

Family and Consumer Newsletter

Yadkin County Center

October 2008



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FDIC and Your Money

FDIC stands for the Federal Deposit Insurance Corporation which is an independent agency of the U.S. government. Their purpose is to insure deposits in an FDIC-insured bank or savings association if it were to fail. Since the establishment of the FDIC, no depositor has ever lost FDIC funds.

Recent legislation has authorized the increase in deposit insurance limits from \$100,000 to \$250,000 from October 3, 2008 until December 31, 2009. This means that your bank funds in checking and savings accounts, money market deposit accounts and certificates of deposit (CD's) are insured for \$250,000 until December 31, 2009. You are automatically covered by the banking institution so do not be afraid of losing money during these tough economic times.



Green is for Nutrients

Iceberg lettuce is what I grew up on like most Americans. Switching to the darker green varieties will give an amazing difference in nutrients and taste. Red leaf lettuce has almost 6 times the Vitamin A and more than 2 times the Vitamin K as iceberg lettuce. Research continues to uncover health benefits from green leafy vegetables. A new study found that those eating more green leafy vegetables were at reduced risk for lung cancer. As you gradually change to darker green vegetables, sneak in spinach and kale for even more nutrients. Keep in mind- the darker the color, the more nutritious the vegetable!



Trick or Treat for Parents

Sometimes parents get caught up in the excitement of trick or treating and might forget some of the necessary safety rules for the evening. If you follow these common sense tips, trick or treating can be fun and safe for everyone:



- Be sure that an adult is going with your children.
- Know the route that your children will be taking.
- Know the activities a child may be attending whether it is at church or school.
- Set a time to be home and stress the importance of being home on time.
- Explain the difference between vandalism and tricks. Throwing eggs at a house or car may look like fun but damages and clean up are not. Make your child clean up any mess that they make during the partying.
- Remind kids that animal cruelty is morally wrong as well as punishable by law.
- Stress the importance of not giving in to peer pressure.
- Be sure kids carry a flashlight or glow stick.
- Don't let children visit houses you don't know.



Trick or Treat Tips for Pet Safety

Trick or treaters coming to your house creates a stressful as well as dangerous situation for your pet. Malicious people have been known to harm, torture or kill precious pets during this time. For the safety of your pets, follow these suggestions:

- Chocolate is deadly to pets so don't give them candy even if they beg.
- Candy wrappers can get lodged in your pets digestive tract and cause severe illness or death. Have healthy treats around just for the pet.
- Don't leave candles burning where they could be knocked over by a swinging tail. A dog or cat could start a fire or be severely burned.
- Dressing an animal in costume may be fun for you but may not be for the animal. If the pet seems to be stressed, don't force it to wear the costume.
- If you are having an indoor party, put your pet in a room where they won't be disturbed unless your pet enjoys loud noises, music and lots of people.



Calendar of Events

October 23 & 30	5:15 a.m. Basket Classes
October 28-31	NCECA State Meeting, Fayetteville
November 20	10:00 a.m. ECA Area Planning Meeting
November 20	11:00 .am. 2009 Planning Meeting
November 22	9:00 a.m., Bread in a Basket Workshop (Youth)
December	One day trip in the making- details next newsletter.

Cultural Arts Workshops

Two Cultural Arts workshops are being offered during the months of October and November.

- This unique *Wild Thing* basket will be taught Thursday, October 23 starting at 5:15 pm until 8:00 pm. It will probably take 2 nights and continue the next week. Base of the basket is 5" x 7". Call 679-2061 for cost, details and registration by Monday, October 20.



- *Bread in a Basket* workshop for kids will be held on Saturday, November 22 starting at 9:00 am and ending around 11:45 am. Participants will have the opportunity to bake a loaf of bread along with making a basket to hold the bread. This will be a special gift to carry to grandmother's house for the holiday meal. Ages from 10 and up. Space is limited. Call 679-2061 for more information and cost.



Tips and Tidbits

- Place your leftover seeds in clean, dry medicine bottles. Label and store in a freezer bag in the freezer for next year. (This tip was called in by a reader.)
- Dusting small places such as telephones or keypads becomes a breeze by using a clean paintbrush.
- Repair tiny holes in window screens with clear nail polish.
- To remove magic marker ink from surfaces, spray with hair spray.
- When cleaning window screens, cover a sponge with nylon to easily remove the dirt and grime.

Hot Tea Versus Iced Tea

Does iced tea contain the polyphenols that hot tea has? According Jeffrey Blumberg, PhD, director of the Antioxidants Research Laboratory, iced tea typically isn't as high in these naturally occurring plant compounds known as polyphenols. The polyphenols in tea leaves are readily extracted by hot water. The stronger your brew, the higher the concentration of these antioxidant phytochemicals. Since iced tea is usually consumed in a more diluted form, it contains less of these compounds. Another reason there are less polyphenols in iced tea are that they break down over time and iced tea is often stored and served later. For the greatest health benefits, drink freshly brewed tea rather than iced tea.



Fall Treats

This healthy recipe contains apples which is low fat and low cholesterol with tuna which is Omega 3 fatty acids and good source of protein for a great sandwich or served on lettuce as a salad.

Apple Tuna Sandwiches

1/3 cup fat-free mayonnaise	1/4 teaspoon salt
1/4 cup finely chopped celery	1 can (6 ounces) light water-packed tuna, drained
1/4 cup finely chopped walnuts	1/2 cup chopped red apple
2 tablespoons finely chopped onion	6 slices reduced-calorie bread, toasted
1 tablespoon sweet pickle relish	6 lettuce leaves
1 teaspoon sugar	



In a large bowl, combine the all ingredients except tuna, apple, bread and lettuce. Stir in the tuna and apple. Make sandwiches or place on lettuce leaf for salad. Yield: 3 servings.

Cranberry Pumpkin Bread

3 1/2 cups all purpose flour	1 cup egg substitute
1 cup packed brown sugar	1 (16 ounce) can whole cranberry sauce
2 teaspoons baking soda	1 (15 ounce) can pumpkin puree
1 teaspoon baking powder	1/3 cup vegetable oil
3/4 teaspoon salt	1 tablespoon orange zest
1/2 teaspoon ground cloves	2 tablespoons chopped walnuts
1 teaspoon ground cinnamon	

Preheat oven to 350 degrees. Spray two 8x4 inch loaf pans with non-stick cooking spray. Combine the flour, brown sugar, baking soda, baking powder, salt, ground cinnamon and ground cloves in a large bowl and mix well. Set aside.

Mix the egg substitute, cranberry sauce, pureed pumpkin, vegetable oil and grated orange zest together. Add this mixture to the flour mixture and stir until just moistened. Pour batter into the prepared pans. Sprinkle the top of each loaf with the chopped nuts.



Bake 350 degrees for 55 to 60 minutes or until a toothpick inserted in the center comes out clean. Let loaves cool for 10 minutes then remove from pans. Can be made even lower in fat by substituting 1/3 cup applesauce for the 1/3 cup vegetable oil.

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

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