



## "What's Up Downtown"

*The Laramie Main Street E-Newsletter*

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April 2010

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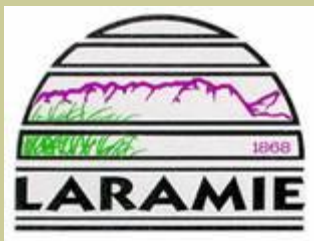
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The Trivia  
Question for April:

Dear Trey

We're excited to welcome spring here at Laramie Main Street! There's a lot going on this month so read on and be sure to check the county wide calendar at [www.visitlaramie.org](http://www.visitlaramie.org) and the Laramie Main Street website at [www.laramiemainstreet.org](http://www.laramiemainstreet.org).

Thank you for subscribing to the monthly Laramie Main Street Program e-newsletter -- as always, please call (742-2212) or email ([mainstreet@laramiewy.org](mailto:mainstreet@laramiewy.org)) if you have news for the May newsletter.

**Message from New Main Street Director  
Trey Sherwood**



What are the different aspects of the Main Street Four Point Approach?

Email or call Laramie Main Street with the answer and you will receive a prize. Trivia questions will appear in every monthly newsletter. Winners will be based on the first correct response we receive. Answer and winner will be announced in the following newsletter.

**Laramie Main Street**  
307-742-2212  
[mainstreet@laramiewy.org](mailto:mainstreet@laramiewy.org)

### Answer to Last February's Question:

The Empress Theater  
Our winner last month:  
John Nutter

Some of our customers have  
**SAVED 40% OR MORE**  
on their business insurance!

Call today to schedule  
your no-obligation  
insurance proposal.

**742-2103**



**LARAMIE INVESTMENT COMPANY, INC.**  
Brokers Gregg Jackson, Brad Jackson, and Sue Moore

### Volunteer of the Month



Born an "Air Force Brat," it was difficult to determine where Teresa "Trey" Sherwood called home until she landed in Laramie in 2004. "I never planted roots before coming to Laramie," she says jokingly. Trey moved to Wyoming from Georgia in 2004 to take the job as assistant superintendent at the Wyoming Territorial Prison State Historic Site. With a background in Public History and Museum Studies, she served as Curator and Historian for the site, managed the volunteer program, worked with the board, wrote grants, installed exhibits, led school tours and fell in love with the history of Laramie. With a growing appreciation for the "Gem City of the Plains", Trey "felt the urge to get more involved in the community. I wanted to give back, to put my talents to work serving the greater good." Trey currently serves on the board of several non-profits, including the Albany County Historical Society, Albany County Museum Coalition, Colorado Wyoming Association of Museums, the Laramie Plains Museum and as a council member for Trinity Lutheran Church.

When it was time to make a transition, Trey looked at the Main Street program as a way to become more integrated with the community. "I'm looking forward to working with the board and the diverse committees. To implementing projects and carrying the momentum forward. I understand there is a lot on the Main Street 'plate' but I am up for the challenge."

Trey is a recent graduate of the prestigious Leadership Wyoming program and is married to Jason Sherwood, a Game Warden with Wyoming Game and Fish. They enjoy home improvement projects, camping, photography, traveling and playing with their pets, dogs Tillie and Shelby, cat Rocky, and

## Paul Harrison



Paul Harrison is an incredibly meticulous, dedicated individual who cares deeply about his community. He has given over thirty years of service to the City of Laramie Parks and Recreation Department. Paul did a stellar job with his staff at informing the downtown merchants about construction street closures during the lighting and Fox theatre demolition projects. Additionally, Paul coordinated and managed the Garfield Street Footbridge lighting project. Currently, Laramie Main Street is working with Paul on the 1st Street Plaza project.

horse Cooter.

All of us at the Laramie Main Street team would like to thank our former director Kim Skidmore for her seemingly limitless enthusiasm and tremendous work. As sad as we are to see Kim go, we are all ecstatic to have Trey and we look forward to a bright future.

## New Exhibit at Gallery 211



For Immediate Release

**The Art of Exchange: Karen Kimmel and University of Wyoming Students**  
April 9<sup>th</sup> - May 15<sup>th</sup>

Gallery 211 will display the work of Los Angeles artist Karen Kimmel from April 9<sup>th</sup> to May 15<sup>th</sup>. Kimmel works primarily in California, but has traveled across the nation bringing her unique collaborative workshops to New York, Arizona, and most recently Wyoming. Kimmel is best known for her "social sculpture" and workshops that draw interesting, intuitive results from participants regardless of their level of artistic training.

This spring, Kimmel worked with the University of Wyoming's Department of Art conducting workshops with art students. Providing custom-made stencils and colored pencils, Kimmel allows students to relax their inhibitions towards the creative process. The stencils represent an infinite number of possible combinations of shapes, color, and line that students can use to express their own personal style and aesthetic. The resulting artwork is a collection of unique, intuitive drawings as widely varied as the students who produced them.

The exhibition will include UW student drawings produced in Kimmel's recent workshop along with stencils Kimmel has made in response to the student drawings. Also to be featured are Kimmel's drawings inspired by the Wyoming landscape and an original stencil case and kit designed for UW students. Additional information on Ms. Kimmel is available on her website: [www.karenkimmel.com](http://www.karenkimmel.com)

An opening reception for Kimmel's exhibition will be held at Gallery 211 on Friday, April 9<sup>th</sup> from 6-8pm. Gallery 211 is open from 12-4pm Thursday-Saturday. All events are free and open to the public.

Please contact Diana Baumbach, [dibaumbach@uwyo.edu](mailto:dibaumbach@uwyo.edu) or 307-766-3049, for additional details.



UW department of art

## Laramie Community Cleanup

Thanks Paul from all of us at Laramie Main Street!



### Downtown Odds and Ends

Check out [this month's newsletter](#) from Cowgirl Yarn

Have a blast at this month's [Copper Kettle Cooking Classes](#).

Laramie Main Street is now on facebook! [Check us out!](#)

At Laramie Main Street we are always trying better the services we provide to the community. Please let us know what you like about our current website, what you don't like, and what you would like added. Please send all responses [here](#).

### Historic Architecture Assistance Fund Offered



The Laramie Beautification Committee, Laramie Economic Development Corporation, Laramie Boomerang, The City of Laramie, The Laramie Area Chamber of Commerce and Laramie Main Street  
Proudly Sponsor:

## 2010 Laramie Community Clean Up Day

Saturday, April 17, 2010  
8am - Noon



Central Meeting Location:  
The Train Depot at First and Kearney

Complimentary lunch for volunteers will be provided at the Laramie Fire Station on 4<sup>th</sup> Street, from 11am until 1pm

Landfill fees will be waived for all Albany County residents\*

Call 742-2212 for dumpster locations and hazardous waste/product restrictions

To reserve a work area call:

742-2212



Please bring work gloves and wear appropriate clothing



TRASH BAGS WILL BE PROVIDED

Downtown Street Cleaning:

The City will be sweeping the streets in the downtown area on the morning of April 17<sup>th</sup>. In order to facilitate the street cleaning, we are asking people not to park in that area overnight.

\*Note: Fees will still be assessed for disposal of tires, refrigerators and dead animals.



### Featured Business: Zen Central

The Historic Architecture Assistance Fund will provide the services of architects to the owners of historic buildings or buildings located in Main Street communities to address issues involved with the rehabilitation and use of such properties. The fund cannot support complete architectural or engineering services needed for a complete rehabilitation project. Typical projects that can be funded include a building assessment, structural analysis, analysis of building code and ADA requirements, and façade and signage schematic design. This fund is meant to support private property owners who are not eligible for many grant programs. Not-for-profit property owners may also submit applications for fund monies. For more information on utilizing this service, please visit [click here](#).



Feature your own advertisements, events, and promotional information in the monthly Main Street newsletter! Just send us information and logos via email at [Mainstreet@laramiewy.org](mailto:Mainstreet@laramiewy.org)



### Zen Central: Hub of Wellness

Hi, My name is Kathie Beasley and I am the owner of Zen Central. I have always dreamed of owning my own business in my hometown. Laramie is such a beautiful place and I really love the community here. I opened Zen Central in October 2009, and had been working on my business plan for a few years prior to that. I knew I wanted to be on Grand Avenue and downtown, so when 108 Grand Avenue opened up for rent there was no hesitation.

108 grand was formerly Coal Creek Coffee's Roasting spot. The walls were lined with burlap coffee bags and where the Zen Lounge is now there used to be a gigantic coffee roaster. The remodel was fairly easy with the help of my dad, who has throughout his life acquired practically every skill one can consider useful. Working with my dad on the store was probably one of the most fulfilling and meaningful experiences I've had in my life.

When you come into Zen Central you can't help but notice the Buddhist influence and that's because Zen is a type of Buddhist meditation. When you get a massage you are in a certain state. You are coming right into your body and being present and breathing. When you get Reiki or Polarity Therapy, you are tapping into the subtleties of the body and mind, you are being present and breathing. This is meditation. This is the basis on which I live my life so it seemed natural to assert that onto my business.

From the oils I use (all wind-powered, sustainably made right here in Wyoming) to the organic fruit in the lobby, every aspect of my business is done with intention and care.

I have been doing massage and bodywork for the past six

years. I'm certified and continue to take classes that keep my skills sharp and my interest in the field peaked. I really pride myself on the fact that I truly enjoy what I do. I love my clients dearly, and I always give my best.

The response from the community has been wonderful and the support I continue to receive from my downtown business neighbors makes it all worth it.

Although Massage Therapy and Reiki are my primary services, I also offer: Body Scrubs, Castor oil packs, Facials, and Oxygen Aromatherapy. I have over 10 different flavors of oxygen and I've included a hangover remedy within my Oxygen Bar Menu. Bradley Frey, Jackson Hole native, is my Licensed Esthetician. He has created his own environmentally and sustainably made skincare line called, "Re-Dox." He is amazing!!

I am open Tuesday-Thursday 10AM-6PM and Friday and Saturday Noon- 8PM, by appointment.

307-760-3194

[www.zencentralstation.com](http://www.zencentralstation.com)

Check out more information about [oxygen therapy](#). Whether you want to improve your health, relieve stress, or just relax, try oxygen therapy--only available at Zen Central.

Sincerely,  
The Laramie Main Street Program Team