

Jan/Feb 2008

Jeff Banks

Green Thumb



Join us in
offering a big
Thank You

to

Jeff Banks,
USU

Extension
Agent from
Juab County
for helping
with our
West Side
County needs
until a new
USU

Extension
Agent is hired!
Contact Jeff
at

435-623-3452

or

435-660-0062

And to

Mark Nelson,
USU

Extension
Agent from
Beaver County
for helping
with our
East Side
County needs.
Contact Mark
at

435-438-6451

or

435-310-0318

There's No Place Like (a Safe) Home

By A.J. Ferguson, Farm Bureau Safety Specialist



HOME is where we enjoy being with our family, friends and loved ones. But statistics show that your home can be one of the most dangerous places you encounter during your day. More than 28,200 people died at home in 1998. Here are the five leading causes of death and injury and what you can do to prevent them:



FALLS were the leading cause of death in the home in 1998. 20,700 people (up 9% over 1997) were killed. With the elderly and very young children being the primary victims.

- ◆ Make all second story windows safe by installing window safety stops, catches, bars or guards. Make sure they are easily removable in case of fire.
- ◆ Use nonskid mats or appliqués in bathtubs and showers; consider installing grab bars.
- ◆ Keep floor clean of spilled water, grease and food.
- ◆ Provide adequate lighting in every room of the house. Place night lights in kitchens, hallways and bathrooms.
- ◆ Keep stairs clear, uncluttered and well lit. Maintain a sturdy handrail or banister. Install safety gates at top and bottom of stairs if you have small children.



POISONINGS due to ingestion of poisonous and inhalation of dangerous

gases accounted for 24% of deaths in 1998. 6,800 people died with the majority being between the ages 24-64.

- ◆ Store everything in clearly-marked original containers.
- ◆ Install a carbon monoxide detector.
- ◆ Check your gas furnace and other appliances regularly.
- ◆ Do not run gas engines, motors, or generators in any enclosed space.
- ◆ Post poison control center and other emergency numbers near every phone in your home.



FIRES are the third leading killer in the home. They accounted for 3,300 deaths in 1998.

- ◆ Check all electrical cords for fraying and cracked insulation.
- ◆ Do not leave cooking food unattended. Keep a fire suppressant near the stove.
- ◆ Do not smoke in bed or leave lit cigarettes unattended anywhere in your home.
- ◆ Install smoke detectors in the hallways leading to the bedroom and on each level of your home. Test your smoke detectors at least once a month. Change the batteries in the smoke detectors when you change your clocks for daylight savings time (twice a year).
- ◆ Keep fire extinguishers on each floor of your home. Use ABD dry chemical type extinguishers.
- ◆ Develop a family escape plan and practice or review periodically.

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SUFFOCATION, either by ingestion or by smothering, ranks fourth among killers in the home.

- ◆ Learn the Heimlich maneuver and CPR.
- ◆ Keep plastic bags and balloons away from small children. Keep all small objects, such as buttons, coins and balls out of reach. Do not let small children wear jewelry or play with necklaces or bracelets.
- ◆ Make sure children cannot become trapped in toy chests, old refrigerators or freezers.



FIREARMS rank fifth with 700 deaths either in or around homes.

- ◆ Everyone in the household should be taught gun safety.
- ◆ Store firearms unloaded in a locked or secure case and store ammunition separately.
- ◆ Always handle a firearm with action open and keep your fingers off of the trigger.

Let's make this New Year one of the best that we have ever enjoyed. Make it a safe and secure place for your family and loved ones by implementing this list and correcting those items that could be a hazard in your home.

WATERING HOUSEPLANTS

By Jay Dee Gunnell, Horticulture Assistant



Most of us don't want to assume responsibility for the neglected houseplants that timidly decorate our indoor living spaces. After all, who hasn't received a houseplant as a gift from that distant acquaintance who didn't realize

that you had killed the previous three plants before this one? Now you are stuck with another living thing under your care and supervision. The dust accumulating on the leaves haunts you every time

you pass by, reminding you of how inconsiderate and irresponsible you really are. To make yourself feel better, you water the plant a little bit extra. There, now you are a caring and generous person again...right?

Regardless of where the houseplant came from, or the motivation behind your plant care, here is some advice to make those houseplants more of a pleasure and not so much of a pain. Over-watering is probably the number one killer of houseplants. There is no general watering schedule that can be recommended for all houseplants. Light, temperature, humidity and size of container all play a role in how fast the potting media dries out. Gauge the soil moisture by color and feel. If the media is light-colored, cracked and pulled away from the pot, the soil is too dry and roots may be damaged. If the media is dark and slimy, it is obviously too wet and root-rotting organisms may become problematic. Fungus gnats also may become problematic if houseplants are over-watered. The best technique to use in monitoring when to water is by probing a few inches deep into the potting media using your index finger. When watering, soak the entire profile of the pot, or until water comes out the drainage hole of the container. After an hour or so, remove and discard the collected water.



Generally, flowering plants will need more water than foliage plants. Those plants more exposed to sunlight or closer to heater vents may also dry out more quickly.



Tap and/or well water are usually satisfactory for watering houseplants. The levels of chlorine and fluorine added to culinary water will typically not harm plants. Water that is run through a water softener, however, is not recommended for continuous watering of houseplants.