

# Horizons

A publication of Purdue Extension Hamilton County

2003 Pleasant Street  
Noblesville, IN 46060-3697  
317-776-0854  
www.extension.purdue.edu/county/hamilton



August 2023

## EXTENSION EDUCATORS

Susan L. Peterson  
HHS  
County Extension Director  
speterson@purdue.edu

Kathleen J. Bohde  
4-H Youth Development  
bohde@purdue.edu

Courtney Lockwood  
ANR  
tate9@purdue.edu

## PROGRAM ASSISTANTS

Bernie Huber  
Program Assistant, HHS  
bchuber@purdue.edu

Lisa Hanni  
Program Assistant, ANR/4-H  
lahanni@purdue.edu

Kristen Yutzky  
Program Assistant  
kyutzky@purdue.edu

## SUPPORT STAFF

Maggie Herrington  
Office Manager  
mherrington@purdue.edu

Kris Grinstead  
Administrative Assistant/  
Bookkeeper  
krisgrin@purdue.edu

Georgia Marshall  
Receptionist/Secretary  
glmarsha@purdue.edu

Alex Walther  
Social Media & Communications  
walthea@purdue.edu

Dear Extension Homemakers,

What a great summer! As we reflect on the last few months, there is much to recognize, evaluate and celebrate.

Thanks to all our members who worked hard on Achievement Day. During the 4-H fair, the Homemaker's Kitchen was a success due to your hard work and dedication. The book sale proved extremely successful and the open class exhibits were a beautiful display for the public. These community outreaches require a ton of hard work, planning, organization, and "time on your feet." Thank you for all that you do for Extension Homemakers. As we look to next summer, there will be changes with our buildings and displays but we look forward to making plans for these exciting times.

As fall arrives, we look forward to celebrating with you. Enjoy this wonderful season!

Susan L. Peterson  
County Extension Director  
Extension Educator, HHS



Dear Extension Homemakers,

Many people come into our office and ask, "Are you glad the fair is over?" We are not sure how to answer because we get to see so many people but then immediately start working on programs for the fall and next year.

A big thank you to all homemakers who worked the fair events which included the fair kitchen, flower show, food & craft show, used book sale and the first homemade pie contest. You ladies are unbelievable.

August 1st was the beginning of the "new" program year so be on the lookout for ways to be involved or events that sound interesting to attend. The district meeting and retreat details are in this newsletter. The new IEHA state president is once again encouraging all members to scatter kindness by making small hearts and giving them to others. Look for interesting ways to share.

This issue of *Horizons* contains 2023 fair results, pie contest winners, and photos from Achievement Day. You will also find information on stroke symptoms, how to use a food thermometer and learn how to have a healthy relationship with others. Can you find something you didn't know?

The weather has been great.  
Enjoy what is left of summer.

Bernie Huber  
Program Assistant  
Health & Human Sciences



## CALENDAR 2023

August 17	Board & Council Retreat	9:30 a.m.
Jul 28 - Aug 20	Indiana State Fair (closed Mondays and Tuesdays)	
September 5	Board & Council Meetings	9:30 a.m. & 10:30 a.m.
September 13	Educational Lessons	10:00 & 11:15 a.m.
	Stay Scam Safe; Taxes	
September 25	Indianapolis District Fall Meeting (Morgan County) <i>see flyer</i>	
September 19-20	District Retreat - Waycross	
October 3	Board & Council Meetings	9:30 a.m. & 10:30 a.m.
October 14	Sewing Seminar	9:00 a.m.

## *Message from the county president*

*A big thank you to all of our members who were able to help in the kitchen during the 4-H fair. We were again very short staffed especially in pouring drinks and cleaning trays during numerous shifts. Several workers had to stay later than they were scheduled. With the construction happening at the fairgrounds this fall we do not know how much of the kitchen will be available to us next year. We may need to consider other ways of fundraising so put on your thinking caps.*

*Thank you for your help and continued support of Extension Homemakers. I'm looking forward to a great year.*

*Sharon Parker*

### **Profits from the 2023 fair**

**Fair Kitchen  
Food & Craft Show  
Flower Show  
Used Book Sale**

To be determined when all bills have been submitted



You can receive this newsletter *IN COLOR*  
-e-mail Bernie (bchuber@purdue.edu)  
OR  
-contact the office at 317-776-0854.



We have a facebook page called **Hamilton County IN Extension Homemakers**. Let us know what you are doing. If you have club photos, stories, or events to post, share them with Jan Plummer then look for it on our page.

“like” it to receive information on your personal facebook news feed  
 “follow” it to make it easier to find in a news feed

Email: [jankplum@frontier.com](mailto:jankplum@frontier.com)



What happens when you have been a volunteer for **70 years**? The Extension Office gives you your own reserved parking space! Susan Peterson, CED, presented Helen Dailey with her own sign. We saw her car in her special spot whenever she volunteered at the fair this year.

## Save the Date

The Sewing/Quilting Seminar  
 Saturday

October 14, 2023

Hamilton County 4-H Fairgrounds

Sponsored by Purdue Extension Hamilton County

Look for program details and registration form in mid-September.



Silvernates Choral Club is connected with the Indiana State Extension Homemakers Choral Club known as the "Melody Makers of Indiana". The members enjoy singing for nursing homes and other organizations. Silvernates meets Monday nights from the end of August through June at 7:00pm to 8:30pm at the Hamilton County 4-H Fairgrounds, 2003 Pleasant Street Noblesville, IN.

The director is Diana Stanton and the accompanist is Emily Block. New members are welcome at any time. If you would like more information, call the Hamilton County Extension Office 317-776-0854.

If you love to sing, this is the place for you!



## 2023 Extension Homemaker Scholarship Winners

Sierra McDonald  
 Avery Miner  
 Jenna Peterson  
 Alice Pickett  
 Ella Pickett

Purdue University  
 Indiana University  
 Purdue University  
 Purdue University  
 Indiana University

Nursing  
 Nursing  
 Speech, Language & Hearing  
 Nursing  
 Nursing

**IEHA Week**  
 October 22– 28, 2023  
 Help promote Hamilton County  
 Extension Homemakers



State website—check it out.  
<https://www.join.ieha-families.org/>

Follow us on facebook  
<https://www.facebook.com/IndianaExtensionHomemakersAssociation/>



Home and Family Conference attendees from Hamilton county - Lisa Gambrel, Sally Thieme, Betty Clark, Susan Peterson, Josiah Rhea and Sharon Parker

## Pie Contest Winners

First—Joani Lawson, Black Raspberry  
 Second—Kathy Bray, Black Raspberry



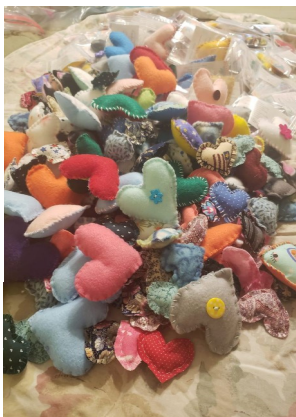
1st



2nd



Make little felt or fabric hearts and leave in places to spread kindness "the IEHA way."





# Achievement Day June 22, 2023



## *New Members 2023*

Suzi Bell - Harbourites  
 Janet Feazel - Friendly Eagles  
 Tracy Fisher - East Wayne  
 Sharon Humes - Silvernotes  
 Judith Lasley - Silvernotes  
 Carey Mendenhall - North Adams  
 Jo Palmer - Silvernotes  
 Judy Pryor - Monte Ray  
 Cassia Rhea - Roaring 20's  
 Josiah Rhea - Roaring 20's  
 Judy Rigsbee - Silvernotes  
 AJ Robinson - Roaring 20's  
 Maggie Runchel - Roaring 20's  
 Meg Sawchuk - Harbourites

## *Remembering deceased homemakers.....*

Judy Kinder – East Wayne  
 Phyllis Stackhouse – Friendly Eagles  
 Rachel Merrill – Friendly Eagles  
 Charlotte Smith – Profit & Pleasure  
 Bonnie Drayer – North Adams  
 Mary Coombs – Fall Creek Home Arts



Indianapolis District Representative, Lynn Lillard, incoming State IEHA president, Peg Peter, and outgoing IEHA State President, Michelle Roberts

## Welcome new officers

### 2023 – 2024 Officers

President	Sharon Parker, Harbourites
Vice President	Valerie Carson, Roaring 20's
Secretary	Jane Catlin, Friendly Eagles
Treasurer	Jessica Gahimer, Roaring 20's
Asst. Treasurer	Linda Westbrook, Fall Creek Home Arts
Recorder	Beth Oberbeck, Roaring 20's
Education	Josiah Rhea, Roaring 20's
Leadership	Sally Thieme, East Wayne
Volunteer Community Support	Lisa Gambrel, Fall Creek Home Arts
Public Relations	Jan Plummer, Roaring 20's
Past President	Betty Clark, Fall Creek Home Arts

# 2023 Flower Show Results

## Horticulture

**Grand Champion** – North Adams

**Reserve Grand Champion** – East Wayne

### *Champions*

Gladioli – East Wayne

Rose – North Adams

Dahlia – Roaring 20's

Zinnia – North Adams

Marigold – Roaring 20's

Sunflower – Harbourites

Three Varieties of Bloom – North Adams

Shrub Flowers – East Wayne

Oriental or Asiatic Lilies – Fall Creek

Snapdragons – none

### *Reserve Champions*

Gladioli – North Adams

Rose – Roaring 20's

Dahlia – none

Zinnia – Harbourites

Marigold – Silvernotes

Sunflower – North Adams

Three Varieties of Bloom – Roaring 20's

Shrub Flowers – Fall Creek Home Arts

Oriental or Asiatic Lilies – North Adams

Snapdragons – none

### *Ribbon Awards*

#### **Gladioli**

Blue – East Wayne, Fall Creek Home Arts (2), Friendly Eagles (2), Harbourites, North Adams, Roaring 20's

#### **Rose**

Blue – East Wayne, Friendly Eagles, Roaring 20's (2), North Adams

#### **Dahlia**

Blue – East Wayne, Fall Creek Home Arts (2), Roaring 20's, Silvernotes

#### **Zinnia**

Blue – Friendly Eagles, Harbourites, North Adams, Roaring 20's (2)

Red – Fall Creek Home Arts (2)

#### **Marigold**

Blue – East Wayne, Fall Creek Home Arts, North Adams, Roaring 20's (2), Silvernotes (2)

Red – Fall Creek Home Arts

White – Friendly Eagles

#### **Sunflowers**

Blue – East Wayne, Friendly Eagles, Harbourites, North Adams (2)

#### **Three Varieties of Bloom**

Blue – East Wayne, Fall Creek Home Arts, Friendly Eagles, Harbourites, North Adams, Roaring 20's, Silvernotes

#### **Shrub Flowers**

Blue – East Wayne, Fall Creek Home Arts, Harbourites, North Adams, Roaring 20's, Silvernotes

#### **Oriental or Asiatic Lilies**

Blue – Fall Creek Home Arts, North Adams

#### **Snapdragon**

Blue – Fall Creek Home Arts, Roaring 20's

Red – Friendly Eagles



## *“Fairy Tales that Bloom”*

## Houseplants

**Grand Champion** – Roaring 20's

**Reserve Grand Champion** – Fall Creek Home Arts

Champion – Roaring 20's Fall Creek Home Arts, Harbourites

Reserve Champion – North Adams

### **African Violet**

Blue – Fall Creek Home Arts (2)

### **Orchid**

none

### **Any Non-Blooming**

Blue – East Wayne, Fall Creek Home Arts, Harbourites, North Adams, Silvernotes

### **Fairy Garden/Container Garden**

Blue – East Wayne, Roaring 20's

Red – East Wayne. Fall Creek Home Arts, Friendly Eagles

## Artistic Design

**Grand Champion** – East Wayne

**Reserve Grand Champion** – East Wayne

### Tiny Creations – none (Champion)

East Wayne (Reserve Champion)

Blue – East Wayne, Friendly Eagles, North Adams, Roaring 20's

Red – Harbourites, East Wayne

### Deep in the Forest – East Wayne (Champion)

North Adams (Reserve Champion)

Blue – East Wayne, Friendly Eagles, Harbourites, North Adams, Roaring 20's

Red – North Adams

### Royalty – East Wayne (Champion)

North Adams (Reserve Champion)

Blue – East Wayne, Harbourites, North Adams, Roaring 20's

Red – Friendly Eagles

### Cottage Garden – Roaring 20's (Champion)

North Adams (Reserve Champion)

Blue – East Wayne, Friendly Eagles, Harbourites, North Adams, Roaring 20's

Red – North Adams

### It's Magical – East Wayne (Champion)

East Wayne (Reserve Champion)

Blue – East Wayne, Friendly Eagles, Harbourites, North Adams, Roaring 20's

Red – North Adams

### Happily Ever After – Roaring 20's (Champion)

North Adams (Reserve Champion)

Blue – East Wayne, Fall Creek Home Arts, Friendly Eagles, Harbourites, North Adams, Roaring 20's

Red – North Adams

## Food Division

**Grand Champion** – Rajean Chastain  
**Reserve Grand Champion** – Rajean Chastain

### **Quick Breads**

Champion – Debbie Mills  
Reserve Champion – Meagan Moran  
Blue – Debbie Mills, Jennifer Evans, Abby Albin, John Baker, Rachelle Byerly, Meagan Moran, Emily Vizard  
Red – Nate Albin, Kristina Moorhead

### **Yeast Breads**

Reserve Champion – Joe Heffelmire  
Blue – David Evans, Joe Heffelmire; Red – Jennifer Evans, David Evans

### **Cakes**

Champion – Kristina Moorhead  
Reserve Champion – John Baker  
Blue – Debbie Mills, Angela Asmus, Kristina Moorhead, John Baker, Deb Knapp, Sandy Parks

### **Cookies**

Champion – Kali Kennebrew  
Reserve Champion – Janet Macy  
Blue – Amy Radford (2), Debbie Mills, Jennifer Evans, Tressie Hoang, John Baker (2), Alayna Wilbur, Janet Macy, Kristi Duffy, Amber Blakely, Emily Vizard, Rajean Chastain (3), Kali Kennebrew

### **Semi-Homemade**

Champion – John Baker  
Reserve Champion – Jennifer Evans  
Blue – John Baker, Jennifer Evans; Red – David Evans; White – David Evans

### **Pies**

Blue – Roy Langdon

### **Food Preservation**

Champion – Tiffany Hurlock  
Reserve Champion – Tiffany Hurlock  
Blue – Tiffany Hurlock (2), Kristina Moorhead (2), Kelsey Peyton (2), Meagan Moran, Kali Kennebrew

### **Homemade Candy**

Champion – John Baker  
Reserve Champion – Janet Macy  
Blue – Barb Lawson, Debbie Mills (2), John Baker, Janet Macy; Red – Jan Fouch

## Basic Craft Division

**Grand Champion** – Chris Prange  
**Reserve Grand Champion** – Janet Fouch

### **Crochet Division**

Champion – Tiffany Hurlock  
Reserve Champion – Jenna Depps  
Blue – Tiffany Hurlock (3), Jenna Depps

### **Knitting Division**

Champion – Susan Hill  
Reserve Champion – Susan Hill  
Blue – Susan Hill (3)

### **Needlecraft - Crossstitch Division**

Reserve Champion – Janet Fouch  
Blue – Abby Albin, Alyson Bray, Jan Fouch

### **Needlecraft - Embroidery Division**

Reserve Champion – none  
Blue – Phyllis Fralick (4)

### **Felting**

Blue – Chris Prange

### **Needlecraft - Miscellaneous**

Champion – Chris Prange  
Reserve Champion – none  
Blue – Tiffany Hurlock (2), Chris Prange (2)

# 2023 Food & Craft Show Results

## Basic Craft Division cont'

### **Creative Ideas Division**

#### **Jewelry**

Blue – Tiffany Hurlock (2), Dreama Drake (5), Sandra Tolley (10), Debbie Weldy, Susan Hill

#### **Dolls**

Blue – Susan Hill

#### **Wreaths**

Blue – Chris Prange

#### **Holiday Decorations**

Reserve Champion – Phyllis Fralick  
Blue – Tiffany Hurlock, Phyllis Fralick, Christina Wolfe

#### **Card Making**

Blue – Jennifer Sullivan (3), Jennifer Endicott (5)

#### **Recycled/Repurposed**

Blue – Phyllis Fralick

#### **Miscellaneous**

Champion – Amber Blakely  
Reserve Champion – none  
Blue – Phyllis Fralick, Abby Albin, Emily Vizard (2), Amber Blakely  
**Professional Creative Ideas**  
Blue – Emily Vizard

### **Craftsman**

Champion – David Zeller

#### **Glass Work/ Etching**

Champion – David Zeller  
Blue – David Zeller

#### **Miscellaneous:**

Blue – Wendy Hansen

## Sewing Division

**Grand Champion** – Ruth Middleton  
**Reserve Grand Champion** – Ruth Middleton

### **Quilting**

Champion – Bernice Bruhn  
Reserve Champion – Ruth Middleton  
Blue – Laurie Hayes, Barb Hayes (3), Bernice Bruhn (2), Marcy Kuhn, Judy Langdon, Kathy Zook (3), Kristina Moorhead, Edward Fennel, Ruth Middleton, Carol Koch, Joann Wack

### **Wall Hanging**

Champion – Ruth Middleton  
Reserve Champion – Barb Hayes  
Blue – Barb Hayes, Ruth Middleton

### **Clothing**

Champion – Marcy Kuhn  
Reserve Champion – none  
Blue – Marcy Kuhn, Carol Koch  
Red – Emily Vizard

## The Arts Division

**Grand Champion** – Wendy Hansen  
**Reserve Grand Champion** – Andrew Jacobson

### **Painting**

Blue – Terr Johnston (3), Kathy Zook, Joann Wack, Barb Weaver (4), Asher Estes  
Red – Sharon Moore, Ashley Estes (2)

### **Drawing**

Blue – Wendy Hansen (3)  
Red – Nicole Cochran

### **Photography**

Blue – Ron Hall (3), Andrew Jacobson (10)  
Red – Angela Asmus, Ron Hall, Richard Macy, Andrew Jacobson





*Indianapolis Fall District Meeting*  
*Morgan County Fairgrounds*  
 1749 Hospital Drive, Martinsville, IN 46151  
 Monday, September 25, 2023

*What Grows Behind Your Garden Gate?*

*Registration: 9:00 am*  
*Program: 10:00 am*  
*Cost: \$16.00*  
*RSVP by September 18th*

*Menu:*

*Pulled Pork, Mac & Cheese, Green Beans, Gray Brother's Strawberry Pie, Tea or Lemonade*



*Attendees:*

*Please bring pet and cleaning supplies to be donated to the Morgan County Humane Society. No toys please.*

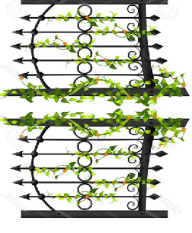


*Questions:*

*Contact Cindy Saferight @ 317-831-6821 or text 317-682-7062*

*Indianapolis District Fall Meeting*

*What Grows Behind Your Garden Gate?*



*Monday, September 25, 2023*

**Please mail form and payment to:**

**Morgan County Extension Homemakers**  
 c/o Tura LaMar  
 2260 Crestview Dr. Martinsville, IN 46151

Registration (including meal) is \$16.00 per person **(Please indicate any special dietary needs below on this form)**

County or Club Name: \_\_\_\_\_ County: \_\_\_\_\_

Names of those attending: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Number of Reservations \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Special dietary needs: \_\_\_\_\_

\_\_\_\_\_



Find your best Hawaiian shirt, grass skirt, or mumu...there will be a contest!



**IEHA Indianapolis District 21st Annual Retreat  
Tuesday, September 19 & Wednesday, September 20**

Waycross Camp and Conference Center  
7363 Bear Creek Road, Morgantown, IN 46160  
Phone: 812-597-4241 or 800-786-2267



**Please print clearly**

Name \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Email \_\_\_\_\_  
Confirmation by mail (include a self-addressed stamped envelope) \_\_\_\_\_ or Email \_\_\_\_\_  
County \_\_\_\_\_  
Emergency Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

Do you require a handicap room? Yes \_\_\_ No \_\_\_ On the ground floor? Yes \_\_\_ No \_\_\_  
Double/Triple occupancy room **\$127.00** Single occupancy room **\$159.00** (ONLY 4)  
Would you share a double bed and have a single bed in the room allowing an occupancy of 3? \_\_\_ Yes  
Do you have special dietary needs? We will try to accommodate if possible. \_\_\_\_\_

Roommate(s): \_\_\_\_\_  
**\$50.00** One Day ONLY Registration includes meals: Tues. \_\_\_ Wed. \_\_\_ Classes (additional charges apply)  
**See next page for class descriptions, price, class size and instructions.** We will try our best to fulfill your request for classes. First choice: please circle one selection for each of the following sessions:  
**Session 1: 1 2 3 4 Session 2: 1 2 3 4 Session 3: 1 2 3 4 Session 4: 1 2 3**  
Second choice: **Session 1: 1 2 3 4 Session 2: 1 2 3 4 Session 3: 1 2 3 4 Session 4: 1 2 3**  
Please mail your registration and check made out to **Morgan County Extension Homemakers** to cover the cost of accommodations, meals and sessions to:  
**Tura LaMar**  
**2260 Crestview Dr.**  
**Martinsville, IN 46151**

For additional questions please contact: **Cindy Saferight @ 317-682-7062**  
**No registrations will be accepted after September 8, 2023.**



**Pictures of crafts on next page of registration**

- Tuesday, Session 1 (1:15 – 2:15 )
- Class 1. Seashell Pendant & Bookmark Class limit: 10/ Cost: \$6
- Class 2. Shaker Snowperson Class limit: 12 / Cost: \$6
- Class 3. Charcuterie Class limit: 15/ Cost: \$4
- Class 4. Clothes Pin Wreath Class limit: 12/ Cost: \$10
- Tuesday, Session 2 (2:30 – 3:30)
- Class 1. Decoupage Shell Dish Class limit: 12/ Cost: \$5
- Class 2. Felted Brooch Class limit: 12/Cost: \$5
- Class 3. Mug Rug (2 hrs.) Class limit: 10/ Cost: \$5
- Class 4. Macrame Snowflake Class limit: 10/ Cost: \$5



- Tuesday, Session 3 (3:45 – 4:45)
- Class 1. Pumpkin Jar Class limit: 10/ Cost: \$5
- Class 2. Memory Wire Bracelet Class limit: 12/ Cost: \$5
- Class 3. Mug Run cont.
- Class 4. Yoyo Pumpkin (2 hrs.) Class limit: 12/ Cost: \$6
- Wednesday, Session 4 ( 9:15 – 10:15)
- Class 1. Walking with Amy No Class Limit Cost: FREE Wear comfortable shoes, weather permitting
- Class 2. Yoyo Pumpkin cont.
- Class 3. Button Bouquet Class limit: 12/ Cost \$5

**Community Project: 10:30-11:30 We will be filling Hygiene Rolls to be distributed in our counties. We ask that each county donate 100 of the assigned items. These are to be travel size items.**

- Morgan County– toothbrushes**
- Hancock County– combs**
- Johnson County– deodorant**
- Boone County– soap**
- Shelby County– toothpaste**



**Don't Forget your Silent Auction items: Handmade items and Homemade Goodies are always a hit!**



# SUSPECT STROKE? WHAT HAPPENS WHEN YOU CALL 911.

**CALLING 911 CAN MAKE A DIFFERENCE!**

ACCORDING TO A REPORT FROM THE AMERICAN HEART ASSOCIATION,  
IN MORE THAN **60% OF STROKE CASES**, SOMEONE OTHER THAN THE PATIENT MADE  
THE DECISION TO SEEK MEDICAL TREATMENT.

**1** Husband has **SLURRED SPEECH** and can't move **RIGHT ARM**



**Balance**  
**Eyes**  
**Face**  
**Arm**  
**Speech**  
**Time**

**2** Wife recognizes the signs and symptoms of stroke using **BEFAST**



**3** Wife **CALLS 911** and awaits first responders

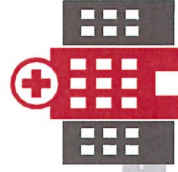
**4A** EMS arrives at the patient's home and performs a **STROKE ASSESSMENT**



**4B** In some cases, the 911 Operator may have access to a **MOBILE STROKE UNIT (MSU)**. If stroke is suspected, they can send an MSU to start diagnosis and treatment right away.



**5** Patient arrives at the hospital and is **URGENTLY EVALUATED** to determine the best course of action to **SUPPORT RECOVERY**



Seeking **EMERGENCY CARE** at the first sign of stroke should not be **DELAYED**



When it comes to stroke, **TIME IS OF THE ESSENCE**. It's critical to **CALL 911 IMMEDIATELY**



Your **IMMEDIATE ACTION** can have a **LASTING** impact

**TRUST YOUR INSTINCTS. TAKE ACTION. SPREAD AWARENESS.**  
For more information, please visit [strokeawareness.com](http://strokeawareness.com)

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Outcomes of calling 911 may vary. © 2011 Intermountain Healthcare. All rights reserved. © 2020 Genentech USA, Inc., So. San Francisco, CA. All rights reserved. M-US-00007404 (v.1.0)

**Genentech**  
A Member of the Roche Group

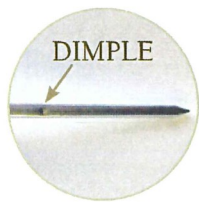


# How to Use a Food Thermometer

Use a food thermometer to ensure that your food has reached the proper temperature for doneness. By cooking food to the proper temperature, you will prevent foodborne illness. The color and texture of food does not always indicate whether or not it is done.

Instant read thermometers are the most common types of thermometers for use in homes. Types of instant read thermometers are:

- **Bi-metallic stem thermometer:** most commonly used and most cost-effective. To use, insert into the center of the food from tip to dimple; allow about 15 seconds for the temperature to accurately read.
- **Digital thermometer:** about twice the cost of a stem thermometer. The sensor is in the tip of the thermometer, so the tip needs to be inserted into the center of the food. The thermometer will provide a digital read out of the temperature.



## TIPS FOR USING THERMOMETERS

- Any food can be tested with a food thermometer: meat, poultry, fish, eggs, casseroles, soups. Casseroles, soups, and leftovers should have no cold spots.
- Make sure the thermometer is clean every time you use it. If you check a food and it is not the correct temperature, wash it before you check the temperature again.
- When checking meat and poultry, check the thickest part.
- Calibrate thermometers when you first get them and every three months after by inserting into an ice bath, waiting 30 seconds, and turning the dial to 32°F.
- To keep food safe it needs to be colder than 40°F or hotter than 140°F.

Cook foods to the following temperatures:

Ground meat

- Beef and pork 160°F
- Poultry 165°F

Cuts of beef and pork 145°F, plus let it stand for 3 minutes

Poultry (*chicken, turkey, duck*) 165°F

Eggs

- Egg dishes (*quiche*) 160°F
- Eggs (*fried, scrambled, boiled*) yolk and white must be firm

Fish 145°F or until it is opaque and flakes easily with a fork

Casseroles, soups, and leftovers 165°F

## MEATLOAF

### INGREDIENTS

1 pound ground beef  
1/2 onion, chopped (*about 1/2 cup*)  
1 cup carrots, grated (*about 2 carrots*)  
1/2 cup dry quick oats  
1/4 cup nonfat milk  
1 egg  
1/2 teaspoon ground black pepper  
1/4 teaspoon salt  
1/2 cup ketchup, divided

### Sauce:

2 tablespoons brown sugar or white sugar

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix together the ground beef, onion, carrots, oats, milk, egg, black pepper, salt, and 1/4 cup ketchup.
3. Form the mixture into a loaf and place on broiler pan.\* Bake for 50 minutes.
4. Stir the remaining 1/4 cup ketchup and sugar in a small bowl.
5. Remove meatloaf from oven and spread the sauce over the top and sides of meatloaf.
6. Bake for 10 minutes or until a meat thermometer reads 160°F.

### TIP

- You can make a broiler pan by laying a wire cooling rack on top of a jellyroll pan or cake pan. Cover with aluminum foil. Poke holes in the aluminum foil so the meat juice can drain.

### Nutrition Facts

 Servings: 6, Serv. size: 1/6 of loaf,

Amount per serving: **Calories 280**, **Total Fat** 13g (20% DV), Sat. Fat 4.5g (23% DV), **Trans Fat** 1g, **Cholest.** 100mg (33% DV), **Sodium** 390mg (16% DV), **Total Carb.** 17g (6% DV), **Fiber** 2g (8% DV), **Total Sugars** 10g, **Protein** 23g, **Vit. D** (2% DV), **Calcium** (4% DV), **Iron** (17% DV), **Potas.** (9% DV).

SERVES: 6 | SERVING SIZE: 1/6 of loaf



### CHECK OUT OUR VIDEOS:

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## Cowboy caviar is cool, easy and protein packed. Here's how to make the ideal summer recipe.

On a hot summer day, what could be better than a cool dish of tender beans, crisp vegetables, sweet corn, fiery jalapeno and smooth avocado with hints of garlic, lime and cilantro? Not much. Serve it as a dip with crunchy tortilla chips, a salad, atop grilled chicken, steak or seafood or even stuffed into tacos, fajitas and burritos. There is almost nothing that cowboy caviar can't do.

Better still, this is a simple dump-and-stir recipe, making it an excellent last-minute option for picnics, tailgates, potlucks, cookouts or summer nights when you can't stand the idea of going near the stove.

### What is cowboy caviar?

The prized combination is honored for a reason: Each element perfectly balances the next. Meaty beans commingle with juicy tomatoes. Crisp bell pepper and onion unite with creamy avocado. Sweet corn balances the heat of the jalapeno. And the tangy lime vinaigrette adds a burst of fresh flavor to every element. When served with tortilla chips, the saltiness and crunch add yet another layer of flavor and texture.

To ensure your batch is the stand-out offering at the potluck, follow a few tips.

**Finely chop your ingredients.** If you're serving cowboy caviar as a dip, it's best to have small pieces of each ingredient as the finished medley mounds perfectly on your tortilla chip. Chop your onion, pepper and tomatoes into bean-size pieces.

**Rinse and drain your beans.** Since we're using canned beans you need to drain them, rinse them under cold water and drain them again. This quick step removes excess sodium and any cloudy liquid that can alter the color of your dish. Make sure your rinsed beans are well drained before adding them to the bowl. (You don't want to dilute your dressing with water.)

**Consider your corn options.** You can make this dip with fresh, frozen or canned corn. When using fresh, you can slice it right from the cob and add it raw (it will marinate and essentially pickle in the dressing.) When using frozen corn, there's no need to thaw first; the kernels soften quickly once added to the other ingredients. If you're using canned corn, make sure you drain well.

**Use red onion.** Red onion is best for uncooked dishes because it can be eaten raw and delivers a sweet-yet-sharp depth of flavor. You can also use green onions.

**Choose your favorite bell pepper.** Any color works in this dip.

**Use Roma tomatoes.** Also called plum tomatoes, Roma tomatoes are firm and will hold up in this dip without getting mushy. Pro tip: Make sure to remove and discard all the seeds before chopping.

**Use as much jalapeno as you want.** You can make this dish as spicy as desired, which means you can add an entire jalapeno or just part of it. Note that now all jalapenos are created equal; some can be quite mild, while others can make you teary-eyed. Heat level varies by pepper. My advice? Taste a little bit of the jalapeno before deciding how much to add to the dip. Most of a jalapeno's heat comes from the seeds and whitish innards. Remove the seeds and white portion to keep spiciness in check.

**Use fresh lime juice.** Since this is a dip crammed with fresh ingredients, don't be tempted to use bottled lime juice. Bottled lime juice simply can't deliver the same fresh flavor.

**Let your dip chill.** For the best flavor experience, chill your cowboy caviar for at least an hour before serving. Marinating ensures that the bold flavors in the lime vinaigrette penetrate the beans and vegetables. And since some of the dressing will sink to the bottom of the bowl when marinating, stir your dip just before serving.

**Consider serving this dip in other ways.** As mentioned above, cowboy caviar can be served many ways, so consider serving it as a salad, a topping for meat and seafood or as a filling for lettuce wraps, tacos, fajitas, burritos and enchiladas.

**Don't freeze leftovers.** You likely won't have any excess dip, but if you do, store your cowboy caviar in the refrigerator for up to three days. Do not freeze.

### Cowboy Caviar Recipe

Makes 6-8 servings

#### Dressing:

- 3 T olive oil
- 2 T. fresh lime juice
- 1 t. sugar or honey
- 3/4 t. ground cumin
- Salt and pepper
- 1/4 t. garlic powder

Whisk together all dressing ingredients. Set aside.

#### Salad:

- 15-ounce can black beans, rinsed and drained
- 15-ounce can black-eyed peas, rinsed and drained
- 1 1/4 cups fresh, frozen or canned sweet corn
- 2-3 Roma tomatoes, seeded and diced
- 1 bell pepper, any color, seeded and diced
- 1/3 c. diced red onion
- 1 jalapeno pepper, seeded and diced
- 1 ripe avocado, diced
- 3/4 c. chopped fresh cilantro

In a large bowl, combine the black beans, black-eyed peas, corn tomatoes, bell pepper, onion and jalapeno pepper. Toss to combine. Add the dressing to the bean mixture and toss to coat everything with the dressing. Fold in the avocado and cilantro.

Tortilla chips, optional for serving





## RELATIONSHIPS

# A Fine Balance: The Magic Ratio to a Healthy Relationship

*Original author:*

**Shruti S. Poulsen, PhD**  
*Former Continuing Lecturer*

*Updated by:*

**Barbara Beaulieu, MS**  
*Extension Specialist*  
*Department of*  
*Human Development*  
*and Family Studies*  
*Purdue University*

### Introduction

Does it ever feel like your partner only criticizes you? Can you remember the last time your partner said something positive to you? When negative interactions outweigh the positive ones, it may be hard to recall the positive qualities in an intimate relationship or in your partner. Successful intimate relationships have a balance between positive and negative feelings and actions between partners. According to relationship researcher John Gottman, the magic ratio is 5 to 1.

What does this mean? This means that for every one negative feeling or interaction between partners, there must be five positive feelings or interactions. Stable and happy couples share more positive feelings and actions than negative ones. Unhappy couples tend to have more negative feelings and actions than positive ones. Partners who criticize each other, provide constant negative feedback, aren't supportive of each other, don't demonstrate affection or appreciation, or behave as though they are uninterested in their partner are in relationships that are out of balance.

How do you increase the positives in your relationship? Here are some things you can do.

### **Show interest**

Show your partner that you are listening. Pay attention to your partner. Are you interested in what your partner is saying? Are you showing your partner that you are really listening? For example, your partner comes home from a long day at work. She or he wants to talk to you about it. You nod absently while watching television. Does this show real interest in your partner and what the person is saying? Turn off the television and make eye contact with the person.

### **Show affection**

There are many ways of showing affection to your partner. Hold hands, sit together while watching TV, tell each other "I love you." These are all small ways to be affectionate. You can also do thoughtful things for each other, such as helping with chores.



**Show your care and concern**

Caring acts can take many forms. You could buy your partner their favorite ice cream while on an errand. You could take time in your busy day to write a short e-mail, leave a phone message, or write a note. If your partner is worried about something, express your concern verbally – “It sounds like you had a really rough day at work today.” You can also show your concern by giving your partner a hug. Let your partner know that it matters to you when he or she is worried or concerned.

**Be appreciative**

Think about what you liked and appreciated about your partner when you first met. Recall the ways in which you did things for each other that were helpful and caring. Encourage positive memories of your partner. Let your partner know what you appreciate. Thank your partner for what they do for you. Compliment your partner. Point out the positives that you genuinely appreciate.

**Listen so you can understand**

Show your partner when you really understand. Verbal and non-verbal expressions can show your partner that you are listening and understand. Tell them how you understand their perspective. Listen carefully and completely to your partner before conveying your understanding. Express your understanding when you really do understand. Show your partner that you are trying to understand him or her by being a good listener and not giving advice too quickly.

**Be accepting**

Sometimes you may disagree with your partner. You may not always like or agree with what the person is saying. However, you can still respect your partner. You accept what they have to say and you let your partner know you think it is important.

**Lighten things up**

Be playful, joke, and enjoy each other’s company. Use jokes and playful teasing as long as it isn’t hostile or sarcastic toward your partner. Joking about your partner’s fashion sense or cooking are examples of hostile joking. Sharing your memories with your partner about when you first met can be a way to enjoy each other’s company. Keep things light sometimes. Find ways to spend time together that are fun for both of you. For example, set up a regular date night or lunch with each other. Share your feelings with your partner when you feel good, excited, or happy. Especially share your joy with your partner when your good feelings are about your partner and your relationship.

**Aim for more positive interactions**

How can you tell if the magic ratio in your relationship is unbalanced? Pay attention to how you and your partner interact. For every negative interaction that takes place between you and your partner, are there several positive interactions? Using Gottman’s suggestions can help you increase the positives in your relationship. More positive feelings and actions can lead to happier, more stable, and connected relationships.

**Activities to help you achieve the magic ratio**

The following exercises/activities will help you start thinking about how to implement the suggestions and strategies from this fact sheet.

- Start by keeping a journal for one week.
- On a daily basis, review the various interactions you have had with your partner and list them in your journal.
- Categorize the interactions as either negative or positive.
- At the end of the week, review your journal to see how the negative and positive interactions balance out.
- Whatever your relationship ratio is, decide to implement at least two positive interactions or behaviors from the list above on a regular basis in your relationship. Put them to use each time you find yourself in a negative interaction or expressing negative feelings in your relationship.
- In a few weeks, try journaling again to see if your relationship is closer to achieving that “magic ratio.”

