



4-H FAMILY NEWS



UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

NOVEMBER-DECEMBER, 2013

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Hello 4-H members, families, and leaders,

As the leaves continue to turn colors and winter begins to settle in, I hope you have had the chance to reflect on your past 4-H year. I cannot express my excitement for us to begin another year in 4-H and one that I am sure will be full of excitement, memories, life lessons, and fun. It was great to see everyone at our National 4-H Week festivities and Achievement Night. We are sorry we missed you if you were not able to join us but we hope to see you at future 4-H events. With a new year starting, we have had some new volunteers step in and we are offering a couple new project areas that are helping us expand. We hope you will take advantage of the projects and continue to succeed in the ones you are currently in. I will be the continue to be the leader for the Junior Leaders and I am looking forward to working with this group of outstanding 4-H youth. I challenge all the members of Teton County 4-H to set SMART goals for the year, work on your record book throughout the year, and become active in your club. I know that we have the best youth in the state in our county and we can show Wyoming and our community what great citizens we are by stepping up and "Joining the Revolution of Responsibility." We are also celebrating Wyoming 4-H 100 years and look forward to participating in this historical time. If you have any new ideas that you would like to see implemented in our program please come talk to me and I look forward to hearing them! Have a great holiday season and make sure to look for the Teton Bulletin weekly.

Amanda Zamudio

University Extension
Program Educator

4-H/Youth

P.O. Box 1708
255 West Deloney
Jackson, WY 83001
307-733-3087
Fax - 307-739-0749
Email:
azamudio@tetonwyo.org

See you around,

Amanda Zamudio

SUPPORT STAFF

Office Manager- Justine Logan

Administrative Assistant- Kaitlyn Romsa



NOVEMBER

SUN MON TUE WED THU FRI SAT

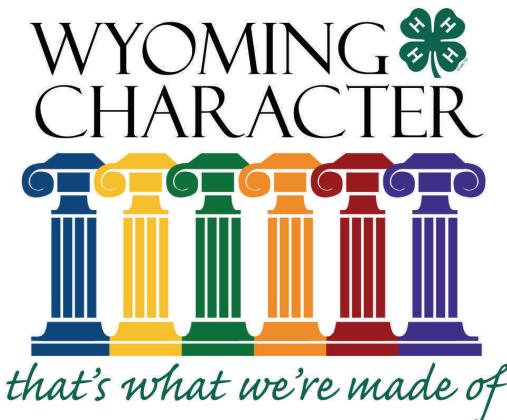
					1	2
3	4 Small Animal Club Meeting @ 6:00 pm	5	6	7 Sport Fishing Club Meeting @ 6:00 pm	8 Citizenship Club Meeting @ 1:00 pm	9
10	11 VETERANS DAY OFFICE CLOSED	12 4-H Council Meeting @ 5:30 pm	13 Clogging Club Meeting @ 5:30 pm	14 Junior Leaders Meeting @ 6:00 pm	15	16 Citizenship Club Meeting @ 1:00 pm
17	18	19	20	21 Sport Fishing Club Meeting @ 6:00 pm Beef Meeting @ 6:30 pm	22	23
24	25	26	27	28 THANKSGIVING HOLIDAY OFFICE CLOSED	29 THANKSGIVING HOLIDAY OFFICE CLOSED	30



DECEMBER

SUN MON TUE WED THU FRI SAT

1	2	3	4	5 Sport Fishing Club Meeting @ 6:00 pm	6	7
8	9	10	11	12 Junior Leaders Meeting @ 6:00 pm	13	14
15	16	17	18	19 Sport Fishing Club Meeting @ 6:00 pm Beef Meeting @ 6:30 pm	20	21
22	23	24 CHRISTMAS HOLIDAY OFFICE CLOSED AT NOON	25 CHRISTMAS DAY OFFICE CLOSED	26	27	28
29	30	31				



Tips to citizenship/ cooperation

Everything we do and say makes a difference to someone or something. It can start a chain reaction that affects the decisions of others that are around us. So what message are you sending? Think about this before you speak at your next meeting. We all have the power to decide what we do and say... and ... we are responsible for the consequences of our choices.

Quote of the month: *Compliance is about what I must do; ethics is about what I should do.* Michael Josphenson



Cooperation Activity Corner?



Supplies:

- PVC pipes 1" in diameter 10-15" long 4 per team
- Masking tape
- Marble that will roll through PVC pipe

Directions:

Mark off a beginning line and a finish line with the masking tape that is at least 120" (can be farther). Divide groups into equal team size. One person starts the team off by placing the marble in their PVC pipe. As a group the youth have to transport their marble to the finish line by keeping it in the PVC pipes. The marble can not be touched once it is placed in the pipe and the youth that has the marble in their pipe can not move their feet.

Everyone must handle a PVC pipe at some time. If at anytime anyone touches the marble, moves their feet when they shouldn't or the marble is dropped, the team must start over.

Processing questions:

Ask these questions at the conclusion of the activity.

- Did you agree on a plan before you started?
- Did you follow the rules?
- What was at fault when it did not work?
- Was communication good between team members?
- Was there an inclusive environment?
- Was everyone actively engaged?



Character Counts Citizenship



Character Counts

Citizenship

December 2013



Citizenship?

Citizenship is about relationships and values with cooperation linking it all together. Cooperation is a basic life skill that helps us work successfully in groups and interact harmoniously with others. In 4-H what does good cooperation look like?

People who cooperate:

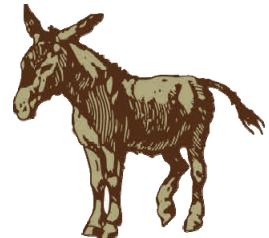
- ◆ Model working together with others.
- ◆ Work together with people in their home life, 4-H clubs and community.
- ◆ Make good decisions and choices.
- ◆ Have positive relationships with other 4-H members and volunteer leaders.

The story of "Old Warwick"

By James W. Moore

One summer evening a man got lost while driving through the countryside. As he tried to read a map, he accidentally drove off the road and landed in a ditch. Although he wasn't hurt, his car was stuck deep in the mud. The man walked to a nearby farm to ask for help. "Warwick can get you out of the ditch," the farmer said, pointing to an old mule. The man looked at the haggardly mule, then looked back at the farmer, who repeated, "Yep, old Warwick can do the job." The man figured he had nothing to lose. The two men and Warwick made their way back to the ditch. The farmer hitched the mule to the car. With a snap of the reins he shouted, "Pull, Fred! Pull, Jack! Pull, Ted! Pull, Warwick!" The mule pulled the car from the ditch with very little effort. The man was amazed. He thanked the farmer, patted the mule and asked, "Why did you call out all those names before you called Warwick to pull?" The farmer grinned and replied, "Old Warwick is just about blind. As long as he believes he's part of a team, he doesn't mind pulling."

Quote of the month: "No matter what accomplishments you make, somebody helped you." ~Althea Gibson



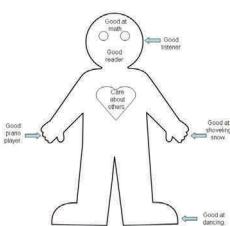
Cooperation Activity Corner?

Supplies:

- 1-piece of butcher paper for each participant large enough to trace their body
- Markers to trace with
- Tape to hang papers around room

Directions:

Give each person a piece of paper and have them lay down on the paper, while a partner traces their body. Once each person has been traced, ask each person to write on their body parts the positive things they can do with the body part to strengthen others and their community. Allow time for everyone to share with the group their creation and then display them around the room for others to view.



This activity is a positive way to help participants recognize what they are good at and what they have to offer a group, their family, their community and so forth.

Processing questions:

Ask these questions at the conclusion of the activity.

- Did you think of positive traits about yourself that you had not recognized before?
- Were you surprised at the many things you have to offer others?
- Is it hard to say nice things about yourself?
- Is a group or community stronger when many people contribute and have strengths to share?
- Can a group or community accomplish more with more people?



Brandon Brazil	Kayli Genzer	Thomas May
Ashley Brimeyer	Henry	Taryn Paradis
Kate Budge	Horstmann	Raegin Ross
Katelyn Coleman	Laird Jaramillo	Thomas Salerno
Colten Cook	Samuel Johnson	Shayla
Abigail	Acacia LaPrade	Westergard
Daugherty	Emily Mahood	Beau Winship

HOPE YOU HAVE WONDERFUL
BIRTHDAY FILLED WITH FUN AND JOY.
HAPPY BIRTHDAY!

Henry Berezay	Mindy Kaufman	Wyatt Ross
Blair Brengle	AnniKa Lamppa	Ella Watkins
Sydney Clark	Colter Lucas	Chloe Wengerd
Gracie	Shane Lucas	Madison
Hardeman	Kameron	Wilkerson
Keith Holmes	Moroneso	
Mason	Joshua Morris	
Horstmann	Olivia Rigsby	



ACHIEVEMENT NIGHT

What a great 4-H community event! Many thanks to the Junior Leaders 4-H Club for setting up and hosting this event. If you were unable to attend please stop by the office to pick up your certificates and record books.



JOIN A CLUB TODAY!

Aerospace	Geology	<u>Photography*</u>
<u>Archery</u> (established club needs a leader!)	GIS/GPS	Pistol
<u>Breeding Beef</u> **	<u>Guitar and Strings*</u> (New)	<u>Pocket Pets*</u>
<u>Breeding Sheep</u> **	Health	<u>Poultry*</u>
<u>Breeding Swine</u> **	Horse Judging	<u>Quilting**</u>
<u>Cake Decorating*</u>	<u>Horses**</u>	<u>Rabbits*</u>
<u>Cats*</u>	Horticulture	Range Management
Child Development	Hunting	<u>Recreation (Clogging)*</u>
<u>Citizenship*</u>	Interior Design	<u>Rifle**</u>
Computers	<u>Knitting*</u> (New)	Robotics
Crocheting	<u>Leadership*</u>	Rope craft
Dairy Cattle	Leather craft	<u>Self-determined**</u>
Dairy Goats	<u>Livestock Judging**</u>	<u>Shotgun*</u>
<u>Dogs*</u>	<u>Market Beef**</u>	<u>Sport fishing**</u>
Electricity	<u>Market Sheep**</u>	Vegetable Judging
Entomology	<u>Market Swine**</u>	Veterinary Science
<u>Fabric and Fashion**</u> (New in Jackson)	<u>Meat Goats**</u>	Visual Arts
<u>Foods and Nutrition*</u>	<u>Meats Judging**</u>	Web Pages
Gardening	Muzzle loading	<u>Wildlife*</u>
	Nature and Ecology	Woodworking

Projects Offered: * Jackson Area * Alta Area

The underlined projects currently have a Volunteer 4-H Leader. Projects that are not underlined do not. This is your chance to start a new 4-H Club. Contact the 4-H Office for more information!

These change as new leaders join the program. Please consider becoming a leader.

JOIN | THE REVOLUTION OF RESPONSIBILITY



STATE 4-H OPPORTUNITIES

NATIONAL WESTERN STOCK SHOW

Catch-A-Calf Contest



For more information or an application to enter the 2014-2015 Catch-A-Calf Contest please contact us at the Extension Office or visit www.nationalwestern.com/catch-a-calf/. **Application deadline is December 1, 2013.** Applicants must have reached the age of twelve (12) years but must be under nineteen (19) years of age as of December 31, 2013, and participate in a 4-H Club as an active member in 2013.



CLOVER CHRISTMAS

Sponsored by the Wyoming State 4-H Office

CONTEST RULES

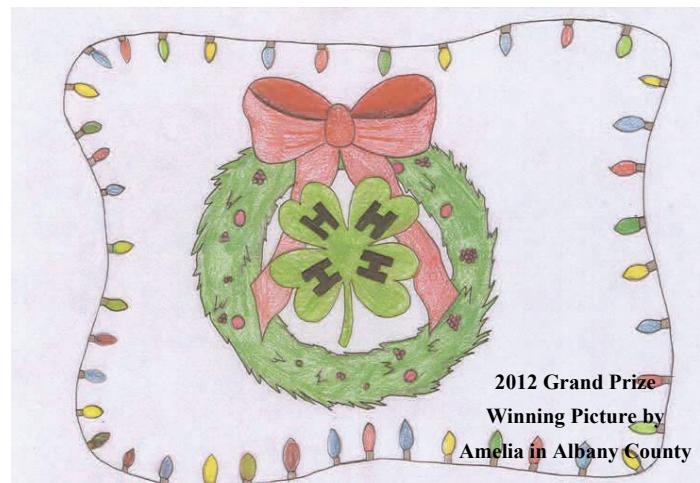
- Must be a Clover Bud or 4-H Member 12 years or younger.
- Entries must include the 4-H clover (or the word "4-H") and a Holiday scene
- Entries must have child's name, county and age.
- Scanned entries may be submitted to 4-H@uwyo.edu
- Entries may also be sent to:

Wyoming State 4-H Office
Dept. 3354
1000 E. University Ave.
Laramie, WY 82071

The Wyoming State 4-H Office wants your Christmas/Holiday drawings. The winning entry will be our 2013 Holiday Card!

Winner will receive 25 cards

Entries due on Friday, November 29, 2013!



STATE 4-H OPPORTUNITIES



CITIZENSHIP WASHINGTON FOCUS

Teton County 4-H Council awards a trip to Citizenship Washington Focus Trip to members that qualify. The council is not responsible for meals during travel or souvenirs. The application is **due January 10, 2014**. No late applications will be accepted. Youth must be at least 15 years old. Check out the website for CWF <http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/> If you have any questions or concerns please contact Amanda Zamudio at azamudio@tetonwyo.org or the 4-H Office. If you would like to be an adult chaperone please complete the following application at <https://adobeformscentral.com/?f=AmdF3SGzpH1bbZsLxd%2AfGQ#>



SHARE YOUR 4H STORY!

Wyoming 4-H is celebrating 100 years! We are excited to remember and celebrate its rich history. As part of the celebration, we would like to find as many alumni as possible to answer the questions online at the link below. Also, if you have any photos you are willing to share as part of the celebration, please contact your local Extension Office or the Wyoming State 4-H Office on the University of Wyoming Campus (4-H@uwyo.edu). It's important those in the photo are identified so we know who they are! An electronic copy will be made so you are able to keep the original. Please check out the link and share your story in an effort to preserve

Wyoming 4-H history: <http://www.uwyo.edu/4-h/100/alumni-search.html>

START PLANNING FOR THESE 4-H EVENTS!

2014 Wyoming State 4-H Calendar of Events/Activities

More information online at www.Wyoming4H.org

Event	Date	Location
State 4-H Leaders' Conference <i>Registration closes: February 7, 2014</i>	February 21-23	Riverton, WY
National 4-H Conference <i>Applications due October 15, 2013</i> <i>Interviews: November/December 2013</i>	April 5-10	Washington, D.C.
Wool Judging/Meat Judging	Late April	Laramie, WY
Citizenship Washington Focus (15-18 years old) <i>Paperwork due February 1, 2014</i>	June 14-21	Washington, D.C.
Horse Camp <i>Registration deadline: May 24, 2014</i>	June 19-22	Douglas, WY
Showcase Showdown <i>Registration deadline: June 10, 2014</i> <i>ALL information is due on this date.</i>	June 25-27	Laramie, WY
State Shooting Sports Match <i>Registration deadline: TBD</i>	July 10-13	Douglas, WY
Leadership Washington Focus (7 th -9 th grades) <i>Paperwork due December 13, 2013</i>	July 15-19	Washington, D.C.
Wyoming State Fair <i>Fashion Revue & Livestock Judging entries due: Aug. 7</i>	August 10-17	Douglas, WY
Shooting Sports Awards Trip <i>12 winners are selected based on scores at State Shoot</i> <i>2 winners are selected based on portfolio submissions (due end of July)</i>	September ~ TBD	Raton, New Mexico
National 4-H Congress <i>Applications due May 31, 2014</i>	November ~ TBD	Atlanta, Georgia

Other opportunities:

State 4-H Leadership Team ~ *applications due May 31, 2014/interviews at Showcase Showdown*

National Shooting Sports Invitational ~ *Applications due April 30*

4-H Leaders
Council
Meeting
Nov. 12,
5: 30 p.m.
4-H Office

All 4-H Leaders and Jr. Leaders are members of the 4-H Council. Meetings are on the 2nd Tuesday of every other month at 5:30 pm
The purpose



of the 4-H Council is to ensure that the essential elements of positive youth development are incorporated into all aspects of the county 4-H program.

For more information visit our website:

www.tetonwyo.org



4-H LEADERS

Why make a plan for your 4-H club this year?

A plan is like a road map—it directs actions toward a goal or destination. A well designed map will help reach goals and make the journey more enjoyable. A well planned program will:

- Provide a significant role for each member.
- Meet needs of all participants.
- Share responsibilities among members.
- Ensure a balanced program.
- Provide for better communication.
- Provide opportunity to learn planning skills.
- Avoid calendar conflicts.

Now is the time to start planning!

How Do We Plan?

This depends on your 4-H club. In some clubs the entire membership may suggest ideas at a general meeting. In some clubs, the newly elected officers and club leaders plan the year's program. A special program planning committee may be formed. The final program should be presented to the club for approval.

Steps in Club Program Planning:

1. Survey club members.
2. Select a program planning committee.



3. Review the previous year.
4. Identify club goals.
5. Make a plan including county and state 4-H events and activities.
6. Club approves plan.
7. Divide up responsibilities among members and/or families.
8. How are we doing? Periodically refer back to plan during the year to make sure the club is on track

Excerpt taken from "4-H Club Program Planning" by Mike Klump, University of Arkansas

For the complete article, check out your Leader Totes under Club Management or go to this link:

http://4-h.uwyo.edu/Totes/4-H_Club_Program_Planning-Arkansas.pdf

Reminder:

Inform the 4-H Office of your club's first meeting so postcards can be sent to all youth enrolled in your club!

4-H LEADERS



WRLF
March 27-30

BILLINGS . MONTANA

PLAN YOUR TRIP TODAY!

Join Montana 4-H as they welcome the Western Region Leaders' Forum to Billings in March 2014. Agents, staff and volunteers are hard at work planning a conference that will help you to "Discover the Past . Present . Possibilities of 4-H". Participants will enjoy a first class conference facility and hotel accommodations, national speakers, local entertainment and over 60 informational workshops.

WRLF is an exciting time to network with peers from across the region sharing ideas and building relationships to carry 4-H into the future.

REGISTRATION OPENS NOVEMBER 1!

Come experience all of the treasures Montana has to offer.

EARLY REGISTRATION \$255

November 1—December 31, 2013

REGULAR REGISTRATION \$305

January 1—February 15, 2014

LATE REGISTRATION \$355

February 16—February 28, 2014

Registration will be online at www.wrlf2014.com.

WORKSHOPS

There are over 60 different workshops to choose from. Workshops are hands on and interactive covering a variety of topics for Volunteers, Extension staff and teen leaders. Workshops will be selected on first come first serve basis during event registration. Some workshops may have a small fee. Fees will be applied and paid during the registration process. Find complete workshop descriptions on the website.



KEYNOTE SPEAKER

SATURDAY MARCH 29, 2014

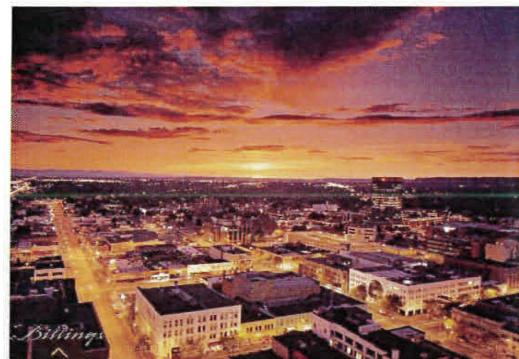
Richard M. Lerner is the Director of the Institute for Applied Research in Youth Development at Tufts University. Lerner and his team have been working for over a decade on the **4-H Study of Positive Youth Development**. He is also well known for his research about the relations between adolescents and their peers, families, schools, and communities.



CAPNOTE SPEAKER

SUNDAY MARCH 30, 2014

Dr. Martha Couch followed her calling into 4-H and youth development as Associate Director for 4-H and Youth Development in Texas. Under her leadership, Texas 4-H reached over one million members. She instituted Youth Protection Standards, created a Character Education Program that reached 100,000 youth annually and established county youth boards to gain quality input from youth. *Read Dr. Couch's full bio at www.wrlf2014.com*



LODGING

The conference hotel for the 2014 WRLF event will be the Crowne Plaza located in downtown Billings, MT. 27 North 27th Street . Billings, MT 59101

Rooms will be available for booking **May 1, 2013**
\$83.00 Conference Rate for double room

Call 1-877-270-1393

Reference Code YCE

www.crowneplaza.com/Billings

COMMUNITY DEVELOPMENT NEWS

FREE FINANCIAL LITERACY



WEBINAR:

AVOIDING FINANCIAL PITFALLS



November 7: Spending in the Dark

by Bill Taylor, Area Extension Educator

How much are you going to spend for Christmas gifts this year? How much do you have to spend? Without a spending record and prior planning, you will just be spending in the dark again this holiday season and then hoping you either have enough to cover it or take most of 2014 trying to get caught up, so you can do it all over again. Learn how to lay it out ahead of time and finish the holidays without extra bills.

Join Online Meeting: <https://meet.uwyo.edu/weston/TYRVWBQV>

Join by Phone: (307) 766-1200

Conference ID: 284451

Webinars are 7:00 – 7:40 p.m.

For complete information on how to connect to these webinars
go to <http://www.uwyo.edu/ces/money/webinar.html>

December 5: Communication about Finances and Estate Planning

by Cole Ehmke, Area Extension Educator

When getting a financial house in order, we can't forget that communicating about the plans is an important part of the process. This presentation is about involving spouses and others effectively so that we set ourselves up for long term success. Conversations with those planning their finances indicate that people's plans are not about money – it's about creating lasting bonds within families. The estate planning process is a powerful way to do that.

Join Online Mtg: <https://meet.uwyo.edu/cehmke/034JPPMO>

Join by Phone: (307) 766-1200

Conference ID: 694016

Webinars are 7:00 – 7:40 p.m.

For complete information on how to connect to these webinars
go to <http://www.uwyo.edu/ces/money/webinar.html>

*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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NUTRITION AND FOOD SAFETY NEWS

Slow Cookers and Food Safety

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner's dream come true. But winter is not the only time a slow cooker is useful. In the summer, using this small electrical appliance can avoid introducing heat from a hot oven. At any time of year, a slow cooker can make life a little more convenient because by planning ahead, you save time later. And it takes less electricity to use a slow cooker rather than an oven.

Is a slow cooker safe?

Yes, the slow cooker, a countertop electrical appliance, cooks foods slowly at a low temperature — generally between 170 °F and 280°F. The low heat helps less expensive, leaner cuts of meat become tender and shrinks less.

The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

Thaw Ingredients

Always thaw meat or poultry before putting it into a slow cooker. Choose to make foods with high moisture content such as chili, soup, stew or spaghetti sauce. If using a commercially frozen slow cooker meal, prepare according to manufacturer's instructions.

Use the right amount of food.

Vegetables cook slower than meat and poultry in a slow cooker so if using them, put the vegetables in first. Large cuts of meat and poultry may be cooked safely in a slow cooker; however since slow cookers are available in several sizes, consult the instruction booklet for suggested sizes of meat and poultry to cook in your slow cooker. Then add the meat and desired amount of liquid suggested in the recipe, such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

REMINDERS: Always thaw meat or poultry before putting it into a slow cooker. Make sure the cooker is plugged in and turned on. Keep the lid in place.

Settings

Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting. If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time — if you're leaving for work, for example, and preparation time is limited. While food is cooking and once it's done, food will stay safe as long as the cooker is operating.

Power Out

If you are not at home during the entire slow-cooking process and the power goes out, throw away the food even if it looks done. If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on. When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

Handling Leftovers

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 °F. Then the hot food can be placed in a preheated slow cooker to keep it hot for serving—at least 140 °F as measured with a food thermometer.

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

Send E-mail questions to MPHotline.fsis@usda.gov.

AskKaren.gov

For more information contact **Jennifer Jacobsen** your University of Wyoming Extension Nutrition and Food Safety Educator in Teton County! jjacobsen@tetonwyo.org





Teton County Office

255 W. Deloney • PO Box 1708
Jackson, WY 83001-1708

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Permit # 5

**TETON
COUNTY
4-H**



4-H is a **community of young people**
across America who are learning
leadership, citizenship and **life skills.**

4-H FAMILY NEWSLETTER

Stay Tuned in to what's happening in
the 4-H program via technology:

- ◊ Download the 4-H App for you iPhone or smartphone via the App store or android market! Choose "4-H News"
- ◊ Check out our Facebook Page <https://www.facebook.com/pages/Teton-County-Wyoming-4-H/438095165643>
- ◊ Visit our website: <http://www.tetonwyo.org/ex4h/>



In This Issue:

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- 4H Opportunities
- 4H Leader News



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

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