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**President's Message**  
*Sandy Lee, Michigan*

**TURN PRECIOUS MOMENTS INTO A LIFE  
 TIME OF MEMORIES**

These last few months have been a busy time for me and for all of the MARC Board. We have now completed all of the state convention visits and everyone reports a great time. We have had many special times and will remember the special moments that add to the total of our lives. Things we will remember for a life time. I know I personally have a lot to be thankful for and a lot of memories that could never be replaced.

The MARC year will soon be over, yet there is a lot to accomplish in the remaining few months. In a few short weeks I hope to see you all at IC Convention in San Antonio. We have a lot of business to cover at our meeting and I am planning some fun stuff too but we are very limited on time. Let's all show our colors on that Saturday. If you purchased a MARC shirt, please wear it the day of our meeting. I will be bringing the MARC flags for the awards luncheon but ask that each and every one of you bring your own empty water bottle. Beads, beans, or something will be available to place in them for noise makers. With the new luggage restrictions, I am limited as

to what I can bring as you all know. Soooo drink a bottle of water at some point after arriving and save it. After all, we have to celebrate all of our accomplishments.

In closing, let me give you something to ponder by Laine Parsons.

**"In This Moment in Time"**

Reach, Strive. And you will succeed.

Try . . . but don't try too hard.

Some of the best things come naturally.

Give. . . but don't give beyond your means.

Save some strength and some quiet time for yourself.

Question . . . but don't question everything. Some problems have no answers.

Attempt . . . but don't try to conquer everything at once.

Go slowly, discovering and growing along the way.

Trust in doing the right thing, even if it may seem wrong at the time.



Believe in your inner strength, even if you don't feel very strong all the time.

Live your life and give your best, and try each and every day to keep in mind . . . that to truly enjoy this moment in time, all you really need to do is to reach out for your dreams . . . and let them reach out to you.

See you All in San Antonio.

## MARC Jr. Past President

*Jan Rahn, Indiana*

Greetings,

As your Jr. Past President. I want to "Thank" all of my MARC sisters for giving me this wonderful opportunity. I have served on the board for five (5) years and have truly enjoyed this experience. I feel that you can learn a lot more about an organization by getting involved.

This brings me to the business at hand.  
NOMINATIONS!

MARC is alive and well! We need to see that it continues to grow and in order to do that we need your help. The June 15<sup>th</sup> deadline is right around the corner. Ladies, there are many of you who are qualified to serve on the board. Please give this some thought. It's not time consuming as there are only 3 meetings a year. I promise this will not take up a lot of your time. It will be a very rewarding experience. Not only will you learn more about this wonderful organization but you meet a lot of new people and make many new friendships that will last a lifetime.

Nominations are being accepted for the following offices: Vice President, Secretary, Treasurer, Communicator and Parliamentarian. My goal is to have a full slate to present to the membership at the MARC meeting at IC in San Antonio. Nominations forms will also be accepted at this meeting. I'll be waiting in anticipation! Qualifications can be found in the by-laws under ARTICLE VI, Section 1-3. Also, Duties of Officer are listed under ARTICLE VIII, Section 1-7.

If you are interested in an Appointed Office or serving on a committee, please contact Brenda Meyers at:

[brendameyers@woh.rr.com](mailto:brendameyers@woh.rr.com). Brenda will be the 2009-2010 President and she is looking for members to serve on committees, etc.

CONFERENCE BIDS: We are looking for states to host the 2011 and 2012 MARC Conference. I would like to encourage you the membership to consider this. Courtesy bids are being accepted and are due by the June 15<sup>th</sup> deadline; however I will be accepting bids at the MARC meeting at IC.

I look forward to receiving those nomination forms and courtesy bids. You can send them to me via e-mail at: [jstrattan@hotmail.com](mailto:jstrattan@hotmail.com), or by snail mail, my address is: 5234 Heritage Lane, Greenwood, IN. 46142

I will be attending the Illinois State Convention as their MARC rep the week-end of June 5-7<sup>th</sup>. I look forward to sharing the good works of MARC.

If you have any questions, please feel free to contact me or any of the other officers, they will be glad to answers your questions. Nominations forms, Conference Bids forms and Interest in appointed office/committees can be found on the MARC website at [www.esamarc.org](http://www.esamarc.org).

Ladies, please continue to "Make Your Own Precious Moments" in MARC, by submitting those nominations forms.

I look forward to seeing many of you at IC in July, until them continue to "Make Precious Moments in MARC".

ESA Love & Friendship

## MARC 1<sup>st</sup>. Vice President/President Elect

*Brenda Meyers, Ohio*

**The Future's So Bright  
We Gotta' Wear Shades!!!!**

Bring those sunglasses when you visit Dayton Ohio for the 2009 MARC Conference! On Saturday night we will celebrate "ESA - Another Day in Paradise". What FUN we will have when we get dressed in our tropical best for a special installation. Anything from Capri's and

Caribbean shirts to Moo-moos or breezy skirts will put you on the runway!

And if that is not enough we are sparing no expense to bring you the finest entertainment available. YOU!!!! That's right, each state is asked to pick their favorite Jimmy Buffet song and entertain us with it in just about any "fashion" you choose. What? We have no talent, you say? DON'T WORRY – BE HAPPY You can pantomime or parody, sing nothing at all and let Buffet do it while you perform your interpretation of the words in skit form. Got talent? Then sing it out! The choice is yours!!!

I saw the Ohio state councils preliminary rehearsal and if it is any indication of what the states can do, we are in for a treat. Now don't let me down! Have another Pina Colada and practice, practice, practice!!!

So grab "A White Sport Coat and a Pink Crustacean" and take a "Lovely Cruise" to "Margaritaville" for some "Changes in Latitudes, Changes in Attitudes". There are lots of informational sites on the internet to find your favorite song or figure out what the heck we are talking about. Just Google Jimmy Buffet songs and have a tropical blast!!!

Reminder: If you haven't turned in a nomination for office form yet – WE NEED YOU!!!

I will be waiting to hear what tune you have picked!

### **MARC Secretary**

*Deana Walters, Indiana*

Hi to all the MARC Members

Most, if not all, of you have had your State Conventions and the new officers are off to a flying start on a great new year. In these trying times, we need to really think outside the box and be creative in how we do things. We need to push to maintain and hopefully grow our membership. We need to share our success stories on rushes. We need to reach out to the collegiates' who have graduated in past years. If you have had a successful philanthropic event that is new, please share it with your MARC states. We need

to try new things. We need to do all we can for those we assist locally and internationally.

Hope to see many of you at IC. If you can not make IC in Texas, please try to attend the MARC Conference in October in Ohio. They are getting excited and looking forward to welcoming all of you. Please do your best to attend. Start saving your pennies now. They are planning a great conference. Hope to see you there.

Hope all of you have a great summer.

ESA Love

### **MARC Treasurer**

*Margene Holtze, Nebraska*

Thanks to all of you for allowing me to serve as your MARC treasurer this year. I know the next month will be busy getting reports ready for IC Convention.

I encourage you to attend the MARC Conference in October, especially if you have never attended one in the past. I know the members in Ohio will have a fun and educational weekend planned for us.

### **MARC Parliamentarian**

*LeAnn Wray, Michigan*

Greetings from Michigan!

I hope all my MARC sisters are enjoying the summer! I really think it is finally here!

Our Michigan State Council Convention was held recently and we were very happy to have IC 1<sup>st</sup> Vice President/President Elect Jamie Atchison and MARC Chaplain Pam Grenard with us for the weekend. It was a wonderful weekend and their presence made it even better!

If anyone has a suggested by-law or standing rules change for MARC, please send them to me at [lwray2@comcast.net](mailto:lwray2@comcast.net).

IC Convention in San Antonio, Texas will be here before we know it! I hope to see many MARC sisters there! And not to long after that we will all be in "The Wright

Place to Be", Fairborn, Ohio for the 2009 MARC Conference! Have a great summer and remember:

Open your arms to change, but remember – don't let go of your values.

Happy Summer!



## MARC Communicator

*Pat Ludwig, Michigan*

Happy summer – at least I hope summer is finally here. I need some warm weather as my golf game is really suffering in this cold (not that the weather really makes a difference in my game – I just use it as an excuse.)

Just one more reminder that IC Convention is coming up real soon in San Antonio. Hope to see a lot of you there.

Also, please put October 9-11 on your calendars right now so that you have it reserved for the MARC Conference in Fairborn, Ohio. I know our Ohio sisters have a great conference planned and it would be wonderful to see most of you there. The registration form can be found at the end of this issue of reMARC's.

## MARC Chaplain

*Pam Grenard, Indiana*

Greetings fellow MARC sisters. I hope you are enjoying a nice spring!

I want to pass on the sad news that Past MARC President, Fern Logan, passed away on April 3, 2009. Affectionately known as "Mamma Fern" she will be greatly missed by her ESA sisters.

I have sent a lot of get well and sympathy cards so far this year when I have been notified by the state chaplains - so keep me informed so I can continue to do so. Also, since your conventions, I'm sure there are new state chaplains. Please send me your e-mails so I

can keep you informed. Have a great summer, and I hope to see many of you in San Antonio.

Pam Grenard [pgrenard@comcast.net](mailto:pgrenard@comcast.net)  
MARC Chaplain

## MARC Webmaster

*Glenna Segall, Michigan*

I hope everyone has had an opportunity to visit the MARC website. The website is still being updated with new information and changes.

Brenda Meyers brought it to my attention that the MARC logo is not correct on some of the forms, so I am in the process of changing the forms, and anything else that has the incorrect logo.

I would appreciate any suggestions that you may have for adding information to the website. Also, I would like to start building a photo gallery that everyone can go to and check out photos from events. So, if you have some photos that you want included, please send them to me.

Be sure to tell everyone that the correct MARC website is [www.esamarc.org](http://www.esamarc.org). The former website was through GeoCities. We are in the process of closing that website, so please be sure that everyone you speak with about MARC, you send them to the correct website.

Unfortunately, I will not be able to be at IC this year, so take lots of pictures and be sure to send them to me.

See you in October in Ohio.

**Carol Hazelett & Kathleen Seewer**  
**MARC Conference Co-Chairs**

### **ATTENTION! ATTENTION!**

Need an idea for your fall vacation plans. I have "The Wright Place To Be" just for you. Join us at the MARC Conference October 9-11, 2009 in Fairborn Ohio.

There are plans in order for a short trip, learning, a possible time for shopping and an entertaining evening in "Paradise". What more could you want?

The registration and information will be on the web site. Please check the web site for any updates, as we're still at work, or is it play, planning?

# STATE NEWS

## Indiana President B.J. Voll



Greetings to all of MARC from Indiana! We have had a very exciting year in Indiana as we joined together to find our wings and inspire each other to take ESA above and beyond! It is hard to believe that this year is coming to an end.

We chartered a new chapter, Kappa Theta, Zionsville. This is a unique chapter as it was organized by collegiate alum from Ball State and Purdue and the ages of its members span nearly 9 decades!

Our membership has enjoyed some fun activities at our state meetings. We "blinged" big city style in the fall with an educational style show about ESA and fashion through the decades and we enjoyed the carnival in the spring. I am proud that we have over 95% of our chapters participating in each of our state meetings.

We are getting ready to be "Touched by an Angel ESA Style" at our annual State Convention on June 19-21 at the Holiday Inn, Terre Haute. The Delta Zeta Chapter and our state board have planned a fun and inspiring weekend. We are looking forward to having Brenda Myers, MARC VP/President Elect as our MARC Rep and Rose Pasillas, IC Treasurer as our IC Rep. They both will be sharing some exciting information with us. Debbie Frazier will be installed as State President. We wish Debbie and the new state board much fun and

success as they lead us and we believe that "ESA Friendships Bloom in the Heart".

We will miss our dear "Momma" Fern Logan, 82-83 Indiana State President and 95-96 Past MARC President who passed away April 3, 2009. Fern gave all she had to her family, friends and 50 years of service in ESA. Her legacy of fun, friendship and "Togetherness" will remain with us always.

Everyone is an angel in training. I encourage you to find your wings by reaching deep within yourselves to find the greatness you possess and allow that greatness to empower you to step up, step in and step out to make a difference and to inspire others to join you.

## Indiana MARC Representatives Anabelle Plenge & Angie Hamer

To our Midwest ESA sisters: Come June 20, 2009, the "Double A's", Angie and Annabelle will be handing the MARC co-representative reins to two new sisters.

It is hard to believe that this year has sped along so fast. It has been a great year for us and even with our set-backs, we were able to meet our goal for the MARC Scholarship Fund.

We did thoroughly enjoy the wonderful "Dutch Treat", presented by the Great Lakes group at Grand Rapids, Michigan last October. WOW!!! So nice to meet and greet all those sisters -- friends to last forever.

We do appreciate Brenda Voll, our Indiana Council President, for giving us this opportunity -- many thanks for your support. We are getting very involved now with our State Convention which takes place June 19, 20, and 21.

We very much look forward to being in the "Wright Place, come October, 2009 in Fairborn, Ohio. Hope to see many of you there.

ESA Love, Your Indiana MARC representatives.  
Annabelle Plenge and Angie Hamer

**Marcia Waldron & Marilyn Davis**  
**Iowa MARC Representatives**



Hello to everyone in the wide world of MARC! Marilyn Davis and myself (I'm Marcia Waldron) are the new MARC reps for the Iowa State Council. Neither of us has been a MARC rep before, and we are looking forward to meeting many of you at IC Convention in July and at the MARC Conference in October.

At the present time, there is not much going on in Iowa. However, last month one of our chapters, Alpha Beta of Davenport, held a "Cowboy Shoot" during the Memorial Day weekend and raised a whoppin' \$41,000 for St. Jude! They have done this shoot for several years now, and each one raises a little more for St. Jude.

Well, that's it for now. Hope to have more for the next issue.

**Pat Ludwig**  
**Michigan 2<sup>nd</sup> Vice President**



Our state convention was great and we very much enjoyed having Jamie Atchison, IC 1<sup>st</sup> Vice President/President Elect, and Pam Grenard, MARC Chaplain, with us. It made the weekend just that much better.

Meet Michigan's new Leadership Team - left to right -



Glenna Segall, Jr. Past President  
Jan Wall, Corresponding Secretary  
Cyndi Malow - (front) Council Editor  
Heather Hoey - (front) Treasurer  
Patty Jordan - (back) Educational Director  
Mandy Reinke - Parliamentarian  
Carol DeFranceschi - Recording Secretary  
Pat Ludwig - 2<sup>nd</sup> Vice President  
LeAnn Wray - 1<sup>st</sup> Vice President  
Lois Byrd - President

**Jo Hanson & Mona Peck**  
**Minnesota MARC Representatives**



Minnesota is still resting after the great workout we received at our State Convention. Our Convention theme was "Walk On The Wild Side" and it was a jungle everywhere. A true Safari in every way. Our mixer got everyone in the mood and we were up and mingling and roaming through all the jungle activities that only an ESA could put together. Then the entertainment (yah ... you bet .... it was work really) came. A cute guy and a beautiful young lady. They brought DRUM STICKS with them. They put on the music and told us to take two sticks and to stand up and beat the sticks on the back of the chair. Hey not too bad. Then we hit the side with one stick and then the other side with the other stick and then reversed it and then hit the floor and then hit the chair seat and then hit the back while lifting your right leg and it kept getting faster and more involved. We all kept up and this here old lady was breathing pretty hard by the end of the half hour or so. But what fun !!! Then someone said ... "That is not a bad way to EXERCISE." Well I guess I was enjoying the activity and did not think about it as exercise or I would not have enjoyed it. Cause I do not like to exercise. These people came from the YWCA and this is a program of the "Y". If your local "Y" has this to offer, try it .... if I liked it and could do it then I know you would LOVE it and excel at it.

During our noon luncheon we had a wonderful style show and Coldwater Creek did a wonderful job and at no cost. Many, many of us visited their stores and spent a buck or two during the next week.

The business meeting was actually enjoyable and we did not have any by-laws to argue about. And was that

wonderful. Like your conventions, we voted on Philanthropic projects, discussed Ways & Means projects, found out who was going to IC, etc. We had a wonderful speaker in the afternoon and soon it was time for the banquet. Our Sunday morning started with a memorial service and service awards and then home we went.

Our convention was at the SHERATON HOTEL .... the hotel of the 2010 INTERNATIONAL CONVENTION !!! The hotel staff treated us so nice and the food was wonderful. SO, be sure to come to the 2010 IC Convention in Minnesota and you too will experience this great treatment.

Our new officers are getting together their plans for the upcoming year and we know it will be a great year. We are all getting excited about hosting the IC 2010 convention and now the work will really start for our members.

**Terri Breedlove  
Missouri State President**



Greetings! Fireflies light the night as I write this and summer is almost here. Missouri State Council had a year where we learned to "Dream Big" under the leadership of Karen Ronspies "Legacy of a Dream". This year ESA ...A Journey Touching Hearts will be a year of change. At MSC State Convention in April we had special guests; BJ Clark, ESA Headquarters, Dora Dill, IC 2<sup>nd</sup> Vice President, Pat Ludwig, MARC Communicator, and Michigan 2<sup>nd</sup> VP and MARC Parliamentarian - Le Ann Wray.

Our Journey will begin with the planning meeting in June; we will Journey to San Antonio Texas "Lone Star Extravaganza" in July where we are guaranteed a Wet Heat. Looking forward to the "Lone Star Bash" St. Jude event. Missouri will also be showing our support for Jean Joyce as she runs for Parliamentarian. I look forward to getting together with my MARC sisters in San Antonio and sharing a laugh or two and perhaps a glass of wine. I made new friends and saw old friends as I attended Leadership in Denver in January and look forward to seeing them again in San Antonio. For Leadership this year we will Journey to Jefferson City on September 25 and 26, 2009 at the Capital Plaza

Hotel. As a part of IC's Hope for Heroes we will collect items for the families left behind by the men and women of the Missouri National Guard Family PX and Food Pantry. We will start on Friday night with Dinner at 6:30 followed by chairman reports. Those of you who are not quite ready to call it a night can return to our meeting room to watch Mama Mia in our pajama's. Saturday we will have outside speakers as well as donating items for the National Guard Food Pantry. Our Journey will continue as we travel off site for Wine Tasting and Lunch at Summit Winery and our afternoon will include a trip to the Cole County Historical Society. October will have our Journey continue to MARC Conference. I am looking forward to the next year as ESA has been a Journey Touching Hearts.

Please check out the Missouri website [www.missouriesa.com](http://www.missouriesa.com) and read our state newsletter the Hawthorne.

**Dora Dill & Margene Holtze  
Nebraska MARC Representatives**



Nebraska is busy with last minute preparations for their State Convention on June 5-7, 2009 in Lexington, Nebraska. Our workshop on Saturday afternoon is "Fish Philosophy". We are looking forward to having Judy Huntley, IC President, and Kate Sala, MARC Foundation Counselor, as representatives to our State Convention. On Friday evening, we are having a Teddy Bear Picnic with members bringing teddy bears that will be donated to CASA in a five-county area of the state where members of the host chapter for convention live.

We look forward to seeing our MARC sisters at IC Convention and at MARC Convention in October.

**Shirley Krcmar  
Ohio Jr. Past President  
"A Patchwork of Opportunities"**



My year of "ESA . . . A Patchwork of Opportunities" has drawn to an end with a terrific Ohio State Council Convention hosted by Gamma Beta chapter of Dayton with the theme "A Patchwork of Friendship, Fun

and Sharing" this weekend, May 30 and 31, 2009. I have chosen to greet you one more time and share some of my year.

Our honored guests were Brenda West, IC Sr. Past President and Care Connection Chairperson and Deana Walters, MARC Secretary and they both willingly participated in any activity requested of them. They also passed the test to become Honorary Buckeyes.

Judi Grefer, IC Recording Secretary and Brenda West conducted an impressive ceremony for the installation of Joan Peddicord, our 2009-2010 Ohio State Council President with the theme "Believe."

The collection of items for the Easter Seal camp requested by Kay Wentzel, Easter Seal Chairperson, grew and grew. It became a full load in our van and was gratefully accepted by Easter Seals personnel since financial cuts have made purchase of supplies more difficult.

Judi Grefer, Sr. Circle of Life Chairperson, conducted an exciting celebration of the money raised for St. Jude through many different events in the state and showed a power point of some St. Jude patients. We can be very proud of our part in saving the children at St. Jude.

Having one day Council meetings at facilities other than motels has been very successful and our goal of saving on cost was accomplished. Our two day convention was discussed and we may find it will be better to hold a three day convention for a number of reasons.

We look forward to another fun-filled, productive year as we continue to "Believe" under the leadership of our 2009-2010 President, Joan Peddicord.

Ohio State Council is looking forward to welcoming you to Ohio for MARC Leadership Conference "The Wright Place to Be" on October 9-11, 2009

### **Emmy Neustrom South Dakota State President**



In April, Theta Omega, Vermillion, SD, was our adventure our members took this year for State Convention. It's in the southern portion of South Dakota. Because

we're so spread out geographically, we had girls coming from all sides of the state.

Our own Barb Campbell, past IC President, and Janice Kitzler, past State President were co-chairs.

Melanie Niehus presided this year. Her theme was "Investigate the ABC's of ESA", so she incorporated a lot of mystery into the convention theme this year.

Friday night mixer was a gas – many of the girls participated by dressing up as characters of the game "Clue". Margie Parks, dressed as a maid, won best costume. Centerpieces on the tables were "Clue" games, just in case we wanted to try our hands out in solving the mystery game. We had the traditional skits, many laughs, and great conversations with each other playing catch-up with news about our lives.

Judy Huntley was a delight to have as our IC Representative, and so grateful too, that her husband could join all of us. Judy gave an impressive message at our assembly, and had the group play this game that was hilarious, and had us laughing beyond control. She had a box filled with goodies, different items that were wrapped like gifts, a pair of gloves, a basket with two dice. Each individual got a chance to throw the dice, if one got doubles, you had the chance to open the gifts in the big box with gloves on, keep opening gifts, until the next person rolled a doubles to have their chance at opening gifts with gloves on. It wasn't as easy as it looked. The afternoon had everyone celebrating "Diana", Youth Award, St. Jude, and Easter Seals, etc. It was a treat to have everyone meet MARC representative, Margene Holtze, from Nebraska. She had us play MARC "Jeopardy". It was interesting and fun.

"A Night of Intrigue" was splendid with Lila Day, Ruth Creasey, and Bonnie Glass doing the installation for the new officers for 2009-2010. They are: Emmy Neustrom, President; Barb Campbell, President Elect, Carol King, Vice President, Paula Verzani, Recording Secretary, Margie Parks, Corresponding Secretary, Amber Heinert, Treasurer, and Earleen Varns, Parliamentarian. Sunday we wrapped it up, and all were off on the road to home, until we meet again after IC Convention for Summer Board.

Say, can't wait to see MARC sisters who attend the "Lone Star Extravaganza" in San Antonio, Texas. Everyone, enjoy your summer.

Love in ESA

**Dora Dill**  
**IC 2<sup>nd</sup> Vice President**

Come One - Come All - to San Antonio, Texas for the "Lone Star Extravaganza" on July 13-18, 2009 at the Crowne Plaza. It is never too late to commit oneself to a wonderful week of FUN time at the "ole corral".

Workshops, motivational speakers, ESA Bash, Mystery Night, Candidates Welcome party, Casino Night, Meetings, etc., etc., etc. See You All There.

# Thanks

Thank you all for the many get well notes and cards I received after my heart surgery. All is well now and getting somewhat back to normal. Still in rehab for another 6 weeks but doing ok. Hope to see you at the MARC conference here in Ohio. Again thank you

Arlene Holzman  
OHIO

# Information

## Microwaving Water!

A 26-year old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for, but he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the!

Water was not boiling, but suddenly the water in the cup 'blew up' into his face. The cup remained intact until he threw it out of his hand, but all the water had flown out into his face due to the build up of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring.

He also may have lost partial sight in his left eye. While at the hospital, the doctor who was attending to him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc... (nothing metal).

## General Electric's Response:

Thanks for contacting us, I will be happy to assist you. The e-mail that you received is correct. Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds! Before moving it or adding anything into it.

Here is what our local science teacher had to say on the matter: 'Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as super heating. It can occur anytime water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than half a cup).

What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point.

What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the

bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated beverage spews when opened after having been shaken.'

If you pass this on you could very well save someone from a lot of pain and suffering.

## Recipe

### Chocolate Mug Cake



- 1 Coffee Mug
- 4 T. flour(that's plain flour, not self-rising)
- 4 T. sugar
- 2 T. cocoa
- 1 egg
- 3 T. milk
- 3 T. oil
- 3 T. choc. chips
- Small splash of vanilla

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips and vanilla, and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate, if desired. EAT! (this can serve 2 if you want to share!)

And why is this the most dangerous cake recipe in the world? Because now



we are all only 5 minutes away from chocolate cake at any time of the day or night!

## And Finally

### Thought for the day –

#### The Donkey And The Well...

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do.

Finally he decided the animal was old and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey. So he invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well.

At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw.

With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off.

Moral: Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles can be a stepping-stone. We can get out of the deepest wells if we don't focus on the dirt and give up.

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