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THE WREN MAGAZINE WYOMING RURAL ELECTRIC NEWS

The official publication of the Wyoming Rural Electric Association

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ON THE COVER

CENTERPIECE

Stepping off the Cycle

STORY BY ELIZABETH SAMPSON

PHOTOS BY RHIANNA GELHART

On the cover: PRECorp member Donna Gewecke keeps nine horses on her ranch. "I can understand buying a horse, but I have no idea how people sell them," Gewecke said.

Read about Gewecke's work on pages 15 and 22.

FEATURES

CO-OP YOUTH BIG HORN'S YULISA MENDEZ

CO-OP SPOTLIGHT BACK TO WORK BY ELIZABETH SAMPSON



STATE NEWS & EVENTS

GRASSROOTS

THE CURRENT

COWBOY STATE BUZZ

WHAT'S HAPPENING

ESSAYS & ANECDOTES

WREA NOTES GRASSROOTS FORCE BY SHAWN TAYLOR

HOME ON THE RANGE EXTRA LAYERS BY GINA SIGEL

ENLIGHTEN US CABIN FEVER BY CHUCK LARSEN



FROM OUR **READERS**

COUNTRY COOKS CHICKEN

PEN TO PAPER

JUST PICTURE IT

JUST FOR FUN

KIDS' CORNER WHAT DO **TEACHERS DO?**

PUZZLE TEN-DOLLAR WORDS BY KENDRA SPANJER

BOOK REVIEW NO GOOD DEED: A SAM DAWSON **MYSTERY** BY STEVEN W. HORN

May the (Grassroots) Force Be With Us ... Always.



I'm going to admit up front that I am a Star Wars nerd, living in a household of fellow nerds. Not quite to the point where we dress up as a character from the movie and wait in line to see the newest release, but I did see "Return of the Jedi" six times and my wife and daughter have already seen "The Rise of Skywalker" three times in one week! So, be forewarned that my columns this year may have a reference or two ... or three from this series of theatrical wonder.

Back to the real world – I do want to point out that the rural electric grassroots network both in Wyoming and nationally really is a force, and one that can't and shouldn't be ignored. Late last year there were a number of issues of importance to the electric cooperatives that needed to be addressed before the end of the year. One issue impacted our employees and their health care, another was an obscure tax issue that, if not fixed by Congress, would have had a drastic impact on cooperatives and you, the member-owners of the cooperatives, and your rates.

I don't want to get into the weeds on the issues but I would like to show how the force of the grassroots played a major role in keeping rates low. A couple of years ago there were changes made to the U.S. tax code. One change would have impacted the tax-exempt nature of the cooperatives. As a tax-exempt entity, cooperatives and all tax-exempt organizations have to adhere to the 85-15 rule. That rule states that tax-exempt

entities must collect at least 85% of income from member dues (or in the case of a rural electric cooperatives, utility bills) and no more than 15% of income from non-member dues.

Cooperatives across the country routinely have to apply for Federal Emergency Management Agency or FEMA funds to help them recover from natural disasters. Furthermore, there is a push from the federal government to expand broadband or connectivity to rural America, and as such millions of dollars from the U.S. Department of Agriculture are available to cooperatives to help in this effort. Unfortunately with the change to the tax code, these funds would have counted as "nonmember dues or income" and therefore would have changed the cooperatives to a taxable entity, which as you can understand would have had negative rate impacts on cooperatives members.

Suffice it to say that Congress had known about this issue, and that it would have gone into effect at the beginning of 2020 for a year, if not longer, but hadn't done anything about it. As the clock was winding down on 2019 it became clear that the senators and representatives in Washington had to hear from the people back home, including the Wyoming delegation. Collectively the cooperative grassroots network across the country were asked to reach out to their elected officials and tell them that this problem had to be fixed before the end of the year.

Congressional members were asked to co-sponsor legislation and implore the leadership of the House and Senate to get this done.

Many of you may have received a similar message from your cooperative asking you to do the same thing, and for those of you who took action, I want to express my sincere gratitude and let you know that, within 24 hours of the message/email being sent out asking you to contact our Wyoming delegation, all three members, if they hadn't already co-sponsored the bill, signed their name onto the bill supporting the cooperatives. A few days after that the bill was passed in both the House and Senate and sent to the president who signed it into law and saved us all from a financial catastrophe.

Now this may not sound like that big of a deal to you, but in the world of politics and grassroots engagement, it is this collective effort by rural Americans that allows us to continue to punch above our weight class in Washington.

So to close with another Star Wars reference, if you all want to join the Rebellion and become a part of the grassroots force, please visit wyomingrea.org and click on the "Grassroots Network" to sign up. Thanks again for your support and may the Force be with us ... always.





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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.





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A PARTNER & TRUSTED SOURCE

Wyoming's rural electric cooperatives are part of a much larger network of cooperatives that strive to provide the safest, most reliable electricity possible to their members. The cooperative difference is that you, the members, own your electricity provider, and your needs drive the cooperative.

The National Rural Electric Cooperative Association (NRECA) recently commissioned a national telephone survey to find whether cooperative members are satisfied, and engaged, with their cooperative. This month, we'll look at survey results regarding electric co-ops' importance in sustaining the local economy. During the next few months, WREN magazine will publish more results of the survey, including member political engagement and satisfaction with electric rates.

FROM THE NRECA

Consumer-members across the country are increasingly satisfied with the performance of their electric cooperatives and more than ever before see them as trusted information sources and partners in keeping energy costs low.

These are among the key findings of a recent national survey commissioned by NRECA and conducted by Frederick Polls.

"We hear a lot of stories about how Americans are losing faith in institutions like big companies and government, but that's clearly not the case with electric cooperatives," says NRECA Communications Senior Vice President Scott Peterson. "The positive view that members have of co-ops is a testament to their reputation as honest brokers and entities who truly care about their communities."

POLL RESULTS →



THE 2ND ANNUAL SHERIDAN WYO WINTER RODEO

FRIDAY, FEBRUARY 14, 2020 FAT BIKE + NORDIC SKI REGISTRATION PAUL BOGART CONCERT

SATURDAY, FEBRUARY 15, 2020

FAT BIKE + NORDIC SKI REGISTRATION NORDIC SKI RACES FAT BIKE RACES

SUNDAY, FEBRUARY 16, 2020 TRAIL END FAMILY SLED + BBQ

FRIDAY, FEBRUARY 21, 2020 SKIJORING REGISTRATION WINTER RODEO ICE BREAKER SHERIDAN HAWKS HOCKEY GAME

SATURDAY, FEBRUARY 22, 2020

DOWNTOWN SKIJORING RACES 90TH WYO RODEO TICKET SALES LIVE SHERIDAN HAWKS HOCKEY GAME SKIJORING CALCUTTA

SUNDAY, FEBRUARY 23, 2020 DOWNTOWN SKIJORING RACES

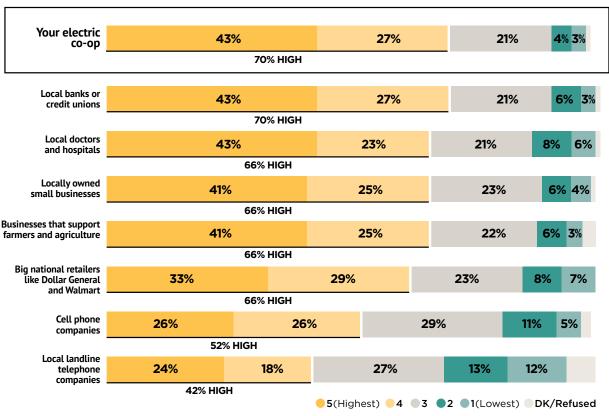
*SKIJORING REGISTRATION TAKES PLACE ON FRIDAY, FEBRUARY
21, 12PM-7PM AT BLACK TOOTH BREWERY. ALL ATHLETES MUST
REGISTER IN PERSON BEFORE COMPETING IN SKIJORING RACES.

*MORE THAN \$5,000 IN ADDED PURSE

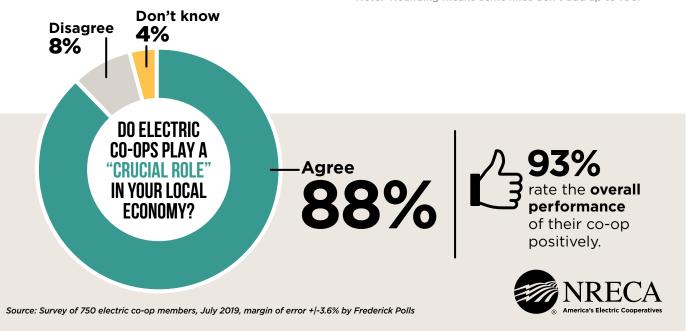
MEMBERS THINK THEIR CO-OP MAKES A DIFFERENCE

RANKING: ENTITIES THAT SUSTAIN THE LOCAL ECONOMY

Co-ops placed first, above credit unions and hospitals, for importance in maintaining the economic health of the community.



Note: Rounding means some lines don't add up to 100.



EVERYTHING YOU NEED TO KNOW ABOUT THE 2020 CENSUS

The census data provides monetary funds for Wyoming. Wyoming towns and counties each received about \$600/person from state tax distribution based on census data in the 2019 fiscal year.

CENSUS INFORMATION IS USED IN WYOMING FOR PLANNING AND FUNDING



NEW SCHOOL CONSTRUCTION



MEDICARE DISTRIBUTION



ROADS AND BRIDGES



POLICE AND FIRE DEPARTMENT LOCATIONS



LIBRARIES AND PUBLIC BUILDINGS

THE CENSUS IN YOUR COMMUNITY

The census will not be mailed to P.O. Box addresses. Instead, a census worker will bring a postcard or questionnaire to your home.

How to identify a census field representative:

The representative must present an I.D. badge with:



THEIR PHOTOGRAPH



A DEPARTMENT OF COMMERCE WATERMARK



AN EXPIRATION DATE

The representative will have a letter from the director of the U.S. Census Bureau and can provide the number for the regional office for verification. Wyoming residents can also call 211 for census information.

THE CENSUS IS SAFE

The U.S. Census Bureau is bound by law to keep your answers strictly confidential. Data cannot be used for law enforcement purposes or to determine personal eligibility for government benefits.

The census will NEVER ask for:



SOCIAL SECURITY NUMBERS



BANK OR CREDIT CARD INFORMATION



MONEY



ANYTHING RELATED TO POLITICAL PARTIES

CENSUS TIMELINE

2010 MARCH

The last census took place 10 years ago. You will receive an invitation to participate in the 2020 census. Some households will receive a postcard, others will receive a questionnaire.

APRIL

If you haven't responded yet, you will receive a reminder letter and paper questionnaire. MAY

Census workers begin visiting homes that haven't responded to make sure everyone is counted.

JULY 31 Census

closed.

The next census will take place 10 years later.

2030

†

MAKE SURE YOU COUNT!

Wyoming's rural electric cooperatives encourage you to participate in the 2020 Census.





CO-OP Youth

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:

Big Horn Rural Electric
Company nominated
Yulisa Mendez, who
attended Youth
Leadership Camp and
the NRECA Youth Tour.
She was selected as the
Wyoming delegate to the
Youth Leadership Council
during the Youth Tour.
She was a Daniels Scholar
and is now attending
Villanova University.



Interested in applying for a scholarship, D.C. Youth Tour and/ or Leadership Camp? Contact your local rural electric cooperative!
See the insert in the center of the magazine for contact information.



YULISA MENDEZ



HOMETOWN:

Burlington

HIGH SCHOOL:

Burlington

YEAR OF GRADUATION:

2019

COLLEGE:

Villanova University

MAJOR STUDY INTEREST:

Business Management and Marketing

WREN: Tell us about your studies and interests.

YM: As I plan to study business management and marketing, I was hoping to attend a highly ranked business school with a community feel, and Villanova gave me just that. I chose these majors because they let me delve into my creative side while also improving my interpersonal skills. Some of my interests are volunteering with Habitat for Humanity and tutoring elementary students. I've gotten involved with several business societies, Belle Aire Yearbook and Inter-Hall Council to name a few clubs.

WREN: How have your hometown, family and/or friends influenced you?

YM: The community in which I grew up helped me realize that I am capable of so much more than I believed. They had faith in me and pushed me to be the person I am today. It was this community feeling that I hope to get out of a university. Additionally, my family played a huge role because they have been my No. 1 supporters in every decision I've made, including moving across the country. They taught me to be hardworking and to seize every opportunity.

WREN: What are your plans for the future?

YM: I hope to be a marketing manager for a successful company, and to continue enhancing my skills throughout my career as it is vital to keep improving. Holding this leadership role, I believe that I can use my expertise to mentor others. With a successful career, I wish to give back to my family, community, and organizations that have helped me not only financially but socially as well.



LINEMAN SCHOLARSHIP FUND



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 lineworker and plan to attend an approved regional lineworker training program.



CANDIDATES

To be considered, applicants must submit the application form, a resumé 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.

\$	\$	\$	\$	\$
14.9K	27.5K	30K	45K	35K
2015	2016 ——	2017 —	2018 —	2019 —



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.

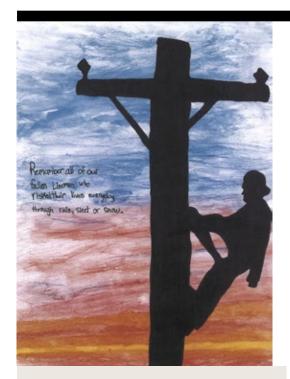


A GOOD PROBLEM IS STILL A PROBLEM

Because of the board's generosity, and due to the fact that distribution systems statewide have done a good job promoting the lineworker 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.





Last year's winners are: first, Emmalee Guymon of Dutch John, Utah (above); second, Annalene France of Lyman; and third, Bella Gardiner of Mountain View.

CONTEST

CODY HOTLINE SCHOOL

T-SHIRT DRAWING CONTEST

It's time again for elementary aged kids to enter the drawing contest. The Wyoming Rural Electric Association and the city of Cody are looking for pictures to show off at the annual Cody Hotline School.

The first place winner will receive \$200 and their drawing will be featured on the Cody Hotline School T-shirts. The second place winner will take home \$100 and both the third and fourth place winners will get \$50.

TO ENTER:

Draw your ideas of a person safely working on your electric lines and power poles. Write your name, address, age and phone number on the back of your drawing. Turn it in to Niobrara Electric Association, P.O. Box 697 by March 1.

Questions? Call the Niobrara Electric Association at 307-334-3221 and ask for Twyla Barker.





Your dream garage begins with limited-time savings when you commit during Building Value Days. Now through February 29.

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HEATING HELP

IN WYOMING



by donating to Energy Share, a nonprofit organization that helps residents whose other means of assistance have been exhausted.

> Last winter, the program paid \$78,256 to help 277 Wyoming households with utility bills.

Those in need may contact the local Salvation Army to apply for assistance.

= TO DONATE =

Energy Share, c/o Align Team 1401 Airport Pkwy Ste. 300 Cheyenne, WY 82001

WOMEN DRIVING HUNTING, → FISHING NUMBERS →



FROM THE WYOMING GAME AND FISH DEPARTMENT

More women are hunting and fishing in Wyoming, according to recent Wyoming Game and Fish Department license trend data. Over the last ten years, women's participation has increased 30.5% in hunting and 14.4% in fishing.

It's a trend Game and Fish has been nurturing, reaching out to women who are interested in learning more about the outdoors and conservation. Game and Fish Hunter and Angler Participation Coordinator Kathryn Boswell organized two Becoming an Outdoor Woman (BOW) camps this year to teach women outdoor skills and activities. The traditional BOW camp covers topics like local plants and wildlife, canoeing, maps, orienteering, fishing, archery, shooting

sports and photography. Beyond BOW, a new hunting-focused camp for 2019, specialized in hunting ethics, firearms, archery, gun cleaning, optics and a simulated hunt with a mentor.

Boswell notes the camps have been popular and in step with the trends. In the past two years, 119 women attended either a traditional or Beyond BOW. In survey results following the hunting-focused BOW, all the women who participated felt they had the resources and knowledge to hunt.

"I think women are starting to see hunting as an activity that is accessible to them," Boswell said. "And, it comes with a certain pride in putting healthy food on the table and knowing exactly how it got there—something I think all hunters regardless of gender can relate to."





SCAMS COST WYOMINGITES \$3.42 MILLION

Phone, text and email scams target anyone, including rural electric co-op members.

Recent examples of scams show how prevalent the crime has become. Just last month, a member of Big Horn Rural Electric Company received a fake call threatening to shut off her power. The Wyoming Tribune-Eagle reported in January that Wyoming's senior citizens lost \$3.42 million to cyber scams in 2018. The story included an interview with Margaret Pinney of Cheyenne, who said that she realized she had fallen for a text scam after sending the scammer \$4,500. Pinney told the newspaper that the scammer used the name of her friend as part of the scam.

TO REPORT A SCAM TO THE FEDERAL TRADE COMMISSION: FTC.GOV/COMPLAINT 1-877-FTC-HELP (1-877-382-4357)

THE FEDERAL TRADE COMMISSION OFFERS TIPS TO AVOID SCAMS, INCLUDING:

- 1. Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity or a company you do business with. Don't send money or give out personal information in response to an unexpected requestwhether it comes as a text, phone call or email.
- 2. Don't believe your caller ID.

Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.

- 3. Don't pay upfront for a promise.
 - Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.
- Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods don't. Wiring

- money through services like Western Union is risky because it's nearly impossible to get your money back. That's also true for reloadable cards and gift cards.
- 5. Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert-or just tell a friend.
- 6. Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.
- 7. Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.

The WREA and WREN magazine won a total of eight awards, including four first place awards, at the Wyoming Press Association 2019 Associates Contest in January.

Award-Winning Magazine

1ST PLACE AWARDS



— PUBLICATIONS — WREN MAGAZINE

— OP-ED WRITING —
WREA EXECUTIVE DIRECTOR
SHAWN TAYLOR



INFORMATIONAL CAMPAIGN:

"Economic Benefits"
WREA



PHOTO STORY:

"Photographing the Rodeo"
NOV 2018 - TY STOCKTON | WREN



Trading in coal dust for chalk dust may seem like quite a change, but that is just what one former Wyoming coal miner did when he pivoted to a new career as an elementary teacher. Travis Unterseher of Gillette is one of many Wyoming coal miners who has faced similar tough choices after losing their livelihood, but rather than panic, he turned to help from the Wyoming Department of Workforce Services (WDWS) through the Gillette Workforce Center to make a new path for himself and his family.

Stepping off the Cycle

WYOMING AT WORK

Each year the editorial staff at WREN magazine plans a common theme for our Centerpiece stories; in past years we've featured Wyoming Grit, Wyoming Energy and Wyoming Innovation. For 2020, we are looking at How Wyoming Works; how we find jobs and how we find careers.

Work has changed in much of the nation, as baby boomers retire and younger generations embrace the internet, mobility and "gigs." But that's not always the case. This year we're going to travel the state to visit manufacturers, farmers and content creators as we examine how Wyoming works.

This month we begin in Gillette, where mining jobs pay well, but have always been volatile. We'll interview workers who decided to pivot to a new career field, and chat with Wyoming's Workforce Services about the employment resources they offer.

Coming up, we will visit more workers in the state, including scientists competing for the Carbon XPrize, farmers, beer brewers, windmill technicians and more.

You'll also find our regular features in the magazine, Co-op Spotlight, Home on the Range, Enlighten Us and Kids' Corner. We hope you'll continue to send entries for Just Picture It, Country Cooks, Puzzle, Book Review, Pen to Paper and Events. And we'll keep you informed on the latest rural electric cooperative news with your local insert in the center of the magazine, along with information in WREA Notes, Grassroots Network, Co-op Youth and The Current.

AS ALWAYS, THANK YOU FOR READING WREN MAGAZINE!

Maggie York, Editor

Kelly Etzel Douglas, Managing Editor



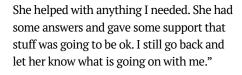
wasn't one of the hundreds of people who faced layoffs in July when Blackjewel LLC filed for bankruptcy, but he was part of an earlier mine layoff in 2015.

In both cases, people from the WDWS stepped in to help the laid-off workers get back on their feet and on the road to recovery.

Travis Unterseher had worked at a coal mine for eight years when the news of his layoff arrived. He said there had been some talk about possible layoffs, but it was still a surprise when his boss called him while he was on vacation to let him know his job was over. Unterseher said up until then, the company was doing very well and making record production numbers, so it was strange to suddenly be out of a job.

Luckily for Unterseher, he was fairly well prepared for a layoff. He had money saved and had already paid off his house. He also had a year and a half of college under his belt to jump off from, and decided to go back to college to become a teacher. He spoke to Donna Gewecke of the Gillette Workforce Center, and she helped him find federal funds to pay for the last two years of his college training.

"It was really nice," Unterseher said.
"Donna kept in good contact with me.



He worked nights as a custodian for one of the elementary schools in Gillette as he worked both online and on campus at Black Hills State University to earn his degree. Now he has a job teaching special education at Hillcrest Elementary School in Gillette.

Though he misses his work running equipment at the coal mine and the people he worked with there, his new career finds him enjoying the regular hours instead of doing shift work.

That has been especially helpful now that he and his wife Maggie are the parents of a baby girl. He knows that if they had had her while he was working in the mines, he would not have been as available to help and spend



Travis Unterseher teaches special education at Hillcrest Elementary in Gillette.

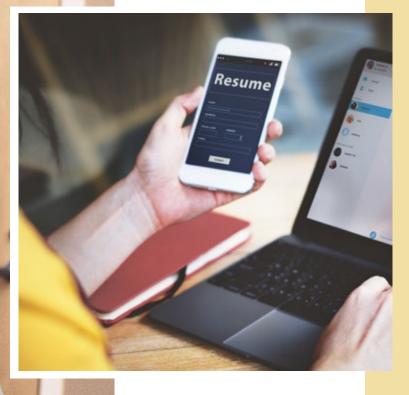


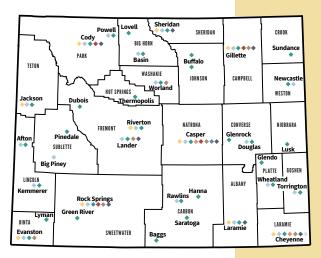
PHOTO BY RHIANNA GELHART

time with her. In his new job as an educator, he received paternity leave after she was born.

Even though help from the Workforce Center made his career transition a smooth one, completely changing his work has come with some difficulties, and Unterseher wants to encourage other miners and let them know it can be done.

"It's hard to change from working in the coal mines to another job," he said. "Other jobs are completely different. You have to know that it's going to get better. Know that you're not going to learn stuff instantly. Know that there are people who actually care about you and want you to succeed."

Workforce Center Locations



- Audit
- Mines Inspection & Safety
- Wyoming OSHA
- Vocational Rehabilitation/ Outreach
- Employment & Training
- Workers' Compensation
- Labor Standards
- Unemployment Insurance
- Office of the Director

Agency Offers Job Help Statewide

You might visit a workforce center to find help with:



FINDING A JOB.

Job seekers can visit the
Wyoming Department
of Workforce Services website,
wyomingatwork.com, to find statewide
job listings. Anyone who would like help
navigating the website can visit a local
workforce center.



WRITING RESUMES.

People who need help writing or updating their resume can visit any workforce center.



FILING UNEMPLOYMENT INSURANCE.

The WDWS is the state agency that facilitates unemployment insurance claims. The program pays temporary benefits to workers who have lost their job through no fault of their own. To file an initial claim, call (307) 473-3789.



FINDING WORKERS.

Employers can work with the WDWS to list job openings that reach job seekers

in the state through the same website.



Another former coal miner making a major pivot is Kimberly Jones of Upton. Though she didn't jump directly from coal mining to her new career as the owner of a full-service hair, skin and nail salon, she too utilized the help of the Workforce Center to obtain job retraining.

After high school in Colorado, Jones moved back to Gillette and worked in construction. When that work slowed down, she started working in one of the coal mines where she worked for about a year and a half. She stopped working in the mine when she married and had children, but divorce and some other life changes led her to look for a stable career in a field she had always been interested in - cosmetology.

She sought retraining funds through the Department of Workforce Services and received a grant to help cover the cost of her tuition at True Colors Cosmetology Training Center in Gillette.

Now she owns Kimberly Anne's Hair Design in Upton and works between 40 and 60 hours every week. She says she loves the opportunity to be creative, and often her clients will sit in her chair and tell her to do whatever she wants to their hair.

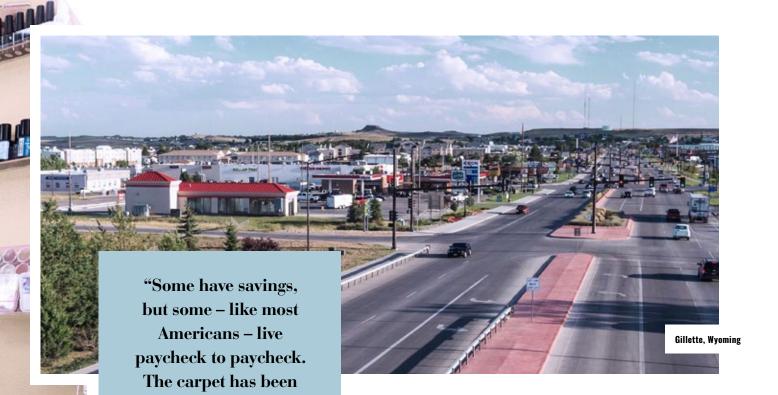
She loves the challenge of coloring hair, knowing that she has to understand the chemistry of the color she will use.

Even though going from a coal mine to a hair salon is a big change, Jones said her work in the mines leant itself to her current career. She said she learned how to work with others while in the mines, which she noted is very important for working with her clients in the community.

She said the safety and infection control required by the Wyoming State Board of Cosmetology are very close to some of the safety standards she complied with while working at the coal mine.

Jones said even though it was a difficult time going through school and completely changing her career, she encourages anyone who needs job retraining to visit a workforce center in their community.

"They have an entire list from A to Z that goes through any kind of trade you would want to do," she said. "They have a lot of programs and grants to change your career."



RAPID RESPONSE

For the miners who lost their jobs when Blackjewel declared bankruptcy this summer, the WDWS quickly stepped in to help as well.

ripped out from

under them."

Less than 48 hours after the layoff happened, the WDWS had a full rapid response team in Gillette. According to Andrea Hixon, rapid response program manager, their main goal was to make contact with the dislocated workers to let them know the services available to them – including employment, training, and career services such as resume writing, online job applications and filing for unemployment insurance benefits.

"When you attend a rapid response event, it definitely has a very somber feel," Hixon said. "Some have savings, but some – like most Americans – live paycheck to paycheck. The carpet has been ripped out from under them. We will do whatever possible to make sure we research and find that resource for them and get them headed in the right direction."

According to Rick Mansheim, manager of the Gillette Workforce Center, reports indicate 580 miners lost their jobs when Blackjewel filed for bankruptcy, and 440 of those filed for unemployment insurance benefits through the WDWS. Their latest report showed only four are still filing for those benefits. Many of the miners went back to work in the mine after it was purchased by Eagle Specialty Materials, he said.

This large layoff showed the strength of the state's workforce services. Extra staff came from around the state to help.

"Because we had enough staff members we were able to triage clients and get them to the right person as quickly as possibly, making it as painless as possible for those laid off," Mansheim said in an email.

He noted Workforce Services employees organized a job fair only three days after the Blackjewel layoff. They had 40 employers who participated, and more than 450 job seekers attended.

"Our main goal was to help them find employment, either with a mine or in another field," Mansheim said. "We assisted with unemployment insurance claims and brought in various agencies to provide help with health insurance, credit services, behavioral health problems and labor laws."

He said that right now things look positive for the county's coal mines and their employees.

"In my opinion things in Campbell County look stable for the near future, but as we learned with Blackjewel, things can change quickly," Mansheim said. "If nothing else, we know that this community rises up during a time of need."

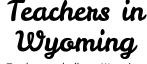
Elizabeth Sampson lives in Cheyenne with her husband and young daughters.



What do Teachers do?

Teachers are helpers whose work is to make sure their students understand important subjects. Some people become teachers because they like to help others learn; some people become teachers so they can continue to learn, too.

> Are you interested in becoming a teacher? You've come to the right place!



Teachers work all over Wyoming, in schools, colleges and education centers. According to the Wyoming Department of Education, more than 18,000 teachers worked in the state for an average salary of about \$50,000/ year in March 2019.



WHEN I GROW UP

want to be a

Teachen



How to Become a Teacher

You need a license to teach in the state of Wyoming. To obtain a license, you'll need to do this:

Complete a teacher preparation program from an accredited institution of higher education.

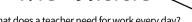
Pass a background check.

Pass teacher testing requirements.



03

Tools of



What does a teacher need for work every day?

Teacher Quiz

01

Wyoming's 2020 Teacher of the Year, Dane Weaver, teaches social studies to grades 7-12 in Ten Sleep. What does he think is the most important thing he can do as a teacher?

- A. Coach football
- B. Advise the student council
- C. Display a caring attitude toward students
- D. Earn a master's degree

Annie Sullivan was a famous teacher who Mark Twain called "The Miracle Worker." Who did she teach?

- A. Helen Keller
- B. Mark Twain
- C. Laura Ingalls Wilder
- D. Albert Einstein



To learn more about Teacher of the Year Dane Weaver, visit edu.wyoming.gov/educators/teachers/toy.

Sources: Wyoming Professional Teaching Standards Board, Wyoming Department of Education.



Answers: C, A

DEFINITION

Armpit O

Counter-clockwise O

Babbler O

Stamp collector O

24 Sheets of paper O

÷ (Division symbol) O

Hand of cards with nothing above 9 O

Teardrop of tissue at the back of your mouth O

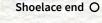
(Hashtag or pound symbol) O

Someone who never laughs &

Ethically questionable lawyer O

A "ten-dollar word" is a bigger, fancier, less-common word people sometimes use in place of a more common term. Can using a tendollar word make you smarter? What about richer?

Let's find out by starting 2020 with new, improved lamprophonious* lexicon! Match the following 20 ten-dollar words with their regular counterparts, then turn to page 35, where learning the answer is always free.



Fear of failure O

Nose drip O

Sprinkles O

Ornamental hair net O

Stomach rumbles O

Pointy-toed shoe O

Day before yesterday O

Tightrope walker O

TEN-DOLLAR WORDS

Agelast

Aglet

Blatherskite

Borborygmus

Funambulist

Kakorrhaphiophobia

Meldrop

Nonpareils

Nudistertian

Oxter

Obelus

Octothorpe

Pettifogger

Philatelist

Ouire

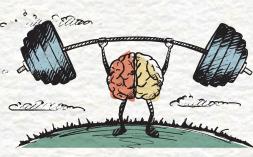
Snood

Uvula

Widdershins

Winkle picker

Yarborough





DONNA GEWECKE



Getting Workers Back to Work

BY ELIZABETH SAMPSON

Donna Gewecke of Gillette is part therapist, part paper-pusher, and if you are someone who is stunned by the shock of a sudden job layoff, she is entirely the person you want in your court.



ewecke, who is a workforce specialist in the Gillette Workforce Center and a member of PRECorp, has spent more than four decades helping people navigate their next steps in a career change. Sometimes her clients are people who have been laid off from a good job, while other clients are people who are

working to move away from extreme poverty - including homelessness.

"You take people who don't have much and are at rock bottom. and see them turn into people who are paying their bills and having a good life," Gewecke said. "That's the thing that makes it worth coming to work."

Though she describes her job as shoveling

a lot of paper – and this is true with all the state and federal forms she helps people fill out – she is also connecting people to job training programs, money for education and hope for their future.

Roxy Bailey, another workforce specialist who has worked with her for 29 years, said Gewecke is always ready to meet a challenge head-on.

"Because of her knowledge, compassion and kindness, she has changed countless lives with employment and career planning, as well as facilitating long and short-term training opportunities and supportive services," Bailey said. "Donna listens, assists in evaluating situations and provides resources for success for her clients as well as anyone else she comes in contact with. Anyone who knows her values her expertise. Her former clients come to the office to visit with her often, and they refer other individuals for her assistance."

Gewecke said she spends her days visiting with walk-in clients who may still be in crisis mode after suddenly being unemployed, strategizing with clients she has appointments with, following up with people she has helped transition into job training and sending payment to schools where clients are obtaining education. She said though they are a state agency, the funding for job training is federal money.

"The one thing I like to make sure of is that each person gets information on what types of services through our agency are available to them, and when appropriate, refer them to other agencies and organizations that may also be able to assist them," Gewecke said. "Whether it's one person who's laid off or 500 – one person is just as important as 500. It makes the news when lots of people are laid off, but when a small business lays off their only employee, they are going through all the same stuff. It's tough. We want every individual who walks through the door to know how we

can help them and what we can do."

She said that help can be as simple as paying for a pair of steel-toe boots for a worker who can't afford them but has a new job that requires them – or it can be as complicated as helping someone enroll in career training that will completely change their life path.

Commercial Driver's License (CDL) training is one of the programs Gewecke is especially fond of. She said if someone who works as a laborer in an industry where layoffs are common has a CDL, he or she is usually more likely to hang on to their job. Even if they do face a layoff, often getting a different job is easier for them.

"It almost guarantees that they're not going to have trouble finding a job," she said.

She said she also appreciates the two-year nurses training she has helped many people enroll in and often sees those nurses when she visits the doctor herself.

"We've had so many people involved in those programs we've helped," she said.

She said something that always impresses her is how well people seem to manage going through the rigors of losing a job and looking for a way up.

"If there is anything that surprises me, it is how good people are even when things are really bad for them," Gewecke said. "When you look at the circumstances they are in and how well they handle it, it's just impressive."

Elizabeth Sampson lives in Cheyenne with her husband and two young



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have much and are at rock

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That's the thing that makes it

worth coming to work."

daughters.

BOOK REVIEW

No Good Deed

A Sam Dawson Mystery

BY STEVEN W. HORN

History isn't what it used to be, as photographer Sam Dawson quickly discovers while attempting to unravel the truth surrounding the fatal shooting of a 14-year-old boy more than a century ago. Past events and lore compete with stark facts that may have saved a man from the gallows in one of the Old West's most baffling crimes as Wyoming author Steven W. Horn continues his acclaimed Sam Dawson Mystery Series in "No Good Deed."

A young teacher knew the truth and much more. Maligned by the press and discredited by the politicians, her story was erased from the public record. Reaching out from the grave, she attempts to set the record straight.

Haunted by the loss of the love of his life, Sam is reluctant to accept the advances of the beautiful attorney who seeks to correct history and clear her family's name. Nothing is as it seems when Sam – against the advice of his daughter, Sidney – is lured deeper into the politically charged and confusing legal entanglements that obscure the truth.

Intertwined in myth and deception, both past and present, Sam returns to what he does best: finding lost graves. But not everyone wants the past exposed. Some skeletons are better left buried.

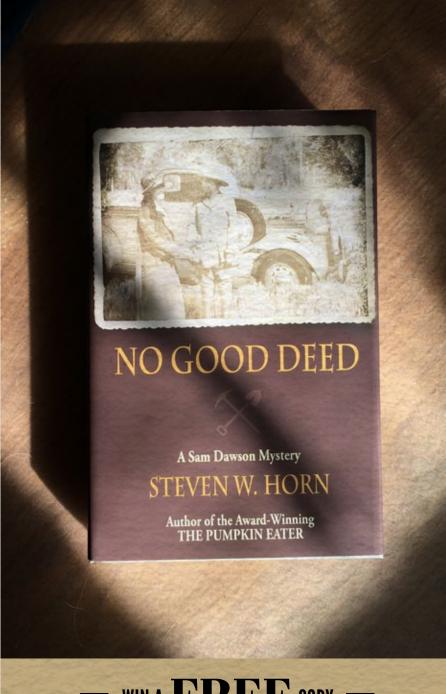
Summary by Granite Peak Press

ORDERING INFORMATION:

2019 | 388p. | \$29.00 ISBN: 978-0999124819

Publisher: Granite Peak Press

Available at local and online booksellers, including Barnes and Noble and granitepeakpress.com



= WIN A $\overline{\mathbf{RRR}}$ COPY =

Name:
Phone:

Address:

NOVEMBER'S Book Winner:

BETHANY TAYLOR OF MEETEETSE

ENTRIES DUE BY MARCH 10 One entry per household, please. ■ DEED c/o WREN Magazine 214 W. Lincolnway, Ste. 21C Cheyenne, WY 82001

wyomingrea.org/wren-submissions

HOME ON THE RANGE



Horses, cattle and even the working dogs get an extra laver of hair to survive the snow and icy temperatures. The long, coarse hair creates an air

pocket that locks out the forces of nature, allowing natural heat to remain trapped close to the skin. Horses grow a winter coat, looking wild and shaggy as they paw the ground to dig out grass buried under the snow. Sheep keep toasty in built-in shearling that blends in with the fluffy, white snow.

In the cold of winter, potential for disease, infections, and illness actually decrease because germs and bacteria need heat and moisture to thrive, both of which are in short supply during Wyoming winters. But what ranchers and farmers give up in the potential for foot rot, they make up for in braving the weather to do chores. Cattle,

sheep and horses need more water and hav as digestion of roughage helps them stay warm. And while hauling feed is no small feat in drifted snow or blizzard conditions, the biggest issue is access to water, since it freezes in the cold. That can mean hauling water if you don't have heated tanks or chopping ice from rivers and streams.

Chickens, on the other hand, do need shelter. And if you have fancy chickens with feathers on their feet, you better make sure they don't freeze to the ground. Because the days are so short, production drops significantly for the hens which can make hauling all that food and water seem like a thankless job. But the hens will show their gratitude in the spring when eggs will overflow all the pails and buckets you can find. Until then, you will find them roosted on the rafters of the barn, feathers fluffed against the chill.

Here are some terms you need to know if you find yourself on the ranch this winter:

SNOWPLOW: this can be as simple as a blade on the front of a four-wheeler, or an old, yellow, industrial dump truck with a plow on the front that you wrangled at a local auction. Either way, you aren't getting off the ranch and you aren't getting feed on to the ranch without some way to move snow.

FEEDING: as in, "I have to

go feed." This doesn't mean bellying up to the breakfast table for some hotcakes in the morning. In fact, many livestock managers don't eat until their animals do. Feeding hay, as mentioned above, is especially important when it is cold. Just don't forget to plug in the tractor on those below-zero days, or else it might not start, either.

isn't unusual for Wyoming's visitors to worry about animals spending their winter outdoors. Nope, we don't have barns big enough for all of them. And, yes, they are hearty and adaptable.

HOME ON THE RANGE

BALE FORKS: this is one long spear (in the case of round bales) or a couple of spears on the front of a tractor or skid-steer that allow you to pick up bales and move them. It isn't unusual to have to switch them out for the snowplow or the scoop to move snow, so just make sure your equipment doesn't freeze to the ground.

WIND BREAKS: not to be confused with snow fences (which are designed to position drifts so they don't block the road), these fences can be used as shelter for livestock. And in Wyoming, they aren't just reserved for winter months. Calf shelters are even fancier ... three-sided structures with a slanted roof. Big enough for a calf to get into, but less than waist high, so the other cattle don't crowd them out!

CHOPPING ICE: it looks like the opening scene from the movie "Frozen," but less singing. And less tidy blocks. When you "open up" the water for the cattle and the horses, it usually involves a big axe and a lot of swearing.

GENERATOR: when the power is down, there has to be a way to keep your heated tanks going and other stuff that will keep snowed in and not having food and fuel for the animals can be a keep yourself warm and fed, too,

things running smoothly. Getting real crisis. Of course, you've got to to take care of all those animals. I have a friend who has stockpiled #10 cans of canned yams. In case of an emergency, there will be lots of sweet potato pie.



seems like summers could bleed together into one big, long story. But the snowy months were a menagerie of specific mishaps. I love cold, snowy nights when the air is still and you can hear the coyotes singing in the distance. My dad used to say that those clear nights with no cloud cover were even colder. And I think it made the stars twinkle a little more. But that could have been my imagination.

I guess my parents don't have their extra layer of hair anymore. Since retirement, they grew feathers and became snow birds. I'm told you don't need as much hair in Texas.

Originally from Laramie, Gina Sigel draws inspiration from five generations of agriculture to tell the stories of rural living.



One small act has the power to SPARK KINDNESS AND GOODWILL.

Have you experienced a "spark" of kindness or goodwill in our hospital, clinics or out in the community?

If so, we'd love to hear from you! Our goal is to share as many stories like yours as possible, showing all the good that is happening around us and helping spark additional acts of caring, kindness and goodwill.

> Share your story **MYSPARKSTORY.ORG**





CHICKEN PILLOWS

2 LBS CHICKEN, SAUTÉED AND SPICED AS DESIRED 3 CUPS BROCCOLI, STEAMED, COOLED, DICED

1 CAN OLIVES, SLICED 1 CAN WATER CHESTNUTS

1/2 LB CHEESE, GRATED

1 BOX CHICKEN FLAVORED STUFFING MIX

2 - 8 OZ PACKAGES OF CREAM CHEESE, SOFTENED

1/2 CUP BUTTER, SOFTENED 1/2 CUP BUTTER. MELTED **3 TUBES CRESCENT ROLLS**

Make a filling of sautéed chicken. steamed broccoli, cream cheese, softened butter, diced water chestnuts, grated cheese and sliced olives. Mix until even but not mushy.

Melt 1/2 cup of butter in a dish. Crush the stuffing mix with the seasoning packet added.

Open a tube of crescent rolls. Put one of the triangles in the palm of one hand. Spread it out a bit without breaking it. Take a spoonful of the filling and put in the middle of the triangle, fold the triangle closed until completely sealed.

Dip the chicken pillow in the melted butter then dip it in the crushed stuffing. Place the chicken pillows on a pan and bake according to the directions on the

crescent roll tube (don't grease the pan). Chicken pillows can be frozen and reheated as a homemade hot pocket.

RUTH ZELLER * LOVELL

Dutch Oven Cheesy Chicken

8 CHICKEN BREASTS OR THIGHS, SKINNED AND BONED 2 CUPS BREAD CRUMBS

> BUTTER 3 EGGS. WELL BEATEN

1/2 LB FRESH MUSHROOMS, SLICED

1/2 LB GRATED MUENSTER CHEESE 1 CUP CHICKEN BROTH 1/2 LB GRATED MOZZARELLA CHEESE

GARLIC AND ONION POWDER (OPTIONAL)

Dip the chicken in eggs and roll in bread crumbs (add onion and garlic powder to bread crumbs if you use them). Brown in buttered skillet. Place the chicken in a baking dish or 14-inch Dutch oven. Layer with cheese, put the mushrooms on the top and pour broth in.

Cook in Dutch oven 45 minutes to 1 hour with 10-12 charcoal briquettes under the bottom of the Dutch oven and on the lid. Cook until golden brown.

To cook in an oven range, cook, covered with foil, about the same amount of time at 375 degrees. It also depends on how thick your pieces of chicken are-thigh pieces are small and require less cooking time.

PATRICIA ROBBINS ★ LYMAN

CHICKEN FAJITA PIZZA

1 PREPARED 12" PIZZA CRUST 2 TBSP VEGETABLE OIL 2 CUPS CHICKEN, COOKED AND DICED 2 CUPS ONIONS, SLICED 2 CUPS GREEN PEPPERS, SLICED 2 TSP CHILI POWDER 1 TSP GARLIC POWDER 1 CUP SALSA 2 CUPS SHREDDED MOZZARELLA CHEESE

Put oil in a large skillet, add chicken, vegetables and spices. Sauté until vegetables are tender. Remove from heat and add salsa, mixing well. Spoon mixture evenly over the crust and top with cheese. Bake at 400 degrees for 15-20 minutes or until crust is golden and cheese is melted.

HANNAH HEGE ★ CARPENTER

ITALIAN CROCK **POT CHICKEN**

1 PKG DRY ITALIAN DRESSING (I USE GOOD SEASONS) 1 CAN CREAM OF CHICKEN SOUP 4 CHICKEN TENDERS OR 2 CHICKEN BREASTS

Place chicken in a Crock Pot. Mix cream of chicken soup and dry Italian dressing together. Pour over the chicken. Cook on high for 6 hours or low for 8 hours. Serve over mashed potatoes or rice.

This recipe is easy to double. You can also use 2 cans of cream of chicken soup for every 1 package of Italian dressing. You can also thin out the gravy with water.

KAYE WILSON * LYMAN

CHICKEN ENCHILADAS

1 CHICKEN 2 CANS CREAM OF MUSHROOM SOUP 1 CUP SOUR CREAM 2 - 4 OZ CANS CHOPPED GREEN CHILES 1/2 CUP ONIONS, CHOPPED 1 LB COLBY LONGHORN CHEESE, GRATED

Boil chicken, cut up in chunks. Heat cream of mushroom soup, sour cream, chopped green chilis, chopped onions.

FLOUR TORTILLAS

Slightly heat flour tortillas in microwave for 1 minute.

To assemble, use a 9x12 cake pan, pour some sauce in bottom of pan, dip tortillas in sauce, fill with chicken pieces, cheese and sauce (I combine sauce and chicken), roll and pour sauce and cheese on top.

Bake in a 350-degree oven until sauce begins to bubble and cheese melts, about 45 minutes.

NANCY RHOADES ★ GILLETTE

CHICKEN & BRUSSELS SPROUTS

2 CHICKEN BREASTS 1 LB BRUSSELS SPROUTS, HALVED OR QUARTERED 1/2 ONION, MINCED 1 GARLIC CLOVE, MINCED

1/2 CUP SUN-DRIED TOMATOES

1/3 CUP OLIVE OIL 1/3 CUP LEMON JUICE

PARMESAN CHEESE

SALT. PEPPER. LEMON PEPPER. OLD BAY. GARLIC/HERB DASH, OPTIONAL AND TO TASTE

Preheat oven to 350. Place chicken in the center of a 13x9x2 pan. Place brussels sprouts, onion, garlic and sun-dried tomatoes around chicken breasts. Drizzle with olive oil and lemon juice. Season with spices of your choice. Cover with foil and bake 1 hour. Remove foil, sprinkle with Parmesan cheese, and cook an additional 10 minutes. Serve with quinoa and salad.

TOBY SHEETS * POWELL



The American Goulash recipe was missing the measurement for tomato sauce. The recipe is reprinted correctly below. We apologize for the error.

AMERICAN GOULASH

2 LBS GROUND BEEF 1 LARGE ONION, CHOPPED 1 GREEN PEPPER, CHOPPED 1 RED PEPPER, CHOPPED 2 STALKS CELERY, CHOPPED 4 LARGE CLOVES GARLIC, MINCED OR **GARLIC POWDER TO TASTE 3 CUPS WATER 2 BEEF BOUILLION CUBES** 2 (15 OUNCE) CANS TOMATO SAUCE

2 (14.5 OUNCE) CANS DICED TOMATOES WITH GARLIC, BASIL AND OREGANO, JUICE INCLUDED

3 TBS WORCESTERSHIRE SAUCE

2 TBS DRIED OREGANO

2 TSP DRIED BASIL

1 TBS SEASONED SALT

1/2 TSP BLACK PEPPER

2 CUPS ELBOW MACARONI UNCOOKED

In a large pot brown the meat over medium heat until cooked. Stir in onion, green pepper, red pepper, celery and garlic. Cook until tender.

Stir in water, beef bouillon cubes, tomato sauce, diced tomatoes, Worcestershire sauce, oregano, basil, seasoned salt and pepper. Bring to a boil, reduce heat and simmer 20 minutes, stirring occasionally.

Stir in the pasta, cover and simmer over low heat, stirring occasionally until the pasta is tender, about 25 minutes. Remove from heat. Serve with crusty French bread.

NANCY DENK ★ RIVERTON

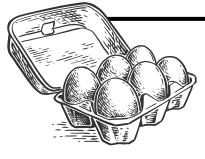
CREAM CHEESE CHICKEN SOUP

1 SMALL ONION, CHOPPED 1 TBSP BUTTER **3 CUPS CHICKEN BROTH** 3 MEDIUM CARROTS, CUT INTO SLICES 2 MEDIUM POTATOES, PEELED AND CUBED 2 CUPS CUBED COOKED CHICKEN 2 TBSP MINCED FRESH PARSLEY SALT AND PEPPER, TO TASTE 1/4 CUP FLOUR 1 CUP MILK

1 - 8 OZ PKG. CREAM CHEESE. CUBED

In a large saucepan, sauté onion in butter. Add broth, carrots and potatoes. Bring to a boil. Reduce heat; cover and simmer for 15 minutes, or until vegetables are tender. Add chicken, parsley, salt and pepper, and heat through. Combine flour and milk; add to vegetable mixture. Bring to a boil, cook and stir for 2 minutes or until thickened. Reduce heat. Add cream cheese and stir until melted. Makes eight servings.





APRIL: **EGGS**



Send complete recipe by March 10!

Please include your name, address and phone number.

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



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.

SUBMIT

Put Your Pen to Paper!

Please include your name, address, and phone number.



wren@wyomingrea.org | 📞 [307] 772-1968



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

*** WHAT'S HAPPENING REGIONAL MAP —





NATIONAL BIGHORN SHEEP CENTER ANNUAL MEETING

FEBRUARY 27 ★ 6P

HEADWATERS CENTER ★ DUBOIS

Wild game and harvest potluck dinner, along with information about education outreach and local bighorn herd updates from Wyoming Game and Fish and the University of Wyoming Cooperative Fish and Wildlife Research Unit.

RSVP in advance at 307-455-3429 with the harvest potluck dish or dessert you plan to share. Suggested \$15 donation per person if not bringing a dish to share.

NORTHWEST

01 SOUTHEAST

CHUGWATER

FIRST FRIDAYS

Karaoke Contest: Winner of Jan, Feb and Mar contests will receive a \$20 gift certificate. Three winners will compete on Apr 3 for a \$500 grand prize. Stampede Saloon & Eatery, info 307-422-3200, stampedefun@aol.com.

ENCAMPMENT

ONGOING

Grand Encampment Museum:

Main Gallery and GEM store winter hours most days 10a-4p, info 307-327-5308.

MEDICINE BOW

FOURTH TUESDAYS

Bingo: 7p, Community Hall, info 307-710-4045.

SARATOGA

FEBRUARY 22

Toast to History: Saratoga Museum fundraiser with wine, appetizers, selfie station, silent auction. 6p, Platte Valley Community Center, \$25, \$45 couple, info 307-710-3226.

TORRINGTON

MARCH 13

Rotary Club Wine Tasting

Gala: 5:30–8p, Goshen County Rendezvous Center at the Fairgrounds, \$30, info 307-532-2111.

02 | NORTHEAST

CLEARMONT

ONGOING

Historical Center: Center open Thu 2-4p, 1250 Front St, free. Historical Group meets 2p first Mon of the month at Clearmont Library, 1p third Mon of the month at Sheridan Library, info 307-758-4430.

GILLETTE

SATURDAYS

Black & Yellow Theatre: Experience designed to allow guests the opportunity to interact with subject matter, events and people that have shaped the Powder River Basin from pre-history to modern day. 11a-2p, Campbell County Rockpile Museum, free, info 307-682-5723, szacharias@ccgov. net, rockpilemuseum.com.

HULETT

ONGOING

Hulett Museum and Art Gallery: 8a-4p Mon-Fri, free, info 307-467-5292.

MOORCROFT

ONGOING

Library events: Story hour 10a Wed; Book clubs 1p third Thu and 6p fourth Tue. Info 307-756-3232, moorlibrary@ rtconnect.net.

ONGOING

Senior Center Events: Third Thu Birthday and Anniversary Dinner, meat provided, bring a side dish. 5p social hour, 6p dinner; fourth Thu toenail clinic 9a, info 307-756-9550.

NEWCASTLE

FRIDAYS

Bingo: 7:30p, VFW Hall, free.

SHERIDAN

FEBRUARY 22-23

Wyo Winter Rodeo Skijoring Races: Wyoming's wildest winter rodeo. Experience championship skijoring, outdoor concert, hockey game, Calcutta and more. 9a, locations and prices vary, info wyowinterrodeo.org.

MARCH 5

JRH Acoustic Latin Guitar Trio: 7:30p, WYO Performing Arts & Education Center, \$21, \$18 senior & military, \$11 student, info 307-672-9084, wyotheater.com.

MARCH 10

Aquila Theatre Company, 1984:

6:30p, WYO Performing Arts & Education Center, \$28.50, \$25.50 senior & military, \$20.50 student, info 307-672-9084, wyotheater.com.

MARCH 20

St. Paddy's Day Celebration with Dervish: 7:30p, WYO Performing Arts & Education Center, \$26.50, \$22.50 senior & military, \$18 student, info 307-672-9084, wyotheater.com.

SUNDANCE

ONGOING

Library Events: Storytime for toddlers and preschoolers 10:30a Wed; Lunch Bunch book discussion group 11a fourth Thu; UFOs (Unfinished Objects) 6-8p last Mon. Crook County Library, info 307-283-1006 or crookcountylib@rangeweb.net.

UPTON

FEBRUARY 21, MARCH 6, 20 **Friday Night Bullseye Shoot:**

7p, Upton Gun Club \$5, info 307-281-9980, rrrothleutner@ yahoo.com.

MARCH 12

Upton Chamber of Commerce Monthly Meeting: 12p, Remy's, info 307-468-2642.

WFDNFSDAYS

All You Can Eat Buffet: Drinks and desserts included, 5-8p, Upton Golf Course, \$10, \$7 seniors, info 307-468-2847.

03 | NORTHWEST

DUBOIS

ONGOING

Library Activities: Storytime for birth-5 years 10:30a Fri, Dubois Public Library, info 307-455-2992.

LANDER

MARCH 1

Student Select Art Show:

Lander Art Center, free, info 307-332-5772, landerartcenter.com.

MARCH 12

Lander in 1920: Join the staff of the Pioneer Museum for an illustrated talk on what life was like in Lander over 100 years ago in this Wyoming Community Bank Discovery Speakers Series program, 7p, Pioneer Museum, free, info 307-332-3339.

MARCH 13

Lander Unplugged: Acoustic concert. 6-8p, Lander Bake Shop, free, info unplugged.wy@ gmail.com.

SATURDAYS TO MAY 25

Winter Farmers Market: Local seasonal produce, dairy, baked goods, locally raised meat, coffee, art and crafts. 1-3p. Lander VFW, info landervalleyfarmersmarket@ gmail.com.

SUNDAYS

Swing Dancing at the Coalter Loft: 6-9p, 126 Main St. Free, info 307-332-8228.

POWELL

MARCH 12

Button, **Button** ... Who's Got the Button? Opening Reception for button artwork submitted by the community will be on display and available for purchase as a fundraiser for the Homesteader Museum, 7p, Homesteader Museum, free to attend, info 307-754-9481, homesteader@ bresnan.net.

RIVERTON

FEBRUARY 22

Unplugged acoustic concert:

6-8p Brown Sugar Coffee Roastery, free, info unplugged. wy@gmail.com.

THURSDAYS

Music Jam: Sing or play folk, classic, country, bluegrass, old time rock n' roll and more. 6:30-8:30p, Brown Sugar Roastery, free, info 307-856-2518.



Send complete information for the April issue's events by MARCH 10!

Please remember that events from the 20th of April to the 20th of May are included in the April issue.

Be sure to include the date, title, description, time, cost, location, address and contact information for each event.

Photos are always welcome.



Look for more events at wyomingrea.org/news.

OUESTIONS & SUBMISSIONS:

- wren@ wyomingrea.org
- [307] 772-1968
 - 214 W. Lincolnway Ste. 21C Cheyenne, WY 82001
- wyomingrea.org/ wren-submissions

TEN SLEEP

ONGOING

Live Music Winter Hours:

Open Mic Night second Sun 3-5p, Jam Night third Thu 7p. All ages welcome, Ten Sleep Brewing Co., info tensleepbrewingco.com.

04 SOUTHWEST

FORT BRIDGER

TUESDAYS

Bingo: 6p, American Legion Hall, info 307-780-5489.

LYMAN

SECOND FRIDAYS

Storytime: 11a, Lyman Branch Library, all ages are welcome, free, info 307-787-6556, uintalibrary. org.

MOUNTAIN VIEW

WEDNESDAYS

Storytime: 11a, Uinta County Library, info 307-782-3161.

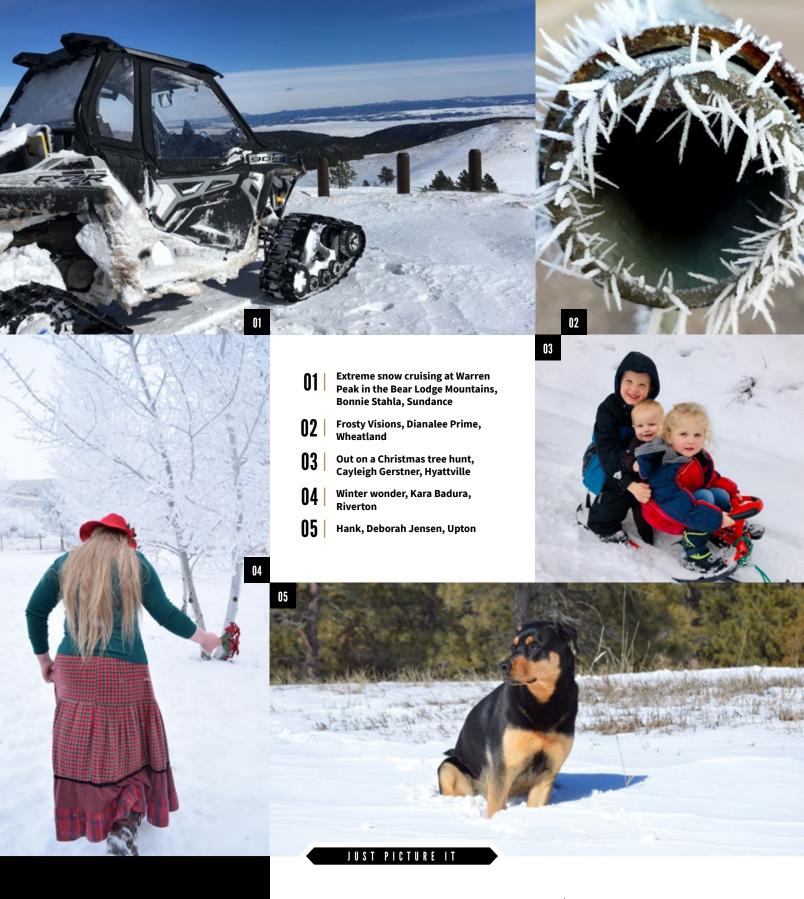
SECOND WEDNESDAYS

Chamber of Commerce Community Luncheon:

For business owners and individuals alike. \$15/plate, noon, Mountain View Town Hall. RSVP bvchamber@bvea.net, 307-787-6378.

ONGOING

Community Classes: Fitness, computer, workforce and kids' classes are available. Valley Learning Center, times and prices vary. Info valleylearningcenter. coursestorm.com or 307-782-6401.



THIS MONTH:

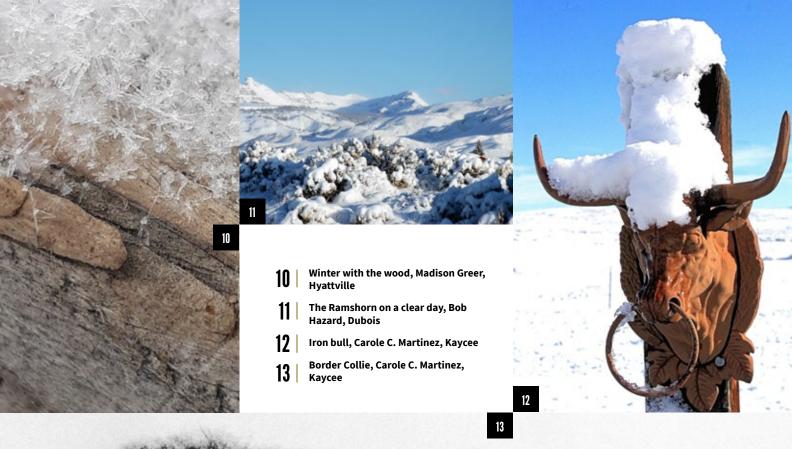
SNOW



MAY (DUE APR 10):

FARM WORK









- wren@wyomingrea.org
- 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®.

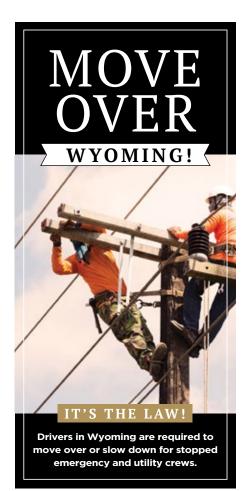
If you would like your work returned, please include a self-addressed, stamped envelope.

TEN-DOLLAR WORDS

Armpit	->	Oxter
Counter-clockwise	->	Widdershins
Ethically questionable lawyer	->	Pettifogger
Babbler	->	Blatherskite
Stamp collector	->	Philatelist
24 Sheets of paper	->	Quire
÷ (Division symbol)	->	Obelus
Hand of cards with		
nothing above 9	->	Yarborough
Shoelace end	->	Aglet
Fear of failure	->	Kakorrhaphiophobia
Nose drip	->	Meldrop
		·

Sprinkles	->	Nonpareils
Someone who		
never laughs	->	Agelast
Ornamental hair net	->	Snood
Teardrop of tissue at		
the back of your mouth	->	Uvula
Stomach rumbles	->	Borborygmus
# (Hashtag or		
pound symbol)	- >	Octothorpe
Pointy-toed shoe	->	Winkle picker
Day before yesterday	->	Nudistertian
Tightrope walker	->	Funambulist

FROM PAGE 21







Cabin Fever

BY CHUCK LARSEN

I was sure that my wife had all the signs and symptoms but, I still wasn't sure, so I looked it up in the dictionary and found that:

Cabin fever is an idiomatic term that takes place when a person or a group ends up in an isolated or solitary location, or stuck indoors in confined quarters for an extended period of time. Cabin fever describes the extreme irritability and restlessness a person may feel during these limiting situations.

It was the "extreme irritability" symptom that tipped me off and confirmed my initial diagnosis. You see, we've been having a humdinger of a Wyoming snowstorm these past couple of days and the snow, wind and cold has driven me indoors and away from my usual daily outdoor haunts. At first, I did my best to stay out of the house and out of her hair but, eventually I ran out of all the little projects I had to do in my shop and the horses and mule eventually got tired of me hanging around the barn watching them munch hay.

Inside the house, the initial sign that led me to believe that my wife might be coming down with a case of cabin fever is when I suggested that since I'd be spending these stormy days inside with her, that maybe I could help her with the cooking and cleaning. She then somewhat calmly pointed out the grease on my hands,





At this juncture, realizing her failing state of health, I should have exercised some caution and I probably shouldn't have asked what she planned on fixing for dinner.

the manure on my jeans and the bits of hay and chunks of frozen condensation that clung to my mustache and beard. I think it was these things she was mumbling about, the way she rolled her eyes at me and the sternness in her voice when she indicated that there was no way I was going to clean anything, let alone do any cooking in "her house" ... that led me to believe she might be a little under the weather. It was then that my mustache and beard started dripping on the kitchen floor, an occurrence that resulted in an increase in incoherent mumbling and further confirmed that my poor wife's state of health was deteriorating rapidly.

It was later after she fixed me a meager lunch that I figured I'd help out and commandeer the TV remote and relieve her of the intense daily pressure she must deal with each afternoon deciding on what to watch when I wasn't there. Again, I noticed her symptoms were increasing. My changing the channel in the middle of a Hallmark Christmas movie and watching five or six old black and white Westerns in a row is what brought on what I'd refer to as a severe case of agitated huffing.

At this point she had retreated to her sewing room in the basement and being left to my own devices I decided that it would be best to strike out on my own and make myself the useful and dutiful husband that I've strived to become in our 27, 28 or maybe 30 years of marriage. Remembering her earlier comment regarding her disdain for my

manure clad jeans I deduced that maybe doing a little laundry might brighten her day. I had just finished the first load when she showed up in the laundry room, presumably to investigate what I was doing wrong now. At this point I noted that her agitated mumbling had increased in volume, aggression and vocabulary. Her prior rolling of the eyes had now become an intense fiery glare. Apparently, based on my deciphering the mumbled conversation she was having with herself, manure splattered jeans should never be washed with facecloths, bath towels and table linens, let alone our underwear and her new bra. Yup ... her symptoms were worsening, a classic case of cabin fever for certain. I imagined the snow now rapidly melting away from the foundation around the outside of our house ... because it now darned sure seemed feverishly hot inside.

At this juncture, realizing her failing state of health, I should have exercised some caution and I probably shouldn't have asked what she planned on fixing for dinner. Note: damp laundry sure has a cooling affect when it's wrapped around your neck.

After a very quiet and even more meager dinner I thought she might enjoy some quality time with me and maybe watch a movie. I asked her what she'd like to watch and I think she said, "Lost in Space" or maybe she said "I NEED MY SPACE," which I don't remember ever being a movie at all, but it was hard to tell the way she was screaming.

Yes, cabin fever can be a serious illness. but I don't think I'll catch it for a while ... because it's really cold out here in the barn. W

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

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- 02. FOR SALE
- 03. HORSES
- **04.** LIVESTOCK
- **05.** POULTRY
- **06.** REAL ESTATE
- 07. WANTED
- 08. CRAFTS
- **09.** OPPORTUNITIES
- 10. MISCELLANEOUS
- 11. BUSINESS CONSULTING
- 12. FOR RENT
- 13. HELP WANTED
- 14. DOGS
- 15. EMPLOYMENT SOUGHT
- 16. BUILDING SUPPLIES
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- 18. HEALTH
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02 FOR SALE

Bright Certified Barley

Straw. 3X3 Bales. Farson 307-350-0350.

Brokenbackranchqh.com 2019 AQHA, APHA and quality grade quarter horse colts/fillies. Roans, Bay, Sorrels, Tobiano, Gray. 307-272-5509. Ten Sleep, 82442.

New & Used Coal Stokers, parts, service & advice. Available for most makes. Thanks. 307-754-3757.

Shaver Outdoor Wood Boiler Furnace.

Aermotor Windmills and parts, cylinders, pipe, rod, submersible pumps, motors, control boxes, Hastings 12 ga. bottomless stock tanks and more. In business for more than 74 years. Herren Bros., Box 187, Harrison NE. 1-308-668-2582.

Surplus Equipment New and Used:

Generators, air heaters, engine driven pumps, (all sizes), solar pumps, 3" and 4" polypipe, etc. A variety of types and sizes available. Call for pricing and details: Premier PowerPlants & Pumps, Farson, WY 307-273-9591.

07 WANTED

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.

MOSS ROCK-Wyoming Moss Rock:

We will buy your moss rock. All types, colors, and sizes are considered; the more moss the better, the more unusual the better. Call Gina for details, 307-761-1838.

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

13 HELP WANTED

Apply for CNA positions full or part time, Warm Valley Lodge Assisted Living, Dubois WY, download application www. warmvalleylodgewy.com email warmvalleylodge@wyoming.com or call 307-455-2645.

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.

Murphy







"I haven't been this excited since I got my first bicycle!"

Introducing **ZOOMER!**

The portable, folding, battery-powered chair that offers easy one-handed operation

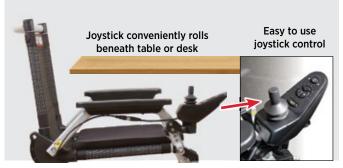


Remember when you were a child and got your first bicycle? I do. It gave me a sense of independence... I felt like I could go anywhere, and it was so much easier and more enjoyable than walking. Well, at my age, that bike wouldn't do me much good. Fortunately, there's a new invention that gives me the freedom and independence to go wherever I want... safely and easily. It's called the Zoomer, and it's changed my life.

If you are one of the countless Americans who need a little help getting around, there is a safe, simple and easy-to-use solution... the Zoomer. It is propelled by small yet powerful dual motors for speeds of 3.7 miles per hour over a variety of terrains, on up to a 10 degree incline. Its innovative airlinesafe Lithium Ion battery enables you to go 8 miles on a single charge, and the automatic electromagnetic brakes let you stop on a dime.



The secret to the Zoomer is its intuitive steering system. You operate it with a simple-to-use joystick, giving you precision maneuverability and the ability to navigate tight spaces easily with a 25" turning radius. It is designed to let you pull right up to a table or desk. You no longer have to move to another chair to work or eat at your table.



What's more, it folds up easily so it can fit in a trunk or a back seat. Why spend another day watching life pass you by, when instead you could be Zooming around! Call now and a knowledgeable, friendly Zoomer expert will tell you all about it. You'll be glad you did.



Ready to get your own Zoomer? We'd love to talk to you.

Call now toll free and order one today! **1-888-250-6476**

Please mention code 112595 when ordering.



ENCOURAGE YOUR CHILD'S

selfexpression

Teaching kids to recognize and express their feelings is an important part of developing a healthy sense of self. You can help make emotional expression easy and fun by pairing it with art and music!



MAKE ART WITH MUSIC



You'll need paper and something to color or draw with: crayons, markers, paints, whatever you have!



Have your child pick out a song to listen to.



As you listen to the song, color and draw and sing along!



When the song is over, talk about the art you made and why you feel like it goes along with the song.



Choose a new song with a different tempo and repeat steps 3 & 4!

🛊 For more social-emotional activities to do together, visit wyqualitycounts.org/wren 🛊







CREATE YOUR OWN EMOTIONS CATCHER!





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:









STRONG & HEALTHY BODIES