Are you feeling stressed? Are you struggling to find enjoyment in your life and relationships? With our ever-present fast-paced lives, we experience increased levels of stress. Despite the stress, there is something small we can all do that has the potential to impact mood and well-being in many ways. In our culture, there is a phrase that reminds us to find joy and express it in a jovial manner to cure what ails us. The phrase to which I refer to is ‘laughter is the best medicine.’

Martin (2002) shares the following benefits supporting the idea of laughter being beneficial to our health:

1. It releases endorphins that allow us to better manage pain.
2. It decreases cortisol levels related to stress.
3. Full-bellied laughter burns calories and causes our muscles to relax.
4. Laughing also improves the body's blood flow and respiratory functions: the carrying of oxygen to blood cells and the dispelling of carbon dioxide.
5. It can improve mood states, which affects our immune system, and reverse the negative effects of stress.

Many of us have likely heard of the health advantages of laughter. However, another facet of its benefits lies within relationship health. Those who are single report a desire to find a partner who possesses a sense of humor or can make them laugh (Wilbur & Campbell, 2011). The aforementioned authors also found that men are more likely to use humor when getting to know a female. Whereas, women are more likely to associate positive uses of humor as a determining factor for whether someone is a good match (Wilbur & Campbell, 2011). Hall (2017) & Bazzini et al. (2007) found that those who employed and appreciated the use of humor in a relationship experienced greater satisfaction with their partner. Here are some suggestions of how to use humor in your relationship to decrease stress and increase relationship satisfaction, consider trying the following:

- Find jokes you think are comical and share them with your partner.
- Watch and try out some Laughter Yoga by following this video.
- Visit your local improvisation or comedy theater. *Stuck at home? Search for your favorite comedian on a streaming app and enjoy.
- Share comical childhood experiences with your partner.
- Play a board/card game together. *Make sure to pick a game you both like.
- Go on a date that requires you to get in touch with your inner child.

References


Hello Millard County, it looks like spring is finally here, at least until we get our next cold snap and snowstorm. Still though it is time to get out and get the garden started. In this letter I will cover a few things that you might consider trying this spring to help your fruit trees, lawns and gardens this upcoming season. I’ll start with fruit. Get your berries and fruit pruned now. The pruning work you do in the spring will save you harder work later in the year and increase your yields now and in following years. If you have problems with fruit pests consider applying a horticultural oil after your buds burst to start control early. The same goes with traditional sprays and insecticides. Be sure to use insecticide safely. Always follow the labels and be mindful of pollinators. The key to controlling fruit pests is treating early and getting control.

For the lawn and yard, consider applying a pre-emergent herbicide if you normally have issues with weeds. Early to mid April is the best time to put down these types of herbicides and it will help control crabgrass and other annual weeds that tend to pop up in lawns. Whenever you end up cutting the grass for the first time, raise the mower height to allow for a 2 ½ inch to 3 inch grass. The shorter cuttings are very popular but put much more stress on the grass making it more susceptible to disease and pest damage. A slightly longer grass will help keep it healthy and green.

In the garden, you might want to add organic matter to help improve your soil health and drainage. One note of caution though, avoid tilling your garden if it is wet or saturated. This will only compact the soil and make it much harder to work with. In most areas in our county the soil should be dry enough, especially with the little amount of water we received over the winter. However, be cautious if your ground is quite wet. If you have spring flowers such as daffodil or tulips, now is the time to be applying fertilizer to add vigor to your flowers this year.

This is the time to plant cool season vegetables. There is quite a list of these veggies; peas, carrots, potato, lettuce to name a few. These are a few of the more popular vegetables but if you want to branch out consider adding broccoli, artichokes, brussels sprouts, cabbage, radish or turnips to the garden. There are a lot of other early season veggies that often get ignored by gardeners who stick to the more traditional list. Source your seeds responsibly, try to avoid the dark corners of Amazon and other strange online popup sites. Reputable seed companies will save you a lot of hassle down the road.

With your cool season seeds, consider staggering your planting dates. If you like peas and want to enjoy them more throughout the summer, don’t plant more all at once. This will just overwhelm you when they all come on at once. Instead, stagger your planting. Plant a group then wait 2-3 weeks and do more. You can normally plant these cool season vegetables until about the second week of May and still get a crop from them, after that, they’ll likely get too warm.

There are many other things you can be doing out in the garden now that it is a little warmer. If you want or need more information about anything please call, email, or stop by the office. I hope your gardens grow great this season!
Millard County Jr. Livestock Show June 1-4

Current Charter Clubs for 2020/2021

- Sassy Stitchers Sewing Club, virtual
- Haley’s Craft Club
- Millard Shooting Sports
- Fillmore Crochet Club
- Fillmore Elementary After School Gardening
- Fillmore STEM
- Millard Teen Council
- County Wide Paint Club- Zoom
- Delta 4-H Goat Club
- Delta Arts & Crafts Club
- Crazy Quilters Club
- Delta Mustangs
- Delta STEMtastic Cloverbuds
- Millard County General Chartered

*NEW (pending Charter Club approval): Delta School Farm Club & Millard Silver Spurs

All Millard County 4-H clubs are open to any 4-H member in the entire county!

If your club isn’t listed, please contact Tonya or Courtney.

4-H Maker Series

When: Friday, April 9th
Time: 1-2 pm Grades 5-6
3-4 pm Grades 7 & up
Cost: $5/child
What: tie-dye & embroidery
Where: 4-H room above horse arena in Fillmore

Grades 5 and up only. 4-H enrollment not necessary.

New on ZSuite: Clover Academy training series! Learn all the ins & outs of running a successful 4-H club. Required learning for all new 4-H volunteer leaders, but also a great refresher course for our seasoned experts! Check it out!

MILLARD TEEN COUNCIL

This county-wide club is open to ALL 4-H youth in 9th-12th grades. This club is designed to help teen’s develop leadership skills. Members meet monthly to plan, organize and implement 4-H educational programs, community service projects and fun social activities.

April 28th: Glo Bingo! Must register on ZSuite by April 21st!
*Monthly Meetings: 2nd Monday of each month @ 6:00pm

Saturday, April 10, 2021: Shooting Club will get together to learn about the history of western heritage and how to bring it to life again. Want to learn about this cool new 4-H program? Blake Clark will be coming to Millard County to demonstrate how Western Heritage Project works and how you can participate. If you are interested please sign up on 4h.zsuite.ong under events.

Important Calendar for Millard County 4-H
April & May 2021

Take Flight! 2-day Beginner Coding series: April 8 & 22 (Delta)
Maker Series: Tie-dye & Embroidery April 9th (Fillmore)
Western Heritage Shooting April 10: 9 am-2 pm (Delta)
* NEW! Gardening Club starting soon! Will meet after school. Livestock Showmanship Clinic with Q&A. April 20: 6-8:00 pm
Glo Bingo for all Teen Council members! April 28th (Delta)

Ambassador Information:
State Ambassador training May 5-8th

Other State 4-H Important Dates

*Hackathon April 9th-10th (tent)
*FCS Bowl Practice Contest April 15th
*Utah Envirotown April 16th & 17th
*State Ambassador Interviews April 20th OR 27th
*Mock Legislation April 27th
*Northern Region Retreat April 28th - May 1st
*Category Award Show April 28th - May 10th
*Paper Clover with Tractor Supply Co. May 3rd & 4th
*State Shooting Sports May 5th-8th
*State Ambassador Training May 5th-8th
*Eventing Clinic May 8th
*Drone Workshop & Mini Comp. May 15th (tent.)
*Dressage Clinic May 29th

Mock Legislature April 27th.
Register by April 4th!
Peas
If you want to get a head start on your garden, plant some peas. Peas seeds can be planted in early spring because they are cold tolerant. Once they are grown, they can be frozen, fresh, freeze dried, or canned and used in many recipes. Peas are fat free, saturated fat free, cholesterol free, sodium free, high in vitamin C, good source of fiber, good source of vitamin K, good source of thiamin, good source of zinc, good source of copper, good source of manganese.

Veggie Loaded Fried Rice

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<thead>
<tr>
<th>INGREDIENTS</th>
<th>DIRECTIONS</th>
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<tr>
<td>3 cups cooked brown rice</td>
<td>In a large skillet, coat pan with pan spray. Add onions, carrots, cabbage</td>
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<tr>
<td>½ cup green onion (minced)</td>
<td>and stir until cooked through about 3-5 minutes. Add 4 beaten eggs and</td>
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<tr>
<td>½ cup carrot (chopped or grated)</td>
<td>stir until cooked through. Stir in cooked brown rice, frozen peas, ham,</td>
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<tr>
<td>3 eggs, beaten</td>
<td>and soy sauce. Stir until thoroughly heated. Add salt and pepper to taste.</td>
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<tr>
<td>1 cup of peas (frozen)</td>
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<tr>
<td>2 cups cabbage (shredded)</td>
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<tr>
<td>½ cup diced ham (optional)</td>
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<tr>
<td>2 tablespoons soy sauce (low-sodium)</td>
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<tr>
<td>Salt and pepper to taste</td>
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<tr>
<td>Pan Spray</td>
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