General 4-H

4-H Summer in the Park introduces the youth of our county to some of the programs that 4-H offers. The program teaches life skills through games and activities. 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 working with Nephi City Recreation to provide activities for the youth.

We held our annual 4-H Day Camp at the Nephi City park. The theme of our annual 4-H Day Camp this year was Under the Big Top. Youth learned about preventing accidents from the Sheriff’s office. They also learned how to make a picture using the sun with exposure paper. They played with bubbles and created different STEM projects.

4-H Sewing and Food Preparation/Nutrition camps were held during July. 4-H youth had the opportunity to learn food preparation skills as they made an All American Breakfast. 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 cuddle monsters that were donated to the Lab at Central Valley Medical Center. These gave young children comfort when they had a difficult procedure. We started a new club where 4-H members learned basic sewing techniques. The youth made an instructional book which will prepare them to sew harder projects.

I strived to recognize all volunteers for their hard work. I wrote thank you notes and gave a small gift to each one. 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.

By Judy Jensen

Teen Council Highlights

This year teen council has been focused on how to lead and their purpose as being leaders in the county with younger youth, with other teen council members and 4-Hers and with their peers at school and in the community. They have learned how to develop, teach, and facilitate workshops. They have worked to recruit and retain members and learned new ways of marketing 4-H. They have worked to learn the purpose of 4-H and memorize the 4-H motto and pledge. We have doubled the number of youth attending state events, with the best showing in years of youth who participated and received awards in state contests. Teen Council is making waves throughout the county and will continue to do so in the upcoming years.

By Tasha Killian
USU Extension and Department of Workforce Services co-sponsor the Food Sense/SNAP-ED Nutrition Program established in Juab County. This is a program that helps people lead healthier lives. SNAP-Ed teaches people using or eligible for SNAP about good nutrition, how to make their food dollars stretch further and to be physically active. Food Sense SNAP-Ed Program provided education to 5,637 low income residents including youth and school programs.

The Food Sense “creates” curriculum is designed to improve eating healthy and basic cooking skills and making new habits that will help them take control of their own nutrition and health. It starts with a plan, by setting participants up for success by planning meals and snacks in a way that works for their family, and their budget. These tools allow them to look at what they are spending now and how they can make small changes that add up to increased savings in their budgets. Also emphasized, is the importance of choosing a physically active lifestyle consistent with the current Dietary Guidelines for Americans and USDA’s MyPlate.

I believe that sharing stories of success is one of the most important things we can do to motivate and inspire.

Success Story for 2018
1/18: Athenian e Academy school: A young lady in class stated, “she is choosing better foods to eat, and thinking more about what she is eating”.
2018 Outstanding Partnerships in Juab County
Teacher Mrs. Cortny Brough and Emily Tuckett, honored from Athenian e Academy

7/18 Young Father came up to me and stated, “this class has helped my family and myself to see how important having dinner together is we have enjoyed taking the class and have learned a lot from it. I hope you can keep teaching it to others. Thank you”

Nebo View Elementary school
Dear Miss Laurie,
Thank you for coming to our school. I learned that a lot of pop is bad for you. My favorite part was you teaching us about sometime foods. I really like the smoothie.
Your Friend Mathew

By Laurie Bates

Fatherhood Education

Children who grow up with an involved father are less likely to engage in risky behaviors and more likely to be successful academically and socially when compared with children who are growing up without their dads. Fatherhood education classes were available throughout Juab County using three wonderful and engaging programs. “Fathering with Love and Logic” is a popular skills-based approach utilizing the well-known Love & Logic Methods developed over 40 years ago. “Home Run Dads” is a relationship-based curriculum utilizing a baseball theme to help fathers ‘coach’ their children and lead their families. “24/7 Dad” focuses on a whole-man approach helping fathers become more self-aware and ready to develop fatherhood and parenting skills. These classes are made available at no cost and were taught in partnership with businesses, the school district, religious organizations, the Nephi City Recreation Department, the Division of Workforce Services, and private groups in addition to the Extension Office. A broad range of county residents utilized this valuable resource to improve their fatherhood skills and strengthen their relationships. Classes continue to be available throughout this year and can be scheduled through Natasha Dansie.

By Natasha Dansie
In the year 2018 I worked in many different areas. In the area of Family and Consumer Sciences, I oversaw the Food $ense program as well as the sewing and cooking programs in 4-H to bring consumer science programs to broad range of audiences. I also taught a basic canning class, became certified as a Master Food Preserver, and helped many in our county work to make sure their pressure canners are in working condition. I also taught a Homebuyer’s Education course and worked with the families in the community to make sure they received education on the topics that fit their needs. In the relationship education field, I developed and taught a class that focused on how parents can build healthy digital habits in their homes and with the children. I have also been an active member of the JUMP coalition, supporting them in helping with grant writing and bringing more money to the community.

I have become a Youth Mental Health First Aid as well as an Adult Mental Health First Aid Trainer and brought the Mental Health First Aid course to Juab County. This course provides education in mental health illnesses and teaches those who participate how to respond. I have held one very successful course in the county and plan to continue to hold at least one course quarterly as well as offer them to special groups as interest arises.

With 4-H I was able to partner with one other county in Salt Lake to bring a million-dollar grant to Juab County for after school funding at Red Cliffs Elementary school. This grant not only provides a new opportunity for youth at Red Cliff’s Elementary, but it provides job opportunities for club leaders, coordinators, and tutors. The grant provides family support services as well as targeted tutoring to help youth in the areas where they need support but may not be able to receive it during instruction time at school. This grant is over a five year period, with opportunity to expand to other schools, and to maintain funding through other sources. I have also worked with the Juab County Teen Council this year to allow them to have more leadership and teaching experiences that they previously haven’t had by adapting Teen Council so that it follows the state and national model for youth development.

I have also taken over the role of County Director as of January 1, and have been able to help the county in that aspect by allowing opportunities for professional development within the staff and working to come together as a team.

Throughout my year as faculty member, I have worked to build upon the foundation left by those in the position before me and programs and needs of the community in which we live and work.

By Tasha Killian
Juab County Community Garden

The Juab County Community Garden offers community members the opportunity to grow their own food. This garden was created using a grant that Jeff Banks, the previous USU County Ag Agent, obtained. He and community members built the garden boxes, filled them with high quality soil, and made a drip irrigation system for each of the garden beds. Their efforts created 20 raised beds, a tool shed, and a small greenhouse. In 2018, the garden beds were used by community members to grow a wide variety of vegetables. The 4-H Teen Council group also utilized two of the garden spaces. They used the produce that they harvested to create salsa with USU’s blender bike and shared it at the county fair.

Livestock Producer Meeting

Livestock producer meetings were hosted by Extension in Nephi and Callao. In Nephi, 25 producers attended a beef producer meeting. Specialists from Utah State University and University of Wyoming were invited to speak to beef producers about economics, breeding, and grazing cattle. Extension also visited ranchers in Callao, 15 individuals from Callao and surrounding communities attended the workshop. They were able to establish a relationship with Extension and learn about a variety of programs that USU offers to the Agriculture community. Some topics that were important to them were soil and feed testing, access to agriculture specialists, and water conservation.

Relationships between the Bureau of Land Management (BLM) and ranchers were also highlighted during this meeting. Ranchers in the West Desert requested that this meeting with Extension be held annually to allow them access to new technology and industry highlights.

4-H Livestock, Horse, and Dog Programs

The 4-H youth agriculture programs have thrived this year. We had increased participation in the Juab County Fair, with 119 individuals showing lambs, hogs, and steers. Youth took their animals to various livestock shows across the state. A 4-H livestock judging team attended 4-H State Contests, where they competed in Livestock judging, livestock bowl, and dairy judging. The livestock judging team placed second in the state, with one individual placing first as an individual. The team also placed first in the state in dairy judging. The 4-H horse program is continuing to grow, with horse clubs in Levan, Nephi, and Mona. These clubs held showmanship, horsemanship, and reining clinics to help prepare the youth for their classes. 4-H dog is a new program that was offered to 4-H youth in 2018. It provides the opportunity for youth who do not have livestock or horses to participate in the county fair. Approximately 20 youth attended the classes throughout the spring and summer, with ten showing in the county fair.

By Beth Crandall

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