Calendar of Events

Jan 29  SV Mkt Beef Tagging, 3-5 pm, Scales
Jan 30  SV Mkt Beef Tagging, AM Appt. Only
Jan 30  Kem Mkt Beef Tagging, 10 am, Fox Ranch
Feb 01  Cokeville Mkt Beef Tagging, 9 am
Feb 10  SV Cloverbuds, 3 pm, Afton Civic Ctr.
Feb 17  SV Jr. Leader Mtg, 4 pm Afton Civic Ctr.
Feb 18  Mkt Beef Presentation 5:30pm Afton Civic Ctr.
Feb 23  4-H Secretary Training 4:30 pm Afton Civic Ctr.
Feb 24  4-H Treasurer Training 4:30 pm Afton Civic Ctr.
Mar 01  Kemmerer Community Barn Applications Due
Mar 04  WYLI Applications Due
Mar 07  Kemmerer YQA (1A,1B,2A), 3 pm, Events Ctr.
Mar 09  SV YQA (1A,1B,2A), 5:30 pm, Afton Civic Ctr.
Mar 15  Kemmerer YQA (2B,3A,3B), 6 pm, Events Ctr.
Mar 16  SV YQA (2B,3A,3B), 5:30 pm, Afton Civic Ctr.
Mar. 31  Cokeville YQA (1A,1B, 2A,2B), Town Hall

Inside This Issue

1 Calendar of Events & Notices
2 4-H Program Information
3 Club News
4 State & Regional 4-H Events
8 Character Counts
9 Cent$ible Nutrition Program Nutrition & Food Safety Information
10 Extension Calendar

New Online 4-H Registration
http://wy.4honline.com/

Returning Families— Follow the instructions on page 5 of this newsletter.

New Families—Follow the instructions on pages 6-7 of this newsletter

Remember to check your status, messages & newsletters

Contact Afton Extension Office (885-3132) or Kemmerer Extension Office (828-4092) for questions

Youth Quality Assurance (YQA) Classes

Kemmerer
Mar. 7, 3 pm  (Levels 1A, 1B, 2A)
Mar. 15, 6 pm  (Levels 2B, 3A, 3B)
Training/Events Center
Anyone who needs 3B, please contact Miriam, 828-4092

SV Area
Mar. 9, 5:30 pm (Level 1A, 1B, 2A)
(***1A has a limit of 15 people, first come-first served)
Mar. 16, 5:30 pm (Levels 2B, 3A, 3B)
Afton Civic Center

Cokeville
Mar. 31, 3:30 pm (Level 1A)
Mar. 31, 4:00 pm (Level 1B & 2A)
Mar. 31, 5:00 pm (Level 2B)

You must register for the classes. If there is not enough participants, the class will be cancelled.
Please contact the Afton Extension Office, 885-3132 or Kemmerer Extension Office, 828-4092.
4-H Educator’s Letter...

The National 4-H emblem is a green four leaf clover with the letter “H” on each leaf. The design was adopted as the national emblem in 1911. Congress has twice passed legislation protecting the 4-H name and emblem. Green and white are the 4-H colors. Do you know what they represent? The Green symbolizes springtime, life, and youth, while white stands for high ideals. This is a great time to start thinking about our 4-H projects with spring around the corner. This is a perfect time to grab your portfolio and start working on your 4-H goals, while keeping in mind the 4-H motto, “To make the best better.” Try thinking outside of the box, challenge yourself this year. But most important don’t forget that every year members and leaders need to re-enroll! I am looking forward to working with all the wonderful youth and adults of Lincoln County again this year!

Shar Perry

SV Cloverbuds—Feb. 10

The SV Cloverbud activity will be on Thursday, February 10 at 3 pm in the Afton Civic Center.

SV Junior Leader Meeting—Feb. 17

The next SV Junior Leader meeting will be held on February 17 at 4 pm in the Afton Civic Center.

Market Beef Presentation—Feb. 18

On February 18, there will be a Market Beef Presentation, 5:30pm in the Afton Civic Center Video Room.

ATTENTION 4-H Animal Project Members!

The Nutrena Representative will be doing a presentation on February 20, 2 pm at Bomgaars in Kemmerer. There will be prize giveaways during the presentation.

4-H Secretary Training—Feb. 23

There will be a 4-H Club Secretary training on February 23 at 4:30 pm in the Afton Civic Center. This training is designed to help club secretaries learn how to complete the secretary book, etc.

4-H Secretary Training—Feb. 24

There will be a 4-H Club Treasurer training on February 24 at 4:30 pm in the Afton Civic Center. This training is designed to help club treasurers learn how to complete the treasurer book, etc.

Wyoming 4-H’er compete in National Western Stock Show catch-a-calf action

Wyoming 4-H’er recorded first among other finishes in the National Western Stock Show (NWSS) Catch-a-Calf program Jan. 8-10 in Denver. Jaycee Hendrickson of Kemmerer earned a first in showmanship.

4-H’ers ages 12-19 from Wyoming, Colorado, Kansas and Nebraska participate, she said. The 4-H’ers catch a calf during a rodeo performance and receive a calf, 600 to 800 pounds, in May to raise the next eight-plus months. They must maintain record books, write monthly letters to their sponsors who provided the money to buy the calves, and raise quality meat animals. They exhibit the finished market steer at the NWSS, submit their record books and participate in judged interviews.

Hendrickson placed 1st in Showmanship; 2nd in Live Placing; and 4th in Interview. Congratulations, Jaycee!!

2016 Lincoln County Fair Theme:

The theme for the 2016 Lincoln County Fair is: “The Race is on at the Lincoln County Fair”

New Changes For The 2016 County Fair
(As per the Livestock Committee)

- Market Beef minimum weight has been raised to 1000 lbs.
- Market Swine minimum weight has been raised to 215 lbs.
- Mini Market Beef Requirements: 48” or less hip height and 500 lbs. minimum weight. All beef planning to show in a mini class must be declared as mini or low line at tagging.

WYLI Application Now Available

The Wyoming Leadership Institute is a leadership program that was created in 2006 by the help of a grant from the Daniel’s Foundation to the University of Wyoming’s 4-H Program. The goal of the program is to foster a relationship and promote opportunities for youth to gain leadership skills and experience to serve in a decision making role. The Southwest Wyoming Program is a collabora-
tive effort between Uinta, Lincoln, Teton, Sweetwater and Sublette Counties.

From the applications that are submitted, a group of youth will be selected from each county to participate in the program. Each youth must make a commitment to attend a training session that will occur March 18-20, 2016. Youth will be staying at the Uinta County Youth Camp in the Uinta Mountains above Robertson, Wyoming. The cost to attend the Institute is $15.00 which will cover your room, meals and registration.

This is a great opportunity to not only make new friends from other counties, learn some new leadership skills, possibly become involved in a decision-making role after completing the program, but this would look good on scholarship or job applications once you have graduated.

Pick up an application in the Afton Extension Office. Please take a moment to share this information with your parents, discuss it, check your calendars and turn in a completed application by March 4, 2016. If you need more information or have questions, please contact Shar at the Afton Extension Office, 307-885-3132.

Registration for CWF and LWF is Available on the Wyoming 4-H Website

Leadership Washington Focus is a program aimed at a younger audience—grades 7 through 9. The application process is easy and the rewards could be great. The Ella Schloredt scholarship is for 4 years to the University of Wyoming with a minimum amount of $1,750 each year with good grades and academic progress. Many other scholarships are available ranging from $1,250 to $500 and the funds for some can be used at any Community College or University in Wyoming. All of the scholarships available and the corresponding criteria are listed at the above link. Scholarship applications and guidelines can be found here: http://www.uwyo.edu/4-h/youth/travel/lwf/index.html

Citizenship Washington Focus (CWF) is offered to youth ages 14-19. These youth will also sight see in DC and participate in workshops. Additionally, they will have the opportunity to meet with Wyoming Senators and members of Congress. This trip is June 10-15. More information regarding CWF can be found here: http://www.uwyo.edu/4-h/youth/travel/cwf/index.html

There is not an application process for these conferences. Youth must register by the deadline to attend the conference. Pick up an application in the Afton Extension Office. Please take a moment to share this information with your parents, discuss it, check your calendars and turn in a completed application by March 4, 2016. If you need more information or have questions, please contact Shar at the Afton Extension Office, 307-885-3132.

NILE Scholarship Program Information

The Northern International Livestock Exposition (NILE) Scholarship Program funded by the NILE Foundation, is now accepting applications for scholarships for the 2016-2017 academic year.

Since 1990, the NILE has awarded scholarships to deserving FFA and 4-H students that have been actively involved in their respective programs and communities, excelled in the classroom, and participated in NILE events.

Similar to previous years, the NILE Scholarship Committee will be awarding three levels of scholarships. The first level will be the one-time scholarship awarded to high school seniors, similar to what the NILE has always done. The second level of scholarships offered will also be a one-time grant, for students already enrolled in College or a Vo-Tech school. Finally, the third level, which will offer the greatest scholarship amount, will be a rolling scholarship. The rolling scholarships will be offered to a select group of High School Seniors who will have the opportunity to renew the scholarship yearly, up to four years of their secondary education. Recipients of rolling scholarships will be chosen from the pool of applicants that are current seniors in High School.

Each year the NILE touches the lives of nearly 10,000 youth through its many programs, events, "live" animal scholarships, and college scholarships. Every year the NILE provides over $55,000 in cash and live animal scholarships.

The NILE Foundation was established in 2009 as a supporting arm of the NILE organization, which is dedicated to the promotion of livestock, agriculture education, and respect for the western culture.

Scholarship applications and guidelines can be found on the NILE’s website, or by contacting the NILE Office at 406-256-2495. Applications must be in the NILE Office by Friday - March 11, 2016. Applications incomplete or late will not be considered. Scholarships will be awarded and announced in mid-April.

4-H Club News—

Hog Squad
There will be a meeting Thursday, Feb. 18, from 6:15-7:00pm at the Afton Civic Center.

Krazi Kriterz Dynamite Dogs Group
The group meets every Wednesday from 6-7 pm in the 4-H Exhibit Building on the fairgrounds in Afton.

Star Shooters
There will be the first meeting Tuesday, February 16, at 7 pm in Room 101 of the Thayne Community Center.

Hamsfork Hands
The club meeting the first Monday of every month.
Wyoming State and Regional Events & News –

Citizenship Washington Focus—will be held June 10-18 in Washington DC. This is for 4-H members who are 15-18 years old. Registration closes on Feb. 1, 2016.

2016 Western Regional 4-H Leaders Forum—On behalf of the WRLF 2016 Planning Committee, you are cordially invited to join us in Fairbanks, Alaska, March 2-4, at the Northern Delights Western Regional 4-H Leaders Forum. Celebrate the wonders of 4-H under eight stars of gold on a field of blue and revisit what 4-H and Youth Development mean to you.

National 4-H Conference—April 9-14, 2016, Washington DC. Applications are due November 2, 2015

State Horse Camp—will be held June 16-19 in Douglas, WY. Registration deadline is: May 27, 2016.

Showcase Showdown—will be held June 21-23 in Laramie, WY. Individual registration deadline is June 10.

State Shooting Sports Match—will be July 7-10 in Douglas, WY. Registration deadline is June 27.

Leadership Washington Focus—will be held July 9-15 in Washington, DC. This opportunity is for 4-H members who are in 7th to 9th grades. Registration closed February 1, 2016.

WY State Fair—will be August 13-21 in Douglas, WY.

National 4-H Congress—will be held November 25-29, 2016 in Atlanta, Georgia. Applications due: TBD. Interviews will be held during Showcase Showdown.
4-H Youth/Volunteer Enrollment Process

FOR EXISTING MEMBERS

1. Go to [http://wy4honline.com](http://wy4honline.com) You will see a screen like this.
2. As an existing Member/Family that is re-enrolling for the next 4-H year select the first option • I have a profile
   • Enter your email address and password you used to create your Family login and click the Log in button
   • If you can’t remember your password select enter your email address and click the Send my password button.
   • A new automated password will be sent to the email address you provided along with instructions to login and reset your password.
3. Once you are logged in you can review your Family info and update it if needed by clicking the Edit Family button
4. In the MEMBER LIST tab, please look at the Member/Volunteer List to view the members/adult volunteers associated with your family account.
   Please do not add a new individual that is already listed in the member/volunteer list!
   • To Re-Enroll for the new 4-H year click on the Edit button to the right of each name
   • Review the information displayed in the Personal Information screen.
   • At the Bottom of the page on the right you will click the Enroll for 2015-2016 button.
   • On the next page you can review/update the personal information page.
   • The red asterisk * indicates required fields
   You will now continue through several tabs verifying/updating information.
   To advance to the next screen click the Continue >> button.

NOTE: In an effort to reduce our mailing costs, please consider selecting the EMAIL option in the Correspondence Preference field.

In the ADDITIONAL INFORMATION screen you will review the
Publicity Release, Statement of Assumed Risk Transportation Release, Code of Conduct, and for Leaders Training and Screening Understanding.
• Please Read this information! You must click this box in each section in order to continue
• The next screen is the HEALTH FORM - If any of the individuals Health information has changed, please update it!

In the PARTICIPATION screen you will add or delete Clubs and Projects for each individual.
• If you are unsure of which Club to choose, please select I Club Placement and we will help choose a club.
• If you select a new club remember to click the Add Club button to add it to your Club list.
• When finished with club selections click the Continue >> button at the bottom.
• You will be taken to the project tab where you can add or delete projects.
  • For returning members the years in project should automatically increase for projects you are continuing
  • Remember to click the Add Project button to add a project to the Project List.
  • You can delete a project by clicking the Edit button and then clicking the Delete button.
• When you are finished with club and project selections click the Submit Enrollment button.

If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.
4-H Youth/Volunteer Enrollment Process

FOR NEW MEMBERS
1. Go to http://wy.4honline.com You will see a screen like this.
2. As a Member/Family Enrolling for the FIRST time select the second option. 
   - Select your county and fill in the fields
   - Save your password so you are able to log back in to your profile!

WRITE DOWN YOUR USER AND PASSWORD HERE
User Email: _________________
Password: _________________

3. Click the Create Login Button.
4. The next screen is the FAMILY INFO Screen
   - Fill in all the fields
   - The red asterisk * indicates required fields
   - If you would like to update the Family Information for all members records with the same address click this box

5. The next screen is the MEMBER LIST
   - The Family Information is displayed on the left.
   - Click the “Add a New Family Member” drop down menu and select Adult or Youth.
6. Click the Add Member Button.

7. The next screen is the YOUTH PERSONAL INFORMATION
   - Fill in all the fields
   - Years in 4-H: For returning members, this number will automatically increase
   - The red asterisk * indicates required fields
   - If you have two email addresses you would like to have information sent to, please enter it in the Second Household email field
   - Split families can also be set up for each member
8. When finished click the Continue >> Button at the bottom.
9. The next screen is the ADDITIONAL INFORMATION screen.
   Here you will review the Code of Conduct, General Authorization and Release, and Statement of Assumed Risk
   - Please Read this information!
   - You must click this box in each section before you are able to continue to the next screen

10. When finished reading click the Continue >> Button at the bottom.
11. The next screen is the **HEALTH FORM**
   - Here you will first verify if you have any of the following health conditions: diabetes, asthma, heart trouble, high blood pressure, seizures, or fainting spells. Select Yes or No
   - In the following fields you will note the following information:
     - Explanation of the conditions listed above, if any
     - Allergies/reactions to Drugs/Medicine
     - Allergies/Reactions to Foods
     - Allergies/Reactions to Things in Nature
     - List medications
     - Specify additional Health information

**NOW THE FUN PART.**

12. The **PARTICIPATION** screen.
   - Here you will add Clubs and Projects for each member/leader
13. First select your **CLUB(s)** from the drop down menu.
14. Click the **Add Club** button. You will see your club selection added to the Club list.
   - You can add additional clubs by repeating the steps above.
15. When finished adding clubs click the **Continue >>** button at the bottom.
16. Next you will **ADD A PROJECT(S)**
17. Select the club from the drop down menu.
18. Pick a project from the list
19. Selects Year in Project
   - For returning Members the years in project will automatically increase

20. Click the **Add Project** Button. You will see your project selection added to the Project List.
   - You can add additional projects by repeating the steps above.
21. When you are finished adding clubs and projects
   Click the **Submit Enrollment** Button.

Once you have Submitted an Enrollment you will then be taken back to the **MEMBER LIST** screen
You can then enroll new 4-H Members or Volunteers using the same steps.
Your enrollment will be sent to the County Extension Office where they will review and approve/activate your profile, or return your enrollment to you for changes/additional information.
Being trustworthy means:

- Telling the truth
- Following the rules
- Not taking things that don’t belong to you
- Doing what you say you’ll do

When you think about teaching trustworthiness to others you must remember that it does not happen overnight. Instead it is something you should model for others everyday—you influence and are a role model for everyone you come in contact with. Take time to discuss with others how trust is earned and why we consider others trustworthy. Provide specific examples and illustrations to express thoughts. For example: How do others earn your trust? How do you know when you can trust people? Which people do you feel are the most trustworthy?

**Trustworthiness in 4-H: Six Feelings**

**Supplies:** Seven large signs with one name on each of the Seven Dwarfs on each sign (Happy, Sneezy, Dopey, Grumpy, Sleepy and Doc). Post these signs on the wall.

Ask the participants to look at all the signs on the wall. Have club members and guests stand by the sign that best describes how they feel at that moment. Explain that it is okay to be honest about what and how they are feeling. Give each group about 10 minutes to create a 30 second commercial to show their emotion. Have each group act out their commercial.

**Discussion Questions:**
Do you think how you feel or act affects whether a person feels they can trust you or not? Why or why not?

“Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your destiny.”

~Unknown~

**Roll Call Suggestions**

- Tell a time when you were honest and no one was watching
- Share an example of someone showing loyalty to a friend
- Name one person who you trust and tell why

Like this activity? Find more like it in the “Good Ideas Book” at your local Extension Office
Cent$ible Nutrition Program -
Star Valley, Kemmerer, and Cokeville Areas - Classes are ongoing. The classes will be fun hands-on classes about food and nutrition, food safety, the new MyPlate guide, and other food topics. The class is hands-on cooking with a great cookbook. The class is free to those who qualify. If you are interested in participating in a class or have any questions, please contact Danniel at the Extension Office at 307-828-4093.

The Lingo of Dates on Packages
“Expiration date” on a food package refers to the last day a food should be eaten. A more common term on food packages is “sell by date.” this tell the store how long to display the food for purchase. It will still be edible for some time after this date.

To get the freshest product reach to the back of the shelf. As the date gets closer, the quality of the product generally declines.

Cottage Cheese Vegetable Dip
Enjoy this delicious dip as a snack or appetizer!

Ingredients:
- 12-ounce carton cream-style cottage cheese
- 1/2 package Ranch dressing mix
- Raw vegetables: carrots, celery, cauliflower, radishes, tomatoes, broccoli, green pepper

Directions:
1. Wash hands with warm, soapy water.
2. Combine cottage cheese and dressing mix. Beat or blend until smooth.
3. Chill. Prepare vegetables while dip is chilling.

Content Source:

Cent$ible Nutrition Program Website
Visit the website below for other Cent$ible Nutrition Program newsletters. http://www.uwyo.edu/centsible/newsletters1.html

The New Dietary Guidelines
Since 1990 the National Nutrition Monitoring and Related Research Act requires the USDA (Department of Agriculture) and HHS (Health and Human Services) to re-evaluate and update the dietary guidelines every five years. The new dietary guidelines came out for 2015-2020 this last month, changing the previous guidelines and focusing more on encouragement of healthy eating patterns. This was described as making shifts in food and beverage choices to achieve healthier patterns and also encouraging individuals to make impacts in their homes, work environments, communities and schools.

The following are five general guidelines that the USDA and HHS want people to focus on:
1. Follow a healthier eating pattern across the lifespan.
2. Focus on variety, nutrient density and amount of food.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.
4. Shift to healthier eating and beverage choices.
5. Support healthier eating patterns for all (school to work to communities).

Interestingly enough, these guidelines have changed the recommendations for cholesterol. These new guidelines no longer give recommendations on dietary cholesterol limits, but rather focus on saturated fats, sodium and added sugars. In previous years, the guidelines have given specific recommendations on the exogenous sources (dietary sources) and the amount that it should be limited to. Scientists are now seeing that dietary sources of cholesterol have little or no effect on LDL cholesterol, and it is the combination of the dietary Trans fats and saturated fats that are the culprit.

For more information regarding the new 2015-2020 dietary guidelines please see the link below.

For information on nutrition please feel free to contact your Nutrition and Food Safety Educator, Jordan McCoy MS, RD, LD, CSP at 307-733-3087 or jmccoy@tetonwy.org.

http://health.gov/dietaryguidelines/2015/guidelines/

Sources:
Dietary Guidelines 2015-2020
http://health.gov/dietaryguidelines/2015/guidelines/
Mayo Clinic. Are chicken eggs good or bad for my cholesterol?
http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/expert-answers/cholesterol/faq-20058468
# February 2016

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| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
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Hog Squad, 6:15 pm Afton Civic Ctr. |     |     |     |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
|     |     | 4-H Secretary Training 4:30 pm Afton Civic Ctr.  
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# March 2016

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|     |     | Krazi Kritterz 4-H Dog Club Mtg 6 pm Exhibit Bldg. |     |     |     |     |
| 27  | 28  | 29  | 30  | 31  |     |     |
|     |     |     | Krazi Kritterz 4-H Dog Club Mtg 6 pm Exhibit Bldg. | Cokeville YQA (1A) 3:30 pm; (1B, 2A) 4 pm; (2B) 5:00 pm Town Hall |     |     |
PLEASE READ EACH PAGE CAREFULLY!
Don’t miss out on any Important announcements

IMPORTANT
Lincoln County Extension NEWSLETTER