



Extension
Utah State University



The Sampler

1181 North Fairgrounds Drive
Ogden, UT 84404-3100
801-399-8200

Utah State University is an affirmative action/equal opportunity institution.

July—August 2023

Issue #4

Staff:

Naomi Brower
FCS/4-H Faculty

Stephanie Carlson
FCS Faculty

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 (Markman et al., 2010):

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.

In this issue:

How to Understand What Your Partner is Really Thinking	1
Cool Summer Treats for Kids	2
Family and Consumer Science Events	3
Summer Car Safety/ Quick Tips on Fast Food	4
Create Better Health News Corner	5

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

~Naomi Brower, Extension Professor & Olivia Egan, Student Intern

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.

References:

Hake, D. (2020, December 30). Speaker - listener / a simple way to improve communication. *Marriage & Family*

Cool Summer Treat for Kids

Here are some delicious homemade treats for kids to enjoy this summer. They may even have fun making them, too!

No-Churn Strawberry Ice Cream

12.6 oz. strawberries
1 cup heavy cream
1 can (14 oz.) sweetened condensed milk
1 teaspoon pure vanilla extract

Save 2-3 strawberries, chop them finely and set aside. Chop and puree the rest. Puree the strawberries as finely as you like but it's OK if there are some small chunks left. Pour cream in medium bowl and whip until stiff peaks form. Set aside. Mix the sweetened condensed milk, vanilla extract, and strawberry puree. Carefully fold in the whipped cream and the chopped strawberries. Pour mixture in a loaf pan lined with plastic wrap/cling film or a large plastic container. Cover the mixture with cling film, making sure that the cling film sits directly on top of the mix, thus preventing it from getting icy on top. Freeze for 8 hours or until firm. Let thaw slightly at room temperature (about 20-30 minutes) before serving.

Source: *Where is my Spoon*

Cookies and Cream Popcorn

6 cups popped popcorn, may use already popped popcorn
1 cup white chocolate wafers or white chocolate chips
Dash of salt
12 Oreo cookies, crushed

Pop the popcorn, put in a large bowl and set aside. In a medium bowl, melt white chocolate wafers/chips on medium power in microwave until smooth, stirring every 15 seconds so it doesn't burn. Pour melted white chocolate over popcorn and lightly toss to ensure that the popcorn is completely covered. Spread popcorn onto two large baking pans or flat surface lined with parchment paper. Sprinkle crushed Oreo cookies over popcorn. Let stand for 10-20 minutes or until chocolate is set. Break into clumps and store in an airtight container for up to one week.

Source: *Pumpkin & Spice*

Strawberry Popsicles

2 cups sliced strawberries (roughly 8 ounces)
1/4 cup granulated sugar
1/4 cup water
2 tablespoons lemon juice

Add strawberries, sugar, water, and lemon juice to a blender. Blend until smooth. Transfer the mixture to popsicle molds or paper cups then insert wooden sticks. Freeze until firm, roughly 4 hours but preferably overnight. Once unmolded, place the popsicles in a single layer on wax or parchment paper then place in a freezer-safe container. Freeze up to 1 week. For longer storage, once frozen solid, wrap each one in plastic wrap then place in a freezer bag or container. Freeze up to 1 month.
Yield: 5-6 popsicles

Source: *Homemade in the Kitchen*



Family and Consumer Science Events

Tai Chi for Health

Every Wednesdays, 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 is reached which can help improve coordination, relaxation, and general health.

Food Preservation

6:00 - 7:30 pm
Both classes are Free

Thursday, August 24, 2023
Pleasant Valley Library - So. Ogden
Wednesday, September 6, 2023
Ogden Library

It's time to preserve the bounty from our home garden. Learn about water bath canning, how to use a pressure cooker, and some techniques to preserve your vegetables and fruits.

Date Nights . . .

Get out! Exploring New Territory in Your Marriage Date Night

Friday, August 25, 6:30 - 8:30 p.m.
Silver Lake– Big Cottonwood Canyon, SLC
\$10 per couple

Explore the great outdoors as you enjoy the beautiful mountains near Salt Lake City while hiking around Silver Lake in Big Cottonwood Canyon. Reach new heights as you participate in additional relationship enhancement activities along the way. Cost is \$10 **per couple** and includes refreshments, fun and prizes! [Click here](#) to register.

That's Amore - Cooking Date Night

Friday, September 15, 6:30 - 8:30 p.m.
Busy Bee Co., Layton
\$60 per couple

Savor time with your sweetheart as you learn tips and tricks to making homemade pasta and sauce. Don't forget the dessert! Delizioso! This is not a gluten-free class. If you have gluten issues please be aware and plan accordingly. Cost is \$60 **per couple** for lessons, food, fun and prizes. [Click here](#) to register

Turn summer break from
uneventful to *unforgettable*.



Check out our new guides:

- Foods Around the World
- What's in Your Backyard?
- Wind Caves, Logan
- Bear Canyon Suspension Bridge, Draper

FREE FAMILY FUN GUIDES

Download the guides and provide feedback to be entered to win a prize.

Looking for ideas to play together as a family this summer? Use our FREE Hidden Gem adventure guides! (New guides available now!) With almost 40 guides there is sure to be something your family will enjoy doing together! Download a guide, connect and play together using the guide, then give us feedback at the link provided on the guide by July 31, and be entered to win fabulous prizes!

(Each evaluation enters you in a drawing to win your choice of a prize valued at approximately \$50. Winners will receive a list of options to choose from. Only one prize allowed per household.)

Summer Car Safety

As summer approaches and all the month's hustle and bustle begins, we need to be aware of the dangers that heat can inflict. Too many parents have suffered the tragedy of their children getting heatstroke or losing their lives as they inadvertently left their child in a hot car. This devastation can happen to even the very best parents, changing their lives forever. It doesn't take long for the heat of the summer to turn into a life threatening situation for not only kids, but also for pets.

According to the Humane Society on an 85-degree Fahrenheit day, the temperature inside a car can reach 102 degrees within the first ten minutes. After 30 minutes, the temperature can reach 120 degrees. Are you shocked to learn how fast the temperature can rise in a car? The Utah Department of Health and Human Services reports that young children are at an increased risk of overheating as their body temperatures rise at three times the rate of adults. They also warn that cracking a window has little to no effect.

To help prevent these risks:

- ➔ **Never leave a child or pet unattended**
- ➔ **Keep vehicles locked** This will prevent children from climbing in on their own.
- ➔ **Create a reminder** Put the diaper bag or stuffed animal in the front of the car.
- ➔ **Put something you need in the back seat** If your purse or wallet is in the back you will need to get in the back to grab it. This will be a reminder that your child is with you.
- ➔ **Set an alarm** Use your phone alarm or ask someone to call you.
- ➔ **Go high-tech** Use a car seat sensor or other high-tech device.
- ➔ **Get Involved** Call 911 if you see a child left in a car alone. If they seem distressed, get them out as soon as possible.



We are creatures of habit and we may unintentionally stick to our routines and not make the necessary changes when unplanned circumstances occur. If you do not normally drop your child off at a caregiver or take them with you, please use these tips and tricks so you do not suffer this preventable tragedy. To learn more information on preventing heat tragedies visit www.safekids.org/heatstroke.

~Rachel Martin, USU Extension Intern

Resources:

<https://health.utah.gov/featured-news/officials-warn-of-deadly-temperatures>

<https://www.utahhumane.org/blog/pets-in-hot-cars-in-utah>



Quick Tips on Fast Food

Fast Food gets a bad rap for not being healthy, but it can be.

- Pass on the “value size.” Bigger means more calories, fat, sugar, and sodium.
- Skip the sides, which are usually deep-fried. If you want something extra, opt for a fruit cup.
- Avoid sandwiches with double meat. A single serving size of meat is about 2-3 ounces. A single meat patty is usually more than that, which means if you double it, you're looking at more than two servings, if not three.
- Hold the mayo and other “special” sauces that often are laden with calories.
- Eat your sandwich open-faced (bottom bun/slice of bread only)
- Skip the bacon—high in calories and saturated fat that can increase the risk of coronary heart disease.
- To add flavor without fat, add pickles, onions, tomatoes, ketchup, and mustard (for low-sodium diets, go easy on pickles, ketchup, and mustard).

Create Better Health News Corner

Eat Fresh, Buy Local

What qualifies food as locally grown?

Food that is grown 100 miles or less than where it's being sold or served is considered locally grown. (No commercial farm, and no long-distance travel.) Many grocery stores have started to add locally grown produce to their selections, but almost all food at farmers markets and roadside produce stands are from locally grown sources.

Why eat locally grown food?

The main benefits to eating locally grown is it gives the nutrients your body needs the room to shine without the harmful substances such as refined sugars and synthetic trans fats. Health professionals are now using the term "Food as medicine" because food is not just a supplement but plays a more central role to healthy living. Food is the center of living, and we need good nutritious food to fuel our body and lives.

The main benefit of purchasing produce from local sources is the freshness. The closer you eat a food to it's harvesting, the more nutrients are obtained and the less the food has been spoiled through oxidation by air. When food has been purchased from a grocery store, the fruit or vegetable likely was harvested days or weeks ago, and has lost many of its nutrients. It also may have been harvested before ripening, causing a loss of valuable vitamins and minerals. Farmers at markets generally sell fruit and vegetables harvested at its ripest.

Where can I find locally grown food?

The best option to source locally grown food for you and your family is a farmers markets. In getting to meet the farmer and producer of the food you're buying, you are able to ask how it was grown, what the step-by-step processes were, and find out much more.

Ogden is home to the #1 farmers market in Utah, on Historic 25th Street in downtown Ogden, with hundreds of vendors bringing their freshest produce grown locally. The market runs every Saturday 8am-1pm from May 27th – September 9th. Eat Fresh, Buy Local. ☺

~Dathan Wimer, USU Extension Intern

Sources:

Apr. 2022, www.virtua.org/articles/is-eating-locally-grown-food-healthier-for-you#:~:text=The%20main%20health%20benefit%20of,it's%20most%20dense%20with%20nutrients.

"Benefits of Eating Locally Sourced Foods." *American Board of Physician Specialties*, 7 May 2020, www.abpsus.org/eating-local-foods/.

"Saturdays May – September." *Farmers Market Ogden*, farmersmarketogden.com/. Accessed 1 June 2023.



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.