

4-H NEWSLETTER

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

UtahStateUniversity 
 JUAB COUNTY EXTENSION

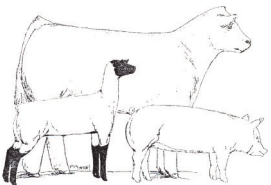
July 2011

Livestock Entries

We want to remind all of the livestock members of the weigh-in times at the fair. Market hogs will be weighed on Wednesday, August 10 from 8:00-9:00 am, lambs from 9:30-10:00 am and steers from 10:00-12:00 pm. Weights will be as follows: Lambs will be 110-140 lbs. Lambs under 110 lbs. will be sifted. Lambs over 140 lbs. will be sold at 140. Hogs will be 230-290 lbs. Hogs under 230 lbs. will be sifted. Hogs over 290 lbs. will be sold at 290. Steers will be 1125 - 1350 lbs. Steers under 1125 lbs. will be sifted. Steers over 1350 lbs. will be sold at 1350.

Also, only animals receiving a blue or red ribbon will be eligible for the sale. White ribbon animals will not sell. Any white ribbon or sifted animal will be able to participate in the fitting and showmanship contest.

In the past, especially with the steers, we have had a problem with hay being left in the indoor barn. All livestock exhibitors are required to clean their pen or tie area after the fair. We would like this done no later than 12:00 noon on the Monday after the fair. If your area is not cleaned up, especially all of the hay out of the barn, you will not receive your premium money. It is the responsibility of the exhibitor to take care of their animals until the fair closes on



Saturday night. Those not taking care of their animals the full time will lose their premium money. Also, straw will not be allowed in the barn.

We would like to encourage you to make a sign and hang it above your animal. This is your chance to show off the result of your hard work. We have an excellent livestock show and we hope everyone will do their part to make it even better.

Register Fair Exhibits

All 4-H members entering non-livestock 4-H exhibits must enter exhibits online using our online entry system. Online entry deadline is Tuesday, August 9 at noon. **Exhibits must be checked into the 4-H department Tuesday night from 7:00-9:00 pm (no Wednesday morning check-in).**

The address to the online system is <https://utah4hreg.usu.edu/cf/>. The Extension office needs to enter the parent or leader email address to allow them access.

Detailed exhibit entry instructions are **enclosed** and on our website at <http://extension.usu.edu/juab/html/4-h/fair>. If you don't have access to the internet from your home or you want some help with the online entry system, please call the Extension office at 623-3450 for help and/or training. Office hours are Monday-Thursday, 7:00 am to noon and 1:00-6:00 pm.

Upcoming Events

- 8/1, 10 am—Modeling Workshop
 - 8/8-13 —Juab County Fair
 - 8/8, 9 am—Sewing and Fashion Contest Construction Judging
 - 8/8, 1 pm—Sewing and Fashion Contest Display and Modeling Judging
 - 8/9, 10 am—4-H Horse Show
 - 8/9 noon —Online Entry Deadline
 - 8/9, 7-9 pm—Bring fair entries to Fairgrounds
 - 8/10, 7 pm Sewing and Fashion Show
- Visit the website calendar for a complete listing of events. <http://extension.usu.edu/juab>

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Livestock Auction

One of the most successful parts of the fair has been the Junior Livestock Auction. Each year people donate a lot of money and time to make it the best it can be. To keep it

successful, we would like all livestock exhibitors who sold an animal last year to go and again thank their buyer and invite them out to this year's sale.



Livestock Show Reminders

We want to remind all members of the dress code required for the show ring and auction. FFA members must wear an FFA jacket or white shirt with the official FFA tie. 4-H members must wear a white shirt that buttons down the front,

with a fold over collar and a 4-H emblem attached to the left sleeve. 4-H patches are available at the office for \$1.00.

Also, we would like to remind all market livestock exhibitors that you are required to enter the fitting and showmanship

contest in the area that you are showing.

Just a reminder, each member can only enter and show one of each species in the junior show. All extra or floater steers, lambs or hogs can be shown in the open class.

New Sewing and Fashion Contest

New this year: 4-H Junior Sewing & Fashion Contest & Show (revised from former Fashion Revue and Display Contests). Contestants will be judged on construction, personal presentation and interview responses. The contestant may choose to display or model the article they have sewn.

Junior contestants must be currently enrolled in a 4-H clothing or sewing project, and in 3rd grade through 8th grade as of October 1, 2010 to compete. They must have made their article/outfit during the current year.

Final placings are based on a combination (100 point total) of the evaluation of construction (50 points), and interview and display or modeling (combined 50 points).

1st Place—\$25, 2nd Place—\$20, and 3rd Place—\$15.

Dates: Entry Form/Narrative deadline—8/4, noon. Construction Judging—8/8, 9 am. Display and Modeling Judging—8/8, 1pm. Sewing and Fashion Show & Awards—8/10, 7pm. Articles on exhibit at the fair—8/10—8/13.

See insert for details on this newly expanded contest!

Modeling Workshop

Monday, August 1st, at 10:00 am, a "Modeling Workshop" will be presented at the Extension office. This will give all interested Sewing and Fashion Contest participants an opportunity to receive some helpful training on poise, personal appearance and modeling techniques. We will also have some helpful suggestions on the new Display portion of the contest.

Sewing and Fashion Contest Entry Forms will be available at the clinic. Plan on coming and practicing with us for about an hour.



Fair Exhibit Watchers Needed

We are looking for volunteers to sit at the 4-H section for a shift during the hours that the fair buildings are open to the public (Wednesday night thru Saturday.) One adult or older teen can sit alone or bring a friend with them. If we don't hear from you, be aware that we will be making phone calls to fill the shift schedule.



4-H Teen Council

Juab County 4-H Teen Council is active with a busy summer schedule. They have gained leadership experience by helping at 4-H Day Camp and 4-H in the Park. They have also been involved in several Service Projects.

Portfolio Workshops

Two Portfolio Workshops have been scheduled to help get your portfolio in tip top shape and to answer questions you have: July 27, or August 17, 9 am in the Extension office.

State Fair 4-H Day

4-H Day at the State Fair is Saturday, September 17th. For information about what is happening that day, click on the 4-H web site: <http://utah4-h.org> (under Events, and State Fair).



Discount tickets for the State Fair will be available. Follow the link for more information. <http://www.utah-state-fair.com>

Don't forget to come and taste some good cooking at the Juab County Fair 'Farmers Market' on Saturday, August 13 at 11:00 am.

Food \$ense Nutrition Program

F\$ (Food \$ense Nutrition Education Program) offers **FREE** lessons on menu planning, unit pricing, shopping list, and cooking from scratch. Call 623-3457 for more information or to schedule lessons.

Granola Bars are so easy to make, adding in the ingredients that you like. Great for on the go eating and school lunches too.

Chewy Granola Bars Servings: 30

- 2 1/2 cups crisp rice cereal
- 2 1/2 cups corn flake cereal or total, measured and then crushed
- 1 cup chopped walnuts or toasted almonds
- 4 cups quick oats
- 1 Tbsp. baking powder
- 1 cup toasted coconut
- 1 cup raisins or Craisins
- 1 cup sunflower seeds
- 3/4 cup margarine or butter
- 1 1/2 cups packed brown sugar
- 2 tsp. vanilla
- 3/4 cup honey



Assembly Directions: Preheat oven to 300°. In a large bowl, mix the crisp rice cereal, corn flake ce-

real, quick oats, baking powder, nuts, coconut, raisins and sunflower seeds. Place the margarine, brown sugar, vanilla and honey in a sauce pan. Heat on medium heat until hot, but not boiling. Pour the hot mixture over the dry ingredients and mix well. Press into a large jelly roll pan. Bake for 17-18 minutes. Let cool well before cutting or they will fall apart. Once cooled, they are very nice chewy granola bars!

Freezing Directions: Cut into bars. Put wax paper on a cookie sheet or plate and freeze until solid. Place in either a freezer container or individual snack bags within a larger freezer bag. Seal, label, and freeze. Thaw and enjoy!

Note: To add chocolate chips, let baked bars cool for 10 minutes, sprinkle chips on top and press in.

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 your local Extension Office or Workforce Services Community Center.



State Contests

Congratulations to the following Juab County 4-H members who competed this year at 4-H State Contests in Logan: Livestock Judging and Livestock Bowl: Austin Black, McKayla Garrett, Sam Newell, Lyndsey Palmer, Shan Sherwood. Public and Impromptu Speaking: Clifton Taylor. Fashion Consumer Strategies and Project Redesign: Shelby Adams. Blue Ribbons were awarded to Shan Sherwood and Lyndsey Palmer for Livestock Judging, Shan Sherwood and Sam Newell for Livestock Bowl, Clifton Taylor for Public Speaking and Impromptu Speaking, and Shelby Adams for Fashion Consumer Strategies. Congratulations to all our State Contest Participants!

4-H Club Service Project

Make a case for a good cause! Get your 4-Her's involved in a great service project that offers comfort, hope and love for those less fortunate. Juab County Extension 4-H will be hosting a Pillowcase Challenge where we will make pillowcases to donate to worthy local causes. Make a pillowcase, make a difference! Come to the Extension office on July 21, 1-3 pm, or July 26, 9-12 am and help cut and sew pillowcases. Spend 1/2 hour, or as long as you can spare. All materials are provided—all that's needed is your time! If you would like your club to participate on your own, or even at home, patterns and instructions are available on our website or in the office.

Lagoon for half price (almost!)

Need a good stay-cation idea? State 4-H Days at Lagoon are August 14-19. Regular ride passport is \$43.95 + tax. 4-H price on these days is \$25.00 + tax. Coupons are free of charge to anyone. One coupon is good for up to 8 people.

Extension Staff

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Amy Stanley.....4-H Staff Assistant
Laurie Bates.....FS Nutrition Assistant
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Roni Mortimore... ..Staff Assistant
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Check us out on the web:
<http://extension.usu.edu/juab>