

Family and Consumer Newsletter

Yadkin County Center

October 2009



Inside This Issue

- National Breast Cancer Awareness Month
- Vitamin C and Youthful Skin
- Buying a New Car?
- Stress-Free Holidays
- Calendar of Events
- Cranberry Recipe

Contact Us

North Carolina
Cooperative Extension
Yadkin County Center
PO Box 97
Yadkinville NC 27055
336.679.2061 (ph)
336.679.3088 (fax)



Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

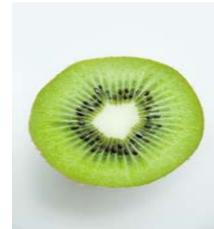
National Breast Cancer Awareness Month

October has been designated as National Breast Cancer Awareness Month. If you are 40 years old, this is a reminder to schedule your yearly mammogram. Remember that early detection is the key to an early cure.



Vitamin C and Youthful Skin

New research in the American Journal of Clinical Nutrition reports a connection between eating fruits and vegetables that are high in vitamin C with more youthful, healthier skin.



Dr. Maeve Cosgrove, Ph.D. led the research study and reports, "Our findings suggest that a higher intake of vitamin C from foods is associated with a lower risk of having wrinkled skin and age-related skin dryness in (middle-aged) women." Researchers say that vitamin C's youthful effects on skin may be due to its antioxidant properties keeping skin firm via collagen synthesis and helping protect against ultraviolet rays.

Buying a New Car?

If you are in the market for a new vehicle, you may want to buy in 2009. The Internal Revenue Service is reminding taxpayers that if they purchase a new car, light truck, motor home or motorcycle in 2009 that they may qualify for a special deduction for the state and local excise taxes on their 2009 tax returns. This deduction comes under the American Recovery & Reinvestment Act of 2009. The deduction is limited to the sales and excise taxes or similar fees.



NC State University
A&T State University
**COOPERATIVE
EXTENSION**

Empowering People • Providing Solutions

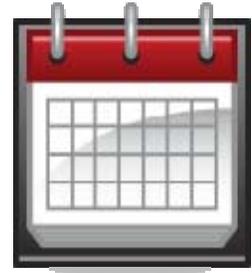
Stress-Free Holidays!

Wouldn't it be wonderful to have holidays without stress! Do you get so wrapped up in the holiday busyness that you don't really enjoy the holidays? Stokes County ECA have invited us to join them for a program entitled "Stress-Free Holidays" with special guest Sylvia Kirks McClintick, a professional organizer with Organized Chaos, Inc. Mrs. McClintick will share tips to help participants prepare for the holidays and avoid getting bogged down. Stokes ECA have asked participants to bring canned goods for entrance fees. Join me for a trip to Stokesdale on Wednesday, November 18, at 1:30 p.m. in the parking lot across from the Extension office. The fee for the afternoon is \$5.00 for transportation and canned food for the program. Don't miss out on this wonderful opportunity for a life changing experience! Call 679-2061 today to pre-register so transportation and refreshments will be provided.



Calendar of Events

October 26 – 28	ECA State Meeting, Concord
November 5	Area Meeting, 10:00 a.m.
November 5	2010 ECA Planning Meeting, 11:00 a.m.
November 18	Stress-Free Holidays program, 1:30 p.m.



Cranberry Mustard Dipping Sauce

1/2 cup jellied cranberry sauce
1 1/2 tablespoon Dijon mustard
1 tablespoon brown sugar



Combine ingredients in a small mixing bowl, whisking until smooth. Serve hot or at room temperature as a dip with chicken strips, ham, pork or shrimp.

Makes 1/2 cup

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.

Marilyn C. Wells
Extension Agent
Family & Consumer Sciences

MCW/gm