

## In This Issue

[Extension Faculty Receive National ESP Award](#)

[4-H Volunteer Recognized by Lt. Governor](#)

[Save Your Skin from Cancer](#)

[4-H Program Shares Success in Washington, D.C.](#)

[Extension Caps, Bags, Sweatshirts Available](#)

[Tech Tips](#)

[Recent Extension Publications](#)

[Extension Career Opportunities](#)

[Join Our Mailing List!](#)

## UPCOMING EVENTS

**July 13-15**  
4-H State Contests - Logan  
[4h.usu.edu](http://4h.usu.edu)

**July 17**  
Utah Farm Bureau Federation Midyear Conference - Provo  
[utfb.fb.org](http://utfb.fb.org)

## Extension News

July 2009

### Extension Faculty Receive National ESP Award

The team of Linda Skogrand, USU Extension family relations and diversity specialist; Heidi LeBlanc, former San Juan County Extension family and consumer sciences agent; and Lou Mueller, San Juan County Extension family and consumer sciences agent, received the 2009 Diversity/Multicultural Team Award from the National Epsilon Sigma Phi for their research project on Navajo marriages.

Skogrand, along with her agent team, developed and implemented the "Strong Marriages in Two Navajo Nation Chapters in the Northern Part of the Navajo Nation" research project to identify components of strong Navajo marriages. Funding was secured for a 3.5 year study from the USU Agricultural Experiment Station.

"This project has provided new information that is helping us provide culturally-appropriate couple education to underserved residents of Utah and surrounding states," Skogrand said.

The strengths-based study was conducted under the direction of the Navajo Nation Institutional Review Board in a partnership with Navajo people. Twenty-one Navajo couples who had strong marriages were interviewed and then a couples' activity book was designed. This book is available on CD or online at

[http://extension.usu.edu/files/publications/publication/pub\\_8139744.pdf](http://extension.usu.edu/files/publications/publication/pub_8139744.pdf)

#### STRONG MARRIAGES FOR NAVAJO COUPLES



Activity Book for Couples

### 4-H Volunteer Recognized by Lt. Governor

Lori Walters received the 2008 Silver Bowl Award for her outstanding volunteer service with Tooele County 4-H. She accepted the award from Utah Lt. Governor Gary R. Herbert at the 30th Annual Silver Bowl Awards ceremony and luncheon on April 22 in Provo.

The Utah State Commission on Volunteers and the Utah Volunteer Center Association presents the Silver Bowl Award annually to one outstanding group or individual in each county that has made a significant

difference in the community through volunteering. Walters was nominated for the award for her nine years of service to 4-H by Deb Jones, USU Extension 4-H volunteer development specialist, and Darlene Christensen, USU Extension agent in Tooele County.

"Lori helps the 4-H youth have a positive experience," said Christensen. "That, in turn, creates a positive feeling toward 4-H for the rest of the family. Lori has truly opened the door of 4-H and 'learning by doing' for many youth in Tooele."



## Save Your Skin from Cancer

More than 1 million new cases of skin cancer will be diagnosed in the United States this year.<sup>1</sup> One in five Americans will develop some form of skin cancer during their lifetime. Melanoma is the most deadly form of skin cancer.<sup>2</sup> Take precautions to protect yourself and your family. The best way to prevent melanoma is to reduce the amount of time you spend in the sun and to protect your skin when you are in the sun. The following are useful skin cancer prevention tips:

- Seek the shade, especially between 10 a.m. and 4 p.m.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Use a sunscreen with an SPF of 15 or higher every day.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.<sup>3</sup>

<sup>1</sup>American Cancer Society's 2007 Facts & Figures

<sup>2</sup>American Melanoma Foundation

<sup>3</sup>Skin Cancer Foundation

## 4-H Program Shares Success in Washington, D.C.

The Utah State University Extension 4-H Youth and Families with Promise Program was asked to share their success story with the Federal Mentoring Council in Washington, D.C., in June.

The council is creating a National Mentoring Working Group consisting of the leading national mentoring experts and practitioners, including 4-H. The council wanted a better understanding of the Utah YFP Program, which helps promote developmental assets in at-risk youths.

"The presentation seemed to be right on the mark," said Kevin Kesler, director of 4-H and Youth Programs in Utah. "The goal was to let other agencies know about the success of our program and see if they could improve their own programs by following some of our designs. Based on the number of questions and expressed interest we received, I believe we accomplished the goal."

For more information about the USU Extension 4-H YFP Program, visit [extension.usu.edu/yfp/](http://extension.usu.edu/yfp/).

Pictured (left to right): Craig Dart, 4-H YFP Program Coordinator; Kesler; Harry Wilson, chair, Federal Mentoring Council; Gail Manza, chair, National Mentoring Working Group.



---

## Extension Caps, Bags, Sweatshirts Available

New sweatshirts, ball caps and bags with the USU Extension word mark are available.

The hooded, blue sweatshirts, sized small to extra large, can be purchased for \$25. The "blue goes green" bags are \$2 and are 12.5" wide, 13.5" tall and 6.5" deep. And, the one-size fits most ball caps are \$5; there are both regular and mesh khaki hats.

To purchase an item, contact Mike Whitesides, USU Extension Marketing Manager, at [mike.whitesides@usu.edu](mailto:mike.whitesides@usu.edu).



---

## Tech Tips: Tiny URL

From Dennis Hinkamp, USU Extension Communications

Have you ever wanted to send or link an article but didn't want to use a giant URL like this one? <http://articles.moneycentral.msn.com/Insurance/InsureYourHealth/InsureYourHealthDyn.aspx?cp-documentid=20665005>

Go to [tinyURL.com](http://tinyurl.com) and cut and paste in the above link and you'll come out with this <http://tinyurl.com/ns3axy>; you can even customize it into something like this: <http://tinyurl.com/DennisMoneyTips>.

---

## Recent Extension Publications

Please take a look at these recently posted Extension publications.

[Managing Your Horse on a Tight Budget](#)

Visit the USU Extension publication site by clicking [here](#).

---

## Help Spread the Word About Extension Career Opportunities

Professional positions within Utah State Extension are currently open and we would like your help in spreading the word. Below is a list of open positions. Please forward this list to anyone you know who might be interested in applying.

### 4-H Youth Programs

[Site Coordinator, 4-H YFP, USU Extension Garfield County](#)

### Northern Region

[Site Coordinator, YFP Afterschool, Rich County](#)

[Assistant Site Coordinator, YFP Afterschool Rich County](#)

[Tooele County Internship](#)

[Summer Horticulture Intern - Salt Lake County](#)

[Extension Assistant Professor and FCS/4-H Youth Agent - Morgan County](#)

### **Southeast Region**

[Mentoring Site Coordinator - Utah County](#)

[4-H Afterschool Assistant Site Coordinator - Spanish Fork](#)

[Site Coordinator, 4-H Youth & Families with Promise, Carbon County](#)

[Site Coordinator II, 4-H Youth and Families with Promise, Carbon County](#)

### **Southwest Region**

[Assistant Site Coordinator, YFP Afterschool CMS - Iron County](#)

[Site Coordinator, YFP Afterschool CMS - Iron County](#)

[Assistant Site Coordinator, Elementary YFP Afterschool - Iron County](#)

[Site Coordinator, Elementary Afterschool - Iron County](#)

[Extension Assistant Professor and Agriculture/4-H Agent - Millard County](#)

[Mentoring Program Site Coordinator - Sevier County](#)

[Healthy Marriage Initiative Childcare Provider - Washington County](#)

[Site Coordinator - 4-H YFP, USU Extension Beaver County](#)

[Site Coordinator - 4-H YFP, USU Extension Washington County](#)

[Site Coordinator - 4-H YFP, USU Extension Wayne County](#)

Visit the USU Extension employment site by clicking [here](#).

Utah State University is an affirmative action/equal opportunity institution.  
Copyright © 2009 Utah State University Extension, Logan, Utah 84322, 435-797-2200

**UtahStateUniversity**  
COOPERATIVE EXTENSION

### [Forward email](#)

 **SafeUnsubscribe®**

This email was sent to mike.whitesides@usu.edu by [lisa.woodworth@usu.edu](mailto:lisa.woodworth@usu.edu).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

USU | 4900 Old Main Hill | Logan | UT | 84322

Email Marketing by

