



SPECIAL
POINTS OF
INTEREST:

FINE ARTS

&

CRAFT SHOW

September 23 & 24



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OCTOBER 2017

NEWSLETTER

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Dates to Remember

**September 23 & 24
(Saturday & Sunday)**
Craft Show / 9-4

September 27 (Wed)
RSVP & Payment due for 10/11
Leisure Arts Lesson—
Ornamental Knots

October 5 (Thursday)
Exec. Comm. Mtg. / 5:30pm
4-H Center Banquet Hall

October 6 (Friday)
RSVP & Payment due for 10/21
Leisure Arts Lesson—French
Braid Table Runner

October 11 (Wed)
Leisure Arts Lesson 6:00pm
Ornamental Knots
4H Center Expo Hall

October 16 –20
IEHA Week

October 21 (Saturday)
Leisure Arts Lesson 9-12
French Braid Table Runner
4H Center Conf Room

October 28 (Saturday)
Make A Difference Day

**November 2
(Thursday)**
Exec. Comm. Mtg. 5:30pm /
Council Mtg. / 7pm
4H Center Banquet Hall

November 4 (Saturday)
Celebrate the Center Gala

November 10 (Friday)
Veteran’s Day Observed—
Office Closed

November 11 (Saturday)
Fall Bus Trip to Badgett
Playhouse “Variety Christmas
Spectacular”

Fall District Meeting—Hosted by Vanderburgh County



What's Happening

Thought of the Month...

In the long run, we shape our lives, and we shape ourselves.

The process never ends until we die.

And the choices we make are ultimately our own responsibility,

~ Eleanor Roosevelt



Accepting Change

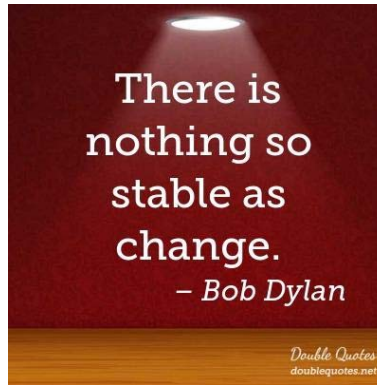
Where has summer gone? It seems as though fall is officially here. Nights are becoming cooler, leaves are starting to change, and corn is being shelled. Fall is a very good representation of the positive effects of change and the significance that transformation can bring. Change is a word we hear oh so often. Whether we like it or not, things are going to change; we can influence how they change, and whether the change has positive direction for our life. Even though change represents progress sometimes it is meet with resistance. At times, this resistance comes from concern or fear of the unknown effects that change may bring. Therefore, shifting our mindset to one that accepts change as a positive necessity in our careers and lives is likely to empower us for success. I read an article from the Huffington Post about accepting change and it had listed the acronym ACT to effectively deal with change.

- A- Accept and Acknowledge the need for change
- C- Communicate, Clarify and Comprehend the process required for the change to implemented
- T- Thrive in the progress changes brings

Change can be frightening and disruptive. However, with the right attitude, outlook and actions, you can

find opportunities in that change. I challenge you the next time that you are presented with a change you find the opportunities in it and ACT upon the change.

~Amanda Rexing
Director of Public Relations



Membership Event

One of things we are wanting to focus on this year is membership. With that we will be hosting membership events throughout the year. Our first event will be on November 5th at the 4-H Center in the Expo Hall from 2-5pm. We will be encouraging all members to join in fellowship as well as bring guest that might be interested in the organization. More information will be sent out closer to time.

~ Amanda Rexing
Membership Committee

Celebrate the Center Silent Auction Baskets

The 4-H Center's annual dinner and fundraising auction, Celebrate the Center,, is right around the corner! The evening will be our opportunity to reflect on what the 4-H Center means to the Vanderburgh County 4-H Program as well as the local community. This annual fundraiser is critical to securing funds for the 4-H Center to run and maintain the facilities year round. The celebration will be Saturday, November 4, 2017 at 5:00 pm.

Part of the evening consists of a silent auction to raise funds for the 4-H Center. Last year the gift baskets were a huge success. The executive committee would like for each Extension Home-maker's Club to once again consider donating a basket to the silent auction. Below are some guidelines we ask you to follow when considering your donation.

Basket Guidelines:

- The value of the basket should be at least \$100
- Include an estimated total value of the basket
- The basket/container holding the items will be given to the buyer
- Non-perishable items only please
- Select a theme for the basket

Please have the baskets completed and dropped off at the 4-H Center Office by October 20, 2017. For questions, contact Shawna Bittner at the 4-H Center 812-867-6217.

This and That

5 Ways to Fall Back into Good Nutrition

As the school year starts it is often a challenge to fall back into a good routine. For my family it can be a struggle to establish stricter bed-times, agreeing on outfits that are appropriate for school, carving out time to do homework, and fitting in a nutritious dinner before jetting off to extra-curricular activities.

Below are 5 ways for your family to fall into good nutrition during the school year.

1. Planning ahead is the best way to start. Devote time each week to go through your calendar and look at the events scheduled and how they may affect the time you have to prepare meals for your family. Then take time to plan out a menu for the week. Keep in mind the foods you already have on hand so you may use them in your upcoming menu plans. Keeping basic foods on hand simplifies planning and shopping.

2. Prepare the night before. For example, if Tuesdays are game nights and you only have 60 minutes between picking up your kids and getting them to a game, plan to have a meal ready that is easy to grab from home and go. Realize that sometimes eating a meal in the car is the only way you can make it there on time. At least you are all in one place at one time and this too can count toward family time. In instances like this I will often pre-make sandwiches or wraps the night before and include such items as: easy to transport

fruit, vegetables, drinks, and snacks. Try making wraps that include a variety of food groups.

3. Make ahead and freeze meals. Take time on the weekend to prepare some meals for the week. Some of my favorite meals to pre-make and freeze are lasagna, enchiladas, and soups.

4. Simplify meals. Meals don't have to be fancy to be healthy. In fact my children seem to turn their noses up at the meals I spend more time making. They prefer simple meals that don't contain a lot of mixed ingredients. For example, last night was one of those grab and go nights so I put together a mix and match meal: boiled eggs (that I had pre-made), cheese sticks, watermelon, carrot sticks, and whole-grain crackers. It was simple, it was fast, and it included each of the 5 food groups.

5. Include your children in meal and snack planning. As I prepare my weekly menu and grocery list I often ask my children to help brainstorm ideas for meals and snacks to make during the week. I'm often surprised by what they want on the list and what they want removed from the list. When you are at the grocery store ask younger children to help put food in the cart. For older children have them help pick out the fruits, vegetables, dairy, protein, and whole grain foods you buy. These roles, big or small, will positively impact how likely they are to try nutritious foods.

- Carrie Miller, Nebraska Extension



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Return Service Requested

Presidents Packet:

Leisure Arts Lesson Sign Ups

Insert

Chocolate—A Functional Food?

Bus Trip Information

If you have a disability that requires special assistance for your participation in any program, call the Purdue University Cooperative Extension Service Vanderburgh County Office at (812) 435-5287.



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Mini-Pumpkin Spice Oatmeal Muffins

Ingredients

1½ cups all-purpose flour
1 cup quick oats
¾ cup brown sugar
1 Tbsp. baking powder
½ tsp. baking soda
½ tsp. salt
1½ tsp. pumpkin pie spice
1 cup pumpkin puree
¾ cup low-fat milk
1/3 cup oil
1 egg, slightly beaten

Topping:

¼ cup quick oats
1 Tbsp. brown sugar
1 Tbsp. melted margarine or butter
1/8 tsp. pumpkin pie spice

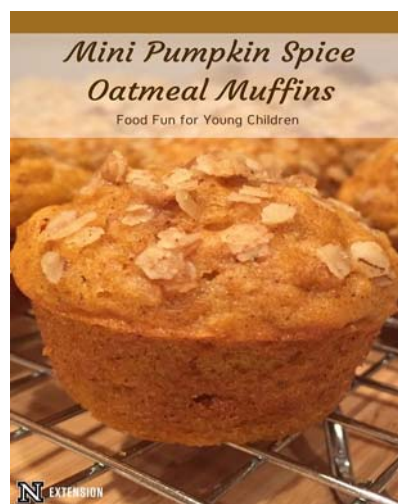
1. Spray mini-muffin tins with cooking spray or use mini-liners.

2. In a medium bowl, combine flour, quick oats, brown sugar, baking powder, baking soda, salt and pumpkin pie spice. In a separate bowl mix pumpkin, milk, oil and egg.

3. Add liquid ingredients to dry ingredients and stir until just moistened. Fill muffin cups two-thirds full.

4. Mix topping ingredients. Sprinkle topping evenly over muffins. Bake mini-muffins at 400°F for 8 to 12 minutes or until evenly browned. Bake regular-sized muffins for 15 to 18 minutes.

with
muffin



Courtesy of Nebraska Extension

Chocolate — A Functional Food?

Julie A. Albrecht, Extension Food Specialist
Carol J. Schwarz, Extension Educator
Marilynn Schnepf, Professor, Nutrition and Health Sciences

Brief Description:

A **functional food** is a food that contains an active compound that provides health benefits beyond basic nutrition. Protein, fat, carbohydrates, vitamins, and minerals are the basic nutritional needs but other components in food also contribute to your health. Phytochemicals, nutraceuticals — What are these in my food?

In this program, you will learn about the different types of chocolate, explore the health benefits of chocolate, including why chocolate can be considered a functional food, and demystify the functional food “jungle” in the grocery store.

“There are four basic food groups: milk chocolate, dark chocolate, white chocolate, and chocolate truffles.”

“Equal amounts of dark chocolate and white chocolate is a balanced diet.”

“Food of the gods” (Aztecs)

“Chocolate is cheaper than therapy and you don't need an appointment.”

Chocolate

Chocolate refers to a large number of raw and processed foods produced from the seed (bean) of the *Theobroma cacao* tree found in Mexico, and Central and South America. It was first documented around 1100 BC. The Aztecs and Mayans made a chocolate beverage that had a bitter taste. The Aztecs used chocolate for ceremonial purposes and believed that chocolate had medici-

nal properties. Cacao beans also were used as a form of currency. The Spanish who visited the Aztecs brought chocolate to Europe, and it was considered a luxury item. The modern chocolate bar with added sugar was created in 1847. Prior to this, chocolate was only consumed as a drink. The Dutch removed the cocoa butter from the solids and then were able to process chocolate in a solid form. The addition of sugar helped mask the natural bitter flavor. Through the centuries, chocolate was considered an aphrodisiac, and was used to treat fatigue and diarrhea.

Types of Chocolate

Chocolate products are made from cocoa solids, cocoa liquor, and cocoa butter in varying proportions. Dark chocolate may contain up to 70 percent cocoa; milk chocolate products contain less cocoa. To develop the taste, cocoa beans are fermented and dried, and the shell removed. The resulting nibs are ground into cocoa liquor, which is processed into cocoa solids and cocoa butter.

Unsweetened chocolate, bitter chocolate, or baking chocolate is pure chocolate liquor. **Dark chocolate** is made by adding fat and sugar to cocoa liquor and cocoa butter. Dark chocolate has a high cocoa content. **Bittersweet chocolate** is chocolate liquor plus sugar, cocoa butter, and vanilla. Usually, bittersweet chocolate has less sugar and more liquor than semisweet chocolate but the terms *bittersweet* and *semisweet*, are used interchangeably. Semisweet chocolate is dark chocolate with a low sugar content. **Milk chocolate** is made by adding sugar and milk powder or condensed milk to cocoa butter and cocoa liquor. **White chocolate** is made from sugar, cocoa butter, and milk solids. White chocolate does not contain cocoa liquor.

Processing chocolate affects the texture of the final product. More expensive chocolate products are usually processed longer and have a smoother texture and “feel” on the tongue. Conching is a grinding process that refines and blends the chocolate. Before conching, the texture is uneven and gritty. The length of time the chocolate is conched determines the smoothness of the final product. Chocolate may be conched from 6 to 72 hours. Tempering follows the conching process. The fats in chocolate can crystallize in several different forms. Tempering is done to create very small crystals in the chocolate, which also contributes to the feel on the tongue.

Storage of Chocolate

Chocolate is sensitive to temperature and humidity. Store chocolate between 59 and 63°F in low humidity. Chocolate can absorb aromas from other foods. Keep chocolates wrapped to prevent absorption of moisture and aromas. If chocolate is not stored properly, it can “bloom.” This whitish discoloration forms when the chocolate absorbs enough moisture for the fat or sugar crystals to rise to the surface. This bloom is visually unappealing but the chocolate is safe to eat. High temperatures can cause the chocolate to melt and change the crystals, causing a rougher feel on the tongue.

Chocolate Consumption, Kilos per person 2005

Belgium	10.74	Austria	8.33
Switzerland	10.14	Denmark	7.13
UK	9.94	Sweden	6.97
Norway	9.19	Finland	6.43
Germany	8.96	USA	5.58

Source: Adapted from CAOBISSCO

Health Benefits of Chocolate

Women have been eating chocolate as a premenstrual fix for decades. According to recently published data, chocolate is the most craved food in North America, and most of the chocolate cravers are women.

A recent study focused on the effect of chocolate on depression (Archives of Internal Medicine). The researchers found that people who are clinically depressed are more likely to eat chocolate, and the more depressed they are, the more chocolate they eat. These researchers cannot conclusively state if depression stimulates chocolate cravings. The fat content, sugar content, caffeine, texture, or aroma may be responsible for the mood-enhancing effect of chocolate. Components in chocolate (theobromine, tyramine, and phenylethylamine) may be responsible for this effect on mood.

Are you a “chocoholic”? Several studies have focused

on chocolate craving. A compulsion to eat chocolate may be similar to a drug addiction; the chocolate addict may have a heightened sense of well-being during consumption. The drive for chocolate may interfere with performing everyday activities and thoughts, and may influence mood.

Recently, compounds in chocolate have been found to have health benefits, and chocolate sometimes is being referred to as a functional food. Components in chocolate include antioxidant flavanol compounds, such as catechins, which reduce free radicals produced by oxidation, lower LDL cholesterol, reduce blood pressure, and reduce platelet aggregation. The amount of the antioxidant flavanol compounds in chocolate products depends on the type of chocolate and the processing method. Dutched process cocoa will have lower levels of antioxidants. Dark chocolate is higher in these compounds, whereas white chocolate is very low in antioxidant flavanol compounds.

Cocoa butter contains stearic acid and small amounts of plant sterols. Studies on stearic acid from chocolate demonstrated a neutral cholesterolemic response in people who consumed the chocolate-enriched diet, which was high in saturated fat.

The fat and sugar content of chocolate does increase calories associated with chocolate consumption. The addition of milk to chocolate products may be of concern to people who are lactose intolerant. Nuts may be added to chocolate products, and people allergic to tree nuts or peanuts should avoid these products. Read the ingredient label for added ingredients that may cause a health problem.

Magnesium is a mineral found in significant amounts in chocolate products. Low dietary magnesium may be a risk factor for hypertension, stroke, and cardiac arrhythmias. Women in the US generally do not meet the recommended dietary amount for magnesium. A serving of milk chocolate (44 grams) provides 8 percent of the RDA, and a serving of dark chocolate provides 15 percent of the RDA for magnesium. Milk chocolate products contribute calcium to the diet.

Functional Foods

Functional foods are defined as any food or food ingredient that may provide a health benefit beyond the traditional nutrients it contains. A functional food is similar to a conventional food. Some functional foods are soy, garlic, oats, flax seed, and chocolate.

Phytochemicals or nutraceuticals are examples of food ingredients (components) that provide a health benefit. The term *phytochemical* refers to a large set of compounds that are found in plant foods and are usually responsible for color and flavor. These phytochemicals can provide health benefits. Examples of phytochemicals are carotenoids and lycopene found in red and orange fruits and vegetables.

A nutraceutical is a component that is isolated from a food and sold in dosage form. Nutraceuticals are physiologically active components that demonstrate specific health or medical benefits beyond basic nutritional functions. Examples of nutraceuticals are garlic extract, flax supplements, and fish oil capsules.

Medical foods are food products formulated for the management of a condition for which distinctive nutritional requirements have been established. They are intended for use only under a physician's monitoring and only by patients receiving regular medical attention.

List of Functional Foods (Whole Foods) with Health Benefits

Apples	Ginger
Beef	Hot peppers
Blackberries	Ketchup
Blueberries	Legumes/lentils
Bran	Nuts (almonds, walnuts)
Cantaloupe	Oats/oatmeal
Carrots	Onions
Celery	Parsley
Cheese	Pumpkin
Citrus fruit (grapefruit, lemons, oranges)	Prunes
Chocolate	Rosemary
Corn	Sesame seeds/sesame butter
Cranberries/cranberry juice	Sweet potatoes/yams
Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, cabbage, kale)	Sweet peppers
Dairy products	Soy
Eggs	Spinach
Eggplant	Strawberries
Fish/fish oil	Sunflower seeds
Flax/flax seeds/flax seed oil	Tea/green tea
Garlic	Tomatoes
	Watermelon
	Wine
	Whole grains
	Yogurt

Frequently Touted Nutraceuticals

Allyl sulfides (found in garlic, onions, etc.)
 Antioxidants (beta-carotene, carotenoids, limonene, lutein, lycopene, terpenes, vitamins C and E, zeaxanthin)
 Caffeic, ellagic, and ferulic acids (found in fruits and vegetables)
 Catechins (polyphenolic flavonoid compounds found in tea and cocoa)
 Conjugated linoleic acid (CLA) [found in animal fat]
 Fiber, Lignin
 Flavonoids/flavanols (found in fruits and vegetables, chocolate)
 Indoles (found in cruciferous vegetables)
 Isoflavones (found in soy)

Isothiocyanates (found in cruciferous vegetables)
 Omega-3 fatty acids
 Phenols/phenolic compounds (found in fruits and vegetables)
 Phytoestrogens
 Phytosterol
 Prebiotics (found in the onion family)
 Probiotics (bacteria cultures found in yogurt)
 Quercetin/resveratrol (found in onions, wine, tea)
 Saponins (found in vegetables, legumes)
 Selenium

Labeling

Functional foods can have a health claim on the food product's label. These health claims are regulated by the Food and Drug Administration (FDA). An FDA-approved health claim is granted when the scientific evidence is very strong — and experts agree — that a relationship exists between a food compound and a disease or health condition. Approved foods have convincingly demonstrated their health benefits when consumed at sufficient amounts on a regular basis as part of a well-balanced and healthful diet. An example of a statement that may be on a food label: *While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.*

FDA-approved Health Claims

- A diet with enough calcium and a reduced risk of osteoporosis
- A diet low in total fat and a reduced risk of some cancers
- A diet low in saturated fat and cholesterol and a reduced risk of coronary heart disease
- A diet rich in fiber-containing grain products, fruits, and vegetables and a reduced risk of some cancers
- A diet low in sodium and a reduced risk of hypertension
- A diet high in potassium and a reduced risk of hypertension and stroke
- A diet rich in fruits and vegetables and a reduced risk of some cancers
- A diet adequate in the synthetic form of folate or folic acid and a reduced risk of neural tube birth defects
- Use of sugarless gum containing sugar alcohols and a reduced risk of tooth decay, especially when compared with foods high in sugar and starches
- A diet rich in fruits, vegetables, and grain products that contain fiber, especially soluble fiber, and a reduced risk of coronary heart disease
- A diet rich in foods that contain fiber from whole oats, including oatmeal, oat bran, and oat flour, and a reduced risk of coronary heart disease

- A diet rich in foods that contain fiber from phyllium and a reduced risk of coronary heart disease
- A diet that includes 25 grams of soy protein daily and that also is low in saturated fat and cholesterol and a reduced risk of coronary heart disease
- A diet containing 1.3 grams of plant sterol esters or 3.4 grams of plant stanol esters daily and a reduced risk of coronary heart disease
- A diet rich in whole grain foods and a reduced risk of coronary heart disease and certain cancers.

Resources

- Bruinsma, K. and Taren, D. L. 1999. Chocolate: Food or Drug? *JADA* 99:1249-1256.
- Marcus, J. B. 2003. New Age Foods for Disease Prevention. *Today's Dietitian* 12(5).
- Steinberg, F. M., Bearden, M. M., and Keen, C. L. 2003. Cocoa and chocolate flavonoids: Implications for cardiovascular health. *JADA* 103:215-223.

For more information on functional foods, check the University of Nebraska–Lincoln Extension Publication *Functional Foods*, EC473, at <http://www.ianrpubs.unl.edu/sendIt/ec473.pdf>



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Variety Christmas Spectacular at Badgett Playhouse

Saturday, November 11, 2017

Please see note below regarding the deadlines for refunds and for purchasing trip cancellation insurance. Thank you!

___8:00amCST (9:00am EST) Depart from Lakeside Commons (N. Green River Rd by ONB)

As we travel, we will enjoy **coffee + doughnuts**.
Please feel free to bring your own bottled water and snacks on the tour.

Arrive in Grand Rivers at **Patti's 1880's Settlement**
You can enjoy visiting the shops here or walking around Grand Rivers between lunch and the start of the show.

11:00am **Lunch** is included at **Patti's Restaurant**.

2:00pm **Variety Christmas Spectacular**

4:30pm (after the show) Depart from the theatre
We will stop for a quick break on our way home.

7:00pm Return to Evansville (Return time is approximate.)

- NOTE:** **Refunds in full** will be given until October 19, 2017.
- **No Refunds or Credits will be given after October 19, 2017.**
 - **TourSecure** Trip Cancellation Insurance is Available.
 - **Must be purchased by October 19, 2017 to cover this tour.**
 - **For your safety, please remain seated while the bus is in motion.**
 - Please, enjoy your **ice cream** and **milk products** outside the bus.
 - Thank you for respecting the sound-space of your fellow travelers by using your **cell phone** during breaks outside the motorcoach.
 - **Times** shown are CST (Evansville)
 - **Please be seated next to the person with whom you are traveling.**
 - **If extra seats are available in the motorcoach, you are welcome to move after everyone on the tour has boarded.**

INCLUDED IN YOUR TOUR: Motorcoach Transportation; coffee + doughnuts;
lunch at Patti's; ticket to the show; related taxes and tips

Cost \$106 (includes transportation, admission to the play, Lunch at Patti's, tips, and taxes). When you call or email to make your reservation, tell them you are a Vanderburgh County Extension Homemaker since they added the Nov 11th date for us. Only 46 seats available, so get your reservation in soon!

Thank you!

Lifestyle Tours presents . . . Lunch at Patti's Restaurant - 2017

**Entrees and desserts are selected at the table.
Flower Pot Bread is served with the Pork Chop Dinner.**

Don's Grilled Chicken Sandwich – Patti's original grilled chicken topped with mozzarella cheese, green onions and crumbled bacon.
Served with homemade chips and cole slaw.
(Does not come with Flower Pot Bread)

Kentucky Hot Brown – Patti's House Specialty! An open faced sandwich that starts with a slice of homemade bread, then topped with thinly shaved ham and turkey and a tomato slice and smothered in house cheese sauce.
This is topped with a slice of crisp bacon and homemade potato chips.
(Does not come with Flower Pot Bread)

Ribeye Steak Sandwich – A 6-oz Ribeye steak charbroiled and seasoned with Patti's special seasoning. Served on homemade bun with good things from the garden – lettuce, tomato, onions and pickles. Comes with mayo and chips and cole slaw. (Does not come with Flower Pot Bread)

1" Pork Chop – A half-pound of pork, charbroiled over an open flame and basted with special seasonings and sauce
Pork Chop dinners are served with a baked potato and a fresh garden salad with homemade dressings. Flower Pot Bread is served with this dinner.

Dessert: "Half-servings" will be served.

Bill's Boatsinker Pie: a rich dark double fudge pie topped with coffee ice cream, piled high with whipped cream and drizzled with chocolate syrup and topped with a cherry.

Kentucky Chocolate Chip Pecan Pie: an old Kentucky tradition and very rich. Pecan pieces mixed with semisweet chocolate chips in a flaky pie shell topped with whipped cream and a cherry

Sawdust Pie: a coconut, pecan and graham cracker pie in an egg batter and baked in a flaky pie shell topped with fresh sliced banana and whipped cream.
The House Specialty!