

# The Scoop



Cornell University  
Cooperative Extension  
Schoharie County

Cooperative Extension News

Building Strong and Vibrant New York Communities

November and December 2010

## Feature

- 1 Annual Association Meeting and Dinner

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## Annual Association Meeting & Dinner

Cornell Cooperative Extension Schoharie County  
Wednesday, November 17, 2010, 6:30 p.m.  
Upper Champlin Hall, SUNY Cobleskill

Buffet Dinner featuring:  
Roasted Root Vegetable Salad  
Chicken Marsala  
Baked Haddock  
Lamb Stew  
Rice Pilaf  
Squash  
Pumpkin Cheesecake  
\$20.00 per person

Reservations Requested By November 10 at Noon  
(518) 234-4303 (518) 296-8310

## Keynote Speaker

**Helene Dillard, Ph.D.**

Director, Cornell Cooperative Extension  
Associate Dean, Colleges of Agriculture and Life Sciences  
and Human Ecology  
Professor, Plant Pathology

Annual Program & Financial Reports

Recognition of Volunteers

Membership Election:

Board Director

Association Constitution



Cornell University  
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# The Scoop

Vol. 18, No. 6, November - December 2010 Published 6 times per year  
by Cornell Cooperative Extension Schoharie County  
173 South Grand Street  
Cobleskill, NY 12043  
(518) 234-4303 or (518) 296-8310  
Office Hours: 8:30 a.m. - 4:30 p.m. M-F

New York State College of Agriculture and Life Sciences, New York State  
College of Human Ecology, and New York State College of Veterinary  
Medicine at Cornell University, Cooperative Extension associations,  
county governing bodies, and U.S. Department of Agriculture,  
cooperating.

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All staff contributors in this newsletter can be contacted at Cornell  
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### About our recipes. . .

Our recipes illustrate newer, healthy-living food preparations. They are based on research from the Division of Nutritional Sciences at Cornell University and are chosen to meet the following principles:

- \* Seasonal and local produce are featured.
- \* The ingredients are affordable and readily available.
- \* Recipes are simple and take a reasonable amount of time to prepare.
- \* The recipe has 35% or fewer calories from fat, unless it is a meat recipe in which case it has a limit of 50% of calories from fat.
- \* The recipe has minimal added sugars.
- \* All recipes are tested by Cooperative Extension Eat Smart New York staff.

If you would like to participate in the ESNY program, and learn to make delicious, healthy meals on a limited income, please contact us.



# Apple Cobbler

Do you know the facts about apples?

- New York grows more varieties of apples than any other apple growing state.
- There are 700 apple growers in New York State who pick apples from more than 10 million trees!
- On average, New York produces 29 million bushels every year.

Now knowing these facts, doesn't it sound mouth-watering to sink your teeth into one of our best loved recipes? Apple cobbler goes well with all of our fall and winter holidays. It can be served warm or cold and makes a delicious dish to share for holidays and special occasions.

### Ingredients

- ½ cup sugar
- 1 teaspoon cinnamon
- vegetable oil spray
- 4 cups apples, thinly sliced
- 2 cups Master Mix, reduced fat
- 1 egg, beaten
- ¾ cup 1% milk

Makes 12 servings

### Instructions

1. In a small bowl combine sugar and cinnamon; set aside.
2. Prepare a 13 x 9 x 2 inch baking dish with vegetable oil spray. Place apples in dish, sprinkle with sugar and cinnamon.
3. In a medium bowl combine Master Mix, egg, and milk in a bowl; mix well.
4. Spoon mixture over fruit. Bake in 400° F oven for 20-25 minutes.

### Nutrition Facts

Serving Size 1 piece		Servings Per Container 12	
<b>Amount Per Serving</b>			
<b>Calories</b> 100	<b>Calories from Fat</b> 30		
% Daily Value*			
<b>Total Fat</b> 3.5g	<b>5%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 10mg	<b>3%</b>		
<b>Sodium</b> 150mg	<b>6%</b>		
<b>Total Carbohydrate</b> 17g	<b>6%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 9g			
<b>Protein</b> 2g			
Vitamin A 2%	• Vitamin C 2%		
Calcium 4%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4
			• Protein 4

32% calories from fat

### Notes:

- Substitute fresh or canned fruit of your choice in place of the apples.
- Substitute Reduced Fat Bisquick or Jiffy Mix for Master Mix.

# Prevention = Safe Food For Your Holiday Party Buffets

A popular way to celebrate the festivity of the holidays is to invite friends and family to a buffet. However, this type of food service where foods are left out for long periods leaves the door open for uninvited guests — bacteria that cause food borne illness. Here are some tips from the USDA's Meat and Poultry Hotline to help you have a SAFE holiday party.

## 1. Safe Food Handling

Always wash hands before and after handling food. Keep your kitchen, dishes and utensils clean also. Always serve food on clean plates — not those previously holding raw meat and poultry so that you prevent bacteria present in raw meat juices from cross contaminating the food served.

## 2. Cook Thoroughly

If you are cooking foods ahead of time for your party, cook foods thoroughly to get to the safe minimum internal temperatures. That means...

- Beef, veal, and lamb steaks, roasts, and chops cooked to 145° F.
- All cuts of pork to 160° F.
- Ground beef, veal and lamb to 160° F.
- All poultry should reach a safe minimum internal temperature of 165° F.

## 3. Use Shallow Containers

Divide cooked foods into shallow containers (3 to 4 inches high) to store in the refrigerator or freezer until serving. This encourages rapid and even cooling. Reheat hot foods to 165° F. Arrange and serve food on several small platters rather than on one large platter. Keep the rest of the



food hot in the oven (set at 200-250° F) or cold in the refrigerator until serving time. This way, foods will be held at a safe temperature for a longer period of time. REPLACE empty platters instead of adding fresh food to a dish that already had food in it. Many people's hands may have been taking food from the dish, which has also been sitting out at room temperature.

## 4. Keep To The Two-Hour Rule

Foods should not sit at room temperature for more than two hours. Keep track of how long foods sit on the buffet table and discard anything sitting there for two hours or more.

## 5. Keep Hot Foods HOT & Cold Foods COLD

Hot foods should be held at 140° F. or warmer. On the buffet table keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40° F. or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them as needed (see rule #3).

## 6. Understand Food Borne Bacteria

They are everywhere but several types are especially likely to crash parties. *Staphylococcus aureus*, *Clostridium perfringens*, and *Listeria monocytogenes* frequent peoples hands and steam tables. And, unlike microorganisms that cause food to spoil, harmful or pathogenic bacteria cannot be smelled or tasted. Prevention is by safe food handling. If illness occurs, however, contact a health professional and describe the symptoms.

### • *Staphylococcus aureus*

*Staphylococcus* ("staph") bacteria is found on our skin, in infected cuts and pimples, and in our noses and throats. It is spread by improper food handling. Cooking destroys staph bacteria, but *Staphylococcal enterotoxin* is resistant to heat, refrigeration and freezing.

Prevent by washing hands and utensils before preparing and handling foods. Do not let prepared foods sit at room temperature more than two

*continued on Page 5*

## Prevention

continued from Page 4

hours.

- ***Clostridium perfringens***

*Clostridium* is called the “cafeteria germ” because it may be found in foods served in quantity and left for long periods of time on inadequately maintained steam tables or at room temperature.

Prevent by dividing large portions of cooked foods such as beef, turkey, gravy, dressing, stews and casseroles into smaller portions for

serving and cooling. Keep cooked foods hot or cold, not lukewarm.

- ***Listeria monocytogenes***

Because *Listeria* bacteria multiply, although slowly, at refrigeration temperatures, these bacteria can be found in cold foods typically served on buffets. Prevent by not serving foods containing *Listeria*. Follow “keep refrigerated” label directions. Carefully observe “sell by” and “use by” dates on processed products. Thor-

oughly reheat frozen or refrigerated processed meat and poultry products before consumption.

Source: USDA Food Safety & Inspection Service [http://www.fsis.usda.gov/fact\\_sheets/Focus\\_On\\_Holiday\\_or\\_Party\\_Buffets/index.asp](http://www.fsis.usda.gov/fact_sheets/Focus_On_Holiday_or_Party_Buffets/index.asp)

Article submitted by  
Regina M. Tillman, MS, RD;  
Nutrition Resource Educator

# Holiday Giving That Gives In Economically Hard Times

**J**im Garnett of the Institute of Consumer Financial Education (ICFE) Board of Educational Advisors offers these holiday gift giving ideas and suggestions:

- It is best to pay for holidays without using credit. This can be accomplished by using Christmas clubs, change in a bottle, or buying gifts little-by-little during the year. This will avoid the “December demand” on your finances.
- If you do use credit cards, pay off the balance at the end of the month whenever possible. A \$1,000 charged on credit cards and paid off at monthly minimum payments will take you eight years and \$900 interest to pay off. That means that your daughter’s Kindergarten Christmas will be paid off as she graduates from eighth grade! Not a wise practice!

- Determine in advance what you can actually afford to spend for holidays. Come up with a dollar amount and stick to it! Impulse buying usually results in spending more than we should. A certain gift may be “just perfect” for your friend but that does not mean you can afford to buy it.
- Buy a few generic gifts in bulk that can be divided and given to male or female. Decorative candles, for instance, can be divided, individually wrapped, and given to several individuals.
- Remember that holiday “shopping” is not necessarily synonymous with holiday “giving”. Some of the most appreciated gifts are those in which you give of your time and talents. Cookies, candies, free babysitting, or even backrubs, for example, make excellent holiday gifts.



- Take yourself off your Christmas list! Last year it was calculated that 68% of Americans bought themselves a gift. Put the focus on giving, not receiving.
- Give a special gift to a needy individual, family, or organization. It can be personally rewarding to occasionally give anonymous gifts to those who can never repay us. But you do need to plan for it in your budget.
- Invite an away-from-home college student to your home for the holiday. Send a special holiday care package to a deployed military someone.

Article submitted by Marilyn Janiczek,  
Family & Consumer Sciences  
Program Leader

## Financial

# Global Delegation Visits Schoharie County

A bright sunny day greeted us on the morning of August 18. It was great weather for introducing members of an international delegation, along with U.S. State Department officials, to the beauty and bounty of Schoharie County.

The details for a three day visit to the area had been organized by Albany-based International Center of the Capital Region. They were selected by the U.S. State Department from among 90 organizations across the country as hosts for a portion of the larger three week touring of the USA by an “International Visitor Leadership” delegation. The proceedings for the half day in Schoharie County, was coordinated by yours truly at their request.

Twenty-two countries were represented in the delegation that was comprised of government leaders in their respective countries. Many have professional ties to agriculture... a

few even were Agricultural Ministers. I was told that the focus of the visit to our County was the Farm to School Program “and affiliated agricultural treasures.” This made for an easy task to base invitations upon. Partners and allies of the Farm to School Project would be chosen to participate in this experience.

Helping to serve in the capacity of “citizen diplomat” were the following: Don Smyers, Cornell Cooperative Extension Schoharie County Executive Director; Barbara Cootware, Middleburgh CSD Food Service Manager; Amy Shaw Stuart, Cobleskill-Richmondville CSD Food Service Manager; and Winnie Nelson, Schoharie County Farm Bureau President.

In the dual capacity of diplomat and host were Schoharie County farmers, Richard Ball of Schoharie Valley Farms, and Ray Luhrman, along with his wife Sara, of Fox Creek Farms CSA.

The afternoon began with a delicious lunch at the Carrot Barn, coordinated by Richard’s daughter Jolyn, and followed by a tour of the Carrot Barn. We then proceeded to tour Fox Creek Farm, closing the visit by taste-testing an array of heirloom tomatoes. Both farmers spoke eloquently to this global delegation about the merits of local agriculture along with their roles in helping area school children appreciate fresh produce.

Our visitors listened intently and asked many questions in their quest to understand our perspective on both feeding a nation and feeding a neighborhood. We hope you enjoy the photo collage of that special afternoon of sharing.

Article and Photos By:  
Regina Tillman, MS, RD  
Nutrition Resource Educator





# 4-H Makes A Big Impact Through Community Service Projects



**G**enerosity through community service is one of the essential elements of the 4-H program. 4-H members are required to complete at least one service project per year, but many clubs extend their community outreach beyond one project. Here are just a few examples of community service from 2010. Critter Fusion set up a petting zoo at the Earth Day Celebration in Cobleskill. Members from Thundering Hooves visited with residents at a local adult home. Each holiday season members of Milkin' Maniacs prepare a holiday basket for a needy family.

On Sunday, November 28, the 4-H program will be giving back to the community by supporting the Canadian Pacific Holiday Train. The Holiday Train travels throughout the

Northeast United States and Southern Canada to raise awareness and donations for local food pantries. Once again this year the train will be rolling into Cobleskill with music and entertainment to encourage donations of cash and non perishable food. For the past four years Schoharie County 4-H has played a substantial supporting role for this event. 4-H members make and serve baked goods and hot beverages to visitors who gather for the train while collecting cash donations. This year, 4-H will also be entertaining waiting visitors with holiday caroling as well as baked goods.

In 2009, representatives from Schoharie County Community

Action (SCCAP) reported the best year ever with over \$1100 in cash donations and over \$4300 in food donations. Representatives from SCCAP report that the demand for food pantry services has increased substantially and they anticipate that needs during the holidays will be even greater.

The Holiday Train rolls into Cobleskill on Sunday, November 28 between 6 and 7 p.m. Donations of cash and non perishable foods can be made during the event. For more information you can contact Eileen at the 4-H Office.

Article submitted by Eileen McGuire, 4-H Program Leader



## *Holiday Farmers' Market* *Saturday, December 11* *9 a.m. to 3 p.m.*



**Mark your calendars!** The Holiday Farmers' Market returns to the Cornell Cooperative Extension Center at 173 South Grand Street on Saturday, December 11, from 9 a.m. to 3 p.m.

Focusing on local farmers and producers, the market will feature high quality gifts, decorations, and foods for your holiday enjoyment. Take this opportunity to "go green" by purchasing from area producers that saves you time and fuel and supports your local community. Look for further announcements about the individual vendors and products.

The Holiday Farmers' Market is sponsored by the Schoharie County Country Music Festival, Inc., a not-for-profit organization that has sponsored the Festival Farmers' Market for fourteen years. For information please contact Market Manager, Donna Olsen, at (518) 284-2609.

# Maple Production Workshop, Saturday, November 20

**C**ornell Cooperative Extension Schoharie County, Schoharie County Planning & Development, and Wood Homestead Maple Syrup will sponsor a maple production workshop for hobbyists, new, small and intermediate maple producers. The workshop will be at Wood Homestead Maple Syrup in the Town of Gilboa, Saturday, November 20, from 9 a.m. to 1 p.m. Refreshments will be provided by the Schoharie County Maple Festival. There is no fee, but space is limited and preregistration is required. For registration and information, call Cornell Cooperative Extension Schoharie County

at (518) 234-4303 or 296-8310 or email [schoharie@cornell.edu](mailto:schoharie@cornell.edu).

Cornell University Extension Maple Specialist, Steve Childs, will cover a broad range of topics, including why make maple syrup, tree identification, tapping, sap collection, setting up tubing and vacuum systems, sap processing, energy considerations, reverse osmosis for small producers, “when is it syrup,” filtering syrup, canning and syrup storage, grading, and regulations. Hosts Tony & Mary Van Glad will demonstrate how to make maple cotton and maple cream, two popular value-added maple products for the direct markets.

**Directions:** Wood Homestead Maple Syrup is located at 335 Cornell Road, Stamford, NY 12167. (Note: Farm is located in the Town of Gilboa in Schoharie County. For GPS/electronic mapping, use the Stamford address.) From NY Rt. 10, less than two miles south of Jefferson, take Shew Hollow Road, County Rt 13, for approximately two miles. Turn left on Cornell Road. The farm is 1.25 miles on left. From NY Rt. 30, take Shew Hollow Road, County Rt. 13, for approximately four miles. Turn right on Cornell Road. Farm is 1.25 miles on left.

Article submitted by David Cox,  
Ag Program Leader

## “Annie’s Project” - Empowering Women In Agriculture

**C**ornell Cooperative Extension Oneida and Schoharie Counties are pleased to offer, for the first time in New York State, an exciting new program aimed at empowering women in agriculture to become savvy business leaders and partners in today’s farming industry. Enrollment is now open for the innovative six week course called “Annie’s Project,” which is slated to begin in January 2011.

Annie grew up in a small Midwest farm community and spent her adult life as an involved farm business partner with her husband. Together they did great things, but it wasn’t always easy. Now, Annie has made it her mission to take her life experiences and develop an educational cur-

riculum to share with farm women living and working in a complex and dynamic agricultural business environment.

Annie’s Project is a six-week course designed to help empower farm women to manage today’s technology based information systems used in critical agricultural decision making processes, and will help participants build a network of support across the state. The program will begin Thursday, January 13, 2011, and run six consecutive Thursdays through February 17, each three-hour session from 10 a.m. to 2 p.m., including one hour for lunch. The cost is \$50 per person, which includes lunch and all course materials and handouts. Since class size is limited, pre-registration is required.

The target audience is farm women with a passion for business and involvement. Work sessions will combine lecture, discussion, individual and small group activities, and software training, often interacting between Extension offices through a Polycom communications system. Topics will include financial statements, recordkeeping, farm business planning, marketing plans, estate planning, insurance issues, and other areas.

For more information on how to enroll or help sponsor this important program please contact David Cox at Cornell Cooperative Extension Schoharie County at (518) 234-4303 or 296-8310 or email [dgc23@cornell.edu](mailto:dgc23@cornell.edu).

# New Findings On How Sleep Affects Longevity, Weight and Memory

**H**umans spend one-third of their lives sleeping, yet 65% of Americans are sleep deprived, says sleep expert James Maas, professor of Psychology at Cornell University and co-author of the new book "Sleep for Success! Everything You Must Know About Sleep but Are Too Tired to Ask" (AuthorHouse).

But just one extra hour of sleep per night can greatly improve a person's mood, alertness, health and productivity, says Maas.

In the book, co-authored by 2009 Cornell graduate student Rebecca S. Robbins, Maas presents the latest scientific research on sleep, much of it conducted in his Cornell sleep lab,

where he recently studied the sleeping patterns of 450 Cornell students. The new book reports such findings as:

- The best predictor of longevity is not exercise or nutrition, but quality and quantity of sleep;
- Most people overestimate the amount they sleep each night by nearly one hour;
- If you fall asleep within five minutes, you are sleep deprived, since the fully rested person takes 20 minutes to fall asleep;
- Every additional hour of sleep reduces a child's risk of obesity by 9 percent;

Most high school and college students get 2.5 hours less sleep per night than recommended. Grades in high school and college are directly related to sleep length as evidenced by the increase in students' G.P.A. and other measures in studies Maas has conducted.

The book also includes two tests to help the reader determine how well they sleep, the costs of sleep loss and research findings that link poor sleep with colds, flu, unhealthy skin, weight gain, diabetes, heart disease and cancer, as well as stress, anxiety and depression.

There are sleep tips for teens, seniors, shift workers, athletes and women who are pregnant or going through menopause as well as time-management advice to combat stress, tips for managing jetlag and guidelines on sleep medications.

Maas has been teaching Psychology 101 at Cornell University for 47 years, with an enrollment of 1,600 students some years, giving him the record for having taught more than 65,000 students in his Cornell career.

Source : Susan Lang, <http://www.news.cornell.edu/stories/Oct10/Maas-Book.html>

Read these articles online in their entirety, along with other Cornell University and Cornell Cooperative Extension research news at [www.news.cornell.edu](http://www.news.cornell.edu).

Article submitted by Regina Tillman, MS, RD Nutrition Resource Educator

## Would you like to receive ag and energy updates regularly by email?

Our delivery of program announcements and local agricultural news is getting a makeover. Announcements will now be incorporated into *Cornell Cooperative Extension Schoharie County Ag & Energy Update*, our email newsletter. If you are not subscribed to our ag list-serve and would like to receive our newsletter please email Diane Eldredge ([dme32@cornell.edu](mailto:dme32@cornell.edu)), or call our office at (518) 234-4303/296-8310 and we'll add your name to our list.

- One drink of alcohol on six hours of sleep has the same effect on one's ability to drive a car as three to four martinis on eight hours of sleep;
- The best time to exercise is between 5 and 7 p.m. to enhance the depth of nighttime sleep.
- Staying in bed longer can actually keep you from gaining weight. The less sleep you get, the less efficiently your appetite-regulation system works.
- The ideal room temperature for sleep is 65 degrees Fahrenheit. The ideal naptime is 20-90 minutes.

# USDA Funds Cornell Extension Work In Childhood Obesity Prevention

**C**ristina Stark, Senior Extension Associate in the Cornell University Division of Nutritional Sciences, has received nearly \$500,000 in funding from the U.S. Department of Agriculture's National Institute of Food and Agriculture to train teams of extension professionals and community partners in collaborative, ecological approaches for childhood obesity prevention.

The grant, part of \$11 million awarded nationwide, will build on the success of "Preventing Childhood Obesity: An Ecological Approach," an online continuing education course facilitated by Stark that has

reached more than 300 professionals in nutrition, public health, cooperative extension and other fields since 2006.

Through the six-week course, Stark teaches individuals and teams how to develop an action plan for creating health-promoting environments in homes, schools, and neighborhoods along with other local partners. "It's not enough to just focus on changing individual behaviors. We need to address the environmental factors that influence those behaviors," Stark said. "Using an ecological approach requires a new way of working that goes beyond delivering educational programs."

With the funding, Stark will also target more extension 4-H educators as participants, since they work regularly with youth in various community settings. The grant enables Stark and co-principal investigator Barbara Schirmer, State 4-H Youth Development Program Leader for Cornell Cooperative Extension, to study the effectiveness of the online course at the community level.

Source: *Ted Boscia*, <http://www.news.cornell.edu/stories/April10/USDAObesityGrant.html>

Article submitted by Regina Tillman, MS, RD Nutrition Resource Educator

Detach and Return

**2011 Enrollment**

**Cornell Cooperative Extension Association Schoharie County**

Name: \_\_\_\_\_

Business/Organization Name: \_\_\_\_\_

Title: \_\_\_\_\_

Mailing \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County: \_\_\_\_\_ Town: \_\_\_\_\_

Telephone Number \_\_\_\_\_ Are you 18 or older? Yes \_\_\_\_\_ No \_\_\_\_\_

If you would like to receive *The Scoop* electronically instead of by mail, please provide your email address. Your email address will not be shared. \_\_\_\_\_

In addition, I would like to make a contribution to help continue the work of Cornell Cooperative Extension. Enclosed is my donation.  \$20  \$50  \$75  \$100  Other \_\_\_\_\_

Please enroll me in Cooperative Extension. In addition to *The Scoop*, I would like to receive:

*Part-Time Farmer* (\$8/year)  
(Subscription price pays for printing and postage)

Please make checks payable to Cornell Cooperative Extension and mail to:  
173 South Grand Street, Cobleskill, NY 12043

## Coming Events

- November 17 - Annual Meeting & Dinner, Upper Champlin Hall, SUNY Cobleskill, 6:30 p.m.
- November 20 - Maple Production Workshop, Wood Homestead Maple Syrup, Gilboa, 9 a.m. to 1 p.m.
- November 28 - 4-H Supports the Holiday Train, Cobleskill, between 6 and 7 p.m.
- December 11 - Holiday Farmers' Market, 9 a.m. to 3 p.m.
- March 5 - Ag & Energy Day, Curtis Mott Hall, SUNY Cobleskill

All meetings and events are held at the Extension Center except as indicated.

Please call (518) 234-4303 or 296-8310 for information about these events.

## *The Scoop* is now deliverable to your digital mailbox

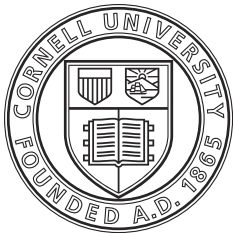


Would you prefer to receive *The Scoop* electronically? You'll receive it sooner, reduce our use of natural resources, and help us reduce publication and postage costs.

*The Scoop* features vital, relevant information for all Schoharie County residents.

It is focused on quality of family life, 4-H and youth development, and agricultural enterprises and opportunities. You'll receive notices of educational events, and your subscription is free!

Please complete and return the enrollment form on page 11, or call the Cooperative Extension office at (518) 234-4303 or 296-8310. Switch to digital delivery today!



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