

Sandy Watkins
Marketing & Communications
High Plains Power
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Biography: Sandy Watkins joined the Army after high school and spent 5 years overseas working in logistics and travelling on her free time. When she returned to the states, she moved to Laramie, Wyoming and got her Bachelor of Science degree from the University of Wyoming in Mass Communications, and later her Master's degree in Public Administration. She continued in the Army National Guard in Medical Logistics and retired from the Army Guard in 2006. She has freelanced as a journalist and photographer, worked in a sleep lab, and worked for the Department of Homeland Security. She has been working in the cooperative utility for 6 years, working in customer service and now marketing and communications.



Workshop: *How to be a Safe Journeyman Lineman* - This workshop starts with a message describing the paths that can be taken to be a Journeyman Lineman. We will continue with the demonstration trailer, explaining the general workings of electrical infrastructure, along with general safety, plus what a typical day can look like for a lineman. The workshop ends with the opportunity for the participants to compete in relay races trying on lineman safety gear.