

MARGIE'S MAILBOX

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Utah State University
JUAB COUNTY EXTENSION

1st quarter 2012

Strengthening Marriage/Relationships

Utah State University Extension and the Commission on Marriage are committed to providing marriage education and relationship strengthening services as part of the Utah Healthy Marriage Initiative. The mission of this initiative is to help Utahans gain greater access to marriage education services where they can acquire the skills and knowledge necessary to form and sustain a healthy marriage/relationship.

In celebration of Utah Marriage Week, USU Extension in Juab County is promoting 'Healthy Marriage/Relationships' month with the following local activities:

'Healthy Dating and Relationship' Contest at Juab High School through February. Student Body Officers will provide 'Dating and Relationship' education with supplemental curriculum to the student body each day, via 'Tip of the Day' and 'Do's and Don'ts', through announcements and other activities. Students may participate in the 'Healthy Relationship' contest and submit a one-page essay with a description of a related

'positive behavior' they demonstrate during the contest and why it is important. SBOs will select from essays submitted, 4 or 5 individuals each week and award each winner a participation incentive. Participation in Healthy Relationship activities during the month of February will increase an individual's chance to receive this award.



Marriage/Relationship Education — Second annual "I Still Do" event. Beginning February 1st, come to the Extension Office for your free Marriage Handbook and pick up your "I Still Do" Activity Card: "This marriage activity is designed to help couples have fun spending time together and nurture their relationship. Once you have completed 10 activities or more (including a 1 page 'So What' paper), and filled out the survey, you will receive a participation incentive (\$25/ couple)." Participants must be 18 years and over. Quantities are limited.

Upcoming Events

- 1/17-Microwave Cooking
- 1/26-Ag Pesticide Training
- Feb-Mar. Tuesdays-Free Tax Preparation
- 1/26-4-H Leathercraft starts
- 2/16-Farm Estate Planning Workshop
- 2/23-1st Quickbooks Class
- 2/21-Microwave Cooking
- 2/29-Fun & Finances- REALLY!
- 3/15-Garden Class series
- 3/20-Microwave Cooking
- 3/22-Garden Class series
- 3/29-Garden Class series

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

Be a volunteer and assist with VITA (Volunteer Income Tax Assistance). Contact the Extension Office.

Fun & Finances—REALLY!

Leap into a commitment to learn about basic financial management to help you effectively manage your money together. Attend Juab County Extension's couples date night:

Fun and Finances—REALLY!
February 29, 7-8:30 pm
Juab County Center
Cultural Hall

Learn budgeting basics, and financial survival tips such as how to make

your money last through the end of the month. This free workshop counts as an "I Still Do" activity and the public is invited. All participants will receive the financial fitness curriculum "Take Charge of your Money." Registration is required. Call 623-3450 to reserve your seat at this fun, information packed presentation.



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Save More \$ in 2012

Is one of your 'New Year's Resolutions' to save money in 2012? Like any resolution, unless some action is taken on your part, nothing will ever change.

Keys to your success:

Plan ahead: Everyone should have an emergency fund equal to 3-6 months of wages. This will be helpful in case of layoffs, family emergencies, etc.

Avoid eating out: Try to limit your outings to once a week or better yet, once a month. On other days, pack a lunch or cook at home. Not only will you save money, but you'll be eating healthier at the same time.

Adopt the "do I REALLY need this?" approach: Whenever you are tempted to buy something, ask yourself, "Do I really Need this, or do I just want it?"

Put a limit on entertainment costs: Be creative and have fun without spending all your hard earned cash: hiking, biking, picnics, movie rentals, local community events, scenic spots, etc.

Don't let the kids have free money: Instead of just giving your children money, make them earn it. Teach them the value of money and they will soon learn not to spend haphazardly.

Stash your savings in a special place: Designate a special account for your savings so it won't accidentally be spent. Direct deposit is usually 'out of sight, out of mind'.

Take time to reflect on your current situation. Analyze your expenses to see where you might be able to cut back to save more money. Remember, you and only you control the amount of money you save in 2012.



Free Tax Preparation

KEEP YOUR MONEY!

You've earned it.

If your household income is below \$50,000 per year, you may qualify for an Earned Income Tax Credit of up to \$5,650 even if you don't owe any taxes!

Have your taxes done for FREE!

Then use your refund to invest in your family's future. In many cases a direct deposit refund can be received in 7-10 days.

Juab County Tax Preparation Days are: Tuesdays in February and March: 2/7, 14, 21 and 28th, and 3/6, 13, 20, and 27th, from 1:30 - 5 pm. Visit utahtaxhelp.org or call the Extension Office to see if you qualify. Qualified households can make appointments for FREE tax preparation through the Extension Office at 623-3450.

Taxes prepared by IRS certified volunteers

Earn it. Keep it. Save it.

An initiative of



and dozens of Community Partners

Spring Gardening Classes

Watch for more information and the dates of upcoming 2012 Spring Garden Series classes:

Get the **Vegetable Garden** you have always wanted: seed selection, irrigation, fertilizing, pest control, and harvesting.

Pruning Roses: Learn how to prune, train,

and manage roses.

Drip Irrigation: A practical and user friendly method for home garden and plant irrigation.

Hanging Baskets: Learn how to design and assemble beautiful container pots and hanging baskets.

Food \$ense Nutrition Education Program

The **Food \$ense Program** knows that healthy snacks are important for busy people. Get more ideas for healthy eating on a budget by taking **free** nutrition lessons. Call 623-3457 for more information.

Snacking can play an important part in healthy eating:

Keep it simple:

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



Snack when you are hungry: Avoid eating when you are bored, frustrated, or stressed. Walk around the block, clean the house, wash the car, or do some other activity instead of eating.

Eat snacks well ahead of mealtime: a snack eaten 2-3 hours before meals is best.

Eat snack sized portions

Go easy on high sugar, high fat snacks

As a general guideline: consume snacks that include at least two food groups.

Snack ideas from each food group:

Grains: dry cereal, whole grain crackers, mini rice cakes, sliced bread, mini bagels, graham

crackers, whole wheat tortillas

Vegetables: veggie "matchsticks" (thin sticks) made from fresh carrots or zucchini, bell pepper rings, cherry tomatoes, steamed broccoli, green beans, sugar peas, avocados

Fruits: apple slices, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes, berries, dried apricots

Dairy: low-fat cheese slices or string cheese, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese

Protein: egg slices or wedges, peanut butter, bean dip, hummus, slices of lean turkey or chicken, shelled pumpkin seeds

Source: To learn more about healthy eating, go to www.ChooseMyPlate.gov.

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Upcoming Food \$ense Classes

Everything Microwave (Series)

Microwaves aren't just for popcorn, defrosting and TV dinners. They can be used to make so much more! Come learn how to use your microwave more effectively to fit your busy lifestyle at the "Everything Microwave" Classes.

Jan 17, 2012

Buying and Cleaning a Microwave, and How to Cook Vegetables Fast and Easy



Feb 21, 2012

Microwave Breakfasts in a Hurry



Mar 20, 2012

Soups, Fruits, and Using Foil in the Microwave



Apr 17, 2012

Cooking Meat, Beans, and Protein in the Microwave, and Defrosting 101



Call 623-3450 to sign up for either class, or sign up online at www.extension.usu.edu/juab.

All classes will be held at 7 pm in the Extension Office Kitchen, 160 North Main, Nephi.



160 N MAIN
NEPHI, UT 84648

Check us out on the web:

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

Utah Saves

All over Utah people just like you are proving that you don't have to be rich to build wealth. As members of Utah Saves, they are paying off their debts, and saving to reach their financial goals.



Utah Saves is a statewide coalition who's mission is to build long-term economic stability by helping all Utahans reduce debt, increase savings, and create lifelong financial security.

We can provide tips and tools to help you set goals, develop strategies to reach those goals, and to start saving. So what are you waiting for? Make your New Year's Resolution to enroll

in Utah Saves and start making your dreams a reality. Come to the Extension office in Juab county, sign up to be a 'Utah Saver' and receive a free piggy bank or water bottle and financial resource materials. You will also receive a monthly newsletter.

For those who are already enrolled as 'savers', set a specific goal this year to work on 'reducing debt'. For more information on family finance, visit extension.usu.edu/juab.



(Due to recent federal and state budget cuts, America Saves and Utah Saves will not be sponsoring 'kickoff' events this year.)

Subscriptions

With rising publication costs we would like to encourage you to start receiving this newsletter via email. To make this change, or to be added or taken off this list, please contact us at 435-623-3450, or email juabextension@usu.edu. You can also subscribe online at <http://extension.usu.edu/juab/htm/family/subscribe>.

