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CRUNCHY PUMPKIN PIE

This pie uses only a small amount of oil in the crust and skim milk in the filling to make it heart-healthy.

For the pie crust:	For the pie filling:
1 C quick cooking oats	1/4 C packed brown sugar
1/4 C whole wheat flour	1/2 tsp ground cinnamon
1/4 C ground almonds	1/4 tsp ground nutmeg
2 Tbsp brown sugar	1/4 tsp salt
1/4 tsp salt	1 egg, beaten
3 Tbsp vegetable oil	4 tsp vanilla
1 Tbsp water	1 C canned pumpkin
	2/3 C evaporated skim milk

Preheat oven to 425° F.
 Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
 Blend oil and water together in measuring cup with fork or small wire whisk until emulsified.
 Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
 Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown.
 Turn down oven to 350° F.
 Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
 Add eggs and vanilla and mix to blend ingredients.
 Add pumpkin and milk and stir to combine.
 Pour into prepared pie shells.
 Bake 45 minutes at 350° F or until knife inserted near center comes out clean.
 Yield: 9 servings--Serving Size: 1/9 of a 9-inch pie

Each serving provides:
 Calories: 177
 Total fat: 8 g
 Saturated fat: 1 g
 Cholesterol: 24 mg
 Sodium: 153 mg

-Stay Young at Heart, [NHLBI](#)

NATIONAL ARTS AND HUMANITIES MONTH



Each year since 1993, National Arts and Humanities Month has helped give millions of Americans the opportunity to explore new facets of the arts and humanities in their lives and has encouraged them to begin a lifelong habit of active participation. It has become the nation's largest collective annual celebration of the arts and humanities.

Here are some things you can do to celebrate National Arts and Humanities Month...

1. At the dinner table, take turns sharing one creative thing you each did that day.
2. Ask local museums to give a behind-the-scenes tour of how exhibits are put together.
3. Organize a Children-Go-Free Day, to the theater, a museum, a concert or a puppet show.
4. Read a book aloud.
5. Suggest to local teachers that they engage students in a National Arts and Humanities Month project, like a play or mural.
6. Encourage local performers to hold an open rehearsal.
7. Suggest local businesses "adopt" an artist for the month, providing space for the artist to demonstrate or exhibit work.
8. Encourage public performances in the square, on the sidewalk, pier, etc.
9. Organize a community talent show.
10. Go to a matinee stage performance with your children (or borrow someone else's!).

source: <http://www.nasaa-arts.org>



Your Access to Free Credit Reports

The Fair Credit Reporting Act (FCRA) requires each of the nationwide consumer reporting companies – Equifax, Experian, and TransUnion – to provide you with a free copy of your credit report, at your request, once every 12 months. The FCRA promotes the accuracy and privacy of information in the files of the nation's consumer reporting companies. The Federal Trade Commission (FTC), the nation's consumer protection agency, enforces the FCRA with respect to consumer reporting companies. A credit report includes information on where you live, how you pay your bills, and whether you've been sued, arrested, or filed for bankruptcy.

Nationwide consumer reporting companies sell the information in your report to creditors, insurers, employers, and other businesses that use it to evaluate your applications for credit, insurance, employment, or renting a home. Here are the details about your rights under the FCRA and the Fair and Accurate Credit Transactions (FACT) Act, which established the free annual credit report program.



How do I order my free report?

The three nationwide consumer reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which you can order your free annual report.

To order, visit annualcreditreport.com, call 1-877-322-8228, or complete the Annual Credit Report Request Form and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281. You can print it from ftc.gov/bcp/online/edcams/credit.

Do not contact the three nationwide consumer reporting companies individually. They are providing free annual credit reports only through annualcreditreport.com, 1-877-322-8228, and Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281

You may order your reports from each of the three nationwide consumer reporting companies at the same time, or you can order your report from each of the companies one at a time. The law allows you to order one free copy of your report from each of the nationwide consumer reporting companies every 12 months.

-Federal Trade Commission

SAFETY TIPS FOR HALLOWEEN



- Children shouldn't snack while they're out trick-or-treating. They should wait until they get home and parents have had a chance to inspect the goodies.
- To help prevent children from munching, give them a snack or light meal before they go--don't send them out on an empty stomach.
- Tell children not to accept--and, especially, not to eat--anything that isn't commercially wrapped.
- When children bring their treats home, discard any home-made candy or baked goods.
- Parents of young children should also remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say so on the label.

Source: Food and Drug Administration

