

# 4-H Family News



UNIVERSITY OF WYOMING

Teton County Extension Service

April 2012

## Inside this issue:

April/May 4-H Calendar	2-3
Character Counts	4
4-H Announcements	5
4-H Member News	6-7
4-H Leader News	8-9
Extension News	10
4-H Opportunities	11
4-H Project News	12
4-H News	13
Nutrition & Food Safety	14-15
Community Development	16

With this issue of the 4-H Family News comes great news. We are able to announce who our new 4-H educator will be. Amanda Zamudio .

Amanda comes from Elfida, a small town in Southeastern Arizona. She grew up on her family farm ....in a large 4-H family. Both of her parents were 4-H leaders and she has been involved in 4-H since joining the Clover Bud program. Her 4-H projects included: livestock evaluation, cattle, sheep, market goats, swine, poultry, rabbits, waterfowl, public speaking and leadership.



She has competed at county, state and national 4-H competitions. She represented Arizona at the National Livestock evaluation contest as a sophomore in High School. As her love for agriculture and livestock grew, she also joined FFA. She has served as an officer with Arizona's State FFA program.

Amanda is currently a 4-H leader in Arizona and has had the opportunity to work with 4-H youth in many facets of 4-H including the Arizona National Livestock Show where she serves as the assistant office manager.

Amanda completed her Bachelors of Science in Animal Science at the University of Arizona where she is putting the finishing touches on her research project for her master's degree. She plans to earn her Masters of Science in Agriculture Education and Extension in May. She will be heading to Jackson shortly after receiving her diploma. Her first day with us is May 30. We are very excited to have been able to find the talent and enthusiasm that Amanda brings to our program.

*Mary M. Martin*

Mary M. Martin

Area Community Development Educator

## Support Staff

Stephanie Turner—Office Manager & Gwen Hansen—Administrative Assistant

*University of  
Wyoming Teton  
County  
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P.O. Box 1708  
255 W. Deloney  
Jackson, WY  
83001  
307-733-3087  
Fax - 307-739-0749*

# April 2012

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

1	2	3	4	5	6	7
<b>Spring Break (Teton County School District)</b>						
			Clogging @ 5:30p.m.	Sew Many Memories @ 4:00p.m.		
8	★ 9 Hunter Safety @ 6:00 p.m. Sharpshooters @ 6:30 p.m. Alta Community Club @ 6:00 p.m.	★ 10 Hunter Safety @ 6:00 p.m. Razor Backs - Jr. & Int. @ 6:15 p.m. Sr. @ 7:15 p.m.	11 Citizenship @ 5:30 p.m. Dog Pet Partners @ 6:30 p.m. Clogging @ 5:30p.m.	12 Sew Many Memories @ 4:00p.m. Jr. Leaders @ 5:00 Swine @ 6:00p.m. Sportfishing @ 6:00 p.m.	13	14
15	★ 16 Hunter Safety @ 6:00 p.m. Hippity Hop @ 5:30 p.m. Alta Community Club @ 6:00 p.m.	17 Razor Backs - All Club Members @6:15p.m.	18 Community Horse Meeting @ 5:30p.m. Clogging @ 5:30p.m. Pet Partners @ 6:30 p.m.	19 Sew Many Memories @ 4:00p.m. Teton Livestock @ 6:30p.m.	20	21
22	23 Sharpshooters @ 6:30p.m.	24 Razor Backs - Jr. & Int. @ 6:15 p.m. Sr. @ 7:15 p.m.	25 Clogging @ 5:30p.m.	26 Sew Many Memories @ 4:00p.m. Sportfishing @ 6:00 p.m.	27	28
29	30					

# May 2012

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
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		1 Razor Backs- Seniors ONLY @ 6:15 p.m.	2 Citizenship @ 5:30 p.m.	3 Sew Many Memo- ries @ 4:00p.m.	4	5 Sportfishing Hatchery Pond
6	7 Hippity Hop @ 5:30 p.m.  Sharpshooters @ 6:30p.m.	8 <i>4-H Council Meet- ing @ 12 p.m.</i>  Razor Backs - Jr. & Int. @ 6:15 Sr. @ 7:15 p.m. Dog Pet Partners @ 6:30 p.m.	9	10 Sew Many Memo- ries @ 4:00p.m.  <i>Jr. Leaders @ 5:00 p.m.</i> Swine @ 6:00p.m.	11	12 Hippity Hop @ 8:00a.m.
13	14	15 Razor Backs- Jr.'s & Intermediate ages ONLY @ 6:15 p.m. Dog Pet Partners @ 6:30 p.m.	16	17 Sew Many Memo- ries @ 4:00p.m. Sportfishing @ 6:00p.m. Teton Livestock @ 6:30p.m.	18	19
20	21 Teton Rangeriders @ 5:30p.m.  Alta Community Club @ 6:00p.m. Sharpshooters @ 6:30p.m.	22 Razor Backs - Jr. & Int. @ 6:15 Sr. @ 7:15 p.m. Dog Pet Partners @ 6:30 p.m.	23	24 Sew Many Memo- ries @ 4:00p.m.	25	26
27	28 <i>Memorial Day</i> 	29 Razor Backs - Jr. & Int. @ 6:15 Sr. @ 7:15 p.m.	30   <i>Presentation Night 3:00-7:00 p.m.</i>	31 Sew Many Memo- ries @ 4:00p.m.		



For up to date Calendar Information- Visit [www.tetonwyo.org](http://www.tetonwyo.org)



**Remember no one can make you feel inferior without your consent.** ~Eleanor Roosevelt

## Character Counts

April, 2012

### "R-E-S-P-E-C-T!" What does it mean?

Aretha Franklin's song "R-E-S-P-E-C-T!" made the word famous -- but do we know what it really means? Respect is an essential foundation for good relationships. Being respectful means recognizing and valuing others differences. Ethical people are respectful of others, and demonstrate it by recognizing and honoring everyone's right to be themselves, to make decisions, and to have privacy and dignity. People should start to learn at an early age about the difference in people and learning how they are unique and special.

We are the same in many ways, yet we all learn a little differently, look a little different, and act a little different even when placed under a set of the same standards. The best way for anyone to teach respect is by modeling the behavior. How you show respect to other family members and friends, will influence the way others around show respect to others. Everyone can

#### Clover Connection

**Head**—Be open minded

**Heart** - Be the kind of friend, you would like to have

**Hands** - Volunteer in your club

**Health** - Treat people fairly



## Respect in 4-H

### Time Needed:

15 minutes

### Supplies Needed:

- 8 1/2 x 11 sheet paper
- Pencil
- Blindfold

Remind participants to get the full experience, it is critical to keep eyes closed or be blind folded.

This will bring laughter to everyone. Remind them, we are laughing with each other not at each other.

**Instructions:** When everyone has supplies, give the following instructions as written—do not add specific details. Let them work through the ones provided.

~Start with your paper sideways for our trip to the Rockies and draw some mountains across the horizon.

~Now draw a nice cool refreshing lake in the valley below the mountains.

~Since it hasn't warmed up yet, let's put some snowcaps on the mountains.

~Now we'll need some fish in the lake so we can catch some dinner.

~Since it is around dinner time, draw the sun going down behind the mountains.

~We'll need to set-up our tent before it gets dark. Let's put it next to the lake.

~Clouds are rolling in, let's put a few in the sky.

~It's getting cooler since the sun went down, let's build a fire ring and fire close to the tent. Be careful — not to close.

~The elk are coming in to graze, draw some elk on the side of the mountains.

~One more thing. It would be nice to have trees to block the wind. Draw 2-trees near the lake.

**Reflection question:** How was everyone so different—when given the same instructions?

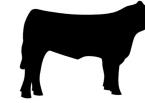
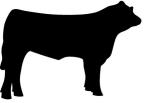


# Horse Camp!



Southwest District is excited to be hosting a horse camp again this year. It will be in

Evanston this year at the fairgrounds on June 11-12, 2012. All 4-H member and leaders are invited to attend. For a registration form, go to [tetonwyo.org/4h](http://tetonwyo.org/4h) and under Topics find *Southwest District Horse Camp*.



Fremont County  
Fairgrounds

11th Annual Mountain States

## Beef Expo

### General Rules

1. Entries are accepted the day of the show at weigh-in for \$30 per head, per day.
2. The show is open to anyone.
3. Steers will be shown by weight.
4. Heifers will be shown by breed. Classes will be finalized the day of the show.
5. Any unethical treatment of animals will result in immediate forfeiture of all premiums and entry fees. The exhibitor will be dismissed from the facilities.
6. The MSBE Board and any sponsors are not responsible for accidents.
7. Electricity is limited; generators are encouraged.
8. All classes will be shown at the Fremont County Fairgrounds on the South end of Riverton
9. Jackpot showmanship entries are \$10 at the gate.

**Please make your hotel reservations early!**

\$1,000 Grand Champion Steer

\$500 Reserve Champion Steer

\$500 Grand Champion Heifer

\$250 Reserve Champion Heifer

**Saturday, April 28, 2012**

8:00am- Weigh/Classify

11:00am- Heifer Show 1

12:00pm- Jackpot Showmanship

1:30pm- Steer Show 1

**Sunday April 29, 2012**

7:00am-Weigh/Classify

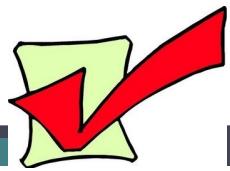
9:30am-Heifer Show II

10:30am-Steer Show II

## 4-H Enrollments

Have you signed up for 4-H yet?

**Remember**, you must re-enroll for 4-H each year! Contact your leader or the Extension Office to receive your **Member/Volunteer Enrollment form!**



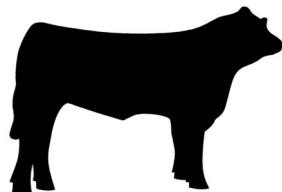
Riverton, Wyoming  
April 28 & 29, 2012

### Contact Information:

Kent Haun-  
307.851.3207

Jerry Weliever-  
307.851.8617

Bryan Warner-  
307.857.4240



The State 4-H Office is excited to host the Wyoming 4-H Showcase Showdown on the University of Wyoming campus in Laramie! If you have questions about the event, don't hesitate to contact Lindsey Moniz at 307-766-3430 or [lmoniz@uwyo.edu](mailto:lmoniz@uwyo.edu). We hope you're excited for the event as well! Online and web site references are located at <http://www.uwyo.edu/4-h/showcase/index.html>.

#### **So what's all the excitement about??**

A tentative schedule of events is posted online. As more information is finalized and available, continue to check the page for new items. While there will be competitions taking place at Showcase Showdown, there will also be a variety of workshops, **activities**, tours, and trips too. AND, don't miss out on the **dance** and **ice cream social!**

#### **Contests**

Rules for all of the contests are posted online. Included is contact information for committee chairmen who can answer specific questions you may have about a particular contest.

#### **You want to come to Showcase Showdown ~ now what?**

Registration for this event is handled through your local County 4-H Educator. Contact the Extension office to see what they need from you to get registered.

##### **Registration**

All youth & adults are required to register to participate in the event. Unfortunately, we are unable to add registrations after June 12, 2012.

There are two registration packages available:

Full-time = \$25 (includes contest & activity fees, t-shirt, Tuesday dinner, Wednesday lunch)

Part-time = \$15 (includes fee for 1 contest, meal on the day of contest, t-shirt)

Pre-registration is required for:

Fishing Trip (Tuesday ~ 12:30-5:30 p.m.)

Hiking Trip (Wednesday ~ 8:00 a.m. - Noon)

Items that can be purchased separately:

T-shirt = \$10; Tuesday dinner = \$15; Wednesday lunch = \$12

T-shirts and meal tickets will not be available for purchase after June 12, 2012.

##### **Transportation & Lodging**

Participants are responsible for arranging their own transportation & lodging for Showcase Showdown. Contact your county educator for more information about possible group arrangements.

All activities and events will take place at the Hilton Garden Inn. Staying at this hotel will provide the most convenience for youth attending contests and activities. (i.e. Parents & chaperones you don't have to drive anywhere!)

A link for lodging on the web site will take you to more information about room blocks set up at other hotels in Laramie.

Some contests will be held at a location other than the Hilton Garden Inn. Participants are responsible for their own transportation to and from those locations.

For the Horse Judging contest, lunch will be served at the arena for contestants and coaches only that day.

*Hilton Garden  
 Inn*

*2229 Grand Ave.  
 (307) 745-5500*

#### **Awards Program on Tuesday evening**

The awards program on Tuesday evening will begin after dinner on Tuesday evening (approximately 6:00 p.m.).

While the dinner is only open to those with the appropriate credentials, the doors will be opened for the general public to view the awards program as soon as dinner is finished.

# April !



Conner Cook  
Kade Cook  
Zane Dayton  
Cheyenne  
Garnick  
Dylan Grant  
Robert Henry

Aidan Jackson  
Ben Janus  
Ainsley Pratt  
Jason Puente  
Claire Radda  
Justin Rowe  
Thibaud Sanchez

Rachel Tucker  
Bailie Welfl

#### *April Birthday Fun Facts*

April Birthstone- Diamond  
April Flower-Daisy  
April Birthdays- Picasso, William Shakespeare, Colin Powell, Butch Cassidy, Jay Leno & David Letterman

# facebook

Find us on Facebook!

Teton County Extension now has a Facebook page!

[www.facebook.com/tetoncountyextension](https://www.facebook.com/tetoncountyextension)

Check out all of the great programs we offer-

- ~Community Garden
- ~Financial Literacy
- ~Leadership Jackson Hole
- ~ServSafe Classes (Food Safety Course taught in both English & Spanish!)
- ~Food Preservation classes- Learn how to safely can your favorite foods!

And much more!

Have you visited our website? On the [tetonwyo.org](http://tetonwyo.org) webpage, find University of Wyoming under the Agencies and Services. You can find helpful information about upcoming deadlines, announcements about clubs, and important 4-H forms. Come check it out!

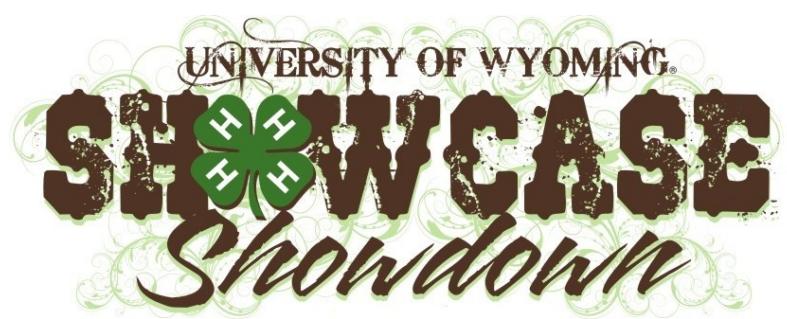


4-H Leaders  
Council Meeting  
April 10th at  
noon  
12 p.m.

All 4-H Leaders  
and Jr.  
Leaders are  
members of the  
4-H Council.  
Meetings are on  
the 2nd Tuesday  
of every other  
month.

The purpose of  
the 4-H  
Council is to en-  
sure that the es-  
sential elements  
of  
positive youth de-  
velopment are  
incorporated into  
all  
aspects of the  
county 4-H pro-  
gram.

#### April Agenda



*June 26-27, 2012 ~ Laramie, Wyoming*

## Activity Hosting Information

Would you like to be part of a fantastic Wyoming 4-H event? Consider putting together a workshop or tour at the 4-H Showcase Showdown. Have an idea you aren't sure how to pull off? Give us a call and we would be happy to help you! Contact Ann Roberson at 307.766.5170 or [mrober38@uwyo.edu](mailto:mrober38@uwyo.edu).

### Coordinator Role

As the coordinator for your activity, there are a few basic things that are asked of you:

Complete and submit a proposal form to Ann Roberson ([mrober38@uwyo.edu](mailto:mrober38@uwyo.edu)) by April 30, 2012. Be sure to include as much information as possible on this form so we are able to assist you in your planning.

As you plan your activity, keep in mind you are responsible for any manpower needs you have, set-up and clean-up, as well as hosting the activity.

We ask that you purchase any consumable supplies you need for your activity to ensure you have what you need.

We are so appreciative of all volunteers who host an activity at Showcase Showdown. Without your contribution it would not be nearly as fun for the youth participants! We hope you understand there are costs associated to our organization and ask you to register through your local 4-H Educator if you would like to participate in other aspects of the event or join the group for meals. A full-time registration package is \$25 and a part-time registration package is \$15. We are unable to register anyone after June 12, 2012.



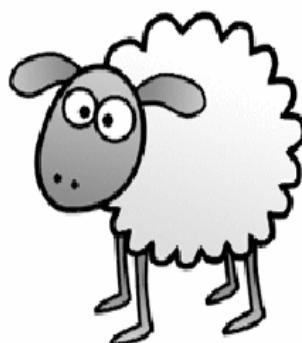
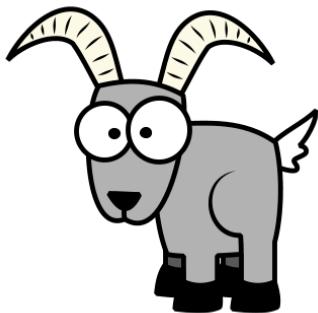
The 4H Clubs have been putting together the Lemonade stand, at our County Fair, for 15 years now and is a fund raiser for each club participating. I am looking for Junior Leaders or Club Leaders to help learn the process and carry on the tradition of the lemonade stand. It is a great money maker for the kids and they have fun doing it, but it does need attention and efforts, to be successful. Please email Chris May Kaliebe at [cmkaliebe@bresnan.net](mailto:cmkaliebe@bresnan.net) for information. Be sure to tell me your Club name, and your cell phone number.

Let's keep the Lemonade stand alive!

THANKS! *Chris May Kaliebe*



## Pigs, Lambs and Goats OH MY!



### Bauman Showtime Sale

April 7th , 2012

LCCC AG Building, Cheyenne WY

Lambs sell @ 1:00p.m.

Pigs sell @ 2:30p.m.

Contact Brett @ 307.631.7307

### UW Pig & Lamb Sale

April 21st, 2012 at 1 pm

UW Hansen Arena

Selling 80-90 market hogs

Selling 20-22 market lambs

Questions? Call Lance Miller @  
307.766.2159

### Uinta County Pig, Lamb, Goat & Rabbit Sale

Members must have the animals reserved and paid for by April 1st

Evanston, Wyoming

Questions? Call Debbie at  
679-2709

### Poor Boys-N-Paradise

Prospect Pig Sale

April 1st @ 2:00pm

Location: 11882 Highway 789

WBCIA Bull Test Station

Questions? Call 307.709.1243

# SAVVY PARENTING WEBINAR SERIES

**April 5: Planning to Pay for College**

**May 3: Talking with your kids about goals and money**

**June 7: Talking with your kids about money**

There is no charge for the webinars. Please go to <http://uwyo.edu/ces/money> to access the series. The sessions are ½ hour, 12:10-12:40p.m. and will be offered on line. To register for webinar series send an email to Weston@uwyo.edu.

*Issued in furtherance of cooperative extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture.*

*Glen Whipple, Director, UW Extension, University of Wyoming, Laramie, Wyoming 82071.*

*The University of Wyoming is an equal opportunity/affirmative action institution.*

## MANAGING MONEY IN TOUGH TIMES— MONEY IN, MONEY OUT

A four-session series of basic money management workshops that can help you achieve specific savings and debt reduction goals. A variety of activities teach adults of all ages how to eliminate debt. Money In/Money Out also motivates people to take the actions necessary to reach their own financial goals within one year of completing the course. Sessions will be offered in Afton Civic Center 6:00-7p.m. on Wednesdays April 19- May 10, 2012. To register for this four week series call 885-3132 or email [mmartin@tetonwyo.org](mailto:mmartin@tetonwyo.org)

**Session 1: April 19<sup>th</sup>- Sorting out Economic Values and Feeling about Your Financial Situation**

**Session 2: April 26<sup>th</sup>- Using Credit Mean More Money Out**

**Session 3: May 3<sup>rd</sup>- Saving Means More Money In**

**Session 4: May 10<sup>th</sup>- Mastering the Specifics for Financial Security**

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# Scholarship Opportunity!



Wyoming Association of Fairs

## SCHOLARSHIP GUIDELINES & APPLICATION

### ELIGIBILITY:

Current or Alumni Wyoming 4-H or FFA member.

Must be a Sophomore, Jr. or Senior enrolled at any Wyoming accredited institute of higher learning.

### NUMBER AND AMOUNT OF SCHOLARSHIP

(You may only apply for either the 4-H or FFA Scholarship)

One (1) Five Hundred Dollar (\$500.00) scholarship will be given to 4-H

One (1) Five Hundred Dollar (\$500.00) scholarship will be given to FFA

### SELECTION:

40% on scholastic standing

30% on overall 4-H/FFA work

30% on character and leadership in their clubs, and participation in their County Fair and Wyoming State Fair.

An out of State Fair staff will choose the scholarship winners

### ADDITIONAL INFORMATION:

Proof of registration and acceptance at an accredited institute of higher learning must be submitted with application.

Copy of College transcript.

Letter of recognition from your 4-H Leader or FFA Advisor

Letter of recognition from your County Fair Manager.

**APPLICATIONS ARE DUE - April 30, 2012**

Scholarship will be announced at Wyoming State Fair

*Print off information at [www.tetonwyo.org/ext](http://www.tetonwyo.org/ext)*

## Important Livestock Deadlines

Please make note of these deadlines now. Those not turning in paperwork will not be able to exhibit their animals at the Teton County Fair. Paperwork should be turned in to the **4-H Office by 5 p.m. on or BEFORE the deadline date.**



Animal	What needs to be turned in?	Deadline Date
Dog	Dog ID form found at <a href="http://www.tetonwyo.org/4H">www.tetonwyo.org/4H</a> under 4-H Forms	May 1st, 2012
Cat	Cat ID form found at <a href="http://www.tetonwyo.org/4H">www.tetonwyo.org/4H</a> under 4-H Forms	June 1st, 2012
Rabbits	Rabbit ID Form found at <a href="http://www.tetonwyo.org/4H">www.tetonwyo.org/4H</a> under 4-H Forms	June 1st, 2012
Swine	Bill of Sale listing who the animal was sold to and whom it was from-Found at <a href="http://www.tetonwyo.org/4H">www.tetonwyo.org/4H</a> under 4-H Forms	June 1st, 2012
Lamb & Goat- Purchased from Wyoming	Brand Inspection-Blue Title copy	June 1st, 2012
Lamb & Goat- purchased from Idaho or State that does not have brand inspec- tion program	Bill of Sale and health inspection on the animal at the time of purchase. Found at <a href="http://www.tetonwyo.org/4-H">www.tetonwyo.org/4-H</a> under 4-H Forms	June 1st, 2012

***Plan ahead and get your paperwork turned in before the Deadline!***

# Hunter Safety Class!



This class is FREE and offered to ALL 4-H Members! Take advantage of this great opportunity!

Class will be held at the 4-H Office in Jackson. Please call the 4-H Office by April 6th to sign up!

**April 9th at 6p.m.**

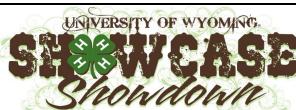
**April 10th at 6p.m.**

**April 16th at 6p.m.**

*You must take all three classes to be certified!*



## Film Festival



Tuesday, June 27, 2012 at 7:30pm

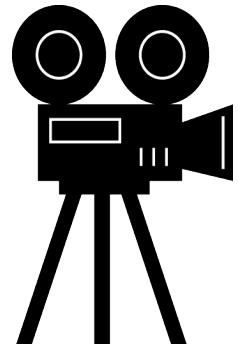
Submit an original video to be shown during the **first ever**  
**Showcase Showdown Film Festival!**

Videos can be of any 4-H appropriate subject matter.

5 minutes max. Open to all 4-H members.

More details coming soon!!

***Deadline June 12th, 2012***



### For iPhones:

1. Go to the App Store.
2. Search for "4-H", "4-H news", or "4-H news and events".
3. Select the app "4-H News & Events"
4. Tap on "Install". Enter your Apple ID if requested
5. Once installed select your county and Wyoming.



### 4-H App for Smartphones! Teton County is up and running !



### For Androids:

1. Go to the Market.
2. Search for "4-H", "4-H news", or "4-H news and events".
3. Select the app "4-H News & Events"
4. Tap on "Install".
5. Once installed select your county and Wyoming.



*Greetings 4Hers and Parents! I am the Nutrition & Food Safety Educator in the Teton County Extension office. You may have seen me in the office, or heard me answer the phones, but I'm usually tucked away in the main office at my desk, or traveling between various counties around the state so I'm not always around. I will be providing a regular column in the 4H newsletter on nutrition & food safety and how it can relate to you. Please let me know if there are specific topics you would like me to write about, or if you have questions feel free to email me or call me at the office.*

*Thanks! Hope you all have a great 4H year!*



Jennifer Jacobsen, R.D.  
Nutrition & Food Safety Educator- West Area  
University of Wyoming Extension  
[jjacobsen@tetonwyo.org](mailto:jjacobsen@tetonwyo.org)

## The Internet: Food for Thought or Eaten Alive?

Is the Internet a mind-boggling pit of scams, half-truths, and unsavory information? Or is it an amazing network of insights, assistance, and support on a universe of topics? It is both.

How can you separate the scams from solid guidance in the areas of food and nutrition? The hoax-fighting Web site: [www.snopes.com](http://www.snopes.com) can be invaluable in quickly separating fact from fiction. A few helpful tips can apply to any subject matter, not just food and nutrition.

***Tip #1 - When you get one of those e-mails that says, "Send this to every person you know or care about," don't do it!*** Legitimate sources of information do not rely on forwarded e-mails to spread their messages. True, many reliable sources send out press releases and some get shared via listservs, but those formal mailings specify the name of the government office or organization, the source's mailing address and phone number and, often, a contact name.

**Tip #2 - Know the source of the information and decide if the source is trustworthy.** This includes e-mail or websites information. Commercial sites can certainly offer valuable products and services. Companies exist, however, to make a profit, and many cross the line in misrepresenting what they sell. *Don't be swayed by wild claims.* Make sure the product or service is safe and effective for your need and that you can afford it. As an example in the area of food and nutrition, dietary supplements sold on-line are a multi-billion dollar business. The U.S. Food and Drug Administration closely regulates health claims made about foods, but dietary supplements have much less oversight in terms of health claims. The guidance truly is "Let the buyer beware."

**Tip #3 is to start with the best.** Focus on sites you can rely on to provide information that has been evaluated for accuracy. In relation to nutrition and disease, the National Institutes of Health's website at [www.nih.gov](http://www.nih.gov) represents the world's largest gateway to information about many different diseases and health conditions. There are links on eating, physical activity, and other lifestyle habits that prevent health problems or control those problems if they develop. Another source of reliable food and nutrition information nationwide are University Extension websites. In Wyoming, one of the most popular topics these days is food preservation. University of Wyoming Extension's Food and Nutrition website: <http://www.uwyo.edu/foods/index.html> provides a link to many Wyoming-specific publications and national websites that help people can, dry, and freeze various foods in ways that are safe and yield a high-quality product. The Eat Wyoming project, connecting local foods with consumers in Wyoming provides reliable information on food preservation and beyond:

<http://www.wyomingextension.org/eatwyoming/index.asp>.

Social media networks like Twitter and Facebook warrant special mention because those communications can blur the line between authentic friend-to-friend sharing and major commercial promotion efforts. This blurring can make it harder to tell whether a product or service is genuinely recommended by one or more individuals or if the impetus is actually a promotional push from the business itself. Thus, **Tip #4, is to ask yourself, "In whose interest is it that I buy this specific product or buy into this particular service?"**

The Internet must be approached with both respect and caution in what it is capable of delivering. Our own interests and curiosity are important ingredients in exploring what the Internet can offer, but we must approach it with a healthy dose of skepticism and solid critical thinking.

This article was originally drafted in 2010 by Suzy Pelican through the Wyoming Food Safety Coalition (WFSC) which is dedicated to preventing food borne illness.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071.

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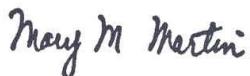
# facebook®

I recently researched the topic of Identity Theft, and discovered that it is not only the fastest growing white collar crime in America it has a very alarming aspect to it. A recent study on Child Identity Theft looked at identity theft scams of over 40,000 U.S. children and discovered that children's social security numbers were being used by someone else at a 51% higher rate than the adults in the study. Considering that a child's identity is a blank slate, and the probability of discovery is low, as the child will not be using it for a long period of time, parents typically don't monitor their children's identities. If you are interested in the identity theft webinar class let the office know.

Social media has become a component of our lives. Keeping up with all that is out in the cyber world for our kids to venture into can be overwhelming. A wonderful resource I'd like you to be aware of is "[A Parents' guide to Facebook](#)" by Anne Collier and Larry Magid, co-directors of ConnectSafely.org. They have granted us permission to post their guide on our website. Please take a few minutes to look at it. Print off a copy and walk through the guide to ensure that your kids facebook activities are safe. (I believe you'll better understand how to use facebook yourself, from taking the time to read this guide)

Is facebook safe? We know that kids use facebook completely differently than adults do. . . Which is why the Number 1 safety tip for parents is to "Talk with your child" about how they use facebook.

Scams, span, phishing and social engineering... facebook itself is relatively secure but scam artists who target people on Facebook just as they do in email and on other sites. A little critical thinking can go a long way as we are more intentional in what is posted and what should not be shared.



Mary M Martin

A link to the guide can be found at [www.tetonwyo.org/ext](http://www.tetonwyo.org/ext)

Go to 4-H, and under Topics Find Facebook. This article will appear, with a link to the resource on "A Parents' Guide to Facebook"





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