

For Your Home



Edition 3, 2009



Family Communication in Today's World

Agree to Disagree. Use this technique when previous negotiations have failed, when conflict keeps recurring, or when each person has a definite viewpoint that won't be easily changed. In using the technique:

Understand the reason for the conflict (different expectations, unmet needs, communication roadblocks)

Set terms for your discussion:

1. Will you discuss it?
2. When will you discuss it?
3. With whom will you discuss it?
 - Discuss your viewpoint using I-statements. Listen attentively while your partner shares his/her viewpoint.
 - Decide: Can you hold separate opinions and not be angry with your partner for his/her views? Can you go separate ways allowing freedom and understanding even if you disagree?
 - Identify what situations are appropriate for agreeing to disagree.

Additional Thoughts:

- **Recognize the Primary Emotion.** Often, when we are upset we express anger. However, it is important to identify and understand the primary emotion we are really feeling like embarrassment, sadness or fear. Try to express the primary emotion verbally so there aren't misunderstandings about the anger that is being communicated.
- **CYTOV.** This stands for Check Your Tone of Voice. Sometimes the communication problem lies not in *what* is being said, but in *how*. You can say the exact same words in a different tone, and express a different meaning. If you or your partner recognizes that an issue is stemming from specific communication roadblock, try to find a humorous or fun way to work through it. Using an acronym for issues like this is a subtle reminder to you or your partner. It also makes communicating more fun because it's like a secret code word!

While people have been communicating for centuries without first taking a class, people have also been mis-communicating for centuries! Learning and implementing a few simple skills can help you maintain positive communication within your family relationships.

Is Physical Activity Part of Your Life?

by Lisa Rice, Utah County Nutrition Education Assistant



A healthy lifestyle is a combination of good nutrition and physical exercise. It is a balance that improves the quality of life and decreases the risk of health problems such as heart disease, osteoporosis, and high blood pressure or cholesterol levels. If regular physical activity is not already a habit, it is time to make a change.

Many of us have a love/hate relationship with exercise. We love how we feel after we exercise or do any fun physical activity, but for some individuals it's hard to find the time to exercise and the ability to stay motivated.



Just because we know how important fitness is to our health does not automatically make it easy to incorporate physical activity into our lives. There are 1,440 minutes in a day. MyPyramid recommends each individual get "moderate to vigorous physical activity" most days of the week. This means at least 30 minutes of activity such as brisk walking or jogging, gardening/yard work, dancing, swimming, bicycling or weight lifting.

Research has shown that when we exercise for at least **30 minutes**, we can reduce the risk of heart disease, diabetes and some cancers. At least **60 minutes** of moderate exercise can help prevent weight gain in adulthood, and exercising **60 to 90 minutes**, teamed with a low-calorie diet, will enable us to lose weight and keep it off.



Some of you may be thinking, "Sixty to 90 Minutes?! Who has time for that?!" The good news is that it doesn't all have to be at one time. For example, in the mornings you can do a 20-30 minutes cardio activity such as biking, walking, or swimming.

On your lunch hour, take a brisk walk around your workplace, or up and down the stairs. Then when the kids get home from school or in the evening, get the family together and shoot some hoops.

It doesn't have to be complicated or hard, but the key is to plan ahead. **Schedule** time for physical activity. Write it down on the calendar just like any other appointment and then plan to keep it!

Make family time an active time

Another great way to get physical activity in everyday is to make your family time an activity. Kids need to play and so do you. It is easy!

In the winter, go sledding and build snowmen. In the spring, fly kites, play ball or Frisbee. In the summer, run through a sprinkler and jump rope. In the fall, hike through a pumpkin patch or play a family game of soccer.

Additionally, you can plan family adventures! See the sights of your community. Try hiking, fishing, canoeing and berry picking.

Try to visit all the public parks in your city within a certain period of time. Visit the zoo. Have the kids take turns with their ideas.

By incorporating physical activity into your daily life, you can create wonderful, lasting memories and healthy families!

Consistency is the key to a lifetime of fitness

Here are some tips to help you get started:

- First talk with your doctor about any health concerns.
- Choose activities that you enjoy or think you might enjoy.
- Get a partner for support and encouragement.
- Set realistic goals.
- Listen to your body- a little soreness is normal, pain is not.



For Your Yard & Garden

Horticulture Newsletter

by Taun Beddes, USU Extension Horticulturist
& Clark Israelsen, USU Extension Agriculture Agent

Ten Tree Planting Rules

Introduction

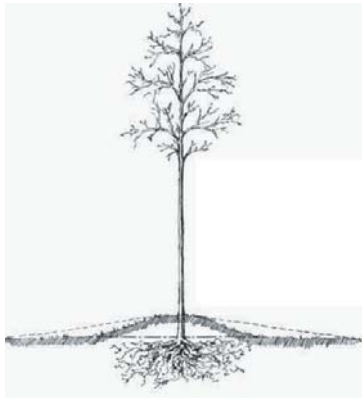
The future health of a tree is dependent on proper care at planting time. The following 10 rules sum up the important steps in tree planting.

Rule 1 -- Select the right tree for the site. It is important to match your planting site and its conditions with a tree species' shade, moisture, and soil preferences.

Rule 2 -- Provide good pre-planting care. Keep trees shaded, cool, and moist before planting. Be gentle when handling the root ball.

Rule 3 -- Remove all labels, wires, etc. from the trees stem.

Rule 4 -- Dig a shallow hole, as wide as possible. The hole should be at least 3X the root ball diameter, bowl-shaped, and as deep as the root ball is high or 1-2" shallower. The root ball should be placed on undisturbed soil, with the root collar at or just above the level of the surrounding soil. On a poorly-drained, compacted, or wet site, leave at least 1/3 of the root ball above grade and mound backfill up to the root collar.



Rule 5 -- Remove burlap, pots, wire baskets, etc. from the root ball. Removing these materials with the root ball in the hole minimizes root system disturbance. Wire baskets can be cut and pulled away in pieces. If you can't remove burlap because the ball is loose, at least slit and peel it back below the soil surface.

Rule 6 -- Backfill with native soil--no amendments. Don't mix in organic matter, fertilizer, sand, etc. Only add organic matter like peat moss (up to 25% of soil volume mixed in thoroughly) if you have a very poor soil (clay sub-soil, rock).



Rule 7 -- Do not fertilize for 1-2 years or cut back crown. Fertilizer at planting time stimulates root rots. Prune dead, broken, or poorly placed branches or double leaders. Don't cut back healthy, live branches to reduce the crown.

Rule 8 -- Water. Water the entire root zone about once a week for the first year or two. Do not water-log soil. Most of the tree's roots are within the top 6-12" of the soil, so apply water at a slow rate to the soil surface--don't inject it with a water lance.

Rule 9 -- Mulch. The most important thing you can do for any tree, next to watering, is applying an organic matter mulch (chips, clippings, bark, etc.) at a 2-4" depth over much of the tree's root zone. Start with a circle of mulch 3X root ball diameter and extend it as the tree grows. The wider the area the better. This reduces compaction, keeps mowers away, eliminates grass competition, and keeps the soil cooler and moister.

Rule 10 -- Wrap and stake only if necessary. Only wrap a tree's stem if sun hits its trunk in winter. Overlap paper wrap from the bottom up. Leave wrap on only in the winter for 1 or 2 seasons. Stake a tree if it is large and will catch wind, or if it is very small and might be trampled. Stake loosely, using carpet strips, canvas straps, etc., and remove stakes after 1-2 years.

by Michael Kuhns, Extension Forestry Specialist and
Dave Mooter, Retired, Nebraska Forest Service

Main Administration Campus Office
4900 Old Main Hill
Logan, UT 84321
Phone: (435) 797-2200 Fax: (435) 797-3268
extension.usu.edu/
Contact: Dallas.Holmes@usu.edu

Have your kids join 4-H!
Cache County 4-H
Scott Williams, 4-H Agent
435-752-6363

CONTENTS:

Family Communication in Today’s World. 1
Is Physical Activity Part of Your Life?. 2
Make Family Time an Active Time. 2
Consistency is the Key to a Lifetime of Fitness. . . 2
Ten Tree Panting Rules. 3
Ideas for Your Yard and Garden. 4

Utah State is an affirmative action/equal opportunity institution.

Mention or display of a trademark, proprietary product or firm in text or figures does not constitute an endorsement and does not imply approval to the exclusion of other suitable products or firms.

Created by Trish Cutler
Translated by Jose Oliva

Ideas for Your Yard and Garden

by Meredith Seaver, Pat Fugal and Julia Tuck

1. If you want to force bulbs such as crocus, narcissus (paperwhites), hyacinths or amaryllis and have them ready to enjoy for Christmas, plan ahead and start most of them in mid-November.
2. To put your yard and garden to bed for the winter, remove annual flowers, vegetable plants, dropped fruit and leaves.
3. Pull leaf litter away from your house and clean out your window wells to discourage spiders and their prey from lingering. Don’t spray for spiders. They are killed only if the spray lands directly on them; there is no residual effect from the spray.
4. Sign up for free email advisories for fruits, vegetables, landscape and turf. Go to utahpests.usu.edu/ipm and use the subscribe link. These advisories have pest and disease control information to help you take care of your yard and garden.
5. Wrap the trunks of young, dark colored bark or tender-barked trees to protect them from direct sun, winter sunscald and splitting.
6. Order seed catalogs now so you’ll be ready for spring.
7. Make a record of your successes and failures from this summer. This will help you to make your best plans for next year.
8. Cut back on fertilizer for houseplants and give them as much bright, indirect light as possible. Do not place them against windows or near heat vents or exterior doors.
9. Make sure sprinkling systems, hoses and sprinklers are drained to prevent freezing.
10. Shop for gardening gifts and books to use as holiday gifts.

