

# Insights

## FCE “Free Shred Day” was a big success



When you try something new, you never know how it’s going to turn out. That’s the way we felt at FCE’s first annual Community Free Shred Day, sponsored by the Chillicothe Gazette. However, we consider this event a great success because 80 to 90 customers brought nearly 2 tons of paper in 4 hours. We plan to hold this event at least once a year.

Thanks to those who sacrificed their Saturday morning to work the event.

## Take Me Out to the Ball Game...

Nearly a hundred people braved the intense heat to enjoy the “Picnic with the Paints”. The participants had plenty of good food and were able to meet several Paints players. Patrick G. had the honor of throwing out the first pitch. It was a hot night at the old ballgame, but those who stayed and root-root-rooted for the home team were treated to a Paints win.



## Tips to Beat the Heat

Everyone should follow these basic heat safety tips in order to avoid heat exposure and possible death. Try especially hard to make sure that at risk individuals follow these tips religiously.

- During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid morning to mid afternoon.
- Dress lightly and when sleeping use lightweight breathable covers.
- Drink plenty of water and other fluids, but try to avoid caffeinated beverages.
- People who live in homes with no air conditioning should keep blinds closed from morning until the late afternoon to block extra direct heat from sunlight. Also, stay on the lowest level of your home.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.

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## Banana Split Ice-cream Cake

1. In a small bowl, combine the graham cracker crumbs and the melted butter. Set aside 1/2 cup of the mixture, then press the remainder into the bottom of a 9- by 13-inch pan.
2. Place the bananas in a single layer over the crust. Spread the softened ice cream on top and smooth. Sprinkle the nuts on the ice cream, then cover with plastic wrap and freeze until firm, about 1 hour.
3. In a large saucepan, melt the chocolate chips and the remaining 1/4 cup butter and stir until smooth. Add the confectioners' sugar and evaporated milk. Cook, stirring constantly, over medium heat until slightly thickened and smooth, about 8 minutes. Remove the pan from the heat and stir in the vanilla. Cool the mixture, about 30 minutes, stirring occasionally. Pour the mixture over the ice cream and freeze until firm, about 45 minutes.
4. Spread the whipped topping over the chocolate layer and sprinkle with the reserved crumbs. Freeze for at least 3-1/2 hours. Remove the dish from the freezer 10 to 20 minutes before slicing. Serves 18.

- 2 cups graham cracker crumbs
  - 1/2 cup butter, melted, plus 1/4 cup butter
  - 4 to 5 medium bananas, sliced into 1/2-inch-thick rounds
  - 1-1/2 quarts strawberry ice cream, softened
  - 1 cup chopped walnuts
  - 1 cup chocolate chips
  - 1 cup confectioners' sugar
  - 1 cup evaporated milk
  - 1 teaspoon vanilla extract
- 1 (8-ounce) container nondairy whipped topping

## August Birthdays



- |                         |                         |
|-------------------------|-------------------------|
| <b>Terry U. - 8/3</b>   | <b>Ester R. - 8/23</b>  |
| <b>Brenda J. - 8/5</b>  | <b>Helen J. - 8/23</b>  |
| <b>Jamie B. - 8/5</b>   | <b>Ineta W. - 8/23</b>  |
| <b>David H. - 8/12</b>  | <b>Joanie T. - 8/25</b> |
| <b>Rachel B. - 8/13</b> | <b>Jim L. - 8/25</b>    |
| <b>David M. - 8/19</b>  | <b>Dylan J. - 8/28</b>  |
| <b>Casey D. - 8/22</b>  |                         |

## Upcoming Events / Activities

**Monday, September 5** - Labor Day—FCE  
Closed

## August Wednesday Lunch Menu and Nutritional Information

The Safety Committee sells hot lunches each Wednesday. Below you will find what will be offered each Wednesday during the month of August We have also provided dietary information for each item.

<b>August 3</b>	<b>August 10</b>	<b>August 17</b>	<b>August 24</b>	<b>August 31</b>
<b>Sloppy Joe</b>	<b>Johnny Marzetti</b>	<b>Sloppy Joe</b>	<b>Johnny Marzetti</b>	<b>Sloppy Joe</b>
<b>\$1.00</b>	<b>\$1.50</b>	<b>\$1.00</b>	<b>\$1.50</b>	<b>\$1.00</b>
Calories – 290	Calories – 440	Calories – 290	Calories – 440	Calories – 290
Total Fat–11.5 grams	Total Fat – 13.5 grams	Total Fat–11.5 grams	Total Fat – 13.5 grams	Total Fat–11.5 grams
Cholesterol- 5mg	Cholesterol- 25 mg	Cholesterol- 5mg	Cholesterol- 25 mg	Cholesterol- 5mg
Sodium –625 mg	Sodium –10.75mg	Sodium –625 mg	Sodium –10.75mg	Sodium –625 mg
Total Carbs – 27.5	Total Carbs – 51	Total Carbs – 27.5	Total Carbs – 51	Total Carbs – 27.5
Sugars – 6 grams	Sugars – 8 grams	Sugars – 6 grams	Sugars – 8 grams	Sugars – 6 grams