

MARGIE'S MAILBOX

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Utah State University
JUAB COUNTY EXTENSION

2nd quarter 2011

I Still Do Event: 8 weeks and counting

There are only 8 more weeks for our 43+ couples in Juab County participating in the 'I Still Do' Program to complete their 10 activities, turn in their reports and surveys, and pick up their \$25 cash. **May 31st is the deadline.**

For those of you who may still be interested in taking part in our 'I Still Do Event'—there is still time and cash available for more couples to join us. Sign up at the Extension office and pick up your own 'I Still Do' card and Utah Marriage Handbook.

What is 'Marriage: I Still Do?'
This marriage activity card is designed to help couples have fun spending time together and nurture their relationship. Once you have completed and checked off 10 activities or more, bring the card to the Utah State University Juab County Extension office for a \$20 cash award. At least three activities with asterisks are mandatory for the cash award and need to be verified by the Extension office. Completed Activity Cards and surveys are due May 31, 2011 by 5 p.m.

An extra cash award of \$5 will be given to participating couples who each complete the exit survey.

The activities need to be done with spouse only (no kids). Couples must be at least 18 years old to participate.

Marriage Relationship Tip:

Show Your spouse in small ways DAILY how much you care.

Exercise 5: Plan a date once a week, just like when you were single. Go someplace—just the two of you—and get reacquainted with each other (once a week for at least 2 hours).

As daily physical exercise builds strong bodies, there are some daily relationship exercises that build strong marriages. Try these exercises. Post them on the refrigera-

tor. Couples report amazing results!

For Exercises 1-4, see the Utah Marriage Handbook.



Upcoming Events

- April 19—Mealtime Magic
- April 21—Herbicide Give-away
- April 26—Eureka Health Fair
- May 5—Container Pots
- May 14—CVMC Health Fair
- May 17—Cook it Quick and Healthy
- June 21—Pressure Cooking

For our complete events calendar please visit our web site at extension.usu.edu/juab

Have a question about gardening? Food safety? Finance? Emergency preparedness? 4-H? Menu planning on a budget? Sick trees? Our County Agents can help you! Check out our website, call or come to the Extension office for helpful information and/or handouts.

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10 Keys for Financial Success

1. **Spend Less than you earn.** Keep a budget or spending plan and track your spending.
2. **Have a Plan.** Get organized, write down your financial goals, track your expenses.
3. **Prepare for expected events.** Retirement, holidays, etc.
4. **Prepare for unexpected events.** Emergencies, job loss, etc.
5. **Always know your interest rates.** Never exceed 13% interest on loans and know what you pay on interest and fees. Know how your interest is being calculated.
6. **Keep a Healthy Credit Report.** Receive a free annual credit report at annualcreditreport.com.
7. **Avoid waste.** Eat at home, clip coupons, return purchases you won't use.
8. **Take advantage of Tax Breaks.** Earned Income Credit, VITA.
9. **Fill in the Financial Gaps.** Garage sale, eBay, recycle, sell excess produce at a Farmer's Market, start your own house cleaning business, etc.
10. **Give Back to Your Community.** Angel Tree, United Way, Food Bank.



Plan to be financially successful

- Know where your money is going.
- Save for specific needs.
- Write down immediate, short term, intermediate and long term goals.
- Create a spending plan that works for you and track what you spend.

Start saving NOW to be prepared

- Save lump sum payments/windfalls like tax refunds, gifts or inheritance.
- Be prepared for sudden illness, theft, natural disasters or the loss of your job.
- Have adequate health, car, home, and life Insurance.

Improve your credit score

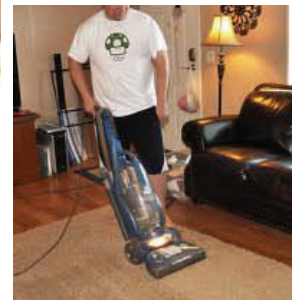
Your credit score is a number that indicates if you have good credit history. You can improve your credit score by paying your bills on time. Don't apply for credit (cards) frequently. Pay off your balances each month.

Spring Clean - or Not!

Don't wait for Spring to clean—

- Wipe up spills immediately.
- Reduce oven spills by placing a tray or foil under baking dishes.
- Don't pour grease down the drain.
- Pour boiling water down drains weekly to reduce buildup.
- Damp mop floors instead of sweeping.
- Rinse the shower, bathtub and sink after each use to reduce soap scum buildup.
- Use a squeegee to clean plastic or glass shower doors after each use.
- Install drain screens to reduce hair and debris clogs in sink and bathtub drains.
- Vacuum weekly.
- Dust with a damp cloth.
- Use a doormat at entryways to reduce dirt tracked into the house.
- Remove your shoes at the door and switch to 'inside shoes.' (It is not advisable to wear only socks on hard surface floors.)

Source: Pamela Turner, Ph.D. and Sharon Gibson, M.S., University of Georgia Extension.



Food \$ense Nutrition Program

Get started on a healthier lifestyle with these ideas!

Call the Extension office at 435-623-3457 to take nutrition classes on these and many more topics:

- Menu planning
- Grains and making homemade bread
- How to make healthy snacks

No time for breakfast?

- Grab an apple, orange or any other fruit.
- Pack baby carrots, nuts, or dried fruit in a baggie ready to go for a snack.
- Take a homemade breakfast muffin.
- Munch on veggies, pretzels, or popcorn and make them up in baggies ahead of time.

At a fast food restaurant?

- Try a grilled chicken sandwich and a side salad.
- Split an order of fries, or order a smaller size.
- Use less or leave off the mayonnaise, sauce and spreads when ordering a sandwich.
- Share a rich dessert with a friend.

Want to cut fat in meals?

- Use a cooking spray instead of oil to sauté foods.
- Trim visible fat from meat and remove skin from poultry.
- Canned beans are a delicious addition to a salad.

Need to get moving?

- Work off a big lunch by taking a bike ride or go for a walk with your kids after work.
- Instead of socializing with friends by watching videos or dining, plan to go walking, biking or dancing.
- Aim for the farthest parking spot, not the closest, so you can get in extra walking.
- Walk the sidelines or stroll around the field instead of lounging in the stands while the kids play soccer or softball.
- Run up and down the stairs with each load of laundry, get up and change the channel, or walk to your co-worker's office, instead of calling.

Applesauce Oatmeal Muffin (Makes 12)

- 1/2 cup butter, softened
- 3/4 cup packed brown sugar
- 1 egg
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup applesauce
- 1 cup rolled oats
- 1/2 cup dried cranberries
- 1/2 cup nuts



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In a large bowl, cream butter and sugar. Beat in egg. Combine dry ingredients; add alternately with applesauce to the creamed mixture. Stir in oats, dried cranberries and nuts. Fill greased or paper-lined muffin tins 3/4 full. Bake at 350° for 25 minutes.

Sources: Laurie Bates Certified NEA,
<http://www.fns.usda.gov>

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Upcoming Food \$ense Classes

Mealtime Magic

Keep it FUN! Keep it SIMPLE! Just KEEP it!
Learn creative ways families can make time for each other and have better nutrition.

Date: April 19th Time: 7 p.m. Extension Kitchen

Cook it Quick and Healthy

It can be hard to balance the demands of the day and still create quick and healthy meals. Learn ways to cut down your time in the kitchen.

Date: May 17 Time: 7 p.m. Extension Kitchen

Easy and Fast Cooking with a Pressure Cooker

You'll be amazed at the amount of time you'll save creating tender meats and tasty meals!

Date: June 21st Time: 7 p.m. Extension Kitchen

Increase Health Habits

Take action with the New Dietary Guidelines for 2010 by making changes in these three areas. Choose steps that work for you and start today!

Balancing Calories:

- Enjoy your food, but eat less.
- Avoid oversized portions.

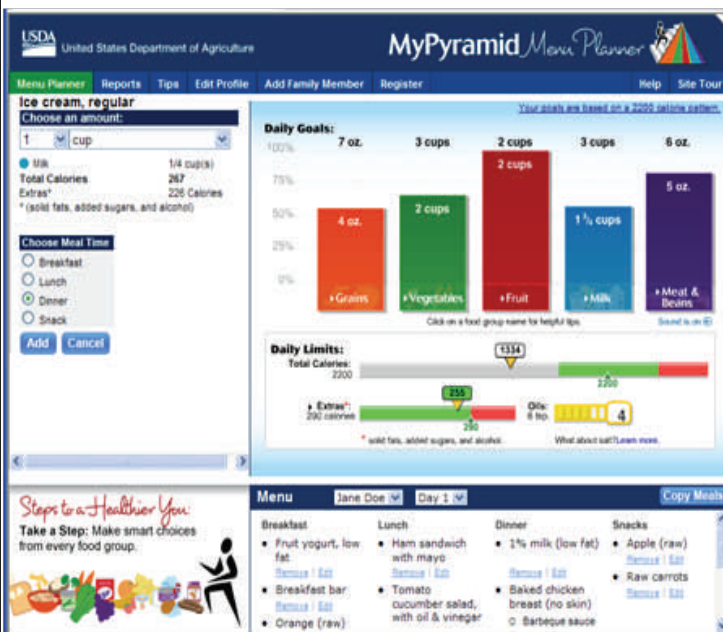
Foods to Increase:

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce:

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

While making small changes in your health habits, one size doesn't fit all. Try easy-to-use mypyramid interactive tools to get a personalized eating plan (to maintain current weight, or to move toward a healthier weight), or to plan and assess your food and physical activity choices based on the new Dietary Guidelines mentioned above.



Resources: <http://www.mypyramid.gov>
<http://www.mypyramid.gov/planner/index.aspx>

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Check us out on the web:
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