Expectations of the holiday season often ignite an atmosphere of anticipation in regards to love, joy and family. Though these expectations may shine brightly, the demands of work, family, and friends may also usher in a season of stress for couples making this a challenging time of year.

According to the American Psychological Association, 44% of women and 31% of men said their stress levels were higher than normal during the holidays. Additionally, another study conducted by OnePoll found that 88% of Americans report feeling stressed during celebrations of the holidays and that the average couple will have seven arguments during the season. How can couples alleviate this stress and make the holidays a time to strengthen their relationship?

1. **Plan a Date for Just the Two of You.** Amid the flurry of celebrations make time to spend time together alone. Get a babysitter, put the phones and other devices away, this is time for just the two of you. Research shows that couple-time contributes to a high-quality relationship with less chance of divorce. Other benefits include deeper commitment, better communication, and sexual satisfaction.

2. **Serve Others Together.** Whether it is shopping, wrapping, and delivering gifts anonymously for a needy family or visiting an elderly neighbor, doing service together creates new memories and bonds you in a unique way. Service offers its own benefits, as well, such as a deeper connection to others, lower stress levels, and improved mental, physical and emotional health.

3. **Create a Couple Tradition.** Make this one that is uniquely yours. Whether it’s watching the same movie each year, hanging a special ornament on the tree together, or taking a walk in the snow together, a “couple tradition” helps to make memories that you’ll look back on and will enrich your relationship with joy.

4. **Give an Unexpected Gift or Gesture.** According to research, most people appreciate the gift-giver more when gifts are unexpected. He may have asked for a new hammer, but what if you brought him breakfast in bed? Whether it is a sweet note tucked under her pillow or washing the car without telling him, be thoughtful and creative in words, gestures and gifts.

5. **Be Gentle and Kind.** Remind yourself that your partner may be feeling stressed, exhausted and emotional. Don’t let the stress overtake your relationship. Take a step back and be the kind and gentle support you each need during stressful times.

6. **Be Proactive.** There is a critical question that, according to author Maura Kelly, has the potential to turn around the whole holiday season for you and your partner, “What can I do to make this a special holiday for you?” Then follow through.
November has faded fast and we are now into December. I have been here in Millard County for just over two months and I am starting to learn a little more about the area.

I have had quite a few questions about trees, flowers, and shrubs that do not look healthy. The lack of water has made for a tough year on trees. When trees are under extra stress, like during a drought, they tend to be more susceptible to disease, pests, and infections. With all the dry weather this past year, many trees in the area are struggling. The best hope is for a good water year this winter. If you have specific concerns, please reach out to me.

Although there is not much to do in the garden this time of year, consider winterizing lawn mowers, tillers, and weed whackers. It is a good idea to either drain the gas or add a fuel stabilizer, so you are ready to go in the spring. Don’t forget to disconnect hoses from spouts and make sure your water systems are all winterized. Winter is also a good time to clean and sharpen garden tools and pruning shears.

While you might not be planting or working with the soil right now, it is a good time to be learning and planning for next growing season. If you have questions about trees, gardening, pruning, or which varieties to plant, consider calling or visiting the extension office. We can help get you the right information to have a fruitful harvest next year.

In addition to home gardeners, I have had the pleasure of working more with local producers. We are working on a couple small variety trials in the Delta area. The hope is to increase yields on small grains being grown. I am planning on sending out a survey to producers as I come up with a plan of how I can best assist you. If you get a survey in the mail, please respond, it will help me to better serve the area. It is also pesticide license season. Don’t forget to get your CEUs and renew pesticide licenses. There are still a few online options for credits right now if you need them. More information can be found on the UDAF website or by contacting the extension office.

https://ag.utah.gov/farmers/plants-industry/pesticides/

Lastly, if you plan on having a live tree for Christmas, be sure to place it in a sturdy stand that holds about a gallon of water. A fresh cut tree can lose over a gallon of water in one day.

Happy Holidays,
Kalen
Millard County 4-H 2020 Year-in-Review/ AWARDS

Due to the challenges and government mandates caused by Covid-19, we had to forego our annual Awards Night banquet this year. However, that didn't dampen our desire to personally recognize and thank our amazing 4-H leaders & youth for the work they’ve done the past year. Several volunteers held tight and did what they could to make the necessary adjustments to keep youth active and moving forward, despite all the forces pushing against us. None of us are happy about the cancellations and restrictions, but we are doing our part to keep everyone safe & healthy. We look forward to the day when we can physically congregate again, but will continue to use creative measures to serve the youth in our county.

Please join us in offering sincere gratitude and congratulations to the following recipients of this years awards:

Volunteer of the Year: Micheline Anderson. Micheline took on the challenge of leading the first-ever virtual 4-H camp in our county. Her virtual sewing camp was a huge success and youth were able to complete 4 projects to enter in the fair. When meeting restrictions lifted, she chose to lead a 2nd sewing camp where youth completed another 4 projects! Thank you!

Business Supporter of the Year: Wash Time Car Wash. Terilyn & Dean Anderson have generously donated premium advertising space to help us spread the word about our events this year. Thank you so much!

We'd also like to recognize and give THANKS to these additional businesses for their support this past year:

MOM’s Crafts & Sunrise Engineering

Family of the Year: Daniel Peterson Family. The Peterson family not only participated in 4-H, but also volunteered to lead clubs Such as Craft Club (Jordyn Wood) and Cloverbud Club (Aubree Peterson). Jordyn was also active as a 4-H Region Ambassador while Daniel has been a volunteer with Millard Silver Spurs & past 4-H Horse Council president.

Save The Day: Karley Swallow & Kara Camp. Karley and Kara stepped it up when it came time to help with the county fair and make sure it all went over well with the fashion review.

“Get ‘er Done”: Kortnie Anderson. Kortnie kept things going with the 4-H Horse Clubs as the 4-H Horse Council President.

Youth Volunteer Club Leader: Jordyn Wood lead the Fillmore Crafty Craft Club & provided fun crafts for 4-H youth.

“Run With It”: Brooke Smith. Brooke drove the Region Ambassadors all around the state and kept them right on track with their 4-H duties. We appreciate Brooke’s willingness to serve in this capacity.

All Around: There is so much to say about Shelly Finlinson– from horse to livestock to the normal every day duties of a 4-H Extension leader, Shelly was an “All-Around” 4-H star! She stepped up in BIG, 4-H fashion to help keep our programs running while we were missing staff.

We’d like to thank ALL the adults & teens who volunteered to lead or assist with 4-H clubs last year!!! We know they spent many hours planning and implementing their ideas on behalf of our 4-H youth and we truly appreciate their time and decision to volunteer! We’d like to specifically recognize the following leaders who remained actively involved in the 2019-20 year, despite the Covid restrictions and reduced 4-H staff support: Kortnie Anderson, Micheline Anderson, Wendy Brunson, Ashley Bryan, Deanne Hare, Daniel Peterson, Mary Stegeby, Carlee Stephenson, Justin Taylor, Carolyn Taylor, Leslie Willden, Chelsea Winsor & Traci Warnick.

Jr. Livestock Show and Awards:

Swine: McKade Peterson, Teyl Peterson


Dairy: Grand Champion- Kristin Willoughby, Reserve Champion Dairy- McKenzy Hildebrand

Goats: Grand Champion Goat- Jacelynn Bogue, Reserve Champion Goat- Campbell Warnick

Lamb: Grand Champion Lamb- Braylee Wheeler and Reserve Champion- Shaylie Wheeler

Round Robin: Hayden Holt and Braylee Wheeler

Livestock Portfolios: This is the first year of the new portfolio format, which consists of a cover letter and a resume only. The youth adjusted to the new format very well. 1st Place Portfolio Winners- Jasper Stephenson (hogs), Shaylie Wheeler (sheep), Chloe Christensen (goat), Campbell Warnick (dairy), Kash Nelson (beef). Overall high score: Chloe Christensen. Congratulations and great job!

First Year Portfolio winners: Kinley Christensen (goats) & Jack Nelson (beef). Congratulations!

Fair Awards: Thank you to all who participated in and helped make our 2020 “Quality Over Quantity” county fair a big success! It takes a lot of planning and volunteer work to complete a project as big as the fair! Our 4-H youth entered over 400 items this year! It was a tough decision for our judges, but we received great feedback on this year’s projects! Congratulations to all the youth who had entries go to the State Fair! Thank you for your hard work and representing our county so well!
IMPORTANT UPDATE:
Until further notice, all 4-H clubs are restricted from meeting in person. Clubs are encouraged to continue by meeting.

Current Charter Clubs* 2020/2021
♠ Sassy Stitchers Sewing Club, VIRTUAL
♠ Haley’s Craft Club
♠ A Stitch in Time (sewing club)
♠ Millard Shooting Sports
♠ Fillmore Crochet Club
♠ Fillmore STEM Club
♠ Millard Teen Council
♠ Delta 4-H Goat Club
♠ Delta Arts & Crafts Club
♠ Crazy Quilters Club
♠ Delta Mustangs
♠ Millard Silver Spurs
♠ Delta STEM-tastic Cloverbuds
♠ Millard County General Chartered

All Millard County 4-H clubs are open to any 4-H member in the entire county! However, some clubs are already full so please call us if you are unable to get into the club you want.

*as of November 15th, based on completed charter club registrations. If your club isn’t listed, please contact Tonya or Courtney to get set-up today.

Current Calendar for Millard County 4-H
December 2020/January 2021

Delta STEM-tastic Cloverbuds (once/month) 3:15-4:00 pm
Delta Arts & Crafts (once/month) 3:15 pm
Sassy Stitchers Virtually (once/month) 3:30-4:30 pm
Millard County Shooting Sports (dates vary - must call)
Haley’s Craft Club (once/month) 4:00-5:00 pm
Fillmore STEM Club (once/month) 3:00-5:00 pm
Fillmore Crochet Club (once/month) 3:00-4:00 pm

*If you want more information please contact Tonya or Courtney. Must be registered on 4h.zsuite.org to attend club meetings.

Other State 4-H Important Dates:
Scholarships Q&A December 1st
Un-Nationals Virtual January 7th-9th
Southern Region Ambassador Training January 9th

Millard County Teen Council News

New Teen Council Presidency for 2020/2021: Abi Kent, President, Hope Smith, Vice President and Makenzy Hildebrand, Secretary
Huge shout-out to Abi for compiling and creating an amazing 4-H video!!! Staff shared it with our County Commissioners in November and they really loved it! We will make the video available for you to view. Watch for a link on our Facebook page.

Upcoming Service Projects:
Decorate posters for residents of the care center: Monday, Nov 30th 3:30 pm. This activity will be VIRTUAL. Details will be emailed so check your inbox!
Gifts & Caroling to the “Special Needs” community. Date is currently set for Wed, Dec 9th.
Next Teen Council Meeting: MONDAY, NOVEMBER 30TH, 3:30 PM via ZOOM. Watch your email for link.
PLEASE make every effort to participate as we will be planning the Special Needs activity in addition to making posters!

Congratulations to the following youth who earned 1st place prizes with their Portfolio’s:
Junior division: Kinley Christensen
Senior division: Kara Camp
1st Year Portfolio: Mason Richins
We are very grateful to our awesome community judges this year!!!

Are you currently registered for 4-H?

We have a new website! All previous youth and adult 4-H enrollments expired on August 31, 2020. Some of your information was transferred to the new website, BUT it is still necessary for you to re-register for the new 4-H year, which officially began September 1st. We don’t want you or your kids to miss out and experience the dreaded FOMO so please visit: 4h.zsuite.org to complete your registrations today! Tonya and Courtney are entering clubs as soon as they have completed the Charter Club process. If you don’t see your club, or a club you are interested in, please contact us directly and we’ll help you complete the process.

Need help, have questions? Call Tonya @ 435-557-0399 or Courtney @ 385-236-3121
Create Better Health Nutrition Education is a Free program to help individuals and families eat better on a tight budget. If you would like information, call 864-1484, 864-1480 or please check out Create Better Health Millard County Facebook page with lots of healthy ideas and recipes for your family to try. Check out our Facebook page at: https://www.facebook.com/createbetterhealthmillardcounty/

FREE Classes:
At this time, I will not be teaching any direct education adult classes in person, but I am recording videos and posting them to Millard County Extension Facebook page. If you watch the videos, please fill out the survey posted with the video. If you would like to receive an email with the link and all the handouts from the classes, I will email the links to the lessons. I would like to make this a zoom class, where I would send out a zoom link to those who want to join in person from zoom and then I can answer your questions and respond to your remarks directly. Please let me know if you would like to be added to the email list or to receive a zoom link for the class. My email is: maryanna.henke@usu.edu

- Here is the link to Create Better Health: Introduction to MyPlate & Physical Activity/Create a Soup lesson: https://fb.watch/1Saq5Sj9E/
- Here is the link to Menu Planning, Grocery Shopping, Physical Activity Goal Setting, and Create A Wrap: 10 Tips: Make Celebrations Fun, Healthy, and Active. https://fb.watch/1SA3sDXE2_5/

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

Make healthy habits part of your celebrations Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

Make foods look festive Add a few eye-catching fruits to a favorite dish or a new recipe. For older children, add a sprinkle of almonds or green onions to make the dish pop. Decorate foods with nuts or seeds or use new shapes for vegetables.

Offer thirst quenches that please Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

Savor the flavor Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

Use ChooseMyPlate.gov to include foods from the food groups for your party Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

Make moving part of every event Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

Try out some healthier recipes Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. Try out some of the recipes from the MyPlate Kitchen.

Be a cheerleader for healthy habits It’s never too early for adults to set an example. Keep in mind that children follow what the adults around them do — even at parties.

Source: Choose MyPlate.gov

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