

BINGHAM COUNTY EXTENSION UPDATE

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING

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4-H Daily Program of Events Buildings open daily 10 a.m. – 10 p.m.

Wednesday, August 28 9:00 a.m.– 5:00 p.m. County projects set-up	Tuesday, September 3 No 4-H shows
Friday, August 30 7:30 a.m. Working Ranch Horse Check-in - Behind the Chutes 7:30 a.m. Driving Horse Show Check-in - Infield 7:30 a.m. Dog Show - Rally Check-in - Beef Arena 8:00 a.m. Dog Show - Rally Competition - Beef Arena 8:00 a.m. Working Ranch Horse - Grandstand Arena 8:00 a.m. Driving Horse Show - East Infield 8:00 a.m. Dog Show Check-in - Beef Arena 8:30 a.m. Dog Show Competition - Beef Arena 11:00 a.m. BLM Mustang Trail Challenge, East Infield	Wednesday, September 4 8:00 a.m. 9:00 a.m. Market Rabbit Show Check-in/weigh-in Market Rabbit Show - Yellow Show Barn 1-2 p.m. Enter/Weigh-In Market Beef - Livestock Pavilion 2-3 p.m. Enter/Weigh-In Market Meat Goats - Livestock Pavilion 2-3 p.m. Breeding Meat Goat Check-in Enter/Weigh-In Market Sheep 3-4 p.m. - Livestock Pavilion 4-4:30 p.m. Enter/Check-In Dairy Cattle - Livestock Pavilion 4:30-5:30 p.m. Enter/Weigh-In Market Swine - Swine Barn 6:00 p.m. Breeding Sheep Check-in - Livestock Pavilion 7:00 p.m. Breeding Sheep Show - Livestock Pavilion
Saturday, August 31 7:00 a.m. Horse Show Check-in - Behind the Chutes 8:00 a.m. Horse Show - Grandstand Arena 8:00 a.m. Horse Trail Class - East Infield 8:30 a.m. Poultry Check-in - Yellow Show Barn 9:30 a.m. Poultry Show - Yellow Show Barn 10:00 a.m.-noon Dairy Goat Show Check-in - Dairy Goat Barn noon BLM Mustang Auction, Grand Stands	Thursday, September 5 8:00 a.m. 10:00 a.m. Swine Show - Yellow Show Barn Breeding/Market Meat Goat Show - Livestock Pavilion Noon Dairy Cattle Show - Yellow Show Barn 1:00 p.m. Market Sheep Show - Livestock Pavilion 5:00 p.m. Beef Show - Beef Show Arena
Sunday, September 1 No 4-H shows	Friday, September 6 9:00 a.m. * Dairy Judging Contest - Yellow Show Barn & Beef Show Arena Dairy Skill-a-thon - Yellow Show Barn *Will be held 30 minutes following the Judging Contest; check with the Dairy Cattle Chair for the exact time. Jr. Market Animal Award Program and Buyers Refreshments - Beef Show Arena Jr. Market Animal Sale - Beef Show Arena
Monday, September 2 8:00 a.m. Dairy Goat Show - Coverall Show Arena 8 a.m. Breeding Rabbit check-in - Yellow Show Barn 9 a.m. Breeding Rabbit Show - Yellow Show Barn 9:00 a.m.– 6:00 p.m. Demonstration Contest - 4-H Building • 9:00 a.m.–noon Juniors • 12:30-3:00 p.m. Intermediate • 3:15-6:00 p.m. Seniors 1:00 p.m. Dairy Goats Released	Saturday, September 7 9:00 a.m. 4-H Livestock Judging Contest - Yellow Show Barn & Beef Show Arena noon Jr. Market Animal Sale resale animals released Style Revue Check-in - 4-H Building Stage 1:00 p.m. Style Revue - 4-H Building Stage 2:00 p.m. Other 4-H Livestock Released

EISF 4-H/FFA

Rules can be found at:

<https://funatthefair.com/wp-content/uploads/2024/05/4-H-EXHIBITOR-HANDBOOK-2024-with-calander.pdf>

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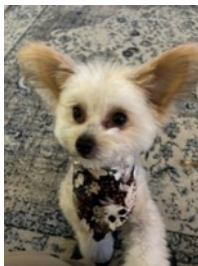
UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

August	19	Alzheimer Care giver support group, 1-3 p.m., Bingham Office
	21	DEADLINE - Market Animal Sale add-on slips by 4 p.m., Bingham Office
	27	4-H Buyer thank you list available, 8 a.m., Bingham Office
	30	EISF 4-H Working Ranch Horse Show
	30	EISF 4- H Driving Horse Show
	30	EISF 4-H Dog Show
	31	EISF 4-H Horse Show
	31	EISF 4-H Poultry Show
	31	EISF BLM Mustang Auction
	September	2
2		EISF 4-H Dairy Goat Show
2		EISF 4-H Breeding Rabbit Show
2		EISF 4-H Demonstration Contest
4		EISF 4-H Market Rabbit Show
4		EISF 4-H Market Livestock weigh-in
4		EISF 4-H Breeding Sheep Show
5		EISF 4-H Swine Show
5		EISF 4-H Meat Goat Show
5		EISF 4-H Dairy Cattle Show
5		EISF 4-H Market Sheep Show
5		EISF 4-H Beef Show
6		EISF 4-H Dairy Judging/Skill-a-thon Show
6		EISF 4-H Market Animal Sale - beef show arena
7		EISF 4-H Livestock Judging Contest
7		EISF 4-H Style Revue Contest
9		4-H Market Animal thank you's due, Bingham Office
16		Alzheimer Care giver support group, 1-3 p.m., Bingham Office
23		Freeze Drying 101, 6:30 - 7:30 p.m., Bingham Office
25		Preserve for Fun, Canning Tomatoes, 6-9 p.m., Bingham Office
October	1	Preserve for Fun, Canning Ground Beef, 6-9 p.m., Bingham Office
	8-9	District Training - Office Closed
	14	Holiday - Office Closed
	16	Dementia Friends, 10-11:30 a.m., Blackfoot Senior Center
	18	DAY CAMPS - see last page for information
	21	Alzheimer Care giver support group, 1-3 p.m., Bingham Office
	November	8
11		Holiday - Office Closed
18		Alzheimer Care giver support group, 1-3 p.m., Bingham Office
December	28-29	Holiday - Office Closed
	16	Alzheimer Care giver support group, 1-3 p.m., Bingham Office
	20	DEADLINE - Last day to pick up premiums
	25-26	Holiday - Office Closed

FAMILY & CONSUMER SCIENCES NEWS — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER SCIENCES NEWS****Wellness News**

**Pets make us
better
Humans**



You guessed it! Being with a pet is associated with overall better health and well-being. Check your “know how” regarding pets:

- Pets help us live a more active lifestyle.
- Blood pressure decreases when we pet a dog.
- Lowers depression.
- Decreases stress at home, at work and when managing health challenges.
- Pets help us feel less shy. So many more people talk to my husband and me as we walk our dog than when we are alone.

I wanted to rescue a dog during the pandemic when I was working from home. Guess what? The shelters were nearly empty. Pet ownership increased by 48% with 1 in 5 U.S. households acquiring a new pet. And don't be worried if the pets are still in homes now the pandemic has eased up as the American Society for the Prevention of Cruelty to Animals (ASPCA) survey revealed 90% of dogs and cats were kept!

American Heart Association has “Best Friend Fridays” where you can post a photo or video with your pet. Visit [heart.org](https://www.heart.org)

**Food Safety Tips**

Grilling Bonanza! Yes, you will find me on my patio during these HOT summer evenings enjoying wonderful grilled foods; salmon, chicken and vegetables are my favorite. Let's talk about some of the safe grilling steps to make your summer foods healthy for everyone:

Protein: Choose lean proteins like skinless chicken breast, fish, or lean ground poultry. Trim visible fat and moderate portions.

Marinades and rubs: Use no-sodium marinades or rubs that contain spices to reduce the need for salt.

Sides: Choose healthier sides and pair with whole grains.

Vegetables: Grill vegetables like corn, sweet potatoes, green pepper, onions, or zucchini instead of meat.

Temperature: Cook meat over medium to medium-high heat and avoid longer cooking times and higher temperatures. You can also try raising the grilling surface from the heat source or cooking meats at lower temperatures.

Flipping: Flip meat frequently to reduce charring and burning.

Other tips: Cover the grill with foil to reduce flare-ups and drips. Watch for hidden added sugars and sodium.

Learn more at American Heart Association <https://www.heart.org/en/healthy-living/healthy-eating/add-color/top-ten-tips-for-healthy-grilling-and-barbecuing>

Pressure canner lid checks daily 8 am-5 pm, \$2

Need a canner part? Only order online from [gopresto.com](https://www.gopresto.com)

ANNOUNCING**CLASSES****Classes for adults**

Caregiver Support Group For any caregiver providing care or support to someone with a memory concern, dementia, or Alzheimer's. Meetings held the 3rd Monday of every Month 1-3 pm at the Extension office. See you on September 16th!

Dementia Friends Information Session

Learn about Dementia and how to help those in our care. October 16, 10-11:30 am, Blackfoot Senior Center, 20 E Pacific Street, Blackfoot. Free Register jhbuck@uidaho.edu, 208-785-8060

Classes for youth

Frankenstein Pillow. Learn to make a pillow. Must know how to sew, 10+ years or older. October 18, 10am-12 noon. \$10 Call 208-785-8060

Julie Buck, Family and Consumer Sciences Educator



UNIVERSITY OF IDAHO EXTENSION EDUCATOR
JULIE BUCK



PRESERVE FOR FUN

Hands-on food preservation. All supplies provided.
Take home one pint of food bottled from each class.
May attend either or both classes.

**SEPTEMBER 25, 6-9 PM BOILING WATER CANNING
QUARTERED TOMATOES \$15**
**OCTOBER 1, 6-9 PM PRESSURE CANNING
GROUND BEEF \$15**
**CLASS AT UI EXTENSION BINGHAM COUNTY OFFICE
412 WEST PACIFIC STREET, BLACKFOOT**

REGISTER 208-785-8060 BY SEPTEMBER 20

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING. TO ENRICH EDUCATION THROUGH DIVERSITY, THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION.

"We're there when you need us most."



CAREGIVER SUPPORT GROUP

Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!

Meetings Held The 3rd Monday of Every Month.

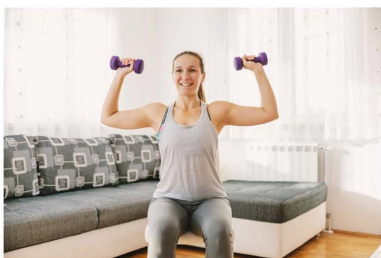
Bingham County Extension Office
412 W Pacific Street
Blackfoot

1:00-3:00 PM

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and education institution. University of Idaho, U.S. Department of Agriculture and Bingham County cooperating.



Online Fitness Classes University of Idaho Extension



Fitness Made Simple!
Thursdays, 10:00-11:00AM MST

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

Join Zoom Meeting: <https://uidaho.zoom.us/j/85143098244>
Meeting ID: 851 4309 8244
Passcode: 693155

Suggested Equipment

- Resistance bands
- 1-6-pound weights
- 7-9-inch exercise ball

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Reasonable accommodations will be made for persons with disabilities and special needs who contact Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; lsant@uidaho.edu.

Dementia Friends Information Session



What is Dementia Friends?
A Dementia Friend learns about dementia and then turns that understanding into action. Dementia Friends USA is a part of a global movement that is changing the way people think, act, and talk about dementia.
Who can be a Dementia Friend?
Anyone can be a Dementia Friend. We all have a part to play in creating dementia friendly communities.
What will I learn?
Through interactive activities and information, you will learn what dementia is, and how it affects people, and how you can make a difference for people touched by dementia.
How much does it cost?
The session is Free! You will be provided with a session workbook and certificate after attending.

Join the Movement! Become a Dementia Friend Today!

Wednesday, October 16
10:00 AM-11:30 AM
Blackfoot Senior Center
20 East Pacific Street, Blackfoot

Register by calling
208-785-8060
or by emailing
jhbuck@uidaho.edu



The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

Persons with disabilities who require alternative means for communication or program information, or reasonable accommodations need to contact the Bingham County Extension by at least two weeks prior to the event at 412 West Pacific Street, Blackfoot, jhbuck@uidaho.edu, 208-785-8060

Bingham County

Fair Winners

ROUND ROBIN

MASTER SHOWMAN -CARSON FARONI
RESERVE MASTER SHOWMAN -PAYTON PHARIS
SPIRIT OF 4H-LOGAN SHEPHERD

BEEF

GRAND CHAMPION SHOWMAN-JAYLIN WARD
RESERVE GRAND CHAMPION SHOWMAN-
ZEKE WARD
GRAND CHAMPION MARKET BEEF-MAXON OSWALD
RESERVE GRAND CHAMPION MARKET BEEF-
ZADE WARD
BEST AVERAGE DAILY GAIN - BEEF-ELI CARTER
TOP CATTLE CARCASS-MAXON OSWALD
TOP PRIME STEER-KENDALYN THOMSON
RESERVE TOP PRIME STEER-JAYLIN WARD
3RD PRIME STEER-ZEKE WARD
CHAMPION BREEDING BEEF-JAYLIN WARD
RESERVE CHAMPION BREEDING BEEF-ZEKE WARD
OVERALL OUTSTANDING BEEF-CINCH THOMAS
BEEF BARN AWARD-IDASHOW

MEAT GOAT

GRAND CHAMPION SHOWMAN-KODI PRATT
RESERVE GRAND CHAMPION SHOWMAN-
PAYTON PHARIS
GRAND CHAMPION MEAT GOAT -PARKER PRATT
RESERVE GRAND CHAMPION MEAT GOAT-
TAFT MORTENSEN
GRAND CHAMPION DOE-KODI PRATT
RESERVE GRAND CHAMPION DOE-BROOKE
MECHAM
CHAMPION JR DOE-KODI PRATT
RESERVE CHAMPION JR DOE-BROOKE MECHAM
CHAMPION SR DOE-SHAY NELSON
RESERVE CHAMPION SR DOE-ANDREA BERG
GOAT BARN AWARD-CACTUS CREEK

POULTRY

GRAND CHAMPION SHOWMAN-CHANEL WEAVER
RESERVE GRAND CHAMPION SHOWMAN-
KYNDL VARGAS
GRAND CHAMP MARKET PEN-PAYTON PHARIS
RESERVE GRAND CHAMP MARKET PEN-
KAYLEE PRATT
CHAMPION MARKET BROILERS-KAYLEE PRATT
RESERVE CHAMPION MARKET BROILER-
EMILIA VARGAS
CHAMPION MARKET TURKEY-PAYTON PHARIS
RESERVE CHAMPION MARKET TURKEY-
KYNDL VARGAS
GRAND CHAMPION BREEDING (CHICKEN) POULTRY
-CHANEL WEAVER
RESERVE GRAND CHAMPION BREEDING (CHICKEN)
POULTRY-GREAHSON CERNYAR

RABBIT

GRAND CHAMPION SHOWMAN-KADEN HADLEY
RESERVE GRAND CHAMPION SHOWMAN-
ROYCE LYON
GRAND CHAMPION MARKET PEN-HUNTER MORRIS
RESERVE GRAND CHAMPION MARKET PEN-
HALANA WEEKS
CHAMPION DOE-RANCE GIBBS
RESERVE CHAMPION DOE-WILL BEASLEY
CHAMPION BUCK-WILL BEASLEY

RESERVE CHAMPION BUCK-LEXY NELSON
SHEEP
GRAND CHAMPION SHOWMAN-KAYLEE PRATT
RESERVE GRAND CHAMPION SHOWMAN-
JADE KELLY
GRAND CHAMPION MARKET LAMB-KAYLEE PRATT
RESERVE GRAND CHAMPION MARKET LAMB-
PRICE PRATT
1ST PLACE COMMERCIAL LAMB-
TESS CHRISTIANSEN
2ND PLACE COMMERCIAL LAMB-
TATE CHRISTIANSEN
3RD PLACE COMMERCIAL LAMB-
KLARRISSA CHRISTIANSEN
4th PLACE COMMERCIAL LAMB-PAYTON PHARIS
TOP LAMB CARCASS-CARSON NELSON
CHAMPION RAM LAMB-KAYLEE PRATT
RESERVE CHAMPION RAM LAMB-KODI PRATT
CHAMPION EWE LAMB-KAYLEE PRATT
RESERVE CHAMPION EWE LAMB-KAYLEE PRATT
SHEEP BARN AWARD-HOT EWES & COOL DUDES

SWINE

GRAND CHAMPION SHOWMAN-ELIZABETH BETTIGA
RESERVE GRAND CHAMPION SHOWMAN-
CARSON FARONI
GRAND CHAMPION MARKET SWINE-
ELIZABETH BETTIGA
RESERVE GRAND CHAMPION MARKET SWINE-
KIMBER THOMAS
TOP SWINE CARCASS-EMMETT CARTER
CHAMPION BREEDING SWINE-ELIZABETH BETTIGA
SWINE BARN AWARD-BARNYARD FRIENDS

DAIRY GOAT

GRAND CHAMPION SHOWMAN-ALINA CRAIG
RESERVE GRAND CHAMPION SHOWMAN-
IZABELLA GRONEMAN
CHAMPION JR DAIRY GOAT-PAYTON PHARIS
RESERVE CHAMPION JR DAIRY GOAT-
PAYTON PHARIS
CHAMPION SR DAIRY GOAT-LILY GRONEMAN
RESERVE CHAMPION SR DAIRY GOAT-
IZABELLA GRONEMAN
GRAND CHAMPION DAIRY GOAT-LILY GRONEMAN
RESERVE GRAND CHAMPION DAIRY GOAT-
IZABELLA GRONEMAN

DAIRY CATTLE

GRAND CHAMPION SHOWMAN-HANNA WOLFLEY
RESERVE GRAND CHAMPION SHOWMAN-
JOZEE DIAL
GRAND CHAMPION DAIRY FEMALE-
SAVANNA BROWN
RESERVE GRAND CHAMPION DAIRY FEMALE-
HANNA WOLFLEY

DOG

TOP HANDLER-RANCE GIBBS
RESERVE TOP HANDLER-SAVANNAH SEARLE
CHAMPION HIGH SCORING DOG-
SERENITY IVERSON
RESERVE CHAMPION HIGH SCORING DOG-
BELLA WILLIAMS
TOP RALLY-SERENITY IVERSON
RESERVE TOP RALLY-TYREE CRYSTAL

HORSE

TOP HORSE SHOWMAN-JOSIE WATERS
RESERVE TOP HORSE SHOWMAN-
HANNA WOLFLEY
SR HIGHPOINT HORSEMAN-LILY WOLFLEY
SR HM HIGHPOINT HORSEMAN-HANNA WOLFLEY
INT HIGHPOINT HORSEMAN-BAYLEN HALES

INT HM HIGHPOINT HORSEMAN-QUINCIE EDWARDS
JR HIGHPOINT HORSEMAN-HANNAH HALES
JR HM HIGHPOINT HORSEMAN-CALLIE CARTER
CHAMPION 1ST WRH LEVEL DIVISION-
CASTEN CARTER
HM 1ST WRH LEVEL DIVISION-HANNAH HALES
CHAMPION 2ND WRH LEVEL DIVISION-
RYLEE WATSON
HM 2ND WRH LEVEL DIVISION-RUDY LARSEN
CHAMPION 3RD WRH LEVEL DIVISION-
BRONSON CARTER
HM 3RD WRH LEVEL DIVISION-HANNA WOLFLEY

LIVESTOCK JUDGING

TOP SR LIVESTOCK JUDGING INDIVIDUAL
-MADI WREN
RESERVE SR LIVESTOCK JUDGING INDIVIDUAL-
ELIZABETH MURDOCK
TOP INT LIVESTOCK JUDGING INDIVIDUAL-
KODI PRATT
RESERVE INT LIVESTOCK JUDGING INDIVIDUAL-
REVA CARTER
TOP JR LIVESTOCK JUDGING INDIVIDUAL-
CADEN LARSEN
RESERVE JR LIVESTOCK JUDGING INDIVIDUAL-
CALLIE CARTER

DEMONSTRATIONS

TOP SR LIVESTOCK DEMONSTRATION-
CARSON FARONI
TOP INT LIVESTOCK DEMONSTRATION-
JD MORTENSEN
TOP JR LIVESTOCK DEMONSTRATION-
DONNER FARONI
TOP OVERALL DEMONSTRATOR-LIA MORTENSEN
TOP SR DEMONSTRATOR-CARSON FARONI
TOP INT DEMONSTRATOR-TYREE CRYSTAL
TOP JR DEMONSTRATOR-TAFT MORTENSEN

STYLE REVIEW

TOP OVERALL STYLE REVIEW-KYNDL VARGAS
TOP INT MODEL-ZOEY BRIGHTON
TOP SR MODEL-KYNDL VARGAS

NON-ANIMAL PROJECTS

TOP OVERALL CLOTHING/SEWING PROJECT-
LIBBY NELSON
TOP OVERALL FOOD/NUTRITION PROJECT-
TESS CHRISTIANSEN
TOP MACRAME PROJECT-EMMA MATSAW
TOP OVERALL MISC-GREAHSON CERNYAR
TOP ELEMENTARY PROJECT-YAMI RENDON
TOP HIGH SCHOOL PROJECT-HAILEY MUNOZ
OUTSTANDING TEEN LEADERSHIP PROJECT-
ANNIE STEWART



UPCOMING DAY CAMPS

ALL DAY CAMPS ARE LOCATED AT THE OFFICE UNLESS OTHERWISE SPECIFIED

You MUST be completely enrolled on 4h.zsuite.org and have enrollment fees paid at the office PRIOR to being added to any day camp lists.

Registration for day camps are **NOW** on 4h.zsuite.org in the events sections of your family profile. **Register online. Limited space!**
ALL FEES MUST BE PAID AT THE OFFICE 1 WEEK PRIOR TO DAY CAMP IN ORDER TO ATTEND!

We are able to accept cards over the phone or at office with a \$3 service fee.

Our Day camps will begin in October for our new 4-H 2024-2025 year!

Oct	18	Frankenstein Pillow, TRADITIONAL 10+, 10 - noon, \$10
Nov	8	Christmas Pillow, TRADITIONAL , 10-noon, \$10

The Bingham County News is published by the Bingham County Extension Office. All comments should be directed to Julie Buck. UI Extension Office, Bingham Co. 412 W. Pacific St. Blackfoot, ID 83221 (208) 785-8060 bingham@uidaho.edu http://www.uidaho.edu/bingham

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Heather Strupp, 4-H Coordinator
 Position Open, 4-H Secretary

Web Site:
<https://www.uidaho.edu/bingham>

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations to any programs listed in this newsletter need to contact the Bingham County Extension Office two days prior to the event at 412 West Pacific St., Blackfoot, ID 83221, phone 208-785-8060, email bingham@uidaho.edu.

COOPERATIVE EXTENSION SYSTEM
 UNIVERSITY OF IDAHO
 BINGHAM COUNTY
 412 WEST PACIFIC
 BLACKFOOT ID 83221

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RETURN SERVICE REQUESTED



To keep current and up-to-date!

UI Extension, Bingham County