



Family and Community Education Hi-lites

September – November, 2021

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“If Kingdoms wish to move quickly, they must go alone. If they wish to go far, they must go together.”
– E.Y. Laster, Of Captivity & Kings

Happenings

August

25-26 10 am Set-up for Yard Sale (15500 Gallaudet Avenue, Silver Spring)
27-28 8 am Yard Sale

September

3-4 8 am **COLLECT DUES** (see page 2)
Yard Sale
6 Office closed (Labor Day)
10 10:00 am – 8 pm FCE Blanket Making – Extension Office garage,
Bring in school supplies
27 9:30 AM – 3 pm Maryland FCE Annual Conference & MCAFCE meeting
Keynote Speaker John Fer “Trampling the Serpent:
American POWs in North Vietnam”
(see page 3 for details, registration in Fall 2021 MDAFCE newsletter)

October

Send Pennies for Friendship, Dollars for Leadership and Dues to County Treasurer. Send one check made out to Montgomery County FCE by October 1. Send names of new club officers to county president.

1 10:00 am **CANCELLED** Set-up for Harvest Festival
3 10:00 am - 5 pm **CANCELLED** Harvest Festival
5 -27 Close Encounters with Agriculture 4th grade program, Extension Office.
10 - 16 FCE Week – Celebrate with your family, spread the word about FCE
11 10:00 am – Noon **DROP OFF** only for FCE Blanket Making – Extension Office garage

November

1 *Hi-lites* and *Look What's Happening* deadline
9 9:45 am International Day, Extension Office, multipurpose room (see page 3 for details)
16 10:00 am – 8 pm FCE Blanket Making – Extension Office garage
25 Office Closed (Thanksgiving)
30 10:00 am Executive Board Meeting, *Hi-lites* Folding, Extension Office

December

14 9:45 am Cookie Exchange and Crafts, Extension Office Garage,
15 Send yearly reports and outreach hours to President, Jeanne Purich

President's Paragraphs

Wear a mask, social distance, stay indoors, get a "shot", don't go to a restaurant, etc, etc,. These words, we have heard over and over again during the past 17 months. Now we have more freedom and hopefully that will continue as more and more people get the "shot". We will be able to meet in person this fall and the schedule is presented in this newsletter. HOWEVER, things could change at any time and if there are updates or changes in the schedule, you will receive an email. And things changed as I was writing this newsletter - you must wear a mask indoors regardless of vaccine status. Please inform your fellow member that does not have email or does not check emails frequently.

Fair Booths

We did have 4 booths at the FAIR. They were: Recycle Plastic Properly by Sharon Hume, Rethinking Packaging - Eco-Friendly Ways to Reduce Plastic Waste by Rosemarie Castillo; Maryland - Do You Know Your State? by Jeanne Purich; and FCE Blanket Making by Kathie Mack



We were really excited that we could be at the Fair and grateful to Kitty Cooley, Jeanne and Karen Gillis for keeping us updated with Fair information.

This is always a great way to keep our name visible in the community.

Yard Sale

August 25 & 26 Set-up, 10 AM

August 27 & 28 Yard Sale, All Day

September 3 & 4 Yard Sale, All Day

Yes, the Yard sale is 2 weekends. We have a plethora of "stuff" after 2 years of collecting. We will need lots of help on set-up days and on sale days. We are hoping to have additional tables setup in the grass. If you can lend a waterproof tarp, that will be greatly appreciated. Please let me know when you can help. (jpurich@cs.com)

School Supplies

If you collected school supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors,



erasers, back packs, Clorox wipes, etc.) bring them to the FCE Blanket Making on Friday September 10 or when you come to the conference on September 27.

It's Membership Time Again Get a new member!!!

Membership forms are available from your club president, at blanket making, at the September 27 conference, online (www.mdafce.org click on membership) or from Jeanne Gillis, Treasurer (301-926-1038) or Jeanne Purich. They will also be emailed to you

All dues must be sent to: Jeanne Gillis 101 Rolling Road, Gaithersburg 20877-2043 by September 30. Dues are \$38.50 for an individual, \$35.00 for seniors (80+) and \$52.00 for family **plus your local club dues**. Your Montgomery County dues have been paid by an anonymous donor. Everyone must completely fill out a membership form with signature, middle initial, 9-digit zip and email address (used only for the newsletter and meeting updates). This past year, you saw how really important it is to fill in your email address so we can keep in touch as the COVID status changes. It is the best way for you to be informed.

If you can recruit a new member, put your name and address at the bottom of the membership form and you and your recruit will be entered into a drawing for a free registration at next year's state conference.

FCE Blanket Making

September 10 10 AM – 8 PM

October 11 10 AM - Noon DROP OFF ONLY

November 16 10 AM – 8 PM

We are able to have full blanket making days on September 10th and November 16th. On October 11th, it will only be a drop off. Although we will be in the garage, the Extension office will have the room set up for another program so we cannot disturb their displays but we can accept blankets and you will be able to get supplies. We are always looking for more yarn and washed and ironed kids print fabric. If you know of anyone who has extra, please let us know.

Harvest Festival

October 2

CANCELLED by Parks and Planning.

**International Day
November 9, 9:45 AM**

Extension Office Multipurpose room

We are doing International Day a little differently this year. We're asking you to bring a dish to share from your ethnic background (or some food specialty you like make). We need main dishes as well as sides and desserts. A sign-up sheet will be available starting in September and you can always email me with what you would like to make. We need many people to participate to make this a festive celebration.

Please see the next article on the annual state conference on September 27. Since it will be held in Montgomery County at the Extension office, we are looking forward to many of you attending. You will find it enlightening, fun and a good way to get out of the house.

So happy to be back!!!!

Jeanne Purich



jcpurich@cs.com

MD FCE ANNUAL CONFERENCE

September 27, 2021

Montgomery County Extension Office

9:30 AM - 4 PM

MASKS REQUIRED

We are very pleased to be able to present this one-day conference to you.



You will hear interesting speakers, beginning with John Fer, a Vietnam POW. His talk entitled "Trampling the Serpent: American POWs in North Vietnam" will give us an insight

into this traumatic era. John was a pilot during the Vietnam war when he was shot down and became a POW for six years. His experiences in the "Hanoi Hilton" with such men as John McCain form the basis for his illustrated talk. We are also hoping to have a Naturalist as another speaker.

An overview of the new National FCE programs will also be presented.

You are asked to bring a sandwich (label type) of your choice (do not cut). The sandwiches will be placed together with provided sides and

dessert for your lunch. Coffee, tea and water will be provided. Cost is \$5.00 that covers speakers, printed material and food. Registration is in your Fall 2021 MDAFCE.

We are looking forward to 2022, when we can have a "sleep-over". So, we have made reservations for 2022, October 17th and 18th back in Westminster. So, mark your calendars for next year too!!

NOTES FROM FRANN

Laytonville Safe Havens

The 4 male and 4 female veterans are doing well. They were very appreciative of your previous donations of cards, videos (both VHS and DVD) and puzzles. They are also in need of men's underwear (any size), jeans new or gently used, t-shirts, and socks.

The Ranch is an important outreach for FCE

The 26 men are doing fine. They do not need any supplies at this time but would like magazines.

Montgomery College Scholarship Program



MCAFCE donated two \$1,600 scholarships to the nursing program at MCC for the 2021-2022 school year.

Thank you for all that you do to raise money to support the scholarship fund.

Madison Oswald is one of our recipients. Madison is the first in her family to attend college. She has maintained a 4.0 while assuming leadership roles in college and volunteer organizations. (Sounds like a great FCE member!) Her ultimate goal is to become a human rights lawyer (editor's note: several of my fellow nursing students went on to become lawyers and their training as a nurse was invaluable.)

Fun Day

We had a fun time at FUN Day! The owner from the Rocky's Horse Rescue & Rehabilitation was very engaging and we are hoping to go back and visit her and the horses at the ranch.

Frann Peters

301-253-2589

CONFUSION, SENILITY, ALZHEIMERS OR WHAT?

By Arnaldo Liechtenstein, Physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; orange and tangerine also work. The important thing is that, every two hours, you should drink some liquid.

Remember this alert for family members: Constantly offer fluids to people over 60. At the

same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Severe dehydration is a medical emergency. Do not hesitate to call 911.

THE BIG BENEFITS OF PLAIN WATER

Harvard Health Blog



Researchers found that the people who drank the most plain water in their daily diet consumed fewer total calories, drank fewer sweetened beverages, and took in less total fat, saturated fat, sugar, salt, and cholesterol. In fact, they discovered that increasing plain water consumption by one to three cups a day could decrease calorie intake by 68 to 205 calories a day. That could add up to a lot fewer calories over time - and result in significant weight loss.

These results support prior research on this topic, which has shown that drinking water before meals and that substituting water for sweetened beverages can cut down on calorie intake and improve weight control. That means people interested in losing weight and improving their overall health could benefit from incorporating more plain water into their daily diet.

So next time you're thirsty, instead of ignoring your kitchen sink at home or the bubbler at work, take a moment to savor the one drink that's free, refreshing, and actually good for us: plain old water.

What are the Differences Between White and Brown Eggs?

By Laura Denby



Eggs are protein powerhouses and are one of the most versatile foods on the planet. But when it comes to their nutritional content, is one type more healthful than another? Why do their shells range in color from white to brown to blue? And what does the shade of the shell mean for your omelet? There are many factors to consider when buying eggs, like size, price and label, but should the color of the shell be one of them? Let's break it down.

How did the color come about?

We're not getting into that age-old question of which came first, the chicken or the egg, because in this case one thing is clear: the chicken came first. The color of an egg shell is almost entirely dependent on the genetics of the hen who laid it. Egg shell color is a result of a genetic pigmentation carried by certain breeds. For example, Araucana chickens carry a specific gene that enables them to lay beautiful blue and green eggs. Alternatively, the Rhode Island Red breed of hen lays brown eggs due to a hereditary pigmentation.

Is One Better for You Than Another?

Aside from the appearance of the shells, there is no major nutritional difference between differently colored eggs. As long as hens of different breeds maintain similar diets and are fed appropriately, their eggs will have equivalent nutritional value. The color of the egg does not impact flavor or cooking characteristics either. When assessing quality, it's more important to look to the USDA grade on the packaging (AA, A, or B) rather than the color of the shell.

The Bottom Line

In short, a hen's breed and genetics are almost entirely the cause for differently colored egg shells. Although their appearance may vary, there is no impact on nutritional value from one egg color to the next, and egg color does not signal any difference in flavor or quality. When buying eggs, it's more important to consider which eggs are freshest, and the different labels they carry (pasture raised versus cage-free, for example).

Beware of this new scheme

Warning from police

This applies to both women and men.

Beware of paper on the back window of your vehicle - new way to do carjackings
You walk across the parking lot, unlock your car and get inside. You start the engine and shift into reverse.



When you look into the rearview mirror to back out of your parking space, you notice a piece of paper stuck to the middle of the rear window. So, you shift into park, unlock your doors, and jump out of your car to remove that paper (or whatever it is) that is obstructing your view. When you reach the back of your car, that is when the carjackers appear out of nowhere, jump into your car and take off. They practically mow you down as they speed off in your car.

Your purse is still in the car. So now the carjacker has your car, your home address, your money, and your keys. Your home and your whole identity are now compromised!

If you see a piece of paper stuck to your back window, just drive away. Remove the paper later.

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"They say the best way is just to live one day at a time. If you try to live seven days at a time, the week will be over before you know it."

*Sally Brown, from "Peanuts," on living in the moment*

## REMOVING MAKEUP STAINS

Celebrated every year on July 29, National Lipstick Day encourages you to wear your favorite lip color. But if you find that your lipstick has accidentally gotten on your clothes, don't worry! We have tips to help you remove lipstick – and other makeup – stains from your clothes.



### Lipstick

With lipstick stains, you'll want to act fast if you can. First, remove any excess lipstick by taking a dull knife or a spoon and gently scrapping off the splotches. Be careful not to rub the stain into the fabric. Brush off any remaining excess by rinsing under running water. Pre-treat with a stain remover, making sure to completely cover the stain, then wash according to the instructions on the garment's care label.

Lipstick stains are notorious for being stubborn, so a second round of prewash stain remover and laundering may be needed. Just make sure that the stain is completely gone before putting the garment in the dryer, as the heat of the dryer may permanently set the stain.

### Powdered Makeup

For powders like eyeshadow, blush and bronzer, all you might need to do is blow off the excess powder from your clothes. A sticky lint roller can also lift away the powder from the fabric. Just be careful not to brush off the powder with your hand, as this may spread the stain instead. If the stain is still there, pre-treat it with a stain remover, then wash according to the instructions on the care label.

### Mascara

Place the mascara stain face down on a paper towel. Use a makeup removal wipe on the back to push the stain out and into the paper towel. When no more mascara comes off, pre-treat the stain with a stain remover, then wash according to the instructions on the care label. After washing, check to see if the stain is still visible, and if necessary, treat with a stain remover and wash again.

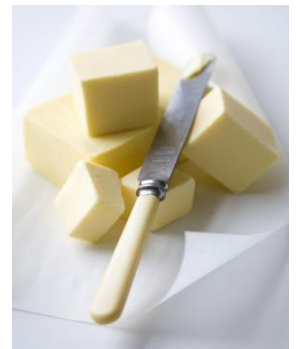
## REFRIGERATE OR NOT - It Depends on the BUTTER

Most commercially produced butter is pasteurized, which is a process that combats bacteria for safety. And because butter is comprised mostly of fat (80 percent or more), it helps keep bacteria at bay. First, check to see what kind of butter you have. Most experts agree that salted butter is fine to leave out at room temperature anywhere from a few days to two weeks, taking into account factors such as the climate and container.

The USDA's FoodKeeper app offers this guidance for storing salted butter: "May be left at room temperature for one to two days; one to two months when stored in refrigerator; six to nine months if stored frozen." After that, the taste can turn rancid or sour, says the USDA. The salt in the butter also does its part to help keep it fresh. If your room rises above 70°F, however, it's time to store the butter in the refrigerator.

### How to Store Butter on the Counter

When leaving salted butter out, be sure to store it in the right kind of container in order to preserve both it and your counters. (Save the melted pools of goodness for the mixing bowl.) Use a butter dish or better still, a butter crock to keep light and air out - the more air-tight, the longer the taste is preserved. Most butter crocks have a chamber that holds cold water which sits on top of the surface of the butter keeping it cool and fresh.



Unsalted butter or whipped butter, however, should be stored in the back of the refrigerator to prevent them from going bad - although it's fine to take the butter out to soften an hour before using if needed. Homemade, raw milk, or any butter that is not pasteurized should also always be refrigerated. The FDA considers those TCS (time/temperature control for safety) foods which means they must be refrigerated for safety.

Credit: Getty/Joy Skipper

## CHANGE YOUR WHAT, WHEN?

You will improve your home's function and safety when you replace certain indoor and outdoor items regularly.



### 1. Smoke and Carbon Monoxide Detectors

Smoke detectors last up to **10 years**. Carbon monoxide detectors last up to **seven years**. The National Fire Protection Association (NFPA) reports that working smoke detectors increase your house fire survival chances by 50 percent, so in addition to replacing these devices regularly, remember to replace the batteries in both detectors at least annually.

### 2. Fire Extinguisher

Rechargeable fire extinguishers last up to **six years**. Disposable fire extinguishers have a **12-year** shelf life. Check the pressure gauges monthly and verify that they're still charged or full.

### 3. Water Filters

The water filters in your refrigerator should be replaced once **every six months**, in your portable water pitcher **every two months or 40 gallons**, and in your whole house system **every three to six months**. This schedule reduces your exposure to harmful bacteria, chemicals and heavy metals.

### 4. Refrigerator

Plan to replace your refrigerator every **15 years**. You may opt for an earlier replacement to take advantage of energy-efficient models, particularly since a 10-year-old refrigerator uses twice the energy of a newer Energy Star rated model.

### 5. Dishwasher

A dishwasher may last **eight to 10 years** if you regularly clean the tub, door, accessories, and other parts.

### 6. Washing Machine

If you clean and maintain your washing machine regularly, it should last **eight to 12 years**. Your maintenance tasks may include replacing the door gasket or tightening water connections under the machine if you see leaks.

### 7. Clothes Dryer

Replace your entire dryer once every **eight to 10 years**. In the meantime, you can replace numerous dryer parts, including the drive belt, drum roller, blower wheel, and heating element when needed. You'll also want to clean the dryer vent after each use to improve the dryer's efficiency and prevent a fire.

### 8. Water Heater

After **eight to 12 years**, you will want to replace your water heater. Drain this appliance twice a year to reduce sediment buildup and improve efficiency.

### 9. Carpet

Carpet can last up to **10 years** under ideal conditions. If your carpet suffers damage from pets or kids, replace it sooner since pet stains can cause asthma, allergies or skin and eye irritations.

### 10. Windows

Vinyl windows typically last **25 years** or longer depending on the manufacturer. While you can repair caulk or weather-stripping if you notice minor leaks around your windows, you'll want to replace your windows if the frame rots or the seal around the window breaks.

### 11. Furnace

A maintained furnace should last **15 to 20 years**. If you notice issues before that time, try replacing the filter, cleaning the ductwork and sealing any gaps in the system.

### 12. Gutters

Aluminum gutters will last **30 years** if you clean and maintain them regularly, but you'll have to replace vinyl gutters more frequently since they can be damaged easily. Check your gutters and downspouts after heavy storms or at least twice a year to verify that they remain properly connected to the house and don't leak or overflow.

### 13. Roof

Metal or clay tile roofs last up to **50 years**. Wood shake or shingles last **30 years**. Composite or asphalt shingles usually last up to **20 years**. No matter which type of roof your house has, replace it sooner if you notice leaks, sags, or curled, cracked or missing shingles.

## CALIFORNIA SPAGHETTI SALAD



### Ingredients

- 1 cup Pepperoni, mini
- 1 10 oz. package cherry tomatoes, cut
- 1 English cucumber, sliced thin
- 1 red bell pepper, slivered
- ½ red onion, chopped
- 2 (2.5-ounce) cans Black olives
- 1 (16-ounce) bottle Italian salad dressing
- 1 lb spaghetti, thin
- 2 tbsp McCormick s salad supreme seasoning
- 1/2 cup Parmesan cheese, grated

### Directions

1. Cook Spaghetti al dente according to package directions.
2. Mixed all ingredients except salad dressing.
3. Add salad dressing and mix well.

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Serves 8

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### FIRST CLASS MAIL

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