



# The Extension Line

May/June  
2020

News for the La Porte County Extension Homemakers

It is the mission of the Indiana Extension Homemakers Association to *strengthen families* through continuing education, leadership development and voluntary community support.



From our President

Hello All,

The start of our new year isn't what I had pictured at all , however, as our creed states "We believe in the present and its opportunities, in the future and its promises in everything.... We have and will continue to make the best of the crisis that we have been faced with.

I have received these updates from IEHA:

- All State Officers will remain the same
- Due to the cancellation of the State Convention, the Cultural Arts special category will be:  
2021 - Aprons      2022 - Lawn Ornament
- Lake County is hosting the Fall District Meeting on August 25<sup>th</sup>.
- 2020 -2021 State theme will be the same including Anne's pin etc.

County Membership forms are due NOW! Please return your form along with payment to Kathy ASAP. As always you can mail it to her home or if you want to get out for a bit, take a ride to the extension office and drop your information in the dropbox.

On Friday, May 15th Purdue sent out an additional update about events for July. It states that as of July 1, they will permit in-person events that comply with Indiana's Back on Track plan. Even with that being said, **the decision has already been made that the Extension Homemakers' will not be putting anyone's health at risk, therefore the Homemakers' will not be having a booth this year at the LaPorte County Fair.**

It is with a saddened heart that the Homemaker's have lost 4 members during the first part of the year, Imogene Dahl passed away on 3/25, Eleanor Warnke on 4/4, Evelyn Miller on 4/20 and Lee Aftowski on 5/10.

I wish everyone well and I'll be waiting until we can all meet together again.

~Della



### **In the Beginning: the Golden Book Story...**

According to the National Museum of American History, The Golden Book story began in October of 1942. The New York publishing firm Simon & Schuster, the Artists and Writers Guild, and the Western Printing and Lithographing Company of Racine, Wisconsin, joined forces to create a new series of children's books suited to beginning readers (3 to 8 years old). These little books were inexpensive, sturdy, and child-centered and represented a huge shift in thinking about how, where, and what children should read.

Quality, beautifully illustrated children's books of the early 20th century were too expensive for most families to own, and generally only available in libraries and schools. When Little Golden Books were introduced, they could be purchased at bookstores and department stores for 25 cents! After World War II, Simon & Schuster launched a new marketing plan that featured specially designed display units and began selling books in five-and-dime chains, groceries, and drugstores.

### **My Golden Book Story...**

My mother graduated from college in 1950 and immediately began reading Golden Books to the children in her classroom in Allen County. Now ragged from years of use, these books were surely well-loved by kids, teachers, parents and grandparents. When my mother passed, I acquired her books. Then, just a year or so later, I was given a book titled **Everything I Need to Know I Learned from a Little Golden Book**. Around 2012, I began collecting Golden Books as have many others. Do you have a collection of Golden Books? Maybe there are a few (books) tucked away on a shelf or in a box. You might enjoy finding them and thinking about what they mean to you.

### **World Wars & COVID War**

For the last few months we have been praising and celebrating our essential workers – those on the front lines. There is a similar story from 1949 - **The Two Little Miners** illustrated by Richard Scarry (1919-1994) highlighted and celebrated the life of the everyday working man (person). Many Little Golden Books explored the occupations thought of as essential to civil society— fireman, policeman, mailman—and encouraged children to observe, identify, and admire them.

### **Online Museum**

For more information about this story and others, you can visit the National Museum of American History, Behring Center at: <https://americanhistory.si.edu/documentgallery/exhibitions/goldenbooks/>

Source: National Museum of American History, Behring Center

### **What Is Your Favorite Book? Please call or email our office and let us know which book and why?**

Picture – My collection of original Golden Books (left), newer Golden Books (center) and my mother and her classroom (right).

~ Allison



Congratulations to the new officers!

President: Della Wittgren, Kitchen Kin

Vice-President: Sherry Riehle, Kitchen Kin

Secretary: Penny Flick, Kitchen Kin

Treasurer: Kathy Ulman, Homespun Harmony

Membership: Ruth Lile, F.A.C.S.Y. Folk

Publicity: Connie Carter, Merry Moderns & Kathy Ulman

At Large: Connie Carter & Joanna Dorskocil, Town & Country

PROGRAM BOOKS

The 2020-21 Program Books are a work in progress and you will be notified when they are ready to pick up. A Big Thank You to Hesston Homemakers and East Galena who did a great job on the book this year.

Homemakers,

2020 has definitely been a strange kind of year. We have been challenged with a virus that I don't think anyone of us could even imagine would turn our lives upside down as it has.

I have seen it bring out the best in people and in some, the worst. The last couple of months for me have been a struggle as I try to figure out a new "normal". I've struggled with not seeing my loved ones. I realized I took for granted the small things in life. I have felt anxious, alone, stressed and angry but I have also felt loved, a sense of calm and truly blessed.

I have thought of all of you during this pandemic as well. Praying that each of you kept your health and were adapting to the "stay-at-home" orders okay. I wished for all of the super crafty ones that you had enough projects to keep you busy.

I hope to see you all in September if not before.

~ Kelly

**IMPORTANT DATES TO REMEMBER**

**JUNE**

June 14th - Flag Day

**JULY**

**No fair booth**

July 4th - Independence Day



**AUGUST**

August 7th - 23rd - Indiana State Fair

August 25th - Fall District Meeting

**SEPTEMBER**

September 7th - Labor Day

September 13th - Grandparents Day

**OCTOBER**

October 6th - Fall Educational Retreat  
2:45 p.m.— 6:30 p.m.



### **JUNE**

4th—Carolynn Kissinger  
 9th—Betty Swanson  
 23rd - Angela Lile  
 27th - Sharon Russ  
 30th - Carol Welsh

### **JULY**

4th - Jean Caddy  
 7th—Marian Chambers  
 12th - Susan Martin  
 25th—Donna Woodruff  
 27th - Marcia Johnson  
 30th—Karen Barnhart

### **AUGUST**

2nd—Ruth Lile  
 5th—Margo Brust  
 6th—Patty Sardeson  
 9th—Marcia Wolff  
 29th—Janet Gourley  
 29th - Cindy King

### **SEPTEMBER**

9th - Jennifer Chubb  
 24th - Joanne Doscocil

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Andrew Dole, RDN and *Everyday Chef* & Performance Nutrition Expert with *Fruits & Veggies—More Matters*, explains how eating more Fruits and Vegetables help us shed pounds. As he points out, most of us wanting to lose weight think we have to restrict our calories and eat less. Eating more fruits and vegetables, which are nutrient dense and lower in calories, can provide the nutrition we need and help us to feel full. He shares a few tips:

1. Snacks. When feeling snacky go for some cut melon like cantaloupe or honeydew.
2. Appetizers. Forget the chips and pretzels. Enjoy hummus and yogurt dips with baby carrots, celery, or chopped peppers.
3. Pre/Post Workout. Need a before or after workout snack? Avoid energy bars and 'carbed up' sports products. Add some fruit like bananas, grapes, peaches, and berries to Greek yogurt or cottage cheese.
4. Fill Up! Looking for a hearty, fill you up feeling at meal times; roasted broccoli, cauliflower and eggplant work nicely.
5. Instead of Sweets. Insatiable mid-day sweet tooth cravings can be cancelled out with pickled vegetable snacks like spicy pickled carrots, garlic mushrooms, or cider okra. The classic dill pickle is always an option too.

When you prepare your fruits and vegetables, just keep in mind to prepare them in ways that make them nutritious and delicious without adding calories with sauces, gravies, cream and/or butter. Try steaming, roasting or stir frying vegetables or using them raw with yogurt dips or hummus. Eat fruits whole or sweeten up your dishes with fruits instead of added sugars. Add to your list of fruits and vegetables by trying new ones to increase variety and nutrition.

This information is from the online lesson: Superfoods: Fruits & Vegetables. See the full lesson at:

<https://ieha-families.org/about-us/education/>

or read the full article, *Performance Nutrition: How to use Fruits and Vegetables to shed extra pounds* at:

<http://www.fruitsandveggiesmorematters.org/>