

the Extension Line

July/August 2025 Edition

A BIG HELLO to all LaPorte County Extension members from your new president, Betty Carpenter! Most of you know me or have heard from me on some level as Vice President, but I would like to share some of my extension history with you. I have been a member of the Homespun Harmony Extension Club (charter member) for 45 years. Throughout those years, I participated in many extension activities: Cultural Arts style shows, fair booth contests, Christmas craft workshops, and the recipe cookbook. I have very fond memories of my Mother's time in her extension club, Jolly Janes. My contact information is in the new program book handed out at the June council meeting.

I have been married for 50 years to Warren Carpenter, raised 4 children: Charlie, Annie, Katy, and Christine, and now we get to enjoy 7 grandchildren as well! But, we are saddened by the fact that none live locally. Carpenter's Purebred Swine Farm kept me busy for 42 years, as did teaching at Kingsbury and Kesling Middle School. But I'm proudest of my work starting and building the Virtual Learning Academy (VLA) for LaPorte High School along with Janie Ulmer, Amy Jackson, and Brynn Kleist. I enjoyed this job so much that it was hard to retire at 70.

I chose a theme for my reign as President: "Making a House a HOME", working with those who struggle to bring organization, education, food, happiness, and wonderful memories to their place of residence.

When you receive this newsletter, we will be in the thick of fair time! I hope you have a fun experience working at our fair booth, I always do, and please attend the Fair Worker Thank You event on Sunday, July 27th, 1pm, in the Small Project Building at the fairgrounds.

LaPorte County President,
Betty Carpenter



facebook.com/PurdueExtensionLaPorteCounty



Embracing Change to meet
Tomorrow's challenges



extension.purdue.edu/laporte

The Nook

LaPorte County table display at State Conference



Quilt made by Steady Stitchers for Silent Auction at State Conference



Sold for \$150

LaPorte County members photographed with District Representative Michell Bough at State Conference



Michelle Bough, Betty Carpenter, Karen Schultz & Joan Kelsey



Joan Kelsey was awarded the district "Dreams-or-Do'ers Award"

The Nook



Scholarship Winners



Emma Schultz & Kaitlyn Day



New Executive Board



Top L-R: Sue Howell, Kathy Ulman, Jackie Carpenter, Michelle Bough (DR), Sherry Reihle, Rita Flores
Bottom L-R: Bonnie Stoner, Betty Carpenter, Della Wittgren, & Karen Schultz



A Present for the Mayor

Steady Stitchers crafted a quilt for Mayor Tom Dermody as a token of appreciation for his assistance in locating a building during the construction of the Swanson Center.



The Nook

HAPPY BIRTHDAY

JULY

Sue Kaiser 7/4

Jean Caddy 7/4

Sandra Robelia 7/9

Karen Barnhart 7/30

Anastasia Kelsey 7/30

AUGUST

Ruth Lile 8/2

Margo Brust 8/5

Patty Sardeson 8/6

Marcia Wolff 8/9

Ray Kissinger 8/12

Janet Thode 8/13

Janet Gourley 8/29



Mark Your Calendars

JULY

July 5th - 12th LaPorte County Fair

DO NOT FORGET TO WORK YOUR SHIFT

July 27th - Thank You Picnic

AUGUST

August 2nd - 18th

Indiana State Fair

Kick back, unwind, and savor
the remaining days of summer!

Hometown Happenings

July

Yoga on the Beach at Stone Lake
Fridays 8 AM June 13-August 15
No classes July 4 & 25
\$10/Class & Bring your own towel or mat



Michigan City Municipal Band
Every Thursday Evenings July through
mid-August at 7:30 PM at Guy F.
Foreman Bicentennial Amphitheater in
Washington Park



July 8th-20th 10AM-8PM
Admission is free on Friday, while
Saturday and Sunday admission is
\$5.00/person Children 6 and under can
attend for free with a paying adult.

August



July 30 - August 3



August 29 - September 1



August 16 - August 17

A Gallery of
Lifestyle & Health:
Expo for Older Adults & Caregivers

October 1 | 9 a.m. - 3 p.m.
at the Civic Auditorium
1001 Ridge St | La Porte, IN

SAVE THE DATE



Other events can be found online at
michigancityin.gov and
laporteparkandrec.com

Chrissies Cubical

Hello everyone! I've been keeping busy lately with several exciting projects. I've been developing new partnerships with local community organizations to offer expanded services and fresh opportunities for volunteering and learning. Planning is underway for fall workshops that will address the importance of disease prevention, along with topics like healthy living, home organization, and creative crafts. These workshops will help us continue to learn, grow, and stay connected as a community. Enjoy the rest of summer, and remember to wear your sunscreen! Stay tuned for even more details in next month's newsletter.

Chrissie Lai

KEEP AN EYE OUT FOR UPCOMING EVENTS

Be Heart Smart

Matter of Balance

Dining with Diabetes

Please contact Sue Salisbury to sign up for these upcoming classes that will be hosted in the fall



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Sun's out, fun's out—but don't forget to protect your skin! Slather on that SPF 30 (or higher) every single day, rain or shine, to keep your skin glowing and healthy. Reapply every two hours when enjoying the outdoors. Your future self will thank you!

(Source: American Academy of Dermatology Association, www.aad.org)

Recipe Corner

Grilled Stuffed Peppers

Ingredients:

- 2 Tbsp. extra-virgin olive oil, plus more for drizzling
- 1 medium yellow onion, chopped
- 3 cloves garlic, finely chopped
- 2 Tbsp. tomato paste
- 1 lb. lean ground beef
- Kosher salt
- Freshly ground black pepper
- 1 (14.5-oz.) can diced fire-roasted tomatoes
- 1 Tbsp. Italian seasoning
- 1 tsp. Worcestershire sauce
- 1 1/2 cups cooked white or brown rice
- 6 medium any color bell peppers (about 7 oz. each)
- 1 cup shredded Mexican blend cheese
- Chopped fresh parsley, for serving

Directions:

1. In a large skillet over medium-high heat, heat oil. Add onion and cook, stirring occasionally, until softened and just starting to turn golden, about 5 minutes. Stir in garlic and tomato paste and cook, stirring, until fragrant, about 1 minute more. Add beef; season with salt and pepper. Cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes. Drain excess fat, if needed.
2. Add tomatoes, Italian seasoning, and Worcestershire to beef mixture and cook, stirring, until liquid is slightly reduced, about 2 minutes. Remove from heat and stir in rice; season with salt and pepper. Keep warm.
3. Prepare a grill for medium heat; preheat 5 minutes. Cut tops off peppers and remove cores and seeds; reserve tops and discard cores and seeds. On a sheet tray, drizzle peppers and pepper tops with oil and rub to coat.
4. Grill peppers and pepper tops, covered and turning whole peppers occasionally and tops halfway through, until lightly charred and crisp tender, about 2 minutes per side for whole peppers and about 4 minutes per side for pepper tops.
5. Transfer pepper tops to a plate. Return peppers to sheet tray, arranging cut side up. Spoon beef mixture into each pepper. Generously pile cheese on top of beef mixture.
6. Arrange stuffed peppers next to each other, cheese side up, on grill, wrapping with foil but keeping cheese exposed if desired so peppers stay upright. Grill, covered, until cheese is melted, 8 to 10 minutes.

<https://www.delish.com/cooking/recipe-ideas/a60179316/best-grilled-stuffed-peppers-recipe/>



Recipe Corner

RED, WHITE AND BLUE CHEESECAKE SALAD

Ingredients:

- 1 cup fresh strawberries, chopped
- 1 cup fresh blueberries
- 1 cup mini marshmallows
- 1 cup whipped topping
- 1 package cheesecake pudding mix
- 1 cup vanilla yogurt or plain Greek yogurt
- 1 tablespoon honey (optional)

Instructions:

1. In a large bowl, combine the cheesecake pudding mix and vanilla yogurt. Mix well until smooth.
2. Fold in the whipped topping until well combined.
3. Add the chopped strawberries and blueberries to the bowl. Gently fold until they're evenly distributed.
4. Stir in the mini marshmallows.
5. If desired, add a drizzle of honey for extra sweetness.
6. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.
7. Serve chilled and enjoy!

This patriotic dessert is perfect for summer gatherings, BBQs, or Fourth of July celebrations!

Recipe was found on Facebook posted by "Food and drink" on June 16, 2025



Made by YOU

Melted Bead Suncatchers

How to Make a Suncatcher

1. Design Your Suncatcher:

Arrange translucent plastic beads in a single layer inside a metal baking dish. For smaller suncatchers, use muffin tins; for larger ones, try a cake pan. You can also place cookie cutters on a sheet of foil – just make sure they're all metal (no rubber or plastic parts).

2. Melt the Beads:

Important: Melting plastic releases fumes, so this step should be done outside using a grill or even a toaster oven. Heat until the beads are fully melted—usually about 10 minutes.

3. Cool and Release:

Let your suncatchers cool completely, then flip the pans upside down. They should pop right out!

4. Add a Hanger:

Use a power drill to make a small hole in each suncatcher. Thread string or twine through the hole to hang them individually or group several together to create a colorful mobile.

Optional Sparkle:

- Sprinkle a little glitter into your dish or tins before melting for extra shimmer.

Extra Tip:

- Use a nail file to smooth out any rough edges once your suncatchers are cool.



the Kitchen Table

Make Your Own Cleaners

WARNING: Never mix cleaning products containing bleach and ammonia, as dangerous fumes will result.

Oven Cleaner

- 2 tablespoons dishwashing liquid
- 2 teaspoon borax
- ¼ cup ammonia
- 1.5 cups warm water

Mix the ingredients together; apply to oven spills, and let sit for 20 to 30 minutes. Scrub with an abrasive nylon-backed sponge and rinse well.

Easy Scrub

- ¾ cup baking soda
- ¼ cup borax
- dishwashing liquid

Combine the baking soda and borax. Mix in enough dishwashing liquid to make a smooth paste. If you prefer a pleasant smell, add ¼ teaspoon lemon juice to the paste.

Jewelry Cleaner

- 1/4 cup ammonia
- ¼ dishwashing liquid
- ¾ cup water

Mix all the ingredients well, soak your jewelry for 3-5 minutes. Clean around the stones and designs with a soft-bristle toothbrush. Buff dry

Caution: DO NOT use this with gold-plated jewelry or soft stones like pearls, opals or jades)

Wood Floor Polish

- 1/2 cup vinegar
- ½ cup vegetable oil

Mix ingredients well, rub on the floor, and buff with a clean, dry cloth.

Rug Cleaner

- 1/4 teaspoon liquid dish soap
- 1 cup lukewarm water

Combine and use a spray bottle to apply the solution over a large rug or use the solution to spot-clean nongreasy stains.

Toilet Cleaner

- 1 cup borax
- ¼ cup vinegar or lemon juice

Combine to make a paste. Apply it to the inside of the toilet bowl, let sit for 1-2 hours and scrub.

Mildew Remover

- 1 tablespoon powdered laundry detergent
- 1 quart chlorine bleach
- 2 quarts water

Combine all in a pail. Wearing rubber gloves, wash off the mildew.

Glass Cleaner

- 2 tablespoons ammonia
- ½ cup ammonia
- ¼ teaspoon dishwashing liquid
- a few drops blue food coloring (optional)
- water

Combine ingredients to enough water to make 1 quart. If you prefer a non-ammoniated cleaner, sub 3 tablespoons vinegar or lemon juice for ammonia.



SUMMER days

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