



2.

ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCADON

Newsletter

3.

MAY - JUNE 2009

UPCOMING EVENTS



Dear Members,

A big thank-you to all who helped make the Regional Meeting a success. Everyone helped by selling raffle tickets, baking, donating items for the pasta basket, and manning the tables. Many thanks to Marian and her committee - Gini and Grace. Marian took care of registration, Gini printed the raffle tickets, Ruth managed the sale of tickets during the meeting at break time. Ann and Helen took care of the bake table. We truly have a wonderful group of women.

Naeemah talked to us about MyPyramid. She urged us to do some sort of exercise at least 30 minutes a day. We can get on the internet to learn the calorie intake we need specifically for our body. It was nice to hear Madeleine Green again. She had a lot of good information on Going Green. She and JoAnn Linch co-authored a book "Best Little Money Book" filled with helpful hints to achieve our money goals.

Last month; Mike Ensor, Horticulture Educator, presented the program "Grow It, Eat It". Have you started your vegetable garden yet? You can put a couple plants in a container, place it on the porch or patio, and enjoy fresh tomatoes, etc. this summer.

The Maryland General Assembly had a busy year. We will have the opportunity to hear Mary Ann Love discuss some of the bills that were passed and some that did not make it at our May meeting.

May 1 *Meeting - Program - Mary Ann Love, Md. State Delegate
10 Mother's Day
16 Armed Forces Day
25 Memorial Day

June 5*Meeting - Program - David Myers, Ext. Agent Agronomy
14 Flag Day
21 Father's Day

July 4 Independence Day
17-19 National FCE Conference
Portland, Oregon

*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.

* * *

At the June meeting, Dave Myers will be our speaker. His program will include his interesting trip to Russia. At this meeting, we are asking everyone bring a dish for lunch. We will be inviting the Extension staff to join us.

Thelma Gore
President

FROM THE TREASURER

It is that time of year to think about your donation to 4-H. I need to be able to give it to them by June. Any amount you can donate will be appreciated.

Checks should be made out to: AAAFCE with a notation for 4-H.

Give or mail donation to:

Marian Whitman
1253 Old Dorsey Road
Harmans, MD 21077

(Phone: 410-768-2452)

* * *

DID YOU EVER WONDER ...

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouths closed?

Why don't you ever see the headline "Physic wins lottery"?

Why is "abbreviated" such a long word?

Why is it that doctors and lawyers call what they do a "practice"?

Why is lemon juice made with artificial flavor, and dish washing liquid made with real lemons?

Why is the man that invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

(Redstone Reader)

4.

¹ UPDATE A CLASSIC

Cook Smart. ____

Here's a quick primer on our favorite potatoes and the best method for cooking each based on starch and moisture content. Our "aka" (also known as) listing refers to the varieties commonly sold at the supermarket.

Russets: Starchy (or *floury*).

Brown, netting-like appearance to the peel. Low moisture content makes these great for baking, frying, or roasting. They make fluffy, light-textured mashed potatoes but disintegrate when boiled for potato salad. **AKA:** russets. Russet Burbank, Russet Norkotah, Idaho potatoes, baking potatoes.



Golds: All-purpose (moisture and starch content is balanced).

Yellow-gold interior color and buttery flavor is divine for mashed potatoes. Work well shredded for potato pancakes such as latkes. **AKA:** Yukon gold, gold, Butter gold.



• **Reds:** Waxy (high moisture content, low in starch).

• Perfect for potato salads, parsleyed buttered potatoes, or roasted because they hold their shape. Mashed potatoes will be thick and creamy. **AKA:** At our supercenter store they are labeled size A (small to medium-size) and B (petite to small). You may also see them as Baby Red or Red Creamers.

Fingerlings: All-purpose. -

Best when roasted. Can be baked or steamed. Often

sold in a paper bag with mesh vents.

AKA: French, Rose Finn Apple, and Russian Banana. Ruby Crescent has a beautiful stripe of color in the center of the potato when cut lengthwise.



• **Purple and Blue:** All-purpose and versatile.

• Nutty flavor. Perfect boiled for potato salad, yet often fried into chips. **AKA:** Purple Majesty, Purple Chief, or Delta Blues.

BITS and PIECES

5 things to do with ••• toothpicks

1. Temporarily save your glasses. Lose an eyeglass screw? Slide a piece of toothpick into the screw hole; add tape to hold things together until you can get them fixed.
2. Decorate a cake. Prevent mistakes by lightly sketching your letters and flowers in the frosting with a toothpick before you pick up that piping bag.
3. Prevent shredded tape. Stick a toothpick to the cut end of packing tape so you can find it next time. We know ••• brilliant!
4. Fill in small scratches. Next time you have a scratch that you want to fill with paint, putty or varnish, use a toothpick to spread it along the scraped area.
5. Plug a garden hose leak. Break off a third of a toothpick and slide it into the hole until the edge is flush with the hose. Wrap waterproof tape around the hose to secure. Should get you through the season.

Smart Tips for Travel

1. Pack light
2. Button buttons, fold tissue paper between articles of clothing.
3. Roll clothing to prevent wrinkles.
4. Carry a small spray bottle, fill with warm water. Hang clothing and spray lightly to remove wrinkles
5. Use plastic ziplock bags to carry toiletries, makeup, medications, etc.
6. Roll socks and/or underwear and stuff in the toes of shoes.

When travelling by air:

7. Bring a bottle of water and a light snack.
8. Plan to place your coat in your carry-on after arrival at the airport.
9. Pack sharp items such as scissors, nail files, pocket knives, etc. in your check-in luggage.
10. Spread out books rather than placing them together.
11. Pack shoes last.

5 things to do with ••• ziptop bags

1. Make a changing mat. Tear open the side seams of a balloon-size bag and lay flat for an emergency diaper-changing area.
2. Pack accessories. Organize by category (jewelry, scarves, hosiery) so they're easier to find in your suitcase.
3. Knead dough. Use two quart-size bags as gloves to avoid getting your hands sticky. You can also use a bag to store extra dough.
4. Create a temporary funnel. Improve a funnel for anything from shampoo to children's beads and glitter.
5. Clean a showerhead. Pour a little white vinegar in a bag, rubber-band it to showerhead and soak for a half-hour.

MOTHER'S DAY

Assorted words of wisdom, I'm sure
we have all used from time to time.

Eat it - it's good for you.

Because I said so!

Keep your hands to yourself.

Take a sweater ... you'll
catch

pneumonia.

I'll kiss it and make it better.

Don't run with scissors in your
hand.

HAPPY MOTHER'S DAY!

* * *

INDEPENDENCE DAY

Although July 4th is celebrated
as America's official split from
Britain's rule and the beginning
of the American Revolution, the
actual series of events show that
the process took far longer than a
single day. The original resolu-
tion was introduced by Richard
Henry Lee of Virginia on June 7,
1776, and called for the Continen-
tal Congress to declare the
United States free from British
rule. Three days later a committee
headed by Thomas Jefferson was
appointed to prepare an appro-
priate writing for the occasion.

The document that we know as the
Declaration of Independence was
adopted by Congress on July 4th,
although the resolution that led to
the writing of the Declaration was
actually approved two days earlier.

All of this had occurred with
some of the delegates to the Con-
gress not even present; New York,
for example did not even vote on
the resolution until July 9th.

Not a single signature was
appended to the Declaration on
July 4th. While most of the 56
names were in place by early
August, one signer, Thomas
McKean, did not actually sign
the Declaration until 1781.

DAD of MINE

Time has left its mark on him in a
very tender way;

His shoulders are a little bent,
His hair a little gray.

His eyes are kind and gentle,
And they're dimmed by passing years;
For deep compassion dwells therein
A thousand unshed tears.

Hands that do the best of deeds,
Feet that trod a path divine
God bless him now and always -
That precious dad of mine.

HAPPY FATHER'S DAY!

* * *

DID YOU KNOW?

- * Bald eagles have few natural
enemies and only live in North
America.
- * The only Other kind of eagle
in
North America is the golden
eagle.
- * It is a felony to shoot an
eagle.

* * *



EDITOR
Ann R. Fishell
410. 766.5097
Phacke@aol.com



2.

RECIPES

Broccoli Salad

(E. Anderson)

Ann Fishell

- 1 med. head broccoli
- 1 med. head cauliflower

Wash and drain, discarding all but tips: break into small pieces.

- 2 cups salad dressing (mayonaisse)
- 1 med. onion, Vidalia, diced small
- 3/4 lb. bacon, fried and drained (crisp), crumble
- 8 oz. grated sharp cheese
- 1/4 cup sugar

Place ingredients in large bowl in order listed; cover tightly for several hours (or overnight) Toss before serving.

Spinach Salad

(A. Everhart)

Ann Fishell

- 1 cup oil
- 1/2 cup sugar
- 1/2 tsp. salt
- 1/4 cup vinegar
- 1/4 cup chopped onion (or less)
- about 1-1/2 lbs. spinach
- 4 hard boiled eggs
- 6 slices bacon, cooked

Combine first 5 ingredients in blender and refrigerate. When ready to serve, rinse spinach and put in bowl. Top with sliced eggs and crumbled bacon. Add dressing and toss.



No-Roll Sugar Cookies

Ann Fishell

- 1 1/2 cups powdered sugar
- 6 tablespoons granulated sugar
- 1 1/2 cups (3 sticks) butter, soft
- 2 eggs
- 1 1/2 teaspoons baking soda
- 3 1/4 cups all purpose flour
- 1 1/2 teaspoons cream of tartar
- 1 1/2 teaspoons vanilla extract

Preheat oven to 350° F.

Cream together sugars and butter with a mixer at medium speed. Add eggs and mix well. Add flour, baking soda, cream of tartar and vanilla; mix well. Chill 15 minutes.

Roll dough into walnut-size balls. Place on an ungreased baking sheet. Flatten with the bottom of a glass that has been dipped in sugar. Bake about 10 minutes until light golden.

Makes 5 dozen cookies.

Tip: This dough is perfect for keeping in the refrigerator for about one week, then pulling out a portion to bake a dozen cookies at a time.

(from American Profile)

"An onion can make people cry, but there's never been a vegetable that can make people laugh".

Will Rogers

THE BEST OF BEDDING

We spend nearly one-third of our lives sleeping so it pays to know all the options and choose which types of pillows, sheets, and comforters are right for you.

The Pillow Test

Stop punching pillows in the store. Instead use these easy indicators to check a pillow's quality.

* Down or feather filled: Fold pillow in half on a flat surface. Squeeze out the air and release. It should return to its original shape.

* Synthetic. Fold pillow in half on the floor or a flat surface and place a tennis shoe on top; release. The pillow should pop out from under the shoe and return to its original shape.

Thread Count

Thread count is the number of threads woven into one square inch of fabric. A higher number equals softer linens. Take care of your bed linens by laundering them once a week in warm water.

* 140 to 180 count (muslin sheets). Usually at a lower price point.

* 180+ count (percale sheets). A tightly woven, smooth cotton.

* 250 to 300 count. Sheets begin to feel silky and are more durable.

* 300 to 400 count. Considered luxury sheets.

* 400+ count. The added comfort is slight; it's not worth spending the extra money.

Feather and Down

Down comforters (also called duvets) are usually the top layer of bedding. Inexpensive duvet covers can quickly change the look of your bed.

* Goose down is fluffier than duck.

* Fluff down comforters by hand frequently. Feather comforters should occasionally be put in a dryer on the highest heat setting to battle dust mites.

* If you dry-clean down comforters once or twice yearly, they should last 8 to 10 years.

(Better Homes & Gardens)

* * *

More Bits and Pieces

The popsicle was accidentally invented in 1905 by 11 year-old Frank Epperson, who had left a flavored drink outside in the cold with a stir stick in it. He dubbed it the Eppsicle, then changed the name decades later after his own children began referring to it as "Pop's sicle."

An apple a day ••••

* Contains only 80 calories, has no fat or sodium, and comes in its own beautiful portable package.

* Provides more fiber than most cereals and breads. About 80 percent of the fiber is soluble, which reduces cholesterol. The remaining 20 percent may help prevent certain cancers. The high fiber content helps maintain blood sugar levels.

* May improve lung function, lower the risk of stroke and heart disease, and slow the growth of colon and liver cancer.

* * *



HOW DO YOU FEEL TODAY?



Aggressive



Agonized



Anxious



Apologetic



Arrogant



Bashful



Blissful



Bored



Cautious



Cold



Concentrating



Confident



Curious



Demure



Determined



Disappointed



Disapproving



Disbelieving



Disgusted



Distasteful



Eavesdropping



Ecstatic



Enraged



Envious



Exasperated



Exhausted



Frightened



Frustrated



Grieving



Guilty



Happy



Horrified



Hot



Hungover



Hurt



Hysterical



Indifferent



Idiotic



Innocent



Interested



Jealous



Joyful



Loaded



Lonely



Lovestruck



Meditative



Mischievous



Miserable



Negative



Obstinate



Optimistic



Pained



Paranoid



Perplexed



Prudish



Puzzled



Regretful



Relieved



Sad



Satisfied



Shocked



Sheepish



Smug



Surly



Surprised



Suspicious



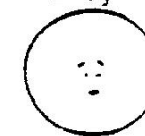
Sympathetic



Thoughtful



Undecided



Withdrawn