



Extension  
Utah State University



# The Sampler

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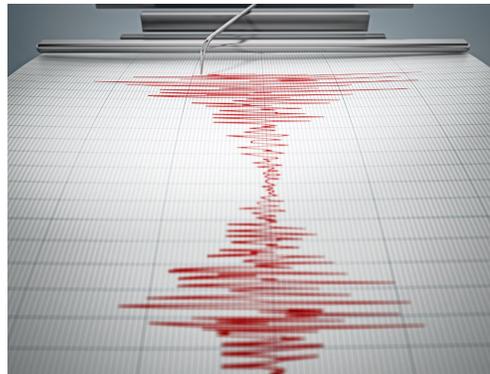
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## Did you know that April is National Earthquake Preparedness Month?

It's not a question of if a major earthquake will strike Utah, but when. There is more than a 50 percent chance that a major earthquake will happen along the Wasatch Front in the next 50 years. Are you prepared for an earthquake? Will you be able to stay in your home? Will you be able to live without the services you rely on? How will your job or school be affected? Will you have enough money to cover your emergency needs? How will you communicate with your loved ones? An earthquake can happen at any time and can have a devastating impact on families, businesses, and communities alike. Every person needs to know what to do before, during, and after an earthquake.



until the shaking stops. If you are outdoors when the shaking starts, you should quickly find a clear spot away from buildings, trees, streetlights, and power lines, then Drop, Cover, and Hold On. Stay there until the shaking stops. If you are driving, pull over to a clear location, stop, and stay there with your seatbelt fastened until the shaking stops. Once the shaking stops, proceed with caution and avoid bridges or ramps that might have been damaged.

- Conduct a home hazard survey- Identify hazards and mitigate them where possible. Secure water heaters, tall furniture, pictures, and other movable objects.
- Assemble emergency kits and other supplies - Keep kits in an easily accessible location. You should have an emergency kit for every person in your family.
- Identify potential weaknesses in your home and modify them where needed

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### Before an earthquake

- Learn how to protect yourself during an earthquake - Federal, state, and local emergency experts recommend that in the event of an earthquake **DROP, COVER, AND HOLD ON!** **DROP** to the ground before the earthquake drops you! Take **COVER** by getting under a sturdy desk or table and **HOLD ON** to it

Did You know that April is National Earthquake Month continued

- Create an emergency plan that includes how to communicate with others
- Organize and digitize important documents and store them in a safe accessible location
- Evaluate insurance coverage and modify where needed
- Have an adequate amount of emergency funds easily accessible



### During an earthquake

- DROP, COVER, AND HOLD ON!
- Do not run outside - There are many hazards that will put you at risk of injury
- Do not stand in a doorway - In modern houses, doorways are no stronger than any other part of the house
- Do not get in the “Triangle of life”. In recent years, an e-mail has been circulating which describes an alternative to the long-established

“Drop, Cover, and Hold On” advice. The so-called “triangle of life” is potentially life-threatening and the credibility of the source of these recommendations has been broadly questioned.

### After an earthquake

- Life safety is the first priority - Render aid to family members, neighbors, and others in need
- Check for hazards and damage to structures
- Remain at home if possible
- Listen for and heed emergency instructions from officials
- Contact out-of-state contacts to let them know of your status – Texting may be the most reliable form of communication during a disaster

Be Ready Utah holds the Great Utah ShakeOut drill annually to encourage individuals, families, businesses, and organizations to become better prepared to respond to and recover from an earthquake. The drill will be held on April 20, 2023. During the Great Utah ShakeOut over a million Utahns will participate in earthquake drills at work, school, or home. Emergency plans will be developed and practiced. To register for the drill and to find ideas on how to participate in the drill visit <https://www.shakeout.org/utah/index.html> 📧

~Stephanie Carlson, Extension Assistant Professor

## Happy Valentines Day

### Chocolatey Raspberry Crumb Bars

1 cup butter, softened (2 sticks)  
2 cups flour  
½ cup packed light brown sugar  
¼ teaspoon salt

2 cups (12 oz.) semi-sweet chocolate chips, divided  
1 ¼ cups (14 oz. can) sweetened condensed milk  
⅓ cup seedless raspberry jam  
½ cup nuts, chopped

Beat butter in large mixing bowl until creamy. Beat in flour, sugar and salt until crumbly. With floured fingers, press 1 ¾ cups crumb mixture onto bottom of greased 9x13-inch baking pan; reserve remaining mixture. Bake in oven at 350° for 10 to 12 minutes or until edges are golden brown. Combine 1 cup chips and sweetened condensed milk in small, heavy saucepan. Warm over low heat, stirring until smooth. Spread over hot crust. Stir nuts into reserved crumb mixture; sprinkle over chocolate filling. Drop raspberry jam by teaspoonfuls over crumb mixture. Sprinkle with remaining chips. Bake at 350° for 25 to 30 minutes or until center is set. Place pan on wire rack to cool. Yield: 3 dozen bars



## Family and Consumer Science Events

### ***Emergency Preparedness***

Thursday, March 30, 2023  
6:30 – 7:30 p.m.  
North Ogden Library  
475 East 2600 North, Ogden, UT 84414

Come and learn about emergency preparedness. Class will cover how to store water, long-term storage of food, and sanitation items during an emergency.

### ***Great Utah ShakeOut***

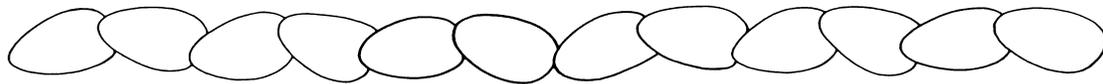
April 20, 2023

We all must get better prepared for major earthquakes and practice how to protect ourselves when they happen. The purpose of the ShakeOut is to help people and organizations do both. Join with over 1 million Utahans that will participate in the drill on that day. For suggestion on how to participate go to: <https://www.shakeout.org/utah/>

### ***Lotions & Potions***

Thursday, May 4, 2023  
6:30 – 8:30 p.m.  
USU Extension Classroom  
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! Seating is limited, so hurry and sign up today! Call 801-399-8207 to register.



### **Easter Hunt Pie**

- 1 (6 oz.) graham cracker crust
- 1 package (8 oz.) cream cheese, softened
- 1 can (14 oz.) sweetened condensed milk, not evaporated
- $\frac{3}{4}$  cup cold milk
- 1 package (3.4 oz.) instant vanilla pudding and pie filling
- 1  $\frac{1}{2}$  cups nondairy whipped topping
- 16 mini chocolate eggs or other holiday candy

In a large bowl beat cream cheese until fluffy. Gradually beat in condensed milk until smooth. Add milk and pudding mix' beat on low speed until smooth. Spoon half of filling into crust. Place chocolate eggs evenly over filling. Top with remaining filling. Chill 3 hours. Yield: 8 Servings

### **Natural Dyes for Eggs**

*Here are some ideas for dying eggs naturally. Usually, the more natural the ingredient used, the longer it takes to dye them. The longer they soak, the darker the color.*

- ♦ **Red:** Boil red onion skins and eggs 30-60 minutes (soak longer for darker color).
- ♦ **Lavender:** Soak hard boiled eggs in grape juice.
- ♦ **Pink:** Soak hard boiled eggs in cranberry juice or the juice from pickled beets.
- ♦ **Violet Blue:** Soak hard boiled eggs overnight in hot water mixed with violet blossoms.
- ♦ **Pretty Pastels:** Rub blueberries and cranberries on the shells for soft blues and pinks.
- ♦ **Yellow:** One cup hot water add 1 to 1  $\frac{1}{2}$  teaspoons turmeric and  $\frac{1}{2}$  teaspoon vinegar and soak hard boiled eggs in mixture.
- ♦ **Green:** Add  $\frac{1}{2}$  teaspoon baking soda to a bowl of the water from the violet blue before soaking eggs.

# De-escalating Disagreements with Adult Children

Some of the most treasured relationships that exist in families are relationships between parents and children. These can be the source of the greatest joys, but likewise the source of the greatest pains. Many may see other people's family relationships full of love and support and think, "They really seem to get it."

While this may be true for some, many may be surprised to learn that in past studies, two-thirds of parents and adult children report conflict in their relationships. Even for the remaining one-third of parents and adult children who didn't report conflict, there are surely disagreements of one kind or another. While some disagreements may never be fully resolved, some major disagreements may need to be addressed to maintain healthy relationships. For example, a parent who disagrees with their adult child's choice of spouse but keeps their resentment to themselves, letting it come out in passive aggressive statements or actions.

Disagreements and their corresponding reactions may lead to parents and their adult children feeling more distanced and less connected until an eventual estrangement happens and communication has been blocked.

## How can I have more constructive disagreements?

According to relationship expert John Gottman, it is not about whether or not you have conflict or disagreements, but *how* you have them (Gottman & Silver, 2014). Consider these three important points that can help transform your disagreements into constructive conversations:

1. **Make the goal of the conversation to understand one another.** When you are about to engage in a disagreement, the first thing you should do is ask yourself - what is my goal? What am I trying to achieve? If you are trying to "win" then you are most likely doomed to have a damaging argument. On the other hand, if your aim is to understand and to be understood then you already have a much higher chance of having an intimacy-building discussion between you and your adult child.
2. **Seek to understand first, then to be understood.** While it is natural to want to be

understood first, far better results will come from seeking to first *understand them*. This can take quite a bit of patience but it will be worth the effort.



3. **Show respect and validate.** Be sincere in your efforts to show you are trying to understand them, even if you disagree with their point of view. Remember, your goal is to show respect and validate their perspective. As they feel respect from you, they will be more likely to listen and understand your perspective as well.



By Jakob Fuhriman & Naomi Brower

## Reference

Gottman, J., & Silver, N. (2014). *Why marriages succeed or fail*. Bloomsbury Paperbacks.

## Did you know . . .

A strong social network can help keep your memory sharp as you age?

People who had lots of contact with family, friends, and neighbors had memory loss at less than half the rate of those who were socially isolated, in a study done by the Harvard School of Public Health.

Volunteer activities, sports like table tennis and bowling, joining clubs, and taking classes are good ways to build a social network.

Source: *American Journal of Public Health*

# Create Better Health News Corner

## National Nutrition Month

Did you know the USDA updates dietary guidelines for Americans every 5 years? We are always learning new things about how our bodies process food and turn it into energy. For this reason it is important to get a refresher every now and then on what the most recent research recommends we eat to maintain good health. Seeing as March is national nutrition month, we thought it would be a great time to offer a nutrition refresher so you could properly celebrate nutritious and tasty food with us all month long.

These recommendations are intended for children and adults throughout the entire life cycle from infancy to adulthood. They encompass five basic food groups that provide your body with unique benefits. You should be consuming foods from each food group every day. The MyPlate diagram will help you understand how to balance your diet to maximize nutrition and minimize risk of disease. We will briefly go over each of the food groups and share a “healthy phrase” that you can remember to help you make healthy choices within each food group.

**Focus on whole fruit.** Fruit is an excellent source of energy. Packed with vitamins and fiber, it’s recommend that everyone gets two cup sized servings of fruit daily. Focus your servings of fruit on whole fruit options as opposed to fruits that have been juiced or processed with extra stuff like added sugar or heavy syrup. Whole fruit includes fruit that is fresh, frozen, dried, or canned in 100% fruit juice.

**Vary your vegetables.** Vegetables are also excellent sources of vitamins and fibers. It’s recommended that

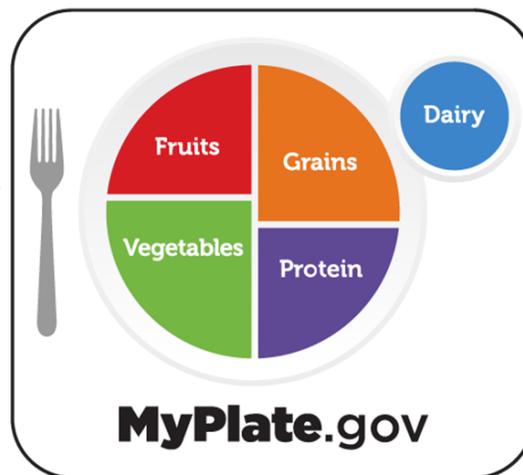
everyone get three cup-sized servings of a variety of vegetables every day. Think about eating a rainbow of colors. This is because each color of vegetable has different vitamins. Many people have heard that carrots are good for your eyes. That is because the vitamin that supports eyesight produces the orange color. The same vitamin is also found in orange sweet potatoes or butternut squash. A variety of different colors indicates you are consuming a variety of different vitamins to support all your body functions including eyesight, memory, blood circulation, and cancer prevention.

**Make half your grains whole grains.** Grains provide your body with long-term sustainable energy. It is just as important that we don’t remove grains from our diet as it is that we don’t overconsume them. It’s recommended that everyone gets 6 ounces of grains in a day and that at least 3 ounces are whole grain foods such as whole grain bread, brown rice, oatmeal, whole grain tortillas, or popcorn. Whole grain foods

are more filling than refined grain options because they are higher in fiber and proteins. Choosing whole grain options will help you stay full longer and keep you from overconsuming food.

**Vary your protein routine.** Protein is part of every cell in your body. If you do not consume protein your whole body will suffer for it. It’s recommended that everyone consumes 5 ½ ounces of a variety of different proteins daily. Proteins are commonly found in animal products such as beef, pork,

chicken, fish, and eggs. But we would also encourage people to vary their animal proteins with plant-based



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.

proteins such as beans, seeds, and unsalted nuts. Consuming a variety of proteins helps to maximize the benefits of protein while minimizing complications that can come from diets high in animal fat such as high cholesterol.

**Move to low-fat or fat free dairy products.** By moving to low-fat dairy options you are maximizing the benefit of calcium rich and protein dense energy sources while minimizing complications from a diet high in animal fat. It's recommended that everyone consumes 3 cups of dairy every day, prioritizing reduced or non-fat milk, yogurt, and cheese as opposed to whole fat options.

Focusing your diet around these recommendations will support your body in all of its functions, providing you with energy to do day-to-day tasks and prevent/fight off sickness and disease. Follow Create Better Health Weber County on Facebook or Instagram for more tips on how to balance your diet around the MyPlate diagram this month without feeling like you have to break the bank. 🍷

~Kayla Lane, CBH Ambassador

## Spaghetti Sauce

2 cans diced tomatoes  
1 can tomato sauce  
1 can tomato paste or 1 cup fresh paste  
1 tablespoon oregano  
Salt and pepper to taste  
1 teaspoon Italian seasoning  
¼ teaspoon chopped garlic or garlic salt  
1 teaspoon sugar

In a large pan, combine diced tomatoes, tomato sauce, and tomato paste. Add herbs and spices to taste. Leave on heat until hot enough to serve and until desired consistency. If desired, add ground beef. Simply brown meat, drain off fat, and add to sauce.

## Cottage Cheese Dip

1 cup cottage cheese  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
½ teaspoon dill weed  
½ teaspoon parsley flakes, optional

Mix all ingredients together and chill. Serve with crackers or vegetables.

## Crunchy Vegetable Wraps

½ teaspoon ranch seasoning mix from package  
4 tablespoons cream cheese, low-fat, whipped  
¼ cup broccoli, washed and chopped  
¼ cup carrot, peeled and grated  
¼ cup zucchini, washed and cut into small strips  
¼ cup yellow summer squash, washed and cut into small strips  
½ tomato, diced  
⅓ cup green bell pepper, seeded and diced  
2 tablespoons chives, chopped fine  
2 flour tortillas

In a small bowl, stir ranch seasoning into cream cheese, chill. Wash and chop vegetables. Steam broccoli in microwave for 1 minute with 1 tablespoon of water. Spread cream cheese onto flour tortilla, stopping one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve. Yield: 4 servings.

Tips: Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder. You can substitute pre-made flavored cream cheeses- chive, herb or vegetable. Try a sweet cream cheese and add fruit to your wrap for a different twist. This wrap is great with soup or salad or served as a cool summer appetizer!

## Carrot Cake Energy Bites

¾ cup carrots, shredded  
2 cups oats  
2 cups flaked unsweetened coconut  
½ cup almond butter or other nut butter  
½ cup honey  
½ teaspoon salt  
½ teaspoon vanilla  
1 teaspoon cinnamon, more or less to taste  
Raisins or white chocolate chips, optional

Shred carrots, about two large. Put carrots in a mixing bowl; add oats and coconut, stir together. Add almond butter, honey, salt, vanilla and cinnamon. Stir until a smoothish, sticky dough forms. Add white chocolate chips or raisins. Roll into balls. Store in the fridge or freezer