



March 8th
Daylight Saving Time



Pine Bluffs Post



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Photo courtesy of Erin Callahan

Above: Courtesy of LCFD #5: On February 22, the Laramie County Fire District #5 responded to the fire near the intersection of county road 211 and 161. This fire was caused by a controlled burn the got out of containment. It was accidental in nature as all rules and safety precautions were being followed. A quick shift in wind speed and direction allowed the fire out of the controlled status. We responded and with help of the property owner had the fire extinguished in about 15 minutes and only about 3 acres burned. It is proof that even when all steps and measures are done correctly when conducting a controlled burn that things can still go wrong.



Victoria Smithey/Pine Bluffs Post

Above: Trisha Burry and Roxie Bolejack are the talent behind the great food at the Pine Bluffs Senior Center. Inset: Great lunch is served.

Good tasting and nutritional too at the Pine Bluffs Senior Center

By Victoria Smithey

The Pine Bluffs Senior Center cooks up a hot meal daily for anyone that wants to come in and eat. Roxie Bolejack and Trisha Burry work tirelessly to bring the community meals that fit within the governmental guidelines for nutritional value and their own personal guidelines for taste and presentation.

The staff of the Pine Bluffs Post showed up on sweet and sour chicken day, and were treated to a full three course meal that was delicious and fell within the 650 to 750 calorie range. Bolejack commented that they were even allowed to salt the meals within regulations.

Unlike the Albin Community Center, the senior center does operate on government funding; however, the ladies are still able to provide quality meals with some freedoms as to what they prepare. While center director Alisha Michaud admits that the winter does see a drop in meal participation due to local "snowbirds" leaving the area, she is hoping that the numbers will pick back up over the summer.

Because the center is government funded all meals have to be approved by a dietician and equal about a third of your daily nutritional intake. These ladies work hard on a daily

basis to bring these meals to our community, even delivering some for those who cannot come out. In case you thought you had to be a member in order to eat, you do not. The senior center will allow anyone in the community to pay and eat.

Bolejack has been with the center since 2006 and when asked if it was the cooking that she loved she said, "I just love the seniors. I do enjoy cooking, but I mostly enjoy the people." Her enjoyment shows in the work that she does. A mere four dollar payment for members and ten dollars for non members allows you to enjoy a great meal.



Victoria Smithey/Pine Bluffs Post

Above: Deborah Wynne with her book at Larsen's Jewelry in Kimball, NE.

Previous local area writer signs her book in Kimball

By Victoria Smithey

Who says you can't make it big from a small town? Local author and previous resident of Kimball Deborah Wynne has released her first novel and I was able to sit with her at her local book signing to catch up. Although Wynne has been writing since childhood, this is her first published work, and though a lot of time, sweat, and patience went into writing it, she is already on the second installment.

Wynne describes her book as a "non-traditional love triangle" where the young woman falls head over heels for the man in her building. Like a lot of contemporary romances there is a point where the couple just can't seem to see eye to eye and they fall apart. I won't spoil the story, but sufficient to say, this is where Wynne's book strays from what would be considered a contemporary romance into a little bit of an edgier story.

While "Opening Act" has been listed as contemporary women's fiction as well as romance, Wynne sees it as a story based on the number of women who have ever ran away to New York or Hollywood to become a star. Wynne's main character is tenacious and smart, but incredibly naive to the ways of the world, and because of that,

learns many things the hard way throughout her journey. Wynne has a three part series planned for this character; however, also points out that each book will also stand alone. "There's no cliff hangers here. I feel like that is a cheap way to try to get people to buy the next book," Wynne said.

Wynne spent twelve years as the Economic Development Director for the town of Kimball and was pleased to make her way back home from Colorado to introduce her book. Although she used to work from home, Wynne has found herself back in the full time work day, and as such hasn't been able to write as much as she would like. "Opening Act" was released on November 1, 2019, and Wynne is hoping that the second book will be ready by late summer.

The world of publishing has changed dramatically over the years. With the introduction of the internet and blogs more and more people are finding ways to publish their work. Gone are the days of hoping that places like Columbia or Random House will decide that they like and will publish your work. Now people are finding a variety of places where they can go to submit

See Wynne Page A3

WEATHER	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	Mostly Sunny	Sunny	Sunny	Mostly Sunny	Cloudy	Sunny	Mostly Cloudy
	Hi 42 Lo 28	Hi 50 Lo 27	Hi 58 Lo 32	Hi 51 Lo 23	Hi 44 Lo 17	Hi 46 Lo 23	Hi 46 Lo 19

February 27 through March 4
Weather provided by Accuweather

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