

High West Energy, Inc.
PO Box 519
Pine Bluffs, Wy 82082-0519

BOARD OF DIRECTORS

- District 11 - Troy Freeburg PH #308-673-5336**
Bushnell, NE
- District 12 - Don Wisroth PH #245-3454**
Pine Bluffs, WY
- District 13 - Clinton Farrar PH #547-3435**
Hillsdale, WY
- District 14 - Jerry Burnett PH #970-895-3386**
Hereford, CO
- District 15 - Dan Acheson PH #308-235-2300**
Kimball, NE
- District 16 - Wayne Child PH #632-5401**
Cheyenne, WY
- District 17 - Russ Nielsen PH #308-879-4262**
Potter, NE
- The monthly board meeting is held on the 4th Monday of each month.**

MANAGER: Don Brunner
EDITOR: Tamara McNamee

OFFICE HOURS
Mon-Fri - 7:30a.m. - 5:00 p.m.
Open During Noon
Closed Weekends - Holidays

PHONE NUMBERS
Outage calls 24 hours a day
Laramie County 245-3261
Toll Free 1-888-834-1657

WEBSITE INFORMATION
www.highwestenergy.com
www.TogetherWeSave.com
www.ourenergy.com
www.touchstoneenergy.com

BILLING QUESTIONS
Local 245-3261
Toll Free 1-888-834-1657

HIGH WEST COMMUNICATION
245-3810

Your Touchstone Energy® Cooperative

January Awareness Calendar

National Activity Professionals Week, National Blood Donor Month, Birth Defects Prevention Month, Cervical Cancer Screening Month, National Glaucoma Awareness Month, Thyroid Awareness Month

10th – 16th – Folic Acid Awareness Week
16th – 22nd – Healthy Weight Week
24th – 28th – National Medical Group Management Week
23rd – 29th – National Nurse Anesthetist Week
20th – Women's Healthy Weight Day

Health Tip
Why Donate Blood?

A blood donation truly is a "gift of life" that a healthy individual can give to others in their community who are sick or injured. In one hour's time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted for use in trauma or surgical patients. Plasma, the liquid part of blood, is administered to patients with clotting problems. The third component of blood, platelets, clot the blood when cuts or other open wounds occur, and are often used in cancer and transplant patients. Cryoprecipitated anti-hemophilic factor (AHF) is also used for clotting factors.

In a recent study supported by the [National Blood Foundation](#) (*TRANSFUSION 2002;42:1225*), more than 5,000 individuals who were current blood donors at the time or who had given blood in the past were asked why they donate blood. Nearly three-quarters of the respondents said that they give blood to help others. Respondents also said that giving blood makes them feel good about themselves; supports their local communities and hospitals; supports their community culture; and "pays back" society for the times when they or their families have needed blood transfusions in the past. For all of these reasons and more, donating blood is a good idea.

Here is a list of blood banks in the area where you can donate (check with your local medical facility, they may have more options):

Cheyenne – United Blood Services, 112 E. 8th Avenue
(307-638-3326)

Scottsbluff – West Nebraska Blood Center, 4021 Avenue B
(308-632-2477)

Greeley – North Colorado Medical Center, 1801 16th Street
(970-350-6100)

Fort Collins – Garth Englund Blood Center, 1025 Pennock Place, Ste 104 (970-495-8965)

(Source: www.aabb.org/resources/donation)



If you happened to be driving on I-80 during the night of November 27th, you may have not known exactly what you were seeing. Against the pitch black sky, there was something very bright and moving east on Highway 30. The Wyoming Highway Patrol didn't exactly know what to think either, as Ken was stopped and questioned. A few minutes passed and with a slight smile, Ken was sent on his way.

For the second year in a row, HWE entered into the 20th annual Cheyenne Christmas Parade. Ken Haas, Lineman for High West headed the project, with some help from employees and grandchildren, he did a fantastic job decorating a bucket truck and trailer with over the minimum requirement of 1000 lights. The decorating takes place in the HW truck bay and then very slowly, Ken drives it to Cheyenne. This year, unlike last year, the trailer was carrying a 12' cut tree.

This year's parade had over 125 entries. High West Energy also entered into the Christmas at Home parade in Pine Bluffs.

We appreciated all the time and effort that Ken has put into this yearly project.

2010 Annual Meeting
was once again a huge success!

Thank you to all of the members that gathered at the Kimball High School on November 13th, 2010 for the 71st Annual Meeting of High West Energy. The high school gym was full of crafts, equipment demonstrations and booths full of useful information on energy savings.

Following lunch, provided and served by Greg's Grub in Kimball and High West Energy linemen, everyone proceeded to the theatre room for the meeting.

President Russell Nielsen welcomed everyone and recognized special guests, board members and staff. Mr. Nielsen recognized General Manager, Don Brunner for his 27 years of accomplishments. Mr. Brunner will be retiring in June 2011.

Elections were held for directors in Districts 14, 16, and 17. Mr. Jerry Burnett was re-elected for District 14, Wayne Child, for District 16 and Russell Nielsen for District 17.

After the business meeting, numerous prizes were awarded including a 42" HDTV, Dell laptop computer and cash prizes.

Clint and Shari Farrar Fire Fund

In the afternoon of December 1, Board of Director Clint Farrar and his wife, Shari received a call that their Hillsdale farm home had been destroyed by fire. After the investigation concluded it was determined the cause was from a wood pellet stove. High West Energy has donation cans set up in the main office in Pine Bluffs.

A fund has also been established at Wyoming Bank & Trust in Burns. Additional donations maybe sent to the Hillsdale Ladies Group , PO Box 218, Hillsdale, Wy 82060. Checks may be made out to the ladies group.



Stay Clear!

**A downed power line may not be a dead line.
It could cause serious injury or death.**

If someone is injured by contact with a power line, call 911 and keep others away until help arrives.

If a power line falls across or near your vehicle while you are in it, stay inside until help arrives. If you must exit, jump clear so that no part of your body is touching the car when you land. **KEEP BOTH FEET TOGETHER**, and shuffle or hop at least 30 feet away from the vehicle.

High West Energy, Incorporated
1-888-834-1657
245-3261
24 hours a day.....7 days a week

SPARKS

A Touchstone Energy® Cooperative

Your Electric Cooperative's Monthly Newsletter

JANUARY 2011

THE DEADLINE FOR THE HWE/TRI-STATE SCHOLARSHIP APPLICATIONS IS FEBRUARY 11th, 2011

Ten scholarships will be awarded to students who are dependents of High West Energy consumers or employees. Applicants must be students enrolled or planning to enroll in a full time undergraduate or graduate course of study at an accredited, two-year or four-year college, university or vocational/technical school. Returning college students are also encouraged to apply.

Scholarship recipients will be chosen from a selection committee which consists of educators from our three state area. Recipients are chosen on a combination of SAT/ACT scores and overall grade point average, work experience, participation in school and community activities. A short personal statement of career goals and a written recommendation from a third party are also required.

Applications for the 2010-2011 school year will be accepted until Friday, February 11th, 2011. The winners will be announced in April or May. **Returning college students are also eligible.**

**YOUR COMPLETED APPLICATION MUST
BE RETURNED BY FEBRUARY 11th TO:**

High West Energy, Inc.
Attn: Tamara McNamee
PO Box 519
Pine Bluffs, Wy 82082-0519

*****If mailing in your application it must
be postmarked no later than
February 4th.*****

Applications have been mailed to the following high school counselors &/or advisors:

Pine Bluffs
Central - Cheyenne
East - Cheyenne
South - Cheyenne
Burns
Kimball
Harrisburg
Potter-Dix
Pawnee
Peetz

For more information contact Tamara McNamee at 245-3261 for Laramie County residents or 1-888-834-1657 for all other residents.

Additional forms may be picked up at our main office:

6270 County Road 212
Pine Bluffs, Wy 82082

ADDITIONAL SCHOLARSHIPS AVAILABLE

We have scholarship applications available for the WREA Lineman Scholarship and the Dar Hackworth Lineworker Scholarship.

These two scholarships encourage, promote and educate lineworkers for enduring and rewarding careers with Wyoming's electric cooperatives.

Deadlines are:
Dar Hackworth Scholarship- May 31st, 2011
WREA Lineman Scholarship - March 1st, 2011

Please contact us if you are interested in applying for these scholarships and becoming a lineman.