

ANNE ARUNDEL ASSOCIATION FOR FAMILY & COMMUNITY EDUCATION

Newsletter

NOVEMBER – DECEMBER 2008

Dear Members,

I had a very good time at the Annual Conference held at Sandy Cove. It has not changed much since my last visit. The waiters and help are very polite and assisted us whenever needed. A very pleasant place! The Conference had several interesting programs that we will present in the coming year. I enjoyed every one of the speakers. Laurie Fitzgerald, who is the Nurse Manager of the Breast Health Center in Cecil County was very friendly and outgoing. We had a representative from PNC Bank talk to us about reverse mortgages. Several Board members talked on Going Green, a program on the environment and energy concerns.

« On Monday night, we got together for a birthday party to celebrate FCE's 70th anniversary. It was fun! It was also fun to listen to Michelle Close talk about her hens and what to look for when buying eggs.

It was interesting to hear Cathy Golhike, an author who lives in Cecil County, talk about her life, not always happy, and her love for reading. We had the best entertainment on Tuesday night. Jack Foreaker who is a puppeteer and a singer was wonderful - very entertaining. Everything was good. RDC made about \$250.00 on the used jewelry sale. Michelle Close is the Chairman and did a very good job. Thanks to everyone who donated jewelry.

The Maryland Cooperative Extension's Programs are open to all citizens without regard to race, color, sex, handicap, religion, age or national origin

Nov. 2 Daylight Savings Day Ends

Nov. 4 Election Day

Nov. 7 *Meeting - Program by Joanne Hamilton



Nov 11 Veterans Day

Nov 27 Thanksgiving Day

Dec 5 Christmas Party at Thelma Gore's home, 7000 Locust Drive and Dorsey Road, Timber Ridge, Hanover, at 11:00 a.m.

Dec 25 Christmas Day

Jan 1 New Year's Day

*Meeting will be held at the Extension Office in the County Office Bldg., Glen Burnie at 10:00 a.m. Dessert and beverage will be furnished.

On November 7th, Joanne Hamilton will speak to us. She was unable to come last month, but fortunately for us, she is able to make the November meeting.

Please plan to come to the FCE Christmas party at my house on December 5th. We will start at 11:00 a.m. Bring a can of food for NCEON, an organization that helps the less fortunate members of our community

Thelma Gore
President

FROM THE TREASURER

Thank you all for your prompt payment of dues for the 2009 year. We have 36 members at the present time and welcome a new member - Ruth Zucchi.

Marian Whitman
Treasurer,

EAT THIS...PEARS

Get a taste of fall by biting into a juicy pear. Loaded with fiber (6 grams per pear)., they're also a good source of vitamin C and potassium. Buy pears that are firm and have no bruises, and keep them unrefrigerated in a paper bag.

Once they're ripe (they'll give a little if you press gently near the stem), store them in the fridge for up to three days. For a new twist, try a grilled pear and ham panini or a pear Waldorf salad (made with sliced pears, dried cranberries, celery and walnuts).



BITS and PIECES

5 Things to do with...coffee filters

1. Clean mirrors, windows and wine glasses. Put your hand inside like a mitt and wipe. Filters are lint-free and leave no streaks.
2. Catch drips and crumbles. Have kids use for cookies and other messy foods. Pop ice cream sticks through a hole in the bottom.
3. Line flowerpots. Put a filter inside the pot to stop soil from leaking through the drainage holes on the bottom.
4. Protect your china. Keep your best dishes chip-and scratch-free by placing one between each piece when stacking.
5. Save the wine after you've broken the cork. If you pour the wine through a filter, you'll catch the lost pieces of cork.

What to do with leftover...

Tea bags - Put in the bottom of a potted plant to release nutrients into the soil and keep it moist.

Plastic lids - Place rim down over the drain as a sink stopper.

Shower curtain - Lay down under mulch in the garden to deter weeds.

Candle stubs - Hold stray needles and pins - wax also helps them glide through cloth.

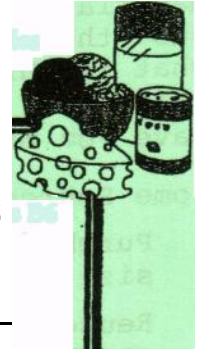
Twist ties - Neaten up loose appliance, computer, electronics cords.

Straws - Use to lengthen flower stems that are damaged or too short for a vase.






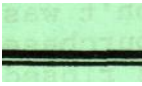


Top Ten Foods for Super Nutrition

Choosing foods that have a positive impact on your health, without a negative effect on your waistline, is a powerful tool in the fight against chronic diseases. While all foods can fit into a healthy diet, this chart identifies some of the power-packed foods you need to start eating today!!



II Low-fat milk and milk products

Acclaimed as an excellent source of calcium, dairy foods also contain vitamins A and D, riboflavin, vitamins B6 and B12, potassium, magnesium, and phosphorus. Research indicates that yogurt, specifically, may offer additional health benefits to the immune system and intestinal tract. Studies show that the active cultures in yogurt permit lactose intolerant individuals to enjoy yogurt, when they otherwise may not tolerate dairy foods.

<p>Broccoli</p> <p>Loaded with vitamin C, carotenoids, and folic acid, this veggie classic lives up to its good reputation.</p> 	<p>Blueberries</p>  <p>As a low calorie source of fiber and vitamin C, blueberries have recently been hailed for their potential to protect against age-related changes in the brain, helping to preserve memory later in life.</p>	<p>Sweet Potatoes</p> <p>Sweet potatoes are considered a nutritional all-star. They're loaded with carotenoids, vitamin C, potassium, and fiber.</p>
<p>Spinach</p> <p>Choose this leafy green for salads and as a sandwich topper instead of iceberg lettuce. It's loaded with vitamin C, carotenoids, and fiber.</p>	<p>Lentils</p> <p>Requiring a much shorter cooking time than most dried beans, lentils are an easy vegetarian addition to any meal. Rich in fiber, one cup of cooked lentils provides almost 100% of the RDA for folic acid.</p>	<p>Cantaloupe</p> <p>Melons are always a good low-calorie option. One cup of diced cantaloupe supplies as much vitamin A as most people need in an entire day.</p>  
<p>Red Bell Pepper</p> <p>Choosing the red variety gives a nutritional boost. One-half cup of chopped red pepper provides over 200% of the RDA for vitamin C.</p> 	<p>Walnuts</p> <p>Walnuts are rich in omega-3 and omega-6 fatty acids—both shown to lower triglyceride and LDL ("bad cholesterol") levels that contribute to the buildup of fatty deposits inside arteries. However, a little goes a long way since nuts are also higher in calories and fat.</p> 	<p>Oranges</p> <p>Oranges are a great-tasting, rich source of vitamin C and folic acid. To keep the calories down and the fiber in, choose the whole fruit over the juice.</p>

Sources: USOA Nutrient Database for Standard Reference, Release 14. *Recommended Dietary Allowances*, 10th edition 9 by the National Academy of Sciences. The Center for Science in the Public Interest; The American Dietetic Association.

SOURCE REDUCTION TIPS

What is "Source Reduction"?
Eliminating waste before it is created. It involves the design, manufacture, and purchase of materials and production to reduce the amount or toxicity of what is thrown away. Best of all, practicing source reduction can save you money.

Some Source Reduction Tips:

- * Purchase items in bulk or economy size.
- * Reuse large glass food jars to store items purchased in bulk.
- * Purchase items which are available in concentrated form.
- * Purchase items in reusable containers.
- * Purchase only those items you need
- * Purchase products with the least amount of packaging - more of your dollar goes towards the product instead of the packaging.
- * Purchase high-quality, long-lasting products.
- * Use plastic grocery bags as a packing material. When preparing food, rinse jars and cans out with a small amount of water to whatever you are cooking. The extra water will cook off, you don't waste any of the product purchased, and the jar or can is rinsed and ready to be placed in your recycling bin.
- * Donate back issues of magazines to schools for use in school projects.
- * Purchase non-toxic items whenever possible.
- * Donate unwanted items (food, clothing, equipment, furniture, appliances) to charitable organizations which support your community. Donations can then be deducted when preparing your taxes

(Shared by Ruth Myers)

LITTER

How long does it take for what people throw away to decay?

Paper	2-4 months
Orange Peel	6 months
Wool Socks	1.5 years
Milk Cartons, Wax Cups	5 years
Filter Cigarettes	10-12 yrs.
Plastic Bags	10-20 yrs.
Disposable Diapers ...	10-20 yrs....
Leather Shoes	25-40 yrs.
Nylon Fabric	30-40 yrs.
Sneakers Soles	50-80 yrs.
Tin Cans	80-100 yrs.
Aluminum Cans	100-200 yrs.
Glass Bottles	1 Mil. yrs.

What happens to my Recyclables?

- * Plastic bottles and jugs are made into new plastic bottles, lumber, carpeting, fiberfill, clothing and other products.
- * Glass is crushed into cullet, mixed with sand, soda ash and limestone, melted down and made into new glass bottles and jars and used in projects such as road construction.
- * Paper is made into newspapers, package board, notebook paper, telephone books, etc.
- * Cardboard is baled and sold to manufacturers where it is turned into new recycled cardboard boxes.

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STAYING HEALTHY by Naeemah Raqib

Millions of adults ages 65 and over sustain injuries in falls each year, and falls are the leading cause of injury deaths among this age group. As a person ages, the risk of falling becomes greater with changes in vision and balance, coupled with other medical and physical conditions contributing to the increased risk. Most falls are not age-related and are preventable. Follow the tips below to decrease your chances of injuring yourself due to a fall.

Tips to reduce the risk of falling

- * Keep living environment free of clutter.
- * Have your vision and hearing checked regularly.
- * Know the side effects of medications that could lead to loss of balance and coordination. If you are on medicine that makes you feel dizzy, talk to your doctor.
- * Limit the amount of alcohol you drink.
- * Wear rubber-soled and low-heeled shoes that fit properly and support your feet. Avoid wearing loose-fitting slippers that could cause you to trip.
- * Be careful on wet or icy sidewalks,
- * Do balance exercises at least once a day most days of the week. If you are unsteady, ask someone . to stand nearby.

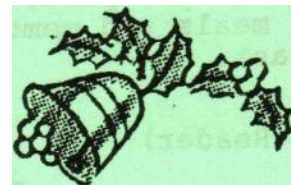
Fall-Proof Your Living Environment

- * Make sure you don't have obstacles or things people can trip on from the ground or around your walking paths.
- * Remove the clutter, pick up papers or clothes from the ground, move garbage bins under cabinets.

- * Remove small rugs or use double-sided tape under small rugs to prevent slipping.
- * Keep frequently used items within reach, without needing a step stool.
- * Install handle bars next to toilets and bathtubs or showers.
- * Use non-slip mats in bathtubs and showers.
- * Improve the lighting in the home.
- * Remove electrical cords from the floor in walking areas.

Footwear

- * Because your feet may vary in size, ask the salesperson to measure the length and width of each of your feet. Have your feet measured regularly.
- * Don't select a shoe by size alone. A size 10 in one brand or style may be smaller or larger than the same size in another brand or style. Buy the shoe that fits well.
- * Choose shoes that are comfortable, as they more likely to be worn. Walk around in the shoes to make sure they fit well and feel comfortable.
- * Choose shoes that have firm support (athletic shoes or shoes with low leather soled are usually good choices).



THE ABC'S OF THANKSGIVING DINNER

Aunts and uncles, the whole family
crew,
By now are arriving as they always do
Coming from all directions -
north, south, east, west Relighted
to join in the family
feast,
Food is delicious, one can't wait ~ to
eat. Greetings and kisses, and hugs
for each one.
Holiday spirit makes Thanksgiving
fun. In the midst of laughter there
may be a tear. .Just thinking of
those who can't
be here. Kick it in gear! Let the
feast
begin! Launch into that turkey, or
even
roast hen.
Mom has prepared them; her cooking is
great. Now everyone can start loading
their plate. Outside it has just
started to
snow -Perfect accompaniment
for"our
Thanksgiving glow. Queue up little
ones and fill up ~~ your plate.
Ready to eat with Grandma Kate? Settle
down, everyone, until
Grandpa Nunn
Thanks God for His blessings and ~~
all He has done. Unsparing effort has
made this
a magnificent dinner Very
perfect for all tastes -
a blue-ribbon winner. When
everyone declares "I can't
eat anymore," EXciting games
are ready for
young;
elders want to snore. Yes, this
was as wonderful as
dinners in the past, Senith of
meals and memories ~~ that last.

(Reastone Reader)

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MY CHRISTMAS WISH TO YOU

My Christmas wish for you, my
friend
Is not a simple one For I wish you
hope and joy and
peace, Days filled with warmth and
sun.

I wish you love and friendship too
Throughout the coming year; Lots of
laughter and happiness To fill your
world with cheer.

May you count your blessings,
one by one
And when totaled by the lot May you
find all you've been given To be more
than what you sought.

May your journeys be short, your
burdens light;
May your spirit never grow old, May
all your clouds have silver
linings, And your rainbows
pots of gold.

I wish this all and so much more. May
all your dreams come true May you have
a Merry Christmas
friend, And a Happy New
Year, too.



Raspberry Bars I

$\frac{3}{4}$ c butter	Cream butter and sugar until light and fluffy.
1 c packed brown sugar	Add vanilla.
1 tsp vanilla (optional)	Add all dry ingredients.
1!4c flour	Cut together until crumbly.
1 tsp salt	Press half into 13x9" greased pan.
$\frac{1}{2}$ c quick oats	Drop preserves <i>W</i> apart on top of crust.
1 10oz jar red raspberry preserves	Sprinkle rest of flour mixture over top.
	Bake at 400° for 15 minutes or until golden.
	Cool completely, then run knife around edge to make it easier to remove bars.

Golden Pound Cake

	V
1 pkg white or yellow cake mix	Mix all ingredients as you would a cake mix. Pour
4 eggs	into a well-greased and floured 10-inch tube pan. Bake
¼ c orange juice	45-50 min. at 350°. Cool 15 minutes before removing
½ c vegetable oil	from pan. Serves 12-14
1 pkg lemon instant pudding	

Pineapple Cake

2 cups flour	Mix all ingredients.
1 Vz c sugar	Pour into 13x9" greased and floured pan.
2eggs	Bake at 350 ° for 30-35 minutes. Frost
1 20-oz can crushed pineapple with juice	with cream cheese frosting.
1 c chopped nuts	
2 tsp baking soda	
14 tsp salt	