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Battenburg Lace Workshop

The North Carolina Cooperative Extension is offering a hands-on workshop for Battenburg Lace, November 17th, 9:30am – 3:30pm at the Mountain Horticultural Crops Research & Extension Center in Mills River. Battenburg lace is a type of needle lace, commonly used as Christmas ornaments or as edging and embellishments for linens and clothing, especially bridal gowns. There is a $5.00 registration fee for the class and materials. Please bring a good pair of scissors. Preregistration is required by calling the Buncombe County Extension Center at 255-5522 or emailing, Nancy_Ostergaard@ncsu.edu.

Eat Smart Move More Weigh Less Starts January 23rd, 2012

Losing weight is one of the most common New Years resolutions. Making the lasting behavior changes to lose weight though can be difficult, so having support is important. Join us for Eat Smart Move More Weigh Less. This is a 15 lesson program that gives you practical skills to lose or maintain your weight in a healthy way. The class will meet on Mondays starting January 23rd and run through May 7th at our office from 12:00pm to 1:00pm. Plan to attend all sessions or as many as you can. A $25 registration fee applies for supplies, a personal journal and the Eat Smart Move More Weigh Less magazine. Preregistration is required.

Holiday Cooking Smart with Diabetes

Do you or someone you know have Diabetes or Pre-Diabetes and would like to learn ways to prepare meals and foods that help make it easier to control blood sugar? There are two opportunities scheduled in the coming months to learn how.

Cooking Sides with Diabetes In Mind – Monday November 14th from 10am to 1:30pm. The focus of this class is on making sides and dishes for holiday or winter time meals.

Diabetic Holiday Baking – December 13th from 10am to 2pm. This class will focus on adjusting recipes for holiday baked goods with diabetes in mind. We will experiment with sugar substitutes and whole grains. There is a $10 fee per class for supplies and class sizes are limited to 12. Pre registration is required and will be confirmed when payment is received.

All classes are held at the Buncombe County Cooperative Extension unless otherwise stated. Pre registration and prepayment are required for all classes. If you need additional information on any class, please contact the Extension Center at 828-255-5522.
To Grandma’s House We Go

During the holiday season many of us travel to visit family and friends. When we have children, this can become quite the endeavor. Here are some ideas to ease the strain of making those trips.

♦ Children handle schedule changes and other changes that occur when traveling better when they know what to expect. Share the itinerary with them. Let them know when you are leaving, how you will travel, how long it will take and how long you will stay there. Talk to them about who you are visiting and what you plan to do when you are there.

♦ Have older children pack their own bags, you can always double check it and this way they become more involved with the trip.

♦ Make up travel games to play in the car or on the plane, like word games or “I Spy”. With older children, bring cards or small items like binoculars, so they can see further out from the car. If it is a new trip, let your children be travel reporters and use disposable cameras, notebooks and even recorders to chronicle the trip.

♦ Prepare travel bags with things for your child to do inside. Have this organized so that you can pull out one item at a time. These bags can double as activity bags if visiting where there are no children’s toys or books. If traveling by plane, check with the airline on any restrictions on carry-on items and make sure the activity bag is not too large or heavy to make it difficult if changing planes in busy airports.

♦ When traveling by car, be prepared to stop every two to three hours. Make these stops part of the trip and do a fun game, stop at a known park, run around or move in other ways.

♦ Be prepared for hungry tummies. Both theirs and yours. Pack healthy snacks in small bags that can easily be shared and closed up if all is not eaten. Include water as the drinks because, if spilled, they are easier to clean up. If flying, check the airline’s regulation on fluids and food and plan to purchase healthy items like water, plain pretzels, nuts, fruit or other snack items at the airport. If your layover has enough time for a meal, check what restaurants are in the airport and choose a salad, plain sandwich or other healthy choice instead of fried foods.

♦ Be prepared with travel sized wipes and other needs like diapers, change of clothes if you have younger children in case you need a quick clean up.

♦ When flying with children explain to them ahead of time, that you expect them to sit and wait until the carry-on bags are stored and the flight attendant gives the okay before getting out toys or games. This is important when using electronic games.

♦ Check with the airline about using Child Restraint Systems on the plane. If your car seat is appropriate for planes and cars, you can use it with children 40 pounds or less. This is the safest way for children, toddlers and infants to travel. Children over 40 pounds can use just the airplane seat belt. Remember to check what the laws are where you will be visiting so you are prepared. Some even have pet restraint laws.

♦ Put identification on your children. Sometimes in a crowded and chaotic airport, it is possible to lose sight of a child. Write your name or stash a business card inside each child’s travel pack or jacket. Inform your child to ask a police officer or uniformed airline employee for assistance and show the card, just in case of separation.

♦ Be realistic about the trip and what behavior you expect from your children. Keep a positive attitude and laugh at the little things because it will be too hard for children to be well behaved the whole trip when dealing with changed schedules and the excitement of seeing family and other holiday celebrations.

While visiting, try to keep some schedule with bedtimes and meals and don’t try and do everything, this will give some structure to the children’s day and help prevent some of those holiday breakdowns. For more tips on traveling with children call our office.
Reducing Winter Energy Bills

It doesn't make any difference as to what type of heating, ventilation, and air-conditioning system you have in your home, you can save money and increase your comfort by properly maintaining and upgrading your equipment. Even if you have an energy-efficient furnace, it will not impact your energy bills as much as using the whole-house approach. By combining proper equipment maintenance and upgrades with appropriate insulation, air sealing, and thermostat settings, you can cut your energy use for heating and cooling, and reduce environmental emissions, from 20% to 50%.

Energy Saving Tips

- Set your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.
- Clean or replace filters on furnaces once a month or as needed.
- Clean warm-air registers, baseboard heaters, and radiators as needed; make sure they're not blocked by furniture, carpeting, or drapes.
- Bleed trapped air from hot-water radiators once or twice a season; if in doubt about how to perform this task, call a professional.
- Place heat-resistant radiator reflectors between exterior walls and the radiators.
- Turn off kitchen, bath, and other exhaust fans within 20 minutes after you are done cooking or bathing; when replacing exhaust fans, consider installing high-efficiency, low-noise models.
- During the heating season, keep the draperies and shades on your south-facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.
- During the cooling season, keep the window coverings closed during the day to prevent solar gain.

Staying Within Your Holiday Budget

Do you spend over your budget preparing for the holidays, spending too much on holiday gifts, lights, entertaining, food and decorations each year? If so, you're not alone. Many Americans are still paying for the holiday expenses well into the New Year. If you want to make this the year to not carry your expenses into 2012, there are some strategies to follow.

1. Know your limit. Sit down and plan out your holiday budget before you head to the malls this year. Gifts, large or small, can really add up, leaving you with a hefty bill at the end of the season. Keep a list of gift recipients and what is spent on each so you have a running total of what is left in the budget.

2. Plan ahead. You've done your budget and you're ready to tackle the crowds. Here are a few ways to save on shopping, whether online or in the stores:
   - Look for special “savings days” at your favorite retail stores.
   - Use coupons from your newspaper, online or in-store.
   - Take advantage of free shipping with online purchases.
   - Buy gifts throughout the year, not just during the peak season.

3. Trim your list. Do you really need to exchange gifts with everyone in your family? Consider cutting your list back this year, or suggest giving a group gift to certain members of your family rather than individual gifts. Just because you had a long gift list last year doesn’t mean you need to repeat it this year. You may find that other members of your family love the idea. Instead of buying gifts for every co-worker, friend, teacher, etc. try making them cookies, or another handmade gift saving yourself not only money but all the trips to the mall.

4. Reduce your stress. The holiday season is stressful enough with demands from family and friends, not to mention social commitments for work or other groups. Try to plan ahead as much as possible, avoiding last minute buys will impact your budget. Also remember to maintain your daily routine to keep stress levels low. If you usually take a walk or go to the gym every day, take the time to continue the habit during the hectic holiday months.

5. Enjoy the season. In the end, the holidays are all about enjoying friends and family. Staying focused on time with loved ones and other joys of the season can help you to keep stress in perspective. Rather than feeling obligated to host an event every year, suggest a rotation for who will host holiday gatherings and have everyone bring munchies. An even better alternative is to have everyone meet and volunteer at a local charity.
**Scaling Your Recipes**

Many times we have the perfect recipe but we need to make more of it or less of it. The tricky part of scaling your recipe is that you need to consider cooking temperature, cooking time, pan size and seasonings. There are some internet resources that help you adjust the yield to get the needed quantities of ingredients, but they do not always have the information about other adjustments you need to make. Here are some considerations to take into account when scaling your recipes.

- **Use the original cooking temperature as a reference point.** Remember to monitor and check for doneness. If it is a dish that needs to reach an internal temperature, you need to check for that temperature to assure it has been cooked safely. If you increase your yield and use more than one dish in the oven at the same time you can raise the temperature up 25° and allow for more cooking time.

- **Use the original cooking time as a reference for your adjusted recipe.** If you have scaled the recipe down, your cooking time will be decreased. You need to monitor for doneness. A recipe that has been decreased by half can have a cooking time of more than one-half and possibly up to three-quarters.

- **When scaling a recipe, your best results will be if you choose a pan size that keeps the same depth as the original recipe.** If you are unable to keep the original depth for your adjusted recipe then you will have more adjustments to the cooking time, temperature, and the amount of liquid required in a recipe. For example, if the contents are deeper for dishes that have a lot of liquid, increase the time and use a little less liquid. When they are deeper for baked goods, increase the time and lower the temperature slightly. When the contents are more shallow for dishes that have a lot of liquid, shorten the cooking time and add a little more liquid. When they are more shallow for baked goods, shorten the time and raise the temperature a bit.

- **Take care when adjusting the seasonings in a scaled recipe.** When increasing the recipe by doubling, you may only want to use 1 to ½ times the original amount of seasonings. When decreasing the recipe, such as by ½ then use just a little less than ½ the original amount.

There are some recipes that you do not want to scale because increasing or decreasing the amounts will change the chemistry of the recipe and you will affect the quality. Examples of these recipes are: delicate foods such as soufflés, baked items requiring yeast such as breads, and recipes that prepare a single large item that is meant to be later divided into smaller portions such as cakes, pies and breads. With these recipes, plan to make multiple batches instead of one larger batch. When planning for ingredient needs, you can still multiply out the needed ingredients by the number of batches you will make, but make up each batch individually. If you need less of a full recipe, make the original amount and consider saving the unused portion or share the extra with others.

**Source:** allrecipes.com

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**Turkey Hotline Numbers:** You can call our office weekdays 8 am to 5 pm or try one of these sources.

**Turkey Talk Line – 1-800-BUTTERBALL (288-8372) or Online Assistance**

http://www.butterball.com

- November 1 - 18 weekdays and weekends - 9:00 am - 9:00 pm
- November 19 - 20 weekdays and weekends - 9:00 am - 7:00 pm
- November 21 - 23 weekdays and weekends - 8:00 am - 10:00 pm

**Thanksgiving Day 7:00 am - 6:30 pm**

- November 28 - December 23 weekdays 9:00 am - 7:00 pm
- December 17 - December 18 weekdays 9:00 am - 7:00 pm
- December 24 - 25 (Christmas Eve and Christmas Day) 7:00 am - 4:00 pm

**USDA Meat & Poultry Hotline – 1-888-674-6854** – You may speak with a food safety specialist from 10:00 am - 4:00 pm on weekdays year round. On Thanksgiving - 8:00 am - 2:00 pm or for Online Assistance: [www.fsis.usda.gov](http://www.fsis.usda.gov) (general food safety, preparation and handling of meat and poultry products). You can directly access their live chat line at [www.askkaren.gov](http://www.askkaren.gov).
Winter Safety Tips

Every year we hear of tragedies during the winter months resulting from individuals not following basic safety guidelines to help prevent serious electrical and fire hazards. Here are tips to keep you safer this holiday season.

Candles

- Avoid using candles when possible. Consider using battery-operated candles in place of traditional candles.
- Never leave an open flame unattended. Keep burning candles within sight.
- Extinguish all candles before you go to bed, leave the room or leave the house.
- Place lighted candles away from combustible material and areas where they might be knocked over.
- Never use lighted candles on a tree or near other evergreens. Keep candles away from other decorations and wrapping paper.

Christmas Trees

- When purchasing a live tree, check for freshness to minimize the fire hazard of dry needles. A fresh tree will stay green longer and be less of a fire hazard than a dry tree.
- Because heated rooms dry out live trees rapidly, be sure to keep the stand filled with water.
- When purchasing an artificial tree, look for the label “Fire Resistant.” This label indicates that the tree is more resistant to burning.
- Don’t use electrical ornaments or light strings on artificial trees with metallic leaves or branch coverings.
- Place your tree at least 3 feet away from all heat sources, including fireplaces and radiators.
- When trimming a tree, only use non-combustible or flame-resistant materials.

Electric Lights and Decorations

- Before decorating, determine how many outlets are available and where they are located.
- Avoid overloading electrical outlets, which can overheat and cause a fire.
- Carefully inspect each electrical decoration. Cracked or frayed sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire.
- Use lights approved for safe use by a nationally recognized testing laboratory.
- Follow the use and care instructions that accompany electrical decorations.
- Always unplug electrical decorations before replacing bulbs or fuses.
- Do not mount or support light strings in a way that might damage the cord’s insulation.
- Never connect more than three strands of incandescent lights together.
- Turn off all indoor and outdoor electrical decorations before leaving home or going to bed.

Outdoor Decorating

- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use insulated staples, or run the lights through hooks.
- Make sure all products are marked for outdoor use.
- Keep all outdoor extension cords and light strings clear of snow and standing water.
- Make sure spotlights used to highlight decorations are well-ventilated, protected from weather, and a safe distance from flammable items.

GFCIs: Plug outdoor electric lights and decorations into circuits protected by ground-fault circuit interrupters (GFCIs) to prevent electric shock.

- GFCIs should be used in any indoor or outdoor area where water may come into contact with electrical products, including kitchens, bathrooms, garages, and outdoors.
- Portable GFCIs provide flexibility in using receptacles that are not GFCI-protected, and are often used outdoors.
- GFCIs should be tested once a month to confirm that they are working properly. Portable GFCIs should be tested before every use. Simply press the RESET button.

Source: Electrical Safety Foundation International
**Butternut Squash Bisque**

**Ingredients:**
- 1 ounce butter, unsalted
- 1/2 cup celery, diced
- 1/2 cup onion, diced
- 1 Tablespoon fresh thyme
- 2 teaspoons garlic, chopped
- 1 bay leaf
- 2 pounds butternut squash, cleaned & diced
- 3 ounces rice
- 1 quart chicken stock
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- Salt to taste, Chives for garnish & nonfat plain yogurt

**Method of Preparation:**


1 cup of Butternut squash contains: 94 calories; 3g of protein; 2.2g fiber; 46mg calcium; 319mg potassium; 8,014 IU vitamin A

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**Be Mindful of How Hungry or Full You Are This Holiday Season**

During the year we often go too long between eating and end up overeating at mealtimes. This pattern makes it harder to know when you are hungry and when you are full. During these holidays, it may not be the waiting between times but the holiday hustle and bustle that make us unaware. Use this scale to help you decide what and how much to eat when faced with those holiday celebrations or quick meals in-between your holiday plans. Use 0 to 3 before eating and 3 to 7 when you are about half way through eating to determine if it is time to stop. Remember we tend to overeat if we wait too long to eat.

0. **You are starving.** You’ve gone too long without eating, at least 4 hours, but possibly 6 to 8 hours, and are possibly irritable and grumpy. You might be feeling nauseous or dizzy, or you may have a headache. When you do eat, it is likely that you will overeat.

1. **You are having hunger pangs.** It’s time to eat. Your body is giving you the natural signals that it needs food. This is a good time to start eating - wait any longer and you will be too hungry. It has probably been about 2 - 3 hours since you last ate.

2. **Your hunger is just starting to awaken.** There is a sense of emptiness in your stomach. This can also be a good time to eat. You may have eaten about 2 hours ago.

3. **You are neutral.** You aren’t hungry or full-this sensation exists between mealtimes. If you feel this and want to eat, it is not due to hunger - you may want to eat out of boredom or stress.

4. **You are just satisfied or feeling “just right”.** You aren’t hungry anymore, but probably will be in about 2 - 3 hours. There is definitely more room for food, and you still feel light and energized. This is a good place to begin to stop eating.

5. **You had a few bites too many.** You ate a few more bites because it was there or tasted good. You might feel a bit bloated like you need to undo the top button of your pants. You may not be hungry for another 4 - 5 hours.

6. **You are stuffed.** You have gone overboard. Your meal has gone past the point of pleasure and you now feel uncomfortable. You may feel a bit numb or sleepy. You will not be hungry for approximately 6 hours.

7. **You feel sick.** You feel uncomfortable to the point of pain. You may need to lie down until you feel better. You can expect to be hungry again in another 7 - 8 hours.
Lighting Standards Change in 2012

If you have been in any large lighting aisle recently, you have experienced the choices available for your bulb replacement. Beginning in 2012, common light bulbs sold in the US will use approximately 25% to 80% less energy. Many of the bulbs meeting these standards, including incandescent, CFL’s and LEDs, are already available today. The lighting standards, that phase in from 2012-2014, do not ban incandescent or any specific bulb type. The bulbs just need to use about 25% less energy.

The new efficiency standards require light bulbs to consume less electricity (watts) for the amount of light produced (lumens). More traditional inefficient 100 watt (W) bulbs—typically incandescent bulbs—will give way to choices—including newer incandescent bulbs—that use only 72 watts or less to provide you a comparable amount of light (lumens). If you are replacing a 100W bulb, a good rule of thumb is to look for a bulb that gives you about 1600 lumens. Your new bulb should provide that level of brightness for no more than 72W, cutting your energy bill.

As of January 1, 2012, traditional, inefficient 100W incandescent light bulbs will not meet the standards and will no longer be available at most stores.* However, you will have many other options that will save you money.

Similar standards will phase in for other types of light bulbs over the next three years. Traditional 75 watt incandescent light bulbs will no longer be available as of January 1, 2013. Traditional 40 and 60 watt incandescent light bulbs will no longer be available as of January 1, 2014.**

New Lighting Standards Will Save You Money
The savings can add up. Upgrading 15 inefficient incandescent bulbs in your home could save you about $50 per year. Since most of the bulbs also have longer life spans, you’ll continue to save into the future. Nationwide, lighting accounts for about 10% of home electricity use. With new EISA standards, U.S. households could save nearly $6 billion dollars in 2015 alone. Various specialty bulbs, including appliance bulbs, heavy-duty bulbs, colored lights and three-way bulbs, are exempt from the new standards.

Lumens and the Lighting Facts Label
When you’re shopping for light bulbs, compare lumens to be sure you’re getting the amount of light, or level of brightness, you want. The Lighting Facts Label will help. This new label will make it easy to compare bulb brightness, color, life, and estimated operating cost for the year.

What’s a Lumen?
Lumens measure how much light you are getting from a bulb. More lumens means it’s a brighter light; fewer lumens means it’s a dimmer light. Lumens are to light what gallons are to milk. Lumens let you buy the amount of light you want. For decades, we have been buying light bulbs based on how much energy they consume (Watts) — no matter how much light they give us (Lumens). So now when buying your new bulbs, think lumens, not watts. The brightness, or lumen levels, of the lights in your home may vary widely, so here’s a rule of thumb:

- To replace a 100-watt incandescent bulb, look for a bulb that gives you about 1600 lumens. If you want something dimmer, go for less lumens; if you prefer brighter light, look for more lumens.
- Replace a 75W bulb with an energy-saving bulb that gives you about 1100 lumens.
- Replace a 60W bulb with an energy-saving bulb that gives you about 800 lumens
- Replace a 40W bulb with an energy-saving bulb that gives you about 450 lumens.

Source: EnergySavers.gov

*Persons with disabilities and persons with limited English proficiency may request accommodations to participate in activities mentioned in this newsletter. Please contact this office at 828-255-5522 during business hours at least 3 days prior to the event to discuss accommodations.
**CARBON MONOXIDE POISONING**

Carbon monoxide (CO) is an odorless, colorless, and non-irritating gas that is a product of incomplete burning of carbon-containing materials such as natural gas, propane, gasoline, wood, or charcoal. It is estimated 1,500 people die annually due to accidental CO poisoning. In addition, about 10,000 people lose a day of work or seek medical attention each year because of carbon monoxide poisoning. As people attempt to conserve heat by making their homes “airtight,” the incidence of poisoning increases.

CO impairs the ability of blood to carry oxygen. The brain and heart are very sensitive to lack of oxygen, so people with heart and lung disease are at higher risk of developing problems from CO, as are children and the elderly. The unborn child is also very sensitive to carbon monoxide poisoning.

**Symptoms of carbon monoxide poisoning are:**


*Note: Flu-like symptoms can be due to carbon monoxide poisoning. Beware of several family members complaining of flu symptoms the same day.*

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**Another Way to Be Healthier This Holiday Season**

Join the Holiday Challenge this year and receive a weekly newsletter with tips and recipes to keep you on track to **Maintain** your weight rather than **Gain** during the weeks between November 21st and January 1st. You can sign up at [www.myeatsmartmovemore.com](http://www.myeatsmartmovemore.com) or call our office for more information. The site has food diaries, physical activity logs and weight logs to help you, as well as a place to go where experts provide answers to questions and concerns.

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**Contributors Areas of Responsibility and Expertise**

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