



ANNE ARUNDEL ASSOCIATION  
FOR FAMILY & COMMUNITY EDUCATION

Newsletter

JANUARY - FEBRUARY 2015

Hello Friends,

UPCOMING EVENTS



I hope your holidays were filled with wonder and delight and that 2015 will bring you only good things. The new year looks very busy as well as very promising. On January 12th, Sue and Judy will present "Salad in a Jar with a side soup". On February 9, Helen will share heartfelt thoughts during heart health month.

On another note, we have received our grant, so we now have the funds to continue our projects for the rest of FY2015. We'll be busy, happily so!

Looking forward to seeing you on January 12th, bring a sandwich to complete your soup/salad lunch.

Sincerely,  
Virginia McKenzie  
Vice President for Programs

- |      |    |                                 |
|------|----|---------------------------------|
| Jan. | 1  | Happy New Year!                 |
|      | 12 | *"Salad in a Jar" -Sue and Judy |
|      | 19 | Martin Luther King Day          |
| Feb. | 9  | *Heartfelt thoughts - Helen     |
|      | 14 | Valentine's Day                 |
|      | 16 | President's Day                 |
|      | 18 | Ash Wednesday                   |

\*Meetings will be held at 10:00 a.m. at Dairy Lane, Gambrills.

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## PARTY

A wonderful Christmas Party was held at the home of Shirley Andrzejewski. The family room was beautifully decorated plus a glowing fireplace. We enjoyed a lunch (dinner!) of turkey and sides, salad and dessert furnished by the members.

Later, we had an exchange of tree ornaments, a cash grab-bag and the proceeds go to NCEON, plus a regular gift exchange. A fun time was had by all.  
(Ann)

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EDITOR

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Today, many people are living to be 100 years old. It's time to revisit where we were a century ago. For some of you it was just like yesterday.

About 100 years ago, the average life expectancy in the US was 47.  
Only 14% of the homes in the US had a BATHTUB.

Only 8% of the homes had a TELEPHONE.

A three-minute call from Denver to New York City cost \$11.  
There were only 8,000 CARS in the US and only 144 miles of paved ROADS.

The maximum speed limit in most cities was 10 mph.  
Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California. With a mere 1.4 million residents, California was only the 21st most populous state in the Union.

The tallest structure in the world was the Eiffel Tower.

The average wage in the US was \$0.22/hour.

The average US worker made between \$200-\$400/year.  
A competent accountant could expect to earn \$2000/year, a dentist \$2,500/year, a veterinarian between \$1,500-\$4,000/year, and a mechanical engineer about \$5,000/year.  
More than 95% of all BIRTHS in the US took place at HOME.  
90% of all US physicians had NO COLLEGE education. Instead, they attended medical schools, many of which were condemned in the press and by the government as "substandard."

Sugar cost \$0.04/pound. Eggs were \$0.14/dozen. Coffee cost \$0.15/pound.

Most women only washed their HAIR once a month and used BORAX or EGG YOLKS for shampoo.

Canada passed a law prohibiting POOR people from entering the country for any reason.

The five leading causes of death in the US were:

1. Pneumonia & influenza,
2. Tuberculosis,
3. Diarrhea,
4. Heart disease,
5. Stroke

The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii & Alaska hadn't been admitted to the Union yet.

The population of Las Vegas, Nevada was 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented.

There were no Mother's Day or Father's Day.

One in ten US adults couldn't read or write. Only 6% of all Americans had graduated from HIGH SCHOOL.

Coca Cola contained cocaine. Marijuana, heroin & morphine were all available over the counter at corner drugstores.  
According to one pharmacist, 'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and the bowels, and is, in fact, a perfect guardian of health.'

18% of households in the US had at least one full-time SERVANT or domestic.

There were only about 230 reported MURDERS in the entire US.

Just think what it will be like in another 100 years. It boggles the mind...

(Marian Whitman)

CLEVER USES FOR

# Dental Floss

Big smile! These super-strong strands are even more handy than you realize.

1

## Hang frames

A quality dental floss is sturdy enough to hold lightweight frames, but won't scratch walls like wire can. Double or triple the floss for extra strength.

2

## Slice nicely

A piece of unflavored dental floss can cut through soft foods (like cake, cheese or a roll of cookie dough) without smushing the surface. Wrap each end of the floss around your fingers and, keeping it taut, press down through the item.

4

## Remove a ring

Avoid the frustration (and pain) of trying to yank off a too-tight ring. Slip an 8" length of floss under the ring and snugly wind it around the lower part of your finger (including the knuckle) to temporarily bind it. Quickly slide the ring off your tightened finger, then unwind the floss.

5

## Rescue photos

To separate stuck-on photographs from the pages of an old album or the glass of a frame, gently move a length of dental floss in a saw-like motion between the two.

## Feed the birds

Lure feathered friends into your yard with a tasty garland. Thread a needle with unflavored waxed floss and string popcorn, cereal or dried fruit onto it, then hang from a tree.



ENTERTAINMENT WEEKLY

## DID YOU KNOW?

The first mass-produced dental floss was introduced in 1882 and was made of real silk.

BY SUSANNE POPE

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## Ed Digg's Prize Winning Spinach Casserole

from Virginia McKenzie

1 10 oz box of chopped spinach, squeezed dry  
1 can cream of mushroom or celery soup  
1/2 cup mayonnaise  
3/4 cup shredded cheddar to taste  
3/4 cup finely chopped onions to taste  
2 eggs well beaten

1 sieve Ritz Crackers, well crushed

Mix everything except Ritz crackers, pour into a greased casserole.  
Top with crushed Ritz  
Bake 350° F for 1/2 hour

This is very forgiving: Use more or less cheese, onion, even spinach. It's always terrific.

## Pineapple Pudding

Adapted from Betty Crocker's Dinner for Two Cookbook  
Serves 2

1/2 pkg vanilla pudding.  
1 small (8 oz) can crushed pineapple

Divide the dry instant pudding evenly into 2 jars. Save the directions for the dry pudding, seal remaining dry pudding tightly, and put aside for another time.

Mix the dry pudding (1/2 of the original pkg) with 1 cup cold milk for 2 minutes. Refrigerate for a minute while draining pineapple.

While the pudding is chilling, drain a small (8 oz) can of crushed pineapple.

Fold pineapple into pudding, divide into serving dishes. Top with coconut if desired.