



Extension
Utah State University



The Sampler

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Are you Prepared for a Flood or Other Natural Disaster?

The Utah Department of Emergency Management reports that earthquakes, flooding, and wildfires are the most common natural disasters in Utah. Other disasters that are impacting Utahans are landslides, windstorms, pandemics, and droughts. Even though the occurrence of natural disasters is increasing, the negative impact of a disaster can be decreased if you prepare for the disaster BEFORE the event, make good decisions DURING the event, and act responsibly AFTER the event.

Utah received a record amount of snowfall this year! The water is a benefit to all, though eventually, the snow has to melt and flow to the valley. With a large amount of snow still in our mountains, there is a high potential for flooding in several areas throughout the Wasatch Front. Reduce your risk and potential negative impacts from flooding by following basic emergency preparedness actions.



Weber County go to:

<https://www.webercountyutah.gov/sheriff/homeland/code-red.php>

◆ Insurance

- * Review your flood insurance policy – Basic homeowner insurance policies do not cover flood damage
 - * You can get flood insurance policies that will cover flood damage with as little as a 15 – 30 day waiting period before the policy covers flood damage
 - * Flood insurance policies generally do not cover water damage due to water seepage (water coming into the structure from groundwater)
 - * Maintain a current inventory of your belongings – take photos or videos if possible

◆ Prepare your house

- * Conduct a home hazard hunt – identify and fix potential risks
- * Store or secure outdoor items like trash cans, patio furniture, lawnmowers
- * Make sure your sump pump is working

In this issue:

Are you Prepared for a Flood or Other Natural Disaster?	1
Four Benefits to Making Your Bed / Recipes	3
Family and Consumer Science Events	4
Six Tips for Creating Quality Family Time	5
Create Better Health News Corner	5

Before

- ◆ Be informed
- ◆ For more information and to register your phone with the CodeRed with

Are You Prepared for a Flood or Other Natural Disaster continued

- * Clear your gutters and downspouts
- * Move valuables to higher ground
- * Acquire sandbags - know how and where to place them
- Know where your utility (water, gas, and electric) valves and switches are and how to turn them off if needed (never turn off the gas unless you smell it)
- Prepare for power outages
 - * Keep battery-operated equipment and devices charged
 - * Have an adequate amount of gas for a generator
 - * Keep on-hand warm clothing and blankets
- Prepare to shelter in place
- Prepare to evacuate
- Have an up-to-date 72-hour kit easily accessible
- Store a minimum of 14 gallons of clean water per person
- Create a family communication plan
- Maintain a 3 months supply of food and supplies
- Make a plan to care for the needs of pets, children, the disabled, and elderly

During

- Turn Around Don't Drown! The Centers for Disease Control and Prevention report that over half of all flood-related *drownings* occur when a vehicle is driven into hazardous flood water.
- Do not walk, swim, or drive through flood waters
 - * A car can be swept away in as little as 2 feet of water
 - * A person can be swept away in as little as 6" of water
 - * Stay in your car if it is in flowing water
 - * If your car is filling with water, escape to the roof of the vehicle
- Get information from a reliable source
 - * News agencies
 - * City and County Government
 - * Government websites
 - * Monitor the NOAA weather radio & websites
 - * Do not get emergency information from social media
- Follow instructions from public safety officials
- Move to higher ground
- Do not pump water into the sewer system – excess water put in the sewer system can cause the sewer system to fail
- Stay away from damaged power lines

After

- Do not enter areas with standing water
- Use good hygiene and sanitation practices
- Avoid areas with possible contamination and dangerous debris
- Use generators and other gasoline-powered machinery ONLY outdoors
- Be aware of scams and fraudulent contractors

How you can help

- Become a CERT volunteer
- Become First Aid & CPR trained
- Become a licensed Amateur Radio Operator
- Volunteer – track your volunteer hours and submit the information to your city – Cities and counties can get financial support from FEMA with reported volunteer hours

As “Be Ready Utah” states

- Make a Plan
- Get a kit
- Be informed
- Get involved

Visit <https://extension.usu.edu/preparedness/> for more information about how you can become prepared for an emergency. ☞

~Stephanie Carlson, Extension Assistant Professor

Sources:
Mass.gov (2023). *Flood Safety Tips*. <https://www.mass.gov/info-details/flood-safety-tips>
Be Ready Utah <https://beready.utah.gov/utah-hazards/flood/>
FEMA (n.d.). *Be Prepared for a Flood*. <https://community.fema.gov/ProtectiveActions/s/article/Flood>
<https://dem.utah.gov/natural-hazards/#:~:text=Earthquakes%2C%20flooding%20and%20wildfires%20are,a%20risk%20to%20Utah%20residents>



Four Benefits of Making Your Bed

Do you make your bed every morning? The thought of making your bed can be an unpleasant one. It may even seem like an unnecessary evil. You may say “why bother” if I’m just going to get back into bed later tonight? Perhaps you even think making your bed is a complete waste of time. Research says otherwise and has determined several benefits of making one’s bed each and every morning. Consider these benefits:

- ◆ **Increased productivity.** “The Power of Habit,” by Charles Duhigg, suggests that daily bed-making creates a habit, and this can start a chain reaction of other good choices and habits throughout the day.
- ◆ **Lowered stress.** Little tasks like making your bed give a sense of accomplishment which can lower stress, increasing your overall productivity. If you’re feeling overwhelmed, this small task is a good start to calming your mind, which helps you feel grounded in your home rather than unfocused and frantic by all the chaos.
- ◆ **Boosts your mood.** Seeing a room organized and clean can give a feeling of satisfaction. In

addition, this can inspire accomplishment of more tasks and reduce disorder, boosting mood even more.

- ◆ **Restful sleep.** As you are more productive, have a better mood, and experience less stress, you can more easily relax your mind when it comes times for sleep.



Making your bed is a fairly easy task. You don’t have to be the Martha Stewart of bed making; straightening up the covers and fluffing the pillows is adequate. Even though it’s simple, this one small task can help you reap a host of benefits, so do yourself a favor and make your bed! ☺

Rachael Martin, student intern

References
Duhigg, C. (2012). *The power of habit: why we do what we do in life and business*. Doubleday, Canada.



It’s that time of the year when the strawberries and rhubarb are here. Here are a couple of recipes you might want to try.

Strawberry Nut Bread

1/2 cup oil	1/2 teaspoon salt
3/4 cup sugar	1 package (3 oz.) strawberry gelatin
3 egg whites	2 cups frozen strawberries, thawed
1 tsp. almond extract	1 cup nuts, chopped
2 cups flour	
1 tsp. baking soda	

Combine oil and sugar; beat well. Add egg whites and almond extract; beat until fluffy. Combine flour, baking soda, salt and gelatin; add slowly to mixture. Fold in strawberries and nuts. Pour into two greased loaf pans. Bake at 350° for 45 minutes; cool 10 minutes before removing from pan.



Rhubarb Crisp

1 1/2 cups brown sugar	1 1/2 cups sugar
1 1/2 cups flour	2 tbsp. cornstarch
1 cup oats	1 cup water
3 tsp. cinnamon	1 teaspoon vanilla
3/4 cup margarine, melted	Red food coloring
5 to 6 cups rhubarb, diced	

Stir brown sugar, flour, oats and cinnamon together, mix in melted margarine. Pat half of this mixture into greased 9x13-inch baking pan. Sprinkle rhubarb on top. In separate pan, mix sugar and cornstarch; add water and bring to a boil stirring constantly; add vanilla and coloring. Pour over top of rhubarb. Sprinkle on remaining oat mixture. Bake at 350° for 1 hour. Serve with whipped cream or ice cream.

Family and Consumer Science Events

Lotions & Potions

Thursday, May 4, 2023
6:30 – 8:30 p.m.
USU Extension Classroom, Ogden
Cost \$25

Come and join in the fun, learning how to make your own lotions and potions. We will be making foot cream, bath bombs, body butter, and lip balm. What a wonderful gift to share with your mother for Mother's Day.



Cost includes all supplies, containers, and ingredients, PLUS, a bath 'bomb' mold! Only a few spots left, so hurry and sign up today! Call 801-399-8207 to register.

Self-Defense Class for Adults 18 and Up

Tuesdays, June 13 & 20, 2023
6:00 p.m. - 7:30 p.m.
Wednesdays, June 14 & 21, 2023
12:45 p.m. - 2:15 p.m.
Pleasant Valley Library - So Ogden
Free

Come and learn how self-defense training can help you protect yourself and others. Learn how to analyze your surroundings, de-escalate a conflict, recognize and avoid a risky situation, and learn some techniques to escape an attack. Call Linda at 801-399-8207 to sign up.

Kids Summer Cooking Camp

August 7 through 10, 2023
9:30a.m.- 12:00 p.m.
Location: To Be Announced
Free

Fun hands on summer cooking camp. Classes are free and are taught by the Nutrition Educator Assistants from USU Extension, Weber County. Ages 8-14. Registration is required so please call 801-399-8207 to register. Space is limited so call today.

Tai Chi for Health

Starting Wednesdays, May 10 through August 23
11:30 a.m. - 12:30 p.m.
Pleasant Valley Library - So Ogden
Free

Tai Chi uses slow, controlled movements to regulate breathing and build stamina. By focusing the mind on moving through a series of poses, a state of mental calm and clarity can help improve coordination, relaxation, and general health.

Master Food Preserver

Monday, July 17 - Wednesday, July 19, 2023
9:00 a.m. - 5:00 p.m.
Davis Catalyst Center - Kaysville
\$175.00

Do you enjoy the art and science of home canning and food preservation? Would you like to learn how to safely preserve your fresh produce using the most up-to-date methods? Consider becoming a Master Food Preserver!

The Master Food Preserver course is a 3-day training that includes lectures and hands-on kitchen experiences. USU Extension Experts from across the state will present on different topics each day followed up by sessions in a state-of-the-art kitchen.



The \$175 fee covers instruction, all food lab supplies and ingredients, preserved products to take home, and two canning books: "So Easy to Preserve" and the "Ball Blue Book Guide to Preserving, 37th Edition".

For more information and to register visit <https://4h.zsuite.org/external-event-registration/20700>

Contact Tessa Henri with questions or single-day attendance inquiries at 435-919-1321 or tessa.henri@usu.edu

Six Tips for Creating Quality Family Time

Let's face it, life is crazy busy and it doesn't seem to be slowing down anytime soon. This can sometimes force parents to juggle several roles at once while going in many different directions. Some of the roles we often play are mom or dad, husband or wife, chef, chauffeur, coach, provider, employee, and/or caregiver. The list can go on and on. All this rushing about can result in feeling a desperate need for more time to spend enjoying our family. Some adjustments may be needed to adapt to all the hustle and bustle. How do we spend our time wisely?

When we don't have a surplus of time, we need to make the most out of what we do have. Quality time matters over quantity and it can make a difference in family relationships. Consider these tips to make the most out of whatever time you have to spend with your family.

1. **Turn off the electronics.** This will prevent any unnecessary distractions while you are trying to spend quality time with your loved ones.
2. **Involve your children.** Let your children be a part of the planning of your quality time together. Children can pick out an activity they enjoy and parents can be active participants.
3. **Be intentional.** Let your children know that they are important to you and this time is specifically for them. Express your love for them and how happy you are to be able to spend some time with them.
4. **Talk.** Make time to talk one-on-one with each family member, even if it's for ten minutes. This can help build and strengthen individual relationships as you get to better know each another.
5. **Eat together.** Family meal time is one way to spend time with your family and focus on just them. It gives you the opportunity to develop skills and learn from one another. You can even have a family meeting at the table to plan your schedule and get the most out of your time.
6. **Discover time in the routine.** Quality time does not need to be a big Broadway

production or even a planned activity. It can be simple and found in the most unlikely of places like car rides, the little moments before school or bedtime, and even while doing chores. Quality time just needs to have a purpose and be meaningful.

Research shows that quality time is crucial to development, improves mental health, decreases behavioral issues, aids in academic performance, boosts self-confidence, and children become more adaptable and resilient to change. Quality family time matters and even small efforts can make a difference!

☞

~Rachel Martin, student intern, & Naomi Brower, Extension Professor

Additional resources:

To learn more about the benefits for time together visit <https://highlandspringsclinic.org/the-top-ten-benefits-of-spending-time-with-family/>.

See www.hiddengems.usu.edu for free downloadable guides providing simple and inexpensive ways to connect and play together.

Resources:

Hsin, A. & Felfe C. (2014). When does time matter? Maternal employment, children's time with parents, and child development. *Demography*, 51(5), 1887-1894. <https://doi.org/10.1007/s13524-014-0334-5>

Thatcher, T. (2020). The top ten benefits of spending time with family. Highland Springs Specialty Clinic. <https://highlandspringsclinic.org/the-top-ten-benefits-of-spending-time-with-family/>



Create Better Health News Corner

Benefits of Berries

Some of nature's most perfect dessert foods are berries! Besides being sweet and delectable, berries pack a powerful nutritional punch. Here are some benefits to keep in mind the next time you reach for a sweet treat.

Antioxidants: Blueberries, blackberries, and raspberries have high levels of antioxidants. Antioxidants are essential for managing free radicals that cause stress on your body, and also help prevent disease.

Fiber: Berries, particularly raspberries and blackberries, are a great source of dietary fiber which keeps your digestive system healthy and increases satiety.

Anti-inflammatory: Berries, particularly cranberries, have great anti-inflammatory properties. Inflammation generally occurs in the body due to infection, injury, or unhealthy lifestyle choices.

Skin Strengthening: Berries contain ellagic acid which contains enzymes that restrict the breakdown of collagen, an essential protein for healthy skin that prevents wrinkles and aging.

Improved cognition: Berries get their deep colors from anthocyanins which help improve brain function and memory. Berries are a smart choice!

Low-carb, low-calorie snack: Berries are a perfect addition to cereal, salads, and smoothies and are a healthy choice, especially for those trying to lose weight or just maintain a healthy lifestyle.

One of the best ways you can enjoy berries is eating them fresh off the vine. The Farmer's Market in downtown Ogden provides the perfect opportunity to do buy fresh berries! Along with the berry vendors, check out our other amazing farmers that offer a huge range of fresh, delicious, and exceptionally nutritious garden produce! The Farmer's Market is held every Saturday morning on 25th Street in Ogden from May 27th - Sept. 9th from 8 am - 1 pm. Come and see us there! ☺



~Alayna Johnson. CBH ambassador

Here is a recipe full of berries that you might like to try. It is a delicious pie recipe that will be hard to stop at just one piece.

Razzleberry Pie

5 cups water
3 1/3 cups sugar
16 oz. blackberries
1/3 cup cornstarch
7/8 cups water
16 oz. boysenberries
12 oz. red raspberries

Combine water and sugar; bring to boil. Add blackberries; bring back to a boil. Combine cornstarch and water; add blackberries to mixture and cook until thick. Take off heat and fold in boysenberries and raspberries; cool. Pour into 9-inch pie crust; bake at 375° for 1 hour. Yield 4

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.