



Extension  
Utah State University



# The Sampler

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## Tricks and Tips for Staying Safe

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Halloween is a time that we think about safety but we should think about our safety everyday when we are out running errands, going to work or even on a trip. You need to think about staying safe where ever you might be. Here are some ways to stay safe on the street and in a car.

Avoid becoming a victim on the street by using the following suggestions:

- ◆ Remain alert
- ◆ Make quick eye contact with everyone you pass
- ◆ Carry a cell phone
- ◆ Avoid or leave a bad situation
- ◆ Tell someone where you are going
- ◆ Avoid isolated or unpopulated areas such as stairways, elevators, alleys, parks, vacant lots, and industrial areas
- ◆ Walk with another individual or in a group
- ◆ Ask to join a group if you feel you are in danger
- ◆ Do not weigh yourself down by carrying a lot of stuff
- ◆ Plan the safest route to your destination

- ◆ Vary your route and schedule
- ◆ Avoid wearing headphones or earbuds while walking or jogging
- ◆ Avoid walking, jogging, or biking alone at night

- ◆ Walk toward traffic so you can see approaching vehicles
- ◆ If you feel you are being followed, cross the street, walk into a store, join a group, call the police, or do something else to avoid the aggressor



Avoid becoming a victim in a car by using these following suggestions:

- ◆ Look around and inside your car before entering
- ◆ Have your keys ready to unlock the door before you get to your car
- ◆ Lock your doors and roll up all windows when leaving your vehicle
- ◆ Drive with your doors locked
- ◆ Never leave your keys in the ignition
- ◆ Back your car into spaces because it is quicker to leave if needed

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- ◆ Park in well-lit areas
- ◆ Do not leave anything of value in plain sight
- ◆ Never drive on less than a ¼ tank of gas
- ◆ Never pick up somebody you do not know
- ◆ Never leave your car if someone approaches and orders you to get out
- ◆ Do not stop to help a stranded motorist - Call the police for assistance
- ◆ If your car breaks down, pull to the side of the road, turn on your emergency lights, and call somebody you know or the police for help. Stay

in the car with the windows up and doors locked until help arrives. Do not get out of your car if a stranger offers to help. Instead, roll down your window just far enough to ask the person to call for assistance from a reliable source.

- ◆ If you feel you are being followed, drive to a populated area or to a police or fire station and blow your horn
- ◆ Provide the car's license plate number and description to the police ☞

~Stephanie Carlson, Extension Assistant Professor

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## Pumpkin Desserts to Bake This Fall Season

### Pumpkin Bars

1 ½ cups unsweetened pumpkin puree  
¾ cup vegetable oil  
⅔ cup packed light brown sugar  
⅔ cup granulated sugar  
2 large eggs  
1 ½ teaspoons vanilla extract  
1 ½ cups all-purpose flour  
2 teaspoons pumpkin pie spice  
1 teaspoon baking powder  
¾ teaspoon baking soda  
1 teaspoon kosher salt  
Baking spray

#### Crem Cheese Frosting:

1 (8-oz.) block cream cheese, softened  
½ cup unsalted butter, softened  
1 ½ teaspoons vanilla extract  
1 teaspoon pumpkin pie spice  
5 cups confectioner's sugar

In a large bowl, whisk together pumpkin, oil, light brown sugar, granulated sugar, eggs, and vanilla until well combined. Add flour, pumpkin pie spice, baking powder, baking soda, and salt, stirring until just combined. Spray a 9-by-13-inch baking pan with baking spray. Pour batter into the pan; smooth with a spatula. Bake at 350° for 40 to 45 minutes or until a wooden pick inserted into the center comes out clean. Let cool completely in the pan. For the spiced cream cheese frosting: In medium bowl, beat cream cheese on medium speed until smooth. Add butter, vanilla, and pumpkin pie spice and beat until well combined and creamy. Reduce the speed to low and gradually add the confectioner's sugar. Increase the speed to medium-high and beat until fluffy, about 1 minute. Frost cooled pumpkin bars.

### Halloween Cheesecake Bars

40 Chocolate sandwich cookies (1 lb.), such as Oreos  
6 tablespoons salted butter, melted

#### Filling:

4 packages (8 oz.) cream cheese, softened  
2 teaspoons vanilla  
1 cup sugar  
¼ teaspoon kosher salt  
1 cup sour cream, at room temperature  
4 large eggs, at room temperature  
¼ cup canned pumpkin  
¼ cup semisweet chocolate chips, melted and cooled

Line a 9-by-13-inch baking pan with parchment paper with at least 1 inch of excess paper over the sides. Process the Oreos in a food processor until finely crushed. Add melted butter, and pulse to combine. Press Oreo mixture into bottom of the parchment-lined pan. Bake the crust at 325° for 10 minutes or until fragrant and dry to the touch. Let crust cool at least 15 minutes. For the filling: Beat cream cheese, vanilla, sugar, and salt in a large bowl with a mixer on medium speed 1 minute or until smooth. Beat in sour cream until well combined. Beat in eggs, 1 at a time, just until combined. Place ¼ cup of the batter in a small bowl. Place ½ cup of the batter in a separate small bowl. Pour remaining batter over the baked crust, spreading into an even layer. Stir the pumpkin into the bowl with ¼ cup of the reserved cheesecake batter until combined. Stir the melted chocolate into the other bowl with ½ cup of the reserved cheesecake batter until combined. Spoon the pumpkin and chocolate batter by teaspoonfuls randomly over the top of the cheesecake batter in the pan; swirl with the tip of a wooden skewer or a paring knife. Bake cheesecake for 35 to 40 minutes or until just set in the center (it will still jiggle slightly). Cool the cheesecake at room temperature for 1 hour, then refrigerate for at least 4 hours or up to overnight.

## Family and Consumer Science Events

### ***Money Personalities Class***

September 19, 2023 | 7:00 pm  
Ogden Main Branch Library  
Cost: FREE

Money personality types directly and indirectly impact money decision-making. Learn about your money personality and what impact it has on you.

### ***2023 Self-Reliance & Safety Fair***

October 14, 2023 | 10:00 am - 7:00 pm  
Golden Spike Event Center  
Cost: FREE

Come and learn what to do in any type of a disaster. Learn how to plant your own garden, safely can what you grow, how to help someone who is injured, earthquake preparedness and much more.

### ***Money Management Class***

October 19, 2023 | 7:00 pm  
Pleasant Valley Library  
Cost: FREE

Money management helps you know where your money is coming from and where it is going. Learn how to take control of your finances.

### ***Estate Planning Class***

November 2, 2023 | 7:00 pm  
Pleasant Valley Library  
Cost: FREE

An estate plan gives clear instructions on how to handle your estate in the event of your death or if you become incapacitated. Learn how to develop a plan that will give peace of mind to you and your beneficiaries.

### ***Homebuyer Education***

October 24 & 25, 2023 | 6:00 - 9:00 pm  
Two Evening Classes, Held Via Zoom  
Cost: \$30

This course provides a chance to assess your financial readiness for homeownership, instruction on how to assemble and work with realtors, lenders, inspectors, insurance companies, and title companies in the home buying process. [Click here](#) to register.

### ***Diabetes Cook Along Virtual Class Series***

Tuesdays, October 3– 24, 2023 | 11:00 am  
Held Via Zoom  
Cost: FREE

Learn about the Diabetes plate method in these virtual classes as you cook along with our expert. Each week will feature a different recipe and you will learn the importance of eating right. The first class will be stuffed spaghetti squash. [Click here](#) to register.

DIABETES  
**Cook Along**  
DIABETES PLATE METHOD

Stuffed Spaghetti Squash  
Tuesday, October 3rd  
11:00 am

Sign up on Eventbrite



## ***Utah Marriage Commission Events***

### ***Celebrating Your Differences in Marriage -***

***Erin Sheperd***

September 14, 2023 | 6:00 – 7:00 pm  
Cost: FREE

This webinar will help you have a better understanding of why we have negative reactions to differences, find ways to tolerate differences and discover how differences can build your relationship. [Click here](#) to register.

### ***Money Matters and Marriage -***

***Dr. Ashley LeBaron-Black***  
Cost: FREE

In this recorded episode of the Stronger Marriage Connection podcast, Dr. Ashley LeBaron-Black tackles the hard conversation “How do I manage money in marriage.” Learn how conversations about money can connect you and your partner rather than pull you apart. [Listen now](#) for free.

## Coping with a Break-Up

Break-ups hurt. It doesn't matter if you were the one that initiated the split or the one that was told the relationship wasn't going to work anymore. Either way, something and someone that you once cared about, dedicated time to, and sacrificed for, is no longer a part of your life.

One of the reasons break-ups hurt so badly is because they create the emotion of grief (Pattemore, 2022). Grief occurs when we experience a transition or change, and we are still holding on to the past state of reality (Friedman, 2019). In the case of a break-up, a relationship that was an important part of your life is gone, so you miss the previous state of life where that relationship still existed.

Coping with grief is a process. While psychiatrist Elizabeth Kubler-Ross listed the stages of grief as denial, anger, bargaining, depression and acceptance, these stages don't necessarily occur in that order. The grief process takes a different amount of time for different people to work through.

Consider some of the following coping strategies to help you as you are processing grief.

- Practice mindfulness. Focus on the present, meditate or try yoga movements.
- Express your emotions. Talk with a trusted person, write your feelings down, or meditate on your feelings.
- Self-care. Focus on getting enough sleep, exercising, stretching, and engaging in other self-care behaviors.
- Grounding techniques. Choose one of your senses and focus on it (like focusing on what you can smell or touch).
- Plan for happiness. Make some new memories and engage in the activities that bring you joy
- Aim for acceptance. When we can accept our new reality of life without the old relationship, we can better cope with our break-up and begin finding joy again.

Sometimes, even after trying many coping strategies, feelings of heartache may persist or return. This doesn't mean that something is wrong with you or that you have regressed. Your feelings of grief are valid. With time, the wounds can heal. If these feelings persist and are causing significant distress, such as preventing you from coping with daily struggles, that may be a good time to seek help from a certified therapist.

Coping with feelings of grief can be difficult and can take time. Although it may not feel it at first, there is hope. Be gentle with yourself, eventually you will be able to feel comfortable without your old partner and feel peace, even if you may not believe it right now. ☞

~Marisa Davis, student intern, & Naomi Brower, Extension Professor



### References

- Friedman, R. (2019, December 17). The best grief definition you will find. The Grief Recovery Method. <https://www.griefrecoverymethod.com/blog/2013/06/best-grief-definition-you-will-find>
- Mental Health America. (n.d.). How do I stay grounded in reality? Mental Health America. [https://screening.mhanational.org/content/how-do-i-stay-grounded-in-reality/?layout=actions\\_g](https://screening.mhanational.org/content/how-do-i-stay-grounded-in-reality/?layout=actions_g)
- Pattemore, C. (2022, October 14). How to grieve a relationship ending. Psych Central. <https://psychcentral.com/relationships/coping-with-the-end-of-a-relationship>

### Pumpkin Dip

4 oz. cream cheese	1/2 cup heavy whipping cream
1/2 cup pumpkin puree	Graham crackers, pretzels, sliced apples, sliced pears
1 cup confectioner's sugar	
1 teaspoon pumpkin pie spice	
1/2 teaspoon vanilla extract	

In the bowl of an electric mixer fitted with a whisk attachment, beat cream cheese, pumpkin puree, confectioner's sugar, pumpkin pie spice, and vanilla on medium speed until smooth and creamy, 2 to 3 minutes. Scrape down the bottom and sides of the bowl with a rubber spatula. With the mixer on medium-low speed, gradually pour in heavy cream. Increase speed to medium-high and beat until the mixture is light and fluffy, about 30 seconds. Serve pumpkin dip with graham crackers, pretzels, apple slices, pear slices, or by the spoonful.

# Create Better Health News Corner

**CREATE** SNAP-ED  
**BETTER HEALTH**

## Back to School 2023

Welcome back to school! I don't know about you, but after a summer of special events and vacations, I am always really excited to welcome the structure that the new school year brings. Here at Create Better Health we want to do all we can to offer you nutritional and physical support as you shift gears in your home.



Going back to school is one of the biggest seasonal adjustments that families experience from summer to fall. While you are settling into your school year routine, we encourage you not to overlook the impact that healthy food and exercise can have on that adjustment. Good nutrition and health practices are proven to support a student's learning experience by increasing brain function. These can also promote healthy cognition by supporting the transmission of dopamine to the brain. Other benefits such as improved perception, concentration, intuition, and reasoning can all be supported by applying simple principles of physical activity and nutrition in your home.

When it comes to physical activity, some families may benefit from structured planned activities such as scheduling to go on regular family walks or hikes. Others may participate in competitive school or community athletic programs. Though these are awesome ways to promote health in your home, they may not be appealing or accessible to everyone, and that is okay! They are not a necessary means of exercise for your or your student's health. Movement in any capacity that is fun for the individual will benefit a child's ability to learn. Whether that is

jumping, lifting, fishing, working in the yard, cleaning, cooking, etc.... finding ways every day to simply move more and sit less will help support your child's learning experience at school this year.

Consuming nutrient-dense foods is just as important to a student's learning experience as being physically active. Shopping for in-season produce is one way to make nutrient-dense food more accessible in your home. Luckily, early autumn provides a wide variety of popular in-season produce from apples and pears to peppers and broccoli. Try out this fruit and chicken salad wrap for a healthy lunch box option and check out our blog [createbetterhealth.org](http://createbetterhealth.org) for more nutrition tips to support your family this month.

Follow us on Facebook and Instagram @CreateBetterHealthWeberCounty for more recipes, seasonal activity ideas, and information on upcoming events and classes. 🍷

~ Kayla Lane, CBH Ambassador

### Fruit & Chicken Salad Wrap

1 cup cooked chicken, diced  
1/4 cup celery, diced  
2 tablespoons green onion, sliced  
1/4 cup apples, chopped  
1/4 cup grapes, sliced in half  
1/4 cup fat-free mayonnaise  
Salt, pepper and garlic powder to taste  
4 whole wheat tortillas

In a medium bowl, combine chicken, celery, green onions, apples, and grapes. Gently mix well. Gently fold in mayonnaise, salt, pepper, and garlic powder to taste. Place 1/4 of the fruit and chicken salad down the middle of each wrap, leaving an inch from the edge. Roll wrap, tucking in edges so salad will not fall out while eating.

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.