



**ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCATION**

Newsletter

JANUARY - FEBRUARY 2009

Dear Members,

Happy New Year to you all!

The year 2008 has been a very interesting one. For several months, we were deluged with campaign speeches from candidates who were running for President and Vice President of the United States.

In 2009, we will inaugurate Barack O'Bama, an African-American President. This is an historical event.

In 2008, we became aware of an economic crisis. Greed has played havoc with our country's biggest companies. But I believe there are a lot of caring and responsible people in our country that will move us forward.

AAAFCE is starting 2009 with a program about the Eggciting Egg. It will be fun and interesting. Don't forget we will meet on January 9th.

In February, we are going to present a program on "Going Green". As consumers, we can learn ways to help our environment and conserve energy.

We had a wonderful surprise at Christmas. Mary Crow donated

Jan. 1 Happy New Year!
Jan. 9 *Meeting - Program: Egg-citing News - Thelma Gore

Jan. 19 Martin Luther King Birthday

Jan. 20 Inauguration Day

Feb. 6 *Meeting - Program: "Going Green~1
This is Heart Month - Wear Red

Feb. 14 Valentine's Day

Feb. 16 President's Day

Feb. 25 Ash Wednesday

* Meetings will be held at the Extension Office in the County Office Bldg., Glen Burnie at 10:00 a.m. Bring a sandwich; dessert and beverage will be furnished.

* * *

\$250.00 to Anne Arundel FCE through her State FannAgency. We appreciate Mary's generosity and promoting our organization. Thanks so much, Mary.

Thelma Gore

Thelma
Gore
President



The Milliland Cooper.nh'c E.:lcnstOOS programs an:: open to all citizens without rcp:rd to nICC:. color. sec. handicap, n:J!gion. llJc or lUllionai origin

BITS and PIECES

5 Things to do with ... hand lotion

1. Get rid of winter clothing static. Put a small amount on your hands and rub them over your clothing or pantyhose.
2. Polish shoes in a pinch. A little bit of lotion buffed with a cloth salves the leather and makes shoes shine.
3. Moisturize under your gloves. Store a tube of it near your gloves, and smooth some onto your hands every time you pull them on.
4. Get rid of frizz. Spread a little over fingertips (not directly on hair) and scrunch your fingers through the frizz. A great ladies' room trick.
5. Shave. Has that can of foam sputtered out? Grab a bottle of lotion as a stand-in. Bonus: Your legs stay moisturized afterward.

5 Uses for ... comstarch

1. Slide rubber gloves on and off. Sprinkle inside gloves before you put them on so they won't stick.
2. Freshen your feet. Shake a bit into socks to absorb moisture and help prevent blisters.
3. Get cooking grease off a wall. Put **01** a cloth and rub the spot until the mark is gone.
4. Squelch a squeaky floor. Sprinkle a little between the boards to quiet it down.
5. Detangle a knot. Rub some into stubborn knots in shoelaces, string, chain necklaces, etc. Works like magic.

Thomas Jefferson's 10 Rules For A Good Life

1. Never put off till tomorrow what you can do today.
2. Never trouble another for what you can do yourself.
3. Never spend your money before you have it.
4. Never buy what you do not want because it is cheap, it will never be dear to you.
5. Pride costs us more than hunger, thirst and cold.
6. Never repent for having eaten too little.
7. Nothing is troublesome that we do willingly.
8. Don't let the evils which never happened cost you pain.
9. Always take things by their smooth handle.
- .- 10." When angry, count to 10 before you speak; if very angry, count to 100.

(Shared by V. McKenzie)

5 Reasons to love the New Year

1. All the leftover turkey is finally gone.
2. White sales galore.
3. Just three more months until spring.
4. The Rose Parade.
5. 365 new chances to do what you never got around to last year.

RECIPES

Pear and Pumpkin Soup

Joanne Hamilton

1/2 cup chopped onion
1/2 cup water
2 cups chicken or vegetable broth
16 oz. can pumpkin
2 cups evaporated skim milk
16 oz. canned pears
1 tsp. ground ginger

Brown onion in 1 tblsp. of olive oil, butter or margarine. Add water, vegetable/chicken broth, pumpkin, and rest of ingredients. Heat through and blend with a hand blender in the pot. Optional add cinnamon and garnish with pear slices.

(This was served at the October meeting.)

Grape Salad

Ann Fishell

1 8 oz. pkg. cream cheese
1 8 oz. container sour cream
1/2 cup granulated sugar
1 tsp. vanilla
2 lb. each red, green, black seedless grapes (wash and stem)
1/2 cup brown sugar
1 cup chopped nuts

Beat together cream cheese, sour cream, sugar and vanilla. Mix with the grapes.

Mix together brown sugar and chopped nuts. Sprinkle over grape mixture.

Let sit in refrigerator overnight.

Note: I did half the recipe and used a 7 1/2 x 11 inch dish.

(Served at Christmas party)



3

Creme De Menthe

Cake

Evelyn Ziegler

1 box yellow cake mix (no pudding in the mix)
1 box instant pistachio pudding mix
1/4 c. green creme de menthe
1/3 c. oil (or applesauce for low fat)
4 eggs
1 c. sour cream
1 c. chocolate chips

Heat oven to 350 degrees. Put first 6 ingredients in mixing bowl, mix at slow speed to moisten, then 2 minutes at medium speed. Fold in chocolate chips.

Pour batter into bundt pan sprayed with PAM.

Bake at 350 degrees for 50 minutes.

Let cool in pan 15 minutes. When completely cool, sprinkle with confectionary sugar.

White Chicken Chili

Virginia McKenzie

1 lb. boneless chicken breast
chopped onions
16 oz. can cannellini beans (Goya makes so}\e)
1 can tomatoes, diced
1 pkg. white chicken chili mix
(McCormick makes this)
water

Saute onions till soft (can add garlic as well), add chicken, cook until no longer pink. Add seasoning mix, tomatoes and enough water to create the consistency you like. Simmer for 15 to 20 minutes.

There is quite a bit of salt in this mix; you could use only half of the package to compensate, adding chili powder to taste.



CLIP AND SAVE: HOW TO

Freeze Anything

sure, ice cream, frozen veggies, and TV dinners belong in the freezer. But you can store almost any fresh food there, too—from sale items you stock up on to perishables you'd rather not throw out before your family goes on vacation. Three tips: 1) To avoid freezer burn, leave as little extra air in the bag or container as possible. 2) If you take a defrosting short-cut, like zapping edibles in the microwave instead of thawing them in the fridge, fully cook the food before refreezing. 3) Alternatively, if you change your mind/plans and want to refreeze raw food, you can do so *if* it's only partially thawed, still firm in the center, and contains ice crystals. Use it as soon as possible to minimize loss of quality. —Samantha Cassetty and Catherine Lo

	What to save	In fridge	In freezer	How to store in freezer	
FRUIT	JUICES	Opened, 7 to 10 days Unopened, 3 weeks	8 to 12 months	Pour some off to leave room for expansion; reseal with masking tape. Shake after thawing	
	BANANAS, RIPE	2 weeks	8 to 12 months	In peel, in freezer bag (peel may discolor)	
	BLACKBERRIES AND RASPBERRIES	2 to 3 days	8 to 12 months	Spread on tray and freeze until firm; then store in a sealed container or freezer bag	
	BLUEBERRIES	10 days	8 to 12 months	In original container, placed in freezer bag	
	CRANBERRIES	4 weeks	8 to 12 months	In original bag (if unopened) or freezer bag	
	GRAPES	1 to 2 weeks	8 to 12 months	See Blackberries, <i>above</i> (remove from stems)	
	GRAINS	BREADS AND ROLLS, YEAST	No (refrigeration makes bread go stale quickly)	3 to 6 months	In original package, then wrapped with foil or plastic wrap or in freezer bag
		BREADS, QUICK (such as banana bread, pancakes, or biscuits)	No (refrigeration makes bread go stale quickly)	2 to 3 months	In freezer bag
		BROCCOLI AND CAULIFLOWER (trimmed and cut into 1/2-in. pieces)	3 to 5 days	Blanched for 3 minutes, 8 to 12 months*	In freezer bag
		CABBAGE (shredded or cut into thin wedges; for cooked dishes only)	1 week	Blanched for 1 1/2 minutes, 8 to 12 months*	In freezer bag
CARROTS (cut into 1/4-in. cubes)		2 weeks	Blanched for 2 minutes, 8 to 12 months*	In freezer bag	
VEGETABLES	CORN (off the cob)	1 to 2 days	Blanched for 3 minutes, 8 to 12 months*	In freezer bag	
	GREEN BEANS (trimmed)	1 week	Blanched for 3 minutes, 8 to 12 months*	In freezer bag	
	POTATOES, SMALL (peeled)	No (they discolor and change flavor)	Blanched for 3 to 5 minutes, 8 to 12 months*	In freezer bag	

* To blanch veggies, cook them in rapidly boiling water for recommended time. Then cool quickly in ice water bath and drain well. This slows or stops the action of enzymes that can cause loss of flavor, color, and texture. Cook frozen vegetables without thawing.

GOOD HOUSEKEEPING

Freeze Anything continued

	What to save	In fridge	In freezer	How to store
FISH	STEAKS	3 to 5 days	10 to 12 months	In freezer bag
	CHOPS	3 to 5 days	4 to 6 months	In freezer bag
	ROASTS	3 to 5 days	10 to 12 months	In freezer bag
	GROUND	1 to 2 days	3 to 4 months	In freezer bag
	RAW SAUSAGES	1 to 2 days	1 to 2 months	In freezer bag
	HOT DOGS AND FULLY COOKED SAUSAGES	Opened, 1 week Unopened, 2 weeks	1 to 2 months (opened or unopened)	In original packaging, placed in freezer bag
	BACON	7 days	1 month (opened or unopened)	In original packaging, placed in freezer bag
	LUNCH MEATS	Opened, 3 to 5 days Unopened, 2 weeks	1 to 2 months (opened or unopened)	In original packaging, placed in freezer bag
	LEAN (such as cod, sole, flounder)	1 to 2 days	3 to 6 months	In freezer bag
	OILY (such as salmon)	1 to 2 days	2 to 3 months	In freezer bag
POULTRY	SHELLFISH (such as shrimp, shucked oysters, scallops, mussels, clams)	1 to 2 days	3 months	In freezer bag
	WHOLE	1 to 2 days	1 year	In freezer bag
	PIECES	1 to 2 days	9 months	In freezer bag
	GROUND	1 to 2 days	3 to 4 months	In freezer bag
	RAW SAUSAGES	1 to 2 days	1 to 2 months	In freezer bag
	GRATED CHEESES	1 month	3 to 4 months	In freezer bag
	BLOCKS OF HARD CHEESE (such as Cheddar, Swiss, and Parmesan)	Opened, 3 to 4 weeks Unopened, 6 months	6 months	Cut into smaller portions, each portion tightly wrapped in plastic wrap, then placed in freezer bag
	SOFT CHEESES (such as Brie, not cream or cottage)	2 weeks	6 months	See Blocks of Hard Cheese, above
	BUTTER	2 to 3 months	6 to 9 months	For a month or less, in original packaging. For longer term, in freezer bag
	EGG WHITES OR BEATEN EGGS; EGG YOLKS	2 to 4 days	1 year (for egg yolks, mix with 1/2 tsp. sugar or 1/8 tsp. salt per 1/4 c., so yolks don't become sticky and gelatinous)	In sealed container closest in volume to amount you're storing; label with number of eggs inside
DAIRY	MILK	7 days	3 months	See Juices, previous page

GOOD HOUSEKEEPING

20 THINGS YOU DIDN'T KNOW ABOUT RECYCLING

1 Drink up: It takes three months for a recycled aluminum can to make its way back onto the shelf in reincarnated form.

2 Or build a bridge: In 2002 researchers from Rutgers University built a 42-foot-long bridge over a river using plastic beams made from polystyrene cups and polyethylene milk jugs.

3 Or construct a boat: During World War I, enough metal was salvaged from corset stays to build two warships.

4 As of press time, the boat *Earthrace* was being prepared for an attempt to break the maritime around-the-world speed record. It will use biofuel, some of which comes from liposuctioned human fat.

5 No fat here: During Britain's 2007 Recycle Now week, svelte models strutted down Brighton beach wearing swimsuits made from steel cans.

6 These boots were made for flooring: Nike gathers old athletic shoes and turns them into raw material for "sports surfaces" like tennis courts and running tracks.

7 Meanwhile, in China, more than 1 million unsold copies of British singer-songwriter Robbie Williams's latest CD will be used to resurface roads.

8 Last year Chinese hair salons caused a stir by unlawfully recycling used condoms, possibly donated by local nightclubs, into hair ties.

9 Elsewhere in Asia, an enterprising dental technician established the Japan Denture Recycle Association in 2006 to cash in on the precious metals in discarded choppers. Proceeds go to Unicef.

10 Each year Americans junk more than 80 million dollars' worth of copper, gold, silver, palladium, and platinum in the form of retired cell phones.

11 Cell phones, laptops, and, um, personal massage devices: New British laws mandate that old electronic appliances—including sex toys—cannot be dumped. They must be recycled with other so-called e-waste.

12 E-waste is for the birds: An Australian nut orchard converts the shells of vintage Macintosh computers into houses for pest-eating birds.

13 Humans need houses too: When Luiz Bispo built his house in a Rio de Janeiro slum out of construction waste last year, city authorities threatened to destroy it. Now the house—which floats atop a junk-filled river on a base of plastic

bottles—is being touted as an icon of sustainable development.

14 Cities have long been gold mines for recyclers: Beginning in ancient times, tanners collected human urine to use in turning animal skins into leather.

15 In the Middle Ages, urine was also used to make saltpeter, an essential component of gunpowder.

16 Cities get recycled too: Masonry from Roman settlements made a handy source of stone for medieval church builders.

17 But enough is enough: In 1821 Turkish soldiers surrounded Greek forces holed up in the Parthenon and started stripping lead from temple columns to make bullets. The horrified Greeks promptly sent the enemy a fresh supply of ammunition to discourage further recycling.

18 Using every part: There are now sheep-poo air fresheners. Sterilized sheep droppings are turned into packets stuffed with grass- or daffodil-scented material.

19 Green to the end: The Doggone Project in Mannheim, Germany, can recycle deceased pets into fertilizer.

20 You, too: Ecopods, a British company, sells stylish coffins made from hardened recycled paper, available in a range of colors including indigo and silver leaf.

Jocelyn Rice and Amber Fields



ON THE LIGHTER SIDE •••

This was actually reported by a teacher! Enjoy!

After Christmas, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with grandma and grandpa. They used to live in a big brick house, but grandpa got retarded and they moved to Arizona. Now they live in a tin box and have rocks painted green to look like grass. They ride around on their bicycles and wear name tags because they don't know who they are anymore.

They go to a building called a wrecked center, but they must have got it fixed because it is okay now, and do exercises there, but they don't do them very well. There is a swimming pool too, but in it, they all jump up and down with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out. They go cruising in their golf carts.

Nobody there cooks, they just eat out. And, they eat the same thing every night---early birds. Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center and call it pot luck.

My grandma says that grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let the people out so they can visit their grandchildren.

(Redstone Reader)

HAPPY NEW YEAR TO YOU!

Some musings, thoughts, concerns, revelations for the New Year.

LIFE

The advantage of life is to learn.

The purpose of life is to grow.

The nature of life is to change.

The challenge of life is to overcome.

The essence of life is to care

The opportunity of life is to serve.

The secret of life is to dare

The spice of life is to befriend.

The beauty of life is to give.

The joy of life is to love.

HOW TO BE HAPPY

Give something away.

Do a kindness.

Give thanks always.

Work with vim and vigor.

Visit the elderly and learn from their experience.

Look intently into the face of a baby and marvel.

Laugh often--it's a lubricant.

Pray to know God's way.

Plan as though you will live forever--you will.

Live as though today is your last day experience.

* * *