

Living Well Newsletter



Raising Kids, Eating Right,
Spending Smart, Living Well

Dear Friend of Extension,

Whether you're the first cook in the kitchen prepping apple-inspired dishes at the mention of "September" or in denial of the brisk nip in the air, there's no doubt that autumn is upon us.

According to motivational speaker and best-selling author, Denise Waitley, autumn is the season for enjoying the fullness of life—partaking of the harvest, sharing the harvest with others, and reinvesting and saving portions of the harvest for yet another season of growth.

The start of this new season provides a wonderful opportunity for you to renew; it's a time to discover which parts of yourself you'd like to embrace and expand upon, and which parts of your summer skin you'd like to shed.

As you embrace the onset of autumn, take time to set still and watch the leaves turn even if something is left undone.

Wishing you a colorful autumn season of bountiful harvest and renewal.

Sincerely,

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



September/October 2015 Issue

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Pre-Season Gala Flyer

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OSU MISSION STATEMENT

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

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURE,
AND ENVIRONMENTAL SCIENCES

HUMORAEROBICS

Lighten Up...Spread A Little Laughter

Fall Jokes

Q: What did the tree say to autumn?

A: leaf me alone.

Q: What did one autumn leaf say to another?

A: I'm falling for you.

Q: How do you fix a broken pumpkin?

A: With a pumpkin patch

Q: What's the ratio of a pumpkin's circumference to its diameter?

A: Pumpkin Pi

Q: What do you give to a pumpkin who is trying to quit smoking?

A: A pumpkin patch!

Q: How does an Elephant get out of a tree?

A: Sits on a leaf and waits till Autumn!

Q: What is a tree's least favorite month?

A: Sep-timber!

WHAT DO YOU CALL AN
ALLIGATOR IN A VEST?



AN INVESTIGATOR.

Autumn is the season of liberty. Instead of being green, leaves can choose between yellow, red, brown and orange.

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

The math teacher saw that little Johnny wasn't paying attention in class. She called on him and said, "Johnny! what are 4, 2, 28 and 44?" Little Johnny quickly replied, "NBC, CBS, HBO and the Cartoon Network!"

Little Johnny's father said, "let me see your report card." Johnny replied, "I don't have it." "Why not?" His father asked. "My friend just borrowed it. He wants to scare his parents."



Humor source: <http://www.pinterest.com>

Laughter is part of the human survival kit.



RAISING KIDS

Become a Fit Family

How much physical activity should we have?

According to the Centers for Disease Control and Prevention, children and adolescents need 60 minutes of physical activity each day. The bulk of the activity should be aerobic (walking, running or other vigorous activity), with some of the 60 minutes spent on muscle strengthening (pushups or gymnastics) and bone strengthening (jumping rope or running – for 3 days a week). Adults need about 150 minutes of moderate physical activity each week.

Barriers to becoming fit

You may be able to identify several barriers to getting in the recommended amount of physical activity in each week for yourself and your children. Time – it's difficult to find consistent times every day when family schedules are already full. Sometimes it can be a challenge to find an activity that the whole family can become involved in when there are varying ages and ability levels. Or maybe you feel like fitness centers and exercise equipment is too expensive.

Here are some ways around these barriers.

What can families do together to become fit?

Here are some ways to build physical activity into your family's daily activities, and some suggestions for new activities together.

Small bits of time are Okay. Try 10 minutes of activity at a time. If you cannot find an hour in the schedule, can you squeeze in 10 minutes here and there? Turning off the TV and other electronics might free up enough time to get you moving. Can you walk or bike somewhere close by instead of driving?

Play together – have a family game of ball, chase each other around the yard. Even just putting on some music and dancing around the house can be a fun way to incorporate exercise. Plan a family activity each weekend – like going to the playground or taking a nature hike. Explore different types of activities to help kids find something they (and you) enjoy. If family members want to play video games – make it an active one and have a tournament taking turns.

Work together – You can make housework fun and active by putting on some of your family's favorite tunes and dance while you clean. Yard work can be a great way to be active as a family.

Set family fitness goals – Track your progress with a family log. Get pedometers and count your steps. You can even increase your levels and set higher goals. Celebrate with a fun activity when you reach a goal.

Sources:

Centers for Disease Control and Prevention: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

WebMD: <http://www.webmd.com/parenting/raising-fit-kids/move/family-fitness-ideas>

Written by: Shannon Carter, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Fairfield County, carter.413@osu.edu.

Reviewed by: Lisa Barlage, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Ross County, barlage.7@osu.edu.



RAISING KIDS

Back to School Food Safety

As the summer school break comes to an end and packing lunches is a nightly routine, it is important to remember to make sure the lunch is handled properly and safe to eat. Perishable food must be kept cold. Here are some back to school food safety tips:

Clean – Clean Hands, Clean Surfaces

- Wash hands with warm, soapy water before preparing or eating food.
- Wash utensils and countertops with hot, soapy water after preparing each food item.
- Use clean packaging and bags.

Separate – Don't Cross Contaminate

- Use one cutting board for fresh produce and a different one for meat and poultry to avoid cross contamination.
- At lunchtime, discard all used food packaging and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

Chill – Keep Lunches Cold

- Keeping food cold slows bacterial growth and keeps food safe.

- Harmful bacteria multiply rapidly in the “Danger Zone” — the temperatures between 40 and 140°F.
- Keep perishable food refrigerated until time to leave home.
- Include a frozen gel pack or frozen juice box with perishable food in the insulated lunch bag or lunch box.
- Use an insulated soft-sided bag if possible. It's best for keeping food cold.
- Store perishable items in a refrigerator (if available) immediately upon arrival.

Keep Hot Lunches Hot

- Use an insulated container to keep hot food hot — 140°F or above.
- Cook frozen convenience meals according to package instructions, including standing time if using a microwave.

Author: Susan Zies, Ohio State University Extension, Family & Consumer Sciences Educator, Wood County, <http://wood.osu.edu/>.



EATING RIGHT

Breakfast: A Good Start!

Breakfast is the most important meal of the day. The whole family should be encouraged to eat breakfast. Breakfast gives you energy, makes you feel better, keeps you from getting hungry later in the morning, and helps you achieve and maintain a healthy weight. Children who eat breakfast do better in school. Children may be able to get breakfast at school – check with the school food service to find out if it is available in your area.

Tips for a Quick Breakfast:

No time? Make breakfast the night before. Have family members help prepare breakfast. Choose low fat milk or cheese high-fiber cereal, fruit, hard-cooked eggs, whole-grain bread or English muffin.

Are you in a hurry? Take it to go. String cheese, low-fat yogurt, dry cereal in a bag or a banana will make a nutritious and delicious breakfast.

Not hungry yet? Drink some skim milk. Have whole-wheat bread or crackers with low-fat cheese later in the morning.

Healthy Breakfast Ideas:

- **Power Breakfast:** Mix fresh, canned or dried fruit, low-fat yogurt and cereal.
- **Breakfast Pizza:** Top an English muffin or bagel with tomato sauce, low-fat mozzarella cheese and mushrooms (you can use any vegetable). Heat in a toaster or microwave.
- **Shake It Up:** Put a cup of ice, one cup of fresh fruit, ½ cup of orange juice, and ½ cup low-fat yogurt in a blender. Blend until smooth.
- **Egg White Omelet:** Beat two egg whites, add to pan sprayed with non-stick cooking spray.

<http://www.extension.org/pages/61681/breakfast:-a-good-start>



EATING RIGHT

Fall Into Healthy Eating Habits

With the beginning of autumn just around the corner, many changes take place. Not only does it start to get dark early, and weather cools down, but something else happens too--we start eating more.

People show a marked seasonal rhythm with increased total caloric consumption, especially from carbohydrates, in the fall, associated with an increase in meal size and a greater rate of eating. This typically provides an additional 200 calories more per day during the fall, which can translate to as much as an annual three to four pounds weight gain. We tend to blame much of this 'fall' weight gain on the holidays; however, there are other causes.

Why We Eat More

Why do we eat more in the fall? More than likely, it's biological--putting on weight in preparation for the potential winter famine our ancestors faced. Just like all hibernating creatures, when its fall harvest we store up for the long winter. Eating when food is plentiful is a natural, historic tendency, because we never knew when our next meal was going to be available.

Another reason for over eating in fall is linked to mood disorders, specifically, seasonal affective disorder (a type of mood disorder that is caused by lack of light). "There seems to be a relationship between light and depression, which leads to consumption of additional carbohydrates," says Krauchi. De Castro, however, found an increase in fall eating independent of decreased light and/or depression.

Tips For a Healthy Fall



Perhaps we eat more simply because bathing suit season is over, and we can start hiding excess calories beneath our winter clothes. Whatever the reason, it's important to realize that fall foods (soups, stews, breads, sweet potatoes, butternut squash, apples, pumpkins and all types of greens) can actually be healthier than foods of other seasons. They are typically packed with great nutrients, such as fiber, protein, beta carotene and vitamin. Here are a few tips to keep the fall tasty and healthy:

- Soups are great for you if they're not made with cream or cheese. Just watch serving sizes--we tend to eat whatever's in our bowls.
- Stews can be hearty and fattening. Use loads of fresh vegetables, and go light on the meat and potatoes.
- Avoid unconscious eating while watching football and the new fall TV lineup. Never bring the whole bag or bowl of anything to the couch or coffee table--pre-measure it in the kitchen beforehand. When it comes to chips, make sure they're baked, not fried.
- For pizza, watch the toppings--they can double the calories.
- Celebrate the fall harvest in other ways besides making pies. Apples are low in calories when they're off the tree, not in a pie.
- If it's gotta be pie, try making pumpkin pie with artificial sweetener, egg whites and low-fat milk. And of course, just have one piece. Keep in mind pumpkin seeds have about 300 calories per 1/4 cup.
- Turkey is healthy, as long as you keep it lean and white.
- Get out and enjoy the fall weather. The air is cooler, the leaves are turning and the countryside becomes more scenic. It's the perfect time to go outdoors and do something: Take walks on the beach or by the lake; go to the zoo; or ride a bike.
- Keep in mind once we set the clocks back, it gets darker earlier, so there are fewer outdoor options for physical activities in the evening. Make adjustments by joining a gym, planning evening walks at the mall or becoming an early riser.

Adapted from: - http://web.extension.illinois.edu/fmpt/eb282/20120928_5969.html



SPENDING SMART

Avoid Home Selling Turnoffs

If you're buying a house, you probably know what turns you off in homes that you tour: messy, cluttered houses, strong odors, and so on. When you are selling your house, be sure to prepare. Avoiding these major turn-offs goes a long way toward making your home a place visitors won't be in such a hurry to leave.

- **Pets.** Although pets help make a house a home, signs of pets often turn off home buyers. Clear away messes, put away paraphernalia (litter boxes, food bowls, toys, etc.), and eliminate all pet odors. You might want to leave your pet with friends or relatives while your home is being shown.
- **Children.** Not all homebuyers know what having children is like, and a tour of your home isn't the time you want them to find out. Take the extra time to make your home neat and presentable, with all toys out of sight in a toy chest or storage space. Clean and store dirty diapers, children's clothes, and baby bottles. Eliminate any odors that may be present. Otherwise, prospective buyers might not think your house is sanitary.
- **Cooking/Baking Smells.** Cooking smells are offensive to many homebuyers. If you must cook or bake before a showing, be sure to open a window. A simple trick to freshen up the house after cooking is to boil cinnamon in water. Artificial air fresheners are not a good idea because you never know who is sensitive to those types of smells. Something that smells good to you could send prospective homebuyers out the door.
- **Smoking Smells.** Tobacco, incense, and other smoky smells can be a serious problem for anyone trying to sell a home. These smells linger throughout the house. If smells persist, professionally clean the carpets, draperies, and furniture. Repaint all interiors before putting your house on the market.
- **Dirty Dishes and Clutter.** As long as your house is on the market, keep the dishes clean and the counters uncluttered. Electric appliances could distract home buyers, making enough counter space appear limited. Consider putting appliances in a cabinet when they're not in use.

- **Messy Bathrooms.** Put beauty and grooming items away neatly under the counter, in drawers, or inside the vanity. Clean the shower/bathtub, toilet, sink, and floor thoroughly, removing all hair and toothpaste markings. Keep the toilet flushed and the lid down at all times.

If all this sounds like your house should not be lived in, that is precisely the point. Prospective homebuyers are not your usual visitors and often judge you and your house much more critically than your friends and relatives. Present them with a spotless house they can imagine living in, and your house will sell itself.

Reference: Hoak, A. (2014, April 13). 7 of the biggest homebuyer turnoffs. *MarketWatch*. Retrieved October 22, 2014, from <http://www.marketwatch.com/story/7-of-the-biggest-home-buyer-turnoffs-2014-04-13>.

Source: Robert H. Flashman, Extension Specialist for Family Resource Management, University of Kentucky; College of Agriculture, Food and Environment.



LIVING WELL

The Essentials on Essential Oils

By now, you've likely heard about essential oils, but may not be familiar with what they are and their benefits and risks. Essential oils are highly concentrated oils derived from plants. While used for centuries, their popularity has recently soared, especially among individuals looking for natural healing options other than prescriptions medications.

A term you may be more familiar with is aromatherapy, which is how essential oils are used. While research is limited into the effectiveness of aromatherapy, some studies have shown the practice may have health benefits such as relieving anxiety or depression or improving health and wellness, particularly for those who suffer from chronic illness. Many oils are safe when used as directed but none are regulated by the U.S. Food and Drug Administration.

The oil you choose to use depends on the ailment you hope to relieve or cure. No medically endorsed list exists that specifies which oil is best for treating particular health conditions. The chemistry of oils will vary among different locations, climates, seasons, time of day when harvested, packaging methods, storage method and even among plants. This is in vast contrast to pharmaceuticals that are synthetically reproduced to be the same each time. More research is needed to determine essential oils' effect on children and pregnant or breast-feeding women and how the oils might interact with other medications and treatments. Before starting any treatment, research the oil and consult qualified health care professionals.

Oils can be applied in a variety of ways but most commonly are rubbed directly on the skin or inhaled. The application

method depends on the health condition you have and the type of oil you are using. (For example, you would most likely apply an essential oil topically if you were using it to heal a wound.) Oils used for mood enhancers are most commonly inhaled for fast relief. Some oils can cause skin irritation and should not be applied directly to the skin. Many oils have to be diluted with another substance such as water or another oil in order to be applied topically. Others may produce an allergic reaction in some individuals or cause sun sensitivity. If you have questions about an application method, you should consult an aromatherapist.

Oils should always be stored out of sight and away from children. Accidental ingestions of oils in amounts as small as a teaspoon have resulted in death.

Source: Nicole Peritore, Program Coordinator for Family and Consumer Sciences Extension, Mayo Clinic and University of Minnesota



You asked for it...HELPFUL HOUSEHOLD HINTS

- Clean a narrow, stained bottle or vase by filling with water and dropping in a tablet of denture cleaner.
- Rub glassware with a cloth dipped in toothpaste to remove small scratches.
- Unstick stacked glasses by pouring cold water into the inner one and then placing both glasses in warm water for a minute or two.
- Spritz thread ends with hairspray to stiffen them for easier needle-threading.
- To remove stubborn rubber gloves, hold hands under cold water for a few seconds and the gloves slide right off.



Source: <http://www.pinterest.com>

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

Apple Muffins

2 cups sugar (or use 1 1/2 c. for a less sweet muffin)
2 eggs
1 cup oil
1 Tablespoon vanilla
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
3 cups peeled, cored, diced apples (around 3 apples)
Brown sugar for topping (around 1/2 cup)

Preheat oven to 350 degrees and line muffin pan with paper liners. Cream together sugar, eggs, oil and vanilla. Sift flour, baking soda, salt and ground cinnamon. Add dry ingredients to creamed mixture and

mix until combined. The batter will be very thick. Add the diced apples. Fill paper liners almost to the top, about 3/4 of the way full. Sprinkle with brown sugar. Bake at 350 degrees for 20-24 minutes.

Makes 18 muffins

<http://mystoryinrecipes.blogspot.com/2012/11/apple-cinnamon-muffins.html>



Perry County Homemakers Invite You To Attend the

2015

Pre-Season Gala....

“Sharing the Holiday Spirit”

Thursday, October 22nd

Hopewell United Methodist Church, 11742 Gower Rd., Glenford

Catered lunch and educational demonstrations - \$12.00

Demonstration Schedule

- 
- 
- 9:00 a.m. - Registration, Holiday Country Store Open & Viewing of Holiday Exhibits
 - 9:30 a.m. - Handkerchief Greeting Card - Make it & Take it - Debbie Pipes, Country Bakers & City Stitchers
 - 10:30 a.m. - Purses and Totes - Wanda Unger, Sewing Enthusiast, Coshocton County
 - 11:40 a.m. - Lunch, Holiday Country Store Open & Viewing of Holiday Exhibits
 - 12:30 a.m. - Scrappy Ideas for Gift Giving - Wilma O’Ryan, Heritage Homemakers
 - 1:00 p.m. - Corky Creations - Debbie Pipes, Country Bakers & City Stitchers
 - 1:30 p.m. - Gift Ideas in a Jar - Linda Lahmon, Heritage Homemakers
 - 2:00 p.m. - Fidget Quilt - Cindy Shuster, Extension Educator, Family & Consumer Sciences
 - 2:30 p.m. - Closing Remarks - Door Prizes

OHIO STATE UNIVERSITY EXTENSION

Perry County Homemakers’ Pre-Season Gala Reservation Form

Name _____

Address _____

County _____ Phone _____

Registration, Educational Demonstrations and Lunch - \$12.00

Make check payable to: **Ohio State University Extension**

Mail form and payment to: **Ohio State University Extension, Perry County**

104 S. Columbus St., P.O. Box 279, Somerset, Ohio 43783

Registration Deadline: Friday, October 2nd

Sharing the Holiday Spirit



Perry County

Homemakers

Pre-Season Gala

October 22, 2015

OHIO STATE UNIVERSITY EXTENSION

Perry County

104 South Columbus Street, P.O. Box 279

Somerset, Ohio 43783

To help people improve their lives through an educational process using scientific knowledge focused on identified issues and needs.



THE OHIO STATE UNIVERSITY

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