

NOTES TO DAD

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in his book "All I Need to Know I Learned in Kindergarten" he explains that we learn everything from how to share, to put things back, to clean up your own mess when we are children. We also learned how to play. If we can remember all those other lessons — even the one about picking up your own things — maybe we can remember how to play.



Cook's Question Corner

(Continued from Page B8)

- Mix meatloaves with recipe desired. Divide mixture into small loaves and freeze until needed. The small loaves will thaw and bake faster than the large one.
- Cook and debone chicken, turkey, or beef. Make gravy, cool and freeze. Serve over noodles, rice or waffles. Salad and fresh fruit, complete a meal. Cakes and cookies can be made ahead and frozen. Ice cake after thawing.
- Stir fry chicken breast strips, add frozen veggies and well-drained canned baby shrimp. Serve over rice or as a side dish.
- Bake potatoes in microwave. Use a microwaveable dish, add water to cover bottom, cover with lid or plastic wrap. Thaw when ready to use.
- Most soups can be made ahead of time, frozen, and placed in a crockpot to heat. Try beef vegetable, chicken corn, and ham and bean. Ham and green beans and pork and sauerkraut can also be made ahead of time and placed in a crockpot to heat.

Play: How Important Is It?
Summer is a great time to play. There are more daylight hours, lots of sun, lots of choices, and for many, more time. Often families take vacation during the summer meaning that they spend more time together. Vacations can be filled with projects needing to be completed, but that isn't really play. Play is doing something that you really enjoy and brings joy to your entire body.

If you have watched young children play, they have the right idea. They use their imagination, often their entire body, and involve someone else. Sometimes that might even be an imaginary playmate. Play might also include duplicating what they see adults do.

Can we take a lesson from

children?

I say yes. If you are a busy adult (and who isn't) maybe it is time to take a few minutes off to play. Play can be very stimulating. It can get your creative energy flowing, make you more social, improve your socialability, and keep you physically fit!

All that from playing. Then why don't we do more of it?

Adults have a hundred reasons why they don't play. It might make them look silly, they don't have time, it takes too much money, are a few of the excuses. As with anything we do, we will rationalize why we do or don't do something.

Playing is the job of children and it should be a requirement of maintaining your adult status. We learn so much about life through playing. According to the author, Robert Fulghum

If you have children or grandchildren, this will be an easy job. Put down the paper, well, after you finish this edition and find the kids. It won't matter if you decide to color yes, you can color out of the lines; or roll around in the grass. In fact, while you are down in the grass, stop for a moment and look at the clouds. Can you see Captain Hook marching across the sky, or an elephant with a whale's tail standing on his head?

Playing can be a bit physical if you chose. When was the last time to hit a softball, square danced, or sat on top of the monkey bars? Maybe all that isn't your idea of fun, but perhaps walks through some of beautiful state parks can be a form of play. Not only is it a great way of using your large muscles, but an opportunity to get some fresh air, examine some new plants, and give you a change of pace.

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