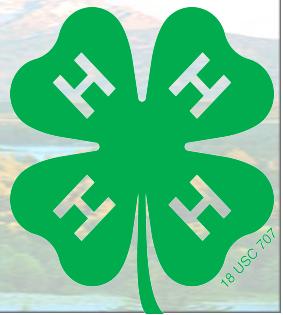


# 4-H FAMILY NEWS

## UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

JANUARY-FEBRUARY, 2013

### Inside this issue:

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Wow! Talk about a weather shock for this Arizona Native! It truly is a Winter Wonderland. I hope everyone enjoyed their holiday break. I know I enjoyed seeing family and friends. As a New Year begins, many of us make New Year Resolutions and at times it is hard to follow so consider some of these tips that were shared by Sublette County. Be rigid in your decisions: "I will go to bed by 10pm." "I will stop eating junk." If these are somewhat big changes, it may feel like a huge change with no buildup. Goals, however, can be tackled in steps, beginning with baby steps and increasing in difficulty as you become more accustomed to the change. This makes goals more realistic for lasting change. Have a sense of accomplishment and not failure: Goals give you a direction to aspire to, but with the baby steps you may be taking toward your goal, you can still feel like you've accomplished something and are on the right track, which will, in turn, keep you moving in the right direction. Once you've broken a rigid resolution, however, it's easier to feel like a failure and give up. The Scope of the Change: Resolutions are usually a means to a goal, but if you find a resolution too difficult to stick to, it's usually dropped and forgotten. With goals, if you find a planned change too difficult to carry out, you can drop that plan, but pick a different new behavior to try that will still lead to the same end result, and not lose sight of the goal. Keep your future in mind. Think of what you would have in your ideal life, and where you'd like to be in two, five, or even ten years, and see if your goals bring you closer to that picture. If so, they're good goals to stick with. Think in terms of broad changes rather than specific behaviors. Think in terms of what you'd like to add to your life, rather than what you'd like to take away. For example, instead of making the goal to "Eat Less Unhealthy Food", focus on trying to "Eat More Healthy Food". You may subconsciously feel more deprived if you think of taking something away rather than adding something good. Once you have your goals set, write them down and keep them in the forefront of your mind. It also helps to hold yourself accountable.

Good Luck!!

Amanda Zamudio

**Amanda Zamudio**

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4-H/Youth**

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**azamudio@tetonwyo.org**

### SUPPORT STAFF

**Gwen Hansen—Administrative Assistant**



# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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		1	2	3	4	5
			Clogging 5:30	Quilting 4:00 Sportfishing 6:00		
6	7	8 <i>4-H Council Meeting 5:30</i>	9 Citizenship— Presbyterian Church Clogging 5:30	10 Quilting 6:00 Devine Swine 6:30 Sportfishing 6:00	11	12
13	14	15 <i>Quality Assurance 6:15</i>	16 Clogging 5:30	17 Quilting 4:00 Sportfishing 6:00	18	19
20	21	22 <i>Quality Assurance 6:15</i>	23 Clogging 5:30 Baa Maa Lamb & Goat 5:30	24 Quilting 4:00 Sportfishing 6:00	25	26 <i>Beef Weigh In 10:00— 12:00</i>
27	28	29 <i>Quality Assurance 6:15</i>	30 Clogging 5:30	31 Quilting 4:00 Sportfishing 6:00		



# February

**Sun**      **Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

						<b>1</b> <b>Beef Brand Inspec- tions Due!!</b>	<b>2</b>
<b>3</b>	<b>4</b> Photography 5:30 Small Animal Club 6:00 Sharpshooters 6:15	<b>5</b> Jr. Leaders 6:00	<b>6</b> Clogging 5:30	<b>7</b> Quilting 4:00 Sportfishing 6:00	<b>8</b>	<b>9</b>	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <b>Quality Assurance 6:15</b> Clogging 5:30	<b>14</b> Quilting 4:00 Devine Swine 6:30	<b>15</b>	<b>16</b> <div style="border: 1px solid black; padding: 2px;">State Leader's</div>	
<b>17</b> <div style="border: 1px solid black; padding: 2px;">Con- ferenc e</div>	<b>18</b> Sharpshooters 6:15	<b>19</b>	<b>20</b> <b>Quality Assurance 6:15</b> Clogging 5:30	<b>21</b> Quilting 4:00 Teton Livestock 6:30 Sportfishing 6:00	<b>22</b>	<b>23</b>	
<b>24</b>	<b>25</b> Alta Sportfishing	<b>26</b>	<b>27</b> <b>Quality Assurance 6:15</b> Clogging 5:30	<b>28</b> Quilting 4:00			



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



### Why Strive to be Trustworthy?

Everyday people have an opportunity to cheat. Sometimes people cheat to get ahead and make themselves look good to others. Sometimes they cheat because it is easier than working hard to accomplish a goal and they don't think they will get caught.

There are many reasons cheating is wrong and many of them involve breaking trust. Following are several examples of how cheating breaks trust:

- You'll lose the teacher's/4-H leader's/4-H member's trust that you will do your own work.
- You'll lose your self-respect and pride. Do you really want to think of yourself as a cheater?
- Once you tell one lie, you have to create a whole lot more lies to keep the first lie covered up.
- Cheating is like robbing others who are honest. It is taking something you haven't earned. Is this any different than stealing?

Cheating hurts everyone, the cheater as well as those around them. People who are trustworthy will always have more respect and stronger relationships than cheaters. They will also have confidence in their abilities because they have done their own work.

Adapted from [charactercounts.org/lesson-plans](http://charactercounts.org/lesson-plans)

### Trustworthiness in 4-H

There are many ways to demonstrate trustworthiness. Taking time at a club meeting to make a top 10 list of these ways can be fun and useful. How? Follow these steps: At a club meeting, divide the members up into groups of 5-6. Each group will need a note taker and a reporter. Ask each group to brainstorm ways they can become more trustworthy, such as keep promises, tell the truth, do what you're told, be loyal, admit when you're wrong, never cheat, etc. Have each group record their ideas and when every group is finished have them report back to the whole group. Once each group has reported their ideas, have the entire club work together to come to a consensus on the 10 best ways to build trustworthiness.

Ask the members if they can live by these actions to build trust and then recognize members efforts by awarding them trustworthiness certificates or small prizes throughout the year. The public recognition will be a great reminder to continue the journey toward trustworthiness.

Source: Character Counts! More Good Ideas Book, K-5

## Character Counts Trustworthiness

January 2013



"Rather fail with honor  
than  
succeed by fraud."

Sophocles,

Greek dramatist (496-406 B.C.)

### Clover Connection

**Head** - Speak honestly

**Heart** - Be loyal

**Hands** - Be reliable

**Health** - Trust is essential to build healthy relationships with those around us.

# ★HAPPY★ BIRTHDAY!

January



February



Monte Beard  
Whitley Beard  
Lillian Brazil  
Amber Budge  
Heather Budge  
Morgan Cowan  
Madison Downey  
Lilly Eggett  
Ben Flickinjer  
Nevin Griber  
Josephine Gwilliam  
Hailey Hardeman  
Cyrena Keefe

Gloria Lonneker  
Lillian Lonneker  
AJ McCool  
Stephen Owens  
Tara Ryan  
Cora Schwabacher  
Jake Taylor Statter  
Jenny Stearns  
Tessa Thompson  
Trey Wagner  
Amelia Wilson  
Tipton Wilson  
Madison Wright

Bekah Bednar  
Hailee Brinton  
William Carlson  
Brayden Castagno  
Grace Curran  
Maelyn Dolman  
Lilly Duquette  
Dillon Edinger  
Gabriel Fisher  
Jacob Fisher  
Golden Garnick

Emily Hardeman  
Dillon Hartranft  
Ryley Hasenack  
Caitlin Huhn  
Emily Jennings  
Oliver Orchard  
Trenton Ross  
Kalel Schlager  
Will Wagner  
Isabella Wilson

# IMPORTANT NEW RULE CHANGES

Please pay close attention to the new rules and rule changes that have been implemented by the livestock committee. If you have questions or concerns contact the 4-H Office.

**(Changes are in bold and underlined.):**

Minimum market weight to sell at the Teton County Livestock Auction: Beef **1,000 lbs.**

**Completion of Quality Assurance Training is mandatory to compete at the Teton County Fair. Failure to complete in training will result in disqualification of livestock projects.**

**Teton County Market Beef animals must be born and raised and living in Teton County, WY at all times with the exception of leaving for livestock shows. If found in violation of this rule, animals will be disqualified from Teton County Fair.**

**All market livestock projects (beef, swine, lamb, goat) will remain in Teton County, Wyoming after the ownership deadline (Beef: February 1, 2013, Swine, Sheep, Goat: June 1, 2013). The only exception will be for leaving for livestock shows. If found in violation of this rule, animals will be disqualified from Teton County Fair.**

**Market livestock auction sale order will be the following order: Reserve Champion Teton County Beef, Grand Champion Teton County Beef, Reserve Market Beef, Grand Champion Market Beef, blue ribbon award, red ribbon award. White ribbon awards will not sell.**

**Completion of a Wholesome Meat Certificate for each market animal is mandatory to compete at the Teton County Fair. Failure to turn in this certificate on or before the entry deadline, will result in disqualification of livestock projects.**

**The highest placing member in showmanship who attends the Wyoming State Fair will represent Teton County.**

Members may only bring two animals of each species **per market class.**

**Animals arriving from Alta must be accompanied with their current health certificate upon entering the vet inspection line.**



# 4-H SCHOLARSHIPS



## C.C. Moseley 4-H Scholarship

You may be eligible to apply for this scholarship. To be eligible, you must be a resident of Teton County, WY and have earned credit for 4-H each year of High School, and have completed a minimum of five (5) years of 4-H club work, enrolled in 4-H at the time of the application, and completed 4-H for as many Senior years as eligible (**earning at least Silver Recognition**). This means you have completed and turned in a Record Book by the deadline, attended 60% of club meetings, and exhibited your project for each of your senior years.

For more information, pick up an application in the 4-H Office.

**Due Friday, March 15, 2013 by 5 p.m.**

**Late applications will not be accepted.**

Applications online at:  
[www.tetonwyo.org/4H](http://www.tetonwyo.org/4H)



## Teton County Fair Board Scholarship

The scholarship will be awarded to a Teton County, Wyoming graduating senior planning to further his/her education. The scholarship will be in the amount of \$1000 - winner to receive \$500 per year for two years. Applications are due **February 11, 2013**.

Applications can be found online at:  
<http://www.tetonwyo.org/fair>.

## 2013 Wyoming 4-H Scholarships

There are different places that you can apply for college scholarships if you were actively involved in 4-H. Each has different applications and specific needs.

Please read the Wyoming 4-H Scholarship Application eligibility criteria for each scholarship carefully.

Each scholarship has their own deadlines. It is your responsibility to adhere to them for consideration.

More information online at:  
<http://www.wyoming4h.org/4hfoundation/scholarships/>

## QUALITY ASSURANCE

Every member involved in the livestock project must attend a quality assurance class! Mark your calendars for the classes and get signed up. You must call the 4-H Office and reserve your spot!

January 15th: 6:15-7:45 p.m. - For first time attendees

January 22nd: 6:15-7:45 p.m.- For second time attendees

January 29th: 6:15-7:45 p.m.- For third time attendees

February 13th: 6:15-7:45 p.m.- For first time attendees

February 20th: 6:15-7:45 p.m.- For second time attendees

February 27th: 6:15-7:45 p.m.- For third time attendees

## JUNIOR LEADERS

Wyoming Youth Leadership Institute

Southwest Wyoming Program

March 15-17 2013

Kemmerer, WY

**Institute Objectives:** Develop personal leadership skills, encourage and prepare for greater community involvement, increase understanding and experience in working with diverse groups, develop skills in working with groups, and provide opportunities to become familiar with proper business etiquette.

**Expectations:** Youth will display ethical conduct in all sessions and exhibit the six pillars of character: trustworthiness, respect, responsibility, fairness, caring and citizenship and graduation will be awarded if the youth completes the entire training.

**Focus:** Team Building, Self Assessment, Business Etiquette, Group Dynamics  
Communication & Board Governance

*The Wyoming Youth Leadership Institute (WYLI) is an emerging leadership program created through a grant from the Daniels Foundation to the University of Wyoming's 4-H and Youth Development Program. The goal of the institute is to foster relationships and promote opportunities for youth to gain experience and serve as equal partners in the decisions that affect them and their communities.*

4-H Leaders  
Council Meeting  
March 12, 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 infor-  
mation visit our  
website:  
[www.tetonwyo.org](http://www.tetonwyo.org)

# 4-H LEADERS

## Meeting the Needs of Youth: Tips for 4-H Leaders

4-H leaders can support the positive and successful development of all youth. Youth Development research emphasizes the importance of meeting four basic human needs: belonging, mastery, independence and generosity. It's clear that youth whose needs are met in positive ways are likely to grow into good citizens and contributing members of their families and communities.

### 1. Need to Belong

Youth need to know they are cared about by others and feel a sense of connection to others in the group. This represents the **HEART** of 4-H. Here's how you can help.

- Help group members to get to know each other through introductions, group games, mixers, and small group activities.
- Develop traditions to welcome new members and celebrate individuals.
- Find ways to involve family and community members in as many activities as possible.

### 2. The Need to Master

Youth need to feel and believe they are capable and experience success at solving problems and meeting challenges to develop their self-confidence. This represents the **HEALTH** of 4-H. Here's how you can help.

- Help youth find resources to explore their 4-H projects and activities.
- Provide project learning experiences.
- Model and teach that failure or frustration is not a disgrace but a part of the learning experience.
- Be fair and consistent when enforcing rules and giving feedback.

### 3. The Need to be Independent

Youth need to know that they are able to influence people and events through deci-

sion-making and action. This represents the **HEAD** of 4-H. Here's how you can help:

- Give youth opportunities to lead simple tasks and then progress to more difficult.
- Avoid jumping in to help unless you are really needed, encourage young people to overcome obstacles on their own.
- Encourage, motivate and praise members who complete leadership roles.

### 4. The Need to Be Generous

Youth need to feel their lives have meaning and purpose. This represents the **HANDS** of 4-H. Here's how you can help.

- Have your group adopt a specific service project that fits their interests and abilities and meets a community need
- Arrange tours of local sites and opportunities to get involved.
- Encourage youth to consider the feelings of others.
- Set up mentoring opportunities where youth learn from others.

### The 4-H Environment

4-H is designed to support the positive and successful development of all youth. 4-H leaders are essential partners in creating a positive environment by focusing on the strengths of youth and providing positive ways for youth to meet their four basic needs: **Caring Relationships (Belonging), Constructive learning Experiences (Mastery), Leadership Opportunities (Independence) and Service to Communities (Generosity)**

*Excerpt taken from "Meeting the Needs of Youth: Tips for 4-H Leaders" by Iowa State University*

For the complete article, check out:

<http://www.extension.iastate.edu/4hfiles/Volunteers/411FourNeeds.pdf>

# OPPORTUNITIES

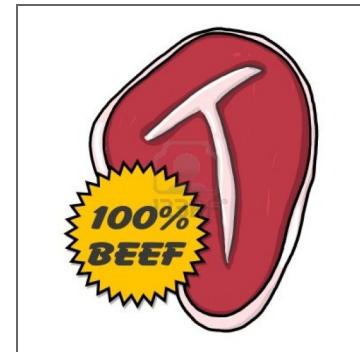
Do you want to learn more??? We have some new educational teams you can join!

We have the livestock skill-a-thon team! This will give you the opportunity to learn more about livestock and the important things associated with them including breeds, equipment, health, and much more!

There is a meats judging team getting started and this will give you the chance to become an expert when it comes to choosing a good product. You will be able to help your parents make a better choice at the grocery store!

Last but not least there is a livestock evaluation team! This team will help you select great livestock and learn the traits you must look for when choosing your 4-H project and other livestock.

Contact Amanda at the 4-H Office if you want to join one of these teams!



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## International Exchange Opportunity - American Youth Leadership Program (AYLP) with Samoa

We are excited to offer an opportunity for 18 youth and 2 adults to spend three weeks experiencing the unique history and culture of Samoa. The program will include a pre-trip orientation on the campus of the University of Wyoming (July or August, 2013), three week cultural trip to Samoa (December 13, 2013 - January 4, 2014), and a follow-on project that will be carried out in each participant's local community following the exchange trip. The educational theme for AYLP with Samoa will focus on nutrition and food security issues that are common to the western U.S. and Samoa. Youth participants must be between the ages of 15-17 and have at least one semester of high school remaining after returning from the trip. For a complete list of the requirements and instructions on how to apply please visit our website at: <http://www.uwyo.edu/4-h/youth/travel/samoa/index.html>. Applications are due April 1, 2013.

# SOUTHWEST WYOMING SNOWBALL EVENT

**Date: January 21, 2013**

**Location: Rock Springs, WY -Events Center/Fairgrounds**

Entry Fees: \$ 20 per Market classes, \$ 5 for Showmanship, \$10 per breeding animal

Weigh-ins: 9:00 to 11:00 a.m. Show Begins: 1:00 p.m.

Classes include: Market beef, sheep and goats. Breeding beef, sheep and goats. There is no age limit for animals.

Optional Auction following show for market animals: Guaranteed Market Price (we recommend you bring proxy-bids for higher sale amounts).

This event is unique as it is planned and carried out by superintendent teams comprised of youth from Uinta and Sweetwater Counties. There will be classes for both market and breeding animals with no age restrictions to show in breeding.

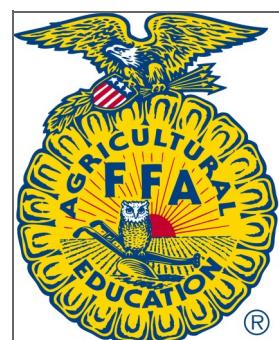
This is a great chance to exhibit your animals in the winter months. If you need help grooming your animal for the event, we will have location to get in out of the weather to bathe animals, contact the Extension Office for times and locations. If you are not exhibiting and would like to help out by joining one of the superintendent teams it's not too late!!

For more information contact Robin Whitmore 708-4882 or the Extension Office at 783-0570.



Send entries to Uinta County Extension Office, 228  
9th St. Evanston, WY 82930

*This show is sanction with the RMJSS!*





## WYOMING STATE 4-H LEADER'S CONFERENCE

Feb 15-17th, 2013

Rock Springs, WY

Western Wyoming Community College

The planning committee is excited to welcome Wyoming 4-H Volunteers to the southwest area for this year's conference! It's a great way to get new ideas and network. Information regarding the conference can be found online at [www.Wyoming4H.org](http://www.Wyoming4H.org). Youth attending will find some workshops and activities geared towards them. Please

### Workshops Include:

- Fair Judges Database
- Who Wants to be a Clo- ver-naire?
- Ways to Encourage Public Speaking Re-energize your Club
- Technology and 4-H
- 4-H Camp by Teens
- What is a Club Officer?
- Cake Decorating
- A Project For Me ~ De- termining a Self- Deter- mined Project
- Livestock Skill-A-Thon
- Gardening in 4-H Wild- life Services
- Breaking the Ice with Character
- International Opportuni- ties for 4-H Members
- 4-H Opportunities for Non-Traditional Youth
- Resiliency in Youth
- Basics of Canning
- Horseless Horse Activi- ties
- Sportfishing
- From Stitches to Hitch- es
- Fabric and Fashion Fun- damentals
- Financing Dreams and Goals

### For Youth:

- A day camp for ages 5 to 11 will be offered on Saturday.
- Youth Animal Science track for ages 12 and older. Educational workshops will cover topics regarding animal feeds and nutrition, veterinary science for market animals, livestock selection and meat science. Adults are welcome to attend these workshops as well.

Visit [www.Wyoming4H.org](http://www.Wyoming4H.org) for more information

# START PLANNING FOR THESE 4-H EVENTS!

## 2013 Wyoming State 4-H Calendar of Events/Activities

More information online at [www.Wyoming4H.org](http://www.Wyoming4H.org)

Event	Date	Location
State 4-H Leaders' Conference	February 15-17	Rock Springs, WY
National 4-H Conference <i>Applications due October 15, 2012</i> <i>Interviews: November/December 2012</i>	April 6-11	Washington, D.C.
Wool Judging/Meat Judging	April 12-13	Laramie, WY
Citizenship Washington Focus <i>Paperwork due January 11, 2013</i>	June 8-15	Washington, D.C.
Horse Camp <i>Registration deadline: May 17, 2013</i>	June 14-16	Douglas, WY
Showcase Showdown <i>Registration deadline: June 10, 2013</i> <i>ALL information is due on this date.</i>	June 24-25	Laramie, WY
State Shooting Sports Match <i>Registration deadline: Monday, June 24</i>	July 11-14	Douglas, WY
Wyoming State Fair	August 10-17	Douglas, WY
Shooting Sports Awards Trip <i>12 winners are selected based on scores at State Shoot</i> <i>2 winners are selected based on portfolio submissions</i>	September 11-15	Raton, New Mexico
National 4-H Congress <i>Applications due May 31, 2013</i> <i>Interviews held during Showcase Showdown</i>	November ~ TBD (typically Fri-Tues after Thanksgiving)	Atlanta, Georgia

### Other opportunities:

State 4-H Leadership Team ~ applications due May 31, 2013/interviews at Showcase Showdown

Postal Shoots ~ typically start sometime around April 1

International Exchange to Samoa ~ applications due April 1

National Shooting Sports Invitational ~ Applications due April 30

# COMMUNITY DEVELOPMENT NEWS



## FINANCIAL LITERACY WEBINAR SERIES

**January 3: Selection of your Estate Executor**

Mary M. Martin  
Area Community  
Development  
Educator

**February 7: So Now You're an Executor**

**March 7: Who Gets My Personal Stuff**

Attendees download instructions and series information located  
at: <http://uwyo.edu/ces/money> (allow 15 minutes to download).

Webinars are 7:00 - 7:40 p.m.

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.

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# NUTRITION AND FOOD SAFETY NEWS

## High Fructose Corn Syrup: Villain or Victim?

With the holiday season passed, it is a fine time to take a peek at the ongoing debate regarding a common sweetener, high fructose corn syrup (HFCS).

### History

HFCS was first developed in 1957, but didn't really gain a foothold in the US market until the mid-1970s when improved production efficiencies and US agriculture policies gave HFCS an economic advantage over sucrose (table sugar—made from cane or beets). HFCS consumption quickly rose – along with total sweetener intake – until 1999, when it began to decline slightly (see graph). It is now estimated that Americans consume about 28 pounds of HFCS, 39 pounds of sucrose, and 10 pounds of other sweeteners per year. This totals 77 pounds of sugar per year or nearly 400 calories each day—most from foods with little to no nutritional value!

Rising obesity rates in the US have closely mirrored the dramatic increase in HFCS consumption, and about ten years ago a few researchers began to suggest that HFCS may be responsible for the obesity epidemic. Since then HFCS has been a topic of hot debate as claims have been made linking HFCS to conditions such as obesity, diabetes, cancer and even autism.

# NUTRITION AND FOOD SAFETY CONTINUED

This debate continues as [new studies](#) find links ([or don't](#)) between HFCS and certain health outcomes.

With so much information available, it can be difficult to weed out media hype, sift through arguments based on feelings or financial interests, and find your way to the science. Unfortunately science isn't always as crystal clear as we wish. Even experts disagree on some pretty fundamental topics; a lot of journal articles on HFCS are written by individuals with significant conflicts of interest (such as consulting for/receiving funding from corn, sugar, and other food and beverage industry groups).

## Science

So what exactly is HFCS? Well, as the name suggests, it is produced by further processing regular corn syrup. The resulting syrup has [chemical and physical properties](#) well-suited to the highly processed foods available today. HFCS is found in sugary drinks and desserts as well as many common grocery items. At the center of the HFCS debate is fructose. Fructose is a type of sugar that makes up about half of the sugars in HFCS. When ingested in large quantities, fructose consumption has been associated with high body weight, insulin resistance, high cholesterol, high triglycerides, and gout. The small amounts of fructose naturally occurring in fruits and vegetables do not seem to have these detrimental health effects.

Despite its name, HFCS isn't particularly high in fructose—when compared to other sweeteners. The types commonly used (HFCS-42 and HFCS-55) actually have [chemical compositions that are similar](#) to what you would find in beet sugar, cane sugar, molasses, or honey.

Due to their similar makeup, it is generally accepted that these sugars are processed by the body in a similar fashion. To put this simply, sugar is sugar—and we eat too much of it! This standpoint is backed by the American Medical Association and the Academy of Nutrition and Dietetics. Position papers from these organizations state that there is no reason to believe that high fructose corn syrup is particularly dangerous. They support [US dietary guidelines recommendations](#) to limit ALL added sugars/sweeteners. On average, Americans eat three times the upper limit recommended by The American Heart Association (38g/day sugar for men, 25g/day for women).

There are many food and activity hurdles to overcome when working toward a healthful lifestyle. While HFCS isn't the poison it is sometimes made out to be, there is no question we would be healthier if we consumed less of it. The best way to do this is to [avoid sugary drinks](#) like sodas, energy drinks, sports drinks, and fruit drinks (with added sweeteners). Limiting dessert foods will make the next largest impact. Finally, look closely at the ingredients labels in selecting your foods.

For more information on "Living Well in Wyoming", contact your University of Wyoming Extension Nutrition and Food Safety Educator!

Source: Kentz Willis, M.S., University of Wyoming Extension Educator in Nutrition and Food Safety, Northeast Wyoming

For more information on "Living Well in Wyoming", contact Jennifer Jacobsen your University of Wyoming Extension Nutrition and Food Safety Educator in Teton County! [www.choosemyplate.org](http://www.choosemyplate.org): [www.mealsmatter.org](http://www.mealsmatter.org): [www.simplemom.net](http://www.simplemom.net).



## Teton County Office

255 W. Deloney • PO Box 1708  
Jackson, WY 83001-1708

PRESORT STANDARD  
US POSTAGE PAID  
Jackson, WY  
Permit # 5

**TETON  
COUNTY  
4-H**

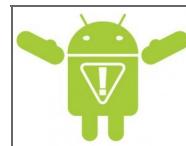


4-H is a **community of young people**  
**across America** who are learning  
**leadership, citizenship** and **life skills.**

## 4-H FAMILY NEWSLETTER

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

- ◊ Download the 4-H App for your iPhone or smartphone via the App store or android market! Choose "4-H News"
- ◊ Check out our Facebook Page <https://www.facebook.com/pages/Teton-County-Wyoming-4-H/438095165643>
- ◊ Visit our website: <http://www.tetonwyo.org/ex4h/>



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- Scholarship Info**
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