



## Barb's Home Notes & Quotes

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### July/August 2011

#### Dear Homemaker,

The “crazy, lazy, hazy days of summer” are upon us! I hope you are enjoying them. Be sure to make lots of family memories!

It is a time of change for Ohio State University Extension. Statewide, a large number of our faculty and staff are taking advantage of a separation incentive. Locally, Susan Russell - Extension Educator 4-H Youth Development, will retire on June 30, and Gary Wilson – Extension Educator Agriculture and Natural Resources plans to retire on August 31. In addition, due to budget constraints, the entire Extension system in Ohio will be restructured during the next year.

We also want to welcome Melanie Gerlach, our new Program Coordinator for the Hancock County Saves program. She works twenty hours per week through a grant from United Way of Hancock County.

Personally, we'll be adding a daughter-in-law to our family on August 27 as our son, Matt, gets married in the Houston, Texas area.

Change is everywhere!! Enjoy your summer!

Sincerely,

*Barbara A. Brahm*

Barbara A. Brahm  
 Extension Educator, Family and Consumer Sciences  
 Hancock County, Maumee Valley EERA



#### I Believe In America

Where a humble Scottish immigrant boy could become the world's greatest steel magnate

Where a plain mechanic, working in a white-washed shed, could become an industrial giant

Where an Ohio boy – in school but three months in his whole life – could light the world

Where a determined lad from Wapakoneta could be the first man to walk on the moon

Where no man or woman need bow to a tyrant – and where all can look the world in the eye

Where a homely boy, born in a Kentucky wilderness, could become the man to emancipate a people

Where any person can stand on a soap box and say what he thinks, without facing a firing squad

Where a person can worship God as he chooses, in a cathedral, synagogue, mission, or woodland

Where bootblacks and bluebloods, millionaires and hoboes, have the same rights and privileges

Where our youth inherit more options and opportunities than any generation in history

Where our government of freedom and free enterprise is still going strong for 200 years, while nations and multitudes still yearn for release from bondage

Where people can live richer, reach higher, see farther, think bigger, grow greater, laugh easier, love nobler, and hope finer than anywhere on earth

I believe in America!

---Former Congressman Tennyson Guyer

## Beat the Heat with Cool Summer Meals

Those lazy, crazy summer days are here. Sometimes it is just too hot to cook.

### Try some of these menu tips:

- ❖ Cook double batches. For example, if pasta is on your menu, cook enough for two meals. Toss half of the pasta with a little oil and store it in the refrigerator. On day two, add meat, vegetables, and salad dressing to make a cold salad.
- ❖ Stock your cupboard and refrigerator with easy-to-fix foods such as rice, canned tuna, peanut butter, and cheese. Buy these items when they are on sale to save money.
- ❖ Plan meals around fruits and vegetables that are at their peak of quality and low in price.
- ❖ Choose recipes that need little or no cooking.
- ❖ Use quick cooking methods such as stir-frying, grilling, broiling, or microwaving.
- ❖ Prepare one-dish meals such as tacos, salads, or pizza.

### For picnics, try these tips:

- ❖ Pack plenty of chilled drinks. They will help keep other foods cold.
- ❖ Pack fresh fruits and vegetables. They are low in fat, and good vitamin sources. They also add color and crunch to your meals. Store vegetable sticks in sealed plastic bags in a cooler.
- ❖ Include raisins, crackers, or popcorn. These types of foods are nonperishable. That means they won't spoil in the hot weather.

With planning, summer meals can be a nutritious and cool change of pace.

Source: Duff, Roberta.L.1996. *American Dietetic Association Complete Food & Nutrition Guide*. Minneapolis:Chronimed Publishing.

## Watermelon Slushie

4 cups watermelon, with seeds removed

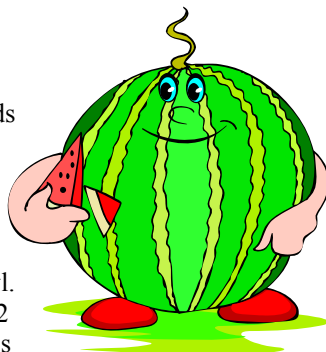
3 ounces frozen lemonade concentrate

Cut watermelon into cubes and place them in a bowl. Freeze the cubes for about 2 hours. Place the frozen cubes and the frozen lemonade concentrate in a blender and process until smooth. Serve cold in frosty mugs.

**Suggestion:** To make frosty mugs, place them in the freezer while you are chilling the watermelon. When you add your drink, the sides of the mugs will frost up.

Adapted from: Witmer, Denise., *Summer with Teens – Watermelon Slushie available online at*

[http://parentingteens.about.com/od/recipesforkids/r/kids\\_recipes56.htm](http://parentingteens.about.com/od/recipesforkids/r/kids_recipes56.htm)



## Sugars: More than Sweeteners



The sweetness of sugars is the attribute that gets attention. Yet, sugars contribute far more than a pleasing flavor to recipes and processed foods. From the standpoint of kitchen chemistry, sugars work as multi-purpose ingredients, fulfilling functions that you may not even think about.

*In yeast breads . . .* sugars are “food” for yeast, allowing the dough to rise. Yeast doesn't consume all the sugar however. The rest adds flavor and contributes to the aroma and delicate brown color of the crust.

*In cakes . . .* sugars contribute to the bulk, tenderness, smooth crumb texture, and lightly browned surface. In cakes that have air whipped in, such as angel food cake and sponge cake, sugars help hold the form.

*In cookies . . .* as sugars and shortening are creamed together, sugars help bring air into the dough. Sugars also contribute to the light-brown color, crisp texture, and even the “cracked” surface of sugar cookies and gingersnaps.

*In canned jams, jellies, and preserves . . .* sugars help inhibit the growth of molds and yeast by tying up the water that these micro-organisms need to multiply. For this reason, sugars act as preservatives.

*In candy . . .* sugars contribute to the texture – for example, the smoothness of hard candy and the creaminess of fudge. And as they cook, turning from white to yellow to brown, sugars develop a unique, tasty flavor.

*In all kinds of food . . .* sugars add to the flavor, aroma, texture, color, and body of food.

What happens if you cut back on sugar in recipes? That depends. In some recipes there's little difference – except for taste. In others, you'll notice a difference in volume, texture, color, and aroma. And in jams, jellies, and preserves, mold will grow quickly, even if they are refrigerated.

Source: Duff, Roberta L. 2002. *American Dietetic Association Complete Food and Nutrition Guide, 2<sup>nd</sup> Edition*. Hoboken:John Wiley & Sons, Inc.

## Celebrate Summer with Family Fun

### Family Sidewalk Mural

- Need:** Colored chalk  
Sidewalk or other hard, flat surface
- To Do:** Gather the family together to make a mural on the sidewalk, patio, or other hard, flat surface with colored chalk.
- Variation:** Wet the sidewalk so it is damp before drawing.



### Games for Children

#### Ring Catch

- Need:** Dowel rod or tree branch (1/2 inch in diameter and 8 inches long)  
Piece of string (12-14 inches long)  
Curtain ring (2 inches in diameter)
- To Do:** Help your child to cut or file a 1/4-inch groove about 1 to 2 inches from one end of the dowel or branch. Tie the string around the groove. Tie the other end of the string to the curtain ring. Hold the dowel or branch straight up, with the groove just below your hand. Snap your wrist and try to catch the ring on the end of the dowel or branch.

#### Flip-Toss

- Need:** 2 small paper cups  
Glue or duct tape  
Small piece of aluminum foil, rolled into a ball  
Crayons or markers
- To Do:** Help your child to fasten the bottoms of the paper cups together with duct tape or glue. Let the glue dry. Let your child decorate the cups with crayons or markers. Place the ball of aluminum foil in one of the cups. Holding the cups in one hand, toss the ball into the air. Quickly flip the cup over and catch the ball in the other cup.

### Family Tree

If you need an indoor family project, create a family tree, using branches that your kids crayon or with older children, a genealogy chart. You might even have a family tree centerpiece: a bare branch stuck in a vase, with paper leaves attached for every family member you've found. Another possible background: a map centered on where you live, with lines drawn from where family members started out.

Get the basic information one day, and then continue to scout photo albums, atlases and online archives for photos, maps, advertisements for family businesses, and newspaper stories that you can all add. Some small libraries have bound copies of old local newspapers; you'll find scans of many others online at web sites such as [news.google.com/newspapers](http://news.google.com/newspapers) which starts with 164 issues of the newspaper "A Propos" and goes all the way to the 171 issues of "Yukon World" published in 1904-05.

Wondering how all these people are related? Parenting Press operations manager Homer Henderson offers this answer: if you share a grandparent but you're not siblings, then you're first cousins. If you share a great-grandparent, you're second cousins. And if you can trace your family back yet another generation, you'll know who your third cousins are! He refers us to Wikipedia for details.

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### Trash to Treasure

Besides origami with junk mail and old magazine pages, kids can turn all sorts of other throwaways into art projects. Many are ideal when you unexpectedly have lots of children to entertain, or when extreme heat, hail or rain, spoil plans for an outdoor activity. Depending on the age of the children involved, these projects may require some adult help or supervision.

**Hairy heads.** Draw faces or cut out a chain of paper dolls and add hair and beards with needle and thread, or for younger children, glue and fine yarn.

**Paper bag princesses (and princes).** Once the kids have heard The Paper Bag Princess by Robert N. Munsch, help them create their own dresses and shirts with brown paper grocery bags. Need a crown? If your dress-up box doesn't have a tiara-style party hat, wrap aluminum foil around lightweight cardboard.

**On the runway with newspaper.** Give each child a roll of masking tape, a stack of newspapers, and an hour, and you can look forward to wild and wacky fashion on an improvised runway! (No scissors allowed; the talent is in the tearing!)

**Metal patchwork.** Cut open empty soft drink cans (using old, old scissors), pound them flat, or cut into squares or triangles. Stitch them together with a rug needle and string. Kids with strong hands can use a metal paper punch around the edges and then lace the pieces together. (Caution: this is a project for older kids who can watch out for sharp edges.)

**Paper patchwork.** Press foil and plastic candy & snack wraps flat, wipe them clean, and then cut them into squares or strips that can be attached to each other or a base with glue or stitching.

**Creating with plastic.** Cut round and round on a plastic grocery bag until you've made a long strip that can be knit or crocheted into a mat (indoor-outdoor carpeting for a fairy house, perhaps?). Or cut strips from bags of different colors and use them to introduce weaving, perhaps with a simple cardboard frame for a loom. Old cassette tape works well, too!

**Dried flowers.** Press tiny blossoms, clover leaves and other petals between sheets of white paper, and under a stack of heavy books, and then use them to decorate notes to friends and relatives. Or add the dried flowers to the top layer of a papier maché project.

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## Family Reunions

Getting some or all of the branches of your family tree together this year (or maybe next)? Here are some suggestions for ensuring that everyone has fun at reunions, whether the event is an afternoon or several days.



- **Plan ahead**

If you're thinking in terms of a simple afternoon potluck for local relatives, start the planning at least three months in advance. If guests will be traveling, or if you are planning a more complicated event, get started at least six months ahead.

- **Determine your purpose**

Do you all want the fun of attending a festival or sports event together? Is there a wedding, anniversary or special birthday? Are you looking for an opportunity to renew friendships? As you begin planning, think about whether you need organized activities or lots of time for casual small-group conversations.

If your purpose includes genealogy, include a table or easel where you can display photos you need identified, a list of ancestors for whom you need information or a family tree with specific questions about dates, occupations & descendants.

- **Assess family members' needs.**

Will you be accommodating elderly relatives? Anyone who uses a wheelchair or walker? New babies? Lots of small children, or a dozen teenagers? Family members' needs and interests will help determine the reunion setting, lodging needs, activities and pace.

- **Establish a realistic budget.**

Just as family financial situations vary, so does the amount of money (& vacation time) that family members are willing to spend on reunions. If most family members, or those with the tightest budgets, are in one area, perhaps that's the best location. Or maybe you can all head for a campground that accommodates tents and campers. Like most cruise lines, family camps, retreat centers and resorts often offer all-inclusive package pricing, so there are no surprises when it's time to pay the bill.

- **Be creative in financing.**

Some families use reunion events such as auctions to raise seed money for the next reunion (postage, location deposits, paper goods, etc.). Family members donate items—sometimes handcrafts, white elephants or souvenirs from the current reunion—to be auctioned off. Some raffle off such reunion decorations as photo reprints and family trees. Other possible fund-raisers: a kangaroo court or fees for bragging (a dollar donated to the kitty for each time you want to brag about your child). This helps ensure that reunion organizers don't have significant out-of-pocket expenses.

- **Plan ice-breaker activities.**

People will get to know each other better—or catch up on what's happened since the last reunion—with games like “family bingo” or “people scavenger hunts.” Each participant can be asked to find people who meet specific

criteria: “Oldest family member” or “Lived 30 years in Butte.” Add “Never eaten sushi,” “Visited Maui,” or “Speak more than one language” to include more people.

A variety of ice-breakers, things people can do on their own as well as the games, will help when family members are shy or introverted. One example: picture displays. When Eveline Goodall's family had its first large reunion in Calgary, Alberta (65 people ranging in age from 5-84), each family was asked to use a 3-panel cardboard exhibit to show off its pictures. The reunion also kicked off with a contest to identify baby pictures from four generations.

- **Identify family members.**

Name tags and a family tree will help people figure out who belongs to whom. In fact, you might combine the two: Fred Crary, Parenting Press's webmaster extraordinaire, tells about how useful it was to have an abbreviated family tree on his name tag at a reunion of his wife's family. A detailed, oversized family tree also makes for a great exhibit.



Many families use T-shirts as a convenient identifier: at Roseline Jackson's reunions, each state's families design their own shirts. Some families differentiate by color: every immediate family or each generation has its own.

- **Be creative in entertainment.**

Some families attend concerts, fairs, historic sites, museums or sports events together; others hire bands or disc jockeys for an evening's entertainment. The most interesting suggestions we received, however, were for family-created entertainment.

The most impressive was from Goodall, who spent months in advance of her reunion creating an interactive multimedia show about her grandparents' family: as she showed dozens of photos of her grandparents and each of their ten children, a great-grandchild was invited to the stage to take on the role of a specific family member, complete with costume.

“My goal was to teach the family history to the younger generation in a way that would be real to them,” she told us, and she succeeded: almost everyone was spellbound by the 90-minute presentation, which was videotaped for family members.

Goodall said the other favorite activity at this reunion was a bus tour of the family members' long-ago homes, workplaces and church. The trip took about four hours, with different relatives telling family stories as the charter bus traveled.

Simple entertainment is also fun, especially when reunions are regular. Jackson's family recognizes that year's graduates, college, high school and even kindergarten, as well as the oldest and youngest attendees and those who have traveled the farthest. Some years there's a take-off on a television game show such as “Family Feud,” pitting relatives from one state against those from another. Other ideas: your own version of “Jeopardy” or “American Idol”!

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### *Memo from Your Child*

“Please don't be afraid to leave for a weekend together.

Kids need vacations from their parents, just as parents need vacations from their kids! Besides, it is a great way to show us kids that your marriage is very special.”



### *Tips for Family Fitness Fun*

#### **Tips for the Home:**

1. Buy toys or equipment that promote physical activity.
2. Limit time spent doing sedentary activities such as watching television and playing computer games.
3. Use physical activity rather than food as a reward.
4. Include extended family and friends whenever possible.
5. Emphasize the importance of having fun and learning; do not stress “winning”
6. Lose the remote to your television. Get up to change the channel. Better yet, turn it off.
7. Spend as much time as possible outdoors.

#### **Tips for the Kitchen:**

1. Pack your own nutritious snacks, drinks, and meals for family outings.
2. Keep fresh fruit and vegetables washed, cut-up, chilled and readily available for post-exercise snacking.
3. Have cold containers of water, juice, and sport drinks available during and after workouts.
4. Teach everyone in the family how to read food labels.

#### **Tips for Anywhere:**

1. Always use the stairs.
2. Carry items properly . . . such as book bags, groceries, and picnic baskets to build strength.
3. Walk, jog, bike, or skip instead of driving (to and from school, grocery store, library, park)
4. Make chores your chance to be active.
5. Park the car AS FAR AWAY from the entrance as possible.

#### **Activities for the Great Outdoors:**

1. Check out parks, bike trails, hiking trails, tennis courts, swimming pools, etc.
2. Volunteer to help a neighbor mow a lawn, rake leaves, clean up a yard.
3. Shovel snow. Build a snow sculpture, make snow angels, build a snow house.
4. Dig and plant a garden.
5. Chop and stack wood.
6. Take a long walk or jog on the beach.
7. Cross-country ski or ice skate for a great winter workout.
8. Visit outdoor education centers.
9. Take a nature hike.
10. Go to a driving range or enjoy a game of miniature golf.
11. Go camping where you can pitch a tent, gather firewood, fish, bike, and walk.

#### **Activities in Your Own Backyard:**

1. Run, jog, and walk on a family treasure hunt.
2. Learn to juggle with the entire family.
3. Count hula hoop rotations.
4. Jump rope: practice rhythms, rhymes, and tricks.
5. Play “hot potato” game with a Frisbee.
6. Play traditional and modified backyard sports: basketball, softball, volleyball, etc.
7. Take the family pet on a walk or jog.
8. Wash the car.

#### **Tips for the Neighborhood and Community:**

1. Enjoy a weekend afternoon of physical activities at a local community center.
2. Walk or bike to a nearby playground – challenge family members to try their skills swinging, and crossing the horizontal ladder.
3. Take a historical (or architectural) walk or cycling tour.
4. Enter a “Fun Run” or a “Bike-a-thon”
5. Check out the facilities at the local Y.M.C.A., health club, park or recreation center.
6. Walk to a tennis court and play.

#### **Tips for Rainy Days:**

1. Create a family video of exercise routines.
2. Invite friends and neighbors over for some country-western line dancing.
3. Invent a new dance, and name it after your family.
4. Dance to three songs on the radio.
5. Share dances from each generation in your family.
6. Use a bench or steps for a step-aerobic workout.
7. Practice safe balances and stunts during TV commercials.
8. Build an obstacle course in the basement or garage.

*Adapted from “99 Tips for Family Fitness Fun” written by NASPE, National Association for Sport and Physical Education. Complete original document can be accessed at <http://www.shapeup.org/publications/99.tips.for.family.fitness.fun/>*

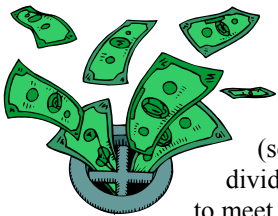
## Welcome to New Hancock Saves Coordinator

Hello, my name is Melanie Gerlach and I am the new Hancock County Saves Program Coordinator. I will be providing financial education programs on budgeting, building credit...not debt, and home ownership; as well as promoting and coordinating the AmericaSaves national initiatives here in Hancock County.

I am originally from Dunkirk, OH but have been living in Findlay for the last four years. I graduated from The Ohio State University in 2004 with a B.S. in Human Ecology. I majored in Family Resource Management there, with an emphasis in Consumer Affairs and a minor in Business. In 2007, I earned an MBA from the University of Findlay with a concentration in Organizational Leadership.

Prior to coming to OSU Extension, I was an Income Development Coordinator for the American Cancer Society for five and a half years. Currently, I am also employed with The RightThing Inc. as a Recruiter/Relationship Manager. In my spare time, I like to volunteer for the American Cancer Society, United Way, Habitat for Humanity as well as other local organizations.

As a member of Hardin County 4-H and FFA while growing up, I know the important role that Extension plays in a community. I am excited to be a part of OSU Extension, and I am looking forward to expanding the role of financial education programs here in Hancock County. If there is a financial topic you would like to know more about, or if you have questions, please contact me at gerlach.23@osu.edu or 419-422-3851.



## Would a Spending Plan Help You?

A spending and savings plan (sometimes called a "budget") is a way to divide your available money for the expenses to meet your needs and wants.

### Why have a spending plan?

Families say that making a spending and savings plan helps them feel as if they're more in charge of their money.

They say that it helps them:

- Stretch dollars and get more for their limited money.
- Work toward their goals with the amount of income that they have.
- Spend wisely.
- Set aside a little money each month as savings, or for emergencies.

## Would a spending plan help you?

If you answer "yes" to any of these questions, you can benefit by developing a spending plan. Join us for one of our Basic Budgeting classes to learn how!

Check

- |                              |                             |   |
|------------------------------|-----------------------------|---|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Is your money gone before the next check?   |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you often wonder where your money was spent?   |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you run out of food, or gas for your car before the next check?                          |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you receive collection notices for past due bills?                                       |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you dream about buying something but think you can never afford it?                      |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you pay some of your bills late each month?  |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you borrow money or food from family, friends, or agencies to make ends meet each month? |

Source: Wisconsin Nutrition Education Program "Planning to Stay Ahead" 2003. page 2.

## Tips for Back to School

1. **Deal with morning madness.**  
Lay out clothing the night before. Have a cubby or special place for each child to store items to take to school. Go to bed early. Get up earlier. Take time for breakfast.
2. **Plan for homework needs.**  
Set a homework schedule. Provide an appropriate place to study. Keep basic study supplies handy. Teach your child to keep track of assignments & projects.
3. **Cooperate with your school.**  
Get to know the teacher. Volunteer in the classroom. Attend parent-teacher conferences. Join the school's PTO (Parent-Teacher Organization).
4. **Make a family calendar.**  
Be excited about school and your child will feel excited as well.
5. **Encourage your child to always do their best.**  
Praise their good work. Display their work in a special place for all to see.

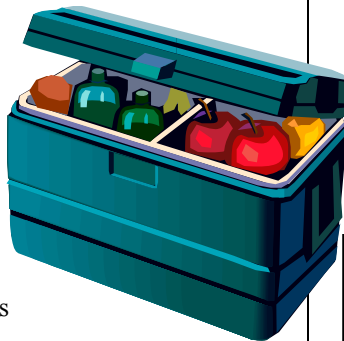
## Picnic Safety



By Karen B. McDougall, Family Nutrition Program Assistant  
OSU Extension Hancock County

### Cooler Safety

- Use an insulated cooler that will keep cold foods cold at 40°.
- Keep filled with plenty of ice or ice packs and replenish when needed.
- Never leave cooler in trunk, remove and place in shaded area or air conditioning.
- Keep lid closed or limit opening lid.
- Keep cold foods cold until time for serving.
- Use one cooler for each:
  - Beverages
  - Meat
  - Ready-to-serve foods



### Cold Items

- Keep cold things cold. Use ice if possible.
- 2 hours on the picnic table, unless temperature reaches over 90° and then 1 hour is the limit.
- Discard any leftovers you can't store properly.

Food Safety ?? Call 1-800-752-2751 or visit [FoodSafety.osu.edu](http://FoodSafety.osu.edu)

### Grilling Time

- Clean grill before using.
- All raw meat and poultry should be thawed before grilling. Thaw properly in the refrigerator or microwave defrost meats.
- Meat should be kept cold (40° F. or colder) until ready to grill. If using partially cooked meats to help cut down grilling time, treat as raw meat and grill immediately.
- Never use the platters that had raw meat on... bring clean platters and cooking utensils for serving freshly grilled meats.
- Never use marinade twice, when done discard it.
- Use a meat thermometer to check for doneness.
  - Steaks & roasts (beef, veal, lamb) 145°
  - Fish 145°
  - Pork 160°
  - Ground beef, veal or lamb 160°
  - Egg Dishes 160°
  - Poultry: whole, pieces or ground 165°

### Other Foods

Keep things cold until ready to serve (like potato salad or pasta salads 40° F). Set bowl inside larger bowl filled with ice. Serve only what you think you'll need in an hours' time and then restock with a clean spoon.

Casseroles should be cooked to an internal temperature of 165° and held at a temperature of 140° by using an insulated container until it's time to eat.



### Helpful Tips

- Wash picnic tables and benches, then cover tables with clean table clothes.
- Ask your guests to wash their hands or use hand sanitizer.
- Keep clean serving spoons for each dish. Discourage guests from using their own silverware to get that extra serving.

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