

WREN

WYOMING RURAL ELECTRIC NEWS

OCTOBER ✨ 2019

CENTERPIECE

giant pumpkins

[16]

CO-OP SPOTLIGHT

JOHN FLOCCHINI

Just a Soldier

[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.



MULTI-SPORT PACK

Our Gift To You



Multi-Sport Pack included at no additional cost through 1/2/20 with packages starting at \$69.99/mo.

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

CALL TODAY
You could be watching DISH tomorrow!

888-436-5745

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

Offer for new and qualifying former customers only.

Important Terms and Conditions: Qualification: Advertisized 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.

MX_24037

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 9, October 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 40,985 for 11 months ending September 2019. 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



[16]

FEATURES

06 **ECONOMIC BENEFITS
POWDER
RIVER ENERGY
CORPORATION**

08 **CO-OP YOUTH
PRECORP'S
BROOKLYN
DURRANT**

16 **CENTERPIECE
GIANT PUMPKINS**
BY ILENE OLSON

26 **CO-OP SPOTLIGHT
JOHN FLOCCHINI**
BY KELLY ETZEL DOUGLAS

STATE NEWS & EVENTS

10 **THE CURRENT**

12 **COWBOY STATE BUZZ**

30 **WHAT'S HAPPENING**



[34]

OCTOBER ✨ 2019

ESSAYS & ANECDOTES

04 **WREA NOTES
THAT IS WHO
WE ARE**
BY MARTY ERTMAN

22 **HOME ON THE RANGE
FARMERS AND
PUMPKINS**
BY GINA SIGEL

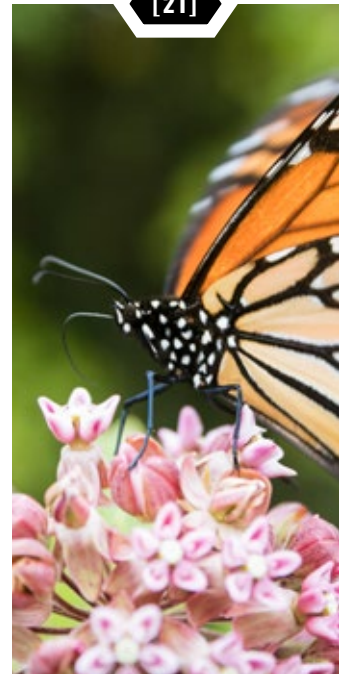
34 **ENLIGHTEN US
MY TIME OF YEAR**
BY CHUCK LARSEN

FROM OUR READERS

28 **COUNTRY COOKS
LEFTOVERS**

29 **PEN TO PAPER
SHIPPING TIME
HALLOWEEN**

32 **JUST PICTURE IT
GARDENING**



[21]

JUST FOR FUN

21 **KIDS' CORNER
MILKWEED**

24 **PUZZLE
PUMPKIN TRIVIA**
BY KENDRA SPANJER

25 **BOOK REVIEW
THE GIRL GUARDS
OF WYOMING**
BY DAN J. LYON

COVER PHOTO ✨ A bouquet of
Indian paintbrush at Miner's Delight
near Atlantic City.

PHOTO BY SCOTT COPELAND

THAT IS WHO WE ARE



BY MARTY ERTMAN, NEWCASTLE



SHAWN TAYLOR
EXECUTIVE DIRECTOR

I promise I'll be back next month with my own column but this month I wanted to share a recent Facebook post that just really made me feel proud of the people of Wyoming and love our state even more than I already do. Ms. Ertman lives in Newcastle and gave us permission to print her post and I thank her for that. Just goes to show that social media isn't always about mean tweets and gotcha politics.

As most of you know, I brag upon this great state of ours.

All ... of ... the ... time.

But I have always struggled with the question of, "Why?" Why do I love this place so much? What makes it any different than any other state?

I can't answer those questions without the standard platitudes: she's beautiful, she's wild, she's home. And while those are great reasons, there has always been that something I couldn't pinpoint. But on that Saturday the answer was staring me in the face.

Times 26,000.

On August 31, during the Wyoming Cowboy football game, a fallen recruit was honored. Naphtali Moimoi was a California high school standout who signed with the University of Wyoming last December. But fate stole his and his family's dreams when a riptide took Naphtali's life.

This should have been his inaugural game. Maybe he would or would not have played that day but he would have donned the colors of the home team. He would have been swept up in the fever because he was a Cowboy. But that day would never come.

Except that it did.

During halftime, Naphtali's family was honored. They stood in the end zone as the story of Naphtali was broadcast on the loudspeaker. An image of a uniform emblazoned with his last name hovered on the video display. And the moment was topped with a rainbow.

As his story was being told, I looked around. All eyes were on that family standing at the north end of the field. Rapt attention was given to a boy we never knew. A player we never cheered. A promise that was never kept.

And the tears fell. And the roar of the crowd was deafening when the tribute was over.

Once a Cowboy. Always a Cowboy. Regardless.

And then, Coach Bohl gave that family the biggest hug.

I found my "Why."

UW didn't have to honor a fallen player. Especially one that never had the chance to contribute. But they did because that is who we are. A family of 500,000 plus members who care about each other.

And it's not just about UW.

On the Friday before Wyoming's game, Riverton and Powell high schools met to play on Riverton's gridiron. Friday night football at its finest. But the Powell team would be without their quarterback because he was involved in a life-threatening car accident on Tuesday. He was in a medically induced coma awaiting surgery.

So the Riverton folks gathered up over \$5,000 to help with medical expenses.

Read that again.

The Riverton folks gave to the Powell quarterback.

Why? Because that's who we are.

And yes, this is nothing new to Wyoming. Every day, every weekend, every town, we support, give and believe. I have watched it happen in my little burg dozens of times. It's so ingrained in our nature that we often take it for granted.

But when you stand among 26,000, you notice.

There are no textbooks to teach kindness, empathy or altruism. Those traits are taught by example. And what an example we saw that Saturday evening.

That's the "why" and that's Wyoming.

The World Needs More Cowboys.

Indeed.

At Tri-State


Our cooperative approach to a clean grid starts now.

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

www.tristate.coop/responsibleenergyplan



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



Warm Valley Lodge
Assisted Living • Life Celebrated • Independence Respected

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

POWDER RIVER ENERGY CORPORATION

COUNTIES

CAMPBELL, CROOK, JOHNSON, SHERIDAN, WESTON

2.44

METERS PER MILE

27,582

METERS SERVED

Powder River Energy Corporation (PRECorp) positively influences the lives of its member owners by providing reliable, efficient, and affordable energy service, community and business development assistance, and addressing community needs through the charitable work of the PRECorp Foundation.

AT THE CO-OP



135 FULL-TIME EMPLOYEES



203 HOUSEHOLDS SUPPORTED



301 JOBS CREATED IN THE LOCAL COMMUNITY



\$183,972,716 SALES

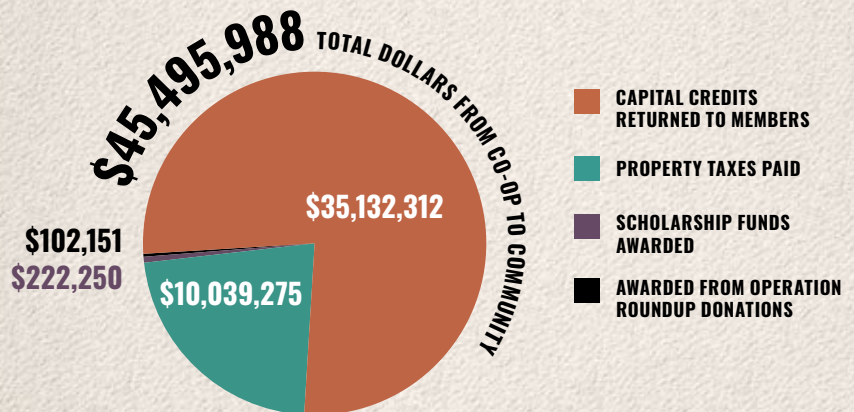


\$11,860,389 PAYROLL



\$20,958,789 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 Powder River Energy Corporation is an economic driver in the local community.

IN THE COMMUNITY: Between 2007 and 2017, Powder River Energy Corporation gave more than \$45 million back to the community.

Numbers are rounded to the nearest dollar.

Now you can ease your fear of falling while walking more naturally.



The Perfect Walker II enables you to walk upright and avoid falls.

What did you tell your children the whole time they were growing up? "Stand up straight, don't slouch!" Well, now that you are one of the countless Americans who use walkers and rollators for safety and mobility, why aren't you heeding your own advice? Until now, using these products meant shuffling along, hunched over, eyes down, with your weight centered on your hands and wrists. Instead of promoting safety, these products lead to bad posture, an unnatural gait and a risk of additional injury from not seeing where you are going. Now, there's a better way.

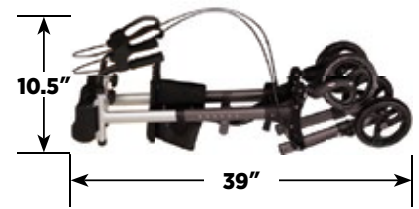
The Perfect Walker II has solved the uncomfortable bent over posture that has plagued users of traditional walkers and rollators. It enables you to walk safely and comfortably in a natural, upright position. It features innovative forearm support cuffs that support your weight with your arms and shoulders, keeping you standing in a natural way. It is height-adjustable for users up to 6 feet tall. No more leaning forward, stretching, slouching or crouching- no worrying about toppling over or losing your balance. Best of all, when you are walking, you are looking forward, not down.



Comfortable Seat

18.5" wheelbase for stability

Supports up to 300 lbs.



Easy Folding Compact Design

Look forward to going more places more often!

Perfect Walker II folds up for transit or storage with a dual-folding design, making it compact and easy-to-handle, weighing only 18 pounds. It's extremely simple and convenient to take and use just about anywhere. It features an advanced braking system, a secure locking mechanism and a stable wheel base. The rear "walking space" of the Perfect Walker II is wider than traditional rollators, giving you a greater range of motion and a natural, comfortable walk.

So take your own advice, and stop slouching. Call today to find out how you can get a Perfect Walker II. You... and your children, will be glad you did. Call Now!

Perfect Walker II
Call now Toll-Free
1-888-684-2151

Please mention promotion code 111104.





CO-OP YOUTH

Wyoming's rural electric cooperatives are proud to support our youth, giving college scholarships and lineman scholarships.

In addition, our co-ops sponsor high school students on the D.C. Youth Tour in June and Youth Leadership Camp in July.

THIS MONTH:

Powder River Energy Corporation sent Brooklyn Durrant on the National Rural Electric Cooperative Association's D.C. Youth Tour in June.



Interested in applying for a scholarship, D.C. Youth Tour and/or Leadership Camp? Contact your local rural electric cooperative! See the insert in the center of the magazine for contact information.

BROOKLYN DURRANT



HOMETOWN:

Buffalo

HIGH SCHOOL ATTENDED:

Buffalo High School

YEAR OF GRADUATION:

2020

COLLEGE:

Planning on attending BYU or UW

MAJOR STUDY INTEREST:

Interested in political science, medicine and acting

WREN: Tell us about your studies and interests.

BD: I am a senior at Buffalo High School, I take multiple advanced placement classes and love all of them. I am very interested in science and would love to go on to create a career in it. If not science then definitely acting. I have been involved in many school plays and just enjoy the people and the friendships you build from stepping out of your comfort zone. I am involved in clubs like Future Business Leaders of America, Students Against Violating the Earth and the National Honor Society.

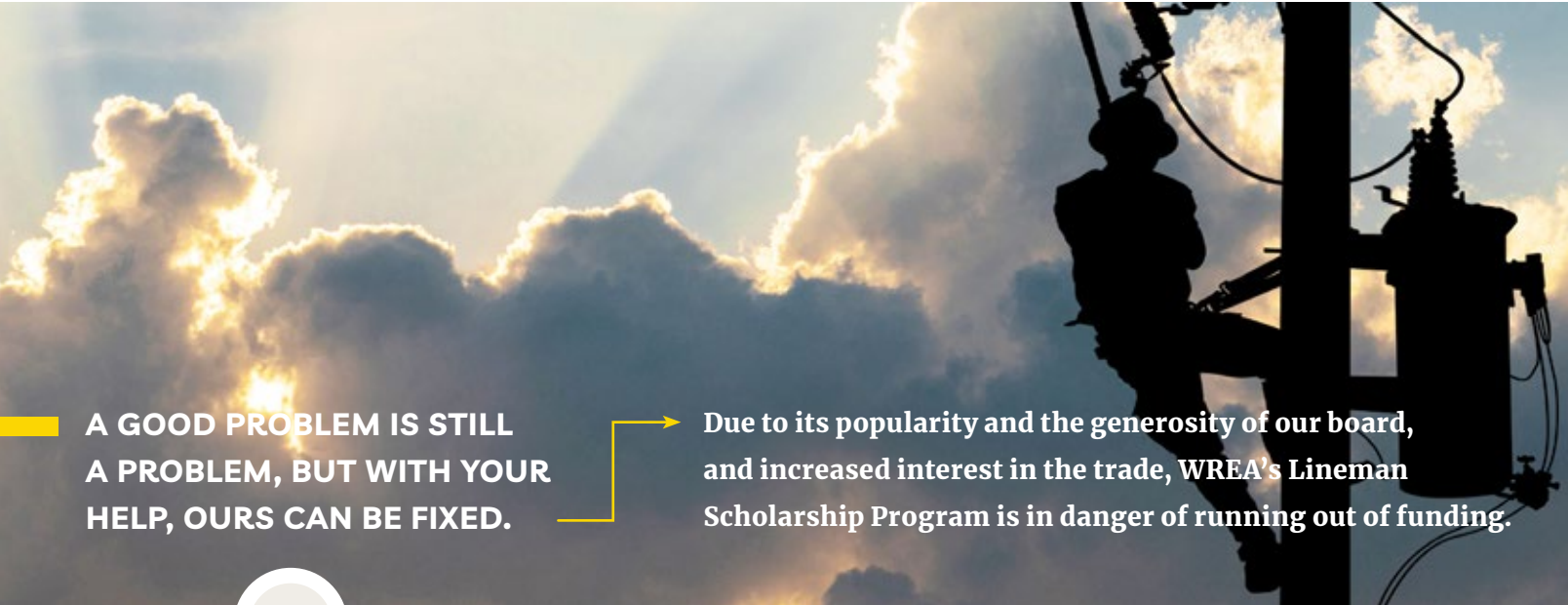
WREN: How have your hometown, family and/or friends influenced you?

BD: I think the most influential people in my life are my family. I spend most of my time with them and love each of them. I have three older sisters and two brothers who have each influenced me in different ways and have made me into the best version of myself that I could be. My eldest brother, Hayden, got me interested in theater and my sister closest to me in age, Morgan, has always been there to help me with homework or just to listen about my day. My other brother Sheldon showed me how to be a leader and love everyone even if they have done me wrong. My two eldest sisters, Laurin and Afton paved the way for all of us in that they both went to college and went after what they wanted and found happiness along the way. I'm very blessed and grateful to have such amazing relationships with my siblings and to have parents that love and support everything I do.

WREN: What are your plans for the future?

BD: I plan to go to college and find a major that will lead me to a career that I will hopefully be passionate about and happy with.

LINEMAN SCHOLARSHIP FUND



A GOOD PROBLEM IS STILL A PROBLEM, BUT WITH YOUR HELP, OURS CAN BE FIXED.

Due to its popularity and the generosity of our board, and increased interest in the trade, WREA's Lineman Scholarship Program is in danger of running out of funding.



WHAT IT IS

The WREA Lineman Scholarship offers scholarships year-round to one or more individuals, including recent high school graduates who are interested in a career as a lineworker and plan to attend an approved regional lineworker training program.

SCHOLARSHIPS RECEIVED

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



CANDIDATES

To be considered, applicants must submit the application form, a resumé describing their education and work experience, three letters of recommendation and a transcript of grades. (If the candidate has not attended an educational institution in the three years prior to submitting the application, the transcript is not necessary.)

Candidates must submit their scholarship application to the Wyoming Rural Electric Association; they are then passed on to the WREA board for consideration.



FUNDING

For over a decade, the scholarship's main source of funding has come from a fundraising golf tournament during the Cody Hotline School. Vendors, cooperatives and others who do business with cooperatives have been solicited for donations to the fund. It has been very successful, raising as much as \$20,000 in some years.



A GOOD PROBLEM IS STILL A PROBLEM

Because of the board's generosity, and due to the fact that distribution systems statewide have done a good job promoting the lineworker trade, schools and scholarships, the fund is beginning to run out.

In 2019, the WREA board agreed that we should start to look at other sources of income for the scholarship fund by reaching out to our membership and others who may want to make a contribution.

DONATIONS CAN BE MADE BY:



Calling the WREA Office Manager, Robin Feezer: (307) 634-0727



Mailing a check to the WREA Office: 2312 Carey Ave. Cheyenne, WY 82001
Make check out to WREA Lineman Scholarship

PRECORP TACKLES CHALLENGES AT ANNUAL MEETING

About 300 members attended the Powder River Energy Corporation (PRECorp) annual meeting in Buffalo on August 24.

The group easily met the required quorum to conduct co-op business, and was treated to free health screenings from Wyoming Health Fairs, a barbecue lunch and entertainment by guitarist and fiddle player Maxi Wuerker of Buffalo.

ANNUAL MEETING



Gerry Geis, secretary/treasurer for the PRECorp board of directors, gives the treasurer's report during the co-op's annual meeting.

PRECorp CEO Mike Easley addressed the membership with some bad news and a lot of hope. He announced a rate increase for 2020, explaining, "This increase is necessary as we are projected to have a \$1 million operating loss in 2019, in spite

of the millions of dollars in cost reductions we have been able to achieve over the past several years."

Easley praised the co-op's board of directors and employees, who have been proactive rather than reactive to the changes coming their way. PRECorp did not suffer any pre-petition losses in the recent bankruptcies of two area coal mines, Easley said, because it had implemented a new credit policy to manage the risks of large loads.

Three board members were up for re-election at the meeting; Gerry Geis, Jim Purdy and Reuben Ritthaler. All three ran unopposed and will serve on the board for three more years.



PRECORP'S 75TH ANNIVERSARY ANNUAL MEETING IS SCHEDULED FOR SATURDAY, AUGUST 22, 2020, IN SUNDANCE.

When your patients come first, the rest will follow.

This award recognizes Cheyenne Regional's commitment to ensuring heart failure patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, with the goal of speeding recovery and reducing hospital readmissions for heart failure patients.



**Cheyenne Regional
Medical Center**
We Inspire Great Health!

214 E. 23rd St.
Cheyenne, WY 82001
cheyenneregional.org





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

PRIDE IN PERSEVERANCE: CENTENNIAL FARM & RANCH AWARDS

Few businesses can survive for 100 years, and it's a great success when they do. The same is true for the 20 families who were recognized for operating 100 years or more during the Centennial Farm and Ranch award ceremony in Douglas in August.

"One hundred years is not an easy thing to pull off. Not only do you have to be good at agriculture but a viable business," said Doug Miyamoto, director of the Wyoming Department of Agriculture.

Honorees at the ceremony came up front for a photograph with the governor and Wyoming congressional delegation. The families each received a metal centennial sign to display on their property, along with a framed certificate.

The Wyoming Rural Electric Association is a partner in the Centennial Farm and Ranch program, and WREA Executive Director Shawn Taylor is a member of the program's board.



PHOTO BY KELLY ETZEL DOUGLAS

The Weaver and Maddison ranch families received their Centennial Farm and Ranch awards together. Organizers noted that the families' ranches are located next to each other, and operate so closely that there is no fence dividing their property.

YEAR EST.	FAMILY	RANCH	TOWN
1919	Happy Tyrrel Family	Happy's 3J Ranch	Lusk
1919	Lamb Family	Lamb Ranch	Sundance
1919	Jordan Family	Nine O Cattle Company, Inc.	Lusk
1888	Steers Family	Steers Ranch, LLC	Lander
1915	Voight Family	The "Triangle-M" Voight Ranch	Chugwater
1916	Gary and Judy Lewis	Lewis Ranch	Gillette
1914	Boynton and Anna Alter	Alter Homestead	Jay Em
1908	Towns Family	Towns Family Farm	Cheyenne
1912	Gweenie Weaver/Derald and Maritza Maddison	Maddison Ranch	Aladdin
1913	Gwennie Weaver	Weaver Ranch	Aladdin
1919	John Armstrong, Jean Armstrong, Bill & Annette Bregar	Armstrong Ranch	Lander
1895	Atkinson Family	Atkinson Sheep Creek Ranch	Medicine Bow
1919	Newkirk & Smith Families	Arrowtail Ranch	Medicine Bow
1919	Everett, Robin, Tyler and Paige Miller	Miller & Son Ranch	Parkman
1903	Robert (Bob) R. Johnson	Johnson Family Ranches	Lusk
1917	Kirk and Janet McNutt	McNutt Ranch	Glendo
1919	Merle McClure Family	McClure Ranch	Recluse
1917	Pellatz & Neumiller Family	Sunshine Valley Ranch	Douglas
1919	Baxter Family	Baxter Ranch	Glendo
1883	Kimble Family	Five Diamond Ranch	Banner

★
FOR MORE INFORMATION, OR TO APPLY FOR THE 2020 CENTENNIAL FARM AND RANCH PROGRAM, CONTACT THE WYOMING HISTORICAL PRESERVATION OFFICE AT 307-777-3418.

WYOMING TRIVIA

WYOMING HUNTERS



Fall is the season for pumpkins, for football and for hunting. Wyoming doesn't just draw hunters from out of state, residents are out there too.

How many Wyomingites are out hunting? We can get a pretty good estimate by looking at the Wyoming Game and Fish Department's resident hunter counts from 2018.

GAME	# OF ACTIVE HUNTERS	HARVEST TOTAL	HUNTER SUCCESS
ANTELOPE	22,472	20,981	93.40%
DEER	42,935	28,030	65.30%
ELK	44,298	19,020	42.90%
MOOSE	247	224	90.70%
BIGHORN SHEEP & MOUNTAIN GOAT	146	103	70.50%
BISON	42	30	71.40%
BLACK BEAR	3,118	332	10.6% ENTIRE SEASON

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

APP BOOSTS WELLNESS TRACKING FOR WYOMING FAMILIES

FROM THE WYOMING DEPARTMENT OF HEALTH

A free, customized mobile phone app offered by the Wyoming Department of Health (WDH) can boost Wyoming family wellness by offering useful health tools and tracking resources.

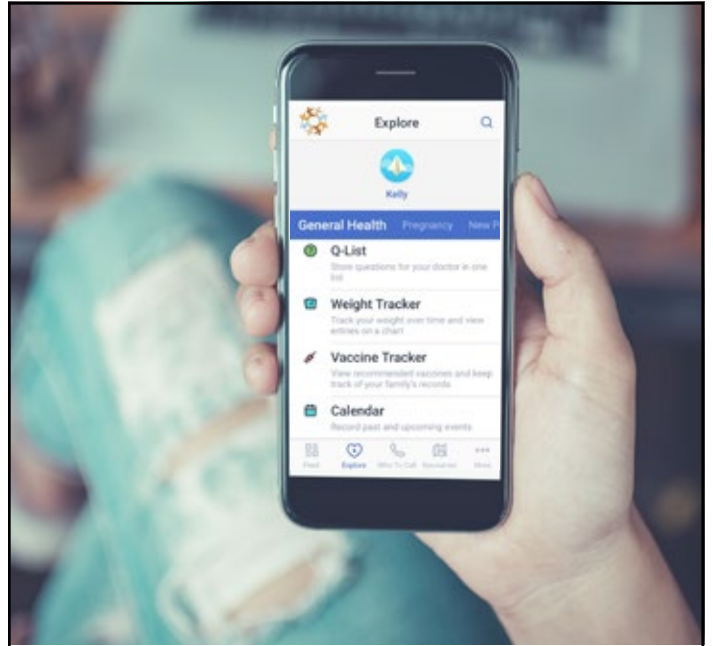
My 307 Wellness is an interactive app with reliable, credible health information and tailored details and connections to Wyoming resources.

“There’s a lot of information out there about health topics and some of it is, frankly, questionable. We want *My 307 Wellness* to be a resource Wyoming residents can trust,” said Angie Van Houten, community health section chief with the WDH.

Van Houten said the app’s tools help users navigate and track unique health milestones and needs for themselves and for family members of all ages.



The app can be downloaded by searching “My 307 Wellness” in either the Apple or Google Play app store or by texting WELLNESS to 307-317-0819 for a link.



THE MY 307 WELLNESS APP'S CONTENT AND FEATURES INCLUDE:

- Profiles for every family member
- Health and developmental milestones by age, including screenings
- Vaccination tracker, plus weight and height trackers
- Click-to-call function for direct access to users' health teams and local health resources
- Feeding, diaper and growth trackers for young family members
- Information on free, local developmental screenings

SPECIALIZED APP OPTIONS CONNECTED WITH PREGNANCY INCLUDE:

- Personalized daily and weekly pregnancy tips and milestones
- Health trackers for weight gain and baby kick counter
- Symptoms and issues information
- Baby Boost meditation feature for relaxation



Wind River
HOTEL & CASINO
RIVERTON, WY

Play.Stay.Win!®

f t i

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

For reservations call 866.657.1604
WindRiverCasino.com

ELMER FAUST PHOTO COURTESY OF MCCrackEN RESEARCH LIBRARY, BUFFALO BILL CENTER OF THE WEST

CODY MAN INDUCTED INTO WYOMING AVIATION HALL OF FAME

FROM THE WYOMING DEPARTMENT OF TRANSPORTATION

The Wyoming Aviation Hall of Fame honored the late Elmer Faust on Sept. 28 at the Buffalo Bill Center of the West in Cody.

Faust's major contributions to Wyoming aviation include his role in the development of aviation in Cody and the exceptional aircraft maintenance he provided to pilots in the Big Horn Basin and beyond.

Faust began flying in the 1920s. While working as an auto mechanic in Cody, Faust built his first airplane, a Corben Junior Ace, from a kit. During that time Faust, along with several other Cody residents, cleared a pasture of rocks and brush to form a landing strip at what is now the Yellowstone Regional Airport. The terminal was named the E.E. Faust Terminal in his honor in 1992.

In 1949, Faust formally established Cody Aero Service, and for many years was the only mechanic in the Big Horn Basin and surrounding area. Though aircraft maintenance was his primary business, rebuilding older aircraft was his passion. He rebuilt several aircraft, including a 1933 WACO UIC that eventually was donated to the National Air and Space Museum's reserve collection of historically significant aircraft. Faust also built and modified a late-1940s Piper PA-12. This airplane became known as the Faust 301 and is still flying in 2019.

During World War II, Faust served his country as an instructor at Hancock College of Aeronautics in California where he taught aircraft mechanics and engines. This included being the lead instructor for a new program designed to train young women to be aircraft mechanics.



For more information about the Wyoming Aviation Hall of Fame or to nominate an individual, call 307-766-2563.



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

giant pumpkins

Charlie Brown would have no problem finding a great pumpkin in Jay Richard's pumpkin patch. In fact, Charlie would find three very large pumpkins on Richard's property, south of Worland.

We're not just talking about big pumpkins — we're talking giant. On Sept. 6, the largest of the three weighed approximately 1,020 pounds, with a circumference of more than 14 feet. That pumpkin's name is Keira, and she was only 55 days old at the time.

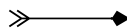
Growing a pumpkin that large is no small accomplishment, literally and figuratively. That's especially true this year.

"It's been a very difficult time growing pumpkins this year," Richard said. "Remember the spring we didn't have? We just had winter until June."

Keira's blossom was pollinated on July 12. That's about three weeks later than usual for pollinating a pumpkin blossom, Richard said.

Despite those challenges, Keira set a new daily pumpkin growth record for Richard in mid-August, gaining an estimated 42 pounds in 24 hours. In early September, she was still growing about 20 pounds per day. Unfortunately, she suffered some damage to her main vine at the end of the first week in September, so her growth slowed to about 10 pounds per day.

Still, despite that damage, plus the cold, rain, hail and wind he battled this spring and summer, Richard was hopeful that Keira the giant pumpkin would be even larger than the 1,043-pound pumpkin he grew during a much better growing season last year.



BY ILENE OLSON

“ It’s been a very difficult time growing pumpkins this year,” Richard said. “Remember the spring we didn’t have? We just had winter until June.”



Jay Richard poses with his great pumpkin, Keira, in August.



Jay Richard poses with his great pumpkin, Fiona, in August.



ROWING AND SHOWING

Keira was a contender in the Wyoming State Championship Weigh-Off for pumpkins in Worland on Sept. 28, an event sanctioned by the Great Pumpkin Commonwealth, an international organization that sets standards for giant pumpkin growers.

The plant that produced the male flower from which Keira was pollinated grew from the seed of a pumpkin that weighed 1,181 pounds. That was Wyoming's champion pumpkin last year, grown by Ron Hoffman of Riverton.

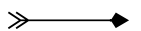
Richard considers pumpkins female because they carry seeds, so he gives all of his pumpkins female names.

His other two pumpkin prodigies this year bear the names of Fiona and Sasha. Fiona, while not

a contender for the biggest pumpkin, also is a giant, weighing an estimated 850 pounds on Sept. 6.

Sasha, the lightweight of the three, was still a giant. She was destined to be dropped 160 feet from a crane during the annual pumpkin weigh-off, to become "squash" in the truest sense of the word, to the delight of the crowd of people who gathered at the Big Horn Co-op Marketing Association in Worland for the annual event.

Sasha was the second of Richard's pumpkins to meet that fate. The first, last year, was dropped from a crane onto an old car, which also was squashed when the pumpkin caved in its roof and made a giant splat inside, while 400 people watched. A video from that event, "Wyoming State Giant Pumpkin Drop," can be viewed online at www.youtube.com/watch?v=N7uh3o9eLpU.





Growing a giant pumpkin isn't that hard, according to Richard.

The important things you need are:



A large garden plot.

One giant pumpkin plant will take up about the space of a two-car garage, Richard said.



Fertile soil.

"The No. 1 thing is compost."

Richard said he put about 2,000 pounds of compost in the soil where he grew his competition pumpkin this year. That was primarily horse manure, along with some grass clippings, autumn leaves and coffee grounds from a local coffee shop.

Richard has his soil tested once or twice per year. He takes his results to Caitlin Youngquist, University of Wyoming extension educator for Washakie County, for consultation.



Giant seeds.

Giant pumpkin seeds are available free of charge from Richard or from Youngquist.

You can reach Richard at 307-347-2071 or at jaysdetail@rtconnect.net.

Youngquist can be reached at cyoungqu@uwyo.edu or 307-347-3431.



Lots and lots of water.

"Each plant will take at least 100 gallons of water per day" as the plant matures, Richard said. "I probably put on 200 gallons per plant."



Material, such as a bedsheet and some poles to create a tent over the pumpkin.

While the plant needs abundant sunshine, the pumpkin needs to be protected from the sun to prevent its shell from becoming hard and splitting as it grows.

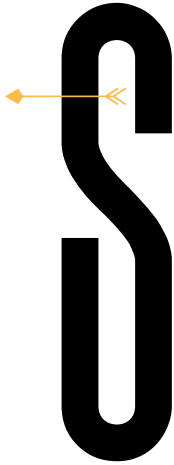


A little effort.

Champion pumpkin grower Ron Hoffman of Riverton showed Richard how to prune pumpkin plants, how to provide consistent water and how to bury the vines on pumpkin plants. That encourages extra root growth and provides additional water and nutrients for the growing pumpkin. Only one blossom on the plant is allowed to mature into a pumpkin.

Youngquist also encourages people who are interested to try growing a giant pumpkin.

"With very little effort, you can get a very large pumpkin, and with a little effort, you can get a giant pumpkin," she said. "You can't hardly stop them from growing."



TARTING SMALL

Richard started growing giant pumpkins in 2003. The first pumpkin weigh-off he attended was organized by Sarah Lungren of Worland in 2011. That year, Steve Tharp had a pumpkin that weighed 512 pounds.

“I took my little 55-pound pumpkin and set it on top of his, and I had a little pumpkin envy,” Richard said.

Since then, his pumpkins have gotten bigger every year. “It’s funny how you get used to things,” he said. “Five hundred pounds used to sound really big. Now, it’s like, ‘Come on, we’re 35 days in. Why are we not at 500 pounds yet?’”

As of 2018, the prize for biggest pumpkin in the weigh-off has gone to Hoffman each year. But, instead of guarding his secrets for giant pumpkin success, Hoffman freely shares them with other growers. He has served as a mentor for Richard, and Richard is paying that kindness forward in any way he can, such as organizing the annual weigh-off, giving seeds away and helping other people grow bigger pumpkins.

Richard said his pumpkins go on a traveling tour every fall. “We show them at elementary schools, preschools, nursing homes, the Kiwanis Club and other places. I tell all about the pumpkins’ names and their stories. And I get exactly the same reactions at the nursing homes as I do in preschools.

His aim is “to see the wonder in people’s eyes when they see how big the pumpkins are, and to hopefully get a twinkle in some of these kids’ eyes,” he said. “It’s the tool I’ve used to get people to put the electronics down, go outside, root around in the garden. Get your hands dirty, smell the soil, feel it and think about where food comes from.”

Richard noted that the largest pumpkin ever grown in the United States weighed 2,528 pounds, grown last year in New Hampshire.

“But here in Wyoming, growing a pumpkin that weighs more than 1,000 pounds is a really big deal,” Richard said. “There’s only a few things on earth that grow as fast as these pumpkins do.” **W**

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

“

Five hundred pounds used to sound really big. Now, it’s like, ‘Come on, we’re 35 days in.’



Jay Richard compares his pumpkin seeds with a penny.

PHOTO BY ILENE OLSON

*What's so
 special about*

MILKWEEDS



- 1 They are the only plant that monarch butterflies will lay their eggs on, and the only plant that monarch caterpillars will eat.
- 2 Milkweed flowers produce prodigious amounts of nectar and attract pollinating insects galore!
- 3 They have unusual flowers: The five petals are folded downward to expose a unique crown of hoods and horns.
- 4 In order for pollination to occur, an insect must pick the pollinium, a sticky mass of pollen, from one flower, transfer it to another flower and successfully insert it into a slit in the crown.
- 5 They produce cardenolides, also called cardiac glycosides, steroids that can cause cardiac arrest. Milkweeds are not the only plants that produce cardenolides, but they have the worst reputation for it. Monarch caterpillars use the cardenolides to their advantage: They sequester the cardenolides in their bodies, which makes them (and adult butterflies) taste terrible. Predators like birds quickly learn to avoid them as food.
- 6 Milkweeds have long been recognized for their medicinal properties. *Asclepius*, for whom milkweeds (genus *Asclepias*) are named, was the Greek god of medicine.



PLANTING MILKWEEDS IN WYOMING

For a packet of swamp milkweed seeds and a booklet to help you identify monarchs and the milkweeds of Wyoming, send an email to biodiversity@uwyo.edu or call 307-766-6279. Be sure to include your name and mailing address in your message.

CARDINOLIDES ARE TOXIC TO MOST ANIMALS, including humans, their pets and livestock. But because milkweeds taste awful, most animals avoid them. However, showy milkweed (*Asclepias speciosa*) can become a problem in pastures and hayfields. Three counties in Wyoming (Niobrara, Park, Sweetwater) consider showy milkweed a noxious weed – so don't plant that species if you live in one of those counties!

A different species, swamp milkweed (*Asclepias incarnata*), is a better choice for gardens in Wyoming. It is native only to the eastern third of the state, but will do well in gardens anywhere. It is available as an ornamental from many nurseries, and can be easily grown from seed, so long as the seed is planted in the fall. Like many Wyoming plants, the seeds need to be moist and cold for many weeks before they will germinate. Most milkweeds require a bit of extra water in the garden (which is why they do well along roadsides and ditches).

Farmers & Pumpkins

BY GINA SIGEL

Diversity is the spice of life. And it can be the key to profits for farmers and ranchers. Fall harvest can mean reaping the rewards not only from the field, but from the actual experience of the event. An experience that comes together perfectly in a pumpkin patch.





F

irst, you have to raise them. While I can't tell you specifically which varieties of pumpkins are best suited for Wyoming's climate zones, the type of pumpkin you plant is based on its intended use. For eating, I'm told to go for a sugar pie, kabocha or carnival, which sound both delicious and diverting. However, growing pumpkins for carving is a different story, altogether.

According to the History Channel, carving pumpkins is an American tradition that finds its roots (pardon the pun) in Ireland and Scotland, where large turnips and potatoes were used. Rough faces were carved into flesh and lit with candles to scare off evil spirits in the shoulder season between harvest and the darkness of winter, during a traditional festival called Samhain. There is an Irish folktale about "Stingy Jack" who tricked the devil in a variety of feats that landed him with no place in the afterlife. Not being welcome in heaven or in hell, he was sent off into the dark night with only a lit piece of coal which he placed in a hollowed-out turnip. The foreboding spirit came to be known as "Jack of the Lantern" or "Jack-o'-Lantern."

In America, carving pumpkins for jack-o'-lanterns was first recorded in poems around the mid-1800s but didn't grow in popularity until the 1920s. When it comes to growing pumpkins for carving,



If life hands you lemons, make lemonade. If life hands you pumpkins, make spice lattes.

John Howden from Massachusetts stands at the top of the heap. His creation, aptly named the Howden pumpkin, came to fruition in the 1960s and is still the most popular variety raised today.

The final numbers are the last step before harvest. According to the magazine *Agweek*, 1,000 pumpkins per acre is a good yield. Which means you don't need very much land to capitalize on the fall trend. That acre can gross \$1,400 at 7 cents/pound for an average 20 lb pumpkin. However, harvest labor reduces the profit margin significantly. Lucky for all of us, pumpkins are easier and more fun than most crops to gather in at the end of the season. In fact, even

a child could do it. Which is where farmers can diversify to capitalize on the experience of agritourism.

Agritourism is an industry where guests visit farms and ranches to participate in an educational, agricultural experience. Visitors pay to interact with food and animals in an experience often lost to "city dwellers." In autumn, the results are corn mazes, wagon rides, apple picking and pumpkin patches. And I know plenty of ranches and farms where people are lining up at the gate, ready to get in on some good, old-fashioned fall harvesting. And guess what? According to the *Old Farmer's Almanac*, corn and pumpkins are good growing partners. Potatoes? Not so much.

Of course, there are also naysayers, although not specifically to the practice of pumpkin farming. A friend of mine has a sister that objects wholeheartedly to pumpkin-flavored dessert concoctions, mandatory Thanksgiving pies excluded. "Pumpkin is a vegetable!" she says. No one would eat squash-flavored ice cream, squash spice coffee or vegetable milkshakes. I guess she considers it more of a trick than a treat.

Yet, here we are. Squarely rooted in squash season. Pumpkins become decoration, sculptures and the flavor of the times. I tip my hat to those of you raising pumpkins here in Wyoming and all the opportunity that might provide. If life hands you lemons, make lemonade. If life hands you pumpkins, make spice lattes. **W**

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



PUMPKIN

TRIVIA

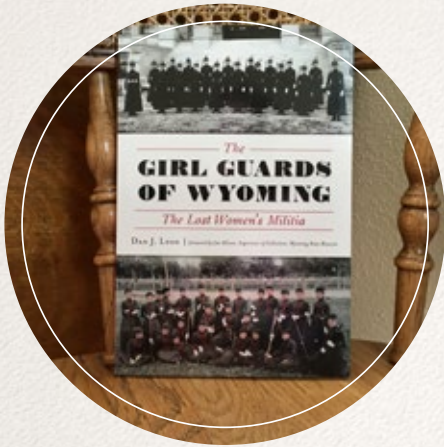
BY KENDRA SPANJER

Test your squash savvy by filling in the blanks below. One special letter in each mystery word is indicated by a circle, and is necessary to complete the secret message below. Ready to con-“seed” defeat? Roll to page 36 for the answers.

- 1 ○□□□□ produces more pumpkins than any other nation.
- 2 The top pumpkin-producing US states are ○□□□□□□□, □□○□□□□, □□□□, □□□□□□□○□□□□ and ○□□□□□□□□□□.
- 3 The first known pumpkin was discovered in northeastern ○□□□□□.
- 4 Americans refer to at least ○□□□ different species of squash as “pumpkins”...
- 5 ...but folks in □○□□□□□□□□ use the term “pumpkin” when referring to any winter squash.
- 6 The best time to plant pumpkins (in the northern hemisphere) is in early □□□○.
- 7 Pumpkins are a great source of ○□□□□□□ □.
- 8 The tradition of carving jack-o'-lanterns comes from □□○□□ mythology ...
- 9 ... but before arriving in the US, these folks carved lanterns from □□□□□○□.
- 10 □□○□□□□ is another name for the pumpkin’s edible seeds.
- 11 All parts of the pumpkin plant are edible; the ○□□□□□□ is a traditional delicacy in the American Southwest.
- 12 □□□□○□□□ is the competitive activity of using a mechanical device, such as a catapult or trebuchet, to throw pumpkins.

“I would rather s○t on a ○○m○□○ and have it all to ○○sel○, than ○e
○rowde○ on a ○el○et ○ush○on.”

– Henry David Thoreau



THE GIRL GUARDS OF WYOMING:
**THE LOST
 WOMEN'S MILITIA**

BY DAN J. LYON

Description by Arcadia Publishing

ORDERING INFORMATION:

2019 | 128p. | \$21.99

ISBN: 9781467140751

Publisher: The History Press, a division of
 Arcadia Publishing

Available at local and online booksellers,
 or by contacting the publisher at
arcadiapublishing.com.

In the summer of 1890, an army of teenage women with swords drawn and rifles at the ready marched resolutely toward the state capitol to deliver a message to Governor Francis E. Warren and the nation: women want equal rights. As Company K walked alongside women's suffrage pioneer Esther Morris, one could hear the rhythm of their feet keeping step in perfect cadence. Western history remembers murderers, outlaws, prostitutes and saloon girls but not the famous Girl Guards, whose military precision rivaled that of West Point cadets. Author Dan J. Lyon offers the definitive and evocative account of the young women warriors who defined the Equality State.



WIN A **FREE** COPY OF **THE GIRL GUARDS**



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

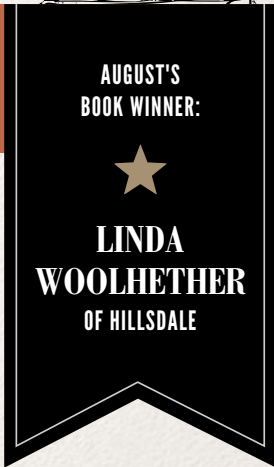
📧 [wyomingrea.org/
 wren-submissions](http://wyomingrea.org/wren-submissions)

Name:

Phone:

Address:

ENTRIES DUE BY NOVEMBER 10
One entry per household, please.





PHOTOS BY TIM VELDER

JOHN FLOCCHINI

Just a Soldier

BY KELLY ETZEL DOUGLAS

Durham Ranch President and PRECorp Foundation Board Chairman John Flocchini's story is about a California boy who spent his summers in the Cowboy State, and a man who finds joy in stepping out the door of his ranch house to go for a run on a dirt road. It's also the story of an important charity in northeastern Wyoming.

BUFFALO STAMPEDE

Let's start with the running. Flocchini is a passionate runner, logging many miles on the open plains at Durham Ranch near Wright. He had an idea to invite others to come and run with him, and with the help of family and friends, organized the Durham Ranch Buffalo Stampede, an annual fun run for charity now in its 18th year. At first, the event chose just one organization to receive the money that was raised each year, but then, "We had grown to the point where one of the



Starting the runners at the Durham Ranch Buffalo Stampede.

John Flocchini donates meat to the soup kitchen in Gillette.

charities told us, 'there's two years of our revenue,'" Flocchini said. "Maybe we should reach out and help more. That's when we reached out to PRECorp."

A founding member of PRECorp Foundation, Flocchini was already familiar with the good that the organization does for northeastern Wyoming. About five years ago, the Durham Ranch Buffalo Stampede began partnering with PRECorp Foundation to expand its reach, and immediately became one of the foundation's major events.

PRECORP FOUNDATION

Not every rural electric cooperative has a foundation. PRECorp officially launched its philanthropic arm in 2008; their focus is on charitable needs within the PRECorp service territory and addressing the needs of PRECorp members. The foundation donates to food pantries, veterans' groups, children's programs and more.

To stock food pantries in each of the counties in PRECorp's territory, Durham Ranch has donated bison meat and the foundation buys beef and pork from local 4H livestock fairs. Meat donations by the foundation were worth \$23,097 in 2018; more than a ton of the donated meat is stored in Durham Ranch's facilities every year.

"We just restocked our freezer after fair season, we're already starting to distribute," Flocchini said. He referenced recent layoffs in the Gillette area, saying, "There's been some ripple effects and we've tried to be proactive and reach out to these groups and see what their needs are with the mine closures."

AN ACTIVE BOARD

During a phone call with WREN magazine in September, Flocchini was preparing for the next PRECorp Foundation board meeting. He noted that foundation board members each represent a different county and had been speaking to contacts in their regions to assess what needs there may be.

Foundation Board Vice Chair Susan Berry, of Buffalo, has been a board member since 2008.

"We've grown the foundation to make these relatively substantial donations to a lot of these entities. A lot of that comes from John," Berry said.

Both Berry and Flocchini noted the passing of fellow board member Kathleen Tavegie in July. Tavegie, of Newcastle, was a retired teacher and a member of several service organizations. She was also an original member of the foundation.

"She was such a wonderful part of our board and such a giving individual," Flocchini said.



"I just fell in love with the place," Flocchini said. "The land, the wide open spaces, the bison ... it was the whole package."

Both Flocchini and Berry noted that the loss of Tavegie, "left a huge hole."

A BISON RANCH

Flocchini's Wyoming origin story begins with his grandfather, Armando Flocchini, who bought a business called Durham

Meat Company in San Francisco in 1934. By the 1960s, he and Flocchini's father, Bud, were searching for ranches to supply the meat company. They found a bison rancher in Wright, Wyoming who was looking for a partner, and took over the operation in 1965.

"The whole idea was to sell buffalo meat through Durham Meat Company in California," Flocchini said.

John Flocchini grew up in California, visiting the Wyoming ranch for two weeks with his family every summer. As he grew older, he was able to stay and work all summer.

"I just fell in love with the place," Flocchini said. "The land, the wide open spaces, the bison ... it was the whole package."

His extended family still owns the meat company, now Sierra Meat and Seafood of Reno, Nevada. They've expanded Durham Ranch's brand of products and sell the specialty meats nationwide.

A MILESTONE FOR THE FOUNDATION

One million dollars. That was the giving milestone PRECorp Foundation reached during its annual meeting on August 24 with a \$5,000 check to Climb Wyoming of Gillette.

Onstage for the check presentation were PRECorp Foundation Executive Director Jeff Bumgarner, Climb Wyoming Program Director Jamie Marchetti and Flocchini.

"My hat tips to Powder River Energy and the board for the mission. I'm just one of the soldiers that they employed to march the thing forward," Flocchini said. "Their vision and foresight and care for the community that the co-op serves ... it's really easy to be a part of." **W**

Kelly Etzel Douglas is the managing editor of WREN magazine. She lives in Cheyenne.

**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.mwfbi.com

**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.

LEFTOVERS

LEFTOVER TURKEY POT PIE

2 CUPS FROZEN PEAS AND CARROTS	1/2 TSP CELERY SEED
2 CUPS FROZEN GREEN BEANS	1/2 TSP ONION POWDER
1 CUP SLICED CELERY	1/2 TSP ITALIAN SEASONING
2/3 CUP BUTTER	1 - 3/4 CUPS CHICKEN BROTH
1 ONION, CHOPPED	1 - 1/3 CUPS MILK
2/3 CUP ALL PURPOSE FLOUR	4 CUPS CUBED COOKED TURKEY MEAT
1 TSP SALT	4 - 9 INCH UNBAKED PIE CRUSTS (FOR 2 DOUBLE-CRUST PIES)
1 TSP BLACK PEPPER	

Preheat oven to 425 degrees.

Place the peas and carrots, green beans and celery into a saucepan, cover with water, bring to a boil and simmer over medium-low heat until the celery is tender, about 8 minutes.

Drain the vegetables and set aside.

Melt the butter in a saucepan over medium heat and cook the onion until translucent, about 5 minutes. Stir in the flour, salt, black pepper, celery seed, onion powder and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat, stir the cooked vegetables and turkey meat into the filling until well combined.

Fit two pie crusts into the bottom of two 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal and cut several small slits into the top of the pies with a sharp knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes.

Cool 10 minutes before serving.

NANCY DENK ★ RIVERTON

HOT DOG SOUP

1 PACKAGE HOT DOGS
1 STICK BUTTER
1 CAN MIXED VEGETABLES, DRAINED
1 CAN CHEDDAR CHEESE SOUP, UNDILUTED
SEVERAL LEFTOVER BOILED POTATOES
2 CUPS MILK

Use one large pot. Melt the butter in a pan on the stovetop. Chop the hot dogs into small chunks, brown the hot dogs in the butter.

Cut potatoes into chunks and add them to the pot. Add the can of mixed vegetables, cheddar cheese soup and milk. Cook on medium heat until just boiling. Stir often. Serve with sandwiches. You can use whatever leftover vegetables you like in the soup.

JENNIFER ROBERTS ★ FARSON



BBQ PORK BAKERS

2 LEFTOVER BAKED POTATOES
2 TBS BUTTER (ROOM TEMP)
SALT & PEPPER TO TASTE
1 CUP BARBECUE SAUCE
1 CUP SHREDDED CHEDDAR CHEESE
2 CUPS LEFTOVER PULLED PORK
4 TBS SOUR CREAM
2/3 CUP FINELY DICED ONION
PICKLED JALAPENO SLICES (OPTIONAL)

Preheat oven to 400 degrees.

Mix 1/2 cup barbecue sauce with the pulled pork and reheat in a skillet until warmed through, about 5 minutes on medium heat.

Slice each potato lengthwise about 3/4 of the way through. Push the ends inward to open the potato, cover with a paper towel and reheat in the microwave on high for 3 minutes, or until hot.

Place potatoes on a piece of aluminum foil on a sheet pan and top each potato with 1 tablespoon butter, 1/2 cup cheese and top with 1 cup pulled pork mixed with barbecue sauce.

Bake for 10 minutes, remove from oven and top each potato with 1/3 cup diced onion, 1/4 cup barbecue sauce, 2 tablespoons sour cream and a few slices of pickled jalapeno.

BETSY JENSEN ★ POWELL



DECEMBER:
**ONE-DISH
MEAL**

SUBMIT
A RECIPE

Send complete recipe by November 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

It's ghosts and goblins and things that go "boo" and bump in the night,
It's ghouls and monsters which create quite a fright.

It's pumpkins and cornstalks,
It's black cats and scary bats!

It's clouds creating strange shadows over the moon,
It's time to hurry on home, I can't get there too soon.

It's the hoot of an old owl up in the tree,
Dry crunching leaves beneath my feet.

It's the time for cider and donuts, a candied apple, or two.
It's the time to celebrate before the night is through.



CHARLOTTE SMITH ★ FORT LARAMIE

HALLOWEEN

"It's Shipping Time"



It was just a few short months ago
Calving was going strong, and it was 38 below
You bring in a newborn more dead than alive
Eyes glazed, ears and tail froze, and you pray he won't take the dive
With loving ways and a sleepless night the newborn calf comes to life
Daylight comes, and the calf goes back to its mom – thanks to my wife

Many more are born; many more are loved and cared for
We are rich in experience of ranch life; but money poor
Now it's time for the calves to go, the truck backed up to the chute
My wife watches them load, calf Patrick walks on, isn't he cute
The wife turns away, hangs her head, and kicks the ground
A weathered loving lady, as fine as there is around

She says to me with tears in her eyes, sell the cows, raise hay till the day you die
Cause when you ship a bale of hay it does not look you in the eye!

JB RODEN ★ THERMOPOLIS

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

WHAT'S HAPPENING REGIONAL MAP



01 | SOUTHEAST

CHUGWATER

OCTOBER 26

Cowboy Bob's Beauty Contest: Humans and animals can't be entered in this contest for the most beautiful possession. \$100 prize. Stampede Saloon & Eatery, info 307-422-3200, stampedefun@aol.com.

GUERNSEY

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.

LAGRANGE

NOVEMBER 8-9

Holiday Fair: Celebrating 130 years of the town with historical and educational booths and entertainment, vendors and a quilt raffle. 2-7p Nov 8, 9a-4:30p Nov 9. LaGrange Elementary School, info 801-404-0600.

LARAMIE

OCTOBER 25, 27, NOVEMBER 1, 3

A Ghost's Tale: Unexpected Company Senior Theatre production of a hauntingly funny story set in Laramie High School, 1952. Times vary, Alice Hardie Stevens Center, \$20, 14 and under \$5, info 307-761-1505.

OCTOBER 28

David Sedaris: Author and NPR humorist will read from newest work. 6:30p, University of Wyoming Arts and Sciences Auditorium, \$35, \$20 students, info wyomingpublicmedia.org.

TORRINGTON

NOVEMBER 24

Turkey Trot: 5k fun run/walk at Eastern Wyoming College Campus. Info 307-532-8200.

SECOND TUESDAYS

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

WOODS LANDING

NOVEMBER 2

Big Laramie Country Fair: Fundraiser to benefit Big Laramie Valley Volunteer Fire Department. Craft vendors, raffles, breakfast and lunch. 9a-2p, Harmony School, info 307-760-6733.

YODER

NOVEMBER 2-3

Fall Community Dinners: The Yoder Woman's Club will serve lunch on the first two days of pheasant hunting season. Coffee and homemade pie at 8:30a and lunch from 11a. Yoder Community Building, info 307-532-3524.

02 | NORTHEAST

BUFFALO

THURSDAYS

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

GILLETTE

NOVEMBER 11

Veterans Day Celebration: Memorial ceremony 11a at Lasting Legacy Park, parade starts at Second and 4J streets at 1p. Breakfast and dinner at American Legion Post 42. Info ccveteransdayparade.org.

TUESDAYS

Levis and Lace: Square dance club will give modern square dance lessons, 7:30p, Rockpile Community Center, free trial lessons, info 307-660-7207.

ONGOING

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

HULETT

NOVEMBER 3

115th Anniversary of First Baptist Church: Dinner and party to follow 10:45a worship service. 125 N. Hwy 24, free, info 307-467-5779.

LUSK

OCTOBER 24

Business After Hours: 5-7p, Solutions for Life. Open to the public, info 1-800-223-LUSK.

OCTOBER 31

Trick-or-Treating: Parade and trick or treating at 4p downtown, 4-H carnival 5:30-8:30p at the fairgrounds. Info 1-800-223-LUSK.

FEATURED EVENT



HALLOWEEN NIGHT AT THE MUSEUM

OCT 25 & 26 ★ 6-9P ★ LANDER

Enjoy frighteningly cool decorations, spooky stories, crafts, hayrides, hot cocoa, treats and a campfire for roasting. Costumes encouraged for children. All ages are welcome. Part of the Bailey Tire/Pit Stop Children's Exploration Series.

PIONEER MUSEUM, \$4, INFO 307-332-3339
FREMONTCOUNTYMUSEUMS.COM

NORTHWEST

PHOTO BY RANDY WISE

NOVEMBER 8-10**Quilt till you Wilt With Lickety**

Stitch: At the fairgrounds. Info 307-334-9963.

NOVEMBER 15

Chamber Banquet: Country Club, 6p, open to the public, info 1-800-223-LUSK.

NEWCASTLE**SECOND & FOURTH WEDNESDAYS**

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

SHERIDAN**OCTOBER 24-27****Catch Me if You Can the Musical:**

Encore performances, WYO Theater, \$27, \$24 senior/military, \$20 students, info 307-672-9084, wyotheater.com.

OCTOBER 30**National Theatre Live:** Frankenstein:

6:30p, WYO Theater, \$16, \$11 students, info 307-672-9084, wyotheater.com.

NOVEMBER 5**National Dance Company of Siberia:**

7:30p, WYO Theater, \$30, \$26.50 seniors & military, \$18 students, info 307-672-9084, wyotheater.com.

UPTON**OCTOBER 26**

Barn Quilt Class: 9a-4p, Upton Senior Center, info 307-468-9256.

NOVEMBER 9**Goose Landing Bazaar:** 10a-4p, 2741

N State Hwy 116, info 307-468-2506, glandingupton@gmail.com.

ONGOING

Senior Center Activities: Lunch is served at noon 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 5:30p third Mon. Ask about medical equipment loans. 1113 2nd St., info 307-468-9251.

03 | NORTHWEST**CODY****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**NOVEMBER 2**

Bighorn Bash: Fine dining, live and silent auctions, games and more to benefit National Bighorn Sheep Center. 5:30p, Headwaters Events Center. Fundraiser often sells out, register in advance, 307-455-3429.

NOVEMBER 16**Whiskey, Wine and Craft**

Beer Tasting: Appetizers, live entertainment, libations at adults-only event. 3-5p, Ramshorn Inn Liquor & Fine Wine, \$5, info 307-450-7052, ramshorninn@live.com.

NOVEMBER-MARCH**Guided Wildlife Viewing Tours:**

Hours-long guided tours include biology, history and photo opportunities. Bag lunches available on request. National Bighorn Sheep Center, \$200, \$100 each with groups of two or more. Register 48 hours in advance 307-455-3429.

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**NOVEMBER 1-30****Celebrating Women's Suffrage**

in Wyoming: Special anniversary show. Opening reception 6p Nov 1, open Tue-Thu 10-6p, Fri-Sat 10-4p, Lander Art Center, free, info 307-332-5772, landerartcenter.com.

ONGOING

First Friday: Meet an artist and local musician on the First Friday of the month. Art show reception 5p, music 6p. Middle Fork Restaurant. Info 307-335-5035, facebook.com/MiddleForkCafe.

RIVERTON**NOVEMBER 1****Fall Classic Poker Tournament:**

Wind River Casino, info 307-851-5394, windriverhotelcasino.com.

WEDNESDAYS

Music Jam: All are welcome to play folk, classic, country, bluegrass, old time rock 'n' roll and more.



SUBMIT
AN EVENT

Send complete
information for
the December
issue's events by
NOVEMBER 10!

Please remember that events from the 20th of December to the 20th of February are included in the December issue. **WREN** does not publish a January 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.

QUESTIONS & SUBMISSIONS:

✉ wren@wyomingrea.org

☎ [307] 772-1968

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

📄 wyomingrea.org/wren-submissions

6:30-8:30p, 103 S 6th St E, free, info 307-856-2518.

TEN SLEEP**SECOND SUNDAYS**

Open Mic Night: All ages welcome, 3-5p, Ten Sleep Brewing Co., info tensleepbrewingco.com.

THIRD THURSDAYS

Jam Night: All ages welcome, 7p, Ten Sleep Brewing Co., info tensleepbrewingco.com.

THERMOPOLIS**SECOND FRIDAYS**

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

04 | SOUTHWEST**FORT BRIDGER****OCTOBER 26**

Halloween Trick-or-Treat: Walk a solar-lighted path, get spooked by volunteers, receive candy at historic buildings, and end with hot beverages and a hayride back to your vehicle. Sponsored by the Fort Bridger Historical Association. 6:30a-9p, Fort Bridger State Historic Site, \$5, 5 and under free, info 307-782-3842.

TUESDAYS

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

LYMAN**SECOND FRIDAYS**

Lego Club: 10a-noon, 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, 307-787-6378.

ONGOING

Community Classes: Fitness, computer, workforce and kids' classes are available. Valley Learning Center, times and prices vary. Info valleylearningcenter.coursestorm.com or 307-782-6401.



01



02



03

- 01 | Snapdragons, Marilyn Norman, Cheyenne
- 02 | Pollen gardening, Carrie Miller, Laramie
- 03 | Husband's harvest, Jana Ginter, Carpenter
- 04 | Green thumb, Darla Winkle, Riverton
- 05 | Gardening gratuity, Marynell Oechsner, Powell



04



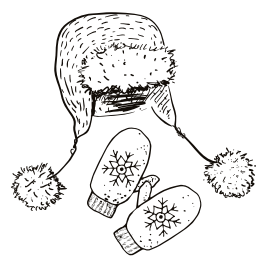
05

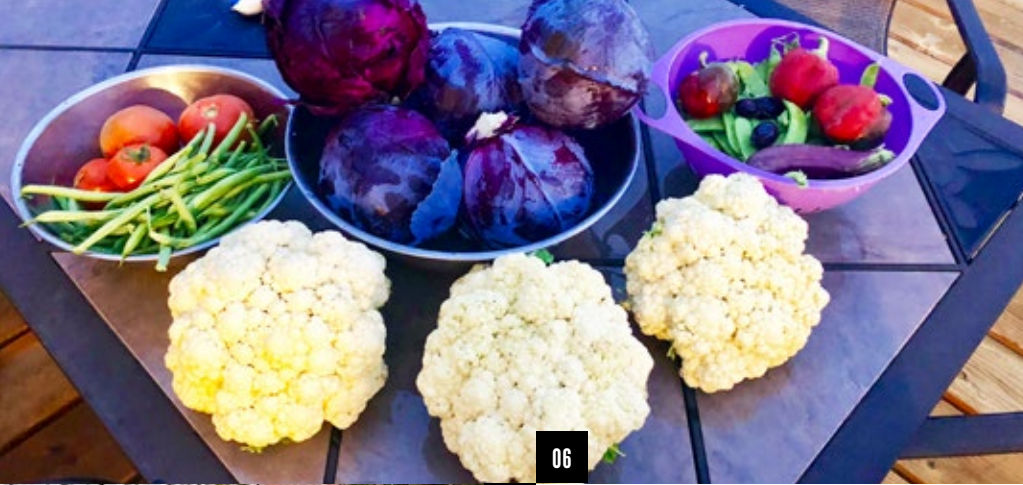
THIS MONTH:

GARDENING

DEC (DUE NOV 10):

PREPARATIONS





06

06 | Bountiful harvest, Flower Norris, Lander



07

07 | Roses, Mary Anne Ackatz, Burns



08

08 | Sunflower magic, Charlotte Smith, Fort Laramie

09 | Gardening on the prairie, Kara Badura, Riverton

09



JUST PICTURE IT



- ✉ wren@wyomingrea.org
- 📍 214 W. Lincolnway Ste. 21C Cheyenne, WY 82001
- 🌐 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.



BY CHUCK LARSEN

My Time of Year

The crisp coolness of the air greeted me as I headed out to do chores this morning and the smile it stirred within me reminded me that this is my time of year.



There's a tinge of yellow starting to show on the oak leaves, the little bunch of steers in the pasture are fat and ready to be shipped, the deer are trading their reddish brown for their grey coats of fall, the remaining pasture grasses are turning brown and rank and on the ponds the young ducks and geese are spreading their wings preparing for the magic of their migration in the coming weeks.

Yes ... it's fall and this *is* my favorite time of year. That special time that fills the gap between the sweltering days of July and August and the bitterness of the winter months ahead. The hustle and bustle of summer is waning and I now have time to play a little catch up on a few of the back burner projects before the snow starts to fly. Maybe I'll even get to some of those honey do items that my wife has been patiently waiting for me to accomplish ... maybe.

Entering the barn I'm greeted by row of pack saddles, panniers, lash ropes, leather hobbles, picket ropes and other assorted horse gear. I pause and smell the oiled leather and remember.

Chuck Larsen's elk camp.

PHOTOS BY CHUCK LARSEN

There's the big wooden box in the corner where the wall tents are stored and the numerous storage containers filled with a varied collection of camping gear.

I gaze up at the elk horns hanging on the walls and I can clearly recall their long haunting bugles, echoing like mystic sirens from the mountain tops as they talk testosterone inspired trash to each other. My old leather rifle scabbard hangs nearby on a homemade horseshoe hook and it conjures up memories and the excitement of how it feels to slip quietly from the saddle, pull my rifle from the depths of that scabbard and follow those siren calls up rock-strewn dark canyons and over forest clad mountain tops.

The old pack stove sits on the shelf, its cold and rusted metal seems to yearn to be warm again. I recall its welcome warmth and the glow of the lantern within the walls of the cook tent as we sat around with cups of steaming coffee, hot chocolate and ... maybe a little whiskey as we recalled the events of the day's hunt and shared stories of hunts long past. My mind reminisces the sound that the battered coffee pot makes residing atop the old stove as the spring water within rolls and boils, ready to fill cups for another round. Biscuits and gravy, elk steaks, beans and potatoes, bacon and eggs and other camp cuisine eaten from old blue enamel plates are brethren



Hunting in the Huston Park Wilderness in the Sierra Madres above Encampment.

memories that accompany that old stove. The jokes told and played, stories true and embellished, the laughter and comradery between the best of friends hold sway when it comes to my most treasured memories. We were younger then ... the bulls were bigger, the mountains were higher, the snow deeper, the horses and mules ranker, the whiskey stronger and we were all filled with a sense of "this will last forever" audacity.

Out in the corral there are horses and one remaining old mule waiting to be fed and I pause to think about the high country trails we've ridden together. I can recall them picketed in a grass-filled meadow, ears perked, all staring in unison at the ridge above camp where a bull elk is doing his best to spread the news that he alone is king of that particular mountain. The packing and weighing of panniers, pack covers and lash ropes turned into diamonds

will always be part of who I am. The smell of horse sweat, pine and trail dust will linger in my memory banks forever. The creak of leather and the ring of horseshoe on rock as we lined out and packed into camp or hauled out a treasured trophy are the musical rhythms that my heart and soul dance to in the fall.

I linger a little longer at the corral, contemplating the coming days, knowing the ducks and geese will soon be leaving, the oaks will lose their leaves, the horses and mule will be donning their winter coats and finally, snowflakes will come to call. Unfortunately, the catch up projects and the honey do list most likely won't get done, but I'll be one happy man filled with the intrinsic worth of ... enjoying another fall. **W**

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

PUMPKIN TRIVIA

FROM PAGE 24

1. China
2. Illinois, Indiana, Ohio, Pennsylvania, California
3. Mexico
4. Four
5. Australia
6. July
7. Vitamin A
8. Irish
9. Turnips
10. Pepitas
11. Blossom
12. Chunking



“I would rather sit on a pumpkin and have it all to myself, than be crowded on a velvet cushion.”

– Henry David Thoreau

GIVE THE GIFT OF
WREN

GIFT SUBSCRIPTIONS

Send name, address and a check for \$12 to 214 W. Lincolnway Ste. 21C Cheyenne, WY 82001

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

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

www.wyoroad.info

Know before you go. Visit wyoroad.info.

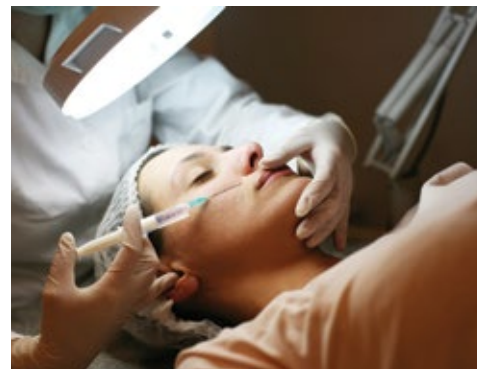
Take road condition information with you. Get the WYOMING 511 app.

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

Available for free download at the Apple App Store. Available for free download at the Google Play Store.

Scientists Target New Acid Reflux Pill for Anti-Aging Research

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



Seattle, WA – A clinical study on a new 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 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

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

This special give-away is available for the next 48-hours only. All you have to do is call TOLL-FREE 1-800-586-1993 and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to *AloeCure's* recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.

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

Bright Certified Barley Straw.
3X3 Bales. Farson 307-350-0350.

New & Used Coal Stokers, parts, service & advice.

Available for most makes. Thanks. 307-754-3757.

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.

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

Florquist Construction is looking for carpenters and laborers to assist with residential building. Carpenters need experience in all phases of construction. Lander, WY. Call Kraig @ (307) 349-2415.

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



FOR EVER FRESH



With a Harvest Right home freeze dryer you can preserve fruits, vegetables, meats, and even complete meals that will **stay fresh and retain flavor and nutrients for years.**



Actual
freeze-dried food

1.800.431.8645
HARVESTRIGHT.COM

HARVESTRIGHT

ENCOURAGING YOUR CHILD'S LISTENING SKILLS

Developing strong listening skills is important. The ability to listen affects your child's concentration and comprehension capabilities, speech and language, communication, and ability to follow verbal instructions. You can help make learning to listen fun by teaching your kids games with simple instructions and playing them together!

Simon Says

When "Simon says" to do something, do it! If an instruction is given without "Simon says," don't do it!

Dancing Statues

Put on some music and begin to dance together. Stop the music randomly – everyone must freeze when the music stops!

Red Light, Green Light

When you say, "green light" your kids should run; when you say, "red light" they should stop!

Odd one out

Say a string of words that are part of the same category and ask your kids which one doesn't fit!
Try: apple, banana, leopard, pear, peach.

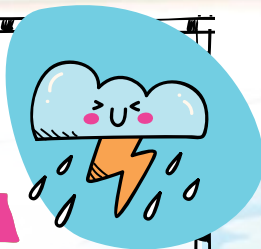
Listen and Draw

Describe a picture with as many details as you can, then ask your kids to draw it!



FOR A FUN LISTENING AND ACTION ACTIVITY TO DO TOGETHER, VISIT:

wyqualitycounts.org/wren



Wy Quality Counts, housed in the Department of Workforce Services, helps Wyoming parents and child care providers identify and create quality learning 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