Fall is Here!

The fall season is here, even if Mother Nature didn’t get the memo in Florida! Children are getting their Halloween costumes ready and holiday decorations are already filling the stores two months early! Among these signs, there are certain foods that come to mind when you think of fall and the holiday season. One of these is pumpkin.

Pumpkin is low in saturated fat and very low in cholesterol and sodium. Additionally, it is a very good source of seven vitamins and minerals, and a good source of eight more. In fact, one cup of cooked pumpkin provides almost 20 percent of the Vitamin C needed in one day and more than twice the daily value of Vitamin A. But what else can be done with it besides carving it into a jack-o-lantern or making it into a pie? Here is a recipe for Spicy Pumpkin Cookies that will benefit your health as well as your taste buds. Eat and enjoy!

**Spicy Pumpkin Cookies**

1 box yellow cake mix  
2 teaspoons pumpkin pie spice  
1 cup canned pumpkin  
¼ cup vegetable oil  
½ cup raisins or pecans (optional)

Preheat oven to 375 degrees. Lightly spray cookie sheet with nonstick spray. Combine cake mix, pumpkin pie spice, pumpkin and oil and beat with electric mixer on low speed for one minute. Stir in raisins or pecans. Drop spoonfuls onto cookie sheet two inches apart. Bake for 11 to 14 minutes or until light golden brown color around edges. Remove and cool. Makes about 30 cookies. Eat and enjoy!

Carolyn Hendry Wyatt  
UF/IFAS Extension Hardee County  
Family & Consumer Science/4-H Agent  
Interim Extension Director  
chwyatt@ufl.edu
Blended families pose challenges

Blending families can be challenging, and reasons are many and varied. The National Step Family Resource Center points out that all step families begin with a history of loss. Step families form because previous relationships have ended. Click Here to Read More

Help spread the word: It’s time to think about a flu shot

Two-time Emmy and Tony award-winning actress Judith Light and the National Council on Aging (NCOA) are teaming up for the second year on the national educational initiative Flu + You to educate older adults and those who care for them about the seriousness of influenza (“the flu”), the importance of prevention, and available vaccine options.

NCOA is excited to launch a new Public Service Announcement with Judith in support of the campaign. The flu can make existing health conditions worse and is especially dangerous for people with chronic health conditions, like heart disease and diabetes, which often affect older adults. Seniors with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

According to the U.S. Centers for Disease Control and Prevention (CDC), the single best way to prevent the flu is to get an annual vaccination, which is recommended for everyone aged six months and older, with rare exception.

We need your help to amplify this important message. Click Here to Learn More about how to help prevent the flu

When kids come home from school, germs do too.

Get a smoother running household, brush up on cleaning basics and get the kids involved with cleaning tasks. ACI’s quick tips and daily habits are designed to make cleaning easier even on the busiest days now that school is back in session. Click here for a handy list of chores to help the whole family divide and conquer.

Top 5 tips for laundry rookies

My son/daughter just left for college and will be doing laundry for the first time. Any guidelines I can share? Click Here to Read More

Half of US Adults Have Diabetes or PreDiabetes

About one of every two American adults has or is at risk of having diabetes, finds a new study that offers important insights into cancer risk. People with type 2 diabetes are at increased risk for many of the most common cancers, including liver, colon and postmenopausal breast. Click Here to Read More

Keeping your kids healthy and safe

Starting school can be an exciting and challenging time for both parents and students. Family involvement plays a crucial role in a child’s success. The Florida Department of Agriculture and Consumer Services provides resources to protect the health and well-being of children. From protecting children from identity theft to providing resources on healthy eating, the department is helping pave the way for a successful future for the next generation.
Protect Your Child’s Identity

Becoming a victim of identity theft is not just something that happens to adults; children are increasingly targeted as well. Children comprise the fastest-growing segment of identity theft victims. Each year, more than 50,000 children in Florida become victims of identity theft and more than $100 million is stolen using the fraudulently obtained identities of children. Identity thieves target young victims because children have clean credit records, making it easy for the criminal to create new accounts. Because parents often don’t check their child’s credit report, identity theft among children can go undetected for years.

Keep Your Child’s Personal Information Safe

• Be cautious when providing your child’s Social Security number (SSN). When a school, youth sports team, or a medical office asks for your child’s Social Security number, question why they need it, what they will do with it and how they plan to keep it safe.
• Shred anything with your child’s personal information. Shred forms, documents and mail before disposal.
• Never carry your child’s Social Security card. To help reduce the risk for theft, leave your child’s card – and the cards of all the members of your family – in a secure place, such as a safe or a safe deposit box.
• Educate your child about identity theft and the dangers of sharing personal data. Keep your child’s sensitive documents safe and teach them the importance of keeping their Social Security card and other personal information in a secure place.
• Contact credit reporting agencies to place a credit freeze on your child’s SSN. The fee to freeze a child’s credit report is $10. If the child has already been the victim of identity theft, the fee is waived. For full details on how to contact all three credit bureaus, visit FreshFromFlorida.com/ProtectYourChild.

Click Here to subscribe to Commissioner Adam H. Putnam's Email

Will later start times improve teens’ sleep?

More than two-thirds of teens report getting insufficient sleep. Sleep deprivation increases risks for health issues and may increase risk-taking behaviors and depression, among other problems. Sleep cycles change during adolescence and it’s hard for teens to fall asleep much earlier than 11 p.m., or wake before 8 a.m. Child Trends is evaluating how a later start time in Fairfax County, Virginia schools - one of the nation’s largest districts - may affect students. We’ll let you know what we find!

Click Here to Read More

Lost your Medicare card?

We are excited to offer another convenient online service that you can use with your my Social Security account. If you are a Medicare beneficiary and you have lost, damaged, or need to replace your Medicare card, you can now easily order a replacement Medicare card using your online my Social Security account. Even if you are not currently a Medicare beneficiary, please share this news with family and friends who might benefit from this new service. If you are still working, don’t forget to use your my Social Security account to view your yearly Social Security Statement and verify the accuracy of your earnings record and obtain updated estimates of your future Social Security benefits.

Getting a Medicare replacement card is another convenient service that is only a few minutes away with your my Social Security account. Help us spread the word about the many benefits available with a my Social Security account at www.socialsecurity.gov/myaccount.
Ten Changes to Save $500 Per Month

By Mary Hunt | September 8, 2015

Ignorance may be bliss in some areas of life, but your money is not one of them. You need to know where your money goes and then a strong will and determination to take control of it.

Today I want to show you ten simple changes the typical reader can make to recover more than $500 in this month and every month in the future, too.

**CUT OUT NEEDLESS TRIPS.** It’s the short spontaneous unplanned trips to run errands that suck the gas tank dry. Cutting out five needless trips a week will reduce your gasoline consumption by five gallons per week ($15) and add up to monthly savings of $60.

**DOWNGRADE TO BASIC.** Have you noticed your premium cable package creeping toward $100 a month? If you’re not there now, you will be in time. Change your cable package from premium to basic and expect a net per month savings of $60. Or better yet, cut the cord completely.

**D.I.Y. LATTES.** Instead of handing over $3 every work day for a fancy coffee drink, make your own at home. After paying $7 twice a month for a pound of coffee and $3 for a gallon of milk, you’ll realize a net savings of $40.

**CANCEL THE GYM.** Why pay $45 a month to work out when you can get the best workout of all for free! Just grab your walking shoes and get going. Or borrow workout videos from the library and workout at home. Net monthly savings: $45.

**EAT THE SALES.** As you shop for groceries, stop putting anything in your grocery cart that is not on sale—at least 40 below the regular price. Got it? Great because that will net at least $50 savings each month.

**SWITCH TO TAP WATER.** Stop spending $1 a day for 1.5 liter bottle of water. Drink it free from the tap. Monthly savings: $30.

**REPLACE DESSERT.** Notice I did not say give up dessert, simply replace a $5 restaurant dessert with a $.75 candy bar. But go easy. Once a week is more than enough and will save you $17 in a month.

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Food can kill - or heal. Info to help you choose wisely

**Ken McCarthy | The Real Food Channel**

An estimated 85% of lung disease is caused by cigarette smoking.

If you have smoked or been exposed to second-hand smoke, there are some foods that may help you repair the damage your lungs have suffered. Click Here to Watch the Video (2:43):

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5-Minute Back-to-School Breakfasts

As school starts up again, finding time to make or even sit down for a meal can be hard. Before your kids head out the door to school toss together one of these healthy breakfasts, ready in 5 minutes or less. Click Here to Read More

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Traumatized youth in schools

Students in Compton, California have filed a lawsuit, arguing that their district has failed to properly educate youth who have experienced trauma, and calling for the district to provide teacher training on the matter. The case could test whether complex trauma should be considered a disability, qualifying affected students for additional academic and mental health services. One in four children will experience some form of maltreatment in their lives. Child Trends' latest post discusses some of trauma’s potential impacts on learning, and promising approaches to helping those impacted by it. Click Here to Read More
**Calendar of Events**

**Wellness Wednesdays**
Join us the first Wednesday of each month for a wellness presentation.

Attend in person or stream live from your computer. Can’t make it? All Wellness Wednesday presentations are recorded and posted to the Media Library at [GatorCare.org/wellness/library](http://GatorCare.org/wellness/library).

To receive updates about upcoming presentations, join the Wellness Email List.

To sign up, email listserv@lists.ufl.edu with the following message: “subscribe WELLNESS-L yourfirstname yourlastname” example: subscribe WELLNESS-L john smith

**Ona White Angus Field Day**
October 22, 2015
Turner Agri-Civic Center
2250 NE Roan Street, Arcadia

Registration before October 20th is required to attend. The $15 fee includes lunch.

[Click Here to Register](#)

For more information, visit the UF/IFAS Range Cattle REC website. Here you can view the IFAS News Press Release and an informational Q & A sheet.

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**Trade Dinner for Breakfast.** Dinner for two in a typical restaurant now costs about $40. Breakfast for two: $15. Make this switch twice a month and save: $50.

**Track Your Spending.** By simply writing down how you spend your money, experts say you will recover the 10 percent of your net income that disappears through impulsive purchases. Net savings each month: $200.

**Give It Up.** Vow to give up one vice. Come on, even if it’s a challenge, calculate how much you will save by not smoking, not drinking a 6-pack of beer every weekend or not getting your nails done every week. How about mowing your own lawn or washing the car? Whatever it is, determine to give up one thing and you will net at least $25.

There you have it, ten simple changes that have the potential to net you more than $500 each month! You could use the money, right? Well then, what are you waiting for?

Remember, it’s the money you don’t spend every month that ultimately will give you the freedom to live the life you love! That’s the subject of my new book, “Live Your Life for Half the Price,” available wherever books are sold. Get it! [Click Here to Read More](#)

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**More Americans Eating Whole Grains, Health Benefits Key**

Nearly two-thirds of Americans say they are making at least half of their grains whole grains, with about nine of ten people eating whole grains for the health benefits, according to a new survey. [Click Here to Read More](#)