

# JUAB COUNTY EXTENSION

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extension

## 2007 Highlights

### WEED AWARENESS

In cooperation with the weed board, county weed department and the five cities in the county, Juab County Extension conducted the annual public weed awareness program. The



program involved advertising to every household in the county the threat posed by the different weeds, what they can do to control them,

and giving five gallons of a pre-mixed herbicide to program participants. In addition to the herbicide, each participant received a product label giving details of the herbicides and instructions on using them. This year, 510 individuals including 29 minorities, picked up approximately 2550 gallons of the mix. This represents nearly 20% of all the households in the county. During this year's program, nearly 255 acres of weeds have been sprayed by the program participants. At a commercial rate of spraying around homes of \$40.00 for .5 acres, \$20,400.00 was saved by those participating in the program.



### 4-H LEADER TRAINING CONFERENCE



Our second annual "Spring into Learning" 4-H leadership training was held on April 14th. Fourteen workshops were available for

local leaders to learn new skills to teach the youth under their charge, including, Babysitting Kits, Great Gardens & Flowerbeds, Canning, Freezing and Drying, Digital Photo Editing, and



Freezer Bag Cooking for camping and hiking. Some comments made from those who attended: "I enjoyed getting information on 4-H opportunities," "Well

organized with lots of information. Thanks!", and "Lots of possibilities for group activities."

Efforts were made to increase the



awareness of the need for 4-H leaders in Juab County, and to show prospective leaders the variety of projects that they could teach to the youth. We are hoping to increase the number of new

leaders and encourage previous leaders to continue teaching year after year. We have been fortunate enough to receive State funding to continue this in 2008.





## 4-H AFTERSCHOOL PROGRAM

We are proud to claim the 4-H Afterschool Program for 3<sup>rd</sup> graders as one of our new additions for 2007. It introduces 4-H to the 3<sup>rd</sup> graders of our county, teaching life skills through activities and projects. Self-Esteem, Communication, How to Handle Bullies, and Healthy Snacks were several topics taught. One of the favorite activities was making their own rockets

and flying them. The afterschool program is primarily targeted to under-served youth who would not normally have this type of opportunity.

This program was very successful in Nephi and Mona and we look forward to bringing it to Eureka in the Spring of 2008.



## 4-H TEEN COUNCIL

The 4-H Teen Council is a group of 17 teen 4-H members who work cooperatively with the Extension Staff in planning and implementing County 4-H events. They range in age from 8<sup>th</sup> to 12<sup>th</sup> grade. This year for the first time in our county 4-H has begun a Jr. Teen Council with 19 members ranging in age from 5<sup>th</sup> to 8<sup>th</sup> grade. These teen councils provide leadership and service opportunities. In 2007 the Teen Councils participated in several service projects for the community, some of which were making Valentine cards and delivering to the residents at an assisted living center, and a Christmas program



and took the proceeds to purchase gifts for the sponsored angels.

There are many leadership opportunities for the youth that participate in Teen Council, such as becoming a Junior Leader, presenting awards at the 4-H Achievement Night program, and assisting with 4-H Day Camp, Summer in the Park, Spring into Learning, 4-H Summer Kick Off, and Sewing and Foods Camps. This year they planned, prepared and presented workshops for the January YFP Family Night Out that informed those attending what 4-H is all



where singing, stories, poems, and playing the piano and guitar was shared. The youth then gave the residents an ornament made by the Teen Council with a saying on the tag. They also tied quilts to be donated and helped YFP trick or treat for food for the local food bank. One of their favorite activities is the Sub for Santa program, where they manned the Shooting Sports Trailer at the Juab County Fair,



about. We had 4 teens representing our county as Southwest Region Ambassadors. They planned a retreat that all the teens attended where workshops of leadership and service were presented.

Thirteen youth represented Juab County at 4-H State Contests where they did an outstanding job, bringing home seven Blue Ribbons, one Top Winner, and two 1<sup>st</sup> Place Winners. Of course, they also found time to have fun!



## FOOD SENSE NUTRITION EDUCATION



Utah State University Extension and the Utah Department of Workforce Services co-sponsor the Food Sense Nutrition Education Program established in Juab County. This is a program that offers nutrition education through individual or family instruction in homes or in small groups.

Food Sense aims to help low-income families budget properly and get the best nutrition out of what they can afford. Nutrition education was provided to 1,429 low-income residents, including 1,323 who participated in group programs, and 106 individuals who completed 80 in-home family lessons. Success stories are one way we can see that individuals and families are making proper nutrition a lifestyle by making goals, menu planning, using shopping lists, and cooking from scratch more often. Hab-

its are not always easy to break, but when you have someone working side by side with you it can be done.

Juab County was awarded once again for its excellence in education and in the teaching of individuals and families for the year 2007. Here is a little thing that made a big difference to one Food Sense Client:

"I was not taught how to cook from scratch or how to make bread, until now! I have learned how to do easy, simple meals, the importance of menu planning, doing a shopping list and my home-made bread is so yummy! Most of all, I am so proud that I can put a nice warm meal that I made on the table for my family."



## 4-H YOUTH AND FAMILIES WITH PROMISE

4-H Mentoring Youth and Families with Promise has had another successful year making a difference in the lives of youth as well as helping high school students find meaningful ways to volunteer their time as mentors in this life changing program. We have continued to have juniors and seniors partner together to mentor a youth. This helps with busy student schedules where at least one mentor can usually be at an activity with each youth.



We have 30 mentors and 18 youth participating in 4-H YFP this year. We average 25-30 youth and mentors that join us in monthly activities. We started something new this year in that mentors and youth take turns in planning an activity and can choose to do things they are interested in with the whole group. We have had crafts, games, and off-site fun gatherings.

We have 50-70 people attend monthly

Family Night Out activities. This makes for a fun time as youth, their families and mentors share a meal and participate in learning activities that teach building trust, communication, service and many other important skills for life.



We enjoyed a kick-off activity this new season where youth and mentors attended a Corn Maze at Thanksgiving Point. We had fun at the various activities and enjoyed roasting hot dogs and, of course, marshmallows later in the evening. It was a great way for mentors and youth to get to know each other during this five hour activity. A bond

and trust takes place best between youth and mentors as they spend more and more consistent time with each other.



The National 4-H Mission Statement is: Assist youth in acquiring knowledge, building character, and developing life skills in a fun learning environment that will enable them to become self-directing, productive members of society.

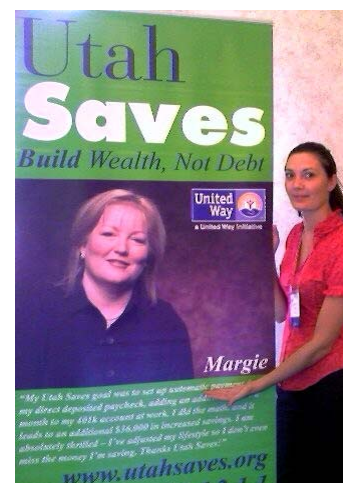
## FINANCIAL RESOURCE MANAGEMENT

Selected highlights of significant 2007 impacts in Financial Resource Management include:

- Principles of managing finances and preventing bankruptcy were provided, and life skills were taught to more than 1,939 county residents through 17 workshops, classes, and special events. Clients also received educational assistance through office visits, phone calls, publications, fact sheets, news columns and newsletter articles.
- Partnering with United Way and a coalition of community partners and high profile leaders, the 'Utah Saves' social marketing campaign was created to enable all Utahns to improve their financial security. Margie was highlighted on United Way: Utah Saves Success Stories Video Production broadcasts across Utah television stations in 2007.
- Promoted Utah Saves and in 2007 signed up 143 people who joined and became Utah Savers, and learned and are applying principles to improve their financial security.
- With Volunteer Income Tax Assistance (VITA) sites being severely under-available in rural Utah, programming was coordinated at the

local Extension office where 23 clients met with trained tax volunteers who prepared and filed 17 tax returns for Juab County residents. This group of filers saved \$2,400 in tax preparation costs and received \$12,139 in refunds as well as credits designed to assist 'lower income families'. Juab County Extension has also been approved and designated to be an official VITA host-site again in 2008.

- Clients receiving financial and resource management information annually through USU Extension educational programs, completed evaluations which showed an increase in knowledge gained and increased positive changes in related practices to reduce debt and increase savings.
- Procured \$3,000 in State funding to promote Utah Saves and to conduct Volunteer Income Tax Assistance programs in Juab County in 2007.



## EXTENSION STAFF

### Juab County Extension Staff

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Extension Staff—Back row, left to right—Judy Jensen, Jeff Banks, Andrew Robinson. Middle row, left to right—Barbara Bradford, Julie Sutherland, Celeste Robinson. Front row, left to right—Laurie Bates, Margie Memmott, Amanda Livingston.



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