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18 Bizarre Home Remedies That Really Work

Home remedies, no matter who swears they work, are more often bunk than bona fide fixes. But some actually do have science on their side and, in fact, perform even better than their traditional medical counterparts. We dug into the research, talked with the experts, and found 18 treatments that passed muster. Prepare to look at duct tape in a whole new way.

1. Cure cuticle infections with vinegar.

The natural antibacterial properties of vinegar can eliminate infections caused by an overzealous manicurist or picking at cuticles. Apply white wine vinegar combined with warm water for 15 minutes a day.



2. Eliminate dandruff with a DIY aspirin shampoo.

Aspirin is basically salicylic acid, the anti-acne ingredient that sloughs off dead skin. "It does the same thing for your scalp—gets rid of flakes," says Marie Jhin, MD, a board-certified dermatologist based in San Francisco. Add 1 tablespoon of crushed aspirin to your regular shampoo, suds up, and leave the souped-up shampoo in for 5 to

10 minutes. Tip: use a mortar and pestle to finely crush the aspirin.

3. Ease nausea with ginger.

Your mom was right. Ginger accelerates stomach emptying and helps break up and release intestinal gas, says Stephen Hanauer, MD, a professor of gastroenterology and hepatology at Northwestern University Feinberg School of Medicine. Sip on ginger ale or ginger tea, or slowly eat a few candies made with real ginger.



4. Beat a migraine with sex.

But don't just go through the motions—43% of those who found relief in the sheets said their symptoms improved only after orgasm, according to a study published in Cephalalgia. The researchers speculate that endorphins may cause pain to subside.

5. Eliminate warts with duct tape.

Docs theorize that the combination of the airtight environment and something in the adhesive is toxic to warts (but harmless to you), says Patrick DeHeer, MD, a podiatrist and board-certified foot surgeon based in Indianapolis. In fact, 85% of warts were eliminated with the tape, compared to just 60% who had them frozen off, according to research published in the Archives of Pediatrics & Adolescent Medicine. Replace the tape every 6 days

for 2 months, or until the wart disappears.

6. Bypass motion sickness with lemon.

Motion sickness is often accompanied by excess salivating. Tannins (bitter, astringent plant compounds) found in lemons (olives, too) dry out the mouth, eliminating saliva and, in turn, easing oh God, not here nausea, says Hanauer.



7. Heal cracked heels with Crazy glue.

"No amount of cream or moisturizer will bring that crack back together," says Jhin. "Crazy Glue is a great little trick to fix it." Soak your feet in water for a few minutes, then apply moisturizer and dab the glue on any remaining cracks. Just one application should do the trick. The challenge will be to avoid getting it on your hands.

8. Get rid of corns with licorice.

Coating the affected area with a mixture of licorice and oil, then covering it with plastic wrap and a sock while you sleep, gives the estrogen-like substances in licorice time to work their softening magic, says DeHeer.



9. Treat eczema with baking soda.

"Eczematic skin tends to be more acidic, and baking soda brings it back to a more neutral pH and sloughs off some of that dead, flaking skin," Jhin says. Combine 1 Tbsp baking soda with

warm bathwater, and soak for 15 minutes, 3 times a week.

10. Soothe a sore throat with sage tea.

A study in the European Journal of Medical Research found that a spray containing 15% sage offered significant relief within just 2 hours, compared with a placebo. Try DIY sage tea: Pour 1 cup of almost-boiling water over 2 tablespoons fresh sage or 1 tablespoon dried. Cover and steep 10 to 15 minutes, then strain.

11. Solve stinky feet with rubbing alcohol.

Its dehydrating properties kill flourishing bacteria and fungus and eliminate excess perspiration problems at the root of odors, says DeHeer. Dampen a cotton ball with rubbing alcohol and wipe over the bottoms of your feet in the morning to minimize moisture and control odor all day.



12. Stop a migraine with ice.

Applying ice to your temples or the back of your neck for 10 to 15 minutes numbs the nerve that's sending the pain signal and constricts blood vessels. Plus, the icy sensation on your skin helps distract from the pain, says Lawrence Newman, MD, a board-certified neurologist and director of the Headache Institute at Mount Sinai Roosevelt in New York City. [MORE: 6 DIY Remedies For Irritated Skin](#)

13. Halt a respiratory tract infection with salt water.

Start swishing at the first sign of trouble. If you're dealing with tonsillitis rather than a regular cough, add some salt to help clear out the bits of food that can get stuck in tonsils and often cause

the problem. Doing so led to a 36% reduction in peak-season respiratory tract infections, according to a study published in the American Journal of Preventive Medicine.

14. Kick athlete's foot with garlic.

A study in the Journal of the American Academy of Dermatology reported that ajoene, an antifungal compound found in garlic, can reduce the signs and symptoms of every gym-goer's worst foe. Crush a few cloves, mix with olive oil, and use a cotton ball to rub the mixture on the affected area several times a day until the infection clears up.



15. Ease tinnitus with nature sounds.

Research published in the Journal of the American Academy of Audiology found that digitally produced sounds mimicking nature and water provided significant relief from tinnitus. A white-noise machine with nature sound settings or a nature sound app on your phone will do the trick. [MORE: 5 Things Your Blood Type Says About Your Health](#)

16. Cure swimmer's ear with a vinegar.

"Vinegar acidifies the external auditory canal, killing the bacteria that cause swimmer's ear," says Lucian Sulica, an otolaryngologist at New York-Presbyterian Hospital/Weill Cornell Medical Center. Dilute white vinegar with an equal amount of distilled water and, using an eyedropper, put 3 drops in the affected ear 3 times daily.

17. Fix indigestion with licorice and peppermint.

A study in *Digestion* found that an herbal preparation of licorice root and peppermint leaves eased indigestion. Makes sense, says Hanauer: "Licorice increases mucus production for a soothing effect, and peppermint relaxes the sphincter in the esophagus, which acts up during indigestion." Licorice and peppermint candies can provide similar relief, as can teas containing either or both.

18. Experience less anxiety with peppermint essential oil.

Research from Wheeling Jesuit University suggests keeping this feel-good scent on hand to sniff when stress levels start to bubble over. Doing so led study participants to have 20% less self-reported anxiety and 25% less frustration.

A room-by-room guide to the right light bulbs

Provided by Consumer Reports



Lighting a room doesn't take much effort, but lighting it properly, well that's a whole other thing. A center-mounted ceiling light isn't enough anymore, not when you want lighting for tasks, ambience, security, and more. Consumer Reports asked four lighting designers from across the country for room-by-room lighting advice. Not surprisingly, they all said energy-saving LEDs are the way to go.

A lighting fixture in the center of the ceiling is visually boring and it can't do it all. Use a variety of light sources to create layers of light, being careful to

avoid glare. Whether the light color is warm or cool is a personal preference. "The further south you go people prefer cooler light because it makes you feel cooler and as you go north you find warm light is more popular," says Joe Rey-Barreau, a lighting designer and architect in Lexington, Kentucky.

Light color is noted on the Lighting Facts label on lightbulb packages. Warm light is around 2700 K (the K is for Kelvin, a temperature scale that measures light color). Bulbs 3500-4100K cast a whiter light and those 5000-6500K give off a bluer-white light. "Don't go above 3000K in any room," says Rey-Barreau.



Kitchen and dining area.

Task lighting: Mount dimmable, adjustable undercabinet LED fixtures near the cabinet front to direct light down and back to put light where you'll be working, but if you have granite or another shiny countertop there can be some reflected glare—bright spots of light from the LEDs.

Need to know: Cut countertop glare by using LED fixtures with diffusers to soften the light. "And if your backsplash is white or another highly reflective surface, place the undercabinet LED fixtures upfront but aim them toward the backsplash to lessen glare and allow the light to bounce off the backsplash and illuminate the work surface," says Terry McGowan, a Cleveland-based lighting designer and director of engineering for the American Lighting Association.

Overhead lights. Dimmable LEDs for recessed lighting can provide directional task lighting and general lighting. "The most common mistake that I've seen—even builders do it—is a recessed fixture with a bulb hanging, creating a huge amount of glare," says Robin Muto, a lighting designer in Rochester, New York.

Need to know: A true recessed light means that the lightbulb is recessed too. And the color of the can's interior, which surrounds the bulb, affects light output and the color of the can's interior, which surrounds the bulb, affects light output and light color. A shiny metal reflector casts the most light but increases glare. A black interior reduces glare but absorbs light so you might prefer brighter bulbs.

Bulbs to consider: Any of the recommended BR30 LEDs, including the [Great Value \(Walmart\) 65W Soft White Dimmable LED](#), \$11, [Feit Electric 65 Watt Replacement Flood LED](#), \$10, both are CR Best Buys, and the \$14 [Philips SlimStyle](#).



Family room

Use a ceiling fan with a light or recessed lights for general lighting, lamps at different heights and sizes to create an intimate look, track or recessed directional lighting to accent art, wall sconces for added light, and LED tape lighting on cabinet shelves to showcase books and your favorite pieces.

Need to Know: “Avoid a light above the TV as it will influence the quality of what you’re seeing,” says Rey-Barreau, adding that recessed lights should be off when you’re watching TV. Use bulbs within a 200-degree Kelvin range of other bulbs in the room to minimize noticeable differences in light color in one room.

Bulbs to consider: For 60-watt replacement bulbs for lamps and open ceiling fixtures, top pick LEDs include the [Samsung A19 Warm White](#), \$14. It provides warm yellow light, and the [Feit Electric A19/OM/800](#), \$7.50, for whiter light. It’s a CR Best Buy and works in enclosed fixtures.

Bedrooms



Recessed lighting isn’t ideal as you don’t want to be looking up from your bed at a glaring light. A ceiling fixture

lets you hit a switch for on/off light, and dimmers on your bedside lamps allow you to adjust light within a range of comfortable settings. Skip CFLs in children’s bedrooms. Horsing around may cause a lamp to crash to the floor, a concern since CFLs contain small amounts of mercury.

Need to know: Use warmer light color, around 2700K, to minimize blue light. Your eyes are especially sensitive to it, and studies have shown that exposure to any light at night is associated with an increased risk of sleep problems, according to our medical experts.

Bulbs to consider: For lamps or ceiling fixtures, most of the top picks cast warm light, including the dimmable [Philips SlimStyle 60W A19 Soft White](#). It’s \$7 and a CR Best Buy, but can’t be used in a fully enclosed fixture. For that, consider the Feits.

Bathrooms

You’ll want just enough light to get in and out in the middle of the night, yet the right light for grooming. Overhead dimmable light is useful and ideally you want light above the mirror and along both sides.

Need to know: Choose bulbs with a



high color-rendering index (CRI). They more accurately show colors of skin tone—handy when applying make-up. You’ll see color accuracy scores in our [lightbulb Ratings](#). As for light color, Muto prefers bathroom light that’s around 3000K. “It’s not cool yet but it’s more neutral,” she says, “and you perceive the light as being brighter than warm, yellow light.”

Bulbs to consider: The top-scoring [Feit 60-Watt Replacement 9.5W LED](#), \$7, was the best at accurately displaying colors among top picks in this category.

Outdoors



PLAYGROUND GRAND RE-OPENING

WHEN: Friday, August 21st, 2015
TIME: 7:00 PM
WHERE: Tuliptree Square Playgound

Come join us for our grand re-opening of our last three playground areas. Mayor Kristen Umstattd will be joining us for this event.

Sno cones to follow!

LEDs perform very well in cold temperatures, unlike CFLs, which take time to fully brighten. And an LED's long life makes it ideal for hard-to-reach spots. Continue the layered-lighting look outside, using lighting for safety, security, and accenting landscaping. "Glare is always bad," says McGowan. "When you put a floodlight over the garage door and aim it down the driveway, you're blinded when you pull in the driveway and your neighbors passing by on the street or sidewalk won't appreciate this glaring light either."

Need to know: Control the light by installing fixtures with shields so the light shines down and not out, and rather than using one bulb to do all the work use several smaller floodlights with less light output. "The rule of thumb is never try to light a distance beyond 1.5 times the mounting height of the light," he says. Lights mounted at 12 feet can light up to 18 feet out.

Bulbs to consider: Depending on where you're placing the bulbs, these PARs are bright: the dimmable [MaxLite 20W PAR38](#) replaces a 100-watt incandescent, but it's \$45. The [Great Value 90W PAR38](#) is \$22 and a CR Best Buy. It's sold at Walmart but isn't dimmable. Some of the BR30 LEDs can be used outdoors if they're protected from water and aren't as bright.

Full lightbulb Ratings and recommendations

Our [lightbulb Ratings](#) include dozens of energy-saving LEDs and CFLs. Click the Features & Specs page to learn more about the bulbs and how they compare. The buying guide is loaded with useful information. Any questions? E-mail me at kjaneway@consumer.org.

5 Things You Shouldn't Forget When Taking a Day-Trip With Your Dog

Who doesn't love to take their best friend along for a day outside? It's never fun to get to your destination and realize you've forgotten something essential. Here are 5 things you should never leave without to ensure your day trip with Fido is a good time:

A car harness and leash.

Your dog should be secured in your car when you travel, no matter how short the trip. Your dog can become a projectile in



your car in the event of a sudden stop, but you wouldn't want to risk his or her life in the event of even a minor incident. Once you arrive, you'll need the leash to keep Fido under control until you get to the leash-free zone.

Water and a water bowl.

Having water accessible at all times will not only keep your dog hydrated, it will keep him from drinking from other water sources that might be hosting parasites like Giardia. There are LOADS of options available for dog owners to choose from when it comes to drinking bowls these days. Some are even collapsible to allow you to pack them away easily if you're on the move.

Waste disposal (poop) bags.

Don't be THAT dog owner. Be courteous and clean up after Fido so everyone can enjoy the environment. If you're going to be somewhere without easy access to a sink, you might also want to bring plastic gloves and hand sanitizer or sanitizing wet-wipes!

A towel.

You already know that Fido is a mud-magnet so an old towel could come in handy! It might be a good idea to keep an extra around for yourself if your dog loves to share his love of the mud.

Food and Treats.

If you're out for the day you definitely won't want your dog to skip a meal. Be sure to keep his regular supply of food, plus a little extra, since he's going to be expending all kinds of energy outside. Treats to keep him occupied during breaks are also a fantastic idea. Of course,

when it comes to diet, it's always best to consult your veterinarian first – and follow that

advice, since it will be specific to the age and health of your best friend.

Keep in mind – this is a short list. Your dog may have specific needs based on his age, condition, or the region you'll be enjoying. Ask your veterinarian for advice on what other items you could take with you to make the most of your day outdoors.

Voyce is the wearable band that helps you monitor your dog's health and wellness.

This Is Why You Absolutely Need To Stop Wearing Shoes In Your House

Have you ever been to someone's home and they have all the shoes by the front door outside of the house? I have had several friends mostly from eastern and/or Asian families who do this. I always found it interesting personally

considering growing up not many of my friends and family kept all the shoes outside. Most people I know take their shoes off at the door but some people choose to wear shoes in their home. Why would you wear shoes in your home? it's beyond me! it's more comfortable to be barefoot and it's better to develop foot and angle strength also.

Some new information I discovered today is worth sharing though. The University of Houston did a study and found that 39% of shoes contained bacteria C. diff (otherwise known as Clostridium difficile), this is a public health threat that is now also resistant to a number of antibiotics. C. diff infections can cause multiple health conditions such as bad diarrhea which can also progress to colon inflammation and further serious health problems, especially if it doesn't respond to antibiotic treatment effectively.

In another study done by the University of Arizona 9 different forms of bacteria were found on the bottom of shoes. Good Morning America did a test and found that the bottom of shoes were

dirtier than toilet seats also. Furthermore, Dr. Charles Gerba, a microbiologist and professor at the University of Arizona did a test with a brand new pair of shoes and found that within just two weeks of wearing a new shoe

440,000 units of bacteria were found on the shoe.

An astonishing 27% of that total

bacteria were deadly E Coli. Klebsiella pneumonia was also found, which can lead to and cause pneumonia and wound and bloodstream infections and another type of infection called Serratia ficaria, which can lead to infection of the respiratory tract.

"Shoes are contaminated from diverse sources, and we are regularly contaminating our doorsteps by shoes," says study author M. Jahangir Alam, Ph.D.

The Clostridium difficile is only the tip

of the iceberg though because only 4 out of 10 people have this on their shoes. There are many different types of bacteria that get into your home from your shoe. For example, most most public restroom floors contain around 2

million bacteria per square inch



(interestingly enough the average toilet seat only contains about 50 per square inch). These are two very good reasons to avoid wearing shoes in your home at all. If you have young kid's who crawl around on the floor all day (whether 2 years old or 4 years old) it's even more important to not wear your shoes inside your home. Children 2 and under should NOT be playing on floors that shoes have been walked on. It is best to leave your shoes outside the home if you have a one or two year old child.

What's interesting is that many



SUMMER BBQ

WHERE: Poolside

WHEN: Saturday, August 22, 2015

TIME: 4-6PM

RAIN OR SHINE

Come join us for bbq for dinner poolside with your neighbors from the community!

countries like I previously mentioned earlier in this article leave their shoes completely outside their home with that door closed so you cannot even see shoes in the home. A great idea is to leave them at the front door or in the garage by the door to avoid bringing any unwanted bacteria or germs in the home. What's worse is that many of us will be barefoot in our homes (especially during the summer time) and to wear your shoes in your home even just once or a few times if you forgot something and are in a rush can potentially bring this dangerous bacteria in your home. Avoid it and do your best to keep the shoes outside for your health and safety.

Not only do shoes contain bacteria but they also contain germs, chemicals and oil or petroleum by-products. The bottom of your shoes are full of plenty of chemicals and pathogens that you do not want to spread all over your home then walk barefoot on later.

It's uncommon in western countries such as America and Canada for guests to ask to remove your shoes at the door but most cultures around the world ask that you leave your shoes at the door. It will help keep those germs and bacteria out, as well as bacteria C. diff which can be more dangerous. Taking your shoes off at the door is a sign of respect for your home and the home of guests. In many religious traditions shoes are removed for prayer and entering the home. Shoes carry many germs and bacteria and it's best to leave the outside world just outside your door along with your shoes.

Let's recap, what's on the bottom of your shoes? Fecal matter, multiple forms of bacteria causing fecal matter as well as infections and inflammation of the colon, germs, chemicals, petroleum and so much more! Where are you going to leave your shoes from now on? and maybe you'll rethink that 5-second

rule (or 5 BECOMING a 10-second rule) of dropping food on the floor and picking it up to eat it next time.

From Our Furry Friends

10 Symptoms in Dogs That You Should Never, Ever Ignore

By Dr. Becker

When your dog starts acting strangely or seems a little inexplicably "off," it's often impossible to know whether to take a wait-and-see approach, or hit the panic button. This is especially true when the symptoms are characteristic of certain benign conditions as well as life threatening disorders.

The following symptoms fall into the category of *Do Not Ignore*. They may or may not indicate a serious underlying disease, but they should be investigated immediately by your veterinarian or an emergency animal clinic.

10 Do Not Ignore Symptoms in Dogs

Loss of appetite, weight loss.

Often, loss of appetite is the very first sign of an underlying illness in pets. There can be many reasons your dog isn't hungry or refuses to eat, but not eating can begin to negatively impact his health within 24 hours. And for puppies 6 months or younger, the issue is even more serious.



Weight loss is the result of a negative caloric balance, and it can be the consequence of anorexia (loss of appetite) or when a dog's body uses or eliminates essential dietary nutrients faster than they are replenished. Weight loss exceeding 10 percent of your dog's normal body weight will be a red flag for your vet. There can be several

underlying causes, some of which are very serious.

Lethargy, extreme fatigue.

A lethargic dog will appear drowsy, "lazy," and/or indifferent. She may be slow to respond to sights, sounds and other stimuli in her environment.

Lethargy or exhaustion is a non-specific symptom that can signal a number of potential underlying disorders, including some that are serious or life-threatening. If your pet is lethargic for longer than 24 hours, it's time to make an appointment with your veterinarian.

Coughing.

Coughing in dogs, unless it's a one-and-done situation, generally indicates an underlying problem. Examples include a possible windpipe obstruction, [kennel cough](#), bronchitis, pneumonia, heartworm disease, heart failure, and tumors of the lung.

All causes of coughing require investigation, and in most cases, treatment.

Fever.

If your dog's temperature spikes, it usually means his body is fighting an infection. The normal temperature in dogs is 100.5 to 102.5 degrees F. If your pet feels warm to you and his temp is higher than normal, make an appointment with your veterinarian.

Difficulty breathing.

A dog in [respiratory distress](#) will have labored breathing or shortness of breath that can occur when she breathes in or out. Breathing difficulties can mean that not enough oxygen is reaching her tissues. Additionally, dogs with heart failure may not be able to pump enough blood to their muscles and other tissues.

Respiratory distress often goes hand-in-hand with a buildup of fluid in the lungs or chest cavity that leads to shortness of breath and coughing. If your dog has sudden undiagnosed breathing problems, she should see a veterinarian immediately.

Trouble urinating.

This includes [discomfort while urinating](#), straining to urinate, and frequent attempts to urinate with little success. If your dog cries out while relieving himself, seems preoccupied with that area of his body or is excessively licking the area, you should make an appointment with your veterinarian right away.

There are several underlying causes of urinary difficulties, some of which can result in death within just a few days.

Bloody diarrhea, urine, vomit.

Digested blood in your dog's poop will appear as black tarry stools. Fresh blood in the stool indicates bleeding in the colon or rectum. Either situation is cause for concern and should be investigated as soon as possible.

Blood in a dog's urine, called hematuria, can be obvious or microscopic. There are a number of serious disorders that can cause bloody urine, including a blockage in the urinary tract, a bacterial infection, and even cancer.

Vomited blood can be either bright red (fresh), or resemble coffee grounds (indicating partially digested blood). There are a variety of reasons your dog might vomit blood, some of which are relatively minor, but others are serious and even life threatening.

Pacing, restlessness, unproductive retching.

When a dog paces and seems unable or unwilling to settle down, it can signal that he's in pain, discomfort, or distress. One very serious condition in which

these symptoms are common is [gastric dilatation volvulus](#) (GDV), also called bloat. Another sign of bloat is when a dog tries to vomit but brings nothing up.

[Bloat](#) is a life-threatening condition that most often occurs in large breed dogs and those with deep chests.

Fainting, collapsing.

When a dog collapses, it means she experiences a sudden loss of strength that causes her to fall and not be able to get back up. If a collapsed dog also loses consciousness, she has fainted.

Either of these situations is an emergency, even if your dog recovers quickly and seems normal again within seconds or minutes of the collapse. All the reasons for fainting or collapsing are serious and require an immediate visit to your veterinarian. They include a potential problem with the nervous system (brain, spinal cord or nerves), the musculoskeletal system (bones, joints, muscles), the circulatory system ([heart](#), blood vessels, blood), or the respiratory system (mouth, nose, throat, lungs).

Red eye(s).

If the white area of your dog's eye turns bright red, it's a sign of inflammation or infection that signals one of several diseases involving the external eyelids, the third eyelid, the conjunctiva, cornea, or sclera of the eye.

Redness can also point to inflammation of structures inside the eye, eye socket disorders, and also [glaucoma](#). Certain disorders of the eye can lead to blindness, so any significant change in the appearance of your dog's eyes should be investigated.

Some symptoms of illness in dogs are best handled by simply giving them a chance to run their course, for example, a temporary GI upset resulting from indiscriminate snacking.

Other symptoms can be so sudden, severe and frightening that you know immediately you need to get your pet to the vet or an emergency animal hospital.

The 10 symptoms I've listed above are less definitive, so I hope I've provided you with some guidance in the event your own pet develops symptoms that point to a potentially severe or life-threatening illness.

August Recipes

Popcorn Balls

Make the holidays pop with this fun, sweet, and salty recipe!

Ingredients

1 cup sugar
1 ½ cups cane syrup, preferably Steen's
2 tbs white vinegar
1 tsp salt
3 to 4 quarts popped corn, preferably not microwave popcorn, lightly salted
1 cup bacon, diced and rendered, reserve fat
2 tbs butter, more for hands
¼ tsp baking soda

Directions

In a saucepan fitted with a candy thermometer, melt sugar, syrup, ⅔ cup water, vinegar, and salt over medium heat. Cook, stirring occasionally, until mixture reaches 250 degrees, 5 to 10 minutes. Watch carefully so mixture does not boil over.

In a very large bowl, combine popcorn and peanuts, if using. Cover a work surface with waxed paper. When syrup mixture is ready turn off heat and stir in butter, bacon fat, and baking soda; it will foam up.

Pour about ⅔ of syrup over popcorn and set remainder over very low heat. Mix popcorn well with wooden spoon. Working quickly, butter hands and form mixture into balls, setting them on prepared surface to cool; this is best

done by more than one person, so syrup does not have time to harden. If mixture seems dry or isn't holding together, stir in remaining syrup.

Cool and serve, or wrap individually in waxed paper and store in an airtight container.

Chia Cornbread Muffins



For the fall season, try these chia cornbread muffins. They can be used as snacks or a side dish.

Ingredients

1 Cup whole-wheat flour
3/4 Cups cornmeal
1 Tablespoon pure cane sugar (optional)
1 Teaspoon baking soda
3 Tablespoons chia seeds
1 Cup almond milk, unsweetened or organic milk
1/4 Cup coconut oil, melted
1 large egg

Directions

Preheat oven to 425 degrees. Prepare the muffin pan with paper liners. Combine the flour, cornmeal, sugar, baking soda, and chia seeds in a medium bowl.

Mix together the almond milk, coconut oil, and egg in a small bowl. Stir the wet and dry mixtures until everything is combined. Spoon the batter into the muffin cups, filling until 2/3 full.

Bake for about 20 minutes, or until a toothpick inserted into the center comes out clean.

Remove the muffins from the pan. Serve warm or allow to cool.

Maple Apple Muffins



Maple syrup adds a whole new layer of flavor to these [muffins](#), and the hint of caramel is a perfect match with the apples and walnuts. These muffins are really moist and full of flavor from the spices, apples, maple syrup, crunchy walnuts, and the rich, earthy taste of oats.

Ingredients

1/4 Cup unsalted butter
1/4 Cup vegetable oil
1/2 Cup brown sugar
2 Tablespoons maple syrup
1 egg
2 apples, cored and grated
1/4 Teaspoon cinnamon
1/4 Teaspoon ground cardamom
1/4 Teaspoon ground cloves
2 Teaspoons vanilla extract
1/4 Teaspoon salt
1 Cup all-purpose flour
1 Cup quick-cooking oats
1/4 Teaspoon baking soda
1/2 Cup chopped walnuts

Directions

Preheat the oven to 400 degrees.

Using an electric mixer, cream together the butter, oil, brown sugar, and maple syrup. Add the egg and whisk until combined. Add the grated apples, cinnamon, cardamom, cloves, vanilla extract, and salt. Sift the flour into a mixing bowl and add the oats and baking soda. Add the flour mix gradually to the wet mix. Mix with a spoon or spatula until homogenous. Fold in the walnuts.

Line a muffin tin with paper or foil liners. Fill with the batter 3/4 full. Bake in the oven and reduce the temperature

to 350 degrees after 10 minutes. Continue baking until a knife inserted into the center of each muffin comes out clean.

Easy Pancake Muffins



Ingredients

2 cups bisquick, jiffy or pioneer baking mix
1 cup buttermilk
2 eggs
1/2 - cup great value real maple syrup

Heat oven to 350°F. Lightly spray a mini muffin pan with non stick baking spray. In large bowl, stir together biscuit baking mix, milk, maple syrup and eggs. Mix until blended. Pour batter evenly into mini muffin cups, filling nearly to the top of each cup.

Bake 10 - 12 minutes or until tops are light golden brown and spring back when lightly touched. Cool in pan 5 minutes then remove to a cooling rack. Serve pancake bites warm drizzled with maple syrup. Flash freeze any leftovers and place them in a large freezer bag.

How to flash freeze: Place pancake bites 1 inch apart onto a baking sheet. Place baking sheet in the freezer for 20 - 30 minutes. This will freeze the bites firmly, so they do not stick when you place them in a freezer bag. When the bites are firm, transfer to a large zip lock freezer bag. Date and freeze. When ready to use reheat in the microwave.

Cook's Note: you can also add blueberries or chocolate chips to the

batter. By far our favorite are just plain old buttermilk pancakes.

Recipe Yields: 2 dozen muffin bites
Inspired by: [Betty Crocker](#)

Overnight Caramel French Toast



Ingredients

1 cup packed light brown sugar
1/2 cup light-colored corn syrup
1/4 cup butter
Cooking spray
10 (1-ounce) slices French bread (soft bread such as Pepperidge Farm)
2 1/2 cups 1% low-fat milk
1 tablespoon all-purpose flour
1 1/2 teaspoons vanilla extract
1/4 teaspoon salt
2 large eggs
2 tablespoons granulated sugar
1 teaspoon ground cinnamon

Preparation

Combine first 3 ingredients in a small saucepan. Cook over medium heat 5

minutes or until mixture is bubbly, stirring constantly. Pour mixture evenly into a 13 x 9-inch baking dish coated with cooking spray.

Arrange bread slices in a single layer over syrup in dish.

Combine milk and next 4 ingredients (through eggs) in a large bowl, stirring with a whisk. Pour egg mixture over bread slices. Cover and refrigerate for 8 hours or overnight.

Preheat oven to 350°.

Combine 2 tablespoons granulated sugar and cinnamon. Sprinkle evenly over bread.

Bake at 350° for 50 minutes or until golden. Let stand for 5 minutes before serving.

SYCAMORE HILL

