

# NEWS



Dedicated to providing lifelong support for independent living.

## CONTACT

1560 N. 3rd St.  
Laramie, WY 82072  
307-745-5116  
[executive@eppsoncenter.org](mailto:executive@eppsoncenter.org)  
[www.eppsoncenter.org](http://www.eppsoncenter.org)  
[facebook.com/eppsoncenter](https://facebook.com/eppsoncenter)

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## CENTER HOURS

8am- 4pm | Mon - Fri

### MEALS

11:30am - 12:30pm | Mon - Fri

### TRANSPORTATION

8am - 3:30pm | Mon - Fri

307-745-1511 (Ext. 31)

## BOARD OF DIRECTORS

**PRESIDENT:** Keith Seebart

**VICE PRESIDENT:** Diane DeLany

**SECRETARY:** Lisa Levin

**TREASURER:** Bernard Steinman

Diana Bartke

Cheryl Fleener

Pamela Clarke

Barbara Humphreys



## FROM THE DIRECTOR, TAMMY COMER



Hello!

Wow, June and July were crazy months for our staff and volunteers at the Center. We had a total of three fundraisers during that time as we are trying to expand our donation base as well as our outreach to the Community. Thank you so much to all of you who donated to the Center through these fundraisers - we couldn't do it without your support!

The great part about outreach is that we have the opportunity to increase visibility and get the message out to our community. People need to know about the Eppson Center and all the great things we offer for older adults to add joy to their lives! The Eppson Center isn't a live-in nursing facility or assisted living facility. We are a place for active older adults to come to join friends, socialize, eat nutritious meals, and participate in exercise, games, and dabble in the arts! Our patrons are vivacious, intelligent, and active contributors to our community and have so much experience - both life experience and vocational experience!

It's amazing to think about how much knowledge is within these walls on any given day. Older adults are our connection to the past and our road to the future! The working age

*continued on page 3*

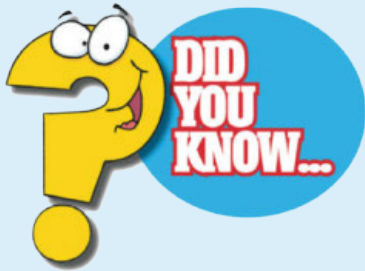


Monday	Tuesday	Wednesday	Thursday	Friday
Baked Cod Wild Rice Vegetable Medley Wheat Roll	Chicken & Mushroom Sweet Potato Meadow Blend Wheat Roll	Country Fried Steak Mashed Potatoes Mixed Vegetable Wheat Roll	Carnitas Tacos Refried Beans Spanish Rice Zucchini	Swedish Turkey Meatballs California Blend Wheat Breadstick
8 Roast Beef Sandwich Baked Potato Chips Meadow Blend	9 Chicken Parmesan Spaghetti California Vegetable Garlic Toast	10 Chicken Cesar Wrap Vegetable Soup Tomato/Cucumber Salad	11 Red Beans & Rice Monaco Blend Cornbread	12 Cheeseburgers Oven Fries Vegetable Medley
15 Turkey Meatball Marinara & Spaghetti Broccoli Garlic Toast	16 Chicken Divan Monaco Blend Wheat Roll	17 Salisbury Steak Mashed Potatoes Wheat Bread	18 Herb Tilapia Rice Pilaf Vegetable Medley Wheat Roll	19 BBQ Pulled Pork Sandwich Baked Beans Coleslaw
22 Beef Tacos Black Beans Spanish Rice Zucchini & Squash	23 Chicken Alfredo Fettucine Broccoli Garlic Toast	24 Tater Tot Casserole Monaco Blend Wheat Roll	25 Baked Cod Wild Rice Vegetable Medley Wheat Roll	26 Turkey Burgers Oven Fries Vegetable Medley
29 Sloppy Joes Baked Beans Country Vegetable	30 Chicken Cordon Bleu Rice Pilaf Monaco Blend Wheat Roll	31 Beef Stew Broccoli Wheat Roll	All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Dessert Milk  Menu is subject to change. Donations are appreciated for meals for those age 60 and over. Cost per meal for those age 59 and under is \$7.00.	

people of today need to recognize the sacrifices and foundation that was laid by the working aged people before us so that they can provide that to the next generation which will keep our community healthy and thriving!

Thank you again for your continued support of the Eppson Center for Seniors! Come by and see us!

*Tammy*



### **The Eppson Center for Seniors Home Delivered Meal Program delivered 3010 meals in the month of June!**

That is more meals in a month than we have served in the past five (5) years!

**Thank you to our wonderful Volunteer Route Drivers  
and  
our amazing Nutrition Staff! You make a big difference  
in the lives of older adults in our community!**

### **Back to School!**



Classroom grandparents tutor and mentor children in schools and childcare centers.

Paid volunteer hours & training that DOES NOT impact SS, rent, subsidies, or other assistance.

\*Ages 55+ \*15-40/hr week

\*Paid background check (required)

\*Fellowship with school and peers

[www.fostergrandparentswy.org](http://www.fostergrandparentswy.org)



**307-223-1051**

## **FREE AD DESIGN**

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## AUGUST HIKES

Due to weather issues, the **Seniors on the Go** hikes may change from the schedule below. Make sure you let us know if you will join us or meet us in case we do switch. For questions or to get more Seniors on the Go information email: [sotg@eppsoncenter.org](mailto:sotg@eppsoncenter.org)  
Find us on Facebook: <https://www.facebook.com/LaramieSOTG/>

<b>August 5</b>	<b>Death Crotch Trail led by Dave M.</b> Take I-80 to the Happy Jack Exit (#323), go past the rest area, and turn left onto Happy Jack Road. From there, continue about 5.1 miles until you reach the parking areas on both sides of the road. We'll start from there. The Death Crotch is a well-made old trail, carefully graded to ascend 600 feet to the top over 1.8 miles. There will be some bushwhacking through sagebrush and forest, and total distance is about 4 miles. <a href="http://awayfromthegrind.com/hiking/pole-mountain-surprise-the-death-crotch/">http://awayfromthegrind.com/hiking/pole-mountain-surprise-the-death-crotch/</a>
<b>August 12</b>	<b>Glacier Lakes Trail.</b> Take Hwy 130 to Centennial and continue for 8 miles to the Brooklyn Lake turn-off (FR 317). Follow this gravel road for a couple of miles to the trailhead just outside the campground entrance. The Glacier Lakes Trail ascends 200 feet through spruce forest and continues past East and West Glacier Lakes. At about 1.5 miles, the trail comes to Lost Lake. This is a good place to turn around, making the total mileage around 3 miles. For a training hike, continue to the overlook of Telephone Lakes and on to Lewis Lake for 3.5+ miles. Return to Brooklyn Lake for a total distance of 7-8 miles.
<b>August 19</b>	<b>Medicine Bow Peak from West Lake Marie.</b> Take Hwy 130 to Centennial and continue for 14 miles to the West Lake Marie parking lot. This is a strenuous 3-mile hike to reach the top of Medicine Bow Peak. There are beautiful vistas along this route that we don't usually see, and hikers can easily turn around at any point or continue all the way to the Peak. We will return by the same route, for a total estimated distance of 6 miles. Elevation range: 10,500-12,013 feet.
<b>August 26</b>	<b>Petroglyphs at Chimney/Camel Rock, Led by Dicksie M.</b> This will be a discovery trek looking for petroglyphs at the far end of Sand Creek Road, past Lake Hutton and almost to the Colorado border. We have permission to access the private lands on this date. Go south of Laramie past the Mountain Cement Plant on Sand Creek Road for about 25 miles. As you travel on Sand Creek Road, you will pass the Monaghan Ranch to the east and the Don Bath Ranch on the west. Further on, you will pass by a large acreage, the Sand Creek Ranch (originally the Goetz Ranch). Where the Sand Creek Road meets the Sportsman's Lake Road, turn right and follow Sand Creek Road past the Wooden Shoe Ranch for a few miles to a hill that goes down into a small incline with large rocks on both sides, and a barbed wire fence to the left (west). At the bottom of the hill is where we will park and meet to begin our hike. Here's a link to the area. Interesting information is also in the comments: <a href="https://www.awayfromthegrind.com/hiking/sand-creek-national-natural-landmark/">https://www.awayfromthegrind.com/hiking/sand-creek-national-natural-landmark/</a>



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# EPPSON CENTER TRANSPORTATION

**GUY MORROW, TRANSPORTATION COORDINATOR (307) 745-1511**



**Please call (307) 745-1511 to reserve your ride with as much advance notice as possible.**

**REMINDER:**

- Subscription riders please call by the 20th of the month to confirm your rides for the next month.
- Please call to reserve your medical rides as soon as possible to reserve your spot on the van.

**We thank you for using our Transportation service and we look forward to serving you in the future!**

**Costs associated with rides:**

- Age 60 or over: No cost but donations are always greatly appreciated.
- Age under 60: \$6 per ride or \$12 round trip.
- Age under 60 and have a diagnosed medical disability: \$4 per ride or \$8 per round trip.

**Required:** All riders must complete a Senior Assisted Transportation Services (SATS) application before they can schedule rides.

**Pick-Up hours:** Monday through Friday, 8:30am - 3:30pm (closed daily from 12:00-12:30pm).

**Ready time window:** Riders must be ready to board the van 15 minutes before the scheduled pick-up time until 15 minutes after. The drivers will leave 5 minutes after their arrival in that time window so as not to inconvenience other riders.

**Get Connected  
Get Help**

**Wyoming  
COVID-19 Aging Network (CAN)**

In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.

Visit  
[www.wyoming211.org](http://www.wyoming211.org)  
or  
dial 2-1-1  
to get connected.

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Eppson Center for Seniors, Laramie, WY B 4C 05-1278



# WHITNEY HEALTH & WELLNESS CENTER

## JOSIE DESTEFANO, LIFE ENRICHMENT COORDINATOR

307-745-5116, Ext. 27; email: [enrichment@eppsoncenter.org](mailto:enrichment@eppsoncenter.org)



### Loan Closet Happenings

- The Loan Closet is a service that lends out donated medical equipment to members of the community.
- If you need medical equipment, please call Josie at 307-745-5116 extension 27 and she will be happy to help.
- If you have gently used medical equipment that you no longer need, please consider donating it to us and we will loan it to someone in need.

### Walk With a Doc

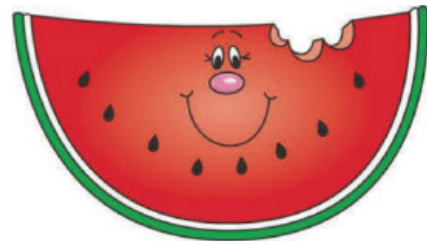
- Walk With a Doc is a program put on by Iverson Hospital to help encourage healthy physical activity.
- Listen to a short talk by a local healthcare provider and then join health care professionals and peers on a walk around the track.
- Held at Washington Park.
- August 7th and 21st.
- 1:30-2:30pm.

### Beltone

- This service offers hearing aids, hearing aid tests, and hearing aid maintenance.
- Beltone is at the Center on August 4th.
- Schedule your appointment with Kelly by calling 307-214-4937.

### Snowy Range Foot Care

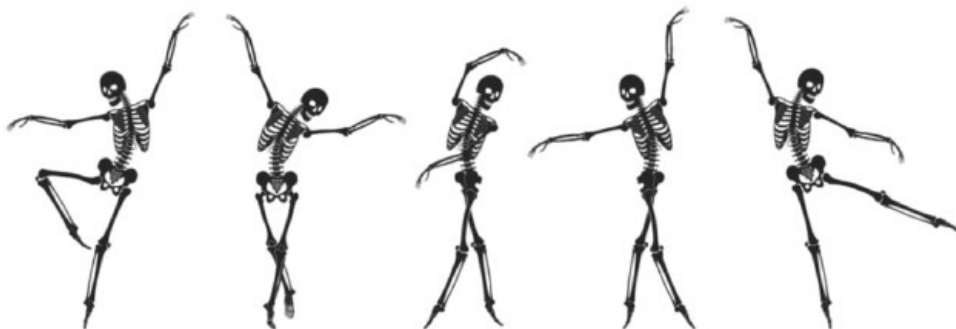
- Take good care of your feet and say goodbye to foot pain!
- Snowy Range Foot Care is at the Eppson Center August 11th, 18th, & 25th.
- Call Lorraine at 307-760-1196 to schedule your appointment.



## Wellness Word from Josie

**Did you know that you get a new skeleton about every 10 years?** Old bone tissue is slowly replaced by new bone tissue, creating a brand-new set of bones. Learn more about how to take care of your bones here:

<https://orthoinfo.aaos.org/en/staying-healthy/bone-health-basics/#:~:text=Bone%20Remodeling,with%20new%2C%20fresh%20bone%20tissue.>



# ACTIVITIES, EVENTS, & EXERCISE

**EMMA WHITE, DIRECTOR** (307) 745-5116, ext. 14

email: [activities@eppsoncenter.org](mailto:activities@eppsoncenter.org)



## **New Activities Happening this August:**

### **Nutrition Education**

- On August 2nd at 12:00 Noon in the Dining Room a registered dietitian from Ivinson Memorial Hospital (Jenna) will be at the Center to give a talk on Calcium and Vitamin D.
- Enjoy your lunch while learning about why these micronutrients are so important, especially for bone health, and how to better incorporate them into your diet.

### **Chicken in the Park for Seniors**

The Dollar a Month Club is hosting its annual Chicken in the Park for Seniors picnic August 29th (Monday) from 5:00-6:30pm.

- The picnic will be at the First Christian Church (2130 Garfield St.) and will be outside, back, weather permitting.
- Fried chicken, sides, drink, and dessert will be served.
- Entertainment will be provided by Biscuits and Jam, a folksy jam session.
- Tickets, \$6 per, will be available at the Eppson Center Front Desk. You must have a ticket to attend the picnic.
- What a fun way to celebrate the end of summer!

### **Come on a Virtual African Safari**

- Have you ever wanted to visit Africa? Love seeing animals in their natural habitat?
- Michael Day, educator and nature photographer, would love to share with you video and discussion of his recent trip to Africa.
- He will be here presenting the videos and an open discussion on Monday, August 22nd, after lunch (12:30pm).

- These photos and experiences are amazing - you don't want to miss it!

### **Let's Talk Fall Prevention and Recovery**

- Jeannie Coe, a retired physical therapist with a passion for educating, has graciously offered to come give a talk on a very important subject: "Fall Prevention and Recovery."
- She will be teaching this class on August 29th from 9:30-11:30am in the Whitney Health and Wellness Center portion of the Eppson Center.
- This class will cover things you can do to make your home safer, what to do if you fall, how to get up from a fall, and more.
- If interested in this free course, please sign up at the Center Front Desk.

### **Calling All Writers**

- Age Friendly Laramie and the Eppson Center are working together to host a writers workshop.
- This 5-week workshop (to be held on Wednesdays in September, 12:30-2pm, in the Center's Wellness Center) led by Bernard Steinman (a professor at the University of Wyoming) aims to bring together writers to share stories and provide feedback to help improve. Topics and discussion will be provided in a comfortable setting.
- Whether you are looking to write down your favorite memories, hoping to improve your skills, expanding your creativity, or have been doing this for years all levels are welcome to join!
- As an added bonus, those who are interested will be able to submit their pieces to be published in the "Age Friendly Laramie Annual Review."
- Spaces are limited and class starts soon so sign up at the Center Front Desk.



## August Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center
<u>Chess</u> 9:00am-12:00pm	<u>Line Dancing</u> \$2/class 9:00am-10:00am	<u>Chess</u> 9:00am-12:00pm	<u>Musical Exercise With Resistance</u> 10:30am-11:30am	<u>Seniors on the Go</u> 8:15am
<u>Fall Prevention</u> 10:30am- 11:30am (in East Wing and Zoom)	<u>BingoCize- Nutrition</u> 10:30am-11:45am	<u>Fall Prevention</u> 10:30am-11:30am (in East Wing and Zoom)	<u>BingoCize-Nutrition</u> 10:30am-11:30am	<u>Chess</u> 9:00am-12:00pm
<u>Bingo</u> 1:00pm-2:30 pm	<u>Musical Exercise With Resistance</u> 10:30am-11:30am	<u>Laramie Art Guild</u> 1:00-3:30 1 <sup>st</sup> Wednesday only (August 3 <sup>rd</sup> )	<u>Watercolor</u> Studio session 12:30pm-4:00pm	<u>Veterans Coffee</u> 9:00am-10:00am
	<u>Bible study with Rich Henderson</u> 1:00-1:45 (on Zoom)		<u>Biscuits and Jam</u> (1 <sup>st</sup> and 3 <sup>rd</sup> ONLY), August 4 <sup>th</sup> and 18 <sup>th</sup> ) 1:00pm-3:00pm	<u>Fall Prevention</u> 10:30am-11:30am (in East Wing and Zoom)
	<u>Laramie Duplicate Bridge</u> 1:00pm-4:00pm		<u>Mexican Train Dominoes</u> 1:00pm-3:30pm	<u>NARFE</u> <u>Last Friday of the month (August 26<sup>th</sup>)</u> 11:30am -1:00pm
<a href="#">Stay up to date with all things Eppson Center by liking us on Facebook and/or subscribe to our weekly email announcements</a>		<u>Available 8am-4pm Monday-Friday:</u> -Too Fit To Quit (must complete orientation with Emma) -Billiards (come by anytime or lessons or games with Carl) -Clothing Sewing and Alterations (from Julie) call the Eppson center for details		
<u>Ongoing</u>				
<u><a href="#">Dollar a Month Club</a></u>			<u><a href="#">AARP Safe Drivers course</a></u>	
<ul style="list-style-type: none"><li>• The Dollar A Month Club is in need of more board members</li><li>• They meet the last Thursday of the month from 12:30-1:30 (<b>August 25<sup>th</sup></b>)</li><li>• They are responsible for many important projects around the center. Please consider joining so that we can keep the club going</li></ul>			<ul style="list-style-type: none"><li>• Next session will be <b>August 17<sup>th</sup></b> from 9:00-4:00</li><li>• Great information to become a safer driver and most car insurances will offer a discount from completion of the course</li><li>• Cost is \$20 for AARP members, \$25 for non-AARP members or free if you bring your individual United Health Care policy card</li><li>• Call or stop in to make sure you save your spot!</li></ul>	



## HOME DELIVERED MEALS

**ERICA CURRY, DIRECTOR** (307)-745-5116, ext. 20



**SPECIAL NOTE: The Home Delivered Meal Program is delivering over 3000 meals a month and continues to grow. We are in desperate need of a driver to deliver to**

**the Legacy Apartments. I need 5 different drivers (one for each day, Monday - Friday) to accomplish this.**

**Please consider donating 1 hour of your time just once a week to make a difference in your community.**



The Home Delivered Meals program serves one of Laramie's most vulnerable populations. To reach our goal of enhancing nutritional wellness for all seniors in our community it is important to serve those who are home-bound or otherwise unable to shop and prepare for their own meals.

Hot meals go out to seniors Monday-Friday and frozen meals can be delivered for weekends and holidays.

Interested in getting Home Delivered Meals or have a loved-one that needs Home Delivered Meals? Call Erica today at (307)-745-5116 ext. 20

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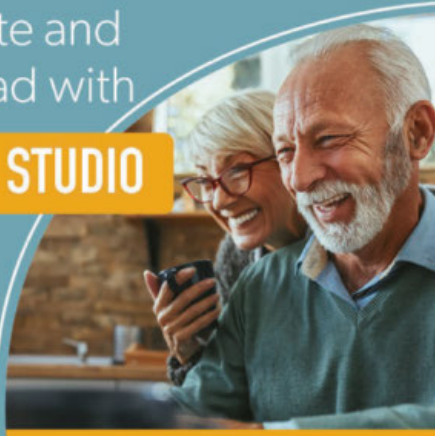
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Eppson Center for Seniors, Laramie, WY C 4C 05-1278



# Family Fun Night SPONSORS

Thank You!

**EVERYONE!**  
**FUN** was had by all  
at the July  
**FAMILY FUN NIGHT!**

## CARNIVAL BOOTHS

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Age Friendly Laramie  
Aspen Family Chiropractic  
Chocolate Cellar  
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J&J Second Chance Holding  
Joel Senior - Candidate for Sheriff  
Laramie Connections  
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Pinebeach Ink  
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Laramie Physicians Women & Wellness Clinic  
Mountain West Farm Bureau  
Toyota of Laramie  
UniWyo Credit Union  
VDR Foreign Auto Repair



Eppson  
Center  
for Seniors  
307-745-5116



# Chicken in the Park for Seniors

**Monday, August 29, 5:00 - 6:30pm**  
**First Christian Church (out back) - 2130 Garfield**

**\$6.00**  
per ticket  
**Sold August 1st to August 22nd**

**Must be purchased to attend**  
**Sold at the Eppson Center Front Desk**



Entertainment:  
**Biscuits and Jam**



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Eppson Center for Seniors, Laramie, WY D 4C 05-1278

We will keep you posted of Eppson Center for Seniors current information through our Weekly Announcements (sign up at [announcements@eppsoncenter.org](mailto:announcements@eppsoncenter.org)), on our Facebook page ([www.facebook.com/eppsoncenter](https://www.facebook.com/eppsoncenter)), on our Website ([www.eppsoncenter.org](http://www.eppsoncenter.org)), and through this monthly Newsletter for current information.

## Home and Community Based Services

Beginning July 16, 2022, dialing "988" will route calls to the National Suicide Prevention Lifeline. In 2020, Congress designated 988 as a new three-digit dialing, texting, and chat code for direct connection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health-related distress.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen to callers, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

For more information visit: [www.988lifeline.org](http://www.988lifeline.org)



**HOME AND  
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BASED  
SERVICES**

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DIVISION OF HEALTHCARE FINANCING

Home and Community Based Services (HCBS) Section  
Division of Healthcare Financing  
Wyoming Department of Health  
122 W. 25th Street, 4 West  
Cheyenne, WY 82002

Eppson Center for Seniors  
1560 North 3rd Street  
Laramie, WY 82072

