

4-H NEWSLETTER

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

UtahState
UNIVERSITY

JUAB CO.
extension 

October 2011

Achievement Night

The 2011 Achievement Night has been set for Wednesday, October 26, at 7 pm in the Multi-Purpose Building at the Juab County Fairgrounds.



Many outstanding youth and adults will be honored at this program. **A display table will also be set up 15 minutes before the program starts which will showcase our members' portfolios.**

Awards will be presented to the following youth based on portfolios, State 4-H Contests, State Horse Show, and State Fair exhibits: Shelby Adams, Sidney Adams, Skyleigh Alder, Tiauna Allred, Destani Barnes, Eliza Bonzo, Sarah Bonzo, Parker Bronson, Cassidey Bussian, Chyrah Bussian, Nolan Butler, Reed Carter, Megan Davis, Tayler Fait, Kade Farrer, Kiz Farrer, Kobe Farrer, Kolten Garrett, Kyler Hansen, Rebecca Hickman, Kambree Howard, Jordan Howard, Hailey Humphrey, Annee Izatt, Demi Jackson, Meggan Jackson, Mallory Jackson, Emmalee Jackson, Alicia Johnstun, Kennie Jones, Kristi Jones, Sam Jones, Megan Jones, Kara Jones, Sheryse Linton, Sam Newell, Bailey Nuzman, Bracken Nuzman, Blake Palmer, Lyndsey Palmer, Jaquelle Peterson, Kysia Poulsen, Spencer

Reynolds, Tate Shepherd, Bowdee Shepherd, Shan Sherwood, Erika Stanley, Trenten Stephensen, Clifton Taylor, Tate Wall, Tyler Wall, Alex White, Austin White, Keanna Williams, Shamri Wright, Cole Wright, Becca Young.

Member Awards Pins

First and fourth year members that attend the program will receive a 4-H pin. We encourage all of you to attend and see the many 4-H awards available in Juab County. 4-H portfolios can also be picked up at this time.

1st year pins: Drew Adams, Daniella Allred, Tiauna Allred, Chazz Angell, Spencer Bandle, Brayden Barker, Josiah Barnes, Ryder Bigler, Austin Black, Porter Black, Lydia Boeckel, Sarah Bonzo, Jordan Bowden, Cade Bowring, Payton Bowring, Morgan Branch, Parker Bronson, Danika Brown, Reed Carter, Shaylyn Carter, Sheldon Chaple, Robert Chesley, Gage Christensen, Ryan Christensen, Kirsea Davis, Triston Davis, Victoria DeMille, Emily Dopp, Kaylynn Elbert, Loren Elbert, Paden Elbert, Jaron Ercanbrack, Luke Etherington, Summer Etherington, Skyler Ferre, Connor Foote, Sierra Foote, Tyce Gardner, Austin Garrett, Sydney Gish, (cont.)

Extension Office Calendar Events

- 10/18, F\$ Whole Grain Pie Crust
- 10/25, Recycling Program
- 10/26, 4-H Achievement Night
- 11/3, Spice It Up Date Night
- 11/15, F\$ Slow Cookers
- 11/26, Nephi Christmas Festival
- 12/20, F\$ Oatmeal

Watch for more information on:

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Achievement Night (cont.)

Member Awards Pins cont.

Trace Greenhalgh, Kelsey Griffiths, Kyle Griffiths, Ryan Hancock, D'Laney Herbert, Katie Hickman, Ricky Hickman, Ethan Holly, Elizabeth Huffman, Hailey Humphrey, Danika Ingram, Austin Johnson, Dawson Johnson, Logan Johnson, Karson Kay, Jaxson Kendall, Taleigh Laird, Allee Larsen, Owen Larsen, Tess Lenhart, Dakota Lewis, Hayz Lunt, Taigh



McDonald, Aubrey McQuiston, Jaden McQuiston, MaLynne Moe, Aubree Morris, Makell Murdoch, Hailey Neeley, Max Newell, Shayla Nichols, Stran Nielson, Dawson Ostler, Taizlee Ostler, Blake Palmer, Corbin Park, Braden Pay, Jeremy Pehrson, Macady Penrod, Adam Perry, Jaquelle Peterson, Caden Powell, Easton Reed, Janessa Rogers, Andrew Rosquist, Whitlee Rosquist, Michael Roundy, Kayleb Squire, Caleb Staples, Sadie Steele, Trevor Stoneman, Brittney Swapp, Kylie Swapp, Kennedy Taber, Brayden Taylor, Cody Terry, Hunter Thomas, Ronnie Walker, Lily Wall, McKay Wankier, Ashlyn Webb, Kaitlyn West, Rhiannon West, Kase White, Kyle Wood, Ashley Yates, Camille Zillig, Taylor Zillig.

4th year pins: Brooklyn Blackett, Mark Broadhead, Braden Camacho, Nicholas Cannell, Jason Christensen, Cameron Daniels, Lydia Douglas, Marinda Everitt, Riley Everitt, Kourtney Ferre, Shelby Garrett, Kyler Hansen, April Horrocks, Megan Johnson, Megan Jones, Bracken Nuzman, Tyse Ostler, Kamree Pay, Westan Robertson, Hannah Robins, Auree Thomas, Tyler Wall, Kyler Wankier, Alex White, Taylei Williams, Hayley Willmore, Karlin Winter, Zeak Woodland, Becca Young.

4-H Leaders

Leaders: 1 year: Susan Allred, Sheila Howard, Kylene Jones, Brandon Peterson, Heather Poulsen, Jessica Stoneman, Daina Swapp, Kristie Walker, Rodney Wankier, Holly Young, Layce Young. **5 Years:** Allison Adams, Chrysten Bussian, Sara Cameron, Cecil Crow, Wade Garrett, Jamison McPherson, Mavanie Stanley. **10 Years:** Mike McPherson, Mike Peterson, Twila Rockwell, Karla Wright. **15 Years:** Emalie Peel, Cindy Timm. **25 Years:** Jeff Banks, Paul McPherson.

Cloverbuds

Cloverbud Certificates will be awarded to: Genika Allred, Isaac Allred, Brody Barker, Raquel Barragan, Koleiar Davis, Jensen Fait, Paxton, Fait, Jenna Fleming, Reagan Foote, Samantha Green, Kylan Humphrey, Brennan Kay, Leah Keyte, Catalina Licea, Karter Peters, Tayler

Peters, Hailey Reynolds, Brooke Robertson, Nathan Saez, Zack Saez, Sydney Samuelson, McKaiden Stanley, Meagan Stanley, Tate Stephensen, Hayes Wall, Jake Woodland.

Starlab Planetarium

Juab County 4-H introduced a new and exciting program to area elementary students. On September 19-22, 748 adults and first through sixth graders at both Nephi Elementary Schools and Eureka Elementary learned about constellations, mythological creatures and facts relating to stars.



Coming Soon!

Our Robotics Club will be starting after the first of the year. WeDo and NXT kits will be used. Watch for registration and fee details on this popular club.

Attention Livestock Members!

Livestock checks are ready for pickup, pending complete and updated portfolio check-off.

Carcass Contest Winners



Congratulations to the Juab County Fair Steer Carcass Contest winners: 1st—Christian Nielson, 2nd—Paige Anderson, 3rd—Kade Farrer 4th—Kambree Howard, 5th—Mallory Jackson.

State Fair Participants

Participants that sent 4-H articles to the Utah State Fair were (*Rosette Winners): Shelby Adams*, Sidney Adams*, Destani Barnes*, Austin Black,

Bailey Black, Shawnee Black, Eliza Bonzo*, Sarah Bonzo*, Makiya Bowles, Sarah Cannell, Jace Cook, Megan Davis*, Lydia Douglas, Loren Elbert, Jaron Ercanbrack, Haleigh Everitt, Marinda Everitt, Riley Everitt, Tayler Fait, Coltin Fletcher, Jericka Fletcher, Mason Hathaway, Katie Hickman, Rebecca Hickman*, Ricky Hickman, April Horrocks, Kambree Howard, Hailey Humphrey, Annee Izatt*, Megan Johnson, Keni Jones, Kristi Jones, Sam Jones, Carissa Kay, Dayna Kay*, Karson Kay, Dylan Keyte, Sheryse Linton, Colt Mortimore, Hayley Mortimore, Elizabeth Motes, Bracken Nuzman, Brian Penrod, Travis Penrod, Savannah Peterson,



State 4-H Horse Show

Top individuals from Juab County 4-H horse clubs competed September 16-17th in Salina at the 4-H State Individual Horse Show. Participating individuals were: Senior Division: Cassidey Bussian. Intermediate Division: Chyrah Bussian, Erika Stanley, Rebecca Bullock. Junior Division: Dillan Winn, Ashly Terry, Hadlie Hoffman, Dillon Lewis, Christopher Reil. Chyrah placed 8th in Bareback, 4th in Scurry, ranked 10th in speed events, and 18th overall.

Food \$ense

Get with the Food \$ense program for **Free** Nutrition lessons in your home or at the Extension office. For individuals or groups—have it your way! It's just what you need—learn everything from healthy snacks to making quick meals. Call 623-3457 to get the list of classes and for more information.

Many people think that it is very difficult to make muffins at home, but this is not true. Different types of muffins can be made at home quite easily. Muffins found at the stores and restaurants sometimes contain more than one serving. A single muffin serving is comparable to the size of a tennis ball. If you have never tried to make muffins at home, but always wanted to, here is a deli-



cious muffin recipe for you to try.

Apple Pumpkin Muffins

1-1/2 cups all-purpose flour
1 cup whole wheat flour
1 3/4 cups sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
2 eggs
1 cup canned pumpkin
1/4 cup vegetable oil
1/4 cup applesauce

2 cups finely chopped peeled
Granny tart apples (3 regular size)

In a large bowl, combine the first eight ingredients. In a small bowl, combine eggs, pumpkin, applesauce and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper-lined muffin cups two-thirds full. Bake at 350° for 25 minutes or until muffins test done. Cool for 5 minutes before removing from pan. Yield: 1-1/2 dozen

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.ov/fsp/outreach-coalition/map.htm>.

Robotics Youth Leaders

Juab 4-H is looking for youth interested in training for our robotics TRY Team (Teens Reaching Youth). Our TRY Team members will learn how to use both the NXT and WEDO robots. TRY Team members will also help plan and teach robotics skills to youth involved in robotics club. Call Amy Stanley at 623-3458 if interested in being a youth leader in this fun club.



2012 Region 4-H Leadermete

Western Regional 4-H Leaders Forum is a conference much like the State 4-H Leaders Conference, but on a bigger scale and involves 4-H leaders and staff from the 13 states in the western region. There will be workshops, motivational speakers, chances to network and learn from other 4-H folks, and of course FUN. Thursday, January 12 through Sunday, January 15, 2011 in the Historic Plains Hotel in Cheyenne, WY. For more information visit http://4-h.uwyo.edu/WRLF_12.asp

Year End Horse Club Awards

Junior 1st Place:	Skyleigh Alder
Junior 2nd Place:	Parker Bronson
Intermediate 1st Place:	Erika Stanley
Intermediate 2nd Place:	Chyrah Bussian
Senior 1st Place:	Bailey Nuzman
Senior 2nd Place:	Cassidy Bussian
Most Improved:	Andy Rosequist

Extension Staff

Jeff Banks.....	USU County Agent
Margie Memmott	USU County Agent
Judy Jensen.....	4-H Staff Assistant
Amy Stanley.	4-H Staff Assistant
Laurie Bates	F\$ Nutrition Assistant
Barbara Bradford	Office Manager
Roni Mortimore.....	Staff Assistant

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