

COMMUNITY PROFILE

Father/Son Duct Tape Duel

All elementary school age boys are invited to enjoy an evening of fun with their fathers, uncles or grandfathers at the Duct Tape Duel, March 13, 5:30pm-8:00pm, Wyoming Army National Guard Armory. Activities will include food, keepsake photos, a silent auction and a variety of materials and duct tape to create a "duct tape wonder." Purchase of tickets prior to March 10 required, \$15 per team, seating is limited, limited scholarships available. For more information or for tickets, please contact the office of Wyoming CARES at 1-866-996-6564. Tickets available at Wyoming Stationery, 611 West 18th Street.

AARP TaxAide

Free income tax assistance, February 1 through April 15, except February 15, Senior Activity Center, 2101 Thomes Avenue, Monday-Thursday, 10:00am-3:00pm walk-ins. Also by appointment Thursdays, 10:00am-3:00pm, 635-2435. Bring Social Security card, picture ID, last years return, Forms W-2/1099, Real Estate Tax receipt. Also looking for volunteers. For more information call 635-3275.



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Publisher Patrick E. Rice
General Manager C. Robert Johnigan
Sales Manager Marc Stout
Advertising Consultants Jeff Hite
Wil Perrell
Traci Collins
Heather Wright
Community Profile Jen Johnson
Graphic Design Matthew Karlstrum
Susan Foley
Austin Rice
Jen Johnson
Classifieds Cheryl Dietz
Jen Johnson
Amy Martin
Accounting Norma Gauthier

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Community Profile Deadline is Tuesday by 12:00 Noon.
All phone numbers in Trader's with no area code can be prefixed with the Wyoming 307 area code.

CLASSIFIED AD RATES:
Walk-in Personal Prepaid: \$4.00 min. (20 words), 10¢ per word thereafter.
Phone-in Personal: \$5.00 min. (20 words), 10¢ per word thereafter.
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Mental Health Classes

Free classes and support for families who have relatives with brain disorders or mental illness, such as Schizophrenia, depression, bipolar, panic disorder and obsessive compulsive disorder are available. Classes are Mondays, February 8 through April 26, 7:00pm-9:30pm, for 12 consecutive Mondays, Veterans Administration Auditorium. Classes provide basic information about medicines, recovery and rehabilitation, problem solving skills and listening and communication techniques. Please contact Cheryl at 635-7949, 287-0765 or Margaret at 634-0927 for more information.

Vegas 450 Tournament

The Cheyenne Field Archers will host the Wyoming State Archery Association's Vegas 450 Tournament, February 6-7 at their indoor range. All shooters are welcome but are encouraged to register in advance. You will be shooting a 450 round each day. More information is available at the Wyoming State Archery Association web page www.wyoming-archery.org.

2010 Glass Art Celebration

Cheyenne Botanic Gardens, February 5-14, 8:00am-5:00pm Monday-Friday and 10:00am-4:00pm Saturday-Sunday. For information and entry forms call 637-6458 or visit www.botanic.org.

International Travel Clinic

Cheyenne-Laramie County Health Department (CLCHD) announces the availability of their International Travel Clinic which provides needed immunizations and health counseling to clients traveling outside the country. For more information and to schedule an appointment with nurses, please call CLCHD, 100 Central Avenue, at 633-4098. For additional information regarding the H1N1 clinics and other services, www.laramiecountyhealth.com 633-4098.

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Friendship Force

Monthly meeting, Monday, February 8, 6:00pm, St. Paul's Lutheran Church, beginning with a potluck supper. The program will be "Friendship Force - Then and Now" and will have lots of information on the organization (locally, nationally and internationally.) For more information please contact Judy Eatmon at 632-6547.

Craft Show

VFW 1881 Ladies Auxiliary will be having a Craft Show, Saturday, February 6, 9:00am-3:00pm, Posthome 2816 Nationway. For more information please call Hazel, 635-4931 or Connie, 634-0257.

Community Forum

United Way of Laramie County will hold a Community Forum open to the public, February 9, Trilegiant/Old Jonah Bank building, 3001 East Pershing Boulevard. Two times are offered: Noon and 5:30pm. Brown bag is welcome and refreshments will be provided. We will cover the application process, our 2 year funding cycle, the grant application and how funding allocation decisions are reached. RSVP is welcome. For more information please contact us at 638-8904 or LiveUnited@UnitedWayofLaramieCounty.org.

Donations Needed

Jump into Jewels 2010 is in need of donations of new and gently used jewelry for Humanity's Women Build Project. Drop-off your donations at Habitat for Humanity ReStore, 1805 Ames Avenue, 637-8067 and Donna's Wear It Again Apparel, 201 West 17th Street, 637-7005.

Mardi Gras Carnival

The Laramie County 4-H program will be holding their annual Mardi Gras Carnival, Saturday, February 20, LCCC's multi-purpose gymnasium from 1:00pm-6:00pm, free admission. There will be entertainment from several local clubs in town and games galore. The event is open to the public, bring the family out for some good old fashioned fun.

Grief Video Series

The Bereavement Ministry Team at First Christian Church (Disciples of Christ) will be hosting a 13 week recovery and support group called GriefShare beginning Sunday, February 7 through May 9 at 2:00pm, Education Wing, 219 West 27th Street. GriefShare features nationally known, recognized experts on grief and recovery topics. Sessions will include topics such as "The Effects of Grief," "When Your Spouse Dies," "Your Family and Grief," "The Uniqueness of Grief." The material is non-denominational in format, Christ centered and Bible based. There will be a \$20 fee to cover the cost of participant workbooks and materials. Call 634-7878 to pre-register or for more information. Child care can be provided if requested in advance.



CheyenneNetwork.com and Trader's Shopper's Guide are bringing you the top web sites online. This week's net picks are by Dave Lerner:

1. Take an RV adventure at - www.AdventureRVWyo.com
2. Plan your trip into the Snowy Range at - www.Goi2Wyo.com
3. Jim Ward is buying houses at - www.JimWardBuysHouses.com
4. The Legislature starts up Monday - follow it at - www.Legisweb.State.Wy.Us
5. Check out the free coupons at - www.CheyenneNetwork.com

Community Profile Continues on Page 30

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**QUESTIONS?
JOIN US AND ASK.**

307.638.8904

MAIL DONATIONS or VISIT US: PLEASE RSVP
6101 Yellowstone Rd., Ste. 174
Cheyenne, WY 82009

www.UnitedWayofLaramieCounty.org
LiveUnited@UnitedWayofLaramieCounty.org

UNITED WAY COMMUNITY FORUM

OPEN TO THE PUBLIC

Join us and learn about the application process; our two-year funding cycle; the grant application; and how funding allocation decisions are reached.

TUESDAY, FEBRUARY 9, 2010
3001 E. PERSHING BLVD.

TRILEGIANT/OLD JONAH BANK BUILDING
TWO TIMES AVAILABLE: NOON AND 5:30 P.M.

BROWN BAG WELCOME, REFRESHMENTS PROVIDED.