When you think about breakfast, compare your stomach to the gas tank on your car. After driving a long distance, a stop at the gas station gets you back on the road.

After sleeping for eight to 12 hours, your stomach is empty and needs to be refueled, said Deana Hildebrand, Oklahoma State University Cooperative Extension Service nutrition specialist.

“Breakfast provides the body with much needed nutrients and energy,” Hildebrand said. “The brain needs energy to think clearly and muscles need energy for physical movement. This is why the habit of eating breakfast is important to children as well as adults.”

Research has shown a relationship between eating breakfast and school performance. Students who participated in a school breakfast program had improved school attendance and decreased tardiness. These students were at school early enough to eat breakfast, which improved school attendance. Therefore, these students were in the classroom in the morning when subjects such as reading, language arts and math are frequently being taught.

Hildebrand said eating breakfast also contributes to improved dietary quality. “Total nutrient intake for the day is usually higher for people who eat a morning meal. Children who eat breakfast at school, compared to those who don’t eat breakfast or eat breakfast at home, eat more fruit, drink more milk and consume a wider variety of foods,” she said.

Skipping breakfast on a regular basis can result in undernourishment. Research consistently found that undernourished children who started eating breakfast showed improvement in school performance, more so than children who were not undernourished.

In a blinded, cross-over experimental study of 10-year-olds, boys who ate a highly nutritious breakfast made fewer errors on number checking, addition and creativity than when they consume a breakfast of lower nutritional quality. Girls also had fewer errors in addition.

There are a number of excuses people give for not eating breakfast, including not being hungry early in the morning.

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"If this is you or your child, start with something light such as 100 percent juice or a piece of whole wheat bread or crackers," she said. "Later in the morning have a piece of string cheese, hard-boiled egg or yogurt."

Running in the morning? Keep quick-to-fix foods on hand, or prepare some "grab and go" foods when you have more time. Some quick breakfast ideas include portions of ready-to-eat cereal mixed with dried fruit and nuts in small bags, instant breakfast mix with low-fat milk in a to-go cup, whole grain bagel and peanut butter or a cheese sandwich. Prepare foods ahead when time allows on weekends or evenings. Hard-boiled eggs will keep in the refrigerator for up to one week. Prepare a batch of bran muffins for quick, on-the-go breakfasts. Remember that cooked foods should be refrigerated or frozen within two hours of cooking.

Breakfast doesn’t have to be traditional breakfast foods. Leftover vegetable pizza, crackers and cheese, fruit smoothies, a sandwich, cheese or peanut butter toast, soup or leftover macaroni and cheese are good choices. Pair one of these with some fruit, 100% fruit juice or low-fat milk and you’re off to a great start.

How to Determine a Person’s Money Personality

Our nation’s economy is on the forefront of current news. It’s important for everyone to look at spending patterns and attitudes, then adapt to make sure their finances are secure.

Different experts have different names for money personalities. Jordan Goodman, author of "Master Your Money Type: Using Your Financial Personality to Create a Life of Wealth and Freedom" summarizes money types as:

STRIVERS are all about achieving success and letting others know just how successful a person is by buying lots of stuff. Money equals success. Ambition is the upside; overspending is the downside.

OSTRICHES are uncomfortable with money, even confused, intimidated or embarrassed by it. This personality would bury their (financial) head in the sand. The upside is the person is not consumed by money but instead focuses on more important things in life; the downside is eventually the person will wind up regretting their avoidance of money problems and not set financial goals.

DEBT DESPERADOS get a thrill from buying, which leads to overspending. One would quickly accumulate debt and may find themselves on the run from creditors. If there is an upside, it is that a person understands the anguish debt can cause and that can be used to motivate and provide the resolve to get out of it. The downside is overspending is a weakness that is often bailed out through credit cards.

COASTERS may be coping or even thriving financially, but a lack of a money crisis has made the person comfortable with the status quo. The upside is the person is organized and responsible. But complacency means the person may be missing out on opportunities and greater prosperity.

HIGH ROLLERS are thrill-seekers and gamble with money, thinking they are smarter than others and are certain to get a “big score”. The upside is that the person is comfortable with risk, which can pay off with big rewards. The downside is that unbridled risk-taking can be dangerous and can land the person in financial ruin.

SQUIRRELS hoard money like a squirrel gathering nuts for the winter. The person is intensely afraid of losing money and exerts a great deal of effort to spend less. The upside is the person is an excellent saver, but often at the expense of other things money is good for—spending, giving, etc.

A recent study by Putnam Investments outlined six financial beliefs and habits that they found to be most important in achieving financial security:
Money Personality (continued)

1. Realistic Expectations
2. Resisting temptation for quick rewards and fads
3. Patience in the face of adversity
4. Greater satisfaction from saving than spending
5. Ability to tolerate above-average risk
6. Receptivity to advice on how to save and invest.

Apple Reference Chart (From The Prepared Pantry)

<table>
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<th>Type</th>
<th>Eating/Baking</th>
<th>Harvest</th>
<th>Texture</th>
<th>Taste</th>
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<td>Fuji</td>
<td>Both</td>
<td>Oct</td>
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<td>Gala</td>
<td>Eating</td>
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<td>Golden Delicious</td>
<td>Eating</td>
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<td>Granny Smith</td>
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<td>Nov</td>
<td>Hard</td>
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<td>Rome Beauty</td>
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Apple Cake

The apple cake recipe comes out more like a breakfast Danish. It is moist and delicious. It can be made sugar free by using Splenda® or low fat by replacing the oil or part of the oil with applesauce and the eggs with Eggbeaters®. To make it a whole grain product, use half whole wheat flour and half white flour.

Ingredients:
1 cup flour
1 teaspoon baking powder
2 eggs
1 cup non-fat vanilla yogurt
2 cups sugar
1/2 cup canola oil
2 apples
2 Tablespoons cinnamon
1/2 cup raisins (optional)
1/2 cup walnuts (optional)

1. In a large bowl combine flour, baking powder, 1 tablespoon cinnamon, yogurt, oil, and 1 1/2 cup sugar.
2. Mix till smooth with a hand mixer.
3. Add raisins and walnuts at this time if you choose.
4. Mix again to combine.
5. Spray 9-inch pan with cooking spray.
6. Pour 3/4 of batter into the pan.
7. Peel and core apples.
8. Slice in very thin pieces.
9. Layer apples on top of batter in the pan to cover entire cake.
10. Sprinkle half cup of sugar and 1 tablespoon of cinnamon on top of apples.
11. Pour remaining amount of batter on top of apples.
12. Bake for 40 minutes to an hour. Cooking time depends on the stove. Just keep checking. Remember the cake is very moist. It almost doesn't look done.
County Fair Wrap-Up

A hearty “Thank-you” is extended to all who helped at the County Fair—Superintendents, Kitchen and Country Store workers! The exhibits looked great and our open class entries were up.


Kitchen Profit—$848.69.

Country Store Profit-$364.19.

Fall Council—October 9

McClain County OHCE Fall Council will be held Thursday, October 9, beginning at 10:00 a.m. It will take place in the meeting room of Pioneer Telephone Building, located in the 200 block of North Jackson in Blanchard (one block east and one block north of the downtown stoplight). Parking is on the west side of the building, or across the street to the east, and entry is through the northwest door. A “Fall OHCE Council” sign will be on the door.

The program for Fall Council will be presented by Dr. Bill Barnum with the Oklahoma Department of Agriculture, Food and Forestry. He will talk on Food/Safety/Consumer Education. A special food demonstration will also be presented by Ruth Burrows and Sandra Walck from the Chickasaw Nation Nutrition Services.

Hostess clubs for Council are HCE of Purcell, Blanchard HCE and Washington HCE. Lunch will be pot luck.

Enrollment Reminder

Member enrollment forms and dues are requested to be turned in to Peggy Howard by October 22.

OHCE Officers’ Meeting

A planning meeting for 2009 county OHCE goals and programs will be held Thursday, October 16, at 10:00 a.m. in Room 111 of the Courthouse. All county and local officers are encouraged to attend.
2009 Club Lessons

January   Antioxidants
February  Whole Grains in Your Diet
March     Vacations Close to Home
April     Grief
May       Sun Safety
June      Gourmet on the Go
July      Going Green
August    No lesson, County Fair Preparation
September Identity Theft
October   Household Hints
November  Family History
December  No lesson
January, 2009   Alzheimer’s—What You Need to Know

Operation Christmas

Operation Christmas will be December 15-19. Items each club is asked to provide are listed below. To enhance the Christmas baskets, each OHCE club is asked to help out again in 2008. The following items are needed:

- Town & Country Coloring Books
- HCE of Purcell Toothbrushes
- Cole & Stealey Games for children and their families
- Blanchard Barbie Doll clothes
- Washington AAA batteries
- Washington Busy AAA batteries

County Officer Nominees

New officers to be elected for 2009 are Vice-President and Secretary. The Nominating Committee consists of the local group Vice-Presidents. In the event a local Vice-President is a county officer, an alternate representative is to be chosen from that group’s officers.

The Nominating Committee will meet during lunch at Fall Council. Groups wishing to nominate a member for Vice-President or Secretary should discuss the nomination with their Vice-President.

OHCE to Provide Meal for Literacy Class

McClain County OHCE is going to provide a meal for the Literacy Class taking place at the Purcell Library. The meal will be served the evening of October 14. Details will be discussed at Fall Council.

OHCE State Positions Needed for 2009-2011 Term

The new state OHCE Board has just taken office in July 2008, but in July 2009 several terms will be ending. Take a few minutes to read your state newsletter—Oklahoma Outreach—to see if there is a position, whether officer or committee member, you would be interested in applying for. These applications are due in January.

USDA Meat & Poultry Hotline
1-888-674-6854
http://www.fsis.usda.gov
McClain County OHCE Members Attend Training

Nine local officers from five McClain County OHCE groups participated in the Grady County OHCE Leadership Training on September 25. The agenda included segments on “Leadership Styles”, “Parliamentary Procedure” and “Group and Award Books”. Attendees also took part in officer workshops.

Attending were Margie Moore from Blanchard; JoAnn Wood from Cole; Ruth Kelly and Martha Schrader from Stealey; Peggy Howard, Anita Ballard and Kay West from Town & Country; Phyllis Linker and Mary Isbill from Washington.

November Leader Lesson
Set for October 18, 2008

The November Leader Lesson, “Holiday Gift Ideas”, will be held in Room 111 of the Courthouse in Purcell, beginning at 1:30 p.m. The lesson will be taught by Donna Jung, Canadian County Extension Educator, FCS. The holidays will be here soon so pick up some new ideas!

No December Leader Lesson

No leader lesson is planned for December so that HCE groups can schedule holiday activities.

January, 2009, Leader Lesson
Scheduled for December 18, 2008

The January Lesson on “Antioxidants” will be taught by LaDonna Dunlop, Oklahoma County Extension Educator, FCS, on Thursday, December 18, beginning at 1:30 p.m., in Room 111 of the Courthouse.
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**November, 2008**

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Area Craft Shows

**Carter County OHCE Arts & Crafts Festival & Food Fair-November 14-15**, Ardmore, Hardy Murphy Coliseum, 9:00 a.m. to 8:00 p.m. on Friday and 9:00 a.m. to 5:00 p.m. on Saturday.

**Grady County OHCE Celebration of Crafts Show & Quilt Exhibition-November 14-15**, Chickasha, Grady County Fairgrounds.

**Chickasaw Nation Nutrition Classes, 1530 Hardcastle Blvd., Purcell.**
- Tuesday, October 7, and October 14; 7:00 p.m.
- Friday, October 10 and October 17, 10:00 a.m. and 12:00 p.m.

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**An Apple A Day...Apple Nutrition Facts:**

- One 8-oz. apple:
  - 130 calories; 0g fat, cholesterol, or sodium;
  - 260 mg Potassium. Total carbohydrates 34g;
  - dietary fiber 5g; sugars 25g; protein 1g. Percent of Daily Recommended Food Values: Vitamin A, 2%; Vitamin C, 8%; Calcium, 2%; Iron, 2%.

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Mickey Simpson
Extension Educator,
Family and Consumer Sciences/4-H/Interim CED