

# Trigg County Extension Homemaker Newsletter January/February 2017

**Cooperative Extension Service**  
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Dear Homemakers:

Happy New Year! Time keeps marching on, doesn't it? I would love to say something inspiring about setting goals for the New Year, but I don't feel like I have anything inspiring to say. So, I am going to borrow someone else's wisdom.

"From New Year's on the outlook brightens; good humor lost in a mood of failure returns. I resolve to stop complaining."—Leonard Bernstein.

Leonard Bernstein was not only a musical genius, but a very wise man. The Hostilo family are great admirers of Leonard Bernstein's work. West Side Story is one of our favorite works by Bernstein. But I think I like Leonard Bernstein's attitude most of all. You think about 2016 and all we have had to complain about, no matter which side of an issue you were on. I think it is extra-important that we all resolve to stop complaining like Leonard Bernstein did. Let's focus on making our community and families and homes the best they can be and I think we will start a ripple that will be felt across the state and the nation.

Are you with me? Remember—no complaining!

Have a great 2017!

Sincerely,

Cecelia Hostilo  
County Extension Agent for FCS

## Activities/Events

**January 4, 2017—Homemaker Lesson Training—10:00 AM at the Trigg County Extension Office.** Mary Beth Riley, Muhlenberg County FCS Agent, will be presenting the "Boosting Your Brain Power." Club lesson leaders for January are asked to attend, but anyone in the community is welcome.



**January 24, 2017—One Potato, Two Potato Workshop—10:00 AM-Noon at the Trigg County Extension Office.**

This special interest class will teach creative ways to make a meal out of a baked potato. The cost of the class will be \$5.00 to cover supplies and handouts and you need to register at the Trigg County Extension Office by Thursday, January 18<sup>th</sup>. Everyone is welcome!



**January 31, 2017—Homemaker Lesson Training—1:00 PM at the Trigg County Extension Office.**

Morgan Rousseau, Livingston County FCS Agent, will be presenting a lesson on "Social Media." Club lesson leaders for February are asked to attend, but anyone in the community is welcome.



**February 7, 2017—Make Your Own Marshmallows—2:00-4:00 PM at the Trigg County Extension Office.** Learn how to make your own tasty marshmallows at home with this hands-on workshop. The cost of the workshop will be \$3.00 to cover supplies and handouts. We must know ahead of time if you are attending. Please register at the Trigg County Extension Office by Thursday, February 2<sup>nd</sup> if you would like to attend. Everyone is welcome!





**February 13, 2017—Check Your Pulses: Cooking with Dried Beans”—11:30 AM-1:30 PM at the Trigg County Extension Office.**

Dried beans are a great, economical way to add protein to your diet. Come by and learn about cooking with dried beans and put together a soup mix. Lunch will be served. The registration fee for this class is \$3.00 to cover the cost of supplies and handouts. Please call the Extension Office at 270-522-3269 to register by February 8<sup>th</sup>.

**February 24-25, 2017—Five Freezer Fixes Workshop—5:00-7:30 PM and 9:30-Noon at the Trigg County Extension Office.** Though this sounds like how to fix your freezer, this workshop will actually be fixing five meals to store in your freezer. This is a 5 hour workshop over 2 days and at the end of the workshop you will have 5 meals ready to go in your freezer, then from the freezer to the slow cooker. Space will be limited to 10 people because of the nature of the workshop. The cost of the workshop will be \$50.00 and each meal you take home should feed 4 people. The fee will cover the cost of supplies and handouts. Please call the Trigg County Extension Office by February 17<sup>th</sup> to register for this workshop. Everyone is welcome.



**March 3, 2017—Charity Sewing for Center for Courageous Kids—1:00-4:00 PM at the Trigg County Extension Office.** This is the first of four opportunities for

Homemakers and the community to come together and sew items needed for the Center for Courageous Kids. Please see the article for more information.

**March 7, 2017—Pennyriple Area Homemakers Cultural Arts Contest and Exhibit, registration beginning at 9:00 AM at the UKREC in Princeton, KY.** All Trigg County Homemakers are encouraged to enter their hand made craft items in this contest. See the article and flyer for more information.



**Candy Cane Land 2016**

Thanks to all who made this effort a success! A special thank you to the Rockcastle, Ebony Twilight, United, Roaring Springs, Happy, and Cumberland

Shores clubs for providing helpers. With that being said, we really could have used about five more sets of hands on Tuesday. This annual service project is a wonderful event for our preschoolers and for our Homemakers. We are going to do a little evaluating and see if there are ways to make the shopping process a little smoother and to guarantee our donations are actually items we need. The children had a great time. Our Homemaker “elves” were worn out, but seemed to enjoy their experience.

**2017 Cultural Arts Contest**

The Pennyriple Area Homemakers Cultural Arts Contest and Display will be held on Tuesday, March 7, 2017 at the UKREC in Princeton. Enclosed with this newsletter is the 2017 list of categories, classes and subclasses.

**Each article must be the complete work of a Homemaker member and must have been completed during the past two years.** Champion entries from previous years in each category or subcategory are not eligible for entry. Each exhibitor must provide their own materials to properly display their item. Nothing can be hung on walls. Each exhibitor is responsible for determining the category or subcategory their item is placed in. Entries entered in the wrong category could be disqualified. We would like for all exhibits to be brought by the Trigg County Extension Office to allow us to begin the registration process. Or, you can come by the office and get some of the Trigg County color-coded tags to put on items at home. I will be glad to transport entries if you would like to enter something, but cannot go to Princeton that day. There will be some educational activities going on during the judging time and plans are to have a food truck out in front of the Educational Center where you can purchase lunch items.

If you have questions about item placement, or if you have an entry but cannot take it yourself, please contact me at 270-522-3269.

**The Center for Courageous Kids**

The Center for Courageous Kids located in Scottsville, KY, accepts seriously ill children who could not even be considered for other camping programs. The mission of the center is to uplift children who have life-threatening illnesses by creating experiences year-round that are memorable, exciting, fun, build self-esteem, that are physically safe and medically sound. This center has been supported by Homemakers for the past several years through the donation of handmade pillowcases and

twin quilts for the children to use at the camp. There is an ongoing need for these quilts and pillowcases, and KEHA has sent out a request for donations to be brought to the state meeting in May at Owensboro. The quilts should be twin-sized (65" x 90") and the pillowcases should fit standard sized pillows. There are no fabric restrictions as long as it is durable and washable. The kids love bright colors and patterns.

To facilitate this effort, we will be offering sewing times twice a month beginning in March for the purpose of fulfilling these needs. Dates that are on the calendar are March 3<sup>rd</sup> (1:00-4:00 PM), March 21<sup>st</sup> (9:00 AM-Noon), April 7<sup>th</sup> (9:00 AM-Noon), and April 25<sup>th</sup> (1:00-4:00 PM). Supply lists will be available at the extension office beginning February 1<sup>st</sup>. You must provide the fabric, batting, thread, sewing machine, and other supplies that may be needed.



### Sleep: How much should you get?

How do you know when your body has had enough rest? According to the sleep guidelines from the

National Sleep Foundation (NSF) the average adult, from the ages of 24–64, should get about 7–9 hours of sleep every night. Although there is no perfect amount of sleep for everyone, it would be wise to pay attention to how much sleep you get and how you feel. If after only 7 hours of sleep you feel refreshed, it may be enough. If after 7 hours you feel groggy or your body is sluggish, you may need more than just 7 hours. When a person does not get enough sleep, it can affect the way that person makes choices; it can affect their mood and their ability to learn and retain information. Over the long term, when a person does not have enough sleep, there is a connection to obesity, diabetes and cardiovascular disease. Sleep is a very important part of staying healthy, so make sure you get the amount of sleep that is best for you.

**Reference:** National Sleep Foundation.

<https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times> Harvard Medical School.  
<http://healthysleep.med.harvard.edu/healthy/matters/consequences>

**Source:** Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment

## Food Bank and Back Pack Programs

Most communities have sources of emergency food supplies for people who need access to food and do not have other resources. Here's a list of items that may be needed by your local food programs to offer access to healthy meals and snacks.

Canned tuna, chicken or canned meats  
 Peanut butter/Nut butter/Nutella  
 Canned soups  
 Ready-to-eat cereal  
 Oatmeal or grits  
 Pasta & pasta sauce  
 Rice or pasta side dishes  
 Canned fruit  
 Canned vegetables  
 fruit juice/vegetable juice  
 Pancake mix  
 macaroni and cheese  
 Microwavable popcorn  
 Bread and muffin mixes  
 Beans (dried and canned)  
 crackers  
 Condiments, oils and seasonings  
 shelf stable milk/evaporated milk/soy milk



Ready-to-eat items such as granola bars, fruit cups, dried fruit, or pretzels can be easily used to pack a breakfast or lunch to go. Backpack programs that provide food for children over a weekend may also be able to accept fresh apples or oranges and breads like bagels or muffins. For backpacks, select canned items with a pop-top opening for easy access.

You might find that your local program could use some volunteers to help stock shelves, load backpacks, or help distribute foods. Working to make sure everyone in your community has access to healthy food makes a great family activity.

**Source:** Janet Mullins, Extension Specialist for Food and Nutrition, University Of Kentucky; College of Agriculture, Food and Environment

## Recipes

### Tex Mex Spaghetti Squash Casserole

1 small (about 2 pounds) spaghetti squash  
1 pound lean ground beef  
1/2 cup chopped onion  
1/2 cup chopped red bell pepper  
1 teaspoon minced garlic  
2 teaspoons dried cumin  
1/4 teaspoon ground cayenne pepper  
1/2 teaspoon salt  
1 cup chopped fresh tomatoes  
1 (4 to 5 ounce) can chopped mild green chilies  
1 1/2 cups low fat cheddar cheese  
1 tablespoon chopped cilantro



Preheat oven to 350°F. Prepare the squash by carefully cutting it in half lengthwise with a sharp knife and scooping out the seeds. Place on a lightly greased baking sheet, cut-side down and bake for 30-35 minutes, or until a sharp knife can be easily inserted into the rind.

Remove the squash from the oven and cool. Use a fork to scrape out the stringy flesh from the shell and place in a colander. Press out as much liquid as possible. Place squash in a medium bowl and keep warm.

In a skillet, cook the ground beef over medium heat until browned. Add the onion, red bell pepper and garlic. Continue to cook until the vegetables are tender. Add the cumin, cayenne pepper and salt. Drain well and set aside. In a small bowl combine the chopped tomatoes and green chilies.

Spray a 9-by-13-inch baking pan with non-stick coating. Layer half of the spaghetti squash in the bottom of the pan. Spread half the meat mixture on top of the squash. Layer half of the tomatoes and chilies on top of the meat and top with half of the cheese. Repeat the layers. Bake until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. Sprinkle with the cilantro and serve.

**Yield:** 9 Servings

**Nutritional Analysis:** 140 calories; 4 g fat; 1.5 g saturated fat; 30 mg cholesterol; 400 mg sodium; 11 g carbohydrate; 3 g fiber; 5 g sugars; 17 g protein

### No-Bake Avalanche Cookies

16 ounces vanilla flavored candy coating such as Almond Bark or CandiQuick  
1 (15 ounce) jar creamy peanut butter  
2 cups puffed rice cereal  
1 1/2 cups mini marshmallows  
1/2 cup mini chocolate chips



Prepare 2 cookie sheets with parchment paper. Set aside.

Place chocolate chips in the freezer, until ready to use. Melt Almond Bark in a heat safe bowl, microwave at half power for 30 seconds at a time until melted and smooth. Meanwhile: Add puffed rice cereal to a large bowl. Set aside.

Add peanut butter to Almond Bark. Stir to combine. Pour vanilla candy mixture over cereal. Stir until combined. Allow mixture to cool to room temperature (or until barely warm). Add marshmallows. Mix until combined. Add frozen chocolate chips. Stir to combine. Use a 2 tablespoon scoop to portion treats onto prepared cookie sheet. Allow to set in a cool place, until firm. You can pop them in the fridge if your kitchen is too warm.

Serve and enjoy!

**Yield:** 18 large treats

### Spiced Tea Mix

1 1/2 c. orange breakfast drink (such as Tang)  
3/4 c. iced tea mix (unsweetened)  
1 1/2 c. white sugar  
3 tsp. ground cinnamon  
2 tsp. ground clove



Mix all ingredients in a bowl and keep in an airtight container. When ready to use, put 2 tablespoons of the mix in a mug, add hot water, stir and enjoy!