

Moving in the Mountains

Fall into Autumn with Fun!

Take advantage of the crisp fall weather and beautiful foliage by making the most of this colorful and enchanting season.

Maintain your exercise program. If your exercise program takes you outside, remember that shorter days bring dark mornings and evenings. If you are running, walking or cycling, be sure to vamp up your clothing with reflective gear and a flashlight.

Grab a friend, family members or loved-ones and enjoy a visit to the local apple orchard. The fun continues at home when you enjoy your harvest by making apple butter, caramel apples or an apple pie.

If you are feeling adventurous, head out to the local farm and try your luck at navigating a corn maze or what about a haunted corn maze for a few goosebumps and chills? Add a trip to the pumpkin patch to handpick your jack-o-lantern to complete your farm visit.

Don't forget to get your beauty rest. You need to give your body time to rejuvenate. End the day with quiet reflection, deep breathing and mild stretching. Try to get at least eight hours of sleep each night.

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Maintain! Don't Gain!

Are you ready for a fun challenge that can save you from gaining extra pounds? This holiday season, the only thing that should be "stuffed" is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

Instead of piling on the pounds, consider joining the Eat Smart, Move More, Maintain, don't gain! Holiday Challenge. Rather than focusing on trying to lose weight, this FREE seven-week challenge provides information, strategies, resources and ideas to help maintain your weight throughout the holiday season.

You will receive daily tips, healthy holiday recipes, weekly challenges and newsletters designed to prevent holiday weight gain. Last year's Holiday Challenge was the largest to date with over 28,000 participants from all 50 states, all 100 NC counties, and 17 additional countries (an 83% increase from the previous year).

The Holiday Challenge will begin November 18th and run through December 31st.

Register your email address at: www.esmmweighless.com

Fall Cleaning

Get the jump on seasonal cleaning by preparing for the upcoming winter months and holiday seasons. During this "extra" cleaning, go beyond the usual vacuuming, dusting and mopping. Be sure to look up for those cobwebs that accumulated over the warm months. Move the furniture to remove those dust bunnies that have gathered in the corners.

When you begin cleaning, sorting or discarding items, make three piles - "relocate", "donate" and "toss". Ask yourself if you really need multiple versions of the same item. For example: how many empty shoe boxes or flower vases do you need. Work through just one room or jam-packed drawer at a time. You will be amazed at much you can accomplish in short, focused bursts.

Don't forget to treat yourself for a job well done afterwards.



Cost Cutting Tips

- Grate your own cheese. It takes seconds!
- Freeze scouring pads. They last much longer if you freeze them in a plastic bag.
- Cheap paper towels are all that are needed in most cases. Double them for bigger jobs.
- Prepare foods from scratch when possible.
- Plan meals ahead. Avoid last minute "costly" decisions.
- Make a food budget and stick to it.
- Comparison shopping can save money. Check unit pricing.
- Many cleaners can be homemade. They're cheaper.
- Check marked down produce. It's often a real bargain.
- For those who enjoy bacon, buy it on sale and freeze in desired amounts. Cook on low. No need to defrost.
- Skin a whole batch of garlic and freeze in ziplock bags. This can be used directly from the freezer giving it a much longer shelf life.
- The bigger the turkey is, the cheaper it is per pound (the bones weigh, too!).
- For long storage, keep flour in a plastic bag in the freezer.
- Onions can usually be substituted for the more expensive scallions.
- Use a blender to make your own bread crumbs or cracker crumbs.
- Use generic bottled lemon when fresh lemons are too expensive.
- Watch for sales. Stock up on items that have a long shelf life (soap, laundry detergent, paper towels).

Source: University of Delaware
Cooperative Extension

Homemade Floor Cleaner (for greasy, no-wax floors)

1 cup white vinegar
¼ cup washing soda
1 tablespoon vegetable oil-based liquid soap
2 gallons hot water
Combine all ingredients, stirring well to dissolve the washing soda. Mop as usual.

Laminate Floor Cleaner (for engineered wood, no-wax floors)

½ cup white vinegar
1 gallon warm water
Mix ingredients. Avoid over wetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (microfiber mops work best).

Source: University of Georgia
Cooperative Extension

Drop the Pop!

Try this mini-challenge - for one week, give up soda pop, including regular, diet, and caffeine-free. Water is the best replacement. If you want more flavor, infuse water and fresh fruit or choose tea.

While soda might taste great, it is hard on your body. Regular soda is loaded with high fructose corn syrup, making it high in calories with no nutritional value. Artificial sweeteners have virtually no calories, but they may contribute to health problems. The phosphoric acid in soda is bad for your teeth and your bones.

Drinking soda and other sugary beverages can be hard on your pocketbook. If you have several sodas each day at \$1.50 each that would total \$22.50 a week or \$1,170 a year.

The American Heart Association recommends that women consume less than 100 calories of added sugar per day (about 6 teaspoons) and men should consume less than 150 per day (about 9 teaspoons).

Dropping the pop can save you extra pounds and money!

November is National Pepper Month



Celebrate this versatile fruit that has a flavor to suit every taste. They come in many different sizes, shapes and colors and range in tastes from mild to sizzling hot. Hot peppers are often referred to as chili peppers, but both belong to the same family *capsicum annum*.

- Red bell peppers are green bell peppers that have been left on the vine to ripen.
- Unlike sweet peppers, spicy peppers provide a burning sensation because they contain capsaicinoids which act on the pain receptors in the mouth, not on the taste buds.
- In spicy peppers the "heat" is stored on the light colored veins in the walls and around the seeds of hot peppers.
- Hot spicy varieties include pimentos, tabasco, cayenne, chili and paprika peppers. These hot varieties should be handled carefully.
- Despite popular belief that a male bell pepper has 3 bumps and a female bell pepper has 4 bumps, this is a garden myth. By definition, all pepper fruits are ripened ovaries containing seeds formed after pollination. Those seeds will then form new pepper plants. The bumps or lack thereof are primarily related to the variety and growing conditions.

Can You Stop the Clock?

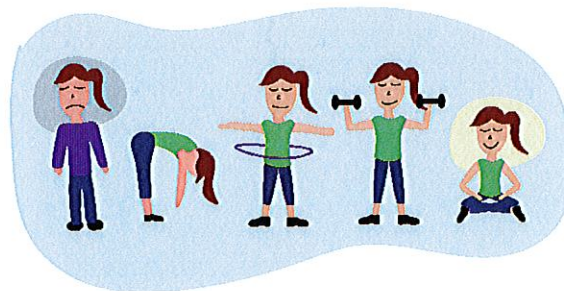
Aging is inevitable. There is really no way to stop the clock, but regular exercise, better nutrition and reducing or managing stress, can slow down the aging process.

Muscles begin to change around age 35, when you start to lose muscle and gain fat. If you want to slow down muscle loss and keep your metabolism high, a regular exercise program is a good place to start. With regular exercise, most people have less joint pain, less bone loss, and they retain their mobility longer.

Exercise also has a huge impact on the inside health of your body and is key to preventing many types of diseases. Regular weight bearing activities strengthens bones. Another benefit of an active life is a healthier heart. Your heart is a muscle and it gets stronger with exercise.

Exercise is good for your brain and helps improve your memory, you have a brighter outlook on life, you feel more confident and you have more energy. It is true what they say, "energy creates energy."

The quickest route to find the fountain of youth is through an active lifestyle. Exercise is well worth the effort you put into it!





If you want to be a star in the kitchen, then this fun and educational food challenge is for you. Team up with your friends to compete in a cooking contest and put your creativity to work making delicious dishes using mystery ingredients.

Each team consists of 3-5 people.
Ages groups: 9-13 or 14-18 or 18+

Each team selects a team captain and team name
(for example: Slice it Like it's Hot or Junior Chefs).

Each team has 40 minutes to prepare a recipe using items from the mystery ingredients. Each team member must participate in part of the 5 minute verbal presentation.

Call the Swain County Cooperative Extension for more information and to sign-up at (828) 488-3848. Dates to be determined based on interest.

Weekly Classes

Clogging Classes

Tuesdays at the SCC-Swain Center
5:00 p.m. - Youth Clogging for Fun!
5:30 p.m. - Beginner & Intermediate
6:15 p.m. - Adult Competition Team practice
Classes are free
Kerry Cannon, Instructor

Line Dancing

Thursdays at 6:30 p.m.
All ages welcome, classes are free.
Cheryl and Bob Thomas, Instructors

Cardio Dance Boxing

Mondays, Tuesdays and Thursdays
8:30 - 9:30 a.m. & 4:00 - 5:00 p.m.
Cost: \$5 per class or \$40 monthly unlimited
Shaylina Cochran, Instructor

Success Story

"I enjoy taking the classes offered by the Swain Extension at the Swain Senior Center. I really like the group participation activities. The Choptastic Cooking Challenge was fun!"

W. Cole - age 70

MIX IT UP Fall Fun

Sewing, Cooking, Cuisine, C.A.T.C.H. and more!

Join Melissa Vaughn and Dee Decker to make easy and delicious recipes, create homemade projects, learn to use a sewing machine and have fun!

Ages 8-14

October 3rd and 8th, November 18th and November 27th, December 12th and 16th

3:30 - 5:00 p.m.

Registration required.

Class limit: 10 youth

