



ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCATION

Newsletter

SEPTEMBER - OCTOBER 2009

Dear Members,

I hope everyone enjoyed their summer. The weather was very nice most of the time.- not many humid days. The children are back in school already. I was surprised that school started on "August 24th. Remember when we started the day after Labor Day?

Please plan to attend the annual conference in Ocean City in October. What a lovely place to spend a few days with our fellow members around the state. The By-laws will have to be amended to list the current counties in each region. We will also be voting to amend the standing rules. It was suggested that we alternate the Regional and Annual meetings."

Our county meeting will be held on September 4. Maeemah was scheduled to present a program, but had the opportunity to have a short vacation week-end. She has arranged to have Lisa Winters, Master Gardner, to visit and give a program on preserving and canning. We will also work

UPCOMING EVENTS

- | | |
|---------|---|
| Sept. 4 | *Meeting - Program - Lisa Winters, Master Gardner, - "Canning and Making Preserves" |
| 7 | Labor Day |
| 13 | Grandparents' Day |
| Oct. | Breast Cancer Awareness Month |
| 2 | *Meeting - Program - "Reverse Mortgage" - Madeleine Green |
| 12 | Columbus Day |
| 26-28 | Maryland State Conference
Dunes Manor Hotel, Ocean City |
| 31 | Halloween |

*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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on the favors that we are making for the conference.

Carolyn Councill donated a pretty picture of an Ocean City beach scene. We will be selling raffle tickets for \$1.00 or six for \$5.00. They will be available at the meeting. This is a fund raiser for our county - Anne Arundel.

See you then!

Thelma Gore
President

The Maryland Cooperative Extension's programs are open to all citizens without regard to race, color, sex, handicap, religion, age or national origin.

FROM THE TREASURER

Time to pay dues again in September. Annual dues are as follows:

Individual

National	\$16.50
State	4.00
County	<u>4.50</u>
Total:	\$25.00

Family

National	\$24.50
State	8.00
County	<u>9.00</u>
Total:	\$41.50

Senior (80+)

National	\$13.20
State	4.00
County	<u>4.50</u>
Total:	\$21.70

Please remember, on the membership form, do not abbreviate county, city, street, etc. Please sign at the bottom of the form. --

Bring your form and dues to the September 4th meeting. Checks to be made out to AAAFCE. Thank You!

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The Golden Rule - Good for Business

James Cash (J.C.) Penney was born in 1875, on a small farm outside Hamilton, Missouri. (Yes, his middle name was really Cash!) Penney's father was a poor farmer and a part-time Baptist minister.

Penney showed signs of becoming a merchant as early as age eight, when his father informed him that from then on he would have to buy his own clothing. The boy's immediate need was a pair of shoes, and he only had \$2.50 saved from running errands, collecting and selling junk, and doing whatever occasional farm work that was available to a child. He invested his money in pigs, which he later sold at a profit, launching his career as an entrepreneur.

Penney started as a dry goods clerk, saved his money and later bought stock in his employer's store. On April 14, 1902, James Cash Penney, age 26, opened the Golden Rule, a dry goods and clothing store, in Kemmerer, Wyoming. Choosing the name "Golden Rule" was no coincidence. Mr. Penney, a very devout man, believed in doing business according to the principles of the Golden Rule. The store sold almost \$29,000 worth of merchandise the first year - proving to be a great success.

Penney bought more stores in 1904, and by 1911, there were 22 stores and sales topped \$1 million. In 1912, Penney changed the name of the stores to JCPenney. The company opened its 500th store in Penney's hometown in Hamilton, Missouri, in 1924. Ironically, Penney had worked at the store when he was 19. By 1930, over 1,250 stores fronted on main streets all across the country. In 1963, JCPenney made shopping even easier when it issued its first mail-order catalog.

"It is the service we are not obliged to give that people value most." - James Cash Penney

(Futurecare Chesapeake Chatter
April 2009)

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BITS and PIECES

5 things to do with petroleum jelly

1. Remove beauty boo-boos. Before painting your nails or coloring your hair, smear a very thin layer on the skin around your nails or hairline. Mistakes will rub right off.
2. Remove gum from hair. Massage a liberal scoop onto the gum and surrounding hair until the gum slips off. Works a lot better than the more-often-used peanut butter.
3. Stop squeaking. Petroleum jelly is an oil residue - in a pinch, it can stand in for WD-40. Use it to lubricate squeaky drawers and metal parts. *
4. Create nonstick candleholders. Spread a thin layer in the base of the candlestick or votive before using, light as usual. When done, pop out the melted wax.
5. Improvise mascara. Put a tiny smear of petroleum jelly on your finger, hold it in front of your eyelashes, and blink. (Great for girls who are a bit young for makeup.)

*(I used this on my squeaky wall-oven door - worked like a charm! - Ann)

(Womans Day)

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Hard Boiled Eggs - Putting a tablespoon of vegetable oil in the water when you boil eggs, makes the peeling easier.

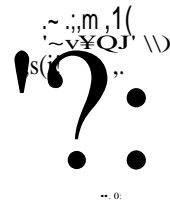
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5 things to do with ••• tennis balls

1. Fluff laundry. Put a clean one in the dryer with towels, comforters, or down coats to fluff them right up.
2. Childproof furniture. Cut a tennis ball in half, or cut an X-shaped slit in it, and use it to cover sharp corners.
3. Create sliding furniture. Cut in half and place under the feet or corners of heavy furniture to move it without scratching the floor.
4. Hide things. Got a ring or money you need to temporarily hide? Slit a tennis ball and insert the goods. Just make sure no one uses it.!!!
5. Give yourself a massage. For a foot rub, place a ball on the ground and rotate the sole of your foot over it. Or put three tennis balls into a sock, knot it and use it to knead your muscles. Aaahh!

(Woman , S Day)

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SUPERFOODS TO FIGHT COLDS

Garlic - Add a burst of flavor and a dose of good health to your food at the same time. Garlic is chock-full of allicin, an antibiotic that can help prevent complications from colds.

Oranges - Packed with cold-fighting vitamin C, an orange a day gives a healthy boost to your immune system - plus, it's a natural antihistamine.

Yogurt - Research shows that one cup of low-fat yogurt a day helps keep your gastrointestinal tract healthier, which can help you ward off colds.

Lean Ground Beef - A juicy hamburger gives you protein, zinc, and selenium, which help fight off illness. Add a vitamin C-packed tomato for even more cold-fighting power!

Green Bell Peppers - Another super source of vitamin C, green bell peppers also contain flavonoids, which pump up the antioxidant action of the vitamin C. Plus, they just flat-out taste good!

Muesli - This fruity whole-grain cereal contains lots of zinc and selenium, which help keep your immune system strong. About 2/3 cup a day is all you need.

(Ladies Home Journal)

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FOODS THAT LOWER STRESS!

1. Oatmeal - It's made of complex carbohydrates, which stimulate the production of the feel-good brain chemical serotonin.
2. Mint- This is a digestive aid that calms your stomach down and quiets your body. "The smell of mint also tends to be very soothing" Sprinkle some in hot chamomile tea for a double dose of relaxation.
3. Dark Chocolate - Chocolate can produce a positive emotional response because it's a comfort food for many people. Plus, it increases serotonin. But stick to a dark variety; it has less sugar than milk chocolate does.
4. Kidney Beans - Packed with antioxidants, these beans fight the toxins in your body that can contribute to stress. The balance of protein and carbohydrates also helps keep blood-sugar levels - and your mood - stable.
5. Tomatoes - Tomatoes are abundant in potassium, which helps to lower blood pressure and keep you calm.
6. Bananas - This fruit is also rich in potassium, and it gets high marks for its vitamin B6 content. *B6 raises levels of dopamine, another chemical in your brain related to feeling good.

(People Stylewatch)

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RECIPES

ONLY IN AMERICA

BLT Cherry Tomato Bites
Ann Fishell

15 quarter-size cherry tomatoes
One pound of cooked bacon,
crumbled
1/2 cup mayonnaise
1/3 cup chopped green onions
2 tablespoons fresh parsley
1/4 cup grated parmesan cheese

Cut top of tomato, clean out
seeds and pulp.
Mix remaining ingredients together.
Spoon into tomatoes.
Chill and serve.

Chocolate Applesauce Cake
Ann Fishell

1 1/2 cup sugar
2 cups
flour
2 teaspoons baking soda
1/2 cup cocoa
1 teaspoon salt
2 cups applesauce
1 cup vegetable oil
2 teaspoons vanilla

Sift together the sugar, flour,
baking soda, cocoa and salt. Add
applesauce, oil and vanilla. Mix
well to combine.

Pour into a greased Bundt pan or
a 13 x 9 pan.

Bake at 350 degrees for 35 to 45
minutes or until tester comes out
clean.

NO icing is needed, but if you
choose, you can place squares of
chocolate bars on the hot cake and
allow to melt. Then spread.

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Only in America ••• can a pizza get
to your house faster than an
ambulance.

Only in America ••• are there handi-
cap parking places in front of a
skating rink.

Only in America ••• do drugstores
make the sick walk all the way
to the back of the store to get
their prescriptions while healthy
people can buy their cigarettes
at the front.

Only in America, do people order
double cheeseburgers, large fries,
and a diet coke.

Only in America ••• do banks leave
both doors to the vault open and
then chain the pens to the counter.

Only in America ••• do we leave
cars worth thousands of dollars
in the driveway and put our use-
less junk in the garage.

Only in America ••• do we use
answering machines to screen calls
and then have call waiting so we
won't miss a call from someone
we didn't want to talk to in the
first place.

Only in America ••• do we buy hot
dogs in packages of ten and buns
in packages of eight.

(Redstone Reader)

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HAPPY HALLOWEEN

Did you know this?

Orange and black are the traditional colors because orange is associated with fall harvest and black is associated with darkness and death.

There are no words in the dictionary that rhyme with orange, the color of pumpkin.

According to folklore, the jack-o-lantern got his name from a man names Jack.

Halloween candy sales average about 2 billion dollars annually in the United States. Candy corn and Snickers are the two most popular Halloween candy.

The world's biggest pumpkin weighed 1,385 pounds.

The first jack-o-lanterns were made out of turnips.

Halloween is the second most popular holiday next to Christmas for decorating.

It is believed that the Irish began the tradition of Trick or Treating. In preparation for All Hallow's Eve, Irish townsfolk would visit neighbors and ask for contributions of food for a feast in the town.

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Columbus Day

On the second Monday in October, we celebrate Columbus Day. This holiday honors Christopher Columbus' arrival in America on October 12, 1492.

The first Columbus Day celebration was held in 1792, when New York City celebrated the 300th anniversary of the landing. In 1892, President Benjamin Harrison called upon the people of the United States to celebrate Columbus Day on the 400th anniversary of the event. Columbus Day has been celebrated annually since 1920.

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October Weather

October is a strange month, weather wise. The first frost usually occurs in October, but days of warm, almost summer-like weather can reappear. Farmers, rushing to harvest the last of their crops, are grateful for these Indian summer days.

October, with the beautifully changing foliage, is one of the most colorful months of the year.

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2010 MEMBERSHIP FORM

Type or Print Clearly

00 Not Abbreviate City, County, or State Street Names

Date _____ Current Member ID # _____ E-Mail _____
 First Name _____ M.I. _____ Last Name _____
 Mailing Address _____
 City _____ State _____ Zip Code _____
 Council _____ Club Name _____
 Phone No. _____
 Family Membership: (Please list) Spouse Name _____
 Dependent Child(ren) _____

(Circle Type of Membership)

<i>Dues</i>	<i>Individual</i>	<i>Family</i>	<i>Senior (80+ years)</i>
National	\$ 16.50	\$ 24.50	\$ 13.20
State	\$ 4.00	\$ 8.00	\$ 4.00
Council/County/Parish	\$ 4.50	\$ 9.00	\$ 4.00
Club			
TOTAL	\$ 25.00	\$ 41.50	\$ 21.70

Sign and send with total membership dues to Club Treasurer by September 30, 2009.

New Member (Never belonged to FCE before)

Member Signature _____

Must be original signature, copies will not be accepted

MISSION ... To strengthen individuals, families, and communities through continuing education, developing leadership, and community action.