

4-H FAMILY NEWS

UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

SEPTEMBER-OCTOBER, 2012

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Happy Fall everyone! It is that time of year where we see friends and siblings travel away to college and we start another school year. I look forward to another new generation starting out in the 4-H program as we start a new 4-H year. We had an excellent county fair and more importantly we had a GREAT time. We had some bumps during the week and I am proud of everyone for stepping in, understanding, and helping one another to experience success. The 100th State Fair was a success in Douglas and I hope that more youth will choose to participate next year. I'm really proud of our youth that worked hard all year. It would be careless and thoughtless if I didn't say THANK YOU to all our volunteers who have worked with our youth all year to help them be the best they can be. They truly help the best become better.

As we look forward to the 2013 4-H year and celebrate 100 years of 4-H, I hope everyone is excited! Wow! What a milestone for our great organization. We are working on some fun new ideas to promote the 100th year and the 4-H program and I look forward to hearing your ideas as well. I look forward to seeing all of you at Achievement Night and during the festivities we have planned for National 4-H Week!

Sincerely,

Amanda Zamudio

Amanda Zamudio
University Extension
Program Associate
4-H/Youth

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Gwen Hansen—Administrative Assistant



November

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

					1	2	3
4	5 Cooking Club @ 3:30	6	7	8	9	10 	
11 	12 <i>Veteran's Day Office Closed</i>	13 4-H Council Meeting	14	15	16	17	
18	19 Cooking Club @ 3:30	20	21	22 23 Happy Thanksgiving	24		
25	26 Cooking Club @ 3:30	27 	28	29	30		



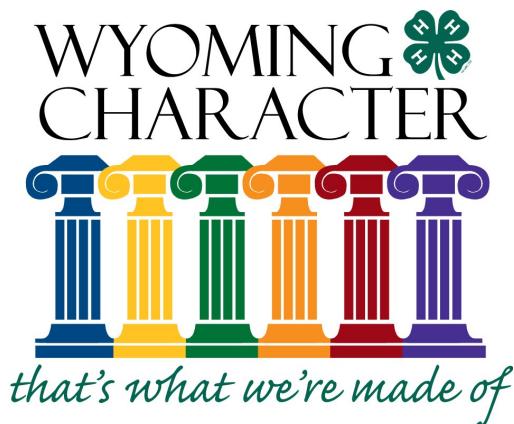
December

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

							1
2 	3 Cooking Club @ 3:30	4	5	6	7	8 	
9	10 Cooking Club @ 3:30	11	12	13	14	15	
16	17 Cooking Club @ 3:30	18	19	20	21	22 	
23 	24 <i>Office Closed</i> <i>at 12:00 p.m.</i>	25 	26	27	28	29	
30	31 						



For up to date Calendar Information- Visit www.tetonwyo.org



Citizenship is:

Demonstrating good citizenship is being a person who is involved in trying to make the community, nation, or world a better place. Good citizens are people who are engaged, in big or small ways, in considering the needs of others in their community. Good citizenship in practice is understanding, appreciating and doing things that make life better for yourself and for others. Citizenship demands participation, involvement and contribution. Good citizens go beyond their own interests, demonstrate a concern for the needs of others and recognize their obligations to make their home, school, neighborhood, country and world the best they can be. Citizenship is a two-way relationship and includes both rights and duties. No one makes a difference without being involved.

How to be a good citizen:

- Live Each Day with Courage
- Take Pride in your Work
- Always Finish What you Start
- Do what has to be Done
- Be Tough, But Fair
- When You make a promise, Keep It
- Ride for the Brand
- Talk Less, Say More
- Remember that some things are NOT for Sale
- Know where to Draw the line



Character Counts Citizenship

November 2012



There can be no high civility without a deep morality.
— **Ralph Waldo Emerson (1803-1882),**
American essayist and poet

Talk about Citizenship

- Name someone who is your hero and explain why you think so.
- Talk about how good citizens demonstrate dependability.
- Discuss what each of us can do to promote good citizenship.

Adapted from WVU Extension Service

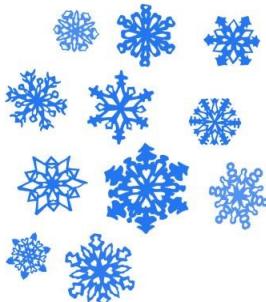
If you wouldn't say it to my face, don't say it on Facebook.

★HAPPY★ BIRTHDAY!

November



December



Ashley Brimeyer
Colten Cook
Henry Horstmann
Emily Mahood
Raegin Ross

Katelyn Coleman
Abigail Daugherty
Emma MacEachern
Taryn Paradis
Abigail Smith

Rachel Ablondi
Kyle Brimeyer
Sydney Clark
Lucy Harger
Mason Horstmann
Markus Krisjansons
Colter Lucas
Shane Lucas
Olivia Rigsby
Anna Sullivan
Brendon Weber

Henry Berezay
Wyatt Christensen
Hayden Collins
Keith Holmes
Mindy Kaufman
Muy Lim
Jamie Lucas
Joshua Morris
Faith Shaw
Ashlynn Weber
Madison Wilkerson



TETON COUNTY YOUTH "DOING THEIR PART"

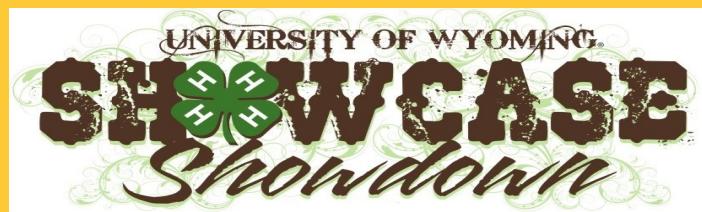


Reporters: Claire Radda and Amber Budge

Many community organizations joined together on May 12th to participate in the community cleanup. One of these was the 4-H citizenship club. The 4-H citizenship club organized the event but other 4-H clubs took part including the Horse, Rabbit, Wildlife, Jr. Leaders, Swine and Sheep clubs. The clubs met in front of the 4-H building and then went on to different locations to collect trash. They cleaned the adopt a highway section of the road. The citizenship club picked up trash from spring gulch to Bar Y. Roadside debris found



ranged from golf balls to Styrofoam packing peanuts. This event started at nine a. m. and continued on to noon where there was a bar-be-que at Powderhorn Park in conjunction with the eco fair. We will have this event again during National 4-H Week in October and everyone is invited to participate and help.



UNIVERSITY OF WYOMING
SHOWCASE
Showdown



Congratulations to the following 4-Hers that represented Teton County at the 2012 4-H Showcase Showdown in June:

McKenna Brinton: State Leadership Team

Ashley Brimeyer: Cake Decorating: Reserve Champion Intermediate



Prepared Presentation: Blue; 6th place overall

Impromptu Speech: Blue; 9th place overall

Abigail Shockley: Prepared Presentation: Blue

Impromptu Speech: Blue; 5th place overall



STATE SHOOT DOUGLAS, WY

Congratulations to the following 4-Hers that represented Teton County at the 2012 4-H State



Shoot in July:



Teton County: 14th place Archery Team

Garret Spencer: 65th place in Archery

Kyle Brimeyer: 58th place in Archery

McKenna Brinton: State Leadership Team, 78th place in Archery, 24th place in Air Rifle, 17th place in 0.22 Rifle



CONGRATULATIONS!

2012 STATE FAIR EXHIBITS



JUNIORS

Heather Budge	Picture Quilt	1st Place Division Winner
Wren Buchenroth	Re-using Eggshells	1st Place Division Winner
Lillian Brazil	Handprint Table Runner	2nd Place Division Winner
Ashlyn Funk	The Six Pillars of Character	2nd Place Division Winner
Henry Berezay	Wolverines	Purple
Jordan Lutz	Guess my Type & How to Show me	Purple
Julia Mahood	Hutch Hazards	Purple
Faith Shaw	Golden Retriever	Purple
Amelia Wilson	Flannel Pajama Bottoms	Purple
Bailey Collins	Famous Rabbits through History	Blue
Noah Luense	ABRA Mini Rex Varieties	Blue
Dean Shaw	Parts of a Rifle	Blue

INTERMEDIATES

Ashley Brimeyer	Spinning Rod	1st Place Division Winner
Amber Budge	Blue/Green Quilt	1st Place Division Winner
Clara Delahaye	Lazy Daze	1st Place Division Winner
Emily Jennings	All About Rabbits	1st Place Division Winner
Spencer Berezay	Plink to KABOOM	2nd Place Division Winner
Clark Buchenroth	How Many Ducklings Hatched?	2nd Place Division Winner
Emilie Gocke	Autism Display	2nd Place Division Winner



CONGRATULATIONS!

2012 STATE FAIR EXHIBITS



INTERMEDIATES

Spencer Berezay	Bzzzzzzzzzzz	Purple
Abigail Brazil	Flower wall hanging	Purple
Zoie Dayton	Orange Blossom Rolls	Purple
Henry Horstmann	American Flag	Purple
Henry Horstmann	Waterfall/River	Purple
Henry Horstmann	Bush/Trees in the Snow	Purple
Henry Horstmann	Buildings & Tetons	Purple
Rylan Tepe	Body Parts of a Rabbit	Purple
Olivia Wilson	Blue Capris	Purple
Zoe Curran	Horse	Blue
Zoe Curran	Flower	Blue
Zoe Curran	Ukulele	Blue
Zoe Curran	Dandelion	Blue
Zoie Dayton	Sweat Pants	Blue
Htet Hnin	Wolverines	Blue
Emily Mahood	Just Wing It!	Blue
Emily Mahood	Working Wabbits	Blue
Analeise Mayor	Farm	Blue
Olivia Wilson	Almond Snack Cake	Blue
Shaeli Funk	Citizenship Blossoming in 4-H	Red
Emily Mahood	Doggy Do's and Doggy Dont's	Red
Sarah McIntosh	Batik Magic	Red
Claire Radda	Trailblazers Foundation	Red



CONGRATULATIONS!

2012 STATE FAIR EXHIBITS



SENIORS

Kyle Brimeyer	Ice Fish Rod Display	Grand Champion Overall
McKenna Brinton	22 meets 307	3rd Place Overall Photography
McKenna Brinton	Home on the Range	2nd Place Division Winner
Sage Anderson	Arizona Sunset	Purple
Emma Bode	Meditation	Purple
Emma Bode	Disperse	Purple
Emma Bode	Chaos	Purple
Sara Rodeck	Framed	Purple
Sara Rodeck	Does the view improve?	Purple
Sara Rodeck	Top Three Pillars	Purple
Isabella Wilson	Seasons Table Runners	Purple
Sage Anderson	Outhouse in the Tetons	Blue
Sage Anderson	Moulton Barn	Blue
Emma Bode	At Rest	Blue
Emma Bode	The Opening	Blue
Emma Bode	Soft Spring	Blue
McKenna Brinton	The 10,000 dollar view	Blue
McKenna Brinton	At the end of the day	Blue
Shelly Moyer	Its who I am: 4-H Yesterday and Today	Blue
Keegan Bommer	M4 Carbine	Red
Keegan Bommer	The History of the Bow & Arrow	Red
Wyatt Christensen	Whole Wheat Bread	Red
Sara Rodeck	Ice	Red

WYOMING STATE FAIR AND RODEO

AUGUST 13-20 2012

DOUGLAS, WY

Congratulations to all the Teton County youth that exhibited at the state fair:

McKenna Brinton- Beef & State Leadership Team

Brayden Castagno—Beef & Swine

Kinzie Castagno- Swine

Kirby Castagno—Swine

Reegan Castagno—Swine

Ben Flickinjer- Rabbit



THANK YOU NOTES



Thank you notes are a very important part of your success. Thank all those who help you including: your leader, parents, fellow 4-Hers, judges, buyers, trophy donors, and award donors. A smile and a thank you will brighten everyone's day.



LIVESTOCK CHECKS ARE NOW READY FOR PICK-UP!

4-H Leaders
Council Meeting
September 4th
at 5: 30 p.m.

4-H Office

All 4-H Leaders
and Jr.
Leaders are
members of the
4-H Council.

Meetings are on
the 2nd Tuesday
of every other
month at 5:30 pm



The purpose of
the 4-H
Council is to
ensure that the
essential elements
of positive youth
development are
incorporated into
all aspects of the
county 4-H
program.



For more information visit our website:
www.tetonwyo.org

4-H LEADERS

Leaders thank you for all your hard work this past year! The 4-H program would not be as effective and successful without volunteers like you! Your are truly making an impact and difference in the lives of our Teton youth and we are in debt to you.

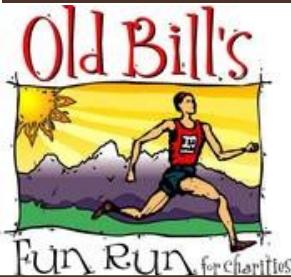
Here are some activities these next two months that are really important in club development:

- ♦ **September 4th-12th:** Record Book Scoring
- ♦ **October 7th-12th:** National 4-H Week
- ♦ **October 7th-12th:** Stop by the 4-H Office and get a yard sign for recruitment
- ♦ **October 8th:** Re-enrollment Night and Open House- Please come prepared to share club highlights and details to members and new potential members. 6-8 p.m. @ 4-H Building and in Alta
- ♦ **October 9th:** 4-H Family Fun Night 6-8 pm @ the Teton County Fair Exhibit Hall
- ♦ **October 10th:** 4-H supporter appreciation night 6-8 pm @ the 4-H Building
- ♦ **October 13th:** 4-H community service highway clean-up
- ♦ **October 17th:** Achievement Night @ 6:30 pm, Fair Exhibit Hall

Are you interested in starting a community club? Please contact Amanda Zamudio at the 4-H office by phone (307) 733-3087 or email azamudio@tetonwyo.org for more information!

**4-H Leader Appreciation Night
September 29, 2012**

PROMOTE 4-H



Don't forget Teton County 4-H in donations for Old Bill's Fun Run! Wear 4-H attire and promote 4-H in the Fun Run!

Saturday, September 8, 2012

Check out one of these yard signs from the 4-H Office to display in your yard during National 4-H Week, October 7-12th!



Teton 4-H currently has the following clubs:

- * Market Beef
- * Archery
- * Market Sheep
- * Breeding Beef
- * Market Swine
- * Breeding Sheep
- * Meat Goats
- * Breeding Swine
- * Cake Decorating
- * Citizenship
- * Photography
- * Poultry

- * Quilting
- * Dogs
- * Rabbits
- * Recreation
- * Self-determined
- * Wildlife
- * Horses
- * Sport fishing
- * Shotgun
- * Rifle
- * Cats
- * Nature and Ecology
- * Child Development
- * Fabric and Fashion
- * Computers
- * Pistol
- * Crocheting
- * Pocket Pets
- * Dairy Cattle
- * Dairy Goats
- * Electricity
- * Range Management
- * Entomology
- * Foods and Nutrition
- * Gardening
- * Robotics
- * Geology
- * Rope craft
- * GIS/GPS
- * Health
- * Horse Judging
- * Vegetable Judging
- * Horticulture
- * Veterinary Science
- * Hunting
- * Visual Arts
- * Interior Design
- * Web Pages
- * Knitting
- * Leather craft
- * Woodworking
- * Livestock Judging
- * Wool Judging

We need leaders for the following:

- * Aerospace
- * Meats Judging
- * Muzzle loading



Please tell all your friends and family about Teton County 4-H! Share all your memories and invite them to join too! There will be an open house at the 4-H Office on **Monday, October 8, 2012** come sign up for 4-H and bring a friend or two that would like to join 4-H or find out a little more about the organization.



NATIONAL 4-H WEEK

MONDAY, OCTOBER 8, 2012:

Open House and Re-Enrollment Night 6-8 pm

Jackson: 4-H Building

Alta: Alta School

Come learn about the projects and activities 4-H has to offer!

TUESDAY, OCTOBER 9, 2012:

Family Fun Night 6-8 pm

Teton County Fair Exhibit Hall 4-H

Join us a night full of fun and games with our 4-H family!

WEDNESDAY, OCTOBER 10, 2012:

4-H Supporter Appreciation Night 6-8 pm

Teton County 4-H Building

Dress nice and come say thank you to the 4-H supporters in our county! If you were a recipient of an award or sold in the livestock auction call your buyers and donors and invite them to the party.

SATURDAY, OCTOBER 13, 2012:

4-H Community Service Highway Clean Up; Meet at the 4-H Office @ 9 am

Between Spring Gulch Road and Skyline Community

Come join the 4-H community to clean up the highway!

Questions about these events? Call Amanda at the 4-H Office!



ACHIEVEMENT NIGHT

OCTOBER 17, 2012 AT 6:30 P.M.
FAIR EXHIBIT HALL

4-H Achievement Night is the year-end celebration of all the year's achievements. All 4-H members will be honored for years of membership, Record Book awards, and special leadership awards. Record Books and premium checks will also be awarded at this time.

Please have dinner before this event. The 4-H Council and the Jr. Leaders will provide desserts and drinks following the awards program!

PRIZE RAFFLE

Included in this newsletter is a 4-H Program Questionnaire for leaders, members and parents. We want to hear your feedback about this year in 4-H. This feedback will help guide us in making decisions for next year. It will also help to identify your needs and keep the program current and exciting. Please take a little time to answer these questions thoughtfully. Turn the questionnaire before October 1st or bring it to Achievement Night and you will be entered to win great prizes that night.

AWARD NOMINATIONS

- **Outstanding Youth:** All youth
- **Above and Beyond Leader:** All leaders
- **Rookie Leader of the Year:** 1st or 2nd year leader
- **Friend of 4-H:** community member or organization that has helped the 4-H program.

Nomination forms are found at the end of this newsletter. These are due by email azamudio@tetonwyo.org or turned into the 4-H Office by October 1st. Nominations turned in after this time will not be considered.

RECORD BOOKS

Record Books will be returned to members at Achievement Night. If you are unable to attend Achievement Night, please pick up your packet in the 4-H Office immediately after Achievement Night. This packet includes your premium check from Fair. Premium checks must be cashed by March 1st.



4-H MEMBER RECOGNITION



Membership Recognition

Member has turned in all required enrollment materials .

Member has behaved in an appropriate manner at all 4-H activities, events, and meetings .

Member is enrolled in at least one project .

Member is enrolled in at least one club or has approval of county

4-H Educator.

Silver Recognition

Member meets Membership Recognition criteria.

Member has exhibited what he/she learned at some point in the current 4-H year.

Member provides documentation of setting goals, knowledge/skills gained and participation in project (via the Record Book).



Gold Recognition

Member meets Membership Recognition criteria.

Member has exhibited what he/she learned at some point in the current 4-H year.

Member provides documentation of participation in *all* essential elements of positive youth development: setting goals, knowledge/skills gained, recognition, leadership, community service, and participation (via the Record Book).

Wyoming 4-H Honors Club

The ultimate achievement that a 4-H member can obtain is inclusion in the Wyoming 4-H Honors Club. It is based on the principle of providing recognition for youth that maximize their opportunities to foster positive youth development elements of belonging, independence, generosity, and mastery over their time as a member in the program. Nineteen (19) points must be accumulated to obtain the status. Annual efforts are accumulated based on receiving three (3) points for a gold effort and one (1) point for a silver effort.

4-H PHOTOS



Please email photos from the 4-H year to azamudio@tetonwyo.org. We would love to put them in the program for achievement night!

2012 PROPOSAL FOR CHANGE

Teton County 4-H Rules and Guidelines

Proposal for Change

Due October 1, 2012

(Will be reviewed by committee and decided on by the Teton County 4-H Council
at the November 4-H Council meeting)

Current Rule:

Proposed Change:

AWARD NOMINATIONS (DUE OCTOBER 1, 2012)

Outstanding Youth Nomination Form

Your Nominee Is: _____ Your Name: _____

I feel this member is deserving of this award because (use additional paper if necessary):

Above and Beyond 4-H Leader Nomination Form

This award is open to any 4-H Leader

Your Nominee Is: _____ Your Name: _____

I feel this leader is deserving of this award because (use additional paper if necessary):

Rookie Leader Nomination Form

This award is open to any first or second year 4-H Leader

Your Nominee Is: _____ Your Name: _____

I feel this leader is deserving of this award because (use additional paper if necessary):

Friend of 4-H Nomination Form

This award is open to any person or business that has helped support the 4-H program. Awards will be presented at Achievement Night in October.

Your Nominee Is: _____

I feel this person/business is deserving of this award because (use additional paper if necessary):

4-H CLUB LEADER THANK YOU

Please fill out as many of these questions as you can by Oct. 1st. Please email any pictures you have of your 4-H Leader in action to azamudio@tetonwyo.org by Oct. 1st. Responses to questions can also be emailed.

1. What is your name? _____
2. If you could tell your 4-H leader (s) thank you for what they have done for you, what would you say? (please include their name)
2. How has your 4-H Leader (s) or 4-H changed you?
3. What is your favorite thing about your 4-H Leader (s)?
4. Is there anything else you would like to tell your 4-H Leader?

Thank you for taking the time to thank your 4-H Leader!

4-H MEMBER

Teton County 4-H Program Questionnaire

Name: _____

Please take a few minutes to answer these questions. Use additional paper if you need additional writing space.

What is your favorite thing about being in 4-H?

What challenges did you have this year in 4-H?

In what ways did your 4-H Leader help you to be successful this year?

How could your leader be more helpful in the future?

This year Character Counts! was incorporated in many aspects of 4-H. Did you do any Character Counts! activities in your club?

4-H MEMBER (CONTINUED)

Teton County 4-H Program Questionnaire

How do you plan to use what you learned this year in 4-H for the future?

This year there were some changes that were recommended from last year. Please let us know whether you liked or disliked the changes and why. Also, should we continue with the change for next year?

Interview Judging for all Exhibit Hall 4-H Projects

Silent Auction of 4-H Exhibits

Redneck Olympics and Scavenger Hunt during the Fair

Record Book Help Workshop

Anything else you would like to share that could help make 4-H better?

Thanks for completing this questionnaire!

4-H PARENT

Teton County 4-H Program Assessment

Name: _____

Please take a moment to complete this questionnaire. Your input is essential to the success and growth of the program and will guide me in decisions and additions for next year. I appreciate your thoughtful responses. Feel free to continue your responses on additional paper.

What went well this year regarding 4-H?

What challenges did you and/or your 4-Her have this year?

In what ways could the 4-H Office staff help you with these challenges?

What trainings, clinics, or workshops would you like to see offered in the future?

What suggestions do you have to improve the current 4-H Program in Teton County?

4-H PARENT (CONTINUED)

Teton County 4-H Program Questionnaire

Do you feel the 4-H Newsletter is an effective way to make information known? If not, what ideas do you have to better communicate information about the program?

This year there were some changes that were recommended from last year. Please let us know whether you liked or disliked the changes and why. Also, should we continue with the change for next year?

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Record Book Help Workshop

Anything else you would like to share that could help make 4-H better?

Thanks for completing this questionnaire!

4-H CLUB LEADER

Teton County 4-H Program Questionnaire

Name: _____

Please take a moment to complete this Questionnaire. As a 4-H Leader, you are the foundation of this organization. Your input is essential to the success and growth of the program and will guide decisions and additions for this coming year. Thoughtful responses are appreciated.

Feel free to use additional paper if necessary.

What went well in your club this year?

What challenges did you have this year?

In what ways could the 4-H Office staff help you with these challenges?

What trainings, clinics, or workshops would you like to see offered in the future?

If you could give a new 4-H Leader one piece of advice, what would it be?

What suggestions do you have to improve the current 4-H Program in Teton County?

4-H CLUB LEADER (CONTINUED)

Teton County 4-H Program Questionnaire

Do you feel the 4-H Newsletter is an effective way to make information known? If not, what ideas do you have to better communicate information about the program?

This year there were some changes that were recommended from last year. Please let us know whether you liked or disliked the changes and why. Also, should we continue with the change for next year?

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Record Book Help Workshop

Anything else you would like to share that could help make 4-H better?

Thanks for completing this questionnaire!



Most teens have a busy schedule, and the boost of energy an after-school snack provides can get them over the hump until time to eat a full meal. Consistently fed teens will be much more capable of focusing on the task or activity at hand with the required fuel to concentrate and keep going. Snacks are a terrific way to satisfy that hunger and provide nutrients the body needs.

When teens come home from school with growling stomachs, they may not be too interested in making the healthiest choices. Since a hungry after-school snacker will often take the path of least resistance - a calorie-loaded bag of potato chips, dip and pop may be the after-school snack of choice; It is easy and tastes good but not because it is good for them.

Do not despair. Work their hunger to your advantage. All that is needed is a kitchen filled with healthy and attractive snacks for the entire family to enjoy. This will encourage your teen to reach for the option you provide rather than hunting down a candy bar, cookies or chips.

Most teens are getting about one-third of their daily calories from the empty calories of snack foods, with solid fats and added sugar of little nutritional value, according to the USDA's Agricultural Research Service.

Good snacks like fresh fruits refuel teens and give them important nutrients. Poor snacks add extra sugar, saturated fats and sodium to the body. If portions aren't controlled, these snacks may ruin their appetites for the healthy family dinner served later.

The best snacks include complex carbohydrates, low-fat dairy and low-fat protein:

Complex carbohydrates. Good choices include fruits, vegetables, whole grains, beans, and legumes, hummus and edamame (steamed Japanese soybeans).

Low-fat dairy products. The calcium in dairy has long been known to promote strong bones. Excellent choices include low-fat milk, yogurt, cheese and cottage cheese.

Low-fat protein. Choices include lean chicken, turkey or fish. This can be in the form of deli slices or canned products ready for a lite spread and used on crackers or as a dip for veggies.

Avoid refined carbohydrates - foods high in sugar and white flour. Limit white potatoes (fries or chips), sweets, candy, sugary drinks and pastries. These foods can cause blood sugar to rapidly spike, which may trigger a hunger attack when it falls again.

Plan ahead. Then, post your list on the refrigerator door for snack ideas all members of the family can use.

Supplying healthy snacks may not be enough - you may need to get rid of the unhealthy foods depending on your family's eating behavior. The goal is not to forbid foods that have less nutritional value but to present teens with healthy options. This doesn't mean depriving the family of fun foods (everyone needs a treat now and then), just regulating them.

Source: Vicki Hayman, BS, MEd, University of Wyoming Extension Educator, Nutrition and Food Safety, Northeast Wyoming.

Jennifer Jacobsen, R.D.

University of Wyoming Extension Nutrition & Food Safety Educator- West Area

jjacobsen@tetonwyo.org



SAVVY PARENTING WEBINAR SERIES

September 6th: Budgeting for the College Student

October 4th: Protecting your Child's Identity

Mary M. Martin

November 1st: Consumer Fraud

Area Community Development Educator

There is no charge for the webinars. Please go to
<http://uwyo.edu/ces/money> to access the series. These online
 workshops are ½ hour from 12:10-12:40p.m.

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Teton County Office

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**TETON
COUNTY
4-H**



4-H is a **community of young people**
across America who are learning
leadership, citizenship and **life skills.**

4-H FAMILY NEWSLETTER

Stay Tuned in to what's happening in
the 4-H program via technology:

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