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Utah State University



The Sampler

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Safe Winter Driving

On January 3, 2022, 48 miles of Virginia’s Interstate 95 were backed up due to a large amount of snow blanketing the area in a short time. Tractor-trailers were jackknifed, first responders were overwhelmed, and motorists were stranded overnight without food, water, heat, and gas. The lesson learned by government agencies, first responders, and individuals was that it is important for everyone to be prepared for an emergency. Being prepared for winter driving can reduce stress, anxiety, fear, and the negative impacts of emergencies.



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While Driving

- ◆ Slowdown
- ◆ Don’t drive distracted
- ◆ Know where you are going and be aware of the weather along the entire route

Prepare Your Vehicle

- ◆ Check lights, windshield wipers, breaks, battery, emergency flashers, and turn signals to verify they are

- working properly
- ◆ Ensure coolant, oil, and other fluids meet manufacturer specifications
- ◆ Confirm tires are safe for conditions
- ◆ Keep your gas tank above ¼ full or keep your battery properly charged

Before You Go

- ◆ Have an emergency kit – some items may include:
 - ◆ First aid kit
 - ◆ Food
 - ◆ Water (1-2 gallons)
 - ◆ Warm clothes (hat, gloves, coat, blanket)
 - ◆ Flash light with extra batteries
 - ◆ Gas can and siphon hose
 - ◆ Work gloves
 - ◆ Disposable gloves
 - ◆ Dust mask
 - ◆ Tools - hammer, screwdriver, pliers, duct tape, scissors
 - ◆ Shovel
 - ◆ Tarp
 - ◆ Waterproof matches/lighter
 - ◆ Tow rope
 - ◆ Jumper cable
 - ◆ Ice scraper
 - ◆ Jack, lug wrench, and tire gauge
 - ◆ Sand, ice melt, or cat litter

Safe Winter Driving continued

- ◆ Fire extinguisher
- ◆ Caution triangle
- ◆ Mobil phone and charger

In an Emergency

- ◆ Stay with your car
- ◆ Be visible to rescuers
- ◆ Be mindful of carbon monoxide poisoning - make sure the tailpipe is clear of snow and debris
- ◆ Run the car for about 10 minutes each hour for heat

Preparing your car, having equipment on hand, and driving safely will have a positive impact on you and

your loved ones this winter. Enjoy your holidays by making a plan, getting ready for an emergency, and arriving at your destination safely. ☺

~Stephanie Carlson

Resources

beready.utah.gov, Disaster Supply Kit, <https://drive.google.com/file/d/1SOlvLKjMm0D0sWpqjVxX6Tv5ghf13pUl/view>

NHTSA, Winter Weather Driving Tips, <https://www.nhtsa.gov/winter-driving-tips>

Luz Lazo, Washington Post, November 22, 2022, After meltdown paralyzed I-95, Virginia agencies prepare for winter driving, <https://www.washingtonpost.com/transportation/2022/11/22/virginia-i95-storm-lessons/>

Benefits of Pumpkin

Spice up your breakfast routine and try this pumpkin pancake recipe. Fun fact, a pumpkin is actually a fruit! Pumpkins get their orange color from the antioxidant beta-carotene which is made into Vitamin A in the body.



Pumpkin is low in calories, contains fiber, and has little or no salt, sugar, or fat. Here are the nutritional benefits of including fresh and canned pumpkin in your diet:

Vitamin A is an antioxidant that benefits eye health, skin, immunity, organ function, and reduces the risk of heart disease and certain types of cancer. One cup of pumpkin provides 200% of daily vitamin A needs.

Vitamin C is a vitamin and antioxidant that aids in iron absorption and storage. Vitamin C helps repair and form muscle and collagen and works to protect cells from damage. It may also reduce the risk of certain cancers, the common cold, and eye diseases

Fiber is beneficial for reducing cholesterol levels, regulating blood sugar levels and the digestive system, helping with weight management, and helping us feel full longer. One cup of canned pumpkin provides 7 grams of fiber.

Potassium helps control blood pressure, improves bone health, and decreases the risk of diabetes, stroke, and kidney stones. A half cup of canned pumpkin provides 10% of daily potassium needs.

Pumpkin is **Low in Calories**. One cup of pumpkin

contains approximately 83 calories.

Pumpkin seeds are high in nutrients. One-quarter cup of seeds can provide approximately half of our recommended magnesium and zinc.

Other ways to include pumpkin in your diet include dips (hummus or fruit dip), soups, pasta dishes, and substituting for fat/oil in bread, muffins, and desserts. Fresh pumpkin, can be roasted, stuffed, baked, and pureed. Seeds can be toasted.

Pumpkin Pancakes

- 1/2 cup pumpkin puree
- 1 banana, mashed
- 3 eggs or 4 egg whites
- 2 tablespoons low-fat milk
- 1 tablespoon honey or maple syrup
- 1 teaspoon vanilla
- 1/2 cup whole wheat flour
- 1 teaspoon cinnamon or pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

In a large bowl, mix pumpkin banana, eggs, milk, honey, and vanilla. Add flour, cinnamon, baking soda and salt; whisk until smooth. Heat a nonstick skillet over medium heat. Spray with nonstick cooking spray. Pour batter into skillet by 1/4 cupfuls. Cook about 2 minutes until pancakes start to bubble. Flip and cook 2-3 minutes on the other side. Repeat with remaining batter. Yield: 8 small pancakes. ☺

~Jessica Peterson, USU Intern

Family and Consumer Science Events

Thursday, January 19, 2023, 4:00 p.m., for teenagers
Friday, January 23, 2023, 6:00 p.m. for adults
Pleasant View Library
Free

Join us to learn basic self-defense. Topics that will be covered include:

- Situational awareness
- Conflict avoidance
- De-escalation
- Tools to defend yourself

Call 801-399-8207 to register.

Electric Pressure Cooking Class (InstaPot)

Tuesday, January 24, 2023, 6:30 p.m.
USU Extension Office
1181 No. Fairgrounds Dr., Ogden
Cost \$7

Come join us to learn how to use your Instapot. Class will include samples to taste and recipes to take home. Call 801-399-8207 to register.

Empowering Financial Wellness

More classes will be coming in the new year. Just a reminder of some of our popular resources:

[2022 Personal Finance Calendar](#) – A free resource to help people take small steps to improve financial wellness throughout the year.

[Estate Planning Toolkit](#)– A 40-page free resource to help begin the estate planning process.

[USU Inflation Website](#) - to help people navigate this period of high inflation.



From all of us at the Extension office we want to wish you a Merry Christmas and A Happy New Year!

How to Understand What Your Partner is Really Thinking

At some point or another, most people have had the experience of misunderstanding their partner. Sometimes people don't say what is really on their minds. A good way to combat this is to use the speaker listener technique. To use this technique, you must first understand and observe these rules:

1. The speaker has the floor.
2. Take turns being the speaker. Share the floor with your partner.
3. Don't switch into problem solving mode. The focus should be on the discussion, not on trying to find a solution.

Rules for the Speaker: When it is your turn to be the speaker, make sure you are speaking for yourself and not for the listener. It is important to give the listener time to understand what you are saying by pausing and allowing them to rephrase what you are saying.

Rules for the Listener: The listener's role is to actively listen to what the speaker is saying (and may be feeling) and then to paraphrase in their own words what they believe the speaker is trying to communicate. This will help the speaker to feel heard and validated. Make sure you are focusing on the speaker's message and not rebutting what they are saying.

When using the speaker listener technique, use "I" statements such as "I think... I feel... I want..." rather than statements that start with "you." This will help to avoid blame and defensiveness. It is also important to not interrupt the speaker so that the speaker can feel heard. Finally, refrain from solving the problem. This will once again, help everyone to feel heard and validated.



Many people have moments where they misunderstand their partner. This can feel frustrating for both partners. Using the speaker listener technique can help you and your partner better understand and relate to one another and understand what they are really thinking.

To see this technique in action, watch this example video <https://www.youtube.com/watch?v=3JmGR8XHbJY>.

Naomi Brower, Extension Professor and
Olivia Egan, Student Intern

References

- Hake, D. (2020, December 30). *Speaker - listener / a simple way to improve communication*. Marriage & Family Counseling Center. Retrieved October 3, 2022, from <https://marriageandfamilycenter.com/speaker-listener-a-simple-way-to-improve-communication/>
- Markman, H., Stanley, S., & Blumberg, S. L. (2010). *Fighting for your marriage: A deluxe revised edition of the classic best seller for enhancing marriage and preventing divorce*. Jossey-Bass.



Try this recipe for some baked beans that are done on your range-top and not in your oven.

Range-Top Baked Beans

- 1 ¾ cups dry navy or great northern beans
- 4 ½ cups water
- ½ cup smoked pork shoulder, ham or salt pork pieces
- 1 ½ teaspoons salt
- 1 small onion, chopped
- ½ cup brown sugar, packed
- ¾ cup catsup or barbecue sauce
- ¼ cup molasses
- 1 tablespoon prepared mustard
- ½ teaspoon vinegar
- ½ teaspoon liquid smoke

Add water to beans; boil 2 minutes. Soak for 1 hour or overnight. Add meat and salt. Bring to boil, cover and simmer until beans are tender (1 ½ hours for navy beans, 1 to 1 ½ hours for great northern beans). Add a little water, if needed, during cooking but do not stir. Add remaining ingredients. Simmer about 35 minutes until flavors are blended and beans are of desired consistency. Stir only as necessary to prevent sticking. Yield: 6 servings

Create Better Health News Corner

Holiday Eating Tips

The holiday season brings traditions, festivities, and of course good food. How can we enjoy, but not go overboard when it comes to holiday eating? Here are five tips to maintain healthy eating habits while still enjoying some of your favorite foods:

Eat Regularly

Eating regularly (approximately every 3 to 4 hours) helps to stabilize blood sugar levels. This helps fuel your brain and body, balance insulin levels and helps your body be in fat-burning mode. Eat a small meal or snack before a party or holiday event to prevent overeating or indulging in unhealthy foods. Be sure to include protein and healthy fats in your meals and snacks. As you eat regularly, you will find yourself eating smaller portions, cravings decrease, and you will have the energy needed to feel your best.



Be Prepared

Have healthy meals and snacks prepared and easily available to allow for quick access. Try pairing two or more macronutrients in your meals and snacks (e.g. carbohydrate + fat or carbohydrate + protein) to help curb your appetite and regulate blood sugar

levels. Some examples include apple slices with cheese, carrots and hummus, a slice of whole-grain bread with peanut butter, cottage cheese and fruit, and string cheese with whole-grain crackers. Other ideas include (see recipes on following page) protein power bites, baked apple fries, and popcorn trail mix.

Be Mindful

Be mindful of how the holidays impact mental and physical health. The holidays are often busy and filled with many distractions. It is easy to become overscheduled and stressed. Find time to slow down, limit distractions, maintain a healthy diet, and exercise. Making a conscious effort to modify schedules, become active, and eat healthy foods can improve mental and physical health.

Tame Temptations

We all have a favorite holiday dish or dessert it is okay to have some and enjoy it! If we want to keep our cravings and indulging in check however, remember to include balanced snacks and meals (combine carbohydrates, protein, and healthy fats). Filling up on fiber-rich foods (e.g. vegetables) can also help reduce the craving to eat sweets and other tempting foods.

Get Moving

Physical movement and exercise increase heart rate, metabolism, flexibility, and muscle strength, and helps prevent injury. Remember that any physical movement and exercise can be beneficial for those who don't have time to make exercise a priority. Even though the weather is cooling down, there are still great ways to remain physically active. Walk at a mall, dance, take a yoga class, or work out at a gym.

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This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Holiday Eating Tips continued

Enjoy the benefits of physical activity, eating healthy foods, and practicing mindfulness during this holiday season.

For more information about healthy eating visit:

Learning to Listen to Hunger and Fullness Cues:
<https://extension.usu.edu/nutrition/research/learning-listening-hunger-fullness-cues>

Here are some healthy snacks to try:

Protein Power Bites

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla
- 1 cup old-fashioned oats
- 1/3 cup ground flaxseed
- 1/4 cup mini chocolate chips
- 1/4 cup butterscotch chips

Mix all the ingredients together in a large bowl. Refrigerate for 15-30 minutes then roll into balls. Store in an airtight container in the fridge or freezer.

Baked Apple Fries

- 2 medium apples
- Nonstick cooking spray
- 2 tablespoons graham cracker crumbs
- 1/2 teaspoon cinnamon
- 1/2 teaspoon sugar

Slice apples. Place them in a bowl and spray them with nonstick cooking spray. Sprinkle the graham cracker crumbs on top the apples and stir. Sprinkle the cinnamon and sugar on top and stir until well blended. Bake on a cookie sheet at 350° for 20-25 minutes, until apples are soft and starting to brown.

Pumpkin Pie Fruit Dip

- 8 oz. package cream cheese, softened
- 1 cup pumpkin puree
- 2 tablespoon maple syrup
- 1 tablespoon pumpkin pie spice
- 2 tablespoon brown sugar

Combine all ingredients in a medium bowl. Mix until creamy. Refrigerate until ready to serve.

Cottage Cheese Veggie Dip

- 1 cup low-fat cottage cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon dill weed
- Vegetables

Mix all ingredients together except vegetables and chill.

Veggie Ideas:

Carrots, celery, bell pepper, cauliflower, cucumbers, cherry tomatoes, broccoli, etc.

Popped Trail Mix

- 3 cups air popped popcorn
- 1/2 cup chopped walnuts
- 1/4 cup sunflower seeds
- 1/2 cup dried cranberries
- 1/2 cup dried apricots
- 1/4 cup shredded coconut

Place all ingredients in a large bowl. Stir to combine. Store in airtight container for 4-6 weeks.

Cinnamon Apple Popcorn

- 5 cups popped popcorn
- 2 teaspoons unsalted butter, melted
- 1 teaspoon brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon vanilla
- 1 cup chopped dried apples
- 1 cup pecan halves

Melt butter and brown sugar in microwave until sugar is no longer grainy. Add cinnamon, nutmeg, and vanilla extract to the melted butter. Pour mixture over popcorn. Add dried apples and pecan halves to popcorn and mix well.



~Jessica Johnson, USU Intern