

At The Center of It All

Central Wyoming Senior Services, Inc.



NOVEMBER 2022

"The Heart of Natrona County"

1831 4th Street
Casper, Wyoming 82601
307-265-4678

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

**ANONYMOUS DONOR
TO PAY FOR
ALL VETERANS'
LUNCHES!**

**When:
Friday,
November 11th
11AM—1PM**

"Missing Man" Table



Wyoming Veterans Museum
to present

"Famous Wyoming Veterans"

At 11:15am in the Dining Room.

~Please come to the office to
pick up a card for your meal.~

YOU HAVE A | TAKE YOUR
SPOT. | SHOT.

Flu Vaccination Clinic

by Antelope Health Clinic from Midwest

**Thursday, November 17th
starting at 1PM**

**COLD & FLU
SEASON IS HERE!**
GET YOUR FLU SHOT TODAY!



YOUR IMMUNITY PROTECTS YOUR COMMUNITY!

**PLEASE BRING YOUR
INSURANCE INFORMATION!**



Try to Find This!

Let the front office know the answer for entry into the drawing for a week of lunches!!

2 Chances
in this
issue!



INSIDE THIS ISSUE

**Central Wyoming Senior Services
Mission Statement**

Our mission is to enrich the lives of individuals aged 60 and older by providing Community services and resources to maintain their dignity and independence.

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WHO'S WHO AROUND THE CENTER

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Kate Maxwell Secretary

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Debera Siems *Bob Carpenter*

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Aimee Ottley

Director of Operations

Tom Lebahn

Assistant Director

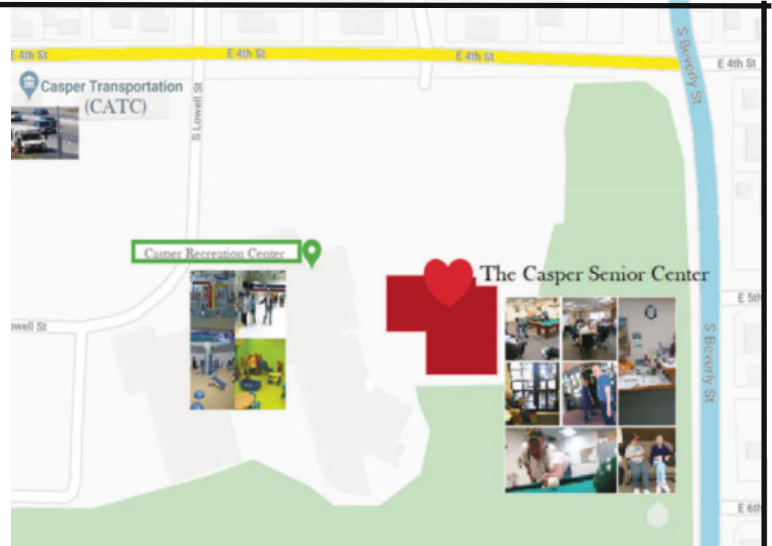
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

1831 East 4th St.....(307) 265-4678

MILLS

401 Wasatch.....(307) 237-1317

EVANSVILLE

71 Curtis St.....(307) 315-6719

Connect with us:



www.casperseniorcenter



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current facility,

where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services to meet their changing

needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

A Letter from the Desk of the President:

Thank you goes to the Wyoming Community Foundation who awarded a \$15,000 grant to the Center. This is greatly appreciated and will help with rapidly increasing costs.

We are pleased to see our new Executive Director, Aimee Ottley, taking charge at the Center. She is making new friends and working hard to continue the success of the Center. Her experience as Executive Director of the Uinta County Senior Center in Evanston, Wyoming is invaluable.

Our monthly events for November are a tribute to Veterans on November 11, 2022 and a Thanksgiving celebration on November 23, 2022. Speaker this month will be Lance Neiberger who will speak on Suicide Awareness on November 15 at 12:15pm. Lance works with the local suicide survivor group, the Natrona Suicide Prevention Task Force and the Youth Empowerment Counsel's Suicide Prevention Awareness Team.

We always welcome volunteers, new members and your comments regarding the Center.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028



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MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

Services include housekeeping, personal care, respite, and care coordination.

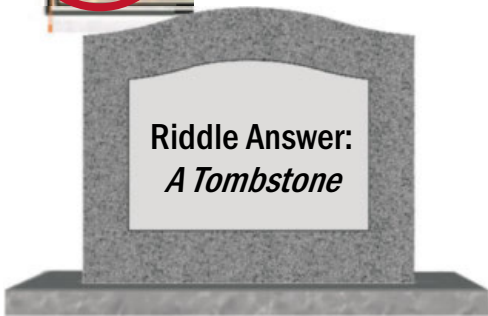
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

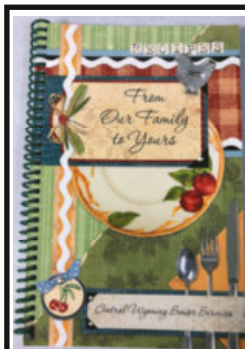
Any questions? Come see Lacey or Alicia!

Or give us a call at (307) 265-4678.

Last Edition Answers:



Riddle Answer:
A Tombstone



Copies of the Senior Center Cookbook still available! Marked down by **40%**, NOW \$6.00 each! Get yours today!

Board Meeting Schedule:

(All meetings are public)

Fourth Monday of each month at 2:00 pm in the Conference Room.

This is the perfect time for the public to attend and find out what is happening within the Agency.

RIDDLE

When you add
meat to me,
I become
vegetarian.
What am I?

Let the front office know the correct answer for your chance to win donation-free lunches!!

Meal Prices:

Suggested donation for a senior meal is \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one extra meal with every 20 punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$9.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket

Thank you for your support of our meal program!

Meal Times:

Casper: 11:00 AM to 1:00 PM

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

Reservations Required at Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

Around the Center



November 11th
11:00AM
Wyoming Veterans Museum
Famous WY Veterans

Thanksgiving Pie Sale!
Orders due by November 18th
Pick up available Nov. 21-23
\$12/each or 2/\$20.00
Ask about our variety!

Thursday, December 1st
1PM—3PM
in Déjà Brew
by OLLI & students in the
Occupational Therapy
program

November 15th
12:15PM
Lance Neiberger
Suicide Awareness

November 23rd
11AM—1PM
Thanksgiving Celebration
Curbside will be available 11A-1P

December 8th
12:00PM
Casper Fire Department
Fire Safety in the Home

December 15th
11:30AM
Summit Elementary
3rd Grade
Christmas Caroling



Thursday, November 24th
Friday, November 25th
&
Sunday, November 27th
Happy Thanksgiving!

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WYOMING 2-1-1 CAN HELP!

Wyoming residents who need help finding affordable housing, food, utility assistance, and other basic needs, can reach out to Wyoming 2-1-1. Wyoming 2-1-1 is a free and confidential service that provides information and referrals to local community services that can help you with your most critical and urgent needs.

Dial 2-1-1 or 888-425-7138
Visit www.wyoming211.org
Text your zip code to 898211

Wyoming 2-1-1
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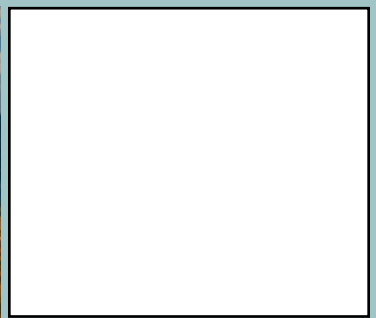
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SPOTLIGHT

5 Facts to Know About Veterans Day

Nov. 5, 2018 | By Katie Lange
<https://www.defense.gov/News/Feature-Stories/story/article/1675470/5-facts-to-know-about-veterans-day/>



Veterans Day is a well-known American holiday, but there are also a few misconceptions about it—like how it’s spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know.

Veterans Day doe NOT have an apostrophe.
A lot of people think it’s “Veteran’s Day” or “Veterans Day,” but they’re wrong. The holiday is not a day that “belongs” to one veteran or multiple veterans, which is what an apostrophe implies. It’s a day for honoring all veterans—so no apostrophe needed.

Veterans Day is NOT the Same as Memorial Day.
A lot of Americans get this confused, and we’ll be honest—it can be a little annoying to all of the living veterans out there.

Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace—dead or alive—although it’s largely intended to thank living veterans for their sacrifices.

It was originally called Armistice Day, commemorating the end of World War I.

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month.

For that reason, Nov. 11, 1918 was largely considered the end of “the war to end all wars” and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, a day set aside to honor veterans of World War I.

But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word “armistice” to “veterans” so the day would honor American veterans of all wars.

For a while, Veterans Day’s date was changed, too, and it confused everybody.

Congress signed the Uniform Holiday Bill in 1968 to ensure that a few federal holidays—Veterans Day included—would be celebrated on a Monday. Officials hoped it would spur travel and other family activities over a long weekend, which would stimulate the economy.

For some inexplicable reason, the bill set Veterans Day commemorations for the fourth Monday of every October. On Oct. 25, 1971, the first Veterans Day under this new bill was held. We’re not sure why it took three years to implement, but not surprisingly, there was a lot of confusion about the change, and many states were unhappy, choosing to continue to recognize the day as they previously had—in November.

Within a few years, it became pretty apparent that most U.S. citizens wanted to celebrate Veterans Day on Nov. 11, since it was a matter of historic and patriotic significance. So on Sept. 20, 1975, President Gerald Ford signed another law (Public Law 94-97), which returned the annual observance to its original date starting in 1978.

Other countries celebrate it, too, in their own ways. World War I was a multinational effort, so it makes sense that our allies also wanted to celebrate their veterans on Nov. 11. The name of the day and the types of commemorations differ, however.

Canada and Australia both call Nov. 11 “Remembrance Day.” Canada’s observance is pretty similar to our own, except many of its citizens wear red poppy flowers to honor their war dead. In Australia, the day is more akin to our Memorial Day.

Great Britain calls it “Remembrance Day,” too, but observes it on the Sunday closest to Nov. 11 with parades, services, and two minutes of silence in London to honor those who lost their lives in war.

Ways to Show Support:

Do you shop at Smith’s?

Sign up for Kroger
Community Rewards and
select CWSS! Org.#WT634



Do you shop

Amazon Prime?

Use smile.amazon.com and select us,
Central Wyoming Senior Services as
your charity.



You can also donate on our website via PayPal or mail/drop off your chosen donation!

Meet the New Director:

We are so pleased to introduce Aimee Ottley as the newest member of our team in the role of Executive Director!

Aimee is a multi-generational Wyoming native hailing from Evanston where she graduated high school in 1987. She spent 20 years in Chandler, AZ (a suburb of Phoenix) putting her degree to use as a marketing executive. Most recently, Aimee spent the last 5 years as Executive Director for Uinta Senior Citizens Inc. for the Senior Center, with all of our same programs along with Meals on Wheels and Public Transportation.



She and her better half, David, made the permanent move to Casper this year, relieving David of his 15 years spent commuting here to his job with Unit Drilling. The two enjoy travelling & taking road trips together and are avid kayakers & winter sports enthusiasts (skiing/snowboarding). They are graciously allowed tenancy in Fred and Charlie's house as most honored Feline Servants.

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<p>Kate Maxwell, CTFA, Trust Officer</p>	<p>Randall B. Carnahan, JD, MPA, CTFA, VP, Personal Trusts</p>		

Gifts & Memorials

Note: This is a list for Gifts & Memorials given between September 23rd—October 25th, 2022.

If donations were made between those dates and you were not recognized, please see the office.

Memorials

Vickie Jasmann

Mary C Moler
Rita R. Wagner
Carl & Emma Closs
Margaret Tageant
Robert & Jane Tanner
James Potter

Clint Hopkins

Mary C Moler
Rita R. Wagner

Frank & Edy Adamson

Betty Strozzi

JC Boyd

Mary C Moler

Betty Hess

Rita R. Wagner



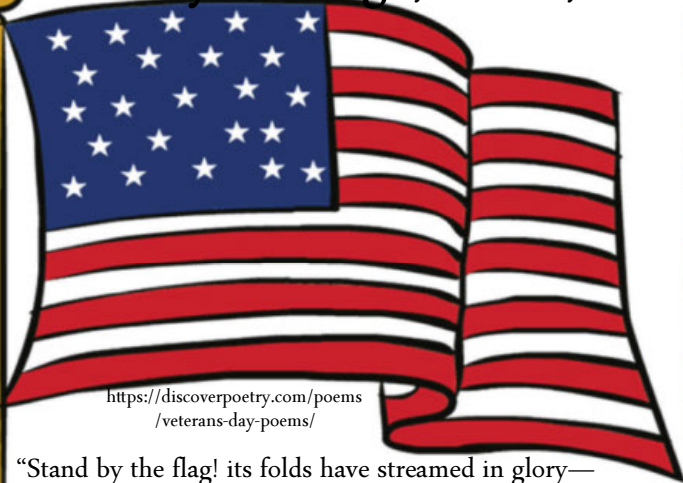
Gifts

Frank C Stofflet
Bruce Yeaton
Robert & Linda Blackstone
Dory Graff
Edward Mueller
Barbara Konings
John & Janet Hilde
Dana Deuel

What Your Memorial Does

The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

Stand by the Flag by John P. Keys



<https://discoverpoetry.com/poems/veterans-day-poems/>

“Stand by the flag! its folds have streamed in glory—
To foes a fear, to friends a festal robe,
And spread in rhythmic lines the sacred story
Of freedom’s triumphs over all the globe.



Stand by the flag! on land and ocean billow;
By it your fathers stood, unmoved and true;
Living, defended; dying, from their pillow,
With their last blessing, passed it on to you.”

If you are 60 or older with a birthday in November, bring this coupon to the office to receive a meal card.

Name _____

Birthdate _____

Courtesy of C.W.S.S.

NOVEMBER
Holidays & Birthdays

Aviation History Month
National Sleep Comfort Month
National Novel Writing Month

- 3, 1921—Charles Bronson, American actor
- 9, 1942—Tom Weiskopf, PGA Golfer
- 14, 1948—King Charles III, fka Prince Charles of Wales
- 22, 1921—Rodney Dangerfield, actor/comedian
- 30, 1955—Billy Idol, singer

Taking Care of Your Teeth Later in Life

Did You Know?

People with chronic diseases like arthritis, diabetes, heart diseases, and chronic obstructive pulmonary disease may be more likely to develop gum disease, but they are less likely to see a dentist than adults without these conditions.



Taking Care of Your Teeth



Brush your teeth twice a day with a fluoride toothpaste. Be sure to use a soft bristle toothbrush with a small head in order to get to hard to reach areas.



Get treatment for your lost or loose teeth (dentures, dental implants, etc.).



If you have dentures, remember to clean them with a denture cleanser (not toothpaste) after eating and to soak them every night in a cleansing solution.



Cancers of the mouth are typically found in older adults. Get your mouth and gums examined for cancers at least once a year through dental visits.



If you have trouble brushing due to arthritis or other issues, ask your dentist about assistive devices such as electric toothbrushes or toothettes.



Dry mouth is a natural part of aging, but can also be a side effect of many medications. Chew sugar-free gum or suck on sugar-free hard candies, limit caffeine, and sip water regularly. Your dentist may also recommend a dry mouth rinse or medication.



Drinking fluoridated water from the faucet helps prevent cavities. Bottled water does not contain fluoride.



It is never too late to quit smoking or using tobacco products.

dental-care-for-seniors-infographic.jpg
Oral health and older adults Infographic
dental-care-for-seniors-infographic.jpg
a-lifetime-of-dental-health_5422674bbcfa1_w1500.png
cdc.gov/oralhealth/basics/adult-oral-health/adult_older.htm



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MEAL CALENDAR

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake</p>	<p>1Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Rosy Applesauce</p>	<p>2Split Pea Soup Reuben Sandwich Carrot & Celery Sticks Sliced Pickles Fresh Pineapple</p>	<p>3Baked Chicken Sweet Potatoes Catalina Blend Caesar Salad Citrus Fruit</p>	<p>4Tuna & Noodles Peas & Pearl Onions Spinach Mandarin Salad Red Grapes</p>	<p>5</p>	
<p>6Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake</p>	<p>7California Ch'kn Breast Oven Brown Potatoes Country Mix Zucchini Tomato Salad Black Cherries</p>	<p>8Taco Salad Lettuce, Tomatoes, Cheese, Onions Rice Black Beans Pepper Slaw Mandarin Oranges</p>	<p>9Chicken Wrap Potato Salad Fresh Vegetables Orange Wedge Peach Crisp</p>	<p>10Beef Stroganoff Golden Corn Russian Garden Salad Strawberry Fruit Jell-O</p>	<p>11Breaded Catfish Roasted Zucchini Mixed Green Salad Tropical Fruit Coconut Pudding</p>	<p>12</p>
<p>13Chicken Fried Steak Mashed Potatoes Dill Green Beans Cranberry Zucchini Slaw Cherry Pie</p>	<p>14Swedish Meatballs Brown Rice Braised Cabbage Cucumber & Onions Melon Cup</p>	<p>15Chicken & Dumplings Braised Cabbage Tomato Basil Salad Fresh Peaches</p>	<p>16Baked Ham Baked Potato Glazed Carrots Broccoli Slaw Baked Apples</p>	<p>19Lasagna Italian Vegetables Creamy Bean Salad Apricots</p>	<p>18Baked Fish Creamy Risotto Roasted Broccoli Carrot Raisin Salad Tropical Fruit</p>	<p>19 MEALS COME WITH MILK & BREAD</p>
<p>20Lamb Tips Rice Pilaf Brussels Sprouts Fresh Pineapple Pecan Bread Pudding</p>	<p>21Chicken Fajitas Santa Fe Corn Salad Lettuce, Tomato, Cheese, Onions Pear Halves</p>	<p>22Hearty Bean Soup Ham Salad Sandwich Pickle Spear Berry Blend Chocolate Cake</p>	<p>23 THANKSGIVING DINNER WITH ALL THE TRIMMINGS</p>	<p>24 HAPPY THANKSGIVING DAY!  CLOSED</p>	<p>25 CLOSED  eat drink AND BE Thankful BLACK FRIDAY</p>	<p>26</p>
<p>27 CLOSED</p>	<p>28Chili Cheese Dogs Sweet Potato Tots Sliced Tomatoes Cantaloupe Chunks</p>	<p>29Oven Fried Chicken Garlic Fettuccine Asparagus Almond Romaine Salad Apple Dumpling</p>	<p>30Potato Soup Egg Salad Sandwich Celery & Carrot Sticks Cottage Cheese with Pineapple Blueberry Buckle</p>			<p>MENU SUBJECT TO CHANGE</p>



Rotary

District 5440

Reveille Rotary
meets on
Wednesday mornings
at 7 A.M.



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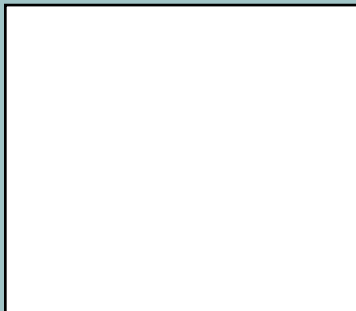
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Daniel Carmona
US Army Airborne, 1968—1969

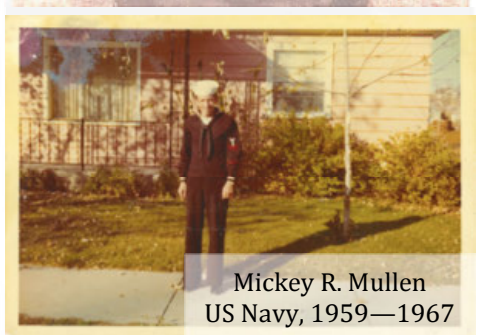
Anastasios “Stas” Loutas
US Marine Corps, 1954—1957

“My Marine Corps duty took me many places throughout the world: the Eastern coast of the US from Connecticut to Florida, Puerto Rico, Crete, and Greece (the country from which my parents immigrated in the early 1900s).

While serving on the ship USS Siboney (pronounced see-bow-nay), my commanding officer asked me to serve as translator since I spoke Greek.

I was once granted shore leave for four days in Athens. This afforded me the opportunity to meet Greek relations (aunts/uncles/cousins) that I had never met. Sadly, my grandparents were no longer living, however there were joyous greetings from other family members during those four days!

I have always been grateful that my service in the Marine Corps took me to the country of my ancestors.”



Mickey R. Mullen
US Navy, 1959—1967

No Photos:

Lyle Cox, US Navy
1962—1966

Leonard Jones, US Air Force
1954—1974

Herbert Tupper, US Navy
1968—1972

Larry Thorseth, US Army
1966—1970

Greg Johnson, US Army
1966—1969



Antonio “Tony” Cortez
USAF, May 1954—
December 1963

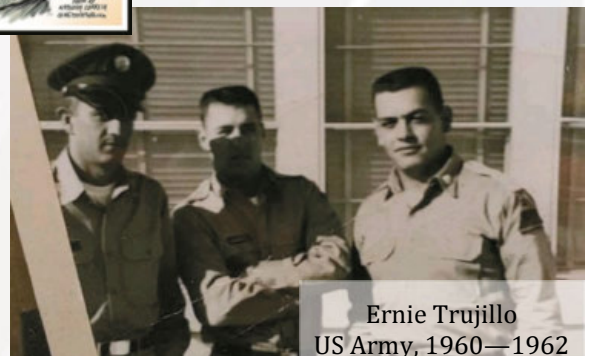
Germany,
France,
Canada,
and
all over
the US



Frank “Miles” Hartung
US Army, 1972—2006



Major Russel K Farrow
US Army, 1956—1976



Ernie Trujillo
US Army, 1960—1962

“It made me very proud to have served for our country!”

Keeping Distinguished Company at the Center:

Aircraft mechanic Marvin Robinson earns prestigious Charles Taylor Award

By Tommy Culkin | October 15, 2022 | <https://oilcity.news>

For nearly half a century, Marvin Robinson has worked on airplanes at the Casper-Natrona County International Airport, demonstrating an aptitude for mechanics that put him in rarified company. On Saturday, he was recognized for his excellence with the prestigious Charles Taylor Award—the highest honor the Federal Aviation Administration can give to an airplane mechanic.

As an airplane mechanic, Robinson took his first job in California. However, not very long into his career, Robinson was drafted into the U.S. Air Force in the midst of the Vietnam War. That took him to Hawaii, where he used his acumen with airplanes to aid the military. After serving in the Air Force for four years, he returned to his job in

California, where he worked for a time before deciding he wanted to return home to Wyoming.

He briefly returned to his hometown, working with Riverton Aviation, before taking a job with Casper Air Service and later True Drilling Company. Ever since taking the job with Casper Air Service, Robinson has called the Casper-Natrona County International Airport home, and he continues to work there to this day.

Because of his standard of excellence for over 50 years, FAA Operations Inspector Chris Lang said he more than earned the honor of the Charles Taylor Award. “It’s a very prestigious recognition,” he said. “I can’t tell you how many we give out each year, but it isn’t very many at all.”



Marvin Robinson
USAF, 1969—1973

Proudly served as a mechanic, flight instructor, and flight examiner on turbo-prop C-130 aircraft engaged in aerospace recovery in the 6593rd Test Squadron, a unit of the Air Force Systems Command.

His work was highly classified at the time, as his unit caught spy satellites in mid-air out of the back of aircraft using hooks and parachutes.



He was honorably discharged on January 22, 1973 at the rank of Staff Sergeant.

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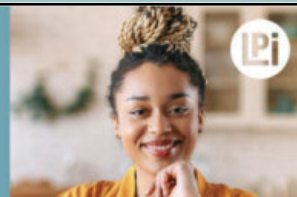
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ACTIVITIES FOR EVERYONE*

*If you don't see your activity, please call for details!

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (DF)
Bible Study	Monday Wednesday	3:30PM—4:30PM (CNF) 7:30PM—8:30PM (AR)
BINGO!	Thursday	12:30PM—2:00PM (CNF)
Bridge	Tues/Wed/Fri	12:00PM&12:30PM—4:00PM (DR/AR)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Clogging	Monday Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Couples Dance	Monday	6:00PM—8:00PM (DF)
Craft Class	Tuesday (Mills) Thursday (Main)	10:30AM—12:00PM <i>Mills</i> 10:00AM—12:00PM (AR)
Cribbage	Wednesday	1:00PM—3:00PM (Déjà Brew)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Garden Club	3rd Saturday	10:00AM—12:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Ladies Bible Study	Tuesday	10:00AM—11:00AM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
VA Caregiver (<i>Please call</i>)	2nd Tuesday	11:00AM—12:00PM (CNF)
Weight Watchers	Saturday	8:30AM—10:00AM (DR)
Wellness Clinic	Tues (Main)/Thurs (Sites)	10:00AM—2:00PM(DR)/12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)



Ingredients:

- ✓ Juice of 1 lemon
- ✓ 3/4 cup plain low-fat Greek yogurt
- ✓ 3 tablespoons olive oil
- ✓ 2 cloves garlic, minced
- ✓ Kosher salt and freshly ground black pepper
- ✓ 2 boneless, skinless chicken breasts (about 1 1/2 pounds)
- ✓ 1 medium onion, diced
- ✓ 1/4 cup grated Parmesan
- ✓ Two 10-ounce bags frozen riced cauliflower
- ✓ One 14.5-ounce can navy beans, drained and rinsed
- ✓ One 10-ounce bag frozen broccoli florets
- ✓ 1 cup shredded reduced-fat sharp Cheddar

Directions:

- 1** Preheat the oven to 425 degrees F.
- 2** Whisk the lemon juice, 1/4 cup of the yogurt, 1 tablespoon of the olive oil, half of the garlic, 1 teaspoon salt and a few grinds of pepper in a medium bowl until smooth. Place the chicken breasts on a cutting board. Pressing down on each breast firmly with your hand, cut it in half horizontally like a bagel, so you have 4 equal pieces. Add the chicken to the bowl and toss to coat. Let sit for 15 minutes.
- 3** Heat the remaining 2 tablespoons olive oil in a large skillet over medium-low heat. Let the marinade drip off the chicken, then add the chicken to the skillet. Cook, untouched, until golden brown on the bottom and no longer sticking to the skillet, 6 to 7 minutes. Flip the chicken and continue to cook until it releases easily from the skillet, 3 to 4 minutes more. Transfer to a plate and set aside.

4 Add the onion to the skillet and cook, stirring occasionally and scraping up any brown bits from the bottom of the pan, until softened and translucent, about 7 minutes. Add the remaining garlic and cook, stirring, until fragrant, about 1 minute. Gently fold in the Parmesan, riced cauliflower, beans, broccoli, 1/2 cup of the Cheddar, remaining 1/2 cup yogurt, 1 teaspoon salt and a few grinds of pepper. Transfer the chicken and any juices back to the skillet and sprinkle the remaining 1/2 cup Cheddar over the top. Bake until the cheese has melted, the chicken is cooked through and the vegetables are warm, 8 to 10 minutes. Let cool slightly before serving.




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Natrona County"*



Photo by Kres Thomas: <https://www.pexels.com/photo/city-man-people-woman-10706366/>

PARTING THOUGHTS

*"This country has not seen and probably will never know the true level of sacrifice
of our veterans."
~ American Author Thomas M. Smith ~*

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