



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

Newsletter

MARCH - APRIL 2012



Dear Members,

Winter is over (I think). Wasn't it nice not to shovel snow, feel the cold blustery wind, or being wary of icy roads. Spring is coming!

In January and February we had two good programs. We learned a lot from Dave Myers about the history of the Naval Academy Dairy Farm. The Extension Office will be moving there soon. As soon as we learn of the moving date, we will let you know. Naeemah gave us a lot of information on keeping a "Healthy House" Many thanks to our Extension Agents for their expertise.

In March, we'll learn about the history and story of paper. Marian and Gini will instruct us how to make a beautiful paper note card. Mike Ensor will present a program on Friday, April 13.

In preparation for the move, a MAFCE committee went through the files and unnecessary papers. Anne Arundel has one box of papers to examine - to keep or discard. If you would like to help in this project, let me know.

Thelma Gore

Thelma Gore
President

UPCOMING EVENTS

- March 2 *Meeting - Making Cards and Bingo - Marian Whitman and Virginia McKenzie
- 11 Daylight Savings Begin - Set clock ahead 1 hour
- 20 First day of spring
- April 1 Palm Sunday
- 6 Good Friday
- 8 Easter
- 13 *Meeting - Mike Ensor Horticulture
- 22 Earth Day

*Meetings will be held at the Univ. of Md 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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AGAIN "THANK YOU"

We appreciate your saving the cancelled stamps, box tops for education, Campbell's products UPC's, and aluminum tabs from soda cans.

As a reminder when saving cancelled postage stamps, be sure it is an actual stamp and not metered mail.



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FOOD SAFETY FOR SENIORS
AND OTHERS

You may want to be extra cautious about -

* Raw sprouts, such as alfalfa, cloves, and radishes

* Refrigerated pate's or meat spreads.

* Refrigerated smoked seafood unless it is an ingredient in a cooked dish such as a casserole.

* Raw or unpasteurized milk and soft cheeses such as feta, brie, Camembert and Mexican-style.

* Raw or lightly cooked egg, or egg products containing raw eggs, such as salad dressings, cookie or cake batter, sauces or drinks such as eggnogs.

* Hot dogs and luncheon meats, unless they are reheated to steaming hot.

* Unpasteurized or untreated fruit or vegetable juice.

How long can deviled eggs be kept?

The U.S. Department of Agriculture recommends that deviled eggs and egg salad be eaten within three to four days of making. Just keep them stored in the refrigerator until ready to use. However, they won't last that long in most households!

Whatever type of egg you set out for a meal, remember to discard the eggs if they have been at room temperature for longer than two hours.

Bread -

Manufacturers recommend that bread be stored at room temperature for best quality and to maintain its freshness. Placing bread in the refrigerator actually can make the bread go stale faster.

However, you can freeze bread for three to six months. Just be sure to wrap it in the proper packaging, or double-bag for freezer storage and then thaw at room temperature.

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SOME THINGS YOU DIDN'T KNOW ABOUT TEETH

1. Watch what you bite: Enamel, the sturdiest substance in the body, is harder than a copper bullet, but slightly less hard than a stainless-steel fork.

2. Enamel also develops tiny cracks that diffuse the stress of chewing and help prevent breaks. Aerospace engineers are studying the feature with an eye toward creating stronger spacecraft.

3. Yet your teeth cannot always stand up to your mouth's native population of bacteria, which produce acids that leach calcium and phosphate from the enamel - the process that leads to cavities.

4. Nothing personal: Those acids are an accidental by-product created when the bacteria digest sugars in the food you've eaten.

5. Fluoride counters tooth decay by preventing the loss of minerals from enamel and promoting reabsorption of calcium and phosphate from saliva into the enamel.

6. In 1945, Grand Rapids, Michigan, became the first community in the world to put fluoride into its water system. Today, two-thirds of U.S. residents get fluoridated water.

7. The next stage in fighting tooth decay? Jeffrey Hilman, professor emeritus of oral biology at the Univ. of Florida, has begun human trials of a genetically engineered version of the oral bacterium *Streptococcus mutans*, which he modified to produce less acid.

8. This strain also creates an antibiotic that kills other *S. mutans* strain, allowing it to take over the mouth.

9. In 18th-century England, wealthy women might have opted for a tooth transplant, which was briefly popular among the upper classes.

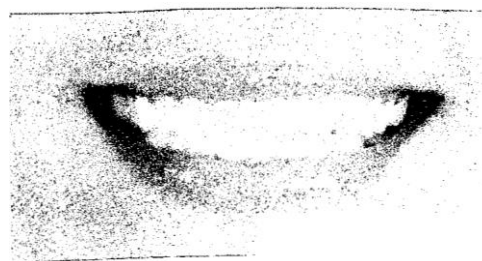
10. No---really, honey, it was the dentist's fault: Such operations usually failed, and worse, the transplanted teeth often carried syphilis.

11. There have already been some remarkable feats of dental engineering. Last year, a Mississippi woman became the first American to undergo osteo-odonto-keratoprosthesis, a treatment for blindness caused by corneal damage. An extracted tooth is sculpted to form a frame for a tiny lens and is then implanted in the eye.

12. How could it be otherwise? The tooth of choice for the procedure: a canine, or eyetooth. !!!

(Megan Talkington - The Discover Mag.)

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RECIPES

CHEDDAR-TUNA CHOWDER

Judy Ammenhauser

2 cups boiling water
Salt
1 large potato, peeled and
cut in 1/4 inch dice
1/2 cup each carrot and celery
diced
1 small onion, chopped
1/4 cup butter
1/4 cup flour
2 cups milk
3/4 pound sharp Cheddar cheese
shredded
1 can {6 1/2 ounces} tuna, drained
and flaked
1 can (8 ounces) cream-style corn
Pinch of dried rosemary
Few drops of hot pepper sauce
Chopped Chives

Put water in saucepan, season with
salt and add next four ingredients.
Bring to boil, cover and simmer
for 10 minutes. Do not drain.

In a small kettle, melt butter and
blend in flour. Gradually stir
in milk and cook stirring until
smooth and thickened.

Add cheese and stir until melted.
Add vegetables with liquid, tuna,
corn, rosemary and hot pepper
sauce.

Add salt to taste and serve with
a garnish of chives.

(Recipe from Woman's Day Ency-
clopedia of Cookery, 1968.)

SHRIMP CHEESE BALLS

Ann Fishell

Soften two 3 oz. packages cream
cheese. Blend in 1-1/2 tsp. pre-
pared mustard, 1 tsp. grated onion,
1 tsp. lemon juice, a dash cayenne,
and a dash of salt.

Drain one 4-1/2 oz. can (3/4 cup)
shrimp; break into pieces, stir
into cheese mixture. Chill.

Form into 1/2 inch balls and roll
in 2/3 cup chopped salted mixed
nuts. Makes 3-1/2 dozen.

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Egg Class - Brown vs. White

There is no difference between
white and brown eggs. The breed
of hen determines shell color-
hens with white feathers lay
white eggs and hens with red
feathers lay brown. Since brown
egg layers are slightly larger
birds and need more food, brown
eggs are usually more expensive.

(Better Homes & Gardens)

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Fudgy Chocolate Ring Cake

Prep: 15 min Bake: 50 min Cool: 1 hr 15 min Stand: 5 min
16 Servings

1 package Betty Crocker SuperMoist chocolate fudge cake mix
1 cup water
3/4 cup vegetable oil
4 eggs
1 package (4-serving size) chocolate instant pudding and pie filling mix
1 can (14 ounces) sweetened condensed milk
1 1/2 cups semisweet chocolate chips

1. Heat oven to 350°. Generously grease 12-cup bundt cake pan with shortening; lightly flour.
2. Beat cake mix, water, oil, eggs and pudding mix (dry) in large bowl with electric mixer on low speed 1 minute, scraping bowl constantly. Spoon batter into pan; spread evenly.
3. Heat 1/2 cup of the sweetened condensed milk and 1 cup of the chocolate chips in I-quart saucepan over medium-low heat, stirring occasionally, until chocolate is melted and mixture is smooth. Carefully spoon chocolate mixture in ring over batter (do not touch sides of pan).
4. Bake 45 to 50 minutes or until toothpick inserted 1 inch from inside edge of pan comes out clean, top of cake feels firm to the touch and cake pulls away slightly from side of pan. Cool 15 minutes. Turn pan upside down onto heatproof serving plate; remove pan. Cool cake completely, about 1 hour.
5. Heat remaining sweetened condensed milk and 1/2 cup chocolate chips in I-quart saucepan over medium-low heat, stirring occasionally, until chocolate is melted and mixture is smooth. Let stand 5 minutes. Pour chocolate mixture over cake, allowing some to drizzle down sides. Store loosely covered at room temperature.

High Altitude (3500 to 6500 feet): Heat oven to 375°. Add 1/4 cup all-purpose flour to dry cake mix. Decrease oil to 1/3 cup.

1 Serving: Calories 460 (Calories from Fat 200); Fat 22g (Saturated 7g); Cholesterol 65mg; Sodium 440mg; Carbohydrate 65g (Dietary Fiber 2g); Protein 7g.
% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium 14%; Iron 10%.

Peanut Butter-Chocolate Ring Cake: Substitute peanut butter chips for the semisweet chocolate chips.

Betty's Tip

Hidden in the center of this wonderful cake is a layer of dense and fudgy chocolate. Be sure to follow the doneness tests in this recipe, and your cake will turn out moist but not underbaked.

EASTER ABC 'S

A is for April, the heart of the Spring.

B is for Bunnies and the Baskets they bring.

C is for Cart, with eggs piled upon it.

D is for Daisies we pick for our bonnets.

E is for Eggs, with a bright color.

F is for Family, Sister and brother.

G is for Garden, hiding a treat.

H is for Hopping on quick bunny feet.

I is for Indoors, after egg-hunting ends

J is for the Joy we share with our friends.

K is for Kindness that makes the day bright.

L is for Lilies, lovely and white.

M is for Music we gather to play.

N is for Nest, filled with eggs the birds lay.

O is for Outdoors, where we hunt by the hours.

P is for the Puddles that follow a shower.

Q is for Quiet in the soft morning light

R is for Rabbit, dressed up just right,

S is for Spring, when the world is in bloom.

T is for Tulips we place in each room

U is for Umbrella in sunshine or rain.

V is for Violets found in the lane.

W is for Water where rabbits are gliding.

X marks the spot where the eggs are hiding.

Y is for Young ones, happy at play .

Z is for Zeal as we greet Easter Day.

PREDICTORS OF APRIL SHOWERS

* Cats scratch a post before a wind and wash their faces before a rain.

* Rain will come when the north wind shifts to the west and then to the south.

* It will rain when there is a ring around the moon.

* If dogs eat grass, there will be rain.

* If a pig carries straw in its mouth, a storm is on the way.

* When crickets' chirps grow long or strong, a storm is coming.

* Birds on a telephone wire predict the coming of rain.

* If a rooster crows at night, there will be rain **by** morning.

* If the bull leads the cows to pasture, expect rain. If the cows precede the bull, the weather will be uncertain.

* Dandelion blossoms close before a storm.

* Rain before seven, clear by eleven.

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DID YOU KNOW?

Drop a penny into a vase of water and add a pinch of sugar to keep cut flowers perkier.

Who says you can't get anything for a cent these days?

* * *

EDITOR

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MADE OF COTTON

Cotton is the most important of all natural textile fibers. There are more than 10,000 uses for cotton. Find some of them in this puzzle.

S	S	D	A	E	R	P	S	D	E	B	C	M	O
P	E	B	L	O	U	S	E	S	N	V	C	A	Y
I	S	V	E	T	E	G	E	P	A	T	O	T	R
L	E	Y	O	R	W	N	C	Y	O	M	A	T	E
L	C	O	D	L	R	I	B	A	R	L	T	R	T
O	A	R	C	T	G	D	N	O	L	M	S	E	S
W	L	U	A	I	E	N	F	E	O	I	R	S	L
C	E	D	N	U	R	I	R	P	S	R	C	S	O
A	O	R	V	S	N	B	S	T	Y	H	G	O	H
S	H	O	A	U	M	K	A	C	N	A	O	L	P
E	S	C	S	U	H	O	L	F	B	E	T	E	U
P	L	A	Y	C	L	O	T	H	E	S	T	S	S
T	O	W	E	L	T	B	S	R	E	P	A	I	D
S	T	E	E	H	S	O	V	E	R	A	L	L	S

Gloves

Hose

Mattress

Mops

Overalls

Pillowcase

Play clothes

Sheets

Shoelaces

Shoes

Suit

Tape

Tent

Terry cloth

Towel

Bags

bindings

Corduroy

Twine

Bedspreads

Calico

Diapers

Umbrella

Blouses

Canvas

Dress

Uniform

Book

Coats

Fabric

Upholstery