



# Gem State News

June 26-29, 2017



## Overview of STAC and Keynote Speaker Address By: Shasta and Tucker

The 2017 Idaho 4-H State Teen Association Convention blasted off as more than 130 teens from across the state gathered at the University of Idaho for four days of workshops, fun and an introduction to college life. The delegates traveled across the windy roads and forested lands by bus, from down by the Idaho-Utah border in Bear Lake to the Canadian border in Boundary County.

Incorporating the theme of Blast Off: A Galaxy of Opportunity, delegates took to the skies with Keynote Speaker Maureen O'Toole, an inspirational speaker, who challenged 4-Hers to find their inner and outer Superhero.

Being a mom, daughter, coach, veteran, O'Toole found her superhero in herself as well as surrounding herself with her own heroes, her father, her mother, and her eldest son. O'Toole helped delegates pinpoint the qualities and characteristics they possess and use them to discover their own strengths and become superheroes.

Delegates filled out multiple worksheets, such as activities they enjoyed, to determine the kind of worker they were, and also a goal-setting worksheet for the next five years. While cracking superhero puns and jokes about Marvel and DC characters, O'Toole also explained the qualities of successful workers such as teamwork, reading and math, and communication skills along with other skills such as good management, leadership and a strong work ethic.

With O'Toole's inspiring words and determination to help the delegates find their inner Superhero, the sky's the limit for the young 4-H Superheroes and the opportunities they wish to pursue.

During the week, delegates also attended workshops geared towards various career paths and toured various local businesses from radio stations and hospitals, to Washington State University's veterinarian school.

## Elections– By: Aidan Fite

Delegates elected five Idaho 4-H Teen Association Officers Wednesday, who represent Idaho 4-H teens and create opportunities for leadership, citizenship, education and personal development. The selection committee then appointed each elected candidate to a specific position based on skills and talents showcased in their applications and interviews.

The new officers are President: Kaitlyn Steppe of Ada County, Vice President: Lorena Rivera of Canyon County, Secretary: Jaren Stevens of Bear Lake County, Communications Director: Nathan Hampton of Custer County, and Activities Director: Jenna Harrison of Caribou County. The other candidates who ran for office were: Sydney Olsen (Kootenai County), Shelby Anderson (Kootenai County), Lydia McRoberts (Nez Perce County) and Annah Detweiler (Ada County).

Steppe is the previous Communications Director and said her main goal is to foster more teen involvement. Stevens said he wants more people to plan and coordinate.

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## District Competitions By: Kimberly Lopez

Every year at STAC, the four districts (Northern District 1, Southern District 2, Central District 3, Eastern District 4) compete against each other to earn the most points during Conference to become the District Winner. Games and cheer offs common throughout the week. On Tuesday afternoon, the districts went head-to-head in a game of dodgeball where District 1 and District 4 won. Later that night, District 3 won an intense game of jeopardy that focused on Idaho and 4-H history. The winning district wasn't available by press time. Yet the goal of radiating district pride and building teamwork was accomplished by all districts.



## Variety Show Review By: Caity Lewis

The annual STAC Variety Show started with Priscilla Hibbert's (Eastern District) kicked off the annual STAC Variety Show with a violin performance of Polonaise #26 by F. Mazs. Her consummation of this composition was truly spectacular. She played with grace and poise, that seemed classy but with a touch of chicness that helped make the overall attainment grand. Treyson Hobbs (Eastern District), a comedian contortionist, made many appearances in the

show between the other acts, his body twisted into strange configurations. His one-liner jokes had everybody laughing and enjoying the experience. Some of the jokes were cheesy while others had the house moonstruck laughing. He used the "I'm back," refrain for all but one of his many re-entries. Perhaps some delegates thought that the multitudinous entrances were obnoxious and too much, but to others they sold the comedic execution and showed more of his contorting. Abigail Spencer, (Southern District) performed Che Fiero Costume by Giovanni Legrenzi, a marvelous opera performance. The

Italian lyrics flowed elegantly, as if Spencer was speaking her first language. Her age was rather intriguing, because at age 15, it is uncommon for teenagers to sign difficult and disciplined roman-originated type of theatre. Her performance was truly re-herce. Amazing . Dramatic. Eye-Opening. All words associated with Erin Olson's (Northern District) poetic drama, pretty. Not only was it spectacular, it really confronted the plastic surgery industry and its impact on women. It was as if Olson was meant for the role. the changes in dynamics and pitch, as well as her natural movements all enhanced the monologue. Jaden Pratt (Central District), sang "Bring Him Home" in F minor. The song, composed by Claude-Michael Schonher, fit Pratt's soothing voice and full of the emotion needed to make it shine. Comedic relief and gag reflexes were stirred up in the Idaho State 4-H Officers humor perfor-

Of drinking spit up toothpaste water and eating oreos. It was truly BLAH . People literally tossed their cookies in this act, yet underneath all the original disgust, you realize it is truly funny, and provided laughs from the audience and the cast. You know you are great friends when you can drink each other's saliva, back-wash and bacteria. A shoutout to Nathan Hampton (Eastern District) who drank the ENTIRE cup of that toothpaste water spit.

## Entertainment Show-Juggler: By Jade Hoskins

Delegates got the privilege of meeting a harmonica playing, unicycle riding and knife juggling Junk Drawer Troubadour, also known as high school student Mickey Howard of Cour D'Alene. "I started to juggle in kindergarten and have been doing it ever since," Howard said after entertaining more than 130 teenage delegates Tuesday night. Before he became the solo act Junk-Drawer Troubadour he performed with three other friends. His fifth grade teacher in-

spired him to keep going to keep pursuing his juggling. In sixth grade, the group broke up but that didn't stop Howard. He soon after that became the junk drawer troubadour and practices at least an hour each day to strengthen and improve his act with different props. Howard first started with just juggling but as he grew older he stepped up his gig. That's when the harmonica, different props, and unicycles appeared. The name Junk Drawer Troubadour came from all the

extra props he uses. "I use a little bit of everything in my acts and that's how I got my name," he said. Howard, who never participated in 4-H but comes from a family of 4-H members including his mother and grandmother, plans on attending the University of Idaho. It's so close to home so I'll always have family nearby," he said. During a question-and-answer segment with delegates during his act, Howard gave lots of advice to youth wanting to pursue their dreams and become successful. "Work hard and do something you love."

*"Work hard  
and do  
something  
you love."*

*-Junk Drawer*

*Troubadour*

*Mickey*

*Howard*

## Shooting Sports-Aiden Fite and Kimberly Lopez

The nine delegates in the shooting sports workshop listened to instructor Roxanne Berheim explain the many papers in front of them—everything from career interest areas to the Eight Fundamentals of Marksmanship and everything in between. These papers also covered shootings steps, bow types, range commands, firing procedures, a scor-

ing chart with ways to improve and the parts of a rifle, pistol and arrow. Tanler Fuller of Canyon County had previous archery experience, yet he missed the target by a few feet. "The bow is different than mine," he said. "Here are no sights and the pull back is tougher, but this is a really fun class and the teacher is great." Ber-

heim said shootings sports is a very serious 4-H program, and that archery students must sign a form to the likes of "I will eat, sleep [and drink] Archery." The group then moved to pistols. Even though the weapon only shot pellets, students were shown how to take the safety out. All the students had previously shot a pistol, so it was no surprise when many hit bullseyes. The overall vibe of shooting sports was incredibly relaxed and enjoyable.

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## Sew Your Way to Success-By: Lauren Young

Three delegates in the Sew your Way to Success workshop took the challenge to create an upcycled item in only three, two hour classes. The delegates dyed articles of clothing by putting them in beet juice to create a natural color. Karly

Sibert of Benewah County, learned how to make clothing by upcycling. "I wanted to try something different, and I thought it would be fun," Sibert said, adding the class will help her in the future for knowing how to sew. Ileana Gayton-Nunez from Can-

yon County explained that her mother loves sewing and that she wants to sew more like her mom. She joined the class to expand her skills. The most important skill she learned was patience while sewing.

## Reporting– Jasmine Ruiz

*“My favorite part of reporting is crashing all the workshops.”*  
*-Eden Schumaker*

This year’s reporters worked together to publish the Gem State News, which highlights the Idaho 4-H Teen Association Convention. The STAC reporters captured pictures and interviewed teen conference participants throughout the week and then wrote the stories in this publication. Each reporter was

assigned to a track, from sewing to technology to animal science, and could participate in the workshop in addition to covering it for the newspaper while also asking delegates about what they were learning. My favorite part of reporting is crashing all the workshops,” said Eden Schumaker of Latah County. The reporting

project was a good way for the delegates to learn about journalism and experience publishing on a deadline.



## Medical Sciences– By: Caity Lewis

Cadavers were the star of the Medical Sciences workshop, which focused on anatomy and interesting facts about the body. For example, there are 206 bones in the human body. Bones also tell ethnicity, gender, height, and the physical activity of a person. Furthermore, having a bigger head does not

mean you are smarter or have a bigger brain. L-E Swanson of Nez Perce County picked the workshop because she wants to be a doctor. She can apply Medical Sciences to her life by having a more defined understanding of biology and in the future.

Swanson said the cadaver lab was the most interesting. Rowdy Kiggins of Bannock County wants to be a horse trainer and can apply medical science knowledge if a horse gets hurt. He chose this track to learn more about the body. Brenda Bullock, an adult chaperone from Custer County, liked

The anatomy. Her husband is having hip surgery and the overview helped give her a better understanding of the procedure. She too found the cadavers intriguing. Sidney Carscallen of Latah County wants to be a nurse, so the workshop was beneficial to her career pathway.

## Communication and Teamwork–

**By: Shasta Ockerberg and Tucker Glick**

Delegates in the Communications Track were put to the test, corresponding with others in small groups to achieve success in assigned tasks. One challenge was to build the tallest structure possible from pieces of paper,

with the added difficulty of not being able to speak to the team members. They also constructed a small puzzle, but the pieces were among the different groups. “We all felt a connection among us, mentally,” District 1 Representa-

tive Sydney Olsen exclaimed as her group successfully built a structure of folded pieces of paper. As author James Humes states, “The art of communication is the language of leadership.”

## Fun with LED-By: Caity Lewis

4-H teens were introduced to soldering by making a flashing LED(light emitting diode) circuit via a microchip during the Fun with LED workshop. The basics of soldering is all about heat transfer. University of Idaho professor Bob Rinker focused on using LED light circuits, which were

used to create Tuesday night's light show displayed in the windows of the Theophilus Tower, where delegates stayed. The LED show, set to music, is always a popular event during the convention. Rinker explained that in a world of art red, blue and yellow create all colors, but with light the colors are theoretically

red, yellow and green. Delegate Makael Bishop of Clearwater County said he chose the LED track because it dealt with technology, which he enjoys. Bishop liked soldering small objects together which was a new skill for him. He joked that he learned how to burn himself with the hot soldering iron. He

explained the process of putting the soldering iron near the wire, soldering it together and then cutting off the excess. That essentially sums up the modus operandi of manufacturing a flashing LED circuit, that uses a microchip as a base.

## Leadership Track– By: Tucker Glick and Shasta Ockerberg

The leadership workshop is led by the State Officer Team, which includes the five delegates elected at last year's conference. The officers shared ways to excel as a leader. The two main messages of the workshop were to go all the way if you start something and that little things build a

leader, such as holding the door for people or offering to help. Eastern District delegate Jennifer Schafer from Butte enjoyed creating and playing team-building games. "I like the aspect that you do not have to be serious to be a good leader," she said. "You can be fun and still get things

done." One of the games involved passing a pipe with holes that was also full of water. The goal of the game was to build teamwork among workshop participants.

*"It's the little things that build a leader, such as holding the door for people or offering to help."*

## Choosing a Career Path– By: Jade Hoskins

Knowing what you want to do in the future is often difficult. One minute you want to be an astronaut, the next a dancer, or a teacher. The possibilities are endless, and its hard to choose just one. The delegates in the Choosing a Career Path class worked online to discover perhaps a perfect

career fit and how to achieve that goal. Delegate David Lusk of Bear Lake said that they learned what careers may match their personality types. He said the workshops will help him decide what college to attend and job possibilities. "I think I'll gain the knowledge of knowing what career

to go into," he said. Jessica Hernandez of Canyon County learned how to explore career options and decipher her interests. "I'm starting high school this year and I think this class will help me prepare for the future," she said. "I think I'll be able to gain some ideas and know what options there are."

## Animal Science– Eden Schumaker

During the animal science workshop this year, the delegates learned a variety of science about cows and other livestock. They practiced transferring protein cells from meat, replicating work they might do in a lab. The delegates also saw the stages of cow fetuses preserved in

glass jars. One of the most memorable parts of the workshop was seeing the reproductive tracks of cows, horses, swine and sheep displayed on a table, as a way to teach the reproduction and artificial insemination. Artificial insemination is a way to breed female animals without having

to own a male, such as a bull or stallion. Ranchers regularly use AI so they can pick genetics, don't have to own breeding males, and because it is a faster, more efficient process than pasture breeding. To AI, ranchers order semen, which is collected from the breeding male

and frozen in liquid nitrogen. The frozen semen is then put in a long tube called a straw. The straw of the semen is then inserted into the female's uterus. Delegates also toured the UI feed mill, meats lab and beef center to learn more about careers in animal science.

## Make it at the MILL– By: Jasmine Ruiz

Students made lights on circuit boards blink while learning about electronics and coding at the UI library's Making, Innovating and Learning Laboratory (The MILL). Using Arduino, an open source electronic-based tool for coding and programming, the students controlled the speed of the blinking lights. The workshop allowed students to

engage with emerging technologies that are stepping stones for solving real world challenges of the future. Alyssa Tuchton of Gooding County is interested in becoming a cartoonist. "It is important to know about coding when you are a cartoonist," she said. Her favorite part of the workshop was using a

virtual reality (VR) app on an iPhone, which allowed students to see virtual fish in the ocean, and



## Career Tours

What do you want to be when you grow up? A common phrase most teens hear at least a dozen times before they graduate high school, but nonetheless, an important phrase for these teens to consider. Because STAC is geared towards college readi-

ness and to get them thinking about future careers, there is a time set aside during the conference for teens to do just that, explore future possible career choices. Each delegate was given the opportunity to choose a tour that they showed interest in. Tours ranged in

subjects anywhere from medical and dentistry to the Latah County Courthouse learning about the law field to Journalism, to Engineering and Animal Agriculture. By the end of the week, delegates were well aware of the many opportunities that await them after they graduate from high school.

What do you want to be when you grow up? The options are endless!

## Clover Banquet and Dance-Lauren Young

The Clover Banquet and dance took place on Wednesday night and was a highlight for many. Delegates spent the night socializing, having fun, and making new friends. Many delegates enjoyed the dance and getting all dressed up. Many VIPs who support 4-H attended the event,

including University of Idaho President Chuck Staben and his wife, Dr. Mary Beth Staben. Staben is the 18th President of the University of Idaho. Others included Vice Provost of Academic Affairs Jeanne Stevenson; Interim Animal and Veterinary Science Department Co-Chair

and professor Matthew Doumit; Associate Dean and Director of UI Extensions Barbara Petty, Dean of the College of Agriculture and Life Sciences Michael Parrella, Former State Representative Tom Trail and his wife Jo-Ann Trail, who are long time donors and retired 4-H Extension Educator Mary Jean Craig.

## Service Projects

To close out the conference, delegates had the opportunity to perform service around the UI campus Friday morning, in order to give back to those who gave so much to them throughout their stay on campus. Delegates were split up into three different groups, and spent a little under two hours before heading home assisting with these various service projects. One group of the



delegates were taken to the empty Germer Lot, where they were given instruction to pick up large rocks and trash. The lot is where construction will be done in the near future. "We had a pickup bed load of rocks and trash that we were able to clean up," chaperone Brad Paine explained. A second group of the delegates assist-

ed with a sewing service project. The delegates sewed, quilted and tied blankets that will be donated to EMS and shelters. A third group of the delegates walked along Paradise Creek, picking up litter. Delegates were also surprised with a visit from the University of Idaho Mascot Joe Vandal, who offered assistance during the service projects. These service projects would not have been possible without you. Thank you to all the delegates who participated. We appreciate all of your hard work and willingness to serve others!

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See  
You  
Next  
Year!



### Special Thanks

Special thanks to the Reporters for working so hard to publish the articles produced in this newsletter, and for putting this newsletter together. This newsletter is published as part of a long-standing tradition, and we are grateful to continue to bring it to the 4-Hers within the State of Idaho. We would also like to thank Erica Curless, our Reporter workshop instructor, and Kortni Wells, collegiate staff member, for their help throughout the week. We hope

you enjoy this newsletter, and continue to promote 4-H through this publication. Thank you also to the University of Idaho State 4-H office, Jim Lindstrom, The steering committee youth and adults, The Idaho 4-H State Teen Association Officers, District Representatives, College Staff, Chaperones, workshop presenters, UI kitchen staff, and so many others who helped make this week possible. We appreciate all you do for the Idaho 4-H program. We would not be here without you.

