



# Family and Community Education Hi-lites

December – February 2023

[www.mdafce.org/mcfce.htm](http://www.mdafce.org/mcfce.htm)

## Montgomery County Association for Family and Community Education Newsletter

“Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.”

Albert Einstein

### Happenings

#### December 2022

13 9:30 am Cookie Exchange and Crafts, Extension Office Garage *See page 2 for details.*  
15 Send yearly reports and Outreach forms to Jeanne Purich

#### January 2023

**Note: NO County Association Meeting This Month**

6 10:00 am – 3 pm FCE Blanket Making Day, Extension Office Garage



#### February

Collect “Birthday Monies” (1 penny for each year of member’s age or a \$1 to keep your age anonymous!)

1 **Hi-Lites and Look What’s Happening Deadline**  
10 10:00 am – 8 pm FCE Blanket Making Day, Extension Office Garage  
14 9:45 am **“Know Stroke”** program given by FCE member Anne May RN formerly at Shady Grove Hospital.  
County Association Meeting. Burtonsville Hosts  
28 10:00 am **Executive Board Meeting** – (reference room)

#### March

13 10:00 am – 3 pm FCE Blanket Making Day, Extension Office Garage  
14 9:45 am **“Rabies – What you Didn’t Know”** by Kathie Mack.  
County Association Meeting. Derwood Hosts



k7001095 fotosearch.com

#### April

6 10:00 am – 8 pm FCE Blanket Making Day, Extension Office Garage  
11 9:45 am **Potomac, A History of The River and The Land** Montgomery History Society  
County Association Meeting. Lunch Bunch Hosts

## PRESIDENT'S PARAGRAPHS

### Planning for 2023

We are planning all the 2023 programs and activities. We will start with our blanket day in January and add informational programs starting in February. Please mark your calendars now (so you don't double book with that dentist appointment) as we have some very interesting programs planned. But have no doubt, FCE is alive and well, working for you and the community and excited to be meeting in person again.

### Fall on the Farm

We had to bow out of this event due to the impending hurricane but we held our own craft sale October 21-23 to raise money for our scholarship fund. The weather was fantastic and the event was a success. We made over \$500.00. The people were excited to come to the "first" craft sale of the season!

### Reports

#### Very Important

In order to complete our State FCE reports by December 31<sup>st</sup>, we need your outreach hours. It should be returned to me by December 15<sup>th</sup> (bring it to the cookie exchange) by either email or snail mail. If you have questions on how to obtain or fill out your Outreach Form, please contact me.

### FCE Blanket Making (Extension Office Garage)

**January 6, 2023 Friday 10 AM – 3 PM**  
**February 10, 2023 Friday 10 AM – 8 PM**  
**March 13, 2023 Monday 10 AM – 3 PM**



We made 1,193 blankets and 458 hats for children this year. We started in 2002 as a "maybe" this will work. But it sure did work and we strongly keep going. We continue

to work with MCPS to provide Student Service Learning (SSL) hours to students for blanket, hat and scarf making. We have worked with many students this year and awarded 3,717 SSL hours to 122 students as of November.

We are always looking for more yarn; if you know of anyone who is cleaning out their closet, keep us in mind. We have enough fabric right now

except for kid's prints. If you have any of that, please let me know.

### February is Birthday Month



Happy Birthday to us! Remember that February is FCE's birthday month. Clubs/individuals should collect a penny for each year of a member's life (or \$1.00 so no one will know your age) and send to Jeanne Gillis. The fund go to the Maryland FCE treasury to help defray mailing costs for the newsletter.

### "KNOW STROKE"

**February 14, 2023 at 9:45 AM**

**Ann May**

**Extension Office Multipurpose room**



**FACE** weakness      **ARM** weakness      **SPEECH** difficulties      **TIME** call **911**

"Brain Attack" as Stroke is sometimes called, is the 3<sup>rd</sup> leading cause of death but the 1<sup>st</sup> leading cause of disability - with about 795,000 new cases reported in the US each year per the National Institute of Neurological Disorders and Stroke, (NINDS), a part of the National Institutes of Health in Bethesda. The good news is that treatments are available that can greatly reduce the damage caused by a stroke. But you need to recognize the symptoms and get yourself or that person to a hospital quickly. Getting treatment within 60 minutes can prevent disability.

Come to learn to recognize the symptoms of stroke and what you can do when you think someone is having a stroke. Quick action can possibly save a life and/or prevent disability.

### "RABIES-WHAT YOU DON'T KNOW?"

**Kathie Mack**

**March 14, 2023 at 9:45 AM**

**Extension Office Multipurpose room**

Did you know that eliminating rabies by 2030 is a 2016 ACCW Resolution? Do you know what the cost is to treat a person bitten by a rabidness animal. You will learn these facts and many more after listening to and seeing this PowerPoint® presentation.

## “POTOMAC, A HISTORY OF THE RIVER AND THE LAND”

Jim Johnson– Montgomery History  
April 11, 2023 at 9:45 AM

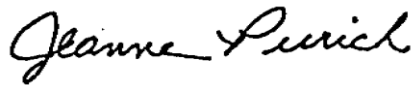
### Extension Office Multipurpose room

The Potomac River, the dominant geological feature of Montgomery County, has also played a dominant role in American history. It was the first interstate waterway in North America, the spawning ground for the Constitution, and a protective barrier in the Civil War. To travelers today, it is a time tunnel to 250 million years of history.

### Handbooks

The Handbooks will be distributed in December. The Handbook is a very useful, quick reference to keep you updated and to enable you to contact your local and state officers. The handbook explains FCE continuing programs, the role of National FCE and most importantly keeps you informed of county and state events.

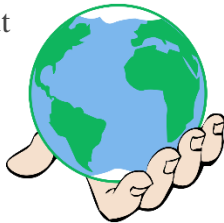
Stay well and safe. Remember to smile. Have a good Holiday season, spend time with family and if you have a pet, give him an extra treat – it will make you feel better.



Jeanne Purich, President      [jcpurich@cs.com](mailto:jcpurich@cs.com)  
15500 Gallaudet Ave  
Silver Spring MD 20905

## Ten Simple Things You Can Do to Help Protect the Earth

- Reduce, reuse, and recycle. Cut down on what you throw away.
- Volunteer. Volunteer for cleanups in your community.
- Educate yourself on what you can do.
- Conserve water; don't water your lawns, etc.
- Choose sustainable energy.
- Shop wisely; buy what you need.
- Use long-lasting light bulbs.
- Plant a tree, flowers for pollinators, native plants.
- Don't send chemicals into our waterways.
- Bike more or if you can't bike, walk.



## Hugs from Frann

### The Ranch:

If you have sports or other male oriented magazines, (Men's health, Popular Mechanics, etc), please consider donating them to the ranch. Be sure to REMOVE your name label. They have a need for Flannel PJ's, paper shower shoes, under wear, t-shirts and socks.

### Laytonsville Veterans Home

They are doing well and would also like magazines, toiletries, towels and wash cloths (gently use is ok).

### Stamps:

Thank you for saving postage stamps and picture post cards. (Remember to leave a bit of the envelope showing around each stamp.) They go to Asbury Village.

### Scholarships

We are waiting on the names of our scholarship recipients.

Frann Peters

301-253-2589

## MEET OUR QUILT WINNER!

She is Helen Doman from Montgomery County. Congratulations!!!



## 9 Colorful and Hardy Plants for a Vibrant Winter Garden

By Lauren Wicks and Arricca Elin Sansone  
JUL 22, 2022

With a little planning, these gorgeous blooms will help bring some color back to your garden during the coldest months of the year.

### Crocus

Plant these bulbs, or corms, in the fall for the most beautiful late winter or early spring blooms. They're hardier than they look and appear as early as February in cold regions.



### Hellebore

This stunning perennial, also called Lenten rose, shows up in late winter, around the time of Lent. It comes in many different shades of white, purple, and pink, with frilly petals or not. They're super cold-hardy, and rodents and deer tend to leave them alone.

### Daphne

The sweetly scented flowers of these evergreen shrubs emerge in late winter to early spring. They're still not mainstream, but they deserve a spot in your winter garden.



### Snowdrop

These sturdy little bulbs, also called Galanthus, pop up in very early spring before just about any other flower. With their tiny nodding heads and delicate foliage, they're best planted en masse along walkways or in rock gardens.



### Camellia

These gorgeous evergreen shrubs bloom for weeks in late winter, adding color and drama to the barren landscape. Look for varieties that specifically say they are winter-blooming because some types bloom in fall.



### Winterberry

This lovely shrub boasts gorgeous bright red berries, which are absolutely stunning against a background of pure white snow. This native holly is a great addition for winter color in any garden. Also, make sure you have a "male" and "female" in order to ensure berries develop.

### Ornamental Cabbage and Kale

These gorgeous ornamental versions of cabbage and kale are quite cold hardy, and these annuals add beautiful texture to fall plantings. In the mid-Atlantic and south, they'll last through much of the winter



### Pieris

This lesser-known shrub, also known as lily of the valley shrub, has lovely cascading clusters of flowers in late winter to early spring. It's one of the few flowering shrubs that will tolerate mostly shade.



### Siberian Scilla

This petite flower pops up in early spring when snow still may be on the ground. Plant it in drifts for best effect. Scilla naturalizes well and will spread eventually.

## LOOKING FORWARD TO WINTER



Winter holds so many events we look forward to: holidays, vacations, quiet times at home.

Now that Covid restrictions are loosening up, many of us are more

than ready to jump back into our old customs, rituals, and gatherings.

However, this winter also brings a triple threat to those at-risk and immunocompromised folks: Flu, Respiratory Syncytial Virus (RSV), and the Corona virus. A trifecta of illnesses, especially for the very young and for the elderly.

The Corona virus is still around, and likely will be for a very long time. Viruses are smart – they can mutate and adapt to fight off attacks from immunizations. The discovery of a vaccine within a year of the pandemic and shutdown is one of the most stunning scientific achievements ever. However, because vaccines weren't universally accepted at first, the virus was able to change, fight off immunity, and cause multiple forms of sickness in the general populations. We now have Covid BA-5, Covid BQ-1, and Omicron variants. (The CDC reports over three hundred sub-variants of Omicron – Delta, Beta, Alpha – with more to come).

This doesn't mean you shouldn't be vaccinated and/or boosted! You can be vaccinated and still acquire a Covid infection, but you'll be much more likely to avoid hospitalization or even death if you do. It does mean you should still be aware of risky environments, such as crowds, and take the basic precautions you did when the virus first reared its ugly head. Wear a mask in public. Frequent handwashing. Cough and sneeze into your elbow, even if you're wearing a mask. Avoid sick (and unvaccinated) people and stay home if *you* are sick. Please contact your doctor for a fever of 100.4°F or higher or with a positive home test. Avoid contact with others until cleared by your physician.

It isn't over yet! Please stay safe and take every possible precaution.

RSV has been around for a while, but this year, it's especially virulent. It might start off

seeming like a cold with congestion, fatigue, and slight fever, but it can advance to pneumonia and possibly hospitalization, especially in infants and the older population. This virus often produces a wet, wheezing cough and a fever higher than a normal cold would. You might notice yellow, green or gray product when you blow your nose. These symptoms tell you it's time to contact your doctor. Since this is a virus, antibiotics won't help – they are only effective against bacterial infections.

There are medications available to see you through RSV, though, such as Palivizumab and Ribavirin, which is why it's so important to be in touch with your doctor instead of waiting it out. This particular virus is very contagious. Please avoid contact with others, especially those at high risk. You might be contagious for up to four weeks!

Of course, as always, there's the flu. Vaccines are free and available, and *they do not cause you to get the flu*. You might have a sore arm, low-grade fever, fatigue or headache for a day or two afterwards, but this is **not** the flu. Those who do suffer the flu can have very high fevers, disorientation, dehydration, and a number of other uncomfortable – possibly dangerous symptoms. There's no such thing as 'just' the flu. It's serious business and should be avoided if at all possible.

The same precautions should help protect you against all three of these viruses, or at least help minimize their severity.

Hopefully, you weren't expecting an article about holiday decorations, recipes, travel, etc.

The purpose of this essay is to provide information to help keep you safe and healthy so that you can enjoy these things!

Please take very good care of yourselves – and others.

Thank you.

Susan Goldberg  
susan.m.goldberg@gmail.com

301-528-4635



"It's just that in the Deep South, women learn at a young age that when the world is falling apart around you, it's time to take down the drapes and make a new dress."

Karen Moning, Faefever

## Cleaning for Your Mental Health



Does a cluttered space leave you feeling anxious or stressed? You're not alone. Studies have shown that cleaning (or a lack of it) has an impact on your mental health. When we asked college students, **93% agreed** that having a clean room helps them feel their best, both mentally and physically. If we know that tidying our space can help improve our wellbeing, why aren't our spaces sparkling? Getting your home clean, and keeping it that way, can be harder than it seems, especially when life gets busy.

- Keep it manageable. If you set out to clean your space top to bottom and keep it that way from now on, you'll likely fail. Instead, break tasks into smaller pieces and tackle one at a time. It might just be organizing a drawer today but will add up to a more organized home over time.
- Focus on progress, not perfection. Commit to moving things nearer to where they belong when you change rooms or move around your space. This can mean gathering plates to bring back to the kitchen or staging items that may need to go upstairs. Then, in the next bit of cleaning, you can take them the next part of the way. Slowly, things will get back to where they belong. It can be helpful to take a before photo to look back at so that you notice improvement.
- Reduce your stuff. It can be hard to keep a space free from clutter when there's nowhere to put it. Free up your storage space by parting with unnecessary things, whether through a Kon Mari method of asking if it sparks joy or just thinking about what you really need. The Kon Mari Method encourages people to get rid of items that no longer have a purpose and keep items that are purposeful and meaningful. Feel good about making a donation that will help others while also contributing to keep your space more organized.

- Make it fun. Try to build in elements that lift you up. Play mood-boosting music and open the blinds to let in sunlight. Use a cleaner with a scent you really enjoy. Cleaning doesn't have to be a chore.
- Gather supporters. If you have friends and family who can help, cleaning can turn into quality time with loved ones. Enlist people who encourage you and set a specific, reasonable set of tasks to accomplish together. Then celebrate together on a job well done!

## CLEVER OBSERVATIONS



Money can't buy happiness, but somehow, it's more comfortable to cry in a Cadillac than in a Ford.

After 80, if you don't wake up aching in every joint, you're probably dead.

Always be yourself because the people that matter don't mind, and the ones that mind don't matter.

Life isn't tied with a bow, but it's still a gift. However good or bad a situation is, it will change.

Don't take yourself so seriously. No one else does.

Don't audit life. Show up and make the most of it now.

Growing old beats the alternative of dying young.

Your children get only one childhood.

Get outside every day. Miracles are waiting everywhere.

What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common? All invented by women.

Each king in a deck of playing cards represents a great king from history:

Spades - King David

Hearts - Charlemagne

Clubs - Alexander, the Great

Diamonds - Julius Caesar

# How to Taste Wine Like a Professional

By [Stacy Slinkard](#)

Learning how to taste wines is a straightforward adventure that will deepen your appreciation for both wines and winemakers. Look, smell, taste—starting with your basic senses and expanding from there you will learn how to taste wines like the pros in no time.

Keep in mind that you can smell thousands of unique scents, but your taste perception is limited to salty, sweet, sour and bitter. It is the combination of smell and taste that allows you to discern flavor.

## Look

Check out the Color and Clarity. Pour a glass of wine into a suitable wine glass. Then take a good look at the wine. Tilt the glass away from you and check out the color of the wine from the rim edges to the middle of the glass (it's helpful to have a white background—either paper, napkin or a white tablecloth).

What color is it? Look beyond red, white or blush. If it's red wine, is the color maroon, purple, ruby, garnet, red, brick or even brownish? If it's a white wine, is it clear, pale yellow, straw-like, light green, golden, amber or brown in appearance?

Move on to the wine's opacity. Is the wine watery or dark, translucent or opaque, dull or brilliant, cloudy or clear? Can you see sediment? Tilt your glass a bit, give it a little swirl—look again, is there sediment, bits of cork or any other floaters? An older red wine will often have more orange tinges on the edges of color than younger red wines. Older white wines are darker than younger white wines.

## Smell

Our sense of smell is critical in properly analyzing a glass of wine. To get a good impression of your wine's aroma, swirl your glass for a solid 10 to 12 seconds (this helps vaporize some of the wine's alcohol and release more of its natural aromas) and then take a quick whiff to gain a first impression.

Now stick your nose down *into* the glass and take a deep inhale through your nose. What are your second impressions? Do you smell oak, berry, flowers, vanilla or citrus? A wine's aroma is an excellent indicator of its quality and unique characteristics. Swirl the wine and let the aromas mix and mingle, and sniff again.



## Taste

Finally, take a taste. Start with a small sip and let it roll around your mouth. There are three stages of taste: the Attack phase, the Evolution phase, and the Finish.

### The Attack Phase

This is the initial impression that the wine makes on your palate. The Attack is comprised of four pieces of the wine puzzle: alcohol content, tannin levels, acidity, and residual sugar. These four puzzle pieces display initial sensations on the palate. Ideally, these components will be well-balanced. One-piece will not be more prominent than the others. These four pieces do not display a specific flavor per se, they meld together to offer impressions in intensity and complexity, soft or firm, light or heavy, crisp or creamy, sweet or dry, but not necessarily true flavors like fruit or spice.

### The Evolution Phase

This is also called the mid-palate or middle range phase; this is the wine's actual taste on the palate. In this phase, you are looking to discern the flavor profile of the wine. If it's a red wine you may start noting fruit—berry, plum, prune or fig; perhaps some spice—pepper, clove, cinnamon, or maybe a woody flavor like oak, cedar, or a detectable smokiness. If you are in the Evolution Phase of white wine you may taste some apple, pear, tropical or citrus fruits, or the taste may be more floral in nature or consist of honey, butter, herbs or a bit of earthiness.

### The Finish

The wine's finish is how long the flavor impression lasts after it is swallowed. This is where the wine culminates, where the aftertaste comes into play. Did it last several seconds? Was it light-bodied (like the weight of water), medium-bodied (similar in weight to milk) or full-bodied (like the consistency of cream)? Can you taste the remnant of the wine on the back of your mouth and throat? Do you want another sip or was the wine too bitter at the end? What was your last flavor impression—fruit, butter, oak? Does the taste persist or is it short-lived?

### Taking Notes

After you have taken the time to taste your wine, you might record some of your impressions. Did you like the wine overall? Was it sweet, sour or bitter? Was it well balanced? Does it taste better with cheese, bread or a heavy meal? Will you buy it again?

# Chicken and Bacon Pasta with Spinach and Tomatoes in Garlic Cream Sauce

PREP TIME 20 mins; COOK TIME 20 mins; TOTAL TIME 40 mins.

## INGREDIENTS

- 2 tablespoons olive oil
- 1 lb chicken (skinless, boneless chicken breasts or tenderloins)
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning (thyme, oregano, basil - combined)
- 1 ½ cups heavy cream
- ½ cup Parmesan cheese shredded
- 5 tomatoes (medium, chopped in large cubes)
- 3 cups fresh spinach or 1 cup cooked spinach
- 5 garlic cloves minced
- 6 bacon strips cooked, drained off fat, and chopped
- 10 oz penne pasta (for gluten-free version, use gluten-free brown-rice penne)
- ½ cup Parmesan cheese shredded, for serving



**INSTRUCTIONS** Preheat oven to 350°F. Line an 8-by-8-inch baking pan with aluminum foil, spray with cooking spray.

1. Heat 2 tablespoons of olive oil in a large skillet, on medium-high heat. Add chicken and cook on one side on medium-high heat for 4 minutes. While it cooks, sprinkle the uncooked sides of the chicken with paprika, Italian seasoning, and salt. Flip the chicken over, and cook on the other side for 3 more minutes on medium-high heat. Reduce heat to low-medium, flip chicken over again and cook covered until done. Remove chicken from the pan and keep warm.
2. To the same pan (but without chicken), add heavy cream and bring to boil. Only after the heavy cream starts boiling, add shredded Parmesan cheese. Immediately reduce to simmer (low-medium heat) and stir, while simmering, until the cheese melts and the sauce is creamy, for about 1 or 3 minutes.
3. To the same pan with the creamy sauce, add chopped tomatoes, fresh spinach, garlic, crushed red pepper. Stir in the sauce on medium heat just until the spinach starts to wilt and sinks into the sauce. Add ½ of the cooked chicken (sliced into small strips) and half the bacon (already cooked and drained of fat). Mix everything. Remove from heat.
4. In the meantime, bring a large pot of water to boil, add pasta, and cook according to instructions. Drain the pasta.
5. Add cooked pasta to the skillet with the sauce and reheat on low heat. To serve, top the pasta with the remaining half of bacon and ½ of the cooked chicken sliced, gently reheated. Serve topped with shredded Parmesan cheese.

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