



**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# Warren County Extension **HOMEMAKER HORIZONS**

February/March (sg)



**Visit**  
*Vietnam*  
**with the Warren County Homemakers**

*March 6, 2025*  
**Registration: 10:30am**  
**Program: 11:00am**  
**WCEO**  
*Keynote Speaker*  
**LaToya Drake**  
**MS, Extension Specialist for Food Access**



**A light lunch will be served along with a  
hands-on eggroll demonstration  
with tasting.**

**RSVP by February 28th**  
**270-842-1681**

**Hosted by: Wanda Payne, Warren Co. International Chairman**  
**Sponsored by: Warren Co. Extension Homemakers**

*Coins for Change*  


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

| Inside This Issue             |     |
|-------------------------------|-----|
| Fun Day                       | 2   |
| Upcoming Events               | 3   |
| Word Search                   | 4   |
| Keep Your Balance this Winter | 5   |
| KY Proud Recipe               | 6   |
| Calendar                      | 7-8 |

## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.



# Homemaker Fun Day

**Thursday, February 20th  
10:00 AM - 2:00 PM**

*Bring your favorite snack, a game & a friend! Enjoy this public event while learning more about the homemakers!*



Warren County Cooperative Extension Office  
5162 Russellville Rd. Bowling Green 42101

# Homemaker Leader Lessons

**February 27th @ 10am**

“How to Let Go of Junk/Transferring Treasured Possessions”

**March 27th @ 10am**

“House Plant Propagation Exchange”



# Upcoming Events

**February 19th**

ALL Lesson Ballets Returned to the WCEO

**February 20th**

Homemaker Fun Day  
10am - 2pm  
WCEO

**March 1st**

ALL Contest, Award, Applications & Reports for KEHA State Meeting DUE

**March 6th**

International Day  
Registration: 10:30am  
WCEO

**April 17th**

Homemaker Executive Board Meeting  
9am @ WCEO  
Homemaker Advisory Council Meeting  
10am @ WCEO

# Happy Birthday!!!



|                   |             |
|-------------------|-------------|
| Virginia Clark    | January 1   |
| Marylan Lee       | January 7   |
| Kaye Parsley      | January 11  |
| Wanda Payne       | January 12  |
| Linda Basham      | January 23  |
| Norene Montgomery | January 29  |
| Debbie Hayes      | February 3  |
| Betty Magers      | February 5  |
| Jo Jean Scott     | February 5  |
| Peggy Gorrell     | February 12 |
| Carole Baum       | February 14 |
| Beverly Wells     | February 15 |
| Dorothy Hale      | February 19 |
| Irene Sheehan     | February 26 |
| Sheila McNary     | February 27 |
| Gail Balance      | March 5     |
| Eileen Capps      | March 5     |
| Ernestine Grimes  | March 5     |
| Brenda Herrington | March 8     |
| Shirley Belcher   | March 13    |
| Dorene Thomas     | March 17    |
| Barbara Hayes     | March 21    |
| Judy Hatcher      | March 29    |
| Jennifer Smith    | March 31    |

# Join Us for Farm & Home!

On 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!



# SPRING WORD SEARCH

F P U D D L E S G A R D E N Z  
R K R S B E M Q I M A R C H P  
U K K M A L L A D Y B U G A R  
M U A O S Q K B I R D S V I A  
B U T T E R F L I E S X S M Y  
R R B H B N B O C S B L P A F  
E V X S A F O L R V A I R Y I  
L Q R O L H F E O M J X I A U  
L B G C L A W P I S J C N I M  
A Y Q I L O L N U Z S L G H R  
I R B A L E A N J U A O U I Y  
V A K F P Y A U S J R S M D V  
V I B J B R K N T Q R S T S A  
I N W A Y N I G I E D E T H S  
H B B T N E P L W N K E Q I Y  
J O V M W F B O U C G D U L C  
C W A A F K H Q A O V S C V V  
W D A X S S D J P I C N I C J

APRIL

BABY ANIMALS

BASEBALL

BIRDS

BLOSSOMS

BUTTERFLIES

CLEANING

FLOWERS

GARDEN

JACKET

LADYBUG

MARCH

MAY

PICNIC

PUDDLES

RAINBOW

SEEDS

SHOWERS

SPRING

UMBRELLA



## MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

### Keep Your Balance this Winter

Winter in Kentucky is often synonymous with inclement weather. Snow, ice and black ice not only make it hazardous for drivers, but such weather can also make it hazardous for pedestrians. Falls, slips or trips can result in injuries ranging from scrapes and bruises to broken limbs or serious head injuries. Here are some pointers to help you stay upright this winter.



- Keep your home well stocked with food and essential household items, like batteries and toilet paper. This way you do not have to run to the store because you are out of something during or immediately after an inclement weather event.
- Remove snow and salt or sand your steps, sidewalks and parking areas. If you cannot shovel, ask a neighbor, or you may consider hiring a service.
- Wear shoes or boots with good tread.
- If you use a cane or walker, check the tips to make sure they have good tread.
- Make sure pathways are clear before you walk on them. Find another route if they are blocked or appear wet and shiny.
- Find sidewalks and stairs with railings to grasp whenever possible.
- Take your time. If you are rushing, you are more likely to fall.
- Ask for help.

For more information on keeping your balance, contact your local Extension office.

*Source: Amy Hosier, Extension Specialist for Family Life Education, University of Kentucky*

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



# Mozzarella Basil Chicken with Roasted Grape Tomatoes

## Ingredients:

- 4 (4 ounce) boneless chicken breast halves
- 1/2 cup lite balsamic vinaigrette dressing
- 12 large fresh basil leaves
- 2 ounces low-fat skim mozzarella cheese, cut into four slices
- 2 1/2 cups grape tomatoes, halved
- 4 tablespoons shredded Parmesan cheese



## Directions

Place chicken breasts into a 1 gallon zip close plastic bag. Pour 1/4 cup of dressing over chicken. Marinate in refrigerator for 30 minutes. Preheat oven to 400 degrees F. Remove chicken breasts from marinade. Discard bag and marinade. Make a deep slice into one long side of each chicken breast half, being careful not to cut through to the opposite side. Fill each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. Place chicken on one side of rimmed baking sheet sprayed with nonstick spray; and tomatoes to the other side of baking sheet. Sprinkle each breast half with 1 tablespoon of Parmesan cheese. Bake 30 minutes or until chicken reaches an internal temperature of 165 degrees F. Cut remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. Serve chicken topped with tomato mixture.

Yield: 4 servings

Nutritional Analysis: 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein

Source: Plate it up! Kentucky Proud



**Non-discrimination Policy:** The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

# February 2025

| Sun | Mon                | Tue   | Wed                    | Thu                   | Fri                               | Sat                |
|-----|--------------------|---|------------------------|-----------------------|-----------------------------------|--------------------|
|     |                    |   |                        |                       |                                   | 1<br>11am Stitches |
| 2   | 3                  | 4   | 5                      | 6                     | 7                                 | 8                  |
| 9   | 10<br>6pm Sandhill | 11<br>10am Cross Country<br>10am Woodburn<br>12pm Briarwood | 12                     | 13<br>6pm Oakland     | 14<br>HAPPY<br>Valentine's<br>DAY | 15                 |
| 16  | 17                 | 18  | 19<br>11:30am Eastside | 20<br>6pm Jack & Jill | 21                                | 22                 |
| 23  | 24                 | 25  | 26                     | 27                    | 28                                |                    |

# March 2025

| Sun | Mon                       | Tue  | Wed                           | Thu                              | Fri | Sat                       |
|-----|---------------------------|--|-------------------------------|----------------------------------|-----|---------------------------|
|     |                           |  |                               |                                  |     | 1<br><i>11am Stitches</i> |
| 2   | 3                         | 4  | 5                             | 6                                | 7   | 8                         |
| 9   | 10<br><i>6pm Sandhill</i> | 11<br><i>10am Cross Country<br/>10am Woodburn<br/>12pm Briarwood</i> | 12                            | 13<br><i>6pm Oakland</i>         | 14  | 15                        |
| 16  | 17                        | 18   | 19<br><i>11:30am Eastside</i> | 20<br><i>6pm Jack &amp; Jill</i> | 21  | 22                        |
| 23  | 24                        | 25   | 26                            | 27                               | 28  | 29                        |
| 30  | 31                        |  |                               |                                  |     |                           |

