



COURTESY PHOTO |

From left, Bob and Rosie Berger, Mary Jean Roush and Jay McGinnis will receive the Keystone Award in an event set for April 19 at the WYO Performing Arts and Education Center.

KEYSTONE AWARDS

A commitment to service

The definition of a keystone is “a central stone at the summit of an arch, locking the whole together.” April 19, The Hub on Smith will honor four individuals for a lifetime of whole-hearted community service at the eighth annual Keystone Awards.

Throughout their lifetimes, these four fabulous folks have provided to our community clear leadership, guiding principles and endless energy. They have made indelible marks and have added unique layers to the central stone that makes Sheridan such a solid place to live. They join 23 past recipients over eight years for their faithful service to Sheridan.

This year the Keystone Awards will go to Bob and Rosie Berger, Jay McGinnis and Mary Jean Roush for being at the center of many projects and organizations that have benefited the citizens of Sheridan County.

The Bergers have played important roles in the Sheridan community for years. They have been business owners, volunteers, board members and much more. As the executive director of the Sheridan County YMCA for 40 years, McGinnis will long be remembered. Not only has McGinnis helped youth and adults succeed through programming, he has also supported numerous nonprofit agencies in Sheridan County.

Roush is the person who visualized

and developed both the home care (now called Help at Home) and the Day Break programs at the Senior Center. Day Break remains the most successful adult day care service in the region — maybe in the country — because of Roush’s vision.

The list of their achievements is far too long for this article, so you will want to attend this distinctive awards ceremony to discover where else each of these honorees have given their hearts and energy.

As a further celebration of service, there are also six youth from all five Sheridan County high schools and Sheridan College. These individuals are nominated by school leadership to receive a “Keys to the Stone” award for demonstrating their excellent character and community participation.

This year, we recognize Olivia Thoney, Cheyna Bradshaw, Katelyn Abbott, Galen Kretschman, Rachel Jahiel and Róseborg Halldórsdóttir.

Thoney is an outstanding asset to the community. She has been hugely active in many philanthropic and school activities while maintaining a strenuous academic schedule.

Bradshaw is an all-around student, outstanding in every aspect. Her main goal is to be a positive influence with every project in which she is involved.

Abbott is a genuine, compassionate and kind person. She is a strong aca-

ademic student with a solid work ethic.

Kretschman exemplifies personal character, productive involvement and a strong work ethic. He demonstrates this at school, in the community and on his family’s ranch.

Jahiel is a critical thinker and willing to go way beyond what is expected of her. She inspires her classmates to do the same and supports them with their school work.

Halldórsdóttir clearly demonstrates commitment to academic and athletic success. Her accomplishments, dedication and kind spirit promote the values and mission of Sheridan College.

These individuals are truly the foundation to carry on service to our community for many years.

The evening begins with a reception at 5:30 p.m. and then at 7:30 p.m. the show begins with introductions of the honorees, short videos highlighting their accomplishments and a short entertainment program. After the show, don’t miss the after-party at Frackelton’s.

Please plan on attending the annual Keystone Awards this year. Tickets can be purchased online at wyotheater.com or at the WYO box office. An evening at the Keystone Awards is a great way to celebrate Sheridan while supporting the services The Hub on Smith provides for seniors in our community. For more information, contact Rindy West, development director at The Hub on Smith, at 672-2240.

DAN ALSUP is the marketing committee chair for the Keystone Awards.

Study: Medical bankruptcies may not be as common as thought

BY TOM MURPHY
AP HEALTH WRITER

Medical bills can push patients over the financial cliff, but a new study says this may not happen as often as previous research suggests.

Hospitalizations cause only about 4 percent of personal bankruptcies among non-elderly U.S. adults, according to an analysis published Wednesday in the New England Journal of Medicine.

This contrasts with previous research by former Harvard professor and current U.S. Sen. Elizabeth Warren and others that pointed to medical reasons as the trigger for more than 60 percent of U.S. bankruptcies. In the new study, researchers tracked the credit reports of more than a half million adults under 65 in California who had a hospitalization between 2003 and 2007 that wasn’t tied to childbirth. They found that hospitalizations clearly forced some patients into bankruptcy in the years following their stay, said study co-author Matthew Notowidigdo, a Northwestern University economist.

It just may not happen as frequently as the other research indicates.

“What causes bankruptcies is still somewhat unknown, but it appears that medical expenses are responsible for a much smaller share of them than previously thought,” said co-author Raymond Kluender of the Massachusetts Institute of Technology.

Researchers also estimated that hospitalizations were responsible for only about 6 percent of bankruptcies among uninsured patients.

They noted that hospitalization rates are lower in that patient group compared to the overall non-elderly population.

The new analysis included a broader range of people than earlier research, which focused on those who already had filed for bankruptcy protection.

Such a narrow focus makes it “impossible to infer the role of medical expenses in causing bankruptcy” without information on those who had big medical bills and didn’t sink financially, the authors of Wednesday’s report noted.

Their study also had limitations: It focused only on adult patients from one state who were hospitalized.

Kluender said hospital stays often are the first event that triggers a “chain of struggles with medical expenses and medical debt.”

The research looked at hospitalizations that occurred several years before the federal Affordable Care Act expanded insurance coverage to millions of Americans.

‘What causes bankruptcies is still somewhat unknown, but it appears that medical expenses are responsible for a much smaller share of them than previously thought.’

Raymond Kluender
Massachusetts Institute of Technology

Books placed backward: art or nonsense?

BY TRACEE M. HERBAUGH
THE ASSOCIATED PRESS

Looking for an easy way to organize a messy bookshelf? You might consider turning

all the spines backward. Yes, the backward bookshelf is one of the easiest ways — albeit, not too functional — to clean up a hodgepodge of texts. It’s

also an interior design craze that’s about as culturally divisive as national politics in America. Advocates tout the simplistic texture of the pages, while opponents argue that the idea is just plain stupid since you can’t see which books are which. Generally speaking, you love it or hate it. The backward bookshelf began to trend in the mid-aughts, mostly as an artistic styling tool in photographs on small-scale design blogs or bookshop websites. Now, big-box retailers such as West Elm and The Container Store have incorporated backward bookshelves into their product displays. A Google search for “backward books” will bring back millions of results, from sites including social-media

mainstays like Pinterest and Instagram, various women’s magazines and some interior design staples like Apartment Therapy.

“I can see the appeal because a lot of times, if there’s a lot of books in a room, people find it distracting or overwhelming,” said Sarah Cole, a Boston-area interior designer. “But it’s not super-functional, and unless the books are purely decorative, it just seems challenging.”

Backward books, Cole said, do align with the neutral, monochromatic look that is popular now in design.

Achieving a simple, stylish look is exactly why Cari Shane turned her books backward. Four years ago, the public relations execu-

tive was renovating a 1914 row house in Washington, D.C., when her teenage daughter suggested the idea.

“I had these beautiful orange chairs for the living room and I needed something to set them off,” Shane said. “I needed something that was going to let the chairs be the focal point.”

The books used in the display were ones Shane had no plans to re-read.

“I couldn’t tell you what books they are,” she said.

On the other hand, Nathan Shafer, a life-long reader and book collector, has filled his Arvada, Colorado, home with hundreds of books, none of which face backward.

“They’re entities, and when you turn them all backward it renders them

one anonymous mass,” Shafer said.

And an anonymous mass, Shafer said, defies the purpose of books.

“They’re for the unique words, the unique ideas, the unique characters inside them,” he said. “Part of the reason for hanging onto books is so you can go back and find something. You can’t do that if you’re hiding every identifying mark.”

There are occasions, however, when art is executed just right, at least according to the customers of Newtonville Books, an independent bookseller in Newton, Mass. The store is known around the area for its visually intriguing counter, which is filled with backward books in different sizes and colors.

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Fri– Hot Turkey Sandwich
Sat– Sesame Meat Balls/Egg Noodles
Sun –Easter Sunday Glazed Ham
Mon- Swiss Steak/Tomato sauce

*entrée only offered for Home Delivered Meals

UPCOMING SPECIAL EVENTS

Tue- Antelope Butte Snowshoe Hike	Depart Hub 9:30 a.m.	Bring Lunch
Wed- Chess Club	Starts 4:00 p.m.	Community Room
Thurs – Trivia Thursday	12:00 p.m.	Café
Fri - Dominoes	9:30 a.m.	Café
Sat- National Vietnam Vets Day	8:00a.m. to 10:00 a.m.	Lobby
Sun- Easter Sunday	Easter Dinner	11:00 a.m. to 1:00 p.m.

Lunch Service Hours: 11:00 a.m. to 1:00 p.m., 365 days a year at 211 Smith Street
Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240. Mondays – Fridays.

Help at Home Services, 675-1978. 232 North Brooks: Mondays – Fridays.

Day Break Adult Care Services, 674-4968. 241 Smith Street: Mondays – Fridays.

SENIOR HAPPENINGS

• The SheridanAires will present “Sing into Spring” April 5 at 12:30 p.m. at The Hub on Smith, located at 211 Smith St.

• The Hub on Smith will offer a Fort Phil Kearny tour and lunch with the Story Lunch Bunch April 10. Participants will enjoy a ride to Fort Phil Kearny at The Hub’s Story meal site followed by a trek onto the

fort for a presentation in the visitor’s center. The group will depart from Heritage Towers at 10:15 a.m. and The Hub at 10:30 a.m. The group will head back to Sheridan at 2:30 p.m. The suggested contribution for registered seniors is \$20, while the fee for unregistered folks is \$23. Sign up and pre-pay by April 5 from The Hub.

• Judy Armstrong from the Sheridan

County Fulmer Public Library will be at The Hub Wednesday from 11:30 a.m. to 12:30 p.m. in the lobby.

• AARP and The Hub are once again partnering with the Tax Aide Program. Free tax preparation is offered on Tuesdays and Thursday through April 12 at The Hub. Those interested in the program should call (307) 672-2240 for an appointment.