The 4-H program provides youth with opportunities to participate in research-based, hands-on learning activities with caring adult mentors while gaining valuable life skills. Participation in 4-H activities increased significantly in 2013 with the addition of weekly 4-H afterschool clubs. Promotional Family Fun Night events provided opportunities for youth and adults to participate in activities while learning about the 4-H program. 4-H programming efforts resulted in an overall increase in the number of county fair entries in 2013, as well as, the implementation of 4-H Summer Camps.

<table>
<thead>
<tr>
<th>Program</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Afterschool</td>
<td>740</td>
<td>2,365</td>
</tr>
<tr>
<td>4-H Family Fun Nights</td>
<td>200</td>
<td>455</td>
</tr>
<tr>
<td>County Fair Entries</td>
<td>648</td>
<td>1054</td>
</tr>
<tr>
<td>Livestock Fair Entries</td>
<td>99</td>
<td>94</td>
</tr>
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</table>

4-H afterschool clubs provide underserved elementary school-aged youth with the opportunity to participate in projects and activities in a safe, inclusive environment with caring adult mentors. Through participation in 4-H afterschool activities, youth gain valuable life skills to become active, productive members of their respective communities.

Successful monthly 4-H afterschool programming in 2012 resulted in requests by parents, teachers, and school administrators to offer the program on a weekly basis. Secured grant funding in 2013 allowed for the purchase of non-consumable supplies to support programming efforts. Additional grant monies have allowed for the training and compensation of six Afterschool Educator positions for the 2013-2014 school year. As a result, approximately 120 youth in six communities throughout the county participate in 4-H afterschool activities every week.
Sanpete County was greatly affected by drought. One of the hardest hit areas was Fairview City due to the draining of the Fairview Lake Reservoir to repair the dam. To help residents cope with the damaging effects of the drought we conducted a KMTI Table Talk program and developed a workshop on water conservation. The workshop was held in Fairview City. These educational programs taught residents how to reduce irrigation water use while maintaining healthy plants and beautiful landscapes.

Agriculture and Horticulture Workshops

Sanpete County has the greatest number of ewes and lambs in Utah. However, the sheep producers are in need of improved management knowledge and skills to continue to be competitive in the ever changing industry. We worked with the Wyoming Extension Agents to bring the Wyoming Master Wool growers program to Sanpete County. This educational two day program taught sheep producers how to improve range lands, lamb marketing and enterprise financial analysis. One producer said that this was one of the best local educational programs that he had ever attended.

Food $ense Nutrition Program

Sanpete County residents are faced with limited economic resources, increasing the need for research-based nutrition education information. In 2013, approximately 535 adult residents and 2,743 youth participated in nutrition related classes. Nutrition program participants gained the necessary skills and knowledge to plan healthy menus for themselves and their families, while learning how to stretch their food dollars and maximize their food budgets. Youth participants gained nutrition education through lessons delivered during allotted classroom time that focused on healthy eating habits and physical activity.

In addition, a partnership with the Sanpete County 4-H program provided the opportunity for elementary-aged youth to participate in a three-week nutrition day camp. Approximately 40 youth throughout the county participated in activities promoting safe food handling, healthy snack choices, and physical activity.

Diversified Agriculture Conference

Agriculture producers are in need of more tools to help manage their complex businesses. To benefit farm businesses in Central Utah, we teamed up with USU Extension Specialists and other committee members to obtain funding of over $99,000 from the USDA Risk Management Agency to fund the 10th Annual Diversified Agriculture Conference. Our office was instrumental in hosting the conference in Sanpete County. We had over 25 presentations and three local tours on livestock management, direct marketing, and business planning and management. This program had more than 70 in attendance and contributed to improving agriculture businesses in Central Utah.
Healthy Relationship Education

Due to Snow College’s presence in Sanpete County, there is a large population of emerging adults who can benefit from research-based relationship education classes that provide knowledge and skills to make safe, healthy decisions when selecting a potential partner. Communication and conflict resolution skills are strengthened through relationship education classes.

A partnership with Central Utah Counseling Center (CUCC) allowed for the implementation of *Marriage Survival* classes in 2013. Approximately 20 individuals attended the classes and participated in marriage-enrichment games and activities. *How to Avoid Falling for a Jerk or Jerk-ette* classes were also taught to 57 college students and teens in partnership with CUCC. The partnership was created through involvement with Sanpete County’s Local Interagency Council. Additional grant funding was secured in 2013 and will serve as programmatic support for relationship education classes with Snow College students.

4-H Family Fun Night Events

4-H Family Fun Nights serve as a promotional tool to introduce and educate Sanpete County residents about the 4-H program. Over 200 youth and adults attended the first event held in 2012. Due to the success of the first Family Fun Night, along with the implementation of 4-H afterschool clubs, the events were conducted at each individual elementary school to encourage participation within that particular community. Six events were held over a two-week period in April of 2013.

Youth and adults participated in hands-on activities, including healthy living, gardening, arts and crafts, sewing, science, and cookie decorating. Holding Family Fun Nights in individual communities served as a platform for establishing connections and partnerships in a friendly, laid-back environment. Participation more than doubled in 2013 with 455 individuals in attendance. In addition, over 100 youth participated in 4-H Summer Camps that were promoted at Family Fun Night Events.
Consultations

We strive to be available to the public to address issues with individuals through phone calls and office visits. We receive questions from the public on many topics. We provide solid research backed information that is tailored to the climate and condition of Sanpete County. This service is greatly appreciated and can greatly help residents with many questions and concerns. Some of the issues we addressed this year through consultations are as follows:

- Biological control of Musk Thistle
- What caused 15 cows to die while grazing
- Fire Blight on apples
- Dying peach trees
- Milking sheep production
- Small farm production
- Direct marketing chicken eggs and broilers
- Marketing fruits and vegetables
- Planting irrigated pastures
- Building bridges for a irrigation system
- Back yard tomato production
- Weed control
- Grasshopper control
- Water wise landscaping

We strive to provide timely and relevant information to Sanpete County Residents to address the issues they are facing.

EXTENSION STAFF

<table>
<thead>
<tr>
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<tbody>
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