





## WEATHER

	
WEDNESDAY HIGH LOW 59° 46°	THURSDAY HIGH LOW 60° 23°
	
FRIDAY HIGH LOW 50° 32°	SATURDAY HIGH LOW 49° 24°

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Vol. 101, No. 50



# Commissioners named in complaint to state

## Governor announces investigation

By Lisa Phelps  
lisa@pcrecordtimes.com

**CHEYENNE** – In a complaint dated Dec. 1, nineteen Platte County residents officially

petitioned state officials for the removal of all three sitting county commissioners.

The complaint was sent to the governor (Mark Gordon), secretary of state (Chuck Gray), U.S. attorney for the district of Wyoming (Darin Smith), and Wyoming superintendent of public instruction (Megan Degenfelder)

and requests a joint state investigation, immediate restriction of authority, and removal from office the entire board of commissioners, Steve Shockley, Ian Jolovich and Jeb Baker.

In the introduction, the signatories stated, “We submit this complaint as residents and land-owners of Platte County, Wyo-

ming, with grave concern for the integrity of county governance, the lawful application of Wyoming statutes, and the protection of the public’s right under open-government, ethics, and election laws.”

The complaint alleges months of cumulative data and repeated actions by the various commis-

**See Complaint on A3**



PHOTOS BY LISA PHELPS/PC RECORD-TIMES

Chuck Brown (above) listens to Carol Billings play Christmas melodies during the Christmas home tour of the Brown home. Fire places and nativities abound (right) at the Hintz home.



# Kiwanis Christmas home tours benefit youth

By Lisa Phelps  
lisa@pcrecordtimes.com

**WHEATLAND** – This weekend, locals got into the spirit of Christmas with the Kiwanis Club of Wheatland holiday house tours and fundraiser. Visitors were treated to live music at two homes decorated to the hilt in holiday

sparkle and color. Chuck and Katie Brown opened their tastefully decorated home showcasing Brown’s creative streak and holiday cheer. Rachael Hintz welcomed visitors with a smile and color, showcasing her love of teacup sets, nativities of all kinds, and her talent with fabric and thread.

Val Seidel and Carol Billings entertained with piano music of classic Christmas music, and vendor displays of various local artisans and bakers were found at various locations in the homes and at Covenant Lutheran Church which hosted the starting point of the Christmas house tours. All proceeds from the event

support a wide variety of youth-oriented projects across Platte County. For more information on Kiwanis Club of Wheatland or to keep up with various events throughout the year, see their Facebook page, email wheatlandkiwanis@gmail.com or call 307-331-0448.

# Wheatland council interviews candidates

By Lisa Phelps  
lisa@pcrecordtimes.com



FILE PHOTO BY LISA PHELPS/PC RECORD-TIMES

Willie Allison was a common face around town at open houses, ribbon cuttings, commissioner and business meetings and various community events. He recently resigned his seat on the Wheatland town council.

**WHEATLAND** – On Monday, three candidates were interviewed for a vacant Wheatland council position. At last month’s meeting, mayor Brandon Graves announced councilman Willie Allison had resigned his position citing health issues which prevented him from adequately fulfilling his duties on the council.

During a workshop prior to the council meeting, Clinton Butler, Brett Baum and Scott Perkins answered questions from the Wheatland council. Political party affiliation was not a requirement for candidates to be considered.

The appointment decision was made after presstime on Monday. The successful candidate will serve on the council until the next general election date (November 2026).

Allison also volunteered to represent the town on the Platte County Chamber Board and the Platte Co. Lodging Tax and Tourism Joint Powers Board. Appointments to those vacant seats were considered at the regular meeting of the Wheatland council. Tabitha Ennis will now represent the town on the Chamber board, and Kelly Mixson will fill the vacancy on the Lodging Tax and Tourism board.

# WREA announces electric rate increase

By Lisa Phelps  
lisa@pcrecordtimes.com

**WHEATLAND** – Members of the Wheatland Rural Electric Association received notification last week, rates will be going up in January.

In a letter to members, WREA general manager Jason Wright stated, “The WREA Board of Directors and staff have not taken this decision lightly and understand with the current economic conditions,

increasing costs of doing business and the increased cost of living, this is not welcome news for any of our members. This decision was reached to ensure your Association remains financially stable and to continue to provide a safe and reliable system that each member of the Association has come to rely on.”

As a cooperative receiving power from Tri State Generation and Transmission, the WREA will be receiving an increased rate of 7.1% as of Jan. 1, 2026. The REA will

pass through the rate increase and implement an average 4.68% for WREA members on the first day of the new year, which equates to approximately a half-cent more per kilowatt hour for typical residential service.

The increase to each rate class in 2026, however, is dependent on the type and when each rate class uses electricity.

Anyone with questions or concerns are asked to contact the WREA office at 307-322-2125.

# Business council encourages mindset change

By Stephanie Wilson  
Contributing writer

**WHEATLAND** – The regional director of the Wyoming Business Council, Drew Dietrich, attended

the most recent commissioners meeting alongside Josephine Young, Platte Co. Economic Development director, to discuss removing barriers to business and economic growth in Platte County. Dietrich has been working with communities in Wyoming such as Glenrock, Lusk and Shoshone, and presented his findings to the commission, emphasizing that the need for quality housing has been a major element in growth lags, for example, in Shoshone. Dietrich explained the WBC is partnering with Harvard researchers (the Tarrance Group) to study specific local demographics, economics and community priorities.

“Youth out-migration in Wyoming is 65%, whereas this trend is only 30% nationwide,” Dietrich said.

Platte County-specific challenges identified were com-

**See Mindset change on A3**



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# Christmas is coming; community events planned

**By Lisa Phelps**  
lisa@guernseygazette.com

## PLATTE COUNTY

– Christmas is coming and entertainment is in the air! As Christmas nears, unique opportunities for holiday entertainment can be enjoyed by the local community.

### Musical performances

The Wheatland middle school and high school combined band concert will begin at 7 p.m. Dec. 11 at the WHS auditorium.

The Guernsey-Sunrise band and choir concert will be held at 7 p.m. Thursday, Dec. 11 in the west gymnasium in Guernsey.

Dance Wyoming will be hosting a concert 5 to 8 p.m. Sat., Dec. 13 and 1 to 4 p.m. Sun., Dec. 14

The Glendo School Christmas program will be held Monday evening, Dec. 16 at 6 p.m.

The Wheatland Kinder Program will have a music concert at 6:30 p.m. Dec. 16 at the WHS auditorium.

### Holiday lights

The Glendo Parade will begin at 6 p.m. Saturday, Dec. 13, followed by a hot dog dinner at the Fire Hall attended by special guests Santa, Mrs. Claus and

their elves who will visit with kids and hand out gift bags. Local businesses will also have hot drinks and goody bags.

The Wheatland Lobos baseball team will be offering a holiday lights tour of Wheatland beginning at 6 p.m. Dec. 18. Simply Creative at 855 Gilchrist Street is selling the \$5 fundraising tickets and offering free hot cocoa for participants as they build Christmas memories.

### Handbell performance

The unique sound of a

musical performance of the Wyo-Ring handbell choir will again resound in the historic Our Saviour Episcopal Church parish hall in Hartville at 3 p.m. Sunday, Dec. 14. The event is co-sponsored by G-S Community Education.

### Madrigal feast

There are only a few days left to purchase tickets to the first-annual Madrigal Feast put with catering and entertainment by Guernsey-Sunrise high school students.

The event, co-sponsored by G-S Community Education, will raise funds for the culinary, music and theater departments at the school.

During the Dec. 18 performance, ticket-holders will enjoy period-style entertainment by students and student-prepared five-course dinner menu. Beginning with “A wassail toast,” a main course of “chef’s beef brisket and braised hen legs,” and concluded with “Spice cake with cream cheese frosting.

The last day to purchase tickets will be this Friday, Dec. 12. Contact the Guernsey-Sunrise central, high school, or community education offices. For questions, contact Lori at 877-202-1020 or 307-401-2081.

### Salvation Army

Of course, every day is a holiday when you donate to the Salvation Army; look for bell-ringers at a store near you – the funds donated are spent for needs in the local community.



PHOTOS BY LISA PHELPS/PC RECORD-TIMES

Nativities and a Christmas village were on display at the Kiwanis Christmas houses over the weekend. There are still plenty of opportunities to join in some holiday fun before Christmas.

## LAW ENFORCEMENT

### PLATTE CO. SHERIFF'S OFFICE

Activity log from Nov. 23 – 29, 2025

#### CLASSIFICATION OF CALLS

NUMBER	
ALARM	2
ANIMAL PROBLEM	5
ASSIST OTHER AGENCY	11
ASSIST THE PUBLIC	3
BUILDING CHECK	6
CIVIL STANDBY	1
DOMESTIC VIOLENCE	0
FIRE	0
HARASSMENT	1
INFORMATION	0
MENTAL SUBJECT	0
MOTORIST ASSIST	5
PROPERTY LOST/FOUND	0
PUBLIC RELATIONS	3
REDDI REPORT	1
SICK OR INJURED	4
SUSPICIOUS CIRCUMSTANCES	2
TRAFFIC HAZARD	3
TRAFFIC OFFENSE	17
VANDALISM	0
VIN INSPECTIONS	1

WANTED PERSON	1
WARRANT	0
WEAPONS OFFENSE	0
WELFARE CHECK	0
INCARCERATIONS	49 DATE: 12/1/2025
LOCAL INMATES	28
OJUR	21

### WHEATLAND POLICE DEPARTMENT

Activity log from Nov. 23 – 29, 2025

CALLS FOR SERVICE	66
OFFICER-INITIATED INCIDENTS	27
MOTOR VEHICLE CRASHES	0
CRIMINAL CITATIONS ISSUED	2
TRAFFIC CITATIONS	2
WARNINGS	3

### WHEATLAND POLICE DEPARTMENT

November 2025 total monthly activity report

CALLS FOR SERVICE	381
OFFICER-INITIATED INCIDENTS	169
MOTOR VEHICLE CRASHES	1
CRIMINAL CITATIONS ISSUED	11
CUSTODIAL ARRESTS MADE	6
TRAFFIC CITATIONS	17
WARNINGS	36

## Free smoke alarms to be installed

For the Record-Times

**WHEATLAND** – This season you can give the gift of safety to your family and loved ones. On Friday, Dec. 19, the American Red Cross will be installing free smoke alarms in Wheatland homes.

Smoke alarms save lives and give you

peace of mind, knowing your family will have a warning system in case of a fire emergency. There are still twelve slots open in Wheatland.

Volunteers are also needed to help install the alarms.

To sign up or volunteer, contact Silvia Aguirre-Peppers, Community Disaster Program Manager, (307) 287-3918.

## ISD: Chugwater energy project inquiries

Lisa Phelps

lisa@pcrecordtimes.com

**CHUGWATER** – In an article on Nov. 26 reporting on the Industrial Siting Division’s Chugwater Energy Project hearing, incorrect contact information was reported. Inquiries can be directed by email to deq-isd@wyo.gov or mail to ISD, 200 W 17th St., Suite 400, Cheyenne, WY 82001, or by calling 307-777-7174.

ISD administrator Jenny Staeben said, because the conclusion of the hearing was postponed, limited appearance statements are still being accepted in regards to the open Chugwater energy project application until the hearing is concluded.

Anyone wanting to be notified of public notices regarding the hearing can sign up for email notifications on the ISD website (deq.wyoming.gov/industrial-siting-2/isd/).

The Platte County

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Mindset change

FROM A1

paratively low salaries in positions such as sheriff's deputy. Commissioner chair Steve Shockley pointed out, neighboring counties offer upwards of \$150,000 salaries for the same positions in Platte County that offer around \$50,000.

"It's not that our personnel have less to do," Shockley said, "It's real hard to compete with that. The people that come here and stay are the ones that really want to be here and want the lifestyle."

Health care in Platte County, specifically the recent lack of maternity services, was also discussed as a factor in not only resident retention, but new resident attraction.

Conducting holistic research with the input of community stakeholders, residents, and leaders, the WBC is committed to helping find solutions with the specific needs of each community in mind. "Each community is unique, as well as their priorities," Dietrich said.

Dietrich hopes to re-visit Platte County with a regulatory review to reduce red tape and discover specific community-driven goals; whether those are increasing opportunities such as career, education or recreation or healthcare and youth-retention. WBC urges voters to support a future where businesses are able to move in and generations are more inclined to put down roots.

While "staunchness," as Shockley put it, is a Wyoming trait, being open to change and growth is key in economic success and sustainability in the state, its regions, counties, and communities.

The sheriff's office recently approved an Axon agreement projected to save \$250,000 over ten years and re-signed the NCIC correctional services contract with the approval of the Platte County Commissioners. Axon supplies critical equipment to law enforcement agencies including bodycams, tasers, agency-specific software and

other necessities.

As budgetary concerns continue to loom, sheriff Tony Krotz commended his deputies for bringing solutions to the department rather than asking for more funds. To cut costs, deputies proposed selling excess firearms through local business, Teel Gunworks, generating nearly \$6,400 to fund new handguns and return money to the budget. Commissioners unanimously approved the sale.

Department reports

Even though it doesn't look like winter quite yet, Platte County is preparing for it. Road and bridge department supervisor Chris Bookout and his crew have spent the past month finishing mowing and weed-eating to mitigate drifting snow. If we ever get any.

"We took out some old fence at the YO Ranch area and took some gravel out to Brookside," he said. "There is a bad drift spot there, so we tried to build that up so snow can just blow across."

Moving TDS dumpsters and laying down more gravel in particular areas down south around Chugwater and north to Fish Creek and Fletcher Park will also help when the snow starts to fly.

"We want to keep those roads holding together over the winter, and our plow trucks, and sanders are ready to rock and roll," Bookout added.

The road crew has also spent time replacing bus stop signs and other signage around Ayers and Deer Creek roads, as well as Horseshoe, Johnson and Red Fox roads.

"The signs are starting to come in thanks to the state grant and we are getting those installed."

Bookout also discussed opening communications with the sheriff's department regarding accidents on county roads, citing recent wrecks on Highway 26.

"When there are blow-overs or damage to guard rails, sometimes big trailers are left behind as crews determine how and

when to safely remove these vehicles after crashes," Bookout explained. Sometimes the payload may determine timing and procedure of cleanup if theft or safety are contributing factors, according to Bookout.

He also mentioned a recent roll-over at Grayrocks Reservoir, and when recovery went to the site, the landing gear tore up the road, and communications were delayed. "We are trying to make communication more efficient with all agencies involved in accidents," he said.

The crash on state highway 26 resulted in a road closure and drivers were re-routed, according to Bookout. A truck also overturned on Deer Creek, and there were safety concerns about cleanup as sheriff's deputies were tied up on multiple incidents, as commissioner chair Shockley noted.

Streamlining communication between road and bridge and the sheriff's office will help better assess road conditions and inform agencies on how to proceed.

Some deep Platte County research is being done to discover inconsistencies along county roads where either multiple road signs and names exist or no speed limit exists or is assigned.

Discrepancies in reporting over the years have created a tangle of information and surveying efforts are underway to get these roads more developed and assign appropriate names, numbers, and speed limits.

For example, some roads are assigned a county number that does not coincide with a state-assigned number; making things confusing map-wise. The research will span the entire county, starting in the southern portion around Chugwater, then methodically going north through Wheatland, Glendo, and Guernsey. According to Bookout, around 40 instances of right-of-way discrepancies have been found in the Chugwater area alone.



FILE PHOTO BY LISA PHELPS/PC RECORD-TIMES

Platte County commissioners Jeb Baker, Steven Shockley and Ian Jolovich hear county reports during a business meeting earlier this year.

Complaint

FROM A1

Commissioners as prima facie evidence of state law violations specifically stemming from open meetings and related governance violations (open meetings act, public records act, Wyoming ethics and disclosure act, abuse of office or official misconduct, appearance of impropriety regarding the Industrial Siting Council processes); Wyoming campaign practices and misuse of office (election law violations, misuse of office and retaliation against citizens, secret restriction on public comment, misapplication of county land-use regulations, suspected future financial conflicts of interest with NextEra, misuse of (hired) county attorney to target citizens, obstruction of ordinance revision process, improper use of office at partisan GOP meeting, failure to comply with cease-and-desist – compelled disclosure of confidential and medical records, conflict of interest – improper financial arrangement between NextEra and the county's hired attorney).

In their legal conclusion, as stated in the document submitted to state officials, the petitioners stated, "The pattern of conduct detailed in this complaint demonstrates a pervasive and escalating breach of public trust by commissioners Steve Shockley, Ian Jolovich, and Jeb Baker...Taken together, these actions establish a clear and troubling picture of corruption, malfeasance, manipulation of governmental process, misuse of public office, and conduct amounting to fraud on the public."

In a press release issued Thursday, Dec. 4, Gov. Gordon acknowledged receipt of the complaint on Tuesday from "several

qualified electors of Platte County."

"Following the mandated process set out in Wyoming statutes, the Governor's Office will examine the verified complaint and, if necessary, conduct a thorough investigation to determine whether the allegations justify pursuing the requested statutory removal process. At the end of

this investigation, the Governor will make a determination on the request," the press release stated. "Given the very serious nature of the potential consequences, which is the removal of an official duly elected by the voters of Platte County, preserving the objectivity and integrity of this process is crucial. Consequently, the Governor will have no comment on this investigation while it is ongoing, focusing instead on

reviewing and determining relevant facts." The complaint is the fourth received by the Wyoming Governor's Office in the past several months, communications director Amy Edmonds said. The governor is also investigating two complaints from Weston County and one from Hot Springs County. There was no timeframe given to estimate when the governor would be able to reach a decision on the Platte County complaint. If the governor verifies the complaint by qualified electors and determines an elected officer is guilty of misconduct or malfeasance, Wyoming state statute 18-3-902 governs the process in which the State of Wyoming may commence prosecution in district court. If a case is filed in district court, Wyoming state statute 18-3-903 provides a five-day period after a notice of the governor to the accused officer in which the officer may appear in person before the governor to determine whether it is war-

ranted to suspend the officer's duties until a court trial determination is made.

If the governor determines to suspend a county commissioner, it is the governor's duty to appoint a qualified elector to temporarily fill the office and perform the duties until a final determination of innocence or guilt is made by the courts.

Any officer who has been suspended and found "not guilty" will be restored to office with compensation for the time under suspension, and be reimbursed by the State for all actual and necessary expenditures in connection with trials and hearings necessary to prove innocence.

In response to an inquiry on Friday, Platte County attorney Douglas Weaver declined to comment on either the complaint or the legal processes which may occur as a result of the complaint issued to the State of Wyoming.

**Editor's note:** As in all legal cases where individuals are accused of a crime, the named commissioners are also innocent until proven guilty through the process set forth by law.

"...[T]he Governor will have no comment on this investigation while it is ongoing, focusing instead on reviewing and determining relevant facts."

-Wyoming Governor's Office press release

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# Chugwater council addresses water concerns; discusses impact, cost of ISD permit hearing

By Lisa Phelps  
lisa@pcrecordtimes.com

**CHUGWATER** – Beginning a nearly three-hour meeting, the Chugwater council approved liquor license renewals for three businesses: the Stampede Saloon and Eatery, Buffalo Lodge and Grill, and Chugwater Soda Fountain. Councilman John Burns abstained from the votes.

Then the council moved on to topics related to the municipal water system.

Councilwoman Vicki Klein stated, something needed to be done with the “jetter truck” the town uses for sewer maintenance.

Public works supervisor Jake Easthouse responded to her inquiry, stating the truck needs breaks, a new seal for the tank, and a high-pressure nozzle attachment. Councilman Steve Kelley, who formerly worked in the public works department in Chugwater, said it may be possible to do most of the repairs in-house.

After discussion among the council, and with its support, mayor Josh Hopkins instructed the maintenance department to do a thorough check on the 1970s model work truck and repair what they

could; then report back as to what repairs may need to be out-sourced.

The council later discussed the need to find a solution for a problematic area of the sewer system on 7th Street. Though the issue is mostly due to improper design in some sewer connections, maintenance crew will be investigating if there is something holding up the flow of waste. The council will also be seeking multiple alternative solutions to resolve the issue.

Water operator Pete Delgado reported he had found a program to pay for federally-required testing of the town’s waters for PFAS (per- and polyfluoroalkyl substances; i.e. plastic residues in water also referred to as ‘forever chemicals’). An initial test will determine whether there are PFAS currently in the town’s water system; if positive, extra testing will be necessary. If negative, the testing will only be required every three to five years. In discussion among the council, Kelley voiced his frustration with the fact industrial chemicals, including herbicides, have been approved to include PFAS by the Environmental Protection Agency, which would eventually leak into water supplies.

“If it’s there, it’s going to be there a

long time...Why would they allow it to be used when they know it’s a problem?” Kelley questioned.

Continuing the discussing of water, Delgado said the end-of-year report he compiled for the town’s water system showed the town has used 15 million gallons of water – including bulk water – in the past year. The town is allocated up to 29 million gallons.

Mayor Hopkins noted that data supports the recently completed water study, that the town could handle up to 350 people on the same water usage, so there is room for growth within the current system.

The council approved a \$700 annual subscription to ArcGIS for water system mapping of the town’s water distribution system.

After a discussion to determine whether the purchases could be postponed, they also approved \$23,000 to purchase two variable frequency drive (VFD) pumps to replace the aging pumps at the town’s wells 3 and 4. It was agreed new pumps are necessary to keep quality water service to the town.

Easthouse and Linda Webster have officially obtained their well operator

permits from Wyoming Department of Environmental Quality, and Easthouse has nearly completed all his certifications to become the lead water operator for the town.

Water operator Pete Delgado thanked the town for the past two-and-a-half years he has been working with them on their water system. In January 2026, he will be stepping back into a reduced roll as wastewater operator until Easthouse finishes obtaining his license in that discipline.

Mayor Hopkins stated he appreciated the work Delgado has put in to ensure the town’s water system was in compliance with state and federal regulations, and for organizing the department and teaching Easthouse what needs to be done to “keep things going in the right direction.”

“Thanks for doing everything to get the town back on track. The town and everyone here thanks you,” councilman John Burns stated.

Reporting on Wyoming Water Development Commission’s water development updates for the town, the mayor said he had inquired whether Chugwater –which has just completed a level 1 water

**See Chugwater on A7**



RANDY BELL/FOR THE RECORD-TIMES

## Majestic longhorns...

These longhorn cattle near Wheatland survey their territory on a recently sunny day. The Texas longhorn breed has a long history on the continent, beginning with conquistadors and Christopher Columbus who brought the original stock. Before fences were constructed they interbred with other breeds brought by settlers on the open range, and only the strongest survived. As a result, longhorns are known for their toughness and resilience. However, some people simply like their beauty.

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**State Auditor Kristi Racines**  
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122 W. 25th Street, Ste. E400  
Cheyenne, WY 82002  
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## Keep in touch with your local leaders

### Wheatland Town Council

Brandon Graves, Mayor  
Josh Kaufman  
Jason Evans  
Kelly Mixson  
Vacancy

*To contact members of the Wheatland council, please call town hall at 307-322-2962 or email clerk@townofwheatlandwy.org*

### Chugwater Town Council

Josh Hopkins, Mayor  
Viki Klein  
Steve Kelley  
John Burns  
Josh Hansen

*To contact the Chugwater council, please call town hall at (307) 422-3493 or email townofchugwater@chugwater.com*

### Glendo Town Council

Susan Juschka, Mayor  
Heather Schoning  
Jeston Cundall  
Kelly Jones  
Vacancy

*To contact the Glendo council, please call town hall at (307) 735-4242.*

**Wyo. Sen. Taft Love**  
Senate District 6  
Platte/Laramie Counties  
taft.love@wyoleg.gov  
(307) 631-8107

**Wyo. Rep. Jeremy Haroldson**  
House District 4  
Platte/Converse Counties  
jeremy.haroldson@wyoleg.org  
(307) 331-2310

### Guernsey Town Council

Ed Delgado, Mayor  
Dale Harris  
Penny Wells  
Joe Michaels  
Jeremiah Fields

.....mayor@togwy.us  
.....Mayor pro-tem  
.....harleydisco@yahoo.com  
.....pennywells@togwy.us  
.....joemichaels@togwy.us  
.....fordfields20@aol.com

### Hartville Town Council

Lisa Mindieta, Mayor  
Vern Yenger  
Kathy Troupe  
Kari Young  
Scott Harmon

*To contact members of the Hartville council, please call town hall at 307-836-2288.*

### Platte County Commissioners

Steve Shockley, Chairman  
.....sshockley@plattecountywyoming.com  
Ian Jolovich  
Jeb Baker

.....ijolovich@plattecountywyoming.com  
.....jbaker@plattecountywyoming.com

### School board: Platte Co. School District No. 1

Lu Lay, Chairwoman  
Diane Haroldson  
Shawn Hoffman  
Amanda Fox  
Clay Becker  
Doug Weaver

.....lu.lay@board.platte1.org  
.....diane.haroldson@boardplatte1.com  
.....shawn.hoffman@board.platte1.org  
.....amanda.fox@board.platte1.org  
.....clay.becker@board.platte1.org  
.....doug.weaver@board.platte1.org

### School board: Platte Co. School District No. 2

Blaine Ayers, chairman  
Gary Anderson  
Sarah Seyfang  
Shawna Reichert  
Robert Ibarra

.....bayers@gsviking.org  
.....ganderson@gsviking.org  
.....sseyfang@gsviking.org  
.....sreichert@gsviking.org  
.....ribarra@gsviking.org

*"It will be of little avail to the people that the laws are made by men of their own choice if the laws be so voluminous that they cannot be read, or so incoherent that they cannot be understood."*

—James Madison

*"But a Constitution of Government once changed from Freedom, can never be restored. Liberty, once lost, is lost forever."*

—John Adams

The Platte County Record-Times encourages responsible letters to the editor on subjects of interest to our readers. Editing may be necessary for space, clarity or to avoid obscenity or libel, but ideas will not be altered. Letters must bear the handwritten signature of the writer and include address and phone number or email address for verification purposes. Neither the street address or phone number will be printed. Letters should be typed or legibly handwritten, and no anonymous letters will be published. Any letters from boards or organizations must include at least one name of an individual. Any criticism of public officials should be limited to issues related strictly to their position or actions made in office, as personal attacks will not be published. Letters involving private disputes between the writer and a business will not be published. Political endorsements will be published, however letters from candidates endorsing themselves will not be printed. Letters may be dropped off or mailed to 1560 Johnston Street, Unit D, Wheatland WY 82201, or emailed to rmort@pcrecordtimes.com or lisa@pcrecordtimes.com. The Record-Times reserves the right to edit or reject any letter to the editor for any reason, and letters chosen for publication do not necessarily reflect the views of this newspaper.

# Wheatland principal recognized for leadership

By Lisa Phelps  
lisa@pcrecordtimes.com

**WHEATLAND** – A Wheatland principal was on the short list of candidates for Wyoming Association of Secondary School Principals (WASSP) principal of the year award.

Former Wheatland High and current Wheatland Middle School and Peak High School principal Josh Sandlian was nominated for the award recognizing leadership and success as secondary school leaders. Beth Blatt of Hart Mountain Alterna-



Josh Sandlian

tive School, Tim Wormald of Powell High School, and Karen Delbridge of Cheyenne Central High School are the other nominees.

“It’s an honor to be nominated for principal of the year, but more than anything, it represents the work done as a school and a district,” Sandlian said. “I couldn’t do it without the hard work of the staff at the high school and now middle school.”

staff at the high school and now middle school.”

WASSP executive director Jeffrey Makelky said Sandlian has been “a very solid principal” for 12 years, leading his

school’s graduation rate way above the national average, and high state testing scores as well. “The fact that Wheatland is recognized as having one of the best principals in the state is something to be proud of. He’s done an outstanding job.”

Sandlian said communication with students, staff, parents and the community is key to being successful as an administrator.

“This nomination reflects everybody’s hard work and how each member of the team works to be better individually and continue to grow, so we can help the students grow,” he added.

“It is great to have quality administrators in our district that make a big

impact on students with their day to day interactions and guidance,” superintendent John Weigel said.

The announcement of the winner of the principal of the year will be made in mid-December.

The Wyoming Association of Secondary School Principals represents 160 secondary principals and assistant principals from across Wyoming. The association fosters leadership and learning within Wyoming schools, collaborating with and empowering school leadership to ensure every student thrives, grows, and receives the tools needed to be successful, whatever path they choose after graduation.

# New dashboard tracks dual and concurrent college enrollment in Wyoming high schools

For the Record-Times

**CHEYENNE** – The Wyoming Community College Commission is excited to announce the release of the Dual and Concurrent Enrollment dashboard as part of the Statewide Longitudinal Education Data System (SLEDS) initiative. The new dashboard displays enrollment trends and metrics for Wyoming high school graduates who take advantage of college and University of Wyoming courses while attending high school. Educators, policy makers, and the Wyoming public will now have instant access to information such as:

- The number of high school graduates participating in dual or concurrent credits.
  - The average number of dual or concurrent credits completed by high school graduates.
  - The top five most commonly taken dual or concurrent courses are listed within each Wyoming school district.
  - The trajectory of high school graduates into a post-secondary education path at a Wyoming community college or the University of Wyoming.
- “This dashboard highlights how dual enrollment is a vital strategy for Wyoming families. It visualizes the significant savings

in both time and tuition costs for parents and students to smooth the path for those aspiring to complete higher education,” said Dr. Laurel Ballard, WCCC Executive Director.

“This new dashboard provides evidence that offering early college opportunities in high school improves student outcomes. Dual enrollment is an effective tool for increasing student achievement and opening doors to post-secondary success for Wyoming students,” said Dicky Shanor, Chief of Staff, Wyoming Department of Education.

All are welcome to view the new dual or concurrent dashboard along with other use-

ful dashboards and informational resources at: <https://wysleds.org/>.

The Statewide Longitudinal Education Data System is a multi-year, joint effort between the Wyoming Community College Commission, Wyoming’s community colleges, the Wyoming Department of Education, the Wyoming Department of Workforce Services, the University of Wyoming, and the Wyoming Department of Family Services to merge data systems. Efforts continue to focus data resources on understanding and enhancing education and workforce outcomes for Wyoming students.

# Students apply geology, technology lessons at Guernsey State Park

By Lisa Phelps  
lisa@pcrecordtimes.com

**GUERNSEY** – Continuing the theme of “learning by doing” which is one cornerstone of education at Guernsey-Sunrise, high school science teacher Karen Wambach took her kids to the local state park for an educational field trip in november.

“The main goal was pretty simple: take all the cool stuff the kids learn in class – like like how rocks form, plate movement, and GPS—and make them actually use it in the real world,” Mrs. Wambach said.

As the earth and space science teacher, Mrs. Wambach has been teaching to state standards for geology and technology in the class.

To prepare for the recent rock hounding and geocaching trip to Guernsey State Park, the students were able to see massive differences in rock layers, like the 359-million-year-old Guernsey limestone and the younger Hartville Formation sandstone. Students were able to look for the unconformity to interpret the huge erosion gap between those two rock layers.

The students used an app called “Geocaching” for the GPS technology component to the trip. The app provides coordinates to find one of several geocache sites within the state park. “It’s a great way to apply the physics of space systems directly to a problem on Earth,” Mrs. Wambach said.

Students were able to use handheld GPS devices to follow specific latitude and longitude coordinants, leading them to local geologic features or Civilian Conservation Corps structures like The Castle or Brimmer Point Overlook. After finding the coordinate of a feature, their team had to find the geocache box, explore inside and use the clues to determine who had discovered the box before them.

Though the class skipped the physical trinkets, they wrote down the date their class discovered the box.

“I would recommend spending a day hiking to find the different geocaches. Most of the sites are along the trails,” Mrs. Wambach said. “It is a great way to get out and do some hiking with a bit of mystery involved to keep it fun.”



**COURTESY PHOTOS**  
High schoolers from Guernsey-Sunrise recently hiked at the Guernsey State Park on an applied science field trip.



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# Find the love you've been looking for



The Bible teaches us that it's God's will for us to help hurting people. In John 13:34-35, Jesus says, "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another" (NIV). Matthew 22:37-39 (NIV) says, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself."

The love message is the power of the Gospel. It's so simple: Love God and love your neighbor as you love yourself. We often think we need someone to love us, but what we really need is someone to love. The world is desperate for real love, so it isn't hard to find someone who needs to be loved.

We live in a society that drives people to selfishness. So much of the advertising we see and hear influences us to want more and more and to never be satisfied with what we have. But the more selfish and self-centered we are, the less power we have to do good and help others.

The good news is we have what we need in Christ to overcome a selfish "What about me?!" mindset and lifestyle. We

have the power of God's love! It's the answer to every dilemma and problem in our society today. And as Christians, our goal is to represent Christ in the world and show His love.

Love is not just a feeling, or a theory, or a nice word. It's action—it's the way you treat people...what you do for others. Love will always cost you something: time, energy, effort, money, giving up your pride, doing what's right when you don't feel like it, keeping a good attitude when you don't get your way.

Loving the way God loves means you love when there's nothing in it for you; it's all about giving out and not expecting anything in return. We're called to outreach, not in-reach. Real love is about dying to self and living to love others.

Before you can love others, you have to experience God's love in your own life, because you can't give away something you don't have. Then you have to be willing to ask God

to teach you to love the way He loves. When you do this, God will enable you to reach out and help someone else. I know this works because I've lived it.

I used to be selfish, self-centered, always thinking about how I could get my way. And I was miserable. See, I loved God and wanted to love people, but no matter how hard I tried to be sweet and nice to everybody, all of my trying was getting me nowhere. I was cranky, hard to get along with, and impatient. God showed me

the problem was that I didn't like myself because of the shame of my past. I grew up in an abusive home, and I felt guilty, condemned, and ashamed because of it. I had to accept God's love for me before I could love anyone else.

So I decided to study God's love in the Word, pray for God to change my heart, and confess what His Word says about His love for me. Every day I would say out loud, "God loves me," and I would say it over and over to purposely keep this truth in my heart throughout the day. After a year of doing this, I finally got a revelation about God's love for me.

Now I am able to trust God's love for me and love others the way Jesus taught us to love. I don't do it perfectly all the time, but I've come a long way and am making progress every day. My prayer

is, "God, show me how I can help others. Make me a blessing everywhere I go. I want to live to love You and others."

Every day I look for ways to add value to people I come in contact with. I can honestly say that learning how to love others with God's love has made me the happiest I've ever been! The truth is you can't be selfish and also be happy or have peace.

Make it your goal each day to pursue God's love and then give it away. First Corinthians 14:1 (AMPC) says to "eagerly pursue and seek to acquire [this] love [make it your aim, your great quest]...." So go after it with all your might, and ask God to make you a blessing everywhere you go! You can do something to help someone. You can live to love, just like Jesus.



PHOTO COURTESY OF ANNABELLE PHELPS

For more on this topic, order Joyce's four-part teaching resource *Live 2 Love*. You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting [www.joycemeyer.org](http://www.joycemeyer.org)

Joyce Meyer is a *New York Times* bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 150 books, including *BATTLEFIELD OF THE MIND* and *OVERCOMING EVERY PROBLEM (FaithWords)*. She hosts the *Enjoying Everyday Life* program, which is broadcast to millions in over 110 languages. For more information, visit [www.joycemeyer.org](http://www.joycemeyer.org)

*Please note: The views and opinions expressed throughout this publication and/or website are those of the respective authors and do not necessarily reflect those of Joyce Meyer Ministries.*

## Platte County Church Directory

### WHEATLAND

**All Saints Episcopal Church**  
605 11th Street  
Reverend Jennie Ketter  
Reverend Jill Zimmerschied  
Phone: 322-9067  
Sunday Worship:  
9:30 a.m.

### Church of Jesus Christ of Latter Day Saints

2956 South Street  
Jacob Lee, Bishop  
801-362-5642  
Family History Center:  
Open to the community Wednesday 6:30pm to 8:30pm

For more information or to make an appointment for an alternate time call or text Robert Christensen at 307-359-3509 or Shellie Christensen at 307-359-3662  
Sunday school 1st/3rd week 10:30a.m.  
Relief society - priesthood 2nd and 4th week 10:30 a.m.  
Sacrament service 9:30 a.m.

### Church of the Nazarene

12th & High Streets  
Dale Braker, Pastor  
Phone: 719-659-0533  
Sunday School: 9:30 a.m.  
Morning Worship: 10:45 a.m.

### Covenant Lutheran Evangelical Lutheran Church in America

1863 South Road  
Phone: 322-9423  
Joshua Bruns, Pastor  
pastorjoshua@wyomingwireless.com  
CLCWheatland@gmail.com  
[www.facebook.com/covenantlutheranchurchwheatland](http://www.facebook.com/covenantlutheranchurchwheatland)  
[www.clcwheatland.org](http://www.clcwheatland.org)  
Worship Service: 9:00 a.m.  
Coffee & Fellowship: 10:00 a.m.  
Sunday School: 10:30 a.m.  
Adult Bible Study:  
Wednesday: 6:00 p.m.

### First Baptist Church

1252 Pine Street  
Phil Benson, Pastor  
Phone: 322-3676  
Sunday School: 9:45 a.m.

Worship Service: 11:00 a.m.  
Afternoon Service: 1:30 p.m.  
Wednesday Prayer & Bible Study 7:00 p.m.

### First Christian Church

95 19th Street  
Casey Schroeder, Minister  
Office Phone: 322-3132  
Sunday School: 9:00 a.m.  
Worship: 10:15 a.m.  
Youth Group Sunday  
Nights: 6:30 p.m. 6th - 12th grade

### Impact Ministries Inc. (Assembly of God)

Jeremy Haroldson, Pastor  
956 Maple St.  
Church office hours:  
Wednesday & Thursday  
9:30 p.m. - 3:30 p.m.  
Church phone: 331-7544  
Email: [impact@wyoming.com](mailto:impact@wyoming.com)  
Website: [www.impactwy.org](http://www.impactwy.org)  
Sun: Worship Service: 10 a.m.  
Tues: Small Group Mtg: 6:30 p.m.  
Men's Study Group: 7 p.m.  
Small Group Mtg: 6:30 p.m.  
Thurs: Small Group Mtg: 6 p.m.  
Women's Study: 6:30 p.m.  
Sat: Celebrate Recovery: 5:00 p.m.  
Youth Group CR and other groups see website for more information

### Kingdom Hall of Jehovah's Witness

1855 Center Road  
Phone 322-3185  
or 322-9339  
Worship:  
10:00 and 11:00 a.m.

### Memorial Baptist

202 19th Street  
Chris Furl, Pastor  
Phone: 322-3236  
E-mail: [mbcwheatland@gmail.com](mailto:mbcwheatland@gmail.com)  
Website: [www.mbcwheatland.com](http://www.mbcwheatland.com)  
**Sunday**  
10:00 a.m. Morning Worship  
6:00 p.m. - 8:00 p.m. High School Youth Group  
**Monday**  
11:55 a.m. Free Lunch for High School Students  
**Tuesday**  
6:30 p.m. Women's Bible Study

### Wednesday

9:00 a.m. Women's Bible Study  
6:30 p.m. More 'Bout Christ - Middle School Youth Group  
6:30 p.m. Adult Christian Education

### Pioneer Baptist Church

28 Fish Creek Road  
Phone: 322-2637  
Sunday School: 10:00 a.m.  
Morning Service: 11:00 a.m.  
Afternoon Communion Service:  
1:30 p.m.  
Wednesday  
Bible Study: 7:30 p.m.

### Seventh Day Adventist Church

1257 Walnut Street  
Phone: 322-4740  
Pastor: Dennis Pumford  
Head Elder: Tom Downey  
Services:  
Saturday, 9:30 a.m.

### St. Patrick's Catholic Church

1009 9th Street  
Phone: 322-2070  
Father, Chester Murtha  
Deacons: Terry Archbold,  
Chuck Ruwart & Steve Lucas  
Saturday Evening Mass: 5:30 p.m.  
Sunday Morning Mass: 9:00 a.m.  
Confessions:  
Saturday: 4:30-5:00 p.m.  
Sunday: 8:00 a.m. - 8:30 p.m.  
or by appointment

### Trinity Lutheran Church

1004 Willow Street  
Missouri Synod - 322-3291  
Lincoln Winter, Pastor  
Sunday Services: 9:00 a.m.  
Bible study to follow

### United Church of Christ

11th & Walnut Streets  
Phone: (307) 322-5064  
Rev. Dr. Lisa Stenmark  
Worship Service:  
10:00 a.m.  
Food Pantry: M-F: 9-Noon  
Alzheimer's & Dementia Caregiver Support Group (307) 3312-1951  
Platte Manor Apartments  
Food Bank

### Wheatland Bible Church

Highway 312 & Palmer Canyon Rd. (P.O. Box 685)  
Tony Borton, Pastor  
Danny Fredericks, Youth Pastor  
Phone: 322-9869  
Sunday School: 9:30 a.m.

Worship Service: 10:45 a.m.  
Wed. Junior High Youth Group & Pioneer Club: 5:30 p.m.  
[www.wheatlandbible.com](http://www.wheatlandbible.com)  
307-322-9869

### Wheatland Worship Center Wheatland's Miracle Center

14th & Cedar Streets  
Phone: 322-2508 & 247-7888  
Geoff Gonifas, Pastor  
Fellowship Time 9:15-9:50 a.m.  
Sunday Morning Meeting:  
10:00 a.m.  
Wednesday Bible Study & Prayer Meeting - 7:00 p.m.

### Community by Grace

91 S. Wheatland Hwy  
P.O. Box 954  
David Weber, Pastor  
Phone: 331-0779  
[www.communitybygrace.org](http://www.communitybygrace.org)  
Find us on Facebook  
Worship Service:  
Sunday: 11:00 a.m.

### HARTVILLE

#### Episcopal Church of Our Savior

Phone: 836-2908  
Sunday Worship: 9:00 a.m.  
Church School K-6:  
Wednesday 4:00 p.m.  
Bible Study: Monday 6:30 p.m.  
(307) 836-2321  
(307) 836-2082

### GLEND

#### Glendo Community Church

118 N. Paige - PO Box 83  
Worship Service: 9:00 a.m.  
Sunday School: 10:00 a.m.

### Our Lady of Lourdes Catholic Church

Father: Lucan Simango  
Phone: 358-2338  
Sunday Mass: 7:00 a.m.  
Reconciliation: Before mass or by appointment

### The Episcopal Church of St. John The Baptist

The Rev. Tom Ketter  
Information Phone:  
359-9238  
Sunday Worship: 9:00 a.m.  
except last Sunday of the Month Oct. - May,  
11:00 a.m. services with carry-in dinner afterwards.

### Circle G Cowboy Church

35 Glendo Park Road, Glendo, WY  
Pastor, Tim Millikin  
Phone: 307-331-2398  
Pastor's wife, Lisa Millikin  
307-331-1714  
Please join us for fellowship @ 5:00pm and services

### CHUGWATER

#### Chugwater Valley Church

120 - 3rd Street  
Phone: 422-3332  
422-3331  
Sunday School: 10:00 a.m.  
Morning Worship: 11:00 a.m.  
email: [chugvalleychurch@gmail.com](mailto:chugvalleychurch@gmail.com)

### United Methodist Church

505 Clay Avenue  
Morning Worship: 9:00 a.m.  
Sunday School: 10:00 a.m.  
[www.wheatlandwyomingumc.com](http://www.wheatlandwyomingumc.com)  
[wheatlandwyomingumc@gmail.com](mailto:wheatlandwyomingumc@gmail.com)  
307-322-3899

### Mary Queen of Heaven Catholic Church

Pastor: Fr. Hiep Nguyen  
Deacons: Terry Archbold,  
Chuck Ruwart & Steve Lucas  
Sunday Mass:  
11:00 a.m.  
Confessions:  
After Mass or by Appointment

### GUERNSEY

#### Faith Fellowship

600 W. Chugwater Street, Guernsey  
Randy Simmons, Pastor  
Phone: 836-2217  
Sunday School and Bible Classes for all ages: 9:00 a.m.  
Worship: 10:30 a.m.  
High School Youth Group at 6:30 p.m. at 740 River Dr. in Guernsey  
Wednesday: Awana club 4:00 - 5:30 p.m.  
Middle School Youth Group: 6:30 p.m.  
Small Groups meet throughout the week at different locations.

### St. Anthony's Catholic Church

N. Kansas Avenue  
Father Ray Moss  
Phone: 307-532-5556  
Saturday Mass: 4 p.m.  
Sunday Mass: 9:00 p.m.  
Weekday Mass: Monday at 12:00 p.m.

### United Presbyterian

Wyoming Ave. & Pittsburgh St.  
Church: 836-2566  
Worship Service: 9:00 a.m.  
Fellowship following worship.  
Thrift Shop  
Friday: 1:00 - 4:00 p.m.  
First Sunday: 9:00a.m. - 11a.  
[guernseyunitedpresbychurch@gmail.com](mailto:guernseyunitedpresbychurch@gmail.com)

### Oregon Trail Baptist Church

Corner of Pittsburgh & S. Dakota  
(Old Church of God building)  
Jason Miller, Pastor  
Phone: 307-298-0728  
Sunday School 9:30 a.m.  
Sunday Morning Services  
10:30 a.m.  
Bible Study; Wednesday, 7:00 p.m.

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*"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."*  
-John 14:26, 27 KJV



FUNERAL HOMES & MONUMENTS



Where coffee and community come together



FILE PHOTO BY LISA PHELPS/PC RECORD-TIMES

The Industrial Siting Division's hearing to consider NextEra's Chugwater energy project application took place on Nov. 20-21, and nearly filled the Chugwater community center to capacity. The hearing, which is postponed until January, is a legal proceeding, and as such requires parties to the application to appear in person.

## Chugwater

FROM A4

study – could skip to the level III funding study in order to speed up the process to obtain grants to fix the town's aging water system. He was informed it is possible, but a middle-level engineering report needs to be completed to open up level III funding opportunities in the fall.

Sunrise Engineering was approved to create the necessary report, hopefully beginning in January, in order to be prepared to request the funding.

The town also approved funding for employees to attend a rural water virtual mini-conference, and approved a contract with backup water operator Mark Court.

A contract proposal from backup water operator Linda Webster was discussed, but tabled until some aspects could be clarified in the contract. However, \$500 in compensation for Webster's study time to complete her certification tests was approved by the council.

### Light issues fixed

Mayor Hopkins reported, town employees had noted the lights along main street were staying on very late in the morning. An inquiry to Wheatland REA revealed the problem was with the decades old "photo eye" automatic sensor. The REA courteously located the box location for the town, and the town hired W.G. Dale Electric Co. to replace the unit.

It is anticipated the new "photo eye" should work for many years to come.

### Franchise agreement

After authorization from the council, the mayor had negotiated with Mountain West Technologies, operating in Chugwater as Chugwater Telephone Company, to update a franchise agreement for the use of the town's right-of-ways for the company's hardware.

On the first reading, the council passed the agreement (ordinance 330) with changes as discussed at the meeting. The agreement renews annually unless cancelled by either party, and arranges for MountainWest to provide services to all the town's property which the town wishes to connect to their service.

### Tour de Platte

The council approved to waive fees to use the park concession stand and community center for the Tour de Platte in May, after a report presented by newly-appointed Tour de Platte committee member Dean Webster.

### Planning and zoning

In his planning and zoning report, councilman Burns encouraged public participation at the monthly meetings (first Wednesday of each month). "I've received several comments from people

in the community. We're only trying to do good for the town and make it less costly to relocate here – less restrictive, and so building permits cost less." he said, adding, "There's certainly some mis-information going around town is what I've gathered... we're pretty much a screening committee (planning and zoning) putting together an amalgam of thoughts and it will all go before the public to comment on later."

Three separate council-approved readings are required to enact any changes or additions to town ordinances.

Mayor Hopkins added, any changes to town regulations require a public hearing so the public can discuss the changes before anything can be voted on. "We want community buy-in," he added.

### Adopt-a-pole

Adopt-a-pole materials were recently ordered, and the garland and lights are ready for the town to put on the poles. The solar-powered L-E-D string lights will be under control of the town, who will turn on the lights two weeks before the specified holidays, and seven days after the holiday. Businesses and individuals who adopt each pole will be in charge of any additional decorations to the garland and lights.

Adopt-a-pole organizer Ron Hall is promoting the idea as one way to beautify downtown and engage the community with the adopted poles decorated for holidays throughout the year.

### Communications

Communications committee member Cathy Wilson said Ben Glenn has taken over the responsibility of the town newsletter. The town's community dinner this month will feature white beans and ham; and the community tree lighting ceremony will be held during the community dinner.

### ISD permit hearing impacts

Wilson also reported the Industrial Siting Division has tentatively reserved the community center for Jan. 28 – 29, and the sound crew will be setting up the afternoon of the 27th.

"Tammy (Hartung) will need help setting it up like a courtroom again. It was a huge amount of work," Wilson said, adding, "We need to make sure there are no more chairs in the room than are allowed (maximum occupancy). We were close [during the ISD hearing]. There were 130 people at one point, and our building maxes out at 134. There were three fire marshals in the building who were questioning the capacity. That's how I got the number."

Wilson also said she was told by NextEra project manager Anthony Bianchini the company would comp the seniors for a meal since they missed out on their meal during the hearing at the community center, but he has not gotten back with her.

Mayor Hopkins said he'd get in touch with Bianchini via email about the matter.

Regarding the ISD hearing in November, Mayor Hopkins said councilwoman Klein and he attended both days. "These things usually last one day or a day and a half. We were told by the chairman and everybody else that this was very unusual. A lot of people were representing themselves, who are very concerned about the project and want to be heard. I think the complication with it is – and what the chairman told us of the ISC (Industrial Siting Council) – The hearing is a legal proceeding. They expect attorneys to get up and say a few things, to say "look at exhibit ABC." All the documents have already been submitted, but a lot of people wanted to take as much time as they could to express their point. I understand their point in doing that, especially how strongly some people are opposed to the project. Added to the time was the cross-examination allotted for those presenting and the witnesses."

Hopkins continued, because of the volume of information, the hearing extended beyond the timeframe that had been anticipated, and the ISD still had not concluded their testimony as to the degree of completion of the Chugwater Energy Project permit application.

"There was still a lot of stuff [presented]: a lot of back-and-forth on presenting every aspect of how does the wind affect this, how the battery does that – and various concerns and stipulations that people wanted in place," the mayor said. "So the outcome of this id, Jan. 28-29 will tentatively be the finalizing of the hearing. What was not fully completed was 'Phase I' – which is the portion to decide if the project will it happen or not; 'Phase II' (setting impact assistance to municipalities and special districts) did not happen. They've (ISC) never had a multi-day delay like this."

After this summary, Hopkins explained to the council why the town would be paying a large sum in attorney's fees this month.

The ISD is a legal proceeding, and as such, all affected parties (including the municipality of Chugwater) were instructed to be present and prepared to answer

questions at the commencement of phase II of the hearing. Since there were multiple delays, Hopkins said Chugwater's attorney was there for several hours.

"In anticipation of having to present, our attorney was there and he was a little displeased with how it was run and how much time was allotted – because what I think is not appreciated: there was a town attorney there from all municipalities in a three-county area and they [all had to be paid]. Those were all municipal dollars flying out the door for people sitting there who were not given proper notice to [whether they were] even going to have time to speak. And of course, there is a lot of travel time for those people to come and speak," Hopkins said.

Addressing the council, Hopkins pointed out 80 – 90% of the invoice for the town's attorney was for time spent waiting on-site during the hearing (\$3,500). "An additional \$13,000 - \$14,000 was all for ISD write-ups (impact assistance documents), and \$3,111 was from Sunrise Engineering for discovering costs for impact assistance requests."

The mayor also stated, it was possible to see if NextEra would help pay the attorney fees, as part of the company's expenses for the ISD permit hearing. In the mean time, at the Dec. 1 council meeting, the claims (including attorney and engineering fees) were approved as presented.

"We're still waiting to present our case for impact assistance on Phase II. On Jan. 28-29, hopefully we will be finding out how this thing goes," Mayor Hopkins concluded.

In the mean time, limited appearance statements can be submitted for consideration of the Industrial Siting Council, via the Industrial Siting Division. The ISD can be contacted by email (deq-isd@wyo.gov), mail (ISD, 200 W 17th St., Suite 400, Cheyenne, WY 82001); or by calling 307-777-7174.

### Executive session

Councilwoman Klein mentioned community center manager Tammy Hartung lost two days of pay with the additional 50 to 60 hours of extra work to prepare for the Industrial Siting Division hearing last month.

After an executive session to discuss personnel issues, the council voted to pay Hartung an additional \$1,000 for her efforts. The council also voted to give Christmas bonuses to town employees based on how much of the year they had been employed.



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**NEWS BRIEFS**

From Wyoming News Exchange newspapers

**Casper airport sees 10-year high for November flights**

**CASPER (WNE)** — Casper/Natrona County International Airport hit a 10-year high for November traffic, in line with a busy holiday season nationwide. The airport saw 8,339 flights depart last month, the highest number since 2015, airport spokeswoman Katie Reed said. The Federal Aviation Administration announced before Thanksgiving it was anticipating the busiest holiday travel period in 15 years, with more than 52,000 flights on the Tuesday before the holiday. This year has been busier on average than 2024, with the airport on track to surpass 100,000 flights, but Reed declined to share the exact number in lieu of the airport's contest for guessing the total number of flights from the airport in 2025. Despite the government shutdown

during October and part of November, the airport maintained an increase in flights for each month over last year, Reed said. "We were really lucky in Casper, the shutdown really didn't impact travel beyond a couple of cancelled flights via the FAA," Reed said. And Reed noted the airport is hoping its flight traffic will be up this year, too, after a dip in flights last December from 2023.

**WYDOT urges drivers to stop racing road closure gates**

**CHEYENNE (WNE)** — The Wyoming Department of Transportation urges drivers to stop racing highway road closure gates this winter season. WYDOT has experienced an increase in road closure gate crashes and near misses in recent winters as drivers try to race the gate as employees are lowering it. At least 23 recorded crashes have taken place since 2020, not to mention near misses. "What drivers don't understand is that they're racing to be the first one on a

closed road, not the last one on an open road," said WYDOT assistant chief engineer Mark Ayen. Per Wyoming statute, road closure signs — including overhead digital messaging signs — meet the requirements for notifying the public that a road is closed, even if WYDOT staff haven't made it to a road closure gate yet. "The gates have to be hand-cranked, which often means someone has to leave their plowing route to travel to the gate and lower it," said Ayen. "Sometimes that can take as long as 45 minutes, especially for remote locations. We don't want folks driving on what they think is an open road while we're making our way to the gates. Drivers should heed all signage and check WYDOT's 511 tools before traveling." Beyond ensuring safety for the public and WYDOT employees, fixing and replacing damaged road closure gates has cost the agency almost \$180,000 over the last five years. When WYDOT closes a road, it is for a good reason; whether it's due to extremely limited visibility, drifting snow impacting the roadway, or a crash blocking all lanes. However, WYDOT does prioritize implementing travel authorizations through the Wyoming Travel Authorization Program to allow traffic on portions of closed roads for drivers to get to work, home, to livestock or other essential business as conditions allow.

**I-80 tunnels reopen before first snowfall**

**ROCK SPRINGS (WNE)** — While Wyoming Department of Transportation officials are still "very distraught" by the Feb. 14 tragedy that forced the closure of the westbound tunnel, they are "relieved" to get traffic moving again in both lanes through both tunnels prior to the worst of Wyoming's winter weather, according to a WYDOT spokesperson. WYDOT reopened the westbound tunnel to two lanes of traffic on Wednesday, Oct. 29. "With some early delivery of new electrical components and some use of temporary materials, crews were able to expedite work on the lighting system and signage," Stephanie Harsha, WYDOT District 3 Public Relations Specialist, told the Rocket Miner. She noted the tunnels were initially

reopened with a speed limit of 35 miles an hour. WYDOT adjusted the speed limit from 35 mph to 50 mph in the westbound tunnel after WYDOT, the consultant team and the Wyoming Highway Patrol evaluated the current level of visibility for drivers. The work is still not complete, according to Harsha. Construction will resume on the westbound tunnel in the spring, when crews will return to complete the lighting for both lanes in the westbound tunnel. Harsha said completion of the project will be dependent on material delivery, but the initial date is set for June 30, 2026. Drivers can expect similar conditions, with head-to-head traffic in the eastbound tunnel this spring while crews complete the final stages of work. In addition, WYDOT engineers are putting together a second project to upgrade safety and communication systems in both tunnels, she added. "That project is currently in the design phases."

**ADP Pay Insights: Wyoming workers see wage growth of 6.4%**

**CHEYENNE (WNE)** — New data from ADP Pay Insights finds job-stayers in Wyoming saw their pay increase 6.4% year-over-year from November 2024 to November 2025, which ranked No. 1 among all states for wage growth. ADP, a global leader in HR and payroll solutions, also found the median annual salary for job-stayers in Wyoming in November was \$66,000. Nationally, median annual wage growth for job-stayers was 4.4%. Nationally, wage growth for job-changers grew 6.3% year-over-year. For workers evaluating the labor market, the industries with the highest year-over-year pay growth in November were financial activities with 5.2% growth, manufacturing with 4.8% growth, and leisure and hospitality with 4.5% growth. Nationally, the industries that added the most jobs in November were education and health services adding 33,000 jobs and leisure and hospitality adding 13,000 jobs. ADP's Pay Insights captures over 15 million individual pay-change observations each month and can be found online at [payinsights.adp.com](https://payinsights.adp.com).



FILE PHOTO BY WYOMING GAME AND FISH DEPARTMENT

A male ringneck pheasant is released into habitat in southeast Wyoming.

**Final pheasant stocking in tri-county area**

For the Record-Times

**TORRINGTON** — The Wyoming Game and Fish Department will stock pheasants at Glendo State Park and Goshen County walk-in areas 24 & 63, and Laramie County WIA 2 two final times during the week of December 8. There were approximately 18,000 pheasants released by Downar Bird Farm personnel this year. In addition to Glendo State Park and Goshen

and Laramie County WIAs, birds were stocked at Springer and Table Mountain Wildlife Habitat Management Areas. The supply of pheasants usually lasts until about mid-December each year. Hunters and recreationists are reminded that Springer and Table Mountain WHMAs are closed to motor vehicle use until May 15 to reduce stress on wintering wildlife. Foot and horse access is open year-round.



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# Feds resume low-income heating help in Wyoming days after temps plunge

*Some households face service shutoffs, in part, due to a delay in the program caused by the federal government shutdown*

By Dustin Bleizeffer  
WyoFile.com

**WYOMING** – The Trump administration has resumed a heating assistance program for low-income households, days after much of Wyoming saw temperatures plunge into the single digits.

The Wyoming Low Income Energy Assistance Program rebooted on Monday after a 45-day pause due to the federal government shutdown. The shutdown ended Nov. 12. Nevertheless, an appropriation for the federal program wasn't released until Friday. Wyoming received \$9.6 million, according to Wyoming LIEAP, allowing assistance payments to resume immediately, officials announced.

"With the restoration of federal funding, the LIEAP team has begun notifying applicants whether they are eligible to receive benefits and, if eligible, the amount of the benefit," Wyoming LIEAP said in a press release.

Though the program, managed by the Wyoming Department of Family Services, was forced to idle payouts in mid-October, state officials still urged people to submit applications during the pause so staff could determine eligibility and quickly resume processing disbursements. The agency received

and reviewed about 4,000 applications during that time, in addition to about 1,100 before the shutdown impacted the program.

Wyoming LIEAP distributed \$6.1 million to 8,236 Wyoming households last winter season, according to the agency.

The program helps pay "a portion of winter heating bills for natural gas, electricity, propane, coal, wood and other fuel types" for households earning less than 60% of the state's median income, which was about \$75,000 in 2024. Priority is given to elderly and disabled residents, and families with children under

*"We mostly hear from our callers that many are unable to make any payment arrangements to avoid shutoff."*

–Ann Clement

5 years old.

Payments on behalf of qualifying households typically begin on Nov. 1 each year, and the program continues through early spring. Delays this year, however, left some in the cold and facing utility service shutoffs for unpaid bills, according to Wyoming 211 Executive Director Ann Clement.

"We mostly hear from our callers that many are unable to make any payment arrangements to avoid shutoff," Clement told WyoFile. People with medical issues "are being disconnected, lots of broken furnaces and no resources to assist with repair or replacement," she said. "Things just start to pile up."

Another energy assistance program, Energy Share of Wyoming, began accepting applications Monday. The nonprofit organization, comprised of several utility

and energy companies, serves as a backup "when unusual circumstances create financial needs not met through existing energy assistance programs," according to the group. Energy Share raised \$108,000 in private and corporate donations to help 236 Wyoming households last winter. "Total distributions for energy bill and propane bill assistance totaled \$75,422.58," the group said.

This year, Energy Share shifted its qualifying threshold upward to consider higher household incomes, casting a wider net for those who might qualify.

While the average residential cost of electricity in Wyoming remains lower than the U.S. average, customers here are experiencing a national trend of rising monthly utility

bills. Wyoming homes experienced a year-over-year increase of about 4% in August, according to a report by the University of Wyoming School of Energy Resources, compared to a national average increase of 6%.

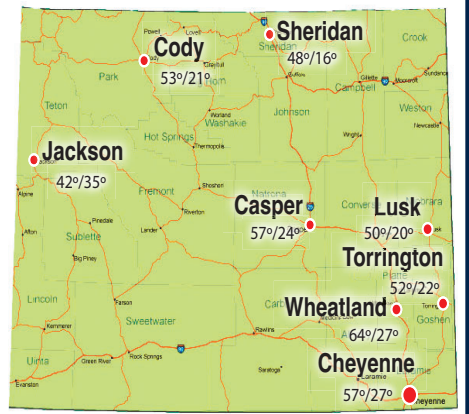
To learn more about Wyoming LIEAP and how to apply, go to this website. To learn more about Energy Share of Wyoming and how to apply or how to donate, go to this website.

Because social service organizations differ across Wyoming communities, one of the best ways to find help or to learn how to help is to visit the Wyoming 211 website or dial 2-1-1. The call center can connect you to local services and organizations.

*WyoFile is an independent nonprofit news organization focused on Wyoming people, places and policy.*

## Today's Weather

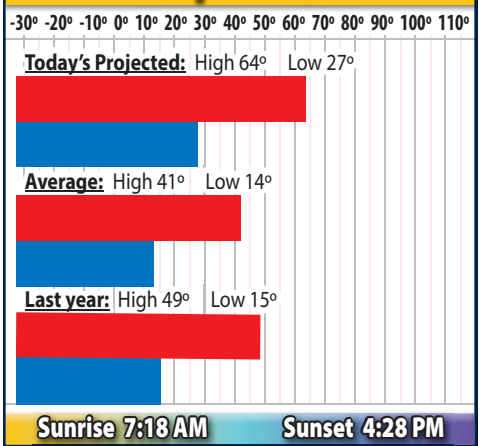
### Wyoming High/Low for Thursday



### 5 Day Local Forecast

Day	High	Real Feel	Low	Real Feel	Precipitation
Thursday 12/11	64°	57°	27°	16°	20%
Friday 12/12	42°	42°	35°	35°	60%
Saturday 12/13	54°	52°	26°	22°	6%
Sunday 12/14	59°	60°	30°	26°	2%
Monday 12/15	52°	51°	30°	15°	4%

### Temperature °F



# Banner Health initiates visitor restrictions

*Changes in effect at all Banner Health facilities, including Platte County Hospital*

For the Record-Times

**PHOENIX, ARIZONA** – Banner Health's seasonal visitor restrictions are in effect today, Dec. 1, through March 31, 2026, due to the flu and respiratory virus season. These restrictions impact all Banner hospitals across six states.

The restrictions include:

Children under the age of 13 are not allowed to visit patients in their rooms. If visiting a hospital, children under the

age of 13 must be always supervised by an adult in public waiting areas and cafeterias.

Visitors are asked not to come to the hospital if you are experiencing fever, cough, vomiting or diarrhea

Siblings may visit the new baby on the obstetrics unit but may be screened for illness by staff prior.

Visitors are highly encouraged to wash or sanitize hands frequently while at the hospital to prevent getting the flu or potentially spreading any illness.

"The health and well-being of our patients, staff and visitors are extremely important to us," said Joan Ivaska, executive director of infection prevention at

Banner Health. "We implement hospital restrictions during this time of year to keep everyone safe and help prevent the spread of infection. We appreciate visitors complying with our precautions to help protect themselves and others."

Medical experts have been keeping a close eye on this year's flu and respiratory virus season. While hospitalizations currently remain low, Banner Health encourages everyone over the age of six months to receive the flu vaccine to protect themselves and others. It takes about two weeks after vaccination for protection to set in. Flu shots are available at a Banner Health Urgent Care; most insurers will cover the cost of the vaccination.

# Comment wanted from local ag community

*Governor seeks input for Cowboy State Agriculture Initiative*

For the Record-Times

**CHEYENNE** – Governor Mark Gordon encourages Wyoming's agriculture community and stakeholders to participate in sharing industry-related insights through the Cowboy State Agriculture Initiative questionnaire.

The questionnaire is located on the Wyoming Department of Agriculture website at [www.agriculture.wy.gov/cowboy-state-ag-initiative](http://www.agriculture.wy.gov/cowboy-state-ag-initiative). The opportunity to provide input will end on Monday, Dec. 15.

"I encourage every producer, landowner, and citizen to take a few minutes

to share their ideas," Governor Gordon said. "Your thoughts will help us build practical solutions to keep Wyoming agriculture strong, innovative, and resilient for generations to come."

For more information, contact Amy Edmonds, Governor's Office, Communications Director, [amy.edmonds@wyo.gov](mailto:amy.edmonds@wyo.gov); or Derek Grant, Department of Agriculture, Public Relations Officer, [derek.grant@wyo.gov](mailto:derek.grant@wyo.gov).

### About the Initiative

The Cowboy State Agriculture Initiative is dedicated to ensuring the future of agriculture in Wyoming by creating financial and educational opportunities,

leveraging technology and research, and supporting local producers and natural resource managers for the continued success of agriculture and its contribution to Wyoming's economy and culture.

Through the Cowboy State Agriculture Initiative, the Governor's appointed working group is committed to preserving Wyoming's agricultural heritage for current and future generations. The members of the group include executive branch advisors, state legislators, county commissioners, association representatives, University of Wyoming officials, and business leaders.

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## Middle school girls basketball teams finish season

By Sally Nichols  
Contributing Writer

**LINGLE and DOUGLAS** – The Wheatland Middle School girls basketball season came to a close on Saturday at their respective conference tournaments. The A team competed in Torrington, the B team competed in Lingle, and the C team competed at Douglas.

The A team beat Buffalo 35-32 in their

first round of the tournament. Leading scorers for the Bulldogs were: Bailey Milnes with 17 points, Aspyn Lange with eight, Hannah Lloyd with five, Payton Bolander with three, and Teagan McGuire with two points.

In the championship game, the A team lost to Douglas 19-33, so they finished the season in second place.

Leading scorers for WMS were: Bolander with seven points, Bailey Milnes and

Hannah Lloyd had four each, and Claire Whitney and Lilah Knight had two points each.

The WMS B Team beat Buffalo by a score of 23-10 in the first round, which set them up for the championship against Douglas.

The B gals were closer than their first encounter this season and lost by seven points, which earned them second place in the tournament.

The C Team lost both of their games at the 7th grade B tournament.

Planning ahead, WMS boys basketball season starts on January 5<sup>th</sup>, as well as WMS girls wrestling. Parents are asked to please make sure athletes have a physical on file at WMS. If an athlete has not competed in a sport this season or received a physical in May at the all-school clinic, they may need to schedule a physical prior to the first practice.

### COLLEGE CORNER

#### WHS grads, former teammates compete at college level

By Sally Nichols  
Contributing Writer

**LARAMIE** – The University of Wyoming hosted their first meet of the 2025-2026 season in Laramie on Saturday, Dec. 6th. Desirae Iacovetto ('25) and Lily Nichols ('24) competed for the Cowgirls and Brock Peasley ('24) competed for South Dakota School of Mines. All three were warming up on the track at the same time; it was a great sight to see our WHS Grads competing together.

Iacovetto ran the 55m hurdles, earning 11th and the 55m dash in 7.32 for eighth place.

Nichols earned sixth in the high jump and pr'd in the 55m hurdles at 9.07, which was good for ninth place.

Peasley placed fifth in the long jump at 20'10".

Layne Goertz ('24) also competed this past weekend for the Eagles at the Birds and the Bees Meet hosted by Chadron State College. Goertz earned fifth place in the 60m, running 8.23; and fourth place in the 200m, running 27.82.

Iacovetto and Nichols will both be competing in the pentathlon for UW at UCCS in Colorado Springs, Colorado on Friday, Dec. 12.

Goertz and Peasley will both compete after the new year on Jan. 17th at the Dave Little Invite in Spearfish, South Dakota.

#### Stone plays in college football national championship

By Sally Nichols  
Contributing Writer

**U.S.A.** – Bode Stone (WHS '25), played in the national championship game for NJCAA Division III Football. Stone plays for the Wildcats of North Dakota State College of Science. He and his team traveled to Glen Ellyn, Illinois to compete against Dupage, the number-one ranked team in the nation.

The Wildcats entered the game with a 10-1 record as Dupage posted a 6-2 record. However, Dupage had won the previous four straight championships.

The Wildcats put up a fight, but experience edged them out as Dupage finished on top with a score of 36-13. The Wildcats will definitely be gunning for the Chip next season with the help of Stone, #50.



Bode Stone poses with his parents, Eli (left) and Jen Stone at the championship game in Illinois.

COURTESY PHOTO

### WINTER SPORTS PREVIEW

## WHS basketball programs gear up for opening weekend

By Sally Nichols  
Contributing Writer

**PINE BLUFFS** – The WHS Girls and Boys Basketball Teams will open this weekend at Pine Bluffs. The Bulldogs will face some of the best returning teams in 1A/2A basketball from around the state. The tournament will kick-off with the JV girls on Thursday at 4 p.m. and the varsity team at 5:30 p.m. against Pine Bluffs. The Boys JV will also play at 4 p.m. and the varsity will tipoff at 7 p.m.

Pine Bluffs is always tough to beat on their home court for the boys and girls.

The PBHS girls posted a 20-9 record in 2025 and return all-conference players Reese Graves, Avery Gray and Avery Sweeter. The PBHS boys posted a 16-13 record in 2025 and qualified for state. The Hornets will showcase returning all-conference player Carsten Freeburg and standout Cade Fornstrom.

On Friday, the varsity girls will take

on Lingle at 10 a.m. and the JV will follow at 1 p.m. at Burns High School. The varsity boys take on Lingle at 11:30 a.m. at BHS and the JV will play at 2:30 p.m.

The Lingle girls posted a 23-6 record in 2025, went 10-0 in conference, qualified for state and return all-conference players Charlotte Speckner, Jordynn Speckner and Skyla Wunder (1A East conference Player of the Year).

The Lingle boys will definitely be a challenge as they were the 2A state champs last season, went 28-0 with a 10-0 conference record, and beat the Bulldogs in the opening tournament

last year by 14 points. Look to the Cook brothers, sons of Head Coach Chris Cook to have an impact inside, both are over 6'4", as well as point guard

Anthony Arnusch to run the show. Arnusch and Brady Cook (1A Southeast Player of the Year)

were both all-conference in 2025.

Friday is a double header on the day with the varsity girls playing Southeast at 4 p.m. at BHS and the JV at Burns Elementary against Southeast at 7 p.m.

The varsity boys will play Southeast at 5:30 p.m. at BHS and the JV plays at 7 p.m. at the old BHS gym.

The Southeast girls posted an 18-8

record and won the 1A state championship in 2025. They return all-conference players Brylie Booth and Kaycee Kosmicki. The Southeast boys posted a 16-13 record in 2025, qualified for state, and return all-conference player TJ Moats.

Local fans will be able to get a piece of the action on Saturday, as Wheatland High School hosts the third day of the tournament against Big Horn.

The JV girls will play at 11 a.m. and the varsity girls will play at 12:30 p.m. at WHS.

The JV boys will play at 11 a.m. at WMS and the varsity will play at 2 p.m. at WHS.

Big Horn girls posted a 16-13 record in 2025, qualified for state, and return all-conference player Ava Taylor. The Big Horn boys posted a 11-17 record in 2025, qualified for state, and return all-conference players: Caleb Adsit, Bridger Doke, Chase Garber and standout Cruz Hernandez.



## Bulldog grapplers to seek build on previous success

By Sally Nichols  
Contributing Writer

**WHEATLAND** – Coach Blaine Eppel will begin his tenure at the helm of the Bulldogs wrestling team. A long standing youth coach in the community as well as an assistant coach at the high school and middle school, he will assume the head coach role for the high school team in 2025-2026.

The Bulldogs return a strong group of starters: Gabe Hagen, junior at 106 lbs; Grady Bohlander, sophomore at 126 lbs; Cooper Meyer, senior at 132 lbs; Colby Gefroh, Sophomore at 138 lbs; Steven Reece, sophomore at 144 lbs; Jacob McDaniel, senior at 157 lbs;

See Wrestling on B3



PHOTO COURTESY OF ANNABELLE PHELPS

WHS wrestling team: Steven Reece (front, l-r), Colby Gefroh, Cooper Meyer, Bryson Lopez, Gabe Hagen and Grady Bohlander; Dawson Hagen (middle, l-r), Glenn Whinery, Sophia Meyer, Josie Burr, Corinne Gaby, Izak Goodro; Kreed Kuntz (l-r), Colby Milnes, Hayden Steinsiek, Tyrell Weber, Kael Gudahl, Jacob McDaniel, Marshall Edwards, David Collins. Not pictured are Taylor Gudahl, Kaylee Weber and Naomi Nielson.

THURSDAY EVENING DECEMBER 11, 2025

Table with 12 columns (Time slots: 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and 25 rows of TV listings for Thursday, Dec 11, 2025.

FRIDAY EVENING DECEMBER 12, 2025

Table with 12 columns (Time slots: 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and 25 rows of TV listings for Friday, Dec 12, 2025.

SATURDAY EVENING DECEMBER 13, 2025

Table with 12 columns (Time slots: 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and 25 rows of TV listings for Saturday, Dec 13, 2025.

SUNDAY EVENING DECEMBER 14, 2025

Table with 12 columns (Time slots: 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and 25 rows of TV listings for Sunday, Dec 14, 2025.

MONDAY EVENING DECEMBER 15, 2025

Table with 12 columns (Time slots: 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and 25 rows of TV listings for Monday, Dec 15, 2025.

TUESDAY EVENING DECEMBER 16, 2025

Table with 12 columns (Time slots: 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and 25 rows of TV listings for Tuesday, Dec 16, 2025.

WEDNESDAY EVENING DECEMBER 17, 2025

Table with 12 columns (Time slots: 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and 25 rows of TV listings for Wednesday, Dec 17, 2025.

Real estate advertisement for a duplex for sale. Includes a large photo of the property, a price tag of \$175,000, and a photo of the agent, Irene Reese. Text includes '307 Realty', 'DUPLIX FOR SALE', '2 Bedroom', '2 Bathroom', 'Income Earning', and phone number '307.575.2980'.

WINTER SPORTS PREVIEW

**WHS**  
Girls basketball  
2025-26 schedules

<p><b>Dec. 11-12</b> @ Burns Tournament <b>Dec. 13 (h)</b> vs. Big Horn 11 a.m. JV 12:30 p.m. V <b>Dec. 15</b> C team @ Lusk 4 p.m. <b>Dec. 16</b> C team @ H.E.M. 4:30 p.m. <b>Dec. 19-20</b> @ Douglas Tournament TBD (JV, V) <b>Jan. 6</b> C team @ Rock River 4:30 p.m. <b>Jan. 8</b> @ Cheyenne South Tourn TBD (JV, V) <b>Jan. 9 - 10</b> @ Cheyenne South tourn. TBD (V) <b>Jan. 9</b> @ Cheyenne East 9 a.m. (JV) <b>Jan. 10</b> vs. East @ Cheyenne South 9 a.m. (JV) <b>Jan. 15</b> @Gering, Nebraska 4/5:30 p.m. <b>Jan. 17 (h)</b> vs. Lander Valley TBD (JV), 1:30 p.m. (V) <b>Jan. 23</b> @ Torrington 4/5:30 p.m. <b>Jan. 24 (h)</b> vs. Rawlins 1:30/3 p.m.</p>	<p><b>Jan. 29</b> @ Burns 2:30 / 5:30 p.m. <b>Jan. 30 (h)</b> vs. Newcastle 4/5:30 p.m. <b>Feb. 3 (h)</b> C team vs. Rock River 4 p.m. <b>Feb. 6 (h)</b> vs. Buffalo 4/5:30 p.m. <b>Feb. 12 (h)</b> vs. Glenrock 4 / 5:30 p.m. <b>Feb. 19 (h)</b> vs. Burns 4 / 5:30 p.m. <b>Feb. 21</b> @ Rawlins 12 / 3 p.m. <b>Feb. 24</b> C team @ Douglas 4 p.m. <b>Feb. 26 (h)</b> vs. Douglas Bearcats 4/5:30 p.m. <b>Feb. 28 (h)</b> vs. Torrington 2:30 / 5:30 p.m.</p> <p><b>Mar. 5-7</b> Regionals @ Buffalo TBD <b>Mar. 12 - 14</b> State tourney @ Casper TBD</p>
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LISA PHELPS/PC RECORD-TIMES

Wheatland High School Lady Bulldog basketball teammates are Mya Connel (front, l-r), June Gentle, Jaylyn Kaufman, Shayden Davis, Halle Huston and Maggie Hicks; Mesa Winger (back, l-r), Allie Keil, Peyton Unrein, Payton Teten, Lily Anderson, Madison Lange, Bianca Dawson, Molly McGuire, Carly Robertson, and Annabelle Phelps. Not pictured are Annabelle Witt and Lexi Jones.

# Lady Dawgs hope to build on momentum to trophy at state

**By Sally Nichols**  
Contributing Writer

**WHEATLAND** – The Wheatland High School girls basketball team will also look to reach the state tournament with the goal of making day three and bringing home some hardware.

Last year the girls finished 21-10 and earned third at the 3A East conference tournament, beating Buffalo; then lost the consolation game against the same team at the 2024-2025 state tournament. Head coach Eric Jones will enter his second year leading the WHS program but has spent more than a decade coaching AAU (Amateur Athletic Union) and youth in the local community.

The Lady Bulldogs return two starters from last season: 5'5" junior guard Lily Anderson and 5'8" junior forward Molly McGuire. Anderson earned all-conference and all-state recognition less than a year ago for a standout season tallying 758 points, 130 rebounds, and 21 assists in addition to reaching 1,000 points in her career in less than two seasons. Anderson is a very skilled point guard, posing a threat inside and out with the ability to split defenders and fight for her own rebound amongst the bigs. McGuire had a solid performance on varsity last season earning 183 points, 160 rebounds and 21

assists. McGuire seems to always be in the right place at the right time, holding off her defender for position and finishing strong at the hoop.

In addition, coach Jones will look to the following returning letterwinners to play big roles: Maggie Hicks, 5'5" junior guard; Shayden Davis, 5'5" junior guard; Haidyn Sisson, 5'5" junior guard; Bianca Dawson, 5'9" junior guard; Halle Huston, 5'4" junior guard; Carly Robertson, 5'9" junior forward; and Madilynn Lange, 5'9" junior center.

Coach Jones expressed his outlook on the season.

"The Wheatland Lady Bulldogs will bring experience, grit, and tough defense to the court this season. Lily Anderson returns as our leading scorer, setting the tone offensively with her ability to take over games as arguably the best guard in the state. Molly McGuire put in tremendous work during the offseason and will be a tough inside-out player who brings relentless effort on both ends of the floor. Bianca Dawson and Shayden Davis gives us pace and control, pushing the ball up the court at a rapid tempo fueling our transition game and putting constant pressure on opposing defenses."

"Alongside them, Margaret Hicks, Halle Huston, and Haidyn Sisson will frustrate opponents with their tenacity and grit while providing

steady leadership in all aspects of the game. Our junior class teammates —Madi Lange and Carly Robertson — and a couple of underclass women are expected to make tremendous impacts on both ends of the floor. Their scoring ability and defensive intensity will create persistent challenges for opposing teams," coach Jones continued. "I'm extremely excited to see the energy this team brings and their ability to compete every night."

Coach Jones looks to powerhouses Buffalo and Cody to lead the state. "We expect Buffalo and Cody to be the most difficult competition in the state. They return several starters and have historically great basketball programs and both programs return a very good core of players. The 3A East conference competition will also be fierce with Douglas and Torrington. Although both programs lost significant leadership and scoring, both teams will bring strength on both ends of the court. Their winning traditions also bring mystique against the Bulldogs," stated Coach Jones.

Jones believes Wheatland will lead the conference, followed by Buffalo, Douglas, and then Torrington. The Bulldogs will open the season at the Burns tournament on Dec. 11 – 13; with game times on home court at the WHS gym on Saturday, Dec. 13 at 11 a.m. (JV) and 12:30 p.m. (varsity).



## Wrestling

FROM B1

Tyrell Weber, senior at 165 lbs; Kreed Kuntz, sophomore at 190 lbs; and Sophie Meyer, sophomore at 170 lbs.

Last year Bohlander was the state champion as a freshman in addition to being all-conference.

Meyer and Kuntz also earned all-conference last season.

Sophie Meyer earned all-conference and is a returning state placer.

The team will also look to the following newcomers and returners to climb the ranks: Colby Milnes, Hayden Stein-sik, Marshall Edwards, Izak Goodro, Bryson Lopez, Dawson Hagen, Corrine Gabey, Kaylee Weber, Josie Burr, and Naomie Nielson.

Coach Eppel discussed his outlook on the season.

"As we enter the 2025-2026 season we do so with increased numbers of athletes, and some returning experience. We should have the opportunity to almost fill a lineup with kids in almost every weight class for duals on the boys side," Eppel said. "On the girls side our numbers aren't very high, but we have some outstanding young women who are willing to work, and have a little experience wrestling. We may not be very competitive as a girls team, but we will definitely have some successful individuals."

"Wrestling is without a doubt the hardest sport there is for an individual – it tests so many different things about a person. We have some great kids, and we look forward to

the opportunity to win some matches on the mat and help them all become the best version of themselves off the mat."

In conclusion, the season looks bright as there has been a state champion wrestler on wither the girls or boys team

for the last four consecutive seasons. Bohlander will look to repeat and many other Bulldogs have their eye on the prize.

The team will host the Blue and Gold Duals this week; Thursday, Dec. 11 at the WHS gymnasium.

**WHS**  
Boys and Girls Wrestling  
2025-26 schedules

**Dec. 11 (h)**  
Blue and Gold Tourney  
@ WHS gym  
**Dec. 12**  
@ Cheyenne East Tourney  
@ CEHS  
**Dec. 13**  
@ Cheyenne Est Tourney  
@ CSHS  
**Jan. 6**  
Duals vs. Laramie  
@ WHS  
5 p.m.  
**Jan. 9 - 10**  
@ Douglas Tourney  
**Jan. 15**  
@ Rock River Duals  
5 p.m.  
**Jan. 16-17**  
@ Green River Tourney  
**Jan. 20**  
@ Torrington quad  
**Jan. 23-24**  
@ Moorcroft tourney  
**Jan. 31 (h)**  
vs. Wheatland tourney  
**Feb. 3**  
@ Glenrock Duals  
5 p.m.  
**Feb. 7**  
@ Southeast Tourney  
**Feb. 12**  
@ Douglas Quad  
**Feb. 13**  
@ Buffalo match  
**Feb. 20**  
Regionals @ Glenrock  
**Feb. 27 - 28**  
State @ Casper

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WINTER SPORTS PREVIEW



Wheatland High School boys basketball team is Justin Cecil (front, l-r), Edgar Navarrete, Dylan Foland, Jake Miller, Ace Keil and Sawyer Adams; Cayden Neely (back, l-r), Braxten Becker, Griff Nichols, Tate Nichols, Payton Lauk, Ayden Lind, Not pictured: Kaycee Metz.

LISA PHELPS/PC RECORD-TIMES

# Wheatland Bulldogs on watch list to lead peers

By Sally Nichols  
Contributing Writer

**WHEATLAND** – The Wheatland High School Bulldogs boys basketball team will make a push again for the class 3A state tournament. The WHS boys finished 16-10, second at regionals last season and played Torrington on day three at the 2025 state tournament, coming up short in the consolation game.

Head coach Mick Cochran will be entering his 24th year of coaching basketball, reaching the career mark of 300 wins as head coach of the Bulldogs. Coming into the season his teams have posted 297 wins and 229 losses with Cochran at the helm of the program.

This season the Bulldogs return two starters, both of which earned all-conference and all-state recognition as sopho-

mores.

Jacob Miller, a 6-foot guard, averaged 12.5 points, three rebounds, two steals, and two assists per game last year. Miller is a shifty lefty and takes no prisoners when he attacks the hoop. His tenacity and sheer grit will be an asset on both ends of the court.

Tate Nichols, a 6'4" shooting guard, averaged 13 points, four rebounds, one steal, and one assist in the 2024-2025 season. Nichols is a pure shooter and deadly if he has a split second to fire a three. WHS had to design an offense to get him open to fire and give him a peak at the basket as he endured some tough match ups from the opposing defense.

Both Bulldogs have one more year under their belt and have been putting some time in to fine-tune their games.

Returning letter winners that coach

Cochran is expecting to contribute are Cayden Neely, 6'2" senior forward; Ty Foland, 6'1" sophomore guard; Justin Cecil, 6'3" junior forward; Payton Lauk, 6'2" junior guard; Ayden Lind, 6'2" junior forward; and Edgar Navarrete, 5'9" junior guard.

Coach Cochran expanded on his outlook, "We have a group that is

searching for an identity. We will only have one senior (Cayden Neely) but we have some young guys that can play.

Jacob Miller is a tough guard for anyone and he plays with a ton of passion. He has a lot of experience and will draw a lot of attention. Tate Nichols is very skilled and can make those around him better. I would expect that he and Jacob (being all state returners) are on everyone's watch list. We also have several role players that we are looking to develop: some young guards that can shoot and some bigger guys to come and add to our physicality.

Our line up may vary a bunch. We can go small and fast as well as go a bit bigger and more deliberate. It will be an interesting year! The shot clock experiments early and then its adoption next year; teams will start working on a plan to get used to that."

"I see us spacing teams out and attacking the rim. Playing fast and very aggressive on defense," the coach said.

Regarding competition in the 3A East conference, coach Cochran stated, "I expect that Torrington will be good again. They will have some size and experience. Douglas is always tough, their big (Peterson) is much improved and he will be tough for most teams to handle. They are loaded with shooters (Roberts) and if they find a good point guard, they will be dangerous. Buffalo will also be very good. Some injuries kept them from being their best last year, but expect them to be ready to go and very tough."

The conference is predicted to shake

out with Douglas as the number-one seed, Wheatland in second, followed by Torrington in third, and Buffalo a close fourth. WHS will play their first home game on Saturday, December 13th, with a game against Big Horn at the WHS gym beginning at 11 a.m. (JV) and 2 p.m. (varsity).

## WHS Boys Basketball 2025-26 schedules

- Dec. 11**  
@ Burns tourney  
4 p.m.
- Dec. 12**  
@ Burns tourney  
9 a.m.
- Dec. 13 (h)**  
vs. Big Horn  
11 a.m. (JV); 2 p.m. (V)
- Dec. 15**  
C team  
@ Guernsey-Sunrise  
4 p.m.
- Dec. 16**  
C team  
@ H.E.M.  
6 p.m.
- Dec. 19-20**  
@ Lander tournament  
TBD
- Jan. 6**  
C team  
@ Rock River  
6 p.m.
- Jan. 8 - 10**  
@ Cheyenne East tourney (EHS/SHS)  
TBD
- Jan. 15**  
@ Gering, Nebraska  
4 / 7 p.m.
- Jan. 17 (h)**  
vs. Lander  
TBD
- Jan. 23**  
@ Torrington  
4/7 p.m.
- Jan. 25 (h)**  
vs. Rawlins  
1:30 / 4:30 p.m.
- Jan. 29**  
@ Burns  
2:30 / 7 p.m.
- Jan. 30 (h)**  
vs. Newcastle  
4/7 p.m.
- Feb. 3 (h)**  
C team  
vs. Rock River @ WMS  
5:30 p.m.
- Feb. 6 (h)**  
vs. Buffalo  
4/7 p.m.
- Feb. 12 (h)**  
vs. Glenrock  
4/7 p.m.
- Feb. 19 (h)**  
vs. Burns  
4 p.m. JV @ WMS  
**Feb. 19 (h)**  
vs. Burns  
7 p.m. V @ WHS
- Feb. 21**  
@ Rawlins  
12/4:30 p.m.
- Feb. 24**  
C team @ Douglas  
4:30 p.m.
- Feb. 26 (h)**  
vs. Douglas  
4/7 p.m.
- Feb. 28 (h)**  
vs. Torrington  
2:30/7 p.m.
- March 5-7**  
Regionals @ Buffalo  
**Mar. 12-14**  
State @ Casper

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**PUBLIC NOTICE**

**NOTICE OF FINAL PAYMENT**  
Pursuant to W.S. §16-6-116, notice is hereby given that The Town of Wheatland has accepted the work on the Phifer Airfield 2025 Reconstruct GA Apron, State Project No. AEA002A, AE-A002B, AIP Project No. 3-56-0030-022-2024, No. 3-56-0030-022-2025, as substantially completed according to the plans, specifications, and contract terms, and Simon Contractors, is entitled to final settlement therefore.

Final payment will be made on the 41st day after the first publication of this notice, which is January 7, 2026, provided no claims are filed.

All persons, firms, or corporations who have any claims for work done or materials furnished on said public work are hereby notified that claims must be filed with the Town of Wheatland before the expiration of this 41-day period. Failure to file within this period will bar such claims.

This section does not relieve Simon Contractors, and the sureties on its bond from any claims for work or labor done or materials or supplies furnished in the execution of the Contract.

Public Notice No. 11986 published in the Platte County Record-Times December 3 and 10, 2025.

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**PUBLIC NOTICE**

**NOTICE OF APPLICATION FOR NEW LIQUOR LICENSE**

Notice is hereby given that on the 25th day of November 2025,

William and Christine Harmon of SCH Services filed an application for a Renewal of a Retail Liquor License in the Office of the Clerk of the Town of Hartville, Wyoming, for the following described place: HARTVILLE BAR & GRILL, 608 W. Main Street, located on Block 6, Lot C Original Town of Hartville, in the SW Corner of the Building. Protests, if there are any against this renewal of license, will be heard at the hour of 6 p.m. on the 11th Day of December 2025, in the Town Hall, Hartville, WY.

Public Notice No. 11987 published in the Platte County Record-Times December 3 and 10, 2025.

**PUBLIC NOTICE**

Pursuant To Section 26B Of The Wyoming Education Code Of 1969 The Following Warrants Over \$500.00 Were Allowed By The Board Of Trustees Of Platte County School District #1 On November 30th, 2025

Date	Payee	Amount
11/17/2025	AMAZON CAPITAL SERVICES	\$2,262.58
11/17/2025	APPLE COMPUTER INC.	\$658.00
11/25/2025	BLACK HILLS ENERGY	\$10,158.00
11/17/2025	BRUCO INC.	\$10,927.46
11/17/2025	CAPITAL BUSINESS SYSTEMS	\$2,072.57
11/17/2025	CARVER FLOREK & JAMES, CPA'S	\$32,000.00
11/25/2025	CENTURYLINK	\$782.79
11/3/2025	CENTURYLINK	\$773.49
11/17/2025	CRIMSON HEIGHTS	\$40,300.00
11/17/2025	FAT BOY'S TIRE AND AUTO	\$829.28
11/17/2025	FLOYD'S SALES & SERVICE, INC.-	\$826.78
11/17/2025	FRENCHMAN VALLEY COOP	\$13,864.22
11/17/2025	HAMPTON INN - RAWLINS	\$2,322.00
11/17/2025	HARLOW'S BUS SALES INC.	\$3,122.49
11/17/2025	HORTON FUELS LLC	\$1,383.85
11/17/2025	HYDRO-FLOW SYSTEMS, LLC	\$505.00
11/13/2025	IMPREST FUND 01	\$10,000.00
11/17/2025	JASPER ENGINES TRANSMISSIONS	\$1,011.00
11/17/2025	JENKINS AUTO & BODY SERVICE	\$9,614.28
11/17/2025	NAVIGATING BY TOUCH, LLC	\$8,776.00
11/17/2025	NORTH PLATTE PHYSICAL THERAPY	\$2,386.40
11/17/2025	ORKIN EXTERMINATING CO INC	\$1,205.00

11/18/2025-PCSD#1 ACTIVITY ACCT	\$384,090.16
11/18/2025-PCSD#1 PAYROLL ACCT.	\$1,211,979.71
11/17/2025-PITNEY BOWES PURCHASE POWER	\$548.90
11/17/2025-PLATTE CO. PARKS & REC.	\$21,831.16
11/17/2025-PLATTE CO. RECORD TIMES	\$853.55
11/25/2025-POWERSCHOOL GROUP LLC	\$7,412.60
11/17/2025-REALLY GREAT READING COMPANY	\$8,337.00
11/17/2025-ROCKY MOUNTAIN POWER	\$2,450.90
11/17/2025-T.C. EDWARDS PLUMBING & ELECTRICAL	\$940.56
11/17/2025-THE TIRE SHOP	\$3,152.86
11/17/2025-THERAPEDS, LLC	\$11,620.00
11/17/2025-THRIFTY FOODS	\$985.17
11/17/2025-TOWN OF WHEATLAND	\$39,808.51
11/17/2025-TRANSFINDER	\$2,300.00
11/17/2025-UNIVERSAL ATHLETIC SERVICE-A	\$685.42
11/17/2025-VISA JOHN WEIGEL	\$795.00
11/17/2025-VISA LIBBEY	\$1,407.84
11/17/2025-VISA TRANS A	\$822.69
11/17/2025-VISA TRANS DEPT B	\$2,340.69
11/17/2025-VISA WHSB	\$898.18
11/17/2025-VISA WHSC	\$2,683.57
11/17/2025-WEX BANK	\$751.24
11/17/2025-WHEATLAND ACE HARDWARE WHEATLAND	\$1,852.15
11/17/2025-WHEATLAND AUTOMOTIVE	\$1,157.48
11/17/2025-WHEATLAND GARAGE DOOR	\$1,334.21
11/17/2025-WHEATLAND HIGH SCHOOL	\$1,088.00
11/17/2025-WHEATLAND REA	\$1,503.26
11/17/2025-WY SCHOOL BOARDS ASSOC.	\$500.00
11/18/2025-PCSD#1 PAYROLL ACCT.	\$44,592.21
11/17/2025-EQUALITY STATE FARMS, LLC	\$3,005.97
11/17/2025-CASH-WA-DISTRIBUTING	\$11,574.61
11/17/2025-T.C. EDWARDS PLUMBING & ELECTRICAL	\$581.00
11/17/2025-SPOT ON WELDING, LLC	\$1,950.00
11/17/2025-COLORADO DOORWAYS INC	\$15,043.23
11/25/2025-ALBERTSON COMPANIES	\$650.49
11/17/2025-CUSTOM CHEER CHOREO	\$500.00
11/17/2025-JENNY'S PINNIES, LLC	\$750.00
11/13/2025-PETERSON, DALTON	\$1,600.00
11/18/2025-PRAIRIE VIEW COMMUNITY CHARTER	\$384,090.16
11/7/2025-SAM'S CLUB	\$696.74
11/17/2025-TWISTED THREADS LLC	\$657.00
11/17/2025-VISA WHSC	\$2,548.86
11/17/2025-AMAZON CAPITAL SERVICES	\$3,275.59

11/17/2025-APPLE COMPUTER INC.	\$13,423.00
11/17/2025-AREA COOPERATIVE EDUCATIONAL SERVICES	\$2,175.87
11/17/2025-BEDNASEK, SUSAN	\$2,625.00
11/4/2025-HIGH PLAINS HARDWOOD, LLC	\$5,203.74
11/17/2025-HILL MUSIC CO	\$795.94
11/17/2025-HUNT, TIFFANY	\$1,500.00
11/17/2025-JONES COUNSELING, LLC	\$2,940.00
11/18/2025-PCSD#1 PAYROLL ACCT.	\$87,139.05
11/17/2025-SPEECH & HEALTH LLC	\$2,611.32
11/17/2025-STAR AUTISM SUPPORT	\$16,400.00
11/17/2025-VISA LIBBEY	\$790.00
11/17/2025-VISA PEAK A	\$2,316.09
11/17/2025-VISA SPED A	\$4,002.30
11/17/2025-VISA WHSB	\$1,950.32
11/17/2025-VISA WHSC	\$604.21
11/17/2025-WYOMH, LLC	\$1,950.00

Public Notice No.11988 published in the Platte County Record-Times December 10, 2025.

**PUBLIC NOTICE**

**NOTICE OF INTENT TO ADMINISTER TRUST**

You are hereby notified that on September 19, 2025, Louise Pasley died in Platte County, Wyoming, a resident of Wheatland, Platte County, Wyoming. Louise Pasley was the Settlor of the Louise Pasley 2018 Revocable Trust dated November 19, 2018 (the "Trust"). The Trust, by its terms, became irrevocable upon the death of Louise Pasley.

Notice is hereby given that Myles A. Pasley, the named Successor Trustee of the Trust, intends to administer the Trust and to have the property of the Trust and the Settlor distributed as permitted under the terms of the Trust. Claims against the assets of the Trust must be filed with the Successor Trustee, at the law offices of Prehoda, Edwards & Rampulla, LLC, 1273 North 15th Street, Suite 101, Laramie, WY 82072.

A creditor may file a claim against the assets of the Trust or commence a proper judicial proceeding to contest the validity of the Trust within one hundred twenty (120) days immediately after the first date of publication of this notice, as provided by Wyo. Stat. §4-10-507. A creditor failing to file a timely claim or to timely commence a judicial proceeding to contest the validity of the Trust within the time provided herein is forever prohibited and barred from making any claim against the assets of the Trust or from commencing and judicial proceedings against the Settlor, the Successor Trustee or against the assets of the Trust.

Dated this 10th day of December 2025.

Myles A. Pasley, Successor Trustee

Public Notice No. 11989 published in the Platte County Record-Times December 10 and 17, 2025.

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# Staying healthy through the holiday season

BY JESS OAKS

jess@torringtontelegam.com

**TORRINGTON** – The holiday season brings joy, celebration and togetherness, but it also presents significant challenges to maintaining physical and mental well-being. Health experts emphasize three critical areas of focus for those seeking to emerge from the festivities without compromising their health: weight management, adequate sleep and stress reduction.

## The weight management challenge

Americans gain an average of less than one pound during the holiday season, according to research published in the *New England Journal of Medicine*, though some studies show gains up to two pounds. While this seems modest, research suggests most people never lose this weight. Over a lifetime, holiday weight gain contributes significantly to adult obesity.

Dr. Maria Rodriguez, a nutritionist at Boston Medical Center, says the problem stems from a perfect storm of factors.

“We’re surrounded by high-calorie foods at every turn,” Rodriguez says. “Office parties, family dinners, cookie exchanges – the opportunities to overindulge are endless.”

The key to holiday weight management lies not in deprivation but in strategic moderation. Registered dietitian James Chen recommends the 80-20 approach.

“Eat mindfully and healthfully 80% of the time,” Chen says. “Allow yourself to enjoy holiday treats the other 20% without guilt.”

Practical strategies include eating a healthy snack before attending parties to avoid arriving ravenously hungry. A small portion of protein and fiber – such as an apple with almond butter – can take the edge off hunger and prevent overindulgence.

Chen also advises using smaller plates at buffets, a psychological trick proven to reduce consumption. Studies show people consistently fill their plates regardless of size, so a smaller plate naturally limits portions.

Alcohol consumption deserves special attention during the holidays. Alcoholic beverages contain empty calories and lower inhibitions around food choices. A single glass of eggnog can contain 350 calories, while specialty holiday cocktails often exceed 500 calories per serving.

“Alternate alcoholic drinks with water or sparkling water,” Rodriguez suggests. “This keeps you hydrated, slows your alcohol consumption and reduces overall calorie intake.”

Physical activity often takes a back seat during the busy holiday season, but maintaining an exercise routine is crucial for weight management. Even 20 to 30 minutes of moderate activity daily can offset some holiday indulgence and provide stress relief.

Morning workouts prove particularly effective during the holidays because they’re completed before the day’s obligations interfere. Walking, jogging or home workout vid-

eos require minimal time investment and no gym access.

Family activities offer another solution. Taking a group walk after holiday meals aids digestion and burns calories while creating opportunities for conversation and connection without food as the focus.

## The sleep imperative

Sleep deprivation ranks among the most overlooked health threats during the holiday season. Between late-night parties, early morning shopping trips and the general chaos of seasonal obligations, sleep often becomes a luxury rather than a priority.

The consequences extend far beyond simple tiredness. Chronic sleep deprivation weakens the immune system, increases appetite, impairs judgment and heightens emotional reactivity – all problematic during an already stressful time.

“Sleep is when your body repairs itself,” says Dr. Rebecca Thompson, a sleep medicine specialist at Northwestern Memorial Hospital. “Shortchanging your sleep is like skipping maintenance on your car. Eventually, something breaks down.”

Adults require seven to nine hours of sleep nightly for optimal functioning, according to the American Academy of Sleep Medicine. During the holidays, many people average five to six hours, accumulating a significant sleep debt.

Sleep deprivation directly impacts weight management efforts. When tired, the body produces more ghrelin, the hormone signaling hunger, and less leptin, the hormone signaling fullness. This hormonal imbalance drives cravings for high-calorie, high-carbohydrate foods.

Research from the University of Chicago found people who slept only four hours consumed 300 more calories the following day compared to when they slept eight hours. Over several weeks, this difference adds up substantially.

Thompson recommends treating sleep as a non-negotiable appointment with yourself. Setting a consistent bedtime and wake time, even on weekends and during holidays, helps regulate the body’s internal clock.

“Your body loves routine,” Thompson says. “Maintaining consistent sleep and wake times makes falling asleep and waking up easier.”

Creating a sleep-conducive environment matters tremendously. Bedrooms should be cool, dark and quiet. Blackout curtains, white noise machines or earplugs can help, particularly when staying in unfamiliar places or hosting guests.

Electronic devices present a major obstacle to quality sleep. The blue light from smartphones, tablets and computers suppresses melatonin production, making falling asleep more difficult. Experts recommend avoiding screens for at least one hour before bedtime.

“Scrolling through social media in bed might feel relaxing, but it’s actually stimulating your brain when you need it to wind down,” Thompson explains.

Alcohol, despite its sedative effects, disrupts sleep architecture. While it may help you fall asleep initially, alcohol prevents deep, restorative sleep stages and often causes middle-of-the-night waking.

Strategic napping can help manage sleep debt during particularly busy periods. A 20-minute power nap in the early afternoon can boost alertness and performance without interfering with nighttime sleep. Longer naps or naps later in the day can make fall-

ing asleep at night more difficult.

## Managing holiday stress

Stress permeates the holiday season. Financial pressures, family dynamics, travel complications and heightened expectations create a psychological burden many find overwhelming.

Recent surveys show that 89% of American adults feel stressed during the holiday season, with 41% reporting higher stress levels compared to other times of the year. Women consistently report higher stress levels than men.

Chronic stress damages health in numerous ways. It elevates cortisol levels, which promotes fat storage, particularly around the midsection. It weakens immune function, leaving people vulnerable to colds and flu circulating during winter months. It contributes to anxiety, depression, headaches, digestive problems and cardiovascular issues.

Dr. Michael Patterson, a clinical psychologist specializing in stress management, says the first step in reducing holiday stress involves identifying specific stressors and addressing them directly.

“People often feel overwhelmed by a vague sense of ‘too much,’” Patterson says. “Breaking down exactly what’s causing stress allows you to problem-solve rather than just feel anxious.”

Financial stress tops the list for many families. Holiday spending averages more than \$1,000 per household, creating debt people carry into the new year. Setting a realistic budget and sticking to it reduces financial anxiety.

Handmade gifts, experience-based gifts or drawing names for gift exchanges among large families can significantly reduce costs while maintaining the spirit of giving. Having honest conversations about budget constraints prevents resentment and financial overextension.

The pressure to create perfect holiday experiences generates substantial stress, particularly for those hosting gatherings. Social media exacerbates this pressure by showcasing seemingly flawless celebrations.

“Give yourself permission to be imperfect,” Patterson advises. “The holidays are about connection, not perfection.”

Learning to say no is perhaps the most important stress management skill during the holidays. With limited time and energy, attempting to attend every party, fulfill every request and meet every expectation guarantees exhaustion and disappointment.

Prioritizing events and obligations based on personal values rather than obligation or guilt helps people focus energy where it matters most. A smaller, more meaningful celebration often proves more satisfying than an overscheduled whirlwind of activities.

Delegation and shared responsibility lighten the load for those hosting gatherings. Assigning dishes for guests to bring, asking for help with setup or cleanup and accepting others may do things differently reduces stress significantly.

Mindfulness practices offer powerful stress reduction tools. Even five minutes of deep breathing, meditation or gentle stretching can reset the nervous system and provide perspective during chaotic moments.

“When you feel overwhelmed, pause and take three deep breaths,” Patterson suggests. “This simple act activates your parasympathetic nervous system, which counters the stress response.”

Regular exercise serves double duty during the holidays by managing both weight and stress. Physical activity reduces cortisol levels, releases endorphins and provides a

healthy outlet for tension.

Maintaining social connections beyond obligatory family gatherings supports mental health. Spending time with friends who provide emotional support and genuine enjoyment buffers against holiday stress.

## Setting boundaries with family

Family dynamics create unique holiday stress. Old patterns and unresolved conflicts often resurface during extended time together. For many, the gap between idealized family gatherings and reality proves painful.

Patterson emphasizes the importance of managing expectations and setting clear boundaries. Attempting to change family members or dynamics during the holidays rarely succeeds and often increases frustration.

“You can’t control how others behave, but you can control how much time you spend in difficult situations and how you respond,” Patterson says.

Planning exit strategies provides a safety valve. Staying in hotels rather than with family, limiting visit duration or having a code word with a partner to signal when it’s time to leave gives people control in potentially stressful situations.

Limiting alcohol consumption during family gatherings helps maintain emotional regulation and reduces the likelihood of conflicts escalating.

## Maintaining perspective

Health experts stress the importance of maintaining perspective about the holidays. While staying healthy matters, beating yourself up over occasional indulgence or imperfection undermines well-being.

“One holiday meal won’t make or break your health,” Rodriguez notes. “What matters is your overall pattern of behavior across weeks and months.”

The same principle applies to sleep and stress. A few late nights or stressful days during an otherwise healthy lifestyle won’t cause lasting damage. The goal involves minimizing disruption and returning to healthy habits as quickly as possible.

Many people adopt an all-or-nothing mentality, believing if they can’t maintain perfect health habits, they might as well abandon all efforts. This thinking leads to unnecessary guilt and often results in worse outcomes than simply doing the best you can in imperfect circumstances.

“Progress, not perfection, should be your goal,” Chen says.

## Planning for success

Proactive planning increases the likelihood of maintaining health during the holidays. Scheduling workouts in advance, meal planning for busy weeks and building in downtime for rest and relaxation prevents last-minute stress and poor decisions.

Keeping healthy foods readily available at home reduces reliance on convenience foods and takeout. Having frozen vegetables, lean proteins and whole grains on hand enables quick, nutritious meals even during the busiest days.

Communicating needs and limitations clearly with family and friends prevents misunderstandings and resentment. Most people appreciate honesty about bandwidth and prefer authentic interaction to forced participation.

The holidays ultimately offer an opportunity to practice self-care and self-compassion. Recognizing your own needs as valid and worthy of attention is not selfish – it’s essential for sustaining the energy and positivity required to truly enjoy the season and care for others.

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