

## Laugh lines and aging

*Our years are made gentle by the laughter in our lives. Share a smile or a laugh with every person you meet today and every day.*

### Do you know the signs of aging?

Like the good home economist I am, and to keep up on all the latest in cooking trends and products, I recently attended a *Taste of Home* Cooking School. Before the show, participants are allowed to attend a vendor fair. This means free food and products along with the chance to win door prizes. Entering the convention center we saw that the ice cream booth was packed. Instantly, my sister spotted the Gallo wine booth. We enjoyed sampling their selections over and over again.

Probably the most important piece of information that I came away with was that most of the spices in my pantry were old. They were very, very old. Except for black pepper, McCormick spices in rectangular tins are at least 15 years old. If you see “Baltimore, MD” on the label, the spice is at least 15 years old.

As you might imagine, depending upon the spice, the maximum shelf life it might have is four years. Some are only good for up

to two years. To make sure you are getting the best use out of your spices and for tips and ways to tell if your spices are past their prime, go to [www.mccormick.com/freshflavor](http://www.mccormick.com/freshflavor) for information and tips.

### Mirror, mirror

Mirror, mirror on the wall. I am my mother after all!

I was in my early 30s when I realized “I am my mother!” Has that happened to you yet? What a blessing my mother is in my life. There is nothing she can’t do. I am so proud and honored to call her my “Mom.” My mom taught me to take pride in everything I do. From her I learned

to multi-task; prioritize; work until a job is done; do things right the first time; and balance a husband, a career and being a mom all at the same time.

Here is an idea for Mother’s Day: Go to [www.angusauxiliary.com](http://www.angusauxiliary.com), and order some delicious *Certified Angus Beef*® (CAB®) products from the American Angus

**“Wrinkles should only indicate where smiles have been.”**

— Ethel Barrymore

Auxiliary. You can fire up the grill and make your mom very happy while supporting the Auxiliary.

This would be a wonderful opportunity to check out the new CAB supplier for the Auxiliary — McGreevy’s of Wichita, Kan. We are excited about the opportunity to work with this long-standing, respectable family business in a partnership to promote CAB. Remember that CAB would also be a big hit at graduations and Memorial Day celebrations. Order yours today.

### You’re never too old for recipes and skits

It is already that time of year again. As many states begin to host their state field days and preview shows, it is time to gather up your CAB recipe and get your skit written for the 26th Annual All-American *Certified Angus Beef*® (CAB®) Cook-Off. It will take place Tuesday, July 21 in Perry, Ga., in conjunction with the National Junior Angus Show (NJAS). The deadline to submit entries is June 1.

Entry forms and information can be found on the National Junior Angus Association (NJAA) web site and in the green booklet that was mailed to junior members earlier this year. The Auxiliary is seeking volunteers to assist with the Cook-Off. If you would like to help, please contact



▶ The Auxiliary Executive Board and Association staff enjoy a meal at Galvin’s Restaurant during the Auxiliary Board meeting Feb. 21-23 in Saint Joseph, Mo. Board members and staff in attendance are (seated, from left) Ardyce O’Neil, Cortney Hill-Dukehart, Kathi Creamer, Michelle Rieff, Anne Patton Schubert, Barbara Ettredge, Martha Holshouser, (standing, from left) Lynne Hinrichsen, Diane Strahm, Linda Campbell, Sheri Spader, Robin Ruff, Nancy Thelen, Mary Vejraska, Annie Viator, Leslie Mindemann, Linda Brost and Sandra McCurry.



▶ The Auxiliary Executive Board met at the Gothic House Tea Room & Eatery during the Auxiliary Board meeting Feb. 21-23 in Saint Joseph. Board members are (from left) Kathi Creamer, Michelle Rieff, Lynne Hinrichsen, Nancy Thelen, Leslie Mindemann, Annie Viator, Mary Vejraska, Cortney Hill-Dukehart, Barbara Ettredge and Martha Holshouser.