

Today's News

TODAY CENTER
FOR ADULTS

JUNE
2008

Happy Father's Day, and thanks ... for being you

If you're a dad in today's world, you could be a little tired of being thanked every year for working to support your family. In fact, you could be wondering, "Hey, what about me, the real me? I'm worth more than a paycheck after all."

Certainly, you are. The intangibles a father brings to his children can be at least as important as material things.

Love: Its effect can't be underestimated. Love is the basis for children's future maturity and helps them become self-respecting adults.

Your example: Children learn more from observing you than they could if you intended to coach them on how to live.

Problem solving: They see you deal with many difficult situations and learn that problems can be solved.

Humanity: Children soon discover that even you aren't right all the time. It's human to be wrong sometimes, and your apology shows that you are strong, not weak.

Interaction: From cradle through college, your play with your children is different from their mother's. It could be more rough-and-tumble or in games that show them that they have to play by the rules.

Childcare: You may be more involved than your father was, partly because their mother also has a job. Your involvement helps to mold stronger children and a stronger America.



Flag Day Honors our Flag and our Troops

June 14, is designated as Flag Day, that special day we honor our country's symbol. With our troops serving in Iraq and other war-torn countries, the flag flying high has become a symbol of support for our military men and women.

Our Star-Spangled Banner is an emblem of liberty and sovereignty. It gives hope to our country and to all other countries that desire freedom.

The National Flag Day Foundation of Waubeka, Wis., continues its yearly observance with a ceremony that includes the

raising of the flag, singing the national anthem, and the reciting of the Pledge of Allegiance. There is a musical salute to the Armed Forces, a military flyover, and a parade.

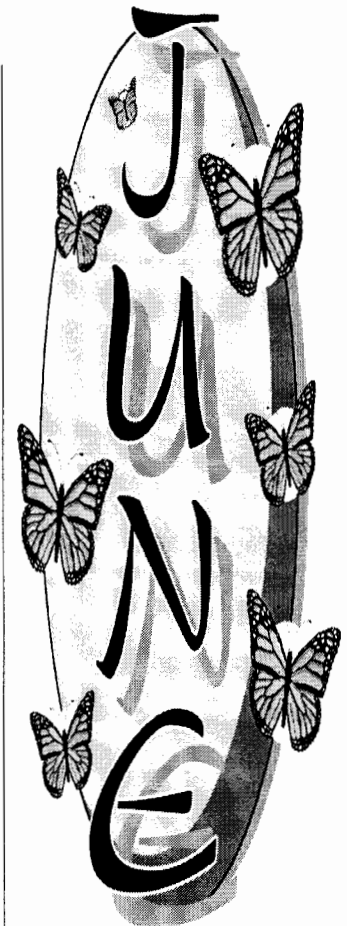
When Kentucky and Vermont were admitted to the Union, the flag had 15 stripes and 15 stars, one for each state. However, as more states were being considered for admission, Navy Capt. Samuel Reid suggested that the stripes be returned to 13 for the original colonies and a star for each state.

Our present flag

has a background of 13 horizontal stripes and 50 stars. The 13 stripes represent the original 13 colonies and the 50 stars represent our 50 proud states.

The last four states to be admitted and to receive their star were Arizona, New Mexico, Alaska, and Hawaii.

The colors of the flag are endowed with their own special meaning. Red is said to represent hardiness and valor, white to represent purity and innocence, and blue to represent vigilance, perseverance, and justice.



Proudly display your flag on this

FLAG DAY

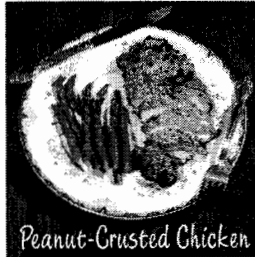
June 14, 2008

Today, we know that peanuts are a smart choice

For a time, it was considered wise to avoid peanuts because of their fat content. Times have changed. Health conscious people now know that peanuts hold no damaging cholesterol. Their high protein content makes them a good choice for anyone, particularly for vegetarians.

Technically, peanuts belong to the legume family as do peas and green beans, but some people wonder whether peanuts should be in a food group of their own. In addition to protein, they contain vitamin E, niacin, riboflavin, and important minerals.

A study published in the *International Journal of Obesity* shows that



Peanut-Crusted Chicken

eating peanuts is a valuable way to control hunger without weight gain.

Once considered only fit for animal feed, scientist George Washington Carver spent his life finding better uses for peanuts.

Try this easy recipe.

Peanut-Crusted Chicken

This is a variation of a popular Oriental dish, peanut pork. Peanut-encrusted chicken is high in protein, low in fat and has all natural ingredients.

- 4 boneless, skinless chicken breast filets
- 1 cup salted peanuts
- 2 tablespoons canola oil
- 4 tablespoons honey

Using a blender or coffee grinder, reduce the peanuts to a coarse mixture.

Do not over grind or you will end up with dry peanut butter.

Lightly salt and pepper the chicken breast filets and brush on a coating of honey for binding and flavor. Roll in the coarsely chopped peanuts and press the coating into the chicken with the back of a tablespoon.

Coat a deep frying pan with canola oil and bring heat to high. Place the chicken in the skillet, reduce heat to half, and cook until golden brown, or about half an hour to 45 minutes.

This dish can also be baked, eliminating the use of the canola oil. Bake the filets at 350 degrees for 45 minutes or until crusty brown on top. The dish can be sliced and served piping hot as an entree or it can be served with your favorite dipping sauce as an appetizer.

Protect Your Teeth From Acid in Food and Drinks

The acid in food and beverages can cause tooth enamel to erode. Saliva helps to restore it, but it goes only so far. To minimize the damage, dental authorities at the Mayo Clinic recommend:

- * Consume fewer acidic products between meals, including citrus fruits, regular sodas, fruit juices, wine, tart candies and anything containing vinegar.

- * Eat or drink these products with a meal. Food neu-

tralizes acids and helps to eliminate them from your mouth.

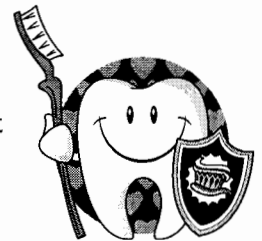
- * Avoid consuming acidic foods and drinks before going to bed. Saliva production decreases when you sleep.

- * If you must have a regular soda during the day, drink it through a straw to minimize contact with your teeth. Never hold the liquid in your mouth.

- * Neutralize acid with a bit of cheese, water or fluoride mouthwash.

- * Wait to brush your teeth. After an acidic item, wait 30 minutes to brush. Brush with a fluoride tooth paste 30 minutes before or after consuming acidic items.

- * Sugarless gum stimulates saliva.



A Caution on Flavored Waters

They look good, taste good and are hydrating. But some have almost as many calories as a bottle of regular soda. And the sugar and fructose corn syrup sweeteners are absorbed differently. Purdue University reports

that when two groups were fed the same number of calories from jelly beans or drinks, the candy group compensated by eating less, but the soda group gained weight. Don't depend on flavored waters that are fortified with vitamins, herbs, minerals and

caffeine. Some have no studies backing up their claims. Others may take you over the recommended daily allowance when combined with food and a daily supplement. If you must have water in a bottle, plain water is good enough on its own.

New Repellent as Good as DEET: Avoiding Mosquito Bites and Bee Stings

Visitors to your picnics and cookouts have to be planned for, especially for those who aren't invited, like mosquitoes.

Use repellents. Though DEET has been thought of as best, new aroma-free products containing picaridin are just as good and have no downsides, according to Naval medical entomologists. Cutter Advanced Sport (\$5) is one of the best.

Wear loose clothes. Mosquitoes can bite through tight-fitting shirts and pants. Don't wear smelly shoes or socks.

Light up. Though they aren't the whole answer, surrounding your party area with tiki torches can help. Use those with citronella oil, which can interfere with scent receptors on mosquito antennae.

Use a fan. It will spread human aromas away, and mosquitoes don't like to fly in wind.

Don't disturb a bee. If a bee, hornet or yellow jacket visits your picnic, ignore it and it will probably fly away. Stay calm. If you wave your hands or anything else at it, it will feel threatened

and will be more likely to sting.

Skip the Hawaiian shirt. Bees are attracted to bright colors and patterns. If you look like a bunch of flowers, you will attract the bees.

Keep food covered, especially sweets. Something sweet is what bees are looking for, whether it's in perfume or a cake.

If stung, watch for allergic reactions such as hives or difficulty breathing. Get medical help immediately.



Car Lovers of all Ages are Cruisin' and Reviving the Fun

Though gas prices are high, cruisin' isn't greatly affected by it. It's mostly about parking the car, sitting in lawn chairs, socializing, and watching the traffic go by.

It was popular in many cities and towns in the '60s and '70s, but then only teenagers were doing it. Today, many cruisers are grownups and retirees who like to sit out on nice evenings, play some music, visit and show off their shiny cars.

Different types of parking areas attract different kinds of people. At one AutoZone store that sells car collectibles, the parking lot usually has visiting professional drivers, engineers and mechanics. They critique passing cars like commentators in a fashion show. (This group doesn't like the flashy imports.) Some cruisers say they have made many new friends. Others say it's just a good place to get away from the

pressures of living in uncertain times.

There's a certain skill to picking a spot for the evening. Some are populated with young people and some are called old people's spots, and some are special interest groups.

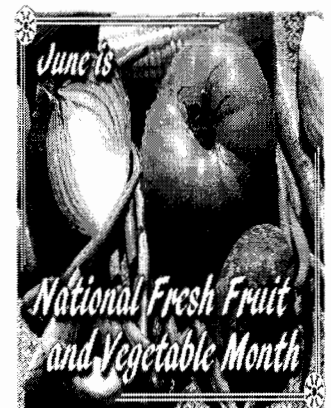
Responsible cruisers don't park where they aren't wanted and always clean up the area before leaving.



Changing Your Life

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster and do it with no thought of any reward. Your life will never be the same again.

~Og Mandino



JUNE FUN FACTS

BIRTHSTONE

Some resources list the alexandrite and the moonstone as the birthstones for June. However, the modern birthstone for June is the pearl. It has a history more ancient than does any other gem.

FLOWER OF THE MONTH

The flower for the month of June is the rose—the flower of love. Did you know that George Washington, our first president, was our first rose breeder as well?

COLOR OF THE MONTH

Pink

LUCKY DAY

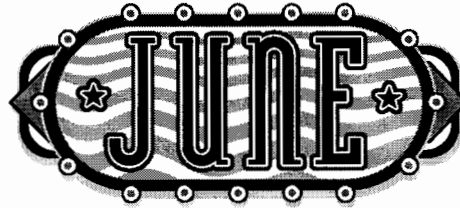
Monday

LUCKY NUMBERS

3 and 6

PERSONALITY TRAITS

If you were born in June you are maternal and domestic. In friendship and in life, you hold fast to your loyalties with strength in your convictions. You keep secrets as well as promises, whether they pertain to others for yourself. You are often



hesitant when it comes to trusting the advice of those you know best. You have a love for all things spiritual and magical but believe your greatest treasure of all is your home. You value harmony and happiness and do your best to make those around you comfortable at all times. June born people often become successful leaders, although they are most content in the home.

JUNE CELEBRITY BIRTHDAYS

- 1, Andy Griffith, actor, Mount Airy, N.C., 1926.
- 2, Jerry Mathers, Leave It to Beaver, Sioux City, Iowa, 1948.
- 4, Freddy Fender, singer/songwriter, San Benito, Texas, 1937.
- 6, Kenny G., saxophone player, Seattle, Wash., 1956.
- 7, Prince, musician, singer, Minneapolis, Minn., 1958.
- 9, Patricia Cornwell, mystery writer, Miami, Fla., 1956.
- 10, Linda Evangelista, model, Canada, 1965.
- 11, Joe Montana, football player, New Eagle, Penn., 1956.
- 12, Jim Nabors, Gomer Pyle U.S.M.C., Sylacauga, Ala., 1932.


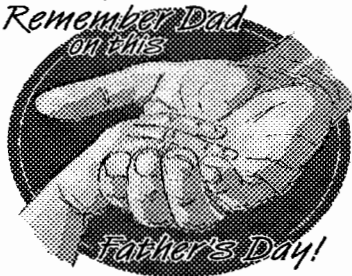
- 13, Mary-Kate and Ashley Olsen, actresses, Los Angeles, 1986.
- 14, Steffi Graf, tennis player, West Germany, 1969.
- 15, Helen Hunt, Academy Award, Los Angeles, Calif., 1963.
- 16, Erich Segal, Love Story author, Brooklyn, N.Y., 1937.
- 18, Paul McCartney, singer, songwriter, England, 1942.
- 20, Nicole Kidman, Oscar winning actress, Honolulu, HI, 1967.
- 22, Kris Kristofferson, singer, actor, Brownsville, Texas, 1936.
- 24, Juli Inkster, golfer, Santa Cruz, Calif., 1960.
- 25, Jimmie Walker, comedian, New York, N.Y.,

- 1948.
- 27, Norma Kamali, fashion designer, New York, 1945.
- 28, John Cusack, actor, Chicago, Ill., 1966.
- 29, Gary Busey, musician, actor, Goose Creek, Texas, 1944.
- 30, Vincent DiOnofrio, TV actor, Brooklyn, N.Y., 1959.



JUNE

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEG. RICE PUDDING 9:15 CURRENT NEWS 10:30 JUNE CALENDAR 10:30 FLIP - FLOP 1:45 WATER WAVES 1:45 COLOR PAGE 3:00 WHAT'S THAT	3 SMOKED SAUSAGE OVEN BROWN POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANAS 9:15 BALLOON TOSS 10:30 OCEAN ART 10:30 FLOWER POWER 1:45 FINISH THAT PHRASE 1:45 YOUR CHOICE 3:00 ROLL OUT	4 CUBE STEAK WHIPPED POTATOES/GRAVY GREEN BEANS APPLESAUCE 9:15 REMINSCING 10:30 FISH TRIP 10:30 GONE FISHING 1:45 BASKETBALL 1:45 MUSIC TIME 3:00 UNO	5 HAM & CHEESE SANDWICH POTATO WEDGES SLICED TOMATOES/LETTUCE LEMON BAR 9:15 ABC GAME 10:30 SEA CREATURES 10:30 SENS. STIM. 1:45 BEACH BUCKET 1:45 LET'S ROLL 3:00 LOOK HERE	6 CUP OF SOUP TUNA SALAD/COTTAGE CHEESE FRUIT PLATE VANILLA PUDDING 9:15 PARACHUTE FUN 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 TOSS ACROSS 1:45 BALLOON TOSS 3:00 WHAT'S UP
9 VEGETABLE SOUP HAM & CHEESE ON RYE PICKLES BROWNIE 9:15 OUTBURST 10:30 FROG PUPPET 10:30 YOUR CHOICE 1:45 FARKLE 1:45 BASKETBALL 3:00 LOOK HERE	10 HAMBURGER STROGANOFF NOODLES CAL. MIX VEGETABLES ICE CREAM 9:15 ABC GAME 10:00 BINGO 10:00 GAME TIME 1:45 SPECIAL CARDS 1:45 REMINSCING 3:00 CARD GAMES	11 PORK CHOPS WHIPPED POTATOES/GRAVY GREEN BEANS LEMON PIE 9:15 HANGMAN 10:30 TURTLE CRAFT 10:30 SENS. STIM. 1:45 GAME TIME 1:45 ROLL'EM 3:00 TROUBLE	12 STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOUPE 9:15 REMINSCING 10:30 MEN'S GROUP 10:30 CHEESE CAKE BAKE 1:45 OUTBURST 1:45 SOCIAL EVENT 3:00 SEEK AND FIND	13 HOT DOG ON BUN BAKED BEANS COLE SLAW FRESH FRUIT AND COOKIE 9:15 BALLOON TOSS 10:30 OUR FLAG 10:30 LITTLE HANDY NOTE 1:45 TROUBLE 1:45 BALL TOSS 3:00 MAKE ME LAUGH
16 FISH NUGGET MACARONI & CHEESE STEWED TOMATOES FRUIT CUP 9:15 PARACHUTE FUN 10:30 PAPER FISH 10:30 FREE ART 1:45 DICE GAME 1:45 SEE AND SAY 3:00 HIGH ROLLER	17 COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEG. CHILLED PEARS 9:15 CURRENT NEWS 10:30 NOODLE BALL 10:30 FLAG DAY 1:45 PUZZLE TIME 1:45 SING ALONG 3:00 THAT'S PUZZLING	18 HAM AU GRATIN POTATOES CALIFORNIA MIXED VEG. CHILLED PEACHES 9:15 ABC GAME 10:30 STAR FISH ART 10:30 SOCK TOSS 1:45 OUTBURST 1:45 GUESS WHO? 3:00 WHAT'S UP	19 CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 BALLOON TOSS 10:30 SUMMER ART 10:30 NATURE WALK 1:45 ROLL'EM 1:45 DICE GAME 3:00 UNO	20 CREAM OF BROCCOLI SOUP BOLOGNA & CHEESE SAND. TOMATO/LETTUCE CHOCOLATE BROWNIE 9:15 REMINSCING 10:00 BIBLE STUDY 10:00 NTL GEO FILM 1:45 COLOR PAGE 1:45 YOU DRAW 3:00 TROUBLE
23 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRESH FRUIT 9:15 ABC GAME 10:30 PAINTING CLASS 10:30 ROLL-EM 1:45 FLOWER ART 1:45 SOUND OF MUSIC 3:00 MAKE ME LAUGH	24 CABBAGE ROLLS BUTTERED POTATOES SEASONED CARROTS GRAPES 9:15 HANGMAN 10:30 VOLLEY BALL 10:30 LILY PAD FROG 1:45 COOKING CLASS 1:45 BALLOON TOSS 3:00 WHAT'S UP	25 HOT DOG ON BUN BAKED BEANS COLE SLAW DICED PEARS 9:15 BALLOON TOSS 10:00 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 YOUR CHOICE 1:45 TABLE GAMES 3:00 SEEK AND FIND	26 MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES 9:15 OUTBURST 10:30 WOMEN'S GROUP 10:30 ANIMAL MOBIL 1:45 NUMBERS 1:45 HIDE AND SEEK 3:00 ROLL OUT	27 CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD CHILLED PEACHES 9:15 CURRENT NEWS 10:30 FISH PUPPET 10:30 MOVEABLE ANIMAL 1:45 FREE ART 1:45 STORY TIME 3:00 THAT'S PUZZLING
30 COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEG. RICE PUDDING 9:15 HANGMAN 10:30 BASKETBALL 10:30 GOLD FISH SNACK 1:45 DICE GAME 1:45 SNACK AND MUSIC 3:00 UNO	FLAG DAY, June 14 		Remember Dad <i>on this</i>  JUNE 15 FATHER'S DAY	



FIRST DAY OF SUMMER
JUNE 21

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[We're on the Web!]

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todaycenter.htm](http://www.co.greene.oh.us/todaycenter.htm)



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