

How to...



FRESHEN UP SNEAKERS

It can be easy to get sneakers dirty while walking to and from school and playing outside. To make them look like new again, follow these steps.

1. Spot-clean scuffs and marks. The less time a scuff or mark spends on your shoe, the easier it will be to remove. When you see one, use an all-purpose cleaning wipe to rub it away.
2. Use a toothbrush for tough stains. Make a cleaning paste by combining a teaspoon of baking soda, a teaspoon of vinegar, and a teaspoon of water. Dip an old toothbrush into the paste and scrub the stain. Rinse the toothbrush thoroughly with water. Then use the wet toothbrush to scrub the area again. Let sneakers dry overnight.
3. Maintain freshness. Store them in a spot where they won't get wet or exposed to the sun. To keep them smelling clean, put used laundry dryer sheets in them before bed.



BERRY SWEET
One blueberry bush can produce as many as 6,000 blueberries a year.

WARNING!
Ask an adult's permission before using the oven.

Bake warm blueberry muffins

Ingredients

- Vegetable oil spray
- 3 cups plus 1 tablespoon all-purpose flour, measured separately
- 1 cup sugar
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups plain yogurt
- 2 large eggs
- 8 tablespoons unsalted butter, melted and cooled
- 1½ cups fresh or frozen blueberries (do not thaw if frozen)

Instructions

1. Adjust oven rack to middle position and heat oven to 375 degrees. Spray 12-cup muffin tin with vegetable oil spray.
2. In a large bowl, whisk together 3 cups flour, sugar, baking powder, baking soda, and salt. In a medium bowl, whisk yogurt and eggs until smooth.
3. Add yogurt mixture to flour mixture and use rubber spatula to stir gently until just combined and no dry flour is visible. Gently stir in melted butter.
4. In a small bowl, toss blueberries with remaining 1 tablespoon flour. Gently stir blueberries into batter. Do not over mix.
5. Use ½ cup dry measuring cup to divide the batter evenly among muffin cups. (Use rubber spatula to scrape batter from cups if needed.)
6. Place muffin tin in oven and bake until golden brown and toothpick inserted in center of a muffin comes out clean, about 20 to 25 minutes.
7. Use oven mitts to remove muffin tin from oven. Ask an adult to help. Place muffin tin on a cooling rack and let muffins cool for 15 minutes.
8. Using your fingertips, gently wiggle muffins to loosen from muffin tin and transfer to cooling rack. Let cool for at least 10 minutes before serving.



ECO TIP OF THE WEEK

CONSERVE PAPER WHEN YOU PRINT

About one billion trees' worth of paper is thrown away every year in the US. Although trees are planted to replace the ones used to make paper, it's a good habit to be mindful about what you print from home, including school assignments. Before you print, preview what the document will look like on paper. This way, you can be sure that you aren't printing pages you don't need. When possible, print on both sides of the paper to reduce the amount of paper you use. Finally, review your document on the computer screen. Check for spelling errors or other corrections you would want to make. Doing so can help you avoid printing something more than once.



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