

HORIZONS

Educating you today for a better tomorrow!



Southeast Wyoming Extension Quarterly Newsletter

March 2017 - May 2017
Volume 2, Issue 2

MEMORIAL DAY



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service to the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

Regardless of the exact date or location of its origins, one thing is clear – Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, in his [General Order No. 11](#). "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration

Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

It is now observed in almost every state on the last Monday in May with Congressional passage of the National Holiday Act of 1971 (P.L. 90 – 363). This helped ensure a three day weekend for Federal holidays.

For More Information on this holiday, go to http://www.usmemorialday.org/?page_id=2



UNIVERSITY
OF WYOMING
EXTENSION

INSIDE THIS ISSUE:

- Local Information
- Horticulture
- Food & Nutrition
- Cent\$ible Nutrition
 - 4-H
- Community Development
- Agriculture
- Workshops & Training Opportunities
- UW Resources

OFFICE CLOSURES

Monday,
April 17th
UW Training in Laramie

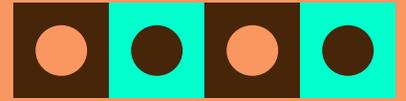
Monday,
May 29th
Memorial Day




Come One, Come All!

Saturday, March 18, 2017
12pm - 5pm
LCCC
Recreation & Athletic Center
Contact Us: 307-633-4383

Chickens in Cheyenne 101



SATURDAY
March 11, 2017
12pm - 2pm

Laramie County Community College
1400 E. College Drive
Cheyenne, WY 82007

Pathfinder Ballroom

 UNIVERSITY OF WYOMING
EXTENSION



The University of Wyoming Extension in cooperation with Laramie County Community College is hosting a “Chickens in Cheyenne 101” class.

This event is FREE and open to anyone interested or curious about backyard chickens. The program will cover chick care, young hens to adult care, feed and coop requirements and much more.

**FREE
CLASS!**

Need More Information?
Contact Catherine Wissner at
307-633-4383 or cwissner@uwyo.edu

*The University of Wyoming and the United States Department of Agriculture cooperate.
The University is an equal opportunity/affirmative action institution.*

The Importance of Testing Water, Soils, and Forages

University of Wyoming Extension offers many services such as workshops, publications, site visits, and applied research. A very important service that is often underutilized from the University of Wyoming Extension Service is information and education for testing water, soil, and forages. While Extension does not complete the testing in each office, we do provide information on multiple labs that are available for water, soil, and forage testing. Knowing what you have for resources is important. Whether you own or are looking to buy property and/or livestock, a soil, forage, or water test can be very valuable.

Water Testing

A water test can not only benefit you and your family for the water you drink, but it can also be beneficial for irrigation and livestock water. We as humans might be worried about bacteria and minerals present in our drinking water, yet we often forget to think about the quality of water our plants and livestock are using. For example, it is not uncommon to find high levels of Sulphur in many livestock wells across the state. Generally, Sulphur levels are at a low enough concentration it is not a problem for livestock. However, Sulphur in high enough concentrations can have serious effects on cattle. A simple water sample test can prevent a train wreck. You can get water test kits for livestock and human consumption.

Soil Testing

Soil testing is another important analysis that can provide home and property owners with critical information. A basic soil test will provide information related to soil's physical and chemical properties. Understanding a soil's pH, organic matter content, salt levels, and physical make up are important for making management decisions. The pH of a garden soil or an agricultural area will provide data on what minerals will potentially be available to plants. Organic matter is a major building block of soil by providing increased water holding capacity, holding soil together, nutrients for plants, invertebrates, and fungi, and buffering out chemicals imbalances in the soil. Increasing or decreasing the organic matter in a soil can have major impact on gardens, agricultural fields, and rangelands. A



basic soil test will also provide the texture of a soil. The texture is key information for determining what types of plants will succeed in a particular soil. Texture also provides information related to irrigation requirements.

Forage Testing

Knowing what you are feeding livestock is important for many reasons. There are different forage tests available that can provide information on toxicity, protein content, energy, and mineral levels. A forage test is critical for suspected high nitrate levels in forages that can lead to poisoning or death. Many grains crops, especially oats, experience increased levels of nitrates during drought or other stresses from the environment. Testing for nutrients and minerals is also a good idea to help save money. Data related to forages can explain if they are high or low in certain nutrients or minerals. Knowing what you have is an excellent starting point to make sure livestock are not under-fed or you are not spending too much on expensive supplements.

County Extension Offices provide testing information for water, soil, and forages. Many of the offices also have a hay-corer which can be used to extract hay from the center of hay bales for testing. There are many options available for selecting a lab. Please select a lab that will fit best with your knowledge, response time, and expenses.

Additional resources can be found at:

<http://www.forage.msu.edu/wp-content/uploads/2014/07/WI-A2309-ForageSampling-Undersander-et-al-20051.pdf>

<https://www.cals.uidaho.edu/edcomm/pdf/CIS/CIS1178.pdf>

Article By:
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Go Outside and Water Your Trees!

With all sudden warm weather, your trees and shrubs would appreciate a drink of water. Contrary to urban myth, this will not cause the trees to leaf out early. A general rule of thumb; the minimum water for a tree is based on the diameter of the trunk as measured from 12 inches from the ground up. This means a 1-inch diameter trunk will need 10 gallons of water; a 2-inch diameter trunk will need 20 gallons and so forth.

Deep root watering devices typically go below the roots that need a drink and are not an effective means of watering a tree! The fine roots that take up water, nutrients and need air are just below the soil surface to 24 inches deep. Trees need a deep soaking better than a short sip of water for good growth.

Now is also a good time to prune deciduous and evergreen trees. Anytime the leaves are off the tree it allows you to see the tree structure clearer and make better choices. You never want to prune evergreen trees after they have broken dormancy.

Upcoming Events:

March 18-19, Wyoming Bee College Conference. Curious about bees interested in becoming a beekeeper? The University of Wyoming Laramie County Extension Office is hosting the Wyoming Bee College conference at Laramie County Community College, Pathfinder Building, Cheyenne. The Wyoming Bee



College conference is open to everyone interested in the health, welfare and conservation of honeybees and pollinator insects. The Bee College is a two day five track conference covering beginning beekeeping 101 and beekeeping-102, journeymen beekeeping methods, native bees, habitat development and ways to help them all. We bring in longtime beekeepers, researchers and university professors for up to-date information. Cost for the two-day multi-track conference is \$75 and includes meals. For more information; <http://www.wyomingbeecollege.org>, www.eventbrite.com or Catherine at 307-633-4383, cwissner@uwyo.edu

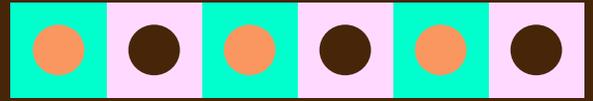
March 25, The Laramie County Master Gardeners will be hosting a two-hour gardening program at the Laramie County Public Library on soils; Jeff Lowenfels will be the guest speaker.

April 1, The Cheyenne Indoors Winter Farmer's Market at the historic Train Depot downtown Cheyenne, from 10-2. Local growers selling everything from cheese, cookies, baked goods and grass fed meats.

April 22-23, Wild West Gardening Conference. The Laramie County Master Gardener and the University of Wyoming, Laramie County Extension office are pleased to host a two day multi track specialty crop gardening program to challenge, inspire, motivate and take you to the next level of gardening and growing success. The conference is at Laramie County Community College, Pathfinder Building in Cheyenne, Wyoming on Saturday, April 22, and Sunday April 23, 2017. For registration www.eventbrite.com at <https://www.eventbrite.com/e/wild-west-gardening-conference-tickets-26957605925?aff=ehomecard> or for more information <http://www.wyoextension.org/wildwestgardening>

May 20, Laramie County Master Gardener Annual Plant Sale, new location for 2017, Archer community building, Saturday, May 20, from 9-4. This year's plant sale will take place inside a warm and out of the wind facility. The master gardeners will have other vendors selling garden related items and there will be several 15-minute education sessions to help you be a successful gardener in 2017.

Article By:
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Upcoming Events:

Thursday, March 9th

Carnival Meeting

6pm, LCCC, Pathfinder Bldg, #419

Saturday, March 11th

4-H Club Leader Training

9am, LCCC Pathfinder Bldg, #419

Saturday, March 11th

4-H Cloverbud Fundday

10am, LCCC Pathfinder Bldg, #415

Saturday, March 18th

4-H Carnival

12-5pm LCCC Recreation & Athletic Center



Laramie County 4-H

Online Calendar

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

If your 4-H group or project area has information for the calendar please email details to Kristi.

knagy@uwyo.edu



March 7th 6:00pm

**LCCC—Pathfinder Building,
Room 419**

This is required for all **NEW** volunteers. It will also count towards your 5-year renewal training for those who are due. If it has been a few years since you've attended an orientation it is recommended you attend to see what has changed in the 4-H program. Training's will be cancelled for low attendance so please RSVP early.

Call our office at 307-633-4383 to RSVP

FOOD

PRIZES!

Game
Tickets
25¢
Each!

Basket
Raffle
Tickets
\$1.00
Each!

4-H Carnival

Come One, Come All!

**SATURDAY
MARCH 18, 2017
12pm - 5pm
LCCC
Recreation &
Athletic Center**

**There will be games, food,
entertainment and gift
basket raffles.
All proceeds go to support
the Laramie County 4-H
program.**

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



The Learn-By-Doing Approach To Life Skill Development



Fact sheet

FS891

For a comprehensive list of our publications visit www.rce.rutgers.edu



WORDS OF WISDOM FROM 4-H ALUMNI



"There needs to be a lot more emphasis on what a child can do instead of what he cannot do."

Dr. Temple Grandin
New Hampshire 4-H Alumna

"4-H is about building better citizens, teaching values and developing skills... It doesn't matter if you're from a farm environment or from a big city."



4-H worked for me and I've continued to work for it."

Orville Redenbacher
Indiana 4-H Alumnus
1983 Alumni Winner



"We need excited, enthusiastic [young] people to help us do the next steps of exploration."

Peggy Whitson, 4-H alumna
First Female Commander, Int'l Space Station

The Learn-By-Doing Approach to Life Skill Development

Keith G. Diem, Ph D., formerly of Rutgers Cooperative Extension

As an integral part of the 4-H mission, the process of "learn-by-doing" or experiential learning, is an essential component of all 4-H programs and curricula. The learn-by-doing approach allows youth to experience something with very little guidance from an adult. Instead of being told "the answers," they are presented with a problem, situation, or activity which they must make sense of for themselves. Learning by doing is called "experiential learning" because it is based on learning from experiences. This approach is also useful with adult learners.

A Model of Experiential Learning

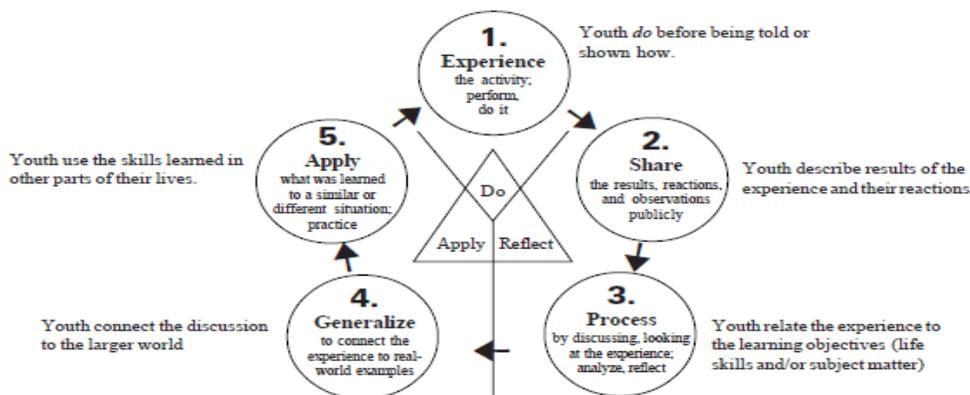
Figure 1 is a diagram of the Experiential Learning Process used nationally by the 4-H Youth Development Program.

The Experiential Learning Process

The steps of the experiential learning process are:

1. Experience the activity; perform, do it. Except for basic instructions on organization, safety, or time requirements, youth do before being told or shown how.
2. Share the results, reactions, and observations publicly. Youth describe the results of the experience and their reactions.
3. Process by discussing, looking at the experience; analyzing, reflecting. Youth relate the experience to the targeted life skills being taught.

Figure 1. The Experiential Learning Process



LEARN - BY - DOING...



The Learn-By-Doing Approach To Life Skill Development ... Continued ...

4. **Generalize** to connect the experience to real-world examples. Youth connect the life skill discussion to the larger world.

5. **Apply** what was learned to a similar or different situation; practice. Youth use the new life skill experiences in other parts of their lives.

Why Experience-Based Learning?

Consider that we remember:

- 20% of what we read;
- 20% of what we hear;
- 30% of what we see;
- 50% of what we see and hear;
- 70% of what we see, hear, and discuss; and
- 90% of what we see, hear, discuss, and practice.

Advantages:

1. Multiple teaching/learning methods can be integrated
2. Very learner-centered
3. Process of “discovery” builds self-esteem
4. Learning is more fun for students, teaching more fun for leaders/teachers
5. Other life skills can be learned, instead of only science content

Disadvantages:

1. Requires preparation by leader/teacher
2. Requires patience and guidance by teacher; decentralized approach can seem less orderly; may be less comfortable to an authoritarian-style teacher
3. There is often no single, “right” answer

The Group Leader’s Role in Experiential Learning

First, it is important to review the materials and practice the activities to be taught. As a group leader, the adult should never freely give “the answers” to a problem. Instead, the leader helps guide the youth in a process through which they can determine “solutions” for themselves. Here are the adult leader’s roles in each of the steps of the experiential learning process:

1. **Experience (Doing)**—Describe the experience or activity you will have learners do before they are told or shown how.

2. **Share (What happened?)**—Develop questions you will ask the learners about their experience and their reaction to it after they have completed the activity.

3. **Process (What’s important?)**—Develop questions that you will ask the learners about something they felt was important about the experience.

4. **Generalize (So what?)**—Develop questions that will ask the learners how the experience related to their own lives.

5. **Apply (Now what?)**—Develop questions that ask the learners how they could apply what they learned to a similar or different situation.

Life Skills Taught by 4-H

4-H is recognized for making learning fun and for teaching kids to try new things for themselves. 4-H curricula are just as focused on teaching youth important life skills as on teaching any specific subject matter. 4-H learning experiences urge youth to think and learn and apply what they have learned to their lives and surroundings. Life skills taught by 4-H are:

- Enhancing learning skills
- Strengthening and using decision-making skills
- Developing a positive self-concept
- Communicating with and relating to other people
- Responding to the needs of others and the needs of the community

References

Rutgers Cooperative Extension Curriculum Development Guide for 4-H/Youth Audiences, E211 (5/97)

Curriculum Development for Issues Programming—A Handbook for Extension Youth Development Professionals. ES/USDA Youth Curriculum Development Task Force, 1992. Rev. 1996. (Published by CSREES)

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N.J. AGRICULTURAL EXPERIMENT STATION
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY
NEW BRUNSWICK

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THE STATE UNIVERSITY OF NEW JERSEY
RUTGERS
COOK COLLEGE

Do you need curriculum?
Apparel? Flags? Stickers? Prizes?
All things 4-H can be bought at
www.4-hmall.com

4-H Mall



Dog - Set of 4 (\$19.50)



Poultry - Set of 4 (\$19.50)



Photography Set of 3 (\$18.95)



Green Cap (\$12.95)



Customizable Apparel

4-H Clover Stickers



Flags

Purely Poultry



Protect Yourself from Germs



Chicks, ducklings and other live poultry can carry harmful germs even if poultry appear healthy! It is important to wash your hands thoroughly with soap and water after touching live poultry. Washing your hands and other materials associated

with raising or caring for live poultry for at least 20 seconds will help decrease the spread of diseases! Keep your poultry and family safe by practicing good hygiene. If soap is unavailable it is always safer to use hand sanitizer than NOTHING.

CHICK CARE- Once you receive your chicks, it is important to place them on clean, safe bedding. Pine or cedar bedding is best to use. It absorbs moisture and feces helping to keep harmful germs away. Chicks also need to stay warm! They will need adequate high temperatures (85°F-115°F). Ensure that the heat source is placed high enough to let the chicks move and find different temperature zones!

Avian Influenza (AI)

Avian Influenza has 2 different forms or strains, Low Pathogenicity Avian Influenza (LPAI) and High Pathogen Influenza (HPAI). Both strains of AI are dangerous to various poultry species, including chickens, turkeys, geese and domestic ducks. Common symptoms of LPAI include coughing, sneezing, depression and ruffled feathers. A decrease

in egg production is also a common symptom of LPAI. LPAI strains occur naturally in wild migratory waterfowl and illness. HPAI is EXTREMELY infectious and often fatal to poultry. It spreads very quickly and some common symptoms are lack of energy, decreased appetite, coughing, sneezing, diarrhea, purple discoloration of wattles and

Biosecurity for Birds

Bio=life

Security=protection

Raising backyard poultry in the USA is growing with popularity. It is very important that owners know the steps necessary to protect their poultry!

Step 1: LOOK

Look for signs and observe your poultry.... After all you know them BEST!

Step 2: REPORT

Report your sick poultry to your veterinarian

Step 3: PRACTICE

Practice and get some good, clean, and efficient ways to keep your poultry and their houses free of diseases and other wild critters, especially free ranging birds and waterfowl!

comb. Avian Influenza is **NOT** a food safety issue. Properly handling and cooking eggs and raw meat to 165 ° F. Sanitize cutting boards with dilute bleach.



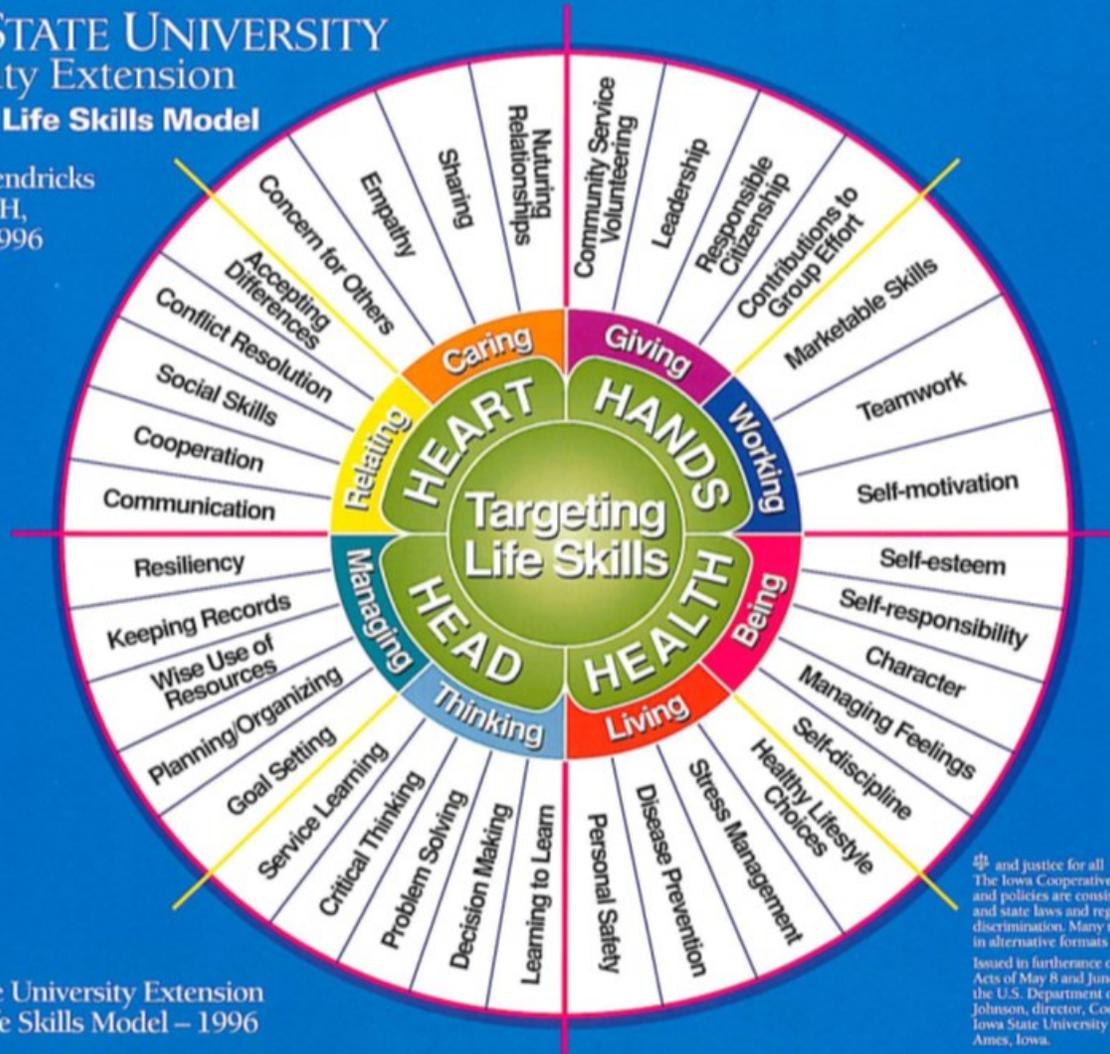


4-H GROWS HERE!

IOWA STATE UNIVERSITY
University Extension

Targeting Life Skills Model

Patricia A Hendricks
VI-960601 PH,
November 1996



and justice for all
The Iowa Cooperative Extension Service's programs and policies are consistent with pertinent federal and state laws and regulations on non-discrimination. Many materials can be made available in alternative formats for ADA clients.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914 in cooperation with the U.S. Department of Agriculture, Stanley R. Johnson, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

© Iowa State University Extension
Targeting Life Skills Model – 1996

Interested in 4-H?

Enroll today!

<https://www.4honline.com>



WY 4-H Judges Certification Workshop

- ◆ Interested in becoming a judge for 4-H static exhibits?
- ◆ Need to know more about 4-H to become a better judge?
- ◆ Interested in judging more?
- ◆ Attend the certification workshop to become a certified judge for 4-H static exhibits.

Southeast Area 4-H Judge's Training

April 1, 2017

10:00am-3:00pm

\$15 (includes meal, handbook & supplies)

Rawlins or Wheatland

Please register by March 15, 2017

Registration at <http://bit.ly/2IMeYgV>

You will be contacted after March 15 with payment details.

Contact your local extension office for more information.

4-H Military Partnerships: Making A Difference For Military Youth



4-H MILITARY
PARTNERSHIPS



Month of the Military Child (MOMC)

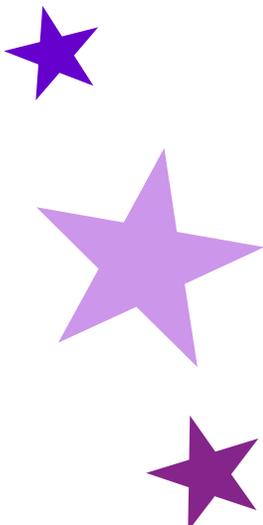
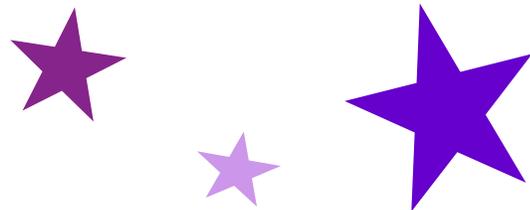
April is the Month of the Military Child. This awareness month was established to underscore the important role children play in the Armed Forces community.

MOMC Kick-Off Event

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

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

April 6, 2016
Storey Gym
2810 House Ave.
Cheyenne, WY
6pm - 8pm



PURPLE UP!
Saturday, April 15, 2017

April
is Month of the
Military Child

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

Please send us photos of you or your group dressed in your purple attire!
Send to Brittany Johnson at:
bjohns92@uwyo.edu

The poster is purple with white stars and a large purple arrow pointing upwards. It features a graphic of a purple t-shirt with "Purple UP!" written on it.

For more information about 4-H military partnership program, www.4-hmilitarypartnerships.org or contact Brittany Johnson at 307-633-4383 or bjohns92@uwyo.edu

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like Salmonella, E. coli, and Listeria, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose pre-cut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled "prewashed" do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

CS239285



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

A HAPPY HEALTHY YOU!

Feel Your Best with Fruits & Vegetables

The food we eat can impact how our bodies feel. A simple way to feel your best is by eating whole fruits and vegetables every day. MyPlate recommends making half your plate fruits and vegetables, or having 3-5 cups of fruits and vegetables every day for adults.

Fruits and vegetables are full of vitamins, minerals, and other important nutrients. These include potassium, B vitamins, dietary fiber, phytochemicals, vitamin A, and vitamin C. Eating a diet rich in fruits and vegetables can reduce the risk of heart disease, diabetes, and obesity. It can also help promote normal blood pressure, reduce cholesterol, produce healthy blood cells, heal cuts, and keep teeth clean.

Be a smart shopper by purchasing fresh fruits and vegetables that are in season. For the months of August and September seasonal produce includes artichokes, blueberries, broccoli, cabbage, cauliflower, carrots, cucumber, sweet corn, peaches, pears, red onions, mushrooms, tomatoes, and spinach. Also, look for deals on canned and frozen produce.



Chicken Potato Packet

Ingredients

- 1½ pounds boneless, skinless chicken cut into 12 strips
- 4 potatoes, cubed
- ¾ cup low-fat Italian dressing
- 4 Tablespoons grated Parmesan cheese
- 2 teaspoons ranch seasoning

Directions

1. Wash hands in warm, soapy water.
2. Divide chicken and potatoes on four 12x18-inch sheets of foil. Top with dressing, cheese, and seasonings.
3. Wrap foil around mixture and place packets on a cookie sheet.
4. Bake at 450°F for 40-50 minutes. Use a food thermometer to check internal temperature of chicken. Remove from oven when chicken is 165°F.

Makes 4 servings.

From the Cent\$ible Nutrition Cookbook, pg. 383.

Our Cent\$ible Nutrition

Classes:
Monday's
5:30—7:00pm

Tuesday's
10-11:30am
1:30-3:00pm
6:00-7:30pm

Wednesday's
5:30—7:00pm

Thursday's
10:30am—12:00pm



Cost Cutter: Make Your Own Stock

A great way to save money and decrease sodium



consumption is by creating homemade stock for soup and other dishes. Save extra pieces of onion, carrots, celery, and herbs, like rosemary or thyme, to simmer with beef, veal, lamb, or chicken bones. It takes some time to create, but the end result is quite tasty and you get to decide how much salt to add. Store-bought stocks are easy to use, but they are often expensive and full of sodium.

Food Safety

Handling food safely is an important part of eating healthy. Eating contaminated or unsafe food can make you and your family sick. To be food safe, keep in mind the four food safety principles: Clean, Separate, Cook, and Chill.

Clean

- Wash hands with warm water and soap for 20 seconds before touching food
- Sanitize counter tops and clean kitchen utensils and appliances
- Rinse fresh produce with cool water before eating, cutting, or peeling

Separate

- Separate raw meat, poultry, and seafood from other foods while shopping and when storing in the refrigerator
- Keep raw food away from ready-to-eat food and use different cutting boards for produce and raw meat, poultry, and seafood

Cook

- Check internal temperature of food with a food thermometer
- Cook cuts of beef, pork, lamb, veal, and fish to 145°F
- Cook ground beef, pork, lamb, and veal to 160°F
- Cook all poultry to 165°F
- Heat leftovers and casseroles to 165°F

Chill

- Cold foods should be kept at 40°F or lower
- Hot foods should be kept at 140°F or higher
- Never leave food out of refrigerator for over 2 hours

BE
ACTIVE
— BE —
HEALTHY
BE
Happy

Source: Cent\$ible Nutrition
Newsletters
February/March 2017

Cent\$ible Nutrition Program Information

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.



Salmon Croquettes

For a new lunch idea, try switching out a burger or sandwich for a salmon croquette.

Ingredients

- 1 15-ounce can or package of salmon in water, drained
- 1 ½ cups mashed potatoes
- ½ cup chopped green onions
- ¼ cup chopped parsley
- 1 egg
- Salt and black pepper to taste
- 1 ½ cups bread crumbs or finely crushed bran or corn flakes cereal
- 1 Tablespoon olive oil

Directions

1. Wash hands with warm, soapy water.
2. Mix salmon, potatoes, green onion, parsley, egg, salt, and black pepper with 1 cup of bread crumbs.
3. Shape into 6 patties. Pat into reserved bread crumbs until covered.
4. Heat pan or electric skillet on medium-high. Add 1 Tablespoon oil and cook patties 4-5 minutes per side.

Makes 6 servings

From the *Cent\$ible Nutrition Cookbook*, page 420

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.



Cost Cutter: What’s on the Back of the Shelf?



You can save money on your grocery bill by checking the back of the shelf at the grocery store for

fresher products. For example, look at the jugs of milk in the back of the cooler to find one with a later sell-by date. This way your milk won’t go bad as quickly. Choose bread from the back of the shelf where there may be recently added fresher loaves. The freshest meat and produce items may also be found near the back of the shelf or bin.

Growing With The Season

Gardening and harvesting can be therapeutic and rewarding. Gardeners often enjoy the satisfaction of growing the fruits and vegetables they eat. However growing anything successfully in Wyoming can be challenging. Aside from fierce wind and the dry climate, the short growing season can be a major limiting factor. In order to plan a garden and pick appropriate plants for the space, it is important to know approximately how many consecutive frost free days to expect.

The National Climatic Data Center has spring and fall freeze hazard table information readily available online. Freeze hazard tables usually have three temperatures: one below freezing, freezing, and one above. Freeze hazard tables also have percentages to indicate the likelihood of the temperature occurring on an indicated date. For example, there is a 50% chance that the temperature in Saratoga will drop below 36 degrees before June 17. With the spring and fall frost dates and respective probabilities, you can also determine the approximate growing season length at a 90, 50, or 10 percent level.

Even if you error on the side of caution, unexpected cold nights can still occur, so growing season extenders may be something to consider. The growing season can be extended with simple solutions like hot caps or walls of water for your tomatoes, or even row covers for the whole garden. These options generally provide a buffer between the temperature and what the plants experience. Cold frames can also help keep plants warmer at night and allow a grower to plant in the ground earlier in the season. Cold frames are often used to start seedlings and get them accustomed to environmental conditions, something seedlings started inside do not experience.

High tunnels and greenhouses are becoming more popular solutions for Wyoming gardeners as well. Traditionally, high tunnels are temporary structures and greenhouses are permanent. Greenhouses are also



typically more complex because of the required heating, cooling, and venting. Instead of fighting the length of the growing season, a gardener can also plant varieties that require fewer days to maturity or start the seeds inside.

Some vegetables, like corn, that have a reputation of being harder to grow to maturity in Wyoming, are available in dwarf varieties that produce smaller ears, but also require a shorter growing season. More traditional choices for Wyoming gardens are beans, beets, broccoli, kale, spinach, brussel sprouts, cabbage, carrots, cucumbers, lettuce, potatoes, onions, peppers, squash, and tomatoes. A gardener may also want to consider perennial garden plants like most berries, asparagus, and rhubarb.

Many salad vegetables like lettuce, spinach, and kale may frost during a cold snap, but will keep growing when the weather warms again. These are great vegetables to consider for early spring gardens or for keeping fresh greens on your table late into the fall.

To learn more about growing in Wyoming contact the local University of Wyoming County Extension office.

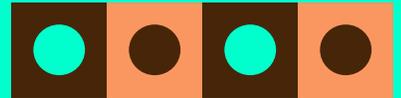


Article By:
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Making and Changing Wyoming Law:

What you can do to help (or hinder) bills through the process.



The 2017 Wyoming Legislative Session is rapidly coming to a close but it isn't too late to exercise your civic rights and responsibilities and become involved. In Wyoming we are fortunate to have an easily accessible legislature but it is still helpful to have a bit of information on how the process works and when we can best influence legislation.

A conversation about how we can affect legislation wouldn't be complete without first talking about why we would want to in the first place. Our system of government is designed with checks and balances. At both the state and federal level we have three branches of government (the executive, legislative, and judicial branches) which act to limit the power of each other. But the original and most effective check on governmental power isn't one of the three branches, it is us. We provide the most consistent, comprehensive, and effective check on government through our engagement in making our voices heard and holding our elected representatives accountable to our needs and wishes. As Benjamin Parker said to Spiderman, "with great power comes great responsibility." This is true both for those we elect to represent us as well as for ourselves where the true power of our government lays.

Beyond serving as a check on our government, it is important for us to engage with our elected officials because the laws being worked up by the

legislature affect all of our lives. Our government can only act in our best interest if our elected representatives know what is important to us and how legislative action or inaction will impact us. No matter how small or homogenous seeming our communities, we are all very diverse in our needs and opinions and if we don't speak up our representatives won't be able to take our perspective into consideration.

Wyoming has a very short legislative session. In odd years it is only 40 days long and in even years it is only 20 days and primarily limited to budget bills. This year's session began on January 10, 2017 and is scheduled to conclude on Friday March 3, 2017. Even though the legislative session is very short our legislature is able to get a lot of work done in large part because of the work that is done between sessions at interim committee meetings. Attending committee meetings, both during the session and in the interim, is a great way to gain a greater understanding of the legislation that is being crafted and

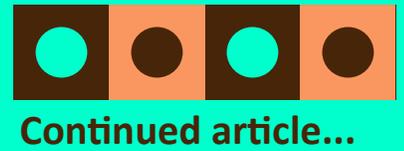


provide your perspective on it. During the legislative session committee meetings are held at the capitol (or the temporary capitol while the capitol is under construction) in committee meeting rooms. Interim committee meetings are held throughout the state. The Legislative Service Office's (LSO) website (<http://legisweb.state.wy.us/LSOWEB/Session/SessionHome.aspx>) provides information on when committees are meeting, where they are meeting, and what they will be discussing. The LSO's website also provides information on the list of bills that have been introduced and their current status.

Only a legislator or a legislative committee can have a bill drafted and submitted for consideration to become Wyoming law. If you believe a new law is needed or a law needs to be changed you can speak with your Senator, Representative, or the appropriate legislative committee and express your concerns. Most legislative changes take years to happen. It is very unusual for a new issue to result in a law the first time

Making and Changing Wyoming Law:

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it is introduced. Although this can be frustrating it is a good thing as it ensures that our laws are well thought out and reflective of many people's needs. After a bill is introduced it must be read three times with each reading occurring on a different day. The first reading only includes the bill's title and sponsors and occurs before it is referred to a committee. Unless the bill is referred to the committee of the whole (the whole House or whole Senate) it will go to a standing committee for debate and potential modification. During debate in the standing committee there will be time for citizens to provide their perspective in what is known as testimony. After being approved by the committee the bill returns to the chamber where it came from for second and third reading. If a bill successfully passes out of the chamber where it was first introduced it then moves to the other chamber and goes through the process again. If the chamber where the bill originated accepts the changes that occurred in the second chamber then the bill goes on to the Governor to be signed. More detailed descriptions of the legislature's rules can be found on the LSO's website at <http://legisweb.state.wy.us/LSOWEB/LegRules.aspx>. While a bill is being debated in either the House, Senate or committees you can let your

Senator and Representative know how you feel about it by phone, email, or in person. Contact information to call, text, and email your legislators is also on the LSO's website at <http://legisweb.state.wy.us/LSOWEB/LegInfo.aspx>. If you are at the Capitol you can have a note delivered to your legislator with a request for them to come out to



Speak to you. Depending upon where they are in the process they might be able to come out to the lobby and visit with you for a moment. Just ask one of the officials in the gallery area to assist you with the proper procedure to request to speak to your legislator. Guidelines for how to participate in committee meetings can be found at <http://legisweb.state.wy.us/LSOWEB/Participate.aspx>. Unless you are testifying as an official representative of a special interest group you will most likely not be expected to be an expert on the subject being debated. Being a concerned and affected citizen is qualification enough to testify. Speaking from your experience and expressing your concerns is as effective, if not more so, than lobbyists with professional talking points. As long as you are just representing yourself and your views you do not need to register as a

lobbyist with the Secretary of State's office. In order to stay on your legislators' good side be respectful in how you address them and keep it concise and to the point. If the issue being debated is contentious this will be particularly true as there will most likely be a lot of people wanting to speak for or against the bill. During committee meetings the chair will provide additional instructions if they are needed. The guidelines for participating in a committee on the LSO's website provide the correct procedure for addressing the committee through the chair.

Hopefully this information has alleviated any hesitation or concerns you had about getting involved in Wyoming's legislative process. If you haven't participated before it can be daunting and intimidating to know where to get started but rest assured there are lots of people willing and able to help you get engaged. Representatives of your political party should be more than willing to assist you and official representatives for groups actively lobbying are always pleased to have citizens willing to share their stories in support of their causes. And of course, you can always contact the Extension office where the Community Development educator is more than happy to ensure you have the information and confidence necessary to participate in our great political process.

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UW SAREC RESEARCH AND EXTENSION CENTER



WHAT IS HAPPENING AT SAREC OR FOR THAT MATTER, WHAT IS SAREC?

The James C. Hageman Sustainable Agriculture Research and Extension Center (SAREC) is located just outside Lingle. SAREC is part of the University of Wyoming Agricultural Experiment Station. I thought I would take this opportunity to introduce our Center since many may not know about us in much detail. Our goal is to provide relevant agricultural research to the 6 counties in southeastern Wyoming, to the rest of Wyoming, and the region. We work with researchers stationed here, from campus, and from other research institutions. We are set up to do research and extension programs on dryland and irrigated crops, cattle, and rangeland management. Our primary crops are corn, alfalfa hay, wheat, and sugar beets but we have grown a variety of other crops including dry beans, pollinator flowers, birdsfoot trefoil, sun hemp, quinoa, fenugreek, potatoes, barley, and camelina. Besides production, researchers have been examining things like irrigation management, fertilizers, diseases, pests, and weed management. We also maintain a cattle herd that is used for research in the feedlot and out on rangeland.

On staff we have an animal scientist (Steve Paisley), small grains and system agronomist (Carrie Eberle), agricultural economist (Brian Lee), administrative assistant (Kelly Greenwald), farm manager (Kevin Madden), 4 assistant

farm managers (Larry Miller, Larry Howe, Allen Unverzagt, and Troy Cecil), and director (John Tanaka). This group works with faculty and students from the main University of Wyoming campus and other Research and Extension Centers located around the state and researchers for private companies to try to find answers to questions.

In 2016, we had 35 crop research projects underway and did some feeding trials with cattle. We expect a similar number in 2017. Last year turned out a little different than we expected. On July 29 the research center was hit with hail that pretty much destroyed many of our crops and research plots, especially the corn. We took that as an opportunity to begin a study on what a farmer could do to salvage something out of those corn fields. We met with farmers from the area and brainstormed ideas. What was settled on was to plant a variety of fall and spring forages using different field preparation techniques, then to graze those fields with our cattle, and then plant corn back this year. While the study is still underway, we will continue to collect data and prepare some guidance to local farmers. While we hope we do not get hit with hail again in the coming year, we know that hail is likely to hit somewhere in our region every year.

If you are interested in what is happening or has happened at SAREC, we encourage you to visit our searchable database of research at <http://www.wyagresearch.org/research/index.php>. You can search by R&E Center, keywords, or what we call Production Agriculture Research Priorities (PARPs). This last term refers to research needs identified by farmers and ranchers throughout the state and is our way to be responsive to the needs of our stakeholders. If you just want to read a little more about SAREC, visit our website at <http://www.uwyo.edu/uwexpstn/centers/sarec/>.

We do an annual field day to highlight some of the current research. While it seems a long time away, put August 24 on your calendar now and plan on attending. Finally, if you would like to come see what we are doing, you can just call 307-837-2000 and set up a time (mostly to make sure someone is around).

Article By:
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What's Happening In My Area?

Want to find out what events or programming is happening in your local area of Wyoming?

Click on this link <http://www.uwyo.edu/uwe/county-calendars.html>

Voles in your Yard? Here is a video to help.
<https://youtu.be/4ClCqA-5qF8>

The screenshot shows the 'UNIVERSITY OF WYOMING EXTENSION' website. It features a navigation menu on the left with options like 'COUNTY EVENTS', 'ASK AN EXPERT', and 'PROGRAMS'. The main content area is titled 'Select your county and see all upcoming events!' and lists 17 counties: Albany, Big Horn, Campbell, Carbon, Converse, Crook, Fremont, Goshen, Hot Springs, Johnson, Laramie, Lincoln, Natrona, Niobrara, Park, Platte, Sheridan, Sublette, Sweetwater, Teton, Uinta, Washakie, and Wind River Indian Reservation. A map of Wyoming is shown with these counties highlighted in blue.

The video player shows a close-up of a vole eating a piece of green grass. The video title is 'Voles in Your Yard | From the Ground Up' and it is from the 'UWyoExtension' channel. The video has 556 views and a duration of 1:16.

Check out this video on making your own homemade herbicide. Click the link below.

Great information on "Soil Amendment Myths"
[Click here: https://youtu.be/H995h_tDOHI](https://youtu.be/H995h_tDOHI)

The video player shows a man in a tan jacket standing in a garden or nursery, gesturing towards various plants and products on a table. The video title is 'Homemade Herbicide | From the Ground Up'.

https://youtu.be/H995h_tDOHI?list=UUhB7J6awJ42g9nwrn5mnldg

The video player shows a woman standing in a store aisle filled with bags of soil amendments. The video title is 'Soil Amendment Myths | From the Ground Up' and it is from the 'UWyoExtension' channel. The video has 52 views and a duration of 1:29.

Enjoy An Evening With Temple Grandin

COME HEAR THIS EXTRAORDINARY WOMAN'S STORY!

Professor, Author, Autism Advocate, Animal Welfare and Behavior Expert.



**March 27, 2017
6:30 PM**

**Fine Arts Auditorium
EWC Torrington Campus**

**Ticket
Pre-Sale Until
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For Tickets Call & Leave A Message
(307) 532-3879
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Tickets \$25
(Proceeds benefit Goshen County FFA, 4-H and
The Western History Center)
Non-Refundable Donation, General Admission



Photo by Rosalie Winard



*Funded in part by a grant from
Go Goshen Tourism Promotion*



Wyoming Bee College

Saturday, March 18th &
Sunday, March 19th, 2017

Laramie County Community College
Campus 1400 E. College Drive.
Cheyenne, WY 82007



The Wyoming Bee College is **open to everyone**; beekeeper want-a-bee, experienced beekeeper or people who are concerned about our pollinators and want to learn about conservation and habitat development to help them.

The 2017 conference is bigger with five (5) tracks on day one and four (4) tracks on the second day. We are pleased to bring in beekeeping authors *James E Tew* and *Les Crowder* along with the *Denver Butterfly Pavilion*. Please click registration link to get the full line up of workshops offered!

Mission of the Bee College: 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.

FOR MORE INFORMATION AND TO REGISTER:

<https://www.eventbrite.com/e/wyoming-bee-college-conference-2017-tickets-27182621954?aff=erelexpmlt>

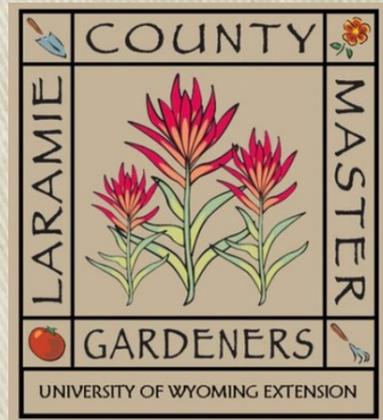
for more information: <http://wyomingbeecollege.org> or call Catherine Wissner at 307-633-4383 email: cwissner@uwyo.edu



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, UW Extension, University of Wyoming, Laramie, Wyoming 82071.

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Laramie County Master Gardener's Host: Wild West Gardening Conference



Taking Gardeners and Specialty Crop Growers to the next level of success.

The Laramie County Master Gardeners and the University of Wyoming, Laramie County Extension office are pleased to host a two day multi track gardening program to challenge, inspire, motivate and take you to the next level of gardening success, held at Laramie County Community College in Cheyenne, Wyoming on Saturday, April 22, and Sunday April 23, 2017.

Everyone is welcome: From beginners, backyard gardeners, master gardeners, community gardeners to farmer's market specialty crop gardeners, there will be something to learn and help you be better at what you do.

Registration is \$90. This includes two lunches, Saturday evening dinner with keynote speaker Neil Diboll, snacks, coffee and tea during breaks. There will also be vendors for networking and shopping.

We will be offering 5 workshop classes where you can let your creative side out or learn new craft ideas for what you grow or sell. There will be a modest materials fee for each class payable directly to the instructor. **You will need to sign up for the workshops when you register.**

REGISTER HERE: <https://www.eventbrite.com/e/wild-west-gardening-conference-tickets-26957605925?aff=ehomecard>

For more details and a schedule, go to: <http://www.wyoextension.org/wildwestgardening>

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2017

RESOURCE CATALOG

★ WYOMING HOME, FARM, AND RANCH PUBLICATIONS & VIDEOS ★
UNIVERSITY OF WYOMING EXTENSION & AGRICULTURAL EXPERIMENT STATION



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MP128R 2017

[Return to UW Publications](#)

RESOURCES



PRESERVING FOOD IN WYOMING

[Fruit \(publication B-1210.2\)](#)

[Jelly \(publication B-1210.1\)](#)

[Meat \(publication B-1210.7\)](#)

[Pickles \(publication B-1210.5\)](#)

[Tomatoes \(publication B-1210.4\)](#)

[Vegetables \(publication B-1210.6\)](#)

[Wild Berries and Other Fruit \(publication B-1210.3\)](#)

<http://www.uwo.edu/foods/educational-resources/food-preservation.html>

2007 MP 121.1

University of Wyoming
Cooperative Extension Service
Nutrition and Food Safety

Estimating Serving Sizes

It's all in the HANDS

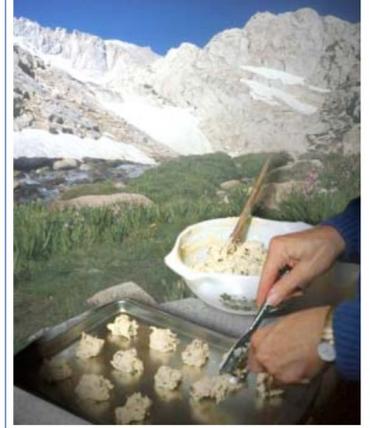


Click Here: [Estimating Serving sizes Brochure](#)

Link:

http://www.wyoextension.org/agpubs/pubs/mp121_1.pdf

Baking at High Altitude



Baking at High Altitude is a 76 page document with altitude adjustments to help you bake in Wyoming.

Many folks who move to Wyoming are not familiar with changing their recipes to adjust to the higher altitude. If you know friends who might benefit from this resource, please share with them!

[Click Here: Baking at High Altitude document.](#)

Link

<http://www.wyoextension.org/agpubs/pubs/B427.pdf>

* Due to the large file size, it may take a few minutes to download.



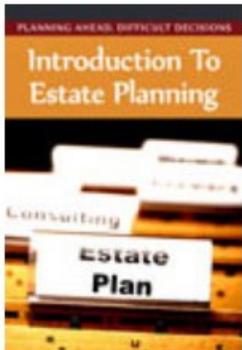
Welcome to the Wyoming Hay-Pasture-Seed List

- [Learn about the Wyoming Hay-Seed-Pasture List Brochure](#)
- Find Hay, Pasture, Seed, or Services on Wyoming Hay-Seed-Pasture List:
 - [Hay](#)
 - [Seed](#)
 - [Pasture](#)
 - [Services](#)
- Add Hay, Pasture, Seed, or Services to Wyoming Hay-Seed-Pasture List:
 - [Add a new listing](#)
 - [Remove a listing](#)
- [Wyoming Hay Marketing Opportunities](#)
- [Return to UW Extension](#)

[CLICK HERE: to go to the Wyoming Hay-Pasture Seed List.](#)

Link: <http://www.wyoextension.org/haylist/>

RESOURCES - Knowledge in one click!



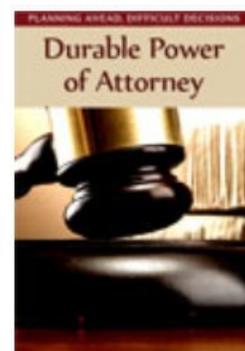
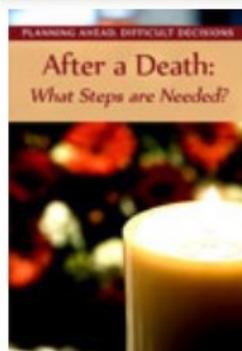
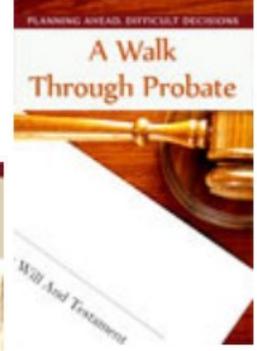
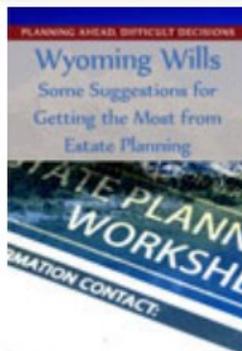
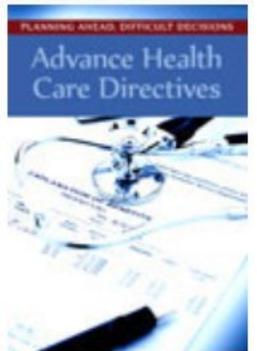
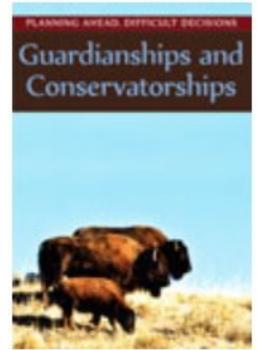
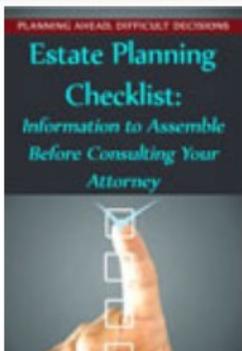
Planning Ahead: Difficult Decisions Series

This series of information is designed to help you plan for the future. Nobody likes to think of the inevitable, however making sure you and your family are prepared is invaluable!

These short booklets give you great information on what to do after someone dies, information on death certificates, guardianship for your children, health care directives, probate, estate planning, wills and disinheritance. You will learn what to do in case the unspeakable happens to you or your family members.

[Click Here: to access all PDF's in this series.](#)

<http://www.uwyo.edu/uwe/money/estate-planning.html>



Pesticide Safety Education Program

Wyoming pesticide applicator information



[Home](#) [Commercial Applicators](#) [Private Applicators](#) [Extension Educator Resources](#) [Calendar](#) [Links](#) [Pollinators](#)

The Wyoming Department of Agriculture and University of Wyoming Pesticide Safety Educational Program cooperate in providing Private and Commercial Applicators licenses. If interested, please click on the following link. [Pesticide Safety Education Program](#)

<http://uwyoextension.org/psep/>

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.
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307-633-4223 (fax)

307-633-4383

larcntex@uwyo.edu

Got Questions? Let us know:

Cheney, WY 82007

Pathfinder Building, Room 406D

1400 E. College Dr.

Laramie County

EXTENSION



Change Service Requested

Laramie County Staff

			
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



					
Julie Daniels Community Development	Catherine Wissner Horticulturist/ Master Gardener	Debbie Russell Cent\$ible Nutrition Program Coordinator Senior	Jill Person Cent\$ible Nutrition Program Associate	Sandi Arnold Cent\$ible Nutrition Program Assistant	Rita Lemley Cent\$ible Nutrition Program Assistant