

MAY + 2021

WYOMING

RURAL ELECTRIC NEWS

WREN



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HELPING HEROES

WHEATLAND COWBOY
SHARES EXPERTISE

CO-OP SPOTLIGHT

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ON THE COVER

12 | CENTERPIECE

Helping Heroes:

Wheatland cowboy shares expertise

BY RACHEL GIRT

PHOTO BY TYSON KRINKE

Cover Photo: Heroes and Horses CEO Micah Fink, left, and Program Manager Chris Bova get the horses ready for the day. Heroes and Horses is a program for returning or transitioning combat veterans.

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A Silver Lining

The year was 2020 and COVID was her name

We closed businesses and schools
and nothing was the same.

But we did what was best,
according to our beliefs,

And thankfully we don't live on the coasts,
man what a relief.

We masked up,
washed our hands,
and kept 6 feet apart.

We shopped online
and filled our virtual shopping cart.

Zoom is now a thing for kids and adults alike,

And when the weather was nice we walked more
and the kids rode their bikes.

Curbside pick-up, DoorDash, Grubhub
and contactless delivery helped keep us fed,

While Wyoming and the nation's economy
continued in the red.

Protests and violence and political divides,

Elections and recounts
the growing anger in the country
was impossible to hide.

But with every problem
a silver lining can be found.

Connecting with family and friends
and virtual happy hours abound.

We'll never forget the year of the 'Rona
and we're not out of the woods yet.

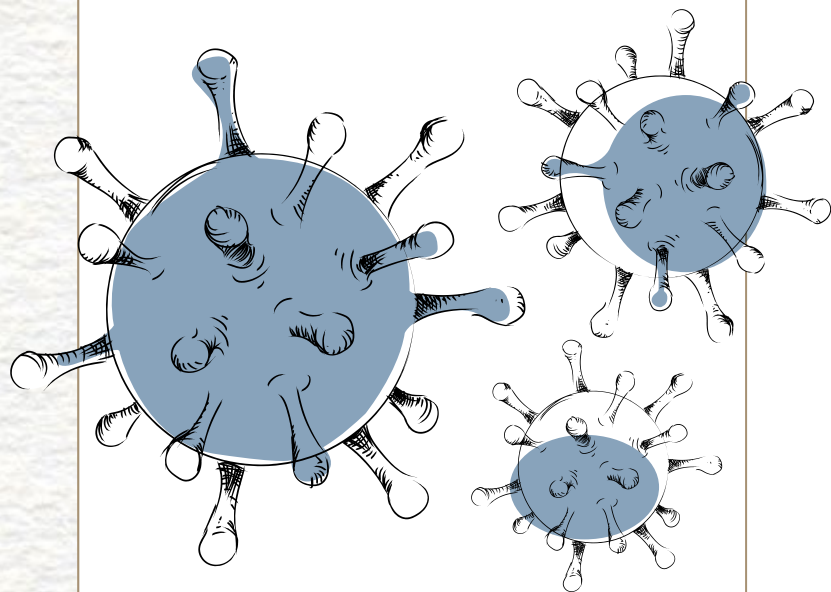
But let's take a deep breath
and be thankful for all that we have,
because it's time to get ready and to get set.

Let's heal up and hairover
and let bygones be bygones,
for 2020 has passed,
and now it's time for all to come together
and kick a little ... tail.



SHAWN TAYLOR
EXECUTIVE DIRECTOR

OK, I'll admit it, I had a severe case of writer's block trying to decide what to write about for this month's column and with my deadline looming I was coming up blank. While we're already five months into the new year, it was just over a year ago when things went south due to the coronavirus and other 2020 "things." So, for my column this month I thought I would share a little ditty that I wrote at the beginning of this year. Sorry for my laziness but I hope you enjoy.





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WREN

MAGAZINE

THE WREN MAGAZINE WYOMING RURAL ELECTRIC NEWS

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CO-OP YOUTH

PHOTO BY DANIEL WENGER



HOMETOWN:
Powell

HIGH SCHOOL:
Powell High School

YEAR OF GRADUATION:
2018

COLLEGE:
University of Wyoming

MAJOR STUDY INTEREST:
Mechanical engineering with a
minor in computer science

Wyoming's rural electric
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lineman scholarships.

THIS MONTH:

Garland Light and Power awarded
James Sheets with a \$1,000 college
scholarship in 2018.

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.

JAMES SHEETS

WREN: Tell us about your studies
and interests.

JS: I've always had an interest in engineering and computer science. Both my parents graduated from the University of Wyoming and I am a proud fifth generation Wyomingite, so naturally I wound up studying at this university. I'm quickly approaching my fourth and final year at the University of Wyoming, and I can honestly say that I have enjoyed my time here. This summer I will have the opportunity to intern with J.R. Simplot at their phosphate plant in Rock Springs. I am excited for a glimpse of engineering in the real world, and to learn more about things I may want to do once I graduate.

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

JS: My family has played a very influential role in my life, they have always supported me and pushed me to achieve my best. My mother is a third grade teacher at a local elementary school in Powell and my father is a retired engineer. Their support has meant a lot over the years and I am very thankful for them. Powell is home to Northwest Community College, and our local high school allows its students to enroll in college courses during their junior and senior year. This allowed me to get a fair amount of college credits during high school, which made the workload during college much nicer. I am very thankful for the Garland Light and Power scholarship, and others like it from the community that helped me succeed during my years here at the University of Wyoming.

WREN: What are your plans for the future?

JS: I'm very excited to see what the future holds. During my schooling I have developed a particular interest in mechanics, thermodynamics and heat transfer, so I hope to find a career field that lets me use those skills. I still have a lot of interests and have not been able to specify one company or one career that I'd like to have after graduation. Of course I would love to stay in Wyoming, but if I can't do that right after graduation I'd love to make my way back here someday!



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Pandemic, Weather Can't Stop Wheatland's Annual Meeting

Wheatland Rural Electric Association had an ironclad plan for its 2021 annual meeting. After the 2020 meeting was canceled to prevent the spread of the COVID-19 pandemic, the co-op decided to hold the 2021 meeting at an outside venue. The meeting was planned to take place on March 17 as a drive-in style event at the fairgrounds, where members could remain in their cars and still meet. Then the storm hit.

PHOTO BY FROSTY ADAMS, WHEATLAND RURAL ELECTRIC ASSOCIATION

01

HISTORIC STORM

The March 13 snowstorm dropped up to 4 feet of snow, shutting down the state from Casper to Cheyenne and causing multiple outages for Wheatland REA. The storm, which rivaled the historic blizzard of 1949, created heavy wet drifts that made even Interstate 25 impassable for days. Co-op members weren't able to leave their driveways, much less travel to town. The annual meeting was postponed for a week.

"The number of meters out of power was up to 2,000 at one point as line failures occurred as the ice melted from the line, causing the neutral and phase wires to touch, creating short circuits and tripping switches," Wheatland REA posted to Facebook on March 18.

For the next week, Wheatland REA's lineworkers were out in the field, closing switches and repairing lines from dawn to dusk. When line trucks were getting stuck, they used tracked vehicles, and even a helicopter, to restore power. Lineworkers from Carbon Power & Light, High West Energy and Tri-State Generation & Transmission came to help. The last line was reconnected on March 21.

"You guys are amazing, thank you for all your hard work in getting power back to everyone in the county. I know it hasn't been easy with this crazy weather but you are truly amazing,"

-Becky Anne wrote on Facebook on March 17.



Multiple co-ops and utilities helped repair Wheatland Rural Electric Association's power lines in the aftermath of the March 13 storm. Pictured northwest of Wheatland are, from left, Wheatland's Posten Anderson, High West Energy's Bryan Warden and Wheatland's Clay Becker.

02 WHEATLAND REA ANNUAL MEETING

Then it was time for the annual meeting of the membership. Wheatland REA decided to hold a drive-thru event for two days, March 24 and 25, to reach as many members as possible. They set up a tent in the co-op's parking lot and collected ballots there. Members who came through could take a boxed lunch and, if eligible, receive their capital credit check.

The membership showed up: 178 Wheatland REA members registered during the drive-thru event, meeting the co-op's requirement for a quorum and conducting the necessary business of the co-op. Four board members were re-elected and the updates to the bylaws passed.



Candy Wright casts her vote with the help of Member Services Manager Al Teel during the drive-thru annual meeting for Wheatland REA on March 25.

“Thank you, our member-owners, for your patience and understanding, you are the best!”
-Wheatland REA shared to Facebook on March 21.



Wheatland REA Billing Specialist Peggy Ervin talks with member Candy Wright during the co-op's drive-thru annual meeting.



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Welcome Home Ceremony Honors Troops

The state of Wyoming held a virtual Welcome Home Veterans Day Celebration on March 30 to honor and thank the men and women who served during all wars, especially the Vietnam War. The ceremony included remarks from the governor, the adjutant general and the Veterans Commission chairman.

“The horrific events of Vietnam veterans coming home and what they went through upon their return to the United States was simply unacceptable. That’s why every year we take this opportunity to properly welcome all veterans so no one has to go through what they went through,” said Gov. Mark Gordon. “We need to make sure we thank you and your families every single day.”

“We dedicate today to you and all our veterans, so we learn from those past experiences so they stay in the past, and all our veterans receive the welcome home they deserve,” said Maj. Gen. Greg Porter, the adjutant general of Wyoming, who oversees the Wyoming National Guard.

Porter noted that Wyoming continues to send troops on short- and long- term deployments. They are greeted by their family, friends and community when they return.

“In 2020 Wyoming National Guard welcomed home more than nearly 400 soldiers and around 200 airmen after serving in various deployments around the world,”
-Maj. Gen. Greg Porter

The day of welcoming was codified in state law in 2011 to take place on March 30 of each year, the date U.S. combat troops would have set foot on Wyoming soil after returning home from the Vietnam War in 1973. The event, which is usually held in person, took place online due to the COVID-19 pandemic. All Wyoming veterans, especially those from the Korean War, Vietnam War, and other veterans who were not properly thanked upon their return home were invited to watch the event and receive the welcome and thanks of a grateful state.



A Vietnam veteran looks for the grave of a fallen friend at the Oregon Trail State Veterans Cemetery in Evansville prior to a memorial service in 2015.

PHOTO BY TECH. SGT. JON ALDERMAN, COURTESY OF AIR NATIONAL GUARD



Capt. Derek Sanborn, a pilot with the 187th Airlift Squadron, reunites with his family in 2020 at the Wyoming Air National Guard base in Cheyenne.

The Welcome Home ceremony is available for the public to view on the Wyoming National Guard website and social media accounts.

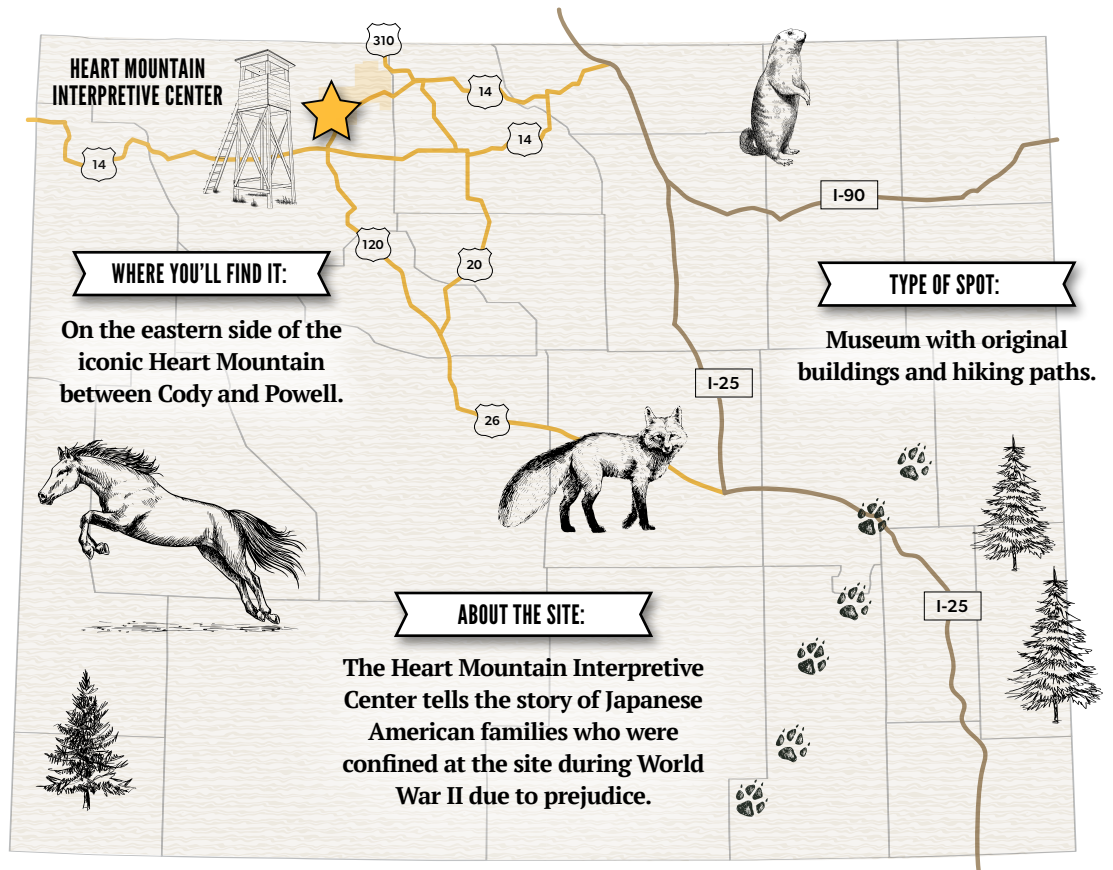


Nearly 600 Wyoming Vietnam War veterans gathered in Casper in 2015 to commemorate the 50th anniversary of the start of major ground operations in the War.

THIS MONTH:

HEART MOUNTAIN INTERPRETIVE CENTER

GARLAND LIGHT &
POWER MEMBER



PHOTOS BY KEVIN J. MIYAZAKI, COURTESY OF HEART MOUNTAIN WYOMING FOUNDATION



WHY IT'S SPECIAL:

The board that oversees the Heart Mountain Foundation includes former incarcerated and their descendants, who are committed to keeping the history alive, lest it be repeated.

HELPING HEROES:

WHEATLAND COWBOY
SHARES EXPERTISE WITH
VETERANS' PROGRAM

BY RACHEL GIRT

Wyoming cowboy Jack Finnerty, 82, eagerly tied 25 rope halters by hand upon learning from his son that nonprofit Heroes and Horses needed them for its veterans' equine program.



Heroes and Horses CEO Micah Fink, left, and Program Manager Chris Bova get the horses ready for the day. The program currently keeps 65 horses.

PHOTO BY TYSON KRINKE

The whole human approach

Heroes and Horses, based in Montana, is a 41-day reintegration program for returning or transitioning combat veterans incorporating a 360-degree whole human recovery approach. The process is a mixture of diet, exercise, meditation, horsemanship, ranching skills, two wilderness pack trips and an internship.

“I’m really impressed with them, especially with the program’s successes of helping veterans using only donations,” said Finnerty, who has served on the Wheatland Rural Electric Association board since 1979 and the Tri-State Generation and Transmission Association board since 1988.

Under the innovative program, each participant is paired with a horse, many of them former wild mustangs.

The veterans learn horsemanship, how to ride, shoeing, farriery and other skills needed to survive a 12-day expeditionary style pack trip. They also work at partner ranches for a week and complete an internship.

About 24 combat veterans, split between three classes, navigate the program each summer. The program typically receives hundreds of applications each year.

“If we had the capacity to take all of them on, we would, so our vetting process tries to identify the guys that are seemingly the worst off,” said Chris Bova, Heroes and Horses program manager.

The transition out of military service, especially for combat veterans, can be extremely difficult and polarizing. When many arrive at the program, their lack of activity and basic care for themselves has plummeted to a point where they may as well have not existed at all, Bova explained.

The program applies the appropriate amount of pressure to spur the veterans to change in a more holistic fashion. From the start, they’re eating a diet based on the Whole30 Program, getting proper amounts of sleep and putting their minds to work every day. Most participants even lose up to 18 pounds.

“Our program allows these guys the opportunity to rediscover themselves and reframe what they’ve just gone through and use their strengths moving forward in life to do things that have value to our society,” Bova added.

The nonprofit started in 2014 after the founder and CEO Micah Fink, a former Navy SEAL, had trouble adjusting to civilian life. Fink found great value in immersing himself in hard agricultural work and the wilderness found in the remote backcountry of Montana.

Fink started bringing along former teammates who had been deployed with him. That led to growing the nonprofit into today’s comprehensive reintegration program, offering veterans an alternative solution for defining and approaching their physical and mental scars. Last year, Heroes and Horses bought a 3,500-acre ranch near Virginia City, Montana.

“I’m really impressed with them, especially with the program’s successes of helping veterans using only donations.”

Jack Finnerty has been tying, and giving away, horse halters for years. One halter takes about 20 feet of rope.



Impactful but simple gifts

To run the day-to-day ranch operations, Heroes and Horses relies heavily on in-kind donations. The ranch, combined with a large horse herd—currently at 65—equates to almost insurmountable equipment costs to the small nonprofit, which is 100 percent donor-funded.

One of the Heroes and Horses' online requests last year caught the attention of Finnerty's son, Matt, who runs Finnco Services in California.

Matt gave his dad a call, offering to have his company pay for the rope if he would tie them. The father and son duo then drove to Montana to deliver the halters. Heroes and Horses gave them a commendation for their help.

"What Jack did may seemingly not be that big, but, for us, it's huge," Bova said, calling Finnerty an "amazing American."

"When sweat equity is put into something that's given to us, that has special significance," Bova said.

Finnerty first learned to tie halters from his father and neighbors while growing up on the M Bar Ranch, located near Slater. His father bought the land from the Swan Cattle Company in 1945.

Those cowboys knew how to tie different knots since they used rope every day; nothing was mechanized, Finnerty said. "I was fortunate enough to get around a couple of them who taught me."



1.

The lacing on the nosepiece came from a young person in Wheatland. Finnerty taught the boy how to tie halters, and the boy added the lacing and taught the technique to Finnerty.



2.

The fiador knot under the horse's chin can hold a lead rope. A horse trainer named Pat Parelli taught that knot to Finnerty.





3.

Finnerty uses a lanyard knot to secure the halter. A Montana bulldogger named Rod Lyman taught Finnerty that knot.



“When sweat equity is put into something that’s given to us, that has special significance.”

Finnerty uses about 20-25 feet of rope per halter and four different knots. His halters feature the four-strand diamond fiador knot, more commonly called in the West as a Theodore knot after U.S. President Theodore Roosevelt.

Tying a rope halter takes 10 minutes if he’s in a hurry, Finnerty said. Most days, though, he takes his time. “I’m not really in the business of making them to sell. It gives me something to do in the wintertime.”

While he has been out of the cattle business for several years, Finnerty still has four horses on his property outside of Wheatland. He keeps several halters on hand in his truck, just in case someone needs one.

Finnerty has received many accolades for rodeo and his impact on Wyoming.

Over the years, he has placed in bareback, bull riding, calf roping, steer wrestling, and team roping, even taking All Around Cowboy at the 1969 Wyoming State Fair. In 1997, he was inducted into the National Senior Pro Rodeo Association’s Hall of Fame.

His induction into the Wyoming Cowboy Hall of Fame in 2019 was not something that Finnerty ever planned. “I was deeply honored,” he said.

Finnerty has dedicated many years to community service, serving on the Wyoming High School Rodeo board, over 30 years on the Tri-State board and over 40 years serving on the Wheatland REA board. In 2018, he received the Craig Thomas Cooperative Service Award from the Wyoming Rural Electric Association.

A rural electric cooperative is a very interesting business that constantly has to adapt to changing technology, Finnerty said, explaining his decades of service. “Working with the greatest people has been very rewarding, and there’s never been a dull moment.”

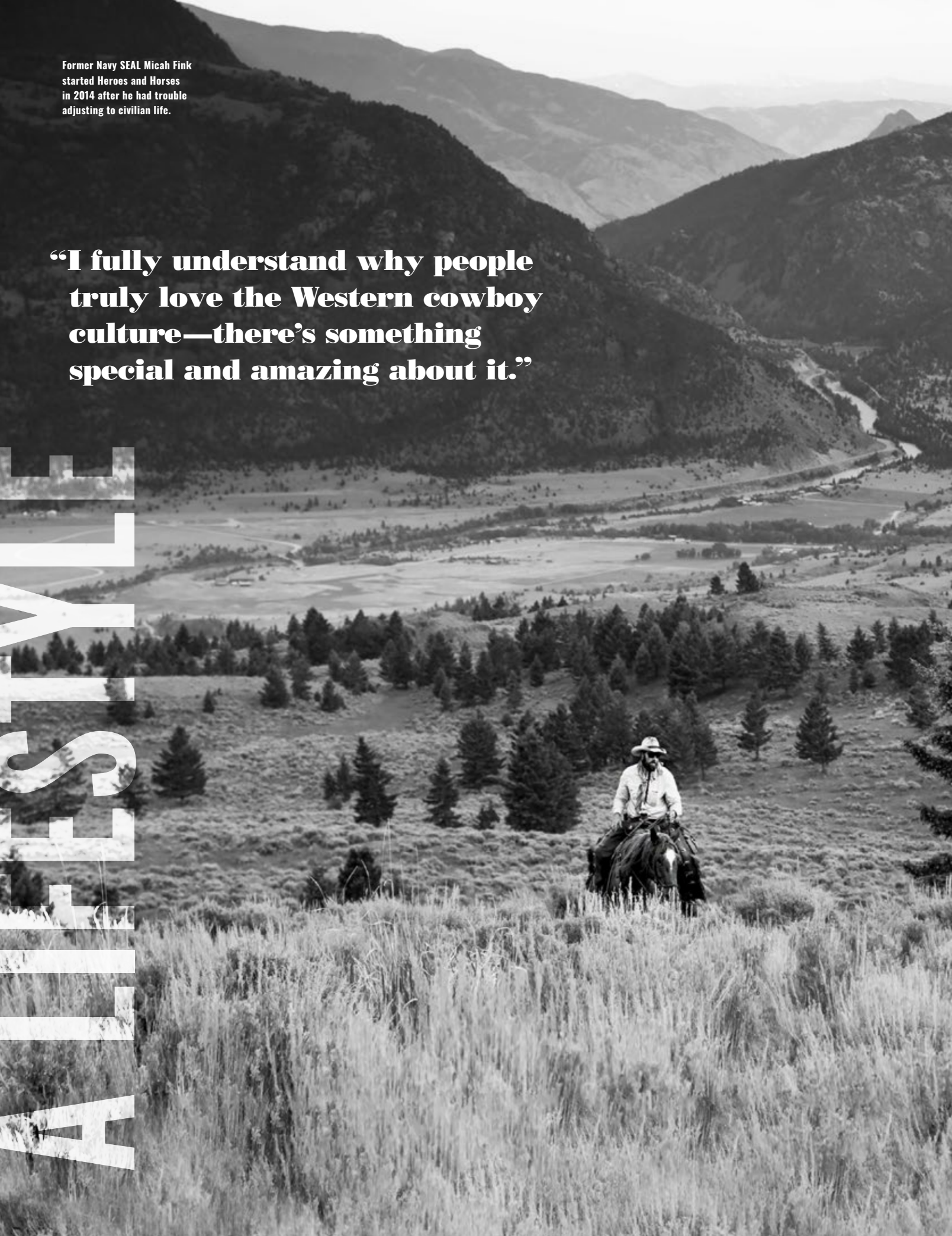
As for tying halters for Heroes and Horses, it was a simple way for his family to give back, Finnerty explained. “It’s a tremendous program.”



Former Navy SEAL Micah Fink started Heroes and Horses in 2014 after he had trouble adjusting to civilian life.

“I fully understand why people truly love the Western cowboy culture—there’s something special and amazing about it.”

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A better approach

The Heroes and Horses experience changed the trajectory of Bova's life. The former Marine and CIA paramilitary contractor was having a rough transition into civilian life before he went through the program six years ago.

"I fully understand why people truly love the Western cowboy culture—there's something special and amazing about it," Bova said.

Bova's internship with the program took him to Alaska, where he worked for an outfitter. He went on to work at a ranch at the base of Mt. Fuji in Japan and then to running a security firm in Texas. When the program manager position opened at Heroes and Horses, he put in his notice and headed to the mountains.

"My friends and family think I'm crazy because we're working seven days a week here," he said, laughing. "When you're caring for 65 animals, it's a lifestyle in itself, but I feel truly called to this mission. This is my life's work."

The organization is concerned about the growing suicides among the veteran population and is trying to make a sustainable, lasting effect on each participant's life, Bova explained. Recent partnerships have aligned the nonprofit with universities and researchers to define success better and find improvements.

"We think it's a duty of ours, especially in the veteran community, to help people transition to the society that they've sacrificed to protect," Bova added. **W**

Rachel Girt is a freelance writer and owner of Girt Communications based in Cheyenne.

Heroes and Horses works to make a sustainable, lasting effect on each participant's life.



"When you're caring for 65 animals, it's a lifestyle in itself, but I feel truly called to this mission. This is my life's work."



Veterans in the program learn horsemanship, how to ride, shoeing, farriery and other skills needed to survive a 12-day expeditionary style pack trip.

PHOTOS COURTESY OF HEROES AND HORSES

Humans & Horses

BY GINA LUTTERMAN



My ex-brother-in-law taught me the bits and pieces I know about riding horses. Biological evolution taught me the rest. While their temperament may vary according to breed and training, horses are thousand-pound animals with eyes on the sides of their head to constantly search for predators. On the range, they are always on high alert and get their confidence from the people who are either leading or riding them.

I was raised with a healthy respect for horses, but not horsemanship skills, so it is ironic that I'm writing this column on my equine acquaintances. My New Orleans college friends, who introduced me as the first person they had ever met from Wyoming and who thought that everyone who lived here rode a horse to school every day, would agree.

I appreciate folks who are devoted to working on and with horses. Domesticated horses have

been pulling plows, herding cattle and providing transportation for business and pleasure for centuries. But they are still animals and it is not in their nature to do these things. They must be taught. Investing in the horse-rider relationship is a dance between coaxing and teaching, not fighting. It is the regard for cooperation while providing some room to fool around to make things interesting and develop personality.

My riding friends tell me that their horses will not learn if they are afraid. Neither will you. I joked with my friend Jill when I asked her, "Why would anyone want to ride a horse?"

She said that for anyone who has ridden their entire lives—for anyone that has no memory of their first ride because they have been doing it since infancy—there is relatively

little fear. Which is, apparently, where she and I differ.

Jill says that the horse-rider relationship is built on a mutual trust between you and a 1,200- to 1,500-pound animal that is allowing you to ride it and to take care of it in exchange for power and freedom. And because the animal feels like an extension of yourself, the instinctive capability is almost like being an elite athlete. On horseback, you are able to get places you can't go by motor, over long distances that would be painstakingly slow by foot. The sense of

accomplishment and satisfaction in the symbiotic relationship is unparalleled. It straddles the line between wild and disciplined.

In my line of work as a mental health counselor, there is a type of therapy called equine therapy. In this type of mental health treatment, the client works with a trained psychotherapist

You simply won't be able to pet or bridle a horse if you are agitated.

and a horse trainer on an animal that is chosen based on size, temperament and ability to withstand unpredictability and distraction. It usually starts with low-level interactions such as feeding and grooming and graduates to riding. Because horses are so finely tuned to fear, anger and irritability in humans, the bonding process allows for self-reflection and managing the autonomic nervous system in interactions. You simply won't be able to pet or bridle a horse if you are agitated. The horse's ability to mirror human emotional expressions without motive or expectations facilitates healing. It is especially successful in treating trauma, anxiety, depression and ADHD, but perhaps horses tame the wild spirit in all of us.

On the other end of the spectrum, the unbridled power of wild horses is a thing of legend. The passing of the Wild Free-Roaming Horses and Burro Act that former President Richard

Nixon signed into law in 1971 states that "Congress finds and declares that wild free-roaming horses and burros are living symbols of the historic and pioneer spirit of the West..." For better or worse, the pioneering, wild horse spirit is ingrained in Wyoming culture. And while we won't delve deeply into the controversy here, a 2017 National Geographic article by filmmaker Ben Masters reveals that the definition varies. "Depending on whom you ask, wild horses are a reintroduced native species indigenous to North America, an invasive pest disrupting ecological functions, or feral livestock that are culturally significant and whose numbers need to be closely managed," Masters writes. A balance between wild freedom and domesticated temperance.

I have ridden horses a handful of times with moderate success, not much of which is story worthy. But the time that my son came around the corner at

the ranch with his bike and spooked my horse? That was a wild ride. As the horse chose to traverse the drop-off the wrong way—sideways—I was happy to just hang on. I navigated the hill, eventually righting our course. After my heart found its rhythm again, I was proud. Somehow, I had managed not only to let go and flow with the rhythm of the missteps, but to steer and, eventually, tame the wild beast. I think his name was Snakebite.

It was my goal to be a competent horseback rider by age 40, along with being more confident with a standard transmission and having done at least one backpacking trip. But that decade turnover has come and gone, two years since. I don't know if I'm afraid of being too wild or afraid of being too tame. But one thing is for sure—life is giving me riding lessons in both arenas. **W**

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

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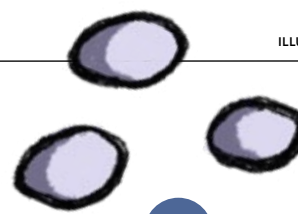
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LITTLE WYOMING

Meet the

MAYFLY

Mayflies belong to the insect group Ephemeroptera, which comes from Greek words that mean “short-lived” and “winged.” Mayflies, as winged adults, usually live for only one day! Even though the adults do not live for long, mayflies are extremely important. They are food for fish, birds, bats and predatory insects. There are 97 species of mayflies in Wyoming, and around 3,000 worldwide.



01

Sticky Situation

Mayflies lay their eggs on the surface of clean streams and rivers. The eggs sink to the bottom and stick to plants or rocks. After a few weeks, the eggs hatch and mayfly nymphs emerge.

02

Problematic Pollution

Mayflies can stay in the nymph stage for one to two years. Mayfly nymphs are very sensitive to changes in their environment and cannot survive in polluted waters. If you flip over rocks in a stream and don't find any mayfly nymphs, it could mean that the water is polluted or of poor quality!



03

Spread Your Wings

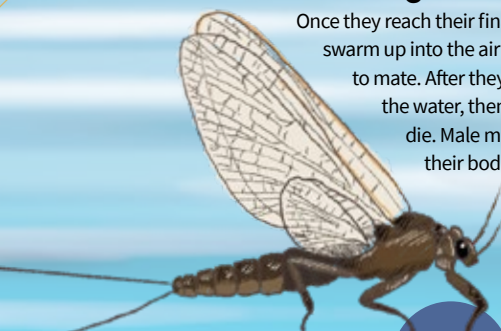
Mayflies emerge from the water as winged adults, called the subimago. This emergence occurs in Wyoming from March to November, depending on the location and species. Often, all of the mayflies in a population will emerge at the same time. The subimago stage lasts only a few hours before the mayflies molt into their final adult stage.



04

Socially Short-Lived

Once they reach their final stage, called the imago, males swarm up into the air and females fly into the swarm to mate. After they mate, the females lay eggs in the water, then fall to the water's surface and die. Male mayflies often die over land, where their bodies become fertilizer for the soil.



05

What a Catch!

Mayflies are a favorite bait of trout anglers. That's because mayflies, at every stage of their lives, are appetizing to trout! Many fly fishing “flies” are tied to resemble the stages of mayfly development. Anglers use different names for them; they call subimagos “duns,” and imagos “spinners.” Duns are dull colored with opaque wings, and spinners are brightly colored with translucent wings. Fish rise up to capture both of these stages at or near the water surface. To see what size and color of mayfly fish are feeding on, skim the water surface with a net, then find a fly in your tackle box to match.

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46562

BURY HIM

A Memoir of the Vietnam War

DOUG CHAMBERLAIN

DESCRIPTION BY RETIRED ARMY
MAJ. GEN. EDWARD WRIGHT

For most of his life, Capt. Doug Chamberlain has lived and worked on his family ranch in LaGrange, Wyoming. Doug has had experience in public education as both a classroom teacher and administrator, in radio broadcasting and the transportation industry. He has been a community and state leader serving in the Wyoming Legislature for 18 years culminating in his election and service as speaker of the Wyoming House of Representatives.

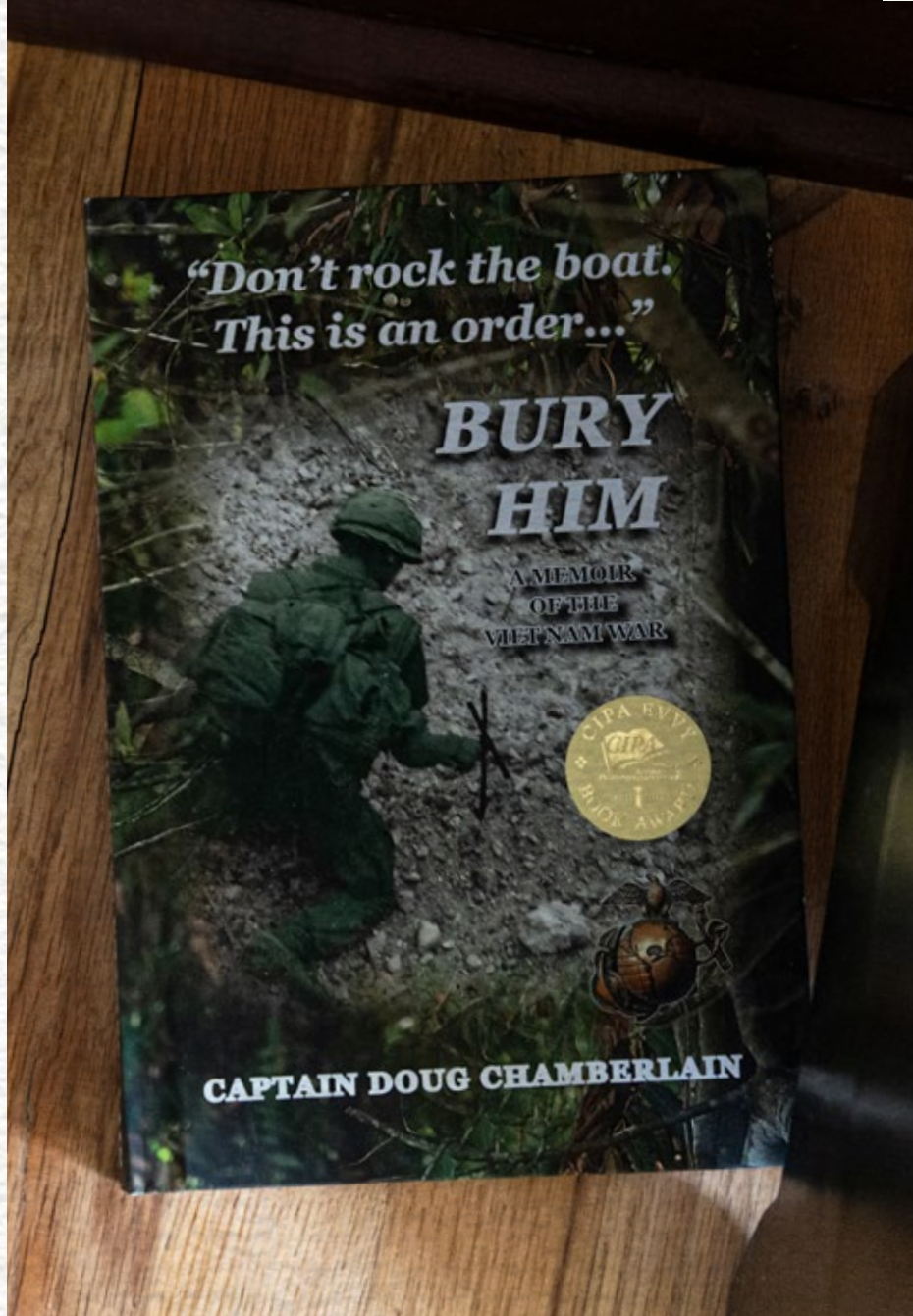
Perhaps his greatest public service, however, was his time as a Marine company commander in Vietnam. It was a time for him to serve his country, but at the same time, the source of one of his greatest regrets. Like many Vietnam vets, Doug went over alone and came home alone. And, like many other vets, he came home with baggage, violent memories and unfinished business. He was haunted by what he did and failed to do in the war.

ORDERING INFORMATION:

2019 | 272p. | \$24.95 hardcover | \$19.95 paperback
ISBN: 978-1-950647-05-7

Publisher: Love the West Publications

Print, audio and e-book available online and from
the author: PO Box 158, LaGrange, WY 82221,
307-532-1559, lovethewest10@gmail.com



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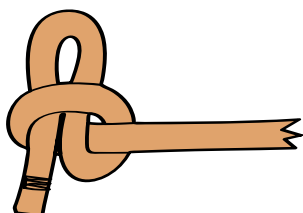
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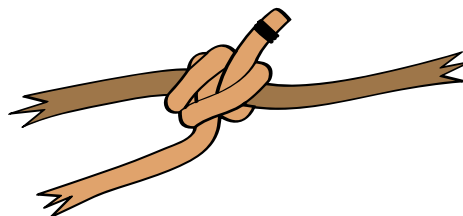
the Knots

You don't have to be a rope expert like Jack Finnerty (page 12) to need knot know-how—whether you're tying a rope to itself, another rope or simply making sure something stays put! Below are several basic knots, what they're called, and what they're for. Draw a line to hitch each correct threesome together.



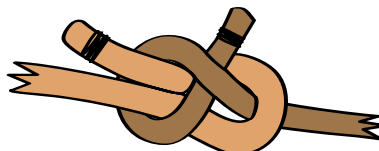
Knot to attach one rope to another pulling in parallel

FIGURE 8 KNOT



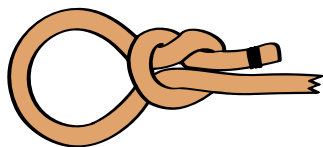
HALTER HITCH

A knot for tying together unequal ropes



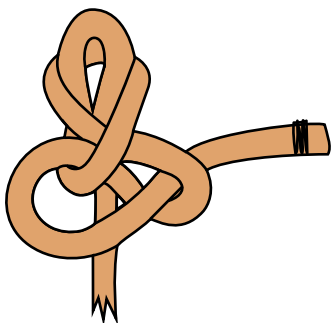
SHEET BEND

SLIP KNOT



ROLLING HITCH

Quick-release knot to tie something to an anchor point



Stopper knot that can be untied even after it was tight



Stopper knot that can be untied by pulling its tail

NOOSE KNOT

A sliding knot that tightens when pulled

SPENCER GEORGE SPENDS HIS WORKDAYS ON HIS FAMILY'S DAIRY FARM, BUT INSTEAD OF COWS, IT'S USUALLY MACHINES HE'S WRANGLING.

Spencer George stands at the original site of the dairy farm homesteaded by his grandparents, Arley and Evaleen George. These days, Spencer repairs and maintains the machinery on the George Farms dairy.

Spencer George: Service Through Generations

BY ILENE OLSON

Spencer is the grandson of Arley and Evaleen George, who homesteaded the farm in the Heart Mountain area between Powell and Cody. He's also the youngest member of the board of directors for Garland Light & Power, the rural electric co-op that serves the area.

"The dairy starts with a story of World War II," Spencer said.

Arley George met Evaleen in Perowan, Utah, and they were promised to one another when World War II broke out. Arley decided to join the Army early on during the war, with the promise that he would be discharged after one year of service. Then he and Evaleen could start their life together.

But that all changed after Japan attacked Pearl Harbor. One year of service stretched to become five long years. But Arley stayed committed to Evaleen, and she to him.

"We have a book of letters they wrote to each other during the war," Spencer said.

When Arley finally came home, the couple's romance picked up again in earnest, and they were married two weeks later.

Their dream was to start a dairy farm on a mountain with some milk cows. Arley knew about a homesteading opportunity for GIs near a place called Heart Mountain, where a canal was built in the 1930s. He put his name in the drawing for a homestead and drew a 110-acre plot of land near the mountain. They moved there in 1947, 17 months after they were married.

"It's a beautiful place, but it's not the best place for agriculture [because] some spots are rocky," Spencer said. But Arley and Evaleen made a go of it, anyway, and the farm has grown over the years.

Arley died in 1988, but Evaleen, 97, still lives in the original farmhouse.

"Grandma is always amazed about how much the farm has grown over the years," Spencer said.

Many other things have changed as well. One of the most momentous changes was energizing the farm with electricity in 1949.

"It was a nice day," Evaleen said.

"Basically, a bunch of farmers were trying to get a stable, reliable, economic source of electricity," Spencer said. "It took a while for electricity to get up to this farm."

Before that electric line was brought to the farm, everything had to be done in daylight, by the light of a candle or a lantern, or in the darkness. Gas also was unavailable, so heating and cooking were accomplished with a wood- or coal-fired stove. Arley milked the few cows they had at the time by hand, twice a day, every day.

These days, George Farms is operated by Spencer's father, Arley, two of his uncles, Scott and Lynn, Spencer and his cousin Adam, with the help of 24 full-time and part-time employees.

A large barn with milking machines makes it possible to milk many more cows daily with less physical effort. These days, they milk an average of 600 cows twice a day.

The farm also has a small beef herd.

Huge tractors, loaders and other machines make short work of chores formerly done by hand or with the aid of much smaller equipment.

And that's where Spencer's talents come in.

"I oversee maintenance and construction on the farm," he said.

"It entails every part of mechanics. I oversee the construction of our facilities, overhaul, maintain and repair the equipment on the farm, and oversee the mechanical systems. Basically, if it's broken, I fix it."

He pointed to a bookshelf in his office filled

with books, magazines and other publications about machine maintenance and repair.

"It takes a library of books to fix machines," he said.

Spencer said his family continues to work together harmoniously well into the third generation.

"We all know that we rely on one another," he said. "We all get along. We all have our own gifts and talents. I think we appreciate each other's talents."

They also place a high value on service—serving their family, helping neighbors, giving tours of the farm to area school children and volunteering for leadership positions in their community and industry.

"For being a small dairy, we actually are recognized nationwide through boards

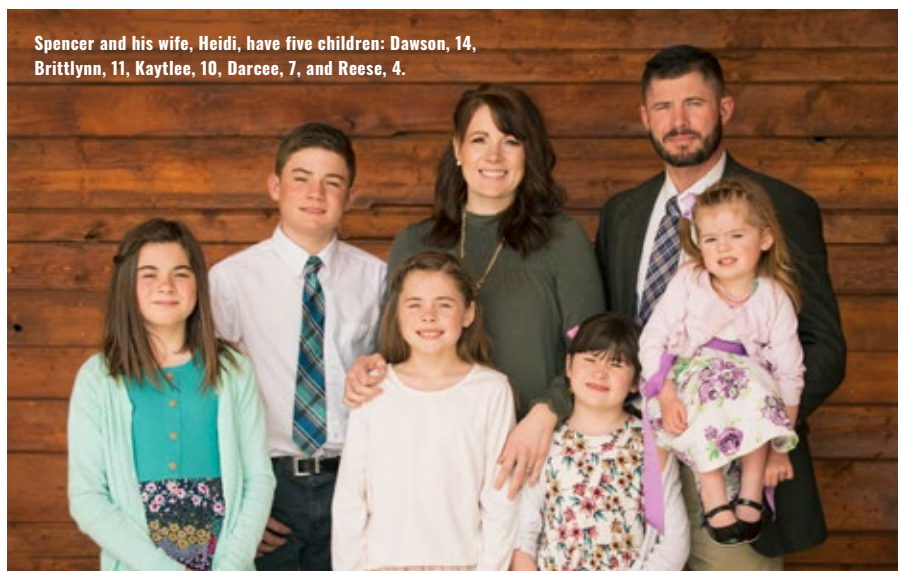
we've individually served on," Spencer said. "Dad sat on the Western Dairy Milk Council and Dairy Farmers of America. My uncle Scott was president of the National Beef Council Federation. And Scott, Lynn and Adam have all served on the Wyoming Beef Council. I had an opportunity to go to Washington, D.C., with National Milk Producers Federation and with Dairy Farmers of America and lobby with our lawmakers about a bill that would affect the way milk is labeled."

Spencer also values his role on the board for Garland Light & Power, and the importance of the electrical service that Garland provides.

"I understand the co-op model," he said. "Garland's biggest issue is we're small—the smallest co-op on Tri-State [Generation & Transmission Association]. You have to pay your fair part of it to keep it affordable. I don't mind that somebody has a renewable electricity resource, but we need to pay our fair share of the distribution plant costs. ... We all want affordable electricity. If you use more energy, you pay more into that co-op. As a dairy farm, we use a lot of energy." **W**

Ilene Olson is a freelance photographer, writer and editor in Powell.

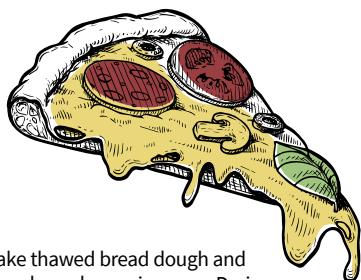
Spencer and his wife, Heidi, have five children: Dawson, 14, Brittlynn, 11, Kaytlee, 10, Darcee, 7, and Reese, 4.



PIZZA

CHICKEN PESTO PIZZA

1 LOAF FROZEN BREAD DOUGH,
OR YOUR FAVORITE PIZZA CRUST DOUGH, THAWED
1 (10 OZ) JAR CLASSICO TRADITIONAL BASIL PESTO
PARMESAN CHEESE
GARLIC POWDER
5 CUPS MOZZARELLA CHEESE
2 CHICKEN BREASTS, COOKED AND SHREDDED
1 PURPLE ONION, CUT IN HALF AND SLICED
1 RED, YELLOW OR ORANGE BELL PEPPER
(CAN USE MIXTURE OF ALL THREE OR JUST ONE BY ITSELF)
8 OZ FETA CHEESE, CRUMBLED



Take thawed bread dough and spread on a large pizza pan. Drain some oil from pesto and spread entire jar on pizza crust. Sprinkle with Parmesan cheese and garlic powder. Sprinkle with 4 cups mozzarella cheese. Layer chicken, sliced purple onion and peppers of your choice. Then sprinkle 1 cup of mozzarella cheese and feta cheese on top. Bake in 425-degree oven for 20 to 25 minutes, or until cheese is melted and crust is golden brown.

NANCY DENK ★ RIVERTON

HOMEMADE PIZZA SUPREME

DOUGH:
1 PKG ACTIVE DRY YEAST
2 CUPS WARM WATER (110-115 DEGREES)
3 TBS VEGETABLE OIL
1-1/2 TSP SALT
4-6 CUPS FLOUR

TOPPINGS:
4 CUPS SHREDDED MOZZARELLA CHEESE
4 OZ CANADIAN BACON, DICED
3 OZ SLICED PEPPERONI
1 MEDIUM SWEET RED PEPPER, SLICED
1 MEDIUM GREEN PEPPER, SLICED
1 (2 OZ) CAN SLICED RIPE OLIVES, DRAINED
1 CUP GRATED PARMESAN CHEESE
1 TSP DRIED BASIL

SAUCE:
1 (16-OZ) CAN TOMATO SAUCE
1-1/2 TSP MINCED ONION
1 TSP DRIED OREGANO
1/4 TSP SALT
1/8 TSP PEPPER

In a large mixing bowl, dissolve yeast in warm water. Add oil, salt and 2 cups flour. Beat on medium speed for 3 minutes. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rest in a warm place for 10 minutes.

Combine sauce ingredients; set aside. Divide dough in half. On a floured surface, roll each portion into a 13-inch circle. Transfer to two greased 12-inch pizza pans, build up edges slightly. Bake at 375 degrees for 15 minutes or until lightly browned. Spread with sauce and sprinkle with toppings.

Bake for 15-20 minutes or until cheese is melted.

Yield: two pizzas, six slices each.

ANNE METZLER ★ RIVERTON

DEEP DISH PAN PIZZA

YEAST MIXTURE:
2 PACKAGES OF YEAST
1/2 CUP HOT WATER
1 TSP SUGAR

Mix first 3 ingredients together and let sit 5 minutes until it rises.

INGREDIENTS FOR SEPARATE BOWL:
1/4 CUP CANOLA OIL
(USE LESS OIL IF YOU WANT A THIN CRUST)
1 TBS SUGAR
2 - 1/2 TSP SALT
2 CUPS WARM WATER (ABOUT 100 DEGREES)
3 CUPS ALL-PURPOSE FLOUR

Mix together and add your yeast mixture after it has risen. Beat with mixer about 1 minute or by hand 200 times. Put in a greased bowl and let it rise for 1 hour in a warm place. Punch down dough, divide dough in half and roll out the dough on a floured surface and place in two, 12-inch greased pizza pans. Let it rest 5 minutes and add

**PIZZA SAUCE,
SHREDDED CHEESE,
MEAT AND VEGETABLE TOPPINGS**

of your choice, then add more shredded cheese on the top of that. Bake at 425 degrees for 12-15 minutes. Cheese will bubble when pizza is done.

JENNIFER ROBERTS ★ FARSON



JULY:
COLD TREATS
FOR HOT DAYS

SUBMIT
A RECIPE

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Windy Waves

Windy wings bloom
Red, yellow,
Borrowing starlit clues;
A box top treat with caramel corn,
Peanuts,
Popcorn,
A special prize inside:
Wondrous wizards' puzzle
Floating among
Wandering gypsies
Standing over their
Precious simmering
Butterfly stew.

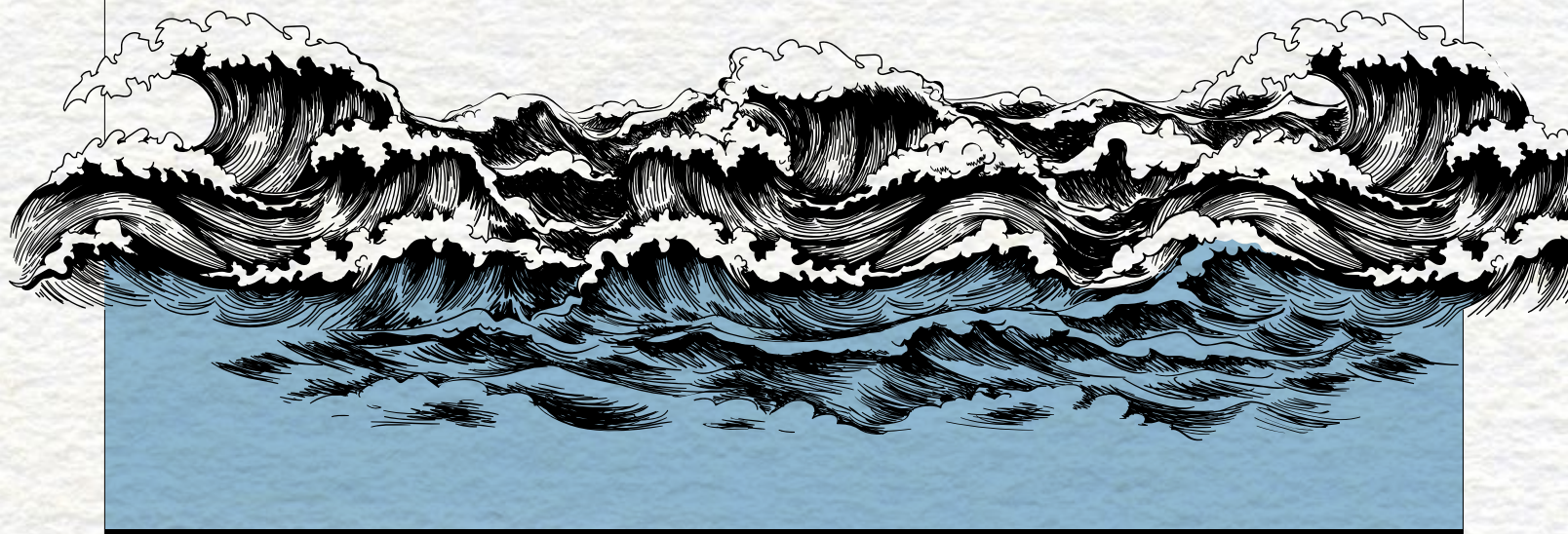
Leprechauns dutifully trimming
Radiant,
Slithering trails,
Hosting chocolate,
Butternut
Pebbles,
Immersed among
Buttery crumbs;
Garnishing cream castles,
Rising gracefully
Above frosty
Strawberry dew covered
Lion dens.

Twinkling jeweled coronet stars
Atop her silken crown;
Venetian crystals sparkling,
Sinister solar lights
Squeezing through
Tapping,
Twirling toes,
So pleased to
Jingle their
Mischievous,
Playful choral bell
Chimes;
Oft times
Teetering,
Balancing atop
Bubble bath waves
Blooming plentiful
Squadrons of puffed-up
Beach balls,
Popping atop
Swirling swells;
Falling,
Somersaulting,
Rising up
Over treble clef
Trumpeting Measures,

Ever so lovely;
Entertaining clumps of lucky
Four leaf clovers,
Nestled between
Gumdrop stones
Crowning bowing,
Evergreen hills.

Graceful Mayfly damsels circle,
Zigzagging upon dizzy
Solar blooms of spring;
Racing ahead,
Orbiting gloomy,
Dark,
Mushroom clouds
Chasing scarecrows aglow
On one more breezy day,
In frost covered fields
Filled with corn,
Dancing delightfully
Beneath the November wind.

EDWARD E. MORROW, JR. ★ POWELL



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.

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01



02



03



04

01 | Winter ride,
Denette Price, Newcastle

02 | Hitching a ride,
Angie Martin, Mountain View

03 | Two young travelers,
Melva Baldwin, Van Tassell

04 | "Two can't fit." "Yes we can."
Julie Crossley, Fort Bridger

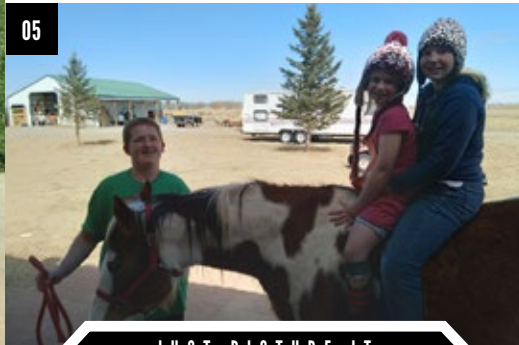
05 | Spring ridin',
Jennifer Roberts, Farson

06 | Blaze,
Denette Price, Newcastle

07 | Sisters traveling on the three-wheeler,
Linda Torczon, Cody



06



05



07

JUST PICTURE IT

THIS MONTH:

TRANSPORTATION

JULY (DUE JUNE 15):

HERITAGE



08



09



10

08 | Trail bike at Pole Mountain,
Frank Mellblom, Cheyenne

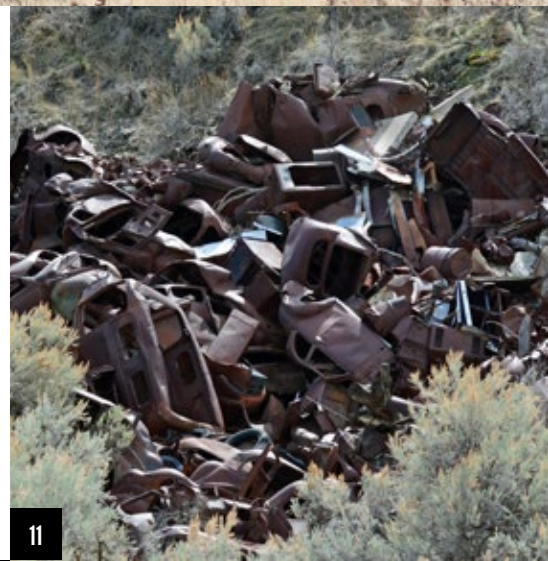
09 | Transportation the old-fashioned way,
Robin Riesland, Newcastle

10 | Coal train, Campbell County,
Sandy Pokorney, Gillette

11 | Pile of old vehicles in buffalo pasture,
Judy Cramer, Thermopolis

12 | Sammy in the hills,
Tristan Gabel, Lander

13 | A field in Bosler,
James Alsop, Laramie



11



12



13



SHEEP WAGONS ARE A HOME AWAY FROM HOME

A band of sheep running anywhere from 500 to 1,000 head of sheep usually has a herder watching for predators, so he needs a camp to stay in. The sheep wagon, the home away from home, has a bed, small stove, a pullout table, a dishpan, lantern and plenty of storage cupboards.

Two different sheep wagons or gypsy wagons are used. Story goes if the cook stove is on the right side when entering the wagon, it is called a sheep camp. If the stove is on the left side, it's a gypsy wagon.

Most all the wagons have the Dutch door, or double doors. One theory for that is so the herder can move his camp by staying in the wagon to guide the team of horses while moving camp. The sheep wagon's doors are always facing front and to the east when a spot is picked to camp.

Each wagon and its herder have what they call a "camp tender." The camp tender comes out each week or every other week to bring supplies. The camp is usually by water for a good supply for his saddle horses and sheepdogs.

Newer streamlined sheep wagons are being built today and are so effective for the sheep rancher to guard for predators and they are an essential part of

Western heritage. The modern sheep wagons have the rubber tires and can be pulled by vehicle, while the older style had wooden wheels with iron rims and most were pulled by a team of horses.

The sheep wagons have the curved roof, supported by hoops and covered with a heavy tarp to shed the water and snow. The wagons usually run 7 to 8 feet wide by about 12 to 16 feet long. They all have a good under-storage for fire, grain for the horses and other supplies. A snug camp in the winter or summer, either high on the mountain or desert overlooking their band of sheep.

A lot of the older wagons and maybe even some newer sheep wagons have been restored and set up as guest cabins. The older wagons have no modern utilities, just the cook stove for heat and an oil lantern for light.

I grew up around sheep, and in my later years my husband and I worked on a ranch that ran a few thousand head of sheep. My husband was a ranch manager, and I was involved in all aspects of the ranch. Between all the sheep and several hundred head of cows, we kept pretty busy.

STORY AND PHOTOS BY CAROLE MARTINEZ, KAYCEE





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17 | Retirement,
Kaitlyn Tompkins, Cheyenne

18 | Early transportation,
Carrie Miller, Laramie

19 | Traveling in Wyoming time,
MJ Roth, Wright

20 | Tundra Taxi in the Arctic Ocean,
Jerry Longobardi, Meeteetse

21 | Winter travel—don't forget your shovel,
Lauree Scott, Gillette

22 | It was back in 1965,
Robert Niezwaag Sr., Riverton

20



21



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Please include your name, hometown and a title.

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WHAT'S HAPPENING REGIONAL MAP



FEATURED EVENT



HELP US BURN OUR MORTGAGE:

JUNE 11 ★ 5:30P

Fundraiser for Unaccompanied Students Initiative to pay off \$277,000 mortgage on home. USI of Laramie and Natrona Counties provides housing to youth ages 16-20.

Info 307-220-2391, usinitiative.org.

FRONTIER PARK, CHEYENNE

SOUTHEAST

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

01 | SOUTHEAST

CENTENNIAL

JUNE 19

Centennial Valley Volunteer Fire Department 50th Anniversary: Fundraiser and anniversary celebration. Raffle, silent auction, free pig roast. 12p, Valley Volunteer Fire Department Station 1, 4 North Fork Road, free, info 307-745-9322.

CHUGWATER

JUNE 19

Chugwater Chili Cook-off: Chili cooking and tasting, live music, ranch rodeo, car/tractor show, games, vendors, food and fun for the whole family. All proceeds go to local nonprofit organizations. Info 307-715-9518.

LUSK

JUNE 25

Niobrara Alumni Golf Tournament: Lusk Municipal Golf Course, info 307-334-2950.

JUNE 26

Niobrara Alumni Banquet: Banquet at the fairgrounds. Book sale 8a, ice cream social 1p, at the library. Free barbecue at Lusk State Bank from 11a-1p. Info 307-334-2950.

MEDICINE BOW

FOURTH TUESDAYS

Bingo: 7p, Community Hall, info 307-760-8402.

SARATOGA

JUNE 23

Saratoga Historical & Cultural Association Dinner: Dinner honors founding members. Platte Valley Community Center. Info 307-326-5511.

ONGOING

Saratoga Museum: Tue-Sat 10a-2p, info 307-326-5511, saratoga-museum.com.

WHEATLAND

JUNE 11-13

Treasures Along the Platte: Antique, arts and crafts, junk and garage sale extravaganza in **Chugwater, Wheatland** and **Guernsey**. Info 307-322-6232.

02 | NORTHEAST

CLEARMONT

JUNE 12-13

SageRidge Ranch Workshop: Fiber and Meditation, info 307-217-2594, sageridge.net.

ONGOING

Clearmont Historical Center: Open 2-4p Thu year-round, 10a-5p Wed and Sat from June 2 to September 1. Free, info 307-758-4524.



GILLETTE

JUNE 5

Dance Through the Decades: Family event with dancing, silent auction and prizes for best costumes. Benefits summer internship program at Rockpile Museum. 5:30p, Campbell County Senior Center, \$50. Info 307-682-5723, assocrma@gmail.com.

JUNE 19

Histories of a Wyoming Homestead: Presentation by Christine Scoggan Gillette, niece of the late Olive Marquiss and Dick and Lucille Dumbrell. 1p, Campbell County Rockpile Museum, info 307-682-5723, rockpilemuseum.com.

HULETT

JUNE 12-13

Hulett Rodeo: Parade 10a Sat, slack 10a Sun. NRCA & WRA approved rodeo starts at 1:30p. Kids' events. Lunch and beer on the grounds. \$10, \$5 kids 14 and under, 7 and under free. Info 307-467-5668, 307-467-5929, rodeohulettwy.com.

ONGOING

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

MOORCROFT

JUNE 4-6

Wy Historical Society Trek: Hosted by Crook County Historical Society. Info 307-283-3666.

JUNE 12-13

Crook County Junkin: Countywide yard sale. Start time varies.

ONGOING

Senior Center Events: Coffee and rolls 9a Wed. Toenail clinic 9a fourth Thu, dinner 6p fourth Thu, info 307-756-9550.

UPTON**JUNE 1-JULY 23**

Summer Reading Program: 12-5p Mon-Fri, Upton Branch Library, info 307-468-2324.

JUNE 11-13

Community Yard Sale: Sponsored by Upton Chamber of Commerce. 8a-5p, info 307-468-2372, uptonchamberofcommerce@gmail.com.

JUNE 12

Wyoming State Youth Hunter Challenge: 7a, Outdoor Gun Range, \$10 entry fee, info 307-281-9980.

JUNE 26

Upton Gun Club Fundraiser: Upton Community Center, \$50, \$750 for table of eight, info 307-281-9980.

03|NORTHWEST**DUBOIS****TUESDAYS STARTING JUNE 8**

Learn Traditional Square Dancing: Dubois tradition since 1948. 8-9:30p, Frontier Room of the Rustic Pine Tavern, \$4, 12 and under \$2. Info 307-455-2313.

JUNE 10

Prisoner of War Camps Across America: Kathy Kirkpatrick to speak. 7-8p, Dubois Museum, info 307-455-2284, fremontcountymuseums.com.

JUNE 11-13

Don Scheer Memorial Packhorse Race: Races, Calcuttas, live music, awards ceremony. Various locations. Info 307-450-3009, Facebook.

JUNE 11, 18, 25

Friday Night Rodeos: Family-friendly real Western entertainment. Bulls, broncs, roping, barrel racing, kid's events, food and drinks.

7:30-10p. 5649 Hwy. 287/26. \$10, \$5 under age 12, under 5 free. Info 307-710-7080, duboiswyoming.org.

JUNE 13

Dennison Lodge Concert: Wind River Valley Artists' Guild sponsors classic American folk music by Jackie Miller Davidson and Gary Brandt. 7p, Dennison Lodge, free, donations accepted. Info 307-455-2414, Dennison.lodge.dubois@gmail.com.

JUNE 29

Tie Hack, the First Years: Hike the Upper Wind River Valley including the Tie Hack history and ruins. 9a-2p, Dubois Museum \$10 registration required. Info 307-455-2284, fremontcountymuseums.com.

WEDNESDAYS

Kid's Exploration Series: June 2 Mason Draw hike. June 9 ice cream making. June 16 archeology dig. June 23 flint napping with rock candy. Dubois Museum, reservations

and info 307-455-2284, fremontcountymuseums.com.

THIRD WEDNESDAYS

Wyoming Health Fairs Monthly Wellness Screen/Blood Draw: 7-10a, Dubois Medical Clinic, appointments encouraged, info 307-455-2516, whf.as.me/dubois.

FORT WASHAKIE**JUNE 25-27**

Eastern Shoshone Indian Days: Fri 7-10p Grand Entry. Sat 9a Indian games, 10a parade, 1p and 6p Grand Entry. Sun 2p Grand Entry. Info 307-349-6053, esecommittee@gmail.com, easternshoshone.org.

HUDSON**JUNE 19**

Hudson Daze Festival and Craft Fair: Enjoy old-fashioned Western activities, kids' activities and much more. 10a-3p, Gold Star Memorial Park, info 307-335-8125, Facebook.



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Rates shown effective as of 4/01/2021. Your rate will be based on credit score, loan-to-value ratio and term length. Credit qualification, age 18 or older, and credit union membership required. Land Loans are for personal loans, no business entities. For undeveloped land, zoned non-commercial. For more requirements, please stop by a branch or call. Loan rates shown subject to change.



800.726.5644 | MyMeridianTrust.com



LANDER

JUNE 5

Wyoming Writers Conference:

Featuring poets, writers, marketing and publishing professionals. 11a, Lander Community and Convention Center, \$190 in person, \$90 students, \$30 online, registration closes May 28, info 307-431-5447.

JUNE 4-5

Alchemy Cooperative's Grand Reopening:

Celebrate with local artists. Specials, refreshments. 12-6p, 202 Main St, info 307-349-8638, alchemyartistscoop.com.

JUNE 5, 12

Mini-Garden Expos: Concessions, arts and crafts and kid's corner. June 5 Lander Valley farmers tradeshow 9a-1p, Lander City Park. June 12 Barnyard and Backyard Workshops at Alpine Science Institute at Sinks Canyon Center Field Station. Free, info 307-332-3114, popoagie.org.

JUNE 12

Fremont Area Road Tour Cycling Event:

Unique biking experience for the whole family. Bike the Lander Clover Leaf or mix and match to suit your level. Social distancing. 405 Fremont St, info fremontarearoadtour.com.

WEDNESDAYS JUNE 23, 30

Eagle Spirit Dancers and Singers:

Skilled dancers in colorful regalia perform at outside venue against the Wind River Mountains. Benches provided. Lawn chairs, blankets welcome. 7-8:30p, Museum of the American West, free. Info 307-335-8778, museumoftheamericanwest.com.

JUNE 24

A History of the American West:

Author Sam Lightner tells how Wyoming defines the West. 7p, Pioneer Museum, free, info 307-332-3339, fremontcountymuseums.com.

JUNE 26

Atlantic City Cemetery Trek:

Meet at the Pioneer Museum and take a bus to Atlantic City for a walk-through of the cemetery. 10a, \$8, reservations required. Info 307-332-3339, fremontcountymuseums.com.

SATURDAYS

Acoustic Music Jam: 11a-1p, Lander Bake Shop, info 307-332-3237.

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.

RIVERTON

JUNE 2

Archeology in Yellowstone National Park:

Doug MacDonald led an effort to understand the Native American history and prehistory of Yellowstone. 6p, Riverton Museum, free, reservations required. Info 307-856-2665, fremontcountymuseums.com.

JUNE 12

Children's Archeology Day:

Dig box, wall painting, snacks, crafts and more for the whole family. 2-4p, Riverton Museum, free, reservations required. Info 307-856-2665, fremontcountymuseums.com.

JUNE 26

Castle Gardens Adventure Trek:

Craig Bromley points out sacred petroglyphs. 9a-2p, Riverton Museum, \$20, reservations required. Info 307-856-2665, fremontcountymuseums.com.



PHOTO BY JENNIE HUTCHINSON

JUNE 30-JULY 4

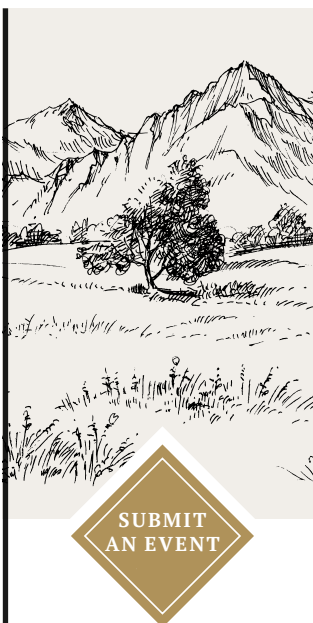
1838 Mountain Man Rendezvous:

Walk in the footsteps of traders from the past. Fire starting with flint and steel, Dutch oven cooking, black powder shoots, flint napping, teepee setup, trap setting and more. End of Monroe Ave, info 307-851-4457, 1838rendezvous.com.

WEDNESDAYS

Acoustic Music Jam:

Join in or listen as musicians and dancers perform. 6:30-8:30p, Holiday Inn Convention Center, free, info 307-856-8100.



Send complete
information by
JUNE 15!

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

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

SHELL

JUNE 26

PEAKS to CONGA: Bicyclists ride from Cody to Shell to support non-medical expenses for local cancer patients. Evening event in Shell with live music & silent auction. Info 307-272-8766, Facebook, peakstoconga.org.

SHOSHONI

JUNE 12-13

Shoshoni Day: The whole town gets involved. Pancake breakfast, car show, ATV poker run, kids' activities, cowboy poetry, home-cooked supper and more. Info 307-876-2615, shoshonivyachamberwix.com.

JUNE 12-13

Wind River Flywheeler Antique Engine and Tractor Show:

Tractor drive, tractor pull, kid's activities, auction, raffle, food, vendors and live music. Free. Info 307-856-1164, cmaule@wyoming.com.

SOUTH PASS CITY

ONGOING

Carissa Gold Mine Tours:

See the pits & shafts where miners labored, then follow the transformation of the ugly grey rock to a gold bar. 2p Thu-Sun. Reservations recommended. \$8, \$4 Wyo residents, under 18 free, info 307-332-3684, southpasscity.com.

ONGOING

English Tunnel Tours:

Mile-long hike and candle tour of a real gold mine. 11a Sat. Reservations required. \$8, \$4 Wyo residents, under 18 free. Info 307-332-3684, southpasscity.com.

04 | SOUTHWEST

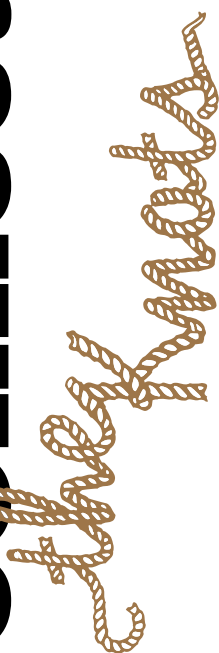
MOUNTAIN VIEW

SECOND WEDNESDAYS

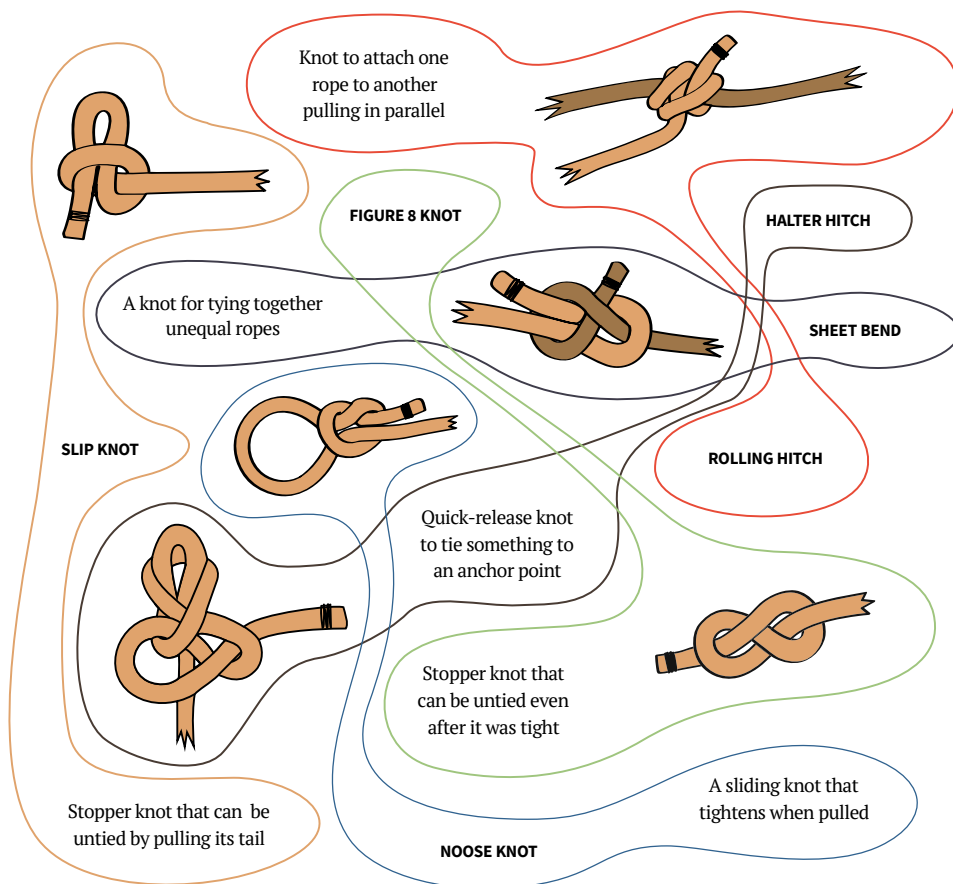
Chamber of Commerce

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

Connect



PUZZLE ON PAGE 23



WyomingPBS

NOW STREAMING

LIVE TV

PBS VIDEO APP

WyomingPBS.org/app

Hey! You make that belt look GOOD!

Buckle up, Wyoming!

Wills, Trusts & Probate

Land Use

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Bull Run

BY JACKIE DOROTHY



Our family fishing trip in the secluded high country of Wyoming had been a success. Our 8-year-old had gotten his quota of six brookies and the three of us had lingered longer than we intended, enjoying the peace. We had a two-hour hike back to the road and as dusk began to fall, we picked up our pace, pushing ourselves at a brisk step so that we could at least be on a real path before nightfall. We had several open fields and wooded areas to cross before we were back on the old road that led to our car.

The owls began showing up as the sky turned purple. The first one stared at us from a dead pine before flying off in search of smaller prey. Farther up the path, a screech owl swooped into a stand of aspen. Another owl circled overhead as we emerged from the trees and reached the open sagebrush.

While his dad scouted ahead for the best path out in the fading light, our son rested on a rock and I scanned the night sky for the owl. We heard a strange huffing to our left. Mountain lion?

I wasn't about to find out and hurried him on. At this point, we had just pushed ourselves hard uphill. Our legs ached and we were out of breath, but we found renewed energy.

We followed an old two-track path but it angled north rather than west towards our vehicle. A herd of cows mooed at us and stood their ground instead of moving away as they had done in the daylight. A black cow stomped forward, staring at us intently in the gloom of near dark.

My husband cut across the sage and we followed, weaving around the scratchy bushes. It was then that we heard him and I glanced back at the stomping cow. Behind the agitated cow, huffing and growling with his head

down—a bull! Our weariness immediately fell away. Legs were scratched and bruised by the sagebrush as we beat a hasty retreat away from the bull and his herd.

Dark shadows of cows stomped and bellowed all around. We put our son between us. My husband surged ahead with the headlamp glowing.

**The bull kept growling.
A cow stamped forward and
I pushed my son to hurry.**



**It was then that we heard him
and I glanced back at the
stomping cow. Behind the agitated
cow, huffing and growling with
his head down—a bull!**

I was glad he didn't hear my choice words as we plunged forward into the sagebrush and I banged my leg against the rough undergrowth.

The dark had descended completely and we were stumbling as we tried to pick out a path, using my phone as a flashlight. It seemed to take forever to get away from the bull and his cows. Just when we thought we were safe, there was a low huff and growl to our left. Of course, it happened to be in the same direction as our car.

In a low voice, I tried to reassure my son it could not possibly be another bull because there should only be one per herd but he responded,

**"I don't care what the
scientists say—there's
another bull in here!"**

Darn 8-year-old logic.

We veered to a more westerly course and tried to gauge where we had parked our SUV. In the distance, we saw a car's headlights and halted our trek to see how far away it was. It stopped and we realized cows were blocking their way.

My husband pointed to the far right, "I see a reflection, our car is over there."

Over where the other bull was huffing. We couldn't see him but could hear his loud threats.

A black silhouette of a cow, a phantom in the moonless night, was to our right. We veered off around her and kept stumbling through the sagebrush. Finally—the road! We walked a few paces and realized with sinking hearts that more bulls were by our vehicle. They were warning us off with low huffs.

At this point, we were done being stealth and quiet. We all started yelling and I pounded a walking stick on the ground and they stopped huffing.

I shoved our son on the far side of me and asked his dad, "Are the keys ready?"

Never had I wished more for a working clicker!

**The only door that the key
unlocked was the driver's side
where the bulls stood guard.**

With a fishing pole and walking stick in one hand, flashlight in the other, my husband briskly walked to the door. He kept close to the vehicle as he maintained a wary eye on the angry bulls. He hurried with the key, the unfriendly bulls staring at him and huffing. I kept pounding the stick on the hard ground, which seemed to keep them back, at least for now.

Finally, my husband threw open the door and tossed in the gear, simultaneously sliding into the driver's seat. He unlocked the other doors and we dove in, a cluster of arms and legs.

**Finally—we could breathe
and saw the angry bulls
stomping as we backed the
SUV out and pulled onto
the dirt road.**

He didn't stop the car until we got across a metal cattle guard and the highway was in sight. We had survived our Bull Run. **W**

Jackie Dorothy is a freelance writer, historian and owns a marketing agency in Thermopolis.

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.

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

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. 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 or daughter Briana Brewer 307-660-2402 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, 1-888-211-1715.

Murphy



Natural Pill Shocker Beats Out Other Powerful Joint Treatments

2021's first major breakthrough is a new pill that uses the science behind an immune modulating botanical that "drastically reduces joint discomfort".

Richard Watson
Health News Today

From comfort...to mobility...the relief users report continues to amaze the millions who seek non-pharma therapies for joint health.

The pill, sold as VeraFlex®, contains a concentrated dose of a patented natural flavonoid called UP446. Scientific studies show it functions as a powerful immune modulator, which supports healthy inflammation response, a key function to prevent further joint deterioration, and significant decrease in discomfort.

"Our customers say the first thing they notice is within days of using there's less stiffness, soreness and discomfort around joints. But, they also notice some surprising improvements often associated with premature aging. They say they feel less bloated, are regular, and experience far less digestive discomfort", explains Dr. Liza Leal, a board-certified pain-management specialist and spokesperson for VeraFlex.

"It's why they love the product. While most pharmacy products can destroy your digestive system, VeraFlex promotes absorption of nutrients and supports a healthy immune system. It also relieves excess discomfort from your entire body, especially around stiff and degrading joints. It's remarkable."

An Amazing Breakthrough

Until now, many doctors have overlooked the idea of combining ingredients from different health categories, specifically linking joint health to gut health.

But researchers at the University of Rochester Medical Center provided the first evidence that bacteria in your gut could be the key driving force behind joint discomfort.

And VeraFlex is proving it may be the only way going forward.

"Most of today's top treatments are financially out of reach. That's why millions of adults are still in excruciating discomfort most days or willing to accept potentially devastating side effects," explains Dr. Leal.

"VeraFlex is a cost-effective way for virtually anyone looking to improve joint health. Since the most commonly reported symptoms - stiffness, soreness, and limited range of motion - are caused by certain enzymes, we've designed the formula to help inhibit those enzymes and support healthy inflammation response, a key to supporting healthy immune function.

However, since most drug store products are designed to suppress both good and bad inflammation, and with excessive use, they often tear the stomach lining and can affect the immune system. We've introduced a way for the pill to optimize the stomach acid and enhance the absorption of VeraFlex's clinical ingredients. This makes it safe and effective for daily use.

Support Immune Health and Fight Joint Discomfort

Sufferers across the country are eager to get their hands on the new pill and according to the research, they should be.

Because the other patented ingredient in VeraFlex is called Maxcell®, a bioenhancer made from a blend of aloe vera (acid buffer), jujube (immune support), black pepper (helps absorption), and licorice root (support digestive health).

Studies have found that this special blend has the remarkable ability to protect the active ingredient through the digestive system and simultaneously support healthy immune function! It ensures the ingredients are not destroyed by your stomach acid.

The Science Behind VeraFlex

Research shows that the joint stiffness, soreness and even the discomfort are likely caused by certain enzymes released by the body's immune system.

The active ingredient in VeraFlex greatly inhibits the product of these enzymes resulting in a potentially dramatic decreasing in swelling and discomfort.

This enzyme-inhibiting characteristic is what researchers call immune modulation and is why people experience relief so quickly.

VeraFlex users can generally expect to start to see more flexibility in just a few days...and with continued use, a tremendous improvement to overall joint function that may help them move more like they did years prior" explains Dr. Leal. "I recommend this product because it works."

Rapid Results & Lasting Comfort

The secret behind VeraFlex is its active ingredient UP446 which is protected by 8 patents and is backed by over \$2 Million in safety studies. It's also undergone two double blind placebo controlled clinical trials, with 8 different research publications confirming the incredible results.

In the first, 60 participants were randomly



A New Discovery is Quietly Helping Users Maintain Vital Joint Health

placed into four groups.

The data collected by researchers was stunning.

The groups taking the VeraFlex ingredient reported staggering improvements over a 30-, 60-, and 90-day period including flexibility, improved comfort, and joint mobility.

A second study was conducted to ensure the data was accurate. But this time, the study was done to see how quickly it worked and again the results participants experienced while taking the VeraFlex compound blew away researchers.

Shockingly, both men and women experienced an improvement in flexibility in as little as 3 days, beating even powerful traditional treatments.

The ingredients create a triple play for supporting joint health. First is accelerated action that's clinically shown to improve comfort and mobility...second is lasting comfort... and third is long term safety without known side effects.

This would explain why so many users are experiencing impressive results so quickly. Because each dose of VeraFlex delivers the same amount of UP446 as the clinical studies, readers can now experience the same afford- able comfort with daily use.

"The science and clinical studies are remarkable," explains Dr. Leal. "This product starts working incredibly fast. Users should expect to be highly satisfied with the results."

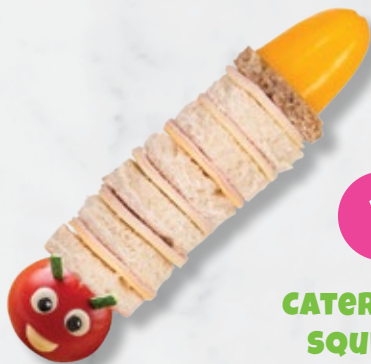
How to Claim Three Free Months of VeraFlex

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

This special give-away is available for only a limited time so don't wait. All you have to do is call toll free **1-800-575-6840** and provide the operator with the Approval Code: VF2021. The company will do the rest.

The company is so confident it will work that each order is backed by our 100% satisfaction guarantee, if you don't love the results, we'll refund the purchase price, no questions asked.

With such an incredible offer this is expected to sell out. Don't wait to call, US operators are standing by.



1

CATERPILLAR SQUIGGLE

Go ahead – play with your food!



2

CREATIVE CUTOUTS

Why should cookies have all the fun?

SUSHI ROLLS

No chopsticks required!



3

Banish the midday blahs with these creative sandwiches kids can help make then gobble up. Part art activity, part sensory play, part exposure to new tastes and textures, these sammies turn lunchtime into funtime.



5

LADYBUG ON A LEAF

Almost too cute to eat ... almost.

SUPER SAMMIES

5

**BUILD HEALTHY BRAINS
AND BODIES WITH
LUNCHTIME
PLAY**

Research shows that children who cook with their caregivers are more likely to have positive attitudes about food, feel a sense of accomplishment, and even develop a taste for more fruits and veggies!

Sandwich ideas adapted from Taste.com.

Research data sourced from the National Institutes of Health.



4

ROCKETSHIP LAUNCHIBLE

Countdown to yum.

★ For activities that support Strong & Healthy Bodies, visit wyqualitycounts.org/wren ★



THIS MONTH'S ACTIVITY

SUPER SAMMIES RECIPES!



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