



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

Newsletter

MARCH - APRIL 2011

Dear Members,

The weather has kept some of us home quite a bit. We were so fortunate that we missed the real heavy snows. A lot of things have happened in the month of February. First, there was the Super Bowl - Pittsburgh versus Green Bay, with all the television commercials. Then Valentine's Day, a day of candy and flowers. Then came President's day, a day to honor George Washington and Abraham Lincoln, and a time for big sales at the malls. It was a busy month.

Despite the weather, we managed to have our January and February meetings as scheduled. In January, Helen showed a stuffed bear that we might consider making for children in the hospital. Judy Amenhauser gave a fascinating report on fabrics of old and new and their uses. In February, Corporal Miller from Anne Arundel Police Department gave us a lot of tips to be safe. He also answered a lot of questions for us.

In March, Gini and Marian will show us how to declutter our homes. We always think of doing it, but now is the time to get started. But where do we start? Marian and Gini will show us the way.

UPCOMING EVENTS



- March 4 *Meeting - Program "Clutter"
Virginia McKenzie and Marian Whitman
- 9 Ash Wednesday
Daylight Savings Time Begins - Set clocks ahead one hour.
- 13
- 17 St. Patrick's Day
- 20 First Day of Spring
- April 1 *Meeting- Program by Mike"
Ensor
- 17 Palm Sunday
- 22 Good Friday
- 24 Easter
- 29 Arbor Day

*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.

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Mike Ensor, our Horticulture expert, will present a program in April. Whatever he talks about, it is always interesting and fun.

Thelma Gore

President

THE SECOND TIME AROUND - Don't
throw that away!

MILK JUGS

Cut diagonally from neck to
middle, and use to mix and carry
paint or garden soil.

Punch holes in the cap and use as
a sprinkler.

Fill with water, freeze and
place in a cooler for long car
trips or picnics.

Cut a hole opposite the handle
to make a carryall, for tools,
paintbrushes, etc. Sand down any
rough edges.

Use as weights when exercising.
Fill with water or sand to suit
your needs.

PLASTIC BOTTLES

Cut off the bottom of a plastic
soda bottle and use the top part
as a funnel.

Fill a ketchup squirt bottle with
water and keep it near your iron
for handy refills.

Use large bottle caps, such as
those from liquid laundry deter-
gent, to hold glue, paint, or
paste for kids' art projects.

Fill a large bottle with the
correct mixture of plant food
and water (write it right on the
label) and-keep on hand as a
spillproof watering can.

COSMETIC

Was last season's sky blue nail
polish just a passing fancy?
Use it to-mark pint, quart, and
gallon measurements -on a bucket
so you'll never have to guess again.

(Woman's Day

* * *

2011 - FREAKY

This year, we will experience
four unusual dates: 1/1/11,
1/11/11, 11/1/11, and 11/11/11.

Now, figure this out •••• Take the
last 2 digits of the year you
were born plus the age you will
be this year, and IT WILL EQUAL
111.

This is freaky!!!

* * *

Flowers in the Snow

Yesterday it was wintertime,
Snow covered all the ground.
The wind blew cold, and
Springtime was just nowhere to
be found.

My soul felt winter-weary, and
The spring seemed far away
Then suddenly, a miracle
Before my eyes - today!

I saw some brave young crocuses
Had pushed through icy snow,
And cheery sunbeams greeted
Them and set them all aglow.

A sight so beautiful to see,
A joy my heart to know,
When spring and winter mingled
Brought blue flowers in the snow.

Oh, tiny precious crocuses,
Emerged from winter's sod,
I think that surely you must be
A special gift from God!

* * *



MAKING HAMBURGER HISTORY, , , , ,

1937: Patrick McDonald opens the Airdrome restaurant at the Monrovia California airport.

1940: Patrick's sons, Maurice and Richard (Mac and Dick) move the entire building 40 miles to 14th and E streets in San Bernardino, renaming the business MCDonald's Barbecue Restaurant. The drive-in includes a large staff of carhops and a 25-item menu and becomes the town's favorite hang-out for teens.

1948: **The brothers close for three** months to install their Speedee Service System, an assembly line for burgers. The business reopens with walk-up service, eliminating the carhops, and the menu is simplified burgers, french fries, shakes, soft drinks and apple pie.

1953: Franchising begins with Neil Fox opening the second McDonald's. (the first to feature the golden arches design) in Phoenix; the San Bernardino restaurant is rebuilt in the same style later in the year. The fourth McDonald's in Downey, CA is still the oldest McDonald's restaurant in operation.

1954: Ray Kroc, who sells milkshake making Multimixers, learns that the McDonald brothers are using eight of his machines. On a visit to the restaurant, he discovers the brothers are seeking a nationwide franchising agent. Others who visit and come away inspired include James McLamore, founder of Burger King, and Glen Bell, founder of Taco Bell.

1955: Kroc opens the ninth McDonald's in the Chicago suburb of Des Plaines, Ill. and hires future McDonald's CEO and chairman Fred Turner as a counter and grill man. First day sales: \$366.12. The Speedee character is introduced.

1958: Franchising continues to accelerate, and McDonald's sells its 100 millionth hamburger.

1959: The 100th McDonald's opens in Fond du Lac, Wisconsin.

1961: The McDonald brothers sell their operation to Kroc for \$1.7 million" but in an oversight, fail to retain the rights to remain a MCDonald's franchise. They change their restaurant name to Big M. Hamburger University opens in the basement of the McDonald's in Ill. handing out "Bachelor of Hamburgerology" degrees.

1962: The first McDonald's with seating opens in Denver.

1963: MCDonald's hamburger sales hit 1 billion; Ronald McDonald is introduced.

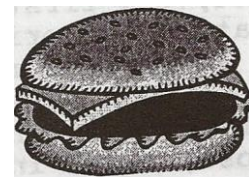
1965: The 10th anniversary of Kroc's McDonald's franchising system is celebrated with a public stock offering at \$22.50 per share. (It was about \$77 a share as of late 2010).

1968: The 1,000th McDonald's opens in Des Plaines, and the Big Mac sandwich is introduced.

1970 and beyond: International growth and menu expansion continue with restaurants growing to 7,778 in 32 countries by 1983 and now numbering more than 32,000 in 117 countries.

(Reminisce Magazine Feb/Mar. 2011)

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WHAT FOOD MANUFACTURERS
DON'T WANT YOU TO KNOW

If a product is advertised as "natural" and "organic", it's good for you, right? That's not necessarily the case. While the U.S. Food & Drug Administration has taken enforcement actions against companies, food labels still need improving. Don't be fooled. Here's what we look for to select the healthiest products for your family.

"Zero trans fat.": That may be true, but it could mean the product is high in saturated fat. Be sure to read the Nutrition Facts label for the full story.

"Low Calorie" or "Reduced fat"
Compared to what? Chances are the company has a previous higher calorie version of the product.

"Made with real fruit: That may be in the form of a concentrate and the primary ingredient may be sugar. You're better off eating an apple.

"Natural" This word isn't regulated. To be sure a product is natural, buy from a local farmer or buy food that is certified organic by the USDA.

"Ingredient label tricks
Since ingredients are listed in order of their proportion in the product, the first three are what you're primarily eating. A manufacturer may use various sugars (sucrose, high fructose corn syrup, dextrose, etc.) in the product so the word "sugar" isn't listed first.

Combining healthy ingredients: The actual amount of the healthy ingredients may put them at the end of the list. By combining them into a "blend" or "mix" they can make it to the top.

"Yeast extract". It's a labeling trick to hide monosodium glutamate (MSG), which can cause side effects for people sensitive to this additive.

Using the word "wheat". All flour derived from wheat can be called "wheat flour". even if it isn't processed. The key is "to look for "whole grain wheat flour" on the ingredient list to make sure you are eating whole wheat.

(Health & Wellness For Life! - Shared
by Helen Angel)

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RECIPES

CHERRY CHEESE DANISH

Ann Fishell

- 2 8 oz. tubes refrigerated crescent dough sheets or crescent dinner rolls
- 1 8 oz. package cream cheese, softened
- 1 cup plus 1 tbsp. granulated sugar
- 1 tsp. vanilla
- 1 21 oz. can Lucky Leaf Regular or Premium Cherry Pie Filling
- 1 tbsp. Butter, melted
- 1/2 cup sliced almonds

Preheat oven to 350°. Unroll 1 package of crescent dough and fit into the bottom of an ungreased 9x13 inch baking dish. In a bowl, mix together cream cheese, 1 cup sugar and vanilla.

Spread mixture over dough in baking dish, Next spread a layer of cherry pie filling over the cream cheese mixture. Unroll remaining crescent dough and lay on top of the pie filling.

Mix together 1 tbsp. sugar, almonds, and melted butter. Sprinkle over the top of dough. Bake 30 minutes or until golden brown.

(I made this recipe using a 7x9"; dish and half the recipe. Of course, there were plenty of cherries as I used the whole can!) (Ann)

CHOCOLATE CRINKLE COOKIES

Ann Fishell

- 1 package Betty Crocker Super Moist devil's food or chocolate fudge cake mix
- 1/2 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- granulated sugar

Heat oven to 350°F. Mix cake mix, oil, eggs and vanilla in large bowl with spoon until dough forms.

Shape dough into 1 inch balls. Roll balls in sugar; on ungreased cookie sheet, place about 2 inches apart.

Bake 10 to 12 minutes or until set. Cool 1 minute; remove from cookie sheet to cooling rack. Cool completely; about 30 minutes. Store tightly covered.

Makes about 4 dozen cookies.

Tip 1 - Bake as directed, then immediately press a milk chocolate kiss or white chocolate kiss with milk chocolate stripes in the center of each cookie.

Tip 2 - For a soft and powdery look instead of a sparkly crystal one, try rolling your cookies in powdered sugar instead of granulated sugar.

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STEAM BATH

When reheating muffins, bisquits, and pastries in the microwave, put a mug filled with water in with them. The condensation helps to keep the food moist.

(Family Circle)

LABELS



REMINDER We are still collecting labels to benefit the School for the Blind. You can find them on cans, jars, bottom of Kleenex boxes, zip-loc bags, some egg cartons, and butter cartons. Please give the labels to Ruth Myers.

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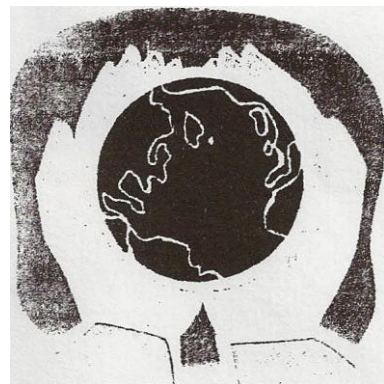
The History of Earth Day

April 22, 2009 marks the 39th anniversary of the first observance of Earth Day. Former U.S. Senator Gaylord Nelson, Earth Day's co-founder, said he modeled Earth, day on anti-Vietnam War demonstrations called "teach-ins" that then were common on college campuses:

I visited Santa Barbara in the summer of 1969 to speak at a water conference, and then flew north to Berkeley to speak at a conservation conference. On the plane I read an article about the use of campus anti-war teach-ins to educate students about the Vietnam War. Suddenly the idea occurred to me: Why not devote a day to a nationwide teach-in on the environment?

Thus was born Earth Day. Eight months later, on April 22, 1970, 20 million people, • 2,000 colleges and universities, 10,000 grammar and high schools and 1,000 communities mobilized for the first nationwide demonstrations on environmental problems. Congress adjourned for the day so members could attend Earth Day events in their districts. The response was nothing short of remarkable, and the modern American environmental movement took off.

My major objective in planning Earth day 1970 was to organize a nationwide public demonstration so large it would, finally, get the attention of the politicians and force the environmental issue into the political dialogue of the nation. It worked. By the sheer force of its collective action on that one day, the American public forever changed the political landscape respecting environmental issues."



Fun facts about Earth Day:

- Earth Day Networks estimates that 500 million people from 4,500 organizations in 180 countries will participate in Earth Day events during the month of April.
- Earth Day is big with schools. On many school calendars, it is the third most activity-inspiring holiday, after Christmas and Halloween.
- As part of the celebration, some communities make Earth Day a "Car-Free Day".