

GARFIELD UPDATES

UtahState
UNIVERSITY

GARFIELD CO.
extension

Volume 4 Issue 1

January—March 2008

Ways To Make Nutrition and Health Resolutions a Reality

*Frequently, our resolutions for the New Year focus on improving our health, exercising, and losing weight. All too often, despite our good intentions, many of us find ourselves slipping into our old habits of unhealthy eating and inactivity early in the year. Only 10 percent of Americans strictly stick to their resolutions, while another 24 percent do so occasionally. This means that 66 percent of us don't keep our resolutions at all. Adopting a healthier lifestyle involves healthy eating and physical

activity in a series of small attainable steps. It may not be the easiest thing to do, but when it comes to obesity and overweight, we all must work together to improve our lives and the lives of our children.

Below are some simple steps to help you achieve your goals.

Don't try to do everything at once! Set one or two specific, realistic nutrition and physical activity goals and you will be more likely to stick to them.

Focus on changing behavior in small steps. Drink water or low fat milk instead of high

calorie beverages with your meals. Start your day with breakfast. Walk an extra 2,000 steps per day.

Write your goals down and post them in a visible place, like the refrigerator door.

Log your progress. Keep a journal or chart to track your progress toward your goal.

Reward yourself with a favorite activity when you reach your goals. Watch a ball game or take a bubble bath when you've stuck to your exercise goals for a week.

Article continued on page 2...



Is An IDA Right For You?

*Individual Development Accounts. (IDA)'s are special matched savings accounts designed to help families and individuals of modest means establish a regular pattern of savings and ultimately purchase a first home, small business or pay for

education (college or vocational). Every dollar saved is matched by an additional three dollars. To qualify participants must first attend an 8 hour personal finance and money management workshop series. To find out if you qualify or to register for a

workshop, or for more information, please visit: Web: www.unidan.org or USU Garfield County Extension (435)676-1114. A class on benefits and requirements will be held upon request by contacting the USU Garfield County Extension Office.

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Safe, Economical Cleaning Recipes

*You may have some safe and inexpensive ingredients on hand in the home to use for cleaning. Here are five common ones and their properties: **Baking Soda**-deodorizes, polishes, removes stains, softens water, natural toothpaste, use for scrubbing, absorb odors in carpet (sprinkle on and vacuum after a couple of hours), odors fridge. **Borax** (found in the laundry section)-natural mineral, water soluble, inhibits mold and mildew, boosts power of soap, whitens/brightens laundry. **White Vinegar** - dissolves mineral deposits and water spots, removes mildew, removes perspiration, shines windows, mirrors, brass and silver. **Rubbing isopropyl alcohol**-disinfectant, cleans

electronic devices, removes baby formula stain, some ink related spots, chrome/mirrors. **Liquid Hand Dishwashing detergent**-great for cleaning and not just dishes!

Try these safe, inexpensive, and environmentally friendly cleaning recipes:

Multi-purpose spray cleaner

¼ c. vinegar

¼ c. dish soap (not concentrated)

2 t. borax

Add warm water to top of a quart spray bottle. Can be used for general cleaning and to pre-treat

laundry stains. Be sure to label contents.

Mild Abrasive Cleanser

1 part Borax to 1 part Baking Soda

Place in a shaker with large holes. Remember to label.

Remember never to mix cleansers, especially ones containing bleach and ammonia (which can create a deadly gas). Always keep cleaning supplies in containers that are properly labeled.



Health and Nutrition Resolutions continued

Enlist supporters. Share your goals with friends and family and ask them to check in with you to see how you're doing.

Recruit a friend or family member to participate in your physical activity and nutrition resolutions with you. Commit to exercising together! Walk or ride bikes with the whole family. When eating out, share an entrée or dessert with a

friend.

Look for opportunities to increase activity in your day. Take the stairs rather than the elevator. Choose the far away parking space rather than the one closest to the door.

Control your environment. What triggers your behavior? Don't have high calorie snack foods in the house

Snack on instead. Put your walking shoes on and remind yourself to exercise. **DON'T GIVE UP!** Accept that you will probably slip up once in awhile. Forgive yourself and get back on course by renewing your resolutions throughout the year. For more information and tips on how to make your resolutions a reality please visit: www.healthierUS.gov
Source: USDA

Funding in support of the Utah State University Extension F\$NE program is provided by USDA-CSREES and USDA Food and Nutrition Services in cooperation with the Utah Food Stamp Program, Department of Workforce Services. The Food Stamp provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit on-line at http://www.fns.usda.gov/fsp/outreach_coalition/map.htm In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director or Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington D.C. 20250 or call (202)720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This institution is an equal opportunity provider and employer.

Take Charge Of Your Money

*Utah State University Extension offers a five week financial fitness course called "Take Charge of Your Money."



The course will meet one night a week at the County Commission Chambers, Panguitch at 6:30 pm starting Wednesday,

January 23, 2007.

The course is Free.

Wk 1: Where are you now?

Wk 2: Managing Cash & Choosing Credit

Wk 3: Investing For Retiring

Wk 4: Planning for Your Future

Wk 5: Managing Your Risks

Books are \$20.00. \$10.00 if you sign up as a Utah Saver. College credit is

available for an additional \$20.00.

Space is limited. Register by mail (Box 77, Panguitch), e-mail (suzannej@ext.usu.edu), in-person (55 S. Main, Panguitch) or for more information: Call SuzAnne at (435) 676-1114. Past participants are welcome to attend any class. If you are interested in having this class at a location near you, please let us know.

What is Utah Saves?

*A statewide coalition of nonprofits, financial institutions, credit –counseling organizations, employers, government agencies, faith-based groups and others. The mission of Utah Saves is to build long-term economic stability and prevent poverty by helping all Utahns build wealth, reduce debt, and create lifelong financial security.

Who is a Utah Saver? Any Utah resident who agrees to work toward a saving goal such as home ownership, school tuition, retirement, or even debt repayment. Utah Savers set saving goals as little as \$10 per month and try to save this amount every month. **How do I become a Utah Saver?** Enroll online at utahsaves.org or by dialing 2-1-1. You can return the completed form to the Utah State University Garfield County Extension Office at 55 S. Main in Panguitch; mail it to us at P.O. Box 77, Panguitch, UT 84759; or fax it to (435) 676-8239. **What does all this cost me?** Nothing! Your only obligation is to develop a specific savings goal, select an account (or you use an existing account), make a deposit in this account each month, and let us know that you are working toward your savings goals. **Who controls my savings account?** You do. We only advise and encourage you to reach your goals. You can use your existing savings account(s), or visit utahsaves.org for a list of special savings options provided by participating financial institutions especially for Utah Saves. **Who is sponsoring the program?** Founding Partners represent every county in the state of Utah and include: 211 Info Bank, AAA Fair Credit Foundation, Utah Community Action Partnership Association, Utah State University Cooperative Extension, and United Ways of Utah. **How are programs expenses paid?** Through generous long term grants from the Kem C. Gardner Family, GE Money-Amerigas, Intermountain Healthcare and contributions from sponsoring organizations, national and local foundations, and support from the Consumer Federation of America, a national consumer coalition.

As a Utah Saver you will have access to a plethora of free products, services, and resources including one on one consultation with a wealth coach and free advice from a financial planner. As well as, a monthly newsletter with financial information and tips like the following:

Start Smart in 2008

Gather those goals - Write them down, create a detailed plan with deadline, list cost and priority.

Save systematically -Pay yourself first. Savings is insurance when emergencies come.

Monitor your spending methods - Decide if you want or need to change to reach your goals.

Sharpen your spending plan – Assign amounts to each category and make adjustments as needed.

Track your tender -Track your spending to see if it’s helping you reach your goals.

Control your credit -Avoid borrowing money for things you could save for and pay cash.

Decrease your debt -Find ways to cut down on time and interest payments on existing debt.

Plan for periodic expenses – Add up one-time expenses; divide by 12, save that much each month.

Prioritize your purchases – Evaluate them against your goals.

Ask yourself - Do I need it?

Recognize and reward your successes –Find free ways to have fun & celebrate without breaking the bank.

For this source and to read more about Utah Saves visit:

www.utahsaves.org



YES! I Want To Be a Utah Saver
I agree to work toward one of the following savings goal:

- Business
- Education
- Home Improvement
- Investment Property
- Retirement Savings
- Taxes
- Other
- Debt Repayment
- Emergency Fund
- Home Ownership
- Motor Vehicle
- Special Event
- Vacation

I understand that there will be no charge for the Utah Saves membership benefits and that my personal information will not be shared with any third party for commercial purposes.

I will save \$ _____ a month for _____ months in the following financial institution: _____

to which I will make deposits by: Electronic Transfer Royal Deduction In-Person

By Mail or, I will add \$ _____ a month toward repayment of my debts.

Name _____

Preferred Phone _____

Best time to call _____ Age _____

Address _____

Valid E-mail address _____

How did you hear about Utah Saves _____

Do you currently have health/finance coverage? Y / N _____

Wealth Coaching

Yes, I would like a Utah Saves Wealth Coach to telephone me to discuss my savings plan and answer my financial questions.

No, I would prefer not to be contacted by phone to discuss my savings plan.

Welcome Pocket

Mail my Utah Saves Welcome Pocket to the address label above.

E-mail my Welcome Pocket to the above e-mail address.

Account Information

I will use my existing savings account.

Please send me information about opening a new account.

Signature _____ Date _____

Please mail completed form to Utah State University Extension
2001 S. STEWEN ST. #5-1200 SALT LAKE CITY, UT 84143

Take Charge Of Your Money

*6:30 pm - 8:30 pm

Wednesdays, Jan. 23, Jan. 31, (Thurs) Feb. 6, Feb. 20, Feb. 27, 2008

County Commission Chambers, Panguitch, Utah

FILL OUT FORM BELOW, DETACH AND MAIL TO EXTENSION ADDRESS ON FORM

Registration Form

Name _____ Daytime Phone _____

Mailing Address _____ City _____ Zip Code _____

Please check here () if you would like to receive college credit _____ (Additional \$20.00 to USU)

Please check here () if you would like to receive the books _____ (Additional \$20.00 to USU)(\$10.00 for Utah Savers)

Please detach registration form and return it with payment to USU Extension/Garfield County, 55 S. Main, P.O. Box 77, Panguitch, UT 84759.

Make checks payable to: *Garfield County Extension*

Garfield County Business Resource Conference

*Takin' Care of Business . . . Get Connected!

Wednesday, March 19, 2008 12 Noon – 5:00 PM

Location: Ruby's Inn

Cost: \$15 per person After Mar. 7 - \$20 per person

Persons who would like to start up a business or in business less than one year - \$10 before March 7 (\$15 after).

FILL OUT FORM BELOW, DETACH AND MAIL TO EXTENSION ADDRESS ON FORM

Registration Form: Garfield County Business Resource Conference (Please Print)

Name 1 _____ Name 2 _____

Business _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____ Fax _____

METHOD OF PAYMENT (please check one) Payment amount: _____

Cash (DO NOT MAIL)

You may register with cash in person

Check: Make checks payable to USU Extension.

Mail or take your registration to:

Garfield County Extension
P.O. Box 77, 55 S. Main
Panguitch, Utah 84759
phone: (435)676-1113

Credit card: Call (435)676-1113 with your information or Mail Form to:
USU Extension, c/o SuzAnne Jorgensen
P.O. Box 77, 55 S. Main, Panguitch, Utah 84759
(postmarked by March 19)

Check one: Visa Master Card Discover

Credit card # _____ Expires _____

Print name as it appears on card: _____

Signature _____

Winter Cold Stress: Wet Cold vs Dry Cold

☆ Several factors create stress for livestock during the winter months including cold temperatures, wind, snow, rain and mud. Understanding how these factors influence livestock performance will help improve feeding management during stressful times and reduce stress caused problems. Of course, livestock producers know that their cattle need more feed at these times, but how much more? Wet conditions contribute to the stress associated with winter weather, how significant is it on livestock performance? Table 1 shows critical temperatures for beef cattle. (adapted from Brownsen, R. and Ames, D. Cattle Producer's Library. CL 760.) Note the significant difference in critical temperatures when the hair coat is wet. In regards to livestock performance, snow would be preferred to a cold rain. Rain wets the hair of the animal and all the air pockets (insulation) inside the hair are lost increasing the critical temperature significantly. Keeping cattle dry is the preferred method of dealing with stress, but many times this is impractical. The next best way to deal with cold stress, is by increasing the energy in the diet. Table 2 gives an example of the effects of temperature on beef cattle energy needs and extra feed requirements. (Adapted from Boyles, S and McCutcheon, J, Ohio State University Ext.)

Table 1. Estimated Lower Critical Temperatures for Beef Cattle.

Hair Coat Description	Critical Temperature
Summer Coat or Wet Coat	60 degrees F
Dry Fall Coat	45 degrees F
Dry Winter Coat	32 degrees F
Dry Heavy Winter Coat	19 degrees F

Table 2. An Example of Effect of Temperature on Energy Needs of Beef Cattle.

Effective Temperature	Extra TDN Needed	Extra Hay Needed (lbs/cow/day)	Or Extra Grain Needed (lbs/cow/day)
50° F	0	0	
30° F	0	0	
10° F	20%	3.5-4 lbs	2-2.5 lbs
-10° F	40%	7-8 lbs	4-6 lbs

General Recommendations:

1. Provide shelter in the form of wind breaks or buildings to reduced wind, moisture and temperatures.
2. Adjust energy in rations to match expected performance for seasonal conditions.
3. Maintain livestock in a Body Condition Score of 5-7.
4. Research suggests that needs for protein, minerals, and vitamins are not altered by cold weather.

5th Annual Diversified Agriculture Conference

February 20-22, 2008

Logan, Utah

For more information, contact Ruby Ward at 435-797-2323 or you can visit the website at WWW.DiverseAg.org

Utah Beef Cattle Field Day

January 29, 2008.

8:15 am - 3:15 pm

BYU Harmon Conference Center, 900 East University Parkway Provo, UT

For more information contact: Dr. Dale ZoBell 435-797-2144, or C. Kim Chapman 435-893-0474

2008 Public Lands Policies Conference

☆

January 30 - 31, 2007

Holiday Inn, St. George Utah

Registration Cost: \$30.00

January 30-31, 2008

Jan 30 -12:00 pm Registration

1 pm Conference Topics

State participation in Federal Land Policy ~ Cooperation in response to fire and restoration ~ Livestock theft ~ Grazing improvement program

Jan 31 – 7 am Breakfast

Conference topics

Cheat grass Challenge and Update ~ Safe Harbor Agreements/impacts ~ Forest health challenges and update ~ Using GPS on your farm or ranch ~ GIP, practices and procedures explained ~ Climate change and water outlook

12 noon adjourn

PRESENTED BY:

UtahState
UNIVERSITY | **COOPERATIVE**
extension

AND,



UTAH FARM BUREAU

Red Books

Utah Total Beef Record Keeping Program



The little Red Books are in and going fast! Stop by the County Extension Office and pick-up your copy today.

Can I Still Plant My Tulips This Spring?



☆ So, did you purchase tulips and forgot to plant them last fall, or did you find a great deal at the local garden store on tulip bulbs this winter? Either way, tulip bulbs (and other spring flowering bulbs such as daffodils) should be planted in the

fall. They require a long period of cool temperatures (6-20 weeks at 35 degrees F to 55 degrees F) to spark biochemical processes which help them flower in the spring. Also, fall planted bulbs use the opportunity to develop a strong root system in preparation for their spring display. Now, you don't have to throw those bulbs away. Go ahead and plant them as soon as the ground thaws out. You may not

see spectacular blooms, but you might get a few and you'll save the bulbs for next year. A great place to store those spring flowering bulbs until planting is in the vegetable drawer of your home refrigerator



2008 4-H Teen Retreat

**Life is a Highway..*

Friday March 15 - Saturday March 16, 2008

7-12 Graders

Cost \$40.00

Location: Zion Ponderosa Resort

Retreat will begin around 6 pm on March 15 and end around 4 pm on March 16.



Fun Activities and Workshops, Service Project, Zip Line, Climbing Wall, Dance, Fozz Ball

RSVP by February 15, 2008 to the Garfield County Extension Office @ 435-676-1113 or Cassie Lyman @ 435-826-4088.



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Senior Scholarships

The Utah State University Extension Office in Garfield County is currently accepting applications for two scholarships:

J. Arza Adams Scholarship
Due February 1, 2008.
(on campus)

Garfield County 4-H Scholarship
Due March 1, 2008.

Applicants need not be in 4-H to apply. Stop by the office to pick up an application and find out the requirements, or call (435)676-1113. The Extension office is located on the second floor in the Panguitch courthouse, 55 So. Main Panguitch, Utah.

'08 Garfield County Livestock Tagging Dates

☆ The county agent will be available to visit your 4-H project and tag your animals at the below dates. If you are unable to make these deadlines then you will need to bring your animal (s) to 55 South Main in Panguitch to be tagged.

January 18-19, 2008

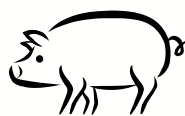
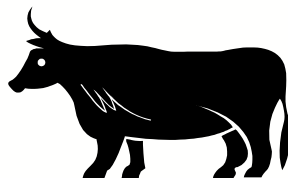
February 29 - March 1, 2008

May 2-3, 2008

May 30-31, 2008

It is the exhibitor's/4-H leader's responsibility to notify the county agent when you need your livestock tagged and schedule a time. There will be no late tagging. Tagging deadline change from show to show, but generally are 100 days prior to the show for steers and 60 days prior to the show for lambs and hogs.

To schedule a time to have your animal (s) tagged, call Garfield County Extension Agent Kevin Heaton @ (435) 676-1117.



07-08 4-H

The Garfield County Extension Office would like to welcome you to a new 4-H year. Now is the time to fill out new enrollment forms, medical release forms, and photo release/code of conduct forms. These forms are available online at: <http://extension.usu.edu/garfield> or at the extension office, 55 So. Main Panguitch. If you have any questions, call staff assistant Roxanne Bridges at (435)676-1113.

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BULK RATE

PERMIT

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UTAH STATE UNIVERSITY
GARFIELD COUNTY EXTENSION
55 SOUTH MAIN / P.O. BOX 77
PANGUITCH, UTAH 84759

Other Contact Information
Phone: 435-676-1113
Fax: 435-676-8239
E-mail: suzannej@ext.usu.edu
kevinh@ext.usu.edu
cassie.lyman@usu.edu
roxanneb@ext.usu.edu

BOXHOLDER

Check us out on the web:

<http://extension.usu.edu/garfield>

Upcoming Events

Jan. 18-19	Garfield County Livestock Tagging Dates
Jan. 29	Utah Beef Cattle Day @ BYU Harmon Conference Center, Provo Utah
Jan. 23	Take Charge of Your Money, Wk 1: Where are you know?
Jan. 30-31	2008 Public Lands Policies Conference, St. George Utah
Jan. 31	Take Charge of Your Money, Wk 2: Managing Cash & Choosing Credit
Feb. 1	J. Arza Adams Scholarship application due on USU campus.
Feb. 6	Take Charge of Your Money, Wk 3: Investing For Retiring
Feb. 20	Take Charge of Your Money, Wk 4: Planning For Your Future
Feb. 20-22	5th Annual Diversified Agriculture Conference, Logan Utah
Feb. 27	Take Charge of Your Money, Wk 5: Managing Your Risks
Feb. 29– Mar. 1	Garfield County Livestock Tagging Dates
Mar. 1	Garfield County 4-H Scholarship application due in Garfield County Extension Office
Mar. 9	Garfield County Business Resource Conference, 12:00 noon - 5:00pm, Ruby's Inn, Bryce Canyon
Mar. 10	Water Users Workshop, Dixie Center St. George, UT. Contact Kevin Heaton for more information (435)676-1117

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