

## Day hikes offer opportunity to enjoy outdoors

FROM THE SHERIDAN SENIOR CENTER

SHERIDAN — Salsify, spotted towhee, sandstone...these were some of the sights that a group of hikers saw on an excursion in the Amsden Creek Wildlife Habitat Management Area on June 6. Thirteen hikers ages 9 and older participated.

The hikers were on the hunt to identify local flowers, birds and the area's geology in addition to enjoying the beauty of the mountains and spending time together. The hike was organized in a partnership with the Sheridan Senior Center and the Wyoming Wilderness Association.

Area day hikes are an inexpensive way to enjoy the beauty of the outdoors and spend time together with family and friends. A hike can also incorporate gaining some new knowledge about area plants, animals and terrain. Don Aasby brought his three sons, ages 9 to 14, to experience the hike.

Volunteer and hike leader Chuck Bailey pointed out a yellow flower early in the hike.

"It's called salsify and is also known as goatsbeard," said Bailey, who showed the group why the flower was nicknamed so. Bailey is a retired high school science teacher from Tongue River High School.

Hiker Marcyes Schmaus identified an area bird that one hiker pointed out was perched on a bush branch.

"It's a spotted towhee," Schmaus said.

Schmaus had come with guidebooks. She confirmed the bird's identification in her bird guide. Schmaus is a member of the local Big Horn Audubon Society.

"They (spotted towhees) don't flit around like other birds. They like to sit and show off," Schmaus said.

Geologist and fellow hiker Steve Stresky periodically asked the hikers to stop and view the geology of the area.

"What type of rock do you think you see?" Stresky asked. "The rock in this area is sandstone."

Sandstone is a sedimentary rock that



COURTESY PHOTO |

Day hikes organized by the Sheridan Senior Center offer an opportunity for hikers of all ages to learn about local natural sites. Thirteen hikers ages 9 and older participated in a recent hike to the Amsden Creek Wildlife Management area.

is formed by layers of minute particles of other rocks and minerals.

The hikers met Wyoming Game and Fish Department staff along the trail who had planted edible berry bushes for wildlife. The Amsden Creek Wildlife Management Area is managed by the Wyoming Game and Fish Commission to provide food sources for area large game. The area is often known for the elk and mule deer that winter there.

The Senior Center is offering five more hikes this summer in partnership with local subject experts and organizations to promote enjoying local natural beauty. The hikes will be led by Senior Center staff member Jean Harm and volunteers. The hikes are available to all ages but some

hikes have space limits.

For information on upcoming hikes organized by the Senior Center, please visit their website at [www.sheridanseniorecenter.org](http://www.sheridanseniorecenter.org). Click on the Center Stage newsletter link on the bottom of the home page.

To sign up for a hike, call the Senior Center Mondays through Fridays between 9 a.m. and 4 p.m. at 672-2240.

Some hikes will have a fee for transportation.

### Tips for hiking

- Wear good enclosed walking shoes that are at least water resistant. Trails may contain water, mud or other moisture. Enclosed shoes are better protection for your feet than sandals or open shoes.

- Be sure to wear sun protection including sunglasses and hats.

- Use bug repellent especially around your shoes, ankles and shins.

- Long trousers will protect legs from plant scratches and bug bites.

- Bring water and stay hydrated along the trail.

- A backpack with water and some basic first-aid supplies such as band-aids are a good idea.

- A walking stick is not necessary but useful, especially when hiking steep terrain.

### After a hike

- Shower and scrub with soap. This is a good way to minimize or eliminate the effects of bug bites or any poison ivy you may have encountered on your hike.

### GUEST COLUMN |

## Sharing the joy of black powder shooting

I got started in muzzle loading after I came to Wyoming more than 30 years ago. I don't like guns. I don't like automatics or semi-automatics or any of the modern guns. But muzzle loading is different from modern guns in that everything is separate.

You have to learn how to load the ball, the gun powder and a patch. You

learn how to shoot safely and how to care for your gun. Black powder shooting

is part of Wyoming history. Annie Oakley shot with a black powder gun.

It was my husband, Ed, who introduced me to his passion of muzzle-loading. Ed likes the smell of the powder. But there's more to muzzle-loading than just shooting. It's part of our history. After a day of shooting, a group of us can sit around the campfire and tell long tales...or short tales.

A great number of people who are drawn to muzzle loading usually come after their families are raised. We have people who are in their 80s who are black powder shooters.

The awesome part is getting the young people involved. We shoot with our grandson and our granddaughter. One grandson has wanted to shoot since he was 2 years old with his grandpa Ed. In shooting matches around Wyoming, kids compete in their age categories. The adults (16 and older) compete in the women's category or the men's category unless there's only one gender. It takes three women or three men to make a category.

A lot of the men don't like that as some of the women are pretty darn good. I like competing as shooting with people who are really good really ups my game.

I love shooting "primitive." It's shooting something that is not a paper target but something like potatoes, lollipops, cans or marshmallows. Watching a marshmallow pop is pretty awesome.

We shoot in good weather but we do have winter shoots. I like being around who I think of as my peer group. My mother told me that I was born 100 years too late. I like to see how things were done and keeping this history alive for our children. I love it when we find young people who "get it."

There are people who make the muzzle loading guns. Some are purists and will make their muzzle loaders only the way they were made in the 1800s. Some of these gun makers are not really well known; we know of some of them here locally. Some make their guns by hand, others by machine. They make them out of just about everything.

We don't have mountain men any more but we have mountain men warriors. These are the folks who work full-time jobs and become mountain men on the weekends. And, this is a community of people who will give you the shirt off their backs if you needed anything. You can call and talk to them at any time. It's a great sharing and caring group.

Ed and I are going to the state shoot, a primitive shoot, and another shoot in September. In November, we go to a turkey shoot. For the rest of the year, there's a convention in January and a major shoot in February, then two shoots in May — a Mother's Day Shoot and a Memorial Day Shoot. Black powder shooting is a year-round activity.

There are others, but Ed and I can't get to them all.

**GUEST COLUMNIST JANE BLACK** is a staff member at the Sheridan Senior Center. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.



JANE BLACK

learn how to shoot safely and how to care for your gun. Black powder shooting

### SENIOR HAPPENINGS |

- The Senior Center's number for home delivered meals this summer is 672-6079.
- Many Senior Center activities and classes have moved to temporary locations for the summer during the center's remodel. Call 672-2240, Monday through Friday, 9 a.m. to 4 p.m. for information on class meeting places.
- The Senior Center's summer hours at 211 Smith St. for outreach services and administration are Monday through Friday, 9 a.m. to 4 p.m.
- The Senior Center's Loan Closet hours are Monday through Friday, 10 a.m. to 2 p.m.
- If you would like to make a difference in someone's life, you can do so as a Senior Companion. Senior Companions receive a tax-free stipend of \$2.65 per hour, meal and mileage reimbursement, an annual physical exam, educational training, supplemental auto and personal liability insurance as well as formal recognition activities for their volunteer service. The Senior

Companion Program is part of Senior Corps administered by the Corporation for National and Community Service. For information, call Terri Hayden, director of volunteer services at the Sheridan Senior Center, 672-2240, ext. 131.

- Fishing and canoeing day trip to Sibley Lake, Monday, June 19. Transportation and snacks provided. Bring fishing gear and a valid fishing license. Gear available by advance arrangement with Jean Harm, activity coordinator. Call 672-2240 to arrange for gear. Must sign up and pay no later than June 14. Led by volunteers Arlie Johnson and Richard Radtke.
- A hike to the Dry Creek petrified forest is June 30. Transportation is available. The suggested contribution for individuals registered with the Senior Center is \$20; the cost is \$25 for unregistered individuals. The bus leaves the Senior Center at 8:45 a.m. Advance sign-up for this hike is required by June 26 as space is limited. Led by volunteer Steve Stresky.

**Sheridan Senior Center**  
*"Celebrating 40 Years of Service"*  
[www.sheridanseniorecenter.org](http://www.sheridanseniorecenter.org)

**Fun and Food**  
 BUILD YOUR OWN SALAD Mondays - Fridays  
 Entrees and kiosk include sides, dessert and drink.

<b>Entrée Choice*</b>	or	<b>Summer Salad Bar</b>
Tue - Chicken Pot Pie		Check out our salad bar
Wed - Beef Tips		Mon - Fri!
Thu - Parmesan Fish		No Salad Bar on Saturday or Sunday
Fri - Pork Wing		Salad Bar
Sat - Seafood Pasta Salad		
Sun - Fathers' Day Honey Baked Ham		
Mon - Turkey Tetrazzini		

\*entrée only offered for Home Delivered Meals

**Happy Father's Day!**

Tue - Cribbage	12:30 p.m.	Junior High
Wed - B.A.M.I. Class	9:30 a.m.	Sheridan Junior High - Early Bldg
Thu - Writers' Group	2:00 p.m.	Fulmer Library
Fri - Bridge	1:00 p.m.	First United Methodist Church

Sat and Sun - Join us for lunch at the Junior High, 500 Lewis Street

Mon - Caregiver Support Group	10:00 a.m.	Brookdale/Sugarland Ridge
	5:30 p.m.	Fulmer Library

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year  
 June 7 through August: Join us for lunch in our temporary lunchroom at Sheridan Junior High, 500 Lewis St  
 Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240, 211 Smith Street:  
 9:00 a.m. to 4:00 p.m. Mondays - Fridays. Closed weekends and holidays during the 2017 summer.  
 Help at Home Services, 675-1978, 232 North Brooks: Mondays - Fridays.  
 Day Break Adult Care Services, 674-4968, 241 Smith Street: Mondays - Fridays.

## GROW YOUNGER

SKILLED NURSING | SHORT-TERM THERAPY

### SADDLE RIDGE

THERAPY CENTER at  
WESTVIEW HEALTH CARE

307.672.9789 | 1990 W. Loucks St. Sheridan, WY

westviewhealthcarecenterwy.com