

FACES NEWSLETTER

Family and Consumer Science



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Bake a Perfect Pie

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Thanksgiving is the holiday known for pies. Pumpkin pie. Pecan pie. Chocolate pie. Apple pie. Sweet potato pie. Well, I think you get the picture. I personally love pie, mostly because of the crust, if I'm being honest. Unfortunately, making a homemade pie crust vexes many people. So much so, that often Thanksgiving pies are purchased, or baked using a premade pie crust (shudder!). Well, since it's only a few weeks until Thanksgiving, we want to help make your holiday dreams of totally homemade pie come true. On October 15th at 5pm, the North Carolina Cooperative Extension- Onslow County Center is offering "Bake the Perfect Pie" a workshop will include a step by step pie making demonstration as well as recipes, tips and techniques. The cost is \$10 per participant and you'll get to eat some yummy pie. Then on October 29th at 5pm we will be offering another workshop on "Canning Pie Filling". This workshop will provide participants with the skills to preserve the fruits of summer and fall to allow them to enjoy them during the winter holidays. The cost of this class is \$10 and participants will take home a jar of the pie filling canned in class. Call 910-455-5873 for more information or to register.

Halloween Treats Don't Have to Be Sweets

For Halloween this year, think beyond the usual sweet treats. Try handing out miniature toys, stickers and non-food favors available in the Halloween section at local stores. Small containers of modeling dough, pencils, erasers, plastic rings, or pennies and nickels are also welcome gifts. Offering non-food treats is also healthy practice for those providing the treats as well, instead of having candy left over to tempt you, non-food treats can be stored for next Halloween. In addition, kids enjoy non-food treats for Halloween. A recent study shows that children between the ages of 3 and 14 were just as likely to choose toys as candy when given the opportunity to choose between Halloween treats of candy or toys. There were no gender differences.

Sweets are discretionary calories and are not essential for a healthy diet. The flavor and fun of Halloween candy and sweets can be enjoyed by trick-or-treaters in moderation as an addition to the daily meal plan. For non-sweet food treats nutritionists suggests cheese and cracker packages, sugar-free gum, cheese sticks, individually wrapped sticks of beef jerky, juice box packages, small packages of nuts or raisins, packets of instant cocoa mix and coupons good at local food establishments.

Here are additional ideas to help celebrate Halloween safely and healthfully:

- Only allow children to trick or treat in familiar areas and neighborhoods.

- Make sure children eat before going out. Cut bread in pumpkin shapes, add lean meat, chicken or turkey and serve with a glass of low-fat milk and sliced fresh fruit.

After trick-or-treating, share your child's excitement by letting him or her show you the bag of treats. Inspect all treats to make sure none have been opened or tampered with. To help other parents, label homemade goodies with name, address and phone number so they can be identified as safe.

- Take a long walk around your neighborhood and enjoy the decorations and the children's costumes.
- Allow some time for children to enjoy their treats after coming home. Offer a glass of skim or low-fat milk to go along with the treats.
- Encourage children to separate goodies into groups that are similar in ingredients or color of wrapper.

Make a game of eating just one from each type of goodie, rather than the whole bag. Halloween treat bags usually provide enough goodies for two to three weeks. Encourage kids to pick a favorite treat or two for each day of the coming week. Divide the remaining treats into one-week portions, place in bags and store for the next weeks. Suggest that he or she eat one or two pieces a day at snack time or with meals.

Help youngsters remember to brush their teeth or at least rinse the mouth thoroughly with water after eating sweets and other carbohydrate foods. This will help prevent tooth decay.

For a Halloween party serve nutritious treats such as plain or cheese-coated popcorn, not- too-sweet cookies, apples, grapes, bananas, other fresh fruit,

unshelled peanuts and Halloween punch made with orange juice, lemonade and apple cider. Let children help prepare snacks such as pizza faces. They can create their own faces by arranging sliced olives, green peppers, mushrooms, pepperoni and other ingredients on English muffins brushed with tomato sauce. They can add a little grated cheese for "hair" and heat in the oven or microwave.

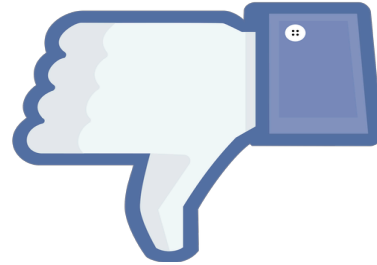
Facebook Quitters Want More Privacy

Privacy concerns are the main reason people are dropping Facebook these days, a small but telling study suggests. If this sentiment becomes a trend, it could have far-reaching repercussions for businesses that have embraced the social network as the bedrock of their customer outreach, authentication, or marketing initiatives.

This month, psychologist Stefan Stieger and fellow researchers at the University of Vienna based on a survey of 300 Facebook users and about 300 people who had left the social media site. Obviously, that's a teensy percentage of Facebook's more than 1 billion worldwide subscribers, so it's dangerous to ascribe a trend to what can be compared to a flea bite on an elephant. But lots of flea bites eventually hurt even the biggest pachyderm.

Among those who left Facebook, 48 percent did so due to concerns over the site's privacy. Fourteen percent left because of a general dissatisfaction with Facebook, and 13 percent were fed up with meaningless conversations and

negative interactions with Facebook Friends, the study found. Six percent quit over fears they were becoming addicted to the site.



Privacy fears are understandable in light of Facebook's [recent ad changes](#) and its planned changes to its [governance policies](#), which include incorporating users' faces into ads and expanding photo tagging. Privacy groups have [asked the Federal Trade Commission](#) to block these changes. Last year, businesses spent [\\$4.3 billion](#) on Facebook for sponsored stories, side ads, promoted posts, sponsored apps, and event sponsorships, according to Uberflip. If prospective customers are losing faith in the vehicle, could they blame the brand?

In the past few months, people friends have quit Facebook. All of them left, at least in part, because they were worried about privacy. Only one cited annoyance at other people's posts as another major reason for leaving the site.

Of course, losing a few people isn't going to change Facebook's policies or profitability potential. If enough people left, that could force Facebook to open its eyes. Users who remain with Facebook, could be altering their use patterns. This would reduce its value for brands and advertisers (and the users themselves) in a no-win battle to maintain some semblance of privacy and control.

Source: internet evolution

by: Alison Diana

Pick Fall Produce

Help your family eat healthier this fall by picking up some of the best nature and your local farmers have to offer. The Onslow County Farmers' Market will remain open until at least October 17th, so come out and check for these local, fresh fall fruits and veggies. Many of these nutritional treats can also be found at you local grocery store or supermarket.

1. **Beets** - known for their deep color (that's a good thing) beets are a good source of folate, vitamin C and potassium.
2. **Cabbage** - great in soups or salads, cabbage is high in vitamins A and C.
3. **Cauliflower** - while cauliflower doesn't really pass the deep color test, it is still a great source of folate, fiber and vitamin C. Try it roasted or mashed for a change of pace.
4. **Figs** - Did you know that fresh figs have more fiber than any other fruit or vegetable! Pair with a strong cheese or prosciutto for a good balance.
5. **Parsnips** - Add a few cubes of parsnips to your next batch of mashed potatoes or mash them with carrots for a pleasant change. Parsnips are high in folate and vitamin C.

6. **Pears** - In my opinion, nothing beats a good pear! Pears are wonderful on their own but they also work very well with cheese. Pears are high in fiber and vitamin C.

7. **Pomegranates** - the very deep red color of a pomegranate tells of its healthy goodness! Pomegranates are a great source of iron and vitamin C.

8. **Pumpkin** - pumpkins aren't just for decorating. Their sweet flesh makes a wonderful soup and is also good in risotto. Pumpkin is high in vitamins A and C and folate.

9. **Squash** - Winter squashes are a nutritional jackpot! They are an excellent source of vitamin A, vitamin C, potassium and fiber, and a good source of folate and thiamin. Roast, steam, use in soups, or even grill - there are so many ways to use squash.

10. **Sweet Potatoes** - why settle for a regular old spud when you can get even more nutrition and flavor from its cousin the sweet potato? Sweet potatoes are high in vitamins A, C and B-6, fiber, copper and potassium.

Go for the dark, intense colors in the fall fruits and vegetables. Your body will thank you!

What to Wear After Hours This Fall

What do you have on your fall social calendar? A pig pickin'? A harvest festival? A mini-vacation to see the changing leaves? As the days grow shorter, the calendar can become crazy, and the catalogs start filling your mailbox, now's the time to put together your non-business fall wardrobe. Not only will you find the best deals and greatest inventories if you shop early, you'll also have things ready to go when you need to look great in a flash.

Maybe you've never given your "down time" wardrobe much thought, if not chances are you've been caught unprepared. Either you found yourself with a last-minute invitation that sent you running to the stores in a panic, or you were out and about, looking like a ragamuffin, when you ran into someone you knew. Probably neither did much for your self esteem. Don't manage your leisure time wardrobe like this! Instead, make a plan, make a budget, and get your closet in order. It will be one less thing to think about when the days - and your free time - grow shorter.

First make a list of your non-business activities. If your nights and weekends consist mostly of cleaning the house, buying groceries, walking the dog, and taking in an occasional movie, your leisure-time clothing won't require much scrutiny. But if you're active with charities, constantly on the go, climbing the social ladder, or whatever, you'll need a recreational wardrobe that can go the distance.

Start by making a list of the types of activities you normally engage in this

time of year. Pull out your calendar to see what's already on the schedule. If it will help, take a look at last year's calendar, if you still have it, to see what kinds of things you did last fall. That should give you a good idea of what to expect this year as well.

Once you've identified what you'll be doing, check to see how your current wardrobe stacks up. If you have a solid assortment of staples (classic styles in neutral colors) in good condition, you may find that you won't need much at all. However, if you have two pairs of sweats with holes in them and a pair of jeans that only fit three weeks out of the month, then it's time to add to your weekend wardrobe. You won't need to spend a lot--IF you purchase wisely.

If you're like most women, your wardrobe probably consists of just a handful of colors. They may be black, white, navy, and red, for example, or brown, beige, ivory, and rust. Since we're normally drawn to the colors that look best on us, we tend to stock our closets accordingly. Use this to your advantage. Begin by going through your closet and put all like items together: all jackets, all pants, all skirts, all dresses, all sweaters, etc. Break up those tried-and-true sets to look at the individual pieces.

Then experiment with different combinations. Take the jacket from your good wool suit, for example, and put it together with those off-white cords. Coordinate your colors to come up with new and exciting variations. Write down these combinations for quick reference in the future. You may be astounded at what you came up with. Often, we get so used to wearing the same tops with the

same bottoms or the same jackets with the same skirts that we forget that the individual pieces have much more utility than we've given them. With a little imagination and some experimentation, you may be surprised by what you actually have.

But then again, you may find that you're lacking certain key pieces, like a sweater, a pair of pants, or whatever. If adding simple skirt or leggings would give you three more outfit combinations, for example, or adding a couple of turtlenecks or tunics would give you endless outfits, then this is where you need to spend your money. Buy the pieces that offer the most versatility; avoid those that can only be worn one way. In fact, every time you're considering buying something, the question you need to ask is: "Does this go with at least three other things in my existing wardrobe?" If not, put it back on the rack and buy something that does.

If you find that you need more items than your budget can handle at this point, identify the pieces that will offer the most flexibility and buy them first. It may be a pair of pants or a skirt. It could be a sweater or a jacket. Whatever it is, it should have a solid impact on your wardrobe. Buy the best quality you can afford, and wear it for years to come.

The easiest way to stick to your budget is to take cash to the store and leave your credit cards at home. When you know you only have a certain amount to spend, you weigh your purchases very carefully. Impulse buying goes by the wayside.

If you keep your fall leisure-time wardrobe simple and no-fuss, you'll not

only look good and stay warm, you'll ACTUALLY wear these clothes when the lure of sloppy sweats calls. Don't be put into a panic by a last minute invitation or be mortified by an unexpected encounter while running errands. Instead, spend a little time getting your fall wardrobe in order and look great for months to come!

SPOTLIGHT FOR OCTOBER

What eggs are these?

After the Aug. 8 Master Gardener meeting in Onslow County, one of the Master Gardeners approached the guest speaker while holding a small container filled with soil and four leathery oval eggs. The speaker had just given a presentation about eastern NC snakes. When she was gardening a few days before, the Master Gardener had disturbed a clutch of eggs and didn't know what type they were. Snake? Turtle? Lizard? So she brought them to the meeting.

Her concern was that they might belong to a venomous snake. Although the speaker couldn't identify the eggs, she could state that the chances of the eggs



belonging to a venomous snake were *extremely* remote. Why? Because of the six types of venomous snakes in eastern NC (coral snake, water moccasin, copperhead, and three rattlesnakes), only one is an egg-layer; the others give live birth. The coral snake, which is an extremely rare snake, is the only one that lays eggs.

That still left the question of what type of eggs these were. It was decided to try to hatch them. Unlike chicken eggs, reptile eggs should not be rotated or otherwise disturbed once they are laid. Since we didn't know if the eggs had been rotated when dug up and put in the container, the odds of them hatching were pretty low.

The container was placed in a warm location and left undisturbed. On Sept. 16, it was noticed that the eggs had hatched over the weekend. What were they? Baby box turtles! After checking them over and taking some baby pictures, the box turtle babies were released back into the wild...where they belonged.

If you come across round or oval leathery eggs in your yard or compost pile, try not to disturb them. The chances are very good that they are lizard, turtle, or non-venomous snake eggs. The eggs should not be taken out of the wild, and rotating them will usually cause the embryos to suffocate.

If you have any questions, please contact Dr. Diana Rashash at (910) 455-5873 or by email at diana_rashash@ncsu.edu.

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