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M A G A Z I N E

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ON THE COVER 16 | centerpiece Small Business Big Impact

STORY BY GAYLE M. IRWIN PHOTO BY DAN CEPEDA

On the cover: Adam Pauli's business, Symmetry Trailers, offers utility trailers for the "overlanding" niche.

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WREA NOTES

It's Good to be Back

"Chewie, we're home." This quote should require no explanation, but for those not in the know, it's the line in "The Force Awakens" when Han Solo and Chewbacca once again board their legendary ship the Millennium Falcon.

Unfortunately I'm writing this only two weeks into the 2020 budget session of the Wyoming Legislature, and it would be premature to give you a breakdown of everything the legislature has and hasn't done as it pertains to the energy/utility business generally, and the rural electric cooperatives specifically. That will come next month.

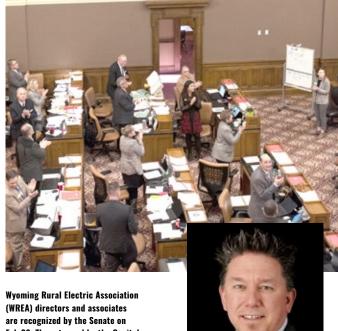
My Star Wars quote came to mind when the legislature convened for this session under the dome of the newly remodeled Capitol or their own legendary ship. I know that, for the legislators and those of us who have lobbied for years, it felt like coming home.

For those of you who visited the temporary state capitol over the past four years (affectionately referred to as the big box, Kmart, or officially, the Jonah Building) you would have seen what was the best attempt to make due under the circumstances of moving a 90-person legislature and splitting them into the appropriate House and Senate chambers, and moving all the appropriate staff and meeting rooms and technical and personal support needed. And I say that with all sincerity. It was a monumental task, dwarfed only by the actual renovation of the Capitol and the Capitol Square Project.

But while at these temporary digs there was, on the one hand, a feeling of more access (for better or worse) because everyone was cramped into a comparatively small space. And on the other hand, a sense of a loss of decorum by, I think, everyone involved, for the same reasons.

The renovations haven't come without challenges. But if you've ever built a new house (or finished a basement, as my family recently has) you'll know that you don't get everything right on the first try. You keep tweaking things until everyone is happy – or at least satisfied with the end result.





(WREA) directors and association (WREA) directors and associates are recognized by the Senate on Feb 26. They stopped by the Capitol during the WREA annual meeting. Look for meeting coverage in the April issue of WREN magazine.

SHAWN TAYLOR EXECUTIVE DIRECTOR

I know many folks around the state questioned the need for the Capitol renovations and the associated price tag, as did I. But having worked in old Capitol, the "Jonah," and now the new Capitol, I for one am convinced that it was money well spent, and would encourage everyone to take a look and learn about all of the improvements to "the People's House." Governor Gordon said it well at the ribbon cutting ceremony when he said, "You walked into this building with a sense of pride, a sense of obligation and a sense of duty to the people of Wyoming that cannot be expressed. It is so good, so good, to be back."

Or, as I earlier stated, "Chewie, we're home."

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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. During the next few months, WREN magazine will publish more results of the survey. This month, we'll look at survey results regarding electric co-op members' political engagement.

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. Questions about political engagement show a majority of members feel their co-op should:

1) encourage people to vote

2) send updates about government actions impacting co-ops

3) ask members to contact elected officials on co-op issues

Nearly all (96 percent) indicated they will vote in the 2020 elections.

The telephone survey, which has been conducted annually for the past six years, polled 750 co-op consumer-members in mid-July. It has a margin of error of 3.6 percent.



torque, one arbor with a set of bushings and lock collars for a single reel, auxiliary quick couplers for operating hydraulic tools, a hand brake on the reel turning axle and a wood deck.

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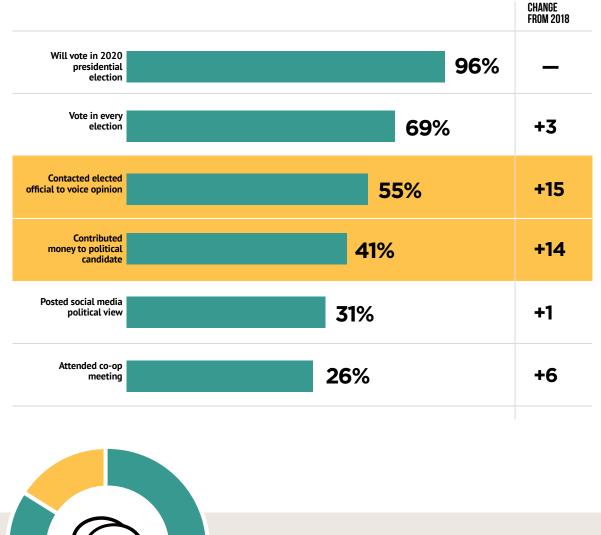
59%

69%

CO-OP MEMBERS ARE POLITICALLY ACTIVE

POLITICAL ENGAGEMENT BEHAVIORS

Co-op consumer-members show strong involvement in the political process, including significant jumps among those who contact government officials and contribute to campaigns.



-84% believe co-ops do a good job

communicating with them and keeping them **informed** about co-op actions.



Source: Survey of 750 electric co-op members, July 2019, margin of error +/-3.6% by Frederick Polls

CO-OP YOUTH

CO-OP YOUTH

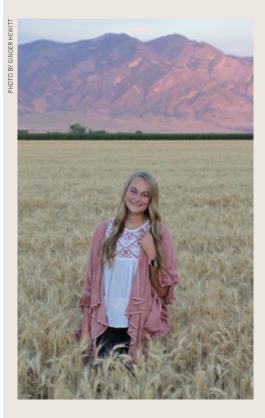
Wyoming's rural electric cooperatives are proud to support our youth, giving college scholarships and lineman scholarships. In addition, our co-ops sponsor high school students on the D.C. Youth Tour in June and Youth Leadership Camp in July.

THIS MONTH:

Harper Hewitt is the daughter of Bridger Valley Electric Association Operations Manager Andy Hewitt. She is the Youth Leadership Camp director representing BVEA, and will be the Wyoming youth director at the D.C. Youth Tour.



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.



HARPER HEWITT

HOMETOWN: Lyman

HIGH SCHOOL: Lyman High School

YEAR OF GRADUATION: 2020

> **COLLEGE:** Undecided

MAJOR STUDY INTEREST: Dental Hygiene

WREN: Tell us about your studies and interests.

HH: I am currently completing my senior year at Lyman High School. I have enjoyed living and attending school in Lyman where I've had so many amazing opportunities and have made amazing friendships. I love being involved in my school and community through student council, Rachel's Challenge, church callings, 4-H and FFA. I have a passion for swimming and have been competitively swimming for the last seven years. Some of my other interests and hobbies include: anything outdoors (fishing, hiking, boating, etc.), traveling, playing sports, raising and showing livestock and playing the ukulele! I also enjoy working as a lifeguard and swim teacher at my local pool because I love helping and educating people.

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

HH: My hometown, family and friends have shaped who I am today. Growing up in a small town has helped me develop a sense of community with values. Living in Lyman has taught me that no one stands or fights their battles alone. We come together as a community to support and help each other in everything. My friends have taught me to laugh through the hard times and enjoy every second of life. My family has taught me what it means to be honest, respectful, loyal and kind. They've taught me to jump in and lend a helping hand without being asked. I learned my work ethic from the example of my parents. They've taught me that nothing gets handed to you - you must work for it. There is no doubt that the example of my parents is why I have been so successful thus far. Without the influence of my hometown, friends and family I would not be the person I am today.

WREN: What are your plans for the future?

HH: After I graduate from high school, I plan to attend college to get a bachelor's degree in dental hygiene. I want to be a dental hygienist because I love helping people and improving their lives. After I gain my degree I plan to move to a rural community, hopefully in Wyoming, and start working immediately. I also plan to do a lot of traveling!

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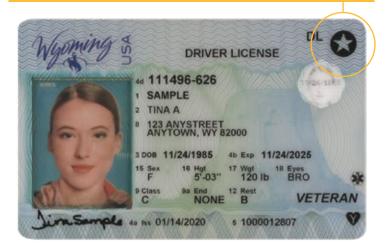
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DRIVER'S LICENSE * REQUIREMENTS *

FROM THE WYOMING DEPARTMENT OF TRANSPORTATION

Not sure if you have a valid federally compliant Wyoming driver's license? Just check the top right corner.



Wyoming has been issuing REAL ID compliant driver's licenses since 2011, which currently feature a gold star in the top right corner. The Wyoming Department of Transportation (WYDOT) has recently started issuing a new driver's license, and those will also feature a star in the top right corner. However, it will be a black circle with the star shape in the middle.

"Residents who are wondering if they have REAL ID compliant licenses just need to check the top right corner and to see if they have that star," said Misty Dobson, WYDOT Driver Services program manager. "We've been issuing the REAL ID compliant licenses for a while now so most everyone should have them."

Starting Oct. 1, 2020, all U.S. citizens will need a REAL ID compliant driver's license or identification card, a passport or other documents approved by the Transportation Security Administration (TSA) to board commercial airplanes.

Those who have state identification cards, as opposed to state driver's licenses, will need to double check to make sure they are REAL ID complaint. Prior to 2010, identification cards didn't have an expiration date. Now identification cards expire every eight years, similar to driver's licenses.





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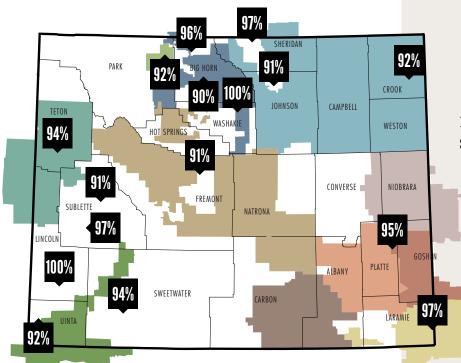
Linemen play a critical role in our mission to provide reliable, affordable electricity. Tough training and a focus on safety is behind everything they do. Simulated field operations and emergency-response training are ways Basin Electric invests in their safety and in providing reliable power to you.



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COWBOY STATE BUZZ



Rural electric cooperatives are noted by color.



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WYOMING HIGH SCHOOL GRADUATION RATE

IMPROVES FOR SIXTH YEAR

FROM THE WYOMING DEPARTMENT OF EDUCATION

High school graduation rates increased to 82.1% in 2018-19, marking the sixth consecutive year of improvement from the class of 2013, where 77.6% of students graduated.

Since the 2009-10 school year, the Wyoming Department of Education (WDE) has calculated graduation rates using the Federal Four-Year Adjusted Cohort Methodology. Students are counted in the four-year, "on-time," high school graduation rate if they earn a diploma by September 15 following their cohort's fourth year.

SCHOOL DISTRICTS WITH GRADUATION RATES ABOVE 90%

100% - Lincoln #1 - Kemmerer 100% – Washakie #2 – Ten Sleep 97% - Laramie #2 - Pine Bluffs 97% - Sheridan #1 - Ranchester 97% - Sublette #9 - Big Piney 96% - Big Horn #2 - Lovell 95% - Platte #2 - Guernsev 94% - Teton #1 - Jackson 94% - Sweetwater #2 - Green River 92% - Uinta #6 - Evanston 92% - Crook #1 - Sundance 92% - Park #6 - Powell 91% - Fremont #24 - Shoshoni 91% - Johnson #1 - Buffalo 91% - Sublette #1 - Pinedale 90% - Big Horn #3 - Greybull

For more information visit edu.wyoming.gov/data/graduation-rates.

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

SCHOLARSHIPS AWARDED

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



Ð

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.

FUNDING

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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.

APPRECIATION

We appreciate your support!

During the last few months, WREA members and friends have contributed to the scholarship fund. A heartfelt "thank you" to everyone who has reached out!

But we aren't done yet. If you haven't already, please consider donating to the WREA Lineman Scholarship fund.

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

COWBOY STATE BUZZ

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





MEDICARE



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		MAY	JULY 31	2030
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.	If you haven't responded yet, you will receive a reminder letter and paper questionnaire.	Census workers begin visiting homes that haven't responded to make sure everyone is counted.	Census closed.	The next census will take place 10 years later.

MAKE SURE YOU COUNT!

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

For more information call 211, log onto 2020census.gov or visit your local library.

Sources: Wyoming Department of Administration & Information Economic Analysis Division, Wyoming State Library.

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In a time when independent bookstores and big box stores like Borders go out of business, McBride and her staff maintain their presence. Wyoming still has several independent bookstores, such as Wind City in Casper, Second Story in Laramie, and Storyteller in Thermopolis. McBride acknowledged there are many challenges to owning a bookstore in a small town, such as online purchasing and the number of people walking through the door. However, she was also quick to say, "We have loyal customers who come in - they like to hold a book in their hands."

Another advantage is getting to know Wyoming's authors.

"I love working with local authors, she said. "They're entrepreneurs, too. I enjoy hearing why authors write

what they write, and they tell their stories, to us and to our customers. I also enjoy hearing our customers talk about the books they're reading."

Small businesses in Wyoming like McBride's are important to Wyoming's economy. Not only do they provide services for thousands of customers across the state, but they also employ people. According to Wyoming's Small Business Development Center, small businesses comprise 63% of employment in the state and 55% of Wyoming's payroll. McBride employs a full-time manager plus three parttime staff. That often includes one or two high school students.

"We can be an opportunity for kids to learn about the working world. They've gotten good experience," she said. -----

Sue McBride owns the Whistle-Stop Mercantile in Douglas.

WYOMING'S SBDC ASSISTS **ENTREPRENEURS**

Wvoming entrepreneurs have access to many resources to help their businesses. The Small **Business Development** Center (SBDC) Network is one of those.

Funded by the Wyoming **Business Council and** the U.S. Small Business Administration, the SBDC provides resources such as helping apply for grants and marketing resources.

"We help a wide variety of businesses," said Jake Dixon, marketing manager. "We are the business partner you don't have to pay."

The organization provides both online and in-person training, and offers expertise in various areas to meet the entrepreneur's needs.

"Side-hustles in Wyoming are common; writers, artisans," Dixon said. "There are many opportunities online for businesses, like blogs and YouTube, It's doable,"

In Wyoming, "small business is big business," he said.

There are more than 60.000 small businesses across the state, employing nearly 131,500 people.

"Small business has the lion's share [of the economy], including half the payroll," Dixon said. "It not just retail and restaurants - it's every industry."

For more information visit wyomingsbdc.org.

HELP FOR BUSINESS STARTUPS

For the past four years, entrepreneurs have had opportunity to showcase their products and passion at the Casper Start-Up Challenge. This competition is hosted by the Wyoming Technology Business Center (WTBC).

"The Casper Start-Up Challenge is aimed at those who are interested in starting a business," said Eric Schlidt, director of WTBC. "The WTBC provides monetary incentive and business support for the contestants and allows them to act upon their ideas and take them to the next level."

Finalists work with WTBC staff to develop their ideas, gaining knowledge and developing connections as they work their way through the different phases of the competition, he said.

"This allows each of the finalists to be more adequately prepared to launch their business," he said. "Each winner receives \$5,000 and has the opportunity to apply for a \$50,000 seed fund to help grow their startups."

Last year's first-place winner was Adam Pauli. His business, Symmetry Trailers, offers utility trailers for the "overlanding" niche.

"They're compact camping units," he said. "Other companies charge up to \$40,000, with base models starting at \$12,000. Our company's units average \$7,000 to \$8,000, and \$10,000 to \$12,000 for the really decked out models."

Pauli teaches welding at Converse County Schools in Douglas, and a few years ago, he decided to create a trailer and see if it sold.

"I looked at what the market had already," he said. "I thought, 'I can build something like that for less money.' Once it was done, I threw it up online, and in about three weeks, I sold it. I took the revenue from that and made more. I caught the entrepreneurial bug." He now has four base models. He showed his creations as part of his presentation for the Casper Start-Up competition. He intends to showcase the trailers at local and national events, including the Overland Expo in Arizona.

Helping entrepreneurs achieve their dreams is part of WTBC's mission, Schlidt said.

"The WTBC is an innovation-driven business incubator, which advises and supports high-growth startups in the early stages of business development," he said. "The WTBC encourages small business in conjunction with other resources through the state. We strive to help the entrepreneurial spirit in any way possible and help our clients pursue their passion." That passion is also part of small business owners' contribution to the state, he said.

"Entrepreneurs help the economy by giving individuals the ability to bring their passion to the workplace and give directly to the community," Schlidt said. "We love to see how we can help the state grow and continue to help our citizens achieve their dreams of owning their own business and assist the great state of Wyoming. We are extremely excited about the opportunity to help people pursue their passions and dreams."

Other startup competitions take place around the state, including the Wind River Startup Challenge, Southeast Wyoming Innovation Launchpad, and the Sheridan Start-Up Challenge. These are hosted by other WTBCs in the state.



HELPING AGRICULTURAL PRODUCERS

Small businesses often help other entrepreneurs. That's the case for Chad McNutt. He knows agriculture, and he also knows weather after working with the research arm of the National Oceanic and Atmospheric Administration (NOAA). He understands how weather impacts agriculture, and he decided to start his own company to help livestock and other agricultural producers.

The mission of his business is to provide timely and accurate weather information for livestock producers, focusing on impacts to animal health and well-being. His website, livestockwx.com, and a newsletter to which producers can subscribe, provide information including drought outlook, winter storm forecasts and cattle temperature stress.

"We're starting with beef producers – they're the biggest [agricultural] producers across the U.S.," he said.

McNutt participated in the Wyoming Business Council's Kickstart:Wyoming program in December 2018; he received funding in January 2019, which "allowed me to develop more content and contract freelancers to write it," he said.

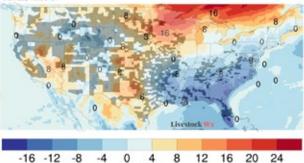
"Receiving that money made all the difference for me," he added.

His desire to help agricultural producers is evident.

"Ranching is a hard business," he said. "The foundation for all of our food is the producer." Ranching is ahard business.The foundationfor all of our foodis the producer.

The mission of Chad McNutt's business is to provide timely and accurate weather information for livestock producers.

2-Meter Temperature Anomaly (F) Jan 22, 18:00 CT



Temp in F Counties with >= 10K head of beef cattle are marked in grey. When combined these counties represent approximately 80%.

SMALL BUSINESS CLIMATE IN WYOMING

During the past five years, the Tax Foundation has ranked Wyoming No. 1 for business climate due to its lack of corporate taxes and state income tax.

From creative artists, like writers and painters, to family farms and ranches; from brick and mortar stores to online enterprises, Wyoming's small business owners bring life to communities and the state. Owning a business is not an easy task, but the benefits are many, according to McBride, who not only sells books but also provides sandwiches and coffee drinks at her store, creating a warm environment for gatherings.

"I have the opportunity to be creative. If I have an idea, I can try it out and not go through a chain of command," she said. "Also, I like people to feel welcome, like they are in my home. I love all of this. It's my passion and I get to live it."

Gayle M. Irwin is a freelance writer based in Casper.

KIDS CORNER



Uhat do Veterinarians do?

Veterinarians treat sick or hurt animals. They also help owners keep their animals healthy. Some veterinarians work as livestock inspectors to make sure cattle, sheep or pigs are healthy on the farm or ranch.

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

Veterinarians in Wyoming

Wyoming Workforce Services counted 200 veterinarians in Wyoming in March 2019 and reported their average wage at \$38 per hour.

WHEN I GROW UP

want to be a

Veterinarian

Answers: C, B

02

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How to Become a Veterinarian

E

Veterinarians are doctors of veterinary medicine – they attend at least eight years of college after they graduate from high school! If you'd like to become a veterinarian, you'll need to do this:

Earn a four-year degree from an accredited university that meets the requirements to enter veterinary school.

Gain veterinary experience by working or volunteering for veterinarians.

Earn a doctoral degree from an accredited college of veterinary medicine.

Obtain a state license to practice.

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Tools of the Trade

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Veterinarian Quiz

Dr. Megan Beavers has a cat named Calypso that she wrote about in the September issue of WREN. Where did it get its name?

- A. It had the name on its collar
- B. She found it on a boat
- C. It's a calico with a broken hip
- D. She likes Greek mythology

In the November issue of WREN, Dr. Bruce Connally wrote about a fearless dog that tried to play in the middle of the horse corral. What breed of dog is it?

- A. Doberman pinscher
- B. French bulldog
- C. Jack Russell terrier
- D. Border collie

You can read this month's Home on the Range story by Dr. Megan Beavers on page 28.

Sources: Wyoming Department of Workforce Services, University of Wyoming, Wyoming Board of Veterinary Medicine

"To you, it's the **perfect lift chair.** To me, it's the **best sleep chair** I've ever had."

— J. Fitzgerald, VA



You can't always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you'd give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and <u>operates at the touch of a button</u>.

Our **Perfect Sleep Chair**[®] does all that and more. More than a chair or recliner, it's designed to provide total comfort. **Choose your preferred heat and massage settings, for hours of soothing**

relaxation. Reading or watching TV? Our chair's recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it



easy to stand. You'll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of stain and water repellent custom-manufactured Duralux with the classic leather look or plush microfiber in a variety of colors to fit any decor. **Call now!**

The Perfect Sleep Chair[®] 1-888-865-5936

Please mention code 112648 when ordering.



Because each Perfect Sleep Chair is a custom-made bedding product, we can only accept returns on chairs that are damaged or defective. © 2020 firstSTREET for Boomers and Beyond, Inc.

CO-OP SPOTLIGHT

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PHOTO BY LINDSAY LINTON BUK/LINTON PRODUCTIONS

JILL WINGER

≡ ★ ≕

Old-Fashioned and Online

BY GAYLE M. IRWIN

Jill Winger cooks and blogs from her home near Chugwater.

Entrepreneurs Find Niche with Homestead

Christian and Jill Winger with their children Bridger, Sage and Mesa.

SELF-SUSTAINING

From raising chickens, beef and vegetables for food, cows and goats for dairy products, and finding a strong online audience, Winger and her family have generated a self-sustaining life. Neither she nor her husband work outside the home. Their entrepreneurial life began when Jill started blogging in 2010.

n an ever-increasing noisy online

that tell the story of their homesteading

After purchasing land near Chugwater in 2008, the Wheatland Rural Electric Association members wondered how they could use the property other

"We began thinking how we could make this land profitable, not necessarily an income, but how it could pay for itself," Winger said. "So I thought, "What if we grew food?" which felt foreign because I didn't know anyone doing that. Homesteading

homesteading was or have grand aspirations this is what we'd be doing. This property ... started it."

wasn't trendy then. I didn't know what

lifestyle and inspiring others.

than as pasture for animals.

world, Jill Winger and her husband, Christian, have etched their mark,

making a living via various platforms

"That's when I was pretty much hooked into the (homestead) lifestyle," she said. "I started the blog as a journal. I was a new stay-at-home mom and I felt isolated ... so that was my connection to the world. It's grown into its own entity. I share all about our lifestyle and how we do what we do and the philosophies behind it and the struggles behind it."

She estimates 400,000 to 500,000 people visit the blog every month. Additionally, she has about 500,000 Facebook followers and another 200,000 Pinterest followers. She also uses Instagram, and in August 2019 she launched the podcast, "Old-Fashioned on Purpose," plus her husband started a YouTube channel. These various platforms help them transmit their message to the world – and make an income.

"The homesteading movement has grown considerably, and I think it's picking up traction even more," Winger said. "As society gets more advanced and there's more technology, people are a little more uncertain and see things as unstable. They are feeling that pull toward simplicity."

The Wingers receive online income from banner ads, video courses and e-books

which they create, along with some business coaching. They also sell essential oils and last year, Jill published a cookbook, which has been well received.

"I love food, but I don't consider myself a gourmet foodie," she said. "Over the years of living in Chugwater, far from grocery stores, fast food and delivery options, I've become creative cooking from scratch with simple ingredients. So, I've learned how to cook just simple comfort food ... without the boxes, canned soups and frozen components, and growing a lot of it ourselves. When I started to conceptualize a cookbook I thought, "This is what I like to cook and this is what I cook." I had a hunch other people were looking for those same things, and it proved to be accurate because people have responded well to it."

The book, "A Prairie Homestead Cookbook," is available at Amazon, Barnes & Noble and other online retailers.



Jill Winger photographs her surroundings for her blog, theprairiehomestead.com.



MAKING A LIVING ONLINE

Ithough many people want to do so, making a living online isn't easy, Winger acknowledged.

"There's usually not a magic bullet. There's definitely a learning curve, and there continues to be a learning curve because [the platforms] change all the time," she said. "A good example is YouTube. We have about 40,000 subscribers, but that's a low number compared to the YouTube influencers. We're still babies on that platform. You just have to grind it out, figure it out, for your people. For us, it's continually producing content on a platform, whatever it may be, and not quitting when it gets hard. And then just trying to get better every time.

"The internet is more popular than ever and more noisy than ever," she continued. "There's a lot of folks speaking generically or just throwing something against the wall and hoping it will stick. I've gained the most momentum when I was very strategic and thinking, 'Who is this person and what's their name, where do they live, how can I help them, and what are their biggest pain points?' Being that honed in is crucial."

PHOTO BY JILL WINGER

For others seeking to become online entrepreneurs, she offered this advice: "Get really, really clear on who you want to help and what that person's needs are. The biggest piece is 'Don't quit!' It's just a matter of putting one foot in front of the other, doing the same thing and being consistent, and getting a little bit better every time. I think that's the piece where people get bogged down – they want to see results quickly. It doesn't happen for most people; it didn't happen that way for us. Put your head down and keep on going." The Wingers have short-term and long-term goals for their business. In the next few months, they plan to continue looking for ways to better serve their audiences and offer business coaching for other online entrepreneurs.

Long-term goals include reaching more people with the idea of simplicity and making a national impact.

"I really want to get this idea of 'Old-Fashioned on Purpose,' intentionally adding bits of the simple life into our modern routines, to more people as a nationally known idea," Winger said. "I'm just riding the flow and seeing what opportunities present themselves and trying to be as strategic as possible."

Learn more about the Wingers and the content they offer at their website: theprairiehomestead.com.

Gayle M. Irwin is a freelance writer based in Casper.

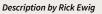
BOOK REVIEW

A History of the Wyoming Capitol

BY STARLEY TALBOTT & Linda graves fabian

The Wyoming State Capitol is more than 130 years old, and finally a comprehensive history of the state's most important building has been written. Starley Talbott and Linda Graves Fabian, in their book "A History of the Wyoming Capitol," have provided a fascinating, entertaining and well-researched history of the Capitol. The book could not be better timed as the Capitol has just been restored to its original history.

Twenty-five-year-old John Feick of Sandusky, Ohio was dispatched to Wyoming Territory in 1887 to supervise the construction of the new capitol building in Cheyenne. Of special importance are the letters that the young John Feick sent to his wife in Ohio providing insight into the difficulties addressed during the construction, and his difficulty adjusting to Cheyenne's weather and culture. Eventually Feick gained respect for Wyoming which is illustrated when he wrote, "People are more liberal and a nicer class of people than you find in the east."

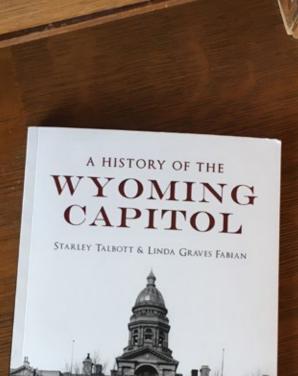


ORDERING INFORMATION:

2019 | 144p. \$21.99 paperback, \$29.99 hardcover ISBN: 9781467141611

Publisher: History Press

Available at booksellers across the state



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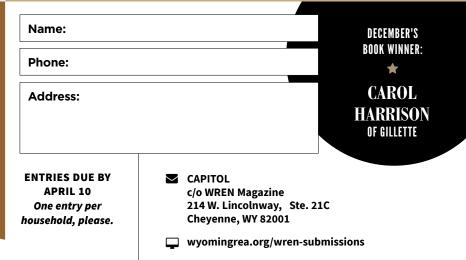
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Foreword by Rick Ewig. Editor, Annals of Wyoming

= win a \mathbf{FREE} copy = -



PUZZLE













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Babirusa = Y





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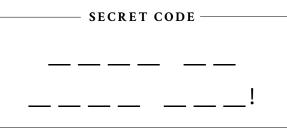
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MAR+2020 WREN 27



With up to 2 million different animal species on Earth, it's hard enough for zoologists and veterinarians to remember who's who - but can you?

Meet these 13 real, live Earth animals and try to decide which of the suggested options is its true name, and which is the name of a fictional species from another time, space or planet. Choose whichever one sounds right, and record the letter below it. If you've chosen the correct answer for all 13, you'll be able to unscramble the letters to form a secret code.





Scurry to page 35 for the answers.



BY DR. MEGAN BEAVERS

Childhood for me was essentially spent outside. I made a lot of adventures for myself; riding my horse bareback from sunup to sundown, chasing reptiles and amphibians, swimming in the irrigation water or the stock tank, climbing into the rafters of the old barn or making forts in the haystack. A lot of this time was spent at my grandma Lois' house, as my parents tended to be busy farming or on the ranch. I think I was at her house just as much as I was at home. It was easy since she was just a mile down the road.

Grandma had a steady stream of barn cats. Some tame, most wild... but they all knew Grandma brought kibble. She really was never one to have animals in her house or spend time out with the horses and cattle; she much preferred to spend her time quilting, making donuts and cooking up huge daily meals for the men out working. She enabled my love of animals by getting me my first puppy.

HOME ON THE RANGE

It was any other summer day when I was out riding my horse and my new puppy alerted me to a little hissing ball stuck up in a tree. Being a smart child, I promptly took off my pants, stood up on my saddleless horse (now grazing on the lawn) and climbed right up onto the branch closest to me. I ascended the tree quickly until I made my way to a grumpy grey tabby kitten that was clearly frozen with fear yet at the same time relieved help had arrived. I wrapped my pants around the little spitfire and descended back down the tree. By this time my trusty steed had meandered away to a new patch of grass, so I had to jump from the branch to the ground while holding this kitten.

Of course, I went straight into the house to show off my new treasure. It wasn't the first time I caught a wild kitten and it wasn't the first time I brought it in the house to show her. She always allowed me to feed them a little bit and offer some water, then I had to take it somewhere else. I had dragged a few home already to my mom and dad and had just tamed some to let them go back out to the barn. But something was different and special about this big-eyed grey kitten. I begged Grandma to let me keep it.

Lucky for the kitten it easily decided domestication was alright so there wasn't much taming that needed done on my part. It shortly made its way to Grandma's lap and became a huge purring machine. Grandma gave in rather quickly. But she had some conditions; I could build her a house and we would get her to the vet but she can't come in the house.

Soon she had a name: Bitsy. Soon Bitsy came in for cuddle time. Soon Bitsy came in the house when the weather was bad. Soon Bitsy was sleeping on Grandma's bed at night. Soon Bitsy wasn't allowed outside unless the weather was nice. Soon Bitsy was a full-on fat spoiled house cat. As much as Grandma hated to admit it, she was happy to let that cat into her house and they became best friends. itsy accompanied my grandma all around the house and waited for her by the door if Grandma left. They sat outside together and enjoyed the flowers and sun, and Bitsy followed Grandma around outside when she was working in the yard. Grandma shared her meals with her cat, even chocolate, and they shared countless hours watching "The Golden Girls" while assembling quilts.

For many years my grandma and Bitsy enjoyed the retirement life at home on the ranch. Slowly it was getting harder and harder for Grandma to care for herself and she needed to move in with my aunt. Bitsy was there. In time Grandma began to forget the world and people around her and her care was becoming increasingly difficult. She was I miss her smile. I miss her laugh. I miss her unconditional and unwavering love.

I miss her donuts and her many talents.

placed in a care facility where Bitsy could not go. We got Grandma an electronic cat she named Bitsy that was able to comfort her, while the real Bitsy went to live with my mom.

About a year after entering the care facility, Grandma Lois passed away at the beautiful age of 92. My confidant and my accomplice and the woman that taught me so much about life, was gone. There isn't a day that has gone by since that I don't think of her. I miss her smile. I miss her laugh. I miss her unconditional and unwavering love. I miss her donuts and her many talents.

Bitsy continued life as a fat house cat with my mom. She transferred her watchful eye to mom; following her around the house, sleeping on her pillow and asking for chocolate. Slowly it became hard for Bitsy to care for herself and she started to lose weight and eventually stopped eating. As much as I wanted to hold onto one of the last pieces of Grandma we had, as a veterinarian I knew there was nothing more I could do for her and it was time to say goodbye. I helped Bitsy pass at the beautiful age of 20, nine months after we lost my grandma.

I would have never known that climbing a tree that day without my pants to get a kitten could have brought so much joy into my grandma's life for so many years. Something was different and special about that big-eyed grey kitten.

Dr. Megan Beavers is a veterinarian in Farson.





Cheyenne Regional Medical Center We Inspire Great Health! 214 East 23rd Street Cheyenne, WY 82001 (307) 634-2273 cheyenneregional.org

○ BEEF ○ ○

COUNTRY COOKS

SLOW COOKER CORNED BEEF AND CABBAGE

4 CARROTS, PEELED AND CUT INTO MATCHSTICK PIECES 10 BABY RED POTATOES, QUARTERED 1 ONION, CUT INTO BITE-SIZED PIECES 4 CUPS WATER 1 (4 LB) CORNED BEEF BRISKET WITH SPICE PACKET 1 CUP CHICKEN BROTH 1/2 HEAD CABBAGE, COARSELY CHOPPED

Place the carrots, potatoes and onion into the bottom of a slow cooker, pour in the water and place the brisket on top of the vegetables. Pour the chicken broth over the brisket and sprinkle on the spices from the packet; cover and set the cooker on high.

Cook the brisket for about 8 hours. An hour before serving, stir in the cabbage and cook for one more hour.

NANCY DENK ★ RIVERTON

COWBOY FRENCH DIP

1/2 LB THINLY SLICED ROAST BEEF PER SANDWICH, COOKED SEVERAL SLICES OF CRISP COOKED PEPPER BACON SWISS CHEESE, SLICED BEEF BROTH AU JUS FRENCH DIP BUNS REAL BUTTER

Spread real butter on the two slices of the French dip bun and lightly toast or grill until golden brown. Pile warm roast beef, cooked to your preference, on the bun. Add several slices of crisp bacon on top of the roast beef. Top the roast beef and bacon with Swiss cheese slices (can substitute provolone cheese). Place top bun on sandwich. Slice sandwich in half at a diagonal.

Prepare the beef broth au jus. If you are cooking your own beef, there are great au jus recipes from scratch. Farmer Brothers brand is very good. There are also McCormick or store brand names. Ladle the au jus into small bowls. Dip your sandwich in the au jus as you eat. Delicious served with cowboy baked beans, tossed salad and chips.

My Cowboy French dip is distinguished from the typical French dip, because grilling the bun with real butter prevents the bread from becoming soggy when dipping and adding the pepper bacon adds an extra delicious flavor, and who can resist bacon?

CAROLYN MADDUX ★ EVANSTON

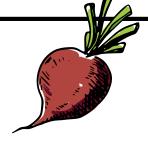
LOW CARB CROCK POT SOUP

2 LBS GROUND BEEF, BROWNED AND DRAINED 2 (8 0Z) PACKAGES CREAM CHEESE 2 (10 0Z) CANS ROTEL TOMATOES 4 CUPS CHICKEN BROTH SHREDDED CHEESE

In a slow cooker, blend cream cheese and tomatoes. Add prepared meat. Cook and stir until cream cheese is melted. Pour chicken broth over and stir in. Cook in a slow cooker on low for 4 hours. Two tablespoons taco seasoning mix may be added for taco soup. Sprinkle top with shredded cheese when served. Serves eight.

MARTHA LEAVELL ★ HASTINGS, NEB.









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

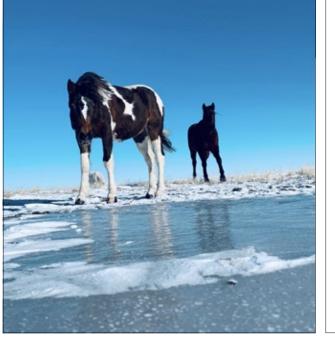
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- wyomingrea.org/wren-submissions

PFN



While hauling hay through drifts and cold, to feed a hungry cow. You remember how you sweated up, just so you'd have it now. You build the stacks and pile them high, you hope it is enough. When winter hits Wyoming style, things can get real tough. The white stuff will return to rain, when warmer days arrive. Just keep your fire burning bright, and hope you will survive. You'll remember all these nice cold days, and softly falling snow. When the temperature hits the hundred mark, with six hay fields to go.

RANDY KUSMA ★ WHEATLAND



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.



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



The Seasons On My Farm

I love spring, but:

The last snow was melting, baby chicks were hatching, Tomato plants were growing, garden seeds were sprouting, The lawn needed raking, and my bones were aching; It was springtime on my farm.

Summer is so nice, but:

The peas needed picking, and the picket fence needed painting. The fryers were ready for butchering, and it was time for jelly making. The lawn and garden needed irrigating, and my bones were aching! It was summertime on my farm.

Autumn is great, but:

Veggies and fruit needed canning, freezing and storing. Children must be readied for their schooling. Time for holiday planning, and my bones were aching! It was autumn on my farm.

And now:

Snowflakes are silently falling, a chilly wind is blowing. Ponds will soon be freezing, but I, in my easy chair, am sleeping While tabby cat on my lap is purring. And, Lo! My bones no longer are aching! It is wintertime on my farm!

SUBMITTED BY PAM THOMPSON ★ ALADDIN

This poem was written by my mother-in-law, Julia Thompson. She ranched just over the South Dakota state line on the Redwater River. She died in 1998.





BOYSEN ICE RACES

MARCH 22 ★ APRIL 4 REGISTRATION 8-9:30A, RACES END 3P

FREMONT BAY AT BOYSEN STATE PARK, SHOSHONI

Bring the whole family to see thrill-seeking daredevil motorcycle racers on Boysen Reservoir. Separate kid's races on all-terrain vehicles and motorcycles. Concessions onsite for breakfast, lunch and snacks. Leashed dogs allowed. Call ahead to confirm ice conditions. State Park fees \$6 per vehicle,

\$4 per vehicle Wyoming resident.

Info 307-851-2724, worra.org

NORTHWEST

01 SOUTHEAST

CHUGWATER April 3

Karaoke Contest: Winners of Jan, Feb and Mar contests will compete for a \$500 grand prize. Stampede Saloon & Eatery, info 307-422-3200, stampedefun@aol.com.

GUERNSEY Fourth Sundays

American Legion Riders: 2p, Crazy Tony's Bar & Grill, info 307-575-0838.

LARAMIE

APRIL 4

Friends & Alumni of Harmony School Taco Dinner: Dinner, silent auction and raffle to benefit Harmony Elementary students. 4p, Harmony Elementary School, southwest of Laramie on Hwy 230, \$5, \$20/family. Info ptsharmony@ gmail.com or 307-742-3279.

TORRINGTON April 18 - May 2

Friends of the Library Book Sale: Fiction, nonfiction, cooking, craft books, children's and more. Library Foundation Activity Center, info 307-532-6572.

SECOND TUESDAYS

Lunch-N-Learn: Bring your lunch and questions about social media, human resources and more at Goshen County Economic Development talks. 12-1p, 21st & Main Loft, info 307-532-5162.

02 | NORTHEAST

BUFFALO

THURSDAYS

Bluegrass Jam Session: 6:30p, Occidental Saloon, free, info 307-684-0451.

GILLETTE

MARCH 21

Farmers' Market: Unique blend of crafts, produce, meats, jams, jellies and community. Always welcoming new vendors. 9a-noon, Gillette College Tech Center, info on Facebook.

MARCH 21 - APRIL 18

WASP: The Untold Story: Traveling exhibit about 1,830 Women Airforce Service Pilots (WASP) who served from 1942 to 1944. 9a-5p Mon-Sat, Campbell County Rockpile Museum, free, info 307-682-5723, rhenning@ccgov.net.

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.

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 March 27

Janet Feder Concert: A genius

guitar player with a lyrical heart, an instrumentalist with a compelling voice and a truly original offering. 7p, Kinnison Hall, Whitney Center for the Arts, \$35, \$25 seniors, \$10 students, info 307-675-0360 or whitneyarts.org.

APRIL 9

Boston Brass: Performing exciting classical arrangements to burning jazz standards, Boston Brass treats audiences to a unique brand of entertainment captivating all ages. 7p, Kinnison Hall, Whitney Center for the Arts, \$35, \$25 seniors, \$10 students, info 307-675-0360 or whitneyarts.org.

APRIL 16

Sheridan College Jazz: The SC Jazztet student jazz/contemporary music combo and SC Jazz Ensemble big band will play. 7p, Kinnison Hall, Whitney Center for the Arts, free, info 307-675-0360 or whitneyarts.org.

APRIL 17

Colorado Chamber Players with Stanislas Quartet: Professional mixed chamber ensemble delivers captivating performances. 7p, Kinnison Hall, Whitney Center for the Arts, \$35, \$25 seniors, \$10 students, info 307-675-0360 or whitneyarts.org.

APRIL 18

Paul Revere's Raiders: 7:30p, WYO Performing Arts & Education Center, \$38, info 307-672-9084, wyotheater. com.

UPTON

MARCH 20. APRIL 3. 17

Friday Night Bullseye Shoot: 7p, Upton Gun Club \$5, info 307-281-9980, rrrothleutner@yahoo.com.

MARCH 28

Festival of Tables Fundraiser: 6p, Upton Community Center, info 307-468-2642.

APRIL 13-17

Used Book Sale: 12-6p, Upton Branch Library, info 307-468-2324.

ONGOING

Senior Center Activities: Lunch is served at noon Mon-Fri, \$4, call for reservation before 9a. 307-468-9267. Stop by Tuesday mornings for coffee and treats, with an exercise program at 9a. Seniors welcome Thu and Fri from 1-4p. Potluck at 5:30p third Mondays. Ask about medical equipment loans. 1113 2nd St., info 307-468-9251.

03 NORTHWEST

ARAPAHOE **APRIL 10-12**

Northern Arapaho Easter

Powwow: Grand Entry Fri 5p and Sat 3p. Great Plains Hall at Great Plains Road & 17 Mile Road. Info 307-840-0261, info@windriver.org, Facebook.com/Easter-Powwow.

CODY

ONGOING

Cody Country Art League Gallery: 9a-5p Mon-Sat, 836 Sheridan Ave, info 307-587-3597

DUBOIS

MARCH 21

Swift Fox Ecology, Distribution and Trends in Wyoming: Learn about Wyoming Game and Fish

swift fox research, including data from remote cameras and increased distribution throughout the state. 7p, Dubois Museum, free, info 307-455-2284.

LANDER **APRIL 9**

Wyoming Outlaws with Ray

Maple: Historian and re-enactor tells the tales of Butch Cassidy and other Wyoming bad men in this informative and entertaining look at part of Wyoming's infamous history. 7p. Pioneer Museum, free, info 307-332-3339.

APRIL 10

Members Show Opening Reception: 6-8p, Lander Art Center, free, info 307-332-5772, landerartcenter.com.

APRIL 18

Sheep Shearing Day: Explore the history of the sheep industry in Wind River Country. Witness actual sheep shearing, pet sheep, make crafts from sheep's wool, buy products made from sheep's wool and lots more. 1-3p, Pioneer Museum, free, info 307-332-3339.

APRIL 18

Lander unWINE'd Gala for the

Arts: Art auction, refreshments. 6-8p, Hayden Outdoors, \$50-\$75, info 307-332-5772, frontdesk@ landerartcenter, landerartcenter. com.

SATURDAYS IN APRIL

Acoustic Music Jam: A mix of instruments, voices, ages and levels of ability. No event April 25. 11-1p, Lander Bake Shop, free, info 307-332-3237.

RIVERTON

MARCH 21

Build Your Own Telegraph: Children's series participants learn basic principles of electricity and build working telegraphs. 2-4p, Riverton Museum, \$10, info 307-856-2665.



Send complete information for the May issue's events by **APRIL 10!**

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

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

APRIL 6-11

Easter Egg Hunt: Bring the kids to look for and take home up to 10 prize-filled Easter eggs per person. 9a-5p, Riverton Museum, free, info 307-856-2665.

APRIL 10

Unplugged Acoustic Concert:

Local musicians, a variety of artists and genres. 6-8p, Brown Sugar Coffee Roastery, free, info 307-856-1116, unplugged.wy@gmail.com.

APRIL 16

Family Documents, Book & Artifact Preservation: Museum staff demonstrate good storage conditions, basic conservation and repairs for your documents. 6:30p, Riverton Museum, free but supplies are limited. Info 307-856-2665.

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.

SHOSHONI

APRIL 5

Acoustic Music Jam: Play, sing, dance or just listen. Lunch available. 11a-3p, Shoshoni Senior Citizens Community Center, info 307-876-2703.

THERMOPOLIS SECOND FRIDAYS

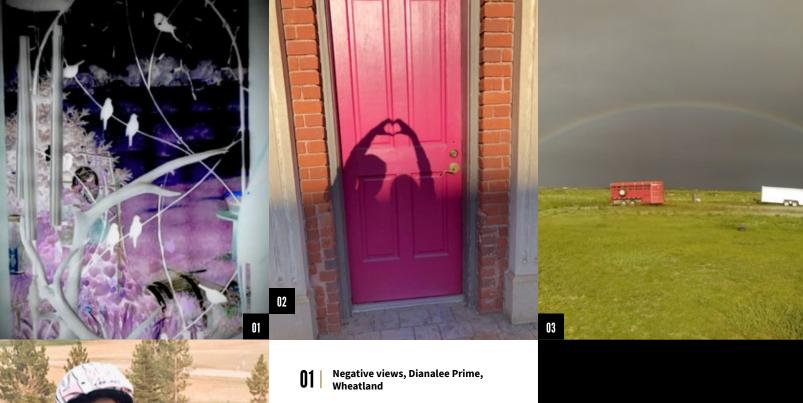
ArtStroll: Stroll on Broadway Street in Historic Downtown Thermopolis. Info 307-864-3002, gatherer@panix.com.

04 SOUTHWEST

FORT BRIDGER **APRIL 11**

Easter Egg Hunt: Take your picture with a silly bunny and hunt for eggs. Sponsored by the Mountain View Lions Club. 10a, Fort Bridger State Historic Site, free, info 307-782-3842.

Be sure to include the date,











MAY (DUE APR 10):

FARM WORK

JUN (DUE MAY 10):

FIRE



wren@wyomingrea.org

214 W. Lincolnway Ste. 21C Cheyenne, WY 82001
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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.

PUZZLE ANSWERS



WYDOT's Travel Information System is the one and ONLY source for up-to-the-minute road and travel information.

Easy to use



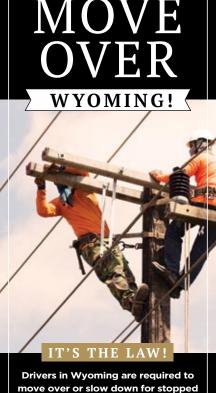
Take road condition information with you. Get the WYOMING 511 app.

Know traffic hazards & road conditions before you go View highway webcams "Where am I?" function Hands-free, eyes-free function

Ú.







emergency and utility crews.

MAR+2020 WREN 35



BY WALT GASSON

My son and his family live in northern Utah. His lovely wife, raised in the shadow of the Wasatch Range, often remarks that the wind blows here in Wyoming. Wyomingites take pride in our ability to withstand hurricane force winds and everything else life throws at us.

> Wimps need not apply.

he inquired one time about the big trucks you see laid over on their sides along I-80. I explained that those long-haul outfits get tired of bucking the wind and just need to lay down and rest a bit before continuing onward. She thinks I'm funny.

Funny or not, you can't help thinking about wind this time of year in Wyoming. It's literally right there in your face. Sometimes, no matter which way you turn, it seems like you're facing a gale force headwind. I had a pickup once that I just loved. It was powerful. It could tow anything heavy as fast as you wanted to drive it. But in a headwind, it was a wimp. You could watch the fuel gauge drop, and you knew that you were going to visit every place that sold diesel from wherever you were to wherever you were going. Awesome truck – as long as it never had to face much adversity.

Some folks are like that. They show real well, as long as they've got the wind at their backs. Wyoming folks are different. This time of year, when we have a particularly windy spell, my social media feeds are full of competing posts from around the Cowboy State. A friend in Cody lays claim to 76 mph. Another in Wheatland says it hit 81 mph at Bordeaux. Somebody at Harriman claims 90 mph. And so it goes – each of us vying for the title of Least Inhabitable Place in the Interior West. Wyomingites take pride in our ability to withstand hurricane force winds and everything else life throws at us. Wimps need not apply.

It's probably been like that since the beginning. This is not a place where you can live your life in the absence of a headwind; literally or metaphorically. They say that the Comanche people – a tough bunch and the greatest horse warriors the world has ever known once lived in Wyoming. According to their history, sometime in the late 1600s or early 1700s they lit out and rode until they hit the southern plains of Texas and Oklahoma. I suspect the wind ran them off. It was that way when the big trail herds came up from Texas. Some of the young waddies that came up the trail found a place that suited them on the lower Laramie, the Platte or maybe Powder River. Most did not. And with each successive migration to Wyoming, the same thing happened. Those who could make their peace with low wages, periodic economic busts, March gales and the complete absence of both spring and an Old Navy store; they stayed. Those who couldn't handle it left.

Life is full of headwinds, of adversity. Sometimes, it seems like you've been bucking a headwind forever, not unlike March in Wyoming. But I've learned that the headwinds of life are pretty much what you make of them. You can choose to simply quit, if you want. But if you're willing to tough it out, and especially if you're willing to tough it out alongside other people who care about you, it doesn't seem all that bad. If you're willing to find joy in the simple things – the sound of a meadowlark, the smell of spring rain, the first lambs or calves – it will all be worth it in the end.

Walt Gasson is a fourth-generation Wyoming native and the director of endorsed businesses for Trout Unlimited. WREN CLASSIFIED ADS ARE \$0.75 PER SIX CHARACTERS | CONTACT: 🖌 SHAWNA@GOLINDEN.COM 🕓 970-221-3232 EXT 22

CATEGORIES

- **01.** EQUIPMENT
- **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
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02 FOR SALE

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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.

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20|FREE

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ENCOURAGE YOUR CHILD'S EMOTIONAL DEVELOPMENT

Bonding with your baby happens in many ways – from cuddling to play – and it establishes a great foundation for emotional learning. When you engage in activities

> such as these together, you'll encourage your baby's emotional development and sense of self from day one!

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Talk (and read and sing!).

Make eye contact.



Lay next to them during tummy time and encourage them.

× × × × × × ×

Give them kisses on the cheek, belly, arm, or foot and say, "got you!" each time.

5

Respond – to their cries, their babbling speech, and any emotions they're expressing.

Go outside and talk about what

talk about what you see, hear, and feel.

★ For more emotional development activities to do together, visit wyqualitycounts.org/wren 🏚





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

THIS MONTH'S ACTIVITY -



W

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

STRONG & HEALTHY BODIES

EMOTIONAL REGULATION CARDS!