



Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

*A woman purchased a \$39.99-a-month cell phone plan for her daughter because the salesman told her that it included unlimited “two-way” calls to her daughter’s friends. The first bill was \$976! When she called customer service, they said that there was **nothing** in her written contract about unlimited two-way calling.*

There are several Web sites that compare wireless plans, such as www.getconnected.com, www.letstalk.com, and www.myrateplan.com. You can enter info about your calling patterns and see which plan in your area would be the best for you. Also *Consumer Reports* magazine has several recent articles.

Ouch! Cell phone bill surprises

Understanding cell phone plans can be confusing. Many consumers have found out that it is easy to make a mistake and run up an expensive bill.

Ask about the return/refund policy and get it in writing. If the phone doesn’t work where you need it to, you don’t want to have to pay a hefty cancellation fee to get out of your contract. Some plans give you a couple of weeks or so to bring the phone back and cancel the contract if the phone won’t work for you. Be sure to test the phone in all places where you’ll be likely to make calls.

Be sure to get a written contract that details your plan. Be especially careful to get all verbal promises in writing. Ask the sales representative to show you where the contract promises free long-distance, unlimited weekend minutes, or some other feature.

Read the contract carefully. Wireless companies often advertise what sound like great monthly rates, but there may be restrictions and limitations. Most plans include lots of “off-peak” (night and weekend) minutes and a limited number of “peak” (daytime) minutes. Consumers can get into trouble when they think they are making night or weekend calls, but in fact they are calling in a “peak” period, according to their carrier’s definition.

Families who sign up for multi-phone plans in which everyone shares the same “basket” of minutes sometimes overrun their included minutes if they can’t work out how many minutes each person will use.

Some consumers choose to avoid the problem of minute limits by opting for plans that offer unlimited anytime minutes. The basic monthly rate for these plans is higher, but they avoid unpleasant surprises.

Roaming. When you make a call in an area where your carrier’s network does not reach, your call may go through on another company’s network, and you will be billed expensive “roaming” charges. To avoid these, choose a carrier that has the best coverage in the area you’ll need to make calls. Tell the carrier where you will be making calls and ask to see its coverage map. Be aware, though, that carriers’ coverage maps often don’t show large gaps in coverage. Ask if your phone has a warning light, beep, or some other indicator to alert you when roaming fees would apply, or a feature that would prevent you from making a roaming call. Or, look for a plan that does not charge any roaming fees.

Promotional rates and features that are good for a limited time only. Read the contract *carefully* to determine whether any of the rates or features are short-term promotional offers.

Realize that toll-free calls or calls made with a long-distance calling card aren’t free. Even though the cell carrier won’t charge you for long-distance, these calls are still charged for airtime minutes. (Source: The Consumer’s Edge, Consumer Protection Division, Office of the Maryland Attorney General, Mar/Apr 2003)

Tasty no-bake cookies

It just doesn't get any easier than this! I discovered this tasty combination by accident my first year in 4-H umpteen years ago. It's been my favorite cookie ever since, and is a "must make" treat for family any time of the year. In the hot summer months it has the bonus of not needing an oven to prepare.

The wonderful rich flavor comes from making the frosting with *browned* butter (not margarine). It is easy to do, but don't wander away to putter in the garden or get tied up on the phone! Using evaporated milk also adds to the rich flavor.

Here are the ingredients for a small batch:

½ cup butter, melted and slowly browned
2 c. sifted confectioner's sugar
1 teaspoon vanilla extract
3 tablespoons (or more) undiluted evaporated milk
Graham crackers broken into "fingers"

Melt the butter and keep over low or medium-low heat until golden brown (a rich caramel color)—the richer the color the richer the flavor.

Stir in the confectioner's sugar, vanilla, and evaporated milk. Add more evaporated milk, if necessary, to get the softest frosting that will still hold its shape. (The moisture turns the crisp crackers into tender cookies.) Spread frosting on a cracker and top with another cracker "finger."

Cover frosted crackers tightly and wait several hours or over night for the crackers to transform from crisp to tender. Waiting is the only hard part of making these cookies, but it is worth it.—Judy

Strawberry and Spinach Salad

1 pint fresh strawberries
2 bunches fresh spinach
½ cup sugar
1½ tablespoons minced green onion
½ teaspoon Worcestershire sauce
½ teaspoon paprika
½ cup olive oil
½ cup balsamic vinegar (or cider vinegar)
2 tablespoons sesame seeds

Wash strawberries and spinach under cool running water and drain. Remove large tough spinach stems; tear large leaves into small pieces. Remove caps from strawberries; cut berries into halves or quarters. Whisk remaining ingredients together. Pour dressing over all and toss. (Source: Un. of Illinois at Urbana-Champaign (<http://www.urbanext.uiuc.edu/stawberries/recipes.html>))

Outdoor Grilling Ten Flavor Tips

1. Sprinkle some orange, lemon, or grapefruit peels over hot coals in the last few minutes of grilling to add zesty flavor to chicken, ham, fish, pork, or beef.

2. For convenience, marinate foods in self-locking plastic food storage bags; just turn the bag over a few times to distribute marinade. Or use a deep stainless steel or glass dish.

3. Try marinating food in store-bought Italian or oil/vinegar salad dressing. Delicious on beef, fish, and chicken! (But don't get a dressing with a thick consistency because it will char too quickly.)

4. Quick basting sauce: Brush beef or poultry with your favorite spaghetti sauce during the last ten minutes of grilling.

5. Turn up the outdoor flavor in foods even if you're broiling them inside by lightly brushing them with liquid smoke during cooking.

6. For safety's sake kill any bacteria from the raw food by bringing leftover marinade to a full boil and simmering for five minutes before serving as a sauce.

7. If using thick marinades made with honey, sugar, jelly, preserves, pureed fruit, or other sticky ingredients brush them on only during the last few minutes of grilling to prevent burning. Light sauces made with oil and seasoned without sugar can be brushed on food earlier if desired.

8. Add aromatic wood chips to hot coals to produce smoke that seasons grilled foods. (To bring out the flavor and prolong burning time, soak chips first. Place in water, press a small plate on top to hold chips down.) Choose from mesquite, apple, or peach—even grapevine cuttings lend a nice flavor. Add large chips at the start of grilling and small chips near the end.

9. Sprinkle fresh rosemary sprigs over coals near the end of cooking to enhance lamb. Try fresh thyme for seafood, bay leaves for steak or burgers. When basting meats or poultry with barbecue sauce, scatter fresh basil, oregano, marjoram, or all three over the coals for tantalizing flavor.

10. Dampen a couple of whole, unpeeled garlic cloves and place on coals during the last few minutes of cooking to add a little something extra to meat, poultry, and seafood.

(Source: University of Illinois at Urbana-Champaign at <http://www.urbanext.uiuc.edu/grilling/flavor.html>)

Wheat! The Staff of Life

Learn how to purchase bulk wheat and then use that wheat in a variety of appetizing ways. We will be making bread, pancakes, cereal, cakes, sweet breads, and white sauce—all using 100% whole wheat. We will be grinding our own wheat and discussing what to look for when purchasing a home grinder. Besides enjoying taste testing you will also learn the nutritional benefits of including whole wheat in your everyday diet.

Class is Tuesday, August 26, from 10:00 a.m. to noon in the ballroom (room 306) of the Historic County Courthouse. Since class size is limited to 40, *please* contact Judy at 370-8460 x2 if you need to cancel your registration so someone on the waiting list can attend. No refunds after August 22, the Friday before the class.

Canning tomatoes and salsa safely

Do you have lots of tomato plants growing in your garden? Do you love the taste of home canned tomatoes? Then come and learn the basic principles of safe home canning. There will be a demonstration on how to can tomatoes, salsa, and other tasty tomato products. Both a boiling water canner and a pressure canner will be used.

The class is Tuesday, July 29, from 10 a.m. to noon in room L700 of the County Administration Building, 100 East Center in Provo. No refunds after July 25, the Friday before the class.

Registration

Making *eat* a part of wheat, Tue., Aug 26, 10 a.m. Safely Can Tomatoes & Salsa, Tue., Jul 29, 10 a.m.

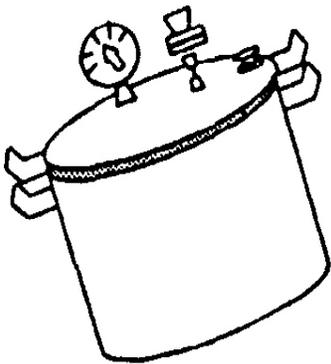
Name(s): _____

Daytime phone or email address: _____

Address: _____

Enclose check (\$5 per person) payable to Utah State University and mail to:
 USU Extension, 51 South University Avenue, Room 206, Provo, Utah 84601

Or reserve a place in the class over the phone (801-370-8460) by using your Visa, Discover, or MasterCard.



Free testing of pressure canner gauges!

Bring only the LID with dial-type gauge.

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
July 8, Tues.	3-5 p.m.	Mapleton Library—305 North Main
July 8, Tues.	6-8:30 p.m.	Springville Library—50 South Main
July 9, Wed.	10 a.m. -1:00 p.m.	American Fork Library—64 South 100 East
July 9, Wed.	6-8:30 p.m.	Lehi Library—120 North Center
July 14, Mon.	1-4:00 p.m.	Pleasant Grove Library—30 East Center
July 16, Wed.	10 a.m.-1:00 p.m.	Spanish Fork Library—49 South Main
July 16, Wed	4-6:30 p.m.	Payson Library—66 South Main

Don't swim with shocks

Protect against electrocutions in pools, hot tubs, spas

When it comes to pool safety, drowning is the first concern that comes to mind; but the U.S. Consumer Product Safety Commission (CPSC) and the American Red Cross are warning of another danger to swimmers: electrocution. They also point out that electrical hazards around a pool, hot tub, or spa can lead to *multiple* deaths or injuries when one or more persons jump in or reach out to save the victim.

The CPSC is most concerned about faulty underwater lighting; aging electrical wiring that hasn't been inspected in years; the use of sump pumps, power washers, and vacuums that are not grounded; and electrical appliances (such as radios and TVs) and extension cords falling or being pulled into the water. All of these hazards present an even greater risk if the lighting, circuits, and nearby receptacles are not protected by Ground-Fault Circuit-Interrupters (GFCIs)—the best safety device to prevent electrocution.

CPSC strongly encourages pool owners to upgrade protection of the lights, receptacles, and switches with GFCIs. Older pools are the biggest concern, as underwater lighting fixtures may have degraded with age and may not be protected by GFCIs.

In an emergency, the American Red Cross recommends turning off all power, using a *fiberglass* hook to carefully remove the victim(s) from the water, administering CPR, and calling 911.

Tips For Preventing Electrocutions Around Water:

- Use battery-operated appliances instead of cord-connected appliances in and around a pool, spa, or hot tub.
- Post an emergency plan within clear view of participants.
- Know where all the electrical switches and circuit breakers for pool equipment and lights are located and how to turn them off.
- Have an electrician who is qualified in pool and spa repairs inspect and upgrade your pool, spa or hot tub in accordance with applicable local codes and the National Electrical Code (NEC).
- Ensure that all electrical wires and junction boxes are at least five feet away from water, as required by the NEC.
- Protect swimmers from injury by installing GFCIs and testing them monthly. For details contact CPSC at (800) 638-2772 or download "Install Ground-Fault Circuit Interrupter Protection for Pools, Spas and Hot Tubs" and other publications at www.cpsc.gov.

Communication skills essential for strong families

Do you ever get the feeling that you and your teenagers don't speak the same language? Do you find that even your most careful instructions are misunderstood and curfews are missed or chores are left undone? Do your children ever complain that as parents "you just don't get it" or that you couldn't possibly understand what they're talking about.

What many have called the "generation gap" could more appropriately be termed the "communication gap"—and it can be found alive and well in homes everywhere!

Yet just recognizing the importance of effective communication in families is not enough. Parents and children need to make a conscious effort to overcome some of the common communication problems families face.

First realize that many of the conflicts that arise in families are because of *misunderstandings*, rather than because of real *differences*. If families can resolve their communication, these differences can be resolved.

Much of our communication is non-verbal, and while non-verbal messages can be very powerful they also can be misinterpreted and confusing.

Here is an activity to help family members understand the importance of non-verbal communication.

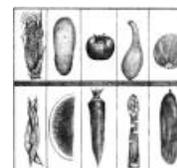
- ♥ As a family, make a list of different non-verbal communications, such as folding arms, looking away, rolling eyes, snorting, frowning, hands on hips, etc.
- ♥ Select a section of a video or a TV program to "study." Watch 5-7 minutes of the program with the volume off. While watching the program without the sound, identify non-verbal messages, especially the feelings that are expressed. Perhaps each family member could jot down his or her interpretations. Then compare how family members read the same non-verbal communication.
- ♥ Discuss how we can understand each other's non-verbal messages better.
- ♥ Perhaps agree upon a phrase or sentence that any family member can safely use to request clarification of some non-verbal communication of another family member. (Source: *Strengthening Family Ties*, USU)



Hinton Around the Yard & Garden

HORTICULTURE NEWSLETTER
by Adrian C. Hinton,
USU - Utah County Horticulture
Agent

GREETINGS FROM THE COUNTY AGENT



What a wonderful treat the rains were in June. It was just what the doctor ordered. Even though they were far from solving our drought, they were still a welcome treat.

Our County Fair will begin on August 7 at Thanksgiving Point. If you plan to make floral, garden or vegetable entrees, watch the local papers for this information or go online to: www.utahcountyonline.com/Dept/CountyFair for entry deadlines. Putting an entry in the fair is so rewarding. Make this year your year to enter.

By now many of you are enjoying some vegetables

from your garden. That great fresh flavor makes all that work worth while.

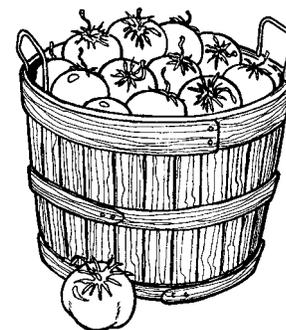
Those of you who didn't have an opportunity to raise a garden can go to local farmer's markets on Saturdays and purchase some of these tasty veggies.

Remember, if you have extra produce from your garden, be sure and share it with a friend or neighbor.

Note: *Our County Agent, Adrian Hinton, is on to active duty in the National Guard. Until his return, members of our office staff will provide articles..*

TIMELY TIPS FOR JULY & AUGUST

1. Fertilize vegetable gardens.
2. It's time for summer lawn fertilization. Be careful not to burn your lawn. Water it in well.
3. During the first week of July, control peach tree crown borer on all stone pit fruits. (Make sure the product you use is certified for peach tree crown borer.)
4. Enjoy the INDEPENDENCE DAY celebrations.
5. Keep up on your spray schedule for codling moth in apples and pears.
6. Lawn watering problems? Call Julia at 370-8465 and schedule a FREE water check.
7. During the first week in August apply a second application of insecticide for peach tree crown borer.
8. Start selecting and pampering your county and state fair entries. Watch TV and papers for dates and times.
9. Start sharing some tomatoes, cucumbers, peppers, etc. with your neighbors and lighten-up on the zucchini..
10. It's time to open the home cannery. Check your equipment and supplies. Be sure you're ready to go.
11. From planting, weeding, harvest and canning, always make your garden a family affair.



By Paul Wilkey, USU Master Gardener and Horticulturist

Is Your Lawn Dead or Dormant?

By Dennis Hinkamp



Last Rights Not Necessary

Don't start performing funeral rights on your brown grass. It most likely is not dead, just dormant. It's normal for the grasses that are traditionally grown in Utah to struggle with the heat and drought that we are experiencing now, says Kelly Kopp, Utah State University Extension water conservation and turf grass specialist.

Golden or Brown Patches

You may be seeing brown or golden patches forming and growing in your lawn right now. Fortunately, these grasses have the capability to recover from these extreme weather conditions. Most of the time when the grass appears to be dead, it is only dormant at this time of year. Dormancy is the physiological process that grasses use to protect themselves from heat and drought. This state is characterized by a complete cessation of growth along with brown or dead grass blades. The grass blades are not as much of a concern, however, as the crown of the grass plant.

Protecting Crowns

By entering dormancy, grasses are really protecting their crowns for future recovery. The crown is at the soil surface and it is the point from which the grass blades grow up and the roots grow down. As long as the crown remains alive, the grass has the capability to recover once temperature and moisture conditions improve.

No Amount of Water Can Coax Grass out of Dormancy

Recognize that when heat and drought reach a certain level, there is no amount of water that is going to coax the grass out of dormancy. However, as temperatures drop and moisture increases, the grass will recover naturally. *(Note: When lawns go yellow or brown they are not necessarily dead, they are just dormant.*

Excessive watering will not cure the brown spots in your

lawn. Applying more than the necessary amounts will not make the grass come back faster.)

Cut Water Back

Completely giving up on grass irrigation is not recommended. You may, however, cut back to a minimal amount that will help to keep the crowns of the grass plants alive. This amount of irrigation is known as "survival watering" because while it will not keep the grass from entering dormancy, it will help the grass crowns survive and recover. For the cool-season grasses that are traditionally grown in Utah, this irrigation amount can be as little as one inch of irrigation water per month.

Dormancy is a protective process that grass plants use to survive harsh climatic conditions. It is not to be feared or avoided at all costs. Instead, be patient and recognize that the grass will recover in the fall.

Drought Tough for Trees, Too

The state's prolonged drought is particularly hard on trees, experts say, and the first damage occurs underground where it may not be visible right away.



Long before there are outward signs of trouble, feeder roots begin to die. Opportunistic pests are most likely to make their move during this vulnerable time.

"Taking a proactive approach for a prized sentimental tree can support its good health in times of drought," said Robert Rouse of the National Arborist Association.

Water trees deeply with soaker hoses or an irrigation system at the dripline for longer periods of time. Add 2-3" of mulch around the base of the tree, but don't let the mulch touch the tree trunk.

*Hilary Groutage Smith,
Salt Lake Tribune*

Home and Garden Guide to Mormon Crickets and Grasshoppers

How do I keep them out of my yard?

Once grasshoppers invade, even little ones, start spraying with Diazinon for use on turf and ornamentals, Malathion for use on turf, ornamentals and vegetables, or liquid carbaryl (Sevin) for use on turf, vegetables and ornamentals. Sevin baits are not an effective barrier for grasshoppers once they develop wings. Grasshoppers fly and jump great distances and likely will miss the bait barrier. Bait is effective for Mormon crickets.



Is there anything I can do this year to reduce the chance of them coming back next year?

Till vacant lots and fields need in late fall to expose the eggs. Eggs are destroyed when they are exposed and dry out.

Can these insecticides be a danger to dogs, cats and other pets?

If you follow the label directions, your pets should not be at risk. Birds and fish are more sensitive to most insecticides than are other animals. If you have an outdoor fish pond, bird feeder or raise free-roaming chickens, turkeys or other domestic birds.

What kind of protective clothing, eyewear, etc., do I need?

The minimum requirements are shoes, socks, long pants and a long sleeve shirt with a collar. Hats, gloves, eyewear and mask help reduce pesticide risk. Use coveralls and rubber boots that you can take off when you are finished. Change your clothes after applying any pesticide and wash them separate from other clothing. Wash your hands and face before eating or drinking to prevent accidental contact with your skin. Otherwise you may inadvertently bring pesticides into your home where they could come in contact with small children and/or pets.

Is there an organic control I can use?

For those who are looking for organic controls, consider covering vegetables and other sensitive plants with netting or floating row cover. This is probably the best solution if you have huge numbers of

grasshoppers or crickets attacking your gardens. If you have small trees, this also works well. There are some organic sprays that will kill grasshoppers but they have a short residual and must be applied frequently. The organic product *Nosema locustae* sold as Hopper Stopper and other brand names will reduce but not eliminate grasshoppers. It is not effective to quickly destroy populations so they don't eat your garden.



Precautionary Statement

All pesticides have both benefits and risks. Benefits can be maximized and risks minimized by reading and following the labeling. Pay close attention to the directions for use and the precautionary statements. The information on pesticide labels contains both instructions and limitations. Pesticide labels are legal documents and it is a violation of both federal and state laws to use a pesticide inconsistent with its labeling. The pesticide applicator is legally responsible for proper use. Always read and follow the label.

Share With Us

Do you have an interesting garden story or garden tip you would like to share with our readers? If so, send them to us in a typewritten form, doubled-spaced with up to 200 words to:

Paul Wilkey, USU Extension, Utah County,
51 South University, Room 206
Provo, UT 84601

Or email to:
trishc@ext.usu.edu



Safety First! Call Before You Dig

If you plan on doing any major digging in your landscape, you might want to call before you dig. Blue Stakes of Utah provides the service of locating and marking underground utility lines free of charge. For more information call 1-800-662-4111 or 532-5000 or visit their website at www.bluestakes.org.

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Upcoming Utah State University Extension Classes at Thanksgiving Point

BASIC LANDSCAPE DESIGN SERIES - Learn the steps for creating a landscape that you will enjoy.

FLOWER BED DESIGN SERIES - Fall is the time to plant your spring-blooming garden. Learn techniques for designing a flower bed that will give you a symphony of color.

ADVANCED LANDSCAPE SERIES - This course builds upon our Basic Landscape Design series.

THE ART OF GARDEN PHOTOGRAPHY

SERIES - Learn about light, composition and equipment as you take pictures at Thanksgiving Gardens. Instructor Larry Sagers, writer of "Temple Square Gardening" and the Deseret News' "Home and Garden.."

SELECTING PLANTS FOR UTAH LANDSCAPE SERIES - This class covers trees, shrubs, annuals and perennials suited for the Wasatch Front.

DIAGNOSING PLANT PROBLEMS - Diagnose and control of plant diseases, safely neutralizing harmful insects and identifying weeds. Continuing education credits available for Certified Arborist, Certified/Professional Nurseryman and Certified Pesticide Applicators.

For times, dates, costs and other upcoming workshops, go to www.thanksgivingpoint.com or call 801-768-7443 .



Newsletter is an educational effort of the Utah County office of Utah State University Extension, 51 So. University Ave., Room 206, Provo, UT 84601.

The phone for USU Extension is 370-8460. If you do not have a touch tone phone, stay on the line and the receptionist will help you. With a touch tone phone, at the greeting press the number of the desired subject:

- 5) garden, yard, trees, insects
- 2) food, finances, clothing, housing
- 3) pastures, field crops, dairies
- 4) 4-H and youth



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