



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

# Newsletter

MAY - JUNE 2011



Dear Members,

Monday, Ann, Evelyn, and I went to the Frederick Extension Office for the MAFCE Board meeting. It is usually held in Glen Burnie, but the Board wanted to visit other counties. We had a great day. Frederick County FCE has been very busy preparing for the Maryland Conference in October. I hope you are planning to attend. It will be held at The Fairfield Inn and Suites October 20-21. There will be a registration form in the next "What's Happening" newsletter with more details.

At our May meeting, Roland Smith from the Maryland State Estate Planning Commission will speak to us on Financial Planning. You will have an opportunity to ask questions on business that may concern you.

In June (I can't believe this is our last meeting before the summer break) we are delighted to have Mary Ann Love, our State Delegate, visit us. She has a wealth of information to share with us. That same day,

## UPCOMING EVENTS

- May 6~Meeting - Program-  
Financial Planning - Susan  
Streeter  
8 Mother's Day  
21 Armed Forces Day  
30 Memorial Day
- June 3 \*Meeting - Program - MD  
Legislature Update -  
Mary Ann Love, MD State Del.  
Anne Arundel County  
14 Flag Day  
19 Father's Day  
21 1st Day of Spring
- July 4 Independence Day  
14-17 National FCE Conference  
Denver, Colorado

\*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.

\* \* \*

we will be sharing our lunch with the Extension Staff. Everyone is asked to bring their favorite dish. The Staff has always been very helpful to us and pleasant to work with.

Hope to see you,

Thelma Gore

President

### TIPS FOR GREAT SALADS

Select greens that are crisp and free of discoloration. Iceberg lettuce and cabbage should be firm and solid.

Wash greens thoroughly in cool water, pat them dry with a clean towel or paper towel to remove water. Store in a covered container or plastic bag and refrigerate at least 1 hour before serving to crisp the greens. Place a piece of paper towel in the bottom of the container to absorb excess moisture.

For iceberg lettuce, cut out the core with a paring knife. Or grasp the head in your hand and hit the core area against the countertop; lift out the core. Rinse the head under running water and drain core side down.

Just before serving, tear - don't cut - the greens into bite-size pieces. Cutting greens with a knife will turn the edges brown with time.

Allow greens to stand at room temperature no longer than 15 minutes before serving.

Toss greens with the dressing and serve immediately or place greens in a salad bowl and pass the dressing at the table. Adding too much dressing will make a salad soggy.

Pasta, rice and vegetable salads should chill for a few hours to allow flavors to blend •

### TIPS FOR BETTER GELATIN SALADS

Always use canned or cooked pineapple in gelatin salads. Fresh pineapple and kiwi fruit will prevent the salad from setting.

For easy removal of gelatin salads from mold, moisten the interior of the mold with cold water, rub vegetable oil inside or coat with non-stick cooking spray before filling.

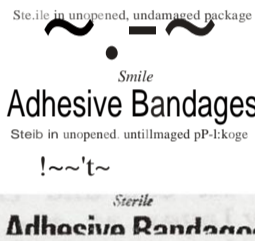
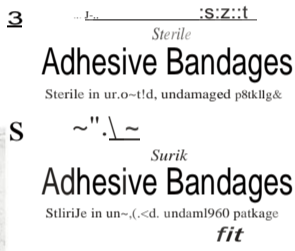
### TIPS FOR POTATO SALADS

To cook potatoes for salads, scrub and wash potatoes, remove any eyes or sprouts. Place whole unpeeled potatoes in a large kettle. Cover with cold water; add 1-2 teaspoons salt for each quart of water. Cover and boil until fork-tender yet firm. (Cooking times vary with size and variety - small potatoes may cook in 15 minutes, while larger ones may need 30 minutes.) Drain potatoes; allow to cool. Use a paring knife to peel if desired. Slice or cut potatoes into chunks.

Red potatoes are especially good for salads because they don't absorb excess dressing or break' apart as easily as other varieties. And because of their thin edible skin, they don't need to be peeled.

*Blessed is the Mother who Walks with God*

- Peppermint Pattie: For all the encourage "mint" you share
- Cotton Ball-Because your soft, loving touch means so much
- Almond Joy-For all the Joy you bring your family
- Bandage-For the tender, loving care you give
- Smarties=Because mothers have all the answers
- Puzzle Piece-For the essential part you play in your family
- Paper Clip-To remind you that faith helps you keep it together
- Starburst-Because mothers who walk with God are shining stars
- Tea-Because you make a "tea"riffic difference in the lives of your children



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RECIPES

BROWNIE LAVA DESSERT

Virginia  
McKenzie

- 1/2 cup pecans (optional)
- 3 1/2 oz. good bittersweet chocolate
- 1 stick (4 oz.) unsalted butter,  
cubed
- 1 cup minus 1 tablespoon sugar
- 2 extra large eggs, lightly beaten
- 1/4 teaspoon pure vanilla extract
- 1/2 cup all purpose flour

Preheat oven to 350<sup>0</sup>, place pecan pieces on cookie sheet, lightly toast in oven for about 10 minutes. Cool.

Breakup the chocolate, put into a medium saucepan. Add butter and melt over very, very low heat. stir to aid in melting.

Remove from heat, stir in sugar, stir a bit of the cooled mixture into the eggs to temper them.

Pour eggs and egg mixture into the chocolate mixture. Add vanilla and stir flour into mixture. If using nuts, stir in the nuts. Mix thoroughly and transfer to a greased round or oval baking dish.

Bake for 30 minutes until the mixture is set on top and there is a soft gooey layer at the bottom. Serve immediately either alone or with whipped cream or ice cream. 4 to 6 servings.

Based on 6 servings:

- 468 calories
- 6 g protein
- 31 g fat
- 15 g saturated fat
- 48 g carbohydrate
- 2 g fiber
- 122 mg cholesterol
- 29 mg sodium

COUNTRY PIE  
Virginia McKenzie

Crust:

- 1 pound ground beef or turkey
  - 1/2 cup breadcrumbs
  - 4 oz. tomato sauce
  - 1/4 cup chopped onion
  - 1/4 cup chopped green pepper
  - Mustard to taste
  - Oregano and black pepper to taste
- Combine above ingredients, press into greased deep dish pie plate.

Filling:

- 1 1/3 cup minute rice - brown or white
  - 12 oz. tomato sauce
  - 1 cup water
  - 1/2 cup grated cheese
- Combine above ingredients, pour into shell •. Bake at 350<sup>0</sup> for 25-30 minutes.

Topping:

Top with 1/2 cup cheese, bake 10-15 minutes longer. - ~ ~ ~ . - -

CHOCOLATE CRINKLE COOKIES  
Ann Fishell

- 1 package Betty Crocker Devil's Food cake mix
  - 1/2 cup vegetable oil
  - 2 eggs
  - 1 teaspoon vanilla
  - granulated sugar
- Heat oven to 350<sup>0</sup>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.

Makes about 4 dozen. cookies. Suggestion: Can press a white chocolate kiss in the center of each cookie.

## FATHER'S DAY

It is said that the first Father's Day celebration was conceived in Spokane, Washington in 1909. Sonora Smart Dodd, the daughter of Civil War veteran William Smart, proposed a day to honor fathers around the country. Her father, who after the death of his wife during childbirth in 1898, had raised her and her 5 siblings alone. Inspired by this, she wanted to let him and the world know how special he was to her. The idea is said to have come to her while listening to a Mother's Day sermon.

By 1916, the idea had spread across the country, and was even promoted by President Woodrow Wilson. In 1956, Father's Day was recognized by Joint Resolution of Congress. It wasn't until 1966 that President Lyndon Johnson proclaimed the third Sunday of every June as the official Father's Day. Later in 1972, President Nixon established a permanent national observation of the day.

The 19th of June 1910, Spokane Washington, was originally when and where the first Father's Day celebrations were held being in the home and birth month of William Smart.

(Home Tyes)

\* \* \*

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## EAT BREAKFAST TO STAY HEALTHY

People who eat breakfast daily may be less **Likely** to succumb to obesity, diabetes, and cardiovascular disease. Why? Eating breakfast regularly helps control your appetite throughout the day, which means you're less likely to overeat later. A good breakfast also helps regulate your body's blood sugar.

A study of 2,700 adults who reported eating breakfast every day had a 35 to 50 percent reduced chance of becoming obese, or developing insulin resistance syndrome. This syndrome is a precursor to diabetes in which the body experiences a loss of sensitivity to insulin. Insulin is a hormone that is key to regulating blood sugar.

What you eat is just as important as making sure you eat breakfast. Refined grain cereals and bacon and eggs had no effect on **reducing** the risk of obesity and diabetes. The best breakfast food is a whole grain cereal, especially oatmeal. A study reported in the Journal of Family Practice concluded that oat cereals work so well at lowering blood pressure, people who are taking hypertension medication can actually lower their dosage if they eat an oatmeal breakfast every day. Other studies have shown that oatmeal will lower cholesterol if it is eaten on a daily basis.

(Shared by Helen Angel)

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A FUN FACT FOR EACH STATE

- ALABAMA - Was the first place to have 9-1-1, started in 1968.
- ALASKA - One out of every 64 people has a pilot's license
- ARIZONA - is the only state in the continental U.S. that doesn't follow Daylight Savings Time.
- ARKANSAS - Has the only active diamond mine in the U.S.
- CALIFORNIA - Its economy is so large that if it were a country, it would rank seventh in the entire world.
- COLORADO - In 1976, it became the only state to turn down the Olympics.
- CONNECTICUT - The Frisbee was invented here at Yale University.
- DELAWARE - Has more scientists and engineers than any other state.
- FLORIDA - At 874.3 square miles, Jacksonville is the U.S.'s largest city.
- GEORGIA - It was here, in 1886, that pharmacist John Pemberton made the first vat of Coca-Cola.
- HAWAII - Hawaiians live, on average, five years longer than residents in any other state.
- IDAHO - TV was invented in Rigby, Idaho in 1922.
- ILLINOIS - Has a Governor in jail, one pending jail, and the most corrupt state in the union!
- INDIANA - Home to Santa Claus, Indiana, which gets a half million letters to Santa every year.
- IOWA - Winnebago get their name from Winnebago County. Also, it is the only state that begins with two vowels.
- KANSAS - Liberal, Kansas has an exact replica of the house in "The Wizard of Oz".
- KENTUCKY - Has more than \$6 billion in gold underneath Fort Knox.
- LOUISIANA - Has parishes instead of counties because they were originally Spanish church units.
- MAINE - It's so big. It covers as many square miles as the other five New England states combined.
- MARYLAND - The Ouija board was created in Baltimore in 1892.
- MASSACHUSETTS - The Fig Newton is named after Newton, Massachusetts.
- MICHIGAN - Fremont, home to Gerber, is the baby food capital of the world.
- MINNESOTA - Bloomingtons Mall of America is so big, if you spent 10 minutes in each store, you'd be there nearly four days.
- MISSISSIPPI - President Teddy Roosevelt refused to shoot a bear here ... that's how the teddy bear got its name.
- MISSOURI - is the birthplace of the ice cream cone.
- MONTANA - A sapphire from Montana is in the Crown Jewels of England.
- NEBRASKA - More triplets are born here than in any other state.
- NEW HAMPSHIRE - Birthplace of Tupperware, invented in 1938 by Earl Tupper.
- NEW JERSEY - Has the most shopping malls in one area in the world.

NEW MEXICO - Smokey the Bear was rescued from a 1950 forest fire here.

NEW YORK - is home to the nation's oldest cattle ranch, started  
in 1747 in Montauk.

NORTH CAROLINA - Home of the first Krispy Kreme doughnut.

NORTH DAKOTA - Rigby, North Dakota .. is the exact geographic center of  
North America.

OHIO - The hot dog was invented here in 1900.

OKLAHOMA - The grounds of the state capital are covered **ed. by** operating  
oil wells.

OREGON - Has the most ghost towns in the country.

PENNSYLVANIA - The smiley was first used in 1980 by computer scientists  
at Carnegie Mellon University.

RHODE ISLAND - The nation's oldest bar, the White Horse Tavern, opened  
here in 1673.

SOUTH CAROLINA - Sumter County is home to the world's largest gingko farm.

SOUTH DAKOTA - is the only state that's never had an earthquake.

TENNESSEE - Nashville's Grand Ole Opry is the longest running live radio  
show in the world.

TEXAS - **Dr.** Pepper was invented in Waco back in 1885. The hamburger  
was invented in Arlington, Texas in 1906.

UTAH - The first Kentucky Fried Chicken restaurant opened here in 1952.

VERMONT - Montpelier is the only state capital without a MCDonald's.

VIRGINIA - Home of the world's largest office building ... The Pentagon.

WASHINGTON - Seattle has twice as many college graduates as any other  
state.

WASHINGTON, **D.C.** - Was the first planned capital in the world.

WEST VIRGINIA - Head the world's first brick paved street..Summers Street  
laid in Charleston in 1870.

WISCONSIN - The ice cream sundae was invented here in 1881 to get around  
Blue Laws prohibiting ice cream from being sold on Sundays.

WYOMING - Was the first state to allow women to vote.

(I hope you enjoyed this. I found it very interesting.) (Shared by -  
N.Dugan)