

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Rebecca M. Mills

DATE: 9/18/2020

RANK OR TITLE: Assistant Extension Professor
Extension Educator

DEPARTMENT: University of Idaho Extension, Southern District

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DATE OF FIRST EMPLOYMENT AT UI: June 5, 2017

DATE OF TENURE: Untenured

DATE OF PRESENT RANK OR TITLE: July 2, 2018

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.Ag., 2008, Agricultural Education, Oklahoma State University, Stillwater, Oklahoma.

B.S., 2004, Animal Science/Ag Business, Brigham Young University, Provo, Utah.

Certificates and Licenses:

Idaho State Department of Agriculture, Professional Applicator Statewide Consultant License, 2019

Artificial Insemination License, Idaho State Department of Agriculture, 2019

National Cattleman's Beef Association, Beef Quality Assurance Cow-Calf Certification, 2018

National Cattleman's Beef Association, Beef Quality Assurance Farmer and Rancher Certification, 2018

Produce Safety Alliance Train the Trainer, Produce Safety Alliance, Cornell University, 2017

Master Food Preserver Train the Trainer, Utah State University, 2015

Parenting the Love and Logic Way, Independent Facilitator, Love and Logic Institute, Inc., 2014

Project Learning Tree Liaison, Project Learning Tree, Inc., Utah Society for Environmental Education, 2012

Project Learning Tree Instructor Certification, Florida 4-H/ Project Learning Tree, Inc., 2012

Food Safety Managers Certification, Utah State University, 2012

P.I.C.K. (Premarital Interpersonal Choices & Knowledge) a Partner Certification, Love Thinks, LLC, 2011

Building Strong Families: Adult and Youth Programming, University of Missouri Extension, 2010

Master Food Preserver, Utah State University, 2010

EXPERIENCE:

Teaching, Extension and Research Appointments:

Assistant Extension Professor and County Extension Educator, University of Idaho, Gem County Extension Office, Emmett, Idaho, 2018-Present.

Associate Extension Educator, University of Idaho, University of Idaho Boise Center, Boise, Idaho, 2017-2018.

Extension Associate Professor with Tenure, Utah State University Extension, Sevier County Extension Office, Richfield, Utah, 2016-2017.

Extension Assistant Professor, Utah State University Extension, Sevier County Extension Office, Richfield, Utah, 2010-2016.
 Instructor, Oregon State University Extension, Jefferson County Extension Office, Madras, Oregon, 2004-2008.

Academic Administrative Appointments:

County Chair, Gem County Extension Office, University of Idaho, Emmett, Idaho, 2018-Present.

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

Livestock
 Small Farms
 4-H Youth Development

AmeriCorps Instructors Advised:

Fellows, Megan, University of Idaho 4-H STEAM Program, 2019-2020.
 Lincoln, Mikayla, University of Idaho 4-H STEAM Program, 2019-2020.

Materials Developed:

Workbooks, Manuals:

Web Pages:

Mills, R., Saffran-Larson, M., Rumford, D., University of Idaho Extension Gem and Boise Counties, 2018-Present. <http://uidaho.edu/gem>
 Mills, R., Saffran-Larson, M., Nelson, C., Lincoln, M., Fellows, M., University of Idaho Extension Gem and Boise Counties 4-H Facebook Page, 2018-Present. <https://www.facebook.com/GemBoiseCounty4H/>
 Mills, R., Agenbroad, A., Rumford, D., Food Safety for Produce Growers, 2017. <http://www.uidaho.edu/extension/food-safety-for-produce-growers>
 Mills, R., Christensen, L., Biederman, A., Peterson, D., Baletka, J., What's going on in Sevier County 4-H? Sevier County 4-H blog, 2013-2017. <http://seviercounty4h.blogspot.com/>

Video Productions:

Mills, R., Gruenberg, B., Evans, J. Idaho Produce Safety Video Series: Introduction to FSMA, Produce Safety Rule. YouTube Video. <https://youtu.be/VjUcJ8DHqLU>. 2018.
 Mills, R., Gruenberg, B., Evans, J. Idaho Produce Safety Video Series: Introduction to Recordkeeping. YouTube Video. <https://youtu.be/2UtzCI06s5Y>. 2018.
 Mills, R., Gruenberg, B., Evans, J. Idaho Produce Safety Video Series: Record KeepingL Agricultural Water. YouTube Video. <https://youtu.be/ZaNEWxxEP5M>. 2018.
 Mills, R., Gruenberg, B., Evans, J. Idaho Produce Safety Video Series: Exemptions and Qualified Exemption. YouTube Video. https://youtu.be/bLG_YUYe6ns. 2018.
 Mills, R., Gruenberg, B., Evans, J. Idaho Produce Safety Video Series: Health and Hygiene. YouTube Video. <https://youtu.be/IEvSKMaB26g>. 2018.
 Mills, R. Utah State University Extension Wellness Wisdom: Sleep. YouTube Video. <https://www.youtube.com/watch?v=b7sY7BtMOL8>. 2014.
 Mills, R. Utah State University Extension Wellness Wisdom: Mindful Eating. YouTube Video. https://www.youtube.com/watch?v=z3p-kjg_68E. 2014.
 Mills, R. Utah State University Extension Wellness Wisdom: Herbs and Spices. YouTube Video. <https://www.youtube.com/watch?v=dRdfFTDxiLc>. 2013.

- Mills, R. Utah State University Extension Wellness Wisdom: Packing a Lunch. YouTube Video. <https://www.youtube.com/watch?v=qKSDFpwJxmo>. 2013.
- Mills, R. Utah State University Extension Wellness Wisdom: Omega 3 Fatty Acids. YouTube Video. <https://www.youtube.com/watch?v=1tdD1RmnHrU>. 2013.
- Mills, R. Utah State University Extension Wellness Wisdom: Breakfast. YouTube Video. <https://www.youtube.com/watch?v=KZNjQ4nXckk>. 2013.
- Mills, R. Utah State University Extension Wellness Wisdom: Junk Food. YouTube Video. <https://www.youtube.com/watch?v=uE8unxdzvku>. 2013.
- Mills, R. Why track? Sevier County Employee Wellness program kickoff presentation via recorded video/slide presentation. Richfield, UT. 2013.

Displays and Posters:

- Agenbroad, A., Mills, R. Food Safety Modernization Act Food Safety for Idaho Produce Growers, 2017.

Powerpoint/Slide Presentations:

Courses Developed:

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:

Livestock

- Mills, R. Overview of Species: Pros and Cons of Different Livestock Enterprises, 10 Acres and a Dream Course, via Zoom, 2020.
- Mills, R. Basics of Animal Husbandry, Sheep Husbandry Field Day, Wilder, Idaho, 2020.
- Mills, R. Overview of Species: Pros and Cons of Different Livestock Enterprises, Sustainable Small Acreage Farming and Ranching Whole Farm Planning Course, via Zoom, 2020.
- Mills, R. Basics of Animal Husbandry, Living on the Land Course, Payette, Idaho, 2020.
- Mills, R. Brainstorm Session: Animal Husbandry for Small Acreage Producers, American Dairy Goat Association Meetings, Boise, Idaho, 2019.
- Mills, R. Principles of Pasture Management, American Dairy Goat Association Meetings, Boise, Idaho, 2019.
- Mills, R. Chicken or Egg? Exploring Livestock Enterprises, Is a Small Farm in your Future Workshop, Driggs, Idaho, 2019.
- Mills, R. Chicken or Egg? Exploring Livestock Enterprises, Is a Small Farm in your Future Workshop, Payette, Idaho, 2019.
- Mills, R. Ruminant Digestion and Nutrition, Owyhee County Field Day, Adrien, Oregon, 2019.
- Mills, R. Beef By-Products, Rancher Feeding Youth event, New Meadows, Idaho, 2019.
- Mills, R. Processing/Treatment Records, Beef Quality Assurance Workshop, Emmett, Idaho, 2018.
- Mills, R. Care and Husbandry Practices, Beef Quality Assurance Workshop, Emmett, Idaho, 2018.
- Mills, R. Understanding the Range Utilization Contest, Idaho FFA Rangeland Career Development Event Contest Help-session, Marsing, Idaho, 2018.
- Roland, T., Mills, R. Ruminant Nutrition on the Range, Adams County Natural Resource Field Day, Council, Idaho, 2018.

Small Acreage

- Mills, R. Where have your boots been? Biosecurity on a Small Acreage, Living on the Land Course, via Zoom, 2020.
- Mills, R. Small Acreage Record Keeping, Living on the Land course, Caldwell, Idaho, and via Zoom 2019-2020.
- Mills, R. Small Acreage Sustainability, Living on the Land course, Caldwell, Idaho and via Zoom, 2019-2020.
- Mills, R. University of Idaho Extension in Gem County: So much more than 4-H!, Gem County Rotary Club, Emmett, Idaho, 2019.

Mills, R. University of Idaho Extension in Gem County: So much more than 4-H!, Real Estate Brokers Association of Gem County, Emmett, Idaho, 2019.

4-H Youth Development

- Mills, R. Understanding Feed Quality, Southern District Sheep, Swine, and Goat Field Day, Homedale, Idaho, 2020.
- Mills, R. Volunteer Fair Prep Training, Gem-Boise 4-H Leaders Meeting, via Zoom, 2020.
- Mills, R. Understanding Feed Quality, Southwest Idaho Beef Field Day for Youth, Marsing, Idaho, 2020.
- Mills, R. The Basics of Giving Reasons, Livestock Judging workshop, Emmett, Idaho, 2019.
- Mills, R. Animal By-Products, Southern District Sheep, Swine, and Goat Field Day, Emmett, Idaho, 2019.
- Mills, R. Animal By-Products, Youth Livestock Skills Day, Emmett, Idaho, 2019.
- Mills, R. Hands-on Quality Assurance: Animal Health and Record Keeping, Southwest Idaho Beef Field Day for Youth, Marsing, Idaho, 2019.
- Mills, R. Hand-on Quality Assurance: Cattle care and transportation, Southern District 4-H Working Ranch Horse Clinic, Weiser, Idaho, 2018.
- Mills, R. Leaders Association Training: Volunteer Resource Knowledge Competency Survey, Leaders Association Meeting, Emmett, Idaho, 2018.
- Mills, R., Pearson, B. Recrafting Rendezvous with the Dumpster Divas, Western Region 4-H Leaders Forum, Cheyenne, Wyoming, 2012.
- Mills, R. Beaded Four Leaf Clover Pendant, Utah 4-H Leadermete, Bluffdale, Utah, 2015.
- Mills, R. What makes Utah 4-H unique, special, and different?, Utah 4-H Leadermete, Torrey, Utah, 2014.
- Mills, R. Volunteer Risk Management Discussion, Utah 4-H Leadermete, Torrey, Utah, 2014.
- Mills, R. Introduction to 4-H Awards, Utah 4-H In-Service Training, Moab, Utah, 2013.
- Mills, R. Recrafting with the Dumpster Divas, Utah 4-H Leadermete, Provo, Utah, 2013.
- Mills, R., Haws, S. Introduction to 4-H Awards, Utah 4-H In-Service Training, Thanksgiving Point, Utah, 2012.
- Mills, R., Pearson, B. Recrafting with the Dumpster Divas, Utah 4-H Centennial Celebration/Leadermete, 4-H Summer clubs, day camps. Logan and Richfield, Utah, 2012.
- Mills, R., Pearson, B. Building family traditions at YFP Family Night Out, Utah 4-H Youth and Families with Promise Staff In-Service, Provo, Utah. 2011.
- Mills, R., Pearson, B. Recrafting with the Dumpster Divas, Utah 4-H State Leadermete, 4-H Summer clubs, day camps. St. George, Richfield and Ephraim, Utah, 2011.
- Mills, R., Pearson, B. Wii Be Fit, Utah 4-H State Leadermete, St. George, Utah, 2011.
- Mills, R., Pearson, B., Singleton, N. Minute to Win It at Family Night Out, Utah 4-H Youth and Families with Promise Staff In-service, Provo, Utah, 2010.
- Mills, R., Pearson, B., Singleton, N. 4-H Summer of Fun: Incorporating 4-H Projects into YFP, Utah 4-H Youth and Families with Promise Staff In-service, Provo, Utah. 2010.

Produce Safety

- Mills, R. Idaho Food Safety Modernization Act Project, University of Idaho Annual Conference, Moscow, Idaho, 2018.
- Mills, R. Wildlife, Domestic Animals, and Land Use, Produce Safety Alliance Training at each of the following locations:
- Produce Safety Alliance Training, Boise, Idaho, January 11, 2018
 - Produce Safety Alliance Training, Payette, Idaho, November 16, 2017
 - Produce Safety Alliance Training, Caldwell, Idaho, November 15, 2017
 - Produce Safety Alliance Training, Caldwell, Idaho, November 14, 2017
 - Produce Safety Alliance Training, Twin Falls, Idaho, November 9, 2017
 - Produce Safety Alliance Training, Idaho Falls, Idaho, November 7, 2017
- Mills, R. How to Write a Food Safety Plan. Produce Safety Alliance Training at each of the following locations:
- Produce Safety Alliance Training, Boise, Idaho, January 11, 2018
 - Produce Safety Alliance Training, Payette, Idaho, November 16, 2017
 - Produce Safety Alliance Training, Caldwell, Idaho, November 15, 2017

Produce Safety Alliance Training, Caldwell, Idaho, November 14, 2017

Produce Safety Alliance Training, Twin Falls, Idaho, November 9, 2017

Family & Consumer Sciences

Mills, R. Basics of Food Preservation, various locations, Sevier County, Utah, 2011-2016.

Mills, R. Nutrition and Physical Activity Enrichment, Richfield, Utah, 2011-2015.

Mills, R. Best Practices: No, I will not pay you for my files!, Utah State University Extension Annual Conference, Thanksgiving Point, Utah, 2015.

Mills, R. What type are you? Using Energy Profiling in the classroom, Utah Family and Consumer Sciences Educators Summer Conference, Provo, Utah, 2014-2013.

Mills, R. Help! I'm buried in plastic!, Utah Family and Consumer Science Educators Summer Conference, Provo, Utah, 2012.

Mills, R. It CAN be easy being GREEN, Utah Family and Consumer Science Educators Summer Conference, Provo, Utah, 2011.

Mills, R. Repurpose in Action: CD Cases to Picture Frames, Utah Family and Consumer Science Educators Summer Conference, Provo, Utah, 2011.

Smith, J., Mills, R. Cruising the Galley: Creating Culinary Memories, Western Region 4-H Leaders Forum Poster session, Seattle, Washington, 2011.

Teaching Honors and Awards:

New Educator Award, Utah Extension Association of Family & Consumer Sciences, 2013

Peer Recognition Award, Utah Extension Association of Family & Consumer Sciences, 2013

New Educator Award, Utah Extension Association of Family & Consumer Sciences, 2012

Peer Recognition Award, Utah Extension Association of Family & Consumer Sciences, 2012

SCHOLARSHIP ACCOMPLISHMENTS:

Publications, Exhibitions, Performances, Recitals:

Refereed:

Books:

Book Chapters:

Journals:

Mills, R., Hawkins, J. 2015. Using Storytelling and YouTube Videos to Teach Nutrition in an Online Environment. The Journal of the National Extension Association of Family and Consumer Sciences. Available electronically:
https://neafcs.memberclicks.net/assets/documents/journal/jneafcs%20volume%2010_2015-final.pdf (1, 2, 3, 4, 5, 6)

Mills, R., Saunders, K., Hill, P. 2015. Finding the Motivation, Time, Personal Techniques, and Confidence to Write. Journal of Extension, 54(1). Available electronically:
<https://joe.org/joe/2016february/comm2.php> (1, 5, 6)

Hill, P., Mills, R., Peterson, G., Smith, J. 2013. Breaking the code: The creative use of QR codes to market extension events. Journal of Extension, 51(2). Available electronically:
<http://www.joe.org/joe/2013april/tt4.php> (5, 6)

Abstracts and Proceedings:

Extension Publications:

Bulletins/Pacific Northwest (PNW) Publications:

Curricula:

Video/Educational Media:**Professional Meeting Abstracts and Proceedings:****Peer Reviewed/Evaluated:****Extension Publications:**

- Mills, R. 2015. Utilizing the Targeting Life Skills Model Puzzle in Volunteer & Staff Training. Utah State University Extension. (1, 2, 5, 6)
- Mills, R., Pearson, C. 2015. Recycling in Utah: Green Waste for Compost. Utah State University Extension. Available electronically:
http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1704&context=extension_curall (1, 2, 5, 6)
- Biederman, A., Mills, R. 2014. Working with 4-H Youth who have Disabilities. Utah State University Extension. Available electronically:
http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1687&context=extension_curall (1, 2, 6)
- Mills, R., Pearson, C. 2012. Recycling in Utah: Paper. Utah State University Extension. Available electronically:
http://extension.usu.edu/files/publications/publication/Sustainability_Recycling_2013-01pr.pdf (1, 2, 5, 6)
- Mills, R. 2012. What it means to go GREEN: Reduce, Reuse, Repurpose, and Recycle. Utah State University Extension. Available electronically:
http://extension.usu.edu/files/publications/publication/FC_Energy2012-01pr.pdf (1, 2, 5, 6)
- Mills, R. 2012. Me? Take Minutes? Sure! Utah State University Extension. Available electronically: http://extension.usu.edu/files/publications/publication/4-H_LifeSkills_2012-01pr.pdf (1, 5, 6)

Journals:**Professional Meeting Abstracts and Proceedings:**

- Mills, R. 2019. Small Acreage Education Course Kickstarts Regional Programming for New Educators. National Association of County Agricultural Agents Western Region Annual Meeting/Professional Improvement Conference. Great Falls, Montana. (1, 3, 4, 5, 6)

Research Reports:**New Curricula Developed:**

- Allen, A., Mills, R., MacArthur, S. 2019. Discover 4-H: Let's Start a Blog! University of Idaho Extension and Utah State University Extension. Available electronically:
<https://utah4h.org/discover> (2, 5, 6)
- Holt, B., Mills, R., MacArthur, S. 2019. Discover 4-H: Art Around the World. University of Idaho Extension and Utah State University Extension. Available electronically:
<https://utah4h.org/discover/> (2, 5, 6)
- Biederman, A., Mills, R., MacArthur, S. 2014. Discover 4-H: Art of Math Discover Club. Utah State University. Available electronically: <https://utah4h.org/discover/> (2, 5, 6)

Educational Media:**Refereed (in press):****Peer Reviewed (in press or submitted):**

Other:**University of Idaho Extension Impact Statements:**

- Boone, K., Ball, S., **Mills, R.**, Agenbroad, A. 2020. Living on the Land alumni gain knowledge, apply recommended management practices. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/18-20-kboone-living-on-the-land.pdf?la=en&hash=64E6B5CC39C6E9EF39671678A6A3476B402C7CA0>
- Johnson, C., **Mills, R.**, Martinez, S., Shelstad, N. 2020. Southern district 4-H volunteer training provides practical skill development. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/15-20-cjohnson-4-h-volunteer-training.pdf?la=en&hash=B34A8F637CDBE5A3CB9BCCB279656F6C880F260D>
- Mills, R., Agenbroad, A., DePhelps, C., Kim, J. H. 2019. Regional trainings prepare Idaho produce farmers for federal food safety regulations. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2019/20-19-rmills-fsma.pdf?la=en&hash=79E7D937822BA4A8E0356C63CFFC2CE282539E77>

Abstracts and Proceedings:**Research Reports:**

- Agenbroad, A., **Mills, R.**, Knight, M. 2018. Rapid market assessment report for Emmett Farmers Market.

Scholarly Presentations and Other Creative Activities:**Professional Meeting Displays and Posters:**

- Mills, R. 2013. Recrafting with the Dumpster Divas: A New Era in 4-H Environmental Education. Galaxy IV National Association of Extension 4-H Agents Poster Session, Pittsburgh, Pennsylvania.

Professional Meeting Papers, Workshops:**National & Regional**

- Mills, R. 2019. Small Acreage Education Course Kickstarts Regional Programming for New Educators. National Association of County Agricultural Agents Western Region Annual Meeting/Professional Improvement Conference, Great Falls, Montana.
- Mills, R. 2015. Top 5 Benefits of Partnering with Teen Volunteers. National Extension Conference on Volunteerism, Portland, Maine.
- Weichel, J., Haugen, H., **Mills, R.** 2015. Volunteer Succession Planning and Negotiating the New Deal. National Association of Extension 4-H Agents webinar.
- Haugen, H., Gleason, C., McKinley, S., **Mills, R.** 2014. How do I find volunteers? National Association of Extension 4-H Agents Annual Conference, Minneapolis, Minnesota.
- Mills, R. 2013. Pay it Forward Volunteer Recruitment Model: A New Era in Volunteer Recruitment. Galaxy IV National Association of Extension 4-H Agents concurrent session, Pittsburgh, Pennsylvania.
- Mills, R. 2013. Pay it Forward Volunteer Recruitment Model. National Extension Conference on Volunteerism, Frankenmuth, Michigan.
- Mills, R., Pearson, B. 2013. Pay it Forward Volunteer Recruitment Model. Western Region 4-H Leaders Forum, Honolulu, Hawaii.
- Mills, R. 2012. Hands-on environmental education: Recrafting with the Dumpster Divas. National Extension Association of Family & Consumer Sciences Conference, Columbus, Ohio.
- Mills, R. 2012. Principles of Risk Management: Are you in the know? Four Corners Regional 4-H In-Service, Albuquerque, New Mexico.

- Brian, R., **Mills, R.** 2012. Utah State University Extension: A resource in recycling and sustainability for residents, communities and organizations. Intermountain Sustainability Summit, Weber State University, Ogden, Utah.
- MacArthur, S., **Mills, R.**, Smith, J. 2012. Effective Volunteer Recruitment through State and County Collaborations. Western Region 4-H Leaders Forum, Cheyenne, Wyoming.
- Mills, R. 2011. To Your Health Wellness Program. National Extension Association of Family & Consumer Sciences Conference, Albuquerque, New Mexico.
- Mills, R. 2011. Volunteers and Staff Cruising to Excellence through Training. Western Region 4-H Leaders Forum, Seattle, Washington.

State/Local

- Mills, R. 2018. What is FSMA? University of Idaho Extension Annual Conference, Moscow, Idaho.
- Hill, P., Memmott, M., **Mills, R.** 2014. Best Practices: Fixing Extension by Utilizing Innovative Technology. Utah State University Extension Annual Conference, Logan, Utah.
- Mills, R., Anderson, S. 2013. 4-H Marketing and Evaluation. Utah 4-H In-Service Training, Moab, Utah.
- Mills, R. 2013. Best Practices: Making time for academic writing. Utah State University Extension Annual Conference, Logan, Utah.
- Mills, R. 2012. Best Practices: Central Utah Educational Efforts Increase Interest in Recycling Opportunities. Utah State University Extension Annual Conference, Logan, Utah.
- Mills, R. 2012. Best Practices: Pay it Forward Volunteer Recruitment Model. Utah Extension Association of Family & Consumer Sciences In-Service, Thanksgiving Point, Utah.
- Mills, R. 2011. A Crash Course in Volunteer Survival. Utah 4-H State Leadermete, St. George, Utah.
- Mills, R. 2011. Recycling Efforts in Central Utah. Utah Family & Consumer Science Spring In-Service Agent Report, Provo, Utah.
- Mills, R. 2010. Recycling Efforts in Central Utah. Recycling Coalition of Utah Quarterly Meeting, South Jordan, Utah.
- Mills, R. 2010. 4-H Staff Retreat: Taking time to look at where we are and where we are going. Utah 4-H Annual In-Service Best Practices Session, Provo, Utah.
- Mills, R. Ashton, C. 2007. Fun Development. Oregon 4-H Spring Conference, Sunriver, Oregon.

Patents:

Grants and Contracts Awarded:

- Jensen, J., Boone, K., Werlin, J., Agenbroad, A., DePhelps, C., Newman, S., Mayes, I., **Mills, R.**, Painter, K., May, C. United States Department of Agriculture-Beginning Farmer Rancher Development Program, Cultivating Success Idaho: Advanced Skill Building for Beginning Farmers and Ranchers through Hands-on, In-depth Production Education, 2019-2022, \$456,860 (\$0 spending authority).
- Mills, R. Sevier County 4-H Sci-Fi Camp, Utah Department of Education STEM Action Center, 2015, \$3,078.
- Mills, R. 4-H Youth Mentoring, Department of Workforce Services Temporary Assistance for Need Families Fund, 2014-2017, \$584,869.
- Mills, R. Utah 4-H Youth and Families with Promise Mentoring Program, Utah Department of Workforce Services, 2011, \$28,080.
- Mills, R. Central Oregon Agricultural Enrichment Program, Oregon State University 4-H Association Youth Enhancement Grant, 2007, \$275.
- Mills, R. The NEW 4-H Youth Development: Strengthening Families to Strengthen Youth, Jefferson County Commission on Children and Families, 2007, \$14,000.
- Mills, R. Cycle of Life Education Lambing Project, Bank of the West, 2005, \$1,282.

Internal Funding Awarded:

- Lindstrom, J., Otto, C., **Mills, R.** University of Idaho 4-H Youth Development AmeriCorps Program, Serve Idaho/Corporation for National and Community Service, 2019-2021, \$41,200.

- Agenbroad, A., Love, S., Jensen, J., Boone, K., **Mills, R.**, Mayes, I., Hart, K., Werlin, J., Hamilton, M., DePhelps, C., Painter, K., Ball, S. Extension Unplugged: hands-on, immersion workshops bring small farm education to life, University of Idaho Extension Innovation Project Award, 2019-2020, \$10,000 (\$500 spending authority).
- Dart, C, **Mills, R.** Teen Relationship Education, Department of Workforce Services Temporary Assistance for Needy Families Fund, 2014-2017, \$33,735.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2016, \$20,560.
- Mills, R., MacArthur, S., Christensen, A. Volunteer Orientation Extension Mini-Grant, Utah State University Extension, 2017-2019, \$14,311.
- Mills, R. STEM Intern, Utah State University Extension Intern Grant, 2017, \$4,000.
- Mills, R. STEM Intern, Utah State University Extension Intern Grant, 2016, \$4,000.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2015, \$20,560.
- Mills, R. 4-H Marketing Intern, Utah State University Extension Intern Grant, 2015, \$4,000.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2014, \$20,560.
- Mills, R. Composter School Project, Utah State University Extension Mini-Grant, Utah State University Extension, 2014, \$10,000.
- Mills, R. 4-H Intern, Utah State University Extension Intern Grant, 2014, \$4,000.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2013, \$26,868.
- Mills, R. 4-H Intern, Utah State University Extension Intern Grant, 2013, \$5,000.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2012, \$32,843.
- Mills, R. 4-H Intern, Utah State University Extension Intern Grant, 2012, \$5,000.
- Mills, R. Utah State University Healthy Marriage Initiative, Utah Department of Workforce Services, 2012, \$500.
- Mills, R. Utah State University Healthy Marriage Initiative, Utah Department of Workforce Services, 2012, \$835.
- Mills, R. Utah State University Healthy Marriage Initiative, Utah Department of Workforce Services, 2012, \$4,000.
- Mills, R. Recycling Intern, Utah State University Extension Intern Grant, 2012, \$5,000.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2011, \$41,075.
- Mills, R. Utah State University Healthy Marriage Initiative, Utah Department of Workforce Services, 2011, \$3,150.
- Mills, R. Recycling Education Initiative, Utah State University New Agent Grant, 2011, \$4,500.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2010, \$28,639.
- Mills, R. High Desert Leadership Retreat, Oregon 4-H Foundation Regional Youth Leadership Grant, 2005, \$1,000.

In-kind and Industry Support:

Scholarship Honors and Awards:

- Promotional Piece-Team Award, Steer Shoot-Out Essay Contest Flyer, 1st Place Western Region, National Association of Extension 4-H Agents, 2020.
- Promotional Piece-Individual Award, EPD Workshop Flyer, 1st Place Western Region, National Association of Extension 4-H Agents, 2020.
- Denise Miller National 4-H Innovator Award, Idaho Association for Extension 4-H Professionals, 2020.
- Promotional Piece-Team Award, Steer Shoot-Out Essay Contest Flyer, Idaho Association of Extension 4-H Professionals, 2020.
- Promotional Piece-Individual Award, EPD Workshop Flyer, Idaho Association of Extension 4-H Professionals, 2020.
- Excellence in Volunteerism Team Award, Discover 4-H Curriculum, Western Region winner, National Association of Extension 4-H Agents, 2017
- Communications: Internet Education Technology State Award, Live Well Utah Blog, Utah Extension Association of Family & Consumer Sciences, 2016
- Family Health and Wellness State Award, Utah Food Sense Program, Utah Extension Association of Family & Consumer Sciences, 2016
- Gold Award (TEAM) for <http://LiveWellUtah.org> blog from Educational Digital Marketing, 2014

Innovative Program Award (TEAM), Utah Healthy Relationships Initiative, Utah Extension Association for Family & Consumer Sciences, 2013
 Marketing/Public Relations Award (TEAM), Utah Healthy Relationships Initiative, Utah Extension Association for Family & Consumer Sciences, 2013
 Florence Hall Award (Team), Utah Extension Association of Family & Consumer Sciences, 2012
 Florence Hall Award (Team), 1st Place Western Region, National Extension Association of Family & Consumer Sciences, 2012
 Human Development/Family Relationship Award (TEAM), Utah Extension Association of Family & Consumer Sciences, 2012
 Human Development/Family Relationship Award (TEAM), 1st Place Western Region, National Extension Association of Family & Consumer Sciences, 2012
 Excellence in Volunteerism, Utah Association of Extension 4-H Workers, 2012

SERVICE:

Major Committee Assignments:

National:

4-H Professional Research, Knowledge and Competencies (PRKC) Review Team, Volunteerism Domain Committee, National Association of Extension 4-H Agents, 2015-2016

Regional:

Four Corners 4-H Conference Planning Committee, 2011-2012

State:

Intermountain Sustainability Summit Planning Committee, 2012

University of Idaho:

College of Agricultural and Life Sciences:

Extension:

University of Idaho Extension Food Systems Priority Extension Theme, 2019-Present
 University of Idaho Extension Horticulture/Small Farms Priority Extension Theme, 2019-Present
 University of Idaho Extension 4-H Youth Development Priority Extension Theme, 2019-Present
 Idaho 4-H Association of Extension 4-H Professionals National Conference Planning Team, 2018-Present
 University of Idaho Extension Educator Search Committee, Washington County, 2018

District:

Southern District 4-H Volunteer Development Training Committee, 2019-2020
 Southern District Working Ranch Horse Committee, 2018-Present
 Southern District 4-H Professionals Committee, 2018-Present

County/Local:

Monte See Memorial Heifer Legacy Program Committee, 2020-Present
 Steer Shoot-Out Essay Contest Committee, 2019-Present
 Gem County Orchard Review Board, 2018-Present
 Sevier County Intergenerational Poverty Committee, Co-Chair, 2016-2017
 Sevier County Fair Committee member, 2010-2016
 Sevier County Fairgrounds Advisory Board 4-H/Youth Representative, 2010-2016
 Sevier County Employee Wellness Committee, 2011-2015

Utah State University:

4-H/Extension:

Utah 4-H Leadermete Host County/Committee, 2015-2016
 Extension Annual Conference Planning Committee, 2013-2014

Screening Committee Member, 2011-2012
 Utah 4-H Centennial Committee Member, 2010-2012
 Utah 4-H Roadmap Revisions Committee, 2010

Professional and Scholarly Organizations:

Idaho Association of County Agricultural Agents, 2019-Present
 Southern District Senior Director, 2020-Present
 Southern District Junior Director, 2019-2020
 National Association of County Agricultural Agents, 2019-Present
 Idaho Association of Extension 4-H Professionals, 2019-Present
 Posters Committee Co-Chair, National Conference Planning Committee, 2019-Present
 National Association of Extension 4-H Agents, 2010-2017, 2019-Present
 Ag Literacy Working Group (Co-Chair), 2019-Present
 Ag Literacy Working Group Member, 2019-Present
 Programs Committee, 2019-Present
 Volunteerism Domain Committee Chair, 4-H Professional Research, Knowledge and
 Competencies (PRKC) Review Team, 2015-2016
 Volunteer Development Task Force, 2011-2016
 Professional Development Committee, 2011-2016
 Volunteer Development Task Force Committee Chair, 2013-2015
 National Extension Association of Family & Consumer Sciences member, 2011-2017
 Utah Association of Extension 4-H Workers, 2010-2017
 Awards & Recognition Committee Co-chair, 2014-2015
 Past President, 2015
 President, 2013-2014
 President Elect, 2012
 Professional Development Committee Chair, 2011-2014
 Secretary, 2011

Outreach Service:

Classes, Workshops, Seminars, Share Fairs and Tours Organized:

Sheep Husbandry Field Day, Wilder, Idaho, 2020.
 10 Acres and a Dream Cultivating Success Course, via Zoom, 2020.
 Cultivating Success: Sustainable Small Acreage Farming and Ranching Whole Farm Planning
 Course, via Zoom, 2020.
 Southern District 4-H Volunteer Development Training, Middleton, Idaho, 2020
 Southern District Sheep, Swine, and Goat Field Day, Emmett and Homedale, Idaho, 2019-2020.
 Southwest Idaho Beef Field Day for Youth, Marsing, Idaho, 2019-2020.
 Living on the Land: Stewardship for Small Acreages Course, Caldwell and Payette, Idaho, 2019-
 2020.
 Livestock EPD Workshop, Emmett, Idaho, 2019.
 Livestock Skills Day, Emmett, Idaho, 2019.
 Cultivating Success: Is a Small Farm in your Future? Course, Driggs & Payette, Idaho, 2019.
 Livestock Judging Reasons Training, Emmett, Idaho, 2019.
 Southern District 4-H Working Ranch Horse Clinics, various locations in Southern District, 2018-
 Present.
 Gem County Master Gardener Oversight, 2018-Present
 Weekly Plant Diagnostic Clinics (May-Sept), 2018-2019
 Year-Round Public Response Oversight
 Annual Volunteer Hour Reporting
 General Volunteer Oversight and Recognition
 Gem-Boise County 4-H Club Program, 2018-Present
 Monthly Volunteer Association Meetings
 Awards and Recognition Oversight

County Fair Oversight including: Livestock and Horse exhibition, Non-Animal exhibits, Fashion Revue, Fair Board Cooperation.
 Recruitment Events
 Communication Contest Events
 Youth and Volunteer Skill Building Events and Trainings Oversight
 Volunteer Development, Support, and Mediation
 Pesticide Recertification Class, Emmett, Idaho, 2018-2019.
 Beef Quality Assurance Workshop, Emmett, Idaho, 2018
 Produce Safety Alliance Trainings: Boise, Post Falls and Moscow, Idaho, 2018.
 Produce Safety Alliance Trainings: Idaho Falls, Twin Falls, Caldwell, Payette, and Boise, 2017.
 Utah 4-H Leadermete, Richfield, Utah, 2016.
 Compost Conference, Richfield, Utah, 2015.

Miscellaneous Extension Publications:

Mills, R. Biosecurity Best Management Practices, Cattleman's Corner Newsletter, July 2020.
 Mills, R. Resolving for Better Record Keeping in 2020, Cattleman's Corner Newsletter, January 2020.
 Mills, R. How's your traceability?, Cattleman's Corner Newsletter, July 2019.
 Mills, R. Three Tools to Impact Nutrition Management During Calving, Cattleman's Corner Newsletter, March 2019.
 Mills, R. Pay it Forward Template. Form used to help other counties/states develop the Pay it Forward program in their county. 2013.
 Mills, R. Sevier County 4-H Parent Orientation Guide. Booklet outlining opportunities for youth participating in Sevier County 4-H and statewide. 2012.
 Mills, R. Recrafting with the Dumpster Divas T-shirt Bag How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete. 2012.
 Mills, R. Recrafting with the Dumpster Divas Aluminum Can Art How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete. 2012.
 Mills, R. Recrafting with the Dumpster Divas Washer Necklace How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete. 2012.
 Mills, R., Pearson, B. Recrafting with the Dumpster Divas Grass Head How-To. Sevier County distribution. 2011.
 Mills, R. Recrafting with the Dumpster Divas Bottle Cap Jewelry Project How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete, Sevier County Super Saturday youth. 2011.
 Mills, R. Recrafting with the Dumpster Divas Recycled Pop Bottle Beads Project How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete, Utah Family and Consumer Science Educators Summer Conference. 2011.
 Mills, R. Ten "Little Things" to do each day to strengthen your marriage. Fridge magnet incentive given at Marriage Week event. Sevier County distribution. 2011.
 Mills, R. Stretching Your Nutrition \$\$ "To Your Health!" Wellness program for Sevier County Employees. Richfield, Utah. 2011.
 Mills, R. Stretching Your Food \$\$ "To Your Health!" Wellness Program for Sevier County Employees. Richfield, Utah. 2011.
 Mills, R. 12 Steps to Successful Canning. Adapted from Utah State University Extension, Uintah County. Richfield, UT. Mills, R. (2010-12). Marriage Tip of the Month. Newspaper ad campaign promoting healthy marriages. Richfield Reaper Newspaper distribution. Sevier County, Utah. 2010.
 Mills, R. Shelter in Place Checklist. Handout distributed to participants at Emergency Preparedness events. Sevier County, Utah; statewide. 2010.
 Mills, R. Sevier County New Leader Protocol. Sevier County 4-H staff use. 2010.
 Mills, R. Jefferson County 4-H Livestock & Breeding Records. Jefferson County 4-H Program distribution. Jefferson County, Oregon. 2008.
 Mills, R. Community Connections. Jefferson County Rural Living Handbook. Jefferson County, Oregon. 2007.

Mills, R. Jefferson County 4-H Horse Records. Jefferson County 4-H Program distribution. Jefferson County, Oregon. 2007.

Popular Press:

- Mills, R. Improved Decision Making Brings a Bright Future. Progressive Cattle Magazine, Issue 7, page 16-17, July 2020.
- Mills, R. Youth Participate in State Livestock Quiz Bowl Contest. Messenger Index newspaper, Emmett, Idaho, October 2, 2019.
- Mills, R. Livestock Judging Team State Champions. Messenger Index newspaper, Emmett, Idaho, September 25, 2019.
- Mills, R. Strengths and Opportunities of the Next Generation Despite the Data. Progressive Cattle Magazine, Issue 8, page 20-21, August 2019.
- Mills, R. University of Idaho Extension Hiring Four Additional Staff to Deliver Science, Technology, Engineering, Art, and Math Programming. Idaho World newspaper, Boise County, Idaho, August 21, 2019
- Mills, R. University of Idaho Extension Hiring Four Additional Staff to Deliver Science, Technology, Engineering, Art, and Math Programming. Messenger Index newspaper, Emmett, Idaho, August 14, 2019.
- Mills, R. New 4-H Program Coordinator Hired. Messenger Index newspaper, Emmett, Idaho, July 17, 2019.
- Mills, R. Payette River Cattleman's Association and University of Idaho Extension Partner for Youth. Messenger Index newspaper, June 5, 2019.
- Mills, R. Extension Educator's Corner: The Idaho World.
- The Power of Volunteerism. Volume 156, No. 4, p. 4., October 24, 2018.
 - 4-H and You. Volume 156, No. 3, p. 4., October 17, 2018.
 - National 4-H Week. Volume 156, No. 2, p. 7, October 10, 2018.
 - Happy 4-H New Year! Volume 156, No. 1, p. 5., October 3, 2018.
 - Food Independence. Volume 155, No. 51, p. 5., September 26, 2018.
 - National Preparedness Month. Volume 155, No. 50, p. 5., September 19, 2018.
 - Master Gardeners. Volume 155, No.49, p. 6., September 12, 2018.
 - Market Reports for Crops & Livestock. Volume 155, No. 46, p. 12., August 22, 2018.
 - Garden Talk. Volume 155, No. 45, p. 12., August 15, 2018.
 - Blue Ribbon Kids. Volume 155, No. 44, p. 1., August 8, 2018.
 - It's County Fair Time! Volume 155, No. 42, p. 9., July 25, 2018.

Interview Articles:

Media Presentations:

Applied Research/Demonstration Trials:

Judging:

- 4-H Portfolio Judging, Gem/Boise County 4-H, 2019
- 4-H Interview Evaluations, Gem/Boise County Fair, 2019
- 4-H Interview Evaluations, Gem/Boise County Fair, 2018
- Volunteer Judge, Sanpete, Wayne, Piute, Juab and Beaver Counties, Utah, 2010-2016

Review Activities:

Community Service:

- Primary President (youth 18 months-11 years), Horseshoe Bend Branch, The Church of Jesus Christ of Latter Day Saints, 2017-2019
- Trained & Licensed: Utah Foster Care Foundation, 2012-2015
- SMART Reading Volunteer, 2006-2007

Service Honors and Awards:

Distinguished Service Award, National Association of Extension 4-H Agents (NAE4-HA), 2017
 Achievement of Service Award, National Association of Extension 4-H Agents (NAE4-HA), 2013

PROFESSIONAL DEVELOPMENT:**Teaching:**

How to Host a Webinar. Cultivating Success, University of Idaho Extension. Online. October 2019.
 Produce Safety Alliance Train-the-Trainer Training, Cornell University. Portland, Oregon. June 2017.

Scholarship:

Video Boot Camp, University of Idaho Extension, Caldwell, Idaho, March 2020.
 Grant Writing 101, District Professional Development Workshop, Tamarack Resort, January 2020.
 Story Circles Writing Group, University of Idaho (online), 2019-2020.
 New Faculty Orientation, University of Idaho, Moscow, Idaho, August 2018.
 New Faculty Orientation, University of Idaho, Moscow, Idaho, July 2017.
 New Employee training online modules, University of Idaho (online), June-August 2017.

Outreach:

Virtual Content Delivery Zoom Trainings, University of Idaho Extension 4-H Youth Development, online, March-May 2020.
 Extension Annual Conference, University of Idaho Extension, online, April 2020.
 QPR Suicide Prevention Training, University of Idaho, online, April 2020.
 Pesticide Recertification Training, Idaho State Department of Agriculture, Caldwell, Idaho, February 2020.
 FAMACHA Scoring Training, National Center for Appropriate Technology, Meridian, Idaho, February 2020.
 Annie's Project Facilitator Training, University of Idaho Extension, Twin Falls, Idaho, February 2020.
 FairEntry Fair Management Training, online, January-July 2020.
 Women in Ag, University of Idaho Extension and Washington State University Extension, online, January 2020.
 Winter Beef School, Canyon County Extension, Kuna, Idaho, December 2019.
 Pesticide Recertification Class, University of Idaho Extension, Emmett, Idaho, December 2019.
 National Association of Extension 4-H Agents Professional Development Conference, West Virginia, November 2019.
 Coming Together for Racial Understanding Training, University of Idaho Extension, Boise, Idaho, October 2019.
 Statewide 4-H In-Service training, University of Idaho Extension 4-H Youth Development, Boise, Idaho, October 2019.
 Western Region Annual Meeting/Professional Improvement Conference. National Association of County Agricultural Agents, Great Falls, Montana, October 2019.
 Summer Professional Development Meeting. Idaho Association of County Agricultural Agents, Idaho Falls, Idaho, June 2019.
 Idaho Cattle Association Summer Meeting. Idaho Cattle Association, Lewiston, Idaho, June 2019.
 Pacific Northwest 4-H Professional Development Conference, Bend, Oregon, April 2019.
 Extension Annual Conference, University of Idaho Extension, Idaho Falls, Idaho, March 2018.
 Pesticide Training. University of Idaho Extension Pest Management, Caldwell, Idaho, March 2019.
 Artificial Insemination Training. University of Idaho Extension, Owyhee County/Oregon State University Extension/Select Sires, Marsing, Idaho, February 2019.
 Range Livestock Symposium. University of Idaho Extension, Marsing, Idaho, January 2019.
 Statewide 4-H Training. University of Idaho Extension 4-H Youth Development, Boise, Idaho, October 2018.
 Lost Rivers Grazing Academy. University of Idaho Extension, Salmon, Idaho, September 2018.

Young Cattle Producers Conference. University of Idaho Extension, Caldwell, Idaho, June 2018.
Post Harvest Produce Safety Conference. University of California Davis, Davis, California, May 2018.
Hydroponic/Aquaponics, University of Washington Extension, Everett, Washington, May 2018.
Extension Annual Conference, University of Idaho Extension, Moscow, Idaho, April 2018.
National Association of State Departments of Agriculture Annual Meeting, Irvine, California, March 2018.
On Farm Readiness Review Training, Arizona Department of Agriculture, Phoenix, Arizona, February 2018
Sprout Alliance Training. Sprout Safety Alliance, Phoenix, Arizona, February 2018.
On Farm Readiness Review Pilot. National Association of State Departments of Agriculture, Benton Harbor, Michigan, August 2017.
On Farm Readiness Review Pilot. Oregon Department of Agriculture, Portland, Oregon, July 2017.

Administration/Management:

Working with Challenging Volunteers, University of Idaho Extension, online, June 2020.
Civil Rights Training, University of Idaho Extension, online, May 2020.
Hiring, Onboarding, Supervising Dos and Don'ts. Idaho Counties Risk Management Program, Jerome, Idaho, June 2019.
Processing Contracts Training. Gem County Department Head Meeting, Emmett, Idaho, February 2019.
Strategic Planning Meeting. Boise, Idaho, November 2018.