



# *Family and Community Education Hi-lites*

*March – May 2010*

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

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Montgomery County Association for Family and Community Education Newsletter

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## **Happenings**

A hopeful attitude expects the best, is prepared for the worst and is flexible enough to take what comes.

### **March**

- 2 TU **Linus Project-Sew-A-Thon, 10 a.m. - 3 p.m.**  
9 TU **Quilt Slide Show and Tell and Association Meeting**  
(bring your favorite quilt for show and tell)  
9:45 a.m., Refreshments: Derwood\_

### **April**

- 7 WE **Linus Project-Sew-A-Thon, 10 a.m. – 9 p.m.**  
13 TU **Master Gardener Program**  
9:45 a.m., Refreshments: **Lunch Bunch**  
21 – 28 **ACWW Triennial, Hot Springs, Arkansas**

### **May**

- 1 **Hi-Lites Deadline and Look What's Happening deadline**  
8 SA **Spring Luncheon, Extension Office, 10:30 a.m. - 2 p.m.**  
**Lunch Bunch Club hosts**  
11 TU **Linus Project Sew-A-Thon, 10 a.m. - 3 p.m.**  
19 WE **Volunteer Recognition, Extension Office**  
25 TU **Executive Board Meeting, 10 a.m., Extension Office; Hi-Lites folding**  
31 MO **Office Closed (Memorial Day)**

### **June**

- 4 FR **Linus Project Sew-A-Thon, 10 a.m. – 9 p.m.**  
5 SA **Earth Day**  
8 TU **Pampering You and Association Meeting 9:45 a.m., Refreshments: Lunch Bunch**  
**Executive Board Meeting, 10 a.m.**  
17 TH **Fun Day at Gettysburg – Registration required**

### **Snow Removal tips to ensure public safety.**

- Stay back at least 50 feet from the rear of the plow truck so the driver can see you. (If you can't see the driver in his mirrors he can't see you)
- Park your vehicles in the driveway and don't allow any vehicles to hang out into the roadway.
- Children are attracted to snowplow trucks. Teach your children to stay behind the sidewalks when they see the trucks coming.
- Some trucks are capable of plowing multiple lanes of snow at one time; avoid passing or driving beside any plow truck.
- When shoveling your driveway, avoid placing the snow from your driveway back into the street. You will also find that less snow is pushed into your driveway by shoveling the snow from your driveway to the down side of your driveway (down street is the direction traffic flows).

## President's Paragraphs

### Snow, Snow, Snow

I didn't think it would ever stop snowing in February. Hopefully by now your driveways are clear and walks are shoveled. This was one time when we had to put our snow policy to work. Please refer to page 5 of your handbook. Thanks to Frann Peters who took care of making the Valentine's and delivering them to the Boy's Ranch.

### Handbook Correction

Please correct Marie Moeller's phone number on page 13. The correct number is 443-964-8315.

### Linus Project

**March 2 Tuesday 10 AM-3 PM**

**April 7 Wednesday 10 AM-9 PM**

**May 11 Tuesday 10 AM-3 PM**

We need people to sew at the Linus Project. We have many cut blankets (2 pieces of fabric with batting) that need to be sewed together. You can bring your own sewing machine or use the sewing machines that are there. Bring a sandwich (and a friend); we will provide drink and dessert. If you know of anyone who wants to clean out his or her closet and donate yarn and fabric, keep us in mind.

### Maryland Quilts

**March 9**

A video documentation of Maryland Quilts will be shown. Barbara Perry will give a brief history of the Maryland Quilt project. **Please bring a quilt of your own for show and tell; perhaps one that has been in your family.**

### Master Garden Program

**April 13**

We will have a discussion on Table Salad gardening and you will be able to have your gardening questions answered.

### Spring Luncheon, May 8

**Cooperative Extension Office 10:30 AM**

Plans are well under way for the Spring Luncheon. The Lunch Bunch has the organizing responsibilities this year. **Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for Laytonsville Haven.** Look for the registration form on page 8.

## Volunteer Recognition Day

**May 19**

Don't forget that May 19th (Wednesday) is volunteer recognition day at the Extension Office. All are invited. Time to be announced.

We have new and exciting programs and activities planned. I hope to see all of you at many of these events. Let's have new FCE adventures in 2010!

*Jeanne Purich*

## How to Adjust Your Side View Mirrors.

Did you ever wonder what is the proper way to adjust your side mirrors to eliminate blind spots? Check out this video which demonstrates how to do it. (Don't forget to share this info with your kids and grandkids.) Type the following into your browser:

[http://www.kosmix.com/topic/adjusting\\_rear\\_view\\_mirrors](http://www.kosmix.com/topic/adjusting_rear_view_mirrors) When the web page comes up, scroll down until you see the Videos For Adjusting Your Rear View Mirrors; click on the picture labeled "AutoFocus - Are your car mirrors adjusted..."

## Coffee Filters

Coffee filters...who knew! And you can buy 1,000 from the Dollar Store.

Use them to:

Cover bowls or dishes in the microwave oven – less clean up.

Clean windows and mirrors – they leave windows sparkling clean with no lint.

Protect china by separating your good dishes.

Filter broken cork from wine.

Protect cast-iron skillets by absorbing moisture thus preventing rust.

Apply shoe polish – less mess.

Recycle frying oil.

Weigh chopped food – place on food scale to get an accurate reading.

Stop soil from leaking out of a potted plant.

Prevent a popsicle from dripping on clothes.

Drain fried foods – bacon, French fries, chicken, etc.

Keep some in the bathroom – they make great "razor nick fixers."

## From Rebecca Davis, CES Educator

This is in response to email sent to Rebecca which stated that the BAR codes represent where a product is made. She researched the accuracy of the email and here is the answer.



The UPC, or Universal Product Code, barcode is a method of marking consumer products so that they may be identified easily. Most UPC barcodes, called version A, and have twelve numbers. However, there are other versions such as the UPC version E with only eight digits and the ISBN-13 version with thirteen numbers used for books. There are also other barcode systems such as EAN-13 and EAN-8 that are used outside the U.S. But the UPC version A barcode is the most common.

### What do the numbers in the UPC version A barcode mean?

There have been rumors circulating recently stating that the first the digits of any UPC barcode represents the country where the item was made. Many internet users have received emails regarding this. The emails usually also give a listing of three digit numbers and their corresponding country. These emails are generally not from spammers, but from friends or relatives relaying this information with good intentions.

Since many American consumers do not want to buy products from certain foreign countries, this seemed like a great way to tell where the product was from. Believing the three digit story in the emails, American consumers who wanted to buy only American products, had, it seemed, a way of assuring the origin of a product. And they could avoid buying products from countries that sell inferior products, have no laws regulating food processing and use processing methods that are illegal in the U.S.

However, the three digit story is untrue. The senders of these emails were misinformed and those who received them were unintentionally misled. The first three digits of the UPC barcode do not represent the country where the product was made.

### So what do those numbers really mean?

The first number represents the type of product. For example, a zero indicates regular UPC codes, a three means that it is an item that needs to be weighed at the store, and a four is used for drug and health type items.

The next five numbers are the manufacturer's identification number. This is assigned to the manufacturer or the distributor of the item by the UCC Council, the organization that coordinates barcode standards.

The next five numbers are the manufacturer's or distributor's item number for that individual product and is assigned by the manufacturer or distributor.

The last number, called the check digit, is the most interesting number of the barcode. It is gotten by a calculation using the other eleven numbers of the code. For example, the UPC barcode pictured with this article is 073435000068. We can determine what the 8 represents by the following: First the numbers that are in the odd positions are added together. In this example  $0 + 3 + 3 + 0 + 0 + 6 = 12$ . The sum is then multiplied by three,  $12 \times 3 = 36$ . Then the numbers that are in the even positions are added together. In this example  $7 + 4 + 5 + 0 + 0 = 16$ . The two numbers are then added together. In this example  $36 + 16 = 52$ . Then we determine what number when added to 52 becomes a multiple of ten. In this case  $52 + 8 = 60$ , where 60 is the multiple of ten and 8 becomes the last digit in the barcode. Every time a barcode is read, the scanner performs this calculation to make sure the item is scanned correctly.

Now that you know what those UPC barcode numbers really mean, you can disregard any future emails from well meaning associates regarding UPC barcodes.

## ALL MEN / ALL GIRLS

When my daughter said her bedtime prayers, she would bless every family member, every friend, and every animal (current and past).

For several weeks, after we had finished the nightly prayer, my daughter would say, 'All girls.'

This soon became part of her nightly routine to include this closing. My curiosity got the best of me and I asked her, 'Why do you always add the part about all girls?'

Her response, 'Because everybody always finish their prayers by saying 'All Men!'

## Benefits of Laughter

Believe it or not there are some major physiological benefits, in addition to the perhaps better known psychological benefits, of humor and laughter. I'm sure you can feel how good your body feels when you are laughing. The benefits of laughter counteract the negative physiological problems of the classic stress response.

Let's take the following for an example. You are angry and a stomachache has developed from your anger. If you had been laughing instead of being angry, your laughter would of caused your body to secrete an enzyme that protects your stomach. Negative reactions to stress make your blood pressure rise, perhaps dangerously, yet after you laugh, your blood pressure and heart rate go down. Amazing, isn't it?

Benefits of Laughter:

1. Increases antibodies in saliva that combats upper respiratory infections.
2. Has positive benefits on mental functions.
3. Improves ventilation, thus helping reduce chronic respiratory conditions.
4. Decreases serum cortisol, thus providing an antidote for the harmful effects of stress.
5. Reduces blood pressure and heart rate.
6. Secretes an enzyme that protects the stomach from forming ulcers.
7. Liberates interleukin-2 and other immune-boosters.
8. Helps the body fight infection.
9. Conditions the abdominal muscles.
10. Relaxes muscles throughout the body.
11. Releases endorphins which provide natural pain relief.
12. Aids in reducing symptoms of neuralgia and rheumatism.
13. Changes perspective.
14. Helps move nutrients and oxygen to body tissues.
15. Makes you feel good.

Shared by Ellen Robinson, Derwood Club  
Resource: Don't Get Mad, Get Funny by Leigh Anne Jasheway

## Region's Fire Chiefs Encourage Residents to Take Safety Measures for Winter Storms

- 1) Evacuate the building if you notice any of the warning signs of potential roof collapse. Call 9-1-1 if your roof collapses
- 2) Do not attempt to clear the snow off your roof because you could slip and fall or hit electrical wires; do clear downspouts and drains.
- 3) Clear snow away from fire hydrants.
- 4) Take precautions to prevent fires, including unplugging appliances after power outages.

When heavy snow accumulates on flat roofs of buildings, the National Capital Region's fire chiefs encourage residents to watch for the warning signs of a potential roof collapse. If your roof collapses, call 9-1-1.

- Warning Signs of Potential Roof Collapse:
- Popping, cracking or creaking sounds.
- Doors and/or windows that can no longer be opened or closed.
- Residents should evacuate their home if they notice any of these warning signs.

## NATIONAL FCE CONFERENCE IS COMING

The National FCE Conference will be held in Grand Rapids, Michigan on July 16 to 18, 2010.



Registration Forms are in your **FCE Today**. FCE program topics include health, food environment, water aerobics, chair yoga and fun workshops. Grand Rapids, part of Michigan's West Coast, offers all the big-city excitement you expect from a million-resident metropolis like a bustling downtown featuring more than 60 restaurants, nightclubs, theaters, museums and sports venues within a five-minute walk. The city prides itself on such small-town virtues as friendly people, safe streets, minimal traffic and good old-fashioned Midwest values.

**Note: NAFCE web site has a new look - check it out.** [www.nafce.org](http://www.nafce.org)

## Peanut Butter Blossoms

48 Hershey's Kisses (chocolate)  
½ cup shortening  
¾ cup creamy peanut butter  
1/3 cup white sugar  
1/3 cup light brown sugar (packed)  
1 egg  
2 tbslp milk  
1 tsp vanilla extract  
1 ½ cup flour  
1 tsp salt  
granulated sugar

Heat oven to 375 degrees. Remove foil from the kisses. Beat shortening and peanut butter in large bowl until well blended. Add 1/3 cup white sugar and brown sugar; beat until fluffy. Add egg, milk and vanilla; beat well. Stir together flour, baking soda and salt; gradually beat into peanut butter mixture. Shape dough into one inch balls. Roll in granulated sugar; place on ungreased cookie sheet. Bake 8 to 10 minutes or until lightly browned. **Immediately** press a kiss into the center of each cookie. (The cookie will crack around the edges). Remove from sheet to wire rack and allow complete cooling. Yield about 4 dozen.

## Chocolate Peanut Squares

1 cup butter, divided  
6 squares (1 oz each) semi-sweet chocolate, divided  
1 ½ cup graham cracker crumbs  
½ cup unsalted dry roasted peanuts, chopped  
2 pkgs (8 oz each) cream cheese, softened  
1 cup sugar  
1 tsp vanilla extract

In small microwaveable bowl, melt ¾ cup butter and two squares of chocolate, stir until smooth. Stir in cracker crumbs and peanuts. Press into a greased 13 x 9 inch pan. Cover and refrigerate for 30 minutes or until set. In small mixing bowl, beat the cream cheese, sugar and vanilla until fluffy. Spread over chocolate layer. Melt the remaining butter and chocolate; stir until smooth. Carefully spread over cream cheese layer. Cover and refrigerate until set. Cut into squares.

Yield 2 dozen

From A Taste of the Country

## Chocolate Jubilees

1 cup butter, softened  
1 cup shortening  
2 cups packed brown sugar  
4 eggs  
2 to 3 tsp Almond extract  
4 cups all purpose flour  
1 cup quick cook oats  
1 cup baking cocoa  
2 tsp salt  
3 cup (18 oz) semisweet chocolate chips  
1 jar (16 oz) maraschino cherries, drained and chopped  
1 cup sliced almonds (optional)

In large bowl, cream butter, shortening and sugars until light and fluffy. Add eggs – one at a time, beating well after each. Beat in extract. Combine the flour, oats, cocoa, baking soda and salt; gradually add to the creamed mixture and mix well. Transfer to a larger bowl if necessary. Stir in chocolate chips, cherries and almonds. Roll into 1 ½ inch balls. Place 3 inches apart on an UNGREASED baking sheet. Bake 12 to 14 minutes at 375 or until edges are firm. Cool on wire rack.

## Oatmeal Cranberry White Chocolate Cookies

2/3 cup butter or margarine, softened  
2/3 cup brown sugar  
2 large eggs  
1 ½ cup oats  
1 ½ cup flour  
½ tsp salt  
1 tsp baking soda  
1 6 oz bag dried cranberries  
2/3 cup white chocolate chips

Preheat oven to 375 degrees, using a mixer, beat butter and sugar in medium bowl until light and fluffy. Add eggs, mix well. Combine oats, flour, soda and salt in separate bowl. Add to butter mixture in several additions, mixing well after each addition. Stir in cranberries and chips. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 10 to 12 minutes or until golden brown. Cool on wire rack. Yield 2 ½ dozen.

## Cookie Hint:

To freeze drop cookie dough, drop the dough in amounts recipe calls for onto a baking sheet and freeze until solid. Once frozen, place the frozen dough into a resealable plastic bag. When ready to bake, let thaw on a baking sheet for 30 minutes before baking as per recipe.



## Vanilla Chip Maple Cookies

1 cup shortening  
½ cup butter (or margarine) softened  
2 cup packed brown sugar  
2 eggs  
1 tsp vanilla extract  
1 tsp maple flavoring  
3 cup all-purpose flour  
2 tsp baking soda  
2 cup vanilla chips (or white)  
½ cup chopped pecans

### Frosting – if desired

¼ cup butter or margarine, softened  
4 cup confectioners' sugar  
1 tsp maple flavoring  
4 to 6 Tablespoons milk  
3 ½ cups pecan halves.

In mixing bowl, cream the shortening, butter and brown sugar. Add eggs, one at a time, beating well after each addition. Beat in vanilla and maple flavoring. Combine the flour and baking soda; gradually add to creamed mixture. Stir in vanilla chips and pecans. Drop by rounded tablespoons 2 inches apart onto ungreased baking sheet. Bake 350 degrees for 8 to 10 minutes or until golden brown. Cool for 2 minutes before removing to wire rack. In mixing bowl, cream butter and confectioners' sugar together. Beat in maple flavoring and enough milk to achieve spreading consistency. Frost cooled cookies. Top each with a pecan half. Yield about seven dozen.

“I was 32 when I started cooking; up until then, I just ate.”

Julia Child

## Fresh Ginger Cookies

2 ½ cup all purpose flour  
½ tsp. baking soda  
½ tsp. ground ginger  
¼ tsp. salt  
¼ cup unsalted butter, softened  
1 ¼ cup sugar  
2 large eggs  
2 tablespoons dark corn syrup  
3 tablespoons grated peeled fresh ginger  
1 tsp ground cinnamon

Heat oven to 350 degrees. In medium bowl combine: flour, baking soda, ground ginger, and salt. Set aside.

In bowl of electric mixer, cream butter and 1 cup sugar on medium speed until smooth. Add eggs, corn syrup, and ginger; mix until well combined. Blend in flour mixture, cover and refrigerate until slightly stiff. In small bowl, combine cinnamon and remaining sugar. Form dough into ½ inch balls and roll each in the cinnamon sugar. Place 2 inches apart on greased cookie sheet and bake 10 to 12 minutes or until lightly brown. Cool on wire rack

## Cranberry Oatmeal Cookies

1 ½ cups flour  
1 tsp. baking powder  
¼ tsp. baking soda  
½ cup butter  
¼ cup shortening  
1 cup packed brown sugar  
½ cup granulated sugar  
2 eggs  
1 tsp. vanilla  
2 cups rolled oats  
1 ½ cup dried cranberries  
1 cup coarsely chopped pecans

Preheat oven to 375. In medium bowl combine flour, baking soda and powder; set aside. In a large bowl beat butter and shortening on medium to high speed for 30 seconds. Add brown sugar and granulated sugar; beat until combined. Beat in eggs and vanilla. Beat flour mixture into the sugar mixture. Stir in the oats, cranberries and pecans. Drop dough by rounded teaspoons 2 inches apart on an ungreased cookie sheet. Bake 9 to 11 minutes.

**MONTGOMERY COUNTY ASSOCIATION FCE ASSOCIATION MEETING  
JANUARY 12, 2010**

The meeting was called to Order at 10:15 AM; the Creed was recited.

The minutes were approved as written in the newsletter. There were 13 members present.

**Treasurers' report: Marilyn Simonds** Balance is \$12,781.97 and we have \$2,337.04 in the scholarship fund. All the bills were paid as of end of December. Please remember that membership dues are due now.

Next month (February) Birthday Monies are due. (One dollar to keep your age a secret or one cent per year).

**President's Report: Jeanne Purich** Thanks to all of you for filling out your outreach and programs forms. Anyone who has not done so may have a form now and if you know of anyone who needs a form please take one from these which I will distribute. The new forms for outreach are also available, please take one.

You should have received your new handbook, if you have not, there are some extra. Pat Kenney will take the lunch bunch to her group or mail to those who can not come.

Please note the Women's Legislative Briefing is Sunday January 31 – U of MD Shady Grove Campus. You may register on line at [www.montgomerycountymd.gov/cfw](http://www.montgomerycountymd.gov/cfw). The agenda is also available. We will have an FCE table there this year as we did last year.

The Regional meetings have been moved to the fall. Montgomery County is hosting this year on September 27 at the Extension Office. We are hoping to get a good speaker to discuss vaccines.

Reminder February is Birthday Month. The money goes to allay costs of postage.

Our web site is very important. We received a thank you for a Linus blanket through the web site.

Our February meeting will be downstairs. We will be making Valentines for the Boy's Ranch.

Reminder – get your H1N1 flu shot now. They are readily available.

At March 9<sup>th</sup> meeting, we will show the quilt video that goes with the published quilt book. Please remember to bring a cherished quilt to show.

**Special projects: Pat Kenney.** The next Linus meeting February 5<sup>th</sup> from 10 am until 9 pm. Come and quilt, knit, crochet or sew on labels. Thanks for all the Beannie Babies and the toys in the Happy Meals. Our Harvest Festival is in October so start saving these items now.

The Lunch Bunch is to host the Spring Luncheon this year. Barbara Raab has some ideas.

**International Day: Barb Raab.** The Pacific Islands. Island hopping is the theme. Doris Lyerly has seen Marshalls, Solomons and the Philippines. Tsunami's have destroyed some of these islands.

**Annual Report: Jeanne Purich.** The Annual report is almost completed. The Lunch Bunch has turned in their volunteer hours (1,565 and 6,727 for others). Keep up the good work.

**Membership: Lou Marlin:** Lou is not here today. We have 97 members. Last year we had 102. Membership forms are available today, on the web, or call Jeanne Purich. Keep your eyes open for new members. Keep a copy of the FCE pamphlet, Linus schedule and the Welcome Brochure with you to give to anyone who might be interested. If you need more, see Jeanne Purich.

**Publicity: Judy Armitage:** Please keep a sharp look out for additional places to advertise that are free. Each month e-mails and FAXes are sent and one snail mail. Any information is helpful. Thanks to the person who brought one in for me today. Information for February Newsletter is needed by February first.

**Scholarship: Frann Peters:** Letters from scholarship recipients were in the last newsletter. The ranch was delighted with the cookies especially as their Christmas Party was canceled due to lack of funds. There are 28 boys who need socks – underwear - books – magazines – PJ's – blankets (twin size) and small soaps.

One of ladies from Laytonsville is moving into her own place on February 28<sup>th</sup>. She hopes to live in Germantown. She has a business background. Angela (the lady who did the talk about birds) has said that she will make ditty bags. We received fewer stamps this year than last year, so please save your canceled stamps. Please send all your canceled stamps. We also need shoe boxes.

**Old Business:** None

**New Business:** The spring luncheon committee (Lunch Bunch) needs to meet with a representative from each club.

The meeting was adjourned at 11:10 AM.

Judy Armitage

**Spring Luncheon May 8, 2010**  
**Registration due by April 20, 2010**

Make check for \$15.00 per person payable to  
MCFCE and send to:  
Marilyn Simonds  
13708 Lionel Lane  
Rockville MD 20853

Name	Phone #
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