



We would like to express our appreciation to Jay Olsen from Snow College for instructing the QuickBooks Course that was held in Fillmore. He did a fantastic job! We would also like to thank Alan Christensen of the SBDC at Snow College, Linda Gillmor, Millard County Economic Development Director, Dr. Godfrey, USU Extension Farm Management Specialist, and Millard High School, where the class was held, for all their efforts in helping us bring this course to county residents.



UNDERSTANDING THOSE HOLIDAY BLUES

True or false, feeling “let down” (sad, tired, lacking energy) after the holidays is usually a sign that the holidays were disappointing, unpleasant, or did not meet expectations?

Many people will answer “true” when asked this question. The holidays can be a time of joy, fun, and excitement. They can also be tiring, disappointing and tension packed. People sometimes feel “blue” or let down during or immediately after the holidays. It is easy to assume that these feelings are a sign that the holiday did not go well; that changes need to be made. That might be one explanation. However, that “let down” feeling may be nothing more than your body’s need to relax and recuperate after a very busy and hectic schedule.

During the holidays, there are many events, activities, and people that act as stressors. Stressors are anything that cause stress. Some stressors are caused by negative events while others are the result of things that we look forward too. Negative stressors that can occur around the holidays are family arguments, disappointment over gifts, concern about spending too much money, loneliness, not being able to get home for the



holidays, not enough sleep, or too many people. But, events that we truly look forward to can also be stressful: visiting with friends and families, playing with grandchildren that you don’t see very often, wrapping gifts, preparing food, decorating the house, eating favorite or special food, and the change of routine and pace.

It is important to remember that some people do truly become depressed during the holidays. Holidays are not a magical cure for people who are lonely and sad. The best gift you might be able to give someone who is depressed is the assurance that you don’t expect him/her to automatically feel better because it is a holiday. Encourage involvement in holiday activities and events, but give that person some space and permission to leave when they feel they need to.

Source: School of Medicine, University of Missouri, Columbia (Kathy’s Corner Newsletter)

UPCOMING EVENTS

- *Soil Workshop*, Wed. Jan. 16th 6:30 p.m. to 8:00 p.m. in the Activity Room at the Delta Extension Office (Jeff Banks, Ag Ext. Agent from Juab County, Instructor)
- *Pesticide Class*, Wed. Jan. 30th 6:30 p.m. to 8:30 p.m. in the Activity Room at the Delta Extension Office (Jeff Banks, Ag Ext. Agent from Juab County, Instructor)
- *Weed Producer Mtg.*, Wed. Feb. 13th 6:30 p.m. to 8:00 p.m. in the Activity Room at the Delta Extension Office (Jeff Banks, Ag Ext. Agent from Juab County, Instructor)
- *Livestock Health and Nutrition*, Thurs. Feb. 21st, 10:00 a.m. to 12:00 p.m. in the Millard County Commissioners Chambers in Fillmore (Mark Nelson, Ag Ext. Agent from Beaver County, Instructor)

IMPORTANT NOTE

If you would like to receive Newsletters by email, please let us know by emailing the following address:

millardextension@usu.edu



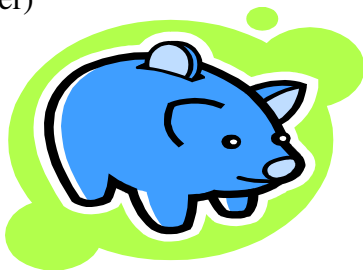
FAMILY FINANCES



See the ideas below for a number of keys to financial family literacy. These ideas can also work for single people and couples without children.

- ❖ Start a year-long campaign to learn about money. Pick a new topic each month. www.smartaboutmoney.org is a good place to start.
- ❖ Resolve to be more financially responsible. Encourage kids to put 10% of their allowance in savings for an entire year. If you're single, a close friend and you could each decide to save \$50 a month.
- ❖ When grocery shopping, use coupons, purchase generic brands, substitute sale items, and avoid prepackaged foods as much as possible.
- ❖ Set savings goals for special items. Figure out how much you'll need to save each month to buy it in three, six, or 12 months. Parents might want to match kids' savings to increase motivation.
- ❖ Pay the bills together. Kids will appreciate the cost of household conveniences if they see the monthly electricity, phone, and cable television bills. They'll also learn that plastic doesn't mean "free money" when they see you paying for purchases made last month with credit cards.

Source: National Endowment for Financial Education, www.nefe.org (Davis Lifestyles Newsletter)



IDEAS FOR GRANDPARENTS

Some ideas grandparents have used to make themselves meaningful in the lives of their grandchildren are:

1. Share with the grandchildren family histories and traditions.
2. Offer to tend or to have the children to your home on regular occasions.



3. Serve as a cultural enrichment specialist. Most grandparents have seen, experienced, and collected many fine and cherished items. Married children and grandchildren would benefit from hearing about and seeing the cherished items.



4. Be a companion and confidant to the grandchildren. It is important that a grandparent show the children they have an approachable listening ear and can be trusted with confidential information.

5. Be a specialist in adjustment to social change. Most grandparent-aged people have experienced vast amounts of social change. Sharing with others how they have adjusted to rapid social change can serve as a valuable asset to the lives of tomorrow's generation.

6. Share your knowledge and special skills. We are losing the art of many hand skills and craftsman-type skills that many of our grandparent-aged people have. It would be a shame not to pass those skills on to tomorrow's generation. Many of today's children and youth know little about making a whistle from a willow or some other near forgotten skill.

7. Be available to spend time with children who seem to be at odds with their parents. More and more we are finding parents who are having difficulty with some of their children. Often there is one or more children who, for one reason or another, is failing to adopt the family's values and behaviors. A kind, warm grandparent could do a lot to reverse the behavior of wayward grandchildren.

The above are only a few of the many functions that grandparents are doing. Why not ask some other grandparent-aged person what they are doing that is meaningful with their grandchildren.

Source: (Margie's Mailbox Newsletter)





Happy New Year! Hope it's a great 2008!



The New Year seems to be a time of renewed hope and resolution! For many it is a time to eat healthier and lose weight, for others it is a renewed interest in exercise and body building. If you are one of millions of Americans who overspent at Christmas and are dreading the first credit card bill of the new year, perhaps your resolutions are in the finance area. Maybe you want merely to get your life organized after the frantic holiday season. If so, this newsletter has a few suggestions.

Diet Confusion?

If you're confused by the conflicting diet and weight-loss information available today, you're not alone.



Dr. Robert Atkins says we can eat all the fat and protein we want—as long as we severely limit carbohydrates.

Dr. Dean Ornish, like Pritikin, on the other hand, says to load up on complex carbohydrates found in vegetables, fruits and whole grains—but to severely limit fat.

Other diet promoters suggest that we eat adequate protein, moderate fat and fewer carbohydrates.

About the only thing these diet gurus agree on is that Americans eat far too many refined carbohydrates and sweets, and they don't exercise enough.

Bottom line: As one doctor put it, the final dietary answer doesn't fall at an extreme, but rather somewhere in the middle. And the USDA says they'll stand by their food pyramid recommendations—moderation and balance.

To go along with your diet good intentions, are you looking for a treat that is high in complex carbohydrates and fiber, low in sugar, moderate in fat, and can give you a chance to rotate the oats in your food supply?

Low-Sugar Cranberry Orange Bread

- 2 cups all-purpose flour
- 1 cup oats (quick or old-fashioned)
- ¼ cup sugar (or heat stable sugar substitute to equal ¼ cup sugar)
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 cup fat free milk
- 3 eggs
- 1/3 cup orange juice
- ¼ cup vegetable oil
- 1 tsp. grated orange peel
- ½ cup chopped cranberries
- ¼ cup chopped nuts (optional)



Heat over to 350 degrees F. Grease and flour 9x5 inch loaf pan. In a large bowl, combine flour, oats, sugar or sweetener, baking powder, baking soda and salt; mix well. In medium bowl, combine milk, eggs, orange juice, oil and orange peel; blend well. Add to dry ingredients all at once, stir just until dry ingredients are moistened. Stir in cranberries and nuts. Pour batter in pan.

Bake 60 to 70 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes. 1 loaf = 6 servings.

Nutrition Information: 1/16 of recipe, Calories 130, Total fat 4 grams, Saturated fat 0.5, cholesterol 0 mg. Dietary fiber 1 g, Protein 4 g, Exchanges: 1 starch, 1 fat and ½ fruit unless it was made with a sugar substitute.



January is National Oatmeal Month, and according to Quaker Oats, people buy more oatmeal in January than any other month. Oatmeal is high in fiber, and it can aid in removing cholesterol from your body. For additional information about oatmeal or great recipes for reduced fat and sugar desserts, check into their web site at www.quakeroatmeal.com



Food \$ense Nutrition Education is a **Free** program to help individuals and families eat better on a tight budget. We have received new curriculum called, **“Loving Your Family Feeding Their Future”**. This curriculum is geared for families with children 2-18 years of age. It has many wonderful ideas to help busy families cook easy, quick, and tasty meals that the whole family will love; Get your kids to eat more fruits and vegetables and like them; Stretch food dollars; Get your family to be more physically active and have fun. Currently, I am enrolling participants for group classes of 5-7 people. Classes will be held in Fillmore and Delta. Call us at 864-1480 or 743-5412. For more information, please check out our new web page at www.extension.usu.edu/millard.

Creamy Mexican Salsa Dip

3 cups low-fat plain yogurt, drained for 3 hours*
4 oz. can chopped green chilies, drained
¼ cup prepared Mexican salsa
¼ cup finely chopped cilantro
1 tsp. ground cumin
1 tsp. dried oregano leaves, crushed
¼ cup finely chopped green onions
1 Tbsp. lime juice
1/8 tsp. salt
Black pepper, optional
6 cups assorted snacking vegetables such as: baby carrots, cauliflower or broccoli flowerets, celery sticks, cherry tomatoes, cucumbers, zucchini sticks
tortilla chips, optional
cilantro leaves, garnish



In a medium-sized bowl, combine the drained yogurt with all remaining ingredients for dip except salt and pepper. Allow to chill covered for 15 minutes or more. Before serving, adjust seasonings, if desired. Prepare all vegetables. Arrange on a large platter surrounding a medium-sized soup bowl. Optional: serve chips in basket.

When ready, spoon dip into center bowl, garnish with additional cilantro and serve. Enjoy, enjoy!

Chef's note: When yogurt is placed in a coffee filter or cheesecloth-lined sieve (over a bowl) and allowed to drain for several hours, much of the extra moisture drains away, leaving a thicker consistency. The longer it is drained, the thicker it becomes, ultimately becoming the consistency of cream cheese. With its good nutrition and low-fat content, drained yogurt is a great base for many flavored snacking dips to accompany both vegetables and fruits. Occasionally, the term “yogurt cheese” is used to designate drained yogurt.

Sources: [Http://www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

Mary Anna's Tidbits of Information

“The secret to health is only 2 feet away – your own two feet.” – Robert Sweetgall.
Walking is the original exercise. Walking is a good, all-around workout for the human body, with a low occurrence of injuries. Walking is inexpensive, requires no special equipment, and can be done anytime, anywhere. The time it takes for a short walk is more than compensated by increased attentiveness and productivity. Take 10 minutes of time and walk after each meal. Some of the benefits you receive are:

- keeps you from falling asleep
- reduces your desire for too much dessert
- aids digestion
- helps stimulate your metabolism
- gives you renewed energy
- builds strong bones
- increases or maintains muscle mass
- helps improve stress – coping ability
- helps maintain healthy weight
- develops good posture
- develops a good wellness attitude
- encourages the use of senses
- encourages drug-free living
- improves physical coordination
- improves heart strength

(Source: WIN KIDS Lessons – Walk With Me)

