

LIVING WELL

Living
Well

Raising Kids, Eating Right, Spending Smart, Living Well! / Family & Consumer Science Education Programs

MAKE PLANS TO JOIN US

SOMETHING FOR PARENTS . . . SOMETHING FOR PROVIDERS

Weekly two-hour classes for parents and child care providers will resume in mid-January and continue through mid-February. Some classes will be held in Hurlock and some in Cambridge.

Providers: If your name and address are already on the list provided to us by the Office of Childcare Licensing & Regulation, then you will automatically receive class details early in January. Providers who are not sure if their name is on the list, or parents, can call 410-228-8800, and give us your name and address. You will be included in the January mailing.

Classes usually cost \$10, with one class free if you attend the entire series.



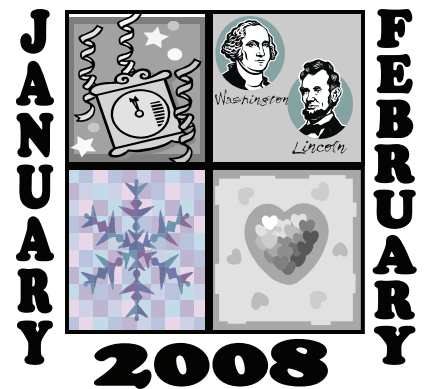
We know it [music] affects how we feel. And we know how and when to administer the right dose."

Could it be that this is the ultimate in psychological self-medication?

These comments on music and our brain come from research on how our brains respond to music as reported in The Dana Foundation's BRAIN in the news, November 2007 issue. (The Dana Foundation is a private philanthropy with principal interests in brain science, immunology, and arts education.)

The following statements are taken from the **WHAT DO WE KNOW?** Section of the above-mentioned article:

There have been a number of recent 'aha' moments in brain research. Here are some of the highlights in the music area:



Connie Barnett

Connie M. Barnett
Extension Educator,
Family & Consumer Science

DAMAGE AND DISABILITY

- ♪ In most people, if hearing is lost in one ear, the brain will partially compensate over time by creating a fake stereo effect.
- ♪ Musical memory is so deeply embedded in our memories that even advanced Alzheimer's patients can respond to music from childhood. Some advanced Parkinson's victims can overcome immobility or tremors and even dance when they hear favorite pieces of music.

CHILDHOOD DEVELOPMENT

- ♪ Our preference for consonant over dissonant music is hard-wired in our brain, not acquired.
- ♪ Our affinity for certain types of rhythms is culturally acquired.

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🎵 Children who get weekly music lessons score a few points higher on IQ tests than those who do not participate in regular musical activities.

So, listen to, sing along with or play music! It'll do your body—and your brain—good!

For more information on brain research, log onto www.dana.org. or contact The Dana Press at 900 15th Street, NW Washington, DC 20005 phone:(202) 408-8800 Fax:(202) 408-5599

Celebrate Winter with Seasonal Foods

BAKED SWEET POTATOES & APPLES

Servings: 10

- 5 sweet potatoes
- 3 apples
- vegetable cooking spray
- 1 can (15 oz.) pineapple chunks, drained
- 1/3 cup brown sugar

Directions:

- In a large saucepan, cook potatoes in water until tender. Drain, peel and cut into 1/2 inch slices.
- Peel apples and slice
- Preheat oven to 325°.
- Spray a 9x13 pan or one of similar size with vegetable cooking spray.
- Layer sweet potatoes, apples, pineapple and brown sugar in baking pan. Cover with foil.
- Bake for 45 minutes.

Nutrition info per serving:

Calories 90, Fat 0g, Fiber 2g

CRANBERRY APPLE CRUNCH

Servings: 12

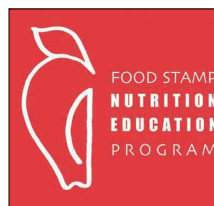
- vegetable cooking spray
- 6 large apples
- 1 can (16 oz.) whole cranberry sauce
- 1 cup raisins
- 1-1/2 cups oatmeal
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 2 tablespoons melted margarine

Directions:

- Preheat oven to 400°.
- Spray a 2x13 baking pan or one of similar size with vegetable oil spray.
- Wash apples, remove cores and thinly slice with the peel included.
- In a bowl, combine apples, cranberry sauce, and raisins. Pour into baking pan.
- Combine oatmeal, brown sugar, cinnamon and margarine. Sprinkle over fruit.
- Cover pan with foil and bake for 20 minutes.
- Uncover and bake 15 more minutes until the topping is crisp and apples are tender.

Nutrition info per serving:

Calories 230, Fat 2.5g, Fiber 5g



Both recipes provided by University of Maryland Food Stamp Education Program