


**JUNE 24-27, 2019**

# 2019 STAC

IDAHO 4-H STATE TEEN ASSOCIATION CONVENTION

<b>BRAVE</b> 	<b>BOLD</b> University of Idaho Extension	<sup>47</sup> <b>Ag</b> 107.87 Silver	<sup>79</sup> <b>Au</b> 196.97 Gold
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**WE ARE IDAHO'S FUTURE** 

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## GEM STATE NEWS



University of Idaho  
Extension



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*Produced by the STAC Reporter*

*Track:*

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Mitchell, Hana Pfeiffer, Cyrus Vore  
Erika Jeffries, Track presenter*

**Find us on Facebook at**



2018-19 Idaho 4-H State Teen Association Officers representing Idaho at National 4-H Conference in Washington, D.C.



## Idaho 4-H State Teen Association Convention (STAC)

**What is STAC?** STAC is a priceless opportunity for youth grades 8-12 to experience college life, explore career opportunities, and prepare for a lifetime of success with other Idaho teens.

### How did delegates rate attending STAC 2019?

All workshops and tours were well received and highly evaluated, comments include:

#### Resumes/Interviews Workshop

- I will use the interview questions given to practice before it's real

- Use the information shared to get a job

#### Food For Thought Workshop

- Learned about what my body and brain need and how I can give it to them

- Use different ingredients for my health

#### Exploring College/Careers Workshop

- I will use the major search on the UI website to find a career and major for me

- Workshop was perfect! Looking more to the future

#### Leadership with Mark Black (STAC keynote speaker) Workshop

- Will organize my goals better

- Think about the future, make a plan

- Learned the four Ws; Worth, Why, Who and What

#### What is Biodiesel Workshop

- Will definitely think about more environmentally friendly fuel in my future vehicle

- Learned about chemistry catalysts and finding fats to use

#### UI Livestock Workshop

- Gained an idea of what department in college I could study

- Made plans for college and getting a job

**STAC Program evaluation preliminary data indicates that as a result of experiences at STAC:**

- 46% of the youth attending have an idea in what they want to major in at college

- 84% of the youth attending said STAC helped them make decisions about college

82% if the youth attending said STAC helped them identify one or more careers that might be a good fit for them



## Determine Your Worth

“Who? What? Why? Worth?” Mark Black, S.T.A.C.’s conference keynote speaker, shared with teens the four W’s necessary for creating achievable goals. A few State Teen Association Convention attendees selected to take a workshop called “Leadership Development”.

Mark Black taught this workshop to help develop youth’s leadership by finding worth in themselves. Participants of the workshop experienced activities, such as personality tests, two truths and a lie, and various interactive discussions. “If self-worth is wrapped up in being better than someone else, you are always going to fail,” Black shared while talking about the



effects of social media. Black also taught students how to create goals that are realistic and will help them excel as a leader. With his interactive conversations directed towards developing leadership tendencies, everyone was sure to take away many useful skills to bring to their leadership positions. Mark Black did not fail to meet any of our expectations in his inspirational workshop.



### STAC 2019 CAREER TOURS

*Thank you to all of the local businesses that supported STAC this year by hosting a career tour:*

Appaloosa Horse Museum  
Whitman County Humane Society  
WSU Vet School  
Schweitzer Engineering Lab

Downtown Moscow Businesses  
Gritman Medical Center  
Kenworthy Performing Arts Centre  
Latah County Courthouse  
Interstate Aviation  
Pape’ Machinery  
Northwest River Supply  
Inland Broadcast Radio  
UI Livestock

### STAC 2019 WORKSHOPS

*Thank you to all of our workshop presenters!*

- Teresa Balderamma - UI Livestock Program Opportunities
- Carrie Johnson - Intro. to College Scholarships
- Phillip Mead - Architecture as Frozen Music; Music as Liquid Architecture
- Nathan Moody - Climbing & Challenge
- Jessica Martinez - Make @ The MILL
- Helen Joyner – What Your Nose Knows
- Nikola Dalton and Gail Silkwood - Exploring Wild Open Spaces - Rangelands in Idaho
- Rachel Dodson - An Exploration of Dance
- Teresa Tverdy and Rosie Davids - Cupcake Wars and Duds 2 Dazzle
- Wendy Wegner - Resume to Interview and Exploring College Majors/Careers
- Chris Hamilton - Insights to Insects
- Patricia Baker - Heroes in Action
- Kirstin Jensen - Train the ‘Fitness’ Trainer
- Bob Rinker - Fun with LEDs
- Annie Roe - Food For Thought
- Janet Rachlow - Fish & Wildlife Management
- Mary Everett - What is Biodiesel?
- Tim Tate - ROTC
- Erika Jeffries - Reporter

## Food for Thought

By: MaryAnn Cosby

In the Food for Thought workshop, participants learned facts about nutrients and what nutrients do for your body. Teams were challenged with making smoothies. They had to decide on at least 5 ingredients and had to evenly divide



their smoothie into 25 cups so a tasting contest could be done. The contest was based on taste, texture, color, presentation, and overall score. It was interesting listening to the teams trying to market the smoothie to their peers and fixing the recipe if they didn't like the way it tasted — either it was too sweet or too bitter. Some students were very confident in their smoothies, others not so much. After trying all the smoothies we voted for a winner.



## Stopping Fires and Saving Lives!

By: Keagan Eckles

Fighting fires while saving lives, the Heroes in Action workshop covered basic safety issues and handling emergency situations. The workshop was presented by Patricia Baker.



To start off, the workshop went over the very basics of safety in a select scenario. The group went over a list of different steps to take in order to provide safety in the best possible way. After going over the various steps, the groups would take turns using a dummy, and putting the list they made into practice. The groups tried with a multitude of success and chances to learn.



Overall, the activities were designed to help youth to take control of the situation and make smart choices. After the activities, the group went to a parking lot and learned how to put out fires. They learned the proper way to use a fire extinguisher and extinguish a small flame. The safety topics covered in the workshop were both engaging and very useful.

# STAC 2019 WORD SCRAMBLE

T L P L h K P K O V I G O R S U I B D H N B T B  
 E N Y K G L P C T X Y V Z O S Y N P E H E A D B  
 L E U W X F D N M C F G C L M F X K V F C O W R  
 E K N T G K Q D Y N C X K D I X K F Q A X H H F  
 A T O H A D I F O Y T I S R E V I N U Z L H N S  
 T B A N N Z G K S F E J C H H T R I U V X X K A  
 Q T S V S C G W K V X O S A I E W P S V Z N V E  
 W G U K S M U Q G L W F O M O S M X E V F W U M  
 T X W K D S P L C M I V U E E K M G R X T W R O  
 S R N O V L A I T E A E G T N I J X V T A R Z A  
 L R C H R F V A P U A B B P U H C C I M E D Z Z  
 K C U H H K M C P H R Y Z S O R H Z C I Q M G E  
 N C M O D V S T T M K E U D L X E V E M G Y W H  
 U K C Y T A T H T V D P R N O A J W A R S L E I  
 K I N P F R J I O T T K E P U H D A T Q P A W L  
 W C T R Q T E O G P S T V W H W Q N R B L F H A  
 F B U H W L D E N T S I L N W M O L A T W X L O  
 R Q P T O E L C R H W H I C C I W J H V U Z R W  
 Y N E F E U O I E A Q H S U E W L J C L O V E R  
 W G L V J C B A L B C C R S U P M A C C M Y Y L  
 D R A J X Z R Y A G F L M A X F Y M E C P I Q R  
 M R Y A I T J K U U B X N K X D T D L O G Q V X  
 B K S N V X C U E P J J E M I W I V F N Y J Y Y  
 C C J H A N D S Q V M P I H V H N T D J J H X L

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|---------------------|-----------|--------------|
| Gold                | Hands     | Vandals      |
| Brave               | Health    | Bold         |
| Clover              | Silver    | Campus       |
| University of Idaho | Future    | Service      |
| Head                | Culture   | Career Tours |
| Heart               | Workshops |              |











**Variety Show**

STAC delegates have amazing talents and those were highlighted at the variety show, which was amazing! We had cheesy jokes, singing, dazzling yo-yo tricks! Great job and thank you to everyone who shared their talents!



## THANK YOU!

It takes a lot of people to make STAC possible. Special thank you to the University of Idaho, UI 4-H Youth Development, Idaho 4-H State Teen Association Officers, Volunteers, Chaperones, Collegiate Staff and Delegates who make STAC an amazing event. We look forward to seeing you next year!

## SAVE THE DATES STAC 2020

June 22-25, 2020

