



Winter

Dear Homemakers,

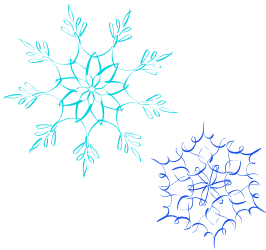
I hope you are all safe and warm and staying upright! Wow— what an icy week we are having. Hopefully, we have warmer, drier days ahead.

In case you all don't know, we are now without an Extension Agent. Nico took a job as agent in White Sulphur Springs in mid-December. Our position has been posted and we are hoping to have our new agent here sometime in April. Maybe in time for the Spring Council?!

Hope you all are enjoying the cozy days of winter...

*Winter is the time for comfort,
For good food & warmth,
For the touch of a friendly hand
And for a talk beside the fire:
It is the time for home.*

Edith Sitwell



Lana Buerkle

Lana Buerkle
Program Assistant



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extensiondw/index.html](http://www.falloncounty.net/extensiondw/index.html)

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THIS & THAT

No-Salt Seasonings: Spices and herbs that are effective in replacing the taste of salt include: black pepper; garlic or onion powder; dill seeds; basil; oregano; parsley; cumin; curry powder and ginger.

Sweet-Tasting Spices: These spices reduce or eliminate the need for sugar in foods: cinnamon; allspice; cloves; and nutmeg.



Cookies bake best in the bottom third of the oven.

To apply a cleaner caulking bead: apply painter's tape on either side of the area where you want the caulk to go. Now lay the caulk, and smooth it with your finger. Then slowly peel off the tape.

Except for pie crust or pastry dough, use fat at room temperature for baking. A heated fat does not incorporate air well and a cold fat does not spread evenly with the other ingredients.

Corner Cleaner: Buy a cheap electric toothbrush to get all those hard-to-reach places.

Ceiling Fan Duster: Make dusting ceiling fans and other high, out-of-reach objects a snap. Simply wrap a dryer sheet around a clean paint roller, securing the ends with rubber bands. Attach an extension Handle to the roller and dust away.



Price Tag/Label Remover: Peeling off price tags and labels often leave a gooey residue. Use the heat from a hair dryer to soften the adhesive, starting at one corner and pulling slowly allowing the heat to loosen the sticker.

When it's time to serve food, use colorful glass compotes, platters, vases, and bowls to present your menu. Turn them upside down to make graceful pedestals, varying the heights for visual appeal. Tuck greenery between and around the bases of the dishes.

Silence Buster: When everyone is tired and it is the end of the day, it is sometimes hard to get dinner conversation started. Here is an idea to get things going. "What is the nicest thing you have ever done for someone else?"

Instead of sodium chloride rock salt for your icy walks, use calcium chloride, sand or even kitty litter. It's less harmful to concrete and plants.

Evaluate your landscape for winter interest. Note good places to plant native grasses, evergreens or shrubs with interesting bark.

When using a fire extinguisher, use the "P.A.S.S." technique:

Pull out the safety pin.

Aim at the base of the fire.

Squeeze the operating lever.

Sweep the fire in a side-to-side motion.



When asked "What do you know for sure?", Oprah Winfrey was clearly thrown and went home and thought about what she'd been asked for two days. "I've never stopped asking myself that question, and have since done a lot of thinking about what's certain, what's real, what's true. In other words: what I know for sure." Here are her all-time top 10:

- ♥ **What you put out comes back** all the time, no matter what. (This is her creed.)
- ♥ You **define your own life**. Don't let other people write your script.
- ♥ Whatever someone did to you in **the past has no power over the present**. Only you give it power.
- ♥ When people show you who they are, **believe them the first time**.
- ♥ **Worrying is wasted time**. Use the same energy for doing something about whatever worries you.
- ♥ What you believe has more power than what you dream, wish, or hope for. **You become what you believe**.
- ♥ If **the only prayer you ever say is "thank you,"** that will be enough.
- ♥ The happiness you feel is in **direct proportion to the love you give**.
- ♥ **Failure is a signpost** to turn you in another direction.
- ♥ If you make a choice that goes against what everyone else thinks, **the world will not fall apart**.

COUNTER INTELLIGENCE

If you're like most people, you automatically store produce in the fridge—not a good across-the-board policy. While cold storage can help some fruits and vegetables last longer, it degrades the flavor and texture of others. Certain items really should be left on the countertop.



TOMATOES Why not the fridge? Chilly air dulls the flavor and makes them more acidic.

Keep-fresh tip: Place in a spot away from windows so they don't get direct sunlight. Use within 1 week.

POTATOES Why not the fridge? The starch in them will quickly turn into sugar, resulting in too-sweet spuds.

Keep-fresh tip: Don't wash until ready to eat. Use within 2 to 4 weeks.

CUCUMBERS Why not the fridge? They become yellow and watery.

Keep-fresh tip: Stash in a plastic grocery bag. Use within 1 week.

BANANAS Why not the fridge? Low temperatures speed up spoiling.



ENJOY THE BENEFITS OF NUTS AND SEEDS

Eat Right Montana

Nuts and seeds are powerhouses of both nutrition and taste. Packed safely in their own natural shells, nuts and seeds are nutrient-rich because they contain everything that a new plant needs to grow: energy, protein, vitamins, minerals, and 'good' fats, such as heart-healthy omega-3 and monounsaturated fatty acids.

1. Vary the types of nuts and seeds to get different vitamins as well as important disease-fighting antioxidants.
2. Snack on a handful of nuts or seeds, since they are calorie-dense as well as nutrient-rich.
3. Sprinkle nuts and seeds into meals. Consider adding a sprinkling of almonds to a morning bowl of oatmeal, sunflower seeds to a lunchtime spinach salad, or walnuts to a pasta dish for dinner. Nuts and seeds can also be sprinkled on yogurt, veggies, and desserts.
4. Spread on a bit of nut or seed butter.
5. Bake with nuts and seeds, as they are perfect for pumping up the nutritional value of pancakes, waffles, breads, rolls, and muffins, as well as cookies and bars. Flax seeds can be ground and successfully added to many baked items.

BAKE BETTER BAR COOKIES

Eat Right Montana

1. Use the right sized pan.

When baking bar cookies, pay close attention to the size of the pan specified in the recipe. Using the wrong size pan changes the depth of the batter, which affects both cooking times and the texture of the bars. A pan that is too large can lead to dry, thin bars, while one that is too small can result in bars that are gummy in the center and more cakey than desired.

2. Prepare the pan properly.

For best results, use nonstick vegetable spray or solid shortening to grease baking pans. Salted butter may cause bars to stick or to get overly brown on the bottom. You can also line the pan with aluminum foil or parchment paper to insure easy removal. Most wrapped bars can be stored at room temperature for 3-4 days or frozen for several weeks.

3. Use the right kind of oil.

Always follow recipe directions for the type of oil (liquid oil, butter, solid shortening, or margarine) to be used. While regular butter and margarine can usually be substituted for one another, never use any product labeled as whipped, diet, or spread in making bar cookies. These products contain extra water and air, which can result in gooey textures.

4. Do not over-mix the dough.

As with quick breads and other cookie dough, it is important to prevent the gluten in the flour from developing too much. Thoroughly mix wet and dry ingredients (including the flour) separately. Once the two have been combined, stir only enough to moisten the dry ingredients. Too much mixing develops more gluten and leads to tough textures.



5. Monitor cooking times carefully.

Ideally, bake one pan of bar cookies at a time, placing the pan on a rack in the center of the oven. If using a glass or dark pan, reduce oven temperature by 25 degrees F. Check bars at least 5 minutes before the minimum baking time suggested in the recipe. Bars are done when a wooden pick inserted in the center comes out clean.

Volatility in Commodity Prices & Input Costs for Montana Producers






Wednesday, January 26th—Thee Garage in Baker
10:00 am—4:00 pm

Please call (406)778-7110 to RSVP
by Monday, January 24th or with any questions.

HOME IS WHERE THE FUN IS

Staying in is the new going out, so gather the gang—and some good food and games!

Between work, school, extracurricular activities and growing to-do lists, it can feel impossible to score family downtime. Make bonding a priority by scheduling a Family Night In—ask everyone to keep the set date and don't worry that your teens will roll their eyes at your request. "Kids not only *need* to spend time with you—they really *want* to, regardless of what they may say," says Meg Meeker, M.D.

-  Let your teens know how much you miss quality family time.
-  Choose games or activities that encourage teamwork, not just one-on-one competition.
-  Let kids make suggestions—they're more likely to be engaged when their input matters.
-  Designate the night as uninterruptable. Turn off all cell phones, laptops and iPods.
-  Snazz up a simple popcorn movie snack with unexpected flavors. Here are some fun seasonings for 1/2 cup unpopped corn popped:

ITALIAN HERB—Toss with 3 Tbsp. grated Parmesan and 1/4 tsp. Italian herbs.

CHILI—Sprinkle popcorn with a mix of 1/4 tsp chili powder, 1/8 tsp each salt and pepper.

TRAILMIX—Add 1/2 cup each peanuts, M & Ms and Craisins. Season with 1/4 tsp. salt.

CINNAMON SPICE—Sprinkle with 2 Tbsp. cinnamon sugar and 1/4 tsp. salt.

COCOA—Blend 1/4 cup cocoa, 2 Tbsp. confectioners' sugar and 1/4 tsp. salt in a small bowl. Toss with corn.

CHIPOTLE RANCH—Stir 1 Tbsp. ranch salad mix, 1/4 tsp. ground chipotle chili pepper or chili powder, and 1/4 tsp. garlic powder. Sprinkle mix over popcorn. (If you air-pop the popcorn, lightly spray the popcorn with butter-flavored cooking spray before sprinkling with the seasoning.)

WHEN CAUGHT IN A WINTER STORM National Weather Service

In a Vehicle

Stay in vehicle:

- * You will become quickly disoriented in wind-driven snow and cold.
- * Run the motor about 10 minutes each hour for heat.
- * Open the window a little for fresh air to avoid carbon monoxide poisoning.
- * Make sure the exhaust pipe is not blocked.

Be visible to rescuers:

- * Turn on the dome light at night when running the engine.
- * Tie a colored cloth, preferably red, to your antenna or door.
- * After snow stops falling, raise the hood to indicate you need help.

Exercise:

- * From time to time, move arms, legs, fingers and toes vigorously to keep blood circulating and to keep warm.

Outside

Find Shelter:

- * Try to stay dry.
- * Cover all exposed body parts.

No shelter:

- * Build a lean-to, windbreak or snow cave for protection from the wind.
- * Build a fire for heat and to attract attention.
- * Place rocks around the fire to absorb and reflect heat.

Melt snow for drinking water:

- * Eating snow will lower your body temperature.

AVOID OVEREXERTION, such as shoveling heavy snow, pushing a car or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.



ITCHING TO PLANT?

Try Propagating Your House Plants



Cheryl Moore-Gough, MSU Extension Horticulturist

This time of year gardeners are itching to plant, but it's just too early to start seeds. Why not try propagating your houseplants?

Most people simply place cuttings in water and hope for the best. While the shoots of species such as lipstick plant or creeping Charlie will root in water, many species won't. Even when a shoot roots in water, they must be repotted into soil quite soon or they won't thrive.

There are several ways to propagate houseplants, and each houseplant responds best to a certain treatment.

“Herbaceous stem cuttings” are made by clipping a 4 to 5-inch long piece of stem from the parent plant, with leaves attached. Make the lower cut just below a node, or the point of attachment of a leaf. Remove any leaves on the bottom 1.5 to 2 inches of the stem. Dip the base of the stem in water and then into a commercial rooting hormone, which is usually a dry powder. Shake the excess hormone from the stem. With a pencil, pen, or small stick, make a hole in your potting media, and place the stem into the hole. This allows the rooting hormone to remain undisturbed on the stem. Firm the media and moisten it. Place your cutting in a warm place. If you are taking cuttings from plants with sticky sap, allow the base to dry for a few hours prior to dipping in the hormone to reduce infection.

“Leaf cuttings” use healthy leaves from the mother plant. For some plants, you can simply stick the stalk of the leaf, its “petiole,” into the potting media. New roots and shoots will form from the base of the petiole. For other plants, such as Bryophyllum, jade plant and begonia, you need to lay leaf blades flat on the media, with their lower surface pressed gently into the media for good contact. New roots and shoots will form from the leaf, which eventually will decay.

Using just a leaf of some plants will produce only roots and no shoots. In this case, a “leaf-bud cutting” is in order. Take a leaf plus its nearest bud and a portion of the stem. Dip the stem portion into rooting hormone, make a hole in the media with a pencil, and stick the cutting into the hole.

When you propagate houseplants, you should not use garden soil unless it has been sterilized. There are microorganisms in garden soil that could damage your houseplants or reduce the possibility of successful rooting. Use a mixture of sand and peat or of sand and vermiculite in which to root cuttings, or a good potting soil blend. Do not add fertilizer to the rooting media.

Whatever container you use for root cuttings, be sure it is clean, particularly if you have used that container before. Wash it in soapy water, rinse in clear water, disinfect in a 10 percent bleach solution, rinse again and dry prior to use. After placing the cutting in the media, firm and moisten it around the base of the cutting and cover the container with plastic to maintain a high relative humidity. A plastic sandwich bag works well placed over your container. Leave the bag loose at its base to allow for some air flow.

Some house plant species become overcrowded in containers. Simply dividing the crowns into several segments provides plenty of planting material to fill empty pots. Be sure the soil is moist when you divide the clumps to help it remain intact against the root surfaces. Remove the rootball from the container and gently tease apart individual plantlets.

Primp indoor plants by boosting their humidity. It's one of the best things you can give them this time of year. Misting doesn't help, but a tray filled with pebbles and a quarter inch or so of water will be most appreciated.

Check on those bulbs that you are forcing. Keep soil lightly moist. And once the bulbs have sent up shoots a half-inch to 1 inch high, take them out and put them in the sunniest, brightest spot possible.



Check on bulbs that you have dug up and have in storage. If you uncover and examine them, they should be firm and healthy looking. If any are shriveled or mildewed, pitch them now.

Corral your ideas into a garden notebook that will be handy for toting to the garden center come spring. Dedicate pages for notes and photos of favorite ideas. Include pocket folders for articles and notes, and a zip pocket to hold spring receipts and plant labels.

2010 FALL COUNCIL

September 21, 2010

The Diligent Doers hosted the 2010 Fall Fallon-Carter Homemakers Meeting, at the Parish Hall in Ekalaka, Sept. 21, 2010.

The meeting was opened by a welcome by Betty Loken, the American Flag Pledge and reading of the Club Collect.

Ronelia Parry gave a presentation on "Women Stepping Forward in Agriculture & County Committee Information". She explained the women's role on the county FSA committee and explained the roles that women can have in their farm or ranch operations, to keep on top of possible program needs for FSA. She mentioned planning with the NRCS before doing sod-breaking, being sure signatures match on paperwork, calling in losses just to see if there is a program that can help, documenting livestock loss with dated photos and turning in losses as they occur throughout the year. FSA committeewoman, Gail Brence, mentioned that one way women can be extremely helpful is keeping a diary, calendar or some other form of record of daily activities on the ranch, to use as documentation, when needed. Ronelia also announced a conference in Helena, October 5-6th. The title of the conference is "Women Stepping Forward for Agriculture".

President Sharon Higgins called the business meeting to order. Guests introduced were Gail Brence and Shirley, Rachel & Tommy Melum.

Roll call was answered with number attending out of number belonging to each club and by paying the yearly dues.

Adventurers: 3/5 members present

Albion 400:1/14 present

Baker Homecraft/Friendly Homes: 2/10 present

Diligent Doers: 11/15 present

Homemakers Heritage: 10/17 present

Willard Homemakers: 4/15 present

The minutes of the Spring Council meeting were read and approved.

Treasurer's Report:	Balance at Spring Council Meeting:	\$853.59
Paid "Sew What" \$25 for Adventurer's Club Plaque engraving:		-25.00
Paid Kathy Stieg for one angel for 2010 Kay Hanley Award:		-31.90
Paid Kathy Stieg for two angels for 2011 Kay Hanley Award:		<u>-41.85</u>
	Balance:	\$754.75

Jean Tronstad moved to accept the Treasurer's Report. Sharon Nordahl seconded the motion; motion carried.

Scholarship Report: Scholarship Chairman, Nita Schallenberger, reported a balance of \$1249.58 in the Scholarship fund. The \$800 from the Council CD has not yet been transferred. The Silent Auction at Spring Council brought in \$188.

A scholarship thank you note from Brent Fix was read. Brent also sent one of his Senior Photos.

Kathy Stieg reported that she had ordered angels for the 2011 Carter and Fallon County fairs. One of the angels is being discontinued, and possibly the other. Mary Smith won the Fallon County Angel, and Dorothy Padden won the Carter County Angel.

Constitutional revisions were discussed. A committee of Sharon Higgins, Nita Schallenberger and Kathy Stieg was appointed to work on the revision and have it ready for the Spring Council meeting.

The nominating committee presented nominees for new Council officers. Officers were voted on and the new president is Nancy Curry; the new President-Elect is Rosina Owen, and the Secretary-Treasurer is Nita Schallenberger.

Sharon Nordahl made a motion to move our checking account from Wells Fargo Bank to the Fallon County Federal Credit Union. Kathy Rosencranz seconded the motion; motion carried.

The business meeting adjourned.

Four area ranches, which have been in families for 100 years or more, were represented in a program to recognize what life was like for women in those days. Those presenting were Dorothy Padden, Val Johnston, Josephine Berry Roadifer, and Shirley & Rachel Melum. Each told of days when ranch wives worked to provide for their families with none of the modern conveniences we enjoy today.

The Diligent Doers provided a delicious luncheon of salads, sandwiches and desserts. Betty Loken said the blessing for the lunch.

In the absence of the Extension Agent, Lana Buerkle gave the Extension update.

Dorothy Padden was honored, with a certificate and a bouquet of flowers, for being a 50-year Homemaker member.

Robert Drown, Extension Agent from Bison, SD, presented an afternoon program on Fall Planting Tips. Kay Ovitz, a Master Gardener, presented an interesting program on flower garden plantings.

Throughout the day there was bidding on the Silent Auction, and nine door prizes were given.

Kathy Stieg
Secretary/Treasurer

USES FOR ALUMINUM FOIL

It's been capping casseroles and wrapping brownies for nearly 100 years. Check out these other uses for foil.

1. Get rid of rust. Crumple a piece of foil, and use it to rub rust spots off car bumpers and shower-curtain rods.
2. Make a funnel. Curl a section of foil into a cone shape, secure it with tape, and start pouring.
3. Fix a loose connection. Fold a 1-square-inch piece of foil several times and insert it between a battery and a loose spring to hold it in place and complete the circuit.
4. Glue down loose vinyl tile. Place a sheet of foil over a loose self-stick vinyl tile, and press a hot iron over the foil until the adhesive backing melts and sticks to the subfloor.
5. Sharpen scissors. Fold a sheet of foil several times and cut through it with a pair of dull scissors to sharpen the blades.
6. Guard against drips. Wrap door handles, knobs, and drawer pulls with foil for quick paint-job protection.
7. Decrust your grill. Ball up a square of foil, and use it to scrub off black bits.
8. Save your steel wool. Set your scrubber on a piece of foil to keep rust away.
9. Make silver shine. Line a glass pan with foil, add several spoonfuls of baking soda, fill the pan with boiling water, and drop in tarnished silverware for a quick cleaning.

IDEAS FOR YOUR USED CHRISTMAS CARDS

Trace around a cookie cutter set on the most visually interesting part of your card. Cut out along the lines, punch a hole, and tie to a garland with narrow red ribbon or yarn.

Punch holes in each card and string through pretty ribbon to add to a chair back or over a doorway. Can cut cards or parts of cards before stringing.

Create eco-friendly season's greetings by repurposing decorative scraps. To start, cut your favorite scenes from leftover Christmas cards or wrapping paper. Glue to card-stock. If a card's design isn't particularly interesting, cut it in a simple shape, such as a Christmas tree, and glue it to a contrasting paper. Other artistic embellishments: ribbons, holiday stickers, rubber stamps, cupcake liners, buttons and used seasonal postage stamps. For the type, trim words from old greetings.

Use card fronts to decorate plain brown paper bags or to make gift tags. Cut shapes from cards and glue to card-stock. Attach to bags or punch a hole in corner for tags.

BREAKFAST at HOME

Eat Right Montana

We've all heard that "breakfast is the most important meal of the day," often from our moms and grandmothers. After years of scientific research, it turns out that they were actually on to something important.

For kids, eating in the morning is essential for optimal school performance and overall health. Kids (and adults) who eat breakfast tend to do better at school (and work) - and to have healthier weights and cholesterol levels as well.



PLAN

To refuel and rev-up your family for an energetic day, plan a power breakfast. For most people, time is the biggest obstacle to eating in the morning. Here are three tried-and-true tips for beating the breakfast rush hour:

GET READY THE NIGHT BEFORE: Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Slice up some fruit and cheese.

KEEP IT REAL SIMPLE: Fancy breakfasts are wonderful when you have the time. On busy days, a sandwich, a slice of leftover pizza, or a yogurt with fruit work just fine.

PACK IT TO-GO: If there's no time to eat at home, take your nutrition to-go. Pack a brown bag breakfast for the road — or see if your school offers a breakfast program.

EAT

CARBOHYDRATE: A high-octane carbohydrate energizes your body and brain for a busy day. Think cereal (hot or cold), bread, muffins, rolls, tortillas, or even leftover pasta. Choose whole grains for an extra nutrition punch (more fiber and nutrients).

PROTEIN: This is the missing link in most morning meals. Protein is what we need to go strong until lunch. Think lean: a slice of Canadian bacon, an egg, a slice of deli meat or cheese, a container of yogurt, a scoop of cottage cheese, or a handful of nuts.

FRUIT: Breakfast is a great way to start on the 5 to 9 daily servings of produce your body needs for optimal health. Think fresh, frozen, canned, or dried fruit—like apples, avocados, bananas, berries, grapefruit, kiwi, mangoes, oranges, pears, or pineapple.

ENJOY

Skipping breakfast is a no-brainer—literally. Skip breakfast—and your brain and body suffer all day. Eat well in the AM and you're on the nutrition fast track for a high-energy day. Give kids what they crave—a power breakfast every day.

It's a new year and maybe time for a change in decorating?

Here are some easy ways to give your bookshelves a new look:

FORGET SYMMETRY AND BE ODD


Rather than a matching set of mirroring objects, go for asymmetrical arrangements of three, five or seven, setting them off-center to add a subtle element of surprise. Instead of symmetry, what you're aiming for is balance.



CHANGE THE SHELF HEIGHT

Another tip to aid in your asymmetry efforts: Unless your shelves are fixed in a built-in or other shelving unit, vary shelf heights so they don't all line up exactly.

STACK BOOKS

 One trick for boosting an item's stature, literally and figuratively, is risers. These come in handy for varying the height of the things on your shelf and help draw attention to a particular piece. Use books stacked on their sides as platforms, wood or lacquer boxes as pedestals and compotes, cake stands and other risers to help stagger heights.

ADD SPARKLE AND SHINE

Glass, crystal and silver objects make shelf arrangement literally shine. A mirror placed at the back or bottom of a shelf will double the visual effect of the objects placed in front or on top. Rather than hiding the family silver in a dining cabinet, pull it out, shine it up and display it on open shelves: either as a collection or by using individual pieces paired with rougher objects for contrast and interest.

CREATE LAYERS ON SHELVES

In addition to height, consider depth when decorating shelves. Stand up trays, pretty plates and pieces of art to use as the backdrop for your arrangement and then work your way out from there. After you've placed the largest, tallest items as anchors at the back of the shelf, layer smaller, shorter objects in front of them. The results will invite viewers to discover new layers with each glance.

MIX ART IN WITH BOOKS

Don't relegate photos and art to walls only. Shelves are great display spots, too and they make it a snap to regularly rotate new pieces into your home gallery.

LET THERE BE LIGHT

As a finishing touch, illuminate your shelves to spotlight the arrangements you've created there. Add track lighting to the ceiling and focus a few spots on shelf displays; mount a picture light above a shelf or a series of picture lights above a series of shelves; affix small puck lights to the underside of one shelf to highlight the contents of the shelf below or discreetly tuck tiny up-lights behind a vase or other item to backlight the arrangement.



GROUP LIKE WITH LIKE

Unite your shelf displays by grouping items by theme, color, shape, texture or material. Like things together give the biggest impact.

LIVE and LEARN and PASS IT ON

Compiled by H. Jackson Brown, Jr.

I've learned that life is like a scooter car; not much happens unless you do some peddling.—Age 79

~

I've learned that most of the things I worry about never happen.—Age 64

~

I've learned that if someone says something unkind about me, I must live so that no one will believe it.—Age 39

~

I've learned that a patrol car behind me always makes me nervous.—Age 25

~

I've learned that every great achievement was once considered impossible.—Age 47

~

I've learned that whenever I decide something with kindness, I usually make the right decision.—Age 66

~

I've learned that if you spread the peas out on your plate, it looks like you ate more.—Age 6

~

I've learned that the great challenge of life is to decide what's important and to disregard everything else.—Age 51

~

I've learned that just when I get my room the way I like it, Mom makes me clean it up.—Age 13

~

I've learned that you shouldn't compare yourself to the best others can do, but to the best you can do.—Age 68

~

I've learned that you should never be too busy to say "please" and "thank you." - Age 36

~

I've learned that a strong code of ethics is as reliable as a compass.—Age 43

~

I've learned that whenever I take a fishing trip, the guy who runs the bait shop always says, "Gee, you should have been here yesterday." - Age 43

~

I've learned that even the simplest task can be meaningful if I do it in the right spirit.—Age 72

~

I've learned that enthusiasm is caught, not taught.—Age 51

~

I've learned that in every face-to-face encounter, regardless of how brief, we leave something behind. - Age 45

