



USU Extension—Utah County Office
100 East Center, Room L600, Provo, UT 84606
Ph. 801-851-8460

“Extending USU to You”

www.utahcountyonline.org/Dept/Exten/index.asp

November/December 2007



Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

SPECIAL NEEDS.

For any special arrangements including dietary, physical access, or other accommodation requests, contact Utah State University Extension at 801-851-8460.

Fifteen working days is needed to facilitate special needs requested.

IS IT TOO EARLY TO BE THINKING ABOUT RETIREMENT?

Kathy's Corner, KATHY RIGGS, USU EXTENSION FCS AGENT - IRON COUNTY

According to *Money Moxie* newsletter, published by Smedley Financial Services, Inc., 4 out of 5 adults over 30 years of age do not know the month and year they will be eligible for *full* retirement benefits from the Social Security Administration.

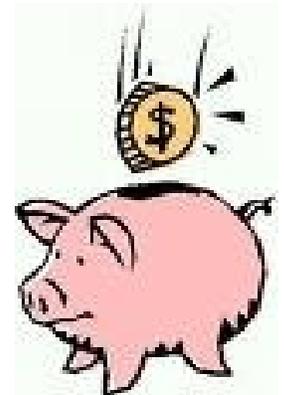
On the flip side, 1 in 5 of those between the ages of 18 and 24 are already on track. They are planning for a retirement where sufficient assets will allow them not to have to work during their retirement.

Ages 18 to 24 seems quite young for planning for retirement. So why does this matter? The younger one begins planning for retirement, the less he or she has to put away to achieve the same benefit. Starting early allows more years for your retirement assets to benefit from compound interest.

According to Fidelity Investments, the typical couple retiring at age 65 would need a lump-sum of \$215,000 just to cover future health-care premiums and out-of-pocket medical expenses for the balance of their lives.

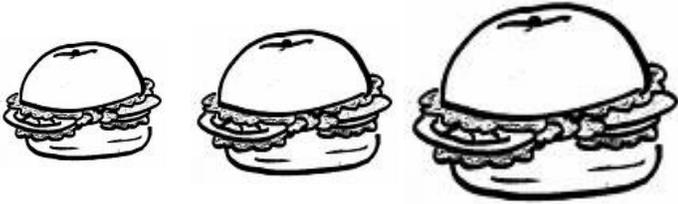
What does that mean to you? It's one thing to “*Talk the Talk.*” It's quite another to “*Walk the Walk.*” Find out how you are personally faring in your quest in planning for your own retirement. There are several on-line calculators available to project your income into the future and there are also financial advisors who provide free initial consultations to give you options according to the level of risk you are willing to take with savings and investments.

The best thing to do is to **DO SOMETHING** if you don't have an idea of where you are. Replace fear of the unknown with valuable knowledge and practices that can make your future dreams a reality.



CONTROLLING PORTION SIZES

Utah County Healthy Lifestyles, Utah County Health Department - May 2007



Many of us tend to underestimate the amount of food we eat. Eating smaller portions of food is one of the easiest ways to cut back on calories – but it can also be one of the most challenging, with the current trend of super-sizing.

VISUALIZE THESE OBJECTS WHEN MEASURING PORTION SIZE

- ▼ 3 OUNCES OF MEAT -
The size of a deck of cards or bar of soap
(the recommended portion for a meal)
- ▼ 3 OUNCES OF FISH -
The size of a checkbook
- ▼ 1 OUNCE OF CHEESE -
The size of 4 dice
- ▼ MEDIUM POTATO -
The size of a computer mouse
- ▼ 2 TABLESPOONS PEANUT BUTTER -
The size of a ping pong ball
- ▼ 1/2 CUP OF PASTA -
The size of a tennis ball
- ▼ ONE BAGEL -
The size of a hockey puck
- ▼ MEDIUM APPLE OR ORANGE -
The size of a tennis ball
- ▼ 1 CUP CHOPPED RAW VEGETABLES OR FRUIT -
The size of a baseball

TO EAT SMALLER PORTIONS TRY THE FOLLOWING IDEAS

WHEN EATING OUT

- ★ CHOOSE A REGULAR HAMBURGER at your favorite fast food stop instead of the larger burger, and save about 150 calories.
- ★ HAVE THE SMALL FRIES instead of the super-sized and save about 300 calories.
- ★ ORDER THE SMALL SODA. It has about 150 fewer calories than the large.
- ★ SHARE AN ENTREE with a friend when you go to a restaurant, or ask for half your meal to be packed for you and eat it for lunch the next day.



AT HOME

- ★ DON'T "EAT FROM THE BAG." When snacking, place a few chips, crackers or cookies in a bowl to help prevent overeating.
- ★ BUY SINGLE PORTIONS OF SNACK FOODS so you're not tempted by the whole bag or box.

BOOST SERVINGS OF FRUITS AND VEGETABLES

Since the serving sizes are relatively small, most people can easily reach the fruit and veggie recommendations of 5-9 per day. Substitute low calorie, high-fiber fruits and vegetable for higher calorie foods and snacks; they'll help you feel full and you'll save on calories!

SOURCE: *American Cancer Society*

CILANTRO ORZO AND BEEF

Orzo, a tiny rice-shaped pasta, partners with ground beef, corn, green chiles and cilantro in this hearty skillet meal.

Makes 6 servings

Start to finish: 30 minutes

INGREDIENTS:

- 3 cups 99% fat-free beef broth
- 1 1/2 cups uncooked orzo (9 oz.)
- 1 can (11 oz.) whole kernel corn, undrained
- 1 can (4.5 oz.) chopped green chiles, undrained
- 2 teaspoons olive, canola or soybean oil
- 1/2 lb. cut-up extra-lean beef for stir-fry
- 1 large bell pepper, cut into 1/4" strips
- 1/4 cup chopped fresh cilantro



DIRECTIONS:

1. In 2-quart saucepan, mix broth, orzo pasta, corn and chiles. Heat to boiling; reduce heat. Cover; simmer about 10 minutes or until pasta is just tender. Remove from heat. Let stand about 5 minutes or until almost all liquid is absorbed.
2. Meanwhile, spray 10" skillet with cooking spray. Add oil; heat over medium-high heat. Add beef and bell pepper; cook about 5 minutes, stirring occasionally, until beef is brown.
3. Stir beef mixture into orzo pasta mixture. Stir in cilantro.

NUTRITION FACTS (1 serving):

Calories: 260 (Calories from Fat - 40)
 Total Fat: 4 1/2 g (Saturated Fat - 1 g
 Trans Fat - 0 g)
 Cholesterol: 20 mg
 Sodium: 950 mg
 Total Carbohydrate: 38 g
 (Dietary Fiber - 3 g
 Sugars - 3 g)
 Protein: 17 g

GET A HEAD START ON YOUR NEW YEAR'S RESOLUTIONS

FITNESS FUNDAMENTALS

DEVELOPED BY THE PRESIDENT'S
COUNCIL ON
PHYSICAL FITNESS & SPORTS



Your exercise program should include something from each of the components of physical fitness:

◆ WARM UP

Warm up for 5-10 minutes by walking, slow jogging, doing knee lifts, arm circles or trunk rotations.

◆ MUSCULAR STRENGTH



A minimum of two 20-minute sessions per week that include exercises for all of the major muscle groups. Lifting weights is the most effective way to increase strength.

◆ MUSCULAR ENDURANCE

At least three 30-minute sessions each week that include exercises such as calisthenics, pushups, situps, pullups, and weight training for all of the major muscle groups.



◆ CARDIORESPIRATORY ENDURANCE

At least three 20-minute bouts of continuous aerobic (activity requiring oxygen) rhythmic exercise each week. Popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope-jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

◆ FLEXIBILITY



10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warmup or during a cooldown.

◆ COOL DOWN

A minimum of 5-10 minutes of slow walking, low-level exercise, combined with stretching.

HOLIDAY SEASON SAFETY

The National Safety Council

DECORATIONS

Wear gloves while decorating with spun glass “angel hair” which can irritate your eyes and skin. A common substitute is non-flammable cotton. Both angel hair and cotton snow are flame retardant when used alone. However, if artificial snow is sprayed onto them, the dried combination will burn rapidly. Artificial snow can irritate your lungs if you inhale it. Be sure to follow directions carefully.

FIREPLACES

Don't try to burn evergreens or wreaths in the fireplace or in a wood stove. They are likely to flare out of control. Also, don't burn wrapping paper in the fireplace. It often contains metallic materials which can be toxic when burned.



CANDLES

Never use lighted candles near trees, boughs, curtains or drapes, or with any potentially flammable item.

TOYS AND GIFTS

Be especially careful when you choose toys for infants or small children. Be sure to give items that are too big to get caught in their throat, nose or ears. Avoid toys with small parts that can be pulled or broken off. If you are giving toys to several children in one family, consider their age differences and the chances that younger children will want to play with older kids' toys.

OLDER ADULTS

Select gifts for older adults that are not too heavy or awkward to handle. For people with arthritis, make sure the gift does not require assembly and can be easily opened and closed. Choose books with large type for anyone with vision impairment.



reach.

PLANTS

Small children may think that holiday plants look good enough to eat. Many plants cause severe stomach problems. Watch out for mistletoe, holly berries, Jerusalem cherry and amaryllis. Keep all of these plants out of children's

FOOD AND COOKING

The holidays often mean preparing large meals for family and friends. Be sure to wash hands, utensils, sink, and anything else that has come in contact with raw poultry. Remember that a stuffed bird takes longer to cook. If you have questions concerning holiday turkey preparation and cooking, call your local Extension office at 801-851-8460 or the USDA Meat and Poultry Hotline at 1-800-535-4555. Refrigerate or freeze leftovers in covered shallow containers (less than 2" deep) within two hours after cooking. Put the date on the packages.



STRESS

The holiday season is one of the most stressful times of the year. You can't avoid stress completely, but you can give yourself some relief. Allow enough time to shop rather than hurry through stores and parking lots. Plan to do only a reasonable number of errands. When you are shopping make several trips to the car to drop off packages rather than trying to carry too many items. Take time out for yourself. Relax, read, or enjoy your favorite hobby at your own pace.





Hinton Around the Yard & Garden



GREETINGS FROM THE COUNTY AGENT



HORTICULTURE NEWSLETTER
by Adrian C. Hinton,

Dear friendly, fellow gardeners:

The season has finally ended and many great results have been noticed toward the end of the growing season here in Utah. The early snow in the mountains has started, but as you know, we need much more.

We have numerous classes and programs this fall.

Check www.thanksgivingpoint.com.

Also upcoming pesticide certification classes for applicators are scheduled in various parts of the state. December 6 is the big Master Gardener Social for all Master Gardeners and those who attended Master Gardener classes this fall.

HAVE A HAPPY HOLIDAY SEASON!



TIMELY TIPS for NOVEMBER/DECEMBER by Julia Tuck, Horticulture Assistant

1. Order seed catalogs so you can curl up next to the fireplace, dream of spring, and make plans for your next year's vegetable and flower gardens.
2. Tie up your shrubs and trees (like Arborvitae) that could be damaged by heavy snow or deer.
3. If you want to force bulbs such as crocus, narcissus (paperwhites), hyacinths or amaryllis, and have them ready to enjoy for Christmas, plan ahead and start most of them in mid-November.
4. Drain your sprinkler system and drain garden hoses. Repair any broken sprinkler heads and pipes.
5. Put your garden to "sleep" for the winter. Remove annual flowers, vegetable plants, dropped fruit, and leaves. Good sanitation will help prevent overwintering pests and diseases. Put your green waste in your compost pile.
6. Clean, sharpen, and repair your garden tools, and put them away for next spring (somewhere where you can find them again). Remove gas from mowers and edgers. Sharpen the blades on your lawn mowers. Also repair and paint fences, benches, trellises and arbors if needed.
7. Make a chart showing where your vegetable and annual flowers were planted this year. Use it as a basis for rotating your crops (by family) next year. This will reduce pests and disease. A four-year rotation is ideal. Write down what did and didn't work for you in your landscape this year.
8. Don't place indoor plants near heat vents which could dry them out, and don't place them too near windows where they might freeze.
9. To prevent Southwest Winter Injury, which can occur on dark-barked trees, paint the southwest side of the tree trunk with white latex paint (you could paint it all the way around if you think that painting one side looks "funny").
10. If you have fruit trees, and have access to the Internet, sign up for the Fruit Tree Spray email list. To sign up go to: <http://lists.usu.edu/mailman/listinfo/tree-fruit-advisory>
11. If we have a dry fall and winter, deep water your trees monthly to cut down on stress.
12. Pull leaf litter away from your house, and clean out your window wells to discourage spiders and their prey from lingering. Don't spray for spiders. They are killed only if the spray lands directly on them, and there's no residual effect.



Hinton Around the Yard and Garden

GARDEN EQUIPMENT TIPS FOR DECEMBER

Steve Petersen, Master Gardener



RESEARCH-BASED INFORMATION AVAILABLE on the INTERNET

Utah State University Extension has an excellent website. It is :

<http://extension.usu.edu>

The popular song goes something like, “It’s a most wonderful time, the most magical time of the year.” Yes, it’s that magical time of the year when we put away the lawnmower and pull out the snow shovel. Before that lawnmower takes its final walk into the garage, take a few moments and prepare for next year. A few moments now could save you hours of grief come spring. Chances are there’s still some gas in that old lawnmower. Fuel is a problem if it stays in the tank too long. Gasoline starts to break down and leaves varnish and other deposits. These form inside the tank and in the internal workings of the fuel lines and the carburetor. This makes it impossible for the engine to run correctly next spring.

Polyethylene tanks store best without fuel. Run the motor until the tank is empty and spray WD-40 or a similar material into the tank. Crank the starter several times to coat the inside of the carburetor. Empty metal tanks also need coating with a protective spray. Some recommendations call for the gas to be left in the tank. Add a gasoline stabilizer to the fuel. These compounds prevent the varnish deposit formations. Several brand names are readily available at small engine shops and auto part stores. Mix the recommended amount into the tank and then start the engine and allow it to run for several minutes. This runs stabilized fuel into the other parts of the fuel system and prevents damaging varnish deposits from forming in vital components.

Change the engine oil before storing machines for the winter. Moisture collects in used oil and can cause internal engine components to rust. Changing the oil prevents corrosion and the machine will be ready next spring. Remove the spark plug and squirt several drops of oil into the cylinder. Crank the motor to coat the inside of the cylinder to prevent rust.

Now that mower’s ready to be stored for a long winter’s nap.

On the **MAIN PAGE** are some useful links:

- ★ THE WEED WEB
- ★ UTAH PESTS (describes diseases and disorders of plants, trees, turf and vegetables)
- ★ WATER QUALITY
- ★ UTAH RANGELANDS
- ★ DROUGHT INFORMATION
- ★ EQUINE INFORMATION

The **UPPER LEFT SIDE BAR** has links to:

- ◆ PUBLICATIONS that you can download from these categories: 4-H, Agriculture, Families & Communities, Food & Nutrition, Horticulture, Natural Resources, Irrigation Engineering, and Wildlife
- ◆ UPCOMING EVENTS
- ◆ FREQUENTLY ASKED QUESTIONS about family & child development, food & nutrition, yard & garden, recreation, weather, and wildlife

The **LOWER LEFT SIDE BAR** lets you browse for information by subject:

Agriculture	Horticulture
Family & Communities	4-H & Youth
Food & Nutrition	
Natural Resources	
Finance and Economics	

And it has links to:

- National Extension Website
- National 4-H Website
- Extension en Espanol

Now you have something to do on those cold winter nights when nothing exciting is on television!





THE MASTER GARDENERS CORNER

UTAH COUNTY MASTER GARDENER ASSOCIATION WINTER SOCIAL



This year's Winter Social will be held on December 6 at 6:30 p.m. It will be in Rooms L700, L800 and L900 of the County Administration Building (across the hall from the Extension office). Come and mingle with good friends and join us for a pot luck dinner.

BRING A FAVORITE DISH TO SHARE:

If your name starts with A-F

Bring a salad

If your name starts with G-P

Bring a main dish

If your name starts with Q-Z

Bring a dessert

You may bring your spouse, significant other, or friend with you. Please call the office (851-8460) extension "0" and let us know that you are coming.

This would be a good time to pay your 2008 Utah County Master Gardener Association dues (\$13.00, which includes a one -year subscription to the Utah County Extension newsletter).

I would like to thank each of you for your wonderful support this year. It has been an honor to serve as your President. Thanks to each of you, the USU State Master Gardener Conference that Utah County hosted was a success.

As I turn in my gavel at the end of this year, I want to thank you for the opportunity to serve you.

I hope you have a Happy Thanksgiving and a Merry Christmas. May you all have weed-free yards and beautiful landscapes for 2008.

- Julia B. Tuck, 2007 President
Utah County Master Gardeners Association

JAPANESE BEETLE

The eradication program for 2007 is over, and the results look good. The program will continue for two more years.

Here is a list of plants that are resistant or mostly resistant to the Japanese beetle. Some species may suffer occasional light feeding. This list is courtesy of Meredith Seaver. We are listing only the common name.

WOODY PLANTS

American elderberry
American filbert
American sweetgum
Birch - river, paperbark
Black locust
Black oak
Border forsythia
Box elder
Boxwood
Common lilac
Common pear
Common privet
Euonymus (all species)
Flowering dogwood
Ginkgo/Maidenhair tree
Green ash
Holly (all species)
Honeysuckle - winter, Japanese
Hydrangea - smooth, panicle, climbing
Japanese pagoda tree
Magnolia (all species)
Mimosa
Mockorange
Oak - white, red, black scarlet
Persimmon
Purple beautyberry
Pyracantha/firethorn
Red maple
Red mulberry
Red oak
Redbud - eastern, Chinese
Rhus typhina
Saucer magnolia
Scarlet oak
Shagbark hickory
Silver maple
Smoketree
Snowberry

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 Utah County Office
 100 East Center, Room L600
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 is 11/2007 or 12/2007

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JAPANESE BEETLE (continued)

- | | |
|-------------------|----------------------------|
| Tree of heaven | Tulip tree or tulip poplar |
| Weeping forsythia | White ash |
| White oak | Witch hazel |

EVERGREENS - Most evergreen ornamentals are not attacked.

FRUITS AND VEGETABLES

- | | |
|--------|--------|
| Onions | Garlic |
|--------|--------|
- Pears - some occasional light feeding may occur

ANNUALS AND PERENNIALS

- | | |
|----------------------|------------------|
| Coral bells | Gladiolus |
| Hostas | Impatiens |
| Iris | Lantana |
| Lavender | Liatris |
| Meadow sage | Michaelmas daisy |
| Pantaa | Peonies |
| Rudbeckia | Sea Holly |
| Threadleaf coreopsis | Toad Lily |
| Tulip | Verbena species |
| Yarrow | |



This newsletter is an educational effort of the Utah County office of Utah State University Extension, 100 East Center, Room L600, Provo, UT 84606.

The phone for USU Extension is 851-8460. 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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