

KATHY'S CORNER

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Mar/Apr 2019

Just a quick note (🎵):

You just gotta love Spring! Warm and sunny for a few days; then it rains; and now we are back to snow. If you've lived in Utah for any amount of time, you know this is a normal weather pattern through April/May. While some may be getting itchy to plant a garden, it may be wise to wait a few weeks... just in case.

Keep smiling!



Kathy Riggs
USU Extension Professor
FCS/4-H Youth

DAYLIGHT SAVING TIME BEGINS

Sunday, March 10th—
Spring forward an hour.

LOOK WHAT'S COMING

Freeze-drying Open House!

Date: Monday, March 18, 2019
Location: USU Extension Conf. Room
Time: 5:30- 6:30 p.m.
Cost: Free



To learn more about the appliance, stop by the Extension Conference Room for a briefing and free samples. To use Extension's freeze-dryer, you must participate in this opportunity if you missed out last month.

The dryer is available for \$5 per batch so long as you do the prepping and clean-up.

Dates available: March: 18th or 19th and 27th

April 2nd, 8th or 16th

Pressure canning meats/poultry 101

Date: Tuesday, April 9, 2019
Location: USU Extension Conf. Room
Time: 6:00 -7:00 p.m.
Cost: Free

Registration NOTE: You must pre-register by April 8, 2019 no later than 12 noon. A minimum of 6 persons are needed for the class to be held.

Are you nervous about preserving your own poultry using a pressure canner? Move forward with confidence by learning the step-by-step process.



If you wish to take a pint of canned chicken home, they will be available for \$3 each as long as they last.

CHECK (✓) IT OUT!

Where in the world is your local USU Extension Office?

You may be interested to learn that our Iron County Extension Office is no longer located on the second floor of our building at 585 North Main Street. While we are still in the same building, we have moved out of Suite 5 (upstairs) and are now in Suite 4 on the main level, north end. Our 4-H mentoring/ afterschool program staff are now upstairs in our previous space.

Come visit us and become familiar with our new space!

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5 THINGS YOU PROBABLY DIDN'T KNOW ABOUT THE SPRING EQUINOX

1. The date of the Vernal or Spring Equinox can vary—We generally think of March 21st as the standing day of the Spring Equinox or “Equal Night”. However, it can take place on March 19, 20 or 21 in the 21st century. The next Equinox to occur on March 21st will happen in 2101!



2. The vernal equinox symbol is a shamrock. This plant, also known as the trefoil, is also associated with St. Patrick’s Day. The shamrock is symbolic of the regenerative powers of nature, and spring is a time of rebirth, whether that means the resurrection of Jesus in Christianity or the rise of perennial flowers up from the cold ground.

3. It’s not the only day when an egg will stand on its head. Apparently, there’s a long-time rumor that only on the first day of spring will you be able to stand an egg on its end- at the moment of the equinox. Some sort of gravitational force supposedly happens between the two poles of the earth allowing this to happen. However, this is a myth because you can actually stand an egg on its head any time of any day but it takes a lot of practice and the right egg.

4. If you were at the North Pole or the Equator, what would you see? The equinoxes are the only days of the year when a person standing on the Equator can see the sun passing directly overhead. Also, during the Vernal Equinox at the North Pole, a person there would see the sun skimming across the horizon, beginning six months of uninterrupted daylight.

5. What is the difference between an Equinox and a Solstice? An equinox occurs when the Earth’s axis doesn’t tilt toward or away from the sun. There are also two days of solstice (or “stopped sun”) June 20th or 21st – When the sun is farthest north of the equator; making it the longest day of the year. On December 22nd or 23rd is when the sun is the farthest south of the equator- It’s the shortest day of the year.

If you want to learn how the Equinox and Solstice are celebrated in other countries around the world, check out: <https://www.history.com/topics/natural-disasters-and-environment/vernal-spring-equinox>

IS FAMILY MEALTIME FOR YOU?

While some of the benefits of family mealtime are more significant for families who eat three or more meals together weekly, adding just one mealtime to your routine is a great place to start (Pediatrics 2011). Remember, family mealtime is not only for dinner—it can be whichever meal works best for your family’s schedule.

Want to try breakfast as your family mealtime? USU Extension Food Sense: Create Better Health, offers the following recipe-

CINNAMON OATMEAL PANCAKES

Pancake Mix:

4 C quick cooking oats	2 Tbs. cinnamon
2 C all-purpose flour	2 tsp. salt
2 C whole wheat flour	5 Tbs. baking powder
1 C nonfat dry milk	1 tsp. baking soda
¾ C sugar	½ tsp. cream of tartar

Pancakes:

2 eggs	3 Tbs. canola oil	1 C water
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To make the pancake mix: Combine ingredients and stir to mix well. Store in a large airtight container.

To make the pancakes: In a medium mixing bowl, beat eggs. Gradually add in canola oil. Stir in 2 cups of pancake mix and water. Mix to combine.

Drop ¼ C of batter onto a lightly greased skillet over medium-high heat. When bubbles start to form on top of pancake, flip it over. Cook about 2-3 minutes longer until golden brown on both sides.



You can make a large batch of this pancake mix, put it in an airtight container and store in a cool, dry place for up to 6 months. Perfect for a quick and easy weekend breakfast.

Source:CREATEBETTERHEALTH.USU.EDU

Photo from:theseasonedmom.com

MONEY MATTERS FOR WOMEN— USING MORE SENSE AND LESS HEART

The following are excerpts from Smedley Financial Services “Money Matters Newsletter” featuring Lynette S. Watts, Premier Client Specialist.

Women generally have huge hearts and can sometimes let their hearts lead their financial decisions. Even the most educated and most successful women can let their hearts influence their financial decisions:

- When mothers spend too much money on their children, they may not be saving enough for retirement (dance lessons, sports, latest technology, etc.)



- Women who allow their husbands to handle every aspect of financial decisions may find themselves in crisis when a spouse is injured, they are divorced or widowed and discover they are unprepared to manage all facets of their financial life.

- Single women- never married or divorced- are often uncomfortable with finances and may even be bored with financial matters. Still they are anxious about being financially secure now and in the future.

As women, we need to take control of our financial life and be honest with ourselves and others in our relationships. We are generous with our love, time and money and we shouldn't stop being kind, generous people, but we must be sure that our acts of generosity are not depleting our financial future and retirement plans.

Women need to set financial limits. Our goal should be to raise financially independent, successful children. While it may seem reasonable to help a family member, continuing to pay expenses for grown children will not help them become financially successful adults. It might feel like tough love, but in the big picture, it truly helps everyone.

Photo from: www.kipinger.com Money Smart Women

5 WAYS TO IMPROVE COMMUNICATION WITH YOUR SIGNIFICANT OTHER

1. Every day share something you appreciate about each other. Even simple things like “I like the way you laugh” will make a partner feel noticed and valued.

2. Describe your hopes and dreams so that your partner can help make them happen. Some examples might be: “I'd like to learn to speak (a foreign language).” Another might be, “I'd like to be physically fit to run a 5K next year.”



3. Always let each other know when plans change. Remembering simple things like “I'll be late for dinner next Tuesday because of a meeting.” Even better is to be as specific as possible to stay in sync and feel connected.

4. Clear up big or little mysteries before they become suspicions, jealousies, false assumptions, or resentments. You may need to ask a specific question to get the information you are looking for. Consider phrasing the question as, “What happened?” in place of “Why?”

5. State what you want rather than what you don't want. Instead of “I get angry when you call and don't leave messages when I can't answer.” Ask for a brief explanation and whether you need a call back.

Source: Adapted from www.smartmarriages.com as printed in Be Well, Feb. 2010/USU HR newsletter.

Minds are like parachutes. They only function when they are open.

- James Dewar

The best way to appreciate your job is to imagine yourself without one.

-Oscar Wilde

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Planting Trees? Dig Big!

By Michael Kuhns, Extension Forestry Specialist

Think that new tree needs a really deep hole to do well? Think again! Good tree planting requires the use of wide and shallow planting holes to promote root growth.

Modern methods require that you dig a much wider hole - two to five times as wide as the root ball and even wider on sites with very poor, compacted soil. The hole sides should be slanted and the hole should be no deeper than the root ball is tall, so it can be placed directly on undisturbed soil. Tree roots typically grow more sideways than vertical and most roots stay fairly shallow, so a wide shallow hole fits the form of the root system.

Placing the root ball on undisturbed soil rather than packed backfill helps ensure that the tree is not planted too shallow. Heavy trees planted on packed backfill sink and end up planted too deep. Roots then do not get enough oxygen and will suffocate. A good rule of thumb is that a tree's root system should be planted at about the same depth as it grew in the nursery.



Wide holes have a hidden benefit. The extra room around the root ball makes it much easier to remove wire baskets, burlap, and other root-ball packing materials once the tree is in the hole. Removal of such materials at planting time is important for the same reason I prefer wide holes - both ensure quick root growth out of the root ball and aid in tree establishment.

Here are some other planting tips:

1. Do not fertilize or use other growth enhancers at planting time in most soils. Fertilizers have not been shown to increase root growth and high nitrogen may actually decrease root growth. Wait several years to fertilize until the tree's growth rate has recovered to pre-transplanting levels.
2. Know the tree you are planting. Learn its requirements and preferences. If the site conditions are not right for your tree, change the site or plant a different tree.
3. Mulch your tree with a 4 inch layer of coarse wood chips or bark spread out for at least several feet all around the tree. Wider mulch beds are better and keep deep mulch away from the base of the tree's trunk.