

FAMILY AND CONSUMER SCIENCE NEWS

Note from the Extension Office

Fall is definitely in the air as I write this newsletter. There are some new opportunities for learning described within this letter and also some resources available to you. I hope your autumn is a blessed one.

Karen Tyra, Stillwater County Extension Agent




Family & Consumer Science Calendar

- September 29-October 2nd—Food Safety Classes, Reed Point High School
- October 6-9—Extension Annual Conference, Out of office
- October 9th—6:30pm “Weaving Work & Family, “Mothers of Preschoolers” (MOPS), Congregational Church
- October 15—1:30pm “50 Stress Busters,” Fishtail Homemakers
- October 21-22—Strong Women™ Training. Out of office
- October 27th—Stillwater Homemakers Council, Congregational Fellowship Hall, Columbus
- October 28-31st—Food Safety Classes, Columbus High School
- November 6th—Two 4-Hour ServSafe Programs, Columbus Firehall
- November 12th—1:30pm, “50 Stress Busters,” Lake Basin Homemakers
- November 18th—2:00pm, Columbus Jrs.



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Two ServSafe Courses Offered

The MSU/Stillwater County Extension Office in cooperation with the Stillwater County Health Department is offering two **SERVSAFE** workshops on **Thursday, November 6, in Columbus at the Columbus Fire Hall. There will be two 4-hour sessions, and, therefore, no certification exam will be given.**

SERVSAFE is a nationally acclaimed program sponsored by the National Restaurant Association.

Each 4-hour session is designed as an update for owners, managers, cooks, waitresses, prep cooks, owners, operators, and members of non-profit groups. All domestic and private food preparers are strongly encouraged to attend this workshop. Stillwater County Registered Sanitarian, Stephanie Moodry, and I will be teaching the workshop. We encourage you to send as many employees as you can. Workshop

topics will include food handling practices, food preparation, proper food cooling, food storage, foodborne illnesses, and prevention.

HOW YOU REGISTER:

Contact the Stillwater County Extension Office for a registration form. Register with the Stillwater Extension Office by **Wednesday, October 22, and submit the fee of \$10.00.** Please choose the time slot that best suits your schedule: 8:00a.m. – Noon OR 1:00 – 5:00 p.m. **IT IS IMPORTANT THAT REGISTRATION BE RECEIVED BY THIS EARLY DATE BECAUSE BOOKS MUST BE ORDERED SHORTLY THEREAFTER.** Registration fee includes registration and a 40-page *Employee Food Handling Guide* and refreshments. About a week prior to workshop, you will receive a reminder letter with any last-minute changes to the workshop. Books will be handed out at the workshop. Course completion verification documents will be provided at the workshop.

Coming in January... The StrongWomen™ Program

As you can see in the FCS calendar, I will be receiving training for the StrongWomen™ Program. The plan is to offer this after the first of the year. This program is an evidence-based strength-training program developed by the staff of the Hancock Center at the Friedman School with the primary objective of implementing safe and effective strength training programs for women.

Program Benefits

The benefits of strength training for women have

LIFTING WOMEN TO BETTER HEALTH



been studied extensively and include:

- ⇒ Increased muscle mass and strength
- ⇒ Improved bone density and reduced risk for osteoporosis and related fractures
- ⇒ Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
- ⇒ Improved self-confidence, sleep and vitality

There will be a charge for the program. Watch the next newsletter.



Important Senior Nutrition Information



How many calories do you need per day?

A woman over age 50 should consume about

- 1,600 calories a day if her level of physical activity is low
- 1,800 calories daily if she is moderately active
- 2,000 to 2,200 calories daily if she has an active lifestyle.

A man over age 50 should consume about

- 2,000 calories a day if his level of physical activity is low
- 2,200 to 2,400 calories daily if he is moderately active
- 2,400 to 2,800 calories daily if he has an active lifestyle.



How much food do you need per day?

A person who consumes 2,000 calories a day should have a daily intake of:

- 2 – 2 ½ cups of fruits (fresh, canned or frozen)
- 2 – 2 ½ cups of vegetables (fresh, canned or frozen)
- 7-8 ounces of grains—preferable whole grains [label should stipulate “whole wheat” or “whole oats” rather than “wheat” or “oats”] (1 oz. of grain foods is equal to one slice of bread, one cup of ready-to-eat

cereal, or a half cup of rice, cooked pasta, or cooked cereal)

- 2 – 3 cups of fat-free or low-fat milk or milk products
- 5 – 7 ounces of lean meats, poultry, fish, cooked dried beans, eggs, and nuts (one egg or ¼ cup of cooked dry beans or tofu equals 1 ounce of meat, poultry, or fish)
- limited amounts of fats (saturated and *trans* fats should be as low as possible), cholesterol, sodium (salt), and added sugars.

○ Remember that some oils, such as olive oil and canola oil, are better for you than others. Choose polyunsaturated and monounsaturated fats when possible. Examples are vegetable oils such as soybean, corn, canola, olive, safflower, and sunflower oils. Polyunsaturated fat is also in nuts (e.g., walnuts), seeds (e.g., flaxseed), and fatty fish (e.g., salmon).

○ Be sure to check the Nutrition Facts label on packaged goods to choose products that are low in fats.

Learn to limit fats to 20 – 35 % of your daily calories. Consume less than 10% of calories from saturated fats. Keep daily intake of *trans* fats to less than 1%.

<http://nihseniorhealth.gov/eatingwellasyougetolder/toc.html>



Smart Ways to

Get Fit for Successful Hunting

Hunting is a mentally and physically demanding activity - where strength, stamina, focus, and concentration are as important as having the proper equipment and the right location. Being out of shape can ruin a long anticipated hunting trip - and lead to serious injuries, heart attacks, and even deaths. Getting fit beforehand will improve your physical endurance, your mental concentration, and your enjoyment. **Bottom line:** Don't put yourself - or your companions - at risk during hunting season. Think ahead and put the necessary time and energy into improving your physical fitness level. That way, you can be successful and feel great during your entire hunting trip.

Allow six weeks (minimum) to get into better shape.

If you are significantly overweight or have any health concerns (high blood pressure, elevated blood sugar, shortness of breath, etc.), talk to your health provider before beginning any new exercise or fitness regimen. This is especially important if you are over 40 years old and/or use tobacco products. **If you are currently in poor physical condition, it will take concentrated effort for a minimum of six weeks to reach a reasonable level of physical fitness.**

Start slowly, increase gradually, and be consistent.

Although you may be tempted to rush out, pump hard, and try to recreate the physical exploits of your youth, that is exactly the wrong way to approach getting fit. Slow and steady is definitely the way to get in shape most effectively - especially if you are currently a confirmed couch potato. Gradually add moderately intense activity (where you sweat but are able to carry on a conversation) until **you are active for 30 to 60 minutes on most days of the week.**

Focus on flexibility, endurance, and strength.

Safe hunting requires all types of fitness: endurance to hike over rough terrain; flexibility to climb tree stands or kneel in the field; and strength to carry equipment and dress meat. Choose a workout program

that emphasizes all aspects of fitness: **Aerobic activity (walking, biking, etc.) to build endurance and cardiovascular fitness, weight lifting for strength (3 days per week), and daily stretching (after a 5 to 10 minute warm up) to improve flexibility and balance.**

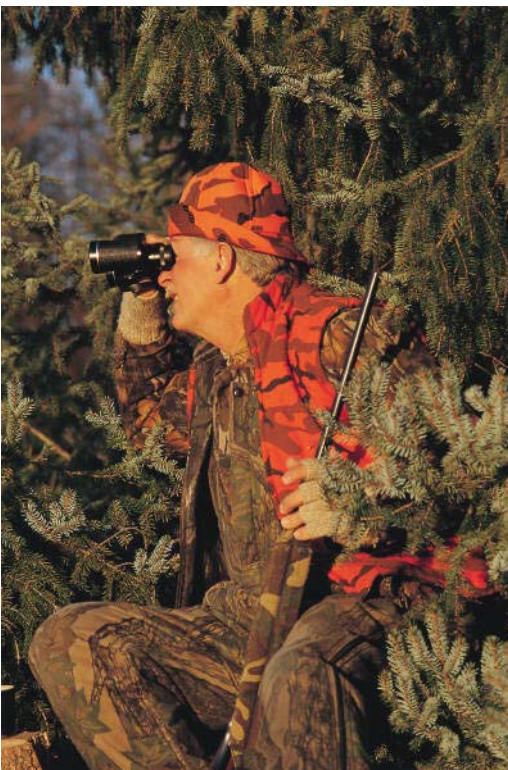
Find a workout buddy.

Fitness experts know that being accountable to another person can be one of the most important keys to success. If you know that someone else is counting on you for an early morning walk or trip to the gym, you are much more likely to stick with the plan. **A workout partner can be anyone who has the same basic fitness goals as you - your spouse, a child or grandchild, a friend from work, or one of your usual hunting companions.**

Looking for a simple program designed with the physical needs of hunters in mind? The South Dakota Department of Health has developed a six-week, step-by-step conditioning program specifically for hunters. *Training for the Hunt* has weekly instructions on both physical and nutrition conditioning and is available at

www.healthysd.gov/HealthyHunter/conditioning.pdf

“Don't put yourself—or your companions—at risk during hunting season”





Fall Stillwater Homemaker Council

Hostess	Columbus Jrs.		
When	Monday October 27, 2008		
	10 am Business Meeting		
	12pm Luncheon with Program Following		
Where	Congregational Church Fellowship Hall (next to IGA, Columbus)		
Program	Penny Redli, Museum of the Beartooths Update		
Theme	"Fall Harvest"		
Clubs Bring	All Clubs	Door Prize	<div style="border: 1px solid orange; padding: 5px;"> <p><i>"The leaves fall, the wind blows, and the farm country slowly changes from the summer cottons into its winter wools."</i></p> <p><i>Percy Bysshe Shelley</i></p> </div>
		Hot dish, salad and dessert—enough for 8-10 people	
Club Duties	Columbus Jrs.	Rolls and Butter	
	Columbus Jrs.	Registration, make coffee/tea, buy paper plates and paper products	
	Molt Home Craft	Set out food.	
	Reed Point	Nametags	
	Flaherty Flat	Clear tables, wipe off, clean kitchen	
	Lake Basin/Fishtail	Vacuum carpet/take out garbage	



Karstolite Asbestos Insulation—WARNING



You have all likely heard of the asbestos in vermiculite health risks from the W.R. Grace mine in Libby, Montana. Now another Montana asbestos product has surfaced as a major health concern—"Karstolite". Karstolite is the brand name of asbestos insulation milled from ore originating at the Karst mine near Big Sky, Montana. Asbestos from this mine is called "anthophyllite" and has been found in soils and home insulation materials. Although anthophyllite asbestos has been found primarily in southwest Montana, the MT Department of Environmental Quality is encouraging consumers and contractors to be aware of the possibility of this asbestos in homes and commercial buildings built before 1960, and outdoors in soils where it was used as fill material.

Where is it found?

In attics and walls-Karstolite insulation was used between 1925 and the late 1950s in an undetermined number of homes and commercial buildings.

What does it look like?

Karstolite insulation can appear like dirty cottage cheese,

white, khaki, brown or gray fibrous material, and/or fine powder.

Asbestos ore may look like fibrous rocks, petrified wood, shiny chunks and/or fiber bundles. This ore is primarily white, but may also be brown, gray or green.

What to do if you find it?

If you believe the insulation in your home or business may contain asbestos avoid disturbing the material.

If you think you have found raw asbestos ore in soils, do NOT disturb or transport the soil.

Contact the DEQ or your local health department for instructions about proper and safe handling.

Accurate recognition, reporting and handling of materials that potentially contain asbestos are the best ways to prevent exposure and related health consequences.

If you would like to collect a sample or have your home or business inspected for asbestos, a list of labs and inspectors/consultants can be found online at :

www.Karstolite.mt.gov



Keep that Lunch Exciting and Nutritious

Saving a little extra food from the previous evening's meal saves time and money if used for lunches. Bringing your own lunch allows you to control your portions, which can help with weight management. A well-planned lunch adds variety to your diet and helps you meet your daily nutrition needs.

If you bring your own lunch, ask yourself a few questions to see what kind of variety you're getting:

Do you include fresh fruit? If you have canned fruit, look for fruit that is packed in juice instead of heavy syrup.

Do you include fresh vegetables? How about some crunchy carrots or broccoli, or a container of vegetable soup to warm up or a can of vegetable juice?

Do you include a grain food, such as pasta, bread or crackers? The current recommendation is to "make half you grains whole." That means look for whole grain foods by reading food labels, especially the ingredient label. For example, is the first ingredient "whole wheat" or "oatmeal"?



Do you have low-fat yogurt, milk or cheese in your lunch? They add calcium, protein and many other nutrients to your lunch. Explore the many types of low-fat dairy foods.

Do you include lean meat or other protein-rich foods, such as dry beans, peas, lentils or eggs? How about a bean burrito on whole wheat tortillas with some cheese?

Think safety as you pack your lunch, too. Do you have a refrigerator to store your food at work? Remember that perishable food, such as cut fruits and vegetables, should spend no more than two hours at room temperature.

If you don't have a refrigerator, use an insulated lunch bag or box and freezer packs. Meat sandwiches can be frozen and kept and insulated lunch bags, too. By noon the sandwich will be defrosted. Don't freeze sandwiches that contain mayonnaise as a condiment or as part of a salad mixture because the mayo is likely to separate during freezing. Pack lettuce, tomato and condiments separately, too.

-from "Quick 2 Fix" September 2008 Custer County Extension



EXTENSION

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Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

Fall Dessert Recipes– Quick to fix

**White Chocolate
Pumpkin Cheesecake**

This takes some work but it is a wonderful fall dessert!

- 1-1/2 cups crushed gingersnap cookies (about 32 cookies)
- ¼ cup butter, melted
- 3 packages (8 ounces each) cream cheese, softened
- 1 cup sugar
- 3 eggs, lightly beaten
- 1 tsp. vanilla extract
- 5 squares (1 ounce each) white baking chocolate, melted and cooled
- ¾ cup canned pumpkin
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg



bottom of a greased 9 in. springform pan; set aside. In a large mixing bowl, beat cream cheese and sugar until smooth. Add eggs and vanilla, beat on low speed until just combined. Stir in melted white chocolate. Combine pumpkin and spices; gently fold into cream cheese mixture. Pour over crust. Place pan on a baking sheet. Bake at 350 degrees F for 55-60 minutes or until center is just set. Cool for 10 minutes. Meanwhile make topping which is:

- ½ cup chopped almonds
- 2 Tbsp. butter, melted
- 1 tsp. sugar



Take the combined topping ingredients, and spread on shallow baking pan. Bake for 10 minutes or until golden brown, stirring twice, cool. Carefully run a knife around the edge of the springform pan to loosen, cool

1 hour longer. Refrigerate overnight. Add topping to cheesecake when ready to serve. You can also add 1 square chopped white baking chocolate to the topping if desired.

--From *Quick 2 Fix*, September 2008, Custer County Extension

\$25,000 Cake

- 1 fudge cake mix
- 3 eggs
- 1 can cherry pie filling
- 1 tsp. almond extract



Combine all ingredients and mix with a mixer for about 2 minutes. Pour into a greased and floured 9X13 pan. Bake at 350°F for 25-35 minutes. When toothpick inserted into the center of the cake comes out clean, the cake is done. Frost with purchased fudge frosting or cream cheese frosting.