



# *the* EXTENSION LINE

*November December Edition*

Hello, everyone!

As the leaves start to change and the air gets a little cooler, I hope you're finding time to enjoy all the cozy moments fall brings. This season is a great reminder for all of us to prioritize our health and happiness—whether that's through trying a new seasonal recipe, taking a brisk walk in the crisp air, or sharing some laughter with friends and family.

Thank you for all that you do to bring health and wellness to our community. Let's keep inspiring each other to stay healthy, happy, and connected this fall!

Warmly,

**Chrissie**



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## Chrissie Lai

Purdue University  
Health & Human Sciences  
Educator  
lai241@purdue.edu  
219-324-9407

# HAPPY HOLIDAYS



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*Embracing Change  
to meet  
Tomorrow's  
challenges*



Extension - LaPorte County

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# The Nook

A message from your Extension Homemaker President

Summer has come and gone, and autumn is showing off her blazing colors as we move forward into yearend activities. We have several programs planned for the coming months - (see details in this newsletter). Our Fall Memorial service, the Holiday Council Meeting and a January Soup Night are all in the works. I would like to personally invite everyone to attend these meetings and bring guests. Our membership is at an all-time LOW! We have plans to help bring our numbers back up. There is a big fund raiser for the Steady Stitchers Studio building repair in the works as well as a few more surprises that Betty has in store for everyone. All of this will be revealed at the council meeting. I also need people thinking about officers for next year - we will be needing new people to step up, please let me or Betty know if you are interested! We may have our district rep - Michelle come and help with training and recruitment. Everyone needs to be thinking about which committees they would like to work on. I will be looking for all of your smiling faces at our fall/winter activities.



## Happy Birthday Extension Homemakers!

### November

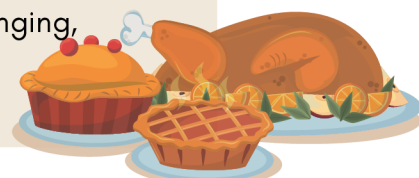
Sharon Erwin 11/18  
Melissa Newcomer 11/26  
Barbara Swanson 11/27  
Della Wittgren 11/27

### December

Sandy Mccenterfer 12/7  
Karen Schultz 12/18  
Sandy Roth 12/22  
Bonnie Stoner 12/22  
Harriet Lute 12/26

### Did you know?

A whopping 68 percent of Americans dislike Thanksgiving dishes like canned cranberry sauce, pumpkin pie, and even turkey itself, according to a 2019 Instacart survey of more than 2,000 U.S. adults conducted online by the Harris Poll—but they'll still eat them in honor of tradition. Times are changing, however: Thirty percent of Thanksgiving dinner hosts have served something other than turkey as their main course





# Mark Your Calendars

## November

### November 13th

Lend a Hand Day  
9:00 a.m. – 8:00 p.m.  
@ The Studio

Sew Happy Sales will be there to deep clean your machines (\$45) or Sharpen Shears (\$12)

### November 17

Taste of Extension & Memorial  
1:00 p.m. – 3:00 p.m. @ Rolling Prairie  
Methodist Church

### November 22

Extension Board Council Meeting  
1:00 p.m. – 4:00 p.m. @ The Studio  
Open to everyone; only board members can vote. Comments welcome

## Upcoming 2025 Events

### January 12

Membership Drive with Soup Tasting

### January 14

East Galena Extension Club 100 Year  
Anniversary Party

## December

### December 5th

Holiday Council Meeting  
12:00 pm @ the Healthcare Foundation



## Crafty Fridays @ The Studio

Craft events will be held on **November 1, December 6, and January 10**. Organized crafts will be provided, but participants are welcome to bring their own projects to share or work on.

For questions call Marcia Wolff or Peggy Grzesiowski



# Educational Post

## The Power of Sleep This Fall 🍁zzZ

As the days get shorter and the evenings cooler, fall is a perfect time to refocus on sleep and the important role it plays in our overall health.

Good sleep isn't just about feeling rested—it strengthens our immune system, sharpens our minds, and even helps regulate our mood and energy levels.

Here are a few fall-inspired tips to improve your sleep quality:

1. **Create a Cozy Routine:** Wind down each night with a comforting ritual like reading, stretching, or a warm cup of herbal tea to help signal to your body that it's time for bed.
2. **Stick to a Schedule:** With daylight hours changing, try to keep a consistent sleep schedule. This helps your body's internal clock stay steady, making it easier to fall asleep and wake up naturally.
3. **Limit Screen Time Before Bed:** Cooler nights are perfect for unwinding, but scrolling can keep our minds alert. Aim to shut off screens at least 30 minutes before bed.
4. **Let in Fresh Air:** The fall breeze is great for cool, clean air in your bedroom. A slightly cooler room can improve sleep quality by helping your body reach an ideal temperature for rest.

By making sleep a priority this season, we can all enjoy fall feeling healthier and more energized!

Learn more at <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>



# The Recipe Corner

## Sausage Quiche Squares

Prep: 15 min | Bake: 20 min | Total Time: 35 + cooling

### Ingredients:

- 1 pound bulk pork sausage
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1/2 cup finely chopped onion
- 1 can (4 ounces) chopped green chiles
- 1 tablespoon minced jalapeno pepper, optional
- 10 large eggs
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

### Directions

1. Preheat oven to 375°. In a large skillet, cook and crumble sausage until no longer pink; drain. Place in a greased 13x9-in. baking dish. Layer with cheeses, onion, green chiles and, if desired, jalapeno. In a bowl, beat eggs and seasonings. Pour over cheese layer.
2. Bake, uncovered, until a knife inserted in the center comes out clean, 18-22 minutes.
3. Cool for 10 minutes; cut into 1-in. squares.



# The Recipe Corner

## Air Fryer Cinnamon Rolls

Prep Time: 15 min | Cook Time: 8 min | Additional time: 1 hr

Total time: 1 hr 23 min. | Yields: 6

### Ingredients:

- For the dough
- 1 Cup all-purpose flour
- 2 Tbsps granulated sugar
- 1 package (2 ¼ tsp) instant yeast
- ¼ teaspoon salt
- 2 Tbsps butter melted
- ⅓ Cup milk warmed to 115°F
- **For the Filling:**
- 2 Tbsps butter softened
- 3 Tbsps brown sugar
- 1 ½ teaspoon ground cinnamon
- **For the icing:**
- ⅓ Cup powdered sugar
- 2 tps milk or cream



### Instructions

1. Mix all of the ingredients for the dough in a medium size bowl until it comes together in a shaggy ball. Turn it out onto the counter and knead it a few times until it is a smooth ball,
2. Place the dough ball in a lightly oiled bowl. Cover and allow to rise in a warm place 40 minutes until slightly risen.
3. While the dough is rising, combine the filling ingredients in a small bowl and stir until well mixed.
4. Turn the risen dough out onto a floured counter or pastry mat. Gently roll it out to an 8x8 square. Spread the cinnamon mixture over the dough leaving about 1 inch at the top end.
5. Roll the dough up starting from the side closest to you then cut into 6 equal portions.
6. Place the rolls in a 7 inch springform pan leaving approximately an inch of space around them. Cover and let rise 20 minutes.
7. Uncover the rolls, place the pan in the air fryer basket. Set the temperature to 320°F and set the timer for 8 minutes. After 8 minutes the rolls should be puffed up and golden brown.
8. While the rolls are cooking you can make the icing. Mix the powdered sugar and milk in a small bowl until you have a smooth icing. You can add more milk if you prefer it thinner.
9. Remove the pan from the air fryer, let the rolls cool for about 5 minutes, then drizzle with icing and serve.



All LaPorte County Extension Homemakers  
Are cordially invited to attend the  
**East Galena Extension Club**  
**100-Year Anniversary**  
**Party**



Tuesday, January 14, 2025  
2-4 pm

United Methodist Church of  
Rolling Prairie  
3444 US-20  
Rolling Prairie, IN 46371

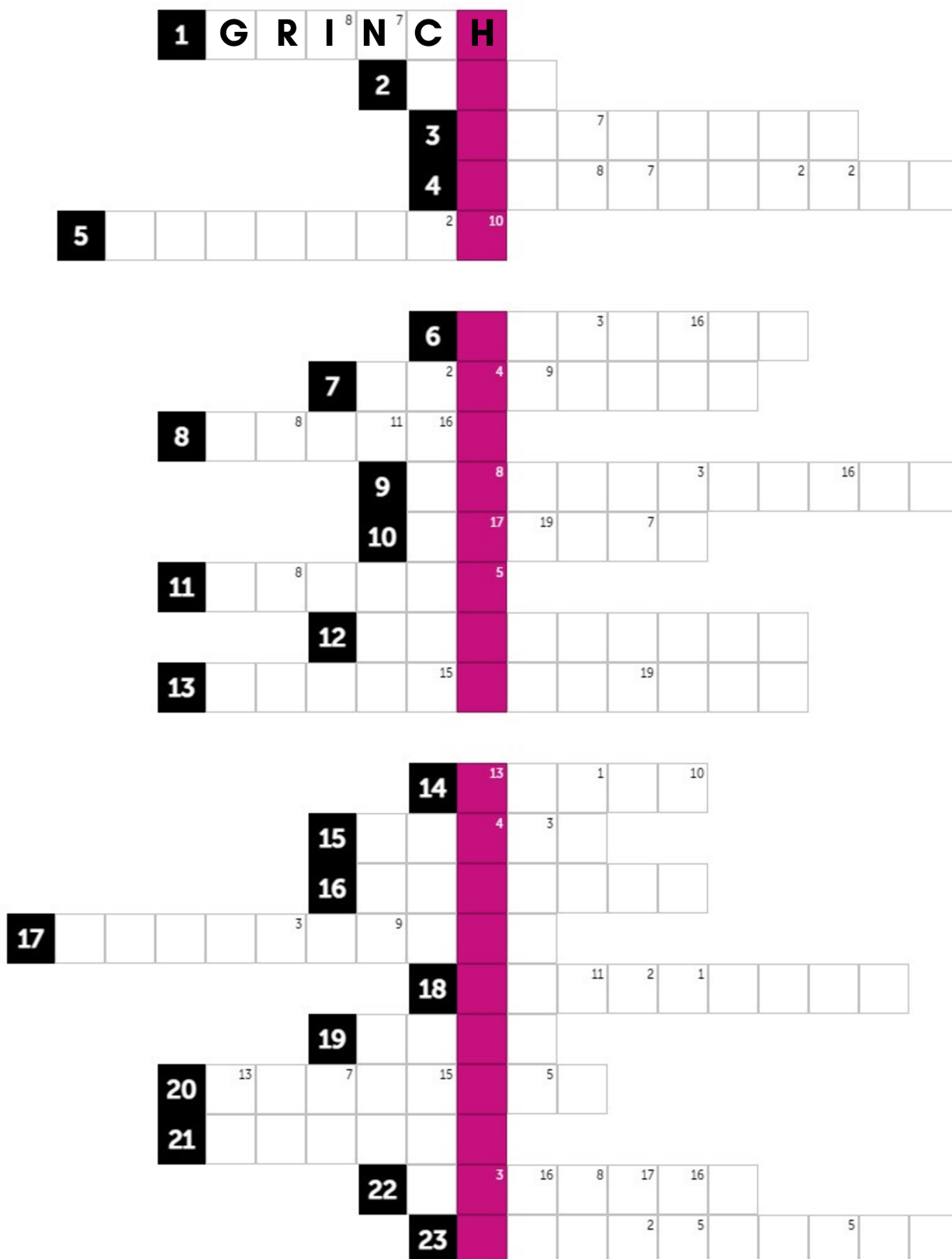
Join us for some snacks, fun,  
games and activities



For questions,  
call Joan Kelsey  
219-324-2894



# Extension Homemaker Holiday Acrostic Puzzle





# Acrostic Puzzle Clues

1. A grouchy spoilsport who doesn't enjoy Christmas.
2. The edible starchy tuberous root of various plants used as a staple food in tropical areas
3. The conical or rounded woody fruit of a pine tree, with scales which open to release the seeds.
4. Pronounced poyn-seh-tee-uh, this Mexican shrub was first used as a Christmas decoration by Franciscan friars in the 17th century.
5. The place and conditions of a birth; commonly used to refer to the birth of Jesus.
6. The process or period of gathering in crops.
7. A long sock, traditionally filled with small Christmas gifts.
8. Slender strips of shiny metallic foil or plastic used as Christmas decorations.
9. A cookie made with molasses and ginger.
10. Countdown calendar to Christmas.
  11. A candle holder for the seven candles lit during Kwanzaa.
12. Symbol of hope, fertility/new beginnings, and boundaries/protection.
13. An annual national holiday marked by religious observances and a traditional meal including turkey.
14. An evergreen bush with red berries and prickly leaves used as a winter holiday decoration in pagan and Christian traditions.
15. The fruit of the oak tree, a smooth oval nut in a rough cup-shaped base
16. A large rounded orange-yellow fruit with a thick rind, edible flesh, and many seeds
17. A device used to crack open the shells of nuts. Also, the name of a popular ballet set during Christmas, scored by Tchaikovsky, staged during the holiday season.
18. A parasitic plant with white berries, hung from doorways as a Christmas decoration. People are expected to kiss when standing beneath it.
19. Any of the regular occasions in a day when a reasonably large amount of food is eaten, such as breakfast, lunch, or dinner.
20. The eight-day "festival of lights" commemorating the rededication of the Jewish temple around 200 B.C. The holiday is celebrated by lighting candles, eating fried foods, playing games, and giving gifts.
21. A set of instructions for preparing a particular dish, including a list of the ingredients required.
22. A four-sided top used by children to play a gambling game during Hanukkah.
23. A mythical, white-bearded man clad in red who delivers presents to well-behaved children on Christmas Eve; based on legends of the historical Saint Nicholas's generosity.



happy holidays



## 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

**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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