



UK Cooperative Extension Service

Daviess County
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January 2026

DATES

January 1-2

Office closed for New Year

January 19

Office Closed - MLK Jr Day

January 19

WBKR

January 20

Homemaker Lessons

January 20

Homemaker Council

February 10

International Cooking Program

February 14

Valentine's Day

February 16

Presidents Day

February 16

WBKR

February 28

Homemaker Tea

International Cooking

Let's go to India!



February 10, 2026, 5:30 p.m.

You must register for the class by CALLING the Extension Office, 270-685-8480.

Registration opens **January 12**. Spaces are limited.

Tune in around 8:10 a.m. on January 19 to hear an on-air taste test of White Chicken Chili, January's recipe of the month.

WBKR
92.5 The Country Station!

WE WILL BE
CLOSED
ON MLK DAY

We still have a few 12 ounce bags of pecan pieces left!

Only \$10 each. They are great for holiday baking!

Katie Alexander

Daviess County Extension Agent
for Family & Consumer Sciences
Education

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Learning to Love Leftovers

From <https://foodashealthalliance.mgcafe.uky.edu/>

Learning to love leftover food is all about knowing how to use it! To begin, you can try creative remixing by using leftover ingredients for new dishes. For example, try adding leftover meat and vegetables to a salad, wrapping them in a whole wheat tortilla for an easy wrap, or tossing them together with broth and other ingredients to make a soup or stew. Try some flavor enhancements by experimenting with new sauces or seasonings to give the leftovers a whole new taste. If you made roasted chicken and vegetables, combine the leftovers with a simple sauce and brown rice for an easy stir-fry, or use your favorite taco seasoning to make tacos the next day. Lastly, there are no rules for mixing and matching leftovers. At the end of the week, prepare a “hodge podge” dinner to use up any remaining leftovers.

Here are some examples and ideas for ways to use up leftovers from some of your weekly meals.

Fried Rice Salad Bowl

- Make your fried rice part of a bowl: heat the rice with a tablespoon of water to prevent drying, then assemble a bowl with a combo of your favorite salad greens, fresh chopped vegetables, and some extra chicken for additional protein. Top with a small amount of your favorite dressing.

Shepherd's Pie Soup

- Transform leftover shepherd's pie into a comforting soup. Dice the cooked potatoes and combine them with leftover filling, some low-sodium beef stock, and canned diced tomatoes.

Fish Tacos

- Dice leftover tilapia and create fish tacos. Serve topped with lime, diced white onion, and cilantro. Toss any leftover veggies into your next soup or stew.

Beef and Vegetable Stew

- Turn your hobo stew into real stew by mixing in a can of tomato sauce, a little broth, and any extra fresh vegetables you need to use up. Green beans, peas, or tomatoes would all be delicious.

Tuna Pattie Sliders

- Make leftover tuna patties into sliders by serving them on small whole wheat slider buns topped with lettuce, tomato, and a squeeze of fresh lemon juice.

Shredded Chicken Salad

- Shred the meat from leftover chicken legs to add to a salad the next day, or try the cucumber salad as a topping for whole wheat crackers for a simple snack.

Pasta with Meatballs

- Serve leftover meatballs with whole wheat pasta and your favorite tomato sauce, or turn your unstuffed egg roll into a stir fry by adding extra veggies and serving over fried rice.

BBQ Chicken Sandwich

- Try leftover BBQ chicken over whole wheat buns topped with a low-fat slaw, or chop your chicken thighs and veggies to serve over shredded lettuce with your favorite vinaigrette for a simple chopped salad.

Buying Sheets Online

Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

Online shopping can give you easy access to unlimited products – but sometimes it can be hard to know what will work for you just by looking at a photograph. Understanding the “buzz words” in product descriptions can help you make informed decisions. When it comes to buying sheets online, certain words can be an indicator of how they will feel and perform. Here are some helpful terms and concepts to know:

FIBER CONTENT is the source material for fabric yarns. Fibers are either “natural” or “manufactured” (synthetic) and their varied composition impacts their physical properties.

- **Cotton**: natural, soft, breathable; Egyptian, Pima, and Upland are cotton seed types
- **Polyester**: manufactured, durable, easy-care, can trap heat
- **Rayon**: semi-synthetic (chemically processed wood pulp fibers), absorbent, soft; “Bamboo” sheets are usually made with rayon; similar to lyocell or Tencel™
- **Cotton-rich**: this usually means the fabric is a blend of cotton and another fiber (usually polyester)
- **Microfiber**: technically NOT a fiber content, instead, “microfiber” refers to synthetic yarns that are very, very small (finer than human hair); usually made from synthetic fibers like polyester and nylon, therefore microfiber sheets can trap heat

FABRIC CONSTRUCTION refers to the specific way the sheet fabric is woven or knit. Most sheets are made with woven fabrics (the yarns are “interlaced” at right angles in an “over/under” of pattern).

- **Percale**: woven in an over-one/under-one “plain weave” pattern; results in a crisp, cool-feeling sheet
- **Sateen**: woven in an over-four/under-one pattern; results in silky, smooth-feeling sheet
- **Jersey**: yarns are interlooped to create a stretchy, knit fabric that feels like a T-shirt
- **Flannel**: plain, woven fabric that is brushed to create a warm, fuzzy surface

THREAD COUNT is the number of yarns (threads) woven up and down (vertically), and side to side (horizontally), within a square inch. A higher thread count does not always mean better sheets; yarn size and quality can be more important. Sheet thread counts may range anywhere between 150 to 800, but 350 thread count is a good place to start. Keep in mind that your personal comfort depends more on the fiber content and fabric construction.

- **200 – 300 thread count**: may feel rougher (if made from thicker yarn) but may also be more breathable
- **400 – 600 thread count**: may feel smoother (if made from thinner yarn) and feel warmer

SIZE or DIMENSIONS should be listed to help ensure the sheets will fit your mattress size. If you’re unsure of your mattress size, measure it. In addition to the common mattress sizes of crib, twin, full, queen, king, or California king, be on the lookout for these terms:

- **XL**: sometimes twin or full-size sheets are available in longer sizes to fit twin XL or full XL mattresses; XL sheets are normally fine for regular length mattresses

Buying Sheets Online continued

· **Deep pocket** or **extra-deep pocket**: the average mattress is less than 10 inches thick (high), but more luxurious, supportive mattresses can be as high as 14 inches or more; if you have a thick mattress, look for phrases like “deep pocket” or “extra-deep pocket,” which means the sheets will cover your mattress

It's OK to be curious when you read fancy words such as “**cooling**,” “**tech fabric**,” or “**eco-friendly**.” These performance claims listed by the manufacturer simply relate to the fiber content, fabric construction, and thread count. For example, the description, “**silky, temperature regulating**” sheets probably means that the sheets are made with smooth, thin rayon fibers (often marketed as bamboo), woven in a sateen weave with a thread count around 450.

In addition to considering the descriptions above, take time to **read customer reviews**. Reliable companies will usually respond to negative comments and offer solutions. And be sure to **know the return policy**. What happens if the sheets don't fit your mattress or you really just don't like the way the sheets feel (even after they are washed)? Some companies will let you return opened or washed sheets, and some will not.

References

<https://www.consumerreports.org/home-garden/sheets/buying-guide/>

<https://www.sleepfoundation.org/best-bedding#how-to-choose>



HOMEMAKER HAPPENINGS

Lesson for the Month

Selecting Sheets - a Management and Safety Lesson

Roll Call

January is National Hobby Month. What is your favorite hobby?

Thought of the Month

"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book."

- Groucho Marx

Homemaker Lesson Training

January 20th at the Daviess County Extension Office only for in-person training.

10 am - February lesson: *Using an Air Fryer*. This is a Food, Nutrition, and Health lesson.

11 am - March lesson: *Stretching Your Food Dollar*. This is a Management and Safety lesson.

The lessons will be recorded and uploaded to Green River Area Homemaker YouTube channel.

The **Homemaker Council** will be meeting **Tuesday, January 20, 2026, following the lesson training** at the Daviess County Extension Office.

FOYER DECORATIONS

Southern Belles shared the reason for the season with us.



They really added a festive flair to the foyer.

South Hampton will decorate in January.

Watch your mail in January.

The 2026 lesson ballot will be mailed to you separately from the newsletter.

Empowerment Academy

Daviess County Homemakers presented a donation to the Empowerment Academy in Owensboro.





“Bee” Aware of the Signs

Cancer Awareness Tea

Saturday February 28

10:00 a.m.

at the Daviess County
Cooperative Extension Office

The event will include
special guest
speakers on the topic
of cancer awareness.



Tickets are \$10 each

Proceeds to benefit UK Ovarian Cancer Research

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

PARENT HEALTH BULLETIN



JANUARY 2026

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC

PREVENT THE SPREAD OF WHOOPING COUGH



Whooping cough is a sickness caused by tiny germs that live in a person's nose and throat. These germs spread very easily through the air when someone who is sick coughs or sneezes. Even though whooping cough is not common in the United States, the number of cases in Kentucky has gone up in the last few years. It happens more often during the winter because people spend more time inside and close together, which makes it easier for the germs to spread. Babies younger than 12 months are the most at risk, especially if they have not gotten all their vaccines yet.

At first, whooping cough may seem like a simple cold. A child might have a runny nose, a slight fever, and a light cough. These early signs can make the illness hard to recognize. But after

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**The best way to protect
children from whooping
cough is through vaccination.
Children should get the
DTaP vaccine at 2, 4,
and 6 months old.**



➡ Continued from the previous page

about a week, the sickness can become much more serious. The cough often turns into strong, repeated coughing fits that are hard to stop. After a long burst of coughing, some people may make a loud "whoop" sound when they take a breath in. These coughing fits can be very tiring and may happen many times a day. In babies, whooping cough can be especially dangerous. They may stop breathing for periods of time, get pneumonia, or even have seizures. These problems can be life-threatening, so it is important to watch for severe symptoms.

Parents should get medical help right away if a child has coughing spells so strong that they throw up, struggle to breathe, or turn blue or purple. Hearing a "whoop" sound when a child breathes in is also a sign that they need to see a doctor immediately.

The best way to protect children from whooping cough is through vaccination. Children should get the DTaP vaccine at 2, 4, and 6 months old. Booster shots are also given later in childhood. If you are not sure whether your child is up to date, you can check their vaccine record at

<https://kyirpublicportal.ky.gov> or ask their doctor.

Families can also reduce the spread of germs by washing their hands often, avoiding large crowds, and keeping babies away from anyone who is sick. Pregnant women should get a Tdap booster during each pregnancy to pass protection to their newborns. Adults who care for or live with a baby should also get a Tdap booster. If someone in the household gets whooping cough, a doctor may prescribe antibiotics for the sick person and sometimes for other family members to help prevent the illness from spreading.

REFERENCES:

- US Centers for Disease Control and Prevention (2024, June 26). Whooping Cough Vaccination. <https://www.cdc.gov/pertussis/vaccines>
- US Centers for Disease Control and Prevention (2024, April 2). About Whooping Cough. <https://www.cdc.gov/pertussis/about>

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2026

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THIS MONTH'S TOPIC: SAVING MONEY WHILE ORGANIZING

A new year can bring inspiration, encourage goal setting, and motivate you to “get organized.” Being organized and in control of our “stuff” can promote productivity and reduce anxiety. Although getting and staying organized takes effort, it does not need to take much money to achieve. There are many ways to create order on a budget.

Declutter BEFORE “organizing.” We can’t – and shouldn’t try to – organize clutter. Clutter is the “stuff” that does not belong anywhere. It is the stuff we don’t really like or use, so we never end up giving it a proper place in our space. Therefore, before you buy those cute containers you see online, make sure you’re “containing” things you actually use or want to keep. You’ll need fewer organizing products when you have less stuff.

Sort swiftly and graciously give away.

Decluttering is easier when you sort like items – this way you can see how many of each thing you have. (Do you really need *three* can openers?) You may choose to go drawer by drawer, room by room, or gather all like items in one spot. Toss broken and worn-out items and donate the rest to a local charity. If you are set on selling



your unwanted items, keep in mind that something is only worth what another person will pay for it.

Work with your space. Deciding *where* to keep your things does not cost anything. Establish “zones” for things in places where you would naturally look for them. Keep the phrase **“visible and accessible”** in mind. This does not mean all your things need to be kept out on the counter. Rather, when you are searching in your closets, cabinets, or drawers, will you be able to see and find things? And will you be able to easily reach things? Will special containers or organizing products help or hinder?

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ITEMS LOOK LESS LIKE CLUTTER WHEN THEY ARE ON A TRAY OR IN A BASKET



Think “inside the box.” Before you invest in color-coordinated crates or space-specific storage to organize your belongings, try repurposing bins and other containers you may already have. Cereal or tissue boxes and jars are great for sorting and storing. Or use a favorite plate or bowl to hold frequently used items. (*Hint: Items look less like clutter when they are on a tray or in a basket.*) Try to use your “homemade” containers first to see if you like the way a space functions.

Choose the same kind of container or label. If you decide to purchase special organizing products, try to select multi-purpose containers that can be used in various spaces. Having containers that match and come in different sizes creates a cohesive look. Your storage needs may change over time, so containers that offer flexibility will maintain their usefulness. To make containers of all styles, colors, and sizes look neat and uniform, mark them with matching labels. This is an easy, low-cost way to coordinate the containers you already have.

Invite a friend to help. Sure, hiring a “professional organizer” can get the job done for a price, but a close friend can also give you honest advice about what to keep and what to part with. Swap roles and help your friend when they are ready to declutter.

Clutter has a “cost.” Going forward, remember to consider the “cost” of bringing an item into your home or keeping something “just in case.” Most everything we own takes time to clean or maintain. Too many items taking up limited space creates physical and mental obstacles that prevent us from having or doing more meaningful things. Additionally, having clutter makes it hard to find things when we need them. Sometimes we might buy more of an item because we can’t locate what we already own. That is why being organized can save you time and money.

Written by Jeanne Badgett, Senior Extension Associate

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