

Background Continued

VITA

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BACKGROUND

EDUCATION

1977 MS Degree in Nutrition and Food Sciences from Utah State University
1972 BS Degree in Nutrition and Food Sciences (Dietetics program) from Utah State University

CERTIFICATIONS

2001-present Institutional Review Board Certification
1995-2001 Certified ServSafe instructor, certification through the National Restaurant Association

PROFESSIONAL EXPERIENCES

Utah State University

2010

Extension Associate Professor and Southern Region Extension Director for 17 counties generally in the Southern part of Utah. Assignment is full-time administration housed in the region extension office in Richfield, UT.

2005-present

Extension Associate Professor serving as the Southwest Region Extension Director for 11 counties in southwest Utah. Assignment is full-time administration housed in the region extension office in Richfield, UT. Responsibilities include supervision and leadership of county based extension programs, problem solving, hiring county based faculty, mentoring, budgets, and training.

2001-2003

WELD (Western Extension Leadership Development) Intern. Part of a two year program to provide leadership education to extension agents for the purpose of providing promotion of extension leadership from within. Tom Gallagher worked with me as a mentor. My leadership project was to learn about the MBTI and other temperament surveys, enlist the cooperation of on-campus and off-campus extension faculty at Utah State University, and analyze the data. Tom Gallagher and I wrote two articles for the Journal of Extension based upon my project.

1998-2004

Extension Associate Professor serving full time as the Family Nutrition Program (FNP) Coordinator changed to Food Stamp Nutrition Education in 2003. The FNP coordinator is responsible for successful administration of the Utah Food Stamp Nutrition Education Plan (UFSNEP) effective November 14, 1997 - September 30, 2005. Responsibilities include: renewal of nutrition education plan and budget yearly,

Background Continued

administration and reporting, coordination and training, and Extension functions as they relate to work with the UFSNEP.

1985-1997

Assignment in Cache County as Assistant Extension Professor for Utah State University Cooperative Extension Services. Duties include: a) Provide individuals, groups, or firms with Extension educational opportunities related to their needs. b) Maintain a favorable image of Extension and Utah State University. c) Plan and coordinate Extension programs with community leaders. d) Assist and organize Extension councils, clubs, and special interest groups. e) Recruit and train individuals to assume leadership responsibilities. f) Keep up to date in subject matter and teaching methods for youth and adults. g) Perform needs assessments. h) Determine interests and desires of individuals, families, organizations and communities. i) Conduct evaluations to determine program impacts. j) Report accomplishments to University and Extension administrators, and county officials.

1982-1985

Worked as a Nutrition Specialist for Cooperative Extension Service at Utah State University. Wrote the Foods II and Foods III 4-H manuals for the State of Utah. Co-authored lesson plans for classes titled, Cooking for Health, and Understanding Diabetes. Developed and taught a Maternal, Infant and Child Nutrition and Care class for wives of foreign students enrolled in a two year degree program in the College of Family Life.

1977-1982

Taught Meal Management to undergraduates for the department of Nutrition and Food Sciences. Class included budgeting, menu planning, shopping, meal preparation, table setting and services. Taught basic nutrition to undergraduates for one quarter.

1976-1977

Worked for doctoral candidates in the Nutrition and Food Sciences department interviewing research subjects concerning individual health and dietary practices.

1972-1974

Worked as a graduate teaching assistant. Taught the lab associated with the Science in Relation to Food class for five quarters.

Cache Valley Childbirth Education Association

1979-1982

Teacher.	Taught a series of seven weekly classes to expectant parents in their last trimester of pregnancy.
Registrar.	Registered parents for classes and assigned teachers to the classes.
Teacher Educator.	Responsible for the continuing education of the teachers in the group.

HONORS & AWARDS

2006	Award of Recognition, Utah Dietetic Association
2006	Certificate of Appreciation, Utah State University Food Stamp Nutrition Education program
2005	Certificate of Appreciation, EDEN (Extension Disaster Education Network)
2005	Visionary Leader Award, Epsilon Sigma Phi (ESP)
2003	Peer Recognition Award, Utah Extension Association of Family and Consumer Sciences
2003	Blue Light Honoree, Utah State University
2002	Distinguished Service Award, National Extension Association of Family and Consumer Sciences
2000	Certificate of Appreciation, USDA Mountain Plains Region Food Stamp Program
2000	Peer Recognition Award, Utah Extension Association of Family and Consumer Sciences
1995	Utah Governor County Water Quality Award

Background Continued

1994 State Epsilon Sigma Phi Team Award for Home Ownership Conference
1994 Utah Governor County Water Quality Award
1994 The Herald Journals Good Neighbor Award
1993 NAE4-HA Youth At Risk Grant
1993 Cache Community Health Clinic Service Award
1990 Cache County Fair and Rodeo Meritorious Service Award
1990 Meritorious Service to Turning Point
1989 Cache County Fair and Rodeo Meritorious Service Award
1989 Sunshine Terrace Community Contribution Award
1988 Cache County Fair and Rodeo Meritorious Service Award

PROFESSIONAL ASSOCIATION MEMBERSHIP

National

Society for Nutrition Education: Member (1998-2005). Moderator of the session called: Factors that influence Nutrition Behavior and Diet Quality (1999) Baltimore, MD. Registration Committee (1998) Albuquerque, NM.

National Association of Extension Family and Consumer Sciences: Member (1985-Present). Nomination Committee for Western Region Director (1988); National Registration Committee (1987); National Conventions Attended (1985 - 1988).

National Association of Extension 4-H Workers: Member (1986-2000). Facilitator for two seminars at the National meeting in Billings, MT (1995).

American Home Economics Association: Member (1985-1988). Certified Home Economist (1986-1993).

Regional

Western Region Leaders Forum: Salt Lake City, Utah (1993); Seattle, Washington (1990); Billings, Montana (1989).

State

Utah Association of Extension FCS Agents: Member (1985-Present). Nominating committee (2002), Professional Improvement Committee (1998); Minority Networking Committee Chair (1994); Distinguished Service Award Committee Chairman (1993, 1988); Nominating Committee (1991); Presidents Workshop (1987); President (1987); President Elect (1986).

Utah Association of Extension 4-H Agents: Member (1989-Present). Leadership Forum (1996, 1995, 1992); President (1993); President Elect (1992); Secretary (1992, 1991); Distinguished Service Award Committee Chairman (1990, 1989).

Utah Nutrition Council: Member (1983-Present). Chair (2003), Board Member (1999, 1998, 1993, 1985); Chair of the Nominating Committee (1999); Chair (1988).

Utah Home Economics Association: Member (1985-1988). Board Member (1987).

Local

Business and Professional Women: Member (1989-1992).

POSITIONS IN PROFESSIONAL ASSOCIATIONS

Background Continued

Reviewer Journal of Nutrition Education and Behavior Research in Brief:: Written review for 1 manuscript submitted to the Research in Brief section of the *Journal* (2008).

Point of Contact (POC) for Utah EDEN (Extension Disaster Education Network) (2005-present). Utah representative at annual meeting 2005 Fargo, ND, 2006 Nashville TN. Planning committee 2007, Hilo, HI.

Reviewer Journal of Nutrition Education and Behavior GEMS: Written review for 8 manuscript submitted to the GEM's section of the *Journal* (2001, 2004 ,2005,2006) Three manuscripts published after revisions, one accepted with conditions.

Editorial Board, Journal of Extension: Reviewer (1992-1988). Written review of 144 articles. Examples include: Care Giving, Measuring 4-H Interest and Self-Esteem, Biotechnology, Answering the How Questions In Community Development, and Home Based Businesses.

PROFESSIONAL DEVELOPMENT ACCOMPLISHED FOR CONTINUED COMPETENCY

National

Agriculture Biosecurity training, (2007, November 6), EDEN (Extension Disaster Education Network) Hilo, HI.

Wiki Training, (2007, November 6), EDEN (Extension Disaster Education Network), Hilo, HI.

2004 Society for Nutrition Education 37th Annual Conference: Inviting Everyone to the Table (July 17-21). Salt Lake City, Utah.

2003 Priester National Extension Health Conference: Bring Health to Your Community: Responding to Emerging Issues (April 22-24, 2003). Extension's National Health Initiative, Healthy People, Healthy Communities, Phoenix, Arizona.

Shaping a Healthy Future II: A Rocky Mountain Conference on Weight Realities (April 30-May 2, 2003). University of Wyoming, College of Agriculture Cooperative Extension Service and Department of family and consumer Sciences, Jackson, Wyoming.

FNS, Bridging the Gap, a meeting of all Food and Nutrition Service Nutrition Programs (February 23-27, 2003). Washington, DC.

Oklahoma Public Policy Institute, The Kettering Foundation and Oklahoma Partnership for Public Deliberation (April 4-6, 2002). University of Sciences and Arts of Oklahoma, Chickasha, Oklahoma.

Shaping a Healthy Future: a Rocky Mountain Conference on Weight Realities (April 26-28, 2000). University of Wyoming, College of Agriculture Cooperative Extension Service and Department of Family and Consumer Sciences, Jackson, WY.

Twenty-seventh annual Texas Human Nutrition Conference, AObesity: Weighing the Facts. (February 4, 2000). Texas A&M University, College Station, Texas.

Family Nutrition Program (FNP) Directors Meeting (1999, February 15-16). CSREES, Arlington, VA.

National Science Teachers Association Meeting (1997, April 2-7). National Science Teachers, New Orleans, LA.

Building Assets in Youth (1993). National 4-H Council, Washington, D.C.

Background Continued

Presidents Workshop (1992). National Association of Extension 4-H Agents, Las Vegas, NV.

Public Policy Forum (1992). National 4-H Council, Washington, D.C.

New Age Leadership (1992). USDA Broadcast, Logan, UT.

Update on Labeling Law (1992). USDA Broadcast, Logan, UT.

UAE4-HW Public Policy Forum (1992). National 4-H Council, Washington, D.C.

Reviewers Training (1991). Editorial Board for the Journal of Extension, Dallas, TX.

Western Region 4-H Round-up (1991). 4-H Regional Conference, Denver, CO.

Reviewers Training (1989). Editorial Board for the Journal of Extension, Minneapolis, MN.

Building Environments for Positive Youth Development (1995, December 11-15). National 4-H Council, Washington D.C.

Regional

Western Region Mid-Managers Conference (2008, July 7-19), Fairbanks, Alaska

EPIC training for County Directors (2007, November 12-13), Richfield, UT

Western Region Mid-Managers Conference (2007, July 17-19). Jackson, WY

Western Region Mid-Managers Conference (2006, July 11-13). Monterrey, CA.

Western Region Mid-Managers Conference (2005, July 13-16). Santa Fe, NM.

Western Extension Leadership Development Training (WELD) (2002, June 17-21). Post Falls, ID.

Western Extension Leadership Development Training (WELD) (2001, March 6-9). San Diego, CA.

Western Region Extension FNP/EFNEP Meeting (2000, May 22-24). Las Vegas, NV.

Food Stamp Nutrition Education Program Conference (2000, June 6-8). Salt Lake City, UT.

EFNEP/FNP Directors Meeting (1998, May 17-20). Mountain Plains FNP Region, Denver, CO.

EFNEP/FNP Directors Meeting (1997, May 11-14). Regional Food Stamp Directors, Kansas City, MO.

Environmental Stewardship Workshop (1995). Montana State University Extension, Chico Hot Springs, MT.

SAFE Training (1993, April 19). Idaho State Extension, Preston, ID.

Environmental Stewardship (1993, April 23-24). Chico Hot Springs, MT.

State

Family and Consumer Sciences Professional Development Training (2006, October 16-18). The Homestead, Midway, UT.

Background Continued

Utah Dairy Commissions Annual Nutrition Update (2003, November 12). Utah Dairy Commission, Salt Lake City, UT.

Positive Performance Management; Ted Chambly (2000, June 1-2). Utah State University, Logan, UT.

Positive Performance Management; Ted Chambly (2000, March 21-22). Utah State University, Logan, UT.

Herbal Medicine; Dr. Bruce Wooley (1999, April 15). Utah Nutrition Council, Salt Lake City, UT.

Building Partnerships Conference (1998, May 27). Utah Nutrition Council, Salt Lake City, UT.

Utah School Food Service Association Winter Conference (1998, February 24-26). Utah State Office of Education, St. George, UT.

Lexis Nexis Computer Training (1998, February 10). Utah State University, Logan, UT.

Nutrikid Computer Training (1998, February 2). Utah State University, Logan, UT.

Biotechnology, Agriculture, and Feeding the World (1997, April 19). USU Extension, Farmington, UT.

Extension Annual Conference (1997, November 11-13). Utah State University Extension, Provo, UT.

Utah Dairy Commissions Annual Nutrition Update (1997). Utah Dairy Commission, Salt Lake City, UT.

Target Your Market, (1996, February 9-10). Utah State Office of Education, Salt Lake City, UT.

Diabetes Update (1996, February 6). Utah State University Extension, Ogden, UT.

Healthy Cuisine for Kids Workshop, (1996, April 1-3). Chef's Training, Utah State Office of Education, Salt Lake City, UT.

School Meals Initiative Training (1996, March 8-9). Utah State Office of Education, Salt Lake City, UT.

Internet, (1996, March 25). Fred Pryor Seminar, Ogden, UT.

Visioning, Workshop (1996, April 15-17). Utah State University Extension, Park City, UT.

4-H Training and Leadermete (1996, March 27-30). USU Extension 4-H, St. George, UT.

Rural Development Conference (1995). Utah State University, Salt Lake City, UT.

USDA Training on the New Labeling Laws (1995). Utah State University, Salt Lake City, UT.

Diversity Training (1995, January 10). Utah State University, Ogden, UT.

Utah Dairy Commissions Annual Nutrition Update (1995, November 14). Utah Dairy Commission, Salt Lake City, UT.

Leadermete, (1994, March 23-26). Utah State University Extension 4-H, Cedar City, UT.

Understanding Labeling Laws, (1994, April 27). USDA, Salt Lake City, UT.

Rural Development Conference (1994, April 28-29). Utah State University Extension, Salt Lake City, UT.

Background Continued

Grant Writers Workshop (1994, May 26-27). Utah State University Extension, Provo, UT.

Dairy Council Breakfast Briefing (1993, September 23). Utah Dairy Council, Salt Lake City, UT.

Utah Dairy Commissions Annual Nutrition Update (1993). Utah Dairy Commission, Salt Lake City, UT.

Talking With TJ, (1993). 4-H Volunteers Associations Training, Provo, UT.

AARP Women's Financial Information Program (1992). AARP, Salt Lake City, UT.

Utah Dairy Commissions Annual Nutrition Update (1991). Utah Dairy Commission, Salt Lake City, UT.

Utah Dairy Commissions Annual Nutrition Update (1990). Utah Dairy Commission, Salt Lake City, UT.
Serger Workshop (1990, day). Host, Provo, UT.

4-H Leadermete (1989). Utah State University Extension 4-H, Provo, UT.

Local

Leadership Seminar: Dr. Denis Waitley (2001, April 26). Utah State University, Logan, UT.

Affirmative Action Training (2001, February 20). Utah State University, Logan, UT.

Power Point (2000). FACT Center Training. Utah State University, Logan, UT.

Drivers Training (2000, March 14). Utah State University, Logan, UT.

OMB Circular A-12 Requirements (1997, July 15). Utah State University, Logan, UT.

Windows 95 (1997). Utah State University, Logan, UT.

Child Care Forum (1996). Utah Office of Child Care, Logan, UT.

Affirmative Action Training (1996, November 1). Utah State University, Logan, UT.

Clothing Conference (1995). Utah State University, Logan, UT.

Natural Resources Field School (1995, July 31-August 4). Utah State University Range Science Department, Logan, UT.

Contemporary Nutrition Issues and Insights (1995, January 24-27). Utah State University Extension, Logan, UT.

President's Diversity Forum (1995, May 23). Utah State University, Logan, UT.

New Labeling Laws (1994, February 9). USDA Broadcast, Logan, UT.

Defensive Driving Class (1994, February 16). Cache County Sheriff's Office, Logan, UT.

Dress Messages (1994, January 25). AgSat Broadcast, Logan, UT.

Balancing Work and Family (1994, May 25). Utah State University Extension, Logan, UT.

Background Continued

Canning Update (1994, June 7). Utah State University Extension Video Magazine, Logan, UT.

Environmental Stewardship Training (1994, October 5). Utah State University Extension, Logan, UT.

Presidents Forum on Diversity (1994, November 22). Utah State University, Logan, UT.

Building Common Ground Training (1994, October 1-5). Utah State University Extension, Logan, UT.

Child Care Series (1993, June 8). Utah State University Extension, Logan, UT.

Nutrition Labeling: The New Laws (1993, April 1). Utah State University Extension, Logan, UT.

Clothing Seminar (1993). Utah State University Extension. Logan, UT.

Current Nutrition Issues (1993). Utah State University Extension, Logan, UT.

Current Issues in Low Cost Housing (1993). Utah State University Extension, Logan, UT.

Clothing Seminar (1992). Utah State University Extension. Logan, UT.

4-H Calendaring (1992). Ed-Net Broadcast, Logan, UT.

Human Nutrition Update (1992). Ed-Net Broadcast, Logan, UT.

Clothing Trends (1992). Ed-Net Broadcast, Logan, UT.

Waste Management (1992). Utah State University Extension, Logan, UT.

Low Income Audiences and Money Training (1992). Utah State University Extension, Logan, UT.

AG Sat New Age leadership Video Conference (1992). Utah State University Extension, Logan, UT.

Project CARES Broadcast (1992). Utah State University Extension, Logan, UT.

Reaching Limited Resource Audiences (1992). Ed-Net Broadcast, Logan, UT.

State Clothing Workshop (1992). Utah State University Extension, Logan, UT.

Cache Valley Community Health Clinic Training (1992). Logan Regional Hospital, Logan, UT.

Food Guide Pyramid (1992). USDA Video Conference, Logan, UT.

Summit III Video Conference (1992). National 4-H Council, Logan, UT.

MS DOS/Windows Workshop (1992). Utah State University, Logan, UT.

Clothing Seminar (1991). Utah State University Extension. Logan, UT.

4-H Leadermete (1991). USU Extension 4-H, Logan, UT.

Food Safety Video Conference (1991). Utah State University Extension, Logan, UT.

Background Continued

Food Storage Update (1991). Utah State University Extension, Logan, UT.

Ed-Net Food Storage Broadcast (1991). Utah State University Extension, Logan, UT.

Extension Annual Conference (1991). Utah State University Extension, Logan, UT.

Facts and Feelings Broadcast (1991). Utah State University Extension, Logan, UT.

Youth At Risk Broadcast (1991). National 4-H Council, Logan, UT.

Diet and Health Video Conference (1990). Utah State University Extension, Logan, UT.

Youth At Risk Workshop (1990). Utah State University Extension 4-H, Logan, UT.

Nutrition Update (1986, November 4-5). Logan, UT.

Adult Leader's School (1985-1999). Utah State University, Logan, UT.

RESEARCH AND SCHOLARSHIP

GRANTS AND CONTRACTS AND FUND DEVELOPMENT		Total	\$3,039,756
2004	Extension Administration Food Security Grant, Co-PI		\$ 37,965
FY 2004	Department of Workforce Services Food Stamp Nutrition Contract, PI	\$351,720	
2003	Utah Dietetic Association, Collaborator	\$ 10,000	
FY 2003	Department of Workforce Services Food Stamp Nutrition Contract, PI	\$368,464	
FY 2002	Department of Workforce Services Food Stamp Nutrition Contract, PI	\$498,398	
FY 2001	Department of Workforce Services Food Stamp Nutrition Contract, PI	\$515,028	
FY 2000	Department of Workforce Services Food Stamp Nutrition Contract, Co PI	\$502,375	
FY 1999	Department of Workforce Services Food Stamp Nutrition Contract, Co PI	\$436,620	
FY 1998	Department of Workforce Services Food Stamp Nutrition Contract, Co PI	\$297,243	
1997	EFNEP Grant, PI	\$ 11,240	
1996	EFNEP Grant, PI	\$ 8,325	
1996	Teen Council Dance Fund-raiser, Advisor	\$ 1,365	
1996	Biotechnology Grant, PI	\$ 50	
1996	Bread Grant, PI	\$ 50	
1995	Environmental Stewardship Grant, PI	\$ 50	
1994	Community Pride Grant, PI	\$ 150	
1993	Youth at Risk Grant, PI	\$ 500	
1991	Teen Council Pizza Fund-raiser, Advisor	\$ 213	
TOTAL			\$3,039,756

Grants Written (Unfunded)

2004	Co-Principal Investigator	DHHS-ACF/OCS Number 93.571	\$50,000
2004	Co-Principal Investigator	General Mills Champions Grant	6,315
2003	Co-Principal Investigator	DHHS-ACF/OCS Number 93.571	50,000
2003	Co-Principal Investigator	Utah Extension Administration	10,000
2003	Co-Principal Investigator	Health and Human Services	20,000
2002	Principal Investigator	DHHS-ACF/OCS Number 93.571	50,000
2001	Principal Investigator	Utah Department of Workforce Services TANF Rainy Day Funds	\$26,800

PUBLICATIONS

Research Continued

REFERRED PUBLICATIONS

Saunders, K., Riggs, K., Gallagher, T. (2005). Decision-making styles: a comparison of extension faculty and the public. Journal of Extension. [On-line], 43(3). Available at: <http://www.joe.org/joe/2005june/a1.shtml>

Saunders, K. and Gallagher, T. (2003). Decision -making styles: an exploration of preferences of on-and off-campus faculty. Journal of Extension. [On-line], 41(3). Available at: <http://www.joe.org/joe/2003june/a1.shtml>

Saunders, Kristine S. (1999). Misconceptions about food, eating, and children. TOP: Tips on parenting. June 1999. Vol. 1 No. 2. Emma Eccles Jones Center for Early Childhood Education. Utah State University, Logan, UT.

NON-REFERRED PUBLICATIONS

Kristine S. Saunders. (1999). Question corner: My 5-year old son is a very picky eater. He refused to eat vegetables and I worry about him getting proper nutrition. What should I do?. TOP: Tips on Parenting. December 1999. Vol. 1, No. 4. Emma Eccles Jones Center for Early Childhood Education. Utah State University, Logan, UT.

Saunders, Kristine S. (1993). Five-a-day for seniors. Coauthored Unit 3. Introduction of new fruits and vegetables to seniors section A. (Project of the Utah Nutrition Council. Published by the Utah Department of Human Services).

Saunders, Kristine S. (1984). Fact sheets; Sodium EL220, Sugar EL219, Fat and Cholesterol EL223. (Extension Publications, Utah State University, Logan, UT).

Saunders, Kristine S. (1983). 4-H foods and nutrition. Luncheon Wizardry. Phase 3. (Extension Publications, Utah State University, Logan, UT).

Saunders, Kristine S. (1982). 4-H foods and nutrition. Have fun with quick dishes. Phase 1. (Extension Publications, Utah State University, Logan, UT).

Saunders, Kristine S. (1976). A longitudinal study, part III: the relationship of weight, health status, diet and anxiety to serum cholesterol levels in adults. (Unpublished masters thesis. Utah State University, Logan, UT 84322).

INVITED PUBLICATIONS

Saunders, K.. (2009, July) Farm to Table and Beyond [book review]. Journal of Nutrition Education and Behavior, 41:4, 305.e5-306.e6.

EXTENSION PUBLICATIONS

Saunders, K. (2009) [factsheet], "Finding the joy" in home canning down loaded July 23, 2009 [canninghttp://extension.usu.edu/htm/news/articleID=5049](http://extension.usu.edu/htm/news/articleID=5049).

Saunders, K, Reese, D., and Cox, S. (2008). Roadmap for excellence for Utah State University Extension Agents. Document available from Utah State University Extension, Logan, UT.

Saunders, K., Reese, D., and Cox, S., (2008). Suggestions for committee chairs. Document available from Utah State University Extension, Logan, UT.

Saunders, Kristine S. (1992). It's a Christmas world. (Fact sheet available from Utah State University Extension, Cache County).

Saunders, Kristine S. (1991). Making a meal in one using a pressure saucepan. (Available from Utah State University Extension, Cache County).

Research Continued

Saunders, Kristine S. (1990). Function of basic recipe ingredients. (Out of Print).

Saunders, Kristine S. (1989). Basic survival cookbook - revised. (Available from Utah State University Extension, Cache County).

Saunders, Kristine S. (1989). Low fat recipes for the holidays. (Available from Utah State University Extension, Cache County).

Saunders, Kristine S. (1987). High altitude food preparation. (Available from Utah State University Extension, Cache County).

EDUCATIONAL MATERIALS AND MEDIA

Radio

Saunders, Kristine S. (2009) "Preparing your holiday turkey safely" KVSM radio, Richfield, UT.

Proctor, Debra and Saunders, Kristine S. (2004), "Turkey talk and mind your manners". _____radio, Heber City, UT.

Hermansen, JoAnn and Saunders, Kristine S. (2000). Weight realities, KMTI radio, Manti, UT.

Saunders, Kristine S. (1999). Smart grocery shopping, KUSU radio, Logan, UT.

Saunders, Kristine S. (1998). Christmas cooking made easy, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). Food safety, KUSU radio, Logan, UT.

Saunders, Kristine S. (1994). Promotional for family preparedness fair, KVNU radio, Logan, UT.

Saunders, Kristine S. (1993). Food safety, KUSU radio, Logan, UT.

Saunders, Kristine S. (1992-1985). Food safety, KVNU radio, Logan, UT.

Eight-Minute

Saunders, Kristine S. (1993). Financial management, KVNU radio, Logan, UT.

Ten-Minute

Saunders, Kristine S. (2002). Weight management, KVNU radio, Logan, UT.

Saunders, Kristine S. (1992). Women's financial information program, KVNU radio, Logan, UT.

Saunders, Kristine S. (1991). Turkey talk, KVNU radio, Logan, UT.

Thirty-Minute Call-In Radio Program

Saunders, Kristine S. (1999). Smart grocery shopping, KUSU radio, Logan, UT.

Saunders, Kristine S. (1998). Is home canning the thing to do?, KUSU radio, Logan, UT.

Saunders, Kristine S. (1998). Preservation by freezing, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). All about eggs, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). Buying, storing and using potatoes and greens, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). Sweet potatoes, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). Using nutrition facts labels, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). Safe home canning, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). Building a family budget, KUSU radio, Logan, UT.

Saunders, Kristine S. (1995). Making jams and jellies, KUSU radio, Logan, UT.

Saunders, Kristine S. (1994). Food safety, KUSU radio, Logan, UT.

Saunders, Kristine S. (1994). Salsa and tomatoes, KUSU radio, Logan, UT.

Saunders, Kristine S. (1994). Safe canning for fruits and vegetables, KUSU radio, Logan, UT.

Saunders, Kristine S. (1994). Making jams and jellies, KUSU radio, Logan, UT.

Saunders, Kristine S. (1993). Food safety, KUSU radio, Logan, UT.

Saunders, Kristine S. (1993). Dietary concerns of children and older adults, KUSU radio, Logan, UT.

Saunders, Kristine S. (1993). Food labeling, KUSU radio, Logan, UT.

Saunders, Kristine S. (1993). What's new in nutrition, KUSU radio, Logan, UT.

Saunders, Kristine S. (1992). Food borne illnesses, KUSU radio, Logan, UT.

Saunders, Kristine S. (1992). Pesticides in food, KUSU radio, Logan, UT.

Research Continued

Ninety-Minute Call-In Radio Program

Mortensen, JoAnn and Saunders, Kristine S. (1989). Sack lunches, KSL radio, Salt Lake City, UT.

Television

Demonstration

Saunders, Kristine S. (Demonstrator). (2004, September 2). Low and no sugar canning and freezing, In Mary Nichols (talent) Check your health. Salt Lake City, UT: KUTV.

Saunders, Kristine S. (Demonstrator). (2004, September 2). Low and no sugar canning and freezing, In Kathy Wilets (Producer) Healthy living, five o'clock news. Salt Lake City, UT: KUTV.

Saunders, Kristine S. (Demonstrator). (2004, July 1). Making a salad a meal, To your health. In Mary Nichols (talent) Check your health. Salt Lake City, UT: KUTV.

Saunders, Kristine S. (Demonstrator). (2003, July 3). Safe travel foods, News at noon. In Mary Nichols (talent) Check Your Health. Salt Lake City, UT: KUTV.

Saunders, Kristine S. (Demonstrator). (2003, January 7). Nutrition resolutions for the new year, Cache Valley Today. Logan: Channel 3 KUTN.

Saunders, Kristine S. (Demonstrator). (1999, November 1). Easy pumpkin surprise pie. Salt Lake City: KSL.

Thirty Minute Program

Saunders, Kristine S. (Host). (2004, February 4). Cache Club. Logan: Channel 3 KUTN.

Saunders, Kristine S. (Host). (2003, October 27). Cache Club. Logan: Channel 3 KUTN

Saunders, Kristine S. (Host). (2003, August 20). Cache Club. Logan: Channel 3 KUTN

Saunders, Kristine S. (Host). (2003, August 8). Cache Club. Logan: Channel 3 KUTN

Saunders, Kristine S. (Host). (2003, February 18). Cache Club. Logan: Channel 3 KUTN

Saunders, Kristine S. (Host). (2002, April 11). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2002, March 28). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2002, March 15). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2002, March 7). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2002, January 31). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2002, January 10). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, December 27). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, December 20). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, December 6). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, November 1). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, October 19). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, October 9). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, October 4). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, September 20). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, August 7). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, July 12). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, June 21). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, May 24). Healthy Kitchen. Taped 2 shows. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, May 1). Healthy Kitchen. Logan: Channel 12 KUTN

Saunders, Kristine S. (Host). (2001, April 18). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, March 28). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, March 16). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, February 23). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, February 13). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, February 1). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, January 18). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2001, January 4). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, December 14). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, November 30). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, November 16). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, November 2). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, October 19). Healthy Kitchen. Logan: Channel 12 KUTN.

Research Continued

Saunders, Kristine S. (Host). (2000, October 12). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, September 21). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, September 7). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, August 3). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, July 20). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, July 13). Healthy Kitchen. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, April 4). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, March 31). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, March 29). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, March 24). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, March 17). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, March 1). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, February 18). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (2000, February 15). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, December 28). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, December 14). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, December 10). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, November 30). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, November 18). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, November 15). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, October 28). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, October 22). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, October 16). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1999, September 10). Cache Club. Logan: Channel 12 KUTN.

Saunders, Kristine S. (Host). (1998, October 1). FNP. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, September 24). Breakfast. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, September 18). Snacks. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, September 3). Canning. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, August 27). School lunch. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, August 18). Computers in the kitchen. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, July 30). Watering lawns and gardens. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, July 23). Fluids. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, July 16). Fat in the diet. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, July 9). Workaholics. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, July 2). Diet after heart surgery. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, June 25). Dutch oven cooking. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, June 4). Dietary guidelines. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, May 28). Senior center. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, May 21). Storage. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, May 13). Diabetes. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, May 6). Desert hiking. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, April 30). Food for hiking. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, April 23). Child safety. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, April 16). Shelf-life storage. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, April 2). Immunization week. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, March 26). Pet care. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, March 12). Diabetes. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, March 10). Supplements. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, February 19). Calcium and supplements. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, February 12). Immunization. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, February 5). Ag research. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, January 29). Kitchen fires. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, January 22). Composting. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, January 15). Irradiation. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Host). (1998, January 8). Mad cow disease. Logan: Channel 12, KUTN.

Research Continued

- Saunders, Kristine S. (Host). (1998, January 2). Goals for new year. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, December 18). DUI, tips for party goers. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, December 11). Parties. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, December 4). Care of wild game. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, November 6). Work addiction. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, October 30). Wellness. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, October 29). Depression. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, October 16). Sports nutrition. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, October 9). Decision making families. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, September 25). Safe home canning. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, September 18). Storing root vegetables. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, September 11). Nutrition for pregnancy. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, September 4). Oral hygiene. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, August 28). Table talk. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, August 21). Meat and BBQ. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, August 14). Women and body image. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, August 7). Safe home canning. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, July 25). Picnic safety. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, July 17). School lunch. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, July 3). Pesticide residue in food supplies. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, June 26). Nutrition value of vegetables grown today. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, June 19). Epilepsy. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, June 5). Adult day center. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, May 29). Food allergies. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, May 15). EFNEP program. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, May 8). Thyroid. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, May 1). Osteoporosis. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, April 25). Resistant bacteria. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, April 18). Bio technology as it relates to food. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, April 10). Accidental overdose of children. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, March 27). Free clinic. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, March 20). Egg safety. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, March 14). Obesity in children. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, March 6). 5-a-day. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, February 20). Weight control. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, February 14). Skin care. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, February 6). Wig and hair care. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, January 30). Exercise. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1997, January 23). Feeding your toddler. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, December 5). Kitchen sanitation. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, November 14). Turkey safety. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, October 24). Sugar and hyperactivity. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, October 10). Breast cancer. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, October 3). Smoking. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, September 26). Depression. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, September 19). Canning why's. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, September 12). Stress. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, August 29). Cancer. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, August 15). Diabetes. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, August 8). Infant nutrition. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, August 1). Eating disorders. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, July 19). Headaches. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, July 4). Growing old with dignity. Logan: Channel 12, KUTN.
- Saunders, Kristine S. (Host). (1996, June 27). Barbecuing. Logan: Channel 12, KUTN.

Research Continued

Saunders, Kristine S. (Host). (1996, June 20). Dairy council - label ease. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, June 13). Nutrition for pregnancy. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, June 6). Additives and preservatives. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, May 30). Residues in food supply. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, May 23). Dental health. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, May 16). Sports nutrition. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, May 9). Grain based diet. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, May 2). Diabetes. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, April 25). Fiber. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, April 18). Dairy osteoporosis. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, April 11). Meat. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, April 4). Eggs. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, March 28). Beta carotene. Logan: Channel 12, KUTN.
Saunders, Kristine S. (Host). (1996, March 21). Breakfast. Logan: Channel 12, KUTN.

Saunders, Kristine S. (Director). (1993). Don't dump dumb. [Video]. (Extension Video Magazine, Utah State University, Logan, UT).

Saunders, Kristine S. (Presenter). (1993). Earned income credit. [Video]. (Available from Extension Video Magazine, Utah State University, Logan, UT).

Saunders, Kristine S. (Talent). (1990). Shopping energy sense [Video]. (Leona Hawks, Utah State University, Logan, UT).

Print Media

Saunders, Kristine S. (1997). Cache county 4-H announces dairy darlings. The Herald Journal.
Saunders, Kristine S. (1996). Cache county 4-H announces dairy darlings. The Herald Journal.
Saunders, Kristine S. (1995). Let's talk turkey. The Cache Citizen.
Saunders, Kristine S. (1995, April 23). Cache county 4-H announces dairy darlings. The Herald Journal.
Saunders, Kristine S. (1994). Cache county 4-H announces dairy darlings. The Herald Journal.
Saunders, Kristine S. (1993). Cache county 4-H announces dairy darlings. The Herald Journal.
Saunders, Kristine S. (1992). Cache county 4-H announces dairy darlings. The Herald Journal, p. 10.
Saunders, Kristine S. (1991). Eating for pennies. The Herald Journal.
Saunders, Kristine S. (1991). Jams and jellies in the microwave. The Herald Journal.
Saunders, Kristine S. (1991, April 23). Cache county 4-H announces dairy darlings. The Herald Journal, p. 10.
Saunders, Kristine S. (1991). Doughnuts. Ogden Standard Examiner.
Saunders, Kristine S. (1990, May 6). Cache county 4-H announces dairy darlings. The Herald Journal, p. 10.
Helpingstine, Christine A. and Saunders, Kristine S. (1990, September 12). Hot'n sassy. The Herald Journal, p. 9.
Saunders, Kristine S. (1989, May 7). Cache county 4-H announces dairy darlings. The Herald Journal, p. 10.
Saunders, Kristine S. (1988, April 17). Cache county 4-H announces dairy darlings. The Herald Journal, p. 10.
Alpisa, Rebekah and Saunders, Kristine S. (1988, August 24). The tomato. The Herald Journal, p. 11.
Alpisa, Rebekah and Saunders, Kristine S. (1988, July 20). Safe and delicious. The Herald Journal, p. 13.
Saunders, Kristine S. (1987, January 16). Long-term care seminar scheduled at USU. The Herald Journal, p. 4.
Saunders, Kristine S. (1987, February). Home-based business workshop offered. The Herald Journal.
Walker, Elizabeth and Saunders, Kristine S. (1987, April 29). Don't make your microwave play second fiddle. The Herald Journal, p. 9.
Saunders, Kristine S. (1987, April 5). Cache county 4-H announces dairy darlings. The Herald Journal, p. 10.
Saunders, Kristine S. (1986, March 26). Cache cooks corner. The Herald Journal, P. 15.
Saunders, Kristine S. (1986, September 24). Cache cooks corner. The Herald Journal, p. 17.
Saunders, Kristine S. (1986, September 12). Cache cooks corner. The Herald Journal, p. 13.
Saunders, Kristine S. (1986). Cache county 4-H announces dairy darlings. The Herald Journal, p. 8.
Saunders, Kristine S. (1985, August 8). Back-to-school clothing plans are an important family concern. The Herald Journal, p. 8.

Research Continued

REFERRED PRESENTATIONS AT PROFESSIONAL MEETINGS

Washburn, C., Saunders, K. (2007, November 5-9). Concurrent Session EDEN Annual Session. Thirty minute presentation on *Family Preparedness Certification*. Hilo, Hawaii.

Saunders, K., Proctor, D., and Serfustini, E. (2004, October 3-6). Concurrent Session National Association of Extension Family and Consumer Science Agents. On hour presentation on *Games that teach nutrition*. Nashville, TN.

Horn, M., Saunders, K., Christensen, N., (2004, September 24). Teaching people to fish. Presentation at the Annual State WIC Conference, Orem, UT.

Athas, B., Sorenson, A., Hammond, M., Saunders, K., Christensen, N., Price, R., (2004, September 23). Your news, our views, your issues, our solutions. Presentation at the meeting of the Utah Gerontological Society, Salt Lake City, UT.

Saunders, Kristine S. (2004, July 17-21). Poster Session, Society for Nutrition Education. *Empowering Native Americans to create culturally sensitive menus*. SNE Post-session, Federal and Local Nutrition Programs for Older Adults: Creating Opportunities for Collaboration. Salt Lake City, Utah.

Saunders, Kristine S. (2003, October 18-20). Best Practices Session, Utah State University Extension Family and Consumer Science Training. Fifteen minute presentation, *Decision-making styles: an exploration of preferences of on- and off-campus faculty*. Utah House, Layton, UT.

Saunders, Kristine S. (2001, October 1-3). Concurrent Session National Association of Extension Family and Consumer Science Agents. One hour presentation on the *Improved health through healthy eating: weight management* curriculum, Portland, OR.

Saunders, Kristine S. (2001). Concurrent Session Utah Extension System Annual Conference: Fiscal Year 2000, Family Nutrition Program. Twenty minute presentation summarizing the objectives and impacts of the Utah Family Nutrition Program, Provo, UT.

Serfustini, E., Proctor, D., and Saunders, K. (2000). Concurrent Session National Association of Extension Family and Consumer Science Agents. One hour presentation on the *Eating Well Made Easy* curriculum, Baltimore, MD.

Saunders, Kristine S. (1988). Poster Session, National Association of Extension Home Economists. Described how the continuing education committee on aging works and the program on long-term care options the committee sponsored, Grand Rapid, MI.

INVITED PRESENTATIONS AT PROFESSIONAL MEETINGS

Saunders, Kristine S. (2004). Nutrient Based Menu Planning. State meeting of senior center managers. Monticello, UT.

Saunders, K.S. and Christensen, N.K. (2004). Substituting traditional native foods for high glycemic index foods in recipes. special meeting of Native American senior center managers. Paige, AZ.

Saunders, Kristine S. (1999). Explanation of the food stamp nutrition education program. Bimonthly meeting of the bear river north regional council on workforce services, Logan, UT.

Saunders, Kristine S. (1998). Culinary techniques. Area meetings; Box Elder, Logan and Cache Districts, Tremonton, UT.

Saunders, Kristine S. (1997). Healthy cuisine for kids. Logan School District, Logan, UT.

Research Continued

Saunders, Kristine S. (1997). Marketing your program. Logan School District, Logan, UT.

Saunders, Kristine S. (1997). Money 2000. [Display Posters]. Governor's conference on families, Logan, UT.

Saunders, Kristine S. (1997). Healthy cuisine for kids. Utah Association of School Food Service Employees, Salt Lake City, UT.

Saunders, Kristine S. (1996). Legal issues of the child care provider. Child care forum, Logan, UT.

Saunders, Kristine S. (1987). Judging foods at fairs. Fair judges training, Farmington, UT.

INVITED PRESENTATIONS AT USU AND COUNTIES OTHER THAN CACHE COUNTY

Women's role in the genocide recovery process in Rwanda. (November 17, 2008), WGRI meeting at Utah State University and women's group meeting, Richfield, UT.

Avian Influenza and coughing in your sleeve to prevent spread of germs. (March 1, 2008), Family preparedness training, Nephi, UT.

Food for a Disaster: Freezer Bag Meals. (May 1, 2008), Keeping America Prepared Conference, Presentation included discussion of water purification methods, kinds of food to include in a grab and go kit, demonstration and sampling of food prepared in a self-closing freezer bag. Participants received handouts and recipes. St. George, UT

Food and personal safety for elementary students. (October 18, 2007), Presentations at elementary schools in Junction, Antimony, and Circleville Elementary schools. Education provided in observance of Safety Week for elementary schools in Piute County, UT

Buck fifty lunch. (2001-2003). Presentation at Utah State University, Logan Ut. (2 times), Beaver County, Millard County, Tooele County, Wendover, Ibapah, UT, Salt Lake City, UT(presented to cystic fibrosis group).

The reality of nutrition and a challenge to the extension staff. (2000). Presentation at extension annual conference, Utah State University, Logan, UT

ServSafe (1999). Short course to prepare school food service workers to become certified by the National Restaurant Association. Logan City, Cache County and Rich County UT school districts..

EFNEP and FNP Working Together, (1999). Address at EFNEP annual meeting, Utah State University, Logan, UT.

Have a pyramid for dinner, making easy skillet meals, (1999). Extension Annual Adult Leadership Conference, Utah State University.

Getting to know your neighbors...diversity, (1998). Panel discussion with food demonstrations. Extension annual adult leadership conference, Utah State University, Logan UT.

Getting into a food mood, (1998). Utah 4-H leadermete, Utah 4-H, Richfield, UT.

Rising to the occasion, (1998). Utah 4-H leadermete, Utah 4-H, Richfield, UT.

Safe preparation of flavored vinegars and oils, (1997). Presentation. Extension annual adult leadership conference at Utah State University, Logan UT, and Christmas Fair in Tooele County, UT.

Weight loss and your personality, (1996). Presentation. Adult leadership conference and Salt Lake City, UT.

Building assets in youth,, (1996). Two hour simulation class. 4-H adult leadermete, St. George, UT.

Research Continued

The workings of the cache valley community health clinic, (1995). Presentation. Cache County Council and Logan City Council, Logan UT.

Health care is self care, (1995, 1993, 1992). Workshop. (1992). USU's adult leadership conference; 1993-Richmond; 1995-Richmond, UT.

Testing pressure gauges, (1994). Fifteen minute segment on a canning update satellite training, Utah State University, Logan, UT.

Give Water a Hand, (1994). Two hour presentation. Regional 4-H workshop, Logan, and 4-H adult leadermete, Park City, UT.

Better communication through ego-grams, (1990, 1989, 1987). One hour class. Developed and presented to the family community leadership institute. Logan, Coalville and Provo, UT.

MATERIALS DEVELOPED

Marketing Brochures

Utah family nutrition program. (1999). Cooking for one or two [Brochure]. Saunders, K., Speary, C.: Authors.

Utah family nutrition program. (1999). Is your teenager eating you out of house and home? [Brochure]. Saunders, K., Speary, C.: Authors.

Utah family nutrition program. (1999). Avoid the budget crunch: feeding a family of four [Brochure]. Saunders, K., Speary, C.: Authors.

Utah family nutrition program. (1999) NEP nutrition education program for families [Brochure]. Saunders, K., Speary, C.: Authors.

Utah family nutrition program. (1999). Before you burn another hundred Saunders, K., Speary, C.: Authors.

MATERIALS DEVELOPMENT FOR THE FAMILY NUTRITION PROGRAM

Leadership given to the following projects

Saunders, K., Baker, A., Milligan, E. (2001). Improved health through healthy eating: weight management strategies, a three hour short course with lesson and overheads, handouts, activities, cooking demonstration, exercises and a Mind Map.

Johnson, R., and Gnehm, M. (2001). *Figgins family reunion: and exercise in food safety*. A short story with original water color illustrations and rhyming verse that tells a story of food safety woes.

Prestwich, L., Saunders, K., A 12 month calendar, non-year specific, with a nutrition message on top, an easy to prepare recipe, and helpful hints suggested for random days and weeks that relates to the nutrition message. (2000).

Prestwich, L. and Saunders, K., A flip chart lesson on *Water*. (2000)

Evans, K. and Scott, P., A flip chart lesson on the planning and preparation of *Quick Meals*. (2000)

Seven Newsletters for low-income families featuring the Dietary Guidelines for Americans, a pictorial recipe for low literacy individuals, a food safety tip, and a question/answer column in each issue. (1999).

Seven fact sheets: *healthy eating during pregnancy, healthy eating for older adults, healthy eating for athletes,*

Research Continued

healthy eating for your infant, healthy eating for teens, healthy eating for vegetarians. (1999)

Vitale, T., A lesson on *Using your horizon card. (1999)*

Proctor, D., A register for recording *Horizon Card* expenditures called, *Horizon Card Tracker. (1999)*

Sagers, D. and Sagers, D., A bulletin comparing the cost of convenience with scratch cooking. (1999)

Tours

Supermarket tour, (2000). Materials including teaching notes and scavenger hunt worksheets.

TEACHING

GUEST LECTURER FOR ACADEMIC COURSES

Extension program planning and evaluation - ASTE 6140 (1998-2001).

Community nutrition - NFS 449 (1998-1999).

Science in relation to foods - NFS 408 (1997).

A systems approach to solving agricultural issues - ASTE 520 (1997).

Understanding the interdisciplinary nature of the college of family life and its programs - FL 110 (1997).

SUPERVISION OF INTERNS

2004	Kara Richy	Supervised 10 hours of practicum
2004	Abby Hendricks	Supervised 10 hours of practicum
2000	Ann Baker	Supervised 400 hours of intern credit
1999	Laura Prestwich	Supervised 400 hours of intern credit
1999	Karen Bergs	Supervised 400 hours of intern credit
1998	Christina Speary	Supervised 400 hours of intern credit
1997	Bonnie Hannah	Supervised 400 hours of intern credit
1997	Tiffani Forbush	Supervised 400 hours of intern credit
1996	Kerry Hall	Supervised 400 hours of intern credit
1996	Rebecca Beck	Supervised 200 hours of intern credit
1994	Donna Burrell	Supervised 200 hours of intern credit

NATIONAL CURRICULUM PILOT TESTED

1996 Rising to the occasion, national 4-H breads curriculum, national 4-H council, Washington, D.C.

1996 Kodak fund raiser

1996 Field of genes: making sense of biotechnology in agriculture, national 4-H council, Washington, D.C.

1995 Energizing your future with energy, economics, and the environment, national 4-H council, Washington, D.C.

TRAINING DEVELOPED FOR THE FAMILY NUTRITION PROGRAM

Research Continued

Training for new hires (2005, January 5-7) Delta, UT

Training for new hires (2004, January 27-29), Cedar City, UT.

Training for new hires (2003, February 10-12), Heber City, UT.

Training for new hires (2002, October 28-30), Richfield, UT.

Training for new hires (2002, June 4-6), St. George, UT.

Training for new hires (2001, August 28-30), Richfield, UT.

Chef's training for fnp supervisors (2001, May 7-8), Logan, UT.

Training for new hires (2001, January 23-25), Delta, UT.

Training for new hires (2000, November 20-21), Heber City, UT.

Chef's training for fnp supervisors (2000, May 8-9), Logan, UT.

Training for new hires (2000, April 11-13), Tooele, UT.

Training for new hires (1999, November, 2-4), Richfield, UT.

Chef's training for fnp supervisors (1999, May 10-12), Logan, UT.

State fair display for fnp (1998, September 11-20), Salt Lake City, UT.

Introduction of fnp to new teachers (1998, August 24), Logan, UT.

New policies for fnp teachers (1998, April 29), St. George, UT.

Introduction to fnp and new teacher orientation (1998, April 28), Panguitch, UT.

Teaching food preparation skills to low income audiences (1998, April 28), Panguitch, UT.

State EFNEP/FNP training for supervisors and teachers, recruitment training (1998, March 19), Provo, UT.

TEACHING IN CACHE COUNTY

Making and using a non-fat soup mix, (2001). Short course with handouts and cooking demonstration. Logan and Smithfield.

Cooking for health, (present-1990). Short course with handouts and cooking demonstration. County-wide.

Low-fat cooking for better health, (1998, 1996, 1995, 1991, 1990). Short course with handouts and cooking demonstration. Benson, Logan (3 times), Menden, Providence, Headstart, Hyrum (2 times), Richmond, Smithfield (7 times) and Lewiston.

5-a-day on a budget, (1997). Demonstration. Headstart.

Food storage and how to use it, (1998, 1997, 1994, 1989). Lecture with handouts and food preparation demonstration. Headstart, Logan (4 times).

Teaching Continued

Cajun cooking, (1997). Discussion with food preparation demonstration. Adult Day Center.

What's new with the nutrition facts labels' (1997, 1994). Lecture with transparencies, video and handouts. Logan, Logan Senior Citizens Center.

5-a-day on the job, (1997). Lecture with handouts and food samples. Government employees enrolled in the Healthy Utah program.

Using leftovers, (1997). Lecture with demonstration. Adult Day Center.

Simple budgeting techniques, (1997, 1991, 1990, 1989, 1988, 1987, 1986). Handouts and simulation exercise. Hyrum, Headstart (2 times), Logan (3 times).

Orientation to the Family Nutrition Program, (1997). Training for County Extension staff and new teachers. Logan Court House.

Healthy life style, (1997). Presentation. Utah Public School Teachers, Box Elder County (3 times).

Canning update, (1998-1986, 2004). Presentations: 2004-Providence, Hyrum 1998-Campus Field Office; 1997; 1996-Smithfield, Cove, Logan (5 times); 1995-Logan, River Heights, Tremonton, Richmond, Mendon; 1994-Smithfield, Logan, Amalga; 1993-Logan (2 times), Tremonton, Richmond, Mendon; 1992-Newton, Homemakers Club, USU; 1991-Wellsville, Providence, Nibley, Rich County, National Guard, EFNEP; 1990-Hyrum, Smithfield, Logan, College Ward; 1989-Hyrum (2 times), Logan (2 times), Providence (2 times), Newton, EFNEP; 1988-Logan, Smithfield, Hyrum, Benson, Tremonton, Newton; 1987-Logan (2 times), Smithfield, Richmond; 1986-Logan, Wellsville, Smithfield, Youngward and Providence.

Canning update, (1997). Hands-on class featuring modern canning techniques and times using a wood stove. Jensen Historical Farm.

All about eggs, (1997, 1990). Demonstration and lecture. Adult Day Center in Richmond.

Creative ways to make kabobs using fruits and vegetables, (1997). Demonstration and lecture. Adult Day Center.

The Staff of Life: Bread by any other name, (1997). Demonstration. Logan (2 times).

Low Fat Cooking for Better Health, (1997-1990). Short course with handouts and cooking demonstration. 1997; 1996-Smithfield (2 times), Lewiston, Logan; 1995-Hyrum, Logan; 1994-Hyde Park, Logan (2 times), Hyrum (2 times); 1993-Logan, Hyrum, 1992-Providence (2 times), Richmond, Logan (3 times), Smithfield (2 times), Lewiston; 1991-Smithfield, Menden, Logan (3 times), Benson, Hyrum; 1990-Providence, Richmond, Logan, Smithfield and Lewiston.

Simple budgeting techniques, (1997, 1995, 1992-1986). Presentation with handouts and simulation exercise. 1997-Options for Independence; 1995-Lewiston, Logan (2 times), Richmond; 1992-Logan, Thiokol, Smithfield (2 times), Providence; 1991-Trenton, Newton, Family Support Center, Turning Point, Logan; 1990-Logan, Hyrum, Headstart; 1989-Logan, Thiokol, Smithfield, Providence; 1988-Logan (Spanish speaking), Logan; 1987-Richmond; 1986-Logan.

Quick meals, (1999, 1997, 1996, 1995, 1992). 90 minute lecture and demonstration. 1999-Logan; 1997-Logan; 1996-Lewiston, Logan; 1995-Richmond, Hyrum, Benson, Smithfield; 1992-Logan and River Heights.

Self-esteem for adults, (1997, 1996, 1993, 1992, 1989). Lecture with transparencies and handouts. 1997-Logan; 1996-Hyrum, Newton; 1993-Lewiston, River Heights Civic Club; 1992-Cache High, Smithfield; 1989-Lewiston and Logan.

Teaching Continued

Clinic to test the accuracy of pressure canner gauges, (1997-1985). Clinic. Two clinics help per year in Logan and Smithfield; 1993-Tremonton.

Healthy cuisine for kids, (1997, 1996). Discussion with handouts. Cache School District (3 times), Bear River Elementary, Logan School District and 3 Day Chef's School.

Women's financial information program, (1997, 1996, 1995, 1993). Seven week class for women 50 years and older with guest lecture and workbook. 1997-Logan; 1996-Logan; 1995-Logan; and 1993-Smithfield.

Building a financial future for families, (1997, 1995, 1990). Three hour workshop for couples with worksheets. Clarkston (2 times), Logan (2 times) and Early Headstart.

Hazard analysis of critical control points, (1997, 1996, 1995). Class. Cache County (2 times), Layton High School, Logan (2 times), and Rich County.

Preservation of food at home, (1997). Series of five, three hour hands-on canning experiences. Logan.

Week 1: APressure Canning

Week 2: AJams and Jellies

Week 3: Water Bath Canning

Week 4: Pickles

Week 5: Tomatoes and Salsa

Time management, (1997, 1987). One hour lecture with handouts. Logan and Tremonton.

Training for new EFNEP Teachers, (1996). Eighteen week training with one lesson and one food preparation experiences each week. Logan.

Week 1: Starting with the Basics

Week 2: Food Guide Pyramid

Week 3: Understanding Food Labels

Week 4: Planning makes a Difference

Week 5: Making the most of you Food Dollars

Week 6: Keeping Food Safe

Week 7: Bread

Week 8: Cereal

Week 9: Rice and Pasta Group

Week 10: Vegetable Group

Week 11: Fruit Group

Week 12: Milk, Yoghurt and Cheese Group

Week 13: Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Week 14: Breakfast/Choosing Healthy Snacks

Week 15: Eating Right for Two

Week 16: Feeding Your New Baby

Week 17: Feeding Infants and Children

Week 18: Eating Right and Light

Basic food preparation for youth, (1996). Menu planning and hands-on cooking experience. Logan (2 times).

Jams and jelly making for youth, (1996). Hands-on canning experience. Logan (2 times).

Making and effective presentation, (1996, 1995). Discussion presentation. Natural Resources Field School.

How to include 5-a-day in your diet, (1996). Lecture with handouts. Hyrum.

Budgeting for the holidays, (1996). Simulation class with handouts. Logan, Headstart, and Early Headstart.

Teaching Continued

You can be a wise consumer, (1996, 1994, 1986). Interactive Class. Smithfield.

Building common ground, (1996, 1995, 1994). Eight hour class using transparencies, brainstorming, visualization, music and mind mapping. Logan.

Making and Using Sourdough, (1996). Demonstration. Adult Day Center and Hyde Park.

Making Bread from Scratch, (1996, 1995). Youth make their own loaf of bread from start to finish in one hour. Richmond, Logan and Hyrum Senior Center.

Make Your Own Ice Cream, (1996). Hands on experience for summer school elementary students. Richmond.

The Adventures of Snack-Man, (1996-1986). Readers Theater. Sunrise Elementary and Summit Elementary.

Choosing Healthy Snacks, (1996-1986). Lecture and demonstration. Logan Cub Scouts, Cornish; 1995-Trenton; 1992-Adams 4th & 5th graders.

Creative Meals on a Budget, (1996, 1992, 1989). Interactive learning experience for low income families. 1996-Headstart; 1992-USU, Smithfield; 1989-Headstart and Smithfield.

Cooking Low Fat for the Holidays, (1996, 1995, 1993). Lecture with demonstrations and handouts. 1996-Hyrum, Options for Independence; 1995-Paradise; 1993-Smithfield and Providence.

Cooking Basics, (1996). Eight week hands on cooking class. North Logan.
Week 1: Planning, Measuring, Cooking Terms, Reading a Recipe
Week 2: Things to make with White Sauce
Week 3: Make Your Own Mixes
Week 4: Things to make using Biscuit Dough
Week 5: Pies and Pie Crust: Main Dish and Dessert
Week 6: Quick Breads
Week 7: Soups
Week 8: Stir Fry

Talking with TJ, (1996-1993). Six lectures. Greenville School, Hyde Park, Cache County Schools, Edith Bowen, Summit Elementary, and Teen Council.

How Exercise Can Lower Your Cholesterol, (1996). Lecture followed by exercise activity. Adult Day Center.

Making a Jointed, Stuffed Bear, (1996). Six hour hands on class with students completing project. Logan.

Making the Most of Your Food Storage, (1996, 1992, 1990). Workshop with handouts, transparencies and food demonstration. Logan.

Target Your Market, (1996). Three hour lecture with handouts and transparencies. Logan High, Box Elder School District.

Preparing Quick Meals Using Your Own Mixes, (1996, 1994). Demonstration workshop with handouts and tasting. 1996-Logan; 1994-Wellsville.

Quick Path to Home Ownership, (1996). One hour presentation with handouts and transparencies. Logan and USU.

Refreshing Fruits for Summer, (1996). Short course to allow people to sample fruits that may be unfamiliar to them. Adult Day Center (2 times).

Teaching Continued

Cooking With Wheat, (1996, 1995). One hour demonstration with handouts. Wellsville and Adult Day Center.

Chartreuse Moose, (1995). Four week program for pre-school teachers and parents of pre-schoolers. Aggie Village.

How to Store Foods Safely and Use of Stored Foods (1995, 1994). Exhibit. 1995-North Logan; 1994-Logan.

Facilitators Training@ (1995, 1993). Training volunteers to facilitate WFIP class. Logan.

What's So Good About Rice and Beans, (1995). Demonstration. Logan Senior Center.

Budgeting for Kids, (1995). Two hour lecture with handouts. Logan.

Cooking from Scratch, (1995). Short course with handouts. Logan.

Nutrition for Seniors-The facts about cholesterol, fat and sodium, (1995, 1992). Two hour class with transparencies and handouts. Logan.

The Importance of Setting Goals, (1995). Two hour class with transparencies and handouts. Lewiston.

Using Your Microwave to Prepare Quick Meals, (1995). Lecture with food demonstration and handouts. Hyrum Senior Center.

Making Your Food Dollars Count, (1995). Two hour lecture with handouts. Headstart, Richmond, Logan and Wasatch Front EFNEP Teachers.

Putting Your Best Foot Forward, (1995). Youth class on manners. Nibley.

Weight Management, (1995). Four week class. Hyrum Senior Center.

Nutrition for Kids, (1995). 45 minute class for fifth graders with worksheets and comic books discussion. Adams Elementary.

The New Nutrition Facts Labels, (1995). One hour interactive class with handouts. Richmond.

Fabulous Fakes, (1995-1992). Workshop. 1995-Benson, Logan (2 times); 1994-Hyrum (5 times), Smithfield; 1993-Millville; 1992-Preston.

Cooking With Herbs, (1995, 1994, 1991). Presentation. 1995-County-wide; 1994-Hyrum; 1991-County-wide.

Facilitator Training (Women's Financial Information Program), (1995, 1994). Trained Facilitators. County-wide.

Cooking for One or Two, (1994-1991). Consumer tips, recipes, and cooking demonstrations. 1994-Hyrum Senior Center; 1993-Lewiston; 1992-Logan Senior Center; 1991-Logan Senior Center.

Quick Path to Home Ownership, (1994). Presentation with Leona Hawks. Logan.

Cooking with Wheat, Beans and Rice, (1994). 1, 2 hour demonstration with handouts. North Logan.

Nutrition for Good Health, (1994). One hour class. Smithfield.

Meat Safety, (1994). 1, 2 hour class. Logan.

Being Prepared for an Emergency, (1994). One hour class for people with disabilities. Logan (2 times).

Teaching Continued

Salads for Summer, (1994). One hour demonstration with handouts. Adult Day Center, Logan..

Canning Tomatoes and Salsa, (1994). Two hour hands-on workshop. Logan.

Swedish Meatballs, (1994). One hour food demonstration. Adult Day Center.

101 Ways to Use Pumpkin, (1994). 1, 2 hour food demonstration. Smithfield and Ogden.

Talking with TJ, (1994). 1, 2 hour overview presentation. 4-H State Ambassadors Training in Logan.

Making Candy in the Microwave, (1994). One hour demonstration. Hyrum Senior Center.

Getting Rid of Clutter, (1994, 1993). One hour lecture with handouts. 1994-Hyrum; 1993-Nibley.

New Orleans Jambalaya, (1994, 1992). Food demonstration. Adult Day Center.

Safety and Food Excellence in the West, (1993). Four hour train the trainer workshop. Logan.

Self-Esteem for Adults, (1993, 1992). One hour lecture with transparencies and handouts. 1993-Lewiston and River Heights Civic Club; 1992-Cache High and Smithfield.

Household Hazardous Waste, (1993). One hour lecture with handouts. Logan (2 times).

Financial Management: Setting Goals and Balancing Your Check Book, (1993). Lecture with worksheets. Lewiston, Franklin, ID; Logan and Richmond.

Cooking Southern, (1993). Cooking demonstration with handouts. Logan.

Making Your Food Dollars Count, (1993). One hour lecture with handouts and worksheets. Logan (2 times).

Environmental Stewardship, (1993). One hour workshop. 4-H group at winter camp.

Quick Meals Using Your Pressure Cooker, (1993). 1, 2 demonstration with handouts. Millville.

What is Solvaki?, (1993). Demonstration with handouts. Adult Day Center.

The Adventures of Snackman, (1993). Readers Theater with hands-on snack making. Logan Youth Group.

Choosing Healthy Snacks, (1993). One hour demonstration and lecture. Headstart, Providence, Logan and Newton.

Using Your Microwave, (1993, 1990, 1988, 1987, 1986). 1, 2hour demonstration with handouts. Hyde Park, Logan, Hyrum, and Smithfield.

Keeping Foods Safe, (1993). Lecture with handouts. Lewiston.

Machine Darning, (1993). One hour demonstration. Tooele.

Making Your Own Mixes, (1993). Demonstration with handouts. Logan.

An Overview of Extension Programs for Seniors, (1993). Display. Senator Orrin Hatch's Conference for Seniors in Salt Lake City.

What is your Clothing Message?, (1993). One hour class. Alternative High School.

Teaching Continued

Everything You Need to Know About Making Chowder (1993). Demonstration. Adult Day Center.

Financial Counseling, (1993, 1992). Individual couples council for three, two hour sessions. Logan.

Session 1: Organization, Tracking Spending

Session 2: Cash Flow

Session 3: Identification of Leaks, Making Your Food Dollars Count

Preservation of Food by Dehydration, (1993, 1992). One hour lecture with samples of dehydrated foods. 1993-River Heights; 1992-Hyrum.

Consumer Education for Low Income Audiences, (1993). Two hour training for teachers in EFNEP. Ogden.

Ideas for Serving Vegetables, (1993). One hour class with recipes and food demonstrations for EFNEP teachers. Ogden.

How Wheat Becomes Flour, (1992). Lecture. Adult Day Center.

Clothing Workshop, (1992). Hands-on class making a detachable collar from a bandana. Logan.

Using the Food Guide Pyramid, (1992). Activity class for EFNEP teachers. Logan.

Quick Meals Using Your Pressure Pan, (1992). One hour demonstration. Utah State Fair.

Making Squash Pie, (1992). One hour demonstration. Adult Day Center.

Making the Most of Your Wardrobe, (1992). One hour class taught with Lee Sherry. Ogden.

Cooking Inexpensive Cuts of Meat, (1992). One hour demonstration. Logan.

Watching Out for Wasteful Waste, (1992). Skit and poster contest. Cache County (8 times); 4-H; Smithfield, Newton, Hyrum, Richmond, and Satellite.

Food for a Safe Picnic, (1991). Lecture with handouts. Adult Day Center.

Apples: Myth and Legend, (1991). Demonstration with handouts. Adult Day Center.

Meals in Minutes, (1991). Lecture with pressure pan demonstration and handouts. County wide.

Especially for Potato Lovers, (1991). Lecture and demonstration with recipes. Logan and Smithfield.

Training for New FCL(Family Community Leadership) Trainers, (1990, 1989, 1988, 1987). Two workshops pre-institute.

Better Communication Through Ego-grams

Influencing Public Policy

Determining Your Personality Type

Feeling Good: It's the natural way to feel, (1990). Four week class taught once a week for 2 hours with transparencies and handouts. Richmond, Logan, Garden Club and Turning Point.

Building a Budget, (1990). Class. Taught in homes throughout the county using a speaker phone.

You Can Do It, (1990). Four week class. Hyrum.

Osteoporosis, (1989, 1986). Workshop for women with slides and handouts. Logan and Hyde Park.

Teaching Continued

Hypertension, (1989). Lecture with handouts. Logan.

Read the Label, Set a Better Table, (1989). Class featuring video teaching. North Logan, Spanish speaking audience.

The One Hour Gourmet, (1989). Demonstration with handouts. Providence, Logan, North Logan and Richmond.

Eating for a Healthy Heart, (1989). Demonstration with handouts. Newton and North Logan.

Freezing for Convenience, (1989). Lecture with transparencies and handouts. EFNEP, Logan, Providence and Hyrum.

Leadership Skills You Never Outgrow, (1989). Lecture with transparencies and handouts taken from the FCL files. Logan, Hyde Park, Amalga and North Logan.

Healthcare and Quackery, (1988). Lecture with handouts. Logan Senior Center.

Every Snack Counts (1988). Food demonstration with handouts. Senior Center.

Science and Food, (1988). Demonstration class. County-wide.

Turkey Talk, (1988, 1987, 1986). Demonstration class. Logan.

Pies, (1988). Food demonstration with handouts. Logan.

Choosing Kitchen Appliances, (1988). Lecture with handouts. Logan.

Preserving Food at Home, (1988). One day, hands-on class with transparencies and handouts.

From the Beginning, (1988, 1986). One hour overview. Logan.

Nutrition As You Age, (1987). One hour lecture with transparencies and handouts.

Using the Dietary Guidelines, (1987). One hour lecture with visual aids and handouts. County wide.

Cooking with Egg White Foams, (1987). Food demonstration with handouts. County wide.

Holiday Foods, (1986). Demonstration with handouts. Logan.

Soft Drink Revolution, (1986). One hour lecture.

Food and Fitness, (1986). Lecture and demonstration with transparencies and handouts.

SATELLITE EDUCATION DEVELOPED

Saunders, K., (Host and Trainer) (2004, May 18). Managing on the edge of change. One hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer), Jensen, C., (2004, May4). Using macaroni and cheese and ramen noodles to make a meal and managing on the edge of change. One hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer), Barclay, R., (2004, April 6). Copyright laws. One hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Teaching Continued

Saunders, K. (Host and trainer), Olsen, R., Hendricks, A. (2004, February 3). Family nutrition program training, using your pressure saucepan. One hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer), Olsen, R., Henderson, A. (2004, January 6). Family nutrition program training, cooking dry beans and rice in your pressure saucepan. One hour pressure cooker training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer). (2003, February 13, March 19, April 15, May 19, June 16). Family nutrition program training. Five one hour training broadcasts from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer). (2002, January 28, March 11, April 8, May 14, June 10). Family nutrition program training. Five one hour training broadcasts from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer). (2001, March 26, April 23, May 29, June 26). Family nutrition program training. Four one hour training broadcasts from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host), Boyer, F. (2001, January 30). Family nutrition program training, focus on Spanish. A one hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer). Department of WorkForce Services video training (1999, April 16), A 30 minute training video for employees of the State Department of WorkForce Services statewide explaining the Family Nutrition Program. Salt Lake City, UT.

Saunders, K. (Host and trainer), Prestwich, L, Christensen, N. (1999, November 15). Family nutrition program training, the in's and out's of diabetes. A two hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer), Romero, A. (1999, December 6). Family nutrition program training, eating well made easy. A two hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer). (1998, December 7). Family nutrition program training, part III. A two hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer). (1998, November 16). Family nutrition program training, part II. A two hour training broadcast from Utah State University to counties in Utah. Logan, UT.

Saunders, K. (Host and trainer). (1998, October 19). Family nutrition program training, part I. A two hour training broadcast from Utah State University to counties in Utah. Logan, UT.

4-H TEACHING

How to win the dairy foods contest, (1997, 1996, 1995, 1993, 1992). Workshop for 4-H youth. Each year in Richmond and Logan.

Who dun it?, (1996). An original play by Becky Lindeman. Supervised the rehearsals and gave leadership to the project. 4-H Club Camp.

Making a jelly roll, (1993). Hands-on class for youth. Logan.

Don't Dump Dumb, (1992). An original skit providing education about proper disposal of hazardous waste. Campaign included poster contest and play performances at four libraries throughout Cache County.

Landfill pizza, (1992). Demonstration. Promotion of recycling (3 times) and 4-H.

Teaching Continued

Water woman saves the day, (1991). Skit providing education about water conservation. Cache County (7 times).

EDUCATIONAL PROGRAMS FACILITATED IN CACHE COUNTY

Small group discussion at the North Region Water Quality Conference (1997). Sherwood Hills, UT

Child Abuse Symposium, (1997, 1996, 1995). A symposium for professionals to increase awareness and highlight community resources. One per year.

Pressure Gauge Testing, (1997-1992). The equipment for testing pressure gauges is checked out to community groups. Training on using the equipment is provided at check out time.

Governor Initiative on Families Today (GIFT) Conference (1996). Chair. Logan.

Establishing a Grain Based Diet, (1996). A video production developed by Melinda Carron for extension audiences mentored by Kris Saunders.

Master Preserver, (1996). A 30 hour class taught by Charlotte Brennard. A combination of lecture and lab. Students are required to pass a final exam and volunteer 20 hours of teaching.

A Workshop for Seniors-Caring for your eyes, (1996). Logan Senior Center.

Senior Day at the Park, (1995-1988). A multi-agency activity. Information booths, guest speaker, bingo and dancing targeting senior citizens.

Preparing for Home ownership, (1995, 1994). Short course with overheads. Logan.

Town Meeting, (1995). An open forum to identify issues.

Small group session at the Cache County Growth Summit held at BATC, (1995).

High School Financial Literacy Program, (1994). Video broadcast and facilitated workshop. Logan.

Sewing for Santa, (1994, 1993). Low income people learn to make simple nightie's for their children.

Family Preparedness Fair, (1994). An eight hour fair including 16 commercial exhibits and classes on:

How to Start Your Food Storage	Deloy Hendricks
Sprouting	Donna Spillet
What if an Emergency Happens	Pauline Shaw
Assembling a 72 Hour Kit	Steve Ririe
CPR and Heimlich Maneuver	American Red Cross
Cooking with Wheat	Teresa Hunsaker
Herbs, Medicine and Wild Foods	Chris Peterson
Safe Storage of Food	Charlotte Brennand
Canning and Freezing	Georgia Lauritzen
Dehydration	Von Mendenhal
Root Cellars	Don Huber
Individual Preparedness	George Becker
Water Storage	Conly Hansen
Household Waste Management	George Becker
Coping with an Emergency	Bruce Johns

Housing Conference, (1994). A four hour meeting supplying basic information to first time home buyers.

Teaching Continued

How Much is a Serving, (1994). Presenter: Donna Burrell, an extension intern. A one hour presentation prepared and presented by the intern.

Housing Seminar, (1994). Instructor: Agent specialist. A conference for professionals. Classes update participants about current housing issues and reference agencies offering assistance.

Focus Group, (1993). Thirteen low income families were brought together in a group to determine their educational needs.

SAFE: Safety and Food Excellence, (1993). Presenters: Charlotte Brennand, Georgia Lauritzen, Kris Saunders and Lynn Harris. A four hour workshop for homemakers, food service workers, dieticians or anyone requiring knowledge about the safe handling of food.

Environmental Stewardship Satellite Broadcast for Teens, (1993). Teen council video production of “Don’t Dump Dumb” was aired for the national audience. A landfill pizza was prepared for local participants.

Picture of Health, (1993). A series of four, 2 hour satellite broadcasts from the University of Wisconsin addressing Breast Cancer, Prostate Cancer, When Children Have Cancer and Colo-Rectal Cancer.

Fabulous Fakes, (1993). Instructor: Carol Earl. A demonstration class showing how to make candies using unusual ingredients.

Santa Craft, (1993). Instructor: Carol Earl. A hands on class. Participants make a Santa using a bleach bottle and yarn.

Pricing Survey, (1993, 1992). Check milk prices monthly as part of the Utah Dairy Councils milk price comparison among Utah Counties.

Needs Assessment, (1992). Conducted community needs assessment in Lewiston.

Facts About Arthritis, (1992). Instructor: Dr. Biens. A one hour lecture.

Water Testing Day, (1990). Actual, onsite testing for irritants and hardness. Handouts were available.

Enjoying the Holidays, (1990). A four hour workshop featuring classes on Stress Reduction through Music, An International Christmas, and Low-fat cooking for the Holidays.

Influencing Public Policy, (1990). A one hour class to get people involved in their communities. FCL (Family Community Leadership).

Determining Your Personality Type, (1990). A class based on a simplified version of the Meyers-Briggs personality inventory. FCL (Family Community Leadership).

Family Community Leadership, (1989-1988). A program established across the state to involve groups like PTA, Farm Bureau Women and the Utah affiliate of Homemaker clubs with Extension service to each leadership, problem solving and other skills so they will feel empowered to become involved in their communities political process.

Voter Awareness, (1989). High school students participate in three, one hour classes to learn about the political process.

Being Prepared, (1988). A seminar for Spanish speaking people. Classes include: APreparing for an Earthquake@, First Aid, Financial Management, and Home Preservation of Food.

Teaching Continued

Starting Your Own Business In Your Home, (1987). Instructors: Barbara Rowe and Marion Bentley. A four week short course to provide a foundation for those thinking about starting their own business.

Emergency First Aid, (1987). A one hour demonstration class taught in Spanish.

Stress Management for Farm Families, (1986). Guest Presenter: Glen Jensen.

4-H FACILITATED IN CACHE COUNTY

Easter Egg Hunt for Headstart Children, (1997). A service project sponsored by the Cache County 4-H Teen Council.

Sewing Camp for 4-Hers, (1997). A five day camp to teach beginning youth sewers how to use a sewing machine, hand sewing techniques and construction of a basic vest and shirt.

Record Book Judging, (1997-1985). Facilitate the training and judging of record books completed by 4-H youth as part of their 4-H project.

Open forum for 4-H (1997). Public forum to solicit input on the policy governing who can be a part of the annual 4-H Dairy Darling Day.

4-H's annual achievement night. (1997-1985). A program that recognizes the accomplishments of 4-H youth who complete a record book.

Turkey Barbecue Contest, (1997-1985). A contest for senior 4-H youth to test their knowledge of turkeys and their ability to barbecue a marinated turkey breast.

Cache County Fair, (1997-1985). Oversaw check in, judging and display of over 600 4-H projects entered in the 4-H building at the Cache County Fair.

Provided judges for Home Arts and 4-H for counties outside of Cache County, (1997-1985).

4-H Fashion Review, (1997-1985). Plan and co-ordinate activities associated with the 4-H fashion review. Participants are judged for their modeling ability and clothing construction skills.

Coordinate the demonstration contest at the Cache County Fair, (1997-1985).

Facilitate the transport of 4-H entries to the state fair and provide judges as needed , (1997-1985).

4-H Dairy Foods Contest, (1997-1986). A county wide contest cosponsored with the Utah Dairy Commission and Richmond Black and White committee.

4-H Dairy Darling Day, (1997-1986). A one day self-esteem program for youth 9 - 14 years of age.

Camp,(1997-1986). Facilitated the planning and implementation of a three day, two night county wide camp for 4-H youth.

Provided senior 4-H youth speakers to tell the student body at River Heights Elementary about 4-H, (1997).

4-H winter camp experience, (1997-1989). Took 4-H teens to the leadership camp experience up Ogden Canyon.

Utah 4-H Club Officer/Leader Training, (1997, 1996, 1995, 1994, 1990). A day long experience for 4-H youth and

Teaching Continued

leaders to learn about the jobs of an office and to complete some short projects.

Gastronomical Jeopardy, (1996-1994). A contest for senior 4-H youth to test their spontaneous meal preparation skills. State 4-H contests.

Pilot tested the National 4-H curriculum , Rising to the Occasion, (1996).

Pilot tested the Kodak fund raising program, (1996).

Pilot tested 4-H Biotechnology curriculum available from the National 4-H council, (1996).

4-H Leadership Training for Teen Council, (1996). Instructors: Val Christensen and Kerry Hall. A short course for teens featuring simulations and discussion.

4-H State Contest, (1995 - 1986). Chaperoned youth participants and either assisted or conducted an assigned contest.

Pilot tested the National 4-H curriculum ACycling Back to Nature: Food Production and Pesticide@ available from National 4-H council, (1995).

Facilitated a Community Pride project to get paint and supplies donated to paint the 4-H building a the Cache County Fair grounds, (1995).

Box Elder County Teen Retreat, (1994). Chaperoned a group of 4-H teens at an overnight leadership retreat.

American Holidays, (1994). Through a grant, members of the 4-H Teen Council developed a series of six lessons about American Holidays that were used for a 4-H club for Asian refugees and at the Migrant school. Holidays used were Christmas, Easter, July 4, Valentines Day, Mother=s Day and Thanksgiving.

A Club for 4-H Leaders, (1994). A series of monthly one hour classes. Classes include:

- Getting Your Club Started
- Working on Records
- Taking Pictures
- Beginning Leather craft
- Outdoor Cooking

4-H display at the Cache Valley Mall, (1993, 1992). Exhibits of possible 4-H projects.

All day canoe trip down the Bear River with 4-H teens, (1993).

Teen Leadership Training, (1993). An overnight leadership workshop for members of the 4-H Teen Council.

North District Teen Retreat, (1992). Chaperoned an overnight leadership training for county teens.

Tube Painting for Leaders, (1991). A hands on workshop for adult leaders wanting to lead a 4-H tube painting project.

What is 4-H, (1989). A lecture for adult members of the refugee council about 4-H.

New Leader Training, (1989, 1987). A hands on workshop to help new 4-H leaders learn to lead a 4-H club.

Science with Food, (1989). A workshop demonstrating scientific principles involved in cooking.

Child Care, (1988). 4-H youth from child care clubs provided child care at the Community Health Fair.

Teaching Continued

4-H Town Meeting, (1988). Issues identification public forum.

4-H Day Camp, (1987). A two day, no overnight camp. Campers participate in crafts, singing and game playing and other activities.

SATELLITE BROADCASTS FACILITATED FROM CACHE COUNTY

1997	Health Department Broadcast
1997	Pediatric Update for Health Department
1997	Headstart-A broadcast for Headstart employees
1997	Cleaning Products in our Homes
1997	Water Quality
1997	Pediatric Update: Is Food Safe for Kids?@
1997	Immunizations Update
1997	Controlling Diabetes Part I, Part II
1997	Caring for Adolescents with STD's
1997	HIV Prevention Update on Guidelines for Partner Notification and Prevention Case Management
1996	Waste Management Broadcast
1996	Statewide Town Meeting
1996	Marketing Home Based Business
1996	Conflict Resolution for Youth
1996	Power of Sewing
1996	Family Resiliency
1996	Food Safety
1993	4-H Teleconference
1993	Cancer in the 90's

SERVICE

UNIVERSITY SERVICE

2007	Review of Promotion and Continuing Appointment material for Evelyn Whitmer, University of Arizona Cooperative Extension.
2007	Urban Extension Task Force, member Partnerships and Collaborations Committee
2004	Bioneers Committee member
2004	Promotion and Tenure Committee for Ann Henderson, granted promotion to Extension Associate Professor with tenure
2004	Promotion and Tenure Committee for Debra Proctor, granted promotion to Extension Associate Professor with tenure
2002	Promotion and Tenure Committee for Jim Jensen, granted Continuing Academic Appointment
2002	Promotion and Tenure Committee for Judy Harris, granted promotion to Extension Associate Professor with tenure
2001	Promotion and Tenure Committee for Stan Guy, granted promotion to Extension Associate Professor with tenure
2001	Promotion and Tenure Committee for Paula Scott, granted promotion to Extension Associate Professor with tenure
2001-2003	Academic Freedom and Promotion and Tenure Committee, three year assignment
1999	Served on the selection committee for the Family Resource Management Specialist
1997-1985	Testing pressure canner gauges for accuracy. 2, five hour clinics per year. 2,400 gauges tested.
1997	Served on the selection committee for the Agriculture Agent in Rich County.
1996	E.G. Peterson Awards Committee
1995	E.G. Peterson Awards Committee

Service Continued

1993 Directors Advisory Council
1992 Resource for Sunset Magazine. Development of recipes using raspberries.
1986 Strategic Planning Committee

COMMUNITY SERVICE

Parents Teachers Student Association: Member (1996-1981). President Local Chapter (1985); Vice President Local Chapter (1984).

4-H Teen Council: Advisor (1997-1990).

5-A-Day Recipe Contest: Judge (1996).

Logan City Council: Candidate Meeting Host (1995).

Free Clinic: Delivered balloons to volunteer physicians (1994).

Dietary Guideline for American: Provided a Spanish Brochure (1993).

USU Theater Guild: Member (1990).

Logan Gators Swim Team Parents (1989)

Alliance for the Varied Arts: Secretary (1986-1984).

Logan Youth Soccer Team: Coach (1983-1982)

Bridgerland Swim Meet: Coordinated Concessions (1989)

COMMITTEE ASSIGNMENTS

National

Reviewer: Journal of Nutrition Education and Behavior Research in Brief: Written review for manuscript submitted to the Research in Brief section of the *Journal*. Title: Information Design and Ways to Evaluate Print Outreach: Promoting Nutritious Meal Preparations to Clients of Food Pantries (2008).

Point of Contact (POC) for Utah EDEN (Extension Disaster Education Network) (2005-present). Utah representative at annual meeting 2005 Fargo, ND, 2006 Nashville TN. Planning committee and session moderator, 2007 Hilo, HI

Reviewer: Journal of Nutrition Education and Behavior GEMS: Written review for 9 manuscripts submitted to the GEM's section of the *Journal* (2001, 2004, 2005, 2006, 2009).

Editorial Board, Journal of Extension: Reviewer (1992-1988). Written review of 144 articles. Examples include: Care Giving, Measuring 4-H Interest and Self-Esteem, Biotechnology, Answering the How Questions In Community Development, and Home Based Businesses.

Regional

Mountain Plains Regional Report Committee (1999-Present). Attended meeting in Lincoln, NE. (1999, May 26-27).

Planning Committee for the June 2000 joint meeting of the Mountain Plains Region Food Stamp Directors and State

Service Continued

Food Stamp Nutrition Education Program Directors. (1999-2000).

State

Associate Editor for the USU Extension Fact sheet system. Written review for 9 fact sheets, 1 curriculum, and one PowerPoint 2008-2009.

Hiring team leader, Millard County Ag/4-H agent (2009)

Chair, Search committee for Sanpete County FCS Agent (2008)

Chair, Search committee for Millard County Ag/4-H Agent (2008)

Chair, Search committee for Wayne County FCS/4-H Agent (2008)

Utah State University, Annual conference planning committee member (2007)

Utah State University Extension Urban Initiative Task Force (2006-2007)

Chair, Search committee for Millard County FCS Agent (2006)

Extension Disaster Preparation Committee (2005-present)

Chair, Search committee for Sanpete County FCS Agent (2005)

Representative for Dr. Gilliland, Vice President for Extension, at the Bear River North Regional Council on Workforce Services board (1999-2005), Logan, UT.

Search Committee for Family and Consumer Science Extension Specialist (1999).

Search Committee for Extension Agricultural Agent - Rich County (1998).

Judge Tooele County Fair (1998, July 29), Tooele, UT.

Judge for State 4-H Egg Demonstration Contest and Turkey Barbeque Contest (1998, July 27), Logan, UT.

State 4-H Food Committee: Member (Present-1994).

Governors Initiative on Families Today (GIFT): Chair (1996) Northern Region Governors Conference on Families; Northern Region Governors Conference on Families: Co-Chair (1995).

Family Community Leadership: Member State Board (1987-1990). Helped plan the first and second state institutes.

Strategic Planning Committee for Cooperative Extension: (1989). Wrote the section dealing with water quality.

Planning Committee for the Governor's Conference on Strengthening the Family: Member (1989)

Summer Conference Planning Committee: Member (1987).

Annual Conference Planning Committee: Member (1987).

Adult Leadership School Planning Committee: Member (1987-1986).

Local

Service Continued

Cache Community Health Council: Member (1985-1998). Past Chair (1991); Co-Chair (1990-1989).

Cache Valley Community Health Clinic: Member (1991-1998). Chair (1994).

Cache Valley Community Health Clinic Advisory Board: Member (1993-1997). Chair (1994); As Chair, I was instrumental in the implementation of dental services for clinic patients. Chair Elect (1993).

Five-A-Day Association: Member (1995-1997).

Cache County Fair Board: Member (1985-1998).

Living Well Longer Committee: Member (1997).

Options For Youth: Member (1993-1996).

Osteoporosis Prevention Committee: Member (1996).

Teen Center Task Force: Member (1990-1995).

Water Quality Committee: Member (1989-1991). Chair (1991) Education Program.

County Dairy Princess Committee: Member (1986-1987).

INTERNATIONAL ACTIVITIES

2008 Rwanda, Central Africa Member of the People-to-People mental health and social work delegation.

1997 Ukraine Instruction for building a dehydrator and making jerky.

ADMINISTRATIVE ACCOMPLISHMENTS

Supervision and Leadership

Conduct annual and mid-year performance reviews for 21 extension faculty in 11 counties, 2005-2008

Conduct training for new hires: Training for Millard County FCS/4-H agent 2006
Training for Sanpete and Wayne Counties FCS/4-H agent 2008
Training for Millard County Agricultural/4-H agent 2008

Plan and conduct region staff meeting and professional development for county extension faculty in 11 counties, (2005-2008) region staff meetings are held three times per year in various counties throughout the southwest region, UT.

Implement searches for new county faculty. Forming a search committee comprised of county faculty, county commissioners, and community representatives, Developing a position description, Using the HR website to advertise and post the position, Developing applicant evaluation grid based on position description, Meeting with search committee to evaluate applicants, Arranging for interviews and checking references, Develop interview questions, Conducting interviews and justify non-selection of applicants, Working with the on-line jobs system to appropriately enter interview results. (2007-2008), Millard County FCS/4-H agent,(2007), Sanpete County FCS/4-H and Wayne County FCS/4-H agents and Millard County Ag/4-H agent (2008).

Problem solving within counties. 2005-2008, Working with county personnel issues to solve conflict among extension faculty, county government, and the public.

Staff promotion and tenure evaluations and mentoring. Assign tenure advisory committees to new staff and those seeking promotion to Extension Professor. 2005, one promoted to Extension Professor, 2006, two successfully

Service Continued

passed third year review with recommendation to continue appointment, and one promoted to Extension Associate Professor with tenure, 2007, one denied promotion and tenure. 2008, One applying for promotion to Extension Associate Professor with tenure and one applying for promotion to Extension Professor.

Attendance at county faculty events and presentations to evaluate teaching, effectiveness of activity and assess faculty strengths, 2005-2008.

Interface between off campus and on campus faculty and administration

Attend two day administrative meetings at Utah State University in Logan, UT once a month. 2005-2008.
Functioned as administrative contact 2007.

updated December, 2008