



BINGHAM COUNTY EXTENSION UPDATE

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

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FITNESS MADE SIMPLE



With a fitness educator
Chair-based toning/strengthening class. We will explore the use of hand
weights, resistance bands, and exercise balls. Modifiable for a variety of fitness
levels. All equipment is provided.

**JOIN US FOR A
FREE 7 WEEK
SESSION!**

**Mondays and Wednesdays
September 14-October 28**

Call Bingham County
Extension to Register!
(208)785-8060

Questions? Email Abby at
abbymay@uidaho.edu

Time: 9AM-10AM

Location: Bingham County Extension Basement

Address: 412 West Pacific St, Blackfoot

*Classes are taught in a lower-level, down 16 stairs. Please call 2 business days prior to first class if you need accommodation.

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.



Eastern Idaho Sewing Workshop: Sept 25-26 | Cost \$45 Come join us
for a fun sewing day and learn simple projects to sew with youth! Lunch
and materials provided. See flyer for more details.

Capture the Flavor with Herbs and Spices: Friday, Oct 9, 5:30-7:00 PM
Cost: \$10 Learn how to use herbs and spices to create delicious
international dishes and take home a goodie bag with spice samples and
a recipe book. Great for date night or a fun evening! See flyer for
registration information.

**Dining with Diabetes: Tuesdays November 3, 10, 17, and Dec 1, 12-2
PM, Cost \$25** This class is for people with type 2 diabetes, prediabetes,
or their families to learn about managing and eating with diabetes. Class
will include a lesson with a cooking demonstration and tasting. See flyer
for more information.

**Questions about a class or event? Call or email Abby May at (208)785-
8060 or abbymay@uidaho.edu.**

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin,
religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a
Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but
is not limited to, applications, admissions, access to programs and services, and employment.



UPCOMING EVENTS – SAVE THE DATE

2026 Calendar

September	11	EISF Dairy Cattle Judging Contest / Dairy Cattle Skill-a-thon Contest, 9 a.m. EISF Animal Market Sale, 6 p.m., Beef Show Arena
	12	EISF Livestock Judging Contest, 9 a.m., Yellow Show Barn EISF Market resale animals released, Noon EISF Style Revue, 1 p.m., 4-H Building Stage EISF Other 4-H Livestock released, 2 p.m.
	14	DEADLINE - EISF Market Sale add-on sheets by 5 p.m.
	14	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	16	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	18	Day Camps – see last page for information
	21	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	23	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	25	Day Camps – see last page for information
	25-26	East Idaho Sewing Workshop, Bonneville Extension, \$45 registration contact 208-745-6685
October	2	DEADLINE – register for Capture the Flavor 208-785-8060
	5	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	5	RE-ENROLL with 4-H at 4h.zsuite.org
	7	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	9	Capture the Flavor, 5:30-7 p.m., \$10 contact Abby May 208-785-8060
	9	Day Camps – see last page for information
	12	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	12	HOLIDAY – OFFICE CLOSED
	16	Day Camps – see last page for information
	19	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	23	Day Camps – see last page for information
	26	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	28	Fitness Made Simple, 9-10 a.m., Bingham Office – contact Abby May 208-785-8060
	28	DEADLINE – register for Dining with Diabetes 208-785-8060
	30	Day Camps – see last page for information
	30	Pick up 4-H Premiums
November	3	Dining with Diabetes, Noon-2 p.m., \$25 contact Abby May 208-785-8060
	6	Day Camps – see last page for information
	10	Dining with Diabetes, Noon-2 p.m., \$25 contact Abby May 208-785-8060
	11	HOLIDAY – OFFICE CLOSED
	13	Day Camps – see last page for information
	17	Dining with Diabetes, Noon-2 p.m., \$25 contact Abby May 208-785-8060
	20	Day Camps – see last page for information
	26-27	HOLIDAY – OFFICE CLOSED
December	1	Dining with Diabetes, Noon-2 p.m., \$25 contact Abby May 208-785-8060
	4	Day Camps – see last page for information
	11	Day Camps – see last page for information
	25-28	HOLIDAY – OFFICE CLOSED

KAYLEE PRATT, MASTER SHOWMAN
 SHAY NELSON, RESERVE MASTER SHOWMAN
 JAYLIN WARD, SPIRIT OF 4-H

BEEF

BAYLEN HALES, GRAND CHAMPION SHOWMAN
 ELIZABETH MURDOCK, RESERVE GRAND CHAMPION SHOWMAN
 PIERCE HALES, GRAND CHAMPION MARKET BEEF
 SLOAN GIBBS, RESERVE GRAND CHAMPION MARKET BEEF
 MAC BELNAP, BEST AVERAGE DAILY GAIN - BEEF
 COOPER COLSON, TOP CATTLE CARCASS
 MADI WREN, CHAMPION BREEDING BEEF
 EMMA WARD, RESERVE CHAMPION BREEDING BEEF
 JAYLIN WARD, OVERALL OUTSTANDING BEEF

MEAT GOAT

PARKER PRATT, GRAND CHAMPION SHOWMAN
 KODI PRATT, RESERVE GRAND CHAMPION SHOWMAN
 TRIPP ODIAGA, GRAND CHAMPION MEAT GOAT
 KOLTYN PARSONS, RESERVE GRAND CHAMPION MEAT GOAT
 KODI PRATT, GRAND CHAMPION DOE
 TRIPP ODIAGA, RESERVE GRAND CHAMPION DOE
 KODI PRATT, CHAMPION JR DOE
 TRIPP ODIAGA, RESERVE CHAMPION JR DOE
 TESS CHRISTIANSEN, CHAMPION SR DOE
 HESSTON CHRISTIANSEN, RESERVE CHAMPION SR DOE
 CACTUS CREEK, GOAT BARN AWARD

POULTRY

KYNDL VARGAS, GRAND CHAMPION SHOWMAN
 KATELYNN SPONHOLZ, RESERVE GRAND CHAMPION SHOWMAN
 KONNER PRATT, CHAMPION COSTUME
 ELAYNE FARONI, RESERVE CHAMPION COSTUME
 DONNER FARONI, GRAND CHAMP MARKET PEN - BROILER
 EMILIA VARGAS, RESERVE GRAND CHAMP MARKET PEN - BROILER
 LEAH TURNER, GRAND CHAMP MARKET PEN - TURKEY
 KYNDL VARGAS, RESERVE GRAND CHAMP MARKET PEN - TURKEY
 DONNER FARONI, GRAND CHAMPION BREEDING POULTRY
 LEAH TURNER, RESERVE GRAND CHAMPION BREEDING POULTRY

RABBIT

TYREE CRYSTAL, GRAND CHAMPION SHOWMAN
 LEXY NELSON, RESERVE GRAND CHAMPION SHOWMAN
 LILA BARNES, GRAND CHAMPION MARKET PEN
 MCCREIGH WANSTROM, RSV GRAND CHAMPION MARKET PEN
 CLANCY CRYSTAL, CHAMPION DOE
 ROYCE LYON, RESERVE CHAMPION DOE
 ROYCE LYON, CHAMPION BUCK
 ROYCE LYON, RESERVE CHAMPION BUCK

SHEEP

KODI PRATT, GRAND CHAMPION SHOWMAN
 KYLIN KELLY, RESERVE GRAND CHAMPION SHOWMAN
 KAYLEE PRATT, GRAND CHAMPION MARKET LAMB
 PRICE PRATT, RESERVE GRAND CHAMPION MARKET LAMB
 TATE CHRISTIANSEN, 1ST PLACE COMMERCIAL LAMB
 TESS CHRISTIANSEN, 2ND PLACE COMMERCIAL LAMB
 HESSTON CHRISTIANSEN, 3RD PLACE COMMERCIAL LAMB
 KLARRISSA CHRISTIANSEN, 4th PLACE COMMERCIAL LAMB
 BRYNLEY BUTLER, CHAMPION COSTUME
 KODI PRATT, RESERVE CHAMPION COSTUME
 DEKLYN GRONEMAN, TOP AVERAGE DAILY GAIN
 KAYLEE PRATT, CHAMPION RAM LAMB
 KODI PRATT, RESERVE CHAMPION RAM LAMB
 KAYLEE PRATT, CHAMPION EWE LAMB
 KAYLEE PRATT, RESERVE CHAMPION EWE LAMB
 BARNYARD WRANGLERS, SHEEP BARN AWARD

SWINE

PARKER STARK, GRAND CHAMPION SHOWMAN
 RYLIE STARK, RESERVE GRAND CHAMPION SHOWMAN
 TYREE CRYSTAL, GRAND CHAMPION MARKET SWINE
 TAFT MORTENSEN, RESERVE GRAND CHAMPION MARKET SWINE
 COOPER JENSEN, TOP SWINE CARCASS
 CRITTER SITTER, SWINE BARN AWARD

DAIRY GOAT

DEKLYN GRONEMAN, GRAND CHAMPION SHOWMAN
 MYA ZAMORA, RESERVE GRAND CHAMPION SHOWMAN
 DEKLYN GRONEMAN, CHAMPION JR DAIRY GOAT
 MYA ZAMORA, RESERVE CHAMPION JR DAIRY GOAT
 MYA ZAMORA, CHAMPION SR DAIRY GOAT
 MYA ZAMORA, RESERVE CHAMPION SR DAIRY GOAT
 MYA ZAMORA, GRAND CHAMPION DAIRY GOAT
 MYA ZAMORA, RESERVE GRAND CHAMPION DAIRY GOAT

DAIRY CATTLE

KYZER SWAN, GRAND CHAMPION SHOWMAN
 JOZEE DIAL, RESERVE GRAND CHAMPION SHOWMAN
 EMMA BURNETT, CHAMPION JR FEMALE
 IVY BURNETT, RESERVE CHAMPION JR FEMALE
 KYZER SWAN, CHAMPION SR FEMALE
 SAVANNA BROWN, RESERVE CHAMPION SR FEMALE
 KYZER SWAN, GRAND CHAMPION DAIRY FEMALE
 SAVANNA BROWN, RESERVE GRAND CHAMPION DAIRY FEMALE

DOG

HADLEY TAYLOR, TOP HANDLER
 HESTON TAYLOR, RESERVE TOP HANDLER
 ZOEY BRIGHTON, CHAMPION HIGH SCORING DOG
 KYRA WILLIAMS, RESERVE CHAMPION HIGH SCORING DOG
 HADLEY TAYLOR, CHAMPION RALLY
 CELESTE EDDINGTON, RESERVE CHAMPION RALLY

HORSE

SHAY NELSON, TOP HORSE SHOWMAN
 BAYLEN HALES, RESERVE TOP HORSE SHOWMAN
 JOSIE WATERS, SR HIGHPOINT HORSEMAN
 REVA CARTER, SR HM HIGHPOINT HORSEMAN
 HANNAH HALES, INT HIGHPOINT HORSEMAN
 BAYLEN HALES, INT HM HIGHPOINT HORSEMAN
 EMMETT CARTER, JR HIGHPOINT HORSEMAN
 CASTEN CARTER, JR HM HIGHPOINT HORSEMAN
 CASTEN CARTER, CHAMPION WRH 1ST LEVEL
 EMMETT CARTER, HM WRH 1ST LEVEL
 REVA CARTER, CHAMPION WRH 2ND LEVEL
 GUS EDWARDS, HM WRH 2ND LEVEL
 JOSIE WATERS, CHAMPION WRH 3RD LEVEL
 EMMA COOK, HM WRH 3RD LEVEL
 LIZZIE MURDOCK, HM WRH 3RD LEVEL

LIVESTOCK JUDGING

MAYSA OSWALD, 1ST SR LIVESTOCK JUDGING INDIVIDUAL
 ELIZABETH MURDOCK, 2ND SR LIVESTOCK JUDGING INDIVIDUAL
 JESSA CARTER, 1ST INT LIVESTOCK JUDGING INDIVIDUAL
 AVALIE THOMSON, 2ND INT LIVESTOCK JUDGING INDIVIDUAL
 CASTEN CARTER, 1ST JR LIVESTOCK JUDGING INDIVIDUAL
 CALLIE CARTER, 2ND JR LIVESTOCK JUDGING INDIVIDUAL

DEMONSTRATIONS

TYREE CRYSTAL, TOP SR LIVESTOCK DEMONSTRATION
 CLANCY CRYSTAL, TOP INT LIVESTOCK DEMONSTRATION
 ELAYNE FARONI, TOP JR LIVESTOCK DEMONSTRATION
 ELAYNE FARONI, TOP OVERALL DEMONSTRATOR *TIED
 TYREE CRYSTAL, TOP OVERALL DEMONSTRATOR *TIED
 JD MORTENSEN, TOP SR DEMONSTRATOR
 DONNER FARONI, TOP INT DEMONSTRATOR
 ELAYNE FARONI, TOP JR DEMONSTRATOR

STYLE REVIEW

TESS CHRISTIANSEN, TOP OVERALL STYLE REVIEW
 LEAH TURNER, TOP JR MODEL
 CONSTANCE TURNER, TOP INT MODEL

NON-ANIMAL PROJECTS

TESS CHRISTIANSEN, TOP OVERALL CLOTHING/SEWING PROJECT
 KLARRISSA CHRISTIANSEN, TOP OVERALL FOOD/NUTRITION PROJECT
 ZOEY BRIGHTON, TOP OVERALL SEWING PROJECT
 EMILY KLASSEN, TOP ELEMENTARY PROJECT
 ESTEFANI ROSAS, TOP HIGH SCHOOL PROJECT

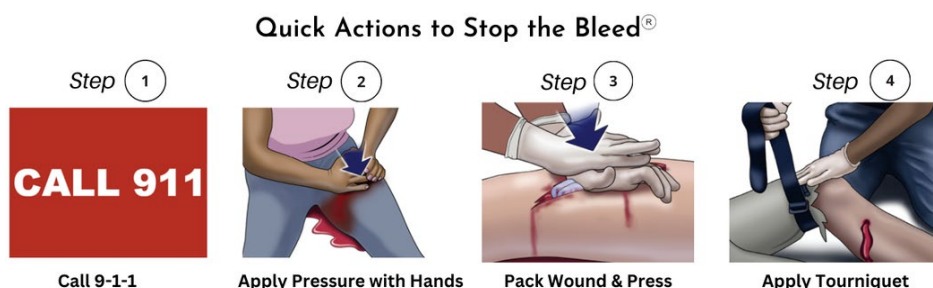
Stop the Bleed: Essential Skills for the Field

Agricultural operations involve heavy machinery, livestock, and isolated working conditions, making farming one of the most hazardous occupations. Severe trauma can cause a person to bleed out in as little as three minutes—often long before emergency responders arrive in rural areas. Taking immediate action is vital.

Southern Idaho healthcare professionals recommend keeping a trauma kit in every tractor, truck, and shop, focusing on three core actions from the [ACS STOP THE BLEED®](#) program:

- **Apply Firm, Direct Pressure:** Cover the wound with a clean cloth or gauze and press down firmly using both hands.
- **Pack the Wound:** For deep wounds in the neck, shoulder, or groin, pack gauze tightly into the injury and maintain continuous pressure.
- **Use a Tourniquet:** For severe limb bleeding, place a commercial tourniquet 2 to 3 inches above the wound (avoiding joints) and tighten until bleeding stops. Be sure you are trained to apply tourniquet and to administer any first aid in the field.

Preparation saves lives. A great website to visit is: [STOP THE BLEED®](#) to take a free training course or equip your farm with official bleeding control kits.



Optimizing Fall Soil Moisture for Grain Crops

Managing soil moisture during the fall is vital for ensuring successful winter grain establishment and protecting next season's crop potential. According to research from Pacific Northwest University Extension programs, maintaining adequate root-zone moisture before winter freeze-up prevents desiccation, supports early root growth, and buffers soil temperatures against sudden cold snaps.

Key practices for fall moisture management include:

- **Assess Profile Storage:** Use soil probes or sensors to evaluate moisture levels down to 3–4 feet before planting.
- **Optimize Pre-Plant Irrigation:** If dry, apply a light irrigation to settle seedbeds and trigger uniform germination without creating surface crusting.
- **Retain Crop Residue:** Maintain stubble to reduce evaporation, capture winter snowpack, and prevent wind erosion.

Monitoring fall moisture helps producers make informed seeding depth decisions and optimizes nutrient uptake before dormancy. For more information go to:

References:

- **University of Idaho Extension:** *Northern Idaho Fertilizer and Soil Management Guides for Winter Wheat & Irrigation Management Series* ([Extension Publishing](#))
- **Washington State University Extension:** *Dryland Cropping Systems: Soil Water Management* (WSU Extension Publication EM028E)
- **Oregon State University Extension:** *Managing Soil Moisture in Dryland Cereal Production* (OSU Extension Catalog)

Capture the Flavor: Herbs & Spices



Learn how to:

- Use herbs and spices to create your own international flavors
- Apply best practices for herbs & spices storage
- Explain how herbs & spices can be a food safety concern if handled improperly
- Recognize the health benefits of cooking with herbs & spices
- Take home a resource book and premixed spice blend sample

Register today, for just \$10!

Participants will receive a Tote Bag,
Mixing Booklet & Jar of Mixed Spices

Call 208-785-8060 or register
online by scanning the QR code.

Pre-registering holds
your spot as
swag bags are limited.



Registration closes October 2nd.

Date: Friday, October 9th

Time: 5:30-7:00 pm

Presenter: Deanna Poulsen,
Jefferson County Extension Educator

Host: Abby May
Bingham County Extension Office
412 Pacific
Blackfoot, ID 83221



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 Deanna Poulsen prior to the event at 210 Courthouse Way, Suite 180, Rigby, Idaho, 83442; (208) 745-6685, dpoulsen@uidaho.edu.



DINING WITH DIABETES

4-WEEK COURSE

Dining with Diabetes is for people with Type 2 diabetes or their family members to learn about diabetes and how to manage it.

Receive information about meal planning, portion control, understanding labels, and physical activity.

Watch live cooking demonstrations. Sample delicious food prepared for you.

When: Tuesdays, November 3, 10, 17, and Dec 1 from 12-2 pm

Where: University of Idaho Extension, Bingham County
412 W Pacific St Blackfoot, ID 83221

Cost: \$25 per person

For more information or to enroll, call 208-785-8060

Last day for registration and payment: October 28



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Are you a 4-H Leader, FCS Teacher or Adult looking for fun, beginner to intermediate sewing projects for youth?

Join us for the fourth annual Eastern Idaho Sewing Workshop!



Extension Educators and Local Businesses will be partnering to teach fun new projects and tips for buying and maintaining your machines!

Fabric Swap Table will be available "Bring a piece, take a piece" (fat-quarter sizes or larger)

All projects can be taught to youth in a single 1-hour class.

New this year: Teaching you how to maintain your machines and troubleshoot common operation errors.

Save the Date!!

Friday Sept. 25th 1-8 pm & Saturday Sept. 26th 8-4pm

1 Professional Development Credit offered through the University of Idaho, if you attend both days!

Bonneville County Extension at The Carriage House
1542 East 73rd South
Idaho Falls, Idaho

Scan the QR code or call (208) 745-6685 to register by Sept. 7th, reserving your sewing station.



Registration fee: \$45
PD credit is an additional \$60 to UI
All Participants will receive: Friday Dinner & Saturday Lunch, materials and instructions for each project, hands-on experience to make & teach the project.

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 DEANNA POULSEN AT LEAST TWO WEEKS PRIOR TO ATTENDING AT 210 COURTHOUSE WAY, SUITE 180, RIGBY, IDAHO 83442; 208-745-6685; DPOLSEN@UIDAHO.EDU

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.

Sept	18	Ninja Camp, TRADITIONAL (8+), 10-11 a.m., , free
	25	Salsa & Jams, TRADITIONAL (8+), 9-11 a.m., \$10
Oct	9	Fall Apple Desserts, TRADITIONAL (8+), 9-11 a.m., \$10
	16	Fall Pumpkin Desserts, TRADITIONAL (8+), 9-11 a.m., \$10
	23 & 30	Drones, TRADITIONAL (8+), 9-11 a.m., \$3 *Must attend both days
Nov	6, 13, 20	3D Printing, TRADITIONAL (8+), 9-11 a.m., \$10 *Must attend all days
Dec	4	Card making, TRADITIONAL (8+), 9-10:30 a.m., free
	11	Homemade Hot Chocolate, TRADITIONAL (8+), 9-10 a.m., \$5

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

Extension Educators:

Abby May, Family & Consumer Sciences
Reed Findlay, Forages/Horticulture
Carmen Willmore, 4-H/Livestock

Staff:

Krista Cernyar, Office Manager
Heather Strupp, 4-H Coordinator
Abigail Shipley, 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



To keep current and up-to-date!

UI Extension, Bingham County