



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 January 28th

270-842-1681

*Coins for
Change*



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

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

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**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 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



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February 2025

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

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>11am Stitches</i>
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30	31					

