3:00 – 4:00 p.m. **Making Alternative Forages Work for You**  
*Dr. Emily Glunk Meccage, MSU Extension Forage Specialist*

Dr. Meccage coordinates and conducts research on best forage management practices, from fertilizing and grazing recommendations to weed and pest management to appropriate species for producer needs. She will share production data from research at Montana Experiment Stations to compare annual forages with alfalfa in addition to discussing grazing strategies when nitrate might be an issue.

4:15 – 5:15 p.m. **Rangeland Restoration & Management**  
*Dr. Jeff Mosley, MSU Extension Range Management Specialist*

This session will focus on understanding the impact that the Drought of 2017 had on our rangelands and how to manage these lands back to good health. The explosion of previously unknown annual plants this spring combined with crested wheatgrass dying have many ranchers (and range specialists) scratching their heads. How can these annuals be managed? What has brought this on? Should herbicides be used? If so, what herbicides should be used? Is reseeding necessary? If so, what species should be used? Seeding rates? Do grazing systems need to be changed? Jeff will help you assess these questions and develop a strategy to implement the answers.

5:30 – 6:30 p.m. **Rancher “Rules of Thumb”**  
*Bridger Feuz, University of Wyoming Livestock Marketing Specialist*

As Feuz traveled around Wyoming and many other western states conducting workshops on economic ranch tools for producers, ranchers would share “rules of thumb” that they use to make decisions. Feuz started collecting those rules of thumb and writing them down. He says, “I received some good rules, some fun rules and some not-so-good rules.” Feuz uses the tools on the Wyoming Ranch Tools website, uwyoeextension.org/ranchtools to analyze some of the rules of thumb a little more closely. His presentation is humorous and informative and a great introduction to the economic decision making tools available to producers.

6:30 – 7:30 p.m. **Supper sponsored by the Prairie County Chamber of Commerce**
**Prairie Community Center**

4:00 – 6:00 p.m. **Cooking for One or Two**  
*Tara Andrews, Custer County Extension Agent*  
Are you frustrated by eating the same thing day after day because you can’t seem to cut back on quantity? Come and enjoy a hands on workshop that will give you strategies and recipes for cooking for 1 or 2 people.

6:15 – 6:30 p.m. **Thrive for Montana**  
*Tara Andrews, Custer County Extension Agent*  
Thrive for Montana is a web based program that is free and confidential and will help you take charge of your emotional well-being. It teaches skills from cognitive behavior therapy (CBT) that you can apply to your everyday life. Through videos and tailored feedback, you will gain insight into how you are doing now and track your gains as you progress.

Thanks to **Stockman Bank** for serving as a Winter Series sponsor!