



HORIZONS

Educating You Today For Your Success Tomorrow!

Southeast Horizon Newsletter

December 2017 - February 2018



UNIVERSITY
OF WYOMING
EXTENSION
LARAMIE COUNTY

FUN HOLIDAY FACTS

The holiday season is the busiest time of the year for the US Postal Service. Last year, over 20 billion cards, letters, and packages were sent, causing the USPS to hire nearly 40,000 temporary workers and put thousands of additional trucks, trains, and planes in service.

Hershey's started wrapping their Kisses in red, green, and silver foil for the first time in 1962. The success of the holiday-wrapped Kisses led Hershey's to them dressing up their little chocolates for the Easter, Valentine's Day, and Fall Harvest seasons.

Poinsettias are grown in all 50 states and represent over 85 percent of potted plant sales during the holidays. Over \$220 million worth of poinsettias are sold during holiday season!

In 1939, an advertising employee at the department store Montgomery Ward wrote the story of Rudolph the Red-Nosed Reindeer for a store promotion. That year the store gave away 2.4 million copies of the story. Ten years later, Gene Autry recorded the song "Rudolph the Red-Nosed Reindeer." Since then it has sold over 80 million copies.

Rudolph has definitely gone down in our holiday history!

New York New Year's Ball:

The modern New Year's ball is made of Waterford crystal, covered with 696 light bulbs, 96 strobe lights, and 90 rotating pyramid mirrors.

For more facts visit: <http://fun.familyeducation.com/december-holidays/history/35012.html>



OFFICE CLOSURES

We will be CLOSED the following days:



The Extension Office will be closed for UW Winter Break Friday, December 22nd through Monday, January 1, 2018

We will reopen on Tuesday, January 2nd.



Happy Holidays!



Wyoming Bee University Friday, March 16th (Pre-Bee College Workshops)

The Bee University is your choice of (4)
all-day workshops. Choose from:



 Apitherapy

 Make Mead Like a Professional

 Long Live the Queen

 Advancing Your Beekeeping Skills *(not for beginners)*

WYOMING BEE COLLEGE

March 17 & 18, 2018

Laramie County Community College
Pathfinder Building
Cheyenne, WY



Classes for every level of beekeeping or
beekeeper want-a-bee's along with updates on native
pollinators and how to help them all.



Host Hotel: To be announced

For more information contact Catherine Wissner
at 307-633-4383 or cwissner@uwyo.edu

<http://wyomingbeecollege.org>



SAVE THE DATE



Registration will open soon!

The Wyoming Bee University - All-Day Workshop on Friday, March 16th cost \$125 per person.

Kids 7-15 who are working with an adult beekeeper or 4-H leader learning the craft of beekeeping get in FREE with a paying adult. (Fee includes lunch, snacks and beverages.)

The Wyoming Bee College - 2-Day Track Session Workshops is on Saturday, March 17th and Sunday, March 18th. The cost is \$85/ per person. Bee Buddies: ages 7-15 are FREE with a paying adult. (Fee includes lunches both days, Saturday dinner, snacks and beverages)

CONFERENCE DEAL: Attend all 3-Days and pay \$195 per person. (Fee includes Bee University Workshop, Bee College 2-Day Tracks, lunches, Saturday dinner, snacks and beverages) Bee Buddies: ages 7-15 are FREE with a paying adult.



Laramie County Master Gardener Program

Enrollment Deadline is December 20, 2017!

Are you interested in becoming a Laramie County Master Gardener? Then sign up now for the next regular Master Gardening Class to start January 8, 2018. This will be an evening class, meeting from 6pm to 9pm at Laramie County Community College. You must fill out this application and send in your check **by December 20, 2017**. The cost of the class is **\$125.00 per person**, which covers the cost of the book and other materials. Some of the topics covered are as follows: Site analysis, soil fertility, insects, plant pathology, soils, trees, turf, perennials/annuals, vegetables, season extension/greenhouses, honey bees, pesticides, prairie ecology, herbs, weather, landscaping design and much more.

There will be a final (open book group) test at the end of the class, the test will be graded and reviewed the following week. To complete the Master Gardener Program, 40 hours of volunteer time is required. If you have additional questions, please contact Catherine Wissner. To enroll, simply fill out this sheet and return it with your payment to our office. (address below) Once received, Catherine will contact you with further instructions.



First & Last Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Home Phone: (____) ____-____ Cell Phone: (____) ____-____
Email: _____
Areas of gardening experience or interest: _____

I understand that if I am accepted for the Master Gardener training, I must attend all the training sessions or make arrangements with Catherine. I further understand that I will be expected to devote 40 hours of volunteer Master Gardener service within the year.

Signature: _____ Date: _____



Make Checks Payable to: LCMG
(Laramie County Master Gardeners)

Mail Payment and Application to:
UW Laramie County Extension
C/O Catherine Wissner
1400 E. College Drive
Pathfinder Bldg, Room 406D
Cheyenne, WY 82007

Christmas Trees - Facts & Tips

Real Christmas trees are commercially grown in all 50 states, representing over 350,000 acres of trees, providing an environmental benefit. Most of the tree species grown are Fir or short needle pines. At the end of the holiday take your tree to a City recycling facility where it will be turned into mulch and used in a garden. For every commercial tree harvested, one to three more are planted that next spring making it a renewable resource. Purchase a permit and cut your own tree in the Medicine Bow National Forest. Contact the

Bureau of Land Management at 307-775-6256 to acquire the permit for \$10. Go enjoy a fun day in the forest.

Do purchase a good quality tree stand, one that has a deep water reservoir to help the tree stay hydrated. According to the National Christmas Tree Association they recommend a tree stand that holds 1 quart of water for every inch of tree trunk diameter and do not remove the bark in order to get the tree to fit the stand. Do keep your tree well watered throughout the holiday season for safety and less needle drop.



The use of a Christmas wreath as a decoration on your front door, mantel, or window symbolizes a sign of welcome and long life to all who enter.

In the 1930's the Addis Brush Company created the first artificial Christmas tree, they used the same machinery that made toilet bowl brushes; now you know.

Two U.S. manufactures of artificial trees are: Christmas in American LLC out of New York and Chrystal Valley Decoration in Oregon. According to the US Commerce department, eighty-five percent of artificial trees are manufactured in China.

Sweet Potato Muffins



Kids can help make these muffins with sweet potato planned-overs from your holiday meals.

Ingredients:

- | | |
|----------------------------|--------------------------------------|
| 1 cup all purpose flour | 2 eggs |
| 1 cup whole wheat flour | 2/3 cup brown sugar |
| 1 tablespoon baking powder | 1/4 cup canola oil |
| 1/2 teaspoon salt | 1 cup sweet potato cooked and mashed |
| 1/4 teaspoon nutmeg | 1 teaspoon vanilla |
| 1/2 teaspoon cinnamon | |

Directions:

1. Preheat oven to 400 degrees F.
2. Spray cooking oil on a standard muffin pan
3. Mix eggs, sugar, oil, sweet potato, and vanilla
4. Add dry ingredients
5. Place batter in muffin pan, filling each cup about 2/3 full
6. Bake for 15 to 17 minutes until lightly browned

(Serves 12)



Beef and Barley Soup

Ingredients:

- 1 1/2 pounds beef round steak, cut into 1/2 inch cubes
- 1 Tablespoon olive oil
- 3 cans (14.5 oz) beef broth
- 3 cups water
- 1/2 cup barley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups carrots, chopped
- 1/2 cup celery, chopped
- 1/2 cup onion, chopped
- 2 teaspoon parsley flakes
- 1 cup frozen peas

Directions:

1. In a large stock pot, brown beef in oil, drain, stir in the broth, water, barley, salt and pepper.
2. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
3. Add the vegetables and parsley; cover and simmer for 45 minutes or until meat and vegetables are tender

(Serves 12)

Join the *Cent\$ible Nutrition Program*

- Free Computer Diet Analysis
- Nutrition Lessons Adapted to You
- A Cent\$ible Nutrition Cookbook
Kitchen Gadgets

Are you interested in learning about money saving tips, lowering your grocery bill, learning to cook and eat healthy?

Join a Cent\$ible Nutrition Class today!

New Classes Starting:

Thursday's - 10AM -11:30AM

Friday's—1:30PM-3:00PM

Additional classes will be scheduled soon, call the office to find out schedules.



Contact US!

Diane Davis

Cent\$ible Nutrition Program
Coordinator Senior
ddavis52@uwyo.edu

Jill Person

Cent\$ible Nutrition Program
Associate
jperson@uwyo.edu

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For more information call us
307-633-4495



Cent\$ible Nutrition Program

University of Wyoming Family and Consumer Sciences Dept. 3354; 1000 E.
University Ave. Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) USDA and the University of Wyoming are equal opportunity providers and employers. Materials are funded by USDA's SNAP-Ed.





We had an amazing turn out at our 4-H Achievement Night held Saturday, November 4th at Laramie County Community College with 178 in attendance. Thank you to all the children, youth, and adults that make Laramie County 4-H "AWESOME"!

Thank you members, leaders, and volunteers for all your hard work throughout the year.

Your dedication to the 4-H program is truly appreciated!

Our office staff gets the privilege of working with some pretty amazing people!

Thank you!



More photos are on our Facebook page!



LARAMIE COUNTY



4-H Carnival 2018

DATE:

Saturday,
March 24th



TIME:

12pm - 5pm



LOCATION:

LCCC Recreation &
Activities Center

(Gym)

1400 E. College Dr.

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

MARK YOUR CALENDARS NOW!

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IMPORTANT DATES

*The Extension Office is closed
Friday, December 22nd through
Monday, January 1st.
We will re-open January 2, 2018.*

February 1, 2018

Beef Ownership Deadline

March 24, 2018

4-H Carnival

12-5pm

LCCC Recreation & Athletics Center

May 1, 2018

Dog ID's Due

June 1, 2018

Sheep, Goat, and
Swine Ownership
Deadline

Have You Re-Enrolled This Year?

October 1, 2017 kicked off the 2017-2018 4-H year. You must register each year if you want to participate in 4-H. This year you can pay your enrollment online. If you are in shooting sports you'll need to pay those fees at our office. As always, you can choose to pay by cash or check at the 4-H office. You may also mail your payment to our office if that is more convenient for you.

Note:

Some clubs have closure dates or capacity caps, please enroll ASAP!



Be sure to check out our **WEBSITE!**
www.wyoming4h.org/laramiecounty4h



Contact Us:

307-633-4383

Tansey Sussex

Sussex@uwyo.edu

Kristi Nagy

knagy@uwyo.edu



Fair Superintendents Needed

Laramie County 4-H needs 4-H Superintendents for the positions below for the 2018 Laramie County Fair. The application can be accessed at <http://goo.gl/forms/rfeUTIZvlt> . Details and positions requirements can be found by calling the Extension Office at 307-633-4383.

- 4-H Static Natural Resources (Archery, Geology, Hunting, Muzzleloading, Pistol, Range Management, Recreation, Rifle, Shotgun, Sportfishing, Wildlife)
- 4-H Static STEM (Aerospace, Computers, GIS/GPS, Robotics, Self-Determined)

4-H Static (Electricity, Leathercraft, Ropecraft, Woodworking)



4-H Livestock Project Updates

4-H Livestock Sale Top Buyers Scholarship

This scholarship application is open to 4-H livestock project members who live in Laramie County.

All applicants must have a 300 word essay along with application.

All applications are due by Friday, February 9, 2018 by 5pm to the 4-H office. There will be no exceptions.

Applications will be sent to the Laramie County 4-H, 1400 E. College Dr., Pathfinder Building, 4th Floor, Room 406D, Cheyenne, WY 82007.

If you have questions please contact Sheri Olson of the 4-H Livestock Sales Committee at 307-421-0261.

The application is attached and can also be found at: <http://www.wyoming4h.org/laramiecounty4h/members/scholarships/>

4-H Livestock Sale Checks

Sale checks are ready to be picked up at the Extension Office.

You must have previously provided us your buyer thank you card or bring it in completed and unsealed to pick up your check.



M³C

**Master
Money
Manager Coach**

UW | EXTENSION

Master Money Manager Coach Workshop

Increasing the capacity of community groups to help people take positive steps to improve their money management knowledge and habits!

**Tuesday & Wednesday,
January 30 & 31, 2018 • Cheyenne, WY**

UW Extension • Laramie County • 1400 E. College Drive
Pathfinder Building • Room 406D • Cheyenne, WY 82007

Schedule

Tuesday, January 30: Registration 8 - 8:30 a.m.

Workshop from 8:30 a.m. to 5:00 p.m.

Wednesday, January 31: Workshop from 8:30 a.m. to 5:00 p.m.

REGISTER NOW!

Space is limited.

[m3c_cheyenne_2018.eventbrite.com](https://www.eventbrite.com/m3c_cheyenne_2018)

Registration Fee: \$125

Includes two day workshop,
materials, lunch & refreshments.

Full & partial scholarships are available!

Registration Deadline: January 16, 2018

For questions, call Juliet Daniels
at the UW Extension Office
307-633-4383

Help the people you work with achieve these goals:

- ¢ Learn about financial planning— what it is and how it helps
- ¢ Apply money management principles to achieve their goals
- ¢ Take control of their finances, starting today

Your participation will help you:

- ¢ Build a larger network of professionals working to improve the lives of people
- ¢ Improve your ability to coach others to success
- ¢ Acquire skills that will help you guide your clients through the FDIC Money Smart curriculum

Expectations of Participants:

- ¢ No expertise with money management required
- ¢ Attend and complete both days of this workshop
- ¢ Desire to work with others to encourage adoption of positive money management habits.
- ¢ Willingness to gather and provide evaluation data

With support from:



COMMUNITY
DEVELOPMENT
EDUCATION

JOHN P. ELLBOGEN
*Wyoming Communities, Agriculture,
and Rural Living Project Fund (2016)*



When That Time Comes, Some Thoughts For Successful Pasture Seeding

Article by:
Brian Sebade
Albany County
Ag / Horticulture Educator
bsebade@uwyo.edu

Has your dryland pasture reached that point? You know, the point when the plant species that were originally established no longer exist, maybe invasive or unwanted plants outnumber the desired species, or you just feel it is a time for change. No matter what the reasoning, there are some important considerations to work through before you start planting a new field or pasture.



Understanding your soil

The physical and chemical properties of your pasture play a major role on the types of plants that will succeed or fail. Completing a soil test prior to planting is an important step. Most routine or basic soil tests will provide you with information related

to soil texture, pH, nutrient levels, organic matter, and salt concentrations. Completing a soil test prior to planting can steer your species selection to accommodate for your soil's physical and chemical properties. Follow up testing is also a great way to see if you are building or losing organic matter after a new field is established.

Anticipated temperature and annual precipitation

The climate of where you plan to seed is important. Matching the plant species to the climate of your pasture will help promote better germination and establishment. Annual precipitation, number of growing days, average high and low temperatures, and timing of precipitation have a great effect on the ability for many plants to grow and produce lots of desired forage. Newly seeded plants that are growing at the wrong time of year or the climate of your property does not align with the plant's physiological needs, is almost certain for failure.

Species Selection

There are many great resources available for selecting species for reseeding. University of Wyoming Extension Bulletin-1206 gives a great outline of species that can be used for reseeding based on annual precipitation, elevation, and soil considerations, <http://www.wyoextension.org/agpubs/pubs/B1206.pdf>. Grasses and forbs are outlined in this bulletin. The *Dryland Pastures in Montana and Wyoming* is another great resource that provides information on species available as well <http://animalrange.montana.edu/documents/extension/EBoo19.pdf>. With many options available, getting started with one of these bulletins can help develop a plan of species to select for reseeding.

Planting Considerations

When it comes to planting new species, there are many options. It can be as simple as going out into the field or pasture and throwing some seeds on the ground or it can be more involved such as completely reworking the field and planting with machinery. Seeds can also be planted in the fall or spring depending on the species. No matter how you plan to renovate and reseed, it is important to pay attention to seed labels. Selecting seeds that are not too old, contain very little or no weed contaminants, have been harvested from plants in a climate similar to where you will be planting, the percent germination value, and the number of pure live seed (PLS) is all important information to look at before seeding. UW Extension Bulletin-1248 provides a great overview of planting considerations for starting a new stand of plants, <http://www.wyoextension.org/agpubs/pubs/B1248.pdf>.

For more help related to plant species selection and establishment for your pasture renovation, please feel free to contact your local extension office or one of the four agricultural experiment stations found in the state. There is also a lot of great information available online at the University of Wyoming Extension website, <http://www.uwyo.edu/uwe/>, under the publications section or at the *Barnyard and Backyards* Website, <http://www.uwyo.edu/barnbackyard/>.





Cornell University
Cooperative Extension

Why 4-H Clubs?



4-H Clubs have lasting impacts on youth

The 4-H Pledge
I pledge my **HEAD**
to clearer thinking.

I pledge my **HEART**
to greater loyalty.

I pledge my **HANDS**
to larger
service.

I pledge my **HEALTH**
to better
living for my club,
my community, my
country, and my
world

Youth today have an unprecedented array of sports, clubs, activities, lessons and entertainment options to choose from in their free time.

And for many youth, these activities will provide the **foundation** on which they develop their personalities and life skills.

For young people who choose to be part of a 4-H Club, research shows they are more likely to be **education-ally motivated**, have **higher self-esteem** and **communicate more maturely** than their peers.

A 2003 study of 4-H alumni showed that club membership improved responsibility, confidence, leadership, project and presentation skills. Members also learned to handle competition; feel more at ease in relating to new people and developed good



4-H Clubs offer the opportunity for life skill development, learning and friendship. Through hands-on experiences, youth gain skills they will use their entire life.

sportsmanship skills.

Subject matter skills taught in projects are the **foundation** for the youth development that occurs in 4-H. Learning to prepare meals, give a presentation, repair machinery, ride a horse and care for others are just a few of the skills taught in 4-H that can be of economic, social and/or personal value to youth in their future.

Youth and early adolescence is a time

of rapid change in young people. 4-H Clubs have the **opportunity** to strengthen family ties and create good citizens.



How 4-H Clubs meet the basic needs of youth

The four H's (head, heart, hands and health) represent four basic human needs: independence, belonging, generosity and mastery. Research indicates that youth whose basic needs are met in positive ways are likely to grow into active citizens and contributing members of their families and communities.

By combining project activities with opportunities to go to camp, publicly show their work, travel, host international youth and attend meetings and events at Cornell University, 4-H provides a framework on which young people can build self-confidence, responsibility and generosity.

Members of 4-H clubs are involved in a

long-term relationship with caring adults, who help them learn new skills and grow in ways traditional educational experiences aren't designed to do.

A positive 4-H Club experience can turn life around for an at-risk youth or bring a shy child out of their shell. It can also strengthen leadership skills or teach the importance of community service.

Connect
now to
great 4-H
resources



NYS 4-H Resource Directory
Head, heart, hands, health

HOME SEARCH BROWSE ABOUT CONTACT HELP

A way for staff, leaders, volunteers, teachers and youth to find and order great 4-H Resources

<http://www.cerp.cornell.edu/4h>

<http://www.cce.cornell.edu/>



"4-H helped me grow from a shy girl into a productive young woman," one 4-H member said. "I learned to be a leader and take on challenging tasks."

4-H Clubs rising to challenges of the times

Leaders of 4-H Clubs in Orange County focus on the strong impacts they're having on the lives of kids as they use creative approaches to grow club membership.

"Timing is a challenge. People are working more hours. There are also many single parents and families where both parents are working," said Davis, who has worked in 4-H youth development for 29 years. "But the research shows that the long-term impacts of 4-H Club membership on a child's life are so much greater than

what we can do with a one-shot education programs. So we keep working at it, finding ways to do it better."

Orange County reaches over 2,000 children annually, through over 100 active clubs. Some of the clubs meet in an after school setting to meet the needs of busy families and others meet in neighborhoods or homes.

The success stories are numerous – a painfully introverted girl now a part of national judging teams in college, a teen in trouble now a successful father and pharmacist, a youth in love with

animals now a practicing veterinarian. Davis says his staff tries to educate parents about the benefits of 4-H compared to a traditional "drop-off" activity like karate lessons. "4-H is something you do with your child," he said, explaining that the strongest clubs are those where parents are present or involved in leading projects.

"Our core goal is to get groups of kids together with caring adults to work on meaningful projects," he said. "This experience has a profound impact on their lives."

4-H Clubs connect kids to Cornell

Last year in New York State, more than 15,800 4-H volunteers helped over 458,788 young people gain leadership experience, learn new life skills, and give back to their communities through 4-H Clubs.

All of these clubs used resources created by staff from Cornell University and many members also visited campus for various club tours, programs and events.

lesson plans and curriculum for the more than 150 projects areas offered to New York State 4-H clubs, on subjects as varied as video game design and sheep shearing.

Cornell research is the basis for

For more Information:

To learn more about 4-H Clubs in New York State, contact Your county's Cooperative Extension Office. Or contact:

Adam Davis
New York State 4-H
Office Manager
Email: af7@cornell.edu
Phone: 607-255-0896

New York State 4-H
Youth Development
Cornell Cooperative
Extension
340 Roberts Hall
Cornell University
Ithaca, NY 14853

Clubs build assets

A landmark 1998 study by Cornell researchers showed that youth involved in 4-H Clubs in New York scored higher than other youth on a developmental asset test developed by the Search Institute of Minnesota. By questioning more than 100,000 youth, the Search Institute developed a list of 40 developmental assets necessary for kids to grow into healthy adults.

In the Cornell study of 3,200 youth, 4-H youth scored higher on all developmental assets than the youth in the Minnesota studies, even among youth involved in other similar activities. Some of the assets tested



4-H Members learn that teamwork, cooperation and confidence will help them to serve their community, their country and their world.

included educational aspiration, achievement motivation, the desire to help others, school grades, self-

esteem, decision-making and the ability to make friends.

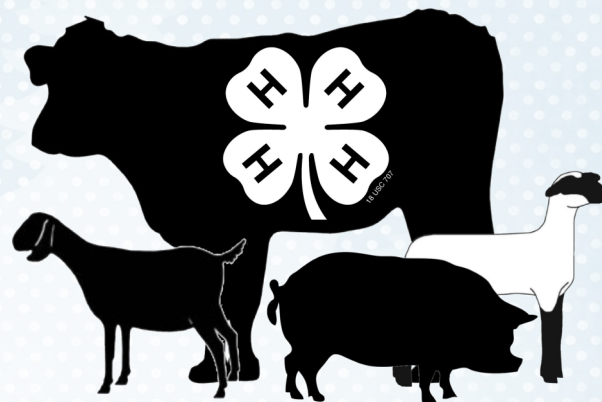


<http://www.cce.cornell.edu/>



Bringing Your New 4-H Animal Home

Do you have new 4-H animals at home or who you are bringing home soon? As you are beginning to bring your 4-H animals home please remember the following considerations:



Does your animal have access to adequate space in their pen?

Does your pen have safe and secure fencing? Does your animal have access to a warm shelter, clean, dry bedding, and adequate shade where they can get out of the sun, wind, rain, snow, or other weather? Small animals don't have much fat covering to keep them warm so it's important that they have good shelter. Since it's still getting cool at nights and it's damp it will be important to be sure that shelter will provide animals with a dry, warm location that they can get out of the wind and other elements. Clean your animal's pen daily to be sure that the bedding stays clean and dry.

Have you checked your pens for any loose nails, boards, wire, twine, or any other potential dangers? Animals are naturally curious and they will pull on loose items and possibly eat them. It's important to be sure to check pens daily for safety concerns.

Do you have water containers that can't be tipped over so the animal has access to water at all times? Even in cold weather animals need constant access to water. Animals also don't have the ability to sweat like humans do to regulate their body temperature. They can overheat quickly so checking their pens multiple times a day is important.

Animals also need access to adequate feed, especially during cold weather so they can stay warm. Make sure that your feed is in a clean, dry space that is free from rodents or other contaminants. Never feed moldy hay or feeds to your animals. Is your animal getting a balanced diet that can help them maintain their body condition and also grow? There are many resources to help you decide which feed or supplement is the best for your animal. Don't be afraid to talk about your options with the feed store staff or a 4-H leader.

Do you have a relationship with a local veterinarian? It's a good idea to know a vet that you can call with questions or if your animal is sick or injured. Animals can't talk to tell you when they aren't feeling well. Observing their behavior daily will help you determine if they are acting differently or not feeling well. If you aren't familiar with treating the animal yourself please contact a veterinarian or other expert for questions or treatment advice. Only give medications as recommended by your veterinarian, follow the label recommendations, and always observe the withdrawal times.

This booklet by Oregon State 4-H has some great ideas for how to keep your animals healthy and some things to think about before you bring your animals home. <https://catalog.extension.oregonstate.edu/sites/catalog.extension.oregonstate.edu/files/project/pdf/4-h140.pdf> OR <http://bit.ly/2y6XsKu>

If you have questions about your animal project please contact the Extension Office or a livestock project leader.



RESOURCES

Nutrition and Food Safety

Healthy Lifestyles Begin With Safe, Nutritious Food



LOOKING FOR TRUSTED NUTRITION RESOURCES?

<http://uwyoextension.org/uwnutrition/2015/03/26/trusted-nutrition-resources/>



Thinking of hanging Christmas Lights?

Don't forget to clean your gutters!

Check out this short video (click photo or link)

<https://youtu.be/v1bcHadSs9o>



Winter Watering In Wyoming

Watch this video to help you learn how to “winter water”.
Click on photo or link below.

<https://youtu.be/U6uWaniYpi8>



Healthy Eating Or A Fad Diet?

There are no QUICK fixes to healthy weight loss! However there are healthy ways to lose weight and keep it off! Click on the link below to access the article and find other valuable information.

<http://uwyoextension.org/uwnutrition/2017/09/14/healthy-eating-or-a-fad-diet/>



Look For Solutions Outside of the "B's"

Article by:
Dallas Mount
Platte County
Southeast Area Ag Educator
dmount@uwyo.edu
September 5, 2017

Most of your neighbors look for their solutions to come out of a bag, bottle, bale, or block. Sure, there are times these things are useful, but the major competitive advantages come from things that take effort on your part. Rarely can a solution to a complex problem or a breakthrough for your business be purchased. As an Extension agent, most of the questions I get on a day to day basis start with the phrase "What do I spray it with" or "What do I plant". The answer to these questions only addresses a symptom and not the underlying problem.

Let's take a "What do I plant" question and dive in deeper. The rancher's problem was a pasture had become overgrown with sagebrush and cheatgrass and he wanted to rehab the pasture to a more productive forage specie. In its current state the pasture produces about 600 lbs/acre of forage for a stocking rate of 0.2 AUM's/acre or a gross value of \$4.50/acre in grazing. If he rehabs it, he thinks it could grow 1,200 lbs/acre with stocking rate close to 0.4 AUM's/acre or a gross value of \$9/acre. Rehabbing the pasture will cost around \$100/acre, fail 25% of the time, and take 3 years before production reaches the expected levels. It doesn't take very long to see that the economics of this "solution" stink. The bigger issue is that if the management of the pasture that caused the sagebrush and cheatgrass to increase doesn't change the long-term result won't likely change either.

We need to change the question. Rather than asking "what do I plant, spray, inject, pour, etc...." we need to ask deeper questions about how can we change

management to address the problem rather than symptoms. Often, we find that the change in management requires us to challenge the way we do things, learn a new way of doing it and take actions that require a new way of thinking. These are much more difficult actions than simply looking for the next thing to buy.

I'm not saying that any of these inputs are wrong, or that your ranch shouldn't use them. I am saying that the cost and returns of each input, and the associated costs of providing that input, need to be carefully evaluated. I'm also strongly encouraging you to ask deeper level questions to see if the use of the input is addressing a symptom or the underlying problem.

So, what do you think the rancher said after I gave a long winded answer about addressing the underlying management? Yep, "so what do I plant?" I gave him a species list that would work for the site. If you want the short answer, or the long answer UW Extension is here to help but fair warning, sometimes you might get the long answer.





UNIVERSITY OF WYOMING EXTENSION

Laramie County

310 W. 19th St. Suite 100

Cheyenne WY 82001

GOT QUESTIONS? LET US KNOW:

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- * Range & Natural Resource Management
- * Nutrition & Food Safety

Call our office to get in touch with these area educators
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