



Wyoming Cooperative Extension Service

Partners in learning for life

UW CES teaches gardening as a life skill to young offenders

Situation

The Wyoming Honor Conservation Camp (WHCC) is a minimum-security correctional facility located in Weston County. Housed within the WHCC is the Wyoming Boot Camp for young offenders. Although these young men, ages 15 to 25, have broken the law, the legal system believes they have a better chance for rehabilitation by incarceration in a military style boot camp than in the standard penal system. The average term of incarceration in the Boot Camp is 120 days, and the maximum term is 1 year. Boot Camp graduates must possess or obtain a high school diploma or GED and earn sufficient points for attitude and behavior changes. The Wyoming Boot Camp has a 75 percent success rate in preventing second offenses.

The duties and activities of the 47 inmates are highly regimented. They rise at 4 a.m. and are kept busy until lights-out at 9 p.m. An inmate's day includes counseling, physical training, academic classes, and work in the camp garden. Before UW CES became involved with WHCC, most inmates had minimal, if any, exposure to gardening.

This past year, the Boot Camp staff requested that UW Weston County CES present a series of classes to inmates on the basic principles of gardening to give them an appreciation for and understanding of what they were doing in the camp garden, as well as to provide valuable life skills for the future. Weston County Chair Bill Taylor agreed to develop a pilot program to deliver weekly classes on a four to six week trial basis. The class was required of all inmates not involved in other activities and varied from 25 to 50 participants, averaging approximately 35. Taylor developed six 50-minute lessons, which were delivered during consecutive weeks in August and September 2000.

Taylor administered a pre-test at the beginning of the first lesson. The following lessons were subsequently taught:

- Soils
- Plant Science
- Preparation, Planting, and Care
- Pests and Pathology
- Harvesting and Winterizing

Students were asked to complete two homework assignments, including a collection of plant types and a fertilizer problem. At the end of the six weeks, participants took a post-test. During the seventh and last class, they watched a video on square-foot gardening and received their scored pre- and post-tests.

Impacts Achieved

The improvement in scores from the pre-test to the post-test was the most definitive measure of impact in this project. Of all the students who took the class, only 12 took both tests. The range of change was from an 11 percent decrease in performance to a 300 percent improvement in performance, with a 31 percent improvement average. Camp staff and the caseworker who coordinated the trial period believed the program was a success, and beginning in March 2001, the class will be taught to camp inmates on a regular basis.

Another indication of impact was the enthusiasm for and reception of the class by the inmates. Following the first session, inmates asked astute questions about gardening and requested copies of the overheads. During each class after that, Taylor provided copies of the materials, and usually 30 or more copies were taken. He also received requests for copies of all the final class materials from inmates who were graduating and could not attend the last class. Everyone wanted to complete the course, and enthusiasm remained high throughout the entire trial period.

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Wyoming Cooperative Extension Service

Partners in learning for life

KEYS Mentor program helps, youth, teens, and adults in Campbell County

Situation

Mentoring is a proven way to help prevent substance abuse, school truancy, and violent behaviors in at-risk youth. Recognizing the need for a mentor program in Gillette, the UW Campbell County CES and the Gillette Abuse Refuge Foundation began work in November 1999 to develop a social mentoring program for youth ages 8 to 12 years. The two organizations, assisted by the Employment Resource Center, Campbell County School District, and several other local agencies, founded the Keeping Every Youth Successful, or KEYS, Mentor Program in July 2000.

The KEYS Program's unique approach is a good fit for Campbell County in a number of different ways:

- Both teenagers (15 years and older) and adults are recruited as mentors. Adults are asked to formally mentor the younger children in the program and also to act as informal mentors for the teens involved. Mentors make a one-year commitment to the KEYS program.
- Because Gillette is a very transient community, each youth is matched with two or three mentors. This strategy decreases the possibility of the youth feeling rejected or left out if one of the mentors moves away from the area.
- Mentors commit to bimonthly mentor meetings and trainings, as well as monthly get-togethers with youth. The program has offered a summer overnight camp, game nights, and the fall barn bash. Upcoming events include a penny carnival, a "gift of giving" party, and the winter overnight retreat.
- Mentors are asked to maintain contact with the youth via e-mail, phone, or standard mail; they are not asked to spend independent time alone with youth. This policy reduces the need for extensive background checks and cuts down on the number of volunteer hours required of mentors.

- The KEYS mentor program closely follows the Healthy Communities Healthy Youth philosophy, which emphasizes a set of developmental assets that are essential to youth success. The program will focus on two of these assets (teamwork and positive identity) for the first year.

The KEYS Program is funded by Children, Youth, and Families at Risk (CYFAR), Planned Approach to Community Health (PATCH), and K-N Energy grants, and through local donations. Volunteers In Service to America (VISTA) funds the program coordinator's salary.

Impacts Achieved

Currently, the KEYS mentor program has 9 active mentors and 16 youth participants. Program leaders hope to have 20 mentors and 30 youth participants by September 2001.

KEYS youth receive back-to-school care packages in the fall. Both youth and teens attend an ice cream social with the program coordinator; this provides a relaxed atmosphere in which to discuss school progress or to request tutoring from a mentor. Both youth participants and mentors receive a monthly newsletter throughout the year that highlights upcoming events, encourages family participation, and discusses the developmental assets.

Youth participants and their parents have given positive feedback about the program. One parent mentioned how her son always feels valued and cared about when he comes home from KEYS events. She said, "He is so proud to be a part of the mentor program."

Teen mentors report feeling "important and needed." One mentor said, "I can't believe these little kids think I'm so cool. I never thought of myself as a role model before I started in the program. Now I feel like I'm somebody."

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Wyoming Cooperative Extension Service

Partners in learning for life

UW CES supports Native American small business ventures

Situation

The first Wyoming Indian Needs Determination Survey (WINDS) was completed in 1987 with the purpose of identifying the strengths and needs of the people in Wind River Country. In 1998, the University of Wyoming Department of Sociology, in cooperation with the American Indian Studies Program, conducted a follow-up survey, which was sent to 7,680 people. This number represents 76.6 percent of all Indian homes and 56 percent of all non-Indian homes on the Wind River Indian Reservation. Median family income results from the survey are as follows:

Northern Arapaho	\$10,700
Eastern Shoshone	\$12,075
Non-Indian	\$19,000

Poverty is a major factor impacting quality of life on the Wind River Indian Reservation. The study indicated that 58 percent of all Indian families are living below poverty standards compared to 27 percent of families in the non-Indian population. Unemployment was 54 percent in the Indian population compared to 19 percent in the non-Indian group surveyed.

There are no major manufacturing or processing industries on the reservation, and the retail and service infrastructures necessary to support industrial development are minimal. Therefore, the future of the economy on the Wind River Indian Reservation rests in the hands of those capable of operating small businesses, which are defined as having no more than 10 employees. Most likely, any new business development will follow the current trend and be a micro-enterprise—a home-based, sole proprietorship.

The UW Extension Indian Reservation Program (EIRP) provides more economic development resources to the Arapahoe and Shoshone tribes than any other agency or institution on the reservation. This past year, UW Wind River CES partnered with the Wyoming Small Business Development Centers and private businesses to provide entrepreneurship trainings, certified business

counselor trainings, and small business development workshops to support several Indian-owned businesses.

Impacts Achieved

- Twenty-two people from the Wind River Indian Reservation and Fremont County enrolled in the Nx Level Training, including eight Native American students.
- Two of the Native American students enrolled completed the class.
- One student who completed the class started a retail business.
- Five Native Americans have requested certified business counselor services from the EIRP Project Director.
- Two of the people who requested services have started retail businesses.
- One of the start-up businesses is a timber business.

Because the start-up businesses are new, it is difficult to report impact based on profit measures, but all of the start-up businesses project annual profits in excess of \$20,000 after three years. The recent start-up businesses have generated approximately \$30,000 in new loan activity in agricultural production, retail, and tourism. Plans are in place to secure business interns from the University of Wyoming to work with the new businesses in an effort to ensure future success.

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Wyoming Cooperative Extension Service

Partners in learning for life

Girls School residents develop life skills through 4-H Horsemanship Program

Situation

The Wyoming Girls School is a residential facility located in Sheridan, Wyoming. All of the 12- to 18-year-old students have been court ordered to attend the school as a result of inappropriate behaviors and/or addictions. In addition to providing counseling and treatment programs, the Wyoming Girls School is an accredited, full-time academic institution. The students earn course credits while attending the Wyoming Girls School, enabling them to stay on track for high school graduation.

The year-round calendar is based on four quarters and summer school. The girls are taught core academic subjects and offered many extracurricular activities, including a Horsemanship Program, which allows staff to use horses for therapy and physical education. The Horsemanship Program has been in use at the Wyoming Girls School for years, but prior to January 2000, the program had not been an established 4-H project.

In January 2000, staff members from the Wyoming Girls School and UW Sheridan County CES combined the 4-H Horse Project with the existing Horsemanship Program in an attempt to encourage the girls to develop a bond with their selected horses and to foster life skills, including responsibility and self-esteem. Staff members believed that through participation in the project, girls would gain positive life experiences, be viewed as respectable and capable individuals (at public events such as county and state fair), and learn to accept the natural consequences of their actions.

Impacts Achieved

Twenty-five girls from the Wyoming Girls School (approximately 25 percent of the student body) enrolled in 4-H for the year 2000. Thirteen girls enrolled in the Horse Project, and their horses were housed at the school. The girls were responsible for feeding and caring for their horses on a daily basis. During the school day, the girls rode their horses in horsemanship class. They also worked with their horses to prepare for the Level 1 Option B 4-H Safety

Test and studied for the Level 1 Written Test. The girls were required to maintain their grades and behavioral status to work with their horses and participate in the class.

All of the girls took the written test and passed successfully. The average test score was 83.5 percent. The girls also passed their Option B Practical Tests, with an 83 percent average score on the practical portion of the test. After passing Level 1, the girls worked with their horses to prepare for the Sheridan County Fair competition. Seven girls showed their horses at fair, and they received several awards, including Champion Miniature Horse, Reserve Champion Miniature Horse, Champion Quarter Horse Mare, and Champion Quarter Horse Gelding. Three of the girls then traveled to Douglas to show their horses at the Wyoming State Fair. To show support for their peers, a busload of fellow students met the competitors in Douglas to watch the Horse Show. This effort was a large commitment from the Wyoming Girls School.

The 4-H Horsemanship Program was a positive and rewarding experience. The girls who participated in the program gained a sense of responsibility, increased their self-esteem, learned the importance of completing a project, and enhanced their leadership capabilities in peer groups. Several of the girls who exhibited horses at the Sheridan County and Wyoming State Fairs were released from the Wyoming Girls School approximately one month earlier than scheduled. The staff at the school attributes the early releases in part to the girls' 4-H experiences.

Because of the success of this year's program, 4-H projects at the Wyoming Girls School will continue. CES staff members would like to see more students from the Wyoming Girls School included in 4-H, so they plan to have greater 4-H involvement with the school in the near future. Grant funding will be sought because additional resources are necessary to expand the program.

When the girls spend less time in the correctional facility, taxpayers save money. And by providing a positive experience that can be continued in home communities, UW CES helps to ensure long-term success for the girls.

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Wyoming Cooperative Extension Service

Partners in learning for life

Natrona County Master Gardener Training provides introduction to horticulture

Situation

The volunteer members of the Natrona County Master Gardener Program provide invaluable assistance to support UW CES in its Urban Horticulture outreach efforts. Casper-area Formal Master Gardener volunteer training was initiated in 1983 in an attempt to more efficiently address the horticultural inquiries of local residents. The hard work and devotion of many long-term Master Gardeners in and around Casper have allowed the Natrona County Master Gardener Program to grow and flourish.

The successful attraction, training, and retention of willing and knowledgeable volunteers requires constant program innovation. The Natrona County Master Gardener Training Program has had consistent success with attracting trainees each year. Despite the abundance of new trainees, however, the program has been forced to cope with extremely low rates of retention and ongoing volunteer participation.

As an innovation for the year 2000, the Natrona County program provided an expanded evening training schedule with more than 50 hours of classroom instruction. Program leaders also implemented two distinct training options and corresponding sets of program incentives to encourage volunteer service among new Master Gardener trainees.

Option I, Traditional Master Gardener Training, provides more than 50 hours of horticultural education in exchange for 50 hours of volunteer service over the course of two years, at an initial cost of \$250. After the completion of 25 hours of volunteer service, participants receive a \$75 tuition refund. After the completion of the remaining 25 hours of service, participants receive an additional \$75 refund. The result is an actual training cost of \$100.

Option II, Alternative Master Gardener Education, provides more than 50 hours of horticultural education, with no commitment of volunteer service, at a cost of \$250. This training option is meant to attract individuals who are unable to contribute their time as volunteers but who are interested in formal horticultural training.

Impacts Achieved

The financial incentives built into Option I, Traditional Master Gardener Training, are extremely effective in encouraging trainees to become active and to volunteer on an ongoing basis. One of the unforeseen benefits of the overall fee structure is that it attracts a pool of trainees who are truly dedicated to participating in the training process and to learning about horticulture. Scholarships are available for the actual cost of training materials.

Option II, Alternative Master Gardener Education, provides a unique opportunity for individuals to increase their horticultural knowledge without making a volunteer commitment. The comprehensive, 16-chapter curriculum for Option II is unique both for Natrona County and for the state of Wyoming. At present, there is no similar educational program that provides a college-level introduction to horticulture to members of the general public.

The following statements, received from participants in this year's Master Gardener Training Program, reflect the positive impacts of both training options in Natrona County:

"I can already make more informed decisions and now know where to find additional information as I need it."

"I've enjoyed the classes tremendously. I've gained a great deal of knowledge, and I'm excited to start gardening."

"This was not just a refresher for me, but a completely new learning experience."

"I'm more informed. I'm confident that I'll be able to properly advise homeowners and to present them with different solutions."

"Offering different training options appealed to many more people. These options provided more opportunities for people to complete and stay involved with the program."

"The cost of this year's training program was appropriate for our area."

"I believe the cost of this year's training program was a great value, especially with the option to offset the initial cost by contributing as a volunteer."

"The cost was appropriate. I liked the program incentives that were available for lowering the overall cost."

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Partners in learning for life

Teton County success story: The Hispanic/Latino Family Resource Center

Situation

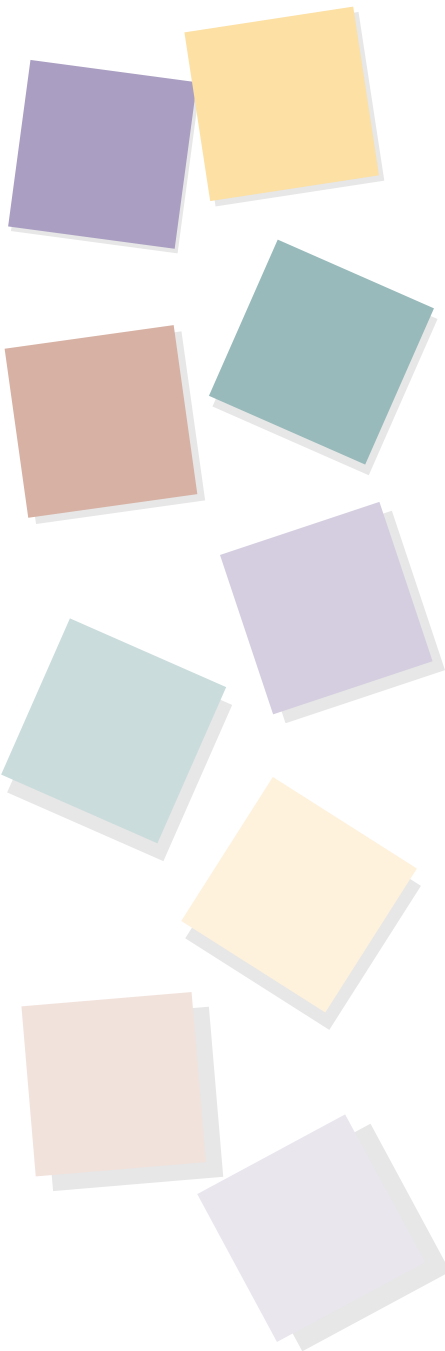
As early as 1994, Teton County CES personnel began to notice an increasing need for Spanish translation when working with clients. That same year, the Planned Approach to Community Health (PATCH) Program identified the issue of language difference in its Teton County health assessment. Discussions between CES and members of the community in the years that followed increased CES agents' awareness that the community needed to do more to address the needs of both Spanish-speaking and bilingual Hispanic residents.

In an effort to address multicultural concerns, local organizations responded in variety of ways. The Cultural Council of Jackson Hole began to offer celebrations of Mexican culture and art, and the local library increased its Spanish-language holdings. Alongside these positive efforts, however, were growing concerns from other segments of the community. Public health nurses were reporting an alarming number of pregnant single women arriving in the county alone and expressing concern that these young women were being exploited while en route to the United States. Law enforcement, too, reported concerns related to the influx of Hispanic immigrants.

In the fall of 1999, the UW Teton County CES Office began to meet with agencies and local citizens about what might be done to improve the situation of the area's Hispanic population. These meetings resulted in an increased focus on issues related to this population. The local UW CES Office began preliminary efforts to facilitate the successful integration of newly arrived Hispanics into the community and to mitigate law enforcement and employment concerns.

Impacts Achieved

The Hispanic/Latino Family Resource Center (HFRC) opened its doors in September 2000. Community Partners include the Town of Jackson, Teton County Sheriff's Department, Cooperative



Extension Service, Chamber of Commerce, Cultural Council of Jackson Hole, Teton County Public Health Service, Teton Literacy Program, Teton County School District, Teton County Crisis Pregnancy Center, and Teton County Library. The purpose of the HFRC is to provide a safe environment where Hispanic immigrants can access local resources and services and to assist these new residents in developing the skills needed to be successful in the community.

The UW Teton County CES Office submitted a \$5,000 grant to the Jackson Hole Community Foundation and assisted with an application to the Catholic Extension Society of Chicago for a grant of \$10,000. The HFRC was successful in obtaining additional funding from within the community to provide for the first year's operation.

One of HFRC's first projects involved the Immigration and Naturalization Service (INS) and was completed with the assistance of U.S. Senator Mike Enzi's office. The INS regional office manager visited Jackson to discuss visa and work permit issues with local employers. During the visit, the manager learned that some Hispanic immigrants were paying \$2,000 or more for a work permit and the accompanying paperwork. When these immigrants arrived in the United States, however, the work they were offered was often not what they had been guaranteed. The Hispanic/Latino Family Resource Center has made tremendous strides toward rectifying this situation. The Immigration and Naturalization Service reports that the HFRC is "really trying to work with" Hispanic immigrants in Teton County and that the INS "wants to be a part of this effort."

The new director of the Hispanic/Latino Family Resource Center was hired in August,

and he has established weekly educational seminars. These sessions have helped an estimated 300 individuals per seminar. Local law enforcement personnel, insurance agents, and bankers have been featured at the seminars and have presented their ideas about how recent immigrants might learn to work and live in a new community. Other seminar topics have included obtaining a drivers license, meeting insurance requirements, understanding income tax regulations, avoiding family violence, and becoming aware of seasonal employment bonuses.

The HFRC director has met with local agencies that work with Hispanic people and also has made a concerted effort to attract members of the Hispanic community to the HFRC Board of Directors. Working together, the director of the HFRC, the Center's Board of Directors (which includes a local UW CES educator), local agencies, and community members have ascertained that affordable housing, day care, legal issues, and work permits are the most critical issues for recent Hispanic immigrants in Teton County.

On-line resources to assist local businesses and agencies that work with Hispanic-Americans also are available. The Latino Resource Web page is posted on the UW Teton County CES site, located at uwoyo.edu/CES/County_Info/Teton/Default.htm.

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Wyoming Cooperative Extension Service

Partners in learning for life

Cent\$ible Nutrition Program enjoys continued success throughout Wyoming

Situation

Cent\$ible Nutrition has just completed its third year. The program includes both the Extension Family Nutrition Education Program (EFNEP) and the Food Stamp Nutrition Education Program (FSNEP). The main purpose of both facets of the CNP is to help families and individuals eat better for less.

"I started Cent\$ible Nutrition classes five weeks ago. Before the class, I spent an average of \$120 per week on groceries. Since learning some nutrition and pricing basics, my grocery spending has really started to decrease. Three weeks ago, I bought 7 days worth of groceries for \$80, and this last week I bought 14 days worth of groceries for \$56. So far, I have trimmed approximately \$110 from my monthly grocery budget."

—Big Horn County Cent\$ible Nutrition Program (CNP) participant

Impacts Achieved

The following results have been documented in 18 Wyoming counties. The total number of CNP participants in 2000 equaled 1,287. Ninety-one percent (1,167) were new to the program, representing a 41 percent increase over last year. There were 3,781 additional people in these participants' families. Eighty-three percent of the children in these families were under 12 years old. Seven hundred forty-six, or 58 percent, of the families were enrolled in one or more food assistance programs. Eighty-five percent of participants were female, and 91 percent were minority. Seventy-six percent participated in CNP group instruction. Sixty-three percent completed the entire program, with an additional 19 percent continuing to work toward completion.

In addition to positive program participation numbers, significant impacts on clients' dietary health and food spending also were documented.

Average change in food group consumption

	Entry	Exit	Target
	(Number of servings per day)		
Bread and cereal	5.2	5.5	6-11
Fruits	1.1	1.6	2-3
Vegetables	2.3	2.6	3-5
Dairy	1.5	1.7	2-4
Meat group	1.6	1.7	2-3
Other	19.0	15.6	10

93.4 percent of program participants had a positive change in at least one food group at exit.

Nutrient Adequacy Ratios

	Entry	Exit	Target
Protein	.91	.95	1
Iron	.75	.78	1
Calcium	.66	.73	1
Vitamin A	.66	.74	1
Vitamin C	.73	.81	1
Vitamin B6	.71	.78	1
Mean for all	.74	.80	1
Mean spent on food per capita per month	93.2	80.9	
Mean family size	3.1	3.1	
Average monthly savings per family		\$38.13	

Eighty-four percent of CNP participants showed improvement in one or more food resource management practices (26 percent demonstrated acceptable practices at entry, as compared with 53 percent at exit).

- 51 percent more often planned meals in advance
- 40 percent more often compared prices when shopping
- 46 percent less often ran out of food before the end of the month
- 46 percent more often used a grocery list when shopping

Ninety-one percent showed improvement in one or more nutrition practices (12 percent demonstrated acceptable practices at entry, compared with 40 percent at exit).

- 53 percent more often planned meals in advance
- 50 percent more often thought about healthy food choices when deciding what to eat
- 37 percent more often prepared foods without adding salt
- 64 percent more often used the Nutrition Facts on food labels

- 32 percent reported that their children ate breakfast more often

Sixty-four percent of clients showed improvement with food safety practices (63 percent of participants demonstrated acceptable practices at entry, compared with 87 percent at exit).

- 29 percent followed the recommended food safety and storage practices
- 55 percent followed the recommendation to thaw foods in the refrigerator, as opposed to thawing at room temperature

All in all, Cent\$ible Nutrition enjoyed continued success throughout Wyoming counties, helping program participants learn the basics of eating better for less.

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Partners in learning for life

UW CES: Working to change lives

Situation

Nearly 10 years ago, Niels Hansen, owner of the PH Ranch, asked Doug Reynolds, UW CES Lincoln County chair and former Carbon County educator, for help documenting his resource stewardship. Hansen's objective was to increase cattle numbers on Bureau of Land Management (BLM) lands.

Hansen and Reynolds worked together to develop a draft management plan with resource and range improvement objectives and submitted it to the BLM. Reynolds designed a range monitoring plan to test progress toward the objectives. Subsequently, the monitoring plan was implemented collaboratively by the BLM, UW CES, and ranch personnel during the following three years. Ranch personnel were trained in plant identification and data collection, so they were able to turn in information at the appropriate times.

The BLM wrote the necessary Environmental Assessments (EAs) and participated in annual management plan updates. Range improvements that were paid for by Hansen, the permittee, included 4 prescribed burns, 3 new fences, 14 water developments, and the change to a heavy stocking rate for short periods of time in each pasture. The National Resource Conservation Service (NRCS) designed the water developments and fencing.

Impacts Achieved

The BLM field office manager in Rawlins asked Reynolds and the ranch managers to be part of a team to establish the criteria for an increase in Animal Units per Month (AUM). When these requirements were fully met by the ranch in 2000, AUMs were permanently increased by 25 percent, which amounted to an increased land capacity that could now support an additional 500 steers. Using a 10-year average of prices received for an 850-pound steer, the gross income amounts to more than \$36,000 a year or about \$361,000 over a 10-year period. The criteria developed by the team are now used statewide by the BLM.

In June 2000, the Society for Range Management and the Soil Conservation Society held their annual summer tour on the

Fillmore Allotment section of the ranch, the area that had been developed. They said this decision to permanently increase the AUMS was a rare case in the history of BLM management.

Upon receiving the Wyoming State Stewardship Award from the BLM, Hansen remarked that the award belongs to Reynolds as much as to him.

In a letter to Mr. and Mrs. Niels Hansen and Ms. Anna Helm, Alan R. Pierson, state BLM director, stated, "Through your own initiative and with help from the Cooperative Extension Service county agent, the monitoring program you established has helped to provide the Bureau of Land Management the necessary information to evaluate and confirm your achievements in healthy rangeland management."

Niels Hansen is fond of saying that a cowboy should "never hang up the lass rope until the critter is roped and tied down." When considering the impacts of this project it is clear that, in keeping with this creed, Hansen took advantage of all the resources he could. This line of thought is akin to President Woodrow Wilson's adage that it doesn't matter how smart you are, how many degrees you obtain, who you know, or what your position in life happens to be; success depends only on persistence. Niels Hansen and President Wilson may be getting at the same idea, an idea that is exemplary to others in Lincoln County and throughout the state of Wyoming: use every resource person available, considering them friends as well as advisers. County CES educators are good examples of people who serve as both friends and advisers to their clients in the counties of the Cowboy State.

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Wyoming Cooperative Extension Service

Partners in learning for life

Ultrasound technology enhances 4-H animal science projects

Situation

Ultrasound technology enables livestock producers to collect carcass information on live animals, so they can select and retain animals that fit the goals of the operation. Because it is becoming more accessible, ultrasound can help 4-H members choose animals that may be more efficient and produce a better end product.

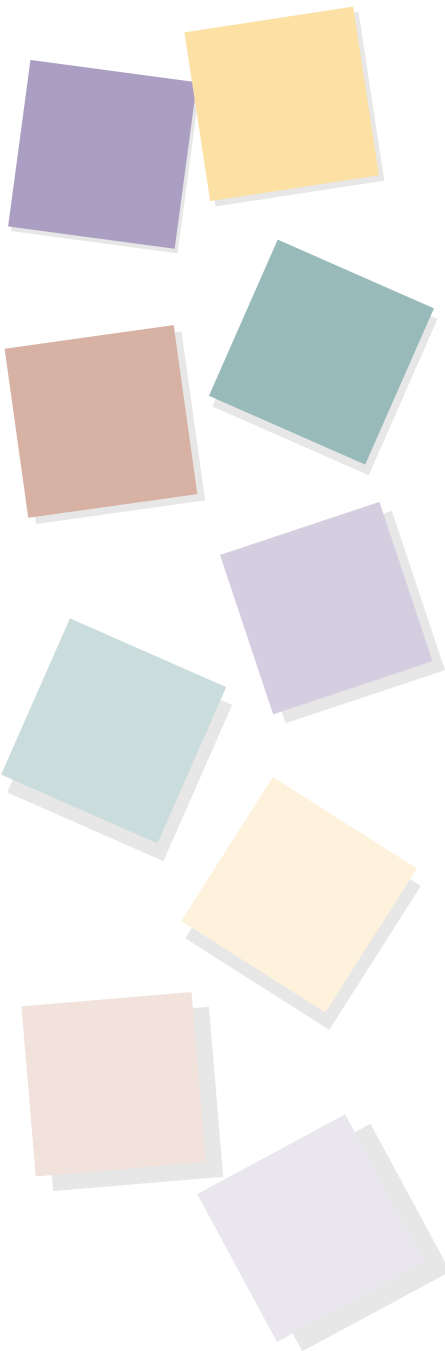
This past year, UW CES educators in Uinta County worked with the Uinta County Fair Board, the Junior Livestock Sale Committee, and University of Idaho extension educators to hold a number of programs that teach 4-H members with market sheep, swine, and beef projects how ultrasound results reinforce traditional animal science information.

An informational workshop was held during November (1999) to introduce members, leaders, and other stake holders to ultrasound technology. The following June, UW Uinta County CES offered a Livestock Skill-a-Thon where participants performed ultrasound on their animals and learned how to interpret the data. They also had an opportunity to rotate through a series of mini-workshops that focused on proper injection sites, body parts identification, nutrition, and showmanship.

In July, UW Uinta County CES hosted a hands-on Ag Play Day, which taught 4-H members how to clip and show their animals and prepare them for the show ring. During the Uinta County Fair, all market animals and Catch-a-Calf heifers were ultrasounded, and their carcass information was collected. If the animals met the criteria set by a committee of stakeholders, 4-H members were awarded Gold Certificate Standard Awards. As a follow-up, members were supplied the ultrasound data for their animals and given an informational handout.

Impacts Achieved

Forty-four people attended the first instructional ultrasound workshop, and most people had several questions for the educators. "Participants were very interested in learning what carcass



data could be obtained from each animal through ultrasound,” said Idaho Extension Educator Scott Nash. “They also wanted to know where their animals should be in terms of this data.”

As a result of this workshop, the Uinta County Fair Board and the Junior Livestock Sale Committee agreed to provide travel funds for ultrasound technicians to come from Idaho to the 2000 Uinta County Fair and scan all market animals. Ultrasound will be repeated on all market animals at the 2001 Uinta County Fair to monitor whether or not the previous year’s information was used when members selected their 2001 project animals. After county fair, participants will be given a questionnaire to gauge how helpful they perceive the ultrasound data to be.

One-hundred sixteen members, leaders, and parents attended the Livestock Skill-a-Thon and Ag Play Day. Both events were evaluated using results from pre- and post-tests. The average score of participants on the pre-test was 33 percent, and the average score on the post-test was 85 percent, which indicates a knowledge increase of 52 percent. Ninety-one percent of the attendees requested that similar programs be offered in the future.

“These opportunities have been great training tools for the kids,” said A.J. Barker, 4-H volunteer.

“Ultrasound allows us to link traditional 4-H animal science projects with new technology,” said Diana Richins, 4-H Council member. “Now we are able to reward the youth who have raised the best product, not the prettiest.”

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Wyoming Cooperative Extension Service

Partners in learning for life

Wyoming Economic Atlas: Providing site-specific information to Wyoming counties

Situation

The economies of Wyoming communities are at a critical juncture. Between the years 1994 and 1996, statewide per capita income growth was less than 60 percent of the national average. Wyoming has experienced an 8 percent growth rate in jobs, while neighboring states have enjoyed a 13 percent growth rate. Communities need to diversify their economies to provide for their economic futures. However, each community must decide whether and how it wants to seek economic growth and development.

As the name specifies, community economic development starts with communities. It is local residents who have the best ideas and the vested interest needed to make economic development work. In order to make sound decisions about their communities, though, local residents in Wyoming also need access to basic economic information.

Often Wyoming's vast geographic distances make it difficult for communities to obtain accurate and current information. The Wyoming Economic Atlas Web site, located at Agecon.uwyo.edu/EconDev, provides information in a form readily available to most communities throughout Wyoming.

More than just a data source, the Wyoming Economic Atlas is an informational and educational resource. It is designed to help the public learn about a community through informative features and themes. The central feature is the "hub page," a wagon wheel with buttons leading to different areas of the site.

The following information can be accessed from the Wyoming Economic Atlas hub page:

- *Counties in Profile*. An interactive map guides visitors to any of Wyoming's 23 counties, where they will find both graphs and accompanying text that interpret changes in the local economy over a 29-year period (1969 to 1997).
- *Trends in Wyoming Agriculture*. This is a series of five publications detailing the changes in Wyoming agriculture over time. The reports include:
 - *The Changing Demographics of Wyoming Agricultural Operators (1959-1997)*
 - *Agricultural Income (1969-1997)*

- *Size of Operation (1935-1997)*
- *Agricultural Employment (1969-1997)*
- *Levels of Production (1925-1999)*
- *Community Economic Development.* This feature gives on-line viewers a primer on what community economic development is and shows how UW CES and the University of Wyoming Department of Agricultural and Applied Economics have been able to assist Wyoming communities in their economic development efforts. Some primary community economic development concepts are defined, and a basic “toolbox” is presented.
- *Payment in Lieu of Taxes (PILT).* Visitors will find a complete set of PILT fact sheets on Wyoming’s 23 counties for the past three years. Future plans are to enhance this section and to track PILT payment trends over time. Local officials can access this feature to understand the complex process used to calculate and distribute these monies.
- *Publications.* The designers of the Wyoming Economic Atlas are in the process of building an on-line library of publications by the Department of Agricultural and Applied Economics. Topics will include community economic development, agriculture, tourism, mining, telecommunications, and resource economics.
- Several UW CES agents have utilized the site in their extension programming:
 - An article written by Gene Gade and published in the January 4, 2001 issue of the *Moorcroft Leader* makes extensive use of the *Trends in Wyoming Agriculture* publications found on the site.
 - Milt Green used the site to obtain basic economic and agricultural income data on Fremont County for a presentation at Farm and Ranch Days.
 - UW In-Depth Training 2001 features a presentation based on the Web site that shows how trends in agriculture are contributing to stress in farm and ranch families.
 - Designers presented the Jackson Hole Chamber of Commerce with information on using the Atlas to learn more about PILT as it relates to the economic structure of Teton County.
 - Several faculty throughout the region, as well as UW College of Agriculture administration, have accessed the Wyoming Economic Atlas Web site to obtain information on bison budgets.

Impacts Achieved

The Wyoming Economic Atlas Web site has served both UW CES clients and other population groups in a variety of ways:

- The World Wide Web is about dissemination of information, and Web traffic at the Atlas is growing steadily. There were 481 hits during the month of January 2001. This was a significant increase from early 2000. Since its inception, there have been an estimated 2,000 hits on the Wyoming Economic Atlas home page. Wyoming residents, as well as people from other states and countries, have accessed the page and increased their awareness of the economic forces that shape the Cowboy State.

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Partners in learning for life

4-H K-3 Program introduces new members to abundant opportunities available through traditional 4-H

Situation

Enrollment in 4-H had stagnated, and Natrona County needed a program to attract the attention of a more diverse group of participants. Family heritage and word-of-mouth memberships were not reaching new families and urban residents.

The UW Natrona County CES Office started the K-3 Program in order to recruit younger children to 4-H. To that end, 4-H K-3 literature was distributed at elementary schools throughout the county, and current 4-H members provided information and answered questions at local events. Natrona County 4-H also attended the Central Wyoming Fair and the annual state Game and Fish Exposition in an effort to enroll new members.

Impacts Achieved

During the 2000 4-H year, Natrona County gained 30 new members through the K-3 Program. Seven of those new members joined the regular 4-H Program upon graduation from K-3. Only eight new members are related to current 4-H members, which shows a new interest outside of the “4-H family.” CES hopes that these new members will gain both a lifelong interest in 4-H and a sustained commitment to family and community.

The 2001 4-H year brought the return of 20 members, with an additional 8 joining through their siblings. Natrona County 4-H also was able to attract 40 new youth, for a total second-year enrollment of 68 members. The K-3 Program has attracted new children from diverse populations who might not have otherwise had the opportunity to learn and grow with 4-H.

By providing an education-based program for younger children, K-3 fills a void in the community. The program gives children an opportunity to continue with the organization and to expand their interests. Unlike most popular sports, it also provides a non-gender-based environment in which young people can grow

through their teens and gain the skills and attributes needed to mentor younger children as they come in to the 4-H Program.

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Partners in learning for life

Stay Smart – Stay Alive: Skin cancer prevention in Wyoming

Situation

Skin cancer is the most common and rapidly increasing cancer in the country. More than 1 million people were diagnosed with skin cancer in 1998. Between 1992 and 1996, Wyoming had the second highest melanoma death rate in the country due, in part, to the state's altitude, sunny weather, and wind. By the nature of their occupation, Wyoming agriculturists are at greater risk than the general public for developing skin cancer.

The educational program, Stay Smart – Stay Alive, was developed to address growing concerns regarding skin cancer. The program focused on the types and causes of skin cancer, factors that lead to high risk, melanoma in Wyoming, and prevention techniques. USDA Farm Safety and Pesticide Applicator Training funded this effort.

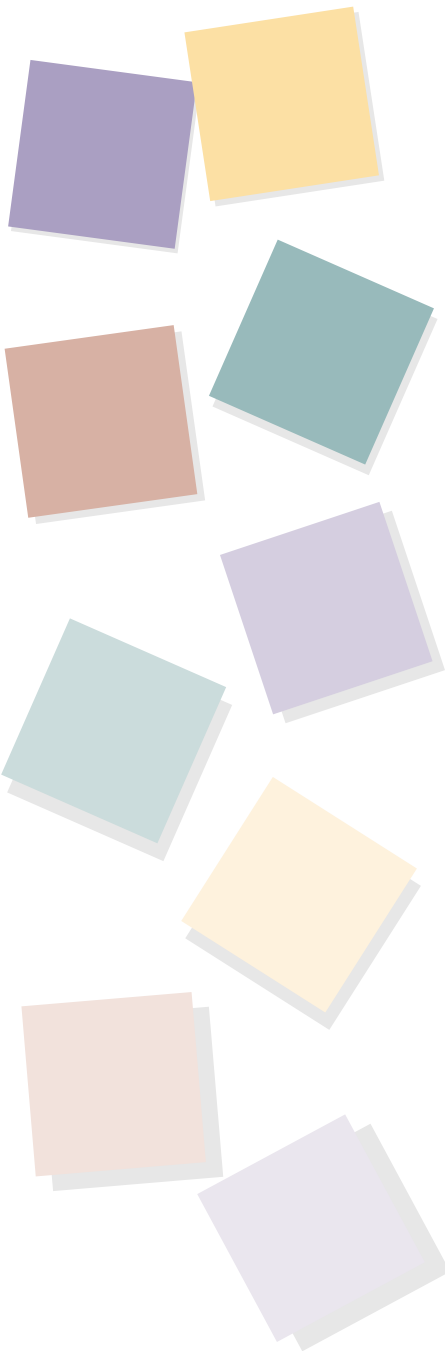
Impacts Achieved

Stay Smart – Stay Alive increased participant knowledge of skin cancer and awareness of skin cancer prevention techniques. The program enabled participants to describe prevention techniques they plan to use in the future.

Presented in agriculture-related meetings and pesticide applicator trainings, Stay Smart – Stay Alive reached 365 people in 2000. Seventy-two sun-reflective hats were distributed in a trade for participants' baseball caps. In the future, hats will be provided only to those who score in the "very high" category on a sun susceptibility questionnaire developed by the American Academy of Dermatology and completed at the training.

Sixty-six participants were evaluated following five of the presentations. The previous knowledge of skin cancer was greater than expected. On a scale of 1 to 5, with 1 low and 5 high, participants had a mean knowledge level of 3.36.

When asked if they learned new information from the presentation, 92.2 percent of participants said they had. Most participants



said they benefited most from information regarding how to perform self-exams and identify melanoma, the importance of protecting children, the significance of a healthy diet, and prevention techniques such as wearing sunscreen, sunglasses, proper clothing, and wide-brimmed hats.

When asked if they would do anything differently as a result of attending the presentation, 71.9 percent of the participants said yes. Some of the prevention techniques individuals planned to implement in their own lives included using more sunscreen on their children, carrying sunscreen with them outdoors, and wearing different style hats and long-sleeve shirts in darker colors. Participants also noted they will be more careful when near reflective surfaces that can project ultra-violet radiation.

Additional anecdotal impacts included 10 people who stated they would see a dermatologist because of an atypical mole. Several people said the sun susceptibility assessment told them they were at high to very high risk for skin cancer, and that they were unaware of this before the training. One participant traded his ball cap for the sun protective hat and reported that he planned to give it to his daughter who was working as a lifeguard. Another participant requested hats for his entire family.

This presentation will continue as requested, with special emphasis on commercial and private applicator trainings.

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