



NORTH IOWA CASA NEWS

January, February and March 2012

Volume 6, Issue 1

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CRUST

- 3/4 c. flour
- 1/2 c. packed light brown sugar
- 1/4 c. butter, softened
- 1/4 c. crunchy peanut butter

TOPPING

- 1 (14 oz.) bag wrapped caramels
- 2 tbs. water
- 1 c. plus 2 tbs. powdered sugar, divided
- 1 c. marshmallow crème
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1. Heat oven to 350. Line 8-inch square baking pan with nonstick foil. (If using regulafoil, spray with cooking spray.) Beat all crust ingredients in large bowl at medium speed 1 to 2 minutes or until fine crumbs form; press into bottom of pan. Bake 12 to 15 minutes or until golden brown. Cool completely on wire rack.

- 2 Unwrap caramels. Heat caramels and water in medi-

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220 NORTH WASHINGTON AVENUE
MASON CITY, IA 50401



NORTH IOWA CASA NEWS

January, February and March 2012

Volume 6, Issue 1

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FORWARD TO THE

NEW YEAR FOR A

START ON OLD

HABITS.

**~AUTHOR
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CRUST

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- 1/2 c. packed light brown sugar
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- 1/4 c. crunchy peanut butter

TOPPING

- 1 (14 oz.) bag wrapped caramels
- 2 tbs. water
- 1 c. plus 2 tbs. powdered sugar, divided
- 1 c. marshmallow crème
- 2 c. salted roasted peanuts (not dry-roasted), divided
- 1/4 c. candy corn

1. Heat oven to 350. Line 8-inch square baking pan with nonstick foil. (If using regulafoil, spray with cooking spray.) Beat all crust ingredients in large bowl at medium speed 1 to 2 minutes or until fine crumbs form; press into bottom of pan. Bake 12 to 15 minutes or until golden brown. Cool completely on wire rack.
2. Unwrap caramels. Heat caramels and water in medi-

um heatproof bowl set over saucepan of simmering water 8-10 minutes or until melted (bowl should not touch water), stirring occasionally. Remove from heat; keep warm.

3. Meanwhile, beat 1 c. of the powdered sugar and marshmallow crème in large bowl at low speed until combined. Sprinkle remaining 2 tbs. powdered sugar over flexible cutting board or sheet of parchment paper. Lightly coat hands with powdered sugar; gently pat out marshmallow mixture on board or paper into 8-inch square. Brush off excess powdered sugar.

4. Spread 1/2 c. of the melted caramel over crust; sprinkle with 1 c. of the peanuts. Top with marshmallow square by turning cut-

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CERRO GORDO COUNTY COURTHOUSE
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CERRO GORDO COUNTY COURTHOUSE
220 NORTH WASHINGTON AVENUE
MASON CITY, IA 50401**



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January, February and March 2012

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220 NORTH WASHINGTON AVENUE
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**NORTH IOWA CASA/ICAB
CERRO GORDO COUNTY COURTHOUSE
220 NORTH WASHINGTON AVENUE
MASON CITY, IA 50401**



NORTH IOWA CASA NEWS

January, February and March 2012

Volume 6, Issue 1

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- ◆ Wendy's son Alex made All-State Band last October. He is a percussionist. 12 percussionists were selected in the State of Iowa



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Each layette is put in a separate bag and marked as to the size, being small, medium or large, and if it is for a boy or girl and for sum-



mer or winter. This information is put on the outside of the bag with a marker so that it is visible.

Florence buys a lot of the items at rummage sales. She says that if you would put the item on your own child, it is good enough for a child who has nothing. She also makes many of the blankets from flannel she buys on "Black Friday" at a good price and also makes diapers.

Layettes are collected every two years. This year at her convention, she turned in 163.

Donations are welcome and can be dropped off at the CASA office in Mason City.

Way to go, Florence!!

Winter Exercises

Winter is an excellent opportunity to dust off those ice skates or skis to get a heart pumping workout. In one hour, a 160 pound individual can burn 511 calories ice skating and cross county skiing and 365 calories downhill skiing. However, just because it is cold outside doesn't make it an excuse not to exercise. Choosing indoor exercise options is necessary for many people when it gets too cold. The following are some indoor exercise ideas to help you stay active:

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Peanutty Treats



CRUST

- 3/4 c. flour
- 1/2 c. packed light brown sugar
- 1/4 c. butter, softened
- 1/4 c. crunchy peanut butter

TOPPING

- 1 (14 oz.) bag wrapped caramels
- 2 tbs. water
- 1 c. plus 2 tbs. powdered sugar, divided
- 1 c. marshmallow crème
- 2 c. salted roasted peanuts (not dry-roasted), divided
- 1/4 c. candy corn

um heatproof bowl set over saucepan of simmering water 8-10 minutes or until melted (bowl should not touch water), stirring occasionally. Remove from heat; keep warm.

3. Meanwhile, beat 1 c. of the powdered sugar and marshmallow crème in large bowl at low speed until combined. Sprinkle remaining 2 tbs. powdered sugar over flexible cutting board or sheet of parchment paper. Lightly coat hands with powdered sugar; gently pat out marshmallow mixture on board or paper into 8-inch square. Brush off excess powdered sugar.

4. Spread 1/2 c. of the melted caramel over crust; sprinkle with 1 c. of the peanuts. Top with marshmallow square by turning cut-

ting board or paper with marshmallow mixture upside-down over peanuts, pressing down firmly to adhere layers. Reserve 2 tbs. of the caramel; pour remaining caramel over marshmallow layer. Top with remaining 1 c. peanuts and candy corn, patting down firmly.

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6. Lift foil to remove bars from pan; remove foil. Cut into 24 bars. Cover and store in refrigerator.

-cookingclub.com

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FORWARD TO THE

NEW YEAR FOR A

START ON OLD

HABITS.

**~AUTHOR
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Why did you go to China?

I've always been interested in China since reading all the Pearl Buck books in my early 20's, but for most of my life it's been closed to tourism. Mike and I took a course last year in lifelong learning on China and then when The Chamber of Commerce offered the trip we decided to go.

What did you enjoy most?

I think I most enjoyed seeing/climbing the Great

Wall-it just seemed unbelievable that I was actually there and doing it. It is 4000 miles long and 2000 years old. We saw a small portion near Beijing.

What did you learn about education in China?

I didn't learn as much about the education I would like. I do know education is highly valued in China and elementary education is provided, but students must qualify through testing to continue.

What about the economic conditions?

Economic conditions are rapidly changing. Housing and wages sometimes are increasing as much as 20-30

%. A very large part of Shanghai was farmland 17 yrs. ago and now is high rise apartments, industry and businesses. They said there is only 1% unemployment.

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