Recipe of the Week:
The Best Banana Bread

Ready in: 1hr 5min
Yield: 1 loaf
Serves: 10

INGREDIENTS
½ cup butter, softened
1 cup granulated sugar
2 eggs, beaten
3 bananas, finely crushed
(Try 4 bananas for moister, sweeter bread)
1 ½ cup all purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon vanilla (optional)
¼ cup chocolate chip morsels (optional)

DIRECTIONS
Preheat oven to 350-degrees
Cream together butter and sugar (you can use a fork)
Add eggs and crushed bananas
Combine well
Sift together flour, baking soda, and salt. Add to the wet mixture. Add vanilla and chocolate chips if desired.
Mix just until combined. Do not overmix.
Pour into greased and floured loaf pan.
Bake at 350-degrees for 55 minutes.
Keeps well refrigerated.

TIPS:
Unripe bananas? To “ripen” bananas quickly, bake them (in their peels) on a sheet pan for 30-minutes at 300-degrees. The skins will turn black, but bananas will become really soft and sweet. Don’t have a loaf tin? Just use a small/medium baking dish. I didn’t have one, so I used a round 9” pie tin. No matter how you slice it, this banana bread rocks!
LET'S GET MOVING! HERE ARE SOME EASY AT HOME EXERCISES

**Exercise**
- Jumping Jacks
- Situps
- Pushups
- Squat
- Side to side jump

**How many to do? (It'll take some math!)**
- First, do one set of each exercise.
- Count how many you can do until you can't do anymore.
- Take that number, and divide it by 2. This is the number you will do for each set of the exercise. Example:
  - So if I can do 20 pushups, every set will be 10 pushups.
  - If I can do 15 sit ups, we will round up to 8 for every set.
- Each exercise, do 4 sets, and in between sets rest for 1 minute.

If we put those together, it should look like this:

<table>
<thead>
<tr>
<th></th>
<th>Set 1</th>
<th>Rest</th>
<th>Set 2</th>
<th>Rest</th>
<th>Set 3</th>
<th>Rest</th>
<th>Set 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Situps</td>
<td>8</td>
<td>1 min</td>
<td>8</td>
<td>1 min</td>
<td>8</td>
<td>1 min</td>
<td>8</td>
</tr>
<tr>
<td>Pushups</td>
<td>10</td>
<td>1 min</td>
<td>10</td>
<td>1 min</td>
<td>10</td>
<td>1 min</td>
<td>10</td>
</tr>
</tbody>
</table>

**Remember to stretch afterwards too!**
Pick one stretch from each column, and stretch for 20 to 30 seconds.
FEELING LAZY TODAY? TRY SOME ORIGAMI INSTEAD!

Don’t have origami paper at home? That’s okay!

- Grab a piece of scratch paper from a magazine, newspaper, or old homework. Recycled paper will give you a print; white paper will lead to a blank creation!
- Cut off a strip of paper on the short side.
  - For example, a regular piece of paper is 8 x 11 inches -- the short side and the long side. **Cut just enough to turn that rectangle into a square.**
  - You’ve now got yourself some origami paper!

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**Shuriken (aka. Ninja Star)**

1. Fold in the dotted line
2. Fold in the dotted line
3. Fold in the dotted line
4. Turn over
5. Lay the figure on the other one
6. Turn around
7. Fold in the dotted line
8. Turn over
9. Tuck them into the pocket
10. Finished

[Diagram of the Shuriken origami]

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**A Jumping Frog**

[Diagram of the jumping frog origami]
5- minute play

Objectives
- With the stress of the virus and an uncertainty to what lies in the future, the assignment is designed to confront the reality that the future is unknown; more important, to create your own reality of what lies ahead.

Topic
- With the quarantine still in play, think ahead to when this will all be over. In your near future, write a 5-minute play about your first in-person communication with your friends and what activity you will all do. Perhaps incorporate changes in your behavior and comment on how your future interactions differ from the past.

Steps
- In writing plays/screenplays, the general rule is 1page = 1minute. Ideally, this play will be at least five pages long.
- Be sure to include a setting. It can take place anywhere (i.e. a park, your house, school, etc.)
- Next is characters. For this, at least write about two different characters who can either interact with each other or not.
- Because this is a creative project, the dialogue can be however long or short as you want. When writing dialogue, imagine how you and your friends or family or teachers would really talk and insert that into dialogue to create realistic sounding conversations.
- Story is important. In this five minute play, you should create a story that has a beginning, a middle, and an end. Doesn’t have to be complicated but it should be able to work as a complete story on its own.

Finished script
- After writing the script, practice reading out the script and if enough people are available to help, perform it in front of family, or record it if you’d like and share with us.
- Please share the finished script with us as well and perhaps your short play will be recognized in our newsletter.
Caption Contest

Color in this picture and think of a funny or creative caption. Once you’re done, email a picture of this paper to ostdirector@cameronhouse.org and we will choose the best picture and caption to send out in a future newsletter!

Submissions due by 5 pm on Saturday, April 25, 2020. Include “Caption Contest” in the subject line and your first and last names in the body of the email.

Your caption: __________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________