



Improving Family,
Resources & Health

CLOSE TO HOME

Money waster! **Skip a payment offer**

Around the holidays creditors often invite you to skip a payment. However, skipping a payment does not mean you skip the *interest*. It accumulates and will be added to the next month's bill.

Plan now for the transfer of non-titled property

by Judy Harris, USU Extension Agent in Utah County

Probably each of us knows someone who won't speak to other family members because of how the non-titled property was divided. It is relatively easy to divide money in a checking account, but it is hard to divide belongings when there is only one wedding ring, one Christmas tree angel that has been in the family for generations, one family bible, one journal, etc.

While some non-titled property may have monetary value—antiques, a piano, or jewelry, for example—usually dollar value isn't the issue here. Most non-titled objects are valued because they are “anchors” of our family memories.

If you will be spending time with family this holiday season, find opportunities to begin discussions. Each family member might write a description of an object they would like to *receive* and explain why that item is special to him or her.

The *owners/givers* of the non-titled property might identify objects to transfer by writing a description of an item and an explanation of why this item is special.

At family gatherings (holidays, family reunions, etc.) use belongings as props for telling family stories. Sharing stories about special objects helps family members understand their past, discover another side of their family, and appreciate their ancestors. Sharing can be done by talking, writing, through cassettes or videotapes, or any combination of methods. Sharing answers to the following questions can help tell the

stories and preserve family legacies: What is the name and description of the item? When and how did you acquire it? When and how have you used it? Who else owned it before you? What memories do you have of the people who owned it before you? What other memories do you have of this item?

One mother was very surprised when three of her seven adult children listed a 25¢ Christmas tree ornament that had special memories for each of them. The mother still has the challenge of deciding which one of the three should receive the decoration. However, if she had *not* asked, the mother would never have known that the Christmas decoration was special to any of her children.

Make no assumptions about what someone else will value or why. The values given to objects may change as an individual moves from one stage in life to the next. (Source: *Who gets Grandma's yellow pie plate?* by Minnesota Extension Service)

In Utah, for a list of “who gets what” to be legal, it must be *mentioned* in the will. The list itself is not included in the will. The list should be dated and numbered “page 1 of 10, page 2 of 10,” etc. On the list: *“To my family, heirs, and executor: This is the list that I referred to in my last will and testament. Therefore, please distribute the items listed below to the persons I have named.”* Sign and date the list. The list can be changed as often as the donor wants, but take the new list to the attorney and destroy any old lists. (Source: B. Rowe, Ph.D., USU Ext)

Packet on Preparing Turkey

The “Talking Turkey” packet is an excellent resource for anyone wanting to bone up on turkey or for those teaching others about turkey preparation. The 5-minute video (in English or Spanish) shows how to roast a moist, safe turkey. Also in the packet are handouts and background pieces, including:

Timing Is Not Everything

- variables that affect roasting time
- approximate cooking times

- Ten Steps to a Picture-Perfect Turkey*
- Picture Showing Placement of Thermometer*
- Stuffing a Turkey Safely*
- Top Ten Turkey Questions*
- Roasting a Frozen Turkey*
- Outdoor Grill Directions for a Whole Turkey*
- Smoke-cooking Turkey*
- Carving Like the Pros*

The packet can be checked out of our office. A \$20 deposit is required; \$19 will be refunded when the packet is returned on time and in good condition.

Adjust for high altitude when making candy

Most of Utah County is about 5,000 feet above sea level, with a few places around 6,000 feet. So it is critical that we adjust our candy recipes. Fortunately, it is easy to do.

For greater accuracy, start with a thermometer that has 2-degree increments rather than 5-degree increments. The temperature of the candy mixture rises as the sugar concentration rises (because more water has boiled off). **Note:** *Ignore any markings on the thermometer for soft ball, hard ball, etc. They assume you are at sea level.*

Step 1. Put thermometer in a pan of plain water and bring water to a boil. Write down the temperature. Usually water boils at 203E at 5,000 feet. The number you wrote down may be slightly different because of changes in atmospheric pressure or variation in your thermometer.

Step 2. Subtract the temperature of the boiling water that you wrote down from the boiling point of water at sea level. Example: 212E- 203E= 9E.

Step 3. The difference in temperature (9E in the example) is subtracted from the end temperature specified in the *sea level* candy recipe. The same sugar concentration is reached at a lower temperature at high altitude because water starts boiling and water escapes at a lower temperature.

Alternative: Cold water test

If you don’t have a thermometer, you can use a cold water test—see the *description of test* in the table at the bottom of this page. You need to have a supply of VERY COLD water on hand. You want to act quickly when testing with cold water. The potential problem with this method is that by the time you decide the candy has cooked enough (see table below), the temperature may have increased several degrees.

Temperatures and cold water tests for candies

Product	Final Temp		Doneness	
	At Sea Level	Test		Description of Test
Syrup	230EF	to 234EF	Thread	Syrup spins a 2-inch thread when dropped from fork or spoon
Fondant, fudge, panocha	234EF	to 240EF	Soft ball	Syrup, when dropped into very cold water, forms a soft ball which <i>flattens</i> on removal from water
Caramels	244EF	to 248EF	Firm ball	Syrup, when dropped into very cold water, forms a firm ball which does <i>not</i> flatten on removal from water
Divinity, marshmallow, popcorn balls	250E	to 266EF	Hard ball	Syrup, when dropped into very cold water, forms a ball which is hard enough to hold its shape, yet plastic
Butterscotch, taffies	270E	to 290EF	Soft crack	Syrup, when dropped into very cold water, separates into threads which are hard but not brittle

(Source: Handbook of Food Preparation, AHEA, Eighth Edition)

Educational Series for Caregivers

These *free* workshops will be held from 11:30 a.m. to 12:30 p.m. at the Eldred Senior Center, 270 West 500 North in Provo. Loved ones are welcome and assistance with respite care is available. *Lunch is provided, so please RSVP* to Debbie Christensen at 229-3804.

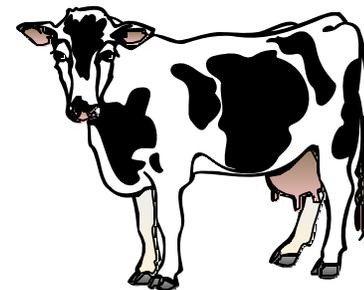
- Nov 14 Medication Management
- Dec 12 Holiday Stress Relief
- Jan 9 Stepping into Long-Term Care—
Community Resources
- Jan 23 “Oh, My Aching Back!”—
Transfer and Safety Techniques
- Feb 13 Understanding Medicare & Medicaid
- Feb 27 Web Sites to Assist the Elderly

National Family Week Is Nov. 24-30

This year's theme is *Connections Count*. The Alliance for Children and Families urges family members to write thank you notes to those “connections” that count in your family. These might include neighbors, day care personnel, teachers, coaches, extended family members, or anyone who makes your family's life easier.

Hard to find the words? Consider beginning the thank you: “I like it when you . . .” or “Do you know what I appreciate most about you?”

THERE'S A COW IN THE KITCHEN



Break the cycle of buying powdered milk, dumping old powdered milk, buying more powdered milk, again and again. Learn to use and enjoy the powdered milk you buy!

Learn easy ways to enjoy powdered milk, including 5-minute cheesecake, Mexican day cheese, cottage cheese, Allemande sauce, smoothies, breakfast drinks, pudding and pies, whipped “cream” topping, mock sour cream, mock cream cheese, yogurt, and chowder. Sampling the foods will show you the tasty possibilities!

The presenter will be Darlene Carlisle (a student of Virginia D. Nelson who authored the book, *There's a Cow in the Kitchen: A Guide to Cooking with Powdered Milk*).

For those who want an excellent printed reference, copies of the book will be available for \$7 each.

Class is Wednesday, Nov. 13, from 10 a.m. to noon in room L700 of the County Administration Building at 100 East Center in Provo. (Turn east onto 100 South for off-street parking.) 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 November 8 (the Friday before class).

Registration—*There's a Cow in the Kitchen*—13 November 2002

Name(s): _____

Daytime phone or email address: _____

Address: _____

Enclose check (\$3 per person) payable to Utah State University and mail to:
USU Extension, 51 South University Avenue, Room 206, Provo, Utah 84601

If paying at the door the cost is \$4 per person (but only if space is available).

Apple pie filling

(Source: *Complete Guide to Home Canning*, USDA, 1988)

General: Each canned quart makes one 8-inch to 9-inch pie. The filling may also be used as toppings on dessert or pastries. ThickGel and ClearJel are chemically modified corn starches that produce excellent sauce consistency even after fillings are canned. Other available starches break down when used in these pie fillings, causing a runny sauce consistency.

Because the variety of fruit will alter the flavor of the pie, it is suggested that you make a single quart, make a pie with it, and serve. Then adjust the sugar and spices in the recipe to suit your personal preferences. The amount of lemon juice should NOT be altered, as it aids in controlling the safety and storage stability of the fillings.

	1 quart	7 quarts
Blanched, sliced apples	3½ cups	6 quarts
Granulated sugar	¾ cup + 2 Tbsp.	5½ cups
ThickGel or Clear Jel*	¼ cup	1½ cups
Cinnamon	½ teaspoon	1 tablespoon
Cold water	½ cup	2½ cups
Apple juice	¾ cup	5 cups
Bottled lemon juice	2 Tablespoons	¾ cup
Nutmeg (optional)	1 teaspoon	1 teaspoon
Yellow food coloring (optional)	1 drop	7 drops

*Thick Gel and ClearJel (*not instant*) are available from Shepherd's Cake and Candy Supplies, 1700 N. State in Provo (373-5542) and from Janet Stocks in Salem (423-7892).

Quality: Use firm, crisp apples. Idared, Jonagold, Golden Delicious, Rome, and other varieties of similar quality. If apples lack tartness, use an additional ¼ cup of lemon juice for each 6 quarts of slices.

Procedure: Wash, peel, and core apples. Prepare slices ½-inch wide and place in water containing ascorbic acid to prevent browning (use ½ teaspoon ascorbic acid crystals or six 500-milligram vitamin C tablets per gallon of water).

For fresh fruit, place 6 cups at a time in 1 gallon of boiling water. Boil each batch 1 minute after the water returns to a boil. Drain but keep heated fruit in a covered bowl or pot.

Combine sugar, ThickGel, and cinnamon in a large kettle with water and apple juice. If desired, food coloring and nutmeg may be added. Stir and

cook on medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Fold in drained apple slices immediately and fill jars with mixture without delay, **leaving 1-inch headspace**. Adjust lids prepared according to manufacturer's current instructions. Process immediately. Process **hot** pie filling in pints or quarts for 35 minutes in a boiling water canner (at altitudes between 3,001-6,000 feet).

New portable heaters can save campers' lives

The U.S. Consumer Product Safety Commission (CPSC) reminds consumers that there is a new generation of portable heaters with a safety device that can prevent loss of life due to carbon monoxide (CO) poisoning. The new heaters are equipped with an oxygen depletion sensor (ODS) which senses when oxygen levels fall below 18% and automatically shuts down the heater before it can produce dangerous levels of CO.

CPSC still recommends shutting off any camping heater or lantern before going to sleep.

Consumers need to ensure that they purchase portable heaters that meet the current standard. The new heaters can be identified by labels on the package that read in part, "Designed for Indoor Use," "Low Oxygen Automatic Shut-off System," and "Oxygen Depletion Sensor" or by a star with "CSA 4.98."



Hinton Around the Yard & Garden

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

GREETINGS FROM THE COUNTY AGENT



thing.

There are many activities we need to be involved in to insure a good growing season in 2003. We have listed numerous tips and tricks that will help.

Our annual rain fall is still below normal for the fourth year in a row. We do need to be aware of conserving water and asking for more each day!

Our Slow the Flow program in Utah County was very successful this year. We had over 672 people

It's great to have the rain to green up the grass and slow up the drought! I visited Lexington, Kentucky last week and they said they were also in an extended dry period but they just got a 7" rain storm in a 36 hour period. Drought is still a relative

that participated in a free home water check. By using the information given out during the home visit, it is estimated that each homeowner will save over 25% of their outside water use each year. We will continue the program next year.



We do have much to be thankful for even with all the weather and economic related problems. During the holidays I hope you all will find happiness and joy by spreading some cheer along your way. Stop by the Extension office and receive a holiday greeting from each of us.

I wish you all a
Thanksgiving, a cool yule
fantastic first!

Happy
and a

TIMELY TIPS FOR NOVEMBER AND DECEMBER

1. Check your wood burning stoves and fireplaces to be sure they are clean and are ready to function properly.
2. Start planting small pots with herbs for gifts at Christmas time.
3. Cover strawberry beds with straw or leaf mulch to protect plants from freezing.
4. Begin wrapping shrubs and evergreens to prevent snow and deer damage. Burlap strips work great for this.
5. Watch indoor plants near windows. Be sure they aren't going to freeze.
6. Keep grass and other debris cleaned from around trees and shrubs to help prevent damage from mice and other rodents.
7. Gloves, tools, seeds and gardening books make great gifts for your gardening friends.
8. Order catalogs and begin planning your flower beds and vegetable gardens for the coming year.
9. Have a wonderful Thanksgiving and may the goodness of Christmas and the New Year find their way to your homes. From all of us at the Extension office, Happy Holidays.



By Paul Wilkey, USU Horticulturist

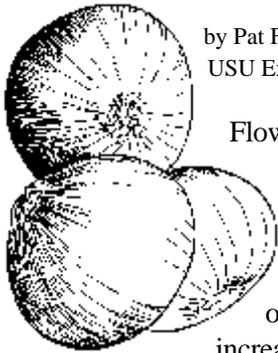
Caring for Pointsettias

by Pat Fugal, Master Gardener
USU Extension Horticulture Assistant



- ' **Remove the foil wrap** that came on the pot at the store. This will prevent water buildup and root rot.
- ' **Place plants in a well lighted location.** Do not let the plant touch the cold window pane.
- ' **Avoid cold or hot air drafts.** Keep away from air registers or radiators.
- ' **Pointsettias prefer daytime temperatures** between 60 and 70E F and high humidity.
- ' **If possible, move to a cooler room** (50-60E F) at night.
- ' **Apply a 20-0-0 fertilizer** at the rate of 1/4 teaspoon to one pint of water every 5-7 days.
- ' **Water when the soil is dry to the touch.** Water enough to soak the soil to the bottom of the pot and discard excess water.
- ' **If leaves turn yellow and drop,** it may be due to insufficient light, over watering, drafts or lack of nitrogen.
- ' **If the plant wilts,** it may be due to dry soil, overly wet soil, drafts or freezing.

Post-Harvest Care



by Pat Fugal, Master Gardener
USU Extension Horticulture Assistant

Flower Bulbs & Tubers: Store in a closed container layered in peatmoss or sawdust. Check them monthly. If they begin to shrivel, place a container of water on top of the peatmoss and reclose to increase the humidity. If they are too

moist or mold is beginning to appear, open up the container to let out the moisture.

Roses: Prune long rose canes back to 3-4' after leaves have frozen so the canes won't break from winter snow. (Wait till spring to do major pruning.) Pile leaves, soil or compost 4-6" deep around each bush. Put a rose collar around each bush to keep wind from blowing the mulch away.

Christmas Trees

by Pat Fugal, Master Gardener
USU Extension Horticulture Assistant

Decide on where you will place the tree. Will it be seen from all sides or will some of it be up against a wall? Be sure to chose a spot away from heat sources, such as TV's, fireplaces, radiators and air ducts. Place the tree clear of doors.

Choose a fresh tree. A fresh tree will have a healthy green appearance with few browning needles. Needles should be flexible and not fall off if you run a branch through your hand. Raise the tree a few inches off the ground and drop it on the butt end. Green needles should not drop off the tree. It is normal for a few inner brown needles to drop off.



Spray with fire retardant (9 oz. Borax, 4 oz. boric acid, 1/2 teaspoon low suds detergent in 1 gallon of water).

When you decide to bring the tree indoors, make another fresh 1" cut and place the tree in a sturdy stand that holds at least 1/2 gallon of water.

Be sure to keep the water level around the base of the tree. If the base dries out, resin will form over the end and the tree will not be able to absorb water and will dry out quickly.

Add tree fresh to water: 1 quart hot water (melts the sap), 1 tablespoon sugar (feeds the tree), and 2 drops bleach (keeps scum from growing).

Check all Christmas tree lights for worn electrical cords. Use UL approved electrical decorations and cords. Unplug tree lights at night.

Miniature lights produce less heat and reduce the drying effect on the tree.

Place a small plastic tarp under the tree to keep sap and leakage off the carpet.

Reducing the room temperature increases the longevity of the tree



Preventing Poisoning in Children

EPA is making available several resources to educate the public about ways to prevent children from being poisoned by pesticides and household products. These resources are available to parents and community organizations to help inform people about potential dangers found in homes. All of these resources are available by calling 1-800-490-9198.



“Learn About Chemicals Around Your House” is an interactive web site at: <http://www.epa.gov/oppt/intr/kids/hometour/index.htm> that is designed to teach children and parents about household products, including pesticides, that may contain harmful chemicals. The web site includes information about toxic substances stored in different rooms in the house and answers commonly asked questions on safe use and storage of these products. The site also contains educational games and tells children what to do if an accident occurs.

A second resource is called **“Read the Label First! Protect Your Kids,”** which is a brochure that provides information on preventing children from being exposed to pesticides and household cleaners by reading and following product label instructions and precautions, keeping products in their original containers, and storing products out of the reach of children. This document is available online at:

<http://www.epa.gov/pesticides/citizens/childsaf.htm>



Finally, **“Help! It’s A Roach”** is a roach prevention activity book for kids and parents. It teaches families what they can do to prevent and control roaches without using pesticides. An interactive website is also available at: <http://www.epa.gov/opp00001/kids/roache4s/english/>

What zone are you in? Zone numbers refer to the USDA’s map of gardening climates. You can view the map at www.usna.usda.gov/Hardzone.

SIGNAL WORD NO LONGER NEEDED FOR SOME PESTICIDES



On December 14, 2001 a final rule was published in the Federal Register with the title “Pesticide Labeling and Other Regulatory Revisions.” In this rule is a provision that products that fall into Toxicity Category IV by all routes of exposure are no longer required to have ANY signal word. They may continue to use the signal word “Caution.” In any case, at some point in 2002, products may start to turn up lacking a signal word due to this provision. There are not likely to be many products that are Tox IV by all routes, but it will eventually happen.

One can predict confusion if consumers are not aware of this provision and for some states, a regulatory problem if their regulations do not automatically incorporate FIFRA changes by reference, but require a change in state regulations.

Getting Ready for Next Season

Drought Resistant Plants

The following plants are *drought-resistant* perennials that can be grown in our climate. You may want to consider ordering some of them for your garden next season.

Lavender (lavandula) is a group of aromatic shrubs and perennials. They appeal to bees because of their fragrant flower and their high level of nectar. This plant does well in moderately fertile soil in full sun. It’s great for hillside plantings or as part of a perennial border. The flower heads and leaves can be used as potpourri, sachets or dried flowers.



Day Lilly (Hemerocallis) flowers come in a variety of forms and colors which include yellow, burgundy, white, orange and pink. For repeat blossoms, after the flower blooms cut the stems of the dead flower heads back to the base of the plant. Day lillies do well in the sun but also do well in partial shade. They spread rapidly and look most impressive when planted in large quantities.

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Mention or display of a trademark, proprietary product, or firm in text or figures does not constitute an endorsement and does not imply approval to the exclusion of other suitable products or firms.

It's time to renew if your
expiration date is
11/2002

Getting Ready for Next Season (Con't)

Tickseed (*Coreopsis* specimens) are from the Asteraceae family. They grow on long stalks and have daisy-like yellow or pink flower heads. They have a long blooming period and attract bees. They spread rapidly and are great for cut flowers. They grow in full sun or partial shade; deadhead for continuous bloom.

Stoncrop (*Sedum* species) includes over 400 annuals and perennials. They are usually succulent and grow in fertile, well-drained soil in full sun. They continue to bloom throughout the fall and are beautiful in an autumn garden when combined with such plants as asters, fall-blooming perennial grasses and salvias.

Yarrow (*Achillea* specimens) have green or gray fern-like leaves with daisy-like flower heads grouped together. They bloom through the summer and fall. They come in yellow, white, red, orange and pink. They prefer full sun in an open space, but can survive in a variety of conditions.



This newsletter is an educational effort of the Utah County office of Utah State University Extension, 51 South University Avenue, Room 206, Provo, UT 84601.

The phone number 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 area:

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

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