

The Sampler

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Date Your Mate!

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When first dating, couples usually take many opportunities to play together on dates. Over time, life gets busy and sometimes we stop spending so much time together as a couple. Spending time playing as a couple can increase feelings of closeness, improve communication and help couples to unite, which can help them when overcoming differences and challenges.

Consider planning one of these fun date ideas with your sweetheart:

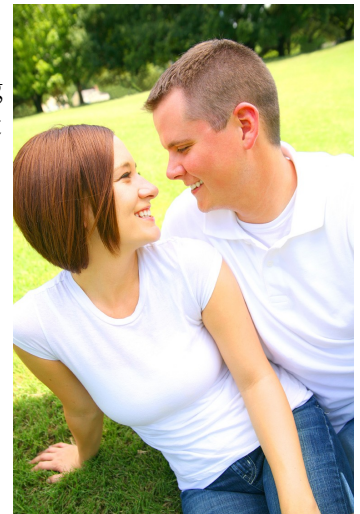
Progressive Dinner for Two: Go to several different restaurants, enjoying a yummy appetizer at one, your favorite main course at another and the dessert you've been craving last.

Window Shopping: For an inexpensive date, do some window shopping at a mall. Check out the latest electronic gadgets. Get ideas for decorating your home. Try on a new clothing look. Take some goofy photos together in a photo booth. Treat yourself to lunch at a restaurant you've never tried before. Be sure to keep your eyes and ears open; this is the perfect opportunity to get gift ideas for your sweetheart for future occasions.

The Way We Were: Watch your wedding video or look at your photo album. You might notice something that you missed the first time.

Culture Night: Make a list of different cultures. Cut up slips of paper with country names written on them and draw one from a hat. Your date will then be centered on this theme.

See the Lights Sparkle: While many of the holiday decorations are already taken down—make the most of this magical time of year by bundling up, grabbing a mug of steaming hot cocoa, and heading outdoors for a romantic walk through a winter wonderland. Or, if you want to stay a bit warmer, drive up to a hill



such as the North Ogden Divide to check out a gorgeous overlook of the city.

Lazy Day: If you are weary of having to stick to schedules and agendas, maybe a lazy day at home is in order. Spend the day in your pajamas. Do a puzzle together or watch your favorite movie. Order dinner in. Do whatever to help you relax—those simple pleasures that a busy

Northern Utah Marriage Celebration

An evening of education and entertainment

FRIDAY, FEBRUARY 17, 2012, at WEBER STATE UNIVERSITY

6 to 9:30 P.M. (bonus workshops from 4 to 5 P.M.
and entertainment from 5 to 6 P.M.)

Marriage SURVIVAL

Door
Prizes!



- Fun date night!
- Workshops from marriage and family professionals
- Fun entertainment
- Keep romance alive
- Keynote speaker

Matt Townsend

"Feeding the 7 Basic Needs of Healthy Relationships"

Limited seats available, get your tickets early and save!

\$25 couple • \$15 single (Dec. 16 - Jan. 31)

\$40 couple • \$20 single (Feb. 1 - Feb. 16)

www.smithstix.com or call 1-800-888-TIXX

For more information visit

www.strongermarriage.org or call (801) 399-8207

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WEBER STATE
UNIVERSITY

New Year, New You: Sticking to Our Resolutions

It's that time of year again when we start thinking about our New Year's resolutions. We get enthusiastic about our resolutions at the beginning of the New Year. Unfortunately, the enthusiasm we had at the beginning often fades; and, as a result, our resolutions are broken.

New Year's resolutions are hard to keep for many reasons. One is that when we make a resolution, it is often unclear; there is no sense of concreteness for reaching the end goal. We tell ourselves that we are going to exercise, but we do not have a concrete action plan to stick with and often do not use proven techniques, which causes us to fail at keeping our resolutions.



Credit: Stoonn

Another reason resolutions are hard to keep is that we often become discouraged that the results we want are not coming quick enough, or we start rationalizing that it is not a good time of year to start on our resolution. Life, itself, also makes it difficult to stick with our resolutions. Things unexpectedly come up that get in the way of our being able to follow through with our resolutions.


Many of us have a hard time sticking to resolutions whether we forgot about them or we just simply stop following them. If we follow some simple steps or techniques, following through with our resolutions will be far easier.

One of the first things that we need to do when it comes to sticking to our resolutions is to be realistic about whether or not we will actually be able to accomplish them.

Also, when we are thinking about our resolutions, we need to be specific and make a plan of how to accomplish our goals. After we have thought about our resolutions, we need to write them down and post them in a visual place. Doing this is a visual reminder as well as encouragement for ourselves.

Keeping our resolutions simple and avoiding making too many resolutions at once is important too. We need to hold ourselves accountable—keeping ourselves focused on the end result. Enlist the help of family and friends with similar resolutions. We can work on our resolutions together and be supportive of each other. Having a support system helps us succeed in sticking with our resolutions.

One more strategy is to review our resolutions regularly and keep them every day. If we are constantly thinking about our resolutions, it will be easier to stick with them. It is important while sticking to our resolutions that we also plan for imperfection. When we plan for imperfection, we do not have an excuse for abandoning our resolutions when things do not go right. The last thing is to set a deadline of when we want the resolutions accomplished.

These are just a few things that we can do to keep our resolutions. If we stick to these few simple steps, we can stick to our resolutions. 

*~Angela Bate, WSU Student Intern
Source: Happiness Project*

*A New Year's
resolution is
something that goes
in one year and out
the other.*

~author unknown

Leaks in Spending

Do you ever feel like money just slips through your hands? I do, and I know many others feel the same way...especially after the holidays. Using money effectively is one of the biggest problems in the lifetime experiences of any family. Many experts believe that “leaks” in spending is the most common reason families develop serious financial problems. Spending is a leak only if the spender is surprised at the actual costs or totals of their various spending by category...especially when it is all “said and done” they feel they have little value overall for the money now spent.

Here are some tips that may be helpful in plugging the leaks in your spending:

PLANNING

- Try to decide at the end of each month where the money needs to go in anticipation of the upcoming month. Mark the money income and outgo on a calendar.
- Chart a “spending plan” for each category of your living expenses complete with anticipated dollars needed.
- Try to pull money aside right at the beginning for savings, then work backwards from there.



TRACK and RECORD

- Have a place to keep receipts and records of expenditures.
- File bills and payments in a set place each month.
- Keep ledgers and budget summaries close at hand.

IDENTIFY WEAK SPOTS

- Are you impulsive when it comes to spending?

- Do you have a habit or hobby that you haven't put a limit on?
- Are you influenced by what your friends are doing and find it hard to say “No” to them when they want to do things that cost money?
- Are you a “sales” shopper, but only for what you need? (Some people spend too much for things that are on sale...or “such a bargain.”)
- Do you allow your kids to nickel and dime you?
- Are you swayed by the ads as much as your kids are?



ANTICIPATE NEEDS

No one can predict when emergencies will happen, but some things happen with the regularity of geese flying south—Christmas, birthdays, seasonal clothes replaced, back to school, car registration, etc. Anticipating these expenses, and even considering a savings plan for the emergencies (because even those can be counted on), will help put you on the right track when planning.

MINIMIZE CREDIT

Credit costs...there is no way around it. Select carefully the credit you take on, the fees associated with some types, and the terms of the contract. Always compare interest rates. Credit is a service that should be shopped for wisely...just like any other good or service. ☞

~Teresa Hunsaker
Revised from Money 2000 newsletter Vol. 1, No. 3

Family and Consumer Science Events

Home Buyer Education Classes

- Saturday, January 14, 9:00 a.m. to 3:30 p.m.
- Wednesday, January 25, 11:00 a.m. to 5:30 p.m.
- Saturday, February 11, 9:00 a.m. to 3:30 p.m.
- Wednesday, February 29, 11:00 a.m. to 5:30 p.m.

Classes held at *Cornerstone
Financial Education* in Ogden
\$50.00 per household
Call 801-399-8207 to register.

These classes help prepare people for the home buying process. The curriculum covers mortgage options, finances, housing choices, etc.

How to Avoid Falling in Love with a Jerk (or Jerk-ette)

March 20 and 21 **OR** May 8 and 9
9 a.m. to 1 p.m.
Your Community Connection

Is it possible to fall in love and not lose your head? Yes! Learn to protect your heart with key areas that reveal if your partner is marriage material during this fun filled class. Call 801-399-8207 to register for either of these FREE classes.

Mark your calendars now for our

Food Storage and Emergency Preparedness Conference

Saturday, April 14, 2012
Davis Conference Center

More information will be coming in the upcoming issues of *The Sampler*.

Co-sponsored by Be Ready Utah

Date nights . . .

Games Couples Play Date Night

Friday, March 2
6:00 - 8:00 p.m.
FREE

Couples who play together, stay together! Come to the WSU West Campus and learn ways to enhance your marriage while participating in fun and interactive games. The focus of this games night will be improving communication skills. This date night is FREE and will include games, great information, refreshments, and door prizes! Seating is limited and preregistration is required! Register at www.extension.usu.edu/weber/ under Healthy Relationships.

Lovin' Your Marriage

Tuesdays, Mar. 6 - Apr. 3
6:30 to 8:30 p.m.
Weber County Library,
Southwest Branch
1950 West 4800 South, Roy

FREE CLASS

Come join us for a free five-week course that will help enrich your relationship and build a healthier marriage. Class size is limited. Fun, refreshments and excellent information included! Call 801-399-8207 to register.

Nutrition Nuggets for 2012

I really hate to be the bearer of bad news, but I think I might be when you read some of the following nutrition information from some of our favorite restaurants. It is one thing to have these meals on occasion, but the question is how often are we eating at restaurants; and do we know the nutrition information associated with our meals?

This information comes from the Berkley Wellness Newsletter; but in checking a couple of Web sites for these restaurants, I found the numbers to be the same. The average person should eat around 2000 calories a day, with no more than 20 grams fat and 1500 mg sodium.

- **The Cheesecake Factory Farmhouse Cheeseburger:** 1,530 calories, 36 grams of saturated fat, 3,210 milligrams sodium.
- **Applebee's Provolone-Stuffed Meatballs with Fettuccine:** 1,520 calories, 43 grams saturated fat, 3,700 milligrams sodium.
- **Denny's Fried Cheese Melt** (four fried mozzarella sticks with melted American cheese in a sandwich, plus fries on the side): 1,260 calories, 21 grams saturated fat, 3,010 milligrams sodium.
- **IHOP Monster Bacon 'N Beef Cheeseburger:** 1,250 calories, 42 grams saturated fat, 1,590 milligrams sodium.

Sweets are not really off the hook, either. Cold Stone Creamery PB&C Shake (with peanut butter and chocolate ice cream) has even more calories (2,010) and saturated fat (68 grams) than the entrees. One slice of Red Velvet Cheesecake from the Cheesecake Factory has 1,540 calories and 59 grams of saturated fat.

Though these are the extremes, most restaurant meals still have more calories, fat and sodium than you and I should eat in one sitting.

As we start off this new year, perhaps some of us may desire to keep things in balance by following a few of these tips:

- Pay attention to nutrition information. If it's not posted or on menus, it will be once the FDA finalizes mandatory labeling rules for major chain restaurants, mandated by the new health-care legislation.
- Skip anything described as "stacked," "stuffed" or "topped," such as a burger topped with a fried egg or bacon or meatballs or pizza crust stuffed with cheese.
- Order the smallest sizes. No one needs a large serving of fries, for instance, or a 24-ounce smoothie or shake, even if it has some healthy ingredients. Keep in mind, though, that small sizes can still be big in calories.
- Ask your server to hold the fries, onion rings, garlic bread or other extras that may be included in your meal. Such side dishes can add hundreds more calories to your meal.
- Skip indulgent desserts or order one for the whole table. The most pleasure comes from the first two or three bites, anyway.
- If you do overindulge, make up the calories by eating lighter the rest of the day—or perhaps the rest of the week. ☺

~Teresa Hunsaker

Cheddar Herb Bread Mix

1 3/4 cups all-purpose flour
1/2 cup cheddar cheese powder
1 tablespoon sugar
1 tablespoon dried cilantro or parsley
1 tablespoon dried rosemary
2 teaspoons baking powder
1/2 teaspoon salt

Preheat oven to 350 degrees F. Lightly grease an 8x4x2-inch loaf pan. Place Basic Mix in a bowl. With a pastry blender, cut in 1/4 cup butter until mixture

resembles coarse crumbs. Stir in 4 ounces white or yellow cheddar cheese, shredded. In a bowl combine 3/4 cup milk and 1 egg, slightly beaten. Add to crumb mixture all at once. Stir quickly with a fork to moisten. Spread in prepared pan. Bake 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes. Turn loaf out onto wire rack; cool completely. Makes 12 servings. (This makes a great gift too!)

~Teresa Hunsaker

Revised from *Better Homes and Gardens*

What's Happening with Food Sense? January-February 2012

FREE Classes for EVERYONE!!



Catholic Community Services

English Class

Feb. 14, 1:00 to 2:00 p.m.

Spanish Class

Jan. 17, 1:00 to 2:00 p.m.

Feb. 21, 1:00 to 2:00 p.m.

2504 "F" Avenue, Ogden

Call 801-394-5944 to register.

What is the Food Sense Nutrition Education Program

Even the United States as the wealthiest nation in the world is home to many families who wonder where their next meal is coming from and how their food is going to get their family through the entire month. The Food Sense Nutrition Education program aims to help those low-income families budget properly and get the best nutrition out of what they can afford.

The aim of Food Sense is to provide education to food stamp recipients and/or food stamp eligibles to promote healthy eating and an active lifestyle. The need for the program is evident with the overall increase in disease in the United States, particularly among those individuals from low-income backgrounds who have a higher propensity for disease because of the poor nutrition associated with low income. In fact, 2/3 of food stamp participating households have health problems related to sodium consumption and being overweight.

**For more information about any of the
Food Sense classes, call 801-399-8207.**

Pick a Prize Potato

- Select firm, smooth potatoes without soft or green spots.
- Store potatoes in a cool, dark place, not in the refrigerator. Otherwise, the starch will be converted to sugar and it will cause potatoes to darken prematurely while cooking with them.
- Scrub and rinse potatoes with a vegetable brush just before using, but not before that as it will shorten their shelf life.

Why Potatoes? Why Me? Why Now?

Po-tay-to, potah-to, potassium. No matter how you say it, potatoes are good for your health. Potassium is a key player in your body's muscle contractions, including one of the most important muscles in your body: your heart (cardiac) muscle. Potassium is a proven ingredient for a healthy heart, especially because Americans often don't get enough to balance out their salt consumption. Take a bite out of cardiac crime and have a potato.

Potato Pizza Wedges

4 russet potatoes	½ tsp. garlic powder
¼ cup oil or olive oil	Pizza toppings of your
1 tsp. dried oregano leaves	choice

Preheat the oven to 400°F. Bake potatoes for about an hour. When cool, cut into 6 wedges. Spoon out the middle portion to make mashed potatoes later, leaving only a little bit of the white part on the skin. In a small bowl, stir together the oil, oregano and garlic powder. Arrange the 24 skins in rows cut-side up, peel-side down on a baking sheet. Coat the tops of the wedges with the oil/oregano mixture. Cook for 10 minutes. Sprinkle your favorite pizza topping over the wedges. Cook for 5 more minutes.

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.

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schedule rarely allows.

County Date Nights: Come join one of the Utah State University Extension planned county date nights designed to provide inexpensive and fun dates for couples, while learning relationship tips that will keep your relationship strong. The next will be the ***Northern Utah Marriage Celebration***—a night of education and entertainment on Friday, February 17, at Weber State University. Additional date nights for this spring include a games night, home improvement, gardening hints and tips, and the Amazing Relationship Race!

Whatever your idea of fun, find something you want to do as a couple and schedule it. Couples who play together, stay together! ☺

~Naomi Brower

Source: Adapted from ideas in Fun & Creative Dates for Married Couples'

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USU Extension Service
Attn: Judy Wilde
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Year of expiration is listed next to your name on the mailing label.

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