General 4-H

4-H youth had the opportunity to learn food preparation skills as they made an Italian dinner that included spaghetti and breadsticks. Sewing Campers learned new sewing skills and completed a project that could be entered in the county fair. They participated in a service project where they made hats for newborn babies that passed away shortly after birth. A Basic Sewing Techniques club was held where 4-H members made an instructional book which will prepare them to sew more advanced projects.

The annual 4-H Day Camp was held at Hop Creek Hideaway. Our activities were centered around a Hawaiian Luau. Youth watched a volcano erupt and learned a Hawaiian dance. Juab County Sheriff Doug Anderson gave a demonstration on ATV safety.

4-H Summer in the Park introduces youth to some of the programs that 4-H offers. Youth learned what to do in the case of an emergency, the importance of communicating with others and ways to stop bullying. This summer program is primarily targeted to underserved youth who would not normally have this type of opportunity and is offered at no cost. This program was very successful and we are looking forward to its continuation and working with Nephi City Recreation.

We recruited Neal Menlove as the new leader for our leathercraft program. 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 the youth.

Teen Council Highlights

This year the 4-H Teen Council implemented a “Grow with 4-H” theme inspired by our work at the community garden. Activities and service opportunities were provided to the youth to develop leadership skills and build character. As a group they discovered that they can do hard things together like crawling through 1’ wide canyons or sharing their thoughts and ideas in front of a group of people. So many of the youth have grown this year and are now acting with confidence and self esteem.

Overall, the youth have strengthened interpersonal skills and are communicating more clearly. Some of the 2017 highlight activities include canyoneering through the great canyons in Escalante, High Task Adventures at the CLAS ropes course, caring for the community garden, and riding the Polar Express Heber Valley Railroad.

By Judy Jensen

By Amy Stanley
USU Extension and Department of Workforce Services co-sponsor the Food Sense/SNAP-ED Nutrition Program which helps people lead healthier lives. SNAP-ED teaches people eligible for SNAP benefits about good nutrition, how to make their food dollars’ stretch further, and to be physically active. In 2017, the Food Sense SNAP-ED Program provided education to 5,657 low income residents including youth and school programs.

Young people are the most important investment in our future. Time and effort spent in giving youth the information they need to make important decisions about their health and well-being is time well spent. The Food $ense curriculum helps to improve healthy eating habits, basic cooking skills and physical activity. The youth then share this information with their families. These healthy habits will encourage and carry them on to their adult lives.

A new Food Sense (SNAP-ED) program, “Create a Family Mealtime” encourages low-income families to come to the class together where they are given the knowledge to purchase food wisely, plan a menu with the MyPlate Dietary Guidelines, use a shopping list, prepare meals at home together, practice food safety, have a well-stocked pantry, eat together as a family and be physically active together. This grant-funded program gave several cooking appliances to the families.

Success Stories: A Nebo View Elementary school student came up to me at the school and said, "Since you taught us about sugar last year I have stopped drinking soda. I did not know it had so much sugar in it". I had a young woman who took the Food Sense "Create a Family Mealtime" class say, "We are making smoothies every morning, now that we have a blender that we got at the Family Mealtime Class." Another family that took the “Create a Family Mealtime” class who said, “My family has been making the oat pancakes since we took the classes with you and the kids have wanted them more than the prepackaged pancakes we used to buy.”

By Laurie Bates

Fatherhood Education

The Fatherhood Education Grant that makes fatherhood classes available in Juab County has been a tremendous resource for citizens. The fatherhood classes are provided free of charge and are held in a variety of venues in order to meet the different needs of the county demographics.

In addition to holding open, public, community classes at the Extension office, classes were also hosted by several different organizations. These partnerships included classes at local schools hosted by Parent-Teacher Organizations, and at the Nephi Recreation Office in partnership with Nephi Recreation.

Many citizens took advantage of this valuable resource through privately hosted classes at their place of work, through their congregation or with their friends and neighbors. One of the benefits of these practical parenting classes is that, through Extension, we are able to make the classes available in a venue that is most convenient and comfortable for the fathers.

Interestingly, some fathers are reluctant to participate, saying things like, “I’m already a good dad.” Remarkably, “good dads” love learning more about how to connect with their children in meaningful ways. As these fathers come to class, they are consistently impressed with the ways their relationships with their children improve, and they inevitably want to learn more.

By Natasha Dansie
Looking back on my work this past year has given me an opportunity to reflect on my role as an Educator for Utah State University Extension in Juab County. I decided to center on innovation for 2017. I began by collaborating with the JUMP coalition to address the opioid abuse epidemic. I worked with Gay Hansen, Prevention Coordinator for JUMP, to implement the Guiding Good Choices series of classes. After the classes, we hosted a series of opioid abuse prevention events. The first activity was a community gathering featuring Dr. Jay Bishoff, who spoke about preventing opioid dependency. Following Dr. Bishoff’s speech, we held a Friday the 13th, “Kick Your Stash in the Trash” Tailgating Party at a Juab High School Football game. During the course of the evening, we were able to share opioid abuse prevention information to over 200 families.

A few weeks later, we organized the “Not a Zombie” 5K run. The gathering was a success. 20.4 pounds of medication was collected on that day. The number of individuals that we reached was 435. Newspaper articles informing the community of opioid risks and prevention strategies were distributed to 4,800 subscribers.

I hosted a four-part series entitled, Fight Like a Girl, featuring the R.A.D. system. We had a great turn out and it was incredible to watch the transformation as very hesitant and timid women gained confidence and empowerment during the course; they too, in the end, fought back with force and confidence.

In short, they “fought like a girl”. Following the self-defense course, I collaborated with Sheriff Douglas Anderson for a concealed carry course and a hands-on experience shooting live rounds at the firing range entitled, Shoot Like a Girl.

Another idea that I actualized was a Cultured Foods Series. This was in response to calls to the Extension office from community members with access to raw milk. Knowing the inherent risks of using raw milk, I developed the Cultured Foods Series to teach how to pasteurize and safely use the milk for yogurts, cheese, etc.

The most beautiful part of my job is my time spent teaching the incarcerated female population at the Juab County Jail. The women in the jail are so in need of what family and consumer sciences has to offer. Teaching at the jail may not seem particularly innovative. However, one has to be innovative to figure out how to teach there with all of the rules and restrictions imposed in an incarcerated environment. In 2017, I taught 112 females. It is amazing how much I enjoy being in jail. I drive home feeling like I have made a difference.

I have a special connection with the 4-H members that I have served in my capacity as a youth development educator. It has been a pleasure to work with our youth in our cake decorating, sewing, modeling, cooking, and day camps. In 2017, 1,616 youth and adults were served through FCS 4-H programming.

In closing, it has been a wonderful year in Juab County. I have enjoyed my time here, and I love the people that I continue to meet. There is not a better job than serving the people of Juab County. I have developed an immense fondness for the community. The residents of Juab County are first-class, and I am lucky to have made some special friendships here. Deciding to become an Educator for Utah State University Extension has been the best decision that I ever made.

By Ginger Hack
Retirement

For the past 28 years, I have served as the Utah State University Extension Agricultural/Youth Agent in Juab County. Through these years, I have continually tried to accomplish the basic mission of Extension, which is to improve the quality of life for individuals, families and communities. Working with many excellent groups and individuals, we have been able to make great strides in different areas including weed control, range improvement, county fair livestock show, home horticulture, community garden, garden irrigation and various 4-H programs.

As I review the years of serving the county, there are many items that I am very proud of, but three stand out. The first is the evolvement of the home garden PVC Drip Irrigation System. Working with a local gardener, we developed a simple and user friendly drip irrigation system. In the few years since it has been advertised, I have been contacted by people in 45 states and 16 foreign countries that are using the system. It has been gratifying to see how a program developed with others on a local level has had such a global impact.

The next item is the opportunity to work with the great youth of the county. Through the years I have worked with thousands of youth in the 4-H program. These programs have included day camp, state contests, livestock and horse programs, teen programs, after school programs and the county fair. After finishing their 4-H careers, many of these youth are now active 4-H leaders sharing the skills they learned with current members.

The final item is the friendships I have experienced. Through the years, I have had the opportunity to develop great friendships with individuals that will continue throughout the rest of my life. It has been a privilege and honor to serve as your USU “County Agent”.

By Jeff Banks

Extension Staff

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