



# HORIZONS

*Educating You Today For Your Success Tomorrow!*

Southeast Wyoming Extension Quarterly Newsletter

March - June 2016

Volume 1, Issue 1



**4-H CARNIVAL  
2016**

**Come One, Come All!**

**Saturday, March 19, 2016**  
**1 - 6 pm**  
**LCCC All Purpose Gym**

- ◆ Games, Food, and Entertainment
- ◆ Gift Basket Raffle
- ◆ All proceeds go to support the Laramie County 4-H program

**Raffle, Games & Food For Sale!**  
**Raffle \$1 ea. - Game Tickets 25¢ - Food \$1 to \$5**

**For More Information Call**  
**307-633-4383**



**Spring Ahead!!**

Turn your clocks forward  
1 hour!  
Daylight Savings Begins  
Sunday, March 13, 2016



OUR OFFICE WILL BE **CLOSED**  
**MONDAY, MAY 30, 2016**  
IN OBSERVANCE OF MEMORIAL DAY

UNIVERSITY  
OF WYOMING  
EXTENSION



## INSIDE THIS ISSUE

You'll get helpful information on 4-H, Horticulture, Cent\$ible Nutrition, Food Safety, Agriculture/Rangeland and Community Development.

INTRODUCING  
OUR NEW  
SOUTHEAST  
WYOMING  
QUARTERLY  
NEWSLETTER!

REGISTER AT:  
<http://wyomingbeecollege2016.eventbrite.com>

LAST  
CHANCE TO  
REGISTER!

20 TICKETS  
LEFT!



*Classes for every  
level of beekeeping  
or beekeeper  
want-a-bees along  
with updates on  
pollinators and how  
to help them.  
Registration and  
program description  
is available at the  
link above.*

Laramie County  
Master Gardeners'



# Annual PLANT SALE & Garden Festival

Many specialty vendors!

Featuring water wise  
and pollinator/wildlife  
friendly plants!

Saturday  
May 14, 2016

9am - 4pm  
Cheyenne  
Depot Plaza

For more information, please visit:  
[www.lcmg.org](http://www.lcmg.org)







**INTERESTED  
CONTACT US:**

**Laramie  
County  
Cent\$ible  
Nutrition  
Program**

310 W. 19th St.  
Ste. 100  
Cheyenne, WY  
82001

## OPPORTUNITIES!

Laramie County Cent\$ible Nutrition Program has several opportunities for free nutrition classes for those who qualify. Join us and learn to save time and money, learn about nutrition, learn how to eat

healthier, try new recipes and learn some techniques you may not have used before.

Please call our office to sign up for one of our classes!

### Current Classes:

LOCATION:	WEEK DAY	TIME
CNP Office	Monday's	4:30pm
CNP Office	Tuesday's	1:00pm
CNP Office	Wednesday's	10.00am
CNP Office	Wednesday's	12:00pm
CNP Office	Wednesday's	5:30pm
CNP Office	Thursday's	1:30pm
CNP Office	Thursday's	3:30pm



## Food Safety: Remember to Chill

Refrigerating foods is a key component of food safety. Cold temperatures slow the growth of harmful bacteria. Avoid over-stuffing your refrigerator so the cold air can easily circulate to keep the food safe. The temperature of the refrigerator should remain at 40°F or below and your freezer temperature should be at 0°F or lower. Don't forget to refrigerate or freeze perishable foods as soon as you get home from the grocery store.

### References

- Cent\$ible Nutrition Program Cookbook
- [fightbac.org](http://fightbac.org)
- [choosemyplate.gov](http://choosemyplate.gov)

Want more tips and recipes?  
Call **1-877-219-4646** today! Or visit [www.uwyo.edu/cnp](http://www.uwyo.edu/cnp).



## PHYSICAL ACTIVITY

### Be Active Every Day

We all need to be active every day. Being physically active is not just part of a “program” or a “diet”. It is part of a healthy lifestyle. Physical activity helps with mobility, balance, and flexibility throughout life. Being active can also positively affect your mood, brain power, and your body’s ability to burn calories.

Being active and using energy to move your body can be as simple as walking, gardening, biking, playing sports, or dancing. The best way to incorporate physical activity into your day is to choose things you like to do and start by doing what you can. Every little bit adds up and the health benefits increase as you spend more time being active.



***BE ACTIVE AND EAT HEALTHY—Words to remember***

## SENIOR SENSE

### Healthy Eating

Enjoy what you are eating, whether it is a crisp apple, a crunchy green salad, or a piece of homemade banana bread. Avoiding food you enjoy can increase your hunger for that food. Cravings like these can make healthy eating more difficult. Instead, follow the MyPlate guidelines with a healthy balance of fruits, vegetables, grains, proteins, and dairy. By following a healthy plate, you can leave room for an occasional treat. Remember, when it comes to healthy eating, variety and balance are key.





## IMPORTANT DATES!

### **March 19, 2016**

4-H Carnival at LCCC Gym

### **March 29, 2016**

4-H Carnival follow-up mtg.  
LCCC, CCI, room 130

### **April 6, 2016**

Month of the Military Child  
Event  
Storey Gym, 6-8pm  
(See insert in this issue)

### **April 15, 2016**

Purple UP Day  
Wear the color purple to support military children.

### **May 1, 2016**

Dog ID's Due

### **June 30, 2016**

Laramie County Fair entries due. (To be announced later)  
Check their website often.

**[Click here.](#)**

*Today you are **YOU**, that is **TRUER** than true. There is **NO ONE** alive who is **YOUER** than **YOU!** - Dr. Seuss*

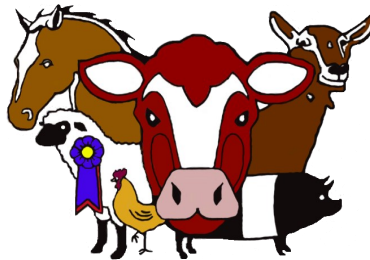
### RE-ENROLLMENT INFORMATION:

**Please re-enroll before attending any 4-H event.**

Beginning with the new 4-H year that begins October 1st every member and leader must update their enrollment information online and pay their annual enrollment fees to maintain membership for the 2015-2016 4-H year. The fees will be the same as last year \$10 per member and \$10 per shooting sport discipline.

<http://www.wyoming4h.org/laramiecounty4h/members/4-h-enrollment-information>

## Laramie County Fair Information



The Laramie County Fair Book is scheduled to be released on their website starting April 1, 2016. No books will be printed, please contact the Laramie County Fair if you have questions. You can call 307-633-4670 or visit their website at <http://www.laramiecountyfair.com>.

[Directions](#) [Sign In](#)

SEARCH

ABOUT
EVENTS
NEWS
GET INVOLVED

GET UPDATES

AUGUST 1 - 13, 2016  
159 DAYS

**2016 FAIR BOOK**  
The 2016 Fair Book will be available soon. Please check back often.

**EVENTS**

List Expanded Gallery Calendar

◀ April 2016 ▶
Print

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 2016 Fair Book	2

# MONTH OF THE MILITARY CHILD

April 6, 2016

Storey Gym

2810 House Ave

Cheyenne, WY

6-8pm



The public is invited to show support for military children and their families as we kick-off April as the Month of the Military Child. The rally will include proclamation signings and brief speeches from military and elected officials.

FREE pizza, beverages and cake will be served along with fun activities for the whole family!

For more information contact: Brittany Johnson  
bjohns92@uwyo.edu or 307-633-4383

### Thank You Sponsors



The University is committed to equal opportunity for all persons in all facets of the University's operations. All qualified applicants for employment and educational programs, benefits, and services will be considered without regard to race, color, religion, sex, national origin, disability or protected veteran status or any other characteristic protected by law and University policy.

# PURPLE UP!

Friday, April 15, 2016

**April**  
is Month of the  
Military Child

Honor our young  
"HEROES" by  
wearing the  
color purple!

Please send us your photos of  
you or your group dressed in  
Your purple attire! Send to  
Brittany Johnson at:  
**[bjohns92@uwyo.edu](mailto:bjohns92@uwyo.edu)**



# Wyoming 4-H Theatre Camp

April 29-May 1, 2016

University of Wyoming Campus

Laramie, Wyoming

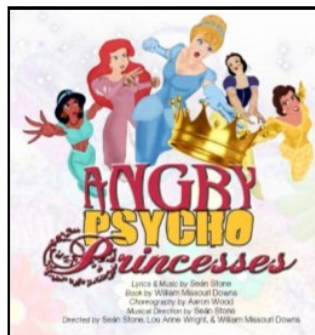


### Workshops:

Stage make-up      Costume Design  
Script writing      Stage Direction

### Tours:

Buchanan Performing Arts Center  
University of Wyoming Campus



For 4-H youth ages 14-18.

Cost: \$60/youth (includes lodging,  
meals, supplies and ticket to  
Saturday performance)

Military youth FREE.

Contact Brittany Johnson or Megan  
Brittingham for more information.

[bjohns92@uwyo.edu](mailto:bjohns92@uwyo.edu) 307-633-4383

[mbrittin@uwyo.edu](mailto:mbrittin@uwyo.edu) 307-532-2436

Attend the Saturday evening performance  
of "Angry Psycho Princesses" with a  
formal dinner before.





## Check out our website!

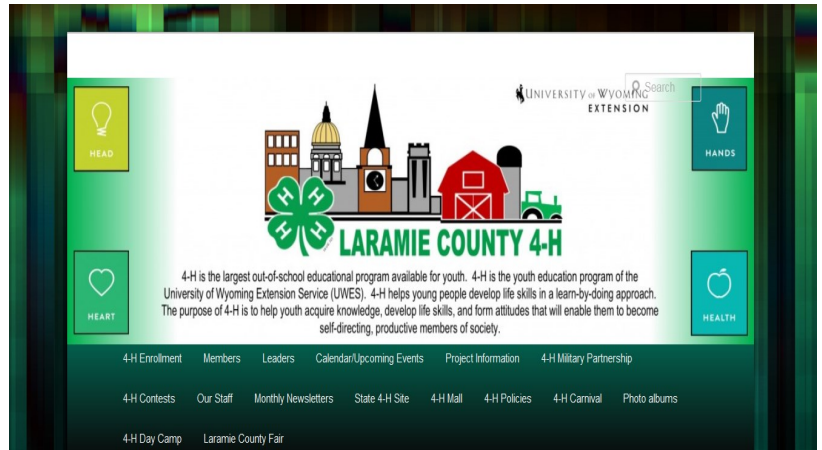
Need information on events?  
Practice times?  
Club info?  
Livestock Sale flyers?  
4-H Documents?  
Etc...



You can get all this information  
and more by visiting our website!



[www.wyoming4h.org/laramiecounty4h](http://www.wyoming4h.org/laramiecounty4h)



## Community Service - Thanks Busy Bunch 4-H Group!

Laramie County Busy Bunch 4-H Club voted to help the Friday Food Bags Foundation as part of their community service project for the month of February. The Friday Food Bags provide food for kids within Laramie County School District 1 & 2. These food bags help those who need it over the weekends. The Busy Bunch 4-H club helped fill bags on Tuesday, February 9, 2016. They also donated \$350 to the Friday Food Bag Foundation for them to purchase supplies.

For more information or to find ways you can support the Friday Food Bag Foundation, please visit their website at [www.ffbag.org](http://www.ffbag.org).

**4-H Clubs:** Have you had an event or participated in a community service project? We'd love to share your pictures on our Facebook page and periodically feature them in our newsletters. Please



# Positive Youth Development

## Research Shows 4-H Helps Young People Excel Beyond Their Peers

The structured learning, encouragement and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve success in life.

*The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development* is a longitudinal study that began in 2002 and was repeated annually for eight years, surveying more than 7,000 adolescents from diverse backgrounds across 42 U.S. states. The study was conducted by Tufts University in partnership with land grant colleges and universities across the U.S. The results are influencing research and practice around the world.

Highly regarded as the first-ever research project of its kind, the study defined and measured positive youth development. Compared to their peers, the report shows that youth involved in 4-H programs excel in several areas. 4-H'ers are about:

**Four times** more likely to make *contributions to their communities* (Grades 7-12);

**Two times** more likely to be *civically active* (Grades 8-12);

**Two times** more likely to make *healthier choices* (Grade 7);

**Two times** more likely to participate in *Science, Engineering and Computer Technology programs* during out-of-school time (Grades 10 – 12);

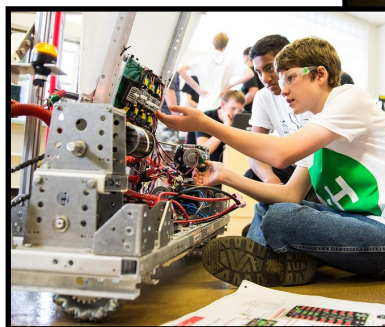
4-H girls are **two times** more likely (Grade 10) and nearly **three times** more likely (Grade 12) to take part in *science programs* compared to girls in other out-of-school time activities.

[Click here](#) to get more information



The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development

Richard M. Lerner, Jacqueline V. Lerner, and Colleagues







# Meeting the Needs of Youth Using the BIG-M Approach

As adapted from <http://www.uwex.edu/ces/4h/volunteers/documents/MeetingtheNeedsofYouth.pdf>

4-H Leaders and adults can support the positive and successful development of all youth. Youth Development research emphasizes the importance of meeting four basic human needs:

Belonging, Independence Generosity, and Mastery (the BIG-M)

It's clear that youth whose needs are met in positive ways are likely to grow into good citizens and contributing members of their families and communities.

Here are Four Basic Needs:

## The Need to Belong

Youth need to know they are cared about by others and feel a sense of connection to others in the group. 4-H gives youth the opportunity to feel physically and emotionally safe while actively participating in a group. This represents the HEART of 4-H.

### **Here's how you can help:**

- Help group members to get to know each other through introductions, group games, mixers, and small group activities.
- Create opportunities for members to interact with each other through their 4-H project work and group tasks.
- Develop traditions to welcome new members and celebrate individuals.
- Find ways to involve family and community membership as many activities as possible.

## The Need to be Independent

Youth need to know that they are able to influence people and events through decision-making and action. By exercising independence through 4-H leadership opportunities, youth mature in self-discipline and responsibility and learn to better understand themselves. This represents the HEAD of 4-H.

### **Here's how you can help:**

- Give youth opportunities to lead simple tasks and then progress to more difficult ones.

- Recruit, train and support young people who are ready for more responsibility.
- Avoid jumping in to help unless you are really needed, encourage young people to overcome obstacles on their own.

## The Need to be Generous

Youth need to feel their lives have meaning and purpose. By exploring 4-H community service and citizenship activities, youth can connect to communities and learn to give back to others. This represents the HANDS of 4-H.

### **Here's how you can help:**

- Have your group adopt a specific service project that fits their interests and abilities and meets a community need.
- Arrange tours of local sites and opportunities to get involved.
- Encourage youth to consider the feelings of others.
- Set up mentoring opportunities where youth learn from others.

## The Need to Master

Youth need to feel and believe they are capable and experience success at solving problems and meeting challenges to develop their self-confidence. By exploring 4-H projects and activities, youth master skills to make positive career and life choices. This represents the HEALTH of 4-H.

### **Here's how you can help:**

- Help youth find resources to explore their 4-H projects and activities.
- Provide project learning experiences.
- Model and teach that failure or frustration is not a disgrace but a part of the learning experience.
- Be fair and consistent when enforcing rules and giving feedback.
- Encourage, motivate, and praise members who complete leadership roles.

More information on incorporating the BIG-M into youth activities can be found at <http://web.extension.illinois.edu/state4h/volunteers/pyd.cfm>.



# Pollinators Are Needed!

The issues surrounding the decline of the European Honey Bee and our Native Pollinators are complex, the need for beekeeper and citizen education is extremely important. The Wyoming Bee College conference, through the University of Wyoming Extension, was developed to address the educational gap between ongoing research, land conservation needs, and habitat development by offering help to anyone interested in having a better understanding of the situation and how to help reverse the decline of our pollinators.

The mission statement of the Wyoming Bee College conference is: To educate beekeepers on best management practices; to educate landowners about pollinator insects as keystone species, their roles in crop production and pest species management; and the importance of pollinator habitat construction and (land) conservation.

Goals and objectives for the Wyoming Bee College are many, but the main focuses are the following:

- The number one problem facing our pollinators is loss of habitat. Whether it is an in-town all lawn and few plants or corner to corner farm tillage, educating landowners on re-introducing habitat is critical. This conservation education includes why plant diversity is important to support pollinators from spring to fall, and includes what seed mixes or plants are appropriate. Once planted, what the conservation techniques are needed for maintenance of this habitat along with the benefit that bird and insect species go from survival to thriving.
- Research is being done on the nutrition value of pollen and nectar. This is critical to the pollinators' ability to deal with environmental stress from pesticides use and diseases. Pollen nutrition influences the foraging choice

of pollinators a diverse landscapes influence individual and colony health.

Pollinator's native to the Rocky Mountain Region need to be recognized as an equally important component to our environment. First; they are a keystone species to wildlife, second many pray on crop pest species. The Bee College offers bee identification and a native plant program. The 2016 Bee College brings in a USDA ARS Entomologist and contributing author to the "Federal Pollinator Action Plan". This research Entomologist will provide an update on what's being done at the national level to help all pollinators including the monarch butterfly; some of the key points include: restoring habitat, assessing environmental stressors and curating and sharing knowledge. The Wyoming Department of Agriculture, will give an update on the Wyoming Pollinator Protection Plan.

The Wyoming Bee College conference, is open to everyone who is concerned about our pollinators and want to learn more, it's a two day conference running three or four concurrent sessions each day. With a scope of; basic beekeeping 101 helping future beekeepers set up for success, because beekeeping is much more than just adding bees to a hive. Advanced beekeeping topics addressing; bee health, honeybee nutrition and bee behavior. Agriculture's interaction with pollinators and native bees is addressed. Habitat development through land conservation for both large and small land owners; from native plantings to using rain gardens to help conserve both water and land.

Speakers are selected for; their current research on pollinators, long time beekeeping experience, conservation and habitat development. These facilitators help attendees better

understand emerging research on the situations facing our pollinators. They address both European honeybee and native pollinator concerns. We also bring in a marketing component for people wanting to do value added honey related products and how to market your product.

For more information on the March 19-20, Wyoming Bee College Conference and the schedule go to [www.wyomingbeecollege.org](http://www.wyomingbeecollege.org)



Article by:  
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# WEEDS: A Concern for Everyone!

Weeds are simply undesirable plants. Anyone who manages land (home owners, gardeners, ranchers, farmers) deals with weeds. A weed might be a poisonous plant you do not want in your pasture because of livestock grazing, or it could be something like mint that has simply taken over the garden. Most weeds are fighters. They are resilient and do not readily succumb to the stresses that overtake other desirable plants, which is why the best weed control tool is prevention.

It is much easier to control a weed population when the very first plant appears. When weeds take over the landscape many challenges arise because the population is dense and few desirable plants remain. It can quickly become expensive to pay for weed control treatments and reseeding.

Keeping weed plants from appearing on your land may mean making a conscious effort to use weed-free products. Weed-free products could be trees and shrubs for landscaping, amendments like compost and manure, hay for feeding livestock, or even the heavy equipment used to manipulate the soil.

There are several options for treating weed populations, but the most important step no matter the treatment tactic is proper identification of the weed species. The local County Weed and Pest is a great resource to help in plant identification and developing a treatment plan. It is very important to match the right tool to the right plant, whether you are using preventative, mechanical, biological, chemical, or cultural control methods.



Mechanical treatments imply mowing, hand-pulling or laying weed fabrics. Chemical treatments refers to herbicides for controlling the weed population. Herbicides vary greatly and are created with different goals in mind. It is important to read the label and follow the recommendations. Over application does NOT mean you gain better control of the weed population; it is not cost effective. Biological control is a measure of weed control using a living agent to help eliminate the weed such as insects, plant pathogens, disease, or targeted grazing.

Cultural control methods refer to crop rotation, avoiding over grazing, and using well adapted forage.

When developing a management plan it is important to have realistic expectations. Severe stands require repeat treatments, which means being persistent. Persistence can also mean using multiple control methods simultaneously such as biological and chemical control.

Repetition is different than increased application rates. High application rates, may just kill the top growth. In order to really affect the plant, the plant needs to be able to suck the herbicide down in to its reserves. Understanding the plant physiology can be important for this reason and an example of why proper plant identification is important.

For more information on weed identification, creating a management plan or selecting the proper treatment method contact your local weed and pest office. Please note: most county Weed and Pest offices also have cost share opportunities for treating noxious weeds.

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[ajacks12@uwyo.edu](mailto:ajacks12@uwyo.edu)*



## IMPORTANCE OF SOIL

The 68<sup>th</sup> UN General Assembly declared 2015 the International Year of Soils with specific objectives to raise awareness of the importance of soil for human life and interactions, promote and support sustainable ecosystem practices, and promote soil monitoring and data collection. But why limit soil talk to just one year. Healthy soils provide the foundation for food, fiber, fuel, and medicinal production. Soils also help mitigate pollution and the effects of extreme weather events.

Plants that provide us with fuel, clothing, building materials, and food grow in the soil. One element of soil science is learning more about soil principles in order to optimize agriculture production. However, producing the large amounts of these products can also deplete the soil of nutrients. Plant residues from the agriculture production are deposited back in the soil to help maintain soil nutrients and organic matter.

Organic matter in the soil plays a significant role in the many functions of soil. Soil organic matter provides a stable source of nutrients to plants and stores carbon dioxide and other greenhouse gasses to help mitigate pollution. Soil organic matter also filters and cleans water, and is the element of soil that increases soil water holding capacity. Because soil organic matter can increase water holding capacity it helps mitigate the effects of flooding and erosion.

Did you know, according to the Soil Science Society of America, there are more living individual organisms in a tablespoon of soil than there are people on the earth? Well, these tiny organisms are not the only things living in the soil. Burrowing animals use the soil, but also provide services in return. Rodents create extensive tunnels that help incorporate organic matter on the surface into the soil which helps bury the carbon deposits and other nutrients for plant growth. The

tunnel systems also help water infiltration to reduce run-off and encourage plant root growth.

Soil is the foundation of many ecosystem services and is a non-renewable natural resource. Soil scientists are constantly working to learn more about soil and improve how we use soil in all of its many functions. Scientists perform soil surveys, map soil characteristics, and study the physical characteristics of soils in an effort to learn and improve soil and land management.

Web soil survey is one of the outcomes of the research and data collection soil scientists have conducted. Web soil survey is operated by the Natural Resource Conservation Service (NRCS) and provides soil information and data that can help land managers plan and implement production strategies suitable for the land they are managing.

To learn more about soil contact the local University of Wyoming Extension office, the local Conservation District or the NRCS.

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# Pear Tree Potential for Southeast Wyoming

Wyoming is generally not known for its fruit production. While there are not a lot of options available for fruit growers, there are some hardy species that can handle Wyoming. Pears are one species of fruit that can tolerate Southeast Wyoming and provide the hobby or backyard farmer with a product each fall.

It is not a secret that Wyoming is a tough place to keep plants alive. High winds, accessibility to quality water, low humidity and annual precipitation, shallow soils, soils high in minerals, very cold and unpredictable temperatures, and hungry predators looking to eat plants are all factors that greatly negatively impact fruit production. Below are some ideas and thoughts to cope with these issues when growing pear trees.

## Dealing with the Cold

It is no secret temperature limits fruit production in Wyoming. Extreme winter lows, late spring frosts, and short frost-free periods all affect fruit production. Plants have many methods for dealing with extreme cold temperatures. Many fruit tree and shrub cultivars from commercial growers are not adapted to Wyoming's cold temperatures and require long frost-free periods for production.

When selecting fruit varieties, make sure they will withstand the lowest potential temperature for your area. For most of us, that means we need to select either zone 3 or 4 plants as related to the USDA Plant Hardiness Zone Map <http://planthardiness.ars.usda.gov/PHZMWeb/>. I recommend planting zone 3 plants so there is less risk for winter damage or die off. It is often not the week of -10 degrees below zero that kills a tree but the fluke cold snap when temperatures get to -40 below zero for several hours.

Recommended zone 3 varieties include: Luscious, Summercrisp, Nova, Hudar, Cabot, Patten, Tyson, Leonard (long season). Most of these varieties are self-fertile

## Site Selection

Help give fruit trees the best chances for success through site selection. Establish plants in areas where they are protected from the elements, including wind events. Most native Wyoming plants have developed strategies for minimizing water loss during the growing season. Many introduced fruit plants do not have specialized leaves and plant cells for dealing with these conditions. A protected location will also help keep plants insulated during colder temperatures and may help extend their potential growing season.

Man-made structures, proper location near a dwelling, downwind from a tree belt, or other natural features on a property all serve as great

microclimates for fruit trees. Pay attention to when and where the wind blows, sun shines, snow piles up, and plants seem to grow the best on your property. Properties above valleys will generally experience fewer issues related to cold inversion. Planting trees on a south facing slope will also help keep plants warmer throughout the year.



## Root Selection

Today, most fruit trees have a particular variety of fruit that has been grafted onto a specific rootstock. The rootstock is very important; it determines the size of the mature tree, winter survival, and growth productivity.

Decreasing in size, trees can grow to the height of a standard tree, semi-dwarf, or dwarf. With dwarf being the smallest size, these tree sizes often make the most sense for backyards in urban areas. While dwarf sizes are great for maintenance, it is thought these rootstocks are not as hardy as a standard rootstock and often have shorter lifespans. Standard trees can be planted if you have limited space, but there can be a lot of intense pruning each season to make sure it will not outgrow its space.

For our area, the root stocks of *Pyrus comunis* (native pear) or *Pyrus ussuriensis* (Ussurian or Harbin Pear) are recommended. Both are native to Europe and Asia.

Some final considerations when selecting and planting pear trees is making sure you select the best quality tree possible. Avoid buying trees that are damaged, have small root systems, or look to be poor condition. Adding fencing around the trunk and the entire tree is a good idea to repel predators. A light coat of interior white latex paint on the trunk will also help prevent sunscald during the spring.

Growing your own pears can be very rewarding. Keep in mind that a lot of patience is required to keep the trees alive. You should also keep in mind that sometimes due to our climate, pears may not produce a crop. Good luck!

By: Brian Sebade,  
Extension Educator - Albany County  
[bsebade@uwyo.edu](mailto:bsebade@uwyo.edu)

# CHOOSE WISELY!

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

## BUILD A HEALTHY EATING STYLE

**All food and beverage choices matter – focus on variety, amount, and nutrition.**

Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.

Eat the right amount of calories for you based on your age, sex, height, weight, and physical activity level.

Building a healthier eating style can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.

**Choose an eating style low in saturated fat, sodium, and added sugars.**

Use Nutrition Facts labels and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.

- Look for food and drink choices that are lower in saturated fat, sodium, and added sugar.
- Eating fewer calories from foods high in saturated fat and added sugars can help you manage your calories and prevent overweight and obesity. Most of us eat too many foods that are high in saturated fat and added sugar.
- Eating foods with less sodium can reduce your risk of high blood pressure.



## **Make small changes to create a healthier eating style.**

Think of each change as a personal “win” on your path to living healthier. Each MyWin is a change you make to build your healthy eating style. Find little victories that fit into your lifestyle and celebrate as a MyWin!

- Start with a few of these small changes.
  - Make half your plate fruits and vegetables.
  - Focus on whole fruits.
  - Vary your veggies.
  - Make half your grains whole grains.
  - Move to low-fat and fat-free dairy.
  - Vary your protein routine.
  - Eat and drink the right amount for you.

## **Support healthy eating for everyone.**

- Create settings where healthy choices are available and affordable to you and others in your community.
- Professionals, policymakers, partners, industry, families, and individuals can help others in their journey to make healthy eating a part of their lives.

See more at: <http://www.choosemyplate.gov/MyPlate#sthash.FCTmEoSG.dpuf>





United States Department of Agriculture  
Food Safety and Inspection Service

## Food Safety Information



# Safe Minimum Internal Temperature Chart

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Separate raw meat from other foods.
- **Cook**—Cook to the right temperature.
- **Chill**—Refrigerate food promptly.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature & Rest Time
<b>Beef, Pork, Veal &amp; Lamb</b> Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
<b>Ground meats</b>	160 °F (71.1 °C)
<b>Ham, fresh or smoked (uncooked)</b>	145 °F (62.8 °C) and allow to rest for at least 3 min.
<b>Fully Cooked Ham (to reheat)</b>	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C); all others to 165 °F (73.9 °C).

Product	Minimum Internal Temperature
<b>All Poultry</b> (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (73.9 °C)
<b>Eggs</b>	160 °F (71.1 °C)
<b>Fish &amp; Shellfish</b>	145 °F (62.8 °C)
<b>Leftovers</b>	165 °F (73.9 °C)
<b>Casseroles</b>	165 °F (73.9 °C)

## Food Safety Questions?

### Call the USDA Meat & Poultry Hotline

If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at **1-888-MPHotline (1-888-674-6854)**. The Hotline is open year-round



Monday through Friday from 10 a.m. to 4 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at [www.fsis.usda.gov](http://www.fsis.usda.gov).

Email questions to [MPHotline.fsis@usda.gov](mailto:MPHotline.fsis@usda.gov).

### AskKaren.gov

FSIS' automated response system can provide food safety information 24/7 and a live chat during Hotline hours.



Mobile phone users can access [m.askkaren.gov](http://m.askkaren.gov).

[PregunteleaKaren.gov](http://PregunteleaKaren.gov)

The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.

The USDA is an equal opportunity provider and employer.  
June 2012

# NUTRITION QUACKERY

Nutrition quackery is misleading information about nutrition and health. There are many reasons why nutrition quackery is common, including too many people claiming to be nutritionists without proper training, research articles that are not reviewed by other scientists, and too few laws governing dietary supplements. All open the door for information that is not credible.

Protecting yourself from nutrition quackery is important. Look for the “10 red flags of junk science” and question the information or product in which you are interested. Please use this information to protect yourself.

## **10 RED Flags of Junk Science**

1. Promises of a quick fix
2. Extreme danger warnings from a single product or regimen.
3. Claims sounding too good to be true.
4. Simple conclusions drawn from a complex study.
5. Recommendations based on a single study.
6. Dramatic statements that are not supported by reputable scientific organizations.
7. Lists of “good” and “bad” foods.
8. Endorsements made to help sell a product.
9. Recommendations based on studies published without scientific review.
10. Recommendations ignoring differences between individuals or groups.

Remember, if it sounds too good to be true, it probably is!

For more information about nutrition quackery, go to [www.quackwatch.com](http://www.quackwatch.com)

## **Questions to ask yourself when looking at health information, products, and advertisements**

1. Are immediate, easy, or guaranteed results promised?
2. Does the advertisement contain words like “breakthrough,” “miracle,” “special,” or “secret”? These words are directed toward your emotions.
3. Is the product or service a “secret remedy” or a recent discovery that cannot be found anywhere else?
4. Is the product suggested for stress or being promoted as “natural”? Does it claim it will help “detoxify,” “revitalize,” or “purify” your body?
5. Is the product advertised as being helpful for a wide variety of ailments? The broader the claims, the less likely they are to be true.
6. Are endorsements, testimonials, or case histories of patients who have been “cured” offered? Do not base your decision on these alone.
7. Are vitamin and mineral dose recommendations greater than the Daily Recommended Intakes (DRIs)? If so, check with a medical provider to make sure they are safe.
8. Is the product being sold by a self-proclaimed “health adviser”? If so, insist on professional credentials that are nationally recognized, such as a registered dietitian.
9. Does the sponsor claim to have a cure for a disease (e.g. cancer) that is not yet understood by medical sources?
10. Is guilt or fear used to sell the product?
11. Does the advertisement claim Food and Drug Administration (FDA) approval? If in doubt, ask for the FDA proof of product listing.



**Wading through the science**  
September 2007 MP-121.2

If you have any questions, do not hesitate to contact a University of Wyoming Extension - Nutrition and Food Safety Educator in your county.

*Article by  
Sarah L. Francis, PhD, MHS, RD  
University of Wyoming Extension  
September 2007*



# MEETING EXPECTATIONS

School boards do it. Churches do it. Some people will tell you their bosses want to do it a LOT. Many civic and service groups revolve around it. Some people do it yearly, quarterly, or weekly; I've known many that do it daily.

With so many people doing it, we would expect that everyone knows how to do it, and do it well, right? Unfortunately, that's not always the case.

So, what is the "it" we're all doing so much of? Meetings! The MCI Conference Association estimated in 2008 there were 11 million business meetings each and every day in the United States. We hold meetings in nearly every area of life – to take care of business, share information with others, enjoy time with like-minded individuals, and get groups or boards organized. Let's take a step back and ask ourselves if we need to do it, and if we do, how we can do it better.

Sometimes, a meeting isn't the best way to handle business. If the goal is a one-way flow of information, an e-mail or newsletter may be sufficient. If you need a two-way sharing of information where there is give and take among group members, then a meeting may be your best option.

If you decide a meeting is necessary to conduct business, set your objectives beforehand. Finish the following sentence to help you envision an outcome for your meeting: *"By the end of the meeting, I want our group to..."* This will help you set an agenda and prioritize what should get done.

Prepare an agenda and send it to participants ahead of time. An agenda should include the meeting objectives and the main topics to be covered, as well as the place,

date, and time of the meeting. An agenda might also include who is assigned to cover the topic, and how much time is allotted to it. Send this out ahead of time so meeting attendees can be familiar with the topics and the flow of the meeting.

The most important thing you can do with your agenda? Stick to it! Subjects that are not on the agenda should be addressed at a future meeting or designated to a committee for work outside of your meeting time.

Have meeting attendees do some 'homework' before the meeting. Maybe there is a topic to research, an article to read, or a question to answer before coming to the meeting. Having some work to do ahead of time might get participants more engaged in the meeting before they even walk through the door.

Finally, examine your meeting process. At the end of each meeting, set aside a few minutes to ask participants what worked well, and what could be improved for your next meeting. Don't leave the meeting without assessing the work you've done and setting a plan to improve the next time.

These tips might make the time you spend in meetings more productive and enjoyable. Happy meetings!

*Article by:  
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# Community Development...As Easy As ABCD

Many people believe that outside resources – economic development grants, expert consultants, nationally-acclaimed programs, and the like – are the path to community development. While I believe there is a role for external resources to help a community in very valuable ways, I feel the true work of creating a stronger community comes from within. By accessing and channeling the tremendous assets we have in our own communities, we can create more successful and sustainable change to our community.

This thought is reflected in a way of looking at community improvement called ‘Asset Based Community Development’, or ABCD. ABCD is a process for communities to plan their growth and development in stages, using internal resources or assets to move the community forward.

One of the most important components of ABCD is this: look inside your community first. Really seek out what resources you have right in your own backyard. Don’t just assume you know all of the individuals, organizations, institutions, associations, and businesses in your community. Do a thorough search; create an inventory; build a database – do whatever you can to assure that no stone is unturned. Communities have a large reservoir of assets of the human and organizational kind; too often, they go untapped.

Once all of the resources in a community have been identified,



figure out new and creative ways to build connections among them. Building relationships among the community’s assets can exponentially increase the impact a program or service has. Is there a forum – whether a regular meeting, a bulletin board, or an on-line repository– where information on community resources can be widely shared and accessed? As communities practice their cooperation and partnership-building, the natural result is to deal with community issues internally, rely less on external resources to solve problems, and develop solutions that make sense locally.

Finally, when a community decides to seek outside resources – maybe a grant, a service provider, or a consultant - a community that has gone through the process of identifying its assets and building their cooperation will naturally seek the right resources at the right

time. Rather than letting a grant, a consultant, or a program dictate their future – letting the ‘tail wag the dog’, in a sense – an asset-based community will seek out the correct investment for the successes already underway.

Asset-based community development requires us to consider, “Are we asset-based or needs based?” Focusing on needs will give us enough to fill the gaps; focusing on assets will give us more than enough to build our future.

*Article by:  
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# Pushing The Pencil On The Cow-Calf Business

Article for the Wyoming Livestock Roundup – Dallas Mount UW Extension, January 2016

Well, we all knew it was coming. It was mainly just a question of when and how fast the cattle market was going to fall. There is not much use in hand wringing over it now but there certainly is use in planning for a near future with dramatically lower prices. In making your plan for the coming year running economic projections on each enterprise is a wise move. In this article I'm going to walk through some projections for 2016 on a cow-calf business to get you thinking about your own numbers.

For these projections, I will use a 250 cow + bred heifer ranch that also develops about 50 heifers a year. The ranch runs mostly on private land and feeds about 2 tons of hay per cow each winter.

## Production:

- Weans 238 calves weighing about 500 lbs.
- Sells 30 head of cull cows and 2 cull bulls each year
- If we plan on calves worth \$900 on average, cull cows are worth \$900, and cull bulls are worth \$1,500 then the total production value from the

$$\begin{aligned} &\text{ranch is } (238 \text{ calves} \times \$900) \\ &+ (30 \times \$900) + (2 \times \$1,500) \\ &= \$244,200 \text{ or } \$976 \text{ per cow.} \end{aligned}$$

## Feed Costs:

If a cow-calf month in the summer is worth \$35/month and we have a 6 month grazing season plus two additional months of fall grazing also valued at \$35/month then total value of the grazed feed is  $\$35 \times 8 = \$280/\text{cow}$

If a ton of hay is worth \$125/ton and it takes 2 ton per cow then hay = \$250/cow

If we assume another \$20/cow for salt and mineral

Total feed costs = \$550/cow

## Livestock Costs:

Since we counted all of our heifer calves and the full value of the culls in our total production value, then we need to buy developed heifer calves back from our heifer development enterprise. If we sell 30 cull cows a year and 2 or 3 die, we will need to buy about 35 bred heifers to keep our numbers constant. Let's assume bred heifers are worth \$1,700.  $35 \times \$1,700 = \$59,500$  or \$238/cow

including supplies, utilities, trucking, marketing to \$50/cow

If the average cow on this ranch is worth \$2,000 then the inventory value of this ranch is around \$500,000 being conservative (ignoring bulls). To be fair economically we need to charge ourselves interest for use of our money, or if part of this was borrowed money and we are paying interest on it then that will be a cash cost. Let's use 5%. Opportunity interest of  $\$500,000 \times 5\% = \$25,000$  or \$100/cow

Total Livestock Costs = \$498

## Overhead costs

Most ranches have to support people and the houses and utilities they use, also equipment and facilities to keep up. Rather than spend the time on how we figure overhead costs I'm going to give some ball park estimates.

People – if this 250 cow ranch supports 1 full time person then we will use \$60,000 to cover salary, benefits, housing, and utilities for that person = \$240/cow

Equipment and facilities – depreciation and repairs on equipment and facilities \$50/cow

Total Overhead = \$290/cow

*Continued on page 20*



Bull costs we will use \$75/cow

Vet costs of \$20/cow

Fuel costs of \$15/cow

Group all other costs

# Pushing The Pencil On The Cow-Calf Business

## Summary

*Continued article...*

	Item	\$/cow
<b>Income</b>	Value of Production	\$976
<b>Expenses</b>	Feed Costs	\$550
	Livestock Costs	\$498
	Overhead Costs	\$290
	Total Costs	\$1,338
	Profit (Loss)	(\$362)



These numbers are pretty sobering. I don't present these numbers to suggest your numbers are the same. I present these to give you an idea of how we run economic projections. You might put your numbers together and see a much different picture than I presented. I will caution you to not ignore some any of these economic costs I've built into this. For example you might not want to charge your cows for summer grass. If your cows weren't grazing that grass could you sell it to someone else? If you ignore these costs then the number you get from your economic projections will not be accurate.

So what do you do about this? The leverage to increase profit should start on the big ticket item from above:

Look for strategies to reduce feed cost without dramatically increasing production risk or dramatically decreasing performance

Keep overhead costs low – find ways to use labor more efficiently and reduce reliance on machines

Focus on profitability no productivity – It is



tempting to focus efforts on increasing productivity. Rarely do we find this to be a strategy that also increases profit. Never in my years of doing economic analysis of ranches have the most productive ranches been the most profitable. However, often ranches with lower productivity are highly profitable.

Good grazing management to maximize carrying capacity while maintaining good to excellent range condition

Use this time before calving season gets in full swing to spend some time working on economic projections for each enterprise on your ranch. Resources to help you do this can be found on the High Plains Ranch Practicum website: <http://HPRanchPracticum.com>

Article for the Wyoming Livestock Roundup – Dallas Mount UW Extension, January 2016



# WYOMING AgrAbility

Promoting success in agriculture for people with disabilities and their families

## Wyoming ranchers and farmers work with injuries, limitations, and disabilities

By Randy Weigel and Amanda Hearne



Randy Weigel



Amanda Hearne

On behalf of Wyoming AgrAbility and its partners, we are pleased to provide the people of Wyoming with this newspaper insert. This is an outreach effort to provide educational information and resources on a variety of topics of interest to those who work and live in agriculture.

Agriculture consistently ranks as one of the nation's most dangerous occupations. Wyoming has more than 17,000 people directly or indirectly involved in production agriculture. The combination of workplace hazards, a maturing ranch and farm population, and limited access to health information and care makes the Wyoming agriculture sector susceptible to health problems and work-related injuries.

In fact, Wyoming's highest nonfatal occupational injury rate in a major industry group occurs in agriculture (including forestry, fishing, and hunting). The incidence rate is 17.1 per 100 employed in Wyoming compared to 6.2 in the United States.

For many individuals, injury, limitations, and disabilities jeopardize their rural and agricultural futures.

Authorized by the 1990 Farm Bill, the U.S. Department of Agriculture initiated funding for state-level programs to provide help on accommodating disability in agriculture. Twenty-five states are operating with this funding and together make up the National AgrAbility Project.

As one of those states, Wyoming created a partnership in 2006 with the University of Wyoming through the UW College of Agriculture's Cooperative Extension Service, the UW College of Health Sciences' Wyoming INstitute for Disabilities and Center for Rural Health Research and Education, Gottsche Rehabilitation Center in Thermopolis, and Wyoming Independent Living Rehabilitation in Casper. Through this partnership, Wyoming AgrAbility pools resources of occupational therapy, independent living, assistive technology, health education, and agricultural production for individuals and their families engaged in ranching, farming, or farm-related activities that have been affected by a disability, limitation, or injury.

Building on the strength of nationwide informational resources, along with a statewide network of agricultural, rural health, safety, and social agencies, Wyoming AgrAbility offers individual services for increasing self-sufficiency and independence. We hope the articles in this insert help in this effort.

For more information about ranching and farming with limitations and disability or to learn how Wyoming AgrAbility can help you or someone you know who is experiencing a disability, contact Wyoming AgrAbility toll-free at (866) 395-4986, e-mail [agrability@uwyo.edu](mailto:agrability@uwyo.edu), or visit the Web site [www.uwyo.edu/agrability](http://www.uwyo.edu/agrability).

*Randy Weigel is a University of Wyoming Cooperative Extension Service specialist and project director for Wyoming AgrAbility. Amanda Hearne is project coordinator in charge of the daily operation of Wyoming AgrAbility.*

UNIVERSITY OF WYOMING  
Cooperative Extension Service



CRHRE Center for Rural Health Research and Education

For more information on Agrability services go to their website at <http://www.uwyo.edu/agrability/services.asp>



# HELPFUL RESOURCES!

Check out the University of Wyoming Extension website! You'll find all kinds of helpful information on selecting trees that grow in Wyoming, wild land fire management and articles & information on all of our programming. Click this link to visit the [University of Wyoming Extension website](#).



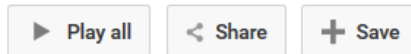
Wanting to know what to plant? This is an excellent video series on planting and rangeland management. Click on this link to go to the videos [https://www.youtube.com/view\\_play\\_list?p=A2661AC6CAEAF934](https://www.youtube.com/view_play_list?p=A2661AC6CAEAF934)



## What Should I Plant?

BandBWY • 13 videos • 1,100 views • Last updated on Jul 22, 2011

A series of short videos answering the question of what should I plant when it comes to pasture and rangeland grasses and pasture.



Want to know how to preserve food? What's the safest way to store food? How to cook healthy and nutritious meals? Visit our website page to find out answers to all these questions and more!

[Click here to visit Eat Wyoming](#)

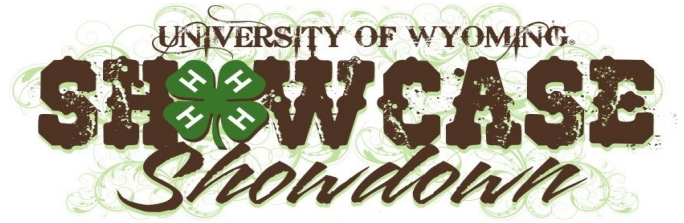
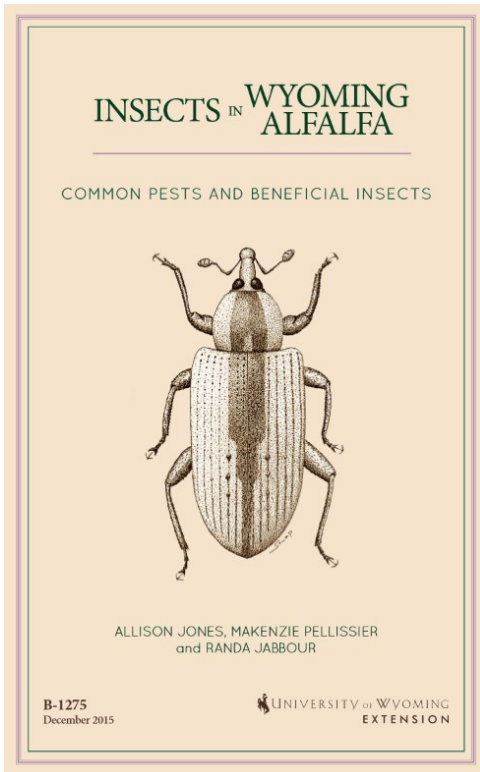




# HELPFUL RESOURCES!

## Wyoming Insects in Alfalfa Common pests and Beneficial Insects B-1275 December 2015

Hot off the press! Download this great resource by [clicking here](#).



## Wyoming 4-H Showcase Showdown June 21-23, 2016 ~ Laramie, WY

The dates for 2016 Showcase Showdown have been announced! Join us in Laramie this year June 21-23 for this spectacular event. You won't want to miss this opportunity for fun, competition, and educational opportunities!

For more information on 4-H Showcase Showdown [Click here](#) to visit the website.

*CHECK BACK IN SPRING 2016 FOR MORE DETAILS.*

### FUN & EDUCATIONAL WORKSHOPS

Workshops are one of the opportunities youth can choose to attend during Showcase Showdown. HOWEVER, we need your help! Without the help and expertise of volunteers leading these workshops, they would not be possible. If you are interested in hosting a workshop at this year's event, the workshop proposal form can be found at the website link above. **These forms are due back to the State 4-H Office by March 1.**

Puzzled by Parliamentary procedure? Need assistance with Robert's Rules of Order? Check out this website to help you figure out the lingo.

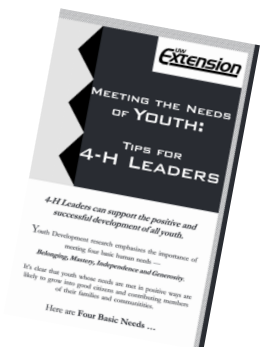
[Click here](#) to visit the website.



ParliPro [Home](#)  
Welcome to ParliPro.org



## Meeting the Needs of Youth



This is a helpful brochure for Leaders and Volunteers in the 4-H program.

[Click here](#).

*Issued in furtherance of Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, veteran status, sexual orientation, or political belief.*

307-633-4223 (fax)

307-633-4383

larcntex@uwyo.edu

Got Questions? Let us know:

Cheyenne, WY 82001

310 W. 19th Street, Ste. 100

**Laramie County**

**EXTENSION**

UNIVERSITY OF WYOMING 

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Juliet Daniels Community Development	Catherine Wissner Horticulturist/ Master Gardener	Tansey Sussex 4-H /Youth Ed. County Coordinator	Brittany Johnson 4-H Military Educator	Kristi Nagy Sr. Administrative Assistant - 4-H	Tracy Navarro Sr. Administrative Assistant

					<b>Call our office for other Area Educators</b> * Agriculture * Rangeland Management * Food Safety * Natural Resources
Debbie Russell Cent\$ible Nutrition Program Coordinator, Sr.	Karen Hruby Cent\$ible Nutrition Program Coordinator	Jill Person Cent\$ible Nutrition Program Associate	Sandi Arnold Cent\$ible Nutrition Program Assistant	Rita Lemley Cent\$ible Nutrition Program Assistant	