

**Recipe ~ Paula Deen's
Cream Cheese Pound Cake**

Yield: 12 servings
Prep Time: 12 min
Cook Time: 1 hr 30 min

This is one moist and decadent pound cake- turns out lovely and perfect and ready for a simple topping of whipped cream and fruit.

- Ingredients:
- 1 1/2 cups (3 sticks) butter, at room temperature
 - 1 (8 ounce) package low fat cream cheese, at room temperature
 - 3 cups granulated white sugar
 - 6 large eggs
 - 3 cups cake flour, sifted twice after measuring
 - pinch of salt
 - 1 teaspoon vanilla extract
 - 1 teaspoon almond extract

Directions:

1. Preheat oven to 325 degrees F. Grease and flour a 10-inch bundt pan (I like to use the nonstick spray that is especially for baking... with the flour mixed into it).
2. In a large bowl, cream together butter and cream cheese with an electric mixer until well combined. Add in sugar and continue to mix for about 6 minutes, until fluffy. Add eggs, one at a time, beating after each addition, until well blended. Gradually add the flour, beating and scraping down the sides until it is all incorporated. Mix in salt and extracts.
3. Pour into prepared pan. Hit the pan gently on the counter about 5 times to help settle the batter and remove any air pockets. Bake for about 1 1/2 hours. The cake is done when it pulls away from the sides of the pan and a toothpick inserted comes out clean.
4. Remove from the oven and let cool in the pan for about 15 minutes. Invert the cake onto a wire rack and let cool completely before serving.

Tips:

*To make a simple berry topping, mix two or three kinds of berries with just a spoonful of sugar and a squeeze of lemon juice. Whip some heavy whipping cream, and serve a slice of this cake with freshly whipped cream and berries. So good!

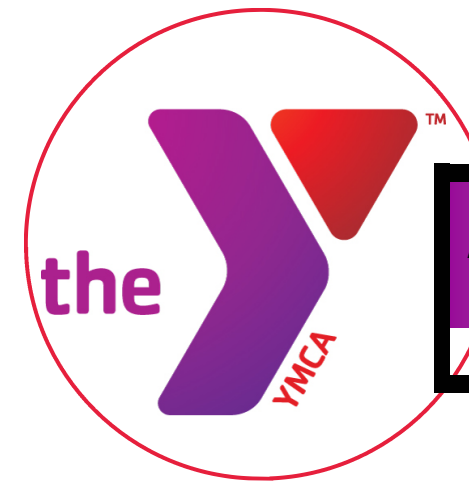


Source: RecipeGirl.com (Adapted slightly from Paula Deen & Friends)

4TH OF JULY WORD SEARCH

B C W C W K W Y Z L M S T P R
A O M A E R A D I X G O Z M J
R N N T F L T B M O D E E R F
B C O I N D E P E N D E N C E
E E S G N R R B V G A C H K A
C R R H T T M S R C A I W C S
U T E Y S C E I I A S M I S D
E V F I D Z L T C T T R E Z N
A U F Z J P O I O E E I Q S E
S N E R A I N R I M G E O Z I
U Y J R R C I E A C I Y U N R

AMERICA HISTORICAL
BARBECUE HOLIDAY
CELEBRATION HONOR
COLONIES INDEPENDENCE
CONCERT JEFFERSON
FAMILY LIBERTY
FIREWORKS PARADE
FREEDOM PATRIOTIC
FRIENDS PICNIC
GAMES WATERMELON



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**ACTIVE OLDER ADULTS
OF THE GRANTS PASS FAMILY YMCA**

JULY 2011

The "Y" is closed on Monday, July 4th ~

Enjoy the Holiday!!!



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JULY'S AOA EVENT-ELKTON BUTTERFLY PAVILION

**Friday, July 8th,
9:30am-5pm**

Join us for a beautiful drive to Elkton, Oregon. When we arrive, we will first enjoy lunch at a local restaurant. Then we will go to the Elkton Community Education Center and enter the Butterfly Pavilion.

Once there, we will visit the flight room to see the butterflies in a natural habitat where students spend the summer attending to the life cycle of painted ladies and monarchs. We will also have time to visit the botanical gardens, nursery, gift shop, and the Fort Umpqua site. Bring money for lunch and snack.

Members: \$36
Non-Members: \$51
Limited to 17 participants.

**SIGN UP AS
SOON AS
POSSIBLE!**



LOOKING AHEAD TO AUGUST'S AOA EVENT

**Wednesday, August 10th
9am-5pm**

Come and see one of the most spectacular lakes in the United States. Crater Lake is nestled in the crest of the Cascade Mountain Range. We will start our visit at the Rim Village where we will mosey about and eat lunch (bring your own sack lunch or enjoy lunch at the Café). Then we will have a Ranger give us a guided bus tour around the rim of the lake. We will make a few stops during the

tour at some special spots to get a better look at the area.

Bring money for lunch at the Café or pack a lunch & snacks.

Members: \$45
Non-Members: \$65
Registration deadline
is Aug. 5, 2011.
Limited to 17 participants.



FITNESS AT THE YMCA: CHECK OUT THESE CLASSES

Senior Sneakers:

Tuesdays and Thursdays, 10:30-11:30am. This is a low impact aerobics, strength training and stretching class.

Body Sculpt: Wednesdays 9-10am. This cardio and strength training class welcomes beginners.

Active Adult Volleyball: Wednesdays 1-3 pm includes instruction and play time. Friday 1:30-3 pm open-net only.

Pickleball:

Mondays 9-11 am. A cross between ping-pong, tennis, and badminton, played as singles or doubles. Players use oversized ping-pong paddles and a whiffle ball that moves slower than a tennis ball.

Badminton: Tuesdays 9-11 am includes instruction and play time. Thurs. and Fri. 9-11am open-net only.

Hatha Yoga:

Mondays, Wed, and Fridays 11am. Ease into poses that are slow, steady, and focused.

Beginning Level Tai Chi:

Tuesdays, Thursdays, and Saturdays, 11:30am. Meditation in motion: reduce stress, improve balance and coordination, increase mobility, flexibility, and strength.

“Happiness is nothing else than good health and a bad memory.”

Albert Schweitzer

For all classes, sign up at the front counter.

For the complete schedule of Adult Sports and Fitness classes, see the event calendars on the YMCA website.

FUN THINGS TO DO IN GRANTS PASS

Outdoor Growers' Market: Every Saturday, 9am-1pm, at 4th and F St. Showcases the finest fresh fruits and vegetables grown in the southern Oregon region, as well as secondary wood products, gourmet specialty foods, artists, and crafters from all over southern Oregon.

Artisan and Crafters Market: Every Saturday, 9am-1pm, at 5th between E and F St. Some of the finest artisans from the Rogue Valley are featured. Includes glass art, pottery, jewelry, metal art, photography, furniture, and more.

Horse Racing at GP Downs: July 2nd-4th and 9th-10th with the first race each day at 12:30pm and the last race at 6pm. Day tickets are only \$4.

July 4th Concert at the Fairgrounds: “Meet Revolver” (a Beatles tribute band) will be performing from 7-9pm. Your horse races’ \$4 day ticket includes the concert or \$4 gets you into the concert alone.

July 4th Fireworks at the Fairgrounds: About 9:40pm, there will be a spectacular fireworks celebration. Free admission after 9:30.

Concerts in the Park: Tuesday evenings @ 7pm. The schedule of entertainment for July is the following:

July 5th—So OR Jazz Orchestra
July 12th—Sweet Town Little
July 19th—Ambrosia
July 26th—The Boomer Band

Fabulous 50's Celebration, July 26th-31st: Many activities are planned for the 21st annual nearly-a-week-long celebration. The events include Concert in the Park, Poker Run and Diner Night, Classic Car Show, Oregon's Biggest Classic Car Cruise, Food, Sidewalk Sales and Specials by various downtown merchants, and much, much more. See www.grantspasstowncenter.org for more information.

Wiseman Gallery at Rogue Community College: July 11th-August 25th, the Wiseman Gallery presents Rory N. Finney's “Tilomikh: A River Returns” with macro photographs of Tilomikh Falls.



CRIME PREVENTION TIPS ~ AT HOME

- Never open your door automatically. Install and use a peephole.
- Lock your doors and windows.
- Vary your daily routine.
- Use "Neighbor Watch" to keep an eye on your neighborhood.
- Don't leave notes on the door when going out.
- Leave lights on when going out at night; use a timer to turn lights on and off when you are away for an extended period.
- Notify neighbors and the police when going away on a trip.
- When you are away, remember to cancel deliveries such as newspapers and arrange for someone - a neighbor's child, perhaps - to mow the lawn if need be. Arrange for your mail to be held by the Post Office, or ask a neighbor to collect it for you.
- Be wary of unsolicited offers to make repairs to your home. Deal only with reputable businesses.
- Keep an inventory with serial numbers and photographs of re-saleable appliances, antiques, and furniture. Leave copies in a safe place.
- Don't hesitate to report crime or suspicious activities.
- Install deadbolt locks on all your doors.
- Keep your home well lit at night, inside and out; keep curtains closed.
- Ask for proper identification from delivery persons or strangers.
- If a stranger asks to use your telephone, offer to place the call for him or her.
- Never let a stranger into your home.
- Do not hide your keys under the mat or in other conspicuous places.
- Never give out information over the phone indicating you are alone or that you won't be home at a certain time.
- If you arrive at home and suspect a stranger may be inside, DON'T GO IN. Leave quietly and call 911.

“This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in.”

HEALTHY LIVING

Foods Rich in Fiber:

- Unprocessed wheat bran
- Unrefined breakfast cereals
- Whole wheat and rye flours
- Grainy breads, such as whole wheat, rye, or pumpernickel
- Fresh fruits, such as apples and berries
- Dried fruits, such as prunes, apricots, and figs
- Vegetables, such as broccoli and carrots
- Legumes, such as chickpeas, baked beans and lima beans

