Study on Depression and Diet

A study in London found that fresh fruits and vegetables and fish could help to prevent the onset of depression. A questionnaire about their eating habits, and a self-assessment for depression was completed by 3486 civil servants. Those that ate whole foods had 26% lower risk of depression compared to people with a diet heavy in processed food who had a 58 percent higher risk of depression.

I noted in this article that the average age of the respondents was 55. I started thinking...I'm in that age group... Could it be that eating hot dogs at the football games are really having more effect on my mood than the fact that is the Senior year of my youngest child? Is it the cocoa flavored breakfast cereal and not the wrinkles I see in the mirror? Could it be the pizza I'm eating as I e-mail my daughter at college, or is it the carton of eggnog and not the fact that the holidays are fast approaching and I am not even close to ready? I guess I will go eat some celery sticks and ponder this study.

FCE Groups Study the Fashion Zone

Ready to wear clothing is based on a standard that only 22 in 10,000 women meet. The rest of us are wearing clothing that was meant for someone else. The focus of the November meeting for FCE groups will be the Fashion Zone.

We will (hopefully) meet in the newly remodeled conference room at the Hood River Extension Office. All groups are invited. A potluck lunch will follow the eleven o'clock lesson.

In this class we will talk about vertical measurements that can be taken and put into a formula to make clothing adjustments that are just right for you. We will be “going green” by revitalizing the clothing already in your closets to make you look fabulous– not frumpy.

Inside this issue:

Clean Beds
Oranges
Pyramid Snacks To Go
Longer Life
Websites
Recipe
Calendar

Special points of interest:

- Holiday Hotline: Nov. 16-19 and 23-25 9:00am-4:00 pm 1-800-354-7319
- Calculator for turkey size and amount of stuffing at: www.butterball.com
Clean Beds for Good Health

Flu season is a good time to give your beds a thorough cleaning. And if someone in your household is just getting over a bout with the flu, there's nothing nicer than a fresh, clean bed to celebrate the recovery.

"Everyday" items, like sheets, pillows and mattress pads, as well as most blankets and comforters, are washable. The more decorative components, like bed skirts, throw pillows, bedspreads, coverlets and throws, may be dry-clean-only. Check the care labels to be sure.

Mattress: Vacuum to remove any loose dirt or dust. A light spray with a fabric refresher will help remove any lingering odors. Vacuum and spray one side. Wait until the mattress is dry, and then flip it over and vacuum and mist the other side.

Mattress pad: Check the care label, then wash, using the recommended bleach and the hottest water that’s safe for the fabric. Machine-dry.

Bed pillows: Most pillows can be cleaned in the washing machine, but read the label for cleaning instructions particularly for feather or down pillows as these may need to be dry cleaned. Wash them two at a time, agitating for only one or two minutes on the gentle cycle. Use the spin-dry feature of your washer at least twice to get as much moisture out of the pillows as possible. When drying, remove them and fluff them periodically. This will prevent clumping and promote even drying. Tossing a few tennis balls in the dryer with the pillows will also help prevent clumping.

Blankets: Follow the care label instructions. If the instructions are missing or faded, machine-wash in warm water on the gentle cycle and machine-dry on the low heat cycle.

Comforter: Depending on the capacity of your washing machine, it can be difficult to wash a comforter at home. Instead, take it to a laundromat and wash it in one of the large-capacity machines. Be sure to check the care label before washing particularly for feather or down comforters as these may need to be dry cleaned.

Electric blanket: Check the care label. Generally, electric blankets shouldn't be dry-cleaned, because the chemicals may ruin the wiring. Most electric blankets can be machine-washed, using the gentle cycle and only two to three minutes of agitation. Don’t put the blanket in the dryer unless the care label recommends it. Instead, hang it over two lines or lay it flat to dry.

Bed skirt: If your bed skirt or dust ruffle is dry-clean-only, and it isn't soiled, toss it in the dryer with a fabric softener sheet. The sheet will trap the dust and the heat of the dryer will destroy any germs. Or use an in-home dryer kit to clean and refresh it.

Decorative pillows: Some decorative pillows have removable covers so the pillow and the cover can be cleaned separately, according to the care label instructions. If the cover is dry-clean-only and appears to be permanent, if you are handy with a needle and thread you can remove it by carefully ripping out the stitching along one edge. Clean the cover and the pillow (unless the care label says otherwise) using a home dry cleaning kit. Once the parts are clean, insert the pillow and hand-sew the opening closed.

Source: Cleaning 101 SDA newsletter

Choosing and Storing Oranges

Fresh oranges are making their way into the grocery stores this season. So how do you know if you are getting the best quality?

Oranges are picked ripe and ready to eat. Choose firm oranges that are heavy for their size, as heavier oranges have more juice inside. In general, smaller oranges are juicier than larger ones. Color is not a good indication of quality. Although the fruit changes from green to orange as it ripens, under certain growing conditions the ripe fruit will begin to turn green again – and may actually be sweeter than some fully orange fruit.

Store oranges on the counter for 10 days to 2 weeks, or up to 3 weeks in the refrigerator. The peel protects the fruit and very little nutritional value is lost until the skin is cut.

Source: Food and Health Communications
Discover the Secrets of Pyramid Snacks to Go

In today’s busy world, snacking is part of our daily routine. We enjoy milk and cookies after school, munch carrots and celery sticks while preparing dinner and reach for a handful of crackers before bed. Snacks are an important source of energy and can provide key nutrients, according to the American Dietetic Association.

Whether heading off to basketball practice, a day of school or work or a trip by plane or train, bring along some tasty, portable snacks. You will be prepared when the urge to nibble strikes. Here are a few healthful ideas:

- Pack a banana and graham cracker squares.
- Fit a fruit juice box and a bran muffin into a briefcase.
- Stow a small package of pretzels and an orange in a backpack or gym bag.
- Wrap up a mini bagel spread with apple butter.
- Store a box of crackers, cereal or animal crackers and some small cans of vegetable juice in a desk drawer or locker.
- Carry along a couple of breadsticks for easy munching.

Source: American Dietetic Association

10 Steps Toward a Longer Healthier Life

1. Don’t smoke.
2. Build physical and mental activities into every day.
3. Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier monounsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats.
4. Take a daily multivitamin, and be sure to get enough calcium and vitamin D.
5. Maintain a healthy weight and body shape.
6. Challenge your mind.
7. Build a strong social network.
8. Protect your sight, hearing, and general health by following preventive care guidelines.
9. Floss, brush, and see a dentist regularly. Poor oral health may have many repercussions, including poor nutrition, unnecessary pain, and possibly even a higher risk of heart disease and stroke.
10. Discuss with your doctor whether you need any medication—perhaps to control high blood pressure, treat osteoporosis, or lower cholesterol—to help you stay healthy.

Source: Harvard Health Beat.

Fun Websites

If you knit or crochet and have a computer then Ravelry.com is a great site to browse. It is a Facebook for yarn lovers. The site features a project notebook, pattern search and yarn pages. The costs vary for patterns, but many are free. The patterns have been rated with reviews from people who have used them. There are photos of yarns that are for sale and there are opportunities to connect with others who enjoy knitting and crocheting.

IMDB.com is a great resource for answering every possible detail you could imagine about every movie ever created. You can watch trailers, learn about upcoming movies and even watch old episodes of Flipper or CSI.

Source: Debt-Proof Living
Pumpkin Pie Best Light

16 pieces of ginger snap cookies
16 ounce can pumpkin
1/2 cup egg whites
1/3 cup sugar
1 1/2 cup evaporated skim milk
2 teaspoons pumpkin pie spice
1/3 cup Splenda

Preheat oven to 350 degrees. Grind ginger snaps in food processor. Lightly spray a glass pie pan with cooking spray. Pat cookie crumbs into the bottom of the pan evenly.

Mix the rest of the ingredients in a medium sized bowl and pour into the crust. Bake until knife comes out clean from center, about 45 minutes. Refrigerate and slice in 8 wedges.

Optional: serve each wedge with fat free whipped cream.

Nutrition Information

Calories 165 Total Fat 1.5g Saturated Fat 0.5g Trans Fat 0g Cholesterol 1mg Sodium 170mg Carbohydrates 32g Dietary Fiber 2g Sugars 18g Protein 6g Vitamin A 8406.4iu (168%) Vitamin C 2mg (3%) Calcium 154mg (15%) Iron 1.2mg (6%)

Source: Food and Health Communications

November

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