

KATHY'S CORNER

Extension

UtahStateUniversity.



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EXTENSION.USU.EDU

USU EXTENSION - IRON COUNTY - 585 N MAIN St. SUITE 4 - CEDAR CITY UTAH 84721

JUST A QUICK NOTE

What do many families do when outside temperatures are in the nineties? Many head for water parks, swimming pools, or splash pads.

These are great options for cooling off while having fun in the sun. So, to make certain everyone remains safe while recreating this summer, here are four tips:

1. Master water safety.
2. Beat the heat and sun.
3. Prevent ticks and mosquitos from causing harm.
4. Prevent injuries.

To read about each of these tips in more detail, check out USU Extension's web site to read this article:

<https://extension.usu.edu/news/tips-for-cold-weather-survival>

Sincerely,

Kathleen (Kathy) Riggs, Professor
USU Extension, Iron County
Family and Consumer Sciences/4-H Youth



✓ CHECK IT OUT

FREE Create Better Health Online Course

Create Better Health, Utah's SNAP-Ed program is now available free of charge as a USU Extension online course. There are 8 lessons offered including videos, interactive polls, and healthy recipes. It's a self-paced course teaching basic nutrition, food budgeting, shopping tips and how to have a well-stocked pantry.

Sign up for the course at <https://extension.usu.edu/createbetterhealth/>

CREATE BETTER HEALTH SNAP-ED



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LOOK WHAT'S COMING

Volunteer County Fair Judges Needed

We are looking for volunteers on the following dates to judge a variety of home arts and 4-H exhibits for the following county fairs:

August 9- Garfield County (Panguitch)

August 10- Kane County (Orderville)

August 23- Beaver County (Minersville)

Are you available to help? Please contact the Extension Office 586-8132 for more details or email:

katy.wagner@usu.edu

USU Extension's Rural Online Initiative

The job market in Utah and throughout the US is very fluid with individuals and companies constantly reinventing themselves.

If you are wanting to change the course of your employment or want to make yourself more marketable, if you do not want to re-locate to take a position in an urban community, if you just want to explore the possibilities of something different with your current work situation, courses through the Rural Online Initiative may change the course of your life- See: <https://extension.usu.edu/remoteworkcertificate/>

STRONGER MARRIAGE CONNECTION

Many people have discovered the convenience of podcasts and if you are one of them, here's a series worth adding to your playlist.

Dr. Dave Schramm, USU Extension family life professor and Dr. Liz Hale, licensed clinical psychologist practicing in Salt Lake City, team up to offer great content from their perspectives as well as those of many other experts in their respective fields. Choose from any number of recorded discussions on your favorite platform. Examples of topics include:

- Responding to your partner's needs, not behaviors
- Navigating the newlywed years
- Safe conversations
- Embracing regrets
- Empty nest marriage
- A better you for a better marriage
- Countering marriage myths
- Turn resentment into compassion

To view the most up-to-date playlist, see:

<https://extension.usu.edu/strongermarriage/podcast/index>



HOME CANNING TIPS FOR JULY- AUGUST

- Check the supply of available canning jars, lids, and screw bands. (Keep in mind the sealing compound on the bottom of canning lids will likely dry out after 1-2 years).
- Check freshness dates on boxes of pectin and bottled lemon/lime juice.
- Are there any spices that need to be replenished?
- Will you need to purchase Clear Jel® for pie fillings?
- Inventory available space for newly preserved foods and check dates on current food products. What needs to be tossed? What can be kept?
- Pull out canning tools and equipment and verify it is in good working order. When is the last time the dial-type pressure canner gauge was tested?
- Make certain you have up-to-date canning recipes and/or manuals.



DISHSOAP- FOR MORE THAN JUST WASHING DISHES

Maybe you have already figured out that dish soap is versatile. Cleaning pros at American Cleaning Institute verify this in a segment which includes the following in their latest online newsletter, *Cleaning is Caring-*

1. Pre-treat Stains:

It's no secret that dish soap is a powerful grease fighter, which means there's no need to fear when you get a grease stain on your favorite shirt. Before throwing your grease-stained clothes into the washing machine, ensure that the stain is lifted by following these easy steps:

1. Blot the stain as soon as you can with a clean cloth or paper towels.
2. Rinse with cold water and a little dish soap.
3. Treat the spot with a stain remover and let it sit before laundering.



2. Clean Patio Furniture:

Patio furniture goes through a lot over the course of a year, and no one wants to sit in a grime-covered chair. Easily clean your patio furniture by mixing a bit of dish soap into a bucket of warm water. Wipe down the furniture then rinse with the garden hose - now your patio furniture is squeaky clean!

3. Wipe Down Kitchen Cabinets:

Dishes and pans aren't the only things that get greasy when you're cooking. Clean grease-covered cupboards with a solution of dish soap and warm water. Either mix the solution in a spray bottle for a quicker clean, or simply dip a washcloth in a bowl of the solution and wipe down the cabinets. Rinse with a damp cloth and dry to reveal sparkling cupboards.

When Not to Use Dish Soap

Even though dish soap is an adaptable cleaning solution, it has its limitations. Never use dish soap on your hair, your face, your dog, hardwood floors, leather, or cast-iron pans. Finally, you should never use dish soap in the dishwasher.

Source: [3 Convenient Uses for Dish Soap | Cleaning is Caring](https://www.cleaningiscaring.org/wpd/3-convenient-uses-for-dish-soap/)

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PROTECT YOURSELF FROM THUNDERSTORMS AND LIGHTNING

The roar of thunder and the crack of lightning tend to both excite and incite fear. These rumbling sounds and flashes of light are commonly part of summer rainstorms and while fascinating to some, require respect for the potential harm they can cause to humans and property. Consider the following from SW Utah Public Health Department's Family Emergency Preparedness Guide.

Protect Yourself

- Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors, windows, fireplaces, stoves, metal pipes, sinks and appliances.
- Do not use electrical appliances.
- Use the telephone for emergencies only.

If you are outside with no time to reach a safe building or vehicle, follow these rules:

- Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
- In a forest or in the mountains, seek shelter in a low area under a thick growth of small trees.
- In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.
- Do not stand on a hilltop, in an open field, on the beach or in a boat on the water.
- Avoid isolated sheds or other small structures in open areas.
- Get out of the water and off small boats.
- Get away from anything metal- tractors, farm equipment, motorcycles, golf carts, bicycles, camping chairs, etc.
- Stay away from wire fences, clothes lines, rails, or anything that could conduct electricity.
- When you feel an electrical charge- if your hair stands on end or your skin tingles- squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees.



DO NOT LIE FLAT ON THE GROUND.

MAKING SENSE OF "ADDED SUGARS" ON NEW NUTRITION FACTS LABEL

The Food and Drug Administration (FDA) designed the Nutrition Facts Label to assist consumers in constructing a healthy diet.

The current label on food products now lists Total Sugars and breaks that number down by identifying "added sugars". This means consumers can now distinguish how much naturally occurring sugar is in the food or food product and how much was added in producing the product found on the grocery shelf.

The Dietary Guidelines for Americans target for consuming added sugars is up to 200 calories or 10% of total calories per day (for a 2,000 calories per day diet).

Some specific examples of FDA's added sugars include agave nectar | brown rice syrup | brown sugar | concentrated fruit or vegetable juice | corn syrup | honey | high-fructose corn syrup | molasses | white granulated sugar.

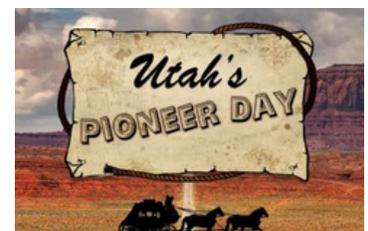
What's NOT on the Nutrition Facts Label is the list of low- and non-caloric sweeteners. If you are trying to avoid this type of added sugar, you'll need to refer to the ingredients list.

| Nutrition Facts | |
|---|-------------------------------|
| 6 servings per container | |
| Serving size | (140g) |
| Amount Per Serving | |
| Calories | 170 |
| | <small>% Daily Value*</small> |
| Total Fat 8g | 10% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 22g | 8% |
| Dietary Fiber 2g | 7% |
| Total Sugars 16g | |
| Includes 8g Added Sugars | 16% |
| Protein 2g | 4% |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small> | |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Source: The Sugar Association, April 2020 factsheet



July 24th



Iron County Fair
August 28th - September 4th



USU Extension Service, Iron co.
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Cedar City, UT 84721

Change Service Requested

Other Contact Information

Phone: 435-586-8132

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Check us out on the web:

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

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Efficient Irrigation of Trees and Shrubs

In Utah, urban landscape irrigation accounts for 50-75% of the annual municipal water use, and much of it is applied in excess of the plant's needs. This excess is a tremendous resource waste and the overspray causes substantial damage to hardscape (i.e., decks, patios, fountains, decorative concrete, etc.). Scheduling irrigation according to landscape plant water needs can reduce excess water use. In addition to conserving water, proper irrigation can encourage deeper root growth and healthier, more drought tolerant landscapes.

Trees and shrubs have much deeper and more extensive root systems than turf grass so they should be watered less frequently but for longer periods of time. The optimum time to water is just before you observe any water stress. Therefore, it is important to determine sub-surface soil moisture. Soil moisture can be determined using a soil moisture probe (a screw driver or long metal rod would work too). The probe will easily penetrate moist soil but stops when it hits dry soil.

Trees or shrubs should be watered to a depth of 18-20 inches. The amount of water to apply in any situation depends on the soil type. By allowing water to penetrate deeper into the soil profile you are encouraging deeper rooting and a more drought tolerant plant. Frequent, light irrigations will lead to plants that have a shallow root system and that are more prone to water stress.

Wilting and leaf scorch are symptoms of water stress. However, over-watering of plants can create similar browning symptoms and even cause the leaves to drop. Roots need oxygen to survive and when the soil is over-saturated with water there is little oxygen for the plant's roots. Without a healthy root system the plant is no longer able to absorb water and will show signs of water stress. Many gardeners assume these symptoms are from a lack of water and they will continue to add to the problem by over-watering, eventually causing the plant to die.

To read the rest of this article and learn more about how to water your trees and shrubs more efficiently go to:

https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1894&context=extension_cural

