

Nurturing the Home—Inside And Out

SPRINGFIELD (Delaware Co.)—Penn State Cooperative Extension in Delaware County is sponsoring its second annual workshop, "Nurturing the Home—Inside and Out" at Widener University on March 1, from 8:30 a.m.-3:30 p.m.

Dr. Clarissa Dillon, who maintains the gardens at the historic Thomas Massey House in Brookmall, will be the keynote speaker. She will speak on "Colonial

Kitchen Gardens, Plant Uses and Women's Work."

Other speakers include Bob Keiter from Waterloo Gardens, who will give tips on extending the vegetable garden season.

Fran Alloway, Penn State Extension, will talk on Heart Healthy Eating; Joe Hop, Wedgewood Gardens, will talk about plant propagation; Bob Thee, Penn State Extension, will give a presentation on identity theft and

on Who Get's Grandma's Yellow Pie Plate—a Guide to Passing Personal Possessions. Jesse Crew, Crozer Arboretum, will lead a hands on workshop focused on pressed flowers, and Neb Bosnic, the chef from Bistro at Tuscany, demonstrates vegetable cookery.

The registration fee is \$15 and includes a light breakfast and lunch. To register, call Delaware County Cooperative Extension at (610) 690-2655.

Course Offered To Volunteers Who Cook For Crowds

W. PITTSTON (Luzerne Co.)—It is estimated that 76 million people suffer from foodborne illnesses each year. Of those, 325,000 require hospitalization and 5,000 die. According to the Pennsylvania Department of Health, from 1990-2000, more than 1700 people became ill from food purchased at Pennsylvania non-profit fundraisers.

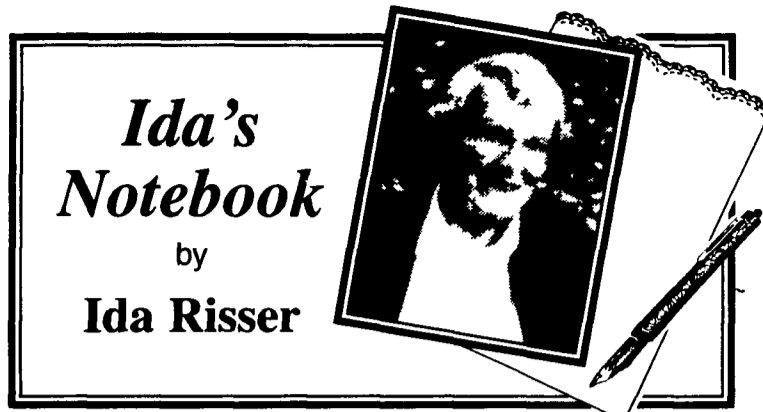
It is the responsibility of the organization serving food to the

public to assure that the food they are serving is safe. If a foodborne outbreak occurs, the costs to an organization or food establishment may be financial, medical, or legal.

To prepare your organization to serve safe food, call to request on site training to be presented by Penn State Cooperative Extension. The three-hour food safety and sanitation training for food handlers will be presented at no

charge. Facilities requesting training need to recruit a minimum of 15 food handlers. Program materials are provided at no cost by Penn State Cooperative Extension.

The free program is designed for temporary food handlers such as churches, fire companies, civic organizations; however, any food establishment is welcome to attend. For more information, call Mary Ehret at 1-888-825-1701.



Our daughter in Georgia compiled a lot of family recipes on her computer. She sent me many pages—some with notes reminding us where we got the original recipes.

I don't think there is any other household chore that brings back as many memories as using these recipes. There is a shoo-fly pie one from my Grandmother Landis. There is a strawberry pie one from our son's wedding reception. Some cookie recipes came from great aunts and even an oatmeal cake from a long ago PTA meeting. And, then there is the complicated one that another daughter entered in a contest and won a prize.

Recently my husband and I attended our grandson's basketball game. He is quite tall for his age and is a very good player. Even if I don't understand all of the rules, I did enjoy watching all the activity. All of that energy being used to run back and forth across the floor. But, for some people it can turn out to be their life's work.

The other day we celebrated some good news about my husband's health by eating at a nearby restaurant. We had just been told that, after another one of my husband's many tests, we could go home. Then the next afternoon a phone call came saying he must be admitted to the hospital that night. Instead of operating the next afternoon, as we were told, the operation was from 7 p.m. to 11 p.m. or almost midnight. It was a long time to sit alone in a big empty waiting room. To top this he is to have three operations in six days from a bone infection. It seems like too much.

Our children have been supportive and the telephone company should make a profit from all the telephone calls back and forth across the country.

Better Kid Care

Child care providers in Pennsylvania can call 1-800-452-9108 to order free educational materials from Penn State Cooperative Extension's Better Kid Care Program. Information on their Web site is available for parents and caregivers at www.betterkidcare.psu.edu.




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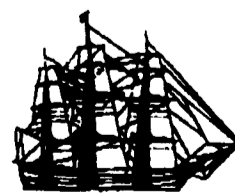
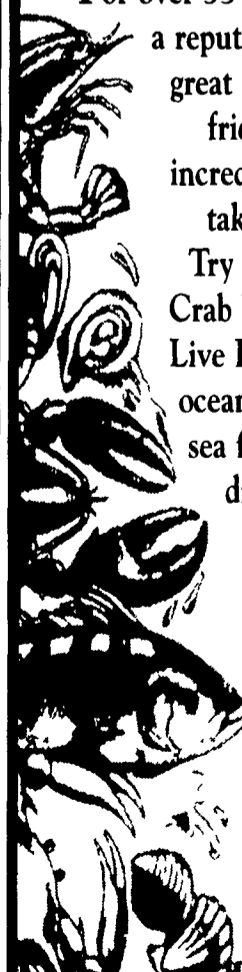
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