

# Living Well Newsletter



Raising Kids, Eating Right,  
Spending Smart, Living Well

Dear Friend of Extension,

## New Beginnings

There are many times in each of our lives when the things that make a stable life are all of a sudden gone. For some of you, the changes came as your hearts which were once warmed by the hugs of your children are now warmed with the hugs of your grandchildren. For others, the changes came as the friends you made on your first day of work are now retired.

Not always are the changes so drastic. Sometimes the changes are the result of moving to a new home, meeting new friends, or buying a new car.

Regardless of how large or small the changes, one thing is always true. . . they open the door to new beginnings. Sometimes the new beginnings are not wanted, especially when we are content with the way things are. On the other hand, sometimes the new beginnings are what we have impatiently waited upon.

As we look back on these new beginnings in our lives, we are able to see how they have made us stronger. With that being said, this is the last newsletter from me to you .  I am retiring my current position by the end of the year after nearly 30 years with OSU Extension and nearly 34 years as a professional educator.

My greatest joy in my work has been the numerous relationships that Extension work has provided me in connecting with the people of Perry County, Ohio and throughout the United States. Through numerous workshops, educational presentations, and newsletters, the Perry County Homemakers, the Sewing Smorgasbord team of volunteers, Master Clothing Educators, State 4-H Fashion Board members, Cloverbud Day Camp counselors, county clientele, agency personnel and various professional colleagues have made Extension work meaningful, interesting, rewarding and FUN!

To my family, friends, and Extension supporters . . . through out the years you have impacted my life and professional career through your caring encouragement, consistent, authentic, unselfish, and tireless support and gentle guidance. For that, I am extremely blessed and forever grateful.

I greatly appreciate the friendship and support you have extended to me over the years. I wish you and yours good health and happiness during this holiday season and throughout the new year . . . and for many more years to come.

Sincerely

*Cindy,*

Cindy Shuster, CFLE  
Extension Educator,  
Family and Consumer Sciences  
Buckeye Hills EERA

November/December 2015 Issue 6

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#### OSU MISSION STATEMENT

ENGAGING PEOPLE TO STRENGTHEN  
THEIR LIVES AND COMMUNITIES  
THROUGH RESEARCH-BASED  
EDUCATIONAL PROGRAMMING.

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HUMORAEROBICS

Lighten Up...Spread A Little Laughter

It is hard to understand how a cemetery raised it's burial cost and blamed it on the high cost of living.

The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

It is said that if you line up all the cars in the world end to end, someone would be stupid enough to try and pass them.

A fine is a tax for doing wrong. A tax is a fine for doing well.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

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## Rudolph the Red Nosed Reindeer

A Russian couple was walking down the street in St. Petersburg the other night, when the man felt a drop hit his nose. "I think it's raining," he said to his wife.

"No, that felt more like snow to me," she replied. "No, I'm sure it was just rain, he said." Well, as these things go, they were about to have a major argument about whether it was raining or snowing. Just then they saw a minor communist party official walking toward them. "Let's not fight about it," the man said, "let's ask Comrade Rudolph whether it's officially raining or snowing."

As the official approached, the man said, "Tell us, Comrade Rudolph, is it officially raining or snowing?"

"It's raining, of course," he answered and walked on. But the woman insisted: "I know that felt like snow!" To which the man quietly replied: "Rudolph the Red knows rain, dear!"



Source: <http://www.ahajokes.com/redn.html>

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**Aphorism: A short, pointed sentence that expresses a wise or clever observation or a general truth.**

The nicest thing about the future is that it always starts tomorrow.

Money will buy a fine dog but only kindness will make him wag his tail.

If you don't have a sense of humor you probably don't have any sense at all.

A good time to keep your mouth shut is when you're in deep water.

How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?

*Laughter is part of the human survival kit.*



## RAISING KIDS

### Making Family Traditions

As we move into the holiday season, think about the special memories that they hold for you. Can you remember your first Thanksgiving dinner? Who prepared the turkey? Did you have pumpkin pie? Or, was there a special activity reserved just for this day? Were you a part of the annual football game after dinner? These special memories are part of your family traditions.

Traditions are a key to strong families because they build strong relationships between generations. It may be by sharing the preparation of a special recipe. The important part is the conversation that takes place about who first made it and how this recipe tradition got started. Be sure to share your special memories with your children, grandchildren and friends. Traditions also make the holidays special just by bringing people together. Even though traditions are important, they can cause stress as well. Don't be afraid to bend them a bit if necessary. Include traditions from all family members, even those who are new to the family and bring with them traditions that may seem foreign to you. Don't become stressed by a tradition, make it fit your situation.

Here are some ideas for your Thanksgiving or other holiday traditions:

- Just because grandma made all the food from scratch doesn't mean you have to. Don't feel guilty about buying foods for a special meal, especially if time is a constraint.
- Use recipes that are simple or ones you are familiar with.
- Serve fewer foods.
- Let family members help, when someone offers to bring part of the meal, say yes.
- Remember others who are less fortunate than you by volunteering to serve a holiday meal, donating your time to a food pantry, or hosting a food drive.

Author: Linnette Goad, Field Specialist, Food Safety, Selection and Management, Family and Consumer Sciences, Ohio State University Extension, goad.1@osu.edu

# Hold the Date:

## Sewing Smorgasbord

### March 19, 2016

**Peoples Choice Contest: Decorated Sweatshirt or T-Shirt**  
Check the county website:

<http://perry.osu.edu/news/2016-sewing-smorgasbord-0>

for complete contest rules and guidelines.



## RAISING KIDS

### Make Holiday Memories with Your Children While Maintaining the Peace

**Children are subject to anxiety and stress during the chaos of holidays. Remember their need for routine, nutrition and outdoor play to keep their mood merry and bright.**

by [Jennifer Berkey](#), Michigan State University Extension

With the holidays approaching, family routines will be unpredictable which can cause challenges with young children's mood and behavior. I remember a difficult holiday when my oldest daughter was two. After an evening of gift giving and visiting with family members, a late dinner just became too much for her. By the time dinner was served, she was in full tantrum mode and we had to leave just as dinner was put on the table. Reflecting back on that holiday, by making a few small changes to the day I could have better met her emotional and nutritional needs to allow for her to be successful. The key to minimizing stress during the holidays for your child is to maintain your routine, provide healthy food choices and offer opportunities for your child to run and play.

Parents understand the importance of routines and how they can impact a child's behavior and sleep. During the holidays, routines are often left by the wayside for late family gatherings, long days of travel and disrupted meal patterns. To minimize holiday stress with your child, work on getting routines back to normal as soon as possible. After a late night family gathering, provide quiet, calm activities the next day and get your child to bed on time the next night.

Typically the holidays bring delicious, family meals that contain our favorite traditional holiday treats. These meals are often less healthy than what your child is used to. Between all the extra sugary snacks and desserts coupled with the irregular meal times, it is easy for your child to eat less healthy foods. Be sure to provide healthy

snacks like fruits, vegetables or whole grains before holiday gatherings and while on-the-go.

Keep your child active by getting fresh air and plenty of outside activity. Traveling and holiday gatherings don't allow for as much active play for children as they are used to during their regular schedule. The same can be said for adults too. So start some new family traditions during your gatherings to increase everyone's physical activity. Head outside and make a snow fort, organize a sledding party or friendly family snowball fight. This will improve everyone's mood and alleviate stress, while also getting in some necessary physical activity.

Holiday gatherings are wonderful times to celebrate family, friends and love. Remembering that children are subject to anxiety and stress just as adults during the holidays is important. By creating an environment of success with routine, healthy eating and exercise, children will form favorable, holiday memories that are the true gift during the holidays.

Source : [http://msue.anr.msu.edu/news/make\\_holiday\\_memories\\_with\\_your\\_children\\_while\\_maintaining\\_the\\_peace](http://msue.anr.msu.edu/news/make_holiday_memories_with_your_children_while_maintaining_the_peace)



## EATING RIGHT

### Healthy Holiday Baking Tips

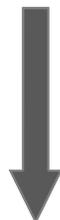
1. Substitute unsweetened applesauce for shortening in lightly-colored baked goods such as muffins.



#### High in Fat

1 cup vegetable shortening  
205 grams fat, 1,812 calories

1 cup butter  
184 grams, fat, 1,628 calories



#### Low in Fat

1 cup applesauce  
0 grams fat, 104 calories

2. Use pureed prunes in chocolate recipes for a great fudgy taste. Reduce the fat in recipe by half; replace with one-quarter of prune puree. For instance, if recipe needs one cup of butter, reduce butter to 1/2 cup; then add 1/4 cup prune puree.
3. Substitute egg whites for every whole egg in a recipe.
4. Reduce fat and calories in chocolate desserts by using cocoa powder instead of chocolate.  
3 Tbsp. cocoa = 37 calories, 2.2 g. fat  
1 oz. unsweetened baking chocolate =146 calories, 15 g. fat

### Healthy Substitutes for High-Calorie Holiday Foods



Chestnuts  
Pumpkin pie  
Banana bread  
Hot-spiced cider  
White or dark turkey meat, no skin  
Vegetables seasoned with herbs and spices  
Whole wheat or pumpernickel bread  
Pretzels, popcorn, fresh vegetables with fat free dressing  
Lean sliced meats served with meat juice and with fat removed  
Angle food cake  
Low or non-fat pastries, cookies, or hard candies

### More Healthy Tips

- Cook side dishes that include whole grains, like brown rice, or vegetables to add fiber.
- Serve whole-grain crackers with reduced fat cheeses or low-fat dips.
- Set out a plate of raw vegetables with low-fat dip or dressing.
- Serve whole grain breads or muffins.
- Make fruit-based desserts.

Source: Noah net Wellness, Nutrition for Older Adults Health,, Department of Food & Nutrition, University of Georgia



## Eating Right

### Thanksgiving 101: Food Safety Tips

Thanksgiving is almost here! It's a holiday for enjoying family, friends and lots of delicious food. Be sure to share good food safety practices to keep your Thanksgiving dinner safe. Here are some simple tips to keep this holiday meal safe.

#### Safe Thawing

- Wash your hands with soap and water before handling the turkey or any food.
- Thaw the turkey in the refrigerator at 40 degrees F or below. Allow approximately 24 hours per 4-5 pounds of turkey. A very large bird may take up to 5 or 6 days to thaw.
- If you forgot to thaw the turkey, submerge the turkey in pan of cold water, enough to cover the turkey. Change the water every 30 minutes. Allow 30 minutes thawing time for every pound.

#### Safe Preparation

- Wash hands with soap and water.
- Make sure food preparation areas and surfaces, utensils and plates are clean.
- Use separate cutting boards for meats and fruits/vegetables.
- Avoid putting cooked food on cutting boards that have touched raw meat.
- Avoid wiping your hands that have touched raw food with dish towels.
- Keep raw food away from vegetables and side dishes that will not be cooked.
- Stuffing the turkey is not recommended. Bake the stuffing separate.
- Never bake the turkey below 325 degrees F in the oven.
- Use a food thermometer. The pop-up timer is not a reliable method to determine if the turkey is cooked to the minimum internal temperature of 165 degrees F.
- Let the turkey set 20 minutes before carving to allow the juices to set.

- Stuffing should also reach a minimum temperature of 165 degrees F.

#### Serving Food Safely

- Keep hot foods hot and colds food cold.
- Keep the pumpkin pie and any cold desserts in the refrigerator.
- Use clean serving spoons for each dish.
- Wash hands with soap and water before handling food or eating.
- Carve the turkey with a clean carving knife and fork.

#### Storing Leftovers

- Store leftover food within two hours after serving, including pumpkin pie.
- Use several shallow containers to store leftovers.
- Store in the refrigerator if eating within 3 days.
- Keep in the freezer for longer storage. Label and date.
- Reheat all leftovers to 165 degrees F. Gravy should be brought to a rolling boil.

### Happy Thanksgiving!

Resources: [fsis.usda.gov/Fact\\_Sheets/Poultry\\_Preparation](http://fsis.usda.gov/Fact_Sheets/Poultry_Preparation)  
[www2c.cdc.gov/podcasts/player.asp?f=10269](http://www2c.cdc.gov/podcasts/player.asp?f=10269)

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<http://livehealthyosu.com/2013/11/>



## SPENDING SMART

### The Season of Spending

#### Tips for Stretching Your Holiday Budget

*Ahhh*, the holidays. A time for parties, special meals, presents, a long break from school– and spending money. It's hard to stick to a budget when festive music is playing, everyone's in a good mood and there's so much to buy.

The holidays, however, don't have to mean disaster for your hard-earned dollars. Here's how:

- 1. Make a list.** Decide how much you can afford to spend this year, and write it down. Then decide who you're going to buy gifts for and how much you can spend on each person. Stick to your list no matter what. Don't forget to include wrapping paper and cards in the mix, because small expenses add up fast.
- 2. Pay with cash.** If you have a credit card, you'll probably be tempted to use it. But don't give in! The average person takes six months to pay off holiday bills, with interest charges only adding to their debt, according to the American Banker Association.
- 3. Compare and save.** You can save more than 10 percent on most items by comparing prices at different stores. Weigh prices online or call around to several different stores in your area. The savings could be well worth the extra time.
- 4. Plan ahead.** This will give you time to compare prices or even make your own gifts. You'll also have time to ship your packages early if necessary. Who wants to pay pricey overnight shipping costs just to make sure gifts arrive on time?
- 5. Make your own gifts.** Yes, you can do it! Consider giving a small basket of homemade cookies, bread, muffins– whatever your friend or relative likes. Frame a photo of you and that person. If you're crafty, knit a scarf. Plant some flower bulbs, such as paper whites, in a small pot and give them as a gift: the flowers will blossom into a great spring gift.
- 6. Have a gift exchange.** Draw names with family and friends instead of buying a gift for everyone. Set a dollar limit so each person knows how much to spend.
- 7. Plan an event.** Instead of buying gifts for your friends, go out and do something fun together. Go ice-skating, to the movies, out to dinner, to a concert or indoor rock climbing– whatever it is you love to do. The holidays are all about being with people you care about, right? So set aside time just to hang out and have fun.

-Rebecca Denton

Source: FFANEWHORIZONS.ORG



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## SPENDING SMART

### How to Drive in the Cold, Wintery Months

During winter months, keep abreast of weather reports in your area. If snow or ice is predicted, make plans to leave early or arrive later.

Prepare your vehicle for winter driving; use this checklist:

1. Check windshield wiper blades to make sure they work properly.
2. Have your mechanic test the antifreeze/coolant to provide the correct level of protection required in your driving area.
3. Make sure your tires are properly inflated. Under inflation can reduce the gripping action of tires because the tread will not meet the road surface as it was designed to do. Over inflation has the same effect.
4. Don't depend on all-season tires. Snow tires have a unique tread design that provides better traction and road-gripping abilities.
5. Keep your gas tank at least half-full. The extra volume can help reduce moisture problems within your fuel system. It also adds helpful weight to your vehicle.
6. In rear-wheel drive vehicles, extra weight in the trunk may be helpful. Bags of sand can provide weight and, if sprinkled on the ice, sand helps provide traction.
7. Before you leave your driveway, scrape the ice and snow from windows and the exterior rear view mirrors, not just a small patch on the windshield. Don't forget to remove snow from headlights and brake lights.
8. It's the law! You and your passengers should all use safety belts.
9. Since driving is more a mental skill than a physical skill, you may want to keep the radio turned off.
10. Don't use a cell phone when driving on ice or snow. Even if you have a hands-free model, you need to concentrate on driving, not on a telephone conversation.
11. Be alert to the actions of other drivers.
12. Anticipate cars coming from side streets and put extra distance between your vehicle and the one in front of you. If someone is too close behind you, don't speed up; slow down or let them go around you.
13. Always drive with your lights on. At night, in fog and heavy snow conditions, low beams may be more effective than high beams.
14. *Braking without antilock brakes:* If you don't have antilock brakes, the best way to stop is threshold braking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal to the "threshold" of locking your brakes. Remember, you must keep your heel on the floor. If your heel leaves the floor, the wheels could lock because you're controlling the brake pedal with your thigh muscles instead of your ankle which are incapable of finer control. *Braking with antilock brakes:* If you have an antilock braking system (ABS), do not remove your foot from the brake. When you put on the brakes hard enough to make the wheels lock momentarily, you will typically feel the brake pedal vibrate and pulse back against your foot. This is normal **Do not pump the pedal or remove your foot from the brake.** The system is working as it was designed to work.
15. Keep both hands on the wheel and keep the wheel pointed where you want your car to go. While it may sound overly simple, it could help you in a skid.
16. Keep your vehicle stocked with emergency equipment in case you do get stalled or have an accident. Consider keeping these items in your vehicle: blanket or extra clothes, candle with matches, snacks, beverages (never alcohol), flares, windshield scraping device, tow rope, bag of sand or cat litter for traction, long jumper cables.

If you have trouble, run the engine only briefly to run the heater, not continuously. Carbon monoxide can accumulate more easily in a non-moving vehicle.

Source: tiresafety.com and AAA



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## LIVING WELL

### Don't let Holiday Stress get your Tinsel in a Tangle

By: Cynthia R. Shuster, CFLE, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Perry County, [shuster.24@osu.edu](mailto:shuster.24@osu.edu)

It goes without saying; the holiday season can be stressful. During the holidays it's even more important to take care of yourself every day! Use these practical tips to minimize the stress that accompanies the holidays.

- **Be physically active.** How do you get daily exercise? Remember you need a total of 30 minutes a day (walking, housework, and exercise machines – all count). Get moving!
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Practice strategies to get adequate sleep and eat healthy; maintain a healthy life style.
- **Nurture yourself, take a breather.** Make some time for yourself. Spending just 15 minutes alone without distractions may refresh you enough to handle the challenges of the day. Try a massage, a hot bath, mini-relaxations, or a quick walk to ease tension. Be sure you're eating right, sleeping well and laughing often.
- **Share your feelings and thoughts.** Take a break from holiday shopping and preparation to call a friend or meet them over a cup of tea. Letting out your feelings to a supportive friend can be an invaluable and important way to relieve holiday stress or any kind of stress and anxiety.

- **Laugh!** Try to find humor in everyday situations. Laughter is a great stress reliever! Don't let anyone dull your "sparkle"!



The key to less stressful holidays may lie in the way you perceive them. Adjusting your attitude and your expectations can help turn an otherwise stressful holiday into an enjoyable and relaxing one.

Sources:

Tips for Reducing Holiday Stress, by Charlotte Libov – WebMD retrieved 11/17/14 from <http://www.webmd.com/balance/stress-management/features/tips-for-reducing-holiday-stress>  
Relax During the Holidays, by Dr. Mercola, December 2013. Retrieved 11/17/14 from <http://articles.mercola.com/sites/articles/archive/2013/12/23/holiday-stress-relief.aspx>



## You asked for it...HELPFUL HOUSEHOLD HINTS

- ◆ Sewing is a great stress reliever. In a study at New York University Medical center, a group of women experienced significant reductions in heart rate, blood pressure and perspiration rate while working on a simple sewing project. For some of the women, heart rate dropped by as much as 11 beats per minute.
- ◆ One way to reduce the amount of oil in frying is to heat the pan and oil very hot before adding the food. The food absorbs less fat because the cooking time is shorter.
- ◆ Your bicycle helmet works for in-line skating too. Just make sure the helmet has a seal of approval from the American National Standards Institute or the Snell Memorial Foundation.
- ◆ You can relieve a painful arch by rolling your foot over a can of frozen juice concentrate. Wrap the can in a washcloth if it feels too cold. A can of tennis balls also works, but you'll miss the effect of the icing.

Source: *Work & Family Life*, February, 1996.

### ***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](mailto: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**

### **Double Layer Pumpkin Pie**

Serving Information— Makes approximately 16 servings (2-8 piece pies)

#### **Ingredients**

1 1/2 cup graham cracker crumbs  
4 Tbsp. reduced fat margarine  
4 oz. reduced fat cream cheese (Neufchatel)  
2 Tbsp. skim milk  
2 packets artificial sweetener (Equal or aspartame)  
1 (8 oz.) tub "lite" frozen whipped topping, thawed  
1 cup skim milk  
2 boxes sugar-free instant vanilla pudding (4 serving size)  
1 (15 oz) can pumpkin (NOT pie mix)  
1 tsp cinnamon  
1/2 tsp. ginger  
1/4 tsp. ground cloves (or use 1 1/2 tsp. pumpkin pie spice in place of cinnamon, ginger and cloves)

#### **Equipment**

2 pie pans Or 9x13 pan  
2 mixing bowls  
Measuring cups and measuring spoons  
Electric mixer or wire whisk & rubber scraper

Nutrition Facts, Serving Size (78g). Servings per container 16. Amount per serving— Calories 120, Calories from Fat 50, Total Fat 6g, Sat. Fat 3g., Trans Fat 0g, Cholesterol 5mg, Sodium 190 mg, Total Carbohydrate 16g., Dietary Fiber 1g, Sugars 6g., Protein 2 g. Vitamin A 80%, Vitamin C 0%, Calcium 4%, Iron 2%.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### **Directions**

1. Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into bottom of two 9" pie pans or one 9x13" pan. Bake for 5-7 minutes at 350° F. Cool while mixing next layer.
2. Beat softened reduced-fat cream cheese until very smooth. Beat in 2 Tbsp. skim milk and the artificial sweetener. Carefully stir in half of the carton of thawed reduced calorie frozen whipped topping. Spread on cooled graham cracker crust. Place in refrigerator while mixing next layer.
3. Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix on milk. Beat on low speed. Mixture will thicken. Stir in pumpkin and spices. Fold in remaining whipped topping. Spread on cream cheese layer. Chill for one hour.

Source: Dining with Diabetes WVUES, 2000-Present

Go to our website for more diabetic holiday recipes— <http://perry.osu.edu/program-areas/family-and-consumer-sciences/take-charge-your-diabetes-%0Bduring-holidays-recipes>

Skinny Gravy, Sweet Potato Puffs, Herb Roasted Turkey Breast, Apple Stuffing, Green Beans, Cranberries and Nuts.



Resolutions  
Family Simplify Gratitude SnowDay Fitness Travel  
Live Healthy Live Well Holiday Rush Obligations  
Relax Comfort Food  
Survivor's Guide To Winter

**Join OSU Extension, Live Healthy Live Well for the  
“Survivor’s Guide to Winter Challenge”**

**When:** November 23, 2015 – January 3, 2016

**What does it cost:** Nothing – Free!

**Who can participate:** Any adult with an email account

**What is included:** Twice weekly educational messages, tracking log for progress

**Why:** To improve your overall health and well-being

**How do I sign up?** Follow this URL to sign up online:  
<http://go.osu.edu/SGWPerry> (*case sensitive*)

**For additional information contact:** Cindy Shuster at  
[shuster.24@osu.edu](mailto:shuster.24@osu.edu)



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# From Hobby.....

Etsy



weebly

## .....To Business

This course features an overview of how to market and sell your craft online.

- Topics to be covered:
- Business Basics
  - Creating a Website vs. using Etsy, Handmade at Amazon, etc.
  - Incorporating Social Media
  - Hashtag Marketing
  - Increasing Visibility
  - Selling Internationally



Tuesday

November 10

10:00 am – 12:00 pm

The Ohio State University  
Endeavor Center  
1862 Shyville Road  
Pikeston, OH 45661

Cost: Free

Contact: Melissa Carter at  
carter.1094@osu.edu or  
(740) 289-2071 x222  
southcenters.osu.edu

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The Small Business Development Center of Ohio (SBDC) program is funded in part through a cooperative agreement with the U.S. Small Business Administration. The SBDC program is also funded in part by the Ohio Development Services Agency. All opinions, conclusions or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA. Reasonable accommodations for persons with disabilities are available upon request at least two weeks in advance. CPDS provides research and related educational programs to students on a nondiscriminatory basis. For more information, go to [osuidc.sba.gov](http://osuidc.sba.gov)

# Perry County District Library

## Healthy Living For Seniors

### Healthier Holiday Eating

**Adults (age 55 & older)**

Join Cindy Shuster as she presents tips for healthier eating this holiday season. This program will include a cooking demonstration, food sampling, and recipes to take home. Registration is requested.

 [www.pcdl.org](http://www.pcdl.org)



**With Cindy Shuster**  
**OSU Extension Office**

**Tuesday, November 17, 2015**  
**10:30 a.m.**

**Register Today! Call (740) 342-4194**  
**New Lexington Library**

 Program brought to you by Perry County District Library,  
with funding from The Osteopathic Heritage Foundation of Nelsonville