



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# Warren County Extension



## HOMEMAKER HORIZONS

January/February 2023 (st)

### Cooperative Extension Service

Warren County  
5162 Russellville Rd.  
Bowling Green KY 42101  
(270) 842-1681  
<http://warren.ca.uky.edu>

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*Kristi Shive*

Kristi Shive  
Warren County Extension  
Agent for Family and  
Consumer Sciences

Take a tour of

# South Africa

With the Warren County Homemakers

**February 16, 2023**

**Registration: 10:30 a.m.**

**11:00 a.m.**

**WCEO**

RSVP by  
February 9th!



Keynote Speaker: Bonita Dearbone

Hosted by: Jane Haley, Warren County International Chairman

Sponsored by: Warren County Extension Homemakers

Light lunch will be provided

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Happy Birthday



Virginia Clark	January 1	MTL
Marylan Lee	January 7	Oakland
Kaye Parsley	January 11	Oakland
Wanda Payne	January 12	Woodburn
Linda Basham	January 23	Sandhill
Taylor Stewart	January 28	Jack & Jill
Norene Montgomery	January 29	Sandhill
Debbie Hayes	February 3	Jack & Jill
Betty Magers	February 5	Hays
Jo Jean Scott	February 5	Eastside
Peggy Gorrell	February 12	Jack & Jill
Vivian Offutt	February 13	MTL
Libby Blackerby	February 14	Eastside
Beverly Wells	February 15	Cross Country
Sharon Wilson	February 17	Briarwood
Brookie Henry	February 18	Jack & Jill
Dorothy Hale	February 19	Woodburn
Irene Sheehan	February 26	Cross Country

## Cooking Thru the Calendar 2023

Warren County Extension Office  
5162 Russellville Road

**January thru May**  
**3rd Wednesday of the Month**  
**10:30a.m.**

**FREE!!!** Space is Limited  
RSVP 270-842-1681

Join us as we cook through recipes shared in the Food and Nutrition Recipe Calendar. Enjoy recipe demos and tasting. Participants will receive a calendar and some incentive items.

## Fiesta Potatoes

### Ingredients:

8 medium russet potatoes, peeled and diced  
1 green pepper, chopped  
1 red pepper, chopped  
1 medium onion, chopped  
1 cup shredded Mexican blend cheese  
1/2 cup margarine, melted  
1/2 cup low-fat milk  
2 tablespoons fresh parsley, chopped  
1 tablespoon dried basil, crushed  
3/4 teaspoon salt  
1.4 teaspoon pepper



### Directions:

**Preheat** oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a 9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, 1 cup servings

Nutritional Analysis: 200 calories, 9 g fat, 5 mg cholesterol, 370 mg sodium,  
26 g carbohydrate, 3 g fiber, 3 g sugars, 9 g protein

# January Homemaker Lesson

## Gratitude Exercises

**Gratitude** means appreciating the good things in life, no matter how big or small. Making the practice of gratitude a regular part of your day can build happiness, self-esteem, and provide other health benefits.



### Gratitude Journal

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Every evening, spend a few minutes writing down some good things about your day. This isn't limited to major events. You might be grateful for simple things, such as a good meal, talking to a friend, or overcoming an obstacle.



### Give Thanks

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Keep your eyes open throughout the day for reasons to say "thank you." Make a conscious effort to notice when people do good things, whether for you or others. Tell the person you recognize their good deed, and give a sincere "thank you."



### Mindfulness Walk

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Go for a walk and make a special effort to appreciate your surroundings. You can do this by focusing on each of your senses, one at a time. Spend a minute just listening, a minute looking at your surroundings, and so on. Try to notice the sights, sounds, smells, and sensations you would usually miss, such as a cool breeze on your skin, or the clouds in the sky.



### Gratitude Letter

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Think about someone who you appreciate. This could be a person who has had a major impact on your life, or someone who you would like to thank. Write a letter that describes why you appreciate them, including specific examples and details. It's up to you if you'd like to share the letter or not.



### Grateful Contemplation

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Remove yourself from distractions such as phones or TV and spend 5-10 minutes mentally reviewing the good things from your day. The key to this technique is *consistency*. Think of it like brushing your teeth or exercise—it should be a normal part of daily self-care. This technique can be practiced as part of prayer, meditation, or on its own.



### Gratitude Conversation

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With another person, take turns listing 3 things you were grateful for throughout the day. Spend a moment discussing and contemplating each point, rather than hurrying through the list. Make this part of your routine by practicing before a meal, before bed, or at another regular time.

# gratitude is an attitude

Monday

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Thursday

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Saturday

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Sunday

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LET OUR LIVES BE FULL OF BOTH *Thanks & giving*

# 30 DAY GRATITUDE CHALLENGE

<b>1</b> 3 Ways to inject gratitude into a current challenge	<b>2</b> A fear you have overcome	<b>3</b> The last time you were overcome with joy	<b>4</b> 3 Songs that bring you joy	<b>5</b> Describe a rejection you are grateful for?
<b>6</b> A risk you are grateful you took and why	<b>7</b> 3 Things that make you special	<b>8</b> What made you smile today?	<b>9</b> 3 Things about your body you are grateful for	<b>10</b> Say thank you to someone
<b>11</b> One luxury you are thankful for	<b>12</b> What are you most grateful for in your daily life?	<b>13</b> 3 Simple things you are grateful for	<b>14</b> 3 items in your home you are grateful for	<b>15</b> Something in nature you are grateful for
<b>16</b> 2 Simple things you are grateful for	<b>17</b> 3 Things you are grateful for about where you live	<b>18</b> 3 Activities you enjoy most and why	<b>19</b> What skill are you grateful for and why?	<b>20</b> 3 Things you want to manifest
<b>21</b> 3 Things you love about your family	<b>22</b> 3 Things you love most about yourself	<b>23</b> 3 Everyday items you are grateful for	<b>24</b> A challenging experience that made you strong	<b>25</b> Something at work you are grateful for
<b>26</b> What is your favorite place and why?	<b>27</b> Describe the last time you did something nice	<b>28</b> Describe the last time you laughed so hard you cried	<b>29</b> A person in your past you are grateful for	<b>30</b> What is your proudest accomplishment?

# 30 Day Self-Love

## Challenge

<input type="checkbox"/> Visualize your highest self	<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Watch the sunset	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Surround yourself with positivity
<input type="checkbox"/> Listen to favorite song	<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Create your ideal future	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Eat your favorite treat
<input type="checkbox"/> Meditate	<input type="checkbox"/> Cook your favorite meal	<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore a new city
<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Get some sunlight	<input type="checkbox"/> Start a new hobby
<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Create a visual board	<input type="checkbox"/> Pick a power word
<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Journaling	<input type="checkbox"/> Give yourself a manicure	<input type="checkbox"/> Practice yoga	<input type="checkbox"/> Go to bed early

**Join us for Farm & Home**

*with Kristi Shive & Joanna Coles*





**WBKO Channel 13-1**  
**Monday - Friday between**  
**5:15 a.m. - 5:30 a.m.**

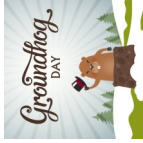


Be sure to like  
“Living Well in Warren County”  
on Facebook  
to keep with all the  
homemaker events!

# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>1</b>	<b>2</b> WCEO CLOSED	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> 11am Stitchers
<b>8</b>	<b>9</b> 6pm Sandhill	<b>10</b> 10am Cross Country 10am Woodburn 12pm Briarwood	<b>11</b>	<b>12</b> 9am Executive Board 10am Advisory Co. 6pm Oakland	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>  WCEO Closed 10:30am Oakview	<b>17</b>	<b>18</b>	<b>19</b> 10:30am Hays 6pm Jack & Jill	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 11:30 Eastside	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b> 	<b>3</b>	<b>4</b> I am Stitchers
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Deadline to Register International Day' 6pm Oakland	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> 10am Cross Country 10am Woodburn 12pm Briarwood 6pm Sandhill	<b>15</b> 11:30am Eastside	<b>16</b> 10:30 International Day 10am Hays 6pm Jack & Jill	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
			10:30am Oakview			
<b>26</b>	<b>27</b>	<b>28</b>				