group Papers - Thursday, 3 p.m.

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Regular Classifieds: \$20.00 per week for up to 15 words with a two-week minimum. Additional words cost \$1.25 each. Garage sales: All ads are to be paid in advance. Cost is \$22 per week for all ads for up to 25 words. Additional

words are \$1.25 cents each. TO RUN THE AD IN GROUP PAPERS: (Torrington Telegram, Lingle Guide, Guernsey Gazette, Lusk Herald and Wheatland's Platte County Record-Times), the cost is \$40.00 per week with a two-week minimum. Addi-

tional words are \$1.25 cents each. STATEWIDE NETWORK: Wyoming's best advertising buy! One 25-word classified ad goes into most all of the state's weekly and daily newspapers. Combined circulation is 181,000 people through 40 newspapers. The cost is \$135 for 25 words, \$5 each additional word.

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■ Describe the item by listing its best features. Condition, color, model and other information help readers determine interest before calling. The more you tell, the easier it is to sell.

Avoid unusual abbreviations. Too many abbreviations can confuse the reader

■ Give the price of the item. If you are fl exible in the price, include "best offer" or "negotiable."

■ Complete your ad with a phone number and the hours in which you will receive calls

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publication. If there are mistakes, notif us immediately. We will make changes for errors and adjust your bill, but only if we receive notice on the first day the ad is published. We limit our liability to you in this way, and we do not accept liability for any damages which may result from an error or omission in an ad-DISCLOSURE: All ad copy must be approved by the newspaper, which reserves the right to request changes, reject or properly classify an ad. The advertiser not the newspaper - is responsible for the truthful content of the ad. Advertising also is subject to credit approval.

PUBLIC NOTICES: Any public notices that require typesetting (ie faxed copy or a PDF that has to be retyped) will incur a \$10/page charge for typeset ting. This is a one-time charge, so if the notice runs 4 times, the typesetting charge will only be applied once.

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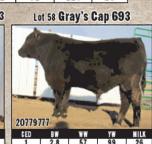
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Public Notices

PUBLIC NOTICE

FORECLOSURE SALE NOTICE

WHEREAS, default in the payment of principal and interest has occurred under the terms of a Promissory Note (the "Note") dated September 26, 2022, executed and delivered by Leif Frederick Arps and Lora Lee Arps ("Mortgagors") to Low VA Rates, LLC, and a real estate Mortgage (the "Mortgage") of the same date securing the Note, which Mortgage was executed and delivered by said Mortgagors, to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for Low VA Rates, LLC, its successors and assigns as Mortgagee, and which Mortgage was recorded on September 27, 2022, at Reception No. 989960, in Book 978, at Page 192 in the public records in the office of the County Clerk and ex-officio Register of Deeds in and for Goshen County, State of Wyoming; and

WHEREAS, the Mortgage was assigned for value as follows:

Assignee: Village Capital & Investment LLC Assignment dated: November 22, 2023 Assignment recorded: December 13, 2023 Assignment recording information: at Recep-

tion No. 996720, in Book 993, at Page 74 All in the records of the County Clerk and

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ex-officio Register of Deeds in and for Goshen County, Wyoming.

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

WHEREAS, written notice of intent to foreclose the Mortgage by advertisement and sale has been served upon the record owner and the party in possession of the mortgaged premises at least ten (10) days prior to the commencement of this publication, and the amount due upon the Mortgage as of February 23, 2024 being the total sum of \$175,388.64, plus interest, costs expended, late charges, and attorneys' fees accruing thereafter through the date of sale;

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

WHEREAS, if the foreclosure sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of his/her/its money paid. The Purchaser shall have no further recourse against the Mortgagee, Mortgagor, Servicer or their attorneys;

NOW, THEREFORE Village Capital & Investment LLC, as the Mortgagee, will have the Mortgage foreclosed as by law provided by causing the mortgaged property to be sold at public venue by the Sheriff or Deputy Sheriff in and for Goshen County, Wyoming to the highest bidder for cash at 10:00 o'clock in the forenoon on April 19, 2024 in the lobby of the Goshen County Courthouse located at 2125 East A Street, Torrington, WY 82240, for application on the above described amounts secured by the Mortgage, said mortgaged property being described as follows, to-wit:

Lot 2, Halstead Addition, to the Town of Torrington, Goshen County, Wyoming.

With an address of 2733 East C Street, Torrington, WY 82240 (the undersigned disclaims liability for any error in the address).

Together with all improvements thereon situate and all fixtures and appurtenances thereto.

Mortgagee shall have the exclusive right to rescind the foreclosure sale during the redemption period. In the event that the sale is rescinded or vacated for any reason, the successful purchaser shall only be entitled to a refund of their purchase price and/or statutory interest rate.

Dated: February 15, 2024

Village Capital & Investment LLC

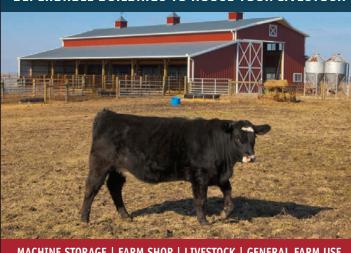
Katelyn Krabbenhoft Halliday, Watkins & Mann, P.C. 376 East 400 South, Suite 300 Salt Lake City, UT 84111 801-355-2886 HWM File # WY21409

Public Notice No. 8900 published in the Torrington Telegram on March 20, 27, April 3 and 10, 2024.



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PUBLIC NOTICE

The Town of Yoder will hold an election on Tuesday, May 14th, 2024 from 7 am to 7 pm at the Yoder Community Building located at 215 Main Street, Yoder Wyoming, for the following

> - Council member (4 year term) - Council member (4 year term)

Public Notice No. 8914 published in the Torrington Telegram on March 20 and 27, 2024.

PUBLIC NOTICE

REQUEST FOR PROPOSAL RFP #2024-01 EDA GRANT DOUGLAS **CAMPUS EXPANSION**

The Douglas Branch Campus of Eastern Wyoming College (EWC) was awarded a grant from the Economic Development Administration (EDA) to expand the existing facility for the advancement of construction trades (EDA Award Number:05-79-06271). As a result, EWC is now requesting competitive proposals from licensed architectural firms (Consultant) for the development of design and construction documents for the Douglas Campus expansion project. The expansion project is a partnership between EWC, Converse County, City of Douglas and Town of Glenrock. This project involves the construction of a new building expansion to the existing Workforce Training Lab at the Eastern Wyoming College Campus. All elements of the design and construction process must meet Standard Terms and Conditions of the EDA.

For a copy of the RFP, including bid documents and specifications, please go to ewc. wy.edu/rfp/. Bids are due on May 15, 2024. For further information, please contact Kwin Wilkes at 307-532-8218 or at kwilkes@ewc.wy.edu.

Public Notice No. 8924 published in the Torrington Telegram on March 20 and 27, 2024.

PUBLIC NOTICE

FORECLOSURE SALE NOTICE

WHEREAS, default in the payment of principal and interest has occurred under the terms of a Promissory Note (the "Note") dated May 17, 2019, executed and delivered by Judi K. Fogle and Dennis A. Fogle ("Mortgagors") to loanDepot.com, LLC, and a real estate Mortgage (the Mortgage") of the same date securing the Note, which Mortgage was executed and delivered by said Mortgagors, to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for loanDepot.com, LLC, its successors and assigns, as Mortgagee, and which Mortgage was recorded on June 3, 2019, at Reception No. 967524, in Book 938, at Page 437 MTGE in the public records in the office of the County Clerk and ex-officio Register of Deeds in and for Goshen County, State of Wyoming; and

WHEREAS, the Mortgage was assigned for value as follows:

Assignee: NexBank Assignment dated: July 19, 2022 Assignment recorded: August 1, 2022

Assignment recording information: at Reception No. 989008, in Book 977, at Page 6

All in the records of the County Clerk and ex-officio Register of Deeds in and for Goshen County, Wyoming.

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

WHEREAS, written notice of intent to foreclose the Mortgage by advertisement and sale has been served upon the record owner and the party in possession of the mortgaged premises at least ten (10) days prior to the commencement of this publication, and the amount due upon the Mortgage as of March 22, 2024 being the total sum of \$334,719.13, plus interest, costs expended, late charges, and attorneys' fees accruing thereafter through the date of sale;

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

WHEREAS, if the foreclosure sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of his/her/its money paid. The Purchaser shall have no further recourse against the Mortgagee, Mortgagor, Servicer or their attorneys:

NOW, THEREFORE NexBank, as the Mortgagee, will have the Mortgage foreclosed as by law provided by causing the mortgaged property to be sold at public venue by the Sheriff or Deputy Sheriff in and for Goshen County, Wyoming to the highest bidder for cash at 10:00 o'clock in the forenoon on April 26, 2024 in the lobby of the Goshen County Courthouse located at 2125 East A Street, Torrington, WY 82240, for application on the above described amounts secured by the Mortgage, said mortgaged property being described as follows, to-wit:

Visit Torrington Telegram Online At www.torringtontelegram.com

The Land referred to herein below is situated in the County of Goshen, State of Wyoming, and is described as follows:

Lots 1 and 2, First Coffee Grounds, Goshen County, Wyoming.

With an address of 4703 Road 74, Torrington, WY 82240 (the undersigned disclaims liability for any error in the address).

Together with all improvements thereon situate and all fixtures and appurtenances thereto.

Mortgagee shall have the exclusive right to rescind the foreclosure sale during the redemption period. In the event that the sale is rescinded or vacated for any reason, the successful purchaser shall only be entitled to a refund of their purchase price and/or statutory interest rate.

Dated: March 14, 2024 NexBank

Katelyn Krabbenhoft Halliday, Watkins & Mann, P.C. 376 East 400 South, Suite 300 Salt Lake City, UT 84111 801-355-2886 HWM File # WY10487

Public Notice No. 8925 published in the Torrington Telegram on March 27, April 3, 10 and

PUBLIC NOTICE

REQUEST FOR PROPOSAL RFP 120284-2024-001

PASSENGER VAN

Eastern Wyoming College (EWC) is accepting proposals to purchase up to three (3) passenger vans. For a copy of the RFP, including bid documents and specifications, please go to ewc. wy.edu/rfp/. Bids are due on March 7, 2024. For further information, please contact Kwin Wilkes at 307-532-8218 or at kwilkes@ewc.

Public Notice No. 8929 published in the Torrington Telegram on March 27, 2024.

PUBLIC NOTICE

Notice of Public Hearing

The Planning and Zoning Commission of Goshen County, Wyoming has placed the Final Draft of the Goshen County Solar Citing Regulaons out for public comment.

Copies of the draft regulations can be found on the Planning Commission web page https:// goshencounty.org/planning-applications-formsregulations/ to view or down load a copy.

Hard copies will be available through the Planning Office. Comments can be sent via email to the Planning Office or comment via the webpage in the Comment link.

A Public Hearing will be held on 25 April 2024 630pm in the Commissioners Room. Goshen County Planning Office Phone 307 532 3852 Email: mtietjen@goshencounty.org

https://goshencounty.org/comments/

Dated 3/21/2024 Public Notice No. 8930 published in the Tor-

rington Telegram on March 27, 2024.

PUBLIC NOTICE

The Wyoming Public Service Commission (Commission) approved the Application of Black Hills Wyoming Gas, LLC d/b/a Black Hills Energy (BHWG) for authority to increase the Rev enue Adjustment Mechanism (RAM) rate by \$0.0019 per therm, effective December 1, 2023. The rate is applicable to 133,386 customers, including Choice Gas customers, located throughout the Cheyenne, Cody, Casper, Gillette, and Torrington divisions The Commission's approval is subject to notice, protest, intervention, refund, change, further investigation, opportunity for hearing, and further order.

The proposed RAM rate results in an increase of \$0.15 (0.2%) in the monthly bill for the typical residential customer using 79 therms per month during December 1, 2023, through May

BHWG's Application is available at the Comission or online at: http://dms.wyo.gov/external/publicusers.aspx. (Enter Record No. 17439.)

Anyone desiring to file a statement, intervention petition, protest, or request for a public hearing must file with the Commission on or before April 25, 2024. A proposed intervention or request for hearing must set forth the grounds and the position and interest of the petitioner in this

If you wish to participate in this matter and you require reasonable accommodation for a disability, please contact the Commission at (307) 777-7427 or 2515 Warren Avenue, Suite 300, Cheyenne, Wyoming 82002. Communicationsimpaired persons may also contact the Commission by accessing Wyoming Relay at 711. Please mention Docket No. 30026-85-GM-23.

Dated: March 25, 2024.

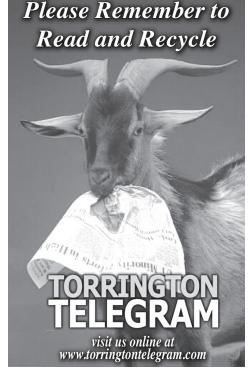
Public Notice No. 8932 published in the Torrington Telegram on March 27 and April 3, 2024.



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EWC hosts successful Lancer Rodeo

BY KEELEY PULS Contributing writer

TORRINGTON

 The Eastern Wyoming College Lancer rodeo team hosted the annual Lancer Rodeo this weekend (March 22-24) and ended with two student athletes competing on short round Sunday.

Kyler Clark of Yoder had a time of 9.6 seconds in tie-down roping to place him third in the long round. He came back on Sunday with a time of 11.5 seconds and placed fifth in the average for the Lancers.

RaeLee Caldwell,

a Gillette native, advanced to short round Sunday with a time of 7.8 seconds in goat tying. In the short round, she had a time of 7.2 seconds to finish fourth in the short go and ended her weekend fourth in the average for goat tying.

"Thank you to all who came out and supported the home team this weekend," coach Whit Peterson said.

The Lancers will be back to compete at Colorado State University's college rodeo from April 4-6 at the Ranch Arena in Loveland, Colo.



Goshen County's own Kyler Clark, a freshman at EWC, chases down a calf in tie-down roping during the short go round on Sunday.

Softball team battles Laramie in home opener



ROBERT GALBREATH/TORRINGTON TELEGRAM

Sophomore Skyla Wunder plays catcher during the first Laramie on March 21.

BY ROBERT GALBREATH rgalbreath@torringtontelegram.com

TORRINGTON – The Torrington High School girls' softball team played its first home game against Laramie in a double-header on Thursday, March 21.

The opening game came down to the wire in a point-for-point battle between Torrington and Laramie through five close innings. Laramie ultimately scored the point it needed to win, 10-9, in the fifth inning.

In the second game, injuries affected Torrington's pitcher and right field. The situation compounded for Torrington and Laramie prevailed, 17-4.

"Overall, I was proud of the girls," coach Robin Schainost said. "We hit the ball pretty well, although we got a little too patient and let some pitches go by.

Laramie fielded a faster pitcher than we are used to. We will keep playing to learn from our mistakes and improve. I'm happy with where the team is right now."

Freshman Macauley McIntosh got in "good hits and put great bunts down" for the team, Schainost added.

Both sophomore Skyla Wunder and junior Emilee Moats put in solid games at the bat, Schainost noted.

Sophomore pitcher Kennedy Reinhardt played a strong game before experiencing shoulder problems in the second game, Schainost said. Freshman Jayden Chilson stepped up to relieve Reinhardt in the second game.

Freshman Aftyn Hager performed well at first base during the second game, Schainost added, while fellow freshman Lexi Pittman caught a fly ball.

Blazers capture second place at Pinnacle Cup

BY ROBERT GALBREATH rgalbreath@torringtontelegram.com

WORLAND – The Torrington High School Blazers roared into the 2024 spring season, capturing second place at the annual Pinnacle Cup hosted by Worland from March 22-23.

Kicking off the tournament against Newcastle, Torrington cruised past the Dogies, 6-0, in the opening game. Advancing to the semifinals, the Blazers defeated Green River in a tie-breaking shootout, 2-1.

Torrington found itself in the championship game against the defending state titleholder, the Worland Warriors. Worland prevailed following two neck-andneck halves by a single point, 3-2.

"The Pinnacle Cup was a great weekend for Torrington and a good way to start the season," coach Gabe Bartlett said.

Torrington controlled the scoreboard in both halves against the Newcastle Dogies. A solid Blazer defense completely shut out Newcastle while the Torrington offense scored six goals.

"We got off on the right foot- Worland Warriors. Worland start the tournament."

Green River proved a tougher nut to crack. Halftime found Torrington and Green River locked in a scoreless stalemate. Both teams kicked in a single goal in a physical second half to reach a 1-1 deadlock at the end of regulation.

Refusing to throw in the towel, the Blazers won the overtime shootout, 8-7, with goals by juniors Kaiden Riggs and Elijah Hatch, sophomore Anthony Arnusch, junior Skyler Thomas, senior Greysen Shields, sophomores Beaux Shimic and Jace Schlagel and senior Leo Belli.

Junior goalie Ayden Shimic made one crucial save on a penalty kick by Green River.

"Green River is a talented team, one of the top teams in the state," Bartlett said. "We went down (early) in the second half, but the boys didn't give up and came back to tie the game up at the end."

The Blazers progressed to the championship game against the

ing against Newcastle," Bartlett won the first half, 1-0. Undauntsaid. "This was a good game to ed. Torrington battled back to match the Warriors in scoring, 2-2, during a tight second half.

"We were down in the first half, but in the second half (against Worland), we dominated the field with a new formation." Bartlett said.

Overall, Bartlett was pleased with the Blazers' performance at the tournament.

"I talked to the boys afterwards and we realized that we can beat any opponent in the state," Bartlett added. "Our defense is solid. Our midfield is solid and we are changing our offense up. We also did well in set pieces, including corner kicks."

Hatch led scoring for the Blazers over the weekend, netting three goals. Arnusch, senior Adam Bartlett and Thomas each contributed two goals to Torrington's cumulative total.

Arnusch delivered five assists during the three games, with Hatch making two assists and Thomas one.

Ayden Shimic posted 17 saves on 21 total shots.

Lady Blazers battle at Pinnacle Cup

BY ROBERT GALBREATH rgalbreath@torringtontelegram.com

WORLAND - The Torrington High School Lady Blazer soccer team opened the 2024 spring season with three games at the Pinnacle Cup in Worland from March 22-23.

The Lady Blazers squared off against a challenging, senior-stacked Powell varsity squad in the first game. Powell controlled the scoreboard through both the first and second halves to prevail, 8-0.

"We expected Powell would be a tough game," coach Tyler Cram said. "They are a strong team and fast. We made a few changes at halftime and saw improvements in the second half. This was a good learning game for the girls."

Torrington went on to play a closer matchup against the Pinedale Lady Wranglers in the second game. The Lady Blazers battled Pinedale through two neck-and-neck, physical halves before Pinedale won, 1-0.

"Torrington dominated the field for most of the second half," Cram said. "Unfortunately, the ball slipped through our defense and Pinedale won by a point. Our girls were confident throughout the game and played aggressively."

The third game pitted Torrington against Newcastle with the Lady Blazers falling,

"The final score did not reflect how well Torrington played," Cram added. "We had an opportunity to give additional girls on the team playing time."

Cram praised the leadership of his upperclassmen - juniors Marisol Munoz, Maggie Jacobson and Kayden Tucker.

"The three juniors were an integral part of the game this weekend," Cram noted. "Overall, each of the girls performed great. This was the first time most of the team has played together, and the first time for several players on the varsity field."





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