

# WREN

WYOMING RURAL ELECTRIC NEWS

AUGUST ✕ 2019

CENTERPIECE

ARTISANS · AT

## WORK

[15]

CO-OP SPOTLIGHT

## 40 Heroes

[26]







# TV Packages Built For You



**FREE** Voice Remote

"Tune to ESPN"

Voice Remote requires internet-connected Hopper.

AMERICA'S TOP 120

**190** Channels  
\$59.99/mo.



Local channels included!

AMERICA'S TOP 120 PLUS

**190+** Channels  
\$69.99/mo.



Even more sports and entertainment!

AMERICA'S TOP 200

**240+** Channels  
\$79.99/mo.



The best of America's Top 120 Plus and more!

## Smart HD DVR Included | 2-Year TV Price Guarantee

All offers require credit qualification, 2-year commitment with early termination fee, and eAutoPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/Sling, or Hopper 3 \$5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper \$15/mo., Joey \$5/mo., Super Joey \$10/mo.



### A Better TV Experience

DISH is ranked #1 in Customer Satisfaction nationally by J.D. Power and our customers.\*

- **FREE** HD for Life®
- **FREE** Standard Professional Installation

**CALL TODAY**  
You could be watching DISH tomorrow!

**844-268-2964**

or visit your local Authorized Retailer

\*DISH Network received the highest score in the Nation in the J.D. Power 2018 U.S. Television Service Provider Satisfaction Study of customers' satisfaction with their current television provider. Visit [jdpower.com/awards](http://jdpower.com/awards)

Offer for new and qualifying former customers only.

**Important Terms and Conditions:** Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 11/13/19. 2-year commitment: Early termination fee of \$20/mo. remaining applies if you cancel early. **Included in 2-year price guarantee at \$59.99 advertised price:** America's Top 120 programming package, local channels, HD service fees, and Hopper Duo for 1 TV. **Available with 2-year price guarantee for additional cost:** Programming package upgrades (\$69.99 for AT120+, \$79.99 for AT200, \$89.99 for AT250), monthly fees for upgraded or additional receivers (\$5-\$7 per additional TV, receivers with additional functionality may be \$10-\$15). **NOT included in 2-year price guarantee or advertised price (and subject to change):** Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. **Other:** All packages, programming, features, and functionality and all prices and fees not included in price guarantee are subject to change without notice. After 6 mos., if selected you will be billed \$9.99/mo. for DISH Protect Silver unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. © 2019 DISH Network L.L.C. All rights reserved.

# WREN MAGAZINE

## THE WREN MAGAZINE WYOMING RURAL ELECTRIC NEWS

The official publication of the  
Wyoming Rural Electric Association

The WREN Magazine, Wyoming Rural Electric News, volume 65, number 7, August 2019 (ISSN 1098-2876) is published monthly except for January for \$12 per year by Linden Press, Inc., 214 West Lincolnway, Suite 21C, Cheyenne, WY 82001. Periodicals postage paid at Cheyenne, WY (original entry office) and at additional mailing offices. **POSTMASTER** – Send address changes to: The WREN Magazine, Wyoming Rural Electric News, c/o Linden Press, Inc., 223 S. Howes St., Fort Collins, CO 80521, [970] 221-5252. Include 3-digit co-op code.

WREN Magazine is owned and controlled by rural electric cooperatives in the interest of the economic progress of rural areas specifically and the entire population of Wyoming and the nation generally. WREN Magazine has a total average monthly paid circulation of 40,912 for 11 months ending in September 2018. WREN Magazine is delivered to rural electric member/consumers and other subscribers throughout the entire state of Wyoming and the nation.

Acceptance of advertising by WREN Magazine does not imply endorsement of the product or services advertised by the publisher or Wyoming electric cooperatives.

### WREN STAFF

Publisher: Linden Press, Inc. • Editor: Maggie York

### BOARD OF DIRECTORS

Tri-State G&T, Westminster, CO – Dick Clifton, President  
Garland Light & Power, Powell – Scott Smith, Vice President  
Deseret Power, South Jordan, UT – Gary Nix, Secretary/Treasurer  
Basin Electric, Bismarck, ND – Paul Baker  
Big Horn REC, Basin – John Joyce  
Bridger Valley Electric, Mountain View – Ruth Rees  
Carbon Power, Saratoga – Kenny Curry  
High Plains Power, Riverton – Hearley Dockham  
High West Energy, Pine Bluffs – Michael Lerwick  
Lower Valley Energy, Afton – Fred Brog  
Niobrara, Lusk – Andy Greer  
Powder River Energy, Sundance – Mike Lohse  
Wheatland REA, Wheatland – Sandra Hrančak  
Wyrulec, Torrington – Dewey Hageman

### ADDRESS ALL CORRESPONDENCE TO

WREN Magazine • 214 West Lincolnway, Suite 21C  
Cheyenne, WY 82001, [307] 772-1968  
wren@wyomingrea.org

### SUBSCRIPTION RATES

\$12 per year, Single copies \$1.50 each

### ADDRESS CHANGES

To change, contact Jean Whitlock:  
[307] 286-8140 or jean@golinden.com. Please make sure to include your name, address and co-op.

### ADVERTISING

To purchase, contact Dhara Rose:  
[307] 996-6552 • dhara@golinden.com

### OFFICE OF WREN OWNER

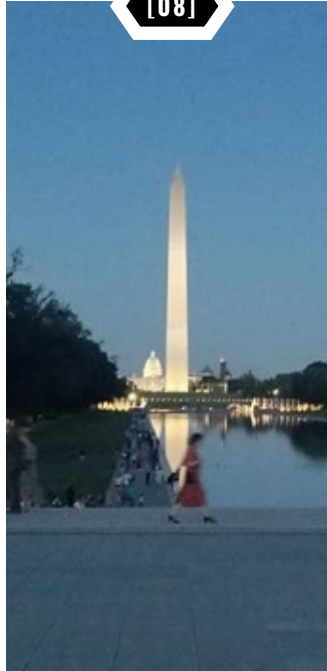
2312 Carey Ave., Cheyenne, WY 82001

### OFFICE OF WREN PUBLISHER

Linden Press, Inc., 214 West Lincolnway,  
Suite 21C, Cheyenne, WY 82001

PRINTED WITH VEGETABLE INK

[08]



## FEATURES

06 | **ECONOMIC BENEFITS  
LOWER VALLEY  
ENERGY**

08 | **CO-OP YOUTH  
D.C. YOUTH TOUR**

15 | **CENTERPIECE  
ARTISANS  
AT WORK**  
PHOTOS BY LAUREN MODLER

26 | **CO-OP SPOTLIGHT  
40 HEROES**  
BY NEVA BODIN

## STATE NEWS & EVENTS

10 | **THE CURRENT**

12 | **COWBOY STATE BUZZ**

30 | **WHAT'S HAPPENING**

[15]



## ESSAYS & ANECDOTES

04 | **WREA NOTES  
TRI-STATE'S MISSION**  
BY DUANE HIGHLEY

21 | **HOME ON THE RANGE  
THEY'RE SO CUTE**  
BY BRUCE CONNALLY

36 | **ENLIGHTEN US  
OLD TOOLS  
AND MEMORIES**  
BY CHUCK LARSEN

## FROM OUR READERS

28 | **COUNTRY COOKS  
PIE**

29 | **PEN TO PAPER  
ELK HUNTER'S  
DILEMMA**

33 | **JUST PICTURE IT  
PRAIRIE**

AUGUST 2019

[21]



## JUST FOR FUN

20 | **KIDS' CORNER  
ART ABOUT  
NATURE**

24 | **PUZZLE  
EASY AS PIE**  
BY KENDRA SPANJER

25 | **BOOK REVIEW  
THE PRAIRIE  
HOMESTEAD  
COOKBOOK**  
BY JILL WINGER

**COVER PHOTO** ✂ Adobe Town  
in the Red Desert resembles a  
moonscape in the setting sun.

PHOTO BY KYLE SPRADLEY



## AS OUR INDUSTRY CHANGES, SERVING MEMBERS REMAINS OUR MISSION



**DUANE HIGHLEY**  
CHIEF EXECUTIVE OFFICER  
TRI-STATE GENERATION  
AND TRANSMISSION  
ASSOCIATION

Since joining Tri-State Generation and Transmission Association as CEO in April, I've been asked what my vision is for our cooperative. My answer has always been the same – we are going to determine our future together with our members. That is what electric cooperatives do, and that's what we are doing at Tri-State.

Tri-State is a power supply cooperative owned by eight Wyoming co-ops and many other similar not-for-profit electric utilities across the West. Our diversity of membership is a strength that will help us navigate the significant changes in our energy industry and create more opportunities for our members.

One need not look far to see the dramatic changes in our industry, many of which are driven by regulation, economics and consumer demands. I recognize these changes are being deeply felt across Wyoming.

With these changes, we are choosing to be proactive and we're working actively with our members to move forward.

Our cooperative has taken several important steps. Tri-State's board of directors, representing each of our members, refined our mission statement. The core of our mission remains the same, but we're simplifying and clarifying our focus:

★ *Tri-State's mission is to provide our member systems a reliable, affordable and responsible supply of electricity in accordance with cooperative principles.*

The words *reliable*, *affordable* and *responsible* are important. Reliability of electric service remains our first priority, followed closely by the affordability of power. We've added the word responsibility, and while this is not a new concept for cooperatives, we want to highlight the importance of being responsible to our members, our employees and our environment.

Our board of directors has also directed the development of our Responsible Energy Plan. The plan will detail how Tri-State will be an increasingly clean and flexible power provider and will set goals and pathways to comply with state-specific regulatory requirements. The plan will ensure the reliability and affordability of Tri-State's wholesale power system, and importantly, strive to lower our wholesale rates to members while maintaining Tri-State's strong financial position.

We've already taken meaningful actions and will have more specifics about the plan as it's developed in the coming months. In June, Tri-State issued our sixth request for proposals for renewable energy resources. Additionally, a contract committee of our membership is currently reviewing how we can offer more flexible contract options for our members that would like to generate more power locally.

Finally, our board has taken steps that will ensure our wholesale rates are equally applied across all of our members by seeking federal rate regulation.

Development and implementation of our Responsible Energy Plan is not something we can do alone. We'll be working closely with our membership and a range of stakeholders to identify how to reach our goals, and I'm looking forward to the conversations as we determine our path forward.

Our mission is serving our members reliably, affordably and responsibly within our cooperative business model. Together, we will continue to be focused on the changing needs and desires of our members and the evolution of our industry. Our members will always be at the core of that discussion, and I know that when our diverse voices come together, the strength of the solutions we can achieve is unmatched.



At Tri-State


# Our cooperative approach to a clean grid starts now.

Learn how we're transforming with our Responsible Energy Plan.

[www.tristategt.coop/cleangrid](http://www.tristategt.coop/cleangrid)



TRI-STATE

A Touchstone Energy® Cooperative 



# Assisted Living

— IN DUBOIS, WYOMING —



## Living assisted on the Wind River – western style

59 miles from the entrance to Yellowstone

Privately owned, non-profit

Medicaid approved

10% monthly discount for private pay Veterans

Join us for: Bingo on Tuesdays – 6:30 to 8:00pm  
"Happy Hour" on Fridays – 4:30 to 5:30pm



Want more information? (307) 455-2645  
5643 US HWY 26 • Dubois WY • warmvalleylodgewy.com



## Wills, Trusts & Probate

### Land Use

GAY WOODHOUSE    DEBORAH RODEN  
TARA NETHERCOTT    JOANNE SWEENEY  
HOLLI WELCH    KATYE BROWN  
JEFF VAN FLEET    CHRISTOPHER BRENNAN

1912 Capitol Avenue  
Suite 500  
Cheyenne, WY 82001  
(307) 432-9399  
WRNLawFirm.com

**WRN** WOODHOUSE RODEN  
NETHERCOTT, LLC  
Attorneys At Law

## ECONOMIC BENEFITS

# LOWER VALLEY ENERGY

**COUNTIES**

LINCOLN, SUBLETTE, TETON

**7.66**

METERS PER MILE

**32,081**

METERS SERVED

Lower Valley Energy is proud to partner with Energy Conservation Works to implement and advocate for energy efficiency in the community.

### AT THE CO-OP



**69** FULL-TIME EMPLOYEES



**100** HOUSEHOLDS SUPPORTED



**129** JOBS CREATED IN THE LOCAL COMMUNITY



**\$47,477,614** SALES

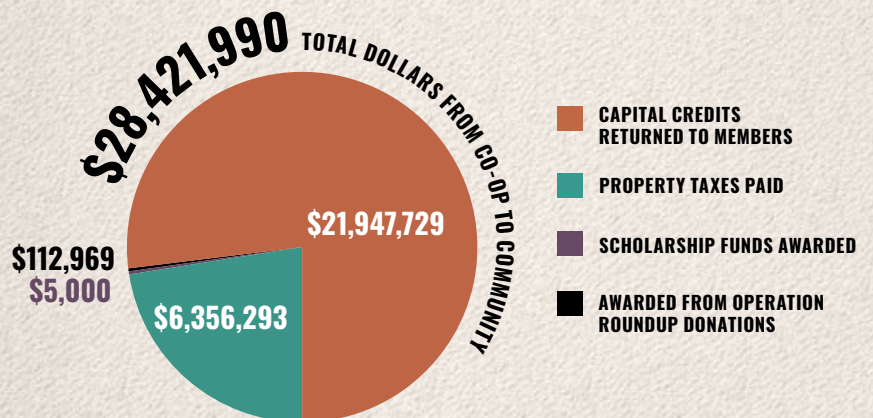


**\$6,172,148** PAYROLL



**\$8,968,471** PERSONAL INCOME GENERATED

### IN THE COMMUNITY



AT THE CO-OP: The Wyoming Business Council (WBC) recently completed a study of the economic benefits of Wyoming's rural electric cooperatives. Looking at employment and tax revenue data from 2017, the WBC reported that Lower Valley Energy is an economic driver in the local community.

IN THE COMMUNITY: Between 2007 and 2017, Lower Valley Energy gave more than \$28 million back to the community.

Numbers are rounded to the nearest dollar.





Tough  
training.  
Safe &  
reliable  
power.



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



**BASIN ELECTRIC  
POWER COOPERATIVE**

A Touchstone Energy® Cooperative 

Your energy starts here.

[basinelectric.com](http://basinelectric.com)



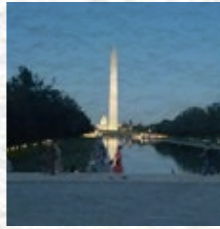
# D.C. Youth Tour

The Wyoming Rural Electric Association brought 13 high school students to Washington D.C. in June as part of the National Rural Electric Cooperative Association (NRECA) Youth Tour.

## JUN 14

Fly to Washington D.C.

**Visit:**  
Vietnam Veterans Memorial  
Korean Veterans Memorial  
World War II Memorial



PHOTOS BY ROBIN FREEZER



## JUN 16

**Visit:**  
Mount Vernon  
Arlington National Cemetery  
John F. Kennedy Center for the Performing Arts

Attend play  
"Hello, Dolly!"



## JUN 13

Tri-State  
Generation &  
Transmission  
Tour

## JUN 15

NRECA legislative  
simulation

**Visit:**  
Gettysburg National  
Military Park  
Pentagon  
Air Force Memorial



When they arrived at the Vietnam Veterans Memorial, Bridger Valley Electric Association's Mikaela Williams, left, and Jesse Madsen were asked to make a rubbing of the name of a person from their area who was killed in the Vietnam War.



## JUN 18

**Visit:**  
Library of Congress  
Smithsonian Museums  
Holocaust Memorial  
Museum  
Marine Corps War  
Memorial

The students learned about American history, government and the role electric cooperatives play in communities across the country. Students also got the chance to enjoy historical sites and visit with their state senators.

## JUN 20

Return to  
Cheyenne



## JUN 19

Meet with Sens. Mike  
Enzi and John Barrasso

**Visit:**  
U.S. Capitol  
Botanic Garden  
National Museum of  
the American Indian

Dinner with all Youth  
Tour participants at  
Newseum

## JUN 17

NRECA CEO Jim Matheson  
addresses group for Youth Day

**Visit:**  
National Cathedral  
Tomb of the Unknowns  
National Archives  
Navy Memorial



# 2019



ANNUAL MEETINGS



PHOTO BY MATT IDLER

## HIGH WEST LOOKS TO THE FUTURE

**High West Energy’s annual meeting on June 20 kicked off with a craft fair event and dinner served by co-op employees.**

Board President Ed Prosser welcomed members to the meeting. He reflected on how far the co-op had come over the years with upgrades in technology while the community aspect has always remained the same. “You get to call and hear someone pick up. And that person may be your neighbor, a friend of your kids ... You don’t call a 1-800 number and get put on hold,” he said. “Being part of a co-op is personal.” He wrapped up by thanking members for trusting High West to help guide their business.

Three board members ran unopposed and were re-elected for another term. They were Jerry Burnett, District 14; Jamie Fowler, District 16; and Kevin Thomas, District 17. High West Attorney Hank Bailey then collected ballots regarding the vote on proposed bylaw changes. Later, he announced overwhelming passage of the changes by members.

**Co-op members and their children took a train ride around the parking lot during the High West annual meeting June 20 in Pine Bluffs.**

General Manager Brian Heithoff discussed some current innovations with the co-op and presented some potential changes for the future.

High West has been successful using drones to inspect lines and is currently looking at revising the rate structure. Heithoff said the year 2018 was one of the best financial years of all time for the co-op. He also expressed his pride in High West employees, who contributed 5,000 hours of volunteer service to the community last year.

Shirley Hall was honored and remembered for her 36 years at High West; she passed away after a battle with cancer earlier this year. Lloyd Sisson was thanked for his commitment – he retired after 47 years at High West Energy.

A total of 14 high school students were awarded with scholarships, marking the highest number of scholarships ever awarded in one year by the co-op.

PHOTO BY BRIAN TANABE



**Chairman of the board Fred Brog addressing annual meeting attendees.**

## LOWER VALLEY ENERGY HOLDS ANNUAL MEETING

**Lower Valley Energy’s 2019 Annual Meeting was held in June at the Lower Valley Energy office in Jackson.**

District seats 2 and 5 were up for election: incumbent Dean Lewis retained his board seat over David Vandenberg, and board chairman Fred Brog ran uncontested.

Lower Valley Energy wishes to thank the candidates who ran for the board of director seats. Board elections and representation are a hallmark of the cooperative model.



# CARBON POWER & LIGHT ANNUAL MEETING

Capital credits were a popular topic at the Carbon Power & Light annual meeting on June 22 in Saratoga, as board treasurer Dan Hodgkiss noted that almost \$950,000 is being paid out to qualifying members this year.

As a nonprofit cooperative, Carbon Power & Light returns profits to members after a number of years have passed. All 11 of WREA's utility cooperatives have a similar program.

Tri-State Generation and Transmission Association's new CEO Duane Highley also spoke at the annual meeting. Highley replaced Mike McInnes, who retired in April. He spoke of Tri-State's work to meet power generation goals set in Colorado and New Mexico while

keeping prices steady in the entire service area, which includes eight of Wyoming's rural electric cooperatives.

Board Member Dick Clifton, who also represents Carbon Power & Light on the Tri-State board of directors, noted that the cooperative would continue to find the cheapest and most reliable power for its members, while maintaining member control. "We are agnostic as to where we get our power," Clifton said.

Three board seats were up for election. Hodgkiss and Clifton, of districts 1 and 3, respectively, ran unopposed and will serve another three-year term on the board. Shae Johnson, incumbent for District 2, was re-elected in a contest with Albert J. "Jock" Farris and Jerry Rabidue.



PHOTOS BY KELLY ETZEL DOUGLAS



Top: Linda Schisel, left, and her mother, Hope Brooks, pose at the Carbon Power & Light annual meeting. Brooks, of Elk Mountain, estimated that she has been an electrical cooperative member for 75 years.

Bottom: Duane Highley, center, CEO of Tri-State Generation and Transmission Association, chats with Carbon Power & Light Board President Laurie Forster before the annual meeting.

**GET MORE FOR YOUR MINERAL LEASES**

As a rancher with mineral rights, Lisa understands the need to maximize income from mineral leases. She works with PetroValues that appraises, markets, & protects your mineral interests. With PetroValues (the only landowners' resource), Lisa is able to help other ranchers & mineral owners get more \$\$\$ for their mineral leases.

Give her a call to visit about your minerals.

**307-620-3155**

**PETROVALUES.COM**



## 2019 Winner of the National Homebuilders Green Builder Home of the Year Award

Our Heritage Builders have been using our Custom Off-Site Construction System for over 41 years to save their customers time, money, and to build their perfect dream home. Eight different cabinet wood species, seven different interior door designs, unsurpassed quality materials, service, and building experience.

Visit our factory with two models on display or take the online tour. It's the way we do business that differentiates us from all the others.



Wayne, NE | 1-800-759-2782  
Find us on Facebook @heritagehomesofne  
[www.heritagehomesofne.com](http://www.heritagehomesofne.com)



# WYOMING LAUNCHES TRANSPARENCY WEBSITE

FROM THE WYOMING STATE AUDITOR



Wyoming State Auditor Kristi Racines announced the launch of a transparency website that provides an online checkbook of Wyoming state expenditure data. The website, called WyOpen, is located at [www.wyopen.gov](http://www.wyopen.gov).



The site debuted at a Wyoming Financial Transparency Group meeting held on June 5 and was made public July 17.

WyOpen was developed internally by the Wyoming State Auditor's Office and includes payments made by the state of Wyoming through the Wyoming Online Financial System (WOLFS) to vendors for the purchase of goods and services. The site allows users to search, view and download expenditure data by state agency, vendor name, vendor location and expenditure category. WyOpen currently displays payments made between January 1, 2016 through June 30, 2019 and payment data will be updated periodically.

"We are thrilled to announce the launch of WyOpen," said Racines. "This website was created so anyone can have easy access to our state's expenditures. Putting Wyoming's checkbook online is a critical step in ensuring Wyoming taxpayers understand how our public funds are spent."

"Our hope is that WyOpen will continue to evolve based on user feedback and the work of the Wyoming Financial Transparency Group," Racines explained. "WyOpen is not a final solution to transparency, but a tool to enable a better-informed public. Transparency in government should be the norm and not the exception. We still have a lot of work ahead of us and I look forward to continued transparency efforts," Racines said.

**WE'VE GOT YOU COVERED...**

**EVEN WAY OUT HERE**

Whether you live in the country or in the city, we have a policy to fit your needs. Find your local agent online at [www.mwfb.com](http://www.mwfb.com)

**M** Mountain West Farm Bureau  
Mutual Insurance Company

HOME | FARM & RANCH | AUTO | BUSINESS

Property-casualty insurance products offered through Mountain West Farm Bureau Mutual Insurance Company/Laramie, Wyoming.

Sept 7-8, 2019  
Encampment, WY

Tractor Pulls

COPPER DAYS  
FESTIVAL

Polka Dance

307-326-8855  
Saratoga/Platte Valley Chamber

CARBON COUNTY  
WYOMING  
GET YOUR FEET ON



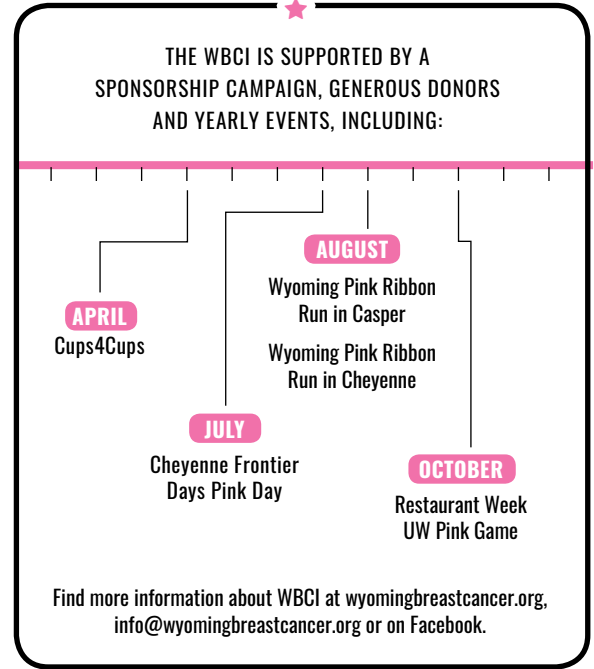
# BREAST CANCER SUPPORT THROUGHOUT THE STATE

FROM THE WYOMING BREAST CANCER INITIATIVE

The Wyoming Breast Cancer Initiative (WBCI) is pleased to announce the new United in the Fight grant program, which provides counseling and medication management services throughout Wyoming. In partnership with LIV Health and Stitches Acute Care Center, breast cancer support is available via a virtual approach.

The mission of the WBCI aims to raise awareness and fund breast cancer programs in Wyoming with an emphasis on increasing breast health education, financially assisting with breast cancer screenings, facilitating patient navigation and promoting survivor services.

Since inception three years ago, the WBCI has granted over \$330,000, serving all Wyoming counties. The initiative has two different grant programs. The Community Fund fiscally supports Wyoming-only programs that increase breast cancer awareness, fund early detection screening, support patient navigation and improve survivor sustainability. The Voucher Program, in partnership with the Wyoming Department of Health, directly supports uninsured and underinsured Wyoming residents who are not eligible for state assistance for breast health screening. This resource is available in every county.

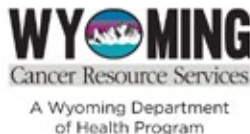


## FREE MAMMOGRAMS for women AND men!

Wyoming Breast Cancer Initiative is teaming up with Wyoming Cancer Resource Services to offer **FREE MAMMOGRAMS** for **women AND men** who either have no insurance or insurance with high deductibles! **Don't let insurance be a factor in your health!**

To see if you qualify for a **FREE MAMMOGRAM**, please call **(307) 633-6863**.

**FREE MAMMOGRAMS** are available statewide to qualifying women and men.





## WYOMING TRIVIA

# CHIEF WASHAKIE

D.C. Youth Tour participants recently visited the U.S. Capitol, where a statue of Chief Washakie has a prominent position.



## Why is Washakie so important to Wyoming's and the nation's history?

### 01

Washakie was a leader of the Eastern Shoshone tribe. He was born in the early 1800s and died in 1900. He experienced, and influenced, major changes for Native Americans in Wyoming territory.

### 02

During his life, Washakie knew Jim Bridger, Brigham Young and William Henry Jackson.

### 03

He was involved in intertribal negotiations and treaty negotiations throughout the 19th century, often representing the Eastern Shoshone to U.S. officials. He was also involved in war parties and skirmishes between tribes, as well as between tribes and the Army.

### 04

He was known for negotiating for his people's welfare and for promoting peaceful relations with white emigrants.

### 08

The Washakie statue in the U.S. Capitol Visitor Center was created by artist Dave McGary, and is currently located in Emancipation Hall.

### 07

A ship, a county, a town and a museum are named in his honor.

### 06

At his death in 1900, Washakie was buried with full military honors.

### 05

When the Eastern Shoshone and Northern Arapaho sold the hot springs in what is now Thermopolis in 1896, Washakie's single condition to the sale was that people could bathe in the hot springs for free. The Hot Springs State Park Bath House still honors that agreement today.







CENTERPIECE

ARTISANS • AT

# WORK

PHOTO STORY BY LAUREN MODLER

The *Merriam-Webster* dictionary defines “artisan” as “a person or company that produces something in limited quantities often using traditional methods.”

Knife maker Dennis Friedly, above, and saddle maker Keith Seidel are each dedicated to their craft and are sought after for their work. The Garland Light & Power members allowed photographer Lauren Modler to visit each of their shops to show them at their craft.







+ SEIDEL

## ← THE SADDLE

# A

**KEITH SEIDEL**, owner of Seidel's Saddlery in Cody, uses a Randall Union Lockstitch sewing machine that's about 50 years old to stitch the border lines for a saddle. You won't see this type of machine in many shops but Seidel says modern machines just can't replicate its stitch.



# MAKER

Seidel makes only 10-20 saddles each year, spending 200-300 hours on one saddle.

Seidel tools floral carvings into leather for a saddle. The floral carvings come from his own drawings, each design is custom and unique.



# R



Seidel carves into a fitted saddle. He says that his handmade custom saddles not only keep the rider comfortable but the horse as well. "A horse that is comfortable and confident will do anything for you."



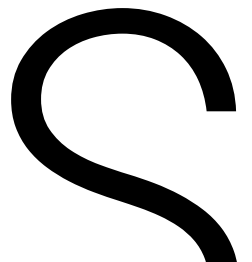


The finished product of Friedly's hard work. He says being completely handmade is what makes his work so special, making it more "desired and collectable – some of these knives will never be used but kept in the family and passed down for generations."

## + FREIDLY THE KNIFE

**DENNIS FREIDLY,**  
owner of Freidly Knives  
in Cody, has been  
making hunting knives  
since 1972.

Friedly  
prepares and  
fits the handle  
components at  
his shop.







A

“This is my passion.”

Friedly profiles the blade of a knife. “It all starts with a slab of steel,” he said.

MAKER

N



# Art about **NATURE**



## HOW LONG HAS ART ABOUT NATURE BEEN AROUND?

**The answer may be a surprise: humans have been making pictures of the natural world for at least 64,000 years!**

The oldest recognizable representations of animals can be found in caves in Spain and France, showing humans interacting with the world around them. In Wyoming, the oldest depictions of ancient art are around 10,000 years old and can be found in numerous areas, such as Thermopolis, Castle Gardens, Dubois, Outlaw Canyon, White Mountain and Medicine Lodge State Archeological Site, to name a few. There are two forms of rock art: pictographs and petroglyphs. Pictographs are made by applying natural pigments to rock walls; petroglyphs are images carved or pecked into the rock face.



**Ancient and modern humans, including Native Americans, used pictographs and petroglyphs as a form of communication and storytelling.**

Images may indicate where animals are plentiful, map travel routes, or tell time with the appearance of certain constellations and positioning of the sun. Stories can often be seen in the pictographs and petroglyphs as well, with tales of glorious bison and mammoth hunts, people and animal hybrids depicted as powerful spirits, or stories of predators like American lions and saber-toothed cats hunting deer or sheep.

## about **ROCK ART**



Rock art is window into the past, enabling us to see where animals lived hundreds and thousands of years ago (including some animals that are now extinct), and how people interacted with the natural world.

But rock art is also a portal into the spiritual world of the artists who made it, depicting beings not of the natural world, that gave strength and confidence to those who created the art and those who observed it. Like all art, rock art can be appreciated on many levels, even when we don't know the intent of the artist.





# they're so cute

BY BRUCE CONNALLY

I always enjoy the chance to work with wildlife in my practice. Each opportunity presents new challenges, both in handling the animals and in my medical knowledge.







I got to see large and small animals, but baby birds were most common in summer. Some were too weak or injured to save, but we were able to feed and care for several until they were strong enough to go back to the wild. We saw several birds fly off as their would-be savior transported the unwilling patient from the car to the door of my clinic. Not sure how people caught those birds.

The vet who owned my clinic before me told the story of the truck driver who hit a young badger on the road. The kind-hearted man checked and found the badger still breathing so he loaded it into the cab of his truck and drove to town. When he stopped in front of the clinic the badger awoke and began looking for a way out! Unfortunately, the door swung shut as the driver jumped to safety. It took only a few minutes for vet and driver to find a way to open the door without meeting the badger with a headache, but that was all the time needed for the grouchy patient to show his gratitude. The truck cab was festooned with badger poop and chunks of seat cushion from windshield to floorboards. Apparently, badgers do not like to be rescued.

Federal fish and wildlife officials used our clinic for emergency care of several species over the years. A snowy owl that hit a fence and sustained a head injury was very cool to rehab. The golden eagle we worked on was huge and intimidating to handle. It too would have been cool except that the bullet from a frustrated antelope hunter cost him his right wing. He could not return to the wild and ended up in a federal wildlife exhibit in Wisconsin.

I think raccoons are the most frustrating wildlife species I have worked with. They are very intelligent and have been able to coexist with people so well that “trash pandas” can be found in almost any city or rural setting. They are so cute

that people mistakenly think a raccoon would make a good pet. Sometimes they do. I went to a dance in Pine Bluffs where a man was dancing with a yearling raccoon on his shoulder. If any of us got too close as we were dancing, the raccoon would reach out with his human-like paw and try to push us away. Unfortunately, that happy story is very rare. Raccoons are so strong and so smart that they can't be left alone. They will destroy a house in a day searching for food or entertainment. One of my clients built a huge cage in the backyard



**Raccoons are so strong and so smart that they can't be left alone. They will destroy a house in a day searching for food or entertainment.**

for his pet raccoon but the only way he could keep the critter in it was to use a lock with a key.

Many young raccoons that are taken for pets end up being euthanized because they are dangerous or just too destructive to keep. Sometimes people take their uncontrollable pets out to the woods and turn them loose. These poor animals have not learned to forage in the wild so will often show up at campgrounds looking for people food. Since they are not afraid of people they are often killed as a suspected rabid animal.

On a Monday morning, animal control called to tell us they were bringing in a yearling raccoon they had trapped out of someone's garage. If it was still feral then it would be released to the wild but if it was habituated to humans it probably could not survive in the wild and would need to be euthanized. As they were transporting the animal to us the dispatcher from the sheriff's office called.

“I want that raccoon!” She announced to my secretary. “Don't you dare put it down. I will be there in 30 minutes.”

Willie, the animal control officer just rolled his eyes when we told him what the dispatcher said.

“Let's just get it out of this live trap first,” he said.

That proved to be a problem. The raccoon bolted out of the trap as I tried to get a catch-pole loop around its neck. It turns out that raccoons are pointed and when they back up the loop slides right off over their nose.

“Shut the doors!” Willie yelled to Diane, the technician standing in the pharmacy.

After a couple laps around the treatment room I was able to trap the runaway under an overturned black rubber water tub. I had to sit on the tub to keep him from escaping.

“Do you think this will work?” Diane asked. “He can't chew through it.”

She had a plastic-covered cable dog leash with 15 feet of chain attached to it in her hand.

“Perfect,” I said, “if we can figure how to get it on him. Where did you find that anyway?”

She just smiled. Diane was good at her job.





**The raccoon, ever resourceful, climbed that dispatcher like a high school flagpole.**

Willie and Diane took over the black tub for me while I got the leash ready. When they tipped the tub just a bit the raccoon saw an opportunity and pushed out, right into the leash I had waiting. Our timing was almost right – the raccoon reached the end of his 15-foot tether just as the sheriff’s dispatcher appeared. She had ignored my secretary’s entreaties to wait in the front office, apparently assuming we were in the process of murdering the sweet little raccoon.

“Oh! Isn’t he cute!” Escaped her lips just as she walked into the 15-foot radius between the raccoon and me. The

raccoon, ever resourceful, climbed that dispatcher like a high school flagpole. She screamed and tried to jump back but those raccoon claws were firmly embedded in brown polyester sheriff pants and the leg underneath. As she staggered back, the raccoon grabbed her leather deputy belt with one hand and pulled itself up onto her shirt.

“Get him off me!” She screamed and covered her face with her arms. The speed-climbing raccoon hooked a hand on her badge and was trying for her shoulder when I finally was able to get him pulled off.

“Ow! Help, I’m bleeding!” Echoed through the clinic as the dispatcher turned and ran for her life.

“That vicious creature attacked me,” she announced to no one in particular as she sprinted out the front door toward her car.

“I guess that means she doesn’t want him,” Willie said softly. “Now I suppose we have to keep him in rabies quarantine.”

Willie paused. He seemed to be talking to himself. “After that maybe I can turn him loose in the mountains where he won’t ever have to be bothered by people again.” **W**

---

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

## More Services in More Places

With 8 locations it means your membership with Meridian Trust can do more for you.



### Become a Member Today

Cheyenne • Jackson • Lander • Rawlins • Casper • Rock Springs • Scottsbluff, NE • Wellington, CO Coming Soon





Easy as

# PIE

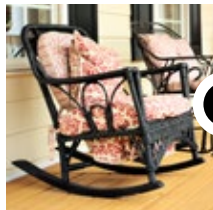


Apple pie is the most popular flavor in 45 states, according to an informal poll of 1,200 people conducted last November by Insider.com. Respondents in Louisiana, Mississippi and Alabama preferred pecan pie, and survey participants in Wyoming and Hawaii identified pumpkin pie as their favorite. What's yours?

Use the photo clues below to sound out 10 popular flavors.



1



2



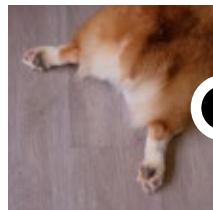
3



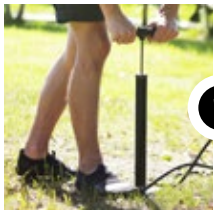
4



5



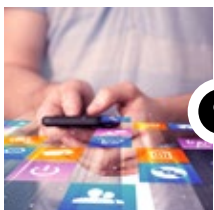
6



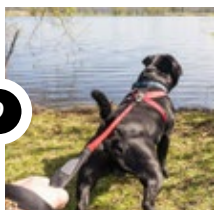
7



8



9



10



★  
When you're  
fed up, treat  
yourself to the  
answers on  
page 35.





**BY JILL WINGER**

**ORDERING INFORMATION:**

2019 | 368p. | \$35.00 hardcover

ISBN: 978-1250190192

Publisher: Flatiron Books

Available at online booksellers

\*Excerpted from *THE PRAIRIE HOMESTEAD COOKBOOK: Simple Recipes for Heritage Cooking in Any Kitchen* by Jill Winger. All rights reserved.

# THE PRAIRIE HOMESTEAD COOKBOOK

— SIMPLE RECIPES FOR HERITAGE COOKING IN ANY KITCHEN —

**Jill Winger is a homesteader, blogger and writer living in southeastern Wyoming. Much like her blog *The Prairie Homestead*, her book is filled with recipes and stories from her life on their prairie homestead.**

*From the book\**

Thick layers of nostalgia surround the notion of mornings on a farm. Blazing orange sunrises with streaks of pink, crowing roosters, steaming cups of black coffee, and plates loaded with bacon, homemade biscuits, and sunny-side-up eggs are usually the first images that drift through our imaginations.

However, our mornings on the homestead are more similar to the average household than you may think. Like most folks', our days kick off with plenty of hustle and bustle and even a measure of regular ol' chaos at times. While I love the idea of serving a full country breakfast with all the fixings to my family each and every morning, in reality that rarely happens. We aren't necessarily rushing out the door to make the morning commute or running the kids to the bus stop, but our farm mornings aren't as leisurely as I once imagined they'd be in my pre-homesteading days.

Sure, sometimes there are indeed those picture-perfect mornings where I pull on my boots before the rest of the house awakens and steal down to the barn to do the chores by myself. The rooster crows with impeccable timing as I pass the coop and I hear the hens clucking as they sit in nesting boxes leaving their eggs for the kids to find later. The mingled perfume of animals, hay, and leather (the very best smell in the entire world, by the way) surrounds me as I enter the cinder-block barn and grab a halter from the hook on the wall. Our milk cow, Oakley, stands right inside the door slowly blinking her big brown eyes as she waits patiently to be milked. The swish of milk streams hitting the bucket lulls me into deep thought as I strategize how I'll tackle the day's tasks. By the time I stroll back to the house lugging my pail filled with frothy milk, I feel centered, energized, and ready to take on the day.

WIN A  **FREE**  COPY OF **PRAIRIE HOMESTEAD**

ENTER  
TO WIN

✉ **COOKBOOK**  
c/o WREN Magazine  
214 W. Lincolnway  
Ste. 21C  
Cheyenne, WY 82001

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

Name:

Phone:

Address:

JUNE'S  
BOOK WINNER:



**PATSY  
NEVILLE**  
OF KAYCEE

**ENTRIES DUE BY SEPTEMBER 10**  
*One entry per household, please.*



# 40 Heroes



BY NEVA BODIN

Day and night, anytime and anywhere, Teton County Search and Rescue (TCSAR) volunteers are ready to answer the call for help. These 40 heroes were selected because they possess the qualities, achievements and courage to be part of this team.

“We recruit high-quality people with high-quality skill,” said Phil “Flip” Tucker, who has volunteered with TCSAR since 2007.

TCSAR provides vital services for Teton County and surrounding areas, many of which are served by Lower Valley Energy.

Joining TCSAR isn’t as easy as just showing up: you have to be chosen. To become a volunteer, you have a “grueling interview, hardest interview I’ve ever had,” said Tucker. They are quizzed on skills, reactions to tough situations and team spirit. “We look for team members who are well-rounded in the backcountry, but who get along well with the team.

“We are a unique county for search and rescue because of the amount and type of callouts we get. We get three to five calls a week [usually]. There



PHOTO BY NEVA BODIN

Phil “Flip” Tucker, left, and Mike Estes pose in the TCSAR hangar beside a rescue vehicle.



PHOTOS COURTESY OF TETON COUNTY SEARCH AND RESCUE

The TCSAR Foundation was able to provide a helicopter for seven months this year.





---

were 45 calls for rescue from January 1 to March this year.” They also may assist other search and rescue groups.

All members, including the sheriff, are volunteers, except for a paid supervisor. An elected board of five team members handles leadership and advises the sheriff’s office. The sheriff appoints an aviation and medical advisor.

Volunteers recertify regularly in rescue skills, including bear encounters, short-haul (using the helicopter to insert a rescuer into otherwise inaccessible terrain), high-angle, swift water, avalanche, first aid, snowboarding, skiing and mountain rescues. Their hangar houses a helicopter, ATVs, boats, jet skis, supplies and a vehicle equipped with a computer used to track searches and locate GPS signals.

## HERE TO HELP

Three volunteers have been on the team since 1993 when TCSAR was formed.

Mike Estes, one of those three, was a perfect fit. “I had backcountry experience and was working as a Nordic ski guide,” he said. Sad about not being there to help when a high school friend died in a climbing accident, he now helps others through TCSAR.

Estes said he has used all skills the team trains for except “... only thing I don’t do is ride horses. Other team members have horses; they are great tools.”

Ryan Combs joined in 2010. He had also lost a friend, who passed away in an avalanche in a maintained area. That grew a desire to be part of a community to

help others in similar situations. In 2018, Combs went on 28 call outs, which translates to 97 hours and 15 minutes of time.

Rescues don’t always have happy endings. “In a bad situation you share something with that other person you can’t share with anybody else,” said Tucker. “We can suffer from PTSD. We go through classes [on it] as part of our training. After every rescue we have a big debriefing and everybody gets to talk.”

“When there’s a positive outcome you feel good, and say ‘We saved this person’s life,’” Combs said. “When you see a negative outcome, you take that experience and translate it to a learning experience. How can we use this for the betterment of ourselves and our community?”

Some calls resolve in a “stand down,” meaning cancelled. “We got a third-party report that a pilot was flying in a position where visibility was nonexistent; he was circling to gain altitude, and he just disappeared. [We learned] he flew out of the canyon and was sitting at home ... we were flying around looking for him; he was fine,” said Tucker, smiling.

During one short-haul rescue, they lowered a physician team member with a defibrillator to a mountainside and saved the life of a skier having a heart attack.

## COMMUNITY EDUCATION

TCSAR has an educational arm and charters Boy Scout Troop Venture Crew 407; Estes is the advisor. Estes said the scouts participate in training sessions twice a month. “Maybe they will avoid getting into dangerous situations.”

The group also sponsors the What’s in Your Pack program, showing what should be in your pack when you are recreating in the backcountry, and created Backcountry Zero.

“We want to educate the public so there are zero deaths in the backcountry,” said Tucker.

## PLANS FOR THE FUTURE

The group formed the TCSAR Foundation to provide direct support to team members with food, equipment and additional training. Tucker said, “Our first goal, a building. Our second goal was to fund a helicopter. This year we have it for seven months.”

“This team has grown so much over the years from where we first started to where we are now. The professionalism demonstrated in this team is amazing. One of the reasons I keep staying with it, I don’t want to quit! It’s gratifying, being there to help,” said Estes.

“When we go out, we depend on each other for survival. There are bonds that develop ... We do things that are consequential; we put ourselves out there voluntarily. We enjoy the ability to really help, but it’s not without a lot of thought that we do these things,” said Combs.

TCSAR – 40 heroes with courage, skill and commitment. **W**

---

**Neva Bodin is a Casper-based freelance writer, registered nurse, painter and poet.**





# PIE

## APPLE PIE

### CRUST

- 2-1/4 CUPS FLOUR
- 3/4 TSP SALT
- 3/4 CUP BUTTER
- 6 TBS COLD WATER, MAYBE MORE

Mix flour and salt, cut in butter then add cold water and mix well. Roll out two crusts.



### PIE

- 3/4 CUP SUGAR
- 2 TBS FLOUR
- 1 TSP GRATED LEMON RIND
- 1/2 TSP CINNAMON
- 1/4 TSP SALT
- 6 CUPS PEELLED, SLICED APPLES
- 1 TBS LEMON JUICE
- 2 TBS BUTTER

Mix sugar, flour, lemon rind, cinnamon and salt. Add apples and lemon juice. Put apple mixture into pie crust and dot with butter. Cover with top crust; which has a hole cut in the center the size of a silver dollar. Bake 450 degrees for 10 minutes, then turn oven to 375 degrees for 45 to 60 minutes until apples are tender. Let cool 10 minutes.

### CREAM SAUCE

- 2 EGGS, SLIGHTLY BEATEN
- 1/4 CUP SUGAR
- 2 TBS LEMON JUICE
- 3 OZ CREAM CHEESE, SOFTENED
- 1/2 CUP SOUR CREAM

In a sauce pan, stir eggs, sugar and lemon juice. Cook, stirring constantly until thickened. Stir in cream cheese and sour cream until smooth. Pour cream sauce in hole in center of apple pie, pour slowly so sauce seeps down into apples. Cool at room temperature. Refrigerate leftovers.

NANCY DENK ★ RIVERTON

## BEAN AND BEEF PIE

- 1 LB GROUND BEEF OR VENISON, COOKED AND CRUMBLED
- 3 GARLIC CLOVES, MINCED
- 1 CAN BEAN & BACON SOUP (UNDILUTED)
- 1 CUP SALSA OR PICANTE SAUCE
- 1/4 CUP CORNSTARCH
- 1 TSP EACH PAPRIKA AND SALT
- BLACK PEPPER AS DESIRED
- 1 TBS DRIED PARSLEY
- 1 - 16 OZ CAN KIDNEY BEANS, DRAINED AND RINSED
- 1 - 15 OZ CAN BLACK BEANS, DRAINED AND RINSED
- 2 CUPS SHREDDED CHEDDAR-JACK CHEESE
- 1/2 CUP SLICED GREEN ONIONS
- PASTRY FOR A DOUBLE CRUST PIE

Mix all the above together and place in bottom crust (unbaked) of pie. Top with top crust. Flute edges and cut slits in top. Bake at 425 degrees for 35 minutes. Let rest for 5 minutes before slicing. Garnish with sour cream, additional cheese, sliced green onions, sliced black olives and salsa.

KAREN MIXON ★ ALADDIN

## MOCK PECAN PIE

- 1/2 CUP SUGAR
- 1 CUP BROWN SUGAR
- 1/2 CUP BUTTER
- 2 EGGS, BEATEN
- 1 HEAPING CUP COOKED MASHED PINTO BEANS OR ONE CAN REFRIED PINTO BEANS
- 1 - 9-INCH UNBAKED PIE SHELL
- HANDFUL PECANS

Blend sugars, eggs and butter until creamy. Add beans, blend well. Pour into pie shell, do not heap too high. Bake at 375 degrees for 25 minutes or until done (like pumpkin pie). Serve with whipped cream or ice cream. Can garnish with a few pecans if desired.

MICKI HALL ★ SARATOGA



## OCTOBER: LEFTOVERS

SUBMIT  
A RECIPE

Send complete recipe by September 10!

Please include your name, address and phone number.

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



## WYOMING ELK HUNTER'S DILEMMA



Every year I applied for an Area 7 bull tag,  
No luck – so I applied for a cow/calf for my bag.  
But still no luck, that too did miss my sack,  
And every year I still got all my money back.

Alas, every year my luck was no better and getting much worse,  
It must be that I've been hexed, or someone gave me a curse.  
Last year all my buddies drew bull tags – applied as a bunch,  
Even my girlfriend drew a bull tag – she doesn't hunt much.

So what should I do, when I don't have "political pull?"  
I put in again, and finally drew that coveted tag for a bull.  
Then I asked the local game warden where I should look,  
For the kind of a bull which would go in that B&C Record Book.

The warden tells me to look high and look low,  
To hunt real hard in the mud and cold snow.  
To hunt the meadows near and to hunt the mountains afar,  
Then he tells me, no matter what I do, elk are where elk are.

FRANK H. MILLER ★ WHEATLAND

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

SUBMIT  
A PIECE

### Put Your Pen to Paper!

Please include your name, address, and phone number.

✉ [wren@wyomingrea.org](mailto:wren@wyomingrea.org) | ☎ [307] 772-1968  
✉ 214 W. Lincolnway Ste. 21C Cheyenne, WY 82001  
📱 [wyomingrea.org/wren-submissions](http://wyomingrea.org/wren-submissions)



WHAT'S HAPPENING REGIONAL MAP



# 01 | SOUTHEAST

## CENTENNIAL

### AUGUST 22

**A presentation of petroglyphs:** Light refreshments will be served. 5p, Nici Self Museum, free, info 307-745-3108.

## GUERNSEY

### THIRD MONDAYS

**Book Discussion Group:** 7p, info 307-575-1384.

**Tri-City Arts Guild:** 6:30p, info 307-575-1384.

## SUNDAYS

**VFW Bingo:** 1p, VFW Hall, info 307-836-2631.

## FOURTH SUNDAYS

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

## HARTVILLE

### FOURTH SUNDAYS

**Hartville Museum & Community Center:** Free music jam for musicians and listeners. Bring snacks and have fun! 4-6p, info 307-836-2288.

## MEDICINE BOW

### FOURTH TUESDAYS

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

## PINE BLUFFS

### TUESDAYS

**Bingo:** 7p, Recreation meeting room, 25¢ per card, 14 games, info 307-245-3301.

## SARATOGA

### AUGUST 31

**Historic Trek:** Walk through Ryan Park Ski Area and learn about Barrett International Ski Jump. Bring appropriate footwear, lunch and water. Leave Saratoga Museum at 9a. Carpooling is appreciated. Register 307-326-5511.

## TORRINGTON

### SECOND WEDNESDAYS

**Rex Young Rock Club:** 7-8p, Senior Friendship Center, info 308-632-5574.

## THURSDAYS

**TOPS (Taking Off Pounds Sensibly):** 8-10a, Senior Friendship Center, info 307-334-3358.

# 02 | NORTHEAST

## BUFFALO

### THURSDAYS

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

## GILLETTE

### ONGOING

**Ava Community Art Center:** Info avacenter.org or 307-682-9133.

## LUSK

### AUGUST 24

**EMS fundraiser:** Rides, food, music and more. 10a-10p, Downtown Lusk, info 1-800-223-LUSK.

### AUGUST 27

**Community Health Wellness Day:** Booths for kids as well as adults, agriculture safety and general health information. 1-6p at the fairgrounds, info 1-800-223-LUSK.

### AUGUST 30 – SEPTEMBER 1

**Wyoming Rough Riders Mounted Shooting Competition:** At the fairgrounds, free, info visitlusk.weebly.com, 1-800-223-LUSK.

### SEPTEMBER 19

**Business After Hours:** 5-7p, Niobrara County Library. Help celebrate their 100th birthday, info 1-800-223-LUSK.

## MOORCROFT

### SEPTEMBER 14

**Heritage Roundup:** Museum fundraiser includes chuckwagon supper, silent auction and live music, 5-9p, West Texas Trail Museum, \$20, \$5 for 12 and under. Info 307-756-9300.

### THIRD MONDAYS

**Moorcroft Historical Society:** 5:45p, West Texas Trail Museum.

### THIRD THURSDAYS

**Birthday and Anniversary Dinner:** Meat provided, bring a side dish. 5p social hour, 6p dinner, Senior Center.

## NEWCASTLE

### SECOND & FOURTH WEDNESDAYS

**GiGi's Closet:** Providing free gently-used clothing for the family. 9a-1p, First United Methodist Church, info 307-746-4119.

## FEATURED EVENT

# NORTHERN ARAPAHO INDIAN POWWOW



## AUG 30 – SEP 1 ★ ARAPAHOE

Food and craft vendors onsite. Bring a camp chair. Free.

**Friday:** Grand Entry 6p

**Saturday:** Youth Games 10a; Grand Entry 1p and 7p; Gourd Dancing 5-6p

**Sunday:** Parade 10a; Feast 12p; Grand Entry 2p and Royalty Pageant to follow

### ARAPAHOE POWWOW GROUNDS

intersection of Left Hand Ditch and Sharp Nose roads  
INFO 307-840-0844 | INFO@WINDRIVER.ORG | FB

## NORTHWEST

PHOTO BY JENNIE HUTCHINSON



**THURSDAYS****Newcastle Farmers' Market:**

Community market features local produce, prepared foods and crafts. 5-7p, Weston County Fairgrounds, free, info 307-630-6169, newcastlewyfarmersmarket@gmail.com.

**FRIDAYS**

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

**RECLUSE****AUGUST 24**

**Chicken Roping and Ribs Contest and Calcutta:** \$5/person, \$10/team to compete in chicken roping. 4p, Recluse Community Hall, info 307-751-1792, Facebook.

**SUNDANCE****AUGUST 24**

**Outdoor Youth Education Day:** Kids ages 5 and up are invited to join the Muley Fanatic Foundation for fishing, first aid, archery and more. Lunch provided. 8a-12p, Crook County Fairgrounds, free, info 307-290-0789, newymff@gmail.com.

**AUGUST 24**

**Steele Team Roping:** Junior barrel races at 12p, roping at 1p. Crook County Fairgrounds. Info steeleroping.com.

**SEPTEMBER 7**

**Sundance Beer Festival:** Vendors, bounce house and entertainment for the entire family. Beer tasting 4-9p, music and dancing until 10p. Main Street, info sundancebeerfestival.com.

**SEPTEMBER 15****Bearlodge Mountain Classic:**

Mountain bike race through the mountains with courses for all skill levels. 7a-3p, Reuter Campground, info scgmba.org.

**UPTON****AUGUST 24**

**Bowling Pin Shoot:** Centerfire and rimfire pistol categories, 9a, Weston County Sportsman's Club, info 307-746-4010, dvkeierleber@rtconnect.net.

**AUGUST 24-25**

**Gun Show:** Upton Community Center, \$5, info 307-468-2737.

**SEPTEMBER 7**

**Rose Classic Car Show:** 10a-3p, Upton City Park, info 307-468-2446.

**TUESDAYS TO MID-SEPTEMBER**

**Farmers' Market:** 5-7p, Old Town, info 307-468-9323.

**ONGOING**

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

**03 | NORTHWEST****CODY****SEPTEMBER 7****F.O.A.L. Mustang Rendezvous:**

Friends of a Legacy benefit for the wild horses of McCullough Peaks includes auctions, live music and food. 5p, Boot'n' Bottle Club \$40, \$20 under 12, info Cody Chamber of Commerce, FriendsOfaLegacy.org.

**THIRD SUNDAYS****The Wyoming Fiddler Association**

**District #2 Jam:** 1-4p, Cassie's Supper Club, info 307-754-2687.

**ONGOING****Cody Country Art League Gallery:**

9a-5p Mon-Fri, 836 Sheridan Ave, info 307-587-3597.

**DUBOIS****WEDNESDAYS TO AUGUST 28**

**Dubois Jamz:** Professionals, amateurs and listeners welcome. 6-8p, St. Thomas' Episcopal Church Community Room, free. Info, 407-718-3880, petergottfried@gis1.com.

**AUGUST 20**

**POW Camp Trek:** Visit the remnants of Camp Dubois, the WWII prisoner of war camp located west of town. 9a-2p, Dubois Museum. \$8. Reservations 307-455-2284.

**AUGUST 21**

**Forming Our Horizon:** Children's program shows how the horizons formed in the Upper Wind River Valley. Explore the augmented reality sandbox. 10a, Dubois Museum, free, info 307-455-2284.

**ONGOING**

**Library Activities:** Lego Club for grades K-5, 3:30p Tue; Story Time for birth-5 years 10:30a Fri; and Lego Duplo Club for toddlers and preschoolers 11a Fri. Dubois Public Library, info 307-455-2992.

**LANDER****SEPTEMBER 7**

**Historic Wagons:** Wagon restoration expert will talk about the history of the wagon with close examinations of the wagons in the museum's collection. 7p, Pioneer Museum, free, info 307-332-3339.

**SEPTEMBER 14**

**Apple City Festival:** Speakers, apple pie contest for cash prizes, local apple and apple cider samples, petting zoo, kids' crafts. 1-3p, Pioneer Museum, info 307-332-3339.

**SEPTEMBER 14-15****Lander Valley High School Fall**

**Rodeo:** See 200 contestants compete daily. Cowboy Church 8:30a Sun. Lander Rodeo Grounds, free. Info 307-332-4647, DHughes@landerschools.org.

**SEPTEMBER 19-21****One Shot Antelope Celebrity Hunt**

**and Celebration:** Competitive hunt and fundraiser for Water for Wildlife Foundation. Ticketed event held at several locations. Info 307-332-8190, oneshotpastshooters.com.

**SEPTEMBER 20-21**

**Wild Horse & Burro Adoption:** Silent bidding 12a-5p Fri, 9a-3p Sat. Wind River Wild Horse Sanctuary, info 307-438-3838, BLM.gov/whb.



**Wind River**  
HOTEL & CASINO  
RIVERTON, WY

**Play.Stay.Win!®**



OVER 800 SLOT MACHINES  
11 TABLE GAMES • 90 HOTEL ROOMS  
3 RESTAURANTS

For reservations call 866.657.1604  
WindRiverCasino.com



## POWELL

## SEPTEMBER 13

**Farm to Table Dinner:** Live music, cocktails and food at Homesteader Museum fundraiser. 6p, Washington Park, \$40, must be 21 years old to attend. Info 307-754-9481, homesteadermuseum.com.

## SEPTEMBER 14

**Homesteader Days:** Family street festival honoring America's homesteading heritage in the Big Horn Basin. 10a-3p, Homesteader Museum, free, info 307-754-9481, homesteadermuseum.com.

## MEETEETSE

## AUGUST 31 – SEPTEMBER 2

**Labor Day Celebration:** Full weekend of activities including local craft fair, music, parade, rodeo, horseshoe and cornhole tournaments, quilt display, book signing, kids' stick rodeo and more. Info 307-868-2454, events@meeteetsewy.com.

## RIVERTON

## AUGUST 23-24

**Rendezvous City Beef Roundup:** Local restaurants and vendors offer dishes, tastings and classes on related beef topics. Time and ticket prices vary. Central Wyoming College. Info eventbrite.com, 307-851-9178.

## SEPTEMBER 7

**Roasters Rendezvous Coffee Festival:** Coffee sampling, coffee cocktails, street fair, live music and more. 9a-3p at Central Wyoming College, 4-6p on Main Street. \$15-\$35. Info eventbrite.com.

## SEPTEMBER 13-14

**Wild Horse & Burro Adoption:** Wyoming Honor Farm, info 307-352-0302, blm.gov/programs/wild-horse-and-burro/adoption-and-sales/events.

## SEPTEMBER 14

**Tin Candle Lanterns:** Children craft their own lantern. 2p, Riverton Museum, \$5, \$4 for children, advance registration required 307-856-2665.

## SEPTEMBER 19

**Uranium in Fremont County History:** Learn about the uranium industry in Fremont County. 6:30p, Riverton Museum, free, info 307-856-2665.

## SHOSHONI

## AUGUST 31 – SEPTEMBER 1

**Labor Day Rodeos:** Ranch Rodeo at 5p Sat. Public Labor Day Rodeo at 6:30p Sun. Art Shanley Memorial Arena, \$8, info 307-262-6094, Facebook.

## TEN SLEEP

## FIRST &amp; THIRD THURSDAYS

**Live Music:** Acoustic Open Mic Night on 1st Thu; Open JAM Night on 3rd Thu, 7p, Ten Sleep Brewing Co., info tensleepbrewingco.com.

## THERMOPOLIS

## AUGUST 23, SEPTEMBER 6, 20

**Bluegrass Jam Session:** Exxon Southside, info thermopolischamber.org.

## AUGUST 24

**Take a Hike:** White Sulphur State Bath House, Hot Springs State Park, info thermopolischamber.org.

## AUGUST 24

**Friends of NRA Pre-Season Rendezvous:** Hot Springs County Fairgrounds, info thermopolischamber.org.

## SEPTEMBER 4-8

**Weaver Cowhorse Clinic:** Hot Springs County Fairgrounds, info thermopolischamber.org.

## SEPTEMBER 12

**Dinner and a Movie:** Hot Springs County Library, info thermopolischamber.org.

## SEPTEMBER 14

**Wyoming Quarter Horse Fall Sale:** Hot Springs County Fairgrounds, info thermopolischamber.org.

## WORLAND

## AUGUST 24

**Japanese Culture in the West:** Children ages 7 and up invited to STEAM class exploring legacy of Japanese people who have lived in Worland since the early 1900s. 10a-12p, Washakie Museum, free, info 307-347-4102.



SUBMIT  
AN EVENT

Send complete  
information for the  
October issue's  
events by  
**SEPTEMBER 10!**

Please remember that events from the 20th of October to the 20th of November are included in the October issue.

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

Photos are always welcome.



Look for more events at  
[wyomingrea.org/news](http://wyomingrea.org/news).

QUESTIONS &  
SUBMISSIONS:

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

☎ [307] 772-1968

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

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

## SEPTEMBER 6

**Friday Night Wine Down:** Cash bar and hors d'oeuvres served, watercolor artist Colleen Drury to attend. 5:30-7:30p, Washakie Museum, \$10, free to museum members, info 307-347-4102.

## SEPTEMBER 14

**Harvest Festival:** Demolition derby 6p, basketball tournament, cornhole, food and craft vendors. Worland Main Street, information 307-347-3226.

## 04 | SOUTHWEST

## EVANSTON

## THURSDAYS

**Evanston Farmers' Market:** 3-7p, Historic Depot Square, free.

## FORT BRIDGER

## TUESDAYS

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

## AUGUST 30 – SEPTEMBER 2

**Mountain Man Rendezvous:** Food, kid's activities, music, competitions and more. Visitors dressed in pre-1840 head-to-toe attire enter free. Fort Bridger State Historic Site, \$5, 12 and under free, info 307-782-3842.

## LYMAN

## AUGUST 23

**Customer Appreciation Day:** Free food, snow cones, balloons and activities including a bounce house. 11a-2p, Uinta Drug Pharmacy, info 307-786-2222.

## SECOND FRIDAYS

**Lego Club:** 10a-12p, Lyman Branch Library, ages 8 & up, free, info 307-787-6556, uintalibrary.org.

## MOUNTAIN VIEW

## WEDNESDAYS

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

## SECOND WEDNESDAYS

**Chamber of Commerce Community Luncheon:** For business owners and individuals alike. \$15/plate, noon, Mountain View Town Hall, RSVP [bvchamber@bvea.net](mailto:bvchamber@bvea.net), 307-787-6378.





01



02



03

- 01 | Majestic, Ruthele Newby, Moorcroft
- 02 | Prairie flowers, Carrie Miller, Laramie
- 03 | Pearle left the prairie and came up on the porch, Nancy and Lloyd Gorsuch, Gillette
- 04 | A lonely little church on the South Dakota prairie, Pat Nelson, Cody
- 05 | Spring on Esterbrook Road, Neil Suntych, Wheatland
- 06 | Best Friends, Megan Shifflett, Laramie



04



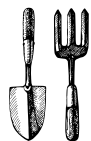
05



06

THIS MONTH:

**PRAIRIE**



OCT (DUE SEP 10):

**GARDENING**

NOV (DUE OCT 10):

**VINTAGE**





07  
08



09

- 07 | Whispers in the grass, Kara Badura, Riverton
- 08 | Elk on the prairie, Linda Torczon, Cody
- 09 | Moving to pasture, Cori Enders, Decker, Montana
- 10 | Coal train along the prairie, Judy Cramer, Thermopolis
- 11 | West Pasture, Heidi Stefanich, Beulah



10



11

JUST PICTURE IT



✉ [wren@wyomingrea.org](mailto:wren@wyomingrea.org)  
 ✉ 214 W. Lincolnway Ste. 21C Cheyenne, WY 82001  
 💬 [wyomingrea.org/wren-submissions](http://wyomingrea.org/wren-submissions)

Please include your name, hometown and a title.

Please submit high-quality digital files\* or an original we can scan, as well as details about the artwork, the artist's name, and the co-op. \*Use the highest quality setting on your camera, or save digital artwork as a .jpg or .tif file with at least 300 dpi resolution. Don't use Kodak Easy Share®.

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



PUZZLE ANSWERS



Easy as  
**PIE**

1. RHUBARB
2. CHERRY
3. PECAN
4. KEY LIME
5. GRASSHOPPER
6. BUTTERSCOTCH
7. PUMPKIN
8. CARAMEL TURTLE
9. APPLE
10. COCONUT CREAM



Introducing the World's 1st—

**Battery-Powered  
Trimmer on Wheels!**



62 VOLT  
LITHIUM-ION  
POWER!

ALL-NEW  
PULSE 62V  
Model!

ALL THE  
POWER OF GAS

USA ENGINEERED  
and BUILT\*

in a 62V fuel cell that lets you TRIM and MOW  
for up to 40 minutes on a single charge.

BUILT FOR EASE OF USE—just 45 lbs, with  
ergonomic handlebars, foam comfort grips, push-  
button electric starting, PLUS the easiest and fastest  
cord changing system on the market!

1A30BX © 2019

See the FULL LINE of DR® Trimmer Mowers—  
Gas-Powered, Tow-Behind and PTO models!

**FREE SHIPPING 1 YEAR TRIAL**

SOME LIMITATIONS APPLY

Go Online or Call for FREE DVD & Info Kit!

DRtrimmers.com  
TOLL  
FREE 888-212-0576

\*Assembled in the USA using  
domestic and foreign parts.



ONE-CALL OF WYOMING

Know what's below.  
Call before you dig.

Call 2 business days before you dig.  
It's fast, it's free, and it's the law!

811 or 1-800-849-2476



**Bike smart.  
Be seen, be safe.**





# OLD TOOLS AND MEMORIES



BY CHUCK LARSEN

Now it may seem a little bit odd that I'm submitting an article about snow at this time of year, but then again most of us who live in Wyoming have seen snowflakes fall in every month of the year, so the subject of snow in an August article shouldn't surprise anyone.

The day this story began however happened to be May 18, when on my trip out to the barn that morning to do chores, I was greeted by one of our famous Wyoming spring snowstorms. Sloshing in out of the weather and passing through the shop area of the barn, a couple of dust-clad relics from my past hanging on the shop wall caught my eye; my lineman's belt and hooks. You see, long before I became the "old" retired guy that I am today and long before I was granted the opportunity to become the general



---

manager of Carbon Power & Light, I was an apprentice and then a journeyman lineman for the co-op.

The site of those old tools on the wall and the wet heavy snow silently falling outside caused me to pause and remember. You see, late spring snows generally spark (note: old linemen like to use terms like “spark”) a variety of outages. Trees that are starting to leaf out and can’t hold the weight of the heavy snow can fall and come into contact with the powerlines. If temperature conditions are just right, the snow and dampness in the air can cause ice to build up on powerlines, causing the conductors to break or actually break the equipment and poles that hold them up. Now if you really want to make things interesting, add a generous portion of good old Wyoming wind and you can end up with a real mess.

During these storms line personnel face some of the worst of conditions. The frost has long gone out at this time of year but the heavy snow along with the underlying mud challenges the best of equipment. Just getting to the problem area can be a significant task of its own. Working in these conditions can be summed up in one word: wet. The powerline equipment is wet, tools are wet and the overall environment is soaked and saturated. Even with today’s improved waterproof apparel, the cold and damp always seems to find a way to sneak in and make you feel a little miserable by the end of a long day. And ... long days they can be. Line personnel, however, are comprised of that rare breed of individual that hates to back off until “all” the lights are back on. Even with hours of work limitations in place to ensure their safety, they tend to stretch those limitations to serve their member-owners.



Standing there in my barn that morning, dry and out of the weather, I remembered all too well what those old climbing tools of mine and I had been through on days like this; hearing the first outage calls come in, crews being dispatched, the pulling or winching out of stuck line trucks, chain-sawing downed trees and broken limbs off

**Standing there in my barn that morning, dry and out of the weather, I remembered all too well what those old climbing tools of mine and I had been through on days like this.**

the lines, splicing together broken conductors, changing out broken cross arms and insulators, replacing broken power poles, the cold sensation of water dripping off your hard hat and down your neck and hearing the office personnel’s calls over the truck radios checking on us and directing us to the next outage on the list. I can honestly say that as these memories welled up within me I suffered a tinge of “missing it.” Not so much the nasty conditions mind you, but the teamwork, the comradery and the sense of accomplishment that went with the job.

As I said earlier, I’m an “old” retired guy now and I’ve long given up my hard hat and exchanged it for a beat-up old black cowboy hat. My old climbing belt and hooks have given way to a horse and saddle – and sometimes a recliner. Today though, with Mother Nature doing her best to dampen my spirit, I’ll proudly remember ... and take my old cowboy hat off in honor of all the cooperative personnel in the field and in the office, who work hard every day to keep the lights on for all of us. **W**

---

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



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.

**Power Wheelchair For Sale.** Quantum Q-6 Edge 2.0/2.0X, raises, lowers, indoor/outdoor, used two months. Mint condition. Paid \$7000, sell for \$2000 OBO. See in Centennial, WY. 307-745-1570 or 307-742-7162. Lv msg. Will call back!

**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. Herren Bros., Box 187, Harrison NE. 1-308-668-2582.

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

**Ten 20 ft metal tower sections.** \$200/section. Laramie 307-745-4226.

07 | WANTED

**Antique Collector Looking For Oil Company Gas Pumps, Globes And Signs.** Will pay fair market value! Also looking for general antiques for our antique shop. Please go to our website FrontierAutoMuseum.com. Located in Gillette WY, our passion is to preserve Wyoming history and the nostalgia of the past, especially Parco, Sinclair, Frontier, Husky and any car dealership along with all brands. We are also always looking for WY license plates and WY highway signs and State Park signs. Please call Jeff Wandler 307-680-8647 jwandler@LNH.net or daughter Briana Brewer 307-660-2402 bbrewer@frontierauto.net.

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

**We Pay Cash For Mineral & Oil/Gas Interests** producing & non-producing. 800-733-8122.

09 | OPPORTUNITIES

**Want to work from home?** We are a legitimate work from home company. Call or email Karen at 307-222-4403 or Karen@fpc-1.com. No sales, no risk, no inventory. Your life, your dreams, your business. Website: livetotalwellness.com/karenhippe.

13 | HELP WANTED

**Warm Valley Lodge Assisted Living, Dubois, WY is hiring:** FT & PT RNs, LPNs, CNAs. 307-455-2645. SEND RESUMES: warmvalleylodge@wyoming.com.

20 | FREE

**Soon Church/Government uniting,** suppressing "Religious Liberty" enforcing "National Sunday Law." Be Informed! Needing Mailing address. TSBM Box 99, Lenoir City, TN 37771, thebiblesaystruth@yahoo.com, 1-888-211-1715.

Murphy





# Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

*Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health*

by David Waxman  
Seattle Washington:

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

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

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

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

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

## FIX YOUR GUT & FIGHT INFLAMMATION

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

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling

and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

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

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

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

## EXCITING RESULTS FROM PATIENTS

To date over 5 million 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 without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

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

## THE SCIENCE BEHIND ALOECURE

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

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

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

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

When your digestive system isn't healthy, it causes unwanted stress on your immune system,

which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

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

## REVITALIZE YOUR ENTIRE BODY

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

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

## One AloeCure Capsule Daily

- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

## HOW TO GET ALOECURE

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is 1-800-591-2946. Only a limited discounted supply of AloeCure is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-591-2946. today.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ALL DOCTORS MENTIONED ARE REMUNERATED FOR THEIR SERVICES. ALL CLINICAL STUDIES ON ALOECURE'S ACTIVE INGREDIENT WERE INDEPENDENTLY CONDUCTED AND WERE NOT SPONSORED BY THE AMERICAN GLOBAL HEALTH GROUP.





# ENCOURAGE YOUR CHILD'S CURIOUS MIND

Are you looking for something easy to do with your kids today? Go outside! Fresh air and free play improve sensory skills, positively affect physical health and promote cognitive development. Let your kids get creative in the ways they play by encouraging them to use their imaginations while they explore outdoors.



Set up a pretend  
campsite



make mud pies



Sing like a bird,  
croak like a frog



Build a fort



Look for creatures in  
the clouds



Hop like a bunny,  
waddle like a duck



Race to a finish line



Still curious? For a colorful  
activity to do together, visit:

[wyqualitycounts.org/wren](http://wyqualitycounts.org/wren)

WY  
Quality  
Counts  
.org

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



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

COMMUNICATION

SENSE OF SELF & RELATIONSHIPS

CURIOUS MINDS

STRONG & HEALTHY BODIES