

# Hopkins County Extension

*Family and Consumer Sciences*

HOPKINS COUNTY  
COOPERATIVE  
EXTENSION SERVICES

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## Happy New Year Ladies!

I hope this letter finds you having a great start to your new year after a difficult end to 2021. Our thoughts will continue to be with those affected by the December storms. If you know of anyone who needs supplies for the home or Agriculture related supplies, please reach out to us at the Extension Office. We are happy to help and will continue to be available for help in the months to come.

As many of you know at the end of February I will be out for maternity leave. Please know, I will continue to offer programs as long as possible. However, once I am back from leave, I will begin working towards both monthly programs and providing more programs for the community. If you have any questions or suggestions for classes, you would like to see held at the Extension Office feel free to contact me at the Extension Office. All program areas are beginning to provide more in-person programs at the Extension Office but are still following the recommended Covid-19 guidelines. From all of us at the Hopkins County Extension Office, we thank you for your continued support and understanding as we continue navigating through these ever-changing times.

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February Lesson Reminder

Money Wise- Financial Recovery & Resilience



*Amanda Dame*

AMANDA DAME

*County Extension Agent for Family and Consumer Sciences*





# Winter is a Great Time for Families

The winter months are a great time to catch up on much needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home you have plenty of indoor activities to do with your children that can create a meaningful family experience and lots of wonderful memories.

Spending time with their parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood that they will avoid risky behaviors, such as drug use, and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking.

## Storytime

While you can and should spend time reading to your children, there is so much more you can do with storytime. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in the creation of a silly story. You can also take turns sharing your favorite family stories or memories.

## Scavenger Hunts

The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by making a list of items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose.

More information on parenting and families is available at your Hopkins County Extension office.

## Dance Party

Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.

## Kitchen Time

Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items that will be gifts for friends and family members. You'll also be teaching them valuable math and life skills.

Source: David Weisenhorn, senior specialist for parenting and child development education



## Fiesta Potatoes

<b>8</b> small to medium russet potatoes, peeled and diced	<b>1</b> medium onion, chopped	parsley, chopped
<b>1</b> green bell pepper, chopped	<b>1</b> cup Mexican blend cheese, shredded	<b>1</b> <b>tablespoon</b> dried basil, crushed
<b>1</b> red bell pepper, chopped	<b>½</b> <b>cup</b> margarine, melted	<b>¾</b> <b>teaspoon</b> salt
	<b>½</b> <b>cup</b> low-fat milk	<b>¼</b> <b>teaspoon</b> black pepper
	<b>2</b> <b>tablespoons</b> fresh	

**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, ½ cup servings

**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>

# COOKING THROUGH THE CALENDAR

with Melissa Webb

JOIN US TO KICK OFF THE 2022 COOKING THROUGH THE CALENDAR SERIES! MELISSA WEBB, SENIOR NUTRITION EDUCATION PROGRAM/SNAP-ED ASSISTANT WILL BE HOSTING THE COOKING THROUGH THE CALENDAR CLASSES EVERY MONTH CLASSES HELD FROM 12:00 PM TO 1:00 PM. THE RECIPE FOR JANUARY IS A ONE-POT ITALIAN TORTELLINI DINNER!

## HOPKINS COUNTY COOPERATIVE EXTENSION

JANUARY 26  
FEBRUARY 23  
MARCH 23  
APRIL 27  
MAY 25

CALL THE HOPKINS COUNTY EXTENSION OFFICE AT (270)821-3650 TO SIGN UP TODAY.

*stay connected*

[Hopkins County Family and Consumer Sciences Facebook](#)

<https://www.facebook.com/HopkinsExtensionFCS>

[University of Kentucky Family and Consumer Sciences Podcast](#)

Extension Podcast: <https://ukfcsxt.podbean.com/>

[Check out our county website for information on all program areas](#)

<https://hopkins.ca.uky.edu/>

# join us for our UPCOMING CLASSES



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

## HOMEBASED MICROPROCESSING WORKSHOP 2022

Wednesday, February 16th  
9:30AM-2:00PM CT  
In-person

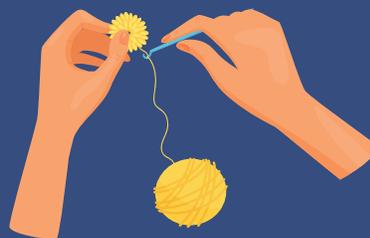
DAVIESS COUNTY COOPERATIVE  
EXTENSION SERVICE

For more information and to register call 270-685-8480 or visit [https://fcs-hes.ca.uky.edu/homebased\\_processing\\_microprocessing](https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing)

Join our in-person workshop! Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.

## CROCHET Class

For beginners, refreshers, and advanced.



JANUARY 27  
FEBRUARY 24  
MARCH 24  
APRIL 21  
MAY 12

HOPKINS COUNTY EXTENSION  
OFFICE AT 4:30

Call the Hopkins County Extension Office at (270)821-3650 to sign up today.

# JANUARY HOMEMAKER ACTIVITIES

## *Would You Rather?*

How well do you know your club members? Find out with these fun "would you rather" winter activities.

Optional: Add movement for each option.

For example: If you would rather build a snowman, move to the right side of the room. If you would rather have a snowball fight, move to the left side of the room.



- |                              |    |                            |
|------------------------------|----|----------------------------|
| Build a Snowman              | or | Have a Snow Ball Fight     |
| Enjoy the Snow From Indoors  | or | Play In the Snow           |
| Sit by the Fireplace         | or | Sit by an Outdoor Bonfire  |
| Watch a Movie on a Snowy Day | or | Read a Book on a Snowy Day |
| Go Sledding                  | or | Go Skiing                  |
| Build a Gingerbread House    | or | Decorating Sugar Cookies   |
| Put Together a Jigsaw Puzzle | or | Play a Board Game          |
| Eat Homemade Soup            | or | Eat Homemade Chili         |
| Learn a New Skill            | or | Practice a Current Skill   |
| Drink Hot Chocolate          | or | Drink Hot Cider            |
| Visit a Museum               | or | See a Play                 |

## *Thought for the Month*

" We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."

-Ellen Goodman

## *Roll Call*

What room in your life has potential?

**JOIN US ON FEBRUARY 3RD AT THE HOPKINS COUNTY EXTENSION OFFICE AT 10:00 AM TO WATCH THE FEBRUARY HOMEMAKER LESSON**

# HOMEMAKER HAPPENINGS

## HOMEMAKER UPCOMING EVENT DATES

January 11- Homemaker Council Meeting  
at the Extension Office at 10:00

February 3- Homemaker Leader Lesson on the Underground Railroad Quilts  
at the Extension Office at 10:00

March 1- KEHA Development Grant, Mini-Grant, Scholarship, and Cultural Arts & Heritage Creating Writing Contest entries due.

March 11- Cultural Arts Day  
(more information to come)

May 10-12- KEHA State Meeting  
at Owensboro Convention Center.

## HOMEMAKER MEETING DATES

### Piecemakers

January 8th from 8:00-3:00  
January 25th from 2:00-8:00  
February 12th from 8:00-3:00  
February 22nd from 2:00-8:00

### Needles & Yarn

February 9th from 12:00-2:00



*due by  
March 1, 2022*

## SCHOLARSHIP OPPORTUNITIES

**KEHA ANNUALLY AWARDS SCHOLARSHIPS FOR HIGHER EDUCATION  
THROUGH TWO SEPARATE SCHOLARSHIP PROGRAMS.**



THE EVANS/HANSEN/WELDON SCHOLARSHIP IS FOR GRADUATING HIGH SCHOOL SENIORS OR CURRENT COLLEGE STUDENTS PURSUING A DEGREE IN A FAMILY AND CONSUMER SCIENCES DISCIPLINE. STUDENTS MUST BE ENROLLED FULL-TIME.



THE KEHA HOMEMAKER MEMBER SCHOLARSHIP IS AWARDED TO A KEHA MEMBER (AT LEAST 3 YEARS OF MEMBERSHIP) PURSUING A FIRST DEGREE OR CERTIFICATION IN ANY FIELD.

IF YOU NEED ASSISTANCE, PLEASE CHECK WITH YOUR LOCAL COUNTY EXTENSION OFFICE OR ANY EXTENSION HOMEMAKER FOR APPLICATIONS AND ADDITIONAL INFORMATION.

FIND OUT MORE INFORMATION BY SCANNING THIS QR CODE WITH YOUR SMARTPHONE CAMERA



## 2022 KEHA STATE MEETING



**MAY 10-12, 2022  
OWENSBORO, KY**

## WHERE TO STAY AT THE KEHA CONFERENCE

HOLIDAY INN OWENSBORO RIVERFRONT  
701 WEST FIRST STREET,  
OWENSBORO, KY 42301  
(270) 683-1111  
(GROUP CODE EXT FOR CONFERENCE RATE)

HAMPTON INN & SUITES DOWNTOWN WATERFRONT  
401 W. 2ND STREET,  
OWENSBORO, KENTUCKY 42301  
270-685-2005  
(REFERENCE THE KEHA CONFERENCE)

# HOMEMAKER HAPPENINGS

## GET INVOLVED

THE PENNYRILE AREA HOMEMAKER COUNCIL IS LOOKING TO FILL THE PUBLIC INFORMATION & MARKETING CHAIRMEN. IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THIS POSITION PLEASE CONTACT DONNA SETTLES, PENNYRILE AREA HOMEMAKER COUNCIL BY EMAIL AT [DSUESETTLE@GMAIL.COM](mailto:DSUESETTLE@GMAIL.COM). BEFORE MARCH 1, 2022



## Starting a Food Production Business

Learn how to get started with your food production business idea. Topics include requirements, permits, certifications, commercial kitchens, insurance, and resources.



February 18, 2022  
10:00 - 11:30 a.m. EST

Register now! [tinyurl.com/5nuwd356](https://tinyurl.com/5nuwd356)



**JOIN US ON FEBRUARY 3RD AT THE HOPKINS COUNTY EXTENSION OFFICE AT 10:00 AM TO WATCH THE FEBRUARY HOMEMAKER LESSON**

## EXPLORING THE UNDERGROUND RAILROAD THROUGH QUILTS

February 3, 2022  
10:00AM or 5:00PM

The account of the Underground Railroad is fascinating, but to tell that story through quilts is nothing short of amazing. This lesson will focus on how it is through quilts were used to guide slaves to safe houses using different quilt blocks as an intricate code system guiding them to freedom. Join us as we explore the rich history of the Underground Railroad during Black History Month.

Email [angie.york@uky.edu](mailto:angie.york@uky.edu) for the Zoom Link to attend.

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College of Agriculture,  
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