

# THE BRIGHT SIDE

STORIES, EVENTS, AND PICTURES TO BRIGHTEN YOUR DAY



## A NEWSLETTER FOR YOU

October 2020

The Bright Side newsletter is a new publication brought to you by Chemung Volunteer Action Corps and Cornell Cooperative Extension of Chemung County that is curated with you in mind. You submit your favorite recipes, poems, pictures, events going on, something YOU find interesting or uplifting, whatever you desire, and we will put it into a newsletter for you.

We can't wait to receive your work for the next Bright Side!

To submit to the newsletter, give material to your case manager OR email Danielle at [dkh54@cornell.edu](mailto:dkh54@cornell.edu)  
OR mail material to:

**Chemung Volunteer Action Corps**  
**425 Pennsylvania Ave, Suite 107**  
**Elmira, NY, 14904**

## HELPING

SUBMITTED BY HAROLD

Part of my mental health has always been feeling like a bad person or also feeling like everyone is upset with me. There is no specific one thing that my brain likes to tell me that has resulted in this. But as I have grown and learned I have become a much better person even with my brain still trying to drag me down. As part of my growth and learning, I have developed a deep love for helping other people. I work and strive to become a good person in a way to prove my brain wrong about being a bad person. I still have trouble thinking I have upset people as my friends and coworkers have learned since at times I ask them if I have upset them to be able to counter my thoughts. My love for helping people has grown though into a life goal of being able to give back to the country I live in. To be able to share a love of plants with everyone that I can as well as try to help other people who have had some problems in their lives. To build out communities and help others has become a defining part of my life oddly enough because of how my brain has always talked down to me. I've developed a deep love of plants and gardening that have helped me a lot with my mental health. I'm not sure why but I have developed an especially large fascination with tomatoes. This enjoyment of that particular variety of plant has intrigued me about the possibilities of various traits that might be able to be coaxed out of the plant or improved on. I think my passion for plants has helped me feel connected to my family history of farmers.

### DID YOU KNOW?

Tomatoes are the world's most popular fruit (yes, they are a fruit)! Followed by bananas, apples, oranges, and watermelon!



There are more than 10,000 varieties of tomatoes. How many have you had?

According to the Census of Agriculture, in 2017, there were **398 farms in Chemung County!**

**DID YOU KNOW?** Michael Jordan, the main owner of the Charlotte Hornets of the National Basketball Association (NBA), played 15 seasons in the NBA and won six championships with the Chicago Bulls. That much you probably do know. But did you know that he was once told he was too short to play the game? **Jordan is 6 ft. 6 inches tall!**



## EASY 2 INGREDIENT APPLE CAKE

Preheat oven to 350°F. Grease a 9x13 pan.

**Ingredients:** 1 box white or yellow cake mix & 1 cup unsweetened applesauce

**Directions:** Stir the cake mix and applesauce until smooth.

Pour into prepared pan and bake for 30 minutes or until center is done.

## THINKING ABOUT COMPOSTING?

Did you know approximately 30% of all our kitchen waste is compostable? Composting saves money by creating high-quality additive that can be used instead of expensive bagged products. You can save money on the cost of trash bags and disposal fees, as well as reducing the carbon footprint of having to transport and process waste at the landfill.

Start by composting in your kitchen. Composting does not smell when done right. Pick a container that's the right size to hold the amount of food scraps you produce. Use a tight-fitting lid to discourage fruit flies and odors. Line with newspaper to absorb moisture and make cleanup easy.

For more information check out our website at: [chemung.cce.cornell.edu/gardening/compost-resources](http://chemung.cce.cornell.edu/gardening/compost-resources)

## AMERICA RECYCLES DAY

Did you know America Recycles Day is November 15<sup>th</sup>? The national day was started in 1997 by the National Recycling Coalition to encourage Americans to commit to recycling.



Accept the America Recycles Day Challenge and help increase the efforts/raise awareness amongst your community. Find out what is recyclable by calling your local Municipal Hall or your hauler, and be sure you know what can and cannot be recycled. Ask yourself: Can you recycle better than you already are? Do you buy recycled products?

Challenge yourself to carry your recycling efforts into the upcoming holiday season...Be creative with gift-giving... give your time, give experiences, give eco-friendly gifts!

**DID YOU KNOW?** You may have heard of the band ZZ Top. Two of the members of the band are famous for their long beards and one doesn't have a beard. Guess what his last name is? Beard!



## RETHINK YOUR DRINK!

Did you know that the average American consumes 270 calories of added sugars each day? That's about 17 teaspoons of sugar! Considering that almost half of the added sugars in our diets comes from beverages, it's important to make healthy drink choices. Try adding berries or slices of lime, lemon, or cucumber to make it more flavorful. Add a splash of 100% juice to plain sparkling water for a refreshing fizzy drink.

2020 has been a challenging year. **What is something you learned this year that you think others should know?** Send it our way to be featured in the next Bright Side newsletter!

## OUR MISSION

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

*Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans and Individuals with Disabilities, and provides equal program and employment opportunities.*

