

The Sampler

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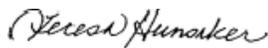
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Tips from Teresa

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When March hits I start to get excited for Spring...in fact, I can hardly wait! The days are longer, the sun shines more, and it starts to warm up a bit. Yeah!

It also means time to Spring clean... which, while I may not love to do, I love the results! Here is a reminder to wash those windows by using this simple window washing solution for a squeaking clean and sparkling window:

- 3 tablespoons white vinegar
- 2 tablespoons rubbing alcohol
- 1 quart warm water

Mix well. Rinse windows first, to get dirt and grime off, then spray or wipe with this solution. Use a squeegee or dry chamois to avoid streaks.

Leftover Easter eggs make great pickled eggs. If you haven't tried making them, now's the time. Eggs are inexpensive generally, but this time of year you will see them at particularly good prices. While there are many pickled egg recipes out there competing for your attention, here is one of my favorites:

PICKLED EGGS

- 14-16 hard cooked eggs
- 2 tablespoons whole allspice
- 2 tablespoons whole pepper corns
- 2 teaspoons pickling spice (optional)
- 4 cups white vinegar...can use cider vinegar, but the color of the white will be changed
- 1 cup water
- 2 tablespoons ground ginger
- 2 teaspoons salt
- ½ cup sugar
- ½ teaspoon crushed red pepper flakes (optional, for a little kick)

Heat vinegar, water, and spices to boiling in a large heavy saucepan. Simmer for a few minutes. Remove the shell from the hard cooked eggs, rinse, and place eggs in a glass fruit jars. Pour the boiling vinegar mixture over the eggs. Cool to room temperature, then cover and refrigerate for about 2 weeks. Eggs can be eaten after about 3 days. Keep stored in the refrigerator. (Some people like to add a few slices of onion, and or some garlic cloves, to the vinegar mixture before cooking. This is also quite yummy!) 



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5 Tips to Sharing Negative Feedback

Have you ever been around negative people that tend to be mean under the guise of just trying to “help” by giving “constructive criticism?” While there are times to share information that can be difficult in order to help



others (negative feedback), criticism (usually intended to attack, blame or hurt others) is generally not helpful. So before you decide to share “constructive criticism” consider these 5 tips to effectively sharing negative feedback.

- 1. Examine your intent.** Consider why you want to give this feedback. Unless your intent is to help the other person or improve the situation, it may be best to keep your thoughts to yourself.
- 2. Consider your relationship.** Do you have an understanding or agreement with the other person that would allow you to share feedback without damaging the relationship? If you aren't sure, ask the other person if they are open to feedback before sharing, otherwise he/she may just get defensive and it could make the situation worse. If they are open to feedback, asking is a sign of respect and they may be more likely to be open and ready to receive feedback.
- 3. Focus on technique.** Find the right time when you can both be focused on the issue, and focus on one issue at a time. Stay calm, make eye contact, maintain an open body posture, and use “I” messages that focus on the behavior and not the person. In order to reduce defensiveness, it may also be helpful to use the “sandwich” technique, providing negative feedback between two positive messages when possible.
- 4. Provide ideas, alternatives or solutions.** Just telling someone that what they do is

annoying isn't helpful. Providing ideas or suggestions on how to improve the situation can help to promote problem solving.

- 5. Be prepared for feedback.** When we share feedback with others, sometimes they may have valid feedback for us. Keep calm, listen respectfully without interrupting, and show that you are trying to understand by rephrasing what they say to make sure that you received the message they were trying to convey.

While giving or receiving negative feedback can be difficult, when used as an effort to help someone or improve a situation, it can be a very beneficial tool to strengthen relationships. ☞

~Naomi Brower

Reference
The Gottman Institute. (2017). Avoid the four horseman for better relationships. Retrieved from www.gottman.com



Here is an eggcellent recipe for a morning breakfast.

DUTCH BABY PANCAKES

- 2 tablespoons margarine
- $\frac{3}{4}$ cup flour
- 3 eggs
- $\frac{3}{4}$ cup milk

Put margarine in 2-quart baking pan; place in 425° oven to melt margarine. Combine the rest of the ingredients; blend on high until very light. Remove pan from oven; quickly pour the batter on top of melted margarine. Return to oven; bake 20-25 minutes or until puffy and lightly browned. Cut into pie-shaped wedges to serve, top with syrup or powdered sugar. Yield: 3 servings.

Family and Consumer Science Events

Home Buyer Education Classes

USU Extension Service

1181 No. Fairgrounds Dr., Ogden

- ◆ Saturday, April 13, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, June 8, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, August 3, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. The curriculum covers mortgage options, finances, housing choices, etc. Cost is \$25 per household for certificate and free for education only. Call 801-399-8207 to register.



4 Part Series of Electric Pressure Cooking Classes (Instant Pot)

USU Extension Office

1181 No. Fairgrounds Dr., Ogden

Part 1 - Meats and Proteins (Beans and egg dishes included)

Thursday, March 28, 2019, 6:30-8:30 p.m.

Cost: \$5 - Includes recipes and samples

Part 2 - Veggies and Side Dishes (Rice and starches)

Thursday, April 25, 2019, 6:30-8:30 p.m.

Cost: \$5 - Includes recipes and samples

Part 3 - Desserts

Thursday, October 10, 2019, 6:30-8:30 p.m.

Cost: \$5 - Includes recipes and samples

Part 4 - Holiday Foods and Soups

Thursday, November 7, 2019, 6:30-8:30 p.m.

Cost: \$5 - Includes recipes and samples

Call 801-399-8207 to register. Please register so we can plan on food and supplies for each class.

Mark your Calendars . . .

Lotions and Potions

Friday, May 3, 2019

3:00 - 5:00 p.m.

Cost: \$15

We will be making thick creamy lotion, massage melts, sugar body scrub, body butter and lip balm. You will take home a perfect gift for those favorite people on your gift giving list. Call 801-399-8207.

Master Food Preserver

Tuesday, June 18 - Friday, June 21, 2019

8:00 a.m. - 4:00 p.m.

Ogden High School

2828 Harrison Blvd., Ogden

Cost: \$135

Do you enjoy the art and science of food preservation and canning? Are you interested in updating your skills? This 12-part, 36-hour training, is just for you, AND can be taken all together, or in parts... by just the topics you may want. To register call 801-399-8207.



Date Nights. . .

Eat Your Heart Out Cooking Date Night

Friday, March 22, 6:00 - 8:00 p.m.

For Your Kitchen, Clearfield

\$30 per couple

Spice up your relationship as you enjoy learning and practicing cooking techniques as a couple and then enjoy eating your creations. Delizioso! We will be making and eating delicious gourmet pizzas. This class is an employee and customer favorite! Instructions will be provided by Kent Teichert, co-owner of For Your Kitchen. Only a few spots left.

Cleaning Down

As winter starts to come to a close it may be time to clean your down jackets or vests. While dry cleaning is an option it is expensive, and most of our down outer wear can safely be cleaned at home.

In fact, down can easily be dried out by the dry cleaning solvents, thus destroying the natural oils in the feathers and decreasing their insulating ability. The best method to clean down really is either a cool gentle cycle in the machine, or to hand wash.

When cleaning down outer wear it is important to also consider any type of trim, bling, or decorations that may be added to the jacket or vest. Faux fur, tassels, etc. may not do well in machine washing, so check that out well before moving ahead.

Before placing in the water, get as much of the air out of the jacket as much as possible. (I like to roll mine up in a tight roll as I place it in the water.) Use a mild detergent, something like Woolite, and if using the machine be sure to use a gentle or delicate cycle.

Rinsing is very important. Any detergent not rinsed out can cause the down to clump together. Be sure to rinse in warm/cool water at least a couple of times.

Once the garment is well rinsed, squeeze as much of the water out as possible, but try not to twist/wring it out. This can be done by gathering up sections of the garment in your hands and just squeezing in place without twisting.

The easiest way to dry the garment is in an automatic dryer, using the low setting. Add two or three dry bath towels to absorb the moisture from the garment. (Some people like to add clean tennis shoes or tennis balls to the dryer to break up clumps of down that may be stuck together with water. There are commercial dryer balls that could be purchased for this purpose.)

Lastly, it may take a while to dry completely, but do not be tempted to turn up the heat, or to over dry.

This can damage the down as well. If the item is almost dry, it can also be line dried by laying it out over several lines to more evenly distribute the weight and not stretch the garment. ☞

Teresa Hunsaker

With Easter around the corner here are some tips on decorating Easter eggs a little differently than just sticking them in the dye.

- ◆ Dip pieces of sponge into different colors of dye and dab onto your egg.
- ◆ Use liquid white glue to make a design on egg, dip in dye. When dye is dry, rub off glue.
- ◆ Dye eggs first, then create design with glue and sprinkle on glitter.
- ◆ Use liquid white glue and decorate eggs with colored sprinkles, small candies or mini marshmallows.
- ◆ Create an egg bunny with pipe cleaner ears, pom-pom nose and ribbon whiskers.
- ◆ Use thin pieces of tape and cover eggs with the design of your choice. Dip in color, let dry, then remove tape to reveal your pattern.
- ◆ Add 1 tablespoon oil to the egg coloring. By dipping your egg quickly in and out, you will create a swirling affect on the egg. (This mixture cannot be used again).
- ◆ Wrap boiled egg with several rubber bands. Dye egg in normal fashion. Let the first color dry then remove one of the rubber bands. and dye in another color.
- ◆ Place small stickers on the boiled egg, or use decorative scissors to cut pieces of painter's tape and decorate the egg. Be sure that all areas are stuck to the egg then dye as usual. Let dry completely before removing stickers or tape.



A Word about Weight

Physical appearance continues to be a primary focus in our society. Fad diets, exercise programs, weight loss programs, and supplements give the impression that having the perfect body is attainable. Many people testify to the diet or plan they are on and how much weight they have lost and how great they feel. They make it seem that all it takes is sheer willpower by the person to break the weight loss barrier. But is that true?

While we may live in a time when we know more about health and wellness than we ever have, a common thought process in today's society is that people who are overweight or obese have chosen to be so...or that they just lack the willpower necessary for weight loss. This is called weight bias. Weight bias is prevalent in many aspects of society, including healthcare¹. Sadly it also becomes a topic of conversation in our social circles. You may be interested to know that some who struggle with weight challenges eat healthy and exercise regularly, more so than some people who are at a normal weight.

So, what do we say to those who have implemented every healthy practice into their lives and still struggle with weight challenges? Saying "eat healthier foods" or "exercise more" probably isn't the best method. Perhaps the better option is to listen to them and support them in their efforts. Many times, we may think that telling someone they need to do better will somehow make them do better. That may do more harm than good². Another thing to note: although nutrition and physical activity are major factors in weight management, there's more to the story. Genetics, environment, and socioeconomic status also play vital roles³.

As much as we now know about health, we still have a lot more to learn. One way this is evident is by the rising rates of obesity in the US and in the world. If it was as simple as eating right and exercise regularly, we would probably see a decline in the rates. Dr. Nikhil Dhurandhar, former president of The Obesity Society, once said, "The more I learn about obesity, the more I learn what I don't know and what we need to find out. The danger comes from simplifying the issue, considering this complex disease as a simple matter of willpower..." Obesity is a much more complex disease than we thought and many factors, not just diet and exercise, contribute to the mystery⁴.

Perhaps you have a friend or family member that struggles with their weight. Because being overweight increases the chance of having a negative body image, we also see higher rates of depression, eating disorders, and other mental and physical health problems. Being sensitive to this, especially considering the pressure from the media, it is important to assist those struggling in having a positive body image and encourage them to work with health professionals. ☞

~Jonathan Conley

References

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- Luedicke, J., Peterson, J.L., & Puhl, R. *International Journal of Obesity* (2012), 1-9
- Hruby, A. & Hu, F. B. (2015). *The Epidemiology of Obesity: A Big Picture*. *Pharmacoeconomics*, 33, 673-689.
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For more information, visit <https://www.cdc.gov/obesity/index.html>

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.