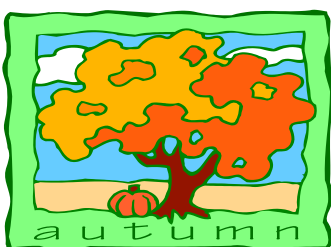


Don't forget to reset clocks
on November 7, 2010

Calendar of Events

Oct 5-7 WVCEOS
Leadership & Self
Enrichment Conf.
Oct 14, 21, 28 & Nov 4
Dining with Diabetes
Oct 25 CEOS
Achievement Banquet
Nov 1 CEOS County
Council
Nov 2 General Election
Holiday for Extension
Nov 11 Veterans Day
Nov 15 CEOS Officer
Training & Planning Day
Nov 24-26 Thanksgiving
Holiday for Extension
Dec 14 Deadline for 2011
County & State Dues
Dec 14 Deadline For 2011
4-H Style Revue Fund
Dec 23-27 Winter Holiday
for Extension
Dec 31 New Year's Day
Holiday for Extension
Jan 3 CEOS County
Council



October is Breast Cancer Awareness Month

In 1982, Nancy Brinker started a foundation to fight breast cancer in memory of her sister, Susan G. Komen, who had died from the disease two years earlier. Back then, Brinker says, her only assets were \$200 in cash and a shoebox of names of potential donors. It was some weeks before Susan died, and she said, "I really want you to put an end to breast cancer." I said, "Suzy, I promise. I'll help. Even if it takes me the rest of my life." I thought I was young and smart. I thought I would get this done, or get a significant part of it done, in 10 years. It has taken every bit of 30 years to get where we are today. Since then, Susan G. Komen for the Cure has raised more than \$1.5 billion, becoming the world's largest non-profit source of money to combat breast cancer, says Brinker, 63.

Susan G. Komen for the Cure® recommends that you:

1. Know your risk

- ◇ Talk to your family to learn about your family health history
- ◇ Talk to your health care provider about your personal risk of breast cancer

2. Get screened

- ◇ Ask your health care provider which screening tests are right for you if you are at a higher risk.
- ◇ Have a mammogram every year starting at age 40 if you are at average risk
- ◇ Have a clinical breast exam at least every three years starting at 20, and every year starting at 40

3. Know what is normal for you and see your health care provider right away if you notice any of these breast changes:

- ◇ Lump, hard knot or thickening
- ◇ Swelling, warmth, redness or darkening
- ◇ Change in the size or shape of the breast
- ◇ Dimpling or puckering of the skin
- ◇ Itchy, scaly sore or rash on the nipple
- ◇ Pulling in of your nipple or other parts of the breast
- ◇ Nipple discharge that starts suddenly
- ◇ New pain in one spot that doesn't go away

4. Make healthy lifestyle choices

- ◇ Maintain a healthy weight
- ◇ Add exercise into your routine
- ◇ Limit alcohol intake

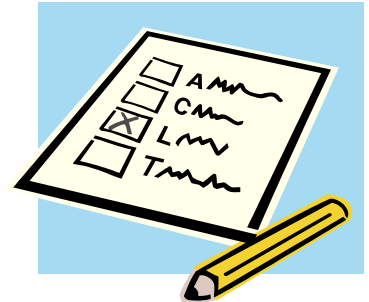




NEW OFFICERS ELECTED!

President: Ann Koncer
 Vice-President: Carola Stephens
 Secretary: Pat Sturman
 Treasurer: Patricia Rhea

Congratulations to all the new officers!



On Sunday, November 7, 2010 at 2 a.m., Daylight Saving Time ends in the United States. Every Spring we move our clocks one hour ahead and "lose" an hour during the night and each Fall we move our clocks back one hour and "gain" an extra hour. But Daylight Saving Time (and not Daylight Savings Time with an "s") wasn't just created to confuse our schedules. The change to Daylight Saving Time allows us to use less energy in lighting our homes by taking advantage of the longer and later daylight hours.

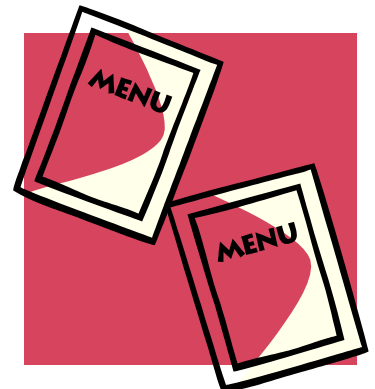


Our Annual Achievement Banquet is being held **October 25th** at the Seventh Day Adventist Church, Delmar Orchard Road, Martinsburg at 6PM. The meal catered by Mountaineer Classic Catering will cost \$13 and each club is to have their reservations with a list of those attending and one check to the County Treasurer, Patricia Rhea, by October 15th. The theme is *Autumn Harvest*. Each club is to send a hi-light of your club year, deaths for this past year and any new members to Linda Judd at the County Extension Office. Come and enjoy all the fun, fellowship and surprises that have been planned just for you!

Menu for the Achievement Banquet:

Dinner:

- Roasted Beef with Green Peppercorn Sauce
- Oven Roasted Chicken
- Scalloped Potatoes
- Steamed Broccoli (with cheese on side)
- Honey Glazed Carrots
- Fruit Salad
- Pasta Salad
- Apple Crisp
- Cake



ARDEN TABLER CEOS CLUB CELEBRATES 70TH ANNIVERSARY

Arden Tabler Community Educational Outreach Service celebrated their 70th anniversary September 26 at the Arden United Methodist Church Family Life Center. Memorabilia from the 1940's decorated the room and many scrap books and photo albums were on display. Presently, there are 16 members. They meet on the 4th Thursday of each month at member's homes. New members are always welcome to attend. For information about the club, please call Alice Cogle, president, at 304 229-5415.



Bunker Hill CEOS have been busy these last three months. In July members and Loria Headlee donated numerous items to our yard sale. We made a profit of \$379.87. We decided to donate \$100 to the VA Center, \$100 to Jeffery LeFevre and \$100 to the Board of Childcare in Falling Waters to be used to purchase duffel bags for students.

In August we met at the home of Carroll and Karen Criswell for their annual picnic. Karen Criswell is the daughter of club member Francis Miller. Loria Headlee was our guest and displayed a beautiful quilt depicting the life the "The Walton Family". She explained how one quilt square began her journey into quilt making. The 14 members and guests enjoyed a delicious meal and fellowship.

On September 30th, seven members met and made seasonal favors for the residents of Grenich Care Home in Bunker Hill.



Mark your calendar for Monday, November 15, 2010.

Why? It's CEOS Planning and Training Day

Who should come? Any interested CEOS members

When? 10-12 will be for planning, so club officers are invited

1-3 will be for educational committees, so club committee members are invited

Where? The F&M Insurance building on Edwin Miller Boulevard, 3rd floor

Presidents, look forward to a letter soon with details.

Freedom is Not Free

by Ashley Persyn

There is a price we pay for freedom

For it is not truly free

But rather paid for by the contributions of veterans

To buy our liberty

**November 11
Veterans Day**

Facts for Life: Healthy Living



Physical activity: The first part of healthy living involves the energy that you release from your body. Physical activity not only burns energy, but may also help lower the risk of breast cancer. This is because exercise lowers estrogen levels, fights obesity, lowers insulin levels and boost the function of immune system cells that attack tumors. Here is all it take to get started:

- ◇ If you have been inactive for a long time, are overweight, have a high risk of heart disease or some other chronic health problem, see your doctor before starting an exercise program.
- ◇ Build physical activity into your daily routine. All you need is moderate (where you break a sweat) activity - brisk walking for 30 minutes a day.
- ◇ Do whatever physical activity you enjoy most and gets you moving.
- ◇ After exercising, think about how good you feel about yourself and your body. Use that feeling to motivate you the next time.

If you are already physically active, keep up the good work.

Weight Control:

- ◇ Gaining weight after menopause increases a woman's risk for breast cancer.
- ◇ Weight gain of 20 pounds or more after the age of 18 may increase your risk of breast cancer.
- ◇ If you have gained weight, losing weight may lower your risk of breast cancer.

Nutrition: The second part of healthy living involves what you put into your body.

- ◇ Eat fruits and vegetable,. Strive to eat at least five servings per day.
- ◇ Eat whole=grains and cereals. Whenever possible, choose whole-grain breads and cereals.
- ◇ Eat fewer high fat foods and sweets.
- ◇ Take a daily multivitamin with folate.
- ◇ Get plenty of calcium. Your body needs at least 1000 mg each day. You can get it from low-fat milk or yogurt, fortified fruit juices, spinach, kale or calcium tablets.

Alcohol - or the lack of it - The third part of healthy living is limiting alcohol intake. You may have heard about research that showed having one serving of alcohol (for example, a glass of wine) each day improves your health by reducing you risk of heart attack. That is true, but many studies have also shown that alcohol intake can increase the risk of breast cancer. The key is moderation - less than one drink a day. In general, the more alcohol you drink, the higher your risk of developing breast cancer.

Emotional health

Keeping your body free from disease is a big part of health living, but it is also important to keep a healthy attitude. Here are some ways to help maintain your emotio9nal health:

- ◇ Do things that make you happy and that bring balance to your life. Pay attention to yourself and your needs. Go to the library and pick out a book. Take a walk in the park. Have coffee with a friend.
- ◇ Have faith in yourself. Many things can help you be healthier and feel better about yourself. Being in touch with the spiritual part of your through meditation or prayer can help you gain inner peace - in spite of what is going on in your life.

And last but not least **Don't Smoke.**

MYRA AVEY SOON TO BE 100 YEARS OLD

This is a story about an exceptional lady who has been a member of the Berkeley County CEOS Clubs for more than 71 years. Presently, she is an active member of the Fairview Community Educational Outreach Service (CEOS) Club. Myra Olivia Gosnell Avey, born in Berkeley County, Martinsburg, WV, on December 13, 1910. She will be 100 years old this December! In the year 1929, she took her Mother to CEOS meetings and various CEOS activities. Myra thought that since she transported her Mother, then she might as well join herself. So she did!

During her more than 71 years in CEOS, she has been a member of several of the nine clubs in the county. During those years in CEOS, she filled many of the positions of Pres, V Pres, Sec and Treas. She also was Berkeley County Belle. She represented Berkeley County with many representatives from other counties in the state. She said she wore the same dress that her Mother had worn when she was Berkeley County Belle. She also wears that same dress when she rides in the Apple Harvest Parade.

Myra has many hobbies, but she really enjoys playing the piano and has been oil painting for over 50 years. Several of her beautiful paintings are displayed on the living room wall. Among her many types of volunteering, Myra enjoyed volunteering at Meals-on-Wheels for about ten years. She packed the dinners to be delivered to shut-ins and also delivered the meals to the homes.

Her family moved to a farm when she was nine. She had one sister and two brothers. She was married to Herbert Avey, a banker in Martinsburg, who died at age 66. When asked her secret to a long healthy marriage, she stated, " don't cast your eyes on another partner".



She shared a story about when she was young and lived on a farm, there were many cats and the family dog, a collie, was named "Tip". He was a wonderful pet and the whole family loved him. He was very protective of the children. When the father would wrestle and play with the children, Tip would attack him to protect the children.

Myra began her career as an elementary school teacher and first taught in a one room school house. She taught in Berkeley County, Frederick County, and Polk County. She retired after 63 years of teaching. Memories of the earlier days was when the milk was delivered to the front porch. She drove a Model-T Ford and also drove a horse and buggy. She grew up during the years of the depression.

Her secret to living a long healthy life, she said, is to eat right, exercise and just take good care of yourself. She never smoked or drank. She gives credit to her ancestors and their genes for living a long life of almost 100 years. She has several relatives that lived up to 103 years and her Mother lived to be 96. She has enjoyed living in Martinsburg for the last 45 years. It's a nice community and the neighbors are very friendly and look out for one another.

Prepared by Pat Sturman, Chairperson
Marketing and Membership Committee

The Secret of staying young is to live honestly, eat slowly and lie about your age...Lucille Ball

CALCIUM RICH PUMPKIN BREAD

4 Cups flour
 ½ Cup fat free dry milk
 1¼ Cup sugar
 2 Teaspoon baking soda
 1 Teaspoon salt
 1 Teaspoon baking powder
 2½ Teaspoon cinnamon (or pumpkin pie spice)
 1 Can (15oz) pumpkin
 ½ Cup applesauce (unsweetened)
 ½ Cup oil
 4 Eggs (dry egg mix use 1 cup mix plus 1 cup water)
 2/3 Cup Water



Directions:

Preheat oven to 350 degrees. Spray two loaf pans with non-stick cooking spray. In a large bowl, mix together flour, dry milk, sugar, baking soda, salt, baking powder and cinnamon. In medium bowl, beat pumpkin, applesauce, oil, eggs, and water. Add to dry ingredients. Stir just until flour is moistened. Do not over mix. Pour half of the batter into each loaf pan. Bake 60-75 minutes or until a toothpick comes out clean. Cool on a rack and remove from pans after 10 minutes. Yield: makes 2 loaves, 12 slices each.



November 2nd, 2010 - Exercise your democratic right and obligation and vote!

Election Day Poem

I have to go Vote
 I have to get work done...
 I have to go Vote
 Wait - got to get the kids...
 I have to go Vote
 Not now, got to go to a store...
 I have to go Vote
 More errands to run...
 I have to go Vote
 Dinner has to be made...
 I have to go Vote
 My favorite show is on...
 I have to go Vote
 Too late the polls are closed...
 I have to go Vote - next year



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