



~~~~~ **STUFF** ~~~~~

### Upcoming Events

#### JANUARY . . .

|                            |       |
|----------------------------|-------|
| EE County Council          | 11    |
| HFFC Family Activity       | 15    |
| FCS Committee Mtg.         | 19    |
| County Stock Show          | 20-23 |
| Sr. Citizens Lunch Program | 28    |
| WIC Nutrition Class        | 29    |

#### FEBRUARY . . .

|                                                 |               |
|-------------------------------------------------|---------------|
| HFFC Exercise classes at ABC Gym                | 4, 11, 18, 25 |
| Food Protection Mgmt. 2-Day Course in Levelland | 8 & 9         |
| Valentines Day                                  | 14            |
| HHFC Family Activity                            | 16            |
| Sr. Citizens Lunch Program                      | 17            |
| D2 4-H Food Challenge                           | 25            |
| WIC Nutrition Class                             | 26            |

#### MARCH . . .

|                                     |           |
|-------------------------------------|-----------|
| HFFC Exercise classes               | 4, 11, 25 |
| EE County Council                   | 8         |
| HFFC Club Mtg. @ Hospital -Levellad | 8         |
| HFFC Family Activity                | 9         |
| Daylight Savings Time               | 14        |
| Sr. Citizens Lunch Program          | 17        |
| First Day of Spring                 | 20        |
| D2 TEEA Spring Mtg. Tulia           | 25        |
| WIC Nutrition Class                 | 25        |

Every fall I start stirring in my stuff. There is closet stuff, drawer stuff, attic stuff, and basement stuff. I separate the good stuff from the bad stuff, then I stuff the bad stuff anywhere the stuff is not too crowded until I decide if I need the bad stuff.

When the Lord calls me home, my children will want the good stuff, but the bad stuff, stuffed wherever there is room among the other stuff, will be stuffed in bags and taken to the dump where all the other people's stuff has been taken.

Whenever we have company they always bring bags and bags of stuff. When I visit my son, he always moves his stuff so I will have room for my stuff. My daughter-in-law always clears a drawer of her stuff so I will have room for my stuff. Their stuff and my stuff . . . it would be so much easier to use their stuff and leave my stuff at home, with the rest of my stuff.

This (fall) I had an extra closet built so I would have a place for all the stuff too good to throw away and too bad to keep with my good stuff. You may not have this problem, but I seem to spend a lot of time with stuff . . . food stuff, cleaning stuff, medicine stuff, clothes stuff, and outside stuff. Whatever would life be like if we didn't have all this stuff?

Now there is all that stuff we use to make us smell better than we do. There is stuff to make our hair look good. Stuff to make us look younger. Stuff to make us look healthier. Stuff to hold us in, and stuff to fill us out. There is stuff to read, stuff to play with, stuff to entertain us, and stuff to eat. We stuff ourselves with the food stuff.

Well, our lives are filled with stuff . . . good stuff, bad stuff, little stuff, big stuff, useful stuff, junky stuff, and everyone's stuff. Now when we leave all our stuff and go to heaven, whatever happens to our stuff won't matter. We will still have the good stuff God has prepared for us in heaven.

*Written by 'Anonymous'*

## Simple Rules for Winter Driving

Here are basic driving rules that are commonly ignored—especially on icy roads in winter.

1. **Slow down.** The single most important thing you can do is slow down to give car time it needs to stop safely.
2. **Use brakes properly.** Depending if car has anti-lock braking system (ABS) or not applies on how you apply brakes: apply with force and don't let up or pumping brake pedal.
3. **Go with flow of traffic.** Driving too slowly or dawdling creates dangerous or rolling road roadblocks.
4. **Obey the 3 second rule.** To avoid tailgating, heed the 3 second rule—when the car ahead passes a fixed object, slowly count to 3, if you reach the object before finishing, you're following too closely. Double the distance in rain or snow.

*Bottom Line* February 1, 2007 by Eric Peters

### THIS AND THAT . . . At the movies

**COMBOS**

A combo at Regal (medium popcorn plus medium soda) has 1,610 calories. That's like eating six scrambled eggs with cheddar cheese, four bacon strips, and four sausage links before the lights come up.

|                                 | Calories | Sat Fat (g) |
|---------------------------------|----------|-------------|
| <b>REGAL</b>                    |          |             |
| 1 medium popcorn, 1 medium soda | 1,610    | 60          |
| 1 large popcorn, 2 medium sodas | 2,020    | 60          |
| <b>AMC</b>                      |          |             |
| 1 large popcorn, 1 large soda   | 1,440    | 57          |
| 1 large popcorn, 2 large sodas  | 1,850    | 57          |
| <b>CINEMARK</b>                 |          |             |
| 1 large popcorn, 1 large soda   | 1,320    | 4           |
| 1 large popcorn, 2 large sodas  | 1,730    | 4           |

### TIP of the month

Nothing beats homemade guacamole. Roughly mash the flesh of 1 avocado. Mix in 2 Tbs. diced sweet onion, 6 diced cherry tomatoes, the juice of 1/2 lime, and (if you want some heat) 1 minced jalapeno pepper.

*Nutrition Action* March 2009

### ..... 5 Things to Stop Cleaning .....

1. **Grill grate.** Instead of scrubbing the grate after using it, leave the grill on high with the cover on for 15 minutes. Residue will cook away.
2. **Shower curtain liner.** Liners are so cheap that laundering them to remove mildew is a waste of time. Just replace them every 6 months.
3. **Pillow.** After washing and drying a pillow, it's never quite the same. Instead, throw it out, and buy a new one every 6 months.
4. **Making the bed.** Microscopic dust mites — a leading cause of allergies — thrive on moisture in

your mattress and bedcovers. Leaving the bed unmade allows moisture to escape. If you really can't stand an unmade bed, then use a duvet instead of a top sheet and bedspread. Just shake out the duvet and you're done.

5. **Waxing the car.** Newer cars have tough finishes that don't need wax for protection.



*Bottom Line*, Feb. 1, 2010

## RED AHEAD — How to keep red clothes from turning pink!

February 6th is National Wear Red Day. Sponsored by the American Heart Association, it's a day when everyone is encouraged to wear red as a simple, powerful way to raise awareness of heart disease and stroke in women.

Laundering red garments, particularly new ones, can present some challenges. That's because, in order to produce a bright, rich color, red fabrics are often over dyed. When laundered, the color may fade or the red dye may transfer to other items. The Soap and Detergent Association, has some hints.

### *General Laundering:*

> Launder red items in cold water, either by themselves or with other bright colors.

> For color-blocked garments, such as a red shirt with a white collar, or multicolored items, such as a print on a red background, add a dye-trapping cloth to the wash. It's designed to absorb and trap loose dyes during laundering, locking them away so they can't redeposit onto other clothes.

### *If the Dye Bleeds:*

> Pre-treat the area and re-launder the garment in the warmest water that's safe for the fabric.

> Don't dry the garment until the bleeding is removed, as drying in a hot dryer may set the stain.

> Once the bleeding is removed, dry promptly. Dye transfer can also occur when damp items stay in contact with each other for a period of time.



*The Soap & Detergent Association, Jan/Feb.*

## Cleaning Resolutions for the New Year

### *Lighten your cleaning load with some easy-to-implement changes*

If left to pile up, cleaning tasks can be overwhelming. So here are 9 ways to make cleaning easier in the New Year.

**1. Manage the mail.** Even in our e-mail age, most people still get plenty of snail mail. Open it over a wastebasket or recycle bin so that anything unwanted quickly disappears.

**2. Roll back the bed.** Replace fussy bedspreads with a duvet and duvet cover. The duvet itself makes bed-making easier. For cleaning, just pop off the cover and launder. It's faster and easier than washing a bulky comforter.

**3. "Sweep" the house nightly.** Just before bedtime, do a walk-through. Put newspapers in the recycle bin, toss out the junk mail, put dishes in the dishwasher, hang up coats, sweaters, towels, etc. and put away anything that wandered out during the day.

**4. Remove shower scum as you go.** A daily shower cleaner will keep shower and tub surfaces free of soap scum, mildew stains and hard-water deposits. Enlist everyone in the household to mist the

surfaces immediately after they shower, while the walls are still wet and warm.

**5. Double up.** A full set of cleaning supplies on each floor of the home keeps them in easy reach for spot cleaning.

**6. Baskets for all.** Be sure there's a wastebasket in every room. Empty them as part of your nightly sweep.

**7. Tote 'em.** Keep cleaning supplies in a plastic carry caddy so they're easy to tote from room to room.

**8. Invest in some baskets.** Baskets in varying sizes are great repositories for toys, magazines, keys, remote controls, unopened mail and other everyday items that tend to take over countertops and tabletops.

**9. Vacuum on the run.** A small, hand-held cordless vacuum makes quick pickup a snap. Consider multiples - one in the basement, one in the garage, one on each floor in the house.

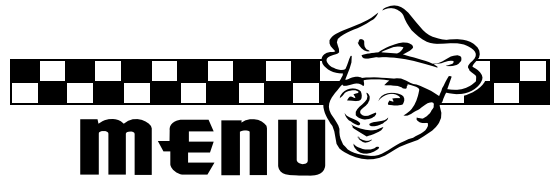
*Cleaning Matters, Jan/Feb 2010*

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**Enjoy the Winter. Till next time. . .**

**Marsha Blair, CEA-FCS  
Hockley County**

# What's Cookin...



## Spinach - Feta Dip

- ¾ cup fat-free sour cream**
- ½ cup reduced fat cottage cheese**
- 1 10 oz. pkg. frozen chopped spinach, thawed and squeezed dry**
- 2 green onions, thinly sliced**
- 2 tsps. Lemon juice**
- ¼ tsp. kosher salt**
- 1/8 tsp. coarsely ground black pepper**
- 1/3 cup crumbled feta cheese**

Place sour cream and cottage cheese in bowl of food processor; process until smooth. Add spinach, green onions, lemon juice, salt and pepper; process to combine. Add feta cheese and pulse just until combined. Transfer to bowl. Cover and refrigerate at least 1 hour. Makes 2 cups.

Per ¼ cup serving: 60 calories, 2g fat, 10mg. chol., 4g protein, 6g carb., 1g fiber, 250 sodium.

*Relish Mag., Jan. 2010*

## Quick & Zesty Vegetable Soup

- 1 lb. ground beef**
- ½ cup chopped onion**
- 2 cans (14.5 oz.) Italian stewed tomatoes**
- 2 can (13.5 oz.) beef broth**
- 1 can (17 oz.) mixed vegetables**
- 1 ½ cups uncooked medium egg noodles**
- ½ tsp. oregano**

Brown meat and onions. Drain. Salt and pepper to taste. Stir in remaining ingredients. Bring to a boil. Reduce heat. Cover and simmer 15 minutes.

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