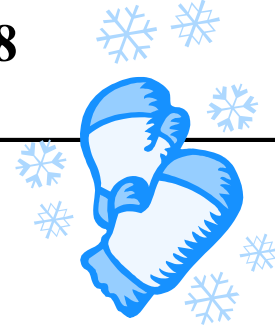


USU Duchesne County Extension
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Newsletter
January 2008



Happy New Year!
2008 Greetings from the
USU Duchesne County Extension Office

We hope this new year finds you well and warm. Please feel free to stop by our office (located in the Duchesne Library) or give us a call for any of your 4-H, agriculture, or family and consumer sciences concerns. This year will be filled of many exciting programs and activities—stay tuned for further information. We look forward to working with you during this wonderful new year.

Troy D. Cooper
USU Extension Agent

Melanie D. Jewkes
USU Extension Agent

Julia Abbott
USU Extension Secretary

**Introducing Duchesne County's New
Family and Consumer Science and 4-H Agent**

Melanie Jewkes is very excited to begin her career in USU Extension in Duchesne County.

Melanie was born and raised in Orem, Utah. Logan became her new home in 2003 when she began her first semester at USU. She received a bachelor's degree in Family Finance and completed two internships—one at the USU Family Life Center Housing and Financial Counseling, and one at the USU Cache County Extension office. Unwilling to let either experience be short-lived, she continued to work with both the Family Life Center as a housing and financial counselor and with

Cache County Extension as a Family Finance and Food Preservation Intern for two years while working towards a master's degree in Consumer Sciences.

She looks forward to starting classes such as: Take Charge of Your Money, Food Sense, Cooking with Food Storage Ingredients, as well as classes on topics such as Emergency Preparedness, and more. Please feel free to meet with Melanie and discuss the types of programs you are interested in. She can be reached at 738-1140 or emailed at melanie.jewkes@usu.edu



Melanie's Memos on Managing Home and Family



Build Your 72-Hour Kit Week-by-Week

With the increased awareness of disasters such as Hurricane Katrina, the summer and fall fires in 2007, flooding across the country, and other such incidences, many of us feel the need to prepare ourselves and our families for emergencies.

Perhaps among your New Year's Resolutions is something along the lines of "getting organized" or "preparing for disasters." One of the first recommendations by institutions such as the American Red Cross is to compile a 72-hour kit.

Lists of items to include in a 72-hour kit are sometimes overwhelming long and can cost quite a bit of money if purchased all at one time. This is probably the reason why so

many of us put off building even a simple, potentially life-saving 72-hour kit.

Consider the following "bookmark" to aid in compiling a 72-hour kit over time. A bookmark each month for the coming year will provide weekly items to include in a 72-hour kit.

Also included is an optional food storage item to help build a food storage, if desired.

<p>2008 Emergency Preparedness Bookmark Plan Directions</p>	<p>6. Watch for sales or other specials.</p> <p>7. If you miss a week, skip to the next week. Don't get behind.</p> <p>8. Share your "hot buys" and bargains with others.</p> <p>9. Purchase your items, date them, store wisely, rotate, and replenish the supply. At the end of the year, you will have made great progress toward preparation for an emergency or other setback.</p> <p>10. Each month add the suggested food storage item to your 6 month supply. (The suggestion is per person.) Contact your local dry-pack cannery: 74 S State Roosevelt, 722-2540; or 2178 E 1500 N Vernal, 789-9058</p>
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<p>January</p> <p>Food Storage Item: 21 lbs Wheat (with date for rotation)</p>	
<p>Week 4 January 20-26, 2008</p> <p>Add \$10 cash to emergency cash stash in or near 72-hr kit</p> <p>*****</p>	
<p>Week 3 January 13-19, 2008</p> <p>Add 1 1/2 gallons of water per person to 72-hr kit</p> <p>*****</p>	
<p>Week 2 January 6-12, 2008</p> <p>Add warm clothing to 72-hr kit, including sweatshirt, gloves, warm hats, etc. per person.</p> <p>*****</p>	
<p>Week 1 Dec.30, 2007-Jan.5, 2008</p> <p>Obtain a suitable 72-hour kit container (backpack, duffel bag, rolling suitcase). Inform all household members of its location.</p>	



Beating the Cold Winter Blues

Let's face it—sometimes the cold winter gets us down. Winter blues sometimes bring on fatigue and low-energy levels, which make it difficult to concentrate, or leads to moods of depression or crankiness. An increased craving for carbohydrate-rich foods is a characteristics of winter blues that induces weight gain.

The winter blues is not a fun thing for us or our family members, co-workers, or friends to experience. Beat those winter blues by adopting some of the following ideas:

- Get more sunlight. Bundle up and go for a short walk in the morning, or sit by a large window. The more bright light you are exposed to, the better you will feel.
- Make sure you get enough sleep. Consistent sleep patterns tend to help one feel better in general. Go to bed and wake up at roughly the same times every day (even on weekends).
- Maintain a regular habit of exercise. This not only improves moods, but also reduces stress and helps burn off the extra calories of Holiday goodies. Consider sledding with your children or having a snowball fight. These activities will help you get exercise and quality time with family or friends.



- Reduce some stress in your life. The season right after Christmas is a great time to de-clutter and organize

for the coming year. Go back through the last year and consider what activities or traditions can be simplified.

- Have something to look forward to. Plan a fun activity or a weekend trip. Make an enjoyable visit with family and friends. Read an interesting book and make a list of other good books to read. Have a girl's (or guy's) night out or attend a sports event or a movie you've been wanting to see.
- Eat healthy foods. Incorporate whole grains and many fruits and vegetables into your diet. Make sure you are drinking plenty of water (8 cups of 8 ounces a day), even if it is cold outside.
- Brighten up your home by opening blinds and curtains, hanging up photos or wall displays of the outdoors, or even re-paint with brighter colors. Also, live plants around the house can do wonders for cheering up a gloomy home.
- Enjoy some warming drinks—hot chocolate or warm apple cider—and some nutritious soups. Go through your cookbooks and try a soup or warm drink you've never before tasted.
- Relax. Sometimes all that is needed is a little bit of rest. Make sure you get adequate and balanced amounts of relaxation time.



Minestrone Soup

½ lb sausage or hamburger	1 can kidney beans
2 cans diced tomatoes	1 can garbanzo beans
1 small yellow onion	Oregano
1 can corn	Parsley
1 can green beans	Sage
	Salt & Pepper
	Water

Brown sausage or hamburger on the stove. When browned, rinse meat and place in crock pot along with diced tomatoes and onion. Let stand for a few hours on medium or high heat, or all day on low heat. One hour before serving add in drained corn, green beans, kidney beans and garbanzo beans. Add spices, salt and pepper to taste. Add water to the consistency you like. Yield about 8 servings.

Taco Soup

1 lb. lean ground beef	1 can kidney beans
1 onion, chopped	1 can corn, drained
1 can (28-oz.) tomatoes, crushed	1 pkg. taco seasoning mix
1 can (8 oz.) tomato sauce	

In a large saucepan, sauté ground beef and onion; drain fat. Add tomatoes, tomato sauce, drained kidney beans, corn and seasoning mix. Simmer 15 minutes. Garnish with grated cheese, sour cream, diced green onions, sliced black olives, guacamole or tortilla chips. Yield 4-6 servings.



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Bulk Rate

“Utah State University is an affirmative action/equal opportunity institution.”