



Family and Community Education Hi-lites

September – November, 2022

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“You’re braver than you believe, and stronger than you seem, and smarter than you think.” – A.A. Milne

Happenings

August

- 25 TH 10:00 am Set-up for Yard Sale (15500 Gallaudet Avenue, Silver Spring)
 26-27 FR, SA 8:00 am Yard Sale

September

- 2 FR 10 am–8 pm **COLLECT DUES** (see page 2)
 FCE Blanket Making – Extension Office garage, Bring in school supplies,
 Pick up recipes for International Day in November.
- 5
 Office closed (Labor Day)
 Bring in school supplies
- 13 TU 9:45 am A Speaker from Sheppard Pratt will talk about their mission, who they help and
 how our blankets help many.
 Association Meeting Extension Office, multipurpose room, Derwood hosts.
- 27 TU 10 am–3 pm FCE Blanket Making – Extension Office garage

October

- Send Pennies for Friendship (is now called THE RURAL WOMEN FUND), 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 SA 10:00 am **Maybe a Harvest Festival**
- 5–27 Close Encounters with Agriculture 4th grade program, Extension Office.
- 9 - 15 FCE Week – Celebrate with your family, spread the word about FCE
- 17–18 MO, TU 9:30am Maryland FCE Annual Conference
 One of our speakers is` John Fer “Trampling the Serpent:
 American POWs in North Vietnam”
 (see page 3 for details, registration in Summer 2022 Look What’s Happening the
 MDAFCE newsletter)

November

- 1 *Hi-lites and Look What’s Happening* deadline
- 7 MO 9:45 am **NOTE; This is a Monday due to election day on Tuesday.** International Day
 Extension Office, multipurpose room (see page 3 for details)
- 15 TU 10 am–8 pm FCE Blanket Making – Extension Office garage
- 24 Office Closed (Thanksgiving)
- 29 TU 10:00 am Executive Board Meeting, *Hi-lites* Folding, Extension Office

December

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

President's Paragraphs

Hope you are having a good summer and are well. People have done a little more traveling this year but it still is not the same as before Covid. We are waiting for our next "shot" and don't neglect to get your flu shot too! Lots of things to get done this fall including all the FCE activities.

Fair Booths

We presented 4 booths at the Montgomery County Fair. They were: Women Changing History by Sharon Hume, Want to Save Energy? by Rosemarie Castillo; Montgomery County Farms 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 Set-up, 10 AM

August 26 & 27 Yard Sale, All Day

We are getting ready for and collecting items for the yard sale. Bring your items to my house (15500 Gallaudet Ave) anytime. We will need lots of help on set-up and sale days. Your lunch and beverages will be provided on all days. 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

Bring your collected school supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, back packs, socks, Clorox wipes, etc.) to FCE Blanket Making on Friday September 2nd or to the informational program on September 13th.



It's Membership Time Again

Get a new member!!!

Membership forms are available from your club president, at blanket making, at all meetings, online (www.mdafce.org click on membership), 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 30th. 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. 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). 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 2 10 AM–8 PM

September 27 10 AM– PM

November 15 10 AM–8 PM

Blanket making days are going strong. We really enjoy seeing all of you and we continue to work with the students. We are always looking for more yarn. If you know of anyone who has extra, please let us know.

Sheppard Pratt Speaker

September 13, 9:45 AM

Do you know what Sheppard Pratt is? Who do they service? And what happens to the blankets that we donate? You will find out the answers to all these questions and many more at this September informational program. Afterwards, for those who would like to join us, we will go to lunch at the Outta the Way Café.

Harvest Festival

October 1

We don't know if we are having a Harvest Festival this year. We are working with Friends of the Farm and Parks and Planning to sort this out. We will let you know as soon as we know, so watch your email for updates.

Craft Sale

October 7, 8, 9 or 21, 22, 23?

We will have a craft sale at 15500 Gallaudet Ave in October but we don't know the date yet. It will depend on the Harvest Festival. Stay tuned.

International Day

November 7, 9:45 AM

NOTE THIS IS A MONDAY!

SPAIN

Extension Office Multipurpose room

Chris Hager visited Spain in May and will have the recipes ready for pick up at the September program. Then we will sample these delicious dishes and hear all about Chris's trip and the country of Spain in November. We have changed the date to a **Monday** because Tuesday is election day and the room is used for voting.

FCE is back in full swing!!!!

Jeanne Purich

jcpurich@cs.com



MARYLAND FCE CONFERENCE

October 17th & 18th

Best Western,
Westminster

9:30 AM start on
Monday

We are very pleased to be able again to have our conference in person. Details of the conference were in the Summer issue of Look What's Happening. Highlights include 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. Mental Health – perspective on how Covid affective many of us and mental health conditions in general. Also, how did home sewing patters get started? Come to the conference and find out. An overview of the new National FCE programs also will be presented. We will do a service project Monday evening.

Registration is in the Summer issue of Look What's Happening, available at all our programs, on the web site (www.mdafce.org), from Kathie Mack (kpmack2@gmail.com) or myself. It is very

important that we have a good attendance at this conference; it is good for your mental health, for the health of the organization, to enjoy each other and just to have some fun (what we call a mental health day – in this case a day and a half).

NOTES FROM FRANN

Montgomery College Scholarship Program

MCAFCE donated two



scholarships of \$2,000 each to the nursing program at MCC for the 2022-2023 school year. Thank you for all that you do to raise money to support the scholarship fund.

Fun Day

Twenty-seven of us had Fun at FUN Day! We certainly enjoyed seeing and sitting in a real NASCAR race car. Thank you, Kitty and Jack Cooley, for bringing the car and to Frann and Jack Peters for hosting just a wonderful party.



Frann Peters

301-253-2589

Autumn

© Ryan Larkin

Published: October 2012

Descending leaves fall to the ground,
Twirling, twisting, round and round,
Autumn season is almost here,
The smell of freshness is oh so near.
The crisp, cool breeze,
Shakes the leaves from the trees,
Autumn takes away the green,
Golden-bronze and brown is all that can be seen.

<https://www.familyfriendpoems.com/poem/poem-about-autumn>

PHONE SCAMS



People lose a lot of money to phone scams — sometimes their life savings. Scammers have figured out countless ways to cheat you out of your money over the phone. In some scams, they act friendly and helpful. In others, they might threaten or try to scare you. One thing you can count on is that a phone scammer will try to get your money or your personal information to commit identity theft. Don't give it to them.

How To Recognize a Phone Scam

Phone scams come in many forms, but they tend to make similar promises and threats, or ask you to pay certain ways.

There is no prize

The caller might say you were “selected” for an offer or that you’ve won a lottery. But if you have to pay to get the prize, it's not a prize.

You won't be arrested

Scammers might pretend to be law enforcement or a federal agency. They might say you'll be arrested, fined, or deported if you don't pay taxes or some other debt right away. The goal is to scare you into paying. But real law enforcement and federal agencies won't call and threaten you.

You don't need to decide now

Most legitimate businesses will give you time to think their offer over and get written information about it before asking you to commit. Take your time. Don't get pressured into making a decision on the spot.

There's never a good reason to send cash or pay with a gift card

Scammers will often ask you to pay in a way that makes it hard for you to get your money back — by wiring money, putting money on a gift card, prepaid card or cash reload card, using a money

transfer app or bit coins. Anyone who asks you to pay that way is a scammer.

Government agencies won't call to confirm your sensitive information

Never give out sensitive information like your Social Security number to someone who calls you unexpectedly, even if they say they're with the Social Security Administration or IRS.

You shouldn't be getting all those calls

If a company is selling something, it needs your written permission to call you with a robocall. And if you're on the National Do Not Call Registry, (www.donotcall.gov) you shouldn't get live sales calls from companies you haven't done business with before. Those calls are illegal. If someone is already breaking the law calling you, there's a good chance it's a scam. At the very least, it's a company you don't want to do business with.

Examples of Common Phone Scams

Imposter scams

A scammer pretends to be someone you trust — a government agency like the Social Security Administration or the IRS, a family member, a love interest, or someone claiming there's a problem with your computer. The scammer can even have a fake name or number show up on your caller ID to convince you.

Debt relief and credit repair scams

Scammers will offer to lower your credit card interest rates, fix your credit, or get your student loans forgiven if you pay their company a fee first. But you could end up losing your money and ruining your credit.

Charity scams

Scammers like to pose as charities. Scams requesting donations for disaster relief efforts are especially common on the phone. Always check out a charity before you give, and don't feel pressured to give immediately over the phone before you do.

Extended car warranties

Scammers find out what kind of car you drive and when you bought it so they can urge you to buy overpriced, or worthless service contracts.

“Free” trials

A caller might promise a free trial but then sign you up for products — sometimes lots of products — that you're billed for every month until you cancel.

Loan scams

Loan scams include advance fee loan scams, where scammers target people with a poor credit history and guarantee loans or credit cards for an up-front fee. Legitimate lenders don't make guarantees like that, especially if you have bad credit, no credit, or a bankruptcy.

Prize and lottery scams

In a typical prize scam, the caller will say you've won a prize, but then say you need to pay taxes, registration fees, or shipping charges to get it. But after you pay, you find out there is no prize.

Travel scams and timeshare scams

Scammers promise free or low-cost vacations that can end up costing you a lot in hidden costs. In timeshare resale scams, scammers lie and tell you they'll sell your timeshare — and may even have a buyer lined up — if you pay them first.

How To Stop Calls from Scammers

Hang up

Even if it's not a scammer calling, when a company is calling you illegally, it's not a company you want to do business with. When you get a robocall, don't press any numbers. Instead of letting you speak to a live operator or remove you from their call list, it might lead to more robocalls.

Consider call blocking or call labeling

Scammers can use the internet to make calls from all over the world. They don't care if you're on the [National Do Not Call Registry](#). That's why your best defense against unwanted calls is call blocking. Which type of call-blocking or call-labeling technology you use will depend on the phone — whether it's a cell phone, a traditional landline, or a home phone that makes calls over the internet (VoIP). See what services your phone carrier offers, and look online for expert reviews. For cell phones, you also can check out the reviews for different call-blocking apps in your online app store.

Don't trust your caller ID

Scammers can make any name or number show up on your caller ID. That's called spoofing. So even if it looks like it's a government agency like the Social Security Administration calling, or like the call is from a local number, it could be a scammer calling from anywhere in the world.

Learn more

Learn more about unwanted calls and what to do about them at www.ftc.gov.

Do you know about the FCE Boutique?

MCAFCE is showcasing online our best and most beautiful creations and donations for sale, especially our hand knits for babies. This is the "FCE Boutique." Money raised will help support our two scholarships at Montgomery College and other outreach projects.



Please go to the link below to see photos of items currently available. Then click on each photo, to see a description and our suggested donation. <https://photos.app.goo.gl/urmUJZu91ACusAuy6>

All the pictured items — plus many other knits for babies, children, and adults — are currently at my house in Takoma Park. In-person pick-up or delivery of any item is safest, but we can discuss shipping charges if this is not feasible. Please contact me with any questions or offers!

Kathie Mack

kpmack2@gmail.com

301-270-5367 (leave a voicemail)

CLEVER OBSERVATIONS



The nicest thing about the future is that it always starts tomorrow.

If you don't have a sense of humor, you probably don't have any sense at all.

Seat belts are not as confining as wheelchairs.

A good time to keep your mouth shut is when you're in deep water.

No one ever says "It's only a game" when their team is winning.

I've reached the age where 'happy hour' is a nap.

Be careful about reading the fine print; there's no way you're going to like it.

The trouble with bucket seats is that not everybody has the same size bucket.

CATARACTS

Mayo Clinic Staff



A cataract is a clouding of the normally clear lens of the eye. For people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car (especially at night) or see the expression on a friend's face.

Most cataracts develop slowly and don't disturb your eyesight early on. But with time, cataracts will eventually interfere with your vision. At first, stronger lighting and eyeglasses can help you deal with cataracts. But if impaired vision interferes with your usual activities, you might need cataract surgery.

Symptoms

Signs and symptoms of cataracts include:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye

At first, the cloudiness in your vision caused by a cataract may affect only a small part of the eye's lens and you may be unaware of any vision loss. As the cataract grows larger, it clouds more of your lens and distorts the light passing through the lens. This may lead to more-noticeable symptoms.

Causes

Most cataracts develop when aging or injury changes the tissue that makes up the eye's lens. Proteins and fibers in the lens begin to break down, causing vision to become hazy or cloudy.

Some inherited genetic disorders that cause other health problems can increase your risk of

cataracts. Cataracts can also be caused by other eye conditions, past eye surgery or medical conditions such as diabetes. Long-term use of steroid medications, too, can cause cataracts to develop.

Risk factors

Factors that increase your risk of cataracts include:

- Increasing age
- Diabetes
- Excessive exposure to sunlight
- Smoking
- Obesity
- High blood pressure
- Previous eye injury or inflammation
- Previous eye surgery
- Prolonged use of corticosteroid medications
- Drinking excessive amounts of alcohol

Prevention

No studies have proved how to prevent cataracts or slow the progression of cataracts. But doctors think several strategies may be helpful, including:

- **Have regular eye examinations.** Eye examinations can help detect cataracts and other eye problems at their earliest stages.
- **Quit smoking.** Ask your doctor for suggestions about how to stop smoking. Medications, counseling and other strategies are available to help you.
- **Manage other health problems.** Follow your treatment plan if you have diabetes or other medical conditions that can increase your risk of cataracts.
- **Choose a healthy diet that includes plenty of fruits and vegetables.** Adding a variety of colorful fruits and vegetables to your diet ensures that you're getting many vitamins and nutrients. Fruits and vegetables have many antioxidants, which help maintain the health of your eyes.

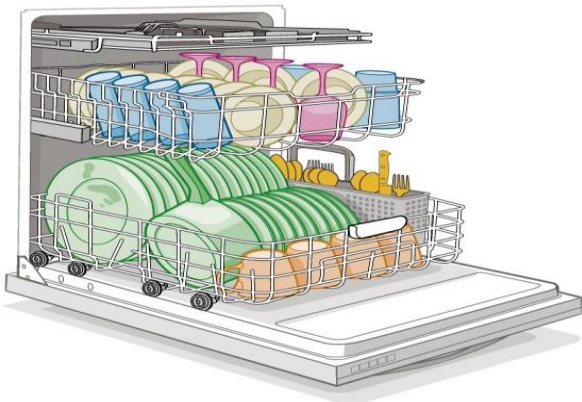
Studies haven't proved that antioxidants in pill form can prevent cataracts. But a large population study recently showed that a healthy diet rich in vitamins and minerals was associated with a reduced risk of developing cataracts. Fruits and vegetables have many proven health benefits and are a safe way to increase the amount of minerals and vitamins in your diet.

- **Wear sunglasses.** Ultraviolet light from the sun may contribute to the development of cataracts. Wear sunglasses that block ultraviolet B (UVB) rays when you're outdoors.
- **Reduce alcohol use.** Excessive alcohol use can increase the risk of cataracts.

Treatment

When your prescription glasses can't clear your vision, the only effective treatment for cataracts is surgery. Cataract surgery involves removing the clouded lens and replacing it with a clear artificial lens. The artificial lens, called an intraocular lens, is positioned in the same place as your natural lens. It remains a permanent part of your eye.

NOT IN THE DISHWASHER!



We love our dishwashers. They are convenient, safe, hygienic, chic, a time saver and, can hide a lot of things when company shows up unexpectedly. We like to put everything in the dishwasher. **But DON'T**; there some things better washed by hand, both for you and for the item.

1. Sharp knives

You paid good money for that fancy chef's knife, don't let the dishwasher warp or dull its blade! Plus, you run the risk of cutting yourself (or the children) when emptying the dishwasher.

2. Nonstick pots and pans

If you want your nonstick pots and pans to actually *stay* nonstick, you should probably wash these by hand. The harsh dishwashing detergent is very caustic on the finishes. It is not a good idea to put regular pots and pans in the dishwasher either because the heat can weaken the handles, either at the joint or the handle itself. This may lead to the handles breaking and a hot pan falling from your hands.

3. Cast iron

NEVER, EVER, EVER put cast iron in the dishwasher. Like, ever. Just don't do it. A well-seasoned cast iron skillet is a work of art and strong detergents will immediately destroy it.

4. Crystal

Crystal and hand-blown glass are sensitive to heat, so putting them in the dishwasher will likely cause them to chip — not to mention that strong detergents will cause them to lose their shine. Over time, they will become cloudy

5. Milk glass

The dishwasher could scrub off priceless etchings and cause discoloration to light colored milk glass.

6. Anything wooden

Wash those wooden spoons, bowls, and cutting boards by hand — the dishwasher's heat could cause them to warp. The harsh detergents could also damage the finish on wooden items making them more prone to harboring bad bacteria.

7. Copper pans and mugs

Drinking a Moscow Mule from a dull copper mug doesn't sound like any fun, does it? Keep those copper pots, pans, and mugs out of the dishwasher to preserve their shine.

8. Printed measuring cups

Over time, the hot water from the dishwasher will fade the markings etched on the sides of measuring cups, rendering them useless. Not saying you have to always hand wash your measuring cups, but hand washing them from time to time will increase their longevity.

9. Vintage items

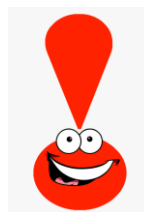
Your grandma's dinnerware might be fine in the dishwasher, but it might not. It's probably best stay on the safe side and hand wash anything that is special to you.

10. Hollow-handled knives

Hollow handles just aren't tough enough to stand up to a dishwasher's heat — more than likely, they'll be melted, warped or have water in them by the end of the cycle.

11. Anything with gold or silver trim

Over time the gold and silver will be worn away, leaving a partial or no trim on your dish.



“Knowledge is having the right answers. Intelligence is asking the right questions. Wisdom is knowing when to ask the right questions”.

Unknown

ZUCCHINI FRIES



Ingredients

- 2 zucchinis
- 1 cup panko breadcrumbs
- ½ cup grated parmesan cheese
- 1 tablespoon garlic powder
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 eggs

Directions

1. Preheat oven to 425°F.
2. Cut zucchini into fries and set aside.
3. In a large bowl combine panko, parmesan, garlic powder, basil, salt, and pepper.
4. Whisk eggs in a shallow bowl or dish.
5. Dip zucchini in eggs, coating evenly, and then toss in bread crumb mixture.
6. Place on a baking sheet lined with parchment paper. Bake for 15-20 minutes, flipping halfway.
7. Prepare dip while fries are baking. Combine all dip ingredients in a small bowl and set aside in the refrigerator until ready to use.

GREEK YOGURT CHIVE DIP

- 1 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoons fresh chives
- ¼ teaspoon salt
- ¼ teaspoon pepper
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FIRST CLASS MAIL

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