

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Kari Sue Ure

DATE: November 1, 2023

RANK OR TITLE: Assistant Extension Professor, Extension Educator

DEPARTMENT: University of Idaho Extension Eastern District

OFFICE LOCATIONS:

UI Extension, Bear Lake County
21620 US Highway 30, Montpelier, ID 83254
UI Extension, Caribou County
53 East 1st South, Soda Springs, ID 83276

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DATE OF FIRST EMPLOYMENT AT UI: August 13, 2023

DATE OF TENURE: Untenured

DATE OF PRESENT RANK OR TITLE: August 13, 2023

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.Ed., 2020, Curriculum and Instruction, Weber State University, Ogden, Utah.
B.S., 2006, Health Science with an emphasis in Health Promotion and Lifetime Wellness, Brigham Young University – Idaho, Rexburg, Idaho.
A.A.S., 2003, Health Science, Brigham Young University – Idaho, Rexburg, Idaho.

Certificates and Licenses:

Utah Department of Health, Living Well with Diabetes Certificate, 2022-present
Utah Department of Health, Living Well with Chronic Conditions Certificate, 2022-present
Utah Department of Health, Living Well with Chronic Pain Certificate, 2022-present
Utah State University, Leading at USU Certificate, 2022-present
Addict II Athlete, Certified Recovery Coach, 2022-present
Health & Safety Institute, Adult First Aid, Adult/Child/Infant CPR, AED, 2022-present
State of Utah, Food Handlers Permit, 2022-present
Utah State University, Certified Remote Worker Leader, 2021-present
Utah State University, Certified Remote Work Professional, 2021-present
Tai Chi for Health Institute, Certified Tai Chi for Arthritis Instructor, 2021-present
Tai Chi for Health Institute, Certified Tai Chi for Arthritis and Falls Prevention Instructor, 2021-present
Tai Chi for Health Institute, Certified Seated Tai Chi for Arthritis Instructor, 2021-present
CATCH Global Foundation, CATCH My Breath Community Trainer, 2021-2022
Utah State University, Master Food Preserver Certification, 2021-present
Utah State University, National Nutrition Certification Program, 2021-present
National Council for Behavioral Health, Youth Mental Health First Aid, 2020-2023
National Council for Behavioral Health, Adult Mental Health First Aid, 2020-2023
QPR Institute, QPR (Question, Persuade, and Refer) Suicide Prevention Gatekeeper, 2020-present
LivingWorks Education, LivingWorks Start, 2020-present
Institutional Review Board (IRB), Collaboration Institutional Training Initiative (CITI) Social & Behavioral Research – Basic, 2019-present
Bridgerland Technical College, Medical Assisting Certificate, 2006

EXPERIENCE:

Teaching, Extension and Research Appointments:

Assistant Extension Professor and County Extension Educator, University of Idaho Extension, Bear Lake and Caribou Counties, Montpelier and Soda Springs, Idaho, 2023-present
 Extension Assistant Professor, Utah State University Extension, Sevier County, Richfield, Utah, 2021-2023

Academic Administrative Appointments:

County Director, Utah State University, Sevier County, Richfield, Utah, 2021-2022

Non-Academic Employment including Armed Forces:

Program Specialist, Utah Department of Agriculture and Food, Salt Lake City, Utah, 2018-2021.
 Registrar, Custom Fit Coordinator, and Academic Advisor, Weber State University and Ogden-Weber Technical College, Ogden, Utah, 2012-2018.
 Eligibility Specialist and Performance Review Specialist, Utah Department of Workforce Services, Salt Lake City, Utah, 2006-2012.

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

Family and consumer sciences (food safety, health, and nutrition)
 4-H Youth Development

Interns/Students Advised:

McIff, Alexis, Southern Utah University, 2022.
 Rodriguez, Jennifer, Snow College, 2022.

Materials Developed:

Displays and Posters:

Central Utah Public Health Department Richfield Helping Hands Fair Booth, Richfield, Utah, April 28, 2023.
 Ag Wellness Program Education Booth, San Juan County Crop School, Blanding, Utah, February 9, 2023.
 Ag Wellness Program Education Booth, Juab County Crop School, Nephi, Utah, February 2, 2023.
 Ag Wellness Program Education Booth, Utah Farm Bureau and Utah State University Leadership Conference, St. George, Utah, January 27, 2023.
 Ag Wellness Program Education Booth, Utah Farm Bureau and Utah State University Hay and Forage Symposium, St. George, Utah, January 26, 2023
 Ag Wellness Program Education Booth, Wayne County Crop School, Loa, Utah, January 20, 2023.
 Ag Wellness Program Education Booth, Sevier County Crop School, Richfield, Utah, January 19, 2023.
 Central Utah Public Health Department Trunk or Treat, Richfield, Utah, October 31, 2022.
 Out of the Darkness Central Utah Walk, Richfield, Utah, September 24, 2022.
 Manti Farmer's Market Food Preservation Booth, Manti, Utah, August 27, 2022.
 Sevier County Fair Health and Wellness Booth, Richfield, Utah, August 12, 2022.
 Utah SNAP-Ed Thirty Year Celebration Booth, South Jordan, Utah, May 13, 2022.
 Central Utah Mental Health Fair Booth, May 4, 2022.
 Central Utah Public Health Department Trunk or Treat, Richfield, Utah, October 28, 2021.
 Out of the Darkness Central Utah Walk, Richfield, Utah, October 2, 2021.

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

Health and Wellness

Ure, K. Tai chi, Preston, Idaho, October 25, 2023.
 Ure, K. Be strong. Montpelier, Idaho, October 9, 12, 16, 23, 26, 30, 2023.
 Carter, K. and **K. Ure**. Living well with diabetes. Virtual, April 4, 11, 18, 25, May 2, 9, 2023.

- Ure, K. Tai chi, Salina, Richfield, and Annabella, Utah, 25 sessions, November 2022-May 2023.
- Ure, K. Diabetes cook along, a multi-sessions class taught in the following locations:
 Salina, Utah, February 1, 8, 15, 22, 2023.
 Richfield, Utah, October 11, 18, 25, November 1, 2022, February 7, 2023.
- Ure, K. CATCH My Breath, a multi-session curriculum taught to fifth graders in the following schools:
 Monroe Elementary School, Monroe, Utah, 3 sessions, February 21, 2023.
 Pahvant Elementary School, Richfield, Utah, 5 sessions, February 16, 2023.
 Pahvant Elementary School, Richfield, Utah, 5 sessions, February 15, 2023.
 Monroe Elementary School, Monroe, Utah, 3 sessions, February 7, 2023.
 Salina Elementary School, Salina, Utah, 1 session, February 2, 2023.
 Salina Elementary School, Salina, Utah, 2 sessions, January 31, 2023.
 Salina Elementary School, Salina, Utah, 3 sessions, January 24, 2023.
 Koosharem Elementary School, Koosharem, Utah, November 7, 14, 2022.
- Ure, K. and A. Viula. CREATE Family Meals, Richfield, Utah, January 17, 31, February 14, 2023.
- Ure, K. Holiday nutrition tips, Richfield, Utah, December 13, 2022.
- Ure, K. Erase and replace program activities, a multi-activity mental wellness seed grant project with the following classes taught:
 The Thank You Project, November 3, December 7, 2022.
 Book Club, Richfield, Utah, September 7, 21, 28, 2022.
- Ure, K. Diabetes and body weight, Virtual, November 2, 2022.
- Murza, G. and **K. Ure**. Living with chronic pain, virtual, October 11, 18, November 1, 8, 22, 2022.
- Ure, K. and A. Viula. CREATE Family Meals, Richfield, Utah, October 13, 20, November 3, 2022.
- Ure, K. Tai chi, Salina, Richfield, and Monroe, Utah, 22 sessions, March-October 2022.
- Pearson, H. and **K. Ure**. Living well with chronic conditions, Richfield, Utah, May 11, 25, 2022.
- Ure, K. Test taking anxiety and mindfulness class, Salina and Monroe Elementary School fifth grades:
 Monroe Elementary School, Monroe, Utah, 4 sessions, May 10, 2022.
 Salina Elementary School, Salina, Utah, 3 sessions, April 26, 2022.
- Ure, K. The diabetes plate method, Virtual, April 17, 2022.
- Ure, K. CATCH My Breath, a multi-session curriculum taught to fifth graders in the following schools:
 Koosharem Elementary School, Koosharem, Utah, April 18, 25, 2022.
 Pahvant Elementary School, Richfield, Utah, 6 sessions, February 28, 2022.
 Pahvant Elementary School, Richfield, Utah, 6 sessions, February 16, 2022.
 Monroe Elementary School, Monroe, Utah, 4 sessions, February 15, 2022.
 Pahvant Elementary School, Richfield, Utah, 6 sessions, February 7, 2022.
 Pahvant Elementary School, Richfield, Utah, 6 sessions, February 2, 2022.
 Monroe Elementary School, Monroe, Utah, 4 sessions, February 1, 2022.
 Salina Elementary School, Salina, Utah, 3 sessions, January 31, 2022.
 Salina Elementary School, Salina, Utah, 3 sessions, January 28, 2022.
 Monroe Elementary School, Monroe, Utah, 4 sessions, January 25, 2022.
 Salina Elementary School, Salina, Utah, 3 sessions, January 24, 2022.
 Monroe Elementary School, Monroe, Utah, 4 sessions, January 11, 2022.
 Salina Elementary School, Salina, Utah, 3 sessions, January 6, 2022.
- Ure, K. Finding hope after loss. Celebrating Women Conference, pre-recorded, September 18, 2021.

Family Economics

Basic Financial Management:

- Ure, K. Empowering financial wellness money habitudes, Monroe, Utah, March 23, 2023.
- Nelson-Bell, A. and **K. Ure**. Empowering financial wellness money habitudes, Richfield, Utah, March 8, 2023.

Ure, K. Community service provider financial resource training, Richfield, Utah, 2 sessions, April 7, 2022.

Youth Financial Literacy:

Ure, K. 4-H Money Mentors Club, a multi-session youth financial literacy curriculum taught in each of the following locations:

Richfield, Utah, July 13, 15, 27, August 3, 5, 2021.

Koosharem, Utah, July 7, 8, 28, 2021.

Food Safety

Ure, K. Freeze dryer tips and food preservation resource basics, Monroe, Utah, August 9, 2023.

Ure, K. Freeze dryer 2.0, Richfield, Utah, June 28, 2023.

Ure, K. Freeze dryers: yes, no, maybe so . . . , Richfield and Monroe, Utah, June 28, 2023, September 29, 2022, September 6, 2022 (2 sessions), August 17, 2022, June 22, 2022.

4-H Youth Development and Volunteer Development

Ure, K. Summer lunch physical activity and nutrition classes, five locations across Sevier County, Utah, 22 sessions, June-August 2022.

Ure, K. Emotional wellness workshop, Orem, Utah, June 30, 2021.

Ure, K. Well matters, Richfield, Utah, June 14, 15, 16, 17, 2021.

General

Ure, K. Utah State University Extension, Central Utah Public Health Department Combined Staff Meeting, Annabella, Utah, June 5, 2023.

Ure, K. Accessing healthier food, Central Utah Food Coalition, Virtual, March 27, 2023.

Ure, K. Utah State University Home and Community – Sevier, Six County Association of Governments Provider Council, Richfield, Utah, November 1, 2022.

Ure, K. Utah State University Extension Home and Community – Sevier, Central Utah Public Health Department Health Equity Coalition, Virtual, October 25, 2022.

Ure, K. Utah State University Extension Sevier County, Richfield Rotary Club, Richfield, Utah, June 13, 2022.

Ure, K. and J. Rodriguez. Working smarter, not longer, Create Better Health Inservice, April 27, 2022.

Ure, K. How to get audience participation via zoom, Utah Extension Association of Family and Consumer Sciences Inservice, Virtual, April 20, 2021.

SCHOLARSHIP ACCOMPLISHMENTS:

Description of personal contributions

* Corresponding author

1. Developed project idea
2. Obtained or provided project funding/resources
3. Collected data
4. Analyzed data
5. Contributed significantly to writing
6. Contributed significantly to editing

Publications, Exhibitions, Performances, Recitals:

Refereed:

Journals:

Cromwell, S., **K. Ure**, S. Everitt and S. Everitt. 2022. Improving emotion regulation skills among youth through intentional social-emotional learning lessons in afterschool programs. *Journal of the National Extension Association of Family and Consumer Sciences*. 17(1), 45.

<https://neafcs.memberclicks.net/assets/documents/journal/2022-jneafcs/2022-JNEAFCS.pdf>. (6)

Peer Reviewed/Evaluated:

Extension Publications:

- Ure, K. 2023. Retirement: Making the transition as a couple. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/retirement-making-the-transition-as-a-couple>
- Ure, K. 2023. Ask an expert – how sharing family stories can strengthen relationships. Utah State University, Utah State TODAY. <https://www.usu.edu/today/story/ask-an-expert--how-sharing-family-stories-can-strengthen-relationships>
- Ure, K. 2023. Strengthening relationships and children through family stories. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/strengthening-relationships-and-children-through-family-stories>
- Ure, K. 2022. Navigating back to school as a family. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/navigating-back-to-school-successfully>
- Rodriguez, J. and K. Ure. 2022. Cultivating patience. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/cultivating-patience> (1, 3, 4, 5, 6)
- Ure, K. 2022. The balancing act of work and family. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/the-balancing-act-of-work-and-family>
- Ure, K., L.K. Narine, and M. Erickson. 2022. Understanding the needs of residents in Sevier County to plan impactful programs. Outcomes and Impact Quarterly, 2(1), Article 5. <https://doi.org/10.26077/36e4-866e>. (1, 2, 3, 4, 5, 6)
- Ure, K. 2022. Building family relationships through volunteering. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/building-family-relationships-through-volunteering>
- Ure, K. 2022. Strengthening relationships through goals. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/strengthening-relationships-through-goals>
- Ure, K. 2021. Money tips for the holiday season. Utah State University, Home & Community Department. <https://extension.usu.edu/finance/faq/money-tips-for-the-holiday-season?fbclid=IwAR2hJFNOEIGqn24GtNhB702ALYA6GKQ3S7z934JdzUftaURxzyIK4oEml4>
- Ure, K. 2021. Keep your battery charged. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/keep-your-battery-charged>
- Ure, K. 2021. Sevier county needs assessment 2021. Utah State University, Sevier County. <https://extension.usu.edu/sevier/files/SevierCountyNeedsAssessment.pdf>
- Ure, K. 2021. The power of family mealtime. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/the-power-of-family-mealtime>
- Ure, K. 2021. Grieving together. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/grieving-together>
- Ure, K. 2021. Using summer break to build family relationships. Utah State University, Home & Community Department. <https://extension.usu.edu/relationships/faq/using-summer-break-to-build-family-relationships>

Professional Meeting Abstracts and Proceedings:**New Curricula Developed:**

- Brower, N. and K. Ure. 2021. Date your mate: Escape to nowhere. Utah State University Extension Hidden Gems. <https://extension.usu.edu/relationships/hiddengems/date-your-mate-adventure-guides>. (1, 5, 6)
- Brower, N. and K. Ure. 2021. Family fun out and about: Escape to nowhere. Utah State University Extension Hidden Gems. <https://extension.usu.edu/relationships/hiddengems/family-fun-out-and-about-adventure-guides>. (1, 5,6)
- Ure, K., N. Brower, and S. Cromwell. 2021. Family fun at home: Money talks. Utah State University Extension Hidden Gems. <https://extension.usu.edu/relationships/hiddengems/family-home-adventure-guides>. (1, 5,6)

Other:**Thesis and Dissertations:**

- Ure, K. 2020. Financial literacy education for adults with minor children. Master of Education thesis. <https://cdm.weber.edu/digital/collection/SMT/id/350/rec/1>

Scholarly Presentations and Other Creative Activities:

Displays and Posters:

- Brower, N., S. MacArthur, E. Davis, S. Cromwell, and **K. Ure**. 2023. Promoting personal well-being and strengthening communities through free online hidden gems and discover 4-H guides. Epsilon Sigma Phi National Conference, Billings, Montana.
- Ure, K. 2023. Families thrive: A multicomponent program for substance use prevention. Epsilon Sigma Phi National Conference, Billings, Montana. Top ten poster award.
- Brower, N., S. MacArthur, E. Davis, S. Cromwell, **K. Ure**, and C. Nelson. 2023. Promoting personal well-being and strengthening communities through free online hidden gems and discover 4-H guides. National Extension Association of Family and Consumer Sciences Annual Session, Providence, Rhode Island.
- Martin, S., M. Wilcox, T. Hall, M. White, J. Sherman-Duncan, C. Burkhart-Kriesel, P. Hill, H. Goodman, T. James, T. Duvall, and **K. Ure**. 2023. Future opportunities for rural workforce and rural development (FORWARD): Workforce development program developed for extension educators by extension educators. National Association of Community Development Extension Professionals Conference, Coeur d'Alene, Idaho.

Professional Meeting Papers, Workshops:

- Nelson, C., A. Schmutz, E. Timothy, **K. Ure**, S. Wilde, and S. Carlson. 2023. Tai chi, an extension health and wellness intervention. National Extension Association of Family and Consumer Sciences Annual Session, Providence, Rhode Island.
- Voss, M.W., S. Prevedel, M. Huntington, and **K. Ure**. 2023. Rural approach for engaging first responders in harm reduction. National Health Outreach Conference, Ithaca, New York.
- Ure, K. 2023. The collaborative effort of Sevier county intergenerational poverty committee to bring rural educators, community service partners, and community leaders together to support community education. The International Academic Forum International Conference on Education, Honolulu, Hawaii.
- Ure, K. 2023. The collaborative effort of Sevier county intergenerational poverty committee to bring rural educators, community service partners, and community leaders together to support community education. Hawaii International Conference on Education, Honolulu, Hawaii.
- Murza, G., A.C. Yaughner, C. Wille, **K. Ure**, C. Taylor-Olson, and M.W. Voss. 2023. Living well self-management programs. Hawaii International Conference on Education, Honolulu, Hawaii.
- Ure, K.** 2022. The collaborative effort of Sevier county intergenerational poverty committee to bring educators, service providers, and community leaders together to support community education. Financial Education, Family Wellbeing, and Housing, Maryland Financial Day. University of Maryland Extension. Virtual.
- Martin, S., T. Hall, M. Wilcox, **K. Ure**, M. Erickson, T. Duvall, and H. Goodman. 2022. Moving communities FORWARD: Future opportunities for rural workforce and rural development through extension. North Central Regional Center for Rural Development Webinar, Virtual.
- Howard, T. and **K. Ure**. 2022. The role of personality in extension leadership. Extension Leadership Conference, Kansas City, Missouri.

Grants and Contracts Awarded:

- Ure, K. Sevier county community garden health equity community impact grant, Central Utah Public Health Department, 2022-2023, \$9000.
- Ure, K. Sevier county families thrive E-cigarette, marijuana, & other drug prevention grant, Central Utah Public Health Department, 2022-2023, \$22,139.
- Aller, T., E. Fauth, **K. Ure**, A. Litchford, J. Dallin, and J. Hadfield. Western regional agricultural stress assistance program. Sub-award grant funded by Washington State University, 2022-2023, \$72,179.40 (\$2500 spending authority).
- Ure, K. Sevier county garden, Rocky Mountain Power Foundation, 2022, \$2500.
- Ure, K. Family fun activity kits, Rocky Mountain Power Foundation, 2022, \$2500.
- Ure, K. Escape the vape, Central Utah Public Health Department, 2022, \$800.

Ure, K. and M. Erickson. Rural workforce development pilot program, the Association of Public Land Grant Universities in collaboration with the Extension Committee on Organization and Policy through Ascendium, 2021-2022, \$25,000 (\$25,000 spending authority).

Wright Voss, M., S. Prevedel, and **K. Ure**. Tooele rural opioid healthcare consortium rural health resources and services administration neonatal abstinence syndrome and family support expansion. United States Department of Health and Human Services, 2021-2023, \$499,983 (\$6000 spending authority).

Internal Funding Awarded:

Ure, K. Utah State University Extension Create Better Health Ambassador, 2023, \$19,695.

Ure, K., C. Meier, M. Dabb, J. Dyckman, M. Erickson, C. Hansen, T. Howard, G. Murza, C. Pay, E. Timothy, and A. Schmutz. Erase and replace mental wellness and recovery program. Utah State University Extension Seed Grant, 2022-2023, \$30,000 (\$30,000 spending authority).

Parkhurst, E., C. Nelson, S. Cromwell, C. Pay, J. Dyckman, E. Timothy, **K. Ure**, S. Wilde, T. Howard, and C. Hansen. Piloting a statewide health and wellness initiative, marathon kids. Utah State University Extension Seed Grant, 2022, \$16,890 (\$500 spending authority).

Ure, K. Utah State University Extension Intern Award, 2022, \$4000.

Ure, K. Utah State University Extension Create Better Health Ambassador, 2022, \$10,045.

Ure, K. Utah State University Extension Intern Award, 2021, \$4000.

In-kind and Industry Support:

Ure, K. Sevier County garden in-kind support from local businesses and community members, 2023, \$2,877.

Ure, K. Incentive prizes for Sevier County marathon kids program donated by businesses, 2022, \$120.

Ure, K. Sevier County garden donations and in-kind support from local businesses and community members, 2022, \$4,546.

Ure, K. Attendee prizes for stigma reduction dinner donated from Central Utah Public Health Department, 2021, \$50.

Scholarship Honors and Awards:

Ure, K. Utah Extension Association of Family and Consumer Sciences, New Educator Award, 2023.

Ure, K. Utah Extension Association of Family and Consumer Sciences, Peer Recognition, Award, 2023.

Ure, K. Utah Extension Association of Family and Consumer Sciences, Sevier County Family Fun Kits, Second Place Diversity (Individual) Winner, 2023.

Dyckman, J., A. Litchford, **K. Ure**, C. Pay, A. Schmutz, C. Durward, C. Hansen, and C. Jenkins. Utah Extension Association of Family and Consumer Sciences, Diabetes Cook Along Virtual Program, First Place Diversity (Team) Winner, 2023.

Voss, M., M. Huntington, M. Flint, E. Hamilton, J. Peatross, G. Ciciurkaite, S. Prevedel, and **K. Ure**. Utah Extension Association of Family and Consumer Sciences, Tooele Opioid Response Network, Innovative Programming Award, National Extension Association of Family and Consumer Sciences State Winner, 2023.

Murza, G., K. Hoopes, A. Hunt, C. Jenkins, C. Jensen, T. Keady, S. MacArthur, C. Meier, C. Nelson, C. Pay, **K. Ure**, M. Voss, S. Wilde, and A. Yaughner. Mental Health Education Team Award, Utah Best of State, 2022.

Ure, K. Utah State University Extension Create Better Health, Supervisor of the Year Award, 2022.

Ure, K. Utah Extension Association of Family and Consumer Sciences, Well Matters Program, First Place Diversity (Individual) Winner, 2022.

Timothy, E., C. Pay, N., Brower, S. Cromwell, A. Butler, E. Davis, C. Hansen, J. Hawkins, T. Howard, C. Jenkins, L. Schainker, D. Schramm, **K. Ure**, M. Voss, A. Yaughner, A. Litchford, and J. Swinton., Utah Extension Association of Family and Consumer Sciences, Couples and Family Relationships Working Group: Online Articles, Marketing/Public Relations Program First Place Team Winner, 2022.

Ure, K. National Extension Association of Family and Consumer Sciences, Annual Session First Timer Scholarship, 2021.

Ure, B., D. Cook, M. Roberts, K. King, **K. Ure**, and M. Ashcroft. Governor's Award for Excellence for Innovation and Efficiency, 2019.

SERVICE:

Major Committee Assignments:

Extension:

University of Idaho Extension Health and Wellness Priority Extension Theme, 2023-present
 University of Idaho Extension 4-H Priority Extension Theme, 2023-present
 Utah State University Extension Assistant Professor Search Committee, Grand County, 2023
 Utah State University Extension Assistant Professor Search Committee, Wayne County, 2023
 Utah State University Extension, Confidence Project, 2023
 Utah State University Extension Home and Community Extension Program and Communications Coordinator Search Committee, 2022
 Utah State University Extension, Sevier County 4-H Coordinator Search Committee Chair, 2022
 Utah State University Extension, Utah Rural Extension Professionals, 2022-2023
 Utah State University Extension, HEART Initiative, 2022-2023
 Utah State University Extension, Sevier County Create Better Health Ambassador Search Committee Chair, 2021
 Utah State University Extension Assistant Professor Search Committee, Sevier County, 2021
 Utah State University Extension, Couples and Family Relationships Working Group, 2021-2023
 Utah State University Extension, Health and Wellness Working Group, 2021-2023
 Utah State University Extension, Finance, Housing, Resource Management, Sewing and Homearts Working Group, 2021-2023
 Utah State University Extension, Nutrition Working Group, 2021-2023
 Utah State University Extension, Food Preservation, Storage, Safety, and Emergency Preparedness Working Group, 2021-2023
 Utah State University Extension, Remote Online Initiative, Community Resources, Economic Development Working Group, 2021-2023

District:

Eastern District 4-H Committee, 2023-present
 President Elect, 2023-present

County/Local:

University of Idaho Extension, Bear Lake County Administrative Assistant Search Committee, 2023
 Central Utah Public Health Department Health Equity Coalition Member, 2022-2023
 Six County Association of Governments Provider Council Member, 2022-2023
 Central Utah Public Health Department Food Access Coalition Member, 2022-2023
 Sevier County Zoning Enforcement Officer Search Committee Member, 2022
 Sevier County Intergenerational Poverty Committee Co-Chair, 2021-2023
 Central Utah Prevention Coalition Member, 2021-2023
 Central Utah Out of Darkness Walk Committee Member, 2021-2023

Professional and Scholarly Organizations:

Association of Financial Counseling and Planning Education, 2023
 National Extension Association of Family and Consumer Sciences, 2021-present
 Mentoring and Leadership Committee, 2021-present
 Epsilon Sigma Phi, 2021-present
 Resource Development and Management Committee, 2023-present
 Utah Association of Extension 4-H Youth Development Professionals, 2021-2023
 Utah Extension Association of Family and Consumer Sciences, 2021-2023
 Inservice planning committee member, 2022
 Epsilon Sigma Phi Iota Chapter, 2021-2023

Outreach Service:**Classes, Workshops, Seminars, Share Fairs and Tours Organized:**

Sevier County Community Garden Volunteer Work Activity, Richfield, Utah, May 9, June 14, 22, July 31, 2023.
 Family Fun STEM Kits organized and distributed to preschool and Head Start Students in 3 towns across Sevier County, Utah, May 2023.

Sevier County Story Trails Activity, 13 towns across Sevier County, April 2023.
 Erase and replace program activities, a multi-activity mental wellness seed grant project with the following classes organized:
 Learn to ski or snowboard, Beaver, Utah, March 31, April 1, 2023.
 Learn to play the ukulele, Richfield, Utah, March 7, 2023.
 Water aerobics, Richfield, Utah, January 18, 25, February 1, 2023.
 Canvas paint class, Richfield, Utah, November 20, 2022, January 18, 2023.
 Overcoming Trauma: Building a Better Tomorrow Community Dinner, Richfield, Utah, March 17, 2023.
 Family Fun Family Dinner Kits organized and distributed to preschool and Head Start students throughout Sevier County, October 2022.
 Utah Women and Leadership Project, Think Tank, Richfield, Utah, September 30, 2022.
 A Community Conversation: Trauma Prevention for Families, Richfield, Utah, September 26, 2022.
 Naloxone Training, Richfield, Utah, September 26, 2022.
 Family Fun S'more Kits organized and distributed at summer lunch throughout Sevier County, August 2022.
 Family Fun Ice-Cream Making Kits organized and distributed at summer lunch throughout Sevier County, July 2022.
 Addict II Athlete Richfield Chapter Kickoff Event, Richfield, Utah, June 17, 2022.
 Sevier County Community Garden Ribbon Cutting, Richfield, Utah, June 9, 2022.
 Sevier County Economic Overview, Richfield, Utah, June 2, 2022.
 Sevier County Community Garden, Richfield, Utah, 2022-2023.
 Marathon Kids Program, Sevier County, Utah, June-August 2022.
 Sevier County Commissioners Thank You Lunch, Richfield, Utah, May 9, 2022.
 Sevier County Intergenerational Poverty Committee Book Drive, April-May 2022.
 No More Monsters Stigma Reduction Community Dinner, Richfield, Utah, November 10, 2021.
 Naloxone Training, Richfield, Utah, November 10, 2021.
 Sevier County Commissioners Thank You Lunch, Richfield, Utah, September 27, 2021.
 Farmers Feeding Utah Food Box Distribution, Richfield, Utah, May 19, 2021.

Miscellaneous Extension Publications:

Ure, K. Sevier County home and community impacts 2022, December 2022.
 Ure, K. Sevier County impact report July-September 2022, October 2022.
 Ure, K. Sevier County impact report April-June 2022, July 2022.
 Ure, K. Sevier County impact report January-March 2022, April 2022.

Popular Press:

Why sharing family stories is integral to strengthening relationships. Cedar City News, Cedar City, Utah. April 4, 2023. <https://www.cedarcityutah.com/news/archive/2023/04/04/prc-usu-extension-why-sharing-family-stories-is-integral-to-strengthening-relationships/#.ZDSz1nbMJpU>.
 Why sharing family stories is integral to strengthening relationships. St George News, St George, Utah. April 4, 2023. <https://www.stgeorgeutah.com/news/archive/2023/04/04/prc-usu-extension-why-sharing-family-stories-is-integral-to-strengthening-relationships/#.ZDSzhHbMJpU>.
 How sharing family stories can strengthen relationships. The Times-Independent, Moab, Utah. April 6, 2023. <https://www.moabtimes.com/articles/how-sharing-family-stories-can-strengthen-relationships/>.
 Strengthening relationships through goals. The Richfield Reaper, December 29, 2021 p. 4B.
 Money tips for the Christmas season. The Richfield Reaper, December 8, 2021, p. 4B.
 Keep your battery charged. The Richfield Reaper, September 1, 2021, p. 4B.
 Grieving together through difficult times. The Richfield Reaper. July 21, 2021, p. 9A.
 A penny saved is a penny earned. The Richfield Reaper. July 7, 2021, p. 6B.
 A penny saved is a penny earned. Utah Money Moms. July 12, 2021, <https://www.utahmoneymoms.com/home/a-penny-saved-is-a-penny-earned>.
 Using summer break to build family relationships. The Richfield Reaper. June 9, 2021, p. 9A.

Webpages/Social Media:

USU Extension - Sevier County Facebook page, 2021-2022.

Judging:

- 4-H fair exhibits, Sanpete County Fair, Manti, Utah, August 22, 2023.
- 4-H and open class exhibits, Piute County Fair, Junction, Utah, August 3, 2023.
- 4-H and open class exhibits, Sanpete County Fair, Manti, Utah, August 23, 2022.
- 4-H and open class exhibits, Wayne County Fair, Loa, Utah, August 18, 2022.
- 4-H Consumer judging contest, Virtual, October 29, 2021.
- 4-H and open class exhibits, Sanpete County Fair, Manti, Utah, August 24, 2021.
- 4-H Consumer judging contest, Orem, Utah, June 30, 2021.

Review Activities:

- National awards, National Extension Association of Family and Consumer Sciences, 2023.
- Seed Grant Reviewer, Utah State University Extension, 2023.
- Concurrent session and showcase of excellence proposals, National Extension Association of Family and Consumer Sciences, 2022-2023.
- Utah State University Publishing, FastTrack reviewer.
 - 2023, one publication.
 - 2022, two publications.
- Utah State University Working Group Online Articles.
 - 2023, two publications.
 - 2022, three publications.
 - 2021, five publications.

PROFESSIONAL DEVELOPMENT:**Outreach:**

- Dementia Friends Idaho, Dementia Friends Information Session, Virtual, October 26, 2023.
- University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Moscow, Idaho, October 3-4, 2023.
- Epsilon Sigma Phi National Conference, Billings, Montana, September 25-28, 2023.
- University of Idaho Extension Eastern District Fall Meeting, Swan Valley, Idaho, September 20-21, 2023.
- University of Idaho Extension Integrated Pest Management Field Day, Parma, Idaho, August 17, 2023.
- University of Idaho Extension New Employee Orientation, Moscow, Idaho, August 14-16, 2023.
- Utah State University Extension, The Road to Happiness and Meaning Train the Trainer, Ogden, Utah, May 25-26, 2023.
- Utah State University Extension Erase and Replace Seed Grant Meeting, Orem, Utah, April 14, 2022.
- Utah State University Extension Annual Conference, Logan, Utah, March 1-3, 2023.
- Hawaii International Conference on Education, Honolulu, Hawaii, January 3-6, 2023.
- Association of Financial Counseling and Planning Education Annual Symposium, Orland, Florida, November 16-18, 2022.
- Utah State University Extension Create Better Health Annual Conference, Salt Lake City, Utah, October 4-6, 2022.
- National Extension Association of Family and Consumer Sciences Annual Session, Raleigh, North Carolina, September 12-15, 2022.
- Utah State University Extension Diabetes Cook Along Train the Trainer, Orem, Utah, September 9, 2022.
- Utah State University Extension New Employee Orientation, Logan, Utah, August 31 – September 1, 2022.
- National Association for Relationships and Marriage Education Conference, Salt Lake City, Utah July 10-13, 2022.
- Utah State University Extension Erase and Replace Seed Grant Meeting, Richfield, Utah, June 16-17, 2022.
- Utah Extension Association of Family and Consumer Sciences Inservice, Midway, Utah, April 21-22, 2022.
- Utah State University Extension Annual Conference, Lehi, Utah, March 2-4, 2022.
- National Extension Association of Family and Consumer Sciences Class of Leadership Experience, Mentee, Virtual monthly meetings from March 2022 to November 2022.
- Extension Leadership Conference, Kansas City, Missouri, February 9-10, 2022.
- Utah State University Extension, PowerPay Debt Elimination Train the Trainer, Hurricane, Utah, January 27, 2022.

National Extension Association of Family and Consumer Sciences Annual Session, Virtual, November 2-5, 2021.
Utah State University Fall Professional Development Conference, Moab, Utah, October 13-14, 2021.
One Summit Utah, Cedar City, Utah, October 4-5, 2021.
Utah State University New Faculty Orientation, Logan, Utah, August 14, 2021.
Snow College Small Business Development Center, Social Media Bootcamp, July 20-21, 2021.
Utah State University Extension and Tribal and Rural Opioid Initiative Wellness Summit, Virtual, May 18-20, 2021.
Utah State University Master Food Preserver Train the Trainer, Orem, Utah, April 28-30, 2021.
Utah Extension Association of Family and Consumer Sciences Inservice and Home and Community Summit, Virtual, April 20-21, 2021.
Extension Public Issues Leadership Development Conference, Virtual, April 12-13, 2021.
Utah State University Extension Annual Conference, Virtual, March 17-19, 2021.

Administration/Management:

The 4 Essential Roles of Leadership: Execute Module, Virtual, June 7, 2022.
Leading at USU Part B: Module 2 – Coaching and Correcting, Virtual, May 18, 2022.
The 4 Essential Roles of Leadership: Vision Module, Virtual, May 3, 2022.
The 4 Essential Roles of Leadership: Unleashing Your Team’s Potential Through Coaching, Virtual, April 28, 2022.
The 4 Essential Roles of Leadership: Inspire Trust Module, Virtual, March 29, 2022.
Leading at USU Part B: Module 1 – Performance Management, Virtual, March 17, 2022.
Leading at USU Part C: Module 2 – Understanding Accommodations and Leave, Virtual, March 15, 2022.
Leading at USU Part C: Module 1 – Employment Law Introduction, Virtual, March 1, 2022.
Leading at USU Part B: Module 3 – How to Deal with Toxic Behaviors, Virtual, February 15, 2022.
Leading at USU Part A: Module 3 – DISC Leadership Strategies, Virtual, January 25, 2022.
Leading at USU Part A: Module 2 – Effective DISC Communication, Virtual, January 18, 2022.
Leading at USU Part A: Module 1 – Your DISC Profile, Virtual, January 11, 2022.
Leading at USU Part D: Module 3 – Onboarding and Offboarding, Virtual, December 21, 2021.
Leading at USU Part D: Module 2 – Compensation 101, Virtual, December 14, 2021.
Leading at USU Part D: Module 1 – Hiring Right, Virtual, December 7, 2021.
Introduction to Leading at USU: Mindset of a Leader, Virtual, September 2, 2021.