Environment isn’t just a buzz word at Basin Electric.

Backer Bees has bees at Glenharold Mine, a reclaimed coal mine that used to supply coal to our first power plant. The reclaimed pasture has a variety of flowers—alfalfa, clover, sunflowers, wildflowers—making it one of the best areas in the nation to raise bees.

Environmental stewardship has always been a guiding principle for us. That’s why we’re committed to reclaiming and restoring land back to its natural state, like Glenharold Mine.

“This is one of the best areas in the nation to raise bees.”

— Dusty Backer, Backer Bees
Cover photo: "My mom bought this horse for my dad as a gift. My nephew, Trevor Carpenter, was working with her a bit for my dad on a Sunday evening near the Uinta Mountains," Sherry Bluemel said of her photo.
Welcome to 2021! With a new year we have a new theme for your magazine, Life out West, which you can read more about inside this issue. I’m excited about this new theme because not only will we be highlighting what’s great about living where we do, but we’re also going to be relying on you, the readers, to help us out through the year.

My dad grew up in rural Campbell County and my mom on a dairy farm in Illinois but they met at the University of Wyoming and never left. I’m grateful that they chose to stay in Wyoming. I grew up in Rawlins until my freshman year in high school when my family moved to Laramie, where I graduated from Laramie High.

I know Rawlins gets a bad rap but I loved growing up there and in Carbon County. I love everything from the rolling hills (those not from the West would consider them mountains) surrounding Rawlins, to the beautiful Platte Valley and all it has to offer. I would say the same about the Snowy Mountain range and Medicine Bow National Forest. And that’s just one small piece of the West.

After graduating from the University of Wyoming I moved to Washington D.C. for what was supposed to be a three-month internship and turned into a six-year career change. I enjoyed my time there and wouldn’t trade it for anything, but I was ready to come back home. I missed the mountains and the wide open plains. (I even missed the drive from Casper to Shoshoni!)

I also missed the people. Not just my family and friends (that’s a given) but the people of the West. No doubt we’re a different breed. Not sure what they call it back east, maybe Eastern charm (I didn’t experience much of that during my time there), but Western hospitality is legit.

One of my favorite examples of this came during the eclipse in 2017. We were invited to Dewey and Dede Hagemans’ ranch outside of Jay Em. They had a bunch of friends and family over for a big party and at one point an RV pulled onto the ranch. We were having a tin-foil hat contest when Dewey went out to greet the strangers in the RV. Turns out the strangers were a family from France who thought, because of all the cars on the ranch, that it was a public place to watch the eclipse.

So Dewey and Dede and the rest of the guests did what we do in the West: we invited them to join us. I can only imagine what they must have thought, first being greeted by a cowboy and then walking into a group of strangers wearing tinfoil hats! But they stayed and ate and drank and even shot some guns … oh and they watched the eclipse with all of us.

The people and the places; that is what my family and I love about living in the West! Can’t wait to see and read about your reasons.
THIS IS BIGHORN MOUNTAIN COUNTRY

The world comes out west expecting to see cowboys driving horses through the streets of downtown; pronghorn butting heads on windswept bluffs; clouds encircling the towering pinnacles of the Cloud Peak Wilderness; and endless expanses of wild, open country. These are some of the fibers that have been stitched together over time to create the patchwork quilt of Sheridan County’s identity, each part and parcel to the Wyoming experience. Toss in a historic downtown district, with western allure, hospitality and good graces to spare; a vibrant art scene; bombastic craft culture; a robust festival and events calendar; and living history on every corner, and you have a Wyoming experience unlike anything you could have ever imagined. This is Sheridan County, the beating heart of Bighorn Mountain Country, where the old west and the new offer endless adventures.

So that we can adventure together safely, our team has put together a series of COVID-19 resources to keep you informed of any travel restrictions, local and state health mandates, and other pandemic-related travel information, available on our website. While you’re there, catch our new streaming series, The Backyard, with new episodes each week, and explore a side of Wyoming that you have never seen before.

sheridanwyoming.org
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 NRECA Youth Tour in June and Youth Leadership Camp in July.

ZAYNE COOPER

WREN: Tell us about your studies and interests.
ZC: I’m attending the University of Wyoming pursuing a degree in molecular biology with a dual major in finance and a focus on pre-med. In high school I took an EMT class and this sparked my interest to pursue a degree in the medical field. While at the University of Wyoming I enjoy mountain biking, skiing and swing dancing.

WREN: How have your hometown, family and/or friends influenced you?
ZC: My hometown and family have had a major influence on my life. Throughout my life I have lived in Ten Sleep with a population of 260 people. This small community and my family are very supportive of all my aspirations going forward. I can only hope to be able to give back to my community in the future for all the support I have received. My family taught me the value of hard work and grit. Growing up on a ranch and later taking a job with a construction company had many long work days, but no matter what you always had to finish the job.

WREN: What are your plans for the future?
ZC: Going forward, I plan on finishing my academics at the University of Wyoming in pursuit of a degree in molecular biology and continuing on to medical school, with a career as a surgeon. A molecular biology degree with a medical degree will create opportunities for me in research and bioengineering.
Scientists Target New Acid Reflux Pill for Anti-Aging Research

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

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

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

Sold under the brand name AloeCure®, its ingredient was already backed by research showing its ability to neutralize acid levels and hold them down for long-lasting day and night relief from bouts of heartburn, acid reflux, gas, bloating, and more.

But soon doctors started reporting some incredible results...

“With AloeCure, my patients started reporting, better sleep, more energy, stronger immune systems... even less stress and better skin, hair, and nails” explains Dr. Liza Leal, a leading integrative health specialist and company spokesperson. AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance could be a major contributing factor to painful inflammation throughout the rest of the body.

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

It relieves other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, acid overproduction, and nausea.

Now, backed with new scientific studies, AloeCure is being doctor recommended to help improve digestion, and even reduce the appearance of wrinkles – helping patients look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

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

To start, the clinical studies have been impressive. Virtually all participants taking it reported stunning improvement in digestive symptoms including bouts of heartburn.

Users can also experience higher energy levels and endurance, relief from chronic discomfort and better sleep, healthier looking skin, hair, and nails.

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

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

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

Scientists now believe that this acid imbalance could be a major contributing factor to painful inflammation throughout the rest of the body.

EXCITING RESULTS FROM PATIENTS

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

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

“For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health,” says Dr. Leal, “and I recommend it to everyone who wants to improve GI health before considering drugs, surgery, or OTC medications.”

“All the problems with my stomach are gone. Completely gone. I can say AloeCure is a miracle. It’s a miracle.” Another user turned spokesperson said, “I started to notice a difference because I was sleeping through the night and that was great. AloeCure does work for me. It’s made a huge difference.”

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

THE SCIENCE BEHIND ALOECURE

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

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

Millions spent in developing a proprietary process for extracting acemannan resulted in the highest quality, most bio-available levels of acemannan known to exist, and it’s made from organic aloe.

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

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

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health and manage painful inflammation through immune system adjustments without side effects or drugs.

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

REVITALIZE YOUR ENTIRE BODY

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

By buffering stomach acid and restoring gut health, AloeCure’s ingredient maintains healthy immune system function to combat painful inflammation...reduce the appearance of wrinkles and help strengthen hair and nails... maintains healthy cholesterol and oxidative stress... improves sleep and energy... and supports brain function by way of gut biome...without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age.

AloeCure Taken Daily

• Helps End Digestion Nightmares
• Reduces appearance of Wrinkles & Increases Elasticity
• Supports Healthy Immune System

HOW TO GET ALOECURE

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

This special giveaway is only available for a limited time. All you have to do is call TOLL-FREE 1-800-808-3195 and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure’s recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.
Carbon Power & Light, Tri-State Generation and Transmission Association and the Wyoming Rural Electric Association announced an effort to support six local fire departments who helped battle the Mullen Fire in southeast Wyoming, with a $30,000 donation from Tri-State. The money was split equally between the six fire departments, with each department receiving $5,000 during a ceremony in December.

“We live by and work according to our cooperative principles, which include cooperation and concern for the community. These fire departments helped battle one of the most devastating fires in our state history, and this is our way of showing our appreciation for their selfless efforts on our behalf,” said Russell Waldner, General Manager for Carbon Power & Light.

“Tri-State is honored to be a part of this effort recognizing these local fire departments. One of the core values in times of need is support for our communities, and this is our way of showing appreciation for those who dedicated themselves time and again to combatting this fire,” said Duane Highley, Tri-State CEO.

The Mullen fire began on Sept. 17, consuming 176,878 acres, much of it in the Medicine Bow National Forest southwest of Centennial, including parts of Albany and Carbon counties in Wyoming, and Jackson County in Colorado. Wind speeds at the height of the fire reached some 70 miles per hour. The fire lasted nearly two months before containment in mid-November. The cause of the fire remains under investigation.

Volunteer firefighters worked countless hours fighting forest fires. Centennial Valley Volunteer Assistant Fire Chief Michael Olsen said that 19 firefighters in his department worked a cumulative total of 622 days fighting 10 fires this summer.

If you name it, volunteer firefighters need it,” said Ryan Park Fire Chief Homer Beach.

In addition to straining firefighter’s resources, the Mullen Fire destroyed significant Carbon Power & Light equipment, including 37 poles and three transformers. The cooperative disconnected services to areas affected by the fire starting Sept. 24, but restored that service to all areas by Oct. 16.
Got mobility or balance issues? UpBed™ is the ONLY adjustable bed that puts your feet safely on the ground.

For millions of Americans, “Rise & Shine” has become a thing of the past. Mobility and balance issues have forced many people to struggle getting in and out of bed. Not being able to get out of bed by yourself can be inconvenient, undignified and downright dangerous.

To solve this problem, this product has been introduced in continuing care and other health care facilities. Now, thanks to firstSTREET, the leading marketer of innovative products for seniors in the United States, that same bed can enable people to get up, get going and live independently in their home. It’s called the UpBed™, and there is nothing else like it. The secret to the UpBed™ is its revolutionary system for raising the mattress to any position for a variety of activities. It features a state-of-the-art mattress with memory foam for a great night’s sleep... like sleeping on a cloud. With the touch of a button, it gently raises your upper body to a “sitting up” position, perfect for reading a book or watching TV. Another touch and it moves to a full sitting position, enabling you to eat, knit, play cards... all in a comfortable position. Time to get out of bed? It’s never been easier or safer. The bed elevates slowly, and the bottom of the mattress curls in, enabling you to put your feet firmly on the floor while the bed lifts you gently towards the “nose over toes” position where you simply stand and walk away. It’s easy, safe and no other bed can do it.

Nothing is worse than spending the night worrying about how you are going to get out of bed. Call now, and a helpful, knowledgeable product expert can tell you how you can try out the UpBed™ for yourself, in your own home. Delivery of the bed is most convenient as we offer to-your-door delivery or we can provide White Glove delivery and we will completely set up the bed where you would like. Call today!

Call now to find out how you can get your own UpBed!
Please mention promotional code 114038.

For fastest service, call toll free 24 hours a day. 1-888-992-0645

NEW!

Technology revolutionizes the most important piece of furniture in your house!

Got mobility or balance issues? UpBed™ is the ONLY adjustable bed that puts your feet safely on the ground.

The only adjustable bed that helps you “Get Up and Go” by yourself!

4 PRODUCTS IN ONE!

It's a “Bed”– for a comfortable and relaxing night's sleep

It's a “Sit Up Bed”– for reading, watching TV and resting

It's a “Chair”– for crafting, eating, visiting with friends and family

It's a “Lift Bed”– that puts your feet safely on the floor – you're ready to go!

Introductory Offer
Save 40%

Frame and side rails may vary by model

This bedding product cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it.
©2021 by firstSTREET for Boomers and Beyond, Inc.
**LANDOWNERS OF THE YEAR**

John and Nancy Joyce of Manderson were recently recognized by the Wyoming Game and Fish Department (WGF) as the 2020 Cody Region Landowners of the Year. John Joyce is board president for Big Horn Rural Electric Company and is the co-op’s representative on the Wyoming Rural Electric Association board.

WGF recognizes landowners for demonstrating outstanding practices in wildlife management, habitat improvement and conservation techniques on their properties.

They awarded the Joyces, who own a farm and ranch with their son, Jeff, for allowing public access and for participating in what became a 10-year effort to improve the Nowood River fishery on their ranch. They were involved in improvements to the fishery, which included installing a headgate with fish screens and a fish passage at the Harmony Ditch.

Nancy Joyce holds a degree in wildlife management and she is committed to protecting habitat on the ranch, and her family knows that the area is special. They allow 3.5 miles of public fishing access and a 371-acre walk-in hunting area.

“We enjoy living down here and we enjoy the river and we know that other people do too,” John Joyce said. “We try to accommodate everybody.”

**CODY HOTLINE SCHOOL T-SHIRT DRAWING CONTEST**

It’s time again for this year’s drawing contest for elementary-aged kids. The Wyoming Rural Electric Association and the city of Cody are looking for drawings from our youth’s perspective, depicting lineworkers performing work safely.

*The first place winner receives $200 and their drawing is featured on the Cody Hotline School T-shirt.* Second place winner will be awarded $100 and both the third and fourth place winners receive $50 each.

Please draw your ideas of a person safely working on your electric lines and power poles. Use whatever drawing material you like. Write your name, address, age and phone number, as well as your service area or power supplier’s name on the back of your drawing.

Drawings need to be received by March 15, 2021. You can mail them to Cody Hotline School LLC, PO Box 697 Lusk, WY 82225 or turn them in to your local electric cooperative.
Antelope Butte Ski Area closed in 2004. The community quickly formed a foundation to bring it back as a nonprofit, and the Antelope Butte Mountain Recreation Area reopened in 2018. A new lodge will include restaurants, shops and more.

**WHERE YOU’LL FIND IT:**
Near Shell on the western slope of the Bighorn Mountains

**WHY IT’S SPECIAL:**
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**WHAT YOU’LL FIND THERE:**
Year-round mountain recreation and education opportunities.

**THIS MONTH:**
BIG HORN RURAL ELECTRIC COMPANY MEMBER

**HOMETOWN HITS**

**COPIING WITH COVID QUICK TIPS**

- tune out the noise
- take care of your body
- make meaningful connections
- seek help when you need it
- put your thoughts on paper
- be there for others

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Some people say it’s a small town with long roads. Electric co-op lineworkers might say it’s a small town with miles of power lines. Why do we live here? What draws us to the remote places in this spread-out state?

For the 2021 editorial year, Wyoming Rural Electric News magazine will feature stories about our lives in big spaces. We’ll follow some of our friends and tell the stories that keep them in this place.

But first, we asked for photos from you, our electric cooperative member, that describe your life out west. Thank you to everyone who submitted photos, please enjoy the following pages!

This photo was taken on the wild horse loop near Green River. This horse has many stories to tell. The scars and marks on his body show just who is in charge right here. I haven't seen him recently so I'm not sure where he stands now, but a few years ago, he was the reigning king.

SHERRY BLUEMEL, LYMAN
Water for the animals
DEBBI JORREY, NEWCASTLE

This is my brother, Kelly Carpenter, on his horse with his dog Molly. Molly and Kelly just have this bond; they are almost connected at the hip and she loves him dearly. They go everywhere together. Kelly lives on the ranch that my grandpa owned and where my dad was born. This is a several generation ranch and I love that I can still go there to see my family, be with the animals, and feel the peace that a ranch and open air can offer.

SHERRY BLUEMEL, LYMAN

The story behind my photo is an injury resulting from an afternoon of trying to load our hogs into a trailer to be hauled to the butcher. I enjoy living in Wyoming because it gives me opportunities to learn and experience the world of agriculture at a greater level. I shot this photo on my property in Rozet. This photo represents that life out west is not as romantic as it is often portrayed.

SARALYNN BRANDT, ROZET

Cattle at sunset on the Splittgerber Ranch
JOHNNY CHAVEZ, TORRINGTON

Tools of the trade: Wyoming tough!
AMY EUBANKS, LARAMIE
Waiting for their turn
ELIZABETH CHILDRESS, NEWCASTLE

A Pause
REBECCA SYLER, SHERIDAN

Woodchoppers Jamboree &
Rodeo in Encampment
JON NELSON, SARATOGA
After gathering all the cows and unsaddling the horses, the saddles wait for the cowboys to put the horses away.

THOMAS A. CHRISTENSEN II, BUFORD

Frightening surreal beauty, taken October 4, 2020 during the height of the Mullen Fire. My son and I were concerned about the approaching fire and how to best protect our cabin: what to remove from the cabin, what could stay, where to store items. I love the diversity of Wyoming’s landscape, the wide open spaces, the serenity, the wildlife and most of all the people within the state. I consider Wyoming to be the crown jewel of the U.S.A., and am proud to call it my home.

GIB CERETTO, CENTENNIAL
I took this photo at the National Elk Refuge in Jackson Hole. These beautiful horses take visitors and food out to the elk daily. I see them living and working in the life out west.

SANDRA PRICE, WHEATLAND
The photo represents the start of a cold, peaceful winter day. It means that no matter where you go in life and what happens, every day is a fresh start.

Tia Cranston, Carlile
This is my sweet granddaughter Macey Bluemel with her horse Treelo. She loves this horse. During the summer we keep him at our house to eat down the grass. She came for a visit so I had to get pictures of them together. The love and the bond of children and animals—there is nothing like it. Children are just drawn to animals and to watch them together can melt your heart.

SHERRY BLUEMEL, LYMAN

Fall gathering, cool weather and a young horse. They say it takes wet saddle blankets and long miles to make a good one. Living where we do and riding the country our cattle run in, that’s exactly what this 3-year-old colt got the day we went to gather for shipping. As my husband and I set out riding that morning, we soon figured out that our cattle, who usually stick together, were spread out over several sections of rough country and there were only the two of us riding. In order to gather, we would be riding clear to the back which involved several deep draws. Me not knowing the pasture very well, meant Todd who was riding the colt would be the one to head the bottoms and push the cattle out, as I rode the higher country. A light blanket of snow covered the already wet ground making the slopes slick, but Badger held his own as they criss-crossed the draws to bring cattle out.

We gathered, pushed cows towards home and rode off to another part of the pasture to gather some more. When we rode out that morning, we were hoping to have them back into the home pasture by late morning, giving us plenty of time to have them sorted before the brand inspector got there. Late morning came and went and we still weren’t anywhere near
being home with the cows. Badger was finding out what long miles were, though not his first time on a long outing.

By afternoon, we finally pushed them through the gate to the home pasture. Not only did Badger have a wet saddle blanket and was ridden many miles that day, he would then get to stand tied until we finished the rest of the work.

Todd and I came into the house well after dark that night, as we have on many nights. Knowing a day’s work was done and we would get up early the next morning to put the calves on the truck to ship. Hoping and praying that the market would hold and all of our hard work and perseverance would pay off. It’s been a tough year for ranchers; from spring storms during calving, to a hot dry summer where hay supply was limited, to an unstable calf market this fall but when it’s all over, Todd and I couldn’t imagine living anywhere else and living any other lifestyle.

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I’m not sure I can fully put into words what this photo represents. The obvious is the next generation of ranch hands moving cow calf pairs out to spring pasture. But as their mom, this picture represents so much more. It represents determination, not giving into fear or nerves, saddling up when you are scared, learning to ride out on your own and working together as a team. Both kids, ages 9 and 6, have had to overcome many fears, nerves and anxiety when it comes to riding and especially riding out alone without mom and dad right beside them. This spring they were able to overcome some of those fears and learned to enjoy ranch life, riding and moving pairs. They would wait together until we would have the pairs headed towards the holding corral and then they would ride down to catch up. Big brother was always watching out for little sister and only would go as fast as she wanted. Many times, they were laughing and telling stories as they rode up beside us. We are fortunate that our kids enjoy ranch life, know what a long day in the saddle is like and are proud that they will be the next generation to work this ranch. We have been given an opportunity of a lifetime to live on and work a ranch that has been in a family for many generations. Our kids are experiencing and partaking in the ranching way of life and riding country that has experienced changes due to gas being drilled but yet in so many ways still remains unchanged. It’s riding through the tree-covered hills, witnessing the Tongue River as it flows past the hay meadows, and watching Hereford and Hereford cross cattle graze in pastures reminds us why we are here.

The milk cows and their exhibitors both looked regal and collected during the round robin showmanship just before the close of the Laramie County Fair.

Thomas Christensen II, Buford
Ranch kids just out riding bikes. Living out in the country, there are no paved roads or parking lots to ride your bike. You learn to ride on gravel roads or through the pastures. Why walk down to do chores when you can ride your bike down the hill or across the pasture to the corrals, only to find out that you then get to pedal back up to the house.

When COVID hit, TK and Taylor found themselves learning from home. This gave them plenty of time to get outdoors during the day and ride their bikes. Having nowhere but the pasture to really ride, these two made daily trips down to the barn and back on their bikes. Fresh air and lots of exercise helped them relax from virtual learning and having their parents as teachers!!

As summer came, TK’s 4-H heifer was put into the corral, giving him even more opportunities to ride down to take care of her. Whether riding horses, riding their bikes, or helping their dad irrigate and hay these two spend many hours outside enjoying ranch life. We are very fortunate that our kids get to grow up living and working on the ranch.

CORI ENDERS, DECKER, MONTANA
My dad, Derrill Carpenter

My dad is 88.5 years old. He still lives on and works the ranch were he was born. Every day, all day long he’s working the ranch. He used to drive the school bus for Mountain View School District, he drove the bus for over 50 years! He’s retired now and solely on the ranch. I asked him if he would let me get some pictures of him. I wanted to do some work for a competition. He actually loved being in front of the camera and letting me showcase him in places around the ranch. I am so very grateful for being able to grow up on a ranch, for living in Wyoming, for the animals and all it offers me. The horse in the one picture is Popcorn. The other day I asked my dad how old Popcorn was and he told me he was afraid to dig the papers out and look. I know he’s over 30 years old now. He’s been my dad’s sidekick for a lot of years.

Sherry Bluemel, Lyman
Coming Home
Southeast Wyoming was where I spent my first 20 years. Then for more than 30 years, my husband and I traveled where the job took us, which was far away. The time came to locate our final nest. Wyoming called us back with her vast expanse, quiet mornings of pink and orange hues, vibrant starry nights, wildlife unhampered and long lost friendships. We are blessed beyond measure to be cradled in the loving arms of this Wyoming wilderness.

I took this photo on top of a ridge south of Beulah. One can see forever up here, and we are blessed to live within walking distance. (You will notice the bird I caught in an upward trajectory as if he too was enjoying the tranquil blue skies of this pure Wild West.)

Kay McKim, Beulah

Caring for the Herd
We are herders living in a sheepwagon with our dogs and herd. It doesn’t get more Wyoming than this, don’t you agree?

Carolina Noya, Carlile
PACKING OUT, HEAD OF THE NORTH FORK OF THE SHOSHONE RIVER

I was working for Cody Outfitter Lee Livingston, his son Wesley Livingston is in the lead of the packstring. The trip was to the very head of the North Fork of the Shoshone. There is a moth site there where grizzlies congregate to eat army cutworm moths. We took five guests on this trip to observe grizzlies licking up moths in this wild country. They are worth the watching. We sat in camp with spotting scopes and observed I think 14 grizzlies. I was riding my good old mule Punkin whose ears you can see in the photo. I love that girl, she is 20-plus years old and the trails we have traveled. She is bomb proof and has never done anything wrong. It was a four day trip.

JERRY LONGOBARDI, MEETEETSE
Tisdale Homestead. One of the main names concerning the Johnson County War. It was all open ranch and the powerful had the upper hand in most situations. It's a beautiful location sitting on the Red Fork of the Middle Fork of the Powder River. Rough country that is full of elk, mule deer, and mountain lions. A beautiful valley, wonderful place to live.

Carole C. Martinez, Kaycee

This is a photo of one of the old buildings in the abandoned mining town of Kirwin. Representing how life was back in the day when people lived and breathed hard work. Gold was mined in these mountains, schools, general stores all existed as a lot of the families came with the miners. It’s a beautiful location winter and summer, but mostly un navigable in the winter. Miners were marooned for several months till the snow melted and they could get badly needed supplies. To live here you have to adapt to the country, whether its flat or mountainous, it doesn’t adapt to you.

Carole C. Martinez, Kaycee
Pumpkin patch, Ellis Harvest Home, Lingle. All of the "perfect" pumpkins had already been taken, but that left the pumpkins with character.

THOMAS A. CHRISTENSEN II, BUFORD
SECOND WIND
Poetry of the American West

BY PATRICIA FROLANDER

DESCRIPTION BY HIGH PLAINS PRESS

Early in life on the ranch Wyoming State Poet Laureate Emeritus Patricia Frolander found that poetry gave an outlet for her thoughts and she has been successfully using it ever since to record her life.

Frolander wasn’t born into ranch life. Instead the East Coast native married into a fourth generation Wyoming ranching family. She met her husband, Robert, in Denver. They eventually moved to his family’s ranch near Sundance, Wyoming.

After the death of her beloved husband, Frolander faced a period of loss and adjustment and had to embrace a second wind. She recorded this journey in poetry which became her newly published book, “Second Wind.” These 61 elegantly crafted poems, divided into three sections; “Old Pasture,” “Drought” and “Fresh Grass” take us through the seasons of her life on a working ranch.
Wyoming’s state highways are sometimes hidden in the middle of nowhere, and other times run concurrent with U.S. and interstate highway routes. How many of these 10 Wyoming highways have you driven? How many can you correctly name?

For extra credit: some state highways have nicknames. Can you name any?
In addition to becoming a co-op board member last summer, she serves on the Greybull District Recreation board. The recreation district offers quality, diverse recreational opportunities, including sports, fitness and arts and crafts, at an affordable price to adults and children in the area.

She also coaches volleyball and assists with the Backpack Food Program, which helps ensure children and families in the area receive weekend meals.

“We order food from the food bank and provide weekend meals for families in our community who are in need,” she said. “There’s clearly a need.”

She oversees the program and has been doing so for more than five years.

NEW BIG HORN BOARD MEMBER DRIVEN BY STRONG DESIRE TO HELP

Sara Schlattmann’s decision to join the Big Horn Rural Electric Company board of directors last year stems from her love of community.

Born and raised in Greybull and now living on land near Otto which has been part of her family heritage, Schlattmann’s community involvement reaches deep, like the roots of a tree.

“There are important things in our community, and I want to be a part of those organizations,” she said.

She’s involved with many programs and organizations helpful to the area, from the electric cooperative to the recreation board. Although she left Wyoming to attend college, she returned afterward, and is now contributing to the area in many ways.

Schlattmann attended Drake University in Iowa where she received a degree in finance, and she works as business manager for the Big Horn County School District 3 in Greybull, a position she’s held for the past few years.

“My dad put the bug in my ear,” Schlattmann said. “The idea behind these co-ops initially was to give access to electricity to rural customers affordably. The bigger companies weren’t willing to take it on. They continue to be important for the very same reason. Because of such a large customer base, we’re able to provide electricity at an affordable price ... for our customers.”

Her desire as a board member is to continue doing just that.

“Co-ops of all types, including the electric co-op, are community-minded,” she said. “What’s important to this co-op is to be able to continue to support low-cost energy, to keep it affordable for our customers.”
Additionally, Schlattmann serves as coach for the middle school volleyball team. She's passionate about the sport. While attending Greybull High School, she competed on the volleyball team. Because that sport is close to her heart even as an adult, for a while she was the head coach of the high school team.

“I have a passion for the program, wanting it to be a good program. It was a good program when I was in school, and I’m wanting that for these kids who are going through now,” she said.

However, as her sons grew older and became active in sports, she wanted time to watch them play.

“High school volleyball and high school football are at the same time [of the year],” she said. “So, in order to watch my son play high school football, I couldn’t coach the high school volleyball team. But I still get to be involved with the sport by coaching middle school volleyball.”

The Schlattmanns are an active family. The boys participate in football, 4-H and other activities. Between their sons’ events and the couple’s different jobs, Schlattmann said, “We chase them around a lot. We stay busy.”

Her own extracurricular activities keep her running as well—literally. Schlattmann used to be a competitive runner, however, these days she jogs for pleasure. She said she enjoys a good audiobook while soaking up the sights, sounds and smells of the Bighorn Basin or while relaxing on the couch during times her husband and sons are in the mountains hunting or moving cattle to those areas.

Schlattmann describes the electric co-op on which she serves on the board as community-minded—that word also describes her.

“It’s important to me to be part of this community and I want to give back as much as I can,” she said.

Gayle M. Irwin is a freelance writer based in Casper.
My Grandmother’s Pumpkin Oatmeal Pancakes

1 cup all-purpose flour
3/4 cup rolled oats
2 Tbs sugar
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 cup pumpkin, canned or fresh pureed (can substitute zucchini)
2 Tbs oil
1 egg
1 tsp vanilla
2 Tbs vinegar

Beat ingredients until smooth, cook as usual. Makes 4 servings, 3 pancakes each.

Maggie Heller ★ Lander

Ricotta Blueberry Pancakes

1 cup flour
1 tsp baking soda
1/4 tsp salt
4 eggs, separated
1 Tbs butter, melted
1 tsp vanilla
1 1/4 cup ricotta cheese
3/4 cup milk
1 Tbs sugar

Blueberries or bananas and maple syrup

Separate eggs, putting yolks in a large bowl and whites in a medium bowl. Whisk together flour, baking powder and salt in small bowl. Set aside.

Whisk together yolks, melted butter, vanilla, ricotta cheese and milk until smooth. Add in the flour mixture and whisk until well combined.

Beat the egg whites into soft peaks then add sugar and beat into stiffer peaks. Fold stiff whites into ricotta mixture.

Heat a large skillet or griddle until a drop of water “dances” on the hot surface. If it evaporates immediately, lower the heat slightly. Use a 1/4 cup measure of the batter to make pancakes. Cook until golden on both sides, about 2 minutes per side. Serve with berries and syrup.

Janet Miller ★ Cheyenne

Honey Wheat Pancakes

1 cup bran buds
1/4 cup wheat germ
1/2 cup hot water
1/4 cup vegetable oil
1/4 cup honey
1 cup flour
1 1/2 tsp baking powder
1/2 tsp salt
1/2 tsp baking soda

Combine bran buds, wheat germ, hot water, oil and honey. Let sit for a few minutes to soften bran. Add dry ingredients, buttermilk and egg. Mix until well blended. Pour into greased 9x13 baking sheet (not a cake pan). Bake at 425 degrees for 12-15 minutes. Cut into squares. Serve with your favorite pancake topping.

Kathleen Crichton ★ Jay Em

My Favorite Pancakes

2 cups complete pancake mix (just add water type)
1 1/4 cups beer (leftover from last night)

Mix in mixing bowl and pour 1/4 cup onto lightly greased hot griddle (375 degrees) about 1-1/2 minutes per side (follow cooking directions on box). You can use any beer you like, there is a nice blueberry beer out there that makes yummy pancakes!

Betsy Jensen ★ Powell

Send complete recipe by March 15!
Please include your name, address and phone number.

wren@wyomingrea.org | (307) 286-8140
214 W. Lincolnway Ste. 21C Cheyenne, WY 82001
wyomingrea.org/wren-submissions

Country Cooks

April: Tacos

Submit a Recipe
Meet the Wyoming Toad

01 Bufo baxteri
Meet the Wyoming toad (Bufo baxteri), one of the most endangered amphibians in North America! The Wyoming toad is only found in Albany County, Wyoming near Laramie.

02 Population Decline
These little toads used to be abundant, but they suffered dramatic population decline in the late 1970s because of disease and changes to their habitat. In 1989, researchers were able to save the last 10 Wyoming toads believed to exist and brought them to zoos in an attempt to save the species.

03 Recovery Team
The Wyoming toad existed only in captivity for many years as zoos around the country worked with scientists to successfully rebuild the population. The first annual release of captive-bred Wyoming toads back into the wild occurred in 1995. Thanks to the hard work of the Wyoming Toad Recovery Team, hundreds of Wyoming toads can now be found in their natural habitat on a few protected sites in Albany County!

04 Hide and Seek
The Wyoming toad is able to blend in with its environment and hide under mud, layers of thatch or in small mammal burrows. This makes it hard for the recovery team to find and study them! As a result, there is still a lot about the Wyoming toad that scientists do not know.

05 Trackable Tools
University of Wyoming researchers are working to change this. Before they are released, UW researchers outfit some of the toads with belts. These belts emit a signal that researchers can track, even when the toad is invisible to the human eye. Researchers locate these belted toads once weekly from release to hibernation in order to learn where the toads like to live, how far they travel and how they fight off disease.

06 Time to Thrive
The information these researchers learn from the belted toads will help them better understand how to protect this special Wyoming species so it can thrive once again in the wild.

Win a Free Coloring Book!
Wyoming toad coloring books are available for the first 10 people who send their mailing address to biodiversity@uwyo.edu or call 307-766-6279.
Almost heaven—those cows are on top of the world in their books. As far as the eye can see to the east (what we call the skyline) you will notice the Pumpkin Buttes, well known landmarks for Johnson, Converse and Campbell counties. Five buttes that stick up out of nowhere. Below these cattle you will see the headwaters of the Middle Fork of the Powder River that meets up with the main Powder River just east of Kaycee. Such a background all this country has, leaves me spellbound, what a place to live.

Carole C. Martinez, Kaycee

Wow! You really live in the middle of nowhere! Our newly arrived and somewhat-nervous guest gazed apprehensively at the "wide-open" space surrounding our home. Most of the people who come to visit are as comfortable here as we are, but there is the occasional guest who obviously wishes he or she had gone to Vegas instead. Everyone is entitled to his or her own opinion, but this time I thought I'd make the effort to help our guest understand our point of view. So the attempt to enlighten began in hopes that our guest could eventually see instead of just look, and the explanation of our choice of environment went something like this:

We are so fortunate to live in The Gallery and be treated to a continuous slideshow of our surroundings. This gallery is one of many that are abundantly scattered over the planet spotlighting the works of one Master. The moving display is exquisite with the current canvasses being constantly replaced by new ones; never is any canvas seen more than once. Here, the basic background of the canvasses remains the same with mountains, rimrocks and sage, the curving dome of the sky overhead, and the gleaming river in the lowland. The Gallery is open year round, day and night, never closing.

In Winter the land sleeps, resting and rejuvenating before the rigors of the growing season. The colors blue, brown, and gray, and varying shades thereof with occasional splashes or blankets of white, dominate the canvasses. Skeletal, leafless trees appear dead but are only resting. Sage appears as large bouquets of gray twigs with last year's shriveled silver leaves tenaciously clinging in the wind and the cold.
Occasionally, high humidity and cold temperatures bring the frost. Spiderwebs become grandma’s intricate lace doilies. Barbed wire vibrates with changes in temperature and breezes to shed its inch-thick coating of frost. Trees become a fantasy in white. The canvasses continue to parade during the day and into the night.

Our granddaughter came for a visit one year in the midst of winter when she was barely four. Night came and she wanted to see the stars. Bundling her in winter gear, we went outside in below-zero temperature. In a black sky, the fiery ice-chip stars shimmered and glittered while mirrored in a child’s eyes. The northern lights undulated across the sky, wafting back and forth like scarves in the hands of gypsy dancers. The Gallery produced quite a display that night.

SPRING comes with stirrings in the land; a whiff of damp ground, a rain or wet snow, a barely visible mist of green on the trees. Most exciting of all is that long awaited event—the tint of green beginning to show in blades of grass. Green spears from bulbs in gardens begin to push aside the dirt and dare the frost to hurt them. More colors appear in the canvasses.

SUMMER pulses with life. Water flows, hayfields grow as do gardens, yards and young animals. Honeysuckle sweetens the air and the blooming wild iris caress the eyes. Cactus blooms, Indian paintbrush flourishes as well as larkspur, rock primroses and numerous other wildflowers. But not all is beauty and perfume. In July especially, the clouds begin to boil in the afternoon like ominous gray clusters of cannonballs. The air is still ... waiting. A tickle of breeze is felt, a flash of lightning fractures the sky and a booming crash of thunder heralds the storm. But most don’t last long and sometimes bring rain that settles the dust.

So much to show on the canvasses now. There is a window of time each day in the late afternoon in midsummer where all is brushed by the light of the setting sun. The window lasts only about six minutes but during that time each detail and color spring out with glowing beauty in bright luminous candlelight. Incredible.

AUTUMN brings the preparation for winter. Harvesting, canning, putting up, putting by. Some colors are fading, some are changing completely in the last show before winter. Green leaves on the river become striking yellow and appear to be lit from within. Looking down on the winding ribbon of gold along both sides of the river takes the breath and swells the heart. Animals are putting on their winter coats and filling their stores for winter. Days are shorter, temperatures are cooling and the first leaves begin to fall. The canvasses present new details, the Master mixes new colors on the palette; new works are created as the earth turns and the cycles of the seasons continue.

We may, as we’ve been told, live in the “middle of nowhere.” But as far as we’re concerned? It’s the center of everything.
**SHERIDAN**

**MARCH 4**

*War Horse*: National Theatre Live production. 6:30p, WYO Performing Arts & Education Center, $16, $10 students, info 307-672-9084, wyotheater.com.

**MARCH 5**


**UPTON**

**MARCH 13**

*Upton Chamber Festival of Tables and Installation of Chamber Officers*: Fundraiser for local kids’ sports clubs. 6p, Upton Community Center, info 307-391-0346.

**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. 1113 2nd St., info 307-468-9251.

**BUFFALO**

**THURSDAYS**

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

**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, rockpillemuseum.com.

**HULETT**

**ONGOING**

*Senior Center Events*: Carry-in dinner 12:30p third Sun. Rolls and coffee 9a Thu. 145 Main Street, info 307-467-5743.

**NEWCASTLE**

**ONGOING**

*GiGi’s Closet*: Providing free gently-used clothing for the family. Second and fourth Wednesdays, First United Methodist Church basement entrance, info 307-746-4119, Facebook.

**CODY**

**ONGOING**

*Grand Encampment Museum*: Main Gallery and GEM store open Tue-Sat 10a-4p, info 307-327-5308.

**LANGER**

**SATURDAYS**


**ONGOING**

*First Friday*: New artist and local musician each month. Art show reception 5p, music 6p, Middle Fork Restaurant. Info 307-335-5035, facebook.com/MiddleForkCafe.

**THERMOPOLIS**

**SECOND FRIDAYS**

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

**SOUTHEAST**

**ENCAMPMENT**

**ONGOING**

*Grand Encampment Museum*: Main Gallery and GEM store open Tue-Sat 10a-4p, info 307-327-5308.

**NORTHEAST**

**BUFFALO**

**THURSDAYS**

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

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Send complete information for May events by MARCH 15!

We are updating the event dates for the What’s Happening section. Please send events occurring from May 1-31.

Also, 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.

QUESTIONS & SUBMISSIONS:

wren@wyomingrea.org

[307] 286-8140

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

wyomingrea.org/wren-submissions

Highways and Byways

EXTRA CREDIT:

WY 28 - South Pass Highway; WY 70 - Battle Pass Scenic Byway;
WY 130 - Snowy Range Road; WY 220 - Alcova Highway;
WY 230 - Rivers Road; WY 789 - Canada to Mexico Highway

WYOMING FOOD SAFETY SERIES

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PBS VIDEO APP

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Growing up in Wyoming

I didn’t really know much about my wife Janice’s growing up years. I knew she was born in Wyoming during the Great Depression. Once in a while she’d relate bits and pieces from her childhood years...

Several of those recollections piqued my curiosity and I wanted to learn more, so I have compiled her stories and filled in some of the blanks. Her memories of Wyoming have always drawn me to this place, and as her children and I remember her, I wanted to share some of the memories that she shared with me.

One lazy summer afternoon as we relaxed in the patio I asked her, “What were your early years like growing up in Wyoming?”

She slowly shook her head, and smiled. “Now that was a mighty fascinating experience!”

“Tell me about it!”

“Well, first off I was born in the Army hospital at Fort Warren, about 4 miles from Cheyenne, in December 1934. Dad was a soldier stationed at the fort. He’d enlisted in the Army in 1928, making $28 a month. When his three years were up, the Depression was in full swing, so he re-upped for another three years with the rank of corporal. As a native Utahn he figured joining the Army would give him an opportunity to see some of exotic parts of the world. His first duty station was Fort Francis E. Warren! On his first furlough he returned to Utah, married his girlfriend Norma and together they began their new life in Cheyenne.

“Dad didn’t rank high enough to qualify for base housing, so they lived in a tiny apartment while searching around Cheyenne for a small house to rent or buy. That proved to be very difficult because Dad was a soldier and Mom was a soldier’s wife.
There was a stigma attached to soldiers and soldier’s wives because they didn’t seem to fit community social standards at that time. Luckily the folks found a tiny three-room house on 28th Street in Cheyenne, not the nicest part of town! While living there I went through to the fourth grade at a school called Park Addition. It was a small school having only four grades. I still remember Mrs. Dinneen, my first-grade teacher and my favorite teacher of all time! She was a sweet gentle woman, and had to be at least 70.

Mom was an excellent seamstress and sewed most of my clothes when I was a little girl. I especially remember and loved the sweet cowgirl outfit she designed for me, which included a darling skirt and blouse and a black cowboy vest. Dad bought me a pair of child cowboy boots and a unique cowboy hat. I thought I looked downright cute! I got to show off that outfit at the Cheyenne Frontier Days festivities especially at the rodeo— the Daddy of ‘em All! We were true Wyomingites and cheered the cowboys on, especially the bareback bronc riders. When they got bucked off, I was afraid they’d been killed, but they usually got up slowly, brushed off the dirt, waved at the crowd and sauntered out of the arena as though it was all in a day’s work. Maybe it was. Dad and Mom wouldn’t miss those Frontier Days celebrations for love nor money! Dad used to say it was one of the luxuries of living in Wyoming.

“To make ends meet my mom used her seamstress skills to land a job with United Airlines in Cheyenne as a power machine operator in the cabin overhaul department. Dad liked the title of Mom’s new job but I didn’t understand all of that. Mom simmered it down to my level and told me she sewed canvas for the ailerons in the wings of United planes. And yes they used canvas! Mom was serious when she told me she’d never fly in an airplane because once she saw what one little bird did those wings—that little bird went right through.”

Here I cut in and asked Janice, “Thinking back to those times can you recall anything that really stands out, a memory you sometimes think about or ponder on since your folks are no longer with us?”

Thoughtful for a moment, she nodded. “I enjoyed so many truly wonderful experiences with my folks, even during the scary years of WWII. Dad was too old to be a combat soldier, so he stayed on at Fort Warren and helped train 20,000 soldiers for battle. I guess I’d have to say going fishing with my dad is a cherished memory that’s stayed with me all my life.”

“What’s so memorable about fishing?” I asked.

“Well, Mom was working, and Dad had some free time, so he would take me with him to his favorite fishing water, which he called ‘vidavoo’ way over by Laramie someplace. I think its real name is Vedauwoo, but everyone pronounced it ‘vidavoo.’ We had a real old car and there was no freeway, so it seemed like a million miles. But Dad always took some treats to share with me along the way. I remember a campground that was under some stone outcrops. The landscape was carpeted with beautiful native flowers and lots of bees, butterflies and birds. Remember, I was just a little girl about 6 at the time and that wild gigantic land kind of scared me. But Daddy was a soldier and he wasn’t afraid of anything—and always knew where the best fishing was. He knew the trails, and he would tell me things about animals and snakes.

In a big meadow along a creek there were beaver dams. Once we hid in some bushes and saw beavers dragging small tree branches out into the water. I didn’t fish, but once in a while when Daddy had a fighting brook trout on his fly line he’d hand me his fishing pole and let me reel the trout to the creek bank. Then he’d pat me gently on the head and say, ‘good job.”

Janice dabbed her eyes with a Kleenex then gently took my hand in hers. “You know, Honey, I’d give anything in this world to slip back in time for just one hour and walk hand in hand again with my dad in Vedauwoo. Maybe you could tag along with us!”

“I’d like that.”
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07 | WANTED

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10 | MISCELLANEOUS

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