

# the Extension Line

March/April Edition

Welcome, LaPorte County Extension Homemakers!

As we step into the beautiful season of spring, we are filled with excitement for the wonderful events and opportunities that lie ahead in the coming months. March, April, and May promise to be a time of renewal, growth, and community as we gather to learn, share, and support one another. From engaging workshops to special programs and gatherings, there is so much to look forward to! We encourage you to stay connected, get involved, and enjoy everything your organization has to offer this season. Let's embrace the fresh energy of spring and make these next few months truly special together!

Sincerely, the Extension Office

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LaPorteCounty



Embracing Change to  
meet  
Tomorrow's  
challenges



Extension - LaPorte County

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# the Nook



Standing: Vice President: Betty Carpenter , Sharon Russ, Joan Kelsey, State President: Linda Carunchia, Karen Schultz, Shirley Truhn, Joanna Doscocil Sitting: Donna Ottersen, Virginia Seitz, Jennifer Chubb

The East Galena Extension Homemakers Club of LaPorte County celebrated its 100th Anniversary on January 14, 2025 at the Rolling Prairie Methodist Church. Members and guests attended the event, with a special visit from Linda Carunchia, the State President of the Extension Homemakers. Joan Kelsey shared the club's history, along with several scrap books and other memorabilia. Karen Schultz offered the prayer, followed by some wonderful food. Everyone enjoyed the games and great conversation!

## HAPPY BIRTHDAY,

### MARCH

Sherry Riehle 3/5  
Beverly Barnes 3/7  
Marla Bolakowski 3/8  
Allie Tello 3/8  
Shirley Truhn 3/10  
Janice Schumaker 3/11  
Jan Daniels 3/17  
Betty Olson 3/19  
Martina Rukavina 3/22  
Marlene Kievert 3/23  
Linda Pardue 3/24  
Angie Lenig 3/28

### APRIL

Victoria Kelsey 4/4  
Joanne Nelson 4/9  
Delores (Dee) Dickman 4/12  
Peggy Grzesiowski 4/12  
Virginia Seitz 4/24



Phone number correction:  
Karen Schultz  
219-393-9438



# Mark Your Calendars!

## March

**\*\* New Date - Thursday, March 6 at 1:00 p.m. Council Meeting - Extension Office**  
**Election of Officers: Vice President, Treasurer & At-large volunteers**  
**BUDGET PRESENTED - There will be a white elephant auction!!**

**March 7th at 9:00 a.m. Crafty Friday @ The Studio**

**March 13 - Lend-a-Hand Day @ The Studio**

## April

**April 5th from 9 a.m. - 3 p.m. - Steady Stitchers Quilts, Crafts & Bake Sale @ Cummings Lodge**

**April 15th - Michigan City Spring District Meeting - Host: St. Joseph County**

**April 16th Educational Retreat at 2:45 p.m. @ The Extension Office - Carry-In Meal**

## May

**May 1st - Student Scholarship is due**

**May 21 - Educational Retreat & Cultural Arts Contest - Carry-in Meal**

**All items must be at extension office by 1:30 p.m. Judging begins promptly at 2:00 p.m.**

**Educational Retreat starts at 3:00 p.m.**

**The "special project" for Home & Family conference 2025 will be a single placemat. Guidelines: up to 14 x 20 is the maximum, however, you can make it smaller. It can be rectangle, oval, round just as long as it is not over the 14 x 20. You can use any medium you like: plastic, canvas, crochet, knit, quilting, whatever you desire.**



# *Chrissies Cubical*

## *Plant Based Eating*

### *Pros & Cons of a Plant-Based Diet*

March 11 from 5 - 6 PM @ LPCPL Kingsford Heights Branch

March 19 from 5 - 6 PM @ LPCPL Coolspring Branch

Explore the benefits and challenges of plant-based eating with our balanced program designed to weigh the pros and cons.

## *Sleep On It*

April 22 from 5 - 6 PM @ LPCPL Rolling Prairie Branch

April 29 from 5 - 6 PM @ LPCPL Fish Lake Branch

Explore sleep benefits, understand risks of insufficient sleep, identify barriers to quality sleep, and provide practical tips for improving sleep quality.



Christina Lai  
HHS Educator  
219-324-9407  
lai24l@purdue.edu





## *The Recipe Corner*

### *Tortellini with Sausage and Mascarpone*

Prep Time: 10 Min. | Cook Time: 8 Min. | Yields: 6 Servings

#### *Ingredients:*

- 1 package (20 ounces) refrigerated cheese tortellini
- 8 ounces bulk Italian sausage
- 1 jar (24 ounces) pasta sauce with mushrooms
- 1/2 cup shredded Parmesan cheese
- 1 carton (8 ounces) mascarpone cheese
- Crushed red pepper flakes, optional

#### *Directions:*

1. Prepare tortellini according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, cook sausage over medium heat until no longer pink, 6-8 minutes, breaking into crumbles; drain. Stir in pasta sauce; heat through.
2. Drain tortellini, reserving 1 cup cooking water. Add tortellini to sauce with enough reserved cooking water to reach desired consistency; toss to coat. Stir in Parmesan cheese; dollop with mascarpone cheese. If desired, sprinkle with red pepper flakes.

#### *Nutrition Facts:*

1 cup: 637 calories, 37g fat (17g saturated fat), 113mg cholesterol, 1040mg sodium, 57g carbohydrate (11g sugars, 4g fiber), 24g protein.

<https://www.tasteofhome.com/recipes/tortellini-with-sausage-and-mascarpone/>



# The Recipe Corner

## Irish Potato Candy Recipe

### Filling:

- 4 ounces softened cream cheese
- 1/4 cup unsalted butter, softened
- 1-1/2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 4 cups powdered sugar
- 2-2/3 cups shredded coconut

### Coating:

- 2 tablespoons ground cinnamon
- 1 tablespoon cocoa powder
- 1 tablespoon powdered sugar
- Optional: Slivered almonds or pine nuts, for eyes

### Directions:

1. Place the softened cream cheese and butter in the bowl of a stand mixer. Mix them together on medium-high speed until they're blended and smooth. Add the vanilla extract and salt and mix.
2. Pour the shredded coconut into a mini chopper or food processor; pulse the machine several times to chop the coconut shreds into small pieces. Then, add the coconut to the mixing bowl and blend it into the cream cheese-sugar mixture.
3. Editor's Tip: Pulsing the coconut shreds into smaller pieces in a food processor makes a smoother, finer-textured filling.
4. Line a large cookie sheet with wax or parchment paper. Scoop a level tablespoon of the candy filling. If you're using a kitchen scale, each scoop should weigh about 1/2 ounce. Roll the filling between your palms to make a smooth ball. Then, roll the ball into an oblong, potato shape, about 1-1/2 inches long.
5. Place the candy on the lined cookie sheet, and repeat until all of the mixture is used.
6. To remove lumps, sift the cinnamon, cocoa powder and powdered sugar together onto a shallow plate. Roll the shaped candies in the mixture to coat them completely and make them look like little potatoes. To make the potato eyes: Use a toothpick to poke one or two holes in each candy. Then, insert a piece of slivered almond, leaving it sticking out a little to look like a potato eye.
7. Once all the candies are coated, put them into a tightly sealed container or on a plate covered with plastic wrap. Stash the candies in the fridge for at least an hour before serving.

# March/April Word Search

Words can go in any direction

Words can share letters as they cross over each other.



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

**Council Meeting**

**Crafty Friday**

**District Meeting**

**East Galena**

**Educational Retreat**

**Election**

**Frog**

**Lend-A-Hand**

**Placemat**

**Plant Based Eating**

**Potato**

**Quilts**

**Sleep On It**

**Spring**

**Tortellini**





# HELLO SPRING

## PURDUE EXTENSION - LAPORTE COUNTY OFFICE STAFF

**Chrissie Lai**

Extension Educator  
Health & Human Sciences  
lai241@purdue.edu

**Sue Salisbury**

ANR & HHS Secretary  
salisbk@purdue.edu

**Kelsey Guadarrama**

County Extension Director  
4-H Extension Educator  
ksajdera@purdue.edu

**Lauren Allison**, 4H Extension Educator

**Jessi Davenport**, ANR Educator

**Mary Komenas**, Community Development Educator

**Kathy Ulman**, Office Manager

**Kelly Wozniak**, 4-H Admin

**Megan Sholey**, Marketing & Communications

**Office Hours & Contact**

Monday- Friday 8am-4pm | (219) 324-9407 | [extension.purdue.edu/county/laporte](http://extension.purdue.edu/county/laporte)

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