

4-H NEWSLETTER

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

UtahStateUniversity 
JUAB COUNTY EXTENSION

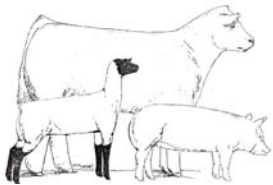
July 2009

Livestock Entries

We want to remind all of the livestock members of the new weigh-in times at the fair. Market hogs will be weighed on Wed., August 5 from 8:00-9:00 am, lambs from 9:30-10:00 am and steers from 10:30-12:00 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 1100 - 1350 lbs. Steers under 1100 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 Sat-



urday 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.

One last item, we would like to encourage you to make a sign and hang it above your animal. This is your chance to show people 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.

Pre-register Fair Exhibits

All 4-H members entering non-livestock 4-H exhibits will need to pre-register your fair entries using our online entry system. This program allows for improved accuracy in our entry database and **will save you time when you bring your entries down to the fairgrounds** on either Tuesday night from 7-9 pm or Wednesday morning from 7:30 - 9 am.

Detailed entry pre-registration instructions are 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 pre-registering 4-H fair exhibits, please come to the Extension office on July 28, 29, and 30 for help and/or training. Office hours are 7 am to noon and 1-6 pm. **It is easy, and will enable you to simply "check-in" exhibits rather than register at the fair.**

Upcoming Events

- Modeling Workshop—
7/28, 10 am
- Exhibit pre-registration—7/28, 29, 30
- Juab County Fair—
8/3-8
- 4-H Horse Show Judged Events—8/3
- Bring fair entries to Fairgrounds—Tuesday 8/4, 7-9 pm Wednesday 8/5, 7:30-9 am
- Jr. Fashion Revue—8/5, 7 pm
- 4-H Horse Show Speed Events—8/7

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.

that you are required to enter the fitting and showmanship contest in the area that you are showing.



Also, we would like to remind all market livestock exhibitors

Fashion Revue—New Schedule

The annual Junior Fashion Revue contest will be held Wednesday, August 5th, at the Juab County Fairgrounds Multi-purpose building. 4-H members enrolled in clothing projects and members who attended the 4-H sewing camp, are encouraged to participate in this friendly competition to “show off” what they have made to family and friends.

An entry form needs to be completed for each outfit entered in this contest (entry forms are available at: <http://extension.usu.edu/juab> - and at the Extension office). All 4-H members interested in participating in the Fashion Revue need to complete entry forms and return them to the Extension office no later than Thursday, July 30th, before 6:00 p.m. This year, articles

will be judged on construction Wednesday morning during regular fair judging.

At 6:30 that evening, contestants can come to the fairgrounds Multi-purpose building, pick up their articles, and be in their outfits ready to be judged in the modeling and interview portion of the contest at the fashion show which begins at 7:00 pm. Contestants will be judged, announced, and awards will be presented.

AWARDS: 1st Place - \$25.00, 2nd Place - \$20.00, 3rd Place -\$15.00.

After the Fashion Revue, articles are to be left with the Extension staff so they can be exhibited at the County Fair.



Modeling Workshop: Tuesday, July 28th at 10:00 a.m., a “Modeling Workshop” will be presented at the Extension office. This will give all interested Fashion Revue participants an opportunity to receive some helpful training on poise, personal appearance, and modeling techniques. Plan on coming and practicing with us for about 45 minutes. The workshop will be held at the Extension Office.



Fair Exhibit Watchers Needed

We are looking for volunteers to sit at the 4-H section 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 schedule!



4-H Jr. Teen Council

We are recruiting 4-Her's, 5th through 8th grade, for the Juab County Junior Teen Council. If you are interested in developing new skills and doing service projects this club is for you. There will be camps and state events to participate in and most important, we will have lots of fun!

We encourage those interested in joining to contact the 4-H office at 623-3450 for more information and meeting details.

State Fair 4-H Day

4-H Day at the State Fair is Saturday, September 19th. 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> (under discounts and promotions).

Food \$ense

Food \$ense is a free program to help you and your family take steps towards a healthier diet. When it comes to menu planning, saving money and cooking from scratch, these classes can't be beat. Call Laurie at 623-3457

Cooking Fun with your Garden Harvest

Even if you don't have your own garden, you can still enjoy the benefit of in season fruits and vegetables from a farmer's market or local grocery store. Enjoy these garden harvest recipes with your kids to help instill the importance of healthy eating and nutrition.

Stir Fry

Try chopped up vegetables for a stir fry, including zucchini, yellow squash, and carrots.

Sloppy Joes Stuffed Squash

Make your favorite sloppy joe recipe and stuff an acorn squash. Cut squash in half and remove seeds. Cook in boiling water about 10 minutes. Place on serving dish. Prepare



sloppy joe recipe and stuff squash with mixture. You can also sprinkle with bread crumbs and cheese and broil on baking sheet 2-3 minutes until cheese melts.

Garden Harvest: Squash Centerpiece

Pick a butternut squash that is free of blemishes. If it doesn't stand upright on its own slice off some of the bottom so it is flat. Cut off the top of the squash and hollow out seeds and insides. (as you would a pumpkin) Cut out any excess flesh inside. Place on a small saucer or plate. Use your squash vase for flowers and decorate your table

Sources: <http://www.kids-cooking-activities.com>

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 in Logan

Congratulations to the following Juab County 4-H members who competed this year at 4-H State Contests in Logan:

Livestock Judging: Caley Bussian; Shooting Sports: Tyler Drake, Cody Savage; Talent: Jared Menlove; Robotics: Cody Savage, Tyler Drake, Thomas Adams.



Jared Menlove received blue ribbons on both of his talent presentations, a piano solo and a vocal solo. Congratulations to all our State Contest Participants!

Lagoon for Half Price (almost!)

Need a good stay-cation idea? State 4-H Days at Lagoon are August 16-21. Regular ride passport is \$41.95 + tax. 4-H price on these days is \$22.00 + tax. Coupons (free of charge to anyone) are in the Extension Office. One coupon is good for up to 8 people.

Reminder for Fair

Members must be enrolled with the office in the 4-H project they wish to place an exhibit in by August 4 at 6 pm. At that point enrollment will be closed. Exhibit check-in begins at 7 pm at the fairgrounds.

4-H Flag in Space

The National 4-H flag was carried into space aboard the Space Shuttle Endeavour on July 15 as part of the STS-127 mission.

Extension Staff

Margie Memmott.....USU Extension Agent
Jeff Banks.....USU Extension Agent
Julie Sutherland4-H Staff Assistant
Judy Jensen4-H Staff Assistant
Laurie Bates.....FSNE Nutrition Assistant
Amanda Livingston.....Staff Assistant
Barbara BradfordStaff Assistant



Check us out on the web:
<http://extension.usu.edu/juab>