

# Northeast Extension Connection

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## GRAZING PLANS

Always a good idea — Now there are new incentives

By Gene Gade

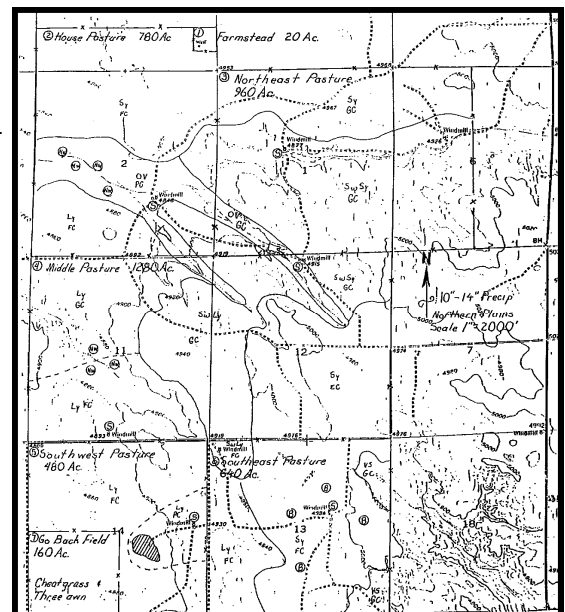
University Extension Educator—NE Area-Range Management

A grazing plan is really not that different from a financial budget. And, since the forage, livestock and money resources are intimately related, they are equally important to the ranch manager. In fact, there is no livestock enterprise, no money and no ranch lifestyle without the soil, water and vegetation resources that support them. It follows, therefore, that prudent ranchers need a good inventory of their land and feed and a realistic grazing plan that describes how and when they are going to use their forage resources in a sustainable way. Range inventories and grazing plans are highly desirable for ranchers for their own management purposes. They are a legal requirement if the rancher wants or needs to deal with the federal or state government or participate in new programs such as carbon credits (see following article).

### So, what's needed in a grazing plan?

**Inventory:** Start with an inventory and description of the range resources. The number of acres is obviously important, but the inventory also needs to include an estimate of probable forage production based on ecological sites. The Natural Resource Conservation Service (NRCS) has the best standards for ecological sites based on soil, climate, topography and the successional state of the site. Once these factors are identified, NRCS Technical Guides make estimates of forage production (in pounds of dry matter and Animal Unit Months – AUM's) in average, favorable or unfavorable years. The Tech Guides also recommend stocking rates.

Maps and/or aerial or satellite photos showing the land area, topography, range sites, ecological status as well as man-made features (roads, fences, water developments, etc.) are also needed. The individual pastures should be identified on the map and in chart form, showing size, condition and probable productive capability. There are wonderful map and photo resources



A map of this type showing area, range sites, likely AUMs, fences, water, etc., is a good start. More sophisticated maps and photos are available.

available these days from several sources and I'll be happy to help producers access them.

**Grazing Plan:** The rancher needs to describe how forage resources will be allocated and harvested by livestock and how they will be maintained or improved. This description should include:

- Carrying capacity and Stocking Rates
- Planned movement of animals during the grazing season
- Formal grazing system, if there is one (rotational, seasonal use, etc.)
- Turn-in and turn-out dates for each pasture
- Monitoring plan (photo transects or other data collection to show utilization, ecological status and trend, etc.)
- Drought management plan

A map and assessment of this type may also clarify what management changes or improvements are needed and possible. Trouble spots will be more obvious and analysis of possible remedies will be easier to visualize and analyze. A good practice is to make notes related to range the same way records such as calving are kept for livestock...*"There's more green needgrass in pasture X in June 2009."* *"New patch of Canada thistle in the NW corner of pasture Y 10/08"* *"Utilization estimate of 45% in pasture W for 7//09"*.

Stocking rates should consider more than just the number of animals. A 1,300 pound cow with calf is consuming considerably more forage than a 900 pound yearling steer, and such differences should be included in the analysis of forage requirement.

Grazing systems vary in intensity, but all good grazing management includes some mechanism for achieving more uniform livestock distribution. Fence, water, salt and supplement placement, even burning patterns or herding can be used to accomplish better distribution of grazing. Season and duration of use also matter. The long-standing rule of trying not using the same pasture at the same time each year still applies. Good plans also provide for the recovery of the forage plants after grazing.

Monitoring is another one of those things that producers ought to do for their own management purposes, to assess how their grazing plans are affecting the resource on both short and long term and to make adjustments when they are needed. When ranchers are dealing with agencies or programs like the carbon credits, monitoring is likely to be mandatory.

Drought happens in this part of the world. The only questions are when it will occur, how severe it will be and how long it will last. A plan for how the grazing and general ranch management will be adjusted during these inevitable dry periods is essential, both for the rancher and any entity he/she is dealing with.

The UW Extension Service and NRCS both have the capability and motivation to help producers develop a grazing plan for their operations. There are also some useful spreadsheets or hard-copy planning guides available to help in the process. Whether for the rancher's own purposes, or to interact with government agencies or programs, grazing plans are very important.



**All ranch resources, including range, livestock, wildlife, finances and humans are interactive and need to work together in an integrated plan. That's the manager's role!**

## Carbon Credits – What are they? What might they have to do with my ranch?

Lindsay Taylor, UW Extension Educator

Gene Gade, UW Extension Educator

Carbon storage and carbon credits have received much media attention in the past few years. But what does this mean for landowners? There are currently two ways of capturing carbon from the atmosphere, of sequestering it. One involves injecting carbon below ground to remove it from the atmosphere. The other involves tracking the increased storage of carbon in plants based on improved management practices. This is the type of carbon sequestration that may be relevant to landowners/managers in Wyoming.

**“Carbon,” and “Organics?”...a quick review:** The element carbon forms the skeleton of nearly all of the large compounds found in living things... sugars, starches, cellulose, fats, oils, proteins, DNA, etc. These compounds are originally manufactured by plants from carbon dioxide (CO<sub>2</sub>), but they are modified into a gazillion forms as they pass through the food chain. Eventually, respiration and decomposition processes of plants, animals and microorganisms break the big carbon compounds down and return most of the (CO<sub>2</sub>), to the atmosphere...where it can again be taken in by plants to continue the cycle. Because most of the carbon-based compounds are originally produced by living things, all carbon-based compounds became known as “organic” and the processes of forming, reforming and breaking them down is called “organic chemistry.”

However, not all organic compounds are broken down quickly. Over geologic time, huge quantities of organic compounds from dead plants and animals escaped decomposition. Some of these masses of carbon compounds were pressed and squeezed by natural geologic processes for long periods of time. Eventually, they are converted to the so-called “fossil fuels” ...coal, petroleum, natural gas, etc. In the past century, humans have also learned to create large numbers organic compounds using fossil fuels like oil as the source of carbon. Plastics, for example, are man-made “organic products.” ...

even though the plants that first joined their carbon atoms together did so millions of years ago.

The other main way, beside respiration/ decomposition processes, that carbon dioxide is returned to the atmosphere is by burning organic compounds....combustion. Fire has always been around, but since humans started burning massive amounts of fossil fuels in manufacturing industries, transportation devices, home heating and electrical generation a few hundred years ago, the amount of combustion on the earth has increased enormously.

The large quantities of carbon being released into the atmosphere through various combustion processes are a growing environmental concern. The concern stems from the fact that carbon dioxide is one of several “greenhouse gases.” When the sun’s rays hit the earth, part of their energy is converted to heat. Much of this heat is radiated back into space. The so-called greenhouse gases, hold some of the heat in the earth’s atmosphere, much as glass or plastic allows solar energy into a greenhouse, but retains part of its heat. There is on-going debate as to whether the carbon dioxide produced by combustion of fossil fuels is trapping heat and warming the earth’s climate.

Whether or not one accepts the validity of this global warming concern, the concept of capturing and storing carbon is considered a way to offset the alleged impacts of too much CO<sub>2</sub> without causing a lot of restriction on technology or economic loss. The Chicago Climate Exchange (CCX) was formed as a cap and trade market designed to help meet emissions reduction goals for companies and ultimately decrease carbon released into the atmosphere.



The concept of carbon offsets is that companies enrolled in CCX make legally binding agreements to meet certain emissions standards over a period of time. If they are unable to meet those standards, they may purchase CCX Carbon Financial Instrument® (CFI®) contracts, equivalent to 100 metric tons of greenhouse gas reduction. These contracts may be composed of a large variety of “offset projects.”

**Again, what does this mean for landowners?**

Agricultural projects are just one of many areas that can be used as offset projects. The credits produced by these projects qualify as credit for companies to purchase in order to meet their emissions reductions. One range management project alone will not typically be large enough to be an offset project. Based on the map from CCS rangeland, Campbell County is eligible at a rate of 0.27 metric tons per acre. Several of these grouped together can be large enough to trade on the CCS. Aggregators exist to package these projects so that they are large enough to fulfill one contract.

Many landowners are eligible to receive payment for their management practices. Eligible projects include”

*“Non-degraded rangeland managed to increase carbon sequestration through grazing land management that employs sustainable stocking rates, rotational grazing and seasonal use in eligible areas.*

*Restoration of previously degraded rangeland through adoption of sustainable stocking rates, rotational grazing and seasonal use grazing practices initiated on or after January 1, 1999.”*

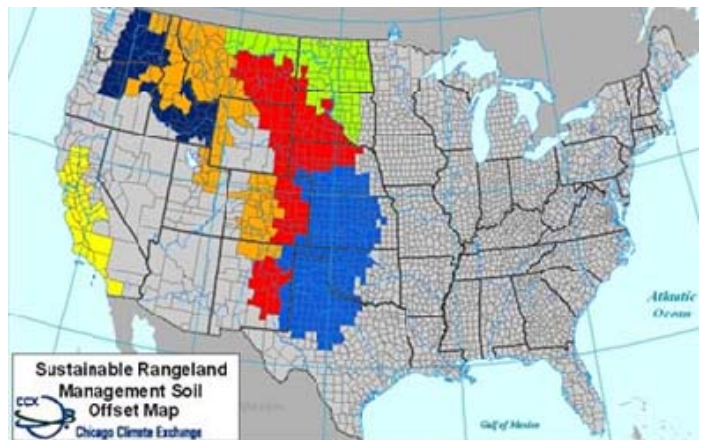
**In other words, a rancher with a documented grazing plan can be paid for sticking to their grazing plan and implementing grazing strategies to improve the healthy of the rangeland.**

More information about rangeland carbon credits can be found at: National Carbon Offset Coalition: <http://www.ncoc.us/subPages/rangeland.htm>.

North Dakota Farmer’s Union: <http://carboncredit.ndfu.org/>

**The University of Wyoming Cooperative Extension Service will be hosting a seminar on Carbon Credits for rangelands on February 23, 2009 at the Campbell County Extension Office from 1-4 pm.**

This seminar will feature speakers from the National Carbon Offset Committee, an aggregator, to better explain the process of enrolling rangelands and answer questions about how the system works. Gene Gade, UW Extension Educator from Cook County, will also present on how to build a grazing plan and document it in a way that will help you take advantage of this opportunity. For more information on the workshop or to register contact Lindsay Taylor at 307-682-7381 or [LRT10@ccgov.net](mailto:LRT10@ccgov.net).



# THINK TWICE WHEN TRYING WACKY DIET FADS

By Vicki Hayman, UW Extension Educator  
Nutrition AND Food Safety



Open a magazine, turn on the television or browse the Internet; it's hard to avoid stumbling across the next "miracle diet." Are you on a diet now? Do you enjoy it? If it is a fad diet, chances are you're hungry and cranky, regardless if you are a man or a woman.

The literal dictionary definition of a "fad diet" is "a diet that promises quick weight loss and is popular for a short time."

While there is no set approach to identifying a fad diet, many typically share at least three or more of the following common traits:

- Claims of dramatic weight loss (typically in excess of 3 lbs a week) in short periods of time
- Reductions in overall calorie intake, often at or below 1000 calories total for the day
- Rigid menus and eating at specific times
- Elimination of one or more food groups or macro-nutrients (grains, fruit, etc.) from the diet
- Over-emphasis on consuming certain macro-nutrients, such as protein, in the diet
- Revolves around a single food (grapefruit, eggs, cereal) in place of whole meals
- "Forbidden" or "good" and "bad" foods
- It prohibits eating certain foods together
- Magic or miracle foods that burn or melt fat away
- Very little or no emphasis on exercise as part of the weight loss plan
- Claims that the diet will change body chemistry, overcome hormonal imbalances, or fix specific conditions that cause you to gain weight
- Simplistic conclusions drawn from a complex study
- Excludes scientific evidence (no peer-reviewed research) and focuses on testimonials
- Use of dramatic marketing language and phrases like "quick-fix", "melt off pounds instantly," "lose fat fast", "lose weight when you sleep," "eat all you want and lose weight!" etc.
- Recommendations to purchase products (supplements, drinks, etc.) as part of the diet

- Inclusion of laxatives as part of the diet
- Claims about "detoxification" associated with the diet
- Provides a simple explanation for obesity
- Association with a popular celebrity or prominent company or organization
- Excessive media attention, especially in tabloid newspapers
- Circulated via e-mail, word-of-mouth or the web with no clear indication of its origin
- A price tag: fork over money to access the diet or buy the book
- Doesn't advise talking with a doctor or registered dietician
- Goes against the advice of trusted health professionals

Most people can lose weight on 1500 calories a day with an exercise plan. You will not feel deprived at 1500 calories and you will feel great eating a well balanced diet. Just remember that any diet under 1200 calories is not safe!

Some people find that sticking to an exercise plan is difficult, they are too busy. You have to take some time for yourself and exercise to lose weight and for your health. Get a friend to start walking with you or join a class or fitness club.

Fad diets distract us from making simple, solid changes in our lifestyle. They keep us from learning the fundamental basics of planning, selecting, shopping and preparing foods.

To be successful at weight loss and weight maintenance, stick with the basics: eat well and exercise for your health. Eating well and being active isn't a punishment - it's a good thing! So, enjoy feeling better and having more endurance and energy, because these goals are a means to a healthy life.



# A BENEFICIARY-CONTROLLED TRUST

By

Bill Taylor, Northeast Area Community Development Educator

Property and business owners are inclined to transfer ownership directly to the next generation so that their heirs can have the full use and enjoyment of the assets. But they lose out on the asset protection and estate planning benefits of a trust. A beneficiary-controlled trust can be a good compromise. Either immediately, or at the grantor's death, the primary beneficiary controls the trust effectively but retains the trust's protection and estate planning benefits.



Typically, a trust is designed to last for a short time after the grantor and spouse are deceased. The trust may pay out

principal when the beneficiaries reach a certain age, or perhaps at two or three different age levels. This is very important in case the grantors die while children or other heirs are still young, and is perhaps the primary reason that most trusts are established. But if you and your spouse (as grantors) live relatively long lives, your children may have already reached the required ages, and full distribution from the trust may be immediate at your deaths. Such trusts can achieve important estate planning benefits such as maximizing use of the estate tax exemptions, or exclusion of life insurance proceeds from estate taxation. But they miss out on achieving greater long-term estate planning and asset protection goals.

Conversely, the beneficiary-controlled trust starts with the premise that the primary beneficiary (typically your child) is capable of managing the trust assets. So, the objective is to maximize asset protection, while putting as

much control as possible in the beneficiary's hands. The goal is to come as close to outright ownership for the beneficiary as possible, while leaving the assets inside a trust.

There are five key elements to contemplate:

**Longevity.** The key is to create a structure that will continue for a long time – at least another generation. More than a quarter of the states have completely done away with the "rule against perpetuities" that limits how long a trust can remain in existence.

By creating a long-term trust, you also maintain a structure that protects assets from creditors and bankruptcy as well as from ex-spouses in a divorce, for a long line of descendants who will follow you. Setting up a trust can also potentially solve future personal and financial problems that you couldn't begin to anticipate at the time. You can also create an estate planning vehicle that takes advantage of current generation-skipping exemptions and builds in value without being subject to future estate taxes. Thus, the trust can achieve estate tax savings for future generations.

**Trustee powers.** Rather than appointing a truly independent trustee (such as a bank), you appoint the primary beneficiary as trustee, whether alone or with someone else. If you name an additional trustee, he or she may have only certain powers. For example, the additional trustee could have duties re-



garding distribution and not investments. The primary beneficiary could have the right to fire the co-trustee and appoint a successor. In addition, the primary beneficiary could also maintain a broad special power of appointment that would allow him or her to eliminate an individual as a beneficiary altogether, which would effectively prevent interference.

**Investment standards.** A trust is normally subject to "the prudent person rule" that requires a trustee to invest assets carefully, at the risk of a personal claim by any beneficiary. By its terms, a trust can negate the prudent person rule and thus allow the trustee to have nearly the same investment freedom he or she would have with his or her own assets, which is really the purpose of the beneficiary-controlled trust.

**Income and principal distribution.** You can give

the primary beneficiary the right to all income, but not require distributions – because that would bring funds back into the beneficiary's hands and partially defeat the trust's estate planning and asset protection purposes. If the beneficiary doesn't need the income, the assets should stay outside his or her taxable estate and within the trust's protection. Remember, a creditor has access to any income distributed. And the trust should provide a right to principal under the "ascertainable standard" of health, education, maintenance and support. Under that standard, trust assets are not includable in the beneficiaries' estates, yet the beneficiaries can still access the assets to meet these needs.

**Investment flexibility.** You may want to consider investing in assets that your beneficiaries can use. Examples include homes, artwork, jewelry and business interests.





## START EATING CENT\$IBLY AND LIGHT

By Trish Peña, UW Cent\$ible Nutrition Extension Educator

You may have been too busy since the New Year to notice, but at the stroke of midnight on Jan. 1, we entered not only a new year, but also the Season of Cent\$ible Eating. Say goodbye to the heavy, fancy foods of which we've been sampling nonstop for the past three months or so. Say so long to the butter, cream, hearty meat dishes and cheese and get ready for a lighter diet.

Clean and fresh tasting, people pay big bucks for "light" healthful foods at health resorts. You don't have to be rich or famous or even wanting to lose weight to enjoy this rejuvenating style of eating. What's more your whole family will enjoy and benefit from eating in this style.

"Light" foods are flavored with herbs, spices and citrus, rather than butter and cream. It is lighter fare – but still satisfying and a delight to the senses.

Portion control is critical – gone is the super sized portion. Gone is also family style serving – plate your food in the kitchen and be conscious of the presentation.

The presentation of light dishes is very important for a number of reasons. Garnishes take up space on the plate, tricking you into thinking you are eating more food. Use citrus zest as well as the fruit, even a curled strand of citrus peel adds scent and color to the plate.

Pay attention to contrasts in colors and textures. A sliced orange atop a dark green leaf of lettuce with a scattering of pomegranate seeds is much more attractive than an orange cut in quarters and tossed in a bowl.

Think of ways to present that same old chicken breast in a totally new fashion. You can cut a chicken breast into three pieces vertically or 6

slices horizontally. Place sautéed mushrooms or bell peppers between the slices, rather than piling the food into separate stacks on the plate. Garnish with sprigs of fresh herbs or even create a wreath of herbs around the entrée. Don't scrimp on the creativity!

The holidays caused us to eat and drink too much. You feel like we've consumed 50 pounds of sugar in three weeks. You don't feel good. Your brain feels foggy and you've probably gained a few pounds. Lots of people choose to go on a diet January 1. A good place to start is by eliminating all the things you've been eating like processed foods, sugar and alcohol.

It is advised that we eat as much raw, whole and organic foods as possible, drink more water and build up our immune systems with nutrients, minerals and essential fatty acids like flax seed oil and nuts and seeds. Try starting each day with a cup of hot water with a squeeze of lemon juice to kick start the liver, which plays a major part in metabolism and detoxification. We warn against fad cleanses or detox diets as they don't work long term and can cause more problems than they solve.

And, as you might expect, get plenty of sleep and exercise daily. You can learn more about nutritional, Cent\$ible eating and shopping by calling me, Trish Peña, at 746-3531 in Weston County or 283-1192 in Crook County.

Whether your goal is to lose 30 pounds or to start eating more healthy, you will be successful if you are deliberate in your actions. Think how beneficial it would be if you stayed strictly to a diet of light foods.





# Wyoming 4-H: Character – That’s What We’re Made Of

Crystal Krein, UW 4-H/Youth Educator

Good character is not hereditary or automatic. It’s developed by example and practice. One way or another, young people pick up the values that form their character – it might be through watching T.V., it might be through examples they see at home, it might be a result of watching YOU! Everyone who interacts with youth plays an important role in how youth grow into individuals with good character. Being a role model is not a volunteer position. If you work with young people, you are a role model and only you can decide what kind of role model you will be.

**CHARACTER COUNTS!** Is a framework built around 6 pillars of character that teaches young people to make sound moral judgments. The 6 pillars are: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. **CHARACTER COUNTS!** also encourages all adults to become more involved in helping youth develop positive character traits. Use the TEAM (Teach, Enforce, Advocate and Model) approach to guide the young people in your life to become a person of good character. Here are some examples of what YOU can do:

- ▶ **Teach** children that character counts – that their success and happiness will depend on who they are inside, and not what they have or how they look. Tell them that people of character know the difference between right and wrong because they guide their thoughts and actions by some basic rules of living.
- ▶ **Enforce** the importance of rules and policies - Praise good behavior and discourage bad behavior by imposing fair, consistent consequences that prove you are serious about character. Show courage and firmness by enforcing the core values when it is difficult or costly to do so.
- ▶ **Advocate** for character - Don’t be neutral about the importance of character or casual about improper conduct.
- ▶ **Model** good character - Hold yourself to the highest standards but recognize everyone makes mistakes. The important part is how you behave when you slip – be accountable, apologize sincerely and resolve to do better.

The 4-H program has a wonderful history of helping youth develop characteristics that are described in the 6 pillars of **CHARACTER COUNTS!** We hope that this intentional focus on developing character will enhance the experience youth and adults have in our 4-H program.

## **I pledge my head to clearer thinking**

- ☑ Be open minded
- ☑ Do what is right even if no one else is doing it
- ☑ Pursue excellence in everything
- ☑ Take responsibility for my own actions

## **My hands to larger service**

- ☑ Volunteer in the community
- ☑ Protect my neighbor, the environment and our natural resources
- ☑ Promote good citizenship

## **My heart to greater loyalty**

- ☑ Be a person of high integrity
- ☑ Tell the truth at all times and in all places
- ☑ Be the kind of friend I would like to have

## **My health to better living**

- ☑ Show concern to others
- ☑ Be kind, considerate and compassionate
- ☑ Treat people fairly
- ☑ Respect myself and those in authority
- ☑ I will use my abilities to “Make the Best Better” for everyone

## **For my club, my community, my country and my world\*\***

A page on the state 4-H web site will be developed as a place for you to find additional information and activities around **CHARACTER COUNTS!**

A recognition model will be developed to emphasize each pillar and provide you an opportunity to recognize young people and adults who demonstrated their good character. We hope you encourage your child, grandchild or friend of the family to be a part of Wyoming’s 4-H Program and develop the qualities of **CHARACTER COUNTS!**





# 4-H FOR FAMILIES



## "4-H PROVIDES ENJOYABLE TIME TOGETHER"

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

We often hear comments like, "I just don't have enough time to get everything done. I feel I don't get to spend enough time with my family." According to research conducted by Nick Stinnett John DeFrain, spending time together is one of the six characteristics identified in strong families. When referring to the characteristics of spending time together, there are several things to consider:

- Quality time in great quantity,
- Enjoying each other's company,
- Simple good times, and
- Sharing fun times.

Spending time with your family every day, not just every once in a while, is important. Being around to support each other every day, not just when a big school assignment is due or at the championship game, is important. Sharing good times and fun times such as an accomplishment made by a family member or a birthday are special times for the family to celebrate.

In our daily lives, there is much we can engage in to spend time together. Families involved in the 4-H program realize that when they are enrolled in 4-H, they are going to be spending time together as a family.

4-H focuses on "life skills." A skill for life is managing time and including the things that are important to us and help us become productive individuals.

How can you use 4-H as a tool in spending time together with your family? You are probably familiar with

the saying "4-H is a Family Affair." What does that mean? Mom and dad do your projects? No, it means that when you spend time working together to accomplish a goal you set for your project, you often have opportunities to include your family. This could mean researching your family history with your grandmother or learning how to fish with your grandfather. It may mean learning all about working on small engines with your next door neighbor or learning about quality assurance practices in livestock from your father. Since your family is so busy, it may mean focusing on meal preparation with your brothers and sisters as you take turns preparing a family meal. It is the things we learn in every project that often allow us to spend time together.

### Ideas for families in 4-H that can encourage family time together:

- Have every family member enroll in the same project so you can research and learn together.
- If family members are in various projects, have them pick a project that their sibling is not enrolled in and teach them something about the project.
- Volunteer as a family to do work on a community service project with everyone working together to reach the goal of the project.
- Pick a project that your family is interested in learning more about and enroll in that project for a year.
- Support and encourage one another throughout the 4-H year. Show that you care about what your family is doing together and value the time shared.

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

4-H

FAMILY

## COMING EXTENSION PROGRAMS

### **Private Pesticide Applicator Training and Certification -**

February 12, Thursday - Courthouse Community Room in Sundance - 1-4 p.m.

February 13, Friday -1225 Washington Blvd.-Newcastle

### **Rural Living Workshop - Managing Water Resources Efficiently**

Includes information on “water harvesting,” “snow management” and efficient storage and distribution systems

February 17, Tuesday at 5:30 p.m.—

Courthouse Community Room in Sundance—No Charge—Refreshments

Presented by UW Extension and Crook County Natural Resource District

### **Carbon Sequestration and Carbon Credit programs for ranchers**

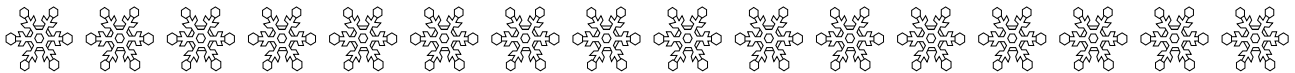
February 23, Monday — Campbell County Extension Meeting Rooms — 1-4 pm

1000 South Douglas Hwy., Gillette, WY—Call for RSVP or info 307-682-7281

### **Credit When Credit is Due (Financial Management) - Six Sessions**

Starts March 3, Tuesday — 1225 Washington Blvd.—Newcastle

Call Newcastle Community Education to register—468-2495



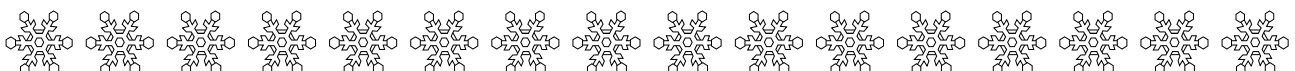
## ***RANGE LITERATURE APPROPRIATE TO WYOMING***

**Water quality for Wyoming livestock and wildlife: a review of the literature pertaining to health effects of inorganic contaminants.** M.F. Raisbeck, et al. 2008. University of Wyoming Extension Service Bulletin B-1183; 94 ppgs. (<http://www.uwyo.edu/CES/PUB/B1183.pdf>)

**A landowner's guide to wildlife friendly fences and how to build fences with wildlife in mind.** C. Paige. 2008. Montana Dept. of Fish, Wildlife and Parks; 44 p. (<http://fwp.mt.gov/content/getItem.aspx?id=34461>).

**Long-term cattle gain responses to stocking rate and grazing systems in northern mixed-grass prairie.** J.D. Derner, R.H. Hart, M.A. Smith and J.W. Waggoner. 2008. *Livestock Science* 117:60-69. (USDA-ARS— High Plains Grassland Research Station, 8498 Hildreth Rd. Cheyene, WY 82009)

**Water for wildlife: a handbook for ranchers and range managers.** D.A.R. Taylor and M.D. Tuttle. 2007. 18 p. Bat Conservation International, P.O. Box 162603, Austin, TX 82009



# UNIVERSITY OF WYOMING

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## President's Day



### **Northeast Extension Connection**

**A quarterly report from Campbell, Crook and Weston County  
University of Wyoming Cooperative Extension Services**

*Campbell County, 307-682-7281: Lindsay Taylor — agriculture; Lori Jones, Cent\$ible Nutrition  
Jessica Gladson and Deena Wolf—4-H/Youth Development; Lori Bates—Horticulture*

*Crook County, 307-283-1192: Gene Gade - SMRR; Peggy Symonds & Janet Lake 4-H/Youth; Trish Peña, Cent\$ible Nutrition;*

*Weston County, 307-746-3531: Bill Taylor, EWCH; Vicki Hayman, Nutrition & Food Safety, 4-H/Youth, Trish Peña, Cent\$ible Nutrition*

*Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the  
U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service  
University of Wyoming, Laramie, Wyoming 82071*

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