

KATHY'S CORNER

Extension
UtahStateUniversity.



May / June 2023 EDITION

EXTENSION.USU.EDU

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

JUST A QUICK NOTE

Hooray! It's gardening season. No, wait, there's snow in the forecast. Should I plant my seeds? What about flowers?

It is tempting to get moving with the family garden. However, be aware of which plants can survive cold nights, which seeds can be put in the ground, and acknowledge the average last freeze in and around Cedar City is May 15th.

If you want to be more "in the know" about this year's gardening season, please check out <https://extension.usu.edu/yardandgarden> for information from USU Extension yard and garden experts.

Have a great Spring!

Sincerely,

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



✓ CHECK IT OUT

Food preservation equipment available. If you are interested in borrowing a pressure canner, water-bath canner, or a large food dehydrator, you may use our check-out system. There is an up-front \$25 fee to reserve the equipment. When it is returned in good condition, you will receive a refund of \$20.

Also available is an in-office freeze dryer. After a brief orientation, residents may use the freeze-dryer. Each batch of food costs \$5.

New USU Extension website with focus on Floods/Flooding.

Though most of Utah has seen wonderful amounts of snow, for now, the focus seems to be on the Wasatch Front area being hit hard with Spring Run-off. Will you be ready when it's southwest Utah's turn?

As a precaution and resource, USU Extension has launched a new website:

<https://flood.usu.edu> Check out the resources for information on Preparation, Response, and Recovery. Several links and articles are ready to answer questions and provide action steps.



OTHER GREAT READS INSIDE:

- PG 2: VIRTUAL RELATIONSHIP CLASSES/COURSES AVAILABLE
- PG 2: MENTAL HEALTH AWARENESS MONTH- MAY 2023
- PG 2: LAUGHING AND MENTAL HEALTH
- PG 2: TOP 10 MONEY MISTAKES PEOPLE MAKE
- PG 3: NINE ESSENTIAL ITEMS TO HELP YOU SHELTER IN PLACE
- PG 3: BEST FOOD STORAGE CONDITIONS
- PG 4: WEED CONTROL OPTIONS FOR RESIDENTIAL LAWNS IN UTAH

LOOK WHAT'S COMING



Come join us for some fun and learn about what 4-H has to offer!

Date: May 31st
Location: USU Extension Office
Time: 2:30 - 5:30

There will be snacks, games, drawings, and more!

4-H Summer Day Camps

Register at
4h.zsuite.org

1. Enroll as a 4-H member
2. Pay \$10 per youth
3. Register for the camp under "events"

For a list of day camps and schedules, please visit our Facebook page: [Iron County 4-H Clubs Utah](#)

VIRTUAL RELATIONSHIP CLASSES /COURSES AVAILABLE

USU Extension is providing some great online relationship classes. The classes are free and all you need to do to join is register on the website. The classes include topics on Stepfamilies, Parenting, Smart Dating, and Couples. They will be held throughout May and June. For a full list of courses and registration, go to <https://extension.usu.edu/hru>

Here's a sampling of what the courses have to offer and starting dates for the sessions.



Smart Steps for Stepfamilies

Stepfamilies are amazing! Join us in learning how to create family unity through empathy, rituals of connection, and meaningful communication. This is a fun, interactive course packed with evidence-based strategies for a happier family!

- Virtual courses starting on May 13th, 16th, 19th, June 5th and 7th.

Couple Links

In this research-based course, you and your spouse or significant other will hear engaging stories and interesting facts, engage in frank discussion, and learn to work together for your relationship.

- Virtual courses starting on May 8th and June 7th.



Parenting the Love and Logic Way

This FREE course uses the Parenting the Love and Logic Way® curriculum and teaches parents how to raise responsible kids and enjoy parenting. Participants will learn how to end power struggles with their children, teach responsibility, and prevent arguments.

- Virtual courses starting on May 9th, June 5th, and 6th.

MENTAL HEALTH AWARENESS MONTH- MAY 2023

Utah State University Extension has a website specifically dedicated to Wellness in several areas: Personal Wellness, Wellness as a Couple, Wellness as a Family, Community Wellness, and Financial Wellness. (<https://extension.usu.edu/agwellness/>).

Yes, there is an agriculture twist on several articles but many topics, classes and podcasts have information for the general public. Check it out!



LAUGHING AND MENTAL HEALTH

Another source for mental health awareness is Mental Health America. One of the top ways mentioned on their website to live well and feel well with our bodies and emotions is to laugh. Yes, laugh.

The website, <http://mhanational.org/4Mind4Body/>, explains that laughing decreases levels of stress hormones; stimulates the heart, lungs, and muscles; increases activity in parts of the brain's reward system; and releases Endorphins- the body's natural pain blockers.

Further, incorporating humor into your daily life has many potential benefits: a stronger immune system, improved mood and anxiety relief, better interactions with others, and less burnout on the job.



The site also identifies the power of humor to reduce the risk of developing chronic health conditions. Noted is that stress and the hormones it produces can do a lot of damage to the mind and body over time. Since humor and laughter reduce the amounts of these hormones, it has also been shown that they can help reduce the risk of blood clots, heart conditions, and other stress-related diseases.

Source: <https://mhanational.org/4mind4body-humor>

TOP 10 MONEY MISTAKES PEOPLE MAKE

Equifax, one of the top credit bureaus in the U.S. shares, "There's nothing wrong with making a mistake — even when it comes to your finances. However, it becomes a problem if you keep making the same missteps over and over again."

Below are 10 mistakes they see people make repeatedly. They also offer solutions to change problem behaviors.

- 1) Spending more than you earn.
- 2) Putting off financial planning until tomorrow.
- 3) Failing to save for emergencies.
- 4) Postponing retirement saving until later in life.
- 5) Taking a long time to pay off your high-interest debt.
- 6) Always buying new cars without considering used options.
- 7) Not buying enough insurance coverage.
- 8) Not monitoring your credit scores and credit reports.
- 9) Lacking an investment strategy, or not sticking to one.
- 10) Not having a will.



For more details for each potential mistake, read the entire article or watch the video found at www.equifax.com/personal/education/personal-finance/top-money-mistakes/

NINE ESSENTIAL ITEMS TO HELP YOU SHELTER IN PLACE

Shelter-in-place is applied in the event of a natural disaster or other risky situation where the safest location for individuals or families to remain is inside their home. From several hours to longer periods of time the purpose is to keep us out of harm's way.

Recently, people have been required to stay where they are due to snow, flooding, mud slides, and even earthquakes. How well they endured the inconvenience was based largely on preparation. Consider these top nine categories of preparation as shared by the Southwest Utah Public Health Department.

- 1. Water-** One gallon, per person, per day, for drinking and sanitation.
 - Keep in a cool, dark place & replace with a fresh supply every 6 months.
- 2. Food-** A supply of 3-5 days of nonperishable food per person.
 - Crackers, granola, soup, powdered milk, ready to eat canned meat, fruit & veggies.
- 3. Clothes-** Collect one change of clothes and footwear per person.
 - Consider adding blankets and rain gear.
- 4. Medications-** Collect three days' worth of any prescription medicines you're taking.
 - Be sure to note the expiration date.
- 5. Flashlight-** Keep a bright flashlight in case there's no electric power.
 - Consider a lantern-style light since it is hands free.
- 6. Can Opener-** Make sure it's a manual can opener in case there's no electric power.
 - Consider foods with pull-top openings.
- 7. Radio-** A battery-powered radio for listening to news and weather.
 - Consider extra batteries and a hand-cranked or solar-powered radio.
- 8. Hygiene Items-** Just the basics like soap, toilet paper, and a toothbrush.
 - Moist towelettes are handy for quick sanitation.
- 9. First Aid-** Basics such as antiseptic, gloves, bandages, and non-prescription medicines.
 - Whether pre-made or self-assembled



Most of these items can be stored in a medium-sized backpack for quick access. Place near the main door entry way or other frequently used door leading outside.

BEST FOOD STORAGE CONDITIONS

Controlling moisture, temperature and light are key for optimizing the shelf-life of long-term food storage. Some important points to note are:

Moisture

Humidity in the storage environment should be low. If dried foods pick up moisture from the storage area, molds and bacteria can grow. This can lead to spoilage and illness. Moisture can also lead to the breakdown of some packaging materials (paper degradation and metal rusting). In areas of high environmental humidity, a dehumidifier may be needed.



Temperature

The optimal temperature range is in the cool to moderate range, approximately 40 - 70 degrees F. Research at Brigham Young University by food scientists on long term storage has shown that wheat retained an acceptable quality for 25 years stored cold (basement) and only 5 years stored hot (garage or attic).

Grain germination rates will decline and vitamin breakdown rates in all stored foods will increase as the temperature increases. Canned foods should not be allowed to freeze. Freezing will bulge cans and may cause seam failures leading to a potential for foodborne illness. Dry foods can freeze without concern.

Light and other Factors

Direct sunlight is detrimental to foods. It can speed deterioration of both the food and the packaging. The heat from sunlight can also speed deterioration. Always store foods off the floor. Flooring materials, especially concrete can leech chemicals into stored foods. These chemicals can pass through plastics and can cause rust to form on metal.

For more information visit

<https://extension.usu.edu/preserve-the-harvest/research/storage-conditions>

happy
Mother's
day
May 14th

June 18th

HAPPY
FATHER'S
DAY



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Change Service Requested

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Check us out on the web:

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

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Weed Control Options for Residential Lawns in Utah

An important aspect of landscape maintenance includes suppressing lawn weeds. These include both broadleaf and grassy forms, which may disrupt the uniformity of turf. Weed prevention through proper turf establishment and maintenance is the best practical approach for long-term weed control, and is less expensive than controlling weeds later. Aspects of prevention include using best management practices such as proper mowing height along with irrigation and nutrient management. In certain situations, herbicides are an appropriate tool for weed control. However, herbicides should not be used as a primary, longterm option, or as a substitute for appropriate prevention.

The adage, “An ounce of prevention is worth a pound of cure” is very applicable when it comes to weed control. There is less expense in both time and resources to control weeds prior to the time they become a problem. Additionally, consider that keeping weeds out of lawns is both an individual and community effort and involves a host of techniques including:

- Cleaning mowing and maintenance equipment
- Filtering/monitoring irrigation water
- Evaluating top soil contaminants
- Using only weed free compost
- Buying and planting high quality weed free seeds and plants
- Consistently scouting your yard for new weeds
- Working with neighbors so you, or they, are not the source of each other's weeds



It is important to identify the weeds, both by common and scientific name, so that the weed's lifecycle, reproductive strategies, and control methods may be understood. Most common turf weeds can be identified at the USU Extension website [Common Weeds of the Yard and Garden](#).

To read the rest of this article and learn more about how to prevent and get rid of weeds in your lawn visit:
<https://extension.usu.edu/yardandgarden/research/weed-control-options-for-residential-lawns-in-utah>