

THIS 'N THAT



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TIDBITS

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Greetings on a beautiful autumn day!

On Sept 23rd I was invited to present at the Ray Lutheran Ladies Health Fair. I gave one presentation on *Colorectal Cancer Screening* and two on *Nourish Your Brain*. *Nourish Your Brain* will be included in the Homemakers programs for this year, so if you weren't in Ray you will have a chance to learn about the topic at your club meeting. It is a very interesting lesson. The Health Fair was great fun and we had a wonderful dinner before we began- very healthy of course.

I have joined with eight NDSU Extension agents in a grant opportunity that will deal with family financial crisis due to man-made and natural disasters. We will be trained to address Family Financial Recovery during the recovery phase of the disaster life cycle. I will be taking on-line courses over the next twelve months and will then have to take a test to become a Certified Financial Counselor. I haven't take a test for years and the thought of it is very intimidating to me! I have certainly stretched my comfort zone this past year... and I'm so glad I did.

Two Homemakers club members attended the "Let's Make Salsa" workshop. It was a small class, but you can see that they had fun!



CALENDAR

- Oct 13-16 Extension Fall Conference in Fargo—*Mary out of office*
- POSTPONED** Homemakers Fall Council Meeting -postponed until further notice due to scheduling conflicts
- Oct 16-17 "Craft Country" Autumn Arts & Crafts Airport Inn
- November 3 Holiday Tasting Party— Economart and Country Floral's 9th Annual Holiday Tasting Party from 5-8PM. A night to enjoy fine wines, holiday hors d'oeuvres, gourmet cheeses and meats along with holiday decorating and gifts. This year proceeds will benefit the Williston EMT and Firefighters. Price of the tickets will be \$25.00 per person. Must be 21 years of age to attend. Tickets can be purchased from the EMT's, the Firefighters, Econoliquor and Country Floral.

TRICK OR TREAT?

It's time again to pull out the plastic pumpkins and find silly costumes. Children soon will be haunting neighborhoods and malls, extending their buckets and bags in the pursuit of candy and other treats.

Candy is part of our "discretionary calories." Too many "extra" calories can lead to weight gain, so moderation is advised.

The good news is that enjoying some candy on occasion may have some health benefits. Dark chocolate, for example, contains antioxidant compounds shown to be healthy for the heart.

A study of Harvard alums done a few years ago showed that people who ate an occasional piece of candy on average lived almost a year longer. More candy, however, didn't necessarily mean longer life.

The longest lives were linked with eating some candy one to three times a month. Yes, that's "per month" not "per day."

If you're selecting treats for young goblins, here are some alternatives. Be sure to consider the child's age so the items given don't pose a choking hazard.

- * Pencils and novelty erasers
- * Temporary tattoos
- * Sugar-free gum
- * Stickers
- * Backpack key chains
- * Plastic rings or toys
- * Cereal bars
- * Juice boxes

Here's a recipe adapted from the U.S. Apple Association. Enjoy this tasty dip with crisp, tart apples.

****Caramel Apple Dip****

- * 8 oz. light cream cheese, softened
- * 3/4 c. brown sugar
- * 1 tsp. vanilla
- * Chopped peanuts (optional)

Beat all ingredients until blended. Garnish with chopped nuts if desired. Serve with freshly sliced apples.

Makes 8 servings. Each serving has 126 calories, 21 grams of carbohydrate and 8 grams of fat.

This article is a portion of Prairie Fare by Julie Garden-Robinson, Ph.D., L.R.D., NDSU Extension Service food & nutrition specialist and associate professor I the Dept. of Health, Nutrition & Exercise Sciences.



The longest lives in a Harvard study were linked with eating some candy one to three times per month.



CHANGE YOUR CLOCK & CHANGE A BULB!

The National Fire Protection Association and the U.S. Consumer Product Safety Commission recommend that consumers change the battery in smoke and carbon monoxide detectors when we change the clocks for Daylight Saving Time.

While you've got the ladder out to check your smoke detectors, why not

change a bulb?

Switching to energy efficient bulbs in your ceiling fixtures could save you \$30 a year per bulb on your electricity bill.

Energy efficient lighting is particularly important in the fall when Daylight Saving Time ends and the days are shorter.

The latest generation of energy-saving lighting includes compact fluorescent bulbs that fit in standard light sockets and provide pleasant, uniform light.

Low-energy halogen or LED lighting is also becoming widely available.

Visit www.energystar.gov or www.fypower.org for



DAYLIGHT SAVING TIME SAVES ENERGY

One of the biggest reasons we change our clocks to Daylight Saving Time (DST) is that it reportedly saves electricity. Newer studies are being done to see if that long-held reason is true.

In general, energy use and the demand for electricity for lighting our homes is directly connected to when we go to bed and when we get up. Bedtime for most of us is late evening through the year. When we go to bed, we turn off the lights and TV.

In the average home, 25 percent of all the electricity we use is for lighting and small appliances, such as TVs, VCRs and stereos. A good percentage of energy consumed by lighting and appliances occurs in the evening when families are home. By moving the clock ahead one hour, we can cut the amount of electricity we consume each day.

Studies done in the 1970s by the U.S. Department of Transportation show that we trim the entire country's electricity usage by about one percent EACH DAY with Daylight Saving Time.

Daylight Saving Time "makes" the sun "set" one hour later and therefore reduces the period between sunset and bedtime by one hour. This means that less electricity would be used for lighting and appliances late in the day. We may use a bit more electricity in the morning because it is darker when we rise, but that is usually offset by the energy savings in the evening.

We also use less electricity because we are home fewer hours during the "longer" days of spring and summer. Most people plan outdoor activities in the extra daylight hours. When we are not at home, we don't turn on the appliances and lights. A poll done by the U.S. Department of Transportation indicated that Americans liked Daylight Saving Time because "there is more light in the evenings / can do more in the evenings."

While the amounts of electricity saved **per household** are small...added up they can be very large.

In the winter, the afternoon Daylight Saving Time advantage is offset by the morning's need for more lighting. In spring and fall, the advantage is less than one hour. So, Daylight Saving Time saves energy for lighting in all seasons of the year except for the four darkest months of the year (November, December, January and February) when the afternoon advantage is offset by the need for lighting because of late sunrise.



Turn back your
clock on
November 1st

FALL COUNCIL MEETING POSTPONED

The Williams County Homemakers Fall Council meeting that was scheduled for Monday, October 19th has been postponed until further notice due to scheduling conflicts.

The Upper Missouri Fair Board has requested that the Williams County Homemakers Clubs remove their club banners located at the fairgrounds. Since activities have moved around to various buildings on the fairgrounds, the banners are currently hanging in the Beer Garden. President Cheryl Haugenoe asks that you please discuss this matter within each club and bring ideas to the council meeting.

APPLE SEASON IS HERE

Apples are a great pick to boost your antioxidant intake while helping to lower your cholesterol, keep your tummy trim and but your risk of high blood pressure.

Victor Fulgoni III, Ph.D. of Nutrition Impact, LLC, in Battle Creek, Michigan, analyzed the government's largest nationwide food intake and health database and found that eating apples, versus not eating them, was associated with a:

- 26 percent reduced likelihood of metabolic syndrome (a cluster of health conditions that increase heart disease and stroke risk)
- 23 percent reduced risk of excess belly fat
- 22 percent lower risk of high blood pressure
- 14 percent reduced risk of high C-reactive protein levels (which signals inflammation and is a strong predictor of heart disease)

What's in this crisp and crunchy fruit that makes it so good for us? Apple researcher Rui Hai Liu, M.D., Ph.D., at Cornell University in Ithaca, New York, says apples:

- are one of our biggest sources of **powerful antioxidants** known as phenolics (based on the amount of apples we eat in the United States)
- **provide phytosterols**, which are naturally occurring plant-base substances that may help lower cholesterol levels
- offer cholesterol-lowering **soluble fiber**

Apples are filled with beneficial antioxidants, vitamins, minerals, and fiber.

Nutrition facts for one medium apple (peeled):

Calories: 77
Carbohydrate: 20 g
Fiber: 2 g
Potassium: 145 mg
Vitamin C: 6 mg

Nutrition facts for one medium apple (not peeled):

Calories: 95
Carbohydrate: 25 g
Fiber: 4 g
Potassium: 195 mg
Vitamin C: 8 mg

Did you know?

Certain phytonutrients in apples may be as helpful for reducing high blood pressure as other lifestyle changes, such as exercising and cutting sodium, according to The Journal of Nutrition in November 2007.

One bad apple really can spoil the whole bunch. Apples give off ethylene gas, which speeds ripening. A damaged apple releases even more ethylene gas, causing the apples it's stored with to decay faster. Store bruised, injured apples away from good apples.

"In our analysis of data from a large nationwide study, we found that adults who ate apples and apple products had a dramatic increase in potassium intake, which may help explain apples' association with lower blood pressure," says researcher Victor Fulgoni III, Ph.D.

"Only 7 percent of fresh apples we eat are imported," says federal agricultural economist Agnes Perez. If you buy a U.S.-grown apple in winter, it's likely stored from the fall harvest.

With only 239 calories, an apple dipped in creamy chocolate and cinnamon is a guilt-free indulgence. Dried cranberries, sliced almonds, and drizzled white chocolate add pizzazz to this fun dessert.

