

APR+2021

WYOMING

RURAL ELECTRIC NEWS

# WREN

— 12 —

## WYOMING ENERGY AUTHORITY

STRATEGIC ENERGY  
FOR THE STATE

CO-OP SPOTLIGHT

— 24 —

**In the Footsteps  
of Family**






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APRIL

## ON THE COVER

12 | CENTERPIECE

# Wyoming Energy Authority

## Strategic Energy for the State

BY GAYLE M. IRWIN

PHOTO BY MICHAEL SMITH

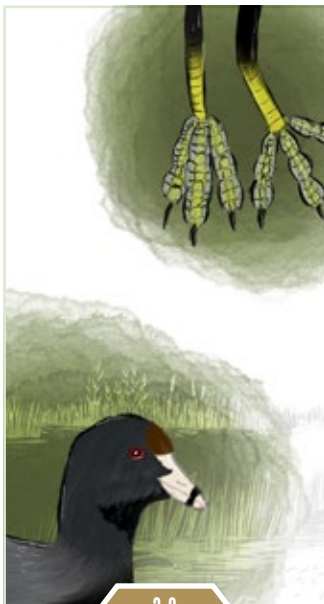
Cover photo: Wyoming Energy Authority Executive Director Glen Murrell is working to sustain an energy economy for the state.

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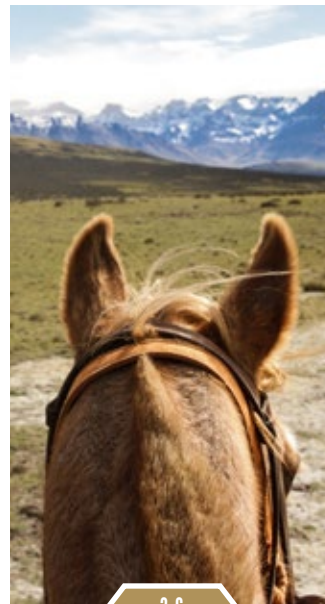
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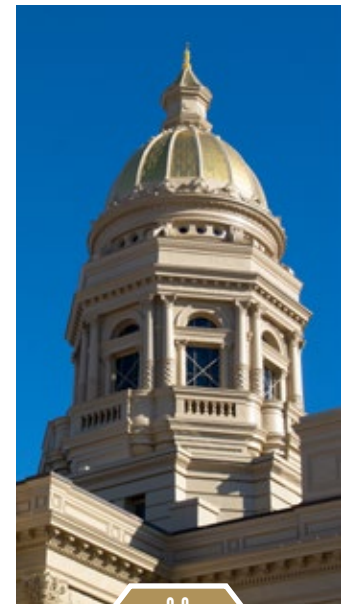
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# Weathering the Storm

When it came time to write my monthly column it was a no-brainer what issue to address: the historic snowstorm that hit southeastern Wyoming last month. With up to 36 inches of snow in Cheyenne where I live, and up to 6-foot snow drifts in some areas, the storm shut schools down for a week and forced the Legislature to shut down for two days. I know those of you out in the rural parts of the region experienced many more hardships than us “city dwellers” but I felt I could only write about what my family and I experienced firsthand.

When the snow started falling and it was clear that, at the very least, school would be canceled for a day or two, we hunkered down and it felt a lot like the beginning of COVID-19 last year, when we didn’t leave the house and had to make the best of being cooped up together. Then things changed. We started to experience short intermittent power outages and then lost all power. At first we thought it would only be for a few minutes or maybe an hour. Then I started getting email messages from Black Hills Energy giving us approximate updates as to when the power would be restored. The longest estimate was that it would be maybe 13 hours but it only lasted for about seven hours.

Over the next seven hours my kids got sick of me talking about the teaching moments that come without electricity. You would have thought the world was coming to an end when their cell phones started to run low on power and they instinctually plugged them in and then realized, hello, there’s no power. We laughed about it mostly but I did ask them what they thought would happen if we lost power for days. It was hard for them to fathom and I talked about the reality that many people around the world live without power or have sketchy reliability at best.



**SHAWN TAYLOR**  
EXECUTIVE DIRECTOR

We’ve often joked in the utility world that it would be nice to be able to shut people’s power off (particularly on the coasts) until they realize that a reliable power grid is the backbone of a civilized and industrialized country and that some of the decisions they make either in D.C. or Sacramento, or heck even Denver, threaten that reliability. Obviously that would be illegal—so it is just a joke—but it doesn’t take long to get people’s attention when the lights go out, whether you’re a teenager worried about charging your phone or someone who needs to pump water out to your livestock. Reliability is key and needs to stay at the forefront of policy maker’s minds. Unfortunately once the lights come back on people tend to forget what happened and continue on as usual.

April 12 is Lineworker Appreciation Day! I’ve said it before—we need to appreciate our lineworkers every day—but after this storm we need to thank all of those who have to leave their families (who may not have power themselves) and go out into the elements and work their tails off in order for the rest of us to live and work comfortably. Thank you!








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# WREN

MAGAZINE

**THE WREN MAGAZINE**  
**WYOMING RURAL ELECTRIC NEWS**  
*The official publication of the*  
*Wyoming Rural Electric Association*

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## CO-OP YOUTH

PHOTO BY CORA SCHROEDER



**HOMETOWN:**  
Encampment

**HIGH SCHOOL:**  
Encampment K-12 School

**YEAR OF GRADUATION:**  
2020

**COLLEGE:**  
University of Wyoming

**MAJOR STUDY INTEREST:**  
Mathematics

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.

#### THIS MONTH:

Reid Schroeder received \$1,000 and \$500 scholarships to attend college from Carbon Power & Light and from Tri-State Generation & Transmission.

Youth Tour and youth camps were canceled this year due to the COVID-19 pandemic. Your rural electric cooperative may be taking applications for next year. See the insert in the center of the magazine for contact information.

# REID SCHROEDER

**WREN:** Tell us about your studies and interests.

**RS:** Ever since elementary school, I could tell that math was something I liked and something that came more naturally to me than other subjects. From there, I didn't seem to change much as I began to solidify my interest in math in middle school and high school. For college, I knew it would be a probable major and it happened to turn out that way. I plan to use my degree in the business field somehow and somewhere (financial, stock market, economics, statistics, etc.). Overall, I am happy I picked this major because I truly feel to have a good connection with numbers and I enjoy every bit of it.

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

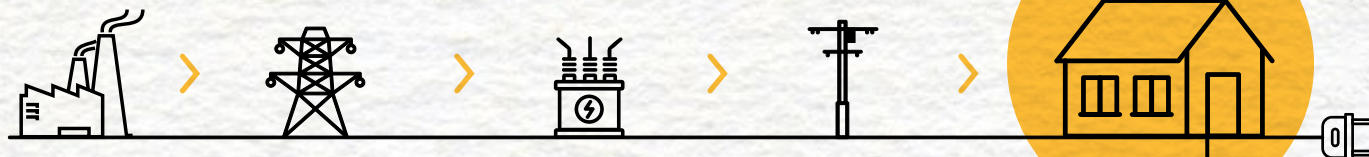
**RS:** Encampment, the surrounding community and the Platte River Valley has shaped me into the person I am immensely. The community is full of good-hearted people with important life values. I feel that I am disciplined as a person in terms of working hard, owning mistakes and treating anybody and everybody with respect. As a whole, my family, friends, and community have brought down those values to me, and I am more than thankful for them and for where I come from.

**WREN:** What are your plans for the future?

**RS:** For the future, I plan to find a business-related job that also incorporates math into it (finance, economics, stock market analysis, etc.). I am truly passionate about my education as I feel it will be very important for achieving my career goals. I am incredibly thankful for everyone who has gotten me to this point, and at the end of the day, I aim to seek success to demonstrate how important everyone has been in my life. I am excited for the road to come.



# Co-op Trivia



## Kilowhat?

DECIPHERING YOUR HOME'S ENERGY USE  
—AND WHAT YOU CAN DO ABOUT IT

BY CARLY NICHOLS, JAY COUNTY RURAL ELECTRIC MEMBERSHIP CORPORATION

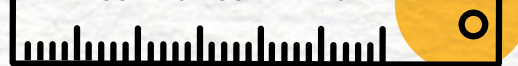


A glance at your monthly electric bill shows you the amount of energy powering your home. Yet all the information on the bill may also leave you in the dark about what exactly it all means. Fortunately, we can shed light on it!

### KILOWATT-HOURS = KWH

Your home's energy use is typically measured in kilowatt-hours, or kWh, for short. This is the amount of electricity needed to do **1,000 watts of "work," or 1 kilowatt, for 1 hour.** The amount of kilowatt-hours of energy consumed multiplied by your local electric cooperative's kWh rate leads to the total of your monthly energy cost. Different appliances use varying amounts of energy, and their consumption is based on how frequently they are used.

### MEASURING YOUR ENERGY



**1,000-WATT COFFEEMAKER**  
used every day for a  
year would use about  
365 kWh annually

**365  
kWh**

**580  
kWh**

**CLOTHES DRYER**  
used four hours each week would  
use about 580 kWh each year



**26-CUBIC-FOOT REFRIGERATOR**  
uses on average about  
725 kWh annually

**725  
kWh**

More electricity is used to heat and cool buildings than nearly any other activity; this is why your energy bills are the highest during the dog days of summer and winter's coldest months. Your air conditioner and heating system are working the hardest during these times to maintain the thermostat settings to keep you comfortable.

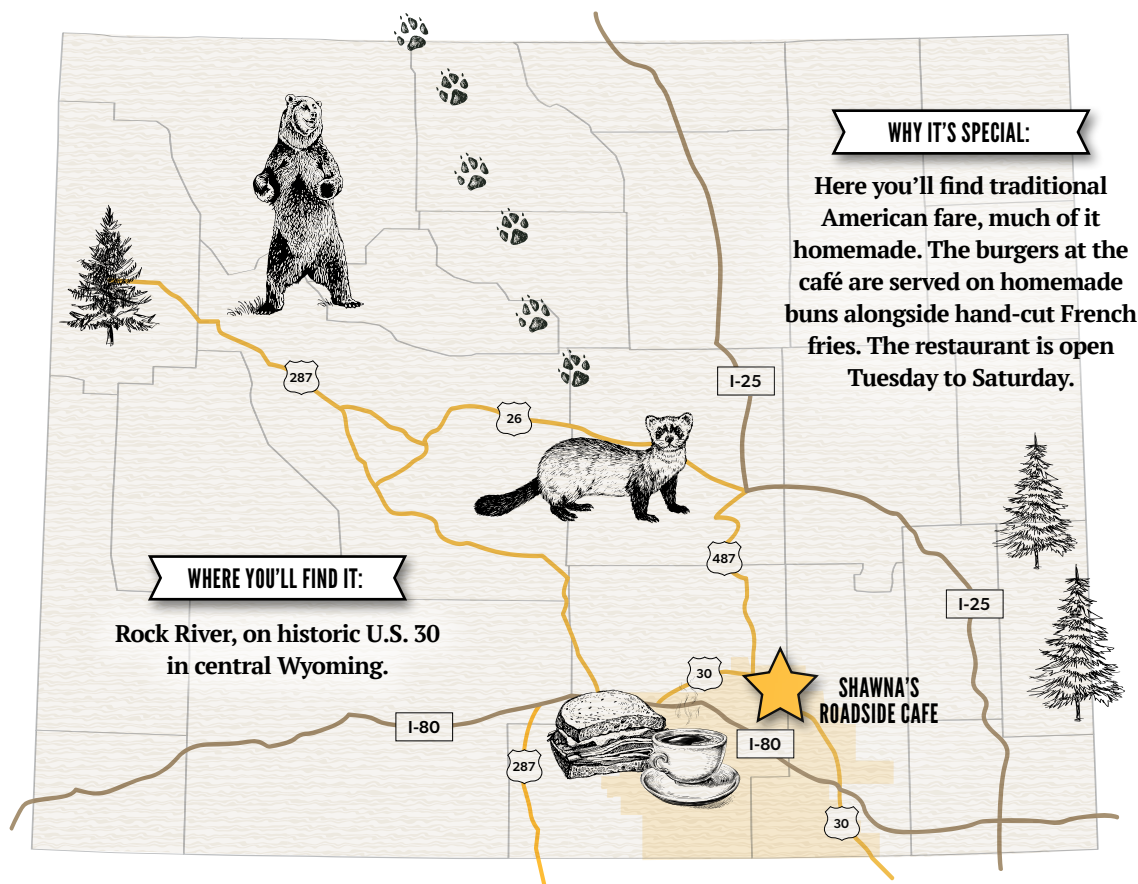
### IMPROVE YOUR ENERGY USE

Fortunately, there are steps you can take to improve your home's energy use. LED light bulbs that are **ENERGY STAR-certified** are much brighter, have longer lifespans, and use significantly less energy than incandescent bulbs. ENERGY STAR-certified appliances also use less energy than other options on the market. You also can consider ENERGY STAR-certified heating and cooling equipment and water heaters.



THIS MONTH:

# SHAWNA'S ROADSIDE CAFE

CARBON POWER  
& LIGHT MEMBER


PHOTOS COURTESY OF SHAWNA VOSS



## ABOUT THE OWNERS:

Shawna Voss has lived in Rock River most of her life. She opened Shawna's RoadSide Cafe in 2016. "I thought the town could use something like this, and everything fell into line to make this possible," she said. Voss owns the restaurant with her husband, Carbon Power & Light Lineman Skip Voss, above. Their sons Alex and Rhyden are shown at left.



# STATE LAWMAKERS ADJUST TO PANDEMIC

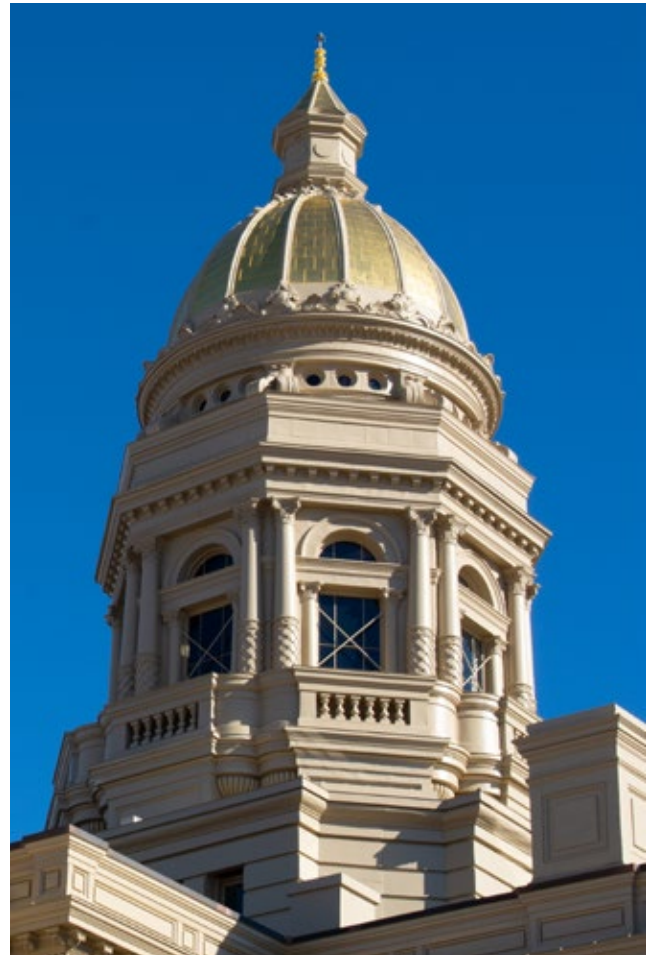
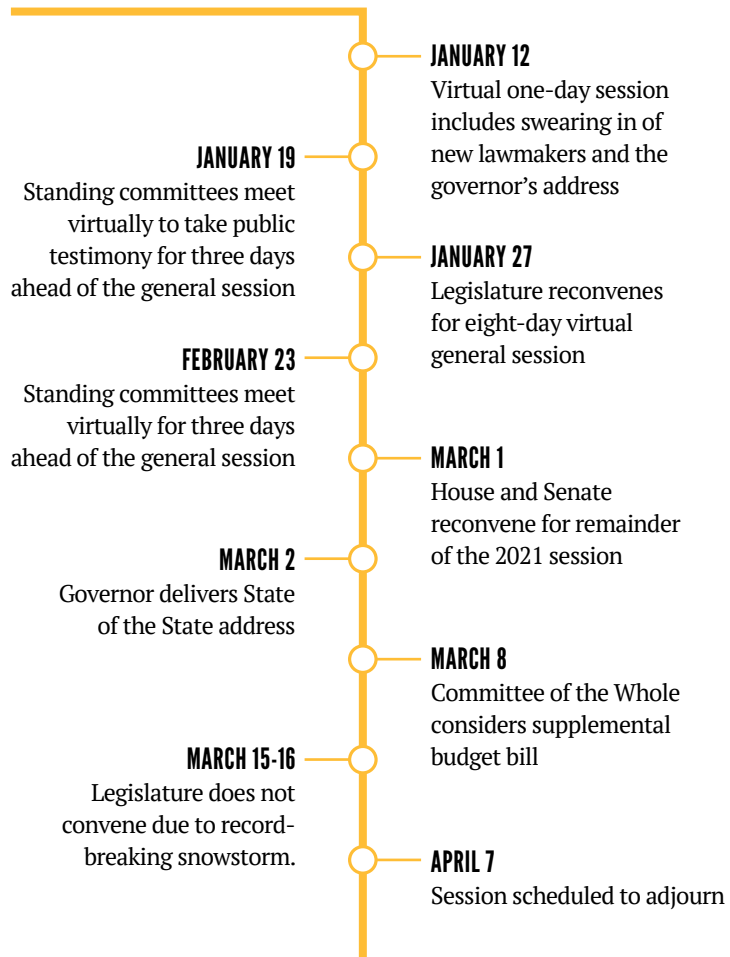


In a typical year, the Wyoming Legislature convenes in January or February, adjourning by mid-March. Legislators stay in the capital city and work during the week, taking breaks only during the weekend. It's a predictable schedule determined by set rules: in odd years the Legislature meets for a 40-day general session, in even years the Legislature meets for what's usually a 20-day biennial budget session. With state health orders restricting large groups to stop the spread of COVID-19, the 2021 general session was anything but typical.

The session began with lawmakers meeting virtually for only one day on January 12. They stopped and started the session, finally wrapping up 13 weeks later on April 7. Members of the public and lobbyists were given new rules to follow, including wearing face coverings and giving handouts to lawmakers virtually instead of in person. The session was streamed live and archived on the Legislature's very own YouTube channel.

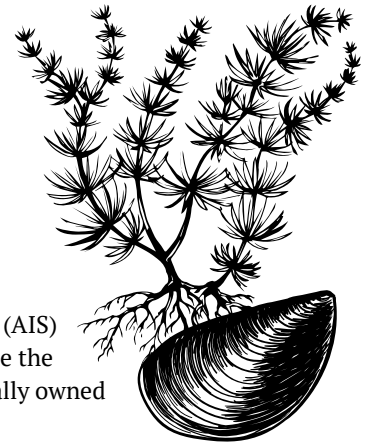
PHOTOS BY KELLY ETZEL DOUGLAS

## 66TH WYOMING LEGISLATURE TIMELINE



# STOP THE SPREAD OF AQUATIC INVASIVE SPECIES: BECOME A WATERCRAFT INSPECTOR

FROM THE WYOMING GAME AND FISH DEPARTMENT



The Wyoming Game and Fish Department is training members of the public to become certified Wyoming aquatic invasive species (AIS) inspectors. This course will provide the skills necessary to inspect personally owned and other watercraft as well.

The course includes information on basic biology of invasive species, the impacts of AIS, transport vectors and distribution of AIS. It includes classroom instruction, a question-and-answer session and a hands-on watercraft inspection exercise. The trainings are free and open to anyone interested in preventing the spread of AIS through watercraft inspection.

Aquatic invasive species can be aquatic animals such as zebra and quagga mussels or rusty crayfish, or aquatic vegetation such as hydrilla.

“Aquatic invasive species can have far-reaching impacts on Wyoming water resources for agriculture, municipalities and wildlife. Many of these invasive species permanently change stream and lake ecology, negatively affecting native species and our prized sport fisheries,” said Josh Leonard, Game and Fish aquatic invasive species coordinator. “Having members of the public become aware about AIS, practice Clean, Drain, Dry on their boats, and inspect their watercraft when a Game and Fish check station is not available, is critical in the fight to prevent the spread of AIS to Wyoming.”

**Courses are offered as a one-day class from 9 a.m. to 4 p.m. throughout the spring in statewide locations. Registration deadline is one week prior to the class start date.**

DATE	CITY	LOCATION
MAY 1	Lander	Lander Game and Fish Regional Office
MAY 7	Sheridan	Sheridan Game and Fish Regional Office
MAY 8	Cheyenne	Game and Fish Headquarters
MAY 14	Cody	Cody Game and Fish Regional Office
MAY 15	Rawlins	Jeffrey Center
JUNE 19	Jackson	Jackson Game and Fish Regional Office

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## TO REGISTER OR FOR MORE INFORMATION

Contact Josh Leonard at 307-721-1374 or [joshua.leonard@wyo.gov](mailto:joshua.leonard@wyo.gov). Please provide your name, mailing address, phone number and email address. The public can also register online at: [forms.gle/2himTEBee8C22ZLt9](https://forms.gle/2himTEBee8C22ZLt9)



# COVID-19 VACCINE

Wyoming is getting vaccinated for COVID-19!

**142,190**

First vaccine  
doses administered

**TWO**  
DOSE VACCINE

**95,195**

Second vaccine  
doses administered

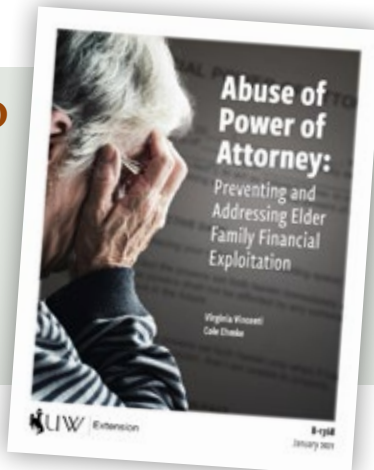
5,608 One-dose vaccines administered

## HOW DO I GET THE VACCINE?

- ▶ The vaccine is available to Wyoming residents ages 16 and older.
- ▶ If you need help finding a vaccine for you, call your doctor, pharmacy, local county health department or the Wyoming 211 resource directory.
- ▶ The vaccine is free. Report vaccine scams to the Wyoming Attorney General's office at 307-777-6397.

Vaccine doses given reported by the Wyoming Department of Health on March 31. Does not include federal vaccine doses provided separately for tribal, Veterans Administration and military.

## DOWNLOAD UW Extension's New POWER OF ATTORNEY Bulletin



A financial power of attorney is a potent estate planning tool, but it has the potential to be exploited. *Abuse of Power of Attorney: Preventing and Addressing Elder Family Financial Exploitation* provides best practices on setting up a document to avoid abuse, and guidance for responding when it occurs.

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**3** CONSECUTIVE  
YEARS

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An aerial view of the Roundhouse  
Wind Project west of Cheyenne.

PHOTO BY MICHAEL SMITH



WYOMING ENERGY AUTHORITY

# BEGINS STRATEGIC ENERGY PLAN FOR THE STATE

BY GAYLE M. IRWIN







## Energy Strategy for Wyoming's Future

His organization, which employs just three other people, is tasked with leading Wyoming's energy future, from extraction resources like coal, oil and natural gas, to renewables like wind, solar and geothermal. Carbon capture, sequestration and utilization, such as the research done at the Integrated Test Center (ITC), and earth minerals, like trona and bentonite, are also part of the equation. So are uranium and hydrogen.

"We are the entity charged to formulate the strategy of the state, so businesses know the common goal and have a clear objective," he said.

That includes infrastructure.

In January of this year, the U.S. Bureau of Land Management approved the Wyoming Pipeline Corridor Initiative, which falls under WEA administration. This move designates more than 1,000 miles of federal land for possible future pipeline development. This aspect of energy infrastructure would help companies transport products for use in oil and gas development, connecting oil field sites with sources of carbon dioxide used in enhanced oil recovery and other energy projects.

The pipeline corridor could also be used to enhance and distribute other types of energy resources including the commercialization of carbon capture, utilization and sequestration technology and transporting hydrogen, another potential future energy resource.

Energy is vital to Wyoming's economy and to the lives of Americans and those around the world. Therefore, last year's Wyoming Legislature developed a new organization to oversee this critical business sector in the form of the Wyoming Energy Authority (WEA).

"Our primary mission is to secure and sustain [Wyoming's] energy economy," said WEA executive director Glen Murrell.

The WEA, which began last July, replaces other authorities implemented in the past, including the pipeline and infrastructure authorities. These entities were woven into the WEA's oversight.

"It's up to us to bring it all together," Murrell said.





## Energy Dependent

Wyoming relies on money from the energy sector, which provides just about half of the revenues for the state's general fund, Murrell said. However, the past few years Wyoming has seen a deep reduction in those revenues due to actions such as closure of coal-fired power plants nationwide that use Wyoming coal, persistent low natural gas prices and oil price crashes resulting from overproduction by sovereign nations. Add COVID-19 to the mix, and the state's economy, from energy to tourism, teetered on a cliff.

Wyoming, the West, and the energy sector faced "unprecedented" challenges, Murrell said.

He explained that total energy demand will likely decline over time due to slowing population growth, increasing efficiency and conservation, and macro-economic trends such a shift from heavy industry and manufacturing to a more service-based economy. Furthermore, the consumption of energy will tend more to be in the form of electricity.

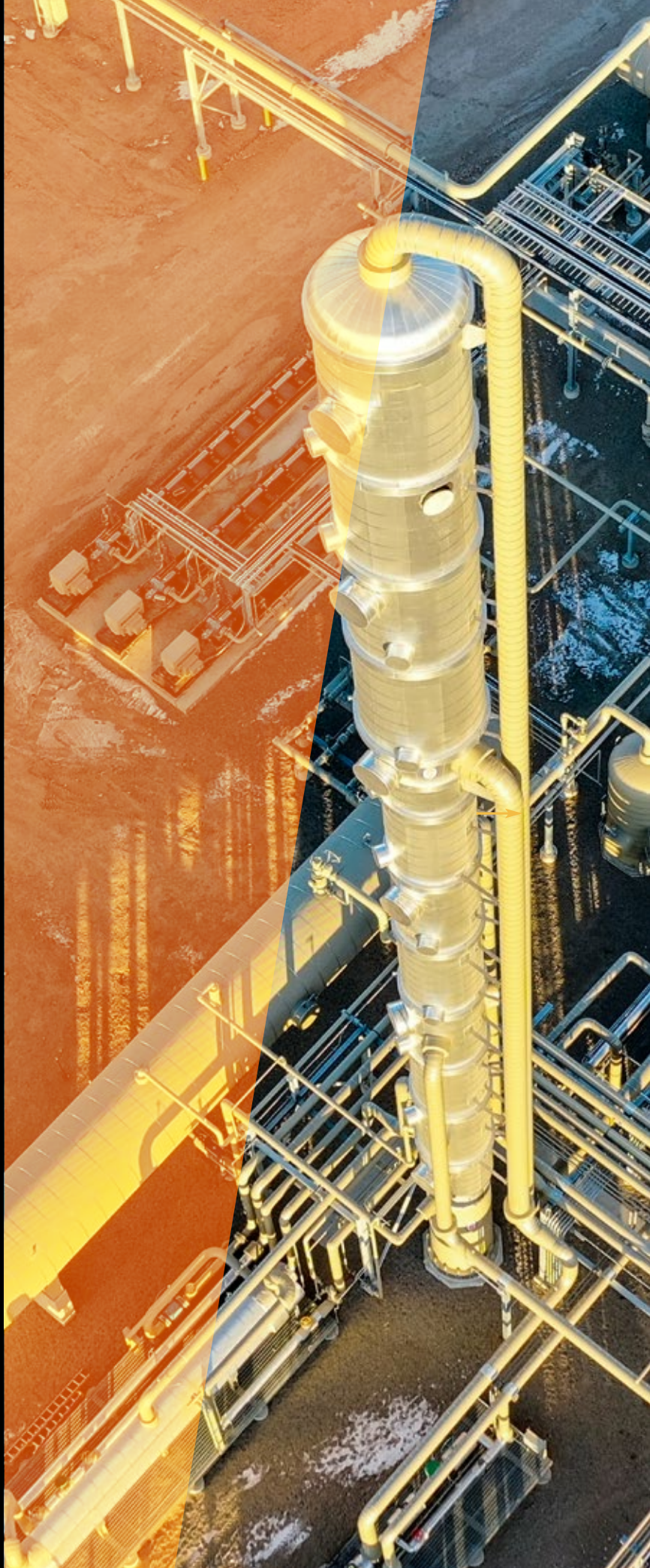
"This is important for Wyoming because our resources are in the solid [coal], liquid [oil] and gaseous [natural gas] form. We therefore have to plan for how we deliver energy to our consumer markets, the bulk of which exists outside the state," Murrell said.

Wendy Hutchinson, who serves in leadership on the WEA board, agreed.

"Markets are shifting," she said. "We need to look at how Wyoming plays into that. Where are we going to take the state in the future [of energy]?"

Hutchinson, who lives near Gillette, is member of Powder River Energy Corporation. She sees a connection between an electric co-op and WEA.

"The purpose of an electric cooperative is to provide reliable low-cost electricity to its members," Hutchinson said. "That's a key component of the WEA. The voice of co-op members is so important as input to state and national energy policies. The WEA, in essence, speaks for Wyoming residents. That input is critical."







**“Markets are shifting.  
We need to look at how  
Wyoming plays into that.”**

An aerial view of the recently completed Bill Sanderson Gas Plant in Williston, North Dakota. Similar facilities are being contemplated and may soon be coming to Wyoming.

PHOTO BY MICHAEL SMITH



## A Strategic Placement of People

Positions on WEA's board of directors are appointed. Hutchinson's experience working in the coal industry, especially on the regulatory and marketing spectrums, brings a lot to the table.

"I feel privileged that Governor Gordon gave me this opportunity," she said. "Wyoming is blessed to have incredible natural resources, including energy resources. The beauty of this authority is that we have a board made up of people from different angles of the energy industry, and we're focusing on where the [energy] growth needs to go for the state. It's a very exciting program!"



Murrell, the inaugural executive director, spent more than two decades in the oil and gas industry and worked for the University of Wyoming Enhanced Oil Recovery Institute, launching the organization's reservoir data program and leading programs that analyzed the carbon dioxide enhanced oil recovery industry in Wyoming.

Board chair Mark Stege has over 25 years experience in the electric and natural gas utility business and currently serves as the vice president of Wyoming operations for Black Hills Energy.

The planning strategy for WEA integrates all of Wyoming's energy resources and looks 10 to 15 years down the road, Stege said.

"We need to position Wyoming for success," he said. "We want businesses to relocate to the state, and we know the [energy] market is changing."

Black Hills Energy's diversification into wind meets consumer desires for renewable energy.

"We know what our customers ask for, and we have to keep a pulse on what they want," he said.

## Energy Diversification for Wyoming

That desire for cleaner energy is something Wyoming can meet, and thereby also positively impact the state, its communities and residents, according to Murrell.

"Consumers want more low-carbon alternatives—the choice is low-emission energy," he said. "We're being very strategic. We want Wyoming to have a healthy economy, which means supporting communities and schools and lowering operating costs."

Still in the research stage of development, hydrogen has strong potential for Wyoming, because it can serve as a decarbonized energy carrier with broad utility and multiple transportation options.

"There is a lot of interest and enthusiasm in this commodity," Murrell said.

Wind and solar energy resources play an important role in Wyoming's energy economy and could play an even stronger role in the future, he added.

For example, a large wind farm is being erected in Albany County while another



PHOTO BY MICHAEL SMITH

Wyoming Energy Authority staff, left to right, Kaei Daniels, Anja Bendel, Glen Murrell and Jami Bloso step outside their office in downtown Cheyenne in February.

**We have a board made up of people from different angles of the energy industry**



was recently voted down after complaints of viewshed obstruction by area residents. However, Murrell sees a continued strong future for wind and solar energy in the state.

“Wyoming has a reasonably high quality of sunlight, especially in the south,” he said. “Both wind and solar are important to our economy, today and in the future. There’s a high potential of them working together, and with our hydrocarbon-based resources, too.”

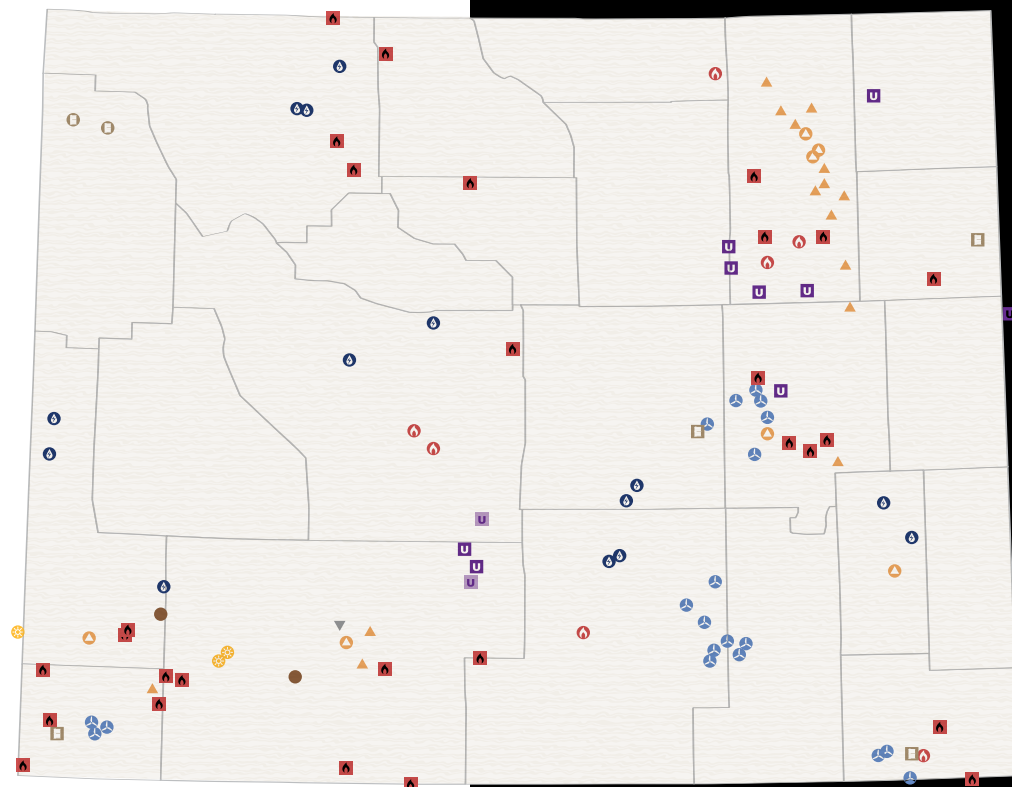
Despite the challenges facing Wyoming and energy businesses, Murrell is optimistic about the future.

“I’m cognizant of the challenges, but I believe Wyoming’s future will be strong,” Murrell said. “The state is blessed with all types of energy: oil, gas, coal, renewables, even uranium. WEA is working very hard to push Wyoming’s energy economy into the future.”

## Wyoming: A Leader in Energy and Mineral Production

Wyoming’s unique landscape and natural resources translates into providing energy to the United States and beyond.

According to the WEA website, Wyoming ranks No. 1 in production of coal, bentonite, trona, and uranium. The state is No. 8 in oil and natural gas production, and No. 17 in wind generation. Not only do these resources heat and light homes throughout the world, but through the various companies aligned with those resources, Wyomingites and others have employment and the state gains revenue. Adding more energy resources, in the forms of solar, hydrogen and geothermal, plus products made from carbon capture and sequestration technology can increase employment and revenue.



### ENERGY IN WYOMING







From the U.S. Energy Information Administration

The importance of energy to the state and the world isn’t lost on Wyoming officials. Governor Mark Gordon recently took actions to strengthen and expand Wyoming’s energy economy.

In November 2020, he used federal coronavirus aid funding to assist Wyoming’s economic recovery and boost employment in the oil and gas industry. The project is called The Energy Rebound Program.

In February of this year, the governor signed a piece of legislation from the Wyoming Senate involving the Wyoming Energy Authority. That bill, Senate File 43, adds geothermal and pumped hydro energy projects to the list of ventures that can be supported by the WEA and allows it to support and issue bonds for projects involving rare earth minerals, critical materials, trona and other materials. **W**

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

-  WIND POWER PLANT
-  SOLAR POWER PLANT
-  NATURAL GAS POWER PLANT
-  HYDROELECTRIC POWER PLANT
-  COAL POWER PLANT
-  PETROLEUM POWER PLANT
-  OTHER POWER PLANT
-  SURFACE COAL MINE
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-  URANIUM IN-SITU LEACH PLANT
-  URANIUM MILLS AND HEAP LEACH FACILITIES
-  NATURAL GAS PROCESSING PLANT
-  PETROLEUM REFINERY



# The Undertaker

BY DR. BRUCE CONNALLY

**I** will bet if you asked any teenage girl who is thinking about being a veterinarian, undertaker would not be a part of the profession she would be considering. (It's true: 80% of veterinary students today are female.) I certainly didn't think about it when I was in veterinary school. I learned about this essential part of practice in my first year as a veterinarian.

On a sharp, cold October morning my boss was loading equipment in his

vet truck as I came into the office. He was going out to pregnancy test cows all day while I stayed and worked in the clinic. My schedule was full: several dogs to vaccinate, two dogs to spay and a cat to neuter plus whatever walked through the door during the day. It had been nine full months since I graduated from veterinary school and I was beginning to feel a degree of comfort in my new profession.

"There is a pony in my trailer." My boss greeted me as he grabbed a box of cattle marking dye from the cabinet. "It was old and crippled so I put it down. You need to take care of the body sometime today."

"I can do that." I answered. Last July a client's horse I was treating died of colic. That was when I discovered the

landfill on the other side of Lander had an area where they would bury large animals. Today would be easy. My boss had already hitched the trailer to the brown Ford pickup. I just needed to get there before 5 p.m. when they closed the landfill.

At 10 minutes before 8 a.m. the phone began to ring. A Monday morning rush of illness and injury accumulated over the weekend descended upon the clinic. I was able to spay one dog and neuter the cat in the morning between appointments. I spayed the second dog during my lunch break because the afternoon schedule was packed.

As I was finishing my second cat fight abscess, I glanced up at the



clock, it was 4:25! Grabbing my hat, I sprinted out the door and jumped into the big Ford pickup. Rush hour in Lander isn't too bad so I thought I had a pretty good chance of making the landfill before they closed. At 4:32 I was stopped at the red light on Fifth and Main. I had time to reflect on the day. It had been a fast day but good. I didn't have time for lunch but that was ok. I could go home and eat dinner right after delivering the body of the old pony for burial.

Reality struck when I accelerated through the green light. The Ford lurched and I heard a huge bang. In my mirror I could see the gooseneck trailer with a dead pony inside had unhitched and was sitting in the middle of Main Street. For a split second I thought about driving away. It wasn't my trailer or my pony. Of course I couldn't do that so I backed through the intersection to retrieve the reluctant trailer.

"Probably not going to make it by five." I muttered to no one in particular as I cranked on the trailer jack. No one stopped to help. Part of me was glad because I didn't want anyone to know about the dead pony. At that point the trailer jack stopped and the dead pony became my second biggest problem. The brown Ford was a four-wheel drive and thus, too tall for the trailer jack unless you put a block under it. The pickup did not have a jack to raise the trailer or a block to set it on. Now I really needed help. My panicked gaze stopped at the liquor store on the corner beside me. I knew the owner was one of our clients.

"Is that right?" Carl marveled as I told my sad story. He seemed to completely ignore the fact that there was a dead pony in a trailer in front of his store. "I've got a handyman jack in my Jeep. There is a cinder block behind the store

that I use to hold the door open for deliveries. Will that work?"

It did work. I hoisted the trailer with the handyman jack, then cautiously crawled under the gooseneck to slip the cinder

block beneath the trailer jack. A few more cranks on the trailer jack and the pickup fit under the trailer's hitch with a quarter inch to spare. The hitch seemed to latch securely, so I cautiously moved the big rush-hour-

traffic-obstructing equine hearse onto Fifth Street, allowing the three cars that had accumulated behind the trailer to make their way home for the evening. It was well after 5 p.m. and beginning to get dark. No chance for the landfill so

I headed back to the clinic. The trailer light cable had been ripped apart but no one stopped me for lack of taillights. I breathed a sigh of relief when the pickup was stopped beside the clinic with the trailer still attached.

Tuesday morning in the clinic I recounted, with trepidation, the events on Main Street and how I had not made it to the landfill.

"I'm sorry but I can't figure how I broke the trailer hitch," I admitted to my boss.

"Yeah, I gotta get that thing fixed," he mused. And then, pointing at the crumpled, v-shaped brown Ford tailgate leaning against the shed, added, "It did that to me at the team ropin' last weekend too." **W**

**Dr. Bruce Connally practices equine medicine in central Wyoming and northern Colorado from his home in Berthoud, Colorado.**

**For a split second I thought about driving away. It wasn't my trailer or my pony.**



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# Meet the AMERICAN COOT



01

## *Fulica americana*

Though it floats on water, feeds like a duck, and may spend time around ducks, the American coot is an altogether different sort of bird. Smaller than most ducks (about 15 inches with a wingspan to 28 inches), coots have black plumage and bright white bills tipped with a black ring. A white “shield” extends from the bill up between their red eyes, and ends with a red-brown spot. Their legs are yellow-green and their feet are not webbed—a sure sign they are not ducks.



04

## *Social Butterfly*

American coots are very social, and their flocks (called covers or rafts) can include hundreds to thousands of birds. They build floating nests hidden among vegetation, and often build many before deciding which one to use. Coot clutches contain eight to 12 buff, pink, brown, black or speckled eggs, which hatch in about 24 days.

*Looks kinda like a duck, swims kinda like a duck, but doesn't quack like a duck...*



02

## *Wetlands & Marshes*

The American coot belongs to the rail family (Rallidae), which includes smallish, long-legged, ground-loving birds that inhabit wetlands and marshes. The only other rails, besides coots, that live in Wyoming are Virginia rails and soras, both of which can be difficult to find. Fortunately, American coots are abundant and easily observed.



03

## *In the Spotlight*

Baby coots are really cute—they have bright orange plumes and red beaks. Scientists have long asked why that is, because it makes the chicks easily seen by predators. It turns out that parent coots are more likely to feed a brightly colored chick, so that trait is passed onto the next generation. Another strange thing about coot parents is that they don't always lay eggs in their own nests. In fact, up to 40% of eggs may be laid in others' nests and left for others to raise, a behavior called nest parasitism.

05

## *Catch a Glimpse!*

American coots can be seen spring, summer and fall all around Wyoming, except in the mountains. Watch your favorite pond or lake for their arrival!



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# The Territories and Categories of Nellie Woods:

A WYOMING ADVENTURE

JUDITH R. GONZALES

FROM THE BOOK:

Nellie Woods was a middle-sized girl of the mountain category. Shortly before she became the age of seven years old, her parents were killed in what everyone called "the accident," like God was napping or something. Nellie's grandparents, Hugh and Grandy Woods, hugged her up and brought her to their quiet cabin on a mountain. They had Faith that they could encourage her heart to heal and there was no question where it would be done.

Author Judith Gonzales lives in Dubois, Wyoming with her horses. This young adult book has a font size and style that is dyslexic friendly.

## ORDERING INFORMATION:

2020 | 258p. | \$15 paperback

ISBN: 9780578641119

Publisher: Self-published

Available from the author: P.O. Box 989, Dubois, WY, 82513, 307-262-6524, tcnelliwoods@gmail.com

# The Territories and Categories of Nellie Woods



A Wyoming Adventure

By Judith R. Gonzales

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# WORD



BY KENDRA SPANIER

Each of the pictograms below represents a common concept, word or saying. For example, No. 10 represents “paradise.” How many can you decipher?

1

**SAND**

2

**TOUGH**

3

**MAN  
BOARD**

4

**GEGS**

5

**EDNAIG**

6

*I'm / Myself*

7

*knee  
light*

8

**CYCLE  
CYCLE  
CYCLE**

9

*estimate me.  
Don't*

10

**DICE DICE**

11

**PERSONALITY**

12

**Chair**  
*Chair*



# In the Footsteps of Family: Shae Johnson

BY GAYLE M. IRWIN

**TWO YEARS AGO, SHAE JOHNSON BEGAN SERVING AS A BOARD MEMBER FOR CARBON POWER & LIGHT, FOLLOWING IN HIS GRANDFATHER'S FOOTSTEPS.**

**“O**nce you're a member, you're an owner [of the co-op],” he said. “It's like family—you have a say.”

After graduating from the University of Wyoming with a degree in agricultural business, Johnson returned to manage the family ranch near Elk Mountain.

“I'm carrying on another family tradition,” he said.

His father and grandfather, as well as one sister and her family, live at the ranch as well. He has two other sisters, one who lives in Colorado and the other resides in Lander. Johnson and his wife Carletta have been married for 12 years.



Shae Johnson manages his family ranch near Elk Mountain.

## Finding time to help the community

Serving on the board of Carbon Power & Light was not a decision Johnson made casually. Encouraged by friend and board member Kenny Curry, Johnson said he received “a warm welcome” from the other board members.

“They have a wealth of knowledge [among the board members]. I'd like to learn as much as I can from them,” he said.

“I'm tickled to death to have him on the board,” Curry said. “I recruited him—I wanted him on the board. We need younger ones and good people on the board—they bring new ideas, youthfulness and tech savviness to the table.”

Curry served alongside Robert Johnson, Johnson's grandfather, for several years.

“His grandfather was a great mentor for me,” Curry said.

Carbon Power & Light is made up of three districts and serves more than 4,300 members in parts of Albany and Carbon counties. The organization manages



almost 2,000 miles of line. Curry and Johnson agree the main priority is to bring reliable, low-cost electricity to the region.

"We have to keep the electricity flowing and keep it reasonable," Curry said.

"We need electricity for water wells, stock tanks, shop heating, the barns, as well as the house," Johnson said. "We're definitely tied to the grid."

Having younger, family-oriented, community-minded people like Johnson on the board is critical, added Curry, who has served on the board for more than a decade.

"They bring different perspectives—you're not always looking at things the same way," he said.

Johnson serves his community in other ways, too. Last year, he helped the Elk Mountain Museum with a special exhibit. On the organization's Facebook page, it was noted: "The Elk Mountain Museum would like to thank local rancher Shae Johnson for generously donating his time, talent and sawmill in creating the boards that will be used for restoring the sheep wagon. Boards made here in Elk Mountain out of local pine are more authentic and amazing than any boards we could have purchased. Thank you Shae!!!"

## Family business

Johnson and Carletta have three children, who, like their father, are being raised on the Johnson property.

"They're the sixth generation to live on the ranch," Johnson said.

Cattle and hay are produced on the Johnson spread. However, Johnson admits that's not an easy task.

"The winds are a big deal, and the elevation [about 7,000 feet] can be an obstacle,"

he said. "It's a challenging way to make a living."

Despite those challenges, Johnson and his family continue living a life they enjoy: being outdoors, caring for the animals and the land, and exploring opportunities.

"We try to make things as efficient as we can, and we look for new and different ways to market our products," he said. "As a

businessperson and rancher, you look for ways to add value to what you produce."

Family is important to the Johnsons. Not only do they live and work on the ranch, but Johnson and his wife stay busy with their children's 4-H activities.

An outdoors family, the Johnsons also camp, fish and hike when they can.

"We like being outside a lot," Johnson said.

## Looking ahead

Looking towards the future and considering how important the land has been to the family, the Johnsons placed some of the ranch's acreage under a conservation easement with the Nature Conservancy.

"We want to protect the land and preserve it for future generations," Johnson said.


Whether working to protect his family's heritage on the ranch or working on the co-op board to provide electricity for his community, Shae Johnson strives arduously.

"We are tied to a commodity, at the ranch and in our area," he said. **W**


---

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





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# TACOS

## GROUND ELK TACOS WITH PINEAPPLE SALSA

- |                           |  |
|---------------------------|--|
| 1 RED ONION, FINELY DICED | 8 TBS SOUR CREAM   |
| 1 POBLANO PEPPER          | 2 TBS VEGETABLE OIL                                      |
| 4 ROMA TOMATOES           | 2 TBS TACO SPICE BLEND (MCCORMICK PACKETS OR EQUIVALENT) |
| 1/2 OZ FRESH CILANTRO     | 1-1/2 LB GROUND ELK                                      |
| 2 LIMES                   | 12 FLOUR TORTILLAS                                       |
| 8 OZ CANNED PINEAPPLE     |  |

**1.** Core and seed poblano pepper and tomatoes and cut into 1/3-inch squares. Roughly chop cilantro. Cut lime into wedges. Drain pineapple, reserving juice (the juice will add sweetness and tang to the elk) and roughly chop. **2.** To make the salsa combine 2 tbs onion, 1/4 cup poblano, tomatoes, half the cilantro, pineapple and a squeeze of lime in a medium bowl. In a separate bowl, combine sour cream with a squeeze of lime. Combine sour cream and onion mixtures. Season with salt, pepper and more lime to taste. **3.** Heat oil in a large pan over medium-high heat. Add remaining onion and poblano. Season with salt, pepper and half the taco spice blend. Cook, tossing, until softened, about 2 minutes. **4.** Add elk to pan, breaking into small pieces. Season with salt, pepper, and remaining taco spice blend. Cook, tossing occasionally, until browned and cooked through, about 2-3 minutes. Stir in reserved pineapple juice and remove pan from heat. **5.** While elk cooks, wrap tortillas in a damp paper towel and microwave until warm, about 30 seconds. **6.** Divide elk mixture between tortillas. Spoon salsa and sour cream mix over meat. Top with remaining cilantro. Serve with remaining lime wedges on the side.

JOSHUA R. JEWETT ★ DUBOIS

## VETERANS CANTEEN SERVICE TACOS

- |                           |  |
|---------------------------|--|
| 1 LB HAMBURGER            | 8-10 HARD TACO SHELLS                        |
| 1/2 MEDIUM ONION, CHOPPED | 1/2 HEAD ICEBERG LETTUCE, SHREDDED           |
| 1/2 CUP BREAD CRUMBS      | 2 MEDIUM OR 1 LARGE TOMATO, DICED            |
| 1 TBS FLOUR               | 2 CUPS SHREDDED CHEDDAR OR COLBY JACK CHEESE |
| 1-1/2 TSP CHILI POWDER    | TACO SAUCE TO SUIT PERSONAL TASTE            |
| 1 TSP CUMIN               |  |
| 1 TSP SALT                |  |
| DASH PEPPER               |  |
| 2/3 CUP BEEF STOCK        |  |

To prepare the filling, fry hamburger and onion, drain. Add bread crumbs, flour, chili powder, cumin, salt and pepper to meat. Add beef stock to meat as needed, simmer until thickened. Warm taco shells according to package directions. Scoop 1/4 cup taco meat filling into taco shell. Top meat with cheese, followed by lettuce and tomatoes. Add taco sauce to taste. Sliced black olives and sour cream may be added ... they were not available at the Canteen.

*I was the head cook for the Veterans Canteen Service at the Sheridan Veterans Affairs Hospital from 1971 to 1979. One of our part-time workers was a patient but he was also a chef! We served Mexican food on Tuesdays; he created this recipe for us. The Canteen is still in operation under a different food service model. I have reduced the recipe for a family serving.*

JEAN HARM ★ SHERIDAN

## SHRIMP TACOS

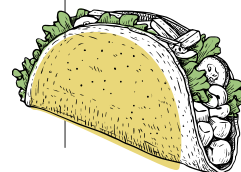
- 1 LB MEDIUM SHRIMP, SHELLED, DEVEINED AND TAILS REMOVED  
2 TBS TACO SEASONING  
JUICE OF 1/2 LIME  
1 TSP GARLIC POWDER  
2 TBS OLIVE OIL  
8 CORN OR FLOUR TORTILLAS

## CILANTRO SLAW

- 1 CUP CABBAGE, FINELY SLICED  
1/4 CUP PURPLE CABBAGE, FINELY SLICED  
2 TBS CILANTRO, CHOPPED  
1/4 CUP MAYONNAISE  
1/2 TSP CUMIN

Combine all slaw ingredients in a bowl. Refrigerate. Mix shrimp, taco seasoning, lime juice and garlic powder. Heat oil over medium-high heat. Add shrimp and cook 2 minutes, flip and cook an additional 2 to 3 minutes or until cooked through. Heat tortillas according to package directions. Fill tortillas with slaw, shrimp and desired toppings, such as diced avocado or tomatoes.

NANCY DENK ★ RIVERTON



JUNE:  
**BASIL**

SUBMIT  
A RECIPE

Send complete recipe by **MAY 15!**

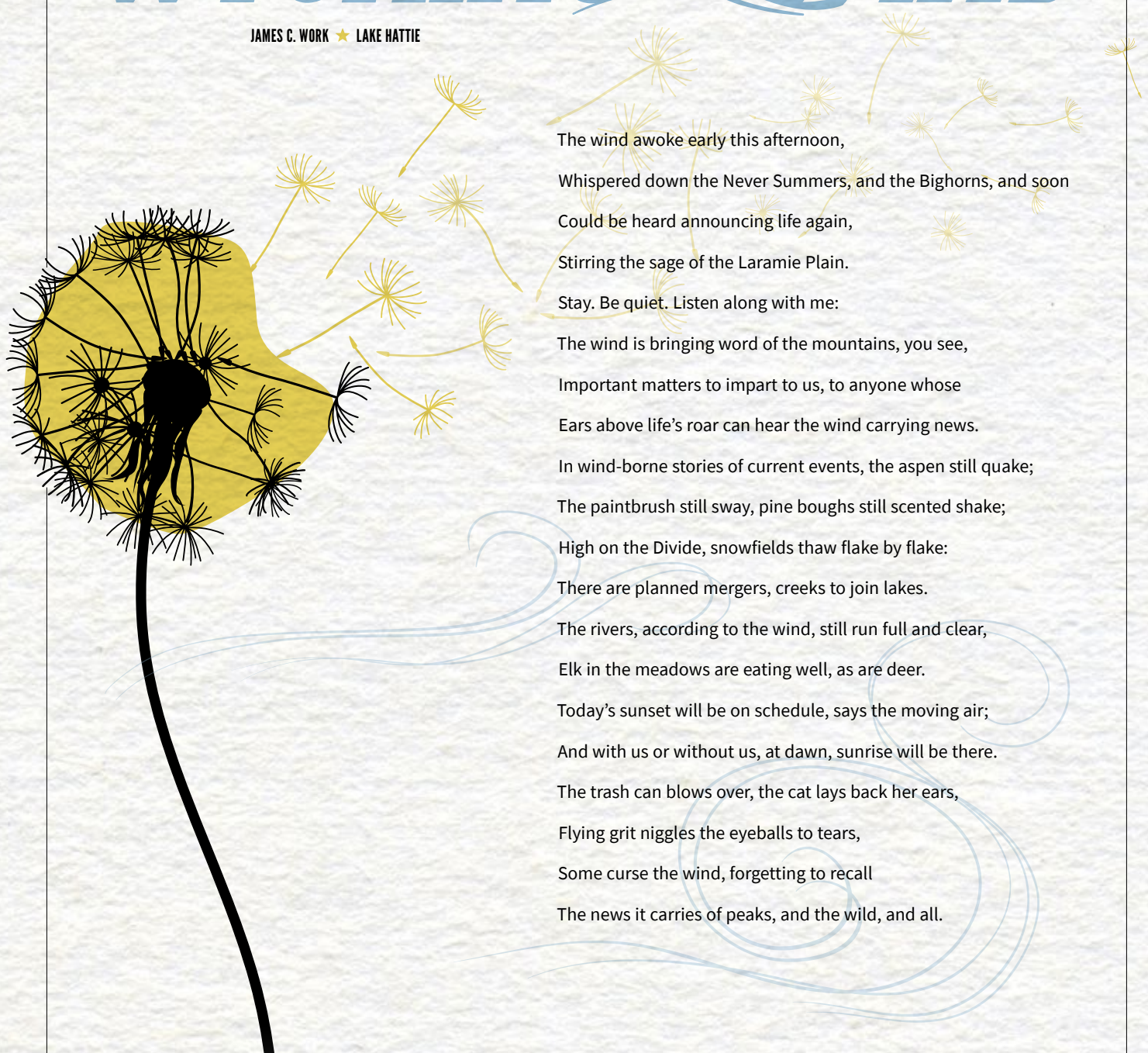
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# WYOMING WIND

JAMES C. WORK ★ LAKE HATTIE



The wind awoke early this afternoon,  
 Whispered down the Never Summers, and the Bighorns, and soon  
 Could be heard announcing life again,  
 Stirring the sage of the Laramie Plain.  
 Stay. Be quiet. Listen along with me:  
 The wind is bringing word of the mountains, you see,  
 Important matters to impart to us, to anyone whose  
 Ears above life's roar can hear the wind carrying news.  
 In wind-borne stories of current events, the aspen still quake;  
 The paintbrush still sway, pine boughs still scented shake;  
 High on the Divide, snowfields thaw flake by flake:  
 There are planned mergers, creeks to join lakes.  
 The rivers, according to the wind, still run full and clear,  
 Elk in the meadows are eating well, as are deer.  
 Today's sunset will be on schedule, says the moving air;  
 And with us or without us, at dawn, sunrise will be there.  
 The trash can blows over, the cat lays back her ears,  
 Flying grit niggles the eyeballs to tears,  
 Some curse the wind, forgetting to recall  
 The news it carries of peaks, and the wild, and all.

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

SUBMIT  
A PIECE

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01



02



03

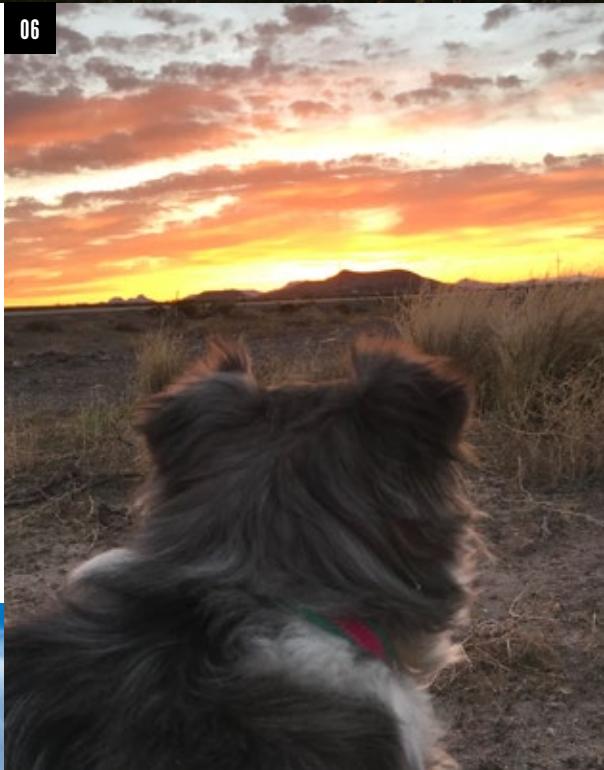
- 01 | Almost touching the sky,  
Lauree Scott, Gillette
- 02 | Summer sky,  
Shayna Bange, Carpenter
- 03 | Dirt road evening,  
Alaina Bergstrom, Banner
- 04 | Peekaboo sunset,  
Toby Sheets, Powell
- 05 | Spring thunderstorm,  
Ronald Blevins, Dubois
- 06 | Timber sky,  
Sandra Price, Wheatland
- 07 | Clouds over cabin,  
Deborah Jensen, Upton



04



05



06



07

THIS MONTH:

**SKY**

We had over 100 sky photo submissions!  
Unfortunately we can't print them all,  
but here are some of our favorites!

You can see more reader photos online at  
[wyomingrea.org/wren-magazine/just-picture-it](http://wyomingrea.org/wren-magazine/just-picture-it)

JUST PICTURE IT

JUNE (DUE MAY 15):

**SHEEP**





08



09



10



11

**08** | Morning's light,  
Rhonda Schmeltzer, Worland

**09** | Eastern skies,  
Isabel Ford, Harrisville, Utah

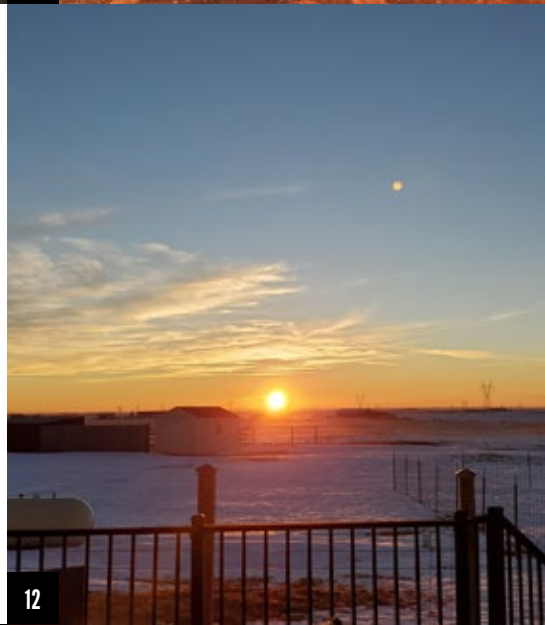
**10** | Red Gulch road to the clouds,  
Marion Dickinson, Greybull

**11** | Summer morning moon,  
Barb Becker, Torrington

**12** | Venus rising over Carpenter,  
Janet Pringle, Burns

**13** | Rainbows from our front porch,  
Gary Nix, Mountain View

**14** | Big Hollow,  
James Alsop, Laramie



12



13



14

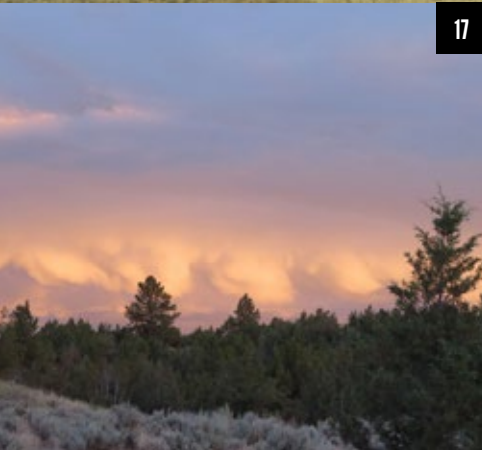




15



16



17

- 15 | Big sky,  
Peggy Peterson, Riverton
- 16 | Beautiful Wyoming sky,  
Lacy Boyles, Lyman
- 17 | Storms a brewin',  
Cori Enders, Decker, Montana
- 18 | Mountain rain,  
Karen Henderson, Burlington
- 19 | Beautiful Dubois sunrise,  
Cathy Malinowski, Dubois
- 20 | Sunset over Rozet hills,  
Sandra Stewart Holyoak, Rozet
- 21 | Golden sunset,  
D. 'Ric' Ricci, Newcastle

20



18

21



19







22



23



24



25

**22** | Sunset during the Mullen Fire,  
Teresa Walling, Cheyenne

**23** | Bighorn River at sunset,  
Amanda Hicks, Worland

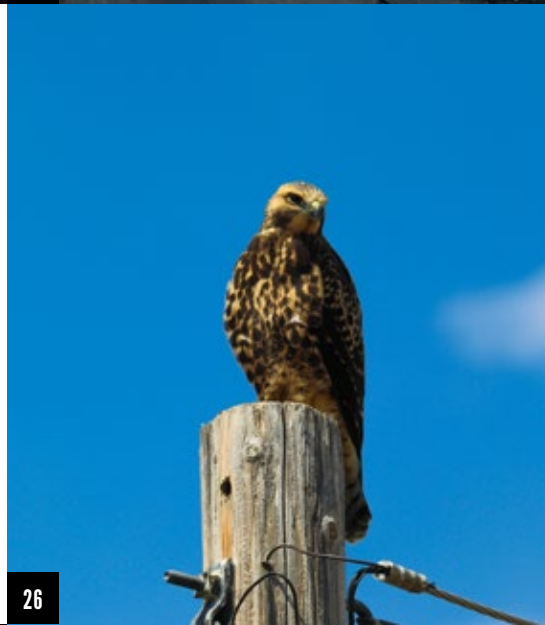
**24** | Morning gold,  
Heather McLaughlin, Upton

**25** | Taking flight,  
Judy Cramer, Thermopolis

**26** | Fledgling hawk against a bright blue sky,  
Linda Vernon, Cheyenne

**27** | Climbing toward the Wyoming sky,  
Paula Roberts, Cody

**28** | Huntington beach,  
Gary Nix, Mountain View



26



27



28





29



30



31

**29** | Beautiful summer sky in the basin,  
Barbara Sinclair, Worland

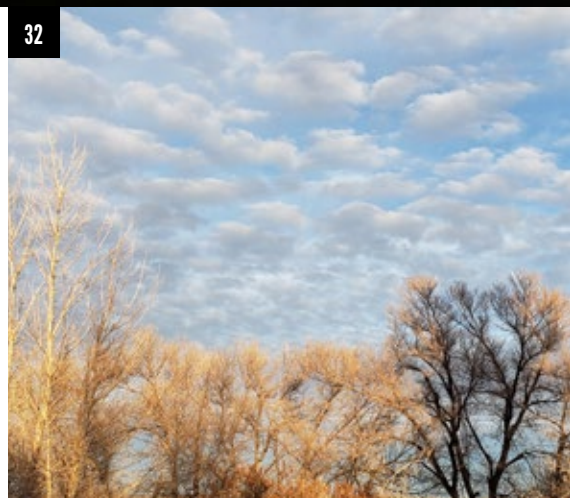
**30** | Wilber,  
Carole Martinez, Kaycee

**31** | Distant downpour,  
Pamela Thomas, Buffalo

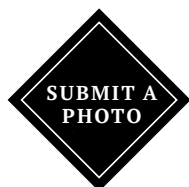
**32** | Afternoon sky,  
Sandy Pokorney, Gillette

**33** | Super thunderhead,  
Wayne Karberg, Laramie

32



33



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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.

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

## WORD



PUZZLE ON PAGE 23

1 SAND

Sandbox

2

TOUCH

Touchdown

3 MAN  
BOARD

Man overboard

4 GEGS

Scrambled eggs

5 EONALIG

Backward glance

6 I'm / Myself

I'm beside myself

7 *knee  
light*

Neon light

8

Tricycle

9 *estimate me.  
Don't*

Don't underestimate me

10 DICE DICE

Paradise

11 PERSONALITY

Split personality

12 *Chair*  
*Chair*

High chair

**LOOK  
TWICE  
SAVE  
A LIFE**

**WATCH  
FOR  
MOTORCYCLES**

Wills, Trusts  
& Probate

Land Use

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# WHAT'S HAPPENING REGIONAL MAP



## 01 | SOUTHEAST

### CENTENNIAL

#### ONGOING

##### **Nici Self Historical Museum:**

Open 12-4p May 29-31; 12-4p Thu-Mon all summer through Labor Day weekend. 2734 Snowy Range Rd, free, info 307-742-7763.

### CHEYENNE



#### MAY 15-16

##### **Mineral, Gem and Rock Show:**

Exhibits, sales, silent auction and children's area. 9a-6p Sat, 10a-4p Sun. Archer Complex Building M, \$3, 12 and under free, info 509-953-0634.

### ENCAMPMENT

#### ONGOING

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

### SARATOGA

#### MAY 30

##### **Shakespeare at the Museum:**

Shakespeare acting troupe will perform "Murder for Murder," a dark comedy. Bring chairs and your beverage. Children are encouraged to come early to participate in a workshop about plays. 2p, Saratoga Museum Pavillion, free, info 307-326-5511, saratoga-museum.com.

## 02 | NORTHEAST

### BUFFALO

#### THURSDAYS

##### **Bluegrass Jam Session:**

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

### CLEARMONT

#### MAY 8-9

##### **Fiber Fun Weekend at SageRidge:**

Classes on fiber and fabric dyeing, felting manipulations and meditation. Free primitive camping. 239 Thompson Creek Rd, info 307-217-2594, sageridge.net.

### HULETT

#### ONGOING

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

### MOORCROFT

#### ONGOING

**West Texas Trail Museum:** Now open year-round 9a-5p, Mon-Fri. Info 307-756-9300.

### NEWCASTLE

#### ONGOING

**GiGi's Closet:** Providing free gently-used clothing for the family. 9a-1p, 2nd and 4th Wed, First United Methodist Church basement entrance, info 307-746-4119, Facebook.

### SHERIDAN

#### MAY 7

**Brass Transit:** Band plays tribute to music from the group Chicago. Live and online, 7:30p, WYO Performing Arts & Education Center, info 307-672-9084, wyotheater.com.

#### MAY 14

**Larry Mitchell in Concert:** Live and online, 7:30p, WYO Performing Arts & Education Center, info 307-672-9084, wyotheater.com.

### UPTON

#### WEDNESDAYS

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

#### MONDAYS & THURSDAYS

**Zumba:** 4p, Senior Center, \$5, info 307-391-0223.

#### ONGOING

**Upton Gun Club Events:** 5-Stand Shotgun Course, 5p \$5; Trap Shooting, \$5, 5p. 2579 State Hwy 116N, info 307-281-9980, rrrrothleutner@yahoo.com.

### FEATURED EVENT



## WYOMING OUTLAWS:

MAY 13 ★ 7P

Ray Maple, historian and re-enactor, will present tales of Butch Cassidy, Tom O'Day and other Wyoming bad men, while demonstrating what life was like on the Wyoming Frontier.

Free, info 307-332-3339.

PIONEER MUSEUM, LANDER

NORTHWEST

★  
Due to the ongoing COVID-19 pandemic, events may be postponed or canceled. Please call ahead before attending events.



## 03 | NORTHWEST

## CODY

## ONGOING

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

## DUBOIS

## MAY 1-2

**Dubois Weapons Collectors  
Gun Show:** Raffle, refreshments.  
8a-5p Sat, 9a-3p Sun. Headwaters  
Center, info 307-851-2522,  
duboisweapons@gmail.com.

## MAY 18

**Mason Draw Adventure Trek:**  
Moderate hiking, bear spray, bug  
spray and lunch required. Social  
distancing encouraged. 9a-2p,  
Dubois Museum, \$10, reservations  
required, 307-455-2284.

## MAY 27

**Buckskins and Ballgowns: A  
History of Fashion and Dress  
Out West, 1920-1940:** Virtual  
presentation will unpack the history  
of the vacation wardrobe in the  
American West 7p, Dubois Museum,  
free, info 307-455-2284.



## HYATTVILLE

## MAY 30

**Cowboy Carnival:** 5k run,  
sharpshooter contest, BBQ lunch,  
pie contest, art sale, quilt show,  
live music, sheep dog competition,  
kids' activities. Info 307-272-2930,  
hyattville.org.

## LANDER

## MAY 14-28

**Abraham: Out of One; Many:**  
Abraham, an historical spiritual  
figure of significance within three  
faiths: Islam, Christianity and

Judaism. Exhibition of 15  
pieces of art. Pioneer Museum,  
info 307-332-3339,  
fremontcountymuseums.com/  
the-lander-museum.

## MAY 15

**Lander Historic Walking Tour:**

Adventure Trek will take a look  
at some of the historic Lander  
buildings that helped shape the  
community. 10a, Chamber of  
Commerce, 25 people maximum,  
reservations required 307-332-3339.



## MAY 22

**Historic Plants Day:** Children will  
learn about some of the important  
crops in Lander's early agricultural  
history and plant a vegetable in  
their own decorated planter that  
they can take home. 1-3p, Pioneer  
Museum, \$5, limit eight, registration  
required 307-332-3339.

## MAY 22

**Wyoming Outdoor Weekend:**

Hybrid event of trade shows and  
online raffles. Showcases, events  
and activities for those who  
enjoy the outdoors. 4:30-7:30p,  
Community and Convention  
Center, info 307-438-9728,  
wyomingoutdoorweekend.com.

## RIVERTON

## MAY 5

**Historic Preservation Efforts in**

**Riverton:** Presentation will focus  
on the history and stories about  
some of the most important and  
recognizable buildings and homes  
in Riverton. 6p, Riverton Museum,  
free, info 307-856-2665.

## MAY 22

**Historic Riverton Walking Tour:**

Visit historic buildings and homes in  
Riverton while learning the stories  
of the people who lived and worked  
there. Plan to walk for most of the  
2-hour tour. 2p, Riverton Museum,  
\$5, reservations 307-856-2665.



SUBMIT  
AN EVENT

Send complete  
information by  
**MAY 15!**

We are updating the event  
dates for the What's Happening  
section. Please send events  
occurring in July.

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](http://wyomingrea.org/news).

QUESTIONS &  
SUBMISSIONS:

✉ [wren@wyomingrea.org](mailto:wren@wyomingrea.org)

☎ [307] 286-8140

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

💻 [wyomingrea.org/  
wren-submissions](http://wyomingrea.org/wren-submissions)



## MAY 28-30

**Roasters Rendezvous Coffee**

**Festival:** Unlimited coffee sampling,  
tasty food pairings, coffee cocktails  
and more. 4-6p, Holiday Inn Riverton  
Convention Center, \$15-\$35, info  
[rivertonchamber.org](http://rivertonchamber.org).

## SOUTH PASS CITY

## MAY 27-30

**Carissa Gold Mine Tours:** See the  
pits & shafts where miners labored,  
then follow the transformation of  
the grey rock to a gold bar. 2p Thu-  
Sun. Reservations recommended.  
\$4 WY residents, \$8 visitors, under  
18 free, info 307-332-3684,  
[southpasscity.com/tours](http://southpasscity.com/tours).

## THERMOPOLIS

## SECOND FRIDAYS

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

## 04 | SOUTHWEST

## LYMAN

## THURSDAYS

**Storytime:** 11a, Lyman Branch  
Library, all ages are welcome, free,  
info 307-787-6556, [uintalibrary.org](http://uintalibrary.org).

## MOUNTAIN VIEW

## WEDNESDAYS

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

## ONGOING

**Community Classes:** Fitness,  
computer, workforce and kids'  
classes are available. Valley Learning  
Center, times and prices vary. Info  
[valleylearningcenter.coursetorm.com](http://valleylearningcenter.coursetorm.com)  
or 307-782-6401.

ENLIGHTEN US

# Para

BY WALT GASSON





# bles

**It's hard sometimes to put your faith in someone else.**

**It's hard to let them lead. It requires some humility.**

**It's hard to just stop, take a step back and reassess**

**where you are and where you're going.**

Cowboy Entertainer Dave Stamey tells the story of leading a pack string of mules in the Sierra Nevadas back in the day. It was a simple job: just a resupply for a group of Boy Scouts and their leaders on a 50-mile hike. All he had to do was get the grub to the appointed location, cache it and head for home. In and out, one and done. Well, as every packer knows, sometimes these things aren't as simple as they seem. He was a little late getting started and it was late afternoon by the time he got the food dropped and the mules repacked. The shadows were growing long, and the evening light made everything look different. It wasn't much of a trail, and Dave began to have some doubts about whether he was headed the right way. But he had a good horse and trail-broke mules, so he just gave the horse his head and let him pick his way. Even after it was dark, the horse never stumbled or faltered. He knew the way home, and he took Dave back without a hiccup.

A similar thing happened a few years ago to my son-in-law James. We were elk hunting over at the home place when one of our party killed a small bull in a meadow just at timberline. We quartered the bull and began the pleasant but laborious job of packing it out. James

only had a day or two to hunt, so we sent him off with our best wishes to hunt his way out on foot while we packed out the elk. James was a top hand. He knew all the right places to be—the places where the elk were likely to be—in those last two hours of daylight that produce most of the elk meat in our freezers. But the elk didn't get the memo, and James prepared to call it a day as darkness settled on the Wind Rivers. He found the flashlight in his pack and switched it on—dead. He looked for the extra batteries—missing. He had one of those tiny LED lights on his keychain, and that worked for a while but finally gave out. It was pitch dark and snowing when he realized that he wasn't going to make it back to the trailhead that night. He built himself a little shelter, scrounged up a ton of firewood and settled in. It wasn't the best night he ever spent, but he was safe and dry and warm.

**The point to both these parables is that sometimes when we're faced with a situation that looks like big trouble, the best thing we can do is not do something stupid.**

Dave knew that his horse could see in the dark better than he could and that the horse could backtrack himself and the mules just by smell. He had enough faith in that pony to let him do just that, and he did. James knew that blundering around in the timber in the dark was a good way to get hurt. He had survival gear and he kept a cool head in a tough spot. He napped by the fire all night and walked out as soon as it was light in the morning.

It's hard sometimes to put your faith in someone else. It's hard to let them lead. It requires some humility. It's hard to just stop, take a step back and reassess where you are and where you're going. Sometimes you have to wait and deal with a certain amount of discomfort before the way opens up in the bright light of day. That requires a little patience. But when the going gets tough, we could all stand a little more humility and patience. We are beginning to see the light again at the end of an incredibly long year. But I think we know what to do, and we know how to do it. The new normal may not be the same as the old normal, but it might be better. **W**

**Walt Gasson is a fourth-generation Wyoming native and the director of endorsed businesses for Trout Unlimited.**

## 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
14. DOGS
15. EMPLOYMENT SOUGHT
16. BUILDING SUPPLIES
17. TRAVEL & RECREATION
18. HEALTH
19. PERSONAL
20. FREE

## 02 | FOR SALE

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

**Gone With the Wind Collector Memorabilia**

Plates, Dolls, Music Boxes, Figurines, Christmas Ornaments, Jewelry, and more. Price negotiable. 307-689-6406.

**Pre-inoculated certified alfalfa seeds.**

Wrangler, Surpass, Vernal, A&D 75-30-40 and Perry. All \$3.25/lb. Order early while supply lasts. Call Richard Haun at 307-856-5748 or 307-851-9830.

**Shaver Outdoor Wood Boiler Furnace.**

Aermotor Windmills and parts, cylinders, pipe, rod, submersible pumps, motors, control boxes, Hastings 12 ga. bottomless stock tanks and more. In business for more than 75 years. Herren Bros., Box 187, Harrison NE. 1-308-668-2582.

## 07 | WANTED

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

**Want to purchase minerals & other oil/gas interests.**

Send details to: PO Box 13557, Denver, CO 80201.

**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](http://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 [wandlerfrontier@gmail.com](mailto:wandlerfrontier@gmail.com) or daughter Briana Brewer 307-660-2402 [bbrewer@frontierauto.net](mailto:bbrewer@frontierauto.net).

**We Pay Cash For Mineral & Oil/Gas Interests**

producing & non-producing. 800-733-8122.

## 10 | MISCELLANEOUS

**Soon Church/Government uniting,**

suppressing "Religious Liberty" enforcing "National Sunday Law." Be Informed! Needing Mailing address. TSBM, PO Box 374, Ellijay, GA 30540, [thebiblesaystruth@yahoo.com](mailto:thebiblesaystruth@yahoo.com), 1-888-211-1715.

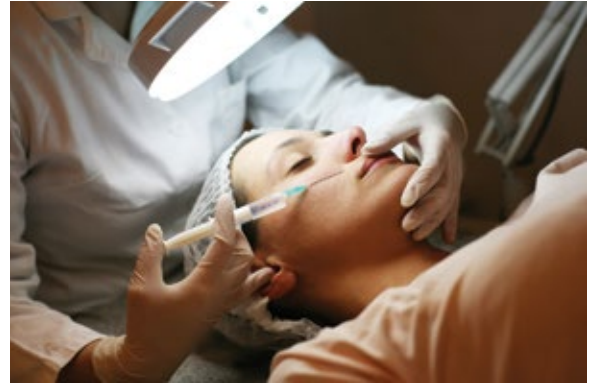
## Murphy





# Scientists Target New Acid Buffer Pill for Anti-Aging Research

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



**Seattle, WA** – A published study on a leading natural acid buffer shows that its key ingredient improves digestive health while supporting healthy inflammation response that slows down signs of premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this "GI-tonic 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 improve gastric discomfort.

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 having optimal acid levels could be a major contributing factor to a healthy immune system.

The daily allowance of AloeCure has shown to optimize the acid levels needed to manage healthy immune function which is why AloeCure is so effective.

It relieves other stressful issues related to GI health like discomfort, excess gas and bloating, and bathroom stress.

Now, backed with new scientific studies, AloeCure is being doctor recommended to help improve digestive function, help build better bones, support healthy joint function, and even help reduce the appearance of wrinkles - helping patients look and feel decades younger.

## FIX YOUR GUT & SUPPORT HEALTHY 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 gastric discomfort.

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

An unhealthy gut 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 polysaccharide compound found in Aloe Vera. It is both safe and healthy. There are also no known side effects.

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

Research has shown that acid imbalance contributes to premature aging and is why AloeCure seems to be so effective.

## EXCITING RESULTS FROM PATIENTS

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

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

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health 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 gastric and digestive tonic. 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 sys-

tem and that might lead to unhealthy inflammation.

The recommended daily allowance of AloeCure has been proven to support digestive health, manage healthy immune function, and promote healthy inflammation response 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 premature aging that can make life hard.

By helping acid levels stay optimal and promoting gut health, AloeCure's ingredient supports joint health...helps skin appear smooth...maintains healthy cholesterol and oxidative stress...improves sleep and associated weight loss...and supports brain function by way of gut biome...without side effects or expense.

Readers can now support 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
- Supports Joint Health
- Promotes Healthy Inflammation Response
- Supports Bowel Health & Regularity

## HOW TO CLAIM A FREE SUPPLY TODAY

This is an exclusive offer for our readers. And so, AloeCure is offering up to 3 FREE bottles and FREE S&H with their order. While supplies last you may also receive a FREE book on Aloe Vera health benefits.

A special hotline number has been created for all residents. This is the best way to try AloeCure with their 100% satisfaction guarantee, and any free gifts are yours to keep no matter what.

Starting at 5:00 AM today the phone lines will be open for 48 hours. All you have to do is call TOLL- FREE 1-800-808-3195, the special promotion will automatically be applied.

Important: Due to a surge in sales, supplies are not guaranteed beyond the next 48 hours. Call now to not lose out on this offer.

# HOW TO TALK ABOUT NUTRITION

# STRONG & HEALTHY BODIES

Nutrition is important for your kids' strong and healthy bodies, but sometimes it can be difficult to get kids to eat new and unfamiliar foods. One of the many great things about kids is that they believe what you tell them! So, the way you talk about new and unfamiliar foods can help your kids understand why that food is so great, and encourage them to give it a try. Here are some examples of what you might say!

Nutrition chart adapted from Kids Eat in Color



## GREEN FOODS

help you fight off sickness.



## ORANGE FOODS

help you see in the dark.



## RED FOODS

give you a strong heart.



## BLUE AND PURPLE FOODS

give you a strong brain.



## WHITE FOODS

give you energy.



## YELLOW FOODS

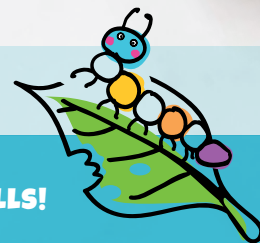
help your body heal when you get hurt.



★ For activities that support Strong & Healthy Bodies, visit [wyqualitycounts.org/wren](http://wyqualitycounts.org/wren) ★

THIS MONTH'S ACTIVITY

VERY HUNGRY CATERPILLAR MOTOR SKILLS!



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.



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

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