



Dena Fritz  
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#### BIO

"Manure happens and life's too short not to laugh about it," is the motto of Cowboy Poet Dena Fritz. And with all the ups and downs of farm'in and ranch'in, she knows manure! That's why she started writing. It has given her an outlet for stress and a place to chronicle the life of a Montana farm wife.

Dena writes and performs humorous poems that are based on true stories about ranch'in, the great outdoors and raise'in a ruckus as she raises a family. She has three CDs to her credit and was recently crowned Colorado State Fair Cowboy Poetry Showdown Champion and People's Choice (the first time in their history to have a poet win both categories). Dena has participated in many poetry gatherings and has been fortunate enough to be featured on a few night shows. She has opened for the likes of Wylie and the Wild West and Ken Overcast. Her goal is to someday attend the National Poetry Gathering in Elko, NV.

Fritz is a native Montanan that helps raise crops and Charolais cattle with her husband, Jim and sons, Jake and Jack. Her children are the sixth generation to live on their place northwest of Chester, MT.