For news from your local cooperative, turn to the center of the magazine.

CO-OP SPOTLIGHT

JOHN FLOCCHINI

Just a Soldier

[26]

CENTERPIECE

giant pumpkins

[16]
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190 Channels

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THAT IS WHO WE ARE

BY MARTY ERTMAN, NEWCASTLE

As most of you know, I brag upon this great state of ours.
All ... of ... the ... time.
But I have always struggled with the question of, “Why?” Why do I love this place so much? What makes it any different than any other state?
I can’t answer those questions without the standard platitudes: she’s beautiful, she’s wild, she’s home.
And while those are great reasons, there has always been something I couldn’t pinpoint. But on that Saturday the answer was staring me in the face. Times 26,000.
On August 31, during the Wyoming Cowboy football game, a fallen recruit was honored. Naphtali Moimoi was a California high school standout who signed with the University of Wyoming last December. But fate stole his and his family’s dreams when a riptide took Naphtali’s life.
This should have been his inaugural game. Maybe he would or would not have played that day but he would have donned the colors of the home team. He would have been swept up in the fever because he was a Cowboy. But that day would never come.
Except that it did.
During halftime, Naphtali’s family was honored. They stood in the end zone as the story of Naphtali was broadcast on the loudspeaker. An image of a uniform emblazoned with his last name hovered on the video display. And the moment was topped with a rainbow.
As his story was being told, I looked around. All eyes were on that family standing at the north end of the field. Rapt attention was given to a boy we never knew. A player we never cheered. A promise that was never kept.
And the tears fell. And the roar of the crowd was deafening when the tribute was over.

And then, Coach Bohl gave that family the biggest hug.
I found my “Why.”
UW didn’t have to honor a fallen player. Especially one that never had the chance to contribute. But they did because that is who we are. A family of 500,000 plus members who care about each other.
And it’s not just about UW.
On the Friday before Wyoming’s game, Riverton and Powell high schools met to play on Riverton’s gridiron. Friday night football at its finest. But the Powell team would be without their quarterback because he was involved in a life-threatening car accident on Tuesday. He was in a medically induced coma awaiting surgery.
So the Riverton folks gathered up over $5,000 to help with medical expenses.
Read that again.
The Riverton folks gave to the Powell quarterback. Why? Because that’s who we are.
And yes, this is nothing new to Wyoming. Every day, every weekend, every town, we support, give and believe. I have watched it happen in my little burg dozens of times. It’s so ingrained in our nature that we often take it for granted.
But when you stand among 26,000, you notice.
There are no textbooks to teach kindness, empathy or altruism. Those traits are taught by example. And what an example we saw that Saturday evening.
That’s the “why” and that’s Wyoming.
Indeed.
At Tri-State

Our cooperative approach to a clean grid starts now.

Learn how we’re transforming with our Responsible Energy Plan.

www.tristate.coop/responsibleenergyplan
Powder River Energy Corporation (PRECorp) positively influences the lives of its member owners by providing reliable, efficient, and affordable energy service, community and business development assistance, and addressing community needs through the charitable work of the PRECorp Foundation.

### Economic Benefits

<table>
<thead>
<tr>
<th>Counties</th>
<th>2.44 Meters Per Mile</th>
<th>27,582 Meters Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campbell, Crook, Johnson, Sheridan, Weston</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Dollars from Co-Op to Community: $45,495,988**

- **$102,151** Capital Credits Returned to Members
- **$222,250** Property Taxes Paid
- **$35,132,312** Scholarship Funds Awarded from Operation Roundup Donations
- **$10,039,275** Awarded from Operation Roundup Donations

**Payroll:** $11,860,389

**Households Supported:** 203

**Jobs Created in the Local Community:** 301

**Sales:** $183,972,716

**Personal Income Generated:** $20,958,789

**At the CO-OP:**

- **135** Full-Time Employees
- **301** Jobs Created in the Local Community
- **203** Households Supported
- **$11,860,389** Payroll
- **$183,972,716** Sales

**In the Community:**

- Between 2007 and 2017, Powder River Energy Corporation gave more than $45 million back to the community. Numbers are rounded to the nearest dollar.

---

**Assisted Living**

**IN DUBOIS, WYOMING**

Living assisted on the Wind River – western style

59 miles from the entrance to Yellowstone

Privately owned, non-profit

Medicaid approved

10% monthly discount for private pay Veterans

Join us for: Bingo on Tuesdays – 8:30 to 10:00pm

“Happy Hour” on Fridays – 4:30 to 5:30pm

Want more information? (307) 455-2045

5643 US HWY 28 • Dubois WY • warmvalleylodgewy.com

---

**Wills, Trusts & Probate**

**Land Use**

GAY WOODHOUSE

DEBORAH RODEN

TARA NETHERCOTT

JOANNE SWEENEY

HOLLI WELCH

KATYE BROWN

JEFF VAN FLEET

CHRISTOPHER BRENNAN

WRN Law Firm

1912 Capitol Avenue

Suite 500

Cheyenne, WY 82001

(307) 432-9399

WRNLawFirm.com

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Privately owned, non-profit

Medicaid approved

10% monthly discount for private pay Veterans

Join us for: Bingo on Tuesdays – 8:30 to 10:00pm

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Now you can ease your fear of falling while walking more naturally.

The Perfect Walker II enables you to walk upright and avoid falls.

What did you tell your children the whole time they were growing up? “Stand up straight, don’t slouch!” Well, now that you are one of the countless Americans who use walkers and rollators for safety and mobility, why aren’t you heeding your own advice? Until now, using these products meant shuffling along, hunched over, eyes down, with your weight centered on your hands and wrists. Instead of promoting safety, these products lead to bad posture, an unnatural gait and a risk of additional injury from not seeing where you are going. Now, there’s a better way.

The Perfect Walker II has solved the uncomfortable bent over posture that has plagued users of traditional walkers and rollators. It enables you to walk safely and comfortably in a natural, upright position. It features innovative forearm support cuffs that support your weight with your arms and shoulders, keeping you standing in a natural way. It is height-adjustable for users up to 6 feet tall. No more leaning forward, stretching, slouching or crouching—no worrying about toppling over or losing your balance. Best of all, when you are walking, you are looking forward, not down.

Look forward to going more places more often!

Perfect Walker II folds up for transit or storage with a dual-folding design, making it compact and easy-to-handle, weighing only 18 pounds. It’s extremely simple and convenient to take and use just about anywhere. It features an advanced braking system, a secure locking mechanism and a stable wheel base. The rear “walking space” of the Perfect Walker II is wider than traditional rollators, giving you a greater range of motion and a natural, comfortable walk.

So take your own advice, and stop slouching. Call today to find out how you can get a Perfect Walker II. You… and your children, will be glad you did. Call Now!

Perfect Walker II
Call now Toll-Free
1-888-684-2151

Please mention promotion code 111104.

© 2019 firstSTREET for Boomers and Beyond, Inc.
Wyoming’s rural electric cooperatives are proud to support our youth, giving college scholarships and lineman scholarships. In addition, our co-ops sponsor high school students on the D.C. Youth Tour in June and Youth Leadership Camp in July.

THIS MONTH:
Powder River Energy Corporation sent Brooklyn Durrant on the National Rural Electric Cooperative Association’s D.C. Youth Tour in June.

WREN: Tell us about your studies and interests.
BD: I am a senior at Buffalo High School, I take multiple advanced placement classes and love all of them. I am very interested in science and would love to go on to create a career in it. If not science then definitely acting. I have been involved in many school plays and just enjoy the people and the friendships you build from stepping out of your comfort zone. I am involved in clubs like Future Business Leaders of America, Students Against Violating the Earth and the National Honor Society.

WREN: How have your hometown, family and/or friends influenced you?
BD: I think the most influential people in my life are my family. I spend most of my time with them and love each of them. I have three older sisters and two brothers who have each influenced me in different ways and have made me into the best version of myself that I could be. My eldest brother, Hayden, got me interested in theater and my sister closest to me in age, Morgan, has always been there to help me with homework or just to listen about my day. My other brother Sheldon showed me how to be a leader and love everyone even if they have done me wrong. My two eldest sisters, Laurin and Afton paved the way for all of us in that they both went to college and went after what they wanted and found happiness along the way. I’m very blessed and grateful to have such amazing relationships with my siblings and to have parents that love and support everything I do.

WREN: What are your plans for the future?
BD: I plan to go to college and find a major that will lead me to a career that I will hopefully be passionate about and happy with.
LINEMAN SCHOLARSHIP FUND

A GOOD PROBLEM IS STILL A PROBLEM, BUT WITH YOUR HELP, OURS CAN BE FIXED.

Due to its popularity and the generosity of our board, and increased interest in the trade, WREA's Lineman Scholarship Program is in danger of running out of funding.

WHAT IT IS
The WREA Lineman Scholarship offers scholarships year-round to one or more individuals, including recent high school graduates who are interested in a career as a lineman and plan to attend an approved regional lineman training program.

CANDIDATES
To be considered, applicants must submit the application form, a résumé describing their education and work experience, three letters of recommendation and a transcript of grades. (If the candidate has not attended an educational institution in the three years prior to submitting the application, the transcript is not necessary.)

Candidates must submit their scholarship application to the Wyoming Rural Electric Association; they are then passed on to the WREA board for consideration.

SCHOLARSHIPS RECEIVED
Over the past several years the board has awarded many scholarships, donating a total of $146,540.00 since 2015.

<table>
<thead>
<tr>
<th>Year</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>$14.9K</td>
</tr>
<tr>
<td>2016</td>
<td>$27.5K</td>
</tr>
<tr>
<td>2017</td>
<td>$30K</td>
</tr>
<tr>
<td>2018</td>
<td>$45K</td>
</tr>
<tr>
<td>2019</td>
<td>$35K</td>
</tr>
</tbody>
</table>

FUNDING
For over a decade, the scholarship's main source of funding has come from a fundraising golf tournament during the Cody Hotline School. Vendors, cooperatives and others who do business with cooperatives have been solicited for donations to the fund. It has been very successful, raising as much as $20,000 in some years.

A GOOD PROBLEM IS STILL A PROBLEM
Because of the board's generosity, and due to the fact that distribution systems statewide have done a good job promoting the lineman trade, schools and scholarships, the fund is beginning to run out.

In 2019, the WREA board agreed that we should start to look at other sources of income for the scholarship fund by reaching out to our membership and others who may want to make a contribution.

DONATIONS CAN BE MADE BY:
Calling the WREA Office Manager, Robin Feezer: (307) 634-0727
Mailing a check to the WREA Office: 2312 Carey Ave. Cheyenne, WY 82001
Make check out to WREA Lineman Scholarship
ANNUAL MEETING

About 300 members attended the Powder River Energy Corporation (PRECorp) annual meeting in Buffalo on August 24.

The group easily met the required quorum to conduct co-op business, and was treated to free health screenings from Wyoming Health Fairs, a barbecue lunch and entertainment by guitarist and fiddle player Maxi Wuerker of Buffalo.

PRECorp CEO Mike Easley addressed the membership with some bad news and a lot of hope. He announced a rate increase for 2020, explaining, "This increase is necessary as we are projected to have a $1 million operating loss in 2019, in spite of the millions of dollars in cost reductions we have been able to achieve over the past several years."

Easley praised the co-op's board of directors and employees, who have been proactive rather than reactive to the changes coming their way. PRECorp did not suffer any pre-petition losses in the recent bankruptcies of two area coal mines, Easley said, because it had implemented a new credit policy to manage the risks of large loads.

Three board members were up for re-election at the meeting; Gerry Geis, Jim Purdy and Reuben Ritthaler. All three ran unopposed and will serve on the board for three more years.

When your patients come first, the rest will follow.

This award recognizes Cheyenne Regional’s commitment to ensuring heart failure patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, with the goal of speeding recovery and reducing hospital readmissions for heart failure patients.
Linemen play a critical role in our mission to provide reliable, affordable electricity. Tough training and a focus on safety is behind everything they do. Simulated field operations and emergency-response training are ways Basin Electric invests in their safety and in providing reliable power to you.
Few businesses can survive for 100 years, and it’s a great success when they do. The same is true for the 20 families who were recognized for operating 100 years or more during the Centennial Farm and Ranch award ceremony in Douglas in August.

“One hundred years is not an easy thing to pull off. Not only do you have to be good at agriculture but a viable business,” said Doug Miyamoto, director of the Wyoming Department of Agriculture.

Honorees at the ceremony came up front for a photograph with the governor and Wyoming congressional delegation. The families each received a metal centennial sign to display on their property, along with a framed certificate.

The Wyoming Rural Electric Association is a partner in the Centennial Farm and Ranch program, and WREA Executive Director Shawn Taylor is a member of the program’s board.

<table>
<thead>
<tr>
<th>YEAR EST.</th>
<th>FAMILY</th>
<th>RANCH</th>
<th>TOWN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1919</td>
<td>Happy Tyrrel Family</td>
<td>Happy's 3J Ranch</td>
<td>Lusk</td>
</tr>
<tr>
<td>1919</td>
<td>Lamb Family</td>
<td>Lamb Ranch</td>
<td>Sundance</td>
</tr>
<tr>
<td>1919</td>
<td>Jordan Family</td>
<td>Nine O Cattle Company, Inc.</td>
<td>Lusk</td>
</tr>
<tr>
<td>1888</td>
<td>Steers Family</td>
<td>Steers Ranch, LLC</td>
<td>Lander</td>
</tr>
<tr>
<td>1915</td>
<td>Voight Family</td>
<td>The &quot;Triangle-M&quot; Voight Ranch</td>
<td>Chugwater</td>
</tr>
<tr>
<td>1916</td>
<td>Gary and Judy Lewis</td>
<td>Lewis Ranch</td>
<td>Gillette</td>
</tr>
<tr>
<td>1914</td>
<td>Boynton and Anna Alter</td>
<td>Alter Homestead</td>
<td>Jay Em</td>
</tr>
<tr>
<td>1908</td>
<td>Towns Family</td>
<td>Towns Family Farm</td>
<td>Cheyenne</td>
</tr>
<tr>
<td>1912</td>
<td>Gwennie Weaver/Derald and Maritza Maddison</td>
<td>Maddison Ranch</td>
<td>Aladdin</td>
</tr>
<tr>
<td>1913</td>
<td>Gwennie Weaver</td>
<td>Weaver Ranch</td>
<td>Aladdin</td>
</tr>
<tr>
<td>1919</td>
<td>John Armstrong, Jean Armstrong, Bill &amp; Annette Bregar</td>
<td>Armstrong Ranch</td>
<td>Lander</td>
</tr>
<tr>
<td>1895</td>
<td>Atkinson Family</td>
<td>Atkinson Sheep Creek Ranch</td>
<td>Medicine Bow</td>
</tr>
<tr>
<td>1919</td>
<td>Newkirk &amp; Smith Families</td>
<td>Arrowtail Ranch</td>
<td>Medicine Bow</td>
</tr>
<tr>
<td>1919</td>
<td>Everett, Robin, Tyler and Paige Miller</td>
<td>Miller &amp; Son Ranch</td>
<td>Parkman</td>
</tr>
<tr>
<td>1903</td>
<td>Robert (Bob) R. Johnson</td>
<td>Johnson Family Ranches</td>
<td>Lusk</td>
</tr>
<tr>
<td>1917</td>
<td>Kirk and Janet McNutt</td>
<td>McNutt Ranch</td>
<td>Glendo</td>
</tr>
<tr>
<td>1919</td>
<td>Merle McClure Family</td>
<td>McClure Ranch</td>
<td>Recluse</td>
</tr>
<tr>
<td>1917</td>
<td>Pellatz &amp; Neumiller Family</td>
<td>Sunshine Valley Ranch</td>
<td>Douglas</td>
</tr>
<tr>
<td>1919</td>
<td>Baxter Family</td>
<td>Baxter Ranch</td>
<td>Glendo</td>
</tr>
<tr>
<td>1883</td>
<td>Kimble Family</td>
<td>Five Diamond Ranch</td>
<td>Banner</td>
</tr>
</tbody>
</table>
Fall is the season for pumpkins, for football and for hunting. Wyoming doesn’t just draw hunters from out of state, residents are out there too.

How many Wyomingites are out hunting? We can get a pretty good estimate by looking at the Wyoming Game and Fish Department’s resident hunter counts from 2018.

### Wyoming Hunters

<table>
<thead>
<tr>
<th>Game</th>
<th># of Active Hunters</th>
<th>Harvest Total</th>
<th>Hunter Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antelope</td>
<td>22,472</td>
<td>20,981</td>
<td>93.40%</td>
</tr>
<tr>
<td>Deer</td>
<td>42,935</td>
<td>28,030</td>
<td>65.30%</td>
</tr>
<tr>
<td>Elk</td>
<td>44,298</td>
<td>19,020</td>
<td>42.90%</td>
</tr>
<tr>
<td>Moose</td>
<td>247</td>
<td>224</td>
<td>90.70%</td>
</tr>
<tr>
<td>Big Horn Sheep &amp; Mountain Goat</td>
<td>146</td>
<td>103</td>
<td>70.50%</td>
</tr>
<tr>
<td>Bison</td>
<td>42</td>
<td>30</td>
<td>71.40%</td>
</tr>
<tr>
<td>Black Bear</td>
<td>3,118</td>
<td>332</td>
<td>10.6% ENTIRE SEASON</td>
</tr>
</tbody>
</table>

### More Services in More Places

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Cheyenne • Jackson • Lander • Rawlins • Casper • Rock Springs • Scottsbluff,NE • Wellington,CO Coming Soon
A free, customized mobile phone app offered by the Wyoming Department of Health (WDH) can boost Wyoming family wellness by offering useful health tools and tracking resources.

My 307 Wellness is an interactive app with reliable, credible health information and tailored details and connections to Wyoming resources.

“There’s a lot of information out there about health topics and some of it is, frankly, questionable. We want My 307 Wellness to be a resource Wyoming residents can trust,” said Angie Van Houten, community health section chief with the WDH.

Van Houten said the app’s tools help users navigate and track unique health milestones and needs for themselves and for family members of all ages.

The app can be downloaded by searching “My 307 Wellness” in either the Apple or Google Play app store or by texting WELLNESS to 307-317-0819 for a link.
CODY MAN INDUCTED INTO WYOMING AVIATION HALL OF FAME

THE WYOMING AVIATION HALL OF FAME HONORED THE LATE ELMER FAUST ON SEPT. 28 AT THE BUFFALO BILL CENTER OF THE WEST IN CODY.

Faust’s major contributions to Wyoming aviation include his role in the development of aviation in Cody and the exceptional aircraft maintenance he provided to pilots in the Big Horn Basin and beyond.

Faust began flying in the 1920s. While working as an auto mechanic in Cody, Faust built his first airplane, a Corben Junior Ace, from a kit. During that time Faust, along with several other Cody residents, cleared a pasture of rocks and brush to form a landing strip at what is now the Yellowstone Regional Airport. The terminal was named the E.E. Faust Terminal in his honor in 1992.

In 1949, Faust formally established Cody Aero Service, and for many years was the only mechanic in the Big Horn Basin and surrounding area. Though aircraft maintenance was his primary business, rebuilding older aircraft was his passion. He rebuilt several aircraft, including a 1933 WACO UIC that eventually was donated to the National Air and Space Museum’s reserve collection of historically significant aircraft. Faust also built and modified a late-1940s Piper PA-12. This airplane became known as the Faust 301 and is still flying in 2019.

During World War II, Faust served his country as an instructor at Hancock College of Aeronautics in California where he taught aircraft mechanics and engines. This included being the lead instructor for a new program designed to train young women to be aircraft mechanics.

2019 WINNER OF THE NATIONAL HOMEBUILDERS GREEN BUILDER HOME OF THE YEAR AWARD

Our Heritage Builders have been using our Custom Off-Site Construction System for over 41 years to save their customers time, money, and to build their perfect dream home. Eight different cabinet wood species, seven different interior door designs, unsurpassed quality materials, service, and building experience.

Visit our factory with two models on display or take the online tour. It’s the way we do business that differentiates us from all the others.
Charlie Brown would have no problem finding a great pumpkin in Jay Richard’s pumpkin patch. In fact, Charlie would find three very large pumpkins on Richard’s property, south of Worland.

We’re not just talking about big pumpkins — we’re talking giant. On Sept. 6, the largest of the three weighed approximately 1,020 pounds, with a circumference of more than 14 feet. That pumpkin’s name is Keira, and she was only 55 days old at the time.

Growing a pumpkin that large is no small accomplishment, literally and figuratively. That’s especially true this year.

“It’s been a very difficult time growing pumpkins this year,” Richard said. “Remember the spring we didn’t have? We just had winter until June.”

Keira’s blossom was pollinated on July 12. That’s about three weeks later than usual for pollinating a pumpkin blossom, Richard said.

Despite those challenges, Keira set a new daily pumpkin growth record for Richard in mid-August, gaining an estimated 42 pounds in 24 hours. In early September, she was still growing about 20 pounds per day. Unfortunately, she suffered some damage to her main vine at the end of the first week in September, so her growth slowed to about 10 pounds per day.

Still, despite that damage, plus the cold, rain, hail and wind he battled this spring and summer, Richard was hopeful that Keira the giant pumpkin would be even larger than the 1,043-pound pumpkin he grew during a much better growing season last year.
“It’s been a very difficult time growing pumpkins this year,” Richard said. “Remember the spring we didn’t have? We just had winter until June.”
ROWING AND SHOWING

Keira was a contender in the Wyoming State Championship Weigh-Off for pumpkins in Worland on Sept. 28, an event sanctioned by the Great Pumpkin Commonwealth, an international organization that sets standards for giant pumpkin growers.

The plant that produced the male flower from which Keira was pollinated grew from the seed of a pumpkin that weighed 1,181 pounds. That was Wyoming’s champion pumpkin last year, grown by Ron Hoffman of Riverton.

Richard considers pumpkins female because they carry seeds, so he gives all of his pumpkins female names.

His other two pumpkin prodigies this year bear the names of Fiona and Sasha. Fiona, while not a contender for the biggest pumpkin, also is a giant, weighing an estimated 850 pounds on Sept. 6.

Sasha, the lightweight of the three, was still a giant. She was destined to be dropped 160 feet from a crane during the annual pumpkin weigh-off, to become “squash” in the truest sense of the word, to the delight of the crowd of people who gathered at the Big Horn Co-op Marketing Association in Worland for the annual event.

Sasha was the second of Richard’s pumpkins to meet that fate. The first, last year, was dropped from a crane onto an old car, which also was squashed when the pumpkin caved in its roof and made a giant splat inside, while 400 people watched. A video from that event, “Wyoming State Giant Pumpkin Drop,” can be viewed online at www.youtube.com/watch?v=N7uh5o9eLpU.
Growing a giant pumpkin isn’t that hard, according to Richard.

The important things you need are:

A large garden plot.

One giant pumpkin plant will take up about the space of a two-car garage, Richard said.

Fertile soil.

“The No. 1 thing is compost.” Richard said he put about 2,000 pounds of compost in the soil where he grew his competition pumpkin this year. That was primarily horse manure, along with some grass clippings, autumn leaves and coffee grounds from a local coffee shop.

Richard has his soil tested once or twice per year. He takes his results to Caitlin Youngquist, University of Wyoming extension educator for Washakie County, for consultation.

Giant seeds.

Giant pumpkin seeds are available free of charge from Richard or from Youngquist.

You can reach Richard at 307-347-2071 or at jaysdetail@rtconnect.net.

Youngquist can be reached at cyoungqu@uwyo.edu or 307-347-3431.

Lots and lots of water.

“Each plant will take at least 100 gallons of water per day” as the plant matures, Richard said. “I probably put on 200 gallons per plant.”

Material, such as a bedsheet and some poles to create a tent over the pumpkin.

While the plant needs abundant sunshine, the pumpkin needs to be protected from the sun to prevent its shell from becoming hard and splitting as it grows.

A little effort.

Champion pumpkin grower Ron Hoffman of Riverton showed Richard how to prune pumpkin plants, how to provide consistent water and how to bury the vines on pumpkin plants. That encourages extra root growth and provides additional water and nutrients for the growing pumpkin.

Only one blossom on the plant is allowed to mature into a pumpkin.

Youngquist also encourages people who are interested to try growing a giant pumpkin.

“With very little effort, you can get a very large pumpkin, and with a little effort, you can get a giant pumpkin,” she said. “You can’t hardly stop them from growing.”
STARTING SMALL

Richard started growing giant pumpkins in 2003. The first pumpkin weigh-off he attended was organized by Sarah Lungren of Worland in 2011. That year, Steve Tharp had a pumpkin that weighed 512 pounds.

“I took my little 55-pound pumpkin and set it on top of his, and I had a little pumpkin envy,” Richard said.

Since then, his pumpkins have gotten bigger every year. “It’s funny how you get used to things,” he said. “Five hundred pounds used to sound really big. Now, it’s like, ‘Come on, we’re 35 days in. Why are we not at 500 pounds yet?’”

As of 2018, the prize for biggest pumpkin in the weigh-off has gone to Hoffman each year. But, instead of guarding his secrets for giant pumpkin success, Hoffman freely shares them with other growers. He has served as a mentor for Richard, and Richard is paying that kindness forward in any way he can, such as organizing the annual weigh-off, giving seeds away and helping other people grow bigger pumpkins.

Richard said his pumpkins go on a traveling tour every fall. “We show them at elementary schools, preschools, nursing homes, the Kiwanis Club and other places. I tell all about the pumpkins’ names and their stories. And I get exactly the same reactions at the nursing homes as I do in preschools.

His aim is “to see the wonder in people’s eyes when they see how big the pumpkins are, and to hopefully get a twinkle in some of these kids’ eyes,” he said. “It’s the tool I’ve used to get people to put the electronics down, go outside, root around in the garden. Get your hands dirty, smell the soil, feel it and think about where food comes from.”

Richard noted that the largest pumpkin ever grown in the United States weighed 2,528 pounds, grown last year in New Hampshire.

“But here in Wyoming, growing a pumpkin that weighs more than 1,000 pounds is a really big deal,” Richard said. “There’s only a few things on earth that grow as fast as these pumpkins.”

Ilene Olson is a freelance photographer, writer and editor in Powell.
What’s so special about MILKWEEDS

1. They are the only plant that monarch butterflies will lay their eggs on, and the only plant that monarch caterpillars will eat.

2. Milkweed flowers produce prodigious amounts of nectar and attract pollinating insects galore!

3. They have unusual flowers: The five petals are folded downward to expose a unique crown of hoods and horns.

4. In order for pollination to occur, an insect must pick the pollinium, a sticky mass of pollen, from one flower, transfer it to another flower and successfully insert it into a slit in the crown.

5. They produce cardinolides, also called cardiac glycosides, steroids that can cause cardiac arrest. Milkweeds are not the only plants that produce cardinolides, but they have the worst reputation for it. Monarch caterpillars use the cardinolides to their advantage: They sequester the cardinolides in their bodies, which makes them (and adult butterflies) taste terrible. Predators like birds quickly learn to avoid them as food.

6. Milkweeds have long been recognized for their medicinal properties. Asclepius, for whom milkweeds (genus Asclepias) are named, was the Greek god of medicine.

PLANTING MILKWEEDS IN WYOMING

Cardinolides are toxic to most animals, including humans, their pets and livestock. But because milkweeds taste awful, most animals avoid them. However, showy milkweed (Asclepias speciosa) can become a problem in pastures and hayfields. Three counties in Wyoming (Niobrara, Park, Sweetwater) consider showy milkweed a noxious weed—so don’t plant that species if you live in one of those counties!

A different species, swamp milkweed (Asclepias incarnata), is a better choice for gardens in Wyoming. It is native only to the eastern third of the state, but will do well in gardens anywhere. It is available as an ornamental from many nurseries, and can be easily grown from seed, so long as the seed is planted in the fall. Like many Wyoming plants, the seeds need to be moist and cold for many weeks before they will germinate. Most milkweeds require a bit of extra water in the garden (which is why they do well along roadsides and ditches).
Diversity is the spice of life. And it can be the key to profits for farmers and ranchers. Fall harvest can mean reaping the rewards not only from the field, but from the actual experience of the event. An experience that comes together perfectly in a pumpkin patch.
First, you have to raise them. While I can’t tell you specifically which varieties of pumpkins are best suited for Wyoming’s climate zones, the type of pumpkin you plant is based on its intended use. For eating, I’m told to go for a sugar pie, kabocha or carnival, which sound both delicious and diverting. However, growing pumpkins for carving is a different story altogether.

According to the History Channel, carving pumpkins is an American tradition that finds its roots (pardon the pun) in Ireland and Scotland, where large turnips and potatoes were used. Rough faces were carved into flesh and lit with candles to scare off evil spirits in the shoulder season between harvest and the darkness of winter, during a traditional festival called Samhain. There is an Irish folktale about “Stingy Jack” who tricked the devil in a variety of feats that landed him with no place in the afterlife. Not being welcome in heaven or in hell, he was sent off into the dark night with only a lit piece of coal which he placed in a hollowed-out turnip. The foreboding spirit came to be known as “Jack of the Lantern” or “Jack-o’-Lantern.”

In America, carving pumpkins for jack-o’-lanterns was first recorded in poems around the mid-1800s but didn’t grow in popularity until the 1920s. When it comes to growing pumpkins for carving, John Howden from Massachusetts stands at the top of the heap. His creation, aptly named the Howden pumpkin, came to fruition in the 1960s and is still the most popular variety raised today.

The final numbers are the last step before harvest. According to the magazine Agweek, 1,000 pumpkins per acre is a good yield. Which means you don’t need very much land to capitalize on the fall trend. That acre can gross $1,400 at 7 cents/pound for an average 20 lb pumpkin. However, harvest labor reduces the profit margin significantly. Lucky for all of us, pumpkins are easier and more fun than most crops to gather in at the end of the season. In fact, even a child could do it. Which is where farmers can diversify to capitalize on the experience of agritourism.

Agritourism is an industry where guests visit farms and ranches to participate in an educational, agricultural experience. Visitors pay to interact with food and animals in an experience often lost to “city dwellers.” In autumn, the results are corn mazes, wagon rides, apple picking and pumpkin patches. And I know plenty of ranches and farms where people are lining up at the gate, ready to get in on some good, old-fashioned fall harvesting. And guess what? According to the Old Farmer’s Almanac, corn and pumpkins are good growing partners. Potatoes? Not so much.

Of course, there are also naysayers, although not specifically to the practice of pumpkin farming. A friend of mine has a sister that objects wholeheartedly to pumpkin-flavored dessert concoctions, mandatory Thanksgiving pies excluded. “Pumpkin is a vegetable!” she says. No one would eat squash-flavored ice cream, squash spice coffee or vegetable milkshakes. I guess she considers it more of a trick than a treat.

Yet, here we are. Squarely rooted in squash season. Pumpkins become decoration, sculptures and the flavor of the times. I tip my hat to those of you raising pumpkins here in Wyoming and all the opportunity that might provide. If life hands you lemons, make lemonade. If life hands you pumpkins, make spice lattes.

Originally from Laramie, Gina Sigel draws inspiration from five generations of agriculture to tell the stories of rural living.
PUMPKIN TRIVIA
BY KENDRA SPANJER

Test your squash savvy by filling in the blanks below. One special letter in each mystery word is indicated by a circle, and is necessary to complete the secret message below. Ready to con-“seed” defeat? Roll to page 36 for the answers.

1. produces more pumpkins than any other nation.
2. The top pumpkin-producing US states are , , , , and .
3. The first known pumpkin was discovered in northeastern .
4. Americans refer to at least different species of squash as “pumpkins”…
5. …but folks in use the term “pumpkin” when referring to any winter squash.
6. The best time to plant pumpkins (in the northern hemisphere) is in early .
7. Pumpkins are a great source of .
8. The tradition of carving jack-o’-lanterns comes from mythology …
9. … but before arriving in the US, these folks carved lanterns from .
10. is another name for the pumpkin’s edible seeds.
11. All parts of the pumpkin plant are edible; the is a traditional delicacy in the American Southwest.
12. is the competitive activity of using a mechanical device, such as a catapult or trebuchet, to throw pumpkins.

“I would rather o t on a m in and have it all to sel , than e rowde o n a el et ush on.”
– Henry David Thoreau
The Girl Guards of Wyoming: The Lost Women’s Militia

By Dan J. Lyon

In the summer of 1890, an army of teenage women with swords drawn and rifles at the ready marched resolutely toward the state capitol to deliver a message to Governor Francis E. Warren and the nation: women want equal rights. As Company K walked alongside women’s suffrage pioneer Esther Morris, one could hear the rhythm of their feet keeping step in perfect cadence. Western history remembers murderers, outlaws, prostitutes and saloon girls but not the famous Girl Guards, whose military precision rivaled that of West Point cadets. Author Dan J. Lyon offers the definitive and evocative account of the young women warriors who defined the Equality State.

ORDERING INFORMATION:

2019 | 128p. | $21.99
ISBN: 9781467140751
Publisher: The History Press, a division of Arcadia Publishing

Available at local and online booksellers, or by contacting the publisher at arcadiapublishing.com.

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Cheyenne, WY 82001
wyomingrea.org/wren-submissions

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ENTRIES DUE BY NOVEMBER 10
One entry per household, please.

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Address:
Durham Ranch President and PRECorp Foundation Board Chairman John Flocchini’s story is about a California boy who spent his summers in the Cowboy State, and a man who finds joy in stepping out the door of his ranch house to go for a run on a dirt road. It’s also the story of an important charity in northeastern Wyoming.

BUFFALO STAMPEDE

Let’s start with the running. Flocchini is a passionate runner, logging many miles on the open plains at Durham Ranch near Wright. He had an idea to invite others to come and run with him, and with the help of family and friends, organized the Durham Ranch Buffalo Stampede, an annual fun run for charity now in its 18th year. At first, the event chose just one organization to receive the money that was raised each year, but then, “We had grown to the point where one of the charities told us, ‘there’s two years of our revenue,’” Flocchini said. “Maybe we should reach out and help more. That’s when we reached out to PRECorp.”

A founding member of PRECorp Foundation, Flocchini was already familiar with the good that the organization does for northeastern Wyoming. About five years ago, the Durham Ranch Buffalo Stampede began partnering with PRECorp Foundation to expand its reach, and immediately became one of the foundation’s major events.
PRECORP FOUNDATION

Not every rural electric cooperative has a foundation. PRECorp officially launched its philanthropic arm in 2008; their focus is on charitable needs within the PRECorp service territory and addressing the needs of PRECorp members. The foundation donates to food pantries, veterans’ groups, children’s programs and more.

To stock food pantries in each of the counties in PRECorp’s territory, Durham Ranch has donated bison meat and the foundation buys beef and pork from local 4H livestock fairs. Meat donations by the foundation were worth $23,097 in 2018; more than a ton of the donated meat is stored in Durham Ranch’s facilities every year.

“We just restocked our freezer after fair season, we’re already starting to distribute,” Flocchini said. He referenced recent layoffs in the Gillette area, saying, “There’s been some ripple effects and we’ve tried to be proactive and reach out to these groups and see what their needs are with the mine closures.”

AN ACTIVE BOARD

During a phone call with WREN magazine in September, Flocchini was preparing for the next PRECorp Foundation board meeting. He noted that foundation board members each represent a different county and had been speaking to contacts in their regions to assess what needs there may be.

Foundation Board Vice Chair Susan Berry, of Buffalo, has been a board member since 2008.

“We’ve grown the foundation to make these relatively substantial donations to a lot of these entities. A lot of that comes from John,” Berry said.

Both Berry and Flocchini noted the passing of fellow board member Kathleen Tavegie in July. Tavegie, of Newcastle, was a retired teacher and a member of several service organizations. She was also an original member of the foundation.

“She was such a wonderful part of our board and such a giving individual,” Flocchini said.

Both Flocchini and Berry noted that the loss of Tavegie, “left a huge hole.”

A BISON RANCH

Flocchini’s Wyoming origin story begins with his grandfather, Armando Flocchini, who bought a business called Durham Meat Company in San Francisco in 1934. By the 1960s, he and Flocchini’s father, Bud, were searching for ranches to supply the meat company. They found a bison rancher in Wright, Wyoming who was looking for a partner, and took over the operation in 1965.

“The whole idea was to sell buffalo meat through Durham Meat Company in California,” Flocchini said.

“I just fell in love with the place,” Flocchini said. “The land, the wide open spaces, the bison ... it was the whole package.”

A MILESTONE FOR THE FOUNDATION

One million dollars. That was the giving milestone PRECorp Foundation reached during its annual meeting on August 24 with a $5,000 check to Climb Wyoming of Gillette.

Onstage for the check presentation were PRECorp Foundation Executive Director Jeff Bumgarner, Climb Wyoming Program Director Jamie Marchetti and Flocchini.

“My hat tips to Powder River Energy and the board for the mission. I’m just one of the soldiers that they employed to march the thing forward,” Flocchini said. “Their vision and foresight and care for the community that the co-op serves ... it’s really easy to be a part of.”

Kelly Etzel Douglas is the managing editor of WREN magazine. She lives in Cheyenne.
LEFTOVER TURKEY POT PIE

2 CUPS FROZEN PEAS AND CARROTS
2 CUPS FROZEN GREEN BEANS
1 CUP SLICED CELERY
2/3 CUP BUTTER
1 ONION, CHOPPED
2/3 CUP ALL PURPOSE FLOUR
1 TSP SALT
1 TSP BLACK PEPPER

Preheat oven to 425 degrees.

Place the peas and carrots, green beans and celery into a saucepan, cover with water, bring to a boil and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables and set aside.

Melt the butter in a saucepan over medium heat and cook the onion until translucent, about 5 minutes. Stir in the flour, salt, black pepper, celery seed, onion powder and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat, stir the cooked vegetables and turkey meat into the filling until well combined.

Fit two pie crusts into the bottom of two 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal and cut several small slits into the top of the pies with a sharp knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. Cool 10 minutes before serving.

NANCY DEHK ★ RIVERTON

LEFTOVER TURKEY POT PIE

HOT DOG SOUP

1 PACKAGE HOT DOGS
1 STICK BUTTER
1 CAN MIXED VEGETABLES, DRAINED
1 CAN CHEDDAR CHEESE SOUP, UNDILUTED
SEVERAL LEFTOVER BOILED POTATOES
2 CUPS MILK

Use one large pot. Melt the butter in a pan on the stovetop. Chop the hot dogs into small chunks, brown the hot dogs in the butter. Cut potatoes into chunks and add them to the pot. Add the can of mixed vegetables, cheddar cheese soup and milk. Cook on medium heat until just boiling. Stir often. Serve with sandwiches. You can use whatever leftover vegetables you like in the soup.

JENNIFER ROBERTS ★ FARSON

BBQ PORK BAKERS

2 LEFTOVER BAKED POTATOES
2 TBS BUTTER (ROOM TEMP)
SALT & PEPPER TO TASTE
1 CUP BARBECUE SAUCE
1 CUP SHREDDED CHEDDAR CHEESE
2 CUPS LEFTOVER PULLED PORK
4 TBS SOUR CREAM
2/3 CUP FINELY DICED ONION
PICKLED JALAPENO SLICES (OPTIONAL)

Preheat oven to 400 degrees.

Mix 1/2 cup barbecue sauce with the pulled pork and reheat in a skillet until warmed through, about 5 minutes on medium heat.

Slice each potato lengthwise about 3/4 of the way through. Push the ends inward to open the potato, cover with a paper towel and reheat in the microwave on high for 3 minutes, or until hot.

Place potatoes on a piece of aluminum foil on a sheet pan and top each potato with 1 tablespoon butter, 1/2 cup cheese and top with 1 cup pulled pork mixed with barbecue sauce.

Bake for 10 minutes, remove from oven and top each potato with 1/3 cup diced onion, 1/4 cup barbecue sauce, 2 tablespoons sour cream and a few slices of pickled jalapeno.

BETSY JENSEN ★ POWELL

COUNTRY COOKS

DECEMBER:

ONE-DISH MEAL

SUBMIT A RECIPE

Send complete recipe by November 10!
Please include your name, address and phone number.

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It’s ghosts and goblins and things that go “boo” and bump in the night,
It’s ghouls and monsters which create quite a fright.

It’s pumpkins and cornstalks,
It’s black cats and scary bats!

It’s clouds creating strange shadows over the moon,
It’s time to hurry on home, I can’t get there too soon.

It’s the hoot of an old owl up in the tree,
Dry crunching leaves beneath my feet.

It’s the time for cider and donuts, a candied apple, or two.
It’s the time to celebrate before the night is through.

CHARLOTTE SMITH ★ FORT LARAMIE

HALLOWEEN

It was just a few short months ago
Calving was going strong, and it was 38 below
You bring in a newborn more dead than alive
Eyes glazed, ears and tail froze, and you pray he won’t take the dive
With loving ways and a sleepless night the newborn calf comes to life
Daylight comes, and the calf goes back to its mom – thanks to my wife

Many more are born; many more are loved and cared for
We are rich in experience of ranch life; but money poor
Now it’s time for the calves to go, the truck backed up to the chute
My wife watches them load, calf Patrick walks on, isn’t he cute
The wife turns away, hangs her head, and kicks the ground
A weathered loving lady, as fine as there is around

She says to me with tears in her eyes, sell the cows, raise hay till the day you die
Cause when you ship a bale of hay it does not look you in the eye!

JB RODEN ★ THERMOPOLIS

We share a selection of WREN readers’ creative writing (poems, limericks, haiku, short verse, and prose) every issue as space and content allow. To be considered for publication, please include the author’s consent to be submitted, his or her mailing address, and confirmation that the work has not been published elsewhere. If you would like us to return your work, include a self-addressed, stamped envelope.
WOODS LANDING
NOVEMBER 2

YODER
NOVEMBER 2-3
Fall Community Dinners: The Yoder Woman’s Club will serve lunch on the first two days of pheasant hunting season. Coffee and homemade pie at 8:30a and lunch from 11a. Yoder Community Building, info 307-532-3524.

02 | NORTHEAST
BUFFALO
THURSDAYS

GILLETTE
NOVEMBER 11
Veterans Day Celebration: Memorial ceremony 11a at Lasting Legacy Park, parade starts at Second and 4J streets at 1p. Breakfast and dinner at American Legion Post 42. info cveteransdayparade.org.

TUESDAYS
Levis and Lace: Square dance club will give modern square dance lessons, 7:30p, Rockpile Community Center, free trial lessons, info 307-660-7207.

ONGOING
Ava Community Art Center: Info avacenter.org or 307-682-9133.

HULETT
NOVEMBER 3
115th Anniversary of First Baptist Church: Dinner and party to follow 10:45a worship service. 125 N. Hwy 24, free, info 307-467-5779.

LUSK
OCTOBER 24
Business After Hours: 5-7p, Solutions for Life. Open to the public, info 1-800-223-LUSK.

OCTOBER 31
Trick-or-Treating: Parade and trick or treating at 4p downtown, 4-H carnival 5:30-8:30p at the fairgrounds. Info 1-800-223-LUSK.
NOVEMBER 8-10
Quilt till you Wilt With Lickety Stitch: At the fairgrounds. Info 307-334-9963.

NOVEMBER 15
Chamber Banquet: Country Club, 6p, open to the public, info 1-800-223-LUSK.

NEWCASTLE
SECOND & FOURTH WEDNESDAYS
Gigi’s Closet: Providing free gently-used clothing for the family. 9a-1p, First United Methodist Church, info 307-746-4119.

SHERIDAN
OCTOBER 24-27

OCTOBER 30
National Theatre Live:
Frankenstein:
OCTOBER 30

NOVEMBER 5
National Dance Company of Siberia:
NOVEMBER 5
Students, info 307-672-9084, 6:30p, WYO Theater, $16, $11

NOVEMBER 16

NOVEMBER-MARCH
Guided Wildlife Viewing Tours: Hours-long guided tours include biology, history and photo opportunities. Bag lunches available on request. National Bighorn Sheep Center, $20, $100 each with groups of two or more. Register 48 hours in advance 307-455-3429.

ON GOING
Library Activities: Lego Club for grades K-5, 3:30p Tue; Story Time for birth-5 years 10:30a Fri; and Lego Duplo Club for toddlers and preschoolers 11a Fri. Dubois Public Library, info 307-455-2992.

LANDER
NOVEMBER 1-30

ON GOING
First Friday: Meet an artist and local musician on the First Friday of the month. Art show reception 5p, music 6p. Middle Fork Restaurant. Info 307-335-5035, facebook.com/MiddleForkCafe.

RIVERTON
NOVEMBER 1

ON GOING
Music Jam: All are welcome to play folk, classic, country, bluegrass, old time rock ‘n’ roll and more.
01 | Snapdragons, Marilyn Norman, Cheyenne
02 | Pollen gardening, Carrie Miller, Laramie
03 | Husband’s harvest, Jana Ginter, Carpenter
04 | Green thumb, Darla Winkle, Riverton
05 | Gardening gratuity, Marynell Oechsner, Powell

THIS MONTH:
GARDENING

DEC (DUE NOV 10):
PREPARATIONS
Submit a Photo

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214 W. Lincolnway Ste. 21C Cheyenne, WY 82001
wyomingrea.org/wren-submissions

Please include your name, hometown and a title.

Please submit high-quality digital files* or an original we can scan, as well as details about the artwork, the artist’s name, and the co-op. *Use the highest quality setting on your camera, or save digital artwork as a .jpg or .tif file with at least 300 dpi resolution. Don’t use Kodak Easy Share®.

If you would like your work returned, please include a self-addressed, stamped envelope.

Bountiful harvest, Flower Norris, Lander
Roses, Mary Anne Ackatz, Burns
Sunflower magic, Charlotte Smith, Fort Laramie
Gardening on the prairie, Kara Badura, Riverton
There’s a tinge of yellow starting to show on the oak leaves, the little bunch of steers in the pasture are fat and ready to be shipped, the deer are trading their reddish brown for their grey coats of fall, the remaining pasture grasses are turning brown and rank and on the ponds the young ducks and geese are spreading their wings preparing for the magic of their migration in the coming weeks.

Yes ... it’s fall and this is my favorite time of year. That special time that fills the gap between the sweltering days of July and August and the bitterness of the winter months ahead. The hustle and bustle of summer is waning and I now have time to play a little catch up on a few of the back burner projects before the snow starts to fly. Maybe I’ll even get to some of those honey do items that my wife has been patiently waiting for me to accomplish ... maybe.

Entering the barn I’m greeted by row of pack saddles, panniers, lash ropes, leather hobbles, picket ropes and other assorted horse gear. I pause and smell the oiled leather and remember.
memories that accompany that old stove. The jokes told and played, stories true and embellished, the laughter and camaraderie between the best of friends hold sway when it comes to my most treasured memories. We were younger then … the bulls were bigger, the mountains were higher, the snow deeper, the horses and mules ranker, the whiskey stronger and we were all filled with a sense of “this will last forever” audacity.

I gaze up at the elk horns hanging on the walls and I can clearly recall their long haunting bugles, echoing like mystic sirens from the mountain tops as they talk testosterone inspired trash to each other. My old leather rifle scabbard hangs nearby on a homemade horseshoe hook and it conjures up memories and the excitement of how it feels to slip quietly from the saddle, pull my rifle from the depths of that scabbard and follow those siren calls up rock-strewn dark canyons and over forest clad mountain tops.

The old pack stove sits on the shelf, its cold and rusted metal seems to yearn to be warm again. I recall its welcome warmth and the glow of the lantern within the walls of the cook tent as we sat around with cups of steaming coffee, hot chocolate and … maybe a little whiskey as we recalled the events of the day’s hunt and shared stories of hunts long past. My mind reminisces the sound that the battered coffee pot makes residing atop the old stove as the spring water within rolls and boils, ready to fill cups for another round. Biscuits and gravy, elk steaks, beans and potatoes, bacon and eggs and other camp cuisine eaten from old blue enamel plates are brethren memories that accompany that old stove. The jokes told and played, stories true and embellished, the laughter and camaraderie between the best of friends hold sway when it comes to my most treasured memories. We were younger then ... the bulls were bigger, the mountains were higher, the snow deeper, the horses and mules ranker, the whiskey stronger and we were all filled with a sense of “this will last forever” audacity.

Out in the corral there are horses and one remaining old mule waiting to be fed and I pause to think about the high country trails we’ve ridden together. I can recall them picketed in a grass-filled meadow, ears perked, all staring in unison at the ridge above camp where a bull elk is doing his best to spread the news that he alone is king of that particular mountain. The packing and weighing of panniers, pack covers and lash ropes turned into diamonds will always be part of who I am. The smell of horse sweat, pine and trail dust will linger in my memory banks forever. The creak of leather and the ring of horseshoe on rock as we lined out and packed into camp or hauled out a treasured trophy are the musical rhythms that my heart and soul dance to in the fall.

I linger a little longer at the corral, contemplating the coming days, knowing the ducks and geese will soon be leaving, the oaks will lose their leaves, the horses and mule will be donning their winter coats and finally, snowflakes will come to call. Unfortunately, the catch up projects and the honey do list most likely won’t get done, but I’ll be one happy man filled with the intrinsic worth of … enjoying another fall.

Chuck Larsen managed Saratoga-based Carbon Power & Light for 23 years. He now lives in Hulett with his wife, Linda.
PUMPKIN TRIVIA

1. China
2. Illinois, Indiana, Ohio, Pennsylvania, California
3. Mexico
4. Four
5. Australia
6. July
7. Vitamin A
8. Irish
9. Turnips
10. Pepitas
11. Blossom
12. Chunking

“I would rather sit on a pumpkin and have it all to myself, than be crowded on a velvet cushion.”

– Henry David Thoreau

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Hands-free, eyes-free function
Easy to use
Scientists Target New Acid Reflux Pill for Anti-Aging Research

Surprisingly, the secret to slow the aging process may reside in a new acid reflux treatment; studies find the pill to help protect users from fatigue, cardiovascular issues, and serious conditions that accompany premature aging.

Seattle, WA – A clinical study on a new acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product’s effectiveness, this ‘acid reflux pill turned anti-aging phenomenon’ is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

“With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails,” explains Dr. Liza Leal, a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure’s active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

“For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health,” says Dr. Leal, “and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications.”

“I was always in ‘indigestion hell.’ Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone – but I felt less joint pain and I was able to actually sleep through the night.”

With so much positive feedback, it’s easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that’s taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn’t healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

• Helps End Digestion Nightmares
• Helps Calm Painful Inflammation
• Soothes Stiff & Aching Joints
• Reduces appearance of Wrinkles & Increases Elasticity
• Manages Cholesterol & Oxidative Stress
• Supports Healthy Immune System
• Improves Sleep & Brain Function

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for the next 48-hours only. All you have to do is call TOLL-FREE 1-800-586-1993 and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure’s recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.

ADVERTISEMENTS
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Bright Certified Barley Straw. 3X3 Bales. Farson 307-350-0350.


**Ten 20 ft metal tower sections. $200/section.** Laramie 307-745-4226.

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Antique Collector Looking For Oil Company Gas Pumps, Globes And Signs. Will pay fair market value! Also looking for general antiques for our antique shop. Please go to our website FrontierAutoMuseum.com. Located in Gillette WY, our passion is to preserve Wyoming history and the nostalgia of the past, especially Parco, Sinclair, Frontier, Husky and any car dealership along with all brands. We are also always looking for WY license plates and WY highway signs and State Park signs. Please call Jeff Wandler 307-680-8647 jwandler@LNH.net or daughter Briana Brewer 307-660-2402 bbrewer@frontierauto.net.

Want to purchase minerals & other oil/gas interests. Send details to: PO Box 13557, Denver, CO 80201.

We Pay Cash For Mineral & Oil/Gas Interests producing & non-producing. 800-733-8122.

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**09 OPPORTUNITIES**

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**13 HELP WANTED**

Florquist Construction is looking for carpenters and laborers to assist with residential building. Carpenters need experience in all phases of construction. Lander, WY. Call Kraig @ (307) 349-2415.

Warm Valley Lodge Assisted Living, Dubois, WY is hiring: FT & PT RNs, LPNs, CNAs. 307-455-2645. SEND RESUMES: warmvalleylodge@wyoming.com.

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**20 FREE**

Soon Church/Government uniting, suppressing “Religious Liberty” enforcing “National Sunday Law.” Be Informed! Needing Mailing address. TSBM Box 99, Lenoir City, TN 37771, thebiblesaystruth@yahoo.com, 1-888-211-1715.
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ENCOURAGING YOUR CHILD’S
LISTENING SKILLS

Developing strong listening skills is important. The ability to listen affects your child’s concentration and comprehension capabilities, speech and language, communication, and ability to follow verbal instructions. You can help make learning to listen fun by teaching your kids games with simple instructions and playing them together!

**Simon Says**
When “Simon says” to do something, do it! If an instruction is given without “Simon says,” don’t do it!

**Dancing Statues**
Put on some music and begin to dance together. Stop the music randomly – everyone must freeze when the music stops!

**Red Light, Green Light**
When you say, “green light” your kids should run; when you say, “red light” they should stop!

**Odd One Out**
Say a string of words that are part of the same category and ask your kids which one doesn’t fit!
Try: apple, banana, leopard, pear, peach.

**Listen and Draw**
Describe a picture with as many details as you can, then ask your kids to draw it!

FOR A FUN LISTENING AND ACTION ACTIVITY TO DO TOGETHER, VISIT:
wqualitycounts.org/wren

WY Quality Counts, housed in the Department of Workforce Services, helps Wyoming parents and child care providers identify and create quality learning experience for children, thanks to the funding of the Wyoming Legislature.

All WY Quality Counts activities are supported by the Wyoming Early Learning Foundations and Guidelines, as well as the Domains of Development, which include:

- COMMUNICATION
- SENSE OF SELF & RELATIONSHIPS
- CURIOUS MINDS
- STRONG & HEALTHY BODIES