



Extension
Utah State University



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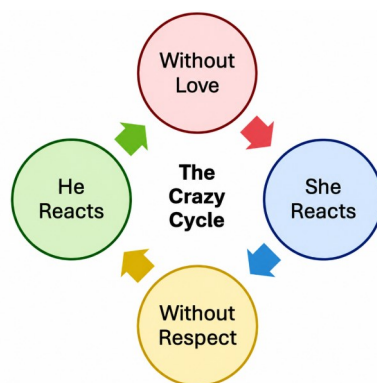
Love and Respect: Changing Your Thinking to Build a Stronger Marriage

Love is powerful, but is it enough?

We often hear that love is all you need for a lasting marriage. While love is essential, research and experience suggest it's only part of the equation. Recent estimates indicate that about 40% of marriages today end in divorce (an improvement from about 50% among couples married in the 1970s). While encouraging, this still serves as a reminder that strong relationships require more than love alone. As famously expressed in the song All You Need Is Love, love is powerful, but it may not be the whole story. So what else matters?

- When one partner doesn't feel loved, they may respond in ways that feel disrespectful.
- When the other partner feels disrespected, they may respond in ways that feel unloving.

And around it goes.



Over time, this cycle can create distance, frustration, and resentment. Most couples don't intend to hurt each other, but without awareness, these patterns can become automatic.

A Different Path: The "Rewarded Cycle"

The good news is that couples can interrupt this pattern. Eggerichs describes an alternative called the Rewarded Cycle. In this pattern:

- Acts of love tend to invite respect.
- Acts of respect tend to invite love.

Instead of reacting defensively, partners choose responses that strengthen connection. While it's helpful when both partners participate, meaningful change

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Many relationship experts point to two foundational pillars: love and respect. When these are present and expressed consistently, couples are more likely to feel connected, supported, and secure.

The "Crazy Cycle" in Relationships Have you ever felt stuck in a pattern where conflict keeps repeating itself? Relationship researcher Emerson Eggerichs (2011) describes this dynamic as the Crazy Cycle. It works like this:

Love and Respect continued

can begin with just one person choosing a different response.

Shifting Your Thinking

Lasting relationship change doesn't come from trying to fix your partner, it begins with examining your own thoughts and behaviors. Psychologist Dr. Gustavo Benejam explains that real change happens when we "lead by example." In other words, we influence our relationships most when we focus on what we can control.

Here are a few mindset shifts that can help:

- **Take ownership of your role.** Your behavior is your responsibility, regardless of your partner's choices.
- **Avoid keeping score.** Tracking who did what often leads to resentment rather than resolution.
- **Get curious.** What does feeling loved or respected actually look like for your partner?
- **Communicate openly.** Ask questions like, "What helps you feel appreciated?"
- **Listen with intention.** Sometimes your partner needs solutions; other times, they simply need to be heard.

- **Express appreciation.** Noticing and acknowledging effort can go a long way in strengthening connection.
- **Repair when needed.** Apologizing for unkind or disrespectful moments helps rebuild trust and closeness.

Moving Toward Connection

Healthy relationships aren't built on perfection; they're built on small, consistent efforts to show love and respect. As you become more intentional in how you think and respond, you may notice subtle but meaningful shifts in your relationship. Over time, these small changes can create a stronger, more supportive partnership. 

~ Julie Winterton, Student Intern, and
Naomi Brower, Extension Professor

References

- Benejam, G. A. (2023). Don't change the world: Change yourself first. *South Florida Psychology Group*. <https://drbenejam.com/dont-change-the-world-change-yourself-first/>
- Eggerichs, E. (2011). *Get off the crazy cycle*. <https://www.youtube.com/watch?v=MR6n6LFy8tU&t=221s>



Patriotic Coconut Water and Berry Popsicles

3 cups fresh berries (blueberries, raspberries, sliced strawberries)
16 oz. coconut water (100% natural, without added sugars)

Drop berries into popsicle molds. Pour coconut water over the berries to fill the mold. Insert popsicle sticks. Cover and freeze for several hours.

FAMILY AND CONSUMER SCIENCE EVENTS

Tai Chi

Every Wednesday
11:30 a.m. – 1:00 p.m.
Pleasant Valley Library – So. Ogden
FREE!

Tai Chi strengthens the body, improves balance, and reduces stress. To sign up call Pleasant Valley Library at 801-337-2691.



Strong Bodies

Every Monday and Wednesday
2:30 – 3:30 p.m.
Golden Hours Senior Center, Ogden

Join us for a 12-week group strength training fitness program! After completing the initial 12 weeks, participants are welcome to continue attending to maintain and build on their progress. The classes include progressive resistance training, balance training, and flexibility exercises. Membership with Golden Hours Senior Center is required but is free. Contact the Golden Hours Senior Center at 801-629-8864 for more information and to sign up.



Pressure Lid Testing

Pressure cooker lids should be tested regularly for accuracy and safety. You may bring in your lid for testing at a cost of \$2 per lid.

If no staff member is available to perform the test when you arrive, you are welcome to leave your lid with us. Once it has been tested, someone will call you to let you know it is ready for pickup.

RECIPES TO TRY THIS SUMMER

Marinated Vegetable Pasta

- 1 pound spaghetti, cooked
- 1 ½ lbs. fresh vegetables (tomatoes, zucchini, cauliflower, broccoli, carrots, onions, peppers, summer squash, celery, eggplant), cut into bite sized pieces
- 3 garlic cloves, crushed
- 12 fresh basil leaves, chopped
- ¼ cup fresh parsley, chopped
- ½ cup olive oil
- ½ cup Parmesan cheese

Stem vegetables for 3 minutes; cool immediately and drain. Place vegetables in large bowl, add basil, parsley and olive oil; mix well. Allow to marinate in refrigerator until spaghetti is cooked, drained and cooled. Toss with marinated vegetables and top with Parmesan cheese. Yield: 8 servings.

Seasoned Corn-On-The Cob

- 1 red bell pepper, seeded and diced
- 1 tablespoon butter
- ¼ cup fresh cilantro, chopped
- 2 tablespoons green onion, chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 4 ears fresh sweet corn

Preheat outdoor grill. In a blender, combine bell pepper, butter, cilantro, green onion, salt and pepper; mix well. Husk and clean corn. Place aluminum foil, shiny side under each corn; coat with pepper mixture. Wrap corn in foil; place corn on grill. Cook over medium heat 10 to 15 minutes, turning frequently. Carefully unwrap and serve. Yield: 4 servings.

TOMATOES: A SUMMER GARDEN FAVORITE

There is nothing quite like a fresh picked tomato in the summer. Juicy, warm, and full of flavor, tomatoes are a highlight of the garden season.

Health Benefits of Tomatoes

- **Chronic Disease Prevention:** Tomatoes contain vitamins, minerals, and antioxidants that help protect cells from damage and support overall health. Regular consumption is linked to a lower risk of some chronic diseases.
- **Heart and Circulation Health:** Tomatoes contain lycopene, a powerful antioxidant that may help protect blood vessels, support healthy blood flow, and reduce the risk of heart disease and stroke.
- **Cell and Tissue Health:** Tomatoes contain vitamin C and antioxidants that help protect cells and support the growth and repair of body tissues, including skin, bones, and blood vessels.
- **Energy Production:** Tomatoes contain B vitamins, including folate and vitamin B6, that help the body turn food into energy and support normal cell function.
- **Cell Protection:** Tomatoes contain antioxidants such as lycopene and vitamin C that help protect cells from damage and reduce the effects of oxidative stress (cell damage caused by an imbalance of harmful molecules and antioxidants).
- **Eye Health:** Tomatoes contain lutein, zeaxanthin, and vitamin A precursors that help protect the eyes, support healthy vision, and may help reduce age-related vision loss.



Fun Tomato Facts

- Although tomatoes are botanically classified as fruits because they develop from the flower of the plant and contain seeds, they are commonly used as vegetables in cooking and are legally classified as vegetables in the United States.

- People used to think tomatoes were poisonous.
- Tomatoes are one of the world's most consumed vegetable crop.
- Tomatoes come in a wide range of colors, including yellow, pink, green, burgundy, purple, black, orange, streaked, striped, and almost black.
- Each year, approximately 20,000 people gather in Buñol, Spain, for La Tomatina, the world's largest tomato fight. Participants throw an estimated 120 tons of over ripe tomatoes during the festival leaving a pulpy red mess.
- New Jersey recognizes the tomato as its official state vegetable, while Ohio has designated tomato juice as its official state beverage.
- Tomato plants have even been grown in space as part of scientific research.
- There are approximately 10,000 known tomato varieties grown throughout the world.
- According to Guinness World Records, one of the largest tomatoes ever grown weighed nearly 8 pounds.
- Heinz maintains strict quality standards for its ketchup. If the product flows too quickly, it does not meet company specifications and is rejected.

Preserving Tomatoes Safely

With large harvests often coming in all at once, preserving tomatoes is a simple way to enjoy their flavor year-round. Tomatoes have a pH of about 4.0–4.6, though this can vary depending on the variety and growing conditions. Because of this natural variation, it is important to use tested preservation recipes that ensure safe acidity levels. Using untested or unsafe methods can create conditions where harmful bacteria may grow.

Always follow research-based recipes from trusted sources. Recommended resources include, but are not limited to:

- ◆ National Center for Home Food Preservation. USDA Complete Guide to Home Canning (2015 revision). University of Georgia Extension.
- ◆ University of Georgia Extension. So Easy to Preserve (6th ed.). Available through UGA Extension Publications Store.
- ◆ Ball / Fresh Preserving. Ball Blue Book Guide to Preserving. Available through Ball Fresh Preserving website or major retailers.

Whether sliced fresh on a sandwich, tossed into a

salad, made into salsa, or preserved for later use, tomatoes are one of summer's most rewarding crops. Enjoy their flavor while they're in season and preserve them safely to enjoy a taste of summer all year long. 🍅

~Stephanie Carlson, Extension Assistant Professor

References

https://www.canr.msu.edu/news/tomatoes_and_the_science_behind_them

<https://sedona-farmers-market.com/uncategorized/10-fun-facts-on-tomatoes/>

<https://www.webmd.com/food-recipes/ss/slideshow-purple-power-foods>

<https://extension.usu.edu/createbetterhealth/blog/factsabouttomatoes>

YUMMY TOMATO RECIPES

Pasta with Shrimp and Tomato Cream Sauce

8 ounces penne pasta, uncooked
2 tablespoons unsalted butter
2 pints cherry tomatoes, halved
 $\frac{2}{3}$ cup minced shallot
1 tablespoon minced garlic (about 3 garlic cloves)
1 pound large peeled and deveined raw shrimp
1 teaspoon kosher salt
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{3}{4}$ cup heavy cream
1 tablespoon chopped fresh tarragon

Cook pasta according to package directions; drain and keep warm. Meanwhile, melt unsalted butter in a large skillet over medium-high. Add cherry tomatoes, and cook, stirring occasionally, until they start to burst and lose their juices, about 3 to 4 minutes. Add minced shallot and garlic, and cook, stirring occasionally, until fragrant, about 1 to 2 minutes. Stir in shrimp, and cook, stirring occasionally, just until shrimp are opaque, about 2 to 3 minutes. Sprinkle the tomato-shrimp mixture with salt and pepper, and stir in heavy cream. Cook, stirring occasionally, until the sauce thickens slightly, about 1 to 2 minutes. Stir in chopped fresh tarragon and cooked pasta, and serve immediately.

Cowboy Caviar

3 Roma tomatoes seeds removed, diced
2 avocados diced
 $\frac{1}{3}$ cup diced red onion
1 can (15 oz.) black beans rinsed and drained
1 can (15 oz.) black eyed peas rinsed and drained
 $1\frac{1}{2}$ cups frozen corn kernels thawed
1 bell pepper diced, any color
1 jalapeño seeds removed, finely diced
 $\frac{1}{3}$ cup chopped fresh cilantro
Tortilla chips for serving

DRESSING

$\frac{1}{3}$ cup olive oil
2 tablespoons fresh lime juice
2 tablespoons red wine vinegar
1 teaspoon granulated sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{4}$ teaspoon garlic powder

Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder. Pour dressing over other ingredients and stir/toss very well.

EMPOWERING FINANCIAL WELLNESS WEBINAR SERIES

utah money *matters*



SUMMER 2026: JULY- SEPTEMBER

**Tuesdays or
Thursdays
at Noon MDT**



finance.usu.edu/efw

Everyone is welcome to join our FREE webinars to learn the best finance strategies, including:

- *Ditching debt with PowerPay*
- *Budgeting for tight times*
- *Uncovering your money personality*
- *Organize and declutter financial paperwork*
- *Basic investing principles*
- *Understanding and protecting your credit*
- *Using financial apps*
- *Home buying*



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Empowering Financial Wellness

For questions about accessibility or to request accommodations, please contact the Empowering Financial Wellness team at [\(801\) 829-3472](tel:8018293472) prior to the event.

WEBINAR SCHEDULE JULY-SEPTEMBER 2026

All webinars are from 12pm - 1pm Mountain Time via Zoom

July 9- Mid-Year Financial Checkup: Whether you're working on paying off debt, building savings, investing more, or simply gaining better control over your money, this session will give you the tools and clarity you need to finish the year strong.

July 16- Credit Reports & Fraud: Reviewing your credit report is one of the best ways to be in control of your credit score and can help you protect you against fraud.

July 23- The Secrets You Need to Know About Your Credit Score: In this webinar, we'll explore the key factors that shape your score, debunk common myths, and share actionable tips to help you build your credit. Whether you're starting from scratch or looking to boost your number, this session will give you the knowledge and confidence to take control of your credit.

July 28- Ten First-Time Homebuyer Mistakes to Avoid: Don't let your dream home turn into a nightmare! Join us for an informative and engaging webinar where we'll dive into the biggest blunders that many first-time buyers make, and more importantly, how you can avoid them!

August 4 & 6- Mind Your Money: Discover the psychological factors behind your spending and learn how to set and achieve your money goals based on your money personality.

August 11 & 13- Save Smarter: Strategies & Apps to Take Control of Your Money: In this practical and tech-savvy webinar, we'll explore smart saving strategies and review best-rated financial apps to help you automate, track, and reach your money goals faster.

August 18- Mortgage Matchmaker: Finding the Right Loan for You: Whether you're a first-time buyer or looking to refinance, this webinar will help you make an informed decision that best suits your financial situation and homeownership goals.

August 20- Fortify Your Finances-Budgeting for Tight Times: Economic uncertainty can impact anyone, but your finances don't have to suffer. Whether you're concerned about rising costs, job security, or simply want to be proactive, this session will give you the tools to protect your financial well-being.

August 25 & 27- No More Guessing: Investing with Confidence Part 1: In part 1 of this 2-part series, we'll break down the basics of investing in a way that's simple, non-intimidating, and easy to follow.

September 1 & 3- No More Guessing: Investing with Confidence Part 2: In the second part of this 2-part series, we'll go beyond the basics and guide you through how to select the right investments for your goals—whether that's using a workplace retirement plan, an IRA, or a brokerage account.

September 8 & 10- PowerPay Your Debts: The best debt payoff plan is the one that you will stick to, and we'll demonstrate options so that you can choose a strategy that will work best for your situation.

September 15 & 17- Meet Your H.I.R.O.- A Simple System for Emergency Preparedness: We will share with you an organizing system for your documents that ensures they're easily accessible when you need them. We'll include access to a free downloadable organizing resource! Enjoy peace of mind with our proven tips and strategies that you can rely on year after year.

September 22 & 24- How to Teach Kids About Money: How can children learn the value of budgeting and saving? We will share tips on how to involve them in the family budget, so they can start practicing good financial management habits.