

JUAB COUNTY EXTENSION

160 NORTH MAIN, NEPHI, UT 84648 · (435) 623-3450 · EXTENSION.USU.EDU/JUAB

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2008 HIGHLIGHTS

DRIP IRRIGATION FACT SHEET



People of all ages enjoy the benefits of gardening. These benefits range from producing high quality produce to working with the soil. Due to water demands, gardeners need to be concerned about water conservation. One effective way to conserve water is by utilizing drip irrigation. Each garden is unique and requires designing a different drip irrigation system to best fit the



users' needs.

A simple, user friendly and effective system was designed by Juab County gardeners. The system used PVC pipe and manual control valves. To educate gardeners about the system, a four page fact sheet titled "Designing a Basic PVC Home Garden Drip Irrigation System" was published in 2008. 500 copies of the fact sheet have been printed and are being distributed throughout Utah and in other states upon request. The fact sheet has been used as a supplement to drip irrigation classes taught on the county and state level. The fact sheet can be accessed at: <http://extension.usu.edu/htm/publications/>



RANGELAND IMPROVEMENT

Livestock producers in Juab County and the surrounding area are continually looking for ways to improve rangeland conditions to increase forage production. One way to increase range production is the use of higher yielding forages. To help in this area, the

Extension office and a county livestock producer submitted and received a \$7,621 Sustainable Agriculture Research and Education grant. The title of the grant was "Interseeding Forage Kochia in Established CRP Land for Enhanced Livestock and Wildlife Utilization". Forage kochia is a native to the heavily grazed rangeland regions of Central Eurasia.



It is a short-lived perennial plant that can be used for livestock grazing or haying. Research in recent years has shown the value of forage kochia as a winter food source for



cattle, big game, small wild animals and birds. The purpose of the project was to establish a large scale demonstration plot in the county to test this new rangeland forage. The 100 acre test plot will be monitored for several years to evaluate the effectiveness of the forage plant.



4-H PROGRAMS

We are proud to claim the 4-H Afterschool Program as one of our accomplishments for 2008. It introduces 3rd graders of our county to 4-H “fun”damentals: learn by doing, acquiring knowledge, building character, and developing life skills in a fun learning environment. The afterschool program is primarily targeted to underserved youth who would not normally have this type of opportunity. Youth learned about saving money, how to avoid drugs, good nutrition and the importance of communicating with others. This program was very successful and we look forward to its continuation.



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. The 3rd annual “Spring

into Learning” leader training was held where 65 leaders and potential leaders attended 16 workshops to increase their knowledge and skills. We are hoping to increase the number of new leaders and encourage previous leaders to continue teaching year after year.

We held our 4-H Talent show and it was very successful. Calling it a talent show gave youth an opportunity to share their talents and not feel the pressure of a competition.



Food Preparation and Sewing camps were held during July. 4-H youth had the opportunity to learn cooking skills and the importance of eating nutritiously. Learning new sewing skills, they completed a project that could be entered in the county fair.



4-H TEEN COUNCIL

The 4-H Teen Council is a group of 4-H members who work cooperatively with the Extension Staff in planning and implementing County 4-H events, through service and leadership opportunities. They range in age from 5th to 12th grade with 19 members forming a Jr. and Sr. Teen Council.



In 2008 the Teen Councils participated in several service projects for the community, some of which were making blankets for the residents at an assisted living center, where a Christmas program was also shared. They donated 5 blankets to the local abuse center in the county, and helped with Trick or Treat for Food for the local food bank. One of their favorite service activities was the Sub for Santa program, where they picked out ten angels and

bought gifts with donated money. They also helped sort the gifts for distribution.

Leadership opportunities included 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 which informed those attending what 4-H is all about. We had four teens representing our county as Southwest Region Ambassadors. They planned a retreat that all the teens attended where workshops on leadership and service were presented.

Three Jr. Teen Council members attended Junior Youth Leadership Conference held at Snow College. The 1st place WHEP (Wildlife Habitat Evaluation Program) team will go on to the National Contest. We also had another WHEP team compete at the national contest in Oklahoma where they represented Utah very well placing 7th in the management plan and 9th place overall.

FINANCE AND RESOURCE MANAGEMENT

- Principles of managing finances and preventing bankruptcy were provided, and life skills were taught to more than 3,515 participants through 25 workshops, classes, and special events. Client also received educational assistance through office visits, phone calls, publications, fact sheets, news columns and newsletter articles. Clients receiving financial and resource management information annually through Extension programs completed evaluations which showed an increase in knowledge gained and increased positive changes in related practices to reduce debt and increase savings.

- Promoted Utah Saves and in 2008 signed up more than 100 additional people who joined and became Utah Savers, and learned and are applying principles to improve their financial security.



Margie was highlighted on United Way: Utah Saves Success Stories Video Production broadcasts, and banners across Utah television stations again in 2008.

- Served as a Volunteer Income Tax Assistance (VITA) site where 46 clients met with trained tax volunteers who prepared and filed 19 tax returns for Juab County residents. This group of filers saved \$2,375 in tax preparation costs and received \$15,496 in refunds as well as \$6,623 in tax credits designed to assist 'lower income families'.

- Organized, conducted and co-taught the Family Preparedness Certification Program in Juab County. One hundred participants completed the training and



in turn are teaching others (individuals and families) to prepare for emergencies and disasters.

- In cooperation with Utah AAA Fair Credit, and the UIDAN (Utah Individual Development Account Network), a Juab County Extension finance class participant is now receiving \$4,256 in paid college tuition through her IDA, a special matched savings account designed to help individuals of modest means establish a pattern of regular savings and ultimately purchase a productive asset, which in this case, is a college education.

VOLUNTEER LEADERSHIP AND HUMAN RESOURCE DEVELOPMENT

- Organized, conducted and co-taught the first multi-county EPIC (Effective Professional and Interpersonal Communication) Leadership Training Course in Nephi. Seventeen participants developed skills to improve their personal effectiveness as leaders and are utilizing better communication and project organizational skills in the private, public and non-profit sector of this area in rural Utah.

- Organized and advised the Juab Family Life Council of 15 volunteers, who planned, produced and co-hosted 13 educational programs and workshops with

884 people learning and applying a variety of life skills.

- Provided training to more than 300 local volunteers who received instruction and supervision while working with county fairs, judging county and state events.



EXTENSION WEBSITE

During 2008 we continued to deliver excellence through the USU Extension/Juab County website. Providing leadership to this project and keeping our information up-to-date is a way to bring all staff

members together with a unified purpose. The web site links Utah State University and Juab County Extension to Juab County residents, by utilizing technology as a user-friendly information gateway.

FOOD \$ENSE NUTRITION EDUCATION

USU Extension and Utah Department of Workforce Services co-sponsor the Food \$ense Program established in Juab County. This program offers nutrition education through group instruction and individual lessons in homes.

“Even the United States, as the wealthiest nation in the world, is home to many families who wonder where their next meal is coming from or how their food is going to feed their family for the entire month. The Food \$ense program aims to help those low-income families budget properly and get the best nutrition out of what they can afford,” says Heidi LeBlanc, Food \$ense program director.



A Chinese proverb states: *“Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.”* This is exactly how the Food \$ense Program works, providing 1,291 low income residents, including, 85 group lesson programs, 125 individual in-home lessons and 30 youth group lessons with a guide to better nutrition in 2008.

Juab County was awarded for “Best Team of the Year” and “One of the Top 5 Match Counties” in 2008.

Participants state, “The lesson on vegetables and fruits helped encourage me to buy more vegetables for my family. As a family we all agreed to choose one

vegetable that we had never tried. The family had a good time choosing the one they wanted to try, acorn squash. We all liked the squash and we will buy it again.”

“This Program has been a life saver. I will be able to do meals faster at home and will try to eat at home more often. We did breakfast burritos last week and my family loved them. It was so quick and fun to do.”

“I was able to make good homemade bread and then I put half the dough in the refrigerator for breakfast scones. The kids thought they were in heaven. Thanks for the helping hand!”

We had a good time learning about the food pyramid in 4-H. The kids seemed excited to try and eat better and show their moms and dads what they learned. I had two of the children come up to me in the store and said that they did better at eating breakfast. This is so good!

The Food \$ense program “feeds individuals and families for a lifetime” by participants working side by side with a Nutrition Assistant as they learn about making goals, menu planning, using a shopping list, cooking

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EXTENSION STAFF

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160 North Main, 435-623-3450, fax: 435-623-3455
extension.usu.edu/juab

Extension Staff—Back row, left to right—Laurie Bates, Barbara Bradford, Judy Jensen, Amanda Livingston. Front row, left to right—Margie Memmott, Jeff Banks, Julie Sutherland. Photo courtesy of Livingston Photography.



Margie P. Memmott	County Director, FCS/4-H Youth Agent	435-623-3451	margie.memmott@usu.edu
Jeffrey E Banks	Ag/4-H Youth Agent	435-623-3452	jeff.banks@usu.edu
Barbara Bradford	Staff Assistant	435-623-3453	barbara.bradford@usu.edu
Amanda Livingston	Staff Assistant	435-623-3459	amanda.livingston@usu.edu
Julie Sutherland	4-H Staff Assistant	435-623-3458	julie.sutherland@usu.edu
Judy Jensen	4-H Staff Assistant	435-623-3458	judy.jensen@usu.edu
Laurie Bates	Nutrition Assistant, FSNE	435-623-3457	laurie.bates@usu.edu