

## Reindeer Facts:

Reindeer are prominent in our holiday music and images. They pull Santa's sleigh, have red noses, have names, and fly. But how much do you really know about this northernmost deer species?

Here are 12 fascinating facts you can use to impress your friends and family:

1. In North America reindeer are also called caribou.
2. Both the males and females grow antlers.
3. Their noses are specially designed to warm the air before it gets to their lungs.
4. Reindeer hooves expand in summer when the ground is soft and shrink in winter when the ground is hard.
5. Some subspecies have knees that make a clicking noise when they walk so the animals can stay together in a blizzard.
6. Some North American caribou migrate over 3,000 miles in a year – more than any other land mammal.
7. Though thought of as a tundra species, a form of caribou lived in southern Idaho until the 19th century (there are ongoing efforts to re-establish them in the state).
8. Northernmost species are much lighter in color than species at the southern end their range.
9. Reindeer have been herded for centuries by several Arctic and Subarctic peoples.
10. The name "reindeer" is of Norse origin (from the old Norse word "hreinn" for deer) and has nothing to do the reins of a sled. The name "caribou" comes to us through the French, from the Mi'kmag "qalipu," meaning "snow shoveler."
11. Golden eagles are the leading predator of caribou calves in the late spring and fall.
12. Once the entire body of a reindeer was found inside a Greenland shark (most likely a case of near-shore scavenging, as opposed to a migrating land shark).
  - Measure for measure, reindeer are pretty awesome creatures. They are also threatened by global warming, oil exploration and other human-caused pressures. They will surely need our help and appreciation for many holiday seasons to come.

*Article by National Wildlife Foundation*

<https://blog.nwf.org/2010/12/reindeer-twelve-fascinating-facts-about-these-amazing-creatures/>



***Our office will be closed:***

***December 24th 2018 through January 1st, 2019 For the University of Wyoming's Winter Break & Holiday Closure***

***"Wishing you and your family a wonderful holiday season!"***





# The Wyoming Bee College be held March 22 –24, 2019 In Cheyenne, WY

# SAVE THE DATE

## 2019 WYOMING BEE COLLEGE

### Wyoming Bee College Pre-Conference Workshops

**Location:** Cheyenne, WY

**Date:** Friday, March 22

- Expand on your current beekeeping skills with the **MN Bee Squad**
- Consider raising **queen bees** with Dr. Tom Repas
- The hive as a medicine chest with **Apitherapy**
- Use the hive's other products to create crafts to gift, keep, or sell in **Bees Wax Alchemy**

Cost of the workshop by itself is **\$125/person**.

### Wyoming Bee College

**Location:** Cheyenne, WY

**Date:** Saturday, March 23 – Sunday, March 24

Open to everyone interested in bees, beekeeping or gardening for bees. We are pleased to offer three great keynote speakers to keep you inspired with bees and beekeeping! The Bee College offers five (5) tracks on day one including beginner basic beekeeping and four (4) tracks on the second day, in addition to 3 keynote speakers.

Cost of the conference is still **\$85** and includes, lunches, dinner, snacks, coffee and tea. You can sign up for a **package deal of both pre-conference workshop and main conference for \$195**. Bee Buddies, kids 7-15, are free with a paying adult.

#### 2019 Tickets

Register Now!

- Wyoming Bee College Conference: \$85/person
- Wyoming Bee Pre-Conference Workshops: \$125/person
- Package Deal: \$195/person

All three days includes lunches, snacks and beverages. Saturday includes dinner.

**Bee Buddies**, these are kids between 7 and 15 who are working with an adult beekeeper or 4-H leader learning the craft of beekeeping. They get free admission with a paying adult, sign them up when you register.

#### 2019 Bee College

- Bee College Descriptions
- Bee College Schedule

#### 2019 Pre-Conference Workshops

- Pre-Conference Workshops
- Pre-Conference Workshops Schedule

**For More information:**

**Go to the Wyoming Bee College Website! Click link below**

<http://wyomingbeecollege.org/>



## CRANBERRIES: NOT JUST FOR HOLIDAYS!

Having a tough time getting at least five servings of fruits and veggies every day? Look no further! An American berry is here to help! The cranberry, probably first used as a food by Native Americans, is just waiting for you and is brimming with powerful health benefits.

The cranberry is one of North America's few native fruits, it provides versatility, convenience and nutritional benefits all rolled into one. Luckily, there are ways to obtain them year 'round, not just with your holiday turkey.

It's a mystery how cranberry sauce became a staple accompaniment to the Thanksgiving turkey. It was an ordinary, everyday accompaniment to meat in early colonial homes. By the late 18<sup>th</sup> century an average midday meal included cranberries in some form. Since the marshes of Cape Cod are a prime source of this native wetland berry. Colonists had easy and abundant access to their harvest.

Cranberries were used in hearth baked breads as well as "put-up" as preserves.

With all the research supporting the positive health benefits of cranberries, it's time to start enjoying them all year long. The tart and tangy flavor of cranberries makes them a unique treat.

They're fun to pair with favorite foods. In addition, as one of the best sources of valuable antioxidants, these tasty berries may aid in the prevention of heart disease and certain cancers.

These little red gems contain a wide variety of antioxidants. Many people including health professionals know that cranberries can help ward off bladder and urinary tract infections (UTIs).

Studies show that cranberries actually contain 'bacteria-blockers', which prevent



disease-causing bacteria from sticking to cells and organs where they cause infections. Other studies suggest that cranberries keep some bacteria from sticking to stomach cells, preventing the formation of certain ulcers. The same bacteria-blocking mechanism that helps prevent UTIs appears to keep certain bacteria from the surface of the tooth, reducing the formation of harmful plaque that leads to gum disease!

Cranberries are usually sold in 12-ounce bags. They should be brightly colored and fully red or yellowish-red with a smooth, firm glossy skin. Soft or wrinkled berries should be discarded. Fresh berries can be stored in the original packages in the refrigerator crisper for up to four weeks. To preserve fresh cranberries to use year-round, you can freeze, can, or dry them. To freeze cranberries, choose deep, fire-red berries with glossy skins. Wash and drain well and freeze them on a single-layer tray, before packing into containers.

Cranberries can be enjoyed as juice, salsa, chutneys or preserves. Recently, cranberries have become a popular dried fruit, used in cookies and candies. They are added to cereals, and used in sauces, fruit salads,

trail mix, juice, and pies. Add zest to your tossed green salad with some dried cranberries. Energize your favorite fruit smoothie by blending in some cranberry juice. Surprise guests by topping seafood or poultry with a tangy cranberry relish, mixed in rice pilaf, or added to breads and desserts for a healthful, delicious surprise.

Don't let size fool you! Small, vibrant cranberries are a nutritional powerhouse. Add them to your A-list of foods that are delicious, nutritious and easy to prepare. ENJOY!

# Cent\$ible Nutrition Program



## 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.

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Join the *Cent\$ible Nutrition Program* and receive:

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

\*\*\*Free for those who qualify: to be eligible, income must be less than \$22,459 per year for a household of 1, less than \$30,451 per year for a household of 2, less than \$384,43 per year for a household of 3 and less than \$46,435 per year for a household of 4. Go to this link: <http://www.uwyo.edu/cnp/qualify/index.html> if you need larger family qualifying number information. For further questions, give us a call, or we can discuss it after our first class meeting.\*\*\*

## SAVE MONEY & SHOP SMART

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:

*Community classes are ongoing throughout the week!*

The Cent\$ible Nutrition Program (CNP) is a statewide cooking and nutrition education program and is funded by the USDA through two grants, the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

The goal of CNP is to help families and individuals eat better for less. It follows the USDA MyPlate and the Dietary Guidelines for Americans. CNP is free to families and individuals who income qualify. The series consists of 8 lessons and participants receive a free cookbook and kitchen tools.

The Cent\$ible Nutrition Program teaches skills and knowledge in the following areas:

- Cooking
- Saving
- Nutrition
- Smart shopping
- Physical activity
- Meal planning
- Food preparation
- Food safety
- Food storage
- Well-being for individuals and families

To find out about the CNP classes in your area, contact the Laramie County Extension office.



## Cent\$ible Nutrition

"Helping Families Eat Better For Less"  
**FREE** Classes for qualified applicants

CALL FOR MORE INFORMATION:

# 307-633-4495

Sponsored by:  UNIVERSITY OF WYOMING  
EXTENSION

# Cent\$ible Nutrition News

Helping Families Eat Better For Less

## Soup's On

A recipe is not always needed when making soup. Sometimes you find just what you need by peeking into your pantry, freezer,



and refrigerator. The ingredients may include beef or chicken stock, tomato juice, frozen mixed vegetables, sliced carrots, browned

hamburger, frozen shredded turkey breast, or chopped pieces of ham.

By making your own soup, you can control the amount of sodium. This can be a huge difference compared to pre-made packaged soups. Be inventive and create your own budget-friendly soup!



## Cost Cutter: Label It

Freezing extra food is a great way to save money. Yet, if it is put away without a label it may quickly turn into a mystery package in the depths of your freezer. To save money, label packages as you put them in the freezer. That way, you can tell what the food is and when it was put in the freezer. You will appreciate it later and prevent wasting food that may get dry, or freezer burn, if left too long.

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## Magical Milk

Here is a recipe for Chocolate Magic Mix—with bonus recipes for Hot Cocoa and Chocolate Pudding!

### Chocolate Magic Mix

- 8 cups nonfat dry milk
- $\frac{3}{4}$  cup cocoa
- $1\frac{1}{2}$  cups sugar
- Pinch salt

1. Wash hands with warm, soapy water.
2. Combine ingredients. Pour into jar or can with tight-fitting lid.

### Hot Cocoa

- $\frac{1}{4}$  cup Chocolate Magic Mix
- 1 cup hot water

1. Stir well and enjoy!

### Chocolate Pudding

- 2 cups Chocolate Magic Mix
- $\frac{1}{2}$  cup flour or  $\frac{1}{4}$  cup cornstarch
- 3 cups water
- 1 teaspoon vanilla

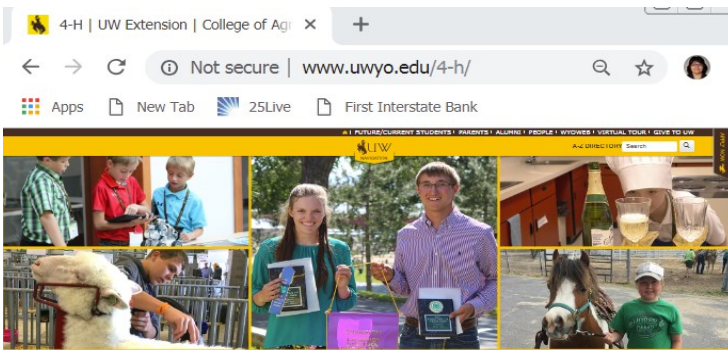
1. Combine Chocolate Magic Mix and flour in saucepan. Slowly add water.
2. Stir constantly over medium heat until pudding starts to boil. Remove from heat.
3. Stir in vanilla. Cover, chill, and serve with berries or bananas. Store leftovers in refrigerator.



**LARAMIE COUNTY 4-H**

**Don't forget to reenroll in Laramie County 4-H, this must be done each year to be a member in good standing.**

**[www.4HONLINE.COM](http://www.4HONLINE.COM)**



**WYOMING 4-H AND YOU!**



**What is 4-H?**  
Wyoming 4-H empowers young people with skills to lead for a lifetime. It's a research-based experience that includes a mentor, a handbook, and a meaningful and meaningful leadership opportunity.

**Opportunities**  
Wyoming 4-H gives you the opportunity to lead throughout Wyoming, the United States, and even internationally. We offer opportunities and events to meet a variety of interests and skill levels.

**Join 4-H Today**  
4-H programs are offered at the county level. To learn more about joining an local 4-H experience you can contact your local University of Wyoming Extension Office or email online through [www.4Honline.com](http://www.4Honline.com).

- Get Involved
- Current Members
- Volunteers
- Alumni

**Check out the new State Wyoming 4-H website online.**

**<http://www.uwyo.edu/4-h/>**



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# IMPORTANT DATES

**The Extension office will be closed December 24th– January 1st**

**May 1st**  
Dog ID's Due

**February 1st**  
Beef Ownership Deadline

**June 1st**  
Sheep, Goat and Swine Ownership Deadline

**March 23**  
4-H Benefit Bash

**June 25-27**  
Showcase Showdown in Laramie, WY

**April 6-11**  
4-H National 4-H Conference in Washington, DC

**August ? (TBD)**  
Laramie County Fair

**August 12-17**  
Wyoming State Fair in Douglas, WY

<b>BINGO</b>					
4	26	43	59	70	
9	30	41	55	68	
7	23	32	50	63	
8	20	31	60	75	
			34	52	69

## March 23, 2019

### 4pm - 7pm

## Archer M&K Building

3967 Archer Parkway  
Cheyenne, WY 82009

\* All proceeds go towards funding the Laramie County 4-H program!

# 5050

Raffle

Come enjoy a fun time of dinner, bingo, prizes, auctions and various raffles!

This is a new fundraising event for Laramie County 4-H. Come support this important community youth program! For more information contact the 4-H office at:

## 307-633-4383

# Values-Based Budgeting & the 5 P's

Article By:  
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The word “budget” strikes fear in the hearts of many, and there are several reasons why.

Creating a budget may evoke images of shoe boxes spilling over with wrinkled receipts and checkbook registers with columns of numbers that refuse to add up. Living on a budget sounds like a constricting, fun-diminishing way to approach life. Understanding a budget might appear to require a daunting level of expertise or a degree in accounting.

But put aside for a moment the images of number-crunching, calculating, and balancing.

Instead, think about what a budget truly IS, and what it DOES. Sure, a budget is associated with accounts and balances, but in reality, budgets have a lot less to do with dollars and cents and a lot more to do with values and priorities.

In simple terms, a budget is the way your business or family allocates its limited resources among a number of competing interests. Journalist Gloria Steinem is credited with saying, “We can tell our values by looking at our checkbooks.” Your budget speaks volumes about what’s important to you, because where your resources go is likely where your priorities lie.

The term “values-based budgeting” is commonly invoked by government entities, highlighting their attempt to reflect constituents’ values in their budgeting process. But nearly all budgets – businesses, nonprofit organizations, office departments, and even families – implement some level of values-based budgeting. If your business places value on cutting-edge technology, you may prioritize a tech upgrade over new furniture in the employee break room. Likewise, if your family values outdoor recreation, you may see more money going toward skiing equipment rather than fast-food meals or a bigger television.

So, if you are one of the people who fears budgeting because it seems too complex, restrictive or confusing, don’t focus as much on the MECHANICS of the budget but rather the MEANING it represents. To be effective with a budget in your business or family, you don’t need a degree in accounting, and you don’t need to be an Excel spreadsheet expert. Instead, you need to understand your priorities, communicate your values, find ways to compromise, and ultimately, be flexible.

A budget goes far beyond columns and rows of numbers to the heart of a business or a family ... that is the true VALUE of values-based budgeting. While budgeting can be a complex and sometimes ambiguous process, keep in mind that a budget reflects 5 important things: it is a **Proposal, Promise, Priority, Purpose, and Prediction.**

A budget is your **proposal** to your stakeholders (this could

be your family members) or your stockholders. Through your budget, you are proposing what you will do with the funds entrusted to you and your organization.

Similarly, a budget is also a **promise**. You are making an assurance that your resources will go for specific things. A budget is often used as a tool for accountability; it is a way to make sure your resources have gone to where you intended them to go.

A budget is also a **priority**, in two unique ways. First, your budget reflects the priorities of your organization or family, and also, it should ultimately be a priority in and of itself. Having and following a plan that complements your strategy and direction should be a priority to assure your organization or family is ‘on track.’

Likewise, budgets allow organizations to do things with purpose. Budgets have a managerial purpose for a business or organization. They establish a ‘steering’ function by providing efficiency in planning and control.

Finally, a budget is a **prediction**. When creating a budget, we are working in the realm of possibility and presumption. The unexpected occurs in both the “expense” and “income” columns of a budget, so it might simply be our ‘best guess’ of where resources will come in and out during a period of time.

Everyone in your business or family is likely to view the budget quite differently. A board of directors may be interested in the ideology of a budget and how likely it will lead to wealth accumulation or perpetuate sustainability. A Director or CEO may place the managerial aspects of a budget at the forefront, using the budget as a planning and management tool for assuring the organization runs smoothly. Similarly, your spouse or children might use the budget as a planning tool to obtain the items they would like to acquire. Additionally, a bookkeeper, accountant, or treasurer is more likely to focus on the processes and technically-driven aspects of the budget so it can be executed well.

Recognize that a budget isn’t ONE thing, but MANY things to many different constituents; that is the first step in an effective budgeting process. It may not be simple, but it will certainly be beneficial, when you allow your budget to serve a broader purpose than simply adding and subtracting your dollars and cents.



# Life Under Snow

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It is often said that Wyoming has three colors: green, brown and white. During the green and brown phases (spring, summer, and fall) it is easy to see signs of life near the soil surface. Plants actively growing, insects crawling around, or small mammals scurrying across the landscape are all common sights. However, once snow has started to cover the soil surface it becomes much more challenging to see what is happening near the soil surface. It is all too often assumed that life completely stops for many plants, microorganisms, vertebrates, and non-vertebrates. This is not the case.

Snow is an excellent insulator. While the apparent temperature is well below freezing above the surface of the snow, the temperature near the confluence of the soil surface and the bottom of the snowpack is actually right around 32 degrees Fahrenheit. The snow that is often associated with damaging or shutting down plant and animal life is actually very beneficial to many species.

## Plants

Plants do not have the luxury of migrating or moving away from freezing temperatures like some animals. If they are not adapted to the cold, then they will not survive. Annual plants rely on seeds for new plants each spring, yet perennial plants must have a hardy root system to survive each winter. It might not look like plants are active during winter, but many evergreen plants are still conducting plant functions. Most evergreens have developed thick cuticles and waxy coatings to help cut down on water loss.

Deciduous plants are also quite active during certain times of the year when snow is present.

For example, deciduous trees move water and nutrients to their roots during fall when many snowfall events occur. They also move water and nutrients from their roots to their branches during the early spring and late winter when the ground is still frozen and snow is on the ground. Think sap collection from maple trees for making syrup. Sap is collected from the tree as it moves from the roots to the branches for nourishing leaf production. The timing of collection occurs while there is still snow cover and the ground is partially frozen.

Many plants such as wildflowers, sedges, and grasses have the ability to start growing before snow has completely melted. A great example are wildflowers found at alpine and subalpine ecosystems.

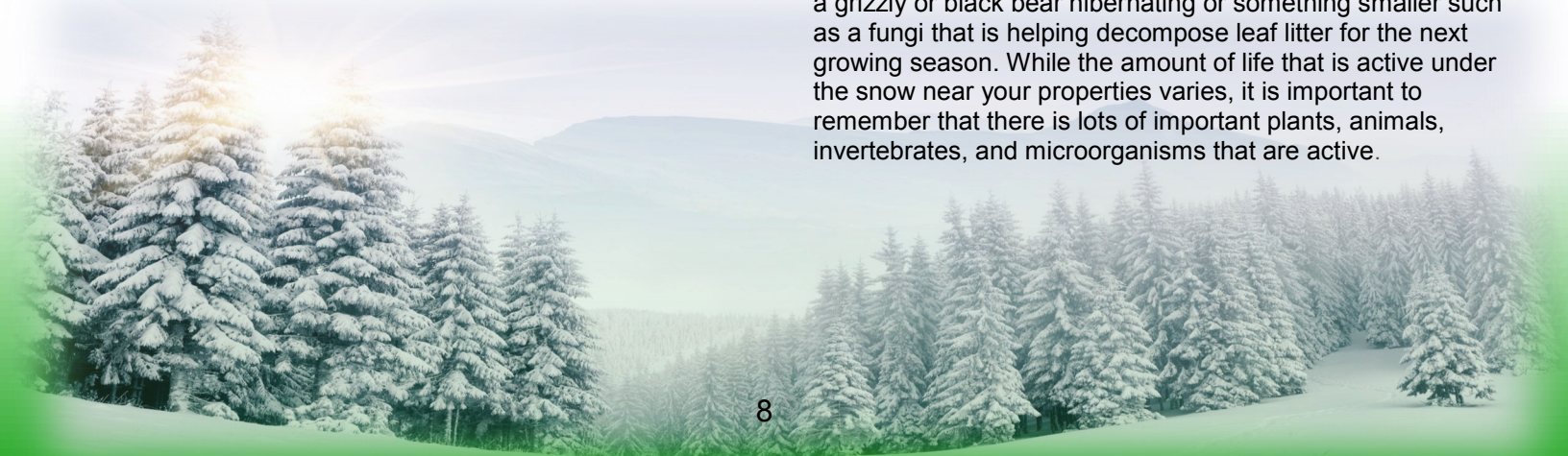
## Animals

Small and large animals are still active as well. Voles and deer mice readily use the area between the soil surface and bottom snow layer to search for food. A common sight for many homeowners are tunnels or trails left behind by small mammals in the spring. Even though voles or other small mammals were never actually noticed during the winter, they were busy going about their daily lives under the snow. Unfortunately, these daily routines are often not helpful for beautifying lawns. They do however provide an important food source to large animals such as coyotes and foxes. It is also interesting to think there might be some rather large animals that are still living and somewhat active under the snow such as a hibernating bear. Bears are active enough that they deliver cubs under this insulated snow layer during the middle of winter.

## Microorganisms and Invertebrates

Certain microorganisms and invertebrates are very active during the late fall and winter. Activity from microorganisms' and invertebrates' results in the decomposition of various types of plant litter. This decomposition is important for nutrient and chemical cycles for many ecosystems. Without their help, many plant communities can expect decreased nutrients during the growing season. Have you ever noticed leaves that have sat under snow during the winter are gone or missing significant portions of the leaf? Invertebrates and microorganisms are the likely culprit for their disappearance. It is fascinating that this activity can occur during the winter when it is most commonly assumed this activity only happens during the spring, summer, and fall in Wyoming. While small, they play an important role in Wyoming's food chain.

Although Wyoming can have the appearance of Antarctica at certain times of the year, it is important to remember that there is actually activity that is happening on the snow. This life and activity might be something large like a grizzly or black bear hibernating or something smaller such as a fungi that is helping decompose leaf litter for the next growing season. While the amount of life that is active under the snow near your properties varies, it is important to remember that there is lots of important plants, animals, invertebrates, and microorganisms that are active.





# Hearing an ungrateful whine?

## Teach your children the value of gratitude.

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The beautiful fall colors and cooler days are really beginning to signal the start of the holiday season. In fact, the holiday decorations are already on display in most department stores. As I think about the stress and financial strain that can occur during the holiday season, I try to remind myself the reason we celebrate holidays, and feel grateful for the opportunity to reflect on another great year.

Studies show gratitude is one of eight elements to living a happy life, resulting in success and well-being during adulthood, so it would make sense that helping youth learn gratitude will make them happy and successful as well. Taking this a step further, long-term studies of youth have validated the importance of gratitude, linking gratitude to greater social support and protection from stress and depression over time. We know gratitude is important, but how do we teach youth to be grateful? Keep these tips from the book, *Making Grateful Kids: A Scientific Approach to Helping Youth Thrive*, in mind as you teach your children the value of gratitude.

The first step to teaching gratitude is to model that behavior for your children. Expressing gratitude through spoken words, writing, small gifts or acts of kindness gives your children an example of what it means to be grateful. Mindfully showing gratitude will make it more public, set an example for your children, and also make you feel happier as a result! Take this a step further and help your children practice gratitude in their daily lives by praising their positive attitudes and asking them to acknowledge occurrences that positively impacted them that day.

Next, support your child's autonomy, help them discover their strengths and talents, and take ownership of their abilities. As youth take ownership over their skills and talents and become responsible for developing them, they gain things to appreciate in life and make it easier to attract support from others, thus inviting gratitude into their daily life. For example, allow youth to complete chores that fit their skill set or choose activities that utilize their talents, providing them with the opportunity to feel grateful for the talents and skills they have and invite gratitude from you or others for what they can accomplish.

Further, help your child focus on fulfilling intrinsic goals. In a time of instant gratification and extreme focus on extrinsic goals such as desiring or having possessions that show wealth, status, or convey a certain image, it is important to help your child see the value in focusing on intrinsic motivations. Focusing on extrinsic goals leads less fulfilling social relationships and can even stop youth from building positive connections with others. Instead, helping youth focus on and successfully achieve

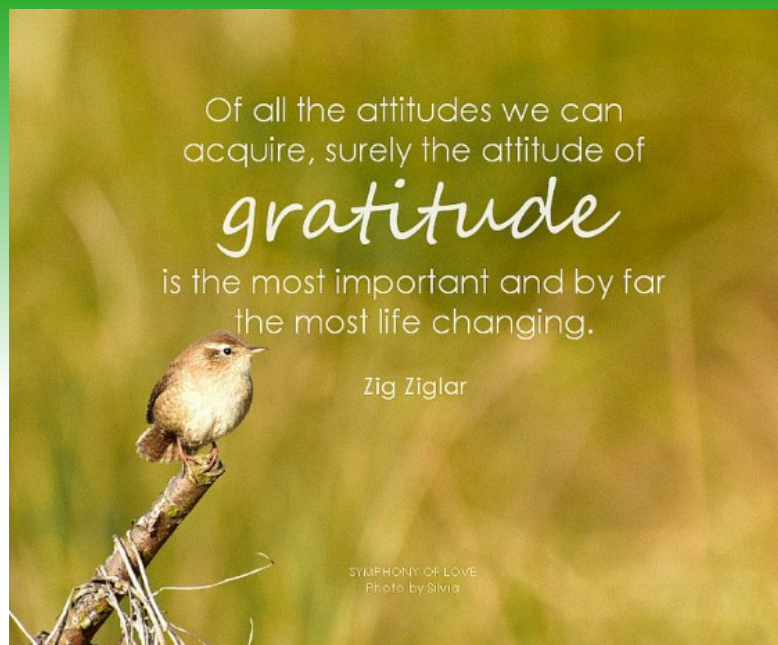
## Continued article.....

intrinsic goals such as engaging in activities that provide community, affiliation, and growth helps them feel a sense of belonging, build competency, and develop autonomy. For example, encourage them to join a club, participate in an extracurricular activity, or take lessons. These are critical to the development of empathy, gratitude, and happiness. Make sure to celebrate their achievements to further instill that sense of gratitude.

Next, encourage your child to help others and cultivate relationships. Your child's ability to build social relationships depends on empathy, gratitude, and service to others. Lead by example, and help them understand the importance of saying thank-you, giving small gifts, cooperative behavior, a helping hand, and a positive attitude have on building relationships with others.

Lastly, help them find their passion. We all need a purpose in life, something we are passionate about that helps us create meaning in our lives. Helping your child find a passion that resonates with their values, talents, interests, and dreams, then encourage them to explore that passion and find a way they can make a difference. As your child learns and grows through their passions, they see the world in a different way and their place within that world.

Society today is in desperate need of more gratitude, and teaching youth the value of gratitude will ensure we are doing our part to not only ensure our youth are successful adults but also making our world a better place. So, parents and leaders, as the holiday season approaches, let's try to encourage more gratitude and less materialistic fulfillment. Let's work hard to show that gratitude really is one of the greatest gifts we can give ourselves!



### Top 10 Habits of Grateful People

1. You don't expect life to give you everything you deserve.
2. Your happiness is not dependent on preconditions; if this happens then I can be happy.
3. You understand that adversity helps you see the bigger picture; you have to have the rain to see the rainbow.
4. You have hope, seeing past the negative.
5. You are forgiving, understanding, and empathetic. Let go of your grudges.
6. Grateful attitudes take work, keep it going when it's hard.
7. Keep a positive attitude, you are never a victim of life.
8. You are flexible in your thinking, and are willing to change when things are not working out. This leads to true growth and wisdom.
9. You focus on the lessons learned from setbacks, not the setbacks themselves.
10. You define your self-worth through your determination and dreams, not failures and disappointments.

\*\*Taken from Lifehack.com

2019 High Plains Organic Conference  
Feb 27 & 28  
Laramie County Community College

Join us for the 2019 High Plains Organic Conference in Cheyenne WY. We will be focusing on marketing, different organic practices, soil health, and much more!

For more information:  
[www.highplainsorganic.org/](http://www.highplainsorganic.org/)



Pruning Trees in Winter | From the Ground Up  
62 views



UWyoExtension  
Published on Nov 12, 2018

Though snow has fallen in Wyoming, trees may still be actively moving nutrients from branches to roots this time of year. Wait until winter for pruning to avoid damaging your trees.

SHOW MORE

Click this link to watch the video on YouTube:

<https://www.youtube.com/watch?v=joAqr6uTNRk&feature=youtu.be&fbclid=IwAR08DEpBZtGW-iy00h5oiWoTwjNRs5IEQtDMH6j8WCRu-a5DunGuXdPFTQg>



Why not make cutting your own Christmas tree part of a new family tradition?

Permits are on sale now at your local BLM office.

[www.blm.gov/wyoming-christmas-trees](http://www.blm.gov/wyoming-christmas-trees)

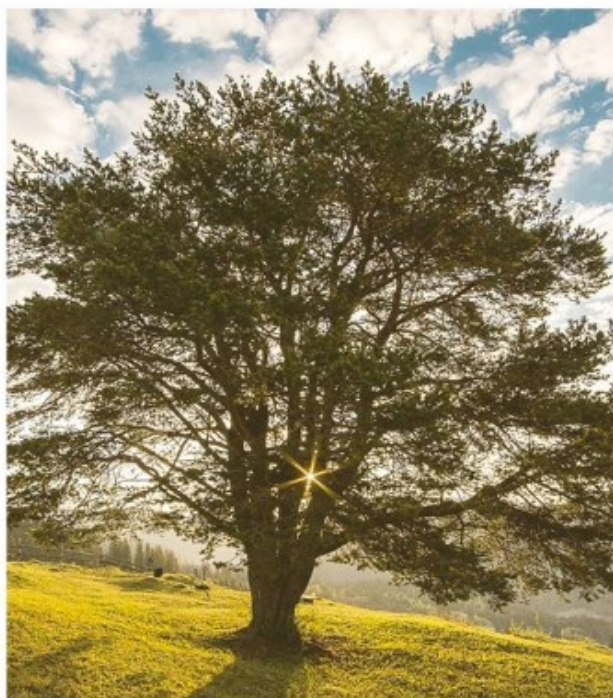
## Wyoming Groundskeeper & Growers Association

January 30th through February 1st, 2019

2019 Conference | Casper

For more info and registration visit <http://bit.ly/wgga-2019>

3 day-conference: Pests, turf, landscape, trees, weeds, & more



**Laramie County**

1400 E. College Drive  
Pathfinder Bldg. Rm 406 D  
Cheyenne, WY 82007

**Change Service Requested**

GOT QUESTIONS? LET US KNOW:

(307)633-4383

Fax (307)633-4223

*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and the University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.  
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Horticulturist  
Master Gardener  
Coordinator



Becky Brix  
4-H /  
Youth Educator



Kristi Nagy  
4-H Military  
Educator



Jenna Tapia  
Cent\$ible  
Nutrition Program  
Coordinator, Sr.



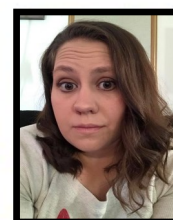
Jill Person  
Cent\$ible  
Nutrition Program  
Assistant Educator



Kelsie Goldfarb  
Cent\$ible  
Nutrition Program  
Assistant Educator



Tracy Navarro  
Sr. Administrative  
Assistant



Brittany Newlin  
Sr. Administrative  
Assistant 4-H

**Area Educators:**

- Agricultural Production, Livestock & Crops
- Range & Natural Resource Management
- Nutrition & Food Safety

Call our office to  
get in touch with  
these area  
educators  
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