



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

Warren County Extension HOMEMAKER HORIZONS

May/June 2023 (sg)



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



Warren County Homemaker Annual Day

Spa Day!

FRIDAY,
JULY 7TH

10:30am Registration
11:00am Event

\$15

REGISTRATION FEE
(CATERED LUNCH)
MAIL OR DROP OFF YOUR
CHECK TO THE WCEO

Guest Speaker: Lynn Blankenship,
Metcalf County FCS Agent –
The Mind Body Connection

Warren Co. Extension Office
5162 Russellville Road, Bowling Green

RSVP by June 23rd
Call 270-842-1681

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Reduce Stress Through Mindfulness

Fingers holding cell phones, constant updates via social media, 24/7 news alerts, and demands from work and home help create a world that is full of noise, chaos and all kinds of stressors that bombard us each day. Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly stressful encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.



Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on breathing in and out, clearing your mind of thoughts. You can also focus on your physical self, your surroundings or your movements as you do a normal daily activity such as walking. Mindfulness helps you re-center, reduces external distractions and allows you to evaluate yourself and your reactions to the stressors around you.

Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown its effectiveness in stress reduction, as well as other positive benefits, including a decrease in anxiety and depression. Some studies have shown mindful eating can be a tool for weight management.

Source: Kerri Ashurst, Senior Extension Specialist and Janet Mullins, Extension Professor



What is Mindful Eating?

Mindful eating is selecting the foods your body needs for good health and taking time to enjoy the experience of eating.

Slow down and use your senses. Pay close attention to the smell, texture, and taste of your food and the environment in which you are eating. When you pay more attention to what foods you put on your plate, you also become more aware of what your body is telling you through the process of eating. You may find yourself more aware of whether you are truly hungry and when your body is truly satisfied. This helps you avoid overeating and discomfort.

Source: Ingrid Adams, Associate Extension Professor

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Tips for Mindful Eating

- Eat only when you are hungry. It is easy to think that we have to eat because it is a certain time of day, but don't allow the clock determine the time to eat rather than hunger.
- Try not to wait until you are famished. Although it's a good idea to wait until you are hungry, waiting too long increases your chances of overeating.
- Avoid distractions. Eating in front of the television or using your phone during a meal can keep you from giving your full attention to your food.
- Have meals at the table with your family or friends.
- Use table settings, decorations and centerpieces to create an appealing environment.
- Take time to appreciate the sight and aroma of your food before eating. This is also a good time to express thankfulness for the meal.
- Take small bites and chew properly so that you can appreciate the taste and texture of your food.
- Take time to savor each bite. Eating slowly gives your body time to recognize that it is full without overeating.

Source: Ingrid Adams, Associate Extension Professor

Skillet Pasta Dinner



Ingredients

- 1/2 pound ground turkey, 85% lean (or sausage or beef)
- 1 medium onion, chopped
- 2 garlic cloves, minced (approximately 1 teaspoon)
- 1 can tomato sauce (8 ounce)
- 1 cup water
- 8 ounces uncooked tube pasta (ziti, penne, or macaroni)
- 2 cups of your favorite fresh or frozen vegetables

Directions

1. Brown the ground meat, onion, and garlic in a skillet or heavy saucepan. Drain off any grease.
2. Add the tomatoes, tomato sauce, water, and uncooked pasta.
3. Cover and simmer for 10 minutes.
4. Add the fresh or frozen vegetables, stir and continue cooking until the pasta and vegetables are tender (about 10 more minutes).

Makes 6 servings

Source: U.S. Department of Agriculture. MyPlate.gov Website. Washington, DC. Skillet Pasta Dinner.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/skillet-pasta-dinner>. Accessed January 31, 2023.

Megan Treadway

Area Extension Agent for Family and Consumer Sciences

400 East Main Avenue, Bowling Green, KY 42101

(270) 282-0982

megan.treadway@kysu.edu

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Blueberry Cheese cake Bars

Crust:

- 1 cup graham cracker crumbs(9-10 graham cracker sheets)
- 3 tablespoons unsalted butter, melted
- 3 tablespoons unsweetened applesauce

Topping:

- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)



Directions:

- Preheat oven to 300 degrees F.
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
- Bake for 12 minutes. Remove from the oven and set aside.
- Increase the oven temperature to 350 degrees F.
- In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
- Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
- Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
- Store in the refrigerator. Makes 16 servings.

Source: 2023 Food & Nutrition Recipe Calendar

Happy Birthday to You!

Alpha Marshall	May 2	Briarwood
Violet Terrell	May 17	MTL
Edna Gliner	May 22	Cross Country
Alice Jones	May 22	Rocky Springs
Leeanne Brown	May 23	Briarwood
Margaret Belk	May 24	Sandhill
Lenda Moore	May 25	Sandhill
Peg Berger	May 27	Cross Country
Becky Cary	May 30	Stitchers

Lelia Ann Willis	June 1	Rocky Springs
Kimi Sells	June 2	MTL
Tana Schneller	June 11	Oakland
Jennifer Reidelbach	June 22	Jack & Jill
Sue Duncan	June 29	Oakview



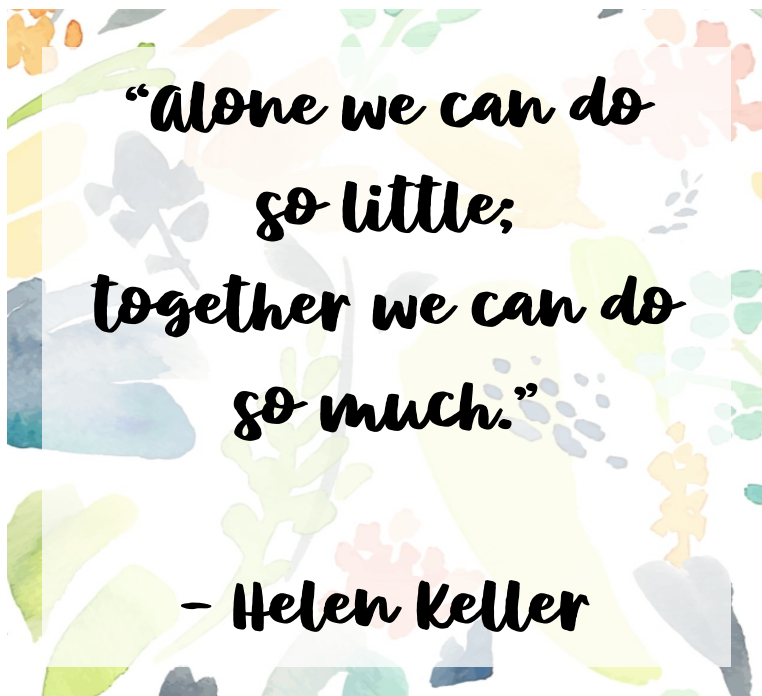
Self-Care Coloring

Coloring is an easy way to cultivate creativity and reduce stress. Use pencils, markers, or crayons to fill in the image below. You might also practice gratitude during the activity by thinking about those things for which you are thankful.



Reminders:

- *If your club won one of the traveling plaques, please return to the Extension Office ASAP.*
 - **May 17th @ 10am: LAST** class for Cooking thru the Calendar
 - **May 25th @ 10am:** June Leader Lesson- "Medicine"
 - **May 29: WCEO CLOSED** in Observance of Memorial Day
 - **June 1st:** VSU Hour Logs **DUE** to Sarah Neil Cook
 - **June 16th:** Elect & Turn in Officers, Chairmen & Lesson Leaders for 2023-2024 Year & Annual Day Awards
 - **June 19th: WCEO CLOSED** in Observance of Juneteenth
 - **July 7th:** Warren Co. Homemaker Annual Day (*See front page for details*)



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



Join us for Farm & Home

with Kristi Shive & Joanna Coles

on WBKO Channel 13-1

Monday - Friday between
5:15 a.m. - 5:30 a.m.



The Nominating Committee Needs Your Help!

The Nominating Committee is looking to fill the following positions:

- 2nd Vice President (2023-25)
 - Secretary (2023-25)
- 4-H Youth Development (2023-25)
- Cultural Arts & Heritage (2023-25)
 - International (2023-25)
- Leadership Development (2022-24)

Please give the Nominating Committee a call if you or your club members are interested in any of these leadership positions! *If you have already expressed willingness to serve, there is no need to call. We have that documented! – Thank you so much! – Kristi

2023 Nominating Committee

Faye Sparks: 270-529-9461
Sarah Neil Cook: 270-791-5189
Shirley Belcher: 270-842-6660

ATTENTION Homemakers!

If your picture has not been taken for the directory, please stop by the office ASAP. If you do not want your picture taken, please call Sherry Taylor at (270) 842 - 1681 and let her know.

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 <i>11am Stitchers</i>
7	8 <i>6pm Sandhill</i>	9 <i>10am Cross Country 10am Woodburn 12pm Briarwood</i>	10	11 <i>6pm Oakland</i>	12	13
14	15 <i>10:30am Oakview</i>	16	17 <i>10:30am LAST Cooking thru the Calendar 11:30am Eastside</i>	18 <i>10:30am Hays 6pm Jack & Jill</i>	19	20
21	22	23	24	25 <i>10am June Leader Lesson "Medicine"</i>	26	27
28	29 <i>WCEO Closed for Memorial Day</i>	30	31			

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 VSU Hours DUE	2	3 11am Stitches
4	5	6	7	8 6pm Oakland	9	10
11	12 6pm Sandhill	13 10am Cross Country 10am Woodburn 12pm Briarwood	14	15 10:30am Hays 6pm Jack & Jill	16 Elect & Turn in Officers, Chairmen & Lesson Leaders & Annual Day Awards	17
18	19 10:30am Oakview WCEO Closed for Juneteenth	20	21 11:30am Eastside	22	23 RSVP Deadline for Annual Day	24
25	26	27	28	29	30	