



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

Newsletter

MARCH - APRIL 2009

Dear Members,

We have been busy preparing for the Region II meeting that we are hosting. Send in your reservation as soon as you can. Naeemah·Raqib will present the new program, MyPyramid. It shows us how to eat healthier foods, to plan, shop, and. prepare meals. Madeleine Green will talk to us on the environment. Very appropriate since that day is Earth Day.

r>. On March 6th, our County meeting will include ways to find your balance. Everyone falls at some point in their life. For an older adult, a fall can be very serious and lead to a broken bone. Marian and Ginny will show you some activities that can help you stay on your feet.

- On April 3rd, Mike Ensor, our expert on Horticulture, will be the speaker. He is very knowledgeable and can help us with a plant or landscape problems we may have.

Thelma Gore

Thelma Gore
President

- March 6 *Meeting - Program is "Find Your Balance" by Marian and Gini
- 8 Daylight Savings Time - Begins. Set clocks ahead .
- 17 St. Patrick's Day
- April 3 *Meeting - Program by Mike Ensor, Horticulturist
- 12 Easter
- 16 Region I Meeting, Frederick
- 22 Region II Meeting, Linthicum.at Snyder's Willow Grove Restaurant

*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.

* * *

To keep yourself from eating too much, try these easy steps.

1. Use smaller plates.
2. Serve yourself smaller portions.
3. Eat only as much as you need.
4. You don't have to clean your plate.
5. Try not to eat standing up or watching television.

* * *



REMINDER

Pasta Basket

Please bring the items you signed up for to the March Council Meeting. I have the list. Call me if you need to confirm the items you chose.



Thank you,
Marian Whitman
410-768-2452

* * *

SHELF LIFE

Make your produce last longer with these tips.

Leafy greens - Store them in an open container in the fridge. If you opt to leave the vegetables in the bag, poke holes in the plastic to let them breathe.

- Bananas ---When you get them home, break them apart. Bananas rot in bunches, so if one browns first, it will cause the others to turn more quickly.

Tomatoes - Store on the counter, stem side down. Avoid the fridge; they'll lose flavor and texture. Never leave in plastic. They won't last as long.

Broccoli, Cauliflower - Remove from the plastic bag and lightly wrap heads in paper towels. Store them stem side down in the fridge crisper drawer.

(Tips from chefs M. Bolus of Red Sky in Charleston SC and W. Loughhead in New York City.)

* * *

THE SCOOP ON FLOUR

Flour is a must for a well-stocked pantry, but one type doesn't fit ~ all. Keep these varieties on hand so you can rise to any baking occasion.

All~purpose

The all-around baker. Use the unbleached variety for yeast breads, puff pastry and strudel. The softer bleached flour is best in more delicate items like piecrusts, cookies and pancakes.

If a recipe calls for bread or cake flour, this type works in a pinch. Bread: for every cup needed, add 1 more tablespoon of all-purpose flour. Cake: for each cup of flour, subtract 1 tablespoon.

White: - whole wheat

Substitute for all-purpose flour - you'll get the same sweet flavor, plus extra fiber and health boosts.

Replace 1/3 of the all-purpose flour with this healthier option - - - As you get used to the coarser texture, swap in more.

Cake

The serious baker. A must for tall, tender layer cakes and some quick breads, muffins, pastries, and cookies.

It's best to sift other ingredients like salt and baking soda with this fine-textured type, so they're evenly distributed.

(Family Circle)

* * *

(NOTE: I did not receive the article on p. 5 in time for Jan/Feb newsletter, but felt it was too interesting to keep til next year's Jan./Feb. issue.)

(Ann)

1.

BITS and PIECES



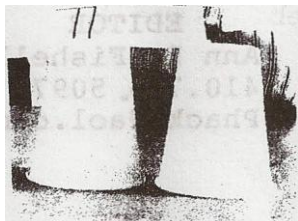
6 Things to do with salt

2. Remove odors from your hands. Dip your fingers in salt moistened with vinegar and rub together to remove smells left by garlic and other spices.
2. Scrub away kitchen grease stains. Just sprinkle salt on the stain and wipe with a sponge.
3. Veggie wash. Remove dirt from greens like spinach, arugula and kale by swirling them around in a bowl of salt water.
4. Keep windows frost-free. Rub the inside of windows with a sponge dipped in salt water, and frost won't collect.
5. Clean a greasy pan. Shaking a little salt on the pan before washing absorbs most of the grease.
6. Fix a sticky iron. To remove gunk spots, sprinkle a little salt on a piece of brown paper and run the hot iron over it. Repeat if necessary.

~

3 Things to do with disposal cups

1. Raise your centerpiece. Don't lose it behind the roast! Turn four small cups upside down to elevate it (push them together to hide them).
2. Set jell-o fast. Follow the speed-set instructions on the box, pour into small paper cups and refrigerate. It'll be ready in 20 minutes.
3. Make a sifter. Poke holes in a cup bottom to sprinkle powdered sugar on desserts. Just toss it when you're done.



3

5 Things to do with . . aluminum foil

1. Iron quickly. Place a sheet of foil between the ironing board and cover to iron both sides at once. Foil conducts heat, so you'll be done in half the time.
2. Tie things up. Need to tie the legs on your roaster or veggies you don't want to fall apart in the oven? A thin strip of foil is the perfect solution.
3. Scrub burnt pots. If you've run out of steel wool and have a pot with stubborn stain, ball up a piece of foil--it works just as well.
4. Protect knobs from grimy fingers. Kids getting messy with paints or dough? Wrap foil over sink handles and doorknobs to avoid fingerprints.
5. Prevent yucky soup skin. Cut a piece of foil the size of the container and rest it directly on the surface of the soup or stew. Cover and store.

* * *

HEART ATTACK SYMPTOMS

When it comes to heart attacks - a blockage of proper blood flow to the heart - women aren't small men. While women may indeed experience the classic severe chest pain that shoots down the left arm, there are also many women who experience subtler symptoms that may not immediately be recognized for what they truly are indicators of a heart attack. If you experience these symptoms and they last more than a minute or two, call 911.

- * Shortness of breath
- * Sudden, severe fatigue
- * Breaking out in a cold sweat, nausea, or lightheadedness
- * Lower chest or upper abdominal discomfort
- * Sudden and intense jaw or upper back pain
- * A sense of overwhelming dread

RECIPES

CHOCOLATE CAKE

1 3/4 cups all purpose flour
1/2 cup cocoa powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1/2 cup butter at room temperature
1 1/2 cups sugar
2 eggs
1 1/2 teaspoons vanilla
1 1/4 cups milk
1/4 cup strong coffee

Cream Cheese Icing

1 pound cream cheese at room temperature
1/2 cup butter at room temperature
1 1/2 teaspoons vanilla
2 cups powder sugar, sifted

Preheat oven to 350 degrees. Grease a 13x9 inch cake pan. Sift together the first 4 ingredients. In the bowl of an electric mixer, cream together the butter and sugar until very light and fluffy. Add the eggs and vanilla until well incorporated, and scrape the sides of the bowl.

Mix in sifted dry ingredients alternately with the milk and coffee until well combined. Pour into prepared pan and bake 30 to 35 minutes.

MEANWHILE, make the icing: In the bowl of an electric mixer, cream together the cream cheese and butter until smooth. Add the vanilla, scrape the sides of the bowl and gradually add the powdered sugar until well incorporated.

Cool cake well before finishing with cream cheese icing.

(Serves 16)

(This cake was served by Thelma Gore at the February meeting.)

QUICK APPLE DUMPLINGS

Ann Fishell

2 medium Granny Smith apples
1 (8 count) package refrigerated crescent roll dough
1/8 teaspoon ground cinnamon
1/2 cup butter
1 cup sugar
1 cup orange juice
1 tsp. vanilla extract
1/2 cup very finely chopped pecans

Preheat oven to 350⁶. Grease an 8-inch square baking dish.

Peel and core apples. Cut each apple into fourths. Unroll and separate crescent roll dough. Wrap each apple section in a crescent roll. Place in pan. Sprinkle with cinnamon.

Combine butter, sugar and orange juice in a medium saucepan. Bring to a boil. Remove from heat and stir in vanilla. Pour over dumplings. Sprinkle pecans over top.

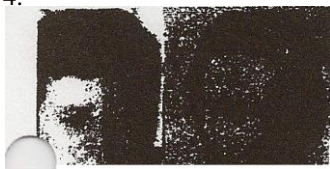
Bake 30 minutes, or until crust is golden and beginning to bubble and apples are just tender when pierced with a fork.

To serve, spoon some of the syrup from the baking dish over dumplings. Serve with ice cream, if desired. Serves 8. * * *



EDITOR

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Presidents Day is February 16th. It will be George Washington's 277th birthday and Abe Lincoln's 200th birthday.

There are many, many stories about all of our past presidents, but one of great interest, are the similarities between John F. Kennedy and Abe Lincoln.

LIFE

1. Both presidents had seven letters in their last names.
2. Both were over six feet tall
3. Both had lazy eye muscles.
4. Both suffered from genetic diseases
5. Both were boat captains.
6. Both had no fear of their mortality and disdained bodyguards.

DEATH

1. Both presidents were shot in the head on a Friday.
2. Both were seated beside their wives when shot. Both wives held the bullet-torn heads of their husbands.
3. Lincoln sat in Box 7 at Ford's Theatre, Kennedy rode in car 7 in the Dallas motorcade.
4. Lincoln was shot at Ford's Theatre, Kennedy was shot in a Ford product, a Lincoln limousine.

THE ASSASSINS

1. Both assassins used three names: John Wilkes Booth and Lee Harvey Oswald.
2. There are 15 letters in each assassin's name.
3. Each assassin lacked a strong father figure.
2. Booth shot Lincoln at a theatre and was cornered in a warehouse, Oswald shot Kennedy from a warehouse and was cornered in a theatre.
3. Both assassins were killed with a single shot from a colt revolver.

FAMILY AND FRIENDS

1. Both presidents were named after their grandfathers ..
2. Both were born second children.
3. Both married while in their 30's .'
4. Both married dark-haired, 24-year-old women.
5. Both wives died around the age of 64. Mary Todd Lincoln died in 1882 at age 63 years and 215 days, and Jackie Kennedy died in 1994 at age 64 years 295 days.
6. Each couple had four children, two of whom died before becoming a teen.
7. Each couple lost a son while in the White House.

POLITICS

1. Both presidents were elected to the House of Representatives in '46.
2. Both were runners-up for the party's nomination for vice-president in '56.
3. Both were elected to the presidency in '60.

VICE PRESIDENTS

1. Southern Democrats named Johnson succeeded both Lincoln and Kennedy. (Andrew Johnson and Lyndon Baines Johnson).
2. Andrew Johnson was born in 1808 and Lyndon Johnson was born in 1908.
3. There are six letters in each Johnson's first name.
4. Both Johnsons were former southern senators.
5. Both Johnsons chose not to run for re-election in '68.
6. Both Johnsons had urethral stones, the only presidents to have them ..

(Redstone Reader)