



ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCATION

Newsletter

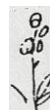
MARCH - APRIL 2010

Dear Members,

How about these snow storms? We had bad weather for our January and February meetings. Actually, it was the day before our meetings. But several of us were able to drive and get to the County Office. We had a great time making paper bead necklaces for the ACWW Conference. In February, we got a lot of tips and recipes for cooking for two. We got to sample several of them. Very good!

I was disappointed we had only one school respond to the Essay and Art Contest. There were nineteen essays submitted. All the essays were judged according to the National FCE judging rules. We will give all three awards to Riviera Beach Elementary School. The essay of Alex J. Hook will be forwarded to MDFCE for judging. Good luck to Alex!

It's March already and we are going to have good weather for our meeting. I'm counting on it! The program "Skin is a Miracle" will be presented. Skin is the



UPCOMING EVENTS



- Mar. 5 *Meeting - "Skin is a Miracle"--- Helen Angel
- 14 Daylight Savings Time Begins - turn clocks ahead one hour.
- 17 St. Patrick's Day
- 20 First Day of Spring
- Apr 2 Good Friday
- 4 Easter
- 9 *Meeting - Look Fit and Fabulous at Any Age
Marian Whitman and Virginia McKenzie
- 22 Earth Day
- 30 Arbor Day
- * Meeting 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.

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largest organ of the human body. It is important to take care of our skin.

Please note, the April meeting is the second Friday.

Thelma Gore
President

STICKING WITH IT!

In April 6, 1980, Post-it Notes showed up at stationery stores nationwide in the U.S., but we are getting ahead of the story. In 1968, Spencer Silver, a research scientist for 3M came up with an unusual adhesive - one that would stick to an object, but would also lift off easily. It was interesting, it was different, and it was useless, or so the company thought at the time.

In 1974, Art Fry, another 3M product development researcher, applied this oddball adhesive (which wouldn't stay stuck) to a problem he was having with his hymnal. Fry's bookmarks had an odd habit of fluttering out between services, leaving this member of a St. Paul, Minnesota, choir scrambling for his place during the service. A ray of inspiration struck this frustrated choir member, and once back in the lab; he set about testing his theory.

Could the "unglue" be the answer? Fry swiped the edge of his bookmark with Silver's glue and found the bookmark would stay in place, but could be moved without causing any harm to the pages of the hymnal. The rest, as they say, is history. Today, Post-it Notes are one of the most popular office supply products on the market. They have become a national phenomenon, now showing up on over 350 varieties in a range of different colors, sizes, and designs.

(Futurecare Chesapeake Chatter)

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2 THE EASTER BUNNY

The most popular rabbit this time of year (or to put it another way, "the rabbit of the hour") is the Easter Bunny. The Germans get the credit for the Easter Bunny, first appearing during Easter in the 1500s. Kids were told that if they were good, the "Oschter Haws" (the white Easter Hare) would lay a nest of colored eggs. The children would build nests in secluded places in the home, the garden, or barn. Girls would use their bonnets and boys would use their caps to make the nests. They would then go to bed and anxiously await the Easter Bunny.

Eventually, the kids had to face reality - real rabbits don't hide eggs! However, by the 1800s, Germans had found a way to make an edible rabbit out of sugar and pastry - which provided the children with another way to enjoy the Easter Bunny.

(Futurecare Chesapeake Chatter)

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POPULAR IRISH VERSES

May your blessings outnumber
the shamrocks that grow
And may troubles avoid you
Wherever you go.

May the leprechauns be near you
to spread luck along the way.

Have a shamrocking day.

Top of the morning to you from
the bottom of my heart.

T'is a great day t'be green.

We're all IRISH on St. Patrick's
day.

Erin go Bragh.

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6 GERMY PLACES TO CLEAN

Prevent flu and cold germs from spreading across your house with a quick swipe of a sanitizing wipe or a rag dipped in warm water and detergent.

1. Lotion and soap containers. Dirty hands reach for soap and lotion constantly, so clean them just as often.
3. Light switches and doorknobs. Think of how often you use them. All those fingerprints are proof that germs are lurking.
3. Kitchen appliances. Germs gather on the dishwasher opener, coffee and teapot handles, and the dozen other buttons and switches on appliances.
4. Electronics controls. The TV remote, the kitchen radio on/off switch, the DVD player - give them a good wipedown.
5. Bathroom knobs and handles. The bathroom faucets and toilet flusher are some of the most-touched pieces in the house. Clean them daily.
6. Car door and controls. The outer and inner car door handles, as well as the steering wheel and radio controls, need attention, too.

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5 THINGS TO DO WITH .. ALKA SELTZER

1. Deep-clean vases. Fill with warm water and drop in two of these baking soda-rich tablets. Let soak for an hour to remove the stains you can't reach.
2. Speed-scrub the toilet. Twice a week, drop two tablets into the bowl; 15 minutes later, do a once-around with the toilet brush.
3. Make an all-purpose cleaner. Drop three tablets into 8 oz. warm water. Once the fizzing stops, wipe down counters, tiles and tubs.
4. Safely unclog a drain. Drop three tablets into the drain and run hot water for a few seconds (the hotter the water, the more fizzing). Let sit for 15 minutes.
5. Build rockets! Entertain little ones by heading outside with an empty film canister, filling it halfway with warm water and dropping in a half-tablet. Snap on the lid and place the canister lid down. Take a step back and watch it launch into the air.

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THE RULES OF BAKING

Softened BUTTER should be soft enough to blend easily. But never melt it when you're making cookies - doing so will ruin them.

Don't tap or shake FLOUR into the measuring cup or your amounts will be off. Gently spoon flour into cup and level it with a knife.

Light or dark BROWN SUGAR should be firmly packed for accurate measurements. Sift confectioners' sugar before using to remove lumps.

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RECIPES

HEARTY CABBAGE SOUP

Thelma Gore

- 1 1/2 Ibs. ground beef
- 2 med. onions, chopped
- 1 med. cabbage, chopped
- 8 cups chicken broth
- 2 tbsp. Worcestershire sauce
- 1 tbsp. sugar
- 5 peppercorns
- 2 bay leaves
- 2 16 oz. cans tomato sauce

Brown beef in soup pot (you can pour off excess grease if you want). Add onions' and stir until soft. Combine all the rest of ingredients except tomato sauce. Simmer one hour. Add tomato. sauce and simmer another 30 minutes. Serve topped with grated cheese and/or dollop of sour cream.

SHRIMP STROGANOFF

Ruth Hyers

- 1 lb. shrimp - peeled, deveined, cut into bite-size pieces
- 1 small onion - diced
- 2 tbsp. butter, melted
- 1 can cream of shrimp soup
- 1/2 cup sour cream
- 1/2 cup milk
- 1 tsp. paprika - optional

Saute onions in butter in skillet. Add shrimp and cook 2-3 minutes until pink in color. Add cream of shrimp soup. Then add milk and sour cream (mixed together). Add paprika - optional. Serve over spaghetti or rice.

CHEESY CHICKEN CHOWDER

Thelma Gore

- 2 (14 oz) can reduced-sodium chicken broth
- 2 cups diced peeled potatoes
- 1 cup diced carrots
- 1 cup diced celery
- 1/2 cup diced onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup butter
- 1/3 cup all-purpose flour
- 2 cups 2% reduced-fat milk
- 2 cups shredded Cheddar cheese
- 2 cups diced or shredded cooked chicken

Bring chicken broth to a boil in a large saucepan. Reduce heat. Add potatoes, carrots, celery, onion, salt and pepper. Cover and simmer until vegetables are tender, about 15 minutes.

Melt butter in a medium saucepan. Add flour and mix well. Gradually stir in milk and cook over low heat until slightly thickened. Stir in cheese and cook until melted. Add cheese mixture in broth and vegetables along with chicken. Cook and stir over low heat until thoroughly heated.

Serves 8

Tip from the American Profile kitchen. Use a rotisserie chicken if desired.

(The Hearty Cabbage Soup and the Quesadillas (next page) were served at the February 4th meeting. Both were delicious!)

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4.
Another recipe from Virginia McKenzie

Quesadillas

A great way to "clean out the fridge"
Serves two, depending on the size of the tortillas

For each quesadilla, you'll need one flour tortilla if you want to fold it to a half moon shape or
two if you want to make a round quesadilla to cut in slices as a pizza

Grated cheese

Cooked shredded meat if you like

Minced onion

Anything else you have in the fridge, chopped into small pieces

I have used: thinly sliced carrots, sliced with a veg peeler, peppers,
 very small pieces of broccoli, cauliflower, asparagus, zucchini,
 tomatoes, mushrooms, etc.

You need only a small amount of everything.

Start building your quesadilla by placing the tortilla in an iron skillet, on a baking sheet, or on a grill, outdoors or something like George Foreman. Layer your ingredients on the tortilla beginning and ending with cheese. The cheese is the "glue" that holds the quesadilla together. Because everything is cooked or cut small in the case of the veg, you are merely heating the quesadilla and melting the cheese, so warm it in the pan, or the oven or the grill, rotating it partway through to make nice grill marks.

Cut with a pizza cutter and serve with salsa, sour cream, avocado, etc.

Many people use this as an appetizer, without meat. It also makes a great meatless meal. Any leftovers you have will be fine as ingredients.

Some people put sauce inside the quesadilla; I do not because it seems too messy to eat

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JELLY BEANS

Because of their egg-like shape,
jelly beans became associated with
the Easter Bunny. Currently,
16 billion jelly beans are made
for Easter, with "red" jelly beans
being the hands down favorite. This
is enough to completely fill a
nine-story office building.

Jelly beans are on the top list of
Americans' favorite Easter candy
along with a variety of chocolate
and marshmallow peeps.

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