Dear Friend of Extension,

Autumn is almost here – my favorite time of year! I trust you have had an enjoyable summer making lots of family memories; however, it’s not too late for that last blast of summer family gathering. Do take time to experience all the sights, sounds, and smells of this beautiful season!

"Autumn Is Here"

Pumpkins in the cornfields
Gold among the brown
Leaves of rust and scarlet
trembling slowly down
Birds that travel southward
Lovely time to play
Nothing is as pleasant
As an autumn day!

Author: John Muir

Source: http://www.scrapbook.com/poems/doc/8088/5.html

Sincerely,

Cindy Shuster, CFLE
Extension Educator,
Family and Consumer Sciences
Buckeye Hills EERA
You can’t hide your true colors as you approach the autumn of your life.

Unknown

Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter.

Carol Bishop Hipps

This autumn we can look forward to falling leaves and rising gas prices. We'll be raking it up while the oil companies are raking it in.

Autumn is a season for big decisions -- like whether or not it's too late to start spring cleaning.

Source: http://www.jokesabout.net/fall-autumn-humor

Autumn is a second spring where every leaf is a flower.– Albert Camus

Some back to school humor....

Teacher: You copied from Fred’s exam paper didn’t you?
Pupil: How did you know?
Teacher: Fred’s paper says “I don’t know” and you have put “Me, neither!”

Teacher: George Washington not only chopped down his father’s cherry tree, but also admitted doing it. Now, Louie, do you know why his father didn’t punish him?
Louis: Because George still had the axe in his hand.

Laughter is part of the human survival kit.
RAISING KIDS
American Teens Have Unhealthy Habits That May Shorten Their Lives.
Are We Healthy and Safe?
Results of the Youth Risk Surveillance Survey 2013

Risk runs high for our teens - From September 2012 - December 2013, 13,633 high school students in public and private schools across the country were surveyed to determine their behaviors related to risk of injury and cardiovascular disease. This survey was part of the on-going Youth Risk Surveillance Survey collected by the Centers for Disease Control.

In relation to accident prevention,

• Nearly 88% of those riding bikes never wore protective helmets.
• About 22% rode in a vehicle with someone who had been drinking alcohol and 10% personally drove after drinking.
• Over 41% texted or emailed while driving.

Eighteen percent (the highest percentage being white males) reported carrying a weapon within the month and 5.2% stated they had carried a weapon to school at some time. Over 7% of the students reported that they missed school due to fear for their safety. Bullying was a significant problem with 15% being bullied via email, instant message, chat room or web page and nearly 20% being bullied at school.

Sadly 17% of teens reported seriously considering suicide within the last year and 8% attempted it. White females were the most likely to try.

Twenty-four percent currently smoke or use smoke-less tobacco and over 40% have tried to smoke at least once. Sixty-six percent have tried alcohol and approximately 35% had a drink during the 30 days before the survey with over 20% reporting binge drinking. Marijuana was the most frequently used illegal drug (40.7% trying it at least once), and 17.8% admitted taking pain killers and other prescription drugs that were not prescribed for them.

Dietary intake was less than ideal with only 22% consuming three or more servings of fruit or fruit juice per day and only 16% consuming three or more servings of vegetables per day. Twenty-six percent consumed two or more servings of milk per day while 27% had at least one soft drink. Breakfast was frequently skipped with only 38% eating it daily.

Only 27% of teens were active seven days a week for the recommended 60 minutes per day and 15% were totally inactive. Over 41% played video or computer games for three or more hours per day and 32.5% watched TV at least 3 hours per day. Unfortunately daily P.E. at school was only available to 29% of teens.

The students were also sleep deprived with only 31.7 % getting at least eight hours per night.

Due to some of these unhealthy habits, 13.7% of the teens were obese and 16.6% were overweight. This resulted in 47.7% reporting that they were trying to lose weight.

Source: The University of Georgia Cooperative Extension Service, September 2014 - www.fcs.uga.edu
RAISING KIDS

How much activity do young people need?

According to the United States Department of Health and Human Services, participation in regular physical activity provides health benefits. Evidence suggests that by being physically active, aerobic fitness and muscular strength increases; muscle, bone, and fat ratios improve; bones become stronger; and symptoms of depression decrease.

Physical activity guidelines for children and adolescents focus on three types of activity: aerobic, muscle-strengthening, and bone strengthening. All three offer health benefits. Children and adolescents should engage in one hour or more of physical activity each day. That one hour should include:

- Aerobic activities each day. Most of the hour should be spent at an intensity of moderate or vigorous.

- Muscle strengthening activities on at least three days a week. These activities should involve a moderate to high level of effort and should work major muscle groups including legs, hips, back, abdomen, chest, shoulders, and arms.

- Bone strengthening activities on at least three days a week. Through impact with the ground, these activities produce a force on the bones that promotes strengthening and growing.*

Adults can help youth be active by encouraging engagement in physical activities that are appropriate for their age, are enjoyable, and offer variety.

Intensity — level of effort required to do an activity

If you can talk, but not sing, during the activity you are doing a moderate intensity aerobic activity.

If you cannot say more than a few words without pausing for a breath you are doing a vigorous activity.

Source: U.S. Department of Health and Human Services, CDC, Division of Nutrition, Physical Activity, and Obesity

EATING RIGHT

Eating Well on a Budget

During these challenging economic times you may find it difficult to eat healthfully, but the good news is that by putting in place money-saving strategies, it is possible to eat well on a limited food budget.

Plan family meals for the week. Include your family’s favorite meals. Look for recipes that include five or fewer ingredients. Consider your family’s extracurricular activities and plan quick dinners like soup and sandwiches on evenings when meal timing is tight.

Make a shopping list. Shopping weekly can help to save time, gas, and money. Use a list to help you remember the needed items. Start by listing the things your family needs each week. Keep the list taped inside the kitchen cupboard and add to it as you finish a container of a basic item like flour or milk. Take an inventory of needed items by checking the pantry, refrigerator, and freezer before going shopping. Organize coupons that can be used for items on your list. Plan to purchase in-season fruits and vegetables, which tend to be less expensive and taste better. When you are shopping stick to your list - do not purchase items that are not on it. Shop on the aisles of the grocery store where the healthier and less expensive items are located.

Prepare your meals. Refer to your weekly menu each day. Sticking to your plan can save money. Healthy, quick, and inexpensive items can be added to any meal, such as your family’s favorite canned or frozen fruit or vegetable. Round out your meal with a bowl of cut-up fruit. Check your meal plan each evening. Take out frozen items the night before you will be using them in your meal preparation. Place them in a dish in the refrigerator to thaw safely for the next days’ dinner.

Eat together as a family. Families who eat meals together are more likely to eat healthfully. Despite busy sched-ules, it is important to make family meals a priority. Mealtime is a great opportunity for parents and children to be together. Adults are important role models for children and can set the stage for them to learn to enjoy a wide variety of foods. Remember that children often need more time to eat than adults. Allow adequate time to enjoy the food and the company of your family. Mealtime is a perfect time to catch up on events of the day and to plan for upcoming family activities.

EATING RIGHT

Living with Lactose Intolerance

What is Lactose Intolerance?

Lactose intolerance is a common disorder that usually affects adults. It's quite common; about 75% of all people around the globe have too little lactase to some degree. If you're African-American, Asian, Hispanic, or Native American, you're more likely to have it.

Lactose intolerance means the body cannot easily digest lactose, a type of natural sugar found in milk and dairy products. This is not the same thing as a food allergy to milk. Instead, when people with lactose intolerance ingest large amounts of dairy products, or foods or medicines containing lactose, lactose stays in the intestinal tract until it reaches the colon where it can cause gas, bloating, stomach cramps or diarrhea.

It's important for people who are lactose-intolerant to learn how to eat to avoid discomfort while getting enough calcium for healthy bones.

What Foods Have Lactose?

Dairy products such as milk and ice cream are some of the most common foods high in lactose. It's also in foods with dry milk solids, milk byproducts, and nonfat dry milk powder.

Lactose is in some prescription medicines, including birth control pills, and over-the-counter drugs, such as some tablets to ease stomach acid or gas.

Managing Lactose Intolerance

Lactose intolerance is easy to manage. If you have a mild case of lactose intolerance, you can still consume small portions of milk or other dairy foods. Eating these foods with a meal is helpful, because the lactose enters the intestine more slowly when there is other food in your stomach. Some dairy products like yogurt and aged cheese are easier to tolerate than milk, possibly because the fermenting or aging process breaks down some of the lactose. Your ability to digest these ingredients may vary from food to food.

You can find many lactose-free dairy options at grocery stores or you can buy milk products treated with lactase to reduce the lactose content. Lactase enzyme supplements can help you get the nutrition benefits of dairy, especially bone-building calcium and vitamin D, and avoid symptoms of lactose intolerance. Non-dairy drinks, such as soy, almond, and rice milk, are often fortified with calcium and vitamin D.

Alternative Calcium Sources for Individuals with Lactose Intolerance

Dairy foods are the best source of calcium. Even if you can handle some milk, you may not get enough calcium. You may need a calcium supplement and other foods that contain calcium.

Calcium supplements are absorbed better in doses of 500 milligrams or less. You may also need a Vitamin D supplement along with the calcium.

Here is a list of foods containing calcium besides dairy foods you may like:

- Sardines, 3 ounces - 371 mg
- Molasses, 2 tablespoons - 274 mg
- Collard greens, 1 cup cooked - 148-357 mg
- Turnip greens, 1 cup cooked - 194-249 mg
- Kale, 1 cup cooked - 94-179 mg
- Salmon with bones, 3 ounces - 167 mg
- Chinese cabbage, 1 cup cooked - 158 mg
- Shrimp, 3 ounces - 98 mg
- Dried beans, ½ cup cooked - 25-45 mg
- Tofu, processed with calcium, 3 ounces - 225 mg
- Kale, 1 cup cooked – 194-249 mg

Most of the time, symptoms of lactose intolerance are mild. If you have more severe symptoms, you may have a more serious problem. See your doctor if you have any problems with serious cramping, gas, diarrhea or nausea.

Resources:


Source: Cynthia R. Shuster, CFLE, Extension Educator, Family & Consumer Sciences, Perry County
Preparing Your Finances for the Holidays

SPENDING SMART

As the leaves continue to fall and the nightly temps dip cooler, we know that the holiday season will soon be upon us. It seems the holiday season starts earlier every year and you may not have been ready for dancing elves to be on display at your local stores in July. To help reduce holiday stress and after-holiday bills, often known as the holiday financial hangover, now is the time to start preparing for upcoming holiday expenses.

Before the holiday season steps into high gear, take time to get prepared. Review your current financial situation and determine a holiday spending limit that works with your family budget. To make certain you are not tempted to increase your limit as the season progresses, develop a holiday budget for gift-giving, food, travel and entertainment expenses. Potential additional expenses which are often forgotten in a holiday budget include gasoline, babysitter fees and eating out more often.

As you work on your budget, start by making a list of everyone you plan to give a gift, including children, loved ones, teachers, babysitters, hair stylist, etc. Identify a realistic spending limit and possible gift idea for each person on your list. It is important that you not feel pressured to give anyone a gift. If your finances are tighter this year than normal, consider a hand-written note expressing thanks or appreciation. Continue to work your way through your holiday budget estimating other anticipated expenses. If you have receipts or credit card statements from last year, you may be able to use these as a guide in developing a realistic estimate for travel, entertainment and food expenses.

Scam Alert: Beware of Phone Calls from Your Own Phone Number

People all over the country have been receiving strange phone calls. What makes them strange is that when consumers check the incoming call on their caller ID, the phone number shown is their own. These phone calls are troublesome because they are coming from scammers who are hoping that your curiosity will lead you to answer a call you would normally avoid.

Scammers are now using technology to mask their phone numbers as your own, knowing that this tactic will likely be more successful than if they masked their numbers using labels like “Caller Unknown.” Usually when you answer such a call, you will hear a robocall claiming to be representing your Credit Card Company or Microsoft. The robocall will offer to sell you a new product, and will ask for personal information (like your credit card number) in order to make a purchase. This scam aims to steal credit card information, so consumers should not give into curiosity, and avoid answering these calls.

When you are preparing your finances for the upcoming holidays, you will also want to think about how you pay for your holiday shopping and expenses. You are less likely to overspend if you pay with cash, as opposed to using a credit card. If you are using cash, once all your cash is gone, you are finished with your holiday shopping. Many stores are now offering layaway plans. If you decide to use a store layaway option, be certain to check the return policy and keep track of all payments.

Plan your holiday shopping trips ahead of time, review store ads and know exactly who and what you are shopping for prior to entering the store. Impromptu shopping trips and wondering around a store looking for gift ideas can lead to impulsive purchases, which were not part of your original budget. Do your window shopping at home using catalogs or online, so that you know exactly what you want when at the store. Finally, remember holiday sales can be tempting, but once you are in the store stick with your original budget.

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment

LIVING WELL

Preparing for the Flu Season

Although there is no way to know exactly when the flu will begin this year or how severe it will be, there are steps you can take to help prevent the spread of the illness and perhaps even help you from getting sick yourself.

Influenza, commonly referred to as the flu, is a virus that can cause a mild to severe illness. The flu spreads through air droplets when people sneeze, cough or even talk. It may also be spread through contact with a surface that has the virus on it and then touching your mouth or nose. This type of transfer is less common.

It is recommended that anyone over the age of 6 months get the flu vaccine. The vaccine is considered the most important step in flu prevention. Getting the flu vaccine as soon as it becomes available is a good idea and it will protect you throughout the flu season. You can get the vaccine in many different places. You should check with your healthcare provider to see if they offer the vaccine. If you do not have a regular healthcare provider you may also get the vaccine at places like the local health department or a pharmacy.

There are people who should not get the flu vaccine. It is best to talk to your healthcare provider if you:

- Have a severe allergy to chicken eggs
- Have had a severe reaction to the flu vaccine in the past
- Have a moderate to severe fever at the time of vaccination (You should wait until you recover)
- Have a history of Guillain-Barre Syndrome

You can also help protect yourself from the flu virus by trying to stay away from those that have the flu and making sure to wash your hands regularly.

The following are common symptoms found in people who have the flu:

- Chills
- Fever
- Body or muscle aches
- Runny or stuffy nose
- Headache
- Sore throat
- General feeling of being tired

There may also be:

- Vomiting
- Diarrhea

Someone with the flu may only have a few of these symptoms or all of them.

There is no way to know how severe the flu will be this year. It is important to take steps to prevent yourself from getting the flu such as getting the flu vaccine and washing your hands consistently.

Source: Nicole Peritore, Program Coordinator, Health Education through Extension Leadership (HEEL)

REFERENCES:

- CDC (2013). Key Facts about Influenza (Flu) and Flu Vaccine. http://www.cdc.gov/flu/keyfacts.htm

Don’t forget to hold the date for the upcoming Sewing Smorgasbord.

March 21, 2015
Sheridan Middle School
You asked for it...HELPFUL HOUSEHOLD HINTS

- Power wash outdoor furniture and cushions before you store them away this fall. Once dry, store cushions in dry area to prevent cracking, and fading over the fall and winter months.
- Try this trick to bring honey back to a luscious, drizzly state: Place the container in a bowl of hot water until the honey is smooth and runny, 5-10 min. To prevent crystals from forming again, store the honey in a cool, dry place.
- A cake from a box mix can taste like it was made from scratch—use unsalted butter instead of oil, milk instead of water and a few drops of vanilla.
- For ant control—fill a new clean spray bottle with vinegar and spray where you see ants. Allow the vinegar to dry. Don’t use on grouted areas.
- Use ketchup to remove tarnish from copper and brass cookware. Squeeze ketchup onto a cloth and rub it on pots and pans. They should return to their coppery color in minutes. Rinse with warm water and dry with a towel.

Ask Cindy—Your E-mail Connection.

If you have a Family & Consumer Sciences question, please feel free to contact me at shuster.24@osu.edu I look forward to hearing from you. Also visit the Perry County web page at http://perry.osu.edu

NOW YOU’RE COOKING: A RECIPE FOR THE BUSY HOMEMAKER

Meatball Sandwich Casserole

18 to 24 slices (1/4 inch thick) baguette French Bread
1/4 c. olive or vegetable oil
1 pkg. (1 lb.) frozen cooked Italian-style or regular meatballs (32), thawed
1 bag (1 lb.) frozen bell pepper and onion stir-fry thawed, drained
1 1/2 cups tomato paste sauce
1 c. shredded mozzarella cheese (4 oz.)

Heat oven to 350°F. Brush 1 side of each bread slice with oil. In ungreased 9 1/2 inch deep-dish pie plate, line bottom and side with bread, oil side up and slightly overlapping slices.

Bake 5 to 10 minutes until edges are light golden brown.

Meanwhile, in large bowl, gently mix meatballs, bell pepper and onion stir-fry, and pasta to coat.

Spoon meatball mixture into crust; bake uncovered 25 to 30 minutes or until thoroughly heated in center. Sprinkle with cheese, bake 5 to 10 minutes longer or until cheese is melted.

Nutrition Information per Serving

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<th>from Fat 240</th>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Sat. Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
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<td>Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>26 g.</td>
</tr>
</tbody>
</table>

Exchanges: 3 starches, 1 vegetable, 2 1/2 Medium-Fat Meat 2 1/2 Fat, Carbohydrate choices: 3

Perry County Homemakers Invite You To Attend the
2014 Pre-Season Gala...

„Reminiscing The Holidays‟

Thursday, October 23rd

Hopewell United Methodist Church, 11742 Gower Rd., Glenford

Mail form and payment to:
Ohio State University Extension
104 S. Columbus St., P.O. Box 279
104 S. Columbus St., P.O. Box 279
Somerset, Ohio 43783

Registration Deadline: Friday, October 3rd

Renewal, Demonstrations, Memory Booklet and Lunch - $12.00
Make check payable to: Ohio State University Extension

For more information call Cindy Shuster at 740-743-1602.

Sage Journey Home!

2:30 p.m. - Closing Remarks - Door Prizes
2:00 p.m. - 3-D Flowers - Wilma O’Ryan, Heritage Homemakers

Consumer Sciences

1:30 p.m. - Holiday Candies - Cindy Shuster, Extension Educator, Family &
Creative Recycled Books - Cathie Drobish, Thornville Homemakers

1:00 p.m. - Recycled Necktie Scarf - Debbie Pipes, County Bakers & City Stitchers

12:30 a.m. - Lunch; Holiday Country Store Open & Viewing of Holiday Exhibits

11:30 a.m. - Chalkboard Creations - Linda Lahmon, Heritage Homemakers

11:00 a.m. - Recycling/Upcycled Apron - Debbie Pipes, County Bakers & City Stitchers

10:30 a.m. - Recycled/Upcycled Apron - Debbie Pipes, County Bakers & City Stitchers

9:30 a.m. - Folded Fabric Pin - Make it & Take it - Wilma O’Ryan, Heritage Home

9:00 a.m. - Registration, Holiday Country Store Open & Viewing of Holiday Exhibits

Demonstration Schedule

For more information call Cindy Shuster at 740-743-1602.
Reminiscing

Hopewell

October 23, 2014

Pre-Season Gala

Homemakers

Perry County

OHIO STATE UNIVERSITY EXTENSION

Perry County

109 South Columbus Street, P.O. Box 279
Somerset, Ohio 43783

THE COLLEGE OF EDUCATION AND HUMAN ECOLGY
THE COLLEGE OF FOOD, AGRICULTURAL