

# WellNews

*Orange you glad to see me?*

January 4, 2016

## Fresh Orange Muffins

1 orange, quartered and seeds removed (with peel)  
1/2 cup orange juice  
1 large egg  
1/2 cup butter or margarine  
1 3/4 cups all-purpose flour  
3/4 cup white sugar  
1 tsp baking powder  
1 tsp baking soda

*Yield: 12 servings*

1. Preheat the oven to 400° F and spray a muffin tin with a non-stick cooking spray.
2. Put the orange quarters in food processor (or blender) along with orange juice. Process or blend until puréed.
3. Add egg and butter to food processor and combine. Pour the mixture into a large bowl.
4. Combine dry ingredients in a separate bowl. Next, add all of the dry ingredients to the orange mixture and stir to combine.
5. Fill muffin cups ~3/4 full.
6. Bake for 20 minutes. Remove from oven and let stand in tin for 5 minutes before removing them. Enjoy!

## Pixar in Concert

Pixar Animation Studios is well-known for its Academy Award winning animated films and beloved characters, including Buzz, Woody, Nemo, and WALL-E. In "Pixar in Concert," you will experience music and excerpts from the films from which the music was composed. The Dayton Philharmonic Orchestra presents the Pixar favorites for those who will always be young at heart! Tickets on sale now online!

**WHEN:** Friday, January 15 & Saturday, January 16 at 8:00 pm.

**WHERE:** 1 W. 2nd St., Dayton, OH 45402

**Being happy and healthy– start off your year right with these simple tips and this easy and healthy recipe!**

1. **Try to concentrate.** If you are squeezing fresh oranges, try to add some of the pulp in the juice to add more flavor!
2. **Save your zest for life...** Well, maybe not *life*. If you are juicing an orange, first remove the zest and freeze it for future use (for instance, to add to dishes). The zest will last frozen for 6 months.
3. **Orange you glad to smell me?** Reduce odors around the home! Place some dried orange peels in a cloth bag and hand in closets and cupboards to prevent musty odors from hanging around. Place orange peel at the bottom of your trash cans before putting bags in to reduce odor.
4. **Rekindling the fire.** As the oil in orange peel is extremely flammable, the dried peel can be used as fire-starter or kindling.

## Hocking Hills Winter Hike

Enjoy the winter sights in the beautiful Hocking Hills. The region takes on a distinct personality as waterfalls freeze and cave walls are covered in ice. Thousands travel from Old Man's cave to Ash Cave, and then stop at Cedar Falls. Transportation is provided back to the parking area around Old Man's Cave.

**WHEN:** Saturday, January 16 from 9 am– 3:00 pm

**WHERE:** 19852 St. Rt. 664 South, Logan, Ohio 43138