

to believe everyone can give something to those in need. And we believe when that happens, everyone benefits. That's why we created "Everyone gives, Everyone gains," a continually updated, year-round list of ways you can help people here. To add an item to the WTE's "Everyone gives, Everyone gains" list, send an email to everyonegives@wyomingnews.com or mail it to Everyone gives, Everyone gains, c/o Brian Martin, Wyoming Tribune Eagle, 702 W. Lincolnway, Cheyenne, WY 82001.

To give your money

Empty Stocking Fund

When: Through Christmas

How it's used: Funds the Laramie County Community Christmas Program, which provides holiday meals to low-income families.

To donate: Mail to Wyoming Tribune Eagle, 702 W. Lincolnway, Cheyenne, WY 82001. Checks should be made payable to Empty Stocking Fund.

American Legion Bar Bucks program

When: Through Christmas

How it's used: Funds the Laramie County Community Christmas Program, which provides holiday meals to low-income families.

To donate: Visit a local bar that is participating and donate to the Bar Bucks program.

Sponsor: American Legion

The Little Red Stocking

When: During the holiday season and throughout the year

How it's used: Since 1911, Wyoming Children's Society has served women faced with a crisis pregnancy and children in need of permanent, adoptive families. Donations will provide housing, food, transportation and counseling for pregnant women in crisis; as well as funding programs that recruit and prepare families to provide permanent homes for children in need.

To donate: Visit www.wyomingcs.org or send to Wyoming Children's Society, 314 E. 21st St., Cheyenne, WY 82001 or call 307-632-7619

Sponsor: Wyoming Children's Society

Christmas tree sales

When: Until all trees are sold

How it's used: All profits from the annual tree sale go to Youth Alternatives, Safehouse Services and the Cheyenne Firefighters Benevolence Fund.

To donate: Buy a natural, Balsam fir Christmas tree from Cheyenne Fire and Rescue at Fire Station 5, 2014 Dell Range Blvd. (in front of and west of Walmart). Hours are 6-9 p.m. Fridays, 9 a.m. to 9 p.m. Saturdays and 11 a.m. to 7 p.m. Sundays. Cost of trees is \$50 for a 5- to 6-foot tree, \$55 for a 6- to 7-foot tree or \$60 for a 7- to 8-foot tree.

Sponsor: Cheyenne Firefighters Local 279

Holiday gift wrapping

When: Through Christmas Eve

How it's used: Now in its 38th year, Cheyenne Regional Medical Center Volunteers will donate all proceeds from this year's gift wrapping to help pay for new beds in the hospital's intensive care unit.

To donate: Go to the holiday gift wrap booth in Frontier Mall, 1400 Dell Range Blvd. Open daily. Prices for gift wrapping are based on package sizes.

Sponsor: Cheyenne Regional Medical Center Volunteers

Red kettle campaign

When: Through 4 p.m. Dec. 24

How it's used: Funds The Salvation Army's programs all year. Money donated stays in Laramie County.

To donate: Drop money into red kettles next to accompanying bell ringers at many local grocery stores and large department stores around town or visit 601 E. 20th St. to donate.

Sponsor: The Salvation Army

Nachos Navidad

When: Now through Dec. 29

How it's used: This year's proceeds go to



Hispanic Organization for Progress and Education. Each year, this effort raises about \$10,000 for the local program chosen.

To donate: Taco John's is donating a portion of every Nachos Navidad bought during this period. In addition, customers are encouraged to round up their purchase total to help Hispanic students reach their academic goals.

Sponsor: Cheyenne Taco John's restaurants

Toys for Tots

When: Year-round

How it's used: To provide new toys to children who otherwise wouldn't get them.

To donate: Mail a check to Toys for Tots, 1964 County Road 124, Cheyenne, WY 82009; call Wendi Henderson at 678-215-7584; email cheyennetots4tots@aol.com; or visit www.cheyenne-wy.toysfortots.org. Be sure to label checks for the local campaign so the money stays in Cheyenne.

Sponsors: U.S. Marine Corps Reserve and Fleet Reserve Association, Wyoming Branch/Unit 59

East Cares Foundation at Cheyenne's East High

When: Year-round, but a priority leading up to Christmas

How it's used: Staff members have been raising money and collecting items for about the past 17 years for students at the school who, without outside sources, would not have a Christmas. Organizers develop a list based upon the true needs of these students, along with a "wants" list because they feel every student should get something they simply want for Christmas.

In addition, the program operates a pantry at the school, which collects nonperishable food, personal hygiene items, socks, etc. year-round for students in need.

To donate: Donations can be dropped off during school hours, 7 a.m. to 4 p.m., at 2800 E. Pershing Blvd., or mailed to the school (zip code is 82001). Please make checks payable to East Cares or East High School, with East Cares in the memo line.

Who to contact: Linda Shields-Givhan, Michelle Lambert or Mary Jo Lucas at 307-771-2663 or maryjo.lucas@laramie1.org.

St. Joseph Food Pantry

When: Now and throughout the year.

What: St. Joseph Food Pantry is seeking financial donations to help stock its shelves.

Where: Send donations to St. Joseph Catholic Church, P.O. Box 1141, Cheyenne, WY 82003. Make checks payable to Woodworth Memorial Fund for the Poor.

More information: St. Joseph Food Pantry provides weekly food baskets for those in need in Laramie County. Financial donations are used to offset the cost of buying food from Wyoming Food Bank of the Rockies.

Who to contact: Call Renee Gamino or Father Carl Gallinger at 307-634-4625.

United Way's annual matching funds challenge

When: Through the end of the year

What: United Way of Laramie County's Annual Community Challenge

How it works: Local businesses have raised more than \$100,000, and are challenging the community to match their donations. Double the impact of your gift and donate today!

Money raised is used to build a better Laramie County in the areas of education, income stability and health.

Who to contact: Call 307-638-8904 or

WyomingTribuneEagle

Everyone gives, Everyone gains

Helping you change your corner of the world by connecting you with those who need help.

visit www.UnitedWayofLaramieCounty.org.

Needs Inc. food boxes

When: Donations to Cheyenne's Needs Inc. are appreciated year-round.

How it's used: Funds are used to provide food boxes for low-income residents of Laramie County.

To donate: Mail financial gifts to Needs Inc., 900 Central Ave., Cheyenne, WY 82007. Checks should be made payable to Needs Inc.

Who to contact: Call Barbara Fecht at 307-632-4132 for more information.

Meals on Wheels of Cheyenne

When: Year-round

What: Donations to Meals on Wheels of Cheyenne. Funds will be used to buy food for homebound people in Cheyenne and Laramie County. More than 85,000 meals are served annually.

To donate: Mail a check or credit card information to Meals on Wheels of Cheyenne, 2015 S. Greeley Highway, Cheyenne, WY 82007 or call 307-635-5542. An online donation can be done by going to www.mealsonwheelsofcheyenne.com.

Who to contact: Call 307-635-5542 or go online to www.mealsonwheelsofcheyenne.com.

To give your time

Gift wrapping

When: Through Christmas Eve

What: Two-and-a-half to 4-hour wrapping shifts are available at Frontier Mall in the Cheyenne Regional Medical Center Volunteers holiday gift wrap booth.

Hours: Call for available shifts.

Who to contact: Peggy Leland at 307-630-4769

Salvation Army bell ringer

When: Through Christmas Eve

What: The Salvation Army needs volunteers to serve as red kettle bell ringers, meal prep/server volunteers and in other ways during the holiday season.

More information: Call 307-634-2769 or go online to www.volunteer.usawest.org and search 82001 for available shifts.

Who to contact: Julio Perez at 307-634-2769

Delivering food to the homebound

When: Year-round

What: Delivery drivers and volunteers for the thrift store are needed for Meals on Wheels of Cheyenne.

More information: Call 307-635-5542, ext. 104, and ask for Merri if you are interested in volunteering.

Who to contact: Call the above number or go online to www.mealsonwheelsofcheyenne.com.

To give your items

St. Joseph Food Pantry

When: Now and throughout the year

What: St. Joseph Food Pantry is seeking donations of nonperishable food items to assist those in need in Laramie County.

Where: Drop-off donations at the church office, 314 E. Sixth St., between 8 a.m. and 4 p.m. Monday through Friday, or at the food pantry, 206 Van Lennen Ave., from 10 a.m. to 1 p.m. Monday through Thursday.

both Walmart stores, JC Penney in Frontier Mall, Olive Garden or Texas Roadhouse; buy the toy listed on the tag; take the toy and tag to The Salvation Army, 601 E. 20th St.

Toys also are being collected at both Walmart stores in Cheyenne until Dec. 19 to benefit those served by The Salvation Army locally.

The Salvation Army also is looking for volunteers to adopt families in need. Donors would take care of a whole family, including the parents, with a family gift like grocery gift cards, a vacuum cleaner, or pots and pans.

Who to contact: Call Renee Gamino or Father Carl Gallinger at 307-634-4625.

Gifts for the homeless

When: Until Christmas

What: The Wyoming Coalition for the Homeless provides gifts for homeless residents on Christmas Eve and Christmas Day. Current clothing items needed: new gloves, knit hats, sweaters, scarves, flannel shirts (M-2XL), men's jeans (sizes 28-30), men's underwear, white socks, men's coats (M-2XL) and inexpensive backpacks to give as Christmas gifts to homeless residents.

Prepared food items are always welcome for Christmas Eve or Christmas Day meals, which are served at 11 a.m. each day.

Also, monetary donations are needed to cover utilities and daily operating costs.

Where: Donations should be dropped off at 907 Campbell Ave.

Who to contact: Steve or Rachel at 307-634-8499 or email wyomingcoalitionforthehomeless@gmail.com

Food, other items for local homeless shelter

When: Until Christmas

What: COMEA House provides housing and transitional living instruction to homeless individuals and families in the Cheyenne area. Food and other items needed include: Perishable food items (bread, butter/margarine, milk, eggs, cheese, fresh/frozen vegetables, salad mix); cold cereal, noodles, crackers and chips (dated 2020 or later); coffee, creamer, sugar/sugar substitute packets; paper goods (paper towels, toilet paper, napkins and paper plates/cups); cleaning products, laundry detergent, bleach, fabric softener, trash bags and rubber gloves; office supplies (envelopes, tape, staples, copy paper, file folders and White Out); postage stamps; bus tokens (passes); gas cards and retail gift cards; winter boots; new underwear and long underwear; winter (insulated) gloves/hats, stocking caps and winter facemasks; diapers (all sizes); monetary support for special projects and operating costs.

Where: Donations should be dropped off at 1504 Stinson Ave. Please call before taking large donations to the shelter.

Who to contact: Robin Zimmer, executive director, at 307-632-3174.

Clothing, food items for low-income residents

When: Now and year-round

What: Needs Inc. provides temporary food and clothing assistance to low-income Laramie County residents. Clothing items and nonperishable food.

Where: Donations should be dropped off at Needs Inc., 900 Central Ave. in Cheyenne.

Who to contact: Barbara Fecht, executive director, at 307-632-4132.

Toys for Tots drive

When: Going on now

What: Annual USMC Reserve Toys for Tots campaign to help children who otherwise wouldn't get new toys at Christmas.

Where: About 100 drop-off locations around Cheyenne for new, unwrapped toys can be found at www.cheyenne-wy.toysfortots.org.

Who to contact: Wendi Henderson at 678-215-7584.

The Salvation Army's Angel Tree toy drive

When: Through Dec. 19

What: The Salvation Army is collecting toys for needy families through its annual Angel Tree program. More than 300 children are signed up to receive gifts.

Where: Take a tag from a Christmas tree at

both Walmart stores, JC Penney in Frontier Mall, Olive Garden or Texas Roadhouse; buy the toy listed on the tag; take the toy and tag to The Salvation Army, 601 E. 20th St.

Toys also are being collected at both Walmart stores in Cheyenne until Dec. 19 to benefit those served by The Salvation Army locally.

The Salvation Army also is looking for volunteers to adopt families in need. Donors would take care of a whole family, including the parents, with a family gift like grocery gift cards, a vacuum cleaner, or pots and pans.

Who to contact: The Salvation Army at 307-634-2769.

Gifts for children served by Safe Harbor

When: Through Christmas

Where: Safe Harbor, 2712 Thomes Ave., Cheyenne, WY 82001

What: Donations for the children served by Safe Harbor, a children's justice center helping children in Laramie County through its services of promoting the multidisciplinary approach to child-abuse investigations, child forensic interviews, supervised visitation and safe exchange programs, and outreach and education on child abuse. Needed donations include Christmas bags, toys, games, new books and DVDs. Cash donations will be accepted, as well, to support the program.

Who to contact: Contact Lynn or Krystal at 307-632-1708 with questions.

Gifts for children of Guard members

When: Through Christmas

What: Wyoming National Guard seeks sponsors for GUARDian Angels program. The program is designed to provide Christmas presents to the children of any Guard member experiencing a financial hardship, regardless of whether they have been or are currently deployed.

More information: Those willing to serve as child sponsors contact the Wyoming National Guard. They will then be paired with children of Guard members who have been vetted and certified as being in financial need. The sponsor is given a list of needs, wants and wishes from the child, and they then go buy the presents and return them to the Guard. The whole process in anonymous.

Who to contact: To sponsor an Army Guard member's child, call Danae Peterson at 307-772-5211. To sponsor an Air Guard member's child, call Denise Rampolla at 307-772-6063.

Sponsors sought for low-income local families

When: Sponsors can volunteer through Dec. 20

What: Cheyenne's Christmas Angels is seeking sponsors to provide Christmas to children in low-income families.

More information: This year, Cheyenne's Christmas Angels has several ways the public can volunteer to sponsor families. Sponsors can specify what size family they can afford to sponsor, or they can choose to sponsor one child. Sponsors will be provided lists of items that would be appropriate for each child. The families' names will not be provided, but the sponsors can choose to include a signed Christmas card with their gifts.

For those looking to sponsor a single child, trees containing tags with requested gifts can be found at Applebee's restaurant in Cheyenne and Roller City in Cheyenne (which is collecting stuffed stockings).

Those interested in sponsoring a family are asked to provide a minimum of three gifts and one stuffed stocking per child; a roll of gift wrap, a roll of tape and a bag of bows so parents can wrap their child's presents; and a minimum \$20 gift card for the parents.

Cheyenne's Christmas Angels also is collecting trees and decorations to provide trees for these families, as well as hats, mittens and scarves for senior citizens and residents with disabilities in our area.

Sponsors can drop off items at 522 Van Lennen Ave. or make arrangements with Cheyenne's Christmas Angels to drop their gifts off or to have someone pick them up.

Who to contact: Contact Leslie Shelton at 307-286-6620 or cheyenneschristmasangels@gmail.com, or visit Cheyenne's Christmas Angels on Facebook.