



Family and Community Education Hi-lites

June – August 2012
(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

Everyone has inside of her a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!
– Anne Frank.

Happenings

June

- | | | |
|----|------------|---|
| 4 | All Day | Earth Day |
| 5 | 10 AM-9 PM | FCE Blanket Making for Linus Project, Extension Office |
| 19 | 10 AM | Cookie Packing, Laurel Methodist Church |
| 21 | 10 AM | Fun Day at Gettysburg – Registration Required, See Page 3 |

July

- | | | |
|-------|-------|---|
| 4 | | Office Closed (Independence Day) |
| 17 | 10 AM | Cookie Packing, Laurel Methodist Church |
| 20-22 | | National FCE Conference, Erlanger, Kentucky |

August

- | | | |
|-------|------------|--|
| 1 | | <i>Hi-Lites</i> deadline and <i>Look What's Happening</i> deadline |
| 2 | 10 AM-3 PM | FCE Blanket Making for Linus Project, Extension Office |
| 9 | 10 AM | Set up Montgomery County Fair Booths |
| 10-18 | All Day | Montgomery County Fair – “Sew It, Grow It, Show It” |
| 21 | 10 AM | Cookie Packing, Laurel Methodist Church |
| 25-1 | | Maryland State Fair, Timonium, MD |
| 28 | 10 AM | Executive Board Meeting, Hi-Lites Folding, Extension Office |

September

- | | | |
|----|------------|--|
| 3 | | Office Closed (Labor Day) |
| 5 | 10 AM-9 PM | FCE Blanket Making for Linus Project, Extension Office |
| 11 | 9:45 AM | Dogs for Heroes and Association Meeting, Refreshments: Olney-Sunshine
Install 2013 Officers |
| 18 | 10 AM | Cookie Packing, Laurel Methodist Church |

A Hot Summer's Beach Day!

Sailboats move across the water. Sun's humid heat makes everyone hotter! Sea Gulls dive into the spray. Looking for food on this fine Summer day! Fishermen stand upon the pier. Throwing the bait and hoping for catches, over there, as over here! Children build castles in the sand. Parents require their attention to their own demand! Clouds over head block the Sun. As every one on the beach, has lots of fun!

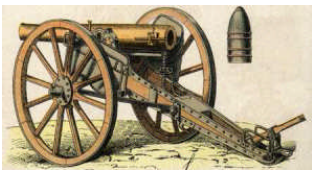
Michael Jeffrey Gale

President's Paragraphs

Spring Luncheon

Forty-three FCE members and friends enjoyed "Tea and Conversation" at the Spring Luncheon. Thanks to Derwood FCE for organizing, decorating and preparing delicious food and tea. We felt like the aristocracy. It was wonderful! Also, thanks to all of you for your donations of books (67 books in all), flowers and door prizes. It truly was a great day.

FUN DAY Gettysburg, PA June 21

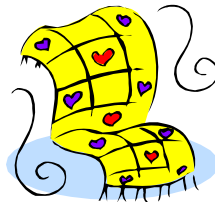


Do not miss the fun, the drama, the boat ride, the food, the shopping or the relaxing and come to **FUN DAY**. Husbands are welcome. We will have a program on the 150th anniversary of the Battle of Gettysburg. On **June 16th** we want to see you at **Frann Peters'** (301-253-2589) home in Gettysburg, PA. Donation is \$10.00 (make check to MCAFCE). Proceeds benefit the scholarship fund, but the "fun" benefits each and every one of us. Mark your calendar today. Send your check to: **Marilyn Simonds (301-871-1609) 13708 Lionel Lane, Rockville 20852**

FCE Blanket Making for PROJECT LINUS

June 5 Tuesday 10 AM to 9 PM
August 2 Thursday 10 AM to 3 PM

The Sew-a-Thon for Project Linus is an ongoing outreach project. Since beginning in 2002, we have completed 12,309 blankets and 5,440+ baby hats. This project brings people together, helps many children and is fun. You do not need to know how to sew, knit or crochet to participate. If you like to sew, we have many blankets that need to be sewn on the sewing machine. Machines are available or you can bring your own. Our supply of yarn is **LOW**, please keep your eyes and ears open for more. We have a great deal of fabric, so please **don't** bring any in right now. Bring a sandwich; drink and dessert are provided. Call Pat @ 301-460-5451 for info.



FAIR BOOTHS

August 10 – 18

Planning and work on the **Fair Booths** has begun. If you could design a display to present at the Fair, please let me know (301-384-2805).



We have display boards that you can borrow or you can design a free style booth. Also if you can spend some time at the Fair to sit by the booths and talk about FCE, Blanket Making, Support for the Troops etc., please contact Pat Kenney or me.

Dogs for Heroes

September 11 9:45 AM

Association Meeting at the Extension Office

We hope to have a program on how dogs are helping our brave troops cope when they return home. Please mark your calendars.

INTERNATIONAL LUNCHEON
Recipes for the International Luncheon
(Belgium and Luxemburg) will be available at
the September meeting.

REGIONAL MEETINGS

October 17, 2012 Regional I Meeting

Elks Club Lodge
538 Gorsuch Road
Westminster, MD
Carroll County Hosts

October 25, 2012 Regional II Meeting

Knight of Columbus
9450 Cherry Hill Road
College Park, Maryland

Prince George's County Hosts

You can attend either meeting (or both) Registration for the Regional meetings is in the Summer issue of the State newsletter, *Look What's Happening*.

See you at the Fair and have a wonderful and safe summer.

Jeanne Purich

jcpurich@cs.com

CHATTER FROM EXTENSION

Lower sodium intake leads to reduced risk for heart disease and stroke!

The 2010 U.S. Dietary Guidelines recommend limiting sodium to less than 2,300 mg a day; however, many adults should further limit sodium to 1,500 mg a day. Individuals who should limit their sodium to 1,500 mg a day are those who:

- are 51 years or older,
- are African Americans,
- have high blood pressure,
- have diabetes, or
- have been diagnosed with chronic kidney disease.

About 90% of Americans eat more sodium than is recommended for a healthy diet. This results in increased risk for high blood pressure, which can lead to heart disease and stroke. Most of the sodium we eat comes from processed foods and food eaten in restaurants.

The top sources of sodium in the U.S. diet come from breads and rolls, lunch or deli meats, canned soups, snacks such as chips and pretzels, pasta dishes with tomato sauces, and poultry that has been injected with sodium solution. Some foods that you may think are healthy such as cottage cheese and deli turkey breast are actually high in sodium.

Sodium levels of the same food can vary widely so it's important to read food labels. For example, one cup of canned chicken noodle soup can vary between 100-900 mg of sodium depending upon the brand. Sodium levels for one cup of prepared canned pasta with meat sauce can vary between 650-980 mg a serving.

To decrease your sodium intake you can purchase lower sodium canned foods (but keep in mind that foods labeled lower sodium may still contain a lot of sodium per serving); read the nutrition facts label to find the lowest sodium options; eat a diet rich in fresh fruits and vegetables and frozen fruits and vegetables without sauce; limit processed foods high in sodium; request lower sodium options when eating out, and support initiatives that reduce sodium in foods in cafeterias and vending machines.

Recent studies show that blood pressure can be lowered by following the Dietary Approaches to

Stop Hypertension (DASH) eating plan - and by eating less salt. The DASH eating plan follows heart healthy guidelines to limit saturated fat and cholesterol. It focuses on increasing intake of foods rich in nutrients that can lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.

Information on the DASH eating plan is found at http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf. This booklet, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. Below is a recipe from the booklet.

Chicken Salad

3 ¼ cups chicken breast, cooked, cubed, and skinless

¼ cup celery, chopped

1 Tbsp lemon juice

½ tsp onion powder

1/8 tsp salt*

3 Tbsp mayonnaise, low fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Makes 5 servings

Serving Size: ¾ cup

Per Serving:

Calories	176	Carbohydrate	2 g
Total Fat	6 g	Calcium	16 mg
Saturated Fat	2 g	Potassium	236 mg
Cholesterol	77 mg	Magnesium	25 mg
Sodium	179 mg	Protein	27 g
Fiber	0 g		

* To reduce sodium, omit the 1/8 tsp of added salt.

New sodium content for each serving is 120 mg.

Source: *Your Guide to Lowering Your Blood Pressure with DASH*

Rebecca Davis

Nutrition and Health Extension Educator

301-590-2816

FUN DAY

When: Thursday, June 21, 2012

Where: Lakeside Cottage of Frann & Jack Peters
197 Longstreet Drive, Lake Heritage, Gettysburg, PA
(717-338-1591)

Lunch: 12 noon

Dinner: 5:30 PM.

We will have a program on the 150th anniversary of the Battle of Gettysburg.

Donation: \$10.00 per person. Send check made to MCAFCE to:

**Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853**

If you need a ride, have extra room in your car or have comments, questions or will donate food please contact Jeanne 301-384-2805, Barbara 301-330-5447, or Frann 301-253-2589.

Directions on page 8.



FUN FACTS ABOUT EARTH

- The Earth orbits the Sun at 66,700 miles per hour.
- The Amazon rainforest produces more than 20% of the world's oxygen supply.
- Each person throws away around 4 pounds of garbage every day.
- Most families throw away about 88 pounds of plastic every year.
- Recycling one aluminum can saves enough energy to watch a TV for 3 hours.
- Recycling one glass bottle saves enough energy to light a traditional light bulb for 4 hours.
- If every newspaper were recycled, it would save about 250,000,000 trees each year. Unfortunately, only 27% of all American newspapers are recycled.
- Every ton of paper recycled saves 7,000 gallons of water.
- It takes 64% less energy to make recycled paper and 90% less energy to recycle aluminum cans than to make new ones.

- We each use about 12,000 gallons of water every year; 1/3 of that water is used to flush the toilet.
- A typical 10-minute shower uses 50-70 gallons of water.
- Food is grown on only 11% of the earth's surface.
- The world's first national park was started in 1872 at Yellowstone National Park in the US.
- The first wildlife refuge was formed in Pelican Island Florida in 1903.



Support Our Troops

The month of April marks five years of our involvement in supporting our men and women serving in Iraq and Afghanistan. Without your continuous help and dedication, this mission would never have gotten off the ground, let alone been sustained during this period. Our heartfelt thanks and blessings to each of you for this incredible support.

Below are a few of the many comments we have received from the troops describing what our packages and the messages they convey have meant to them.

"I write often that the most treasured things we receive are notes, emails, cards and letters from family/friends and strangers. When we read your words, it provides the ability to remove ourselves from this environment for a minute or two and visualize the scene--Mary Katherine decorating her tree with her 7-year-old choosing "Grandma Got Run Over By a Reindeer" and her 2-year-old hanging the ornaments all in one spot. These notes allow a warm spot to reside within us as we read them, hang them up to see every day and reread them."

"These surprises make the time go by and most certainly boost morale. We all had to do a little extra physical fitness after eating all those goodies, but that's okay, we enjoyed them!"

"Your group is way too kind to send so many great treats and cards. It amazes me that there are still people like you that spend the time to take care of us so well! It goes without saying that the guys in my unit are enjoying the treats even as I type this!"

“Thank you very much for helping me and the Brigade S-1 family make it through this deployment.”

“THANK YOU. It really makes me feel good to know that we have people at home like yourselves thinking of us and doing what they can to support us. You all are truly great Americans. It is because of people like you that make our country as great as it is.”

“GOD BLESS YOU!!! It really makes me feel good to know that we have people at home like yourselves thinking of us and doing what they can to support us. You all are truly great Americans. It is because of people like you that make our country as great as it is.”

“Thank you for your note and continued support of our men and women serving overseas. I continue to receive rave reviews by everyone who gets a sample of the homemade baked goodies and snacks that your group has so graciously and painstakingly prepared, assembled, and shipped to us here in Afghanistan – what a treat!”

“We also enjoyed reading the letters you sent from the children, along with the cookies and brownies. The leaders of tomorrow will be based on the foundation this Montgomery Chapter has put together today.”

Below are statistics related to what we have accomplished to date:

TREAT THE TROOPS

	<u>Cookies</u>	<u>No. of Boxes</u>
Total for 2011	74,471	434
Total Since 2007	266,135	1,719
Total Cookies Baked Nationwide		2,823,996

OPERATION SHOEBOX

Total for 2011	(boxes)	33
Helmet Liners		861
Ditty Bags		748
Christmas Stockings		1,331
Drawstrings		295
Beanie Babies		225
Plastic Canvas Ribbon Angels		1,645

PLUS toothbrushes, toothpaste, floss, soap, lotion, shampoo, Matchbox and Hot Wheel Cars, Christmas card fronts, mini toys, etc.

Total since 2007	(boxes)	204
Helmet Liners		7,009
Ditty Bags		4,530
Christmas Stockings		5,851
Beanie Babies		4,577
Ribbon Angels		3,349

Maddi Klein (301-774-8088)

Eva Black (301-725-7038)

OVARIAN CYSTS AND TUMORS

The ovaries are two small organs located on either side of the uterus in a woman’s body. They make hormones, including estrogen.

What causes ovarian cysts?

Cysts are fluid-filled sacs that can form in the ovaries. They are very common during the childbearing years.

There are several different types of ovarian cysts. The most common is a functional cyst. It forms during ovulation. That formation happens when either the egg is not released or the sac -- follicle -- in which the egg forms, does not dissolve after the egg is released.

Doctors aren’t sure what causes ovarian cancer. They have identified several risk factors, including:

- age -- specifically women who have gone through menopause
- smoking
- obesity
- not having children or not breastfeeding (however, using birth control pills seems to lower the risk)
- fertility drugs (such as Clomid)
- hormone replacement therapy
- family or personal history of ovarian, breast, or colorectal cancer (having the BRCA gene can increase the risk)

What are the symptoms of ovarian cysts and tumors?

Often, ovarian cysts don’t cause any symptoms. You may not realize you have one until you visit your obstetrician/gynecologist for a routine

pelvic exam. Ovarian cysts can cause problems if they twist, bleed, or rupture.

If you have any of the symptoms below, it is important to have them checked out. That is because they can also be symptoms of ovarian tumors.

Ovarian cancer often spreads before it is detected.

Symptoms of ovarian cysts and tumors include:

- pain or bloating in the abdomen
- difficulty urinating, or frequent need to urinate
- dull ache in the lower back
- pain during sexual intercourse
- painful menstruation and abnormal bleeding
- weight gain
- nausea or vomiting
- loss of appetite, feeling full quickly

How do doctors diagnose ovarian cysts and tumors?

The obstetrician/gynecologist or your regular doctor may feel a lump while doing a routine pelvic exam. Most ovarian growths are benign. However, a small number can be cancerous. Postmenopausal women face a higher risk of ovarian cancer.

Tests that look for ovarian cysts or tumors include:

- **Ultrasound.** This test uses sound waves to create an image of the ovaries. The image helps the doctor determine the size and location of the cyst or tumor.
- **Other imaging tests.** Computed tomography (CT), magnetic resonance imaging (MRI), and positron emission tomography (PET) are highly detailed imaging scans. The doctor can use them to find ovarian tumors and see whether and how far they have spread.
- **Hormone levels.** The doctor may take a blood test to check levels of several hormones. These include luteinizing hormone (LH), follicle stimulating hormone (FSH), estradiol, and testosterone.
- **Laparoscopy.** This is a surgical procedure. It's also used to treat ovarian cysts. It uses a thin, light-tipped device inserted into your abdomen. During this surgery, the surgeon can find cysts or tumors and may remove a small piece of tissue (biopsy) to test for cancer.
- **CA-125.** If the doctor thinks the growth may be cancerous, he might take a blood test to look for a protein called CA-125. Levels of this protein tend to be higher in some -- but not all -- women with ovarian cancer. This test is mainly used in women over age 35, who are at slightly higher risk for ovarian cancer.

If the diagnosis is ovarian cancer, the doctor will use the diagnostic test results to determine whether the cancer has spread outside of the ovaries.

How are ovarian cysts and tumors treated?

Most ovarian cysts will go away on their own. If you don't have any bothersome symptoms, especially if you haven't yet gone through menopause, your doctor may advocate "watchful waiting." The doctor will check you every one to three months to see if there has been any change in the cyst.

Birth control pills may relieve the pain from ovarian cysts. They prevent ovulation, which reduces the odds that new cysts will form.

Surgery is an option if the cyst does not go away, grows, or causes you pain. There are two types of surgery:

- **Laparoscopy** uses a very small incision and a tiny, lighted telescope-like instrument. The instrument is inserted into the abdomen to remove the cyst. This technique works for smaller cysts.
- **Laparotomy** involves a bigger incision in the stomach. If the growth is cancerous, the surgeon will remove as much of the tumor as possible. This is called debulking. Depending on how far the cancer has spread, the surgeon may also remove the ovaries, uterus, fallopian tubes, omentum (fatty tissue covering the intestines) and nearby lymph nodes.

Other treatments for cancerous ovarian tumors are:

- **Chemotherapy** -- drugs given through a vein (IV), by mouth, or directly into the abdomen to kill cancer cells. Because they kill normal cells as well as cancerous ones, chemotherapy medications can have side effects, including nausea and vomiting, hair loss, kidney damage, and increased risk of infection. These side effects should go away after the treatment is done.
- **Radiation** -- high-energy X-rays that kill or shrink cancer cells. Radiation is either delivered from outside the body, or placed inside the body near the site of the tumor. This treatment also can cause side effects, including red skin, nausea, diarrhea, and fatigue.

Surgery, chemotherapy, and radiation may be given individually or together. It is possible for cancerous ovarian tumors to return. If that happens, more surgery sometimes combined with chemotherapy or radiation may be needed.

Montgomery County FCE Association Meeting April 10, 2012

Fourteen members and 1 guest (Zelda Shuman) were present. Call to Order, Creed, and Pledge were recited.

President's Report: Jeanne Purich reported that the Spring Luncheon will be Saturday May 5, at the Extension Office. Cost is \$15.00. Sign-up sheet is available. Individuals are to bring a 6 pack of annual flowers for the Boy's Ranch; Clubs are to bring a flat of flowers. Also, bring Books for Newborns. The Lunch Bunch will do the Name Tags and Burtonsville will do the favors. We expect about 45 people. Reminder: Bring your own teacup and a door prize. We hope to have a speaker from Dogs for Heroes for our September meeting. These dogs aid our returning troops.

Special Project: Pat Kenney: FCE blanket making for Linus Project is Friday, April 13th, May 2nd and June 5th. The Fall Festival is October 6th, set up on October 5th. If you would like to decorate a hat for the Spring Luncheon come to Pat's home on April 19th.

County Fair, Kitty Cooley: Begin thinking about what your club might present at the Fair August 10 – 18, 2012. "Sew It, Grow It, Show It" is the theme. Set up on Thursday Aug. 9th.

International Day, Barb Raab: Belgium and Luxemburg. Pearl Mesta, hostess is a good possibility.

Publicity, Judy Armitage: Linus has been advertised. We need yarn.

Scholarship Committee, Frann Peters: Fun Day is June 21st. Cost is \$10.00 for lunch, dinner and a good time. We will have a program about the Battle of Gettysburg as they celebrate their 150th year. Please collect used or new postal cards. We received a big thank you from the Ranch for the Valentines.

Old Business: ACWW Women Walk the World on April 29th to raise money for ACWW programs and spread the word. Last month you voted to donate \$290.00 to ACWW. Do you want to walk collectively? Individuals elected to each do their own walking. Each individual may also donate using "29" as the bases. Continue to collect stamps, Books for Newborns, items for Boys Ranch, and pop tops. Also collect or make items for the troops.

New Business: We have a new Director of Extension: Rick Walter is from Florida.

This is the last meeting until September.

Ellen Robinson's Quilt Guild will be sponsoring a quilt show at the Fair Grounds April 27 - 29.

Meeting adjourned.

Respectfully submitted, Judy Armitage

Clean Ideas: Keep Hydrated and Keep Those Water Bottles Clean!

Reusable water bottles now come in both metal and safe plastic. Bacteria can build up in water bottles if they are left full, especially if you are using them for beverages other than water. For best results, use bottles for water only. Some beverages such as milk can spoil and the high sugar content in juice and soda can draw bugs. Check the bottle label for cleaning recommendations. If your bottle needs to be washed by hand, follow these simple steps to ensure that you have on-the-go safe drinking water all summer long:

Hand-wash all parts of the water bottle in warm water and dish detergent before using for the first time. Some factory residue could be left on a new bottle, even though it looks clean. Bottles may have also been sitting in warehouses, factories or stores for months, where they could have gotten dirty or been touched by dozens of people before you purchase them. After each use, completely dismantle the water bottle and clean all parts thoroughly using warm water and dish detergent. If the bottle has a straw or spritzer, be sure to wash all those components, and then rinse thoroughly with clean water.

Air-dry or use a clean towel.

Directions to Fun Day:

Route 270 North to 15 North, through Thurmont and Emmitsburg into Pennsylvania. Or take Route 97 North into Pennsylvania (Watch for Gettysburg Village Mall Signs). Exit onto Baltimore Street and bear right at the intersection of Route 97 and Baltimore Street. Just ahead see the Heritage Drive entrance on your left. Stop at the gate and give destination #197 Longstreet Drive. Turn left onto Heritage Drive. Continue straight to Longstreet and turn right.



From Westminster – Take Route 97 North through Littlestown to the end of Route 97. The entrance to Lake Heritage is at the end of Route 97 on your right.

**UNIVERSITY OF MARYLAND EXTENSION
MONTGOMERY COUNTY OFFICE
18410 MUNCASTER ROAD
DERWOOD MD 20855**

FIRST CLASS MAIL

