

Christmas Popcorn Balls

Ingredients:

- ½ cup unpopped popcorn kernels
- ½ cup unsalted butter
- 1 (10 oz) bag miniature marshmallows
- 1 cup red and green M&M candies
- 1/3 cup festive sprinkles

Instructions:

1. Pop your popcorn kernels using your preferred method.
2. In a large pot, melt the butter over medium-low heat. When the butter is completely melted, add in the miniature marshmallows. Heat the marshmallows, stirring often, until melted and smooth.
3. Remove the marshmallows from the heat and pour it over the popped popcorn. Gently stir to coat.
4. Once all of the popcorn is well-coated and the mixture has cooled a bit use a rubber spatula to fold in the M&M candies and the sprinkles.
5. Spray your hands with non-stick cooking spray. Using your hands, scoop about 1 cup of the popcorn mixture and form into balls by gently pressing the mixture together.



this issue

Family Time P.1

Cervical Cancer Awareness

Month P.2

Holiday Recipes P.3

New Year's Resolutions P.4

Activites for the Family During Winter Break

1. Bake Together: Break out the cookbooks and whip up a batch of cookies, brownies or cupcakes. Make a few extra batches, and bring them to your neighbors.
2. Take a Hike: Whether it's a cold or warm winter day, get the family outside to explore the outdoors.
3. Go to the library and find a good book to read.
4. Volunteer as a family. There are lots of community activites that welcome help, and not just around the holiday season.
5. Make paper snowflakes and decorate your house. Give your house some winter cheer with homemade decorations. Paper snowflakes are easy, unique and make the house look like a winter wonderland.
6. Game on! Break out the board games and card and have a fun family night of board games.
7. Have a movie night. Light a fire, grab blankets, pop the popcorn, and find a few movies the entire family will love
8. Go ice skating. What could be more wintery than ice skating? Even if your city is not known for winter weather, many communities have ice skate arenas or pop-up rinks, including Lubbock!

Source: tinybeans.com

Contributed by: Ashlyn Alioe

Firework Safety Tips

- Always use fireworks outside and have a bucket of water/hose nearby in case of accidents.
- Designate a safety perimeter.
- Ditch faulty fireworks.
- Supervise children when they are handling sparklers.
- Don't forget about your pets!
- Soak both used and unused fireworks in water for a few hours before discarding.
- Never place a part of your body directly over a firework.
- Only light one firework at a time.
- Avoid alcohol consumption when handling or using fireworks.
- Consider safe alternatives to fireworks such as party poppers, bubbles, silly string, or glow sticks.

dhs.gov



Cervical Health Awareness Month

The United States Congress designated January as Cervical Health Awareness Month. More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

HPV IS COMMON: Most sexually active individuals have HPV at some point. At any time there are approximately 79 million people in the U.S. with HPV.

DIFFERENT TYPES: Some types of HPV can cause genital warts while some other, different types are linked to cervical cell changes that, if not detected early, can increase a woman's risk for cervical cancer. HPV infections are usually harmless, though, and most are cleared naturally by the body in a year or two.

VACCINATION: Vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The CDC recommends all boys and girls get the HPV vaccine at age 11 or 12, but vaccination is available through age 26. The vaccine produces a stronger immune response when taken during the preteen years.

TESTING: A Pap test can find cell changes to the cervix caused by HPV. HPV tests find the virus and help healthcare providers know which women are at highest risk for cervical cancer. A Pap/ HPV co-test is recommended for women 30 and over. One HPV test has been approved for use as primary cervical cancer screening for women age 25 and older, followed by a Pap test for women with certain results.

TREATMENT: There's no treatment for the virus itself, but healthcare providers have plenty of options to treat diseases caused by HPV.

RELATIONSHIPS: It can take weeks, months, or even years after exposure to HPV before symptoms develop or the virus is detected. This is why it is usually impossible to determine when or from whom HPV may have been contracted.

PREGNANCY: Pregnant women with HPV almost always have natural deliveries and healthy babies, it's very rare for a newborn to get HPV from the mother.

THE EMOTIONAL SIDE: It can be upsetting when HPV is first diagnosed, but remember that having HPV is normal! It doesn't mean that anyone did something wrong, just that like most others they were exposed to a common infection. There are 14 million new HPV infections in the U.S. each year alone!

FINDING SUPPORT: The American Sexual Health Association and the National Cervical Cancer Coalition have online support communities at Inspire.com that connect patients, partners, and caregivers. These are safe places where thousands of users find the information and support they need.



Stained Glass Cookies

Ingredients:

- 1 cup unsalted butter, at room temperature
- 1 cup sugar
- 2 large eggs
- 1 tsp pure vanilla extract
- 3 cups all-purpose flour
- ¼ cup assorted brightly colored hard candies (I use jolly ranchers)

foodnetwork.com



Bake the cookies, rotating the baking sheets from top to bottom and front to back halfway through, until light golden brown and the candy has melted, 12 to 15 minutes. Cool on the baking sheets for 5 minutes before transferring to wire racks to cool completely. Repeat the rolling, cutting, filling and baking process with the remaining piece of dough.

Position oven racks in the top and bottom thirds of the oven and preheat to 350 degrees F. Line 2 baking sheets with parchment.

Cut the dough into thirds, wrap 1 piece back in the plastic wrap and return it to the refrigerator. Dust your work surface and the remaining 2 pieces of dough well with flour and roll out each to 3/16 inch with a rolling pin, moving the dough and dusting the top and bottom with additional flour if it becomes sticky. Cut out as many large stars as possible with a 4-inch star cookie cutter and place on the prepared baking sheets. Gather the scraps and reroll once to cut out more cookies. You should have a total of 12 stars. Cut a small star out of the middle of each large star with a 2-inch star cookie cutter and reserve for another use. (You can chill and bake the small stars separately or freeze for later.) Refrigerate the baking sheets until the dough is firm, 15 to 20 minutes.

Meanwhile, separate the candy by color and place each color in a separate resealable plastic bag. Place a kitchen towel over the bags and crush the candy into small pieces using a rolling pin or meat mallet; do not pulverize. Fill the cut-out areas of the cookies two-thirds full with the crushed candy.

Bake the cookies, rotating the baking sheets from top to bottom and front to back halfway through, until light golden brown and the candy has melted, 12 to 15 minutes. Cool on the baking sheets for 5 minutes before transferring to wire racks to cool completely. Repeat the rolling, cutting, filling and baking process with the remaining piece of dough.

Did You Know?

- Exercise will give you more energy, even when you're tired.
- An apple a day does keep the doctor away. Apples can reduce high levels of cholesterol to keep your heart healthy.
- The amino acid found in eggs can help improve your reflexes.
- Extra virgin olive oil is the healthiest fat on the planet.
- Drinking coffee can reduce the risk of depression, especially in women.
- Cooking in a cast iron skillet can add significant amounts of iron to your food.

thegoodbody.com

Apple Nachos

Ingredients:

2-3 granny smith apples

1/3 cup peanut butter

1/3 cup granola

¼ cup dried cranberries

¼ cup mini chocolate chips

Instructions:

1. Slice apples into wedges. Lay apples on a plate in a circular design.
2. Drizzle apple slices with peanut butter. Sprinkle the granola, cranberries and chocolate chips.
3. Add more of less of any ingredients and add your own favorite topping to make it your own creation!

*Other great toppings

- Honey
- Caramel
- Nuts
- You can even add other fruits as the topping!

Contributed by: Ashlyn Aljoe



Tips to Keeping Your Resolutions

- Choose a specific goal.
- Limit your resolutions.
- Put time into planning
- Start with small steps

You can do
anything you set
your mind to!

Cory Edwards

County Extension Agent

Family & Community Health

Lubbock County

New Year's Resolution Ideas

1. Eat more whole foods (fruit, nuts, seeds, whole grains, fish): Try incorporating one whole food with each meal.
2. Move more, sit less; Stand while working at your desk job a few times a week; go for a walk on your lunch break; take the stairs instead of the elevator.
3. Find a physical activity you enjoy: Try new things this year to make staying active fun and make it work with your schedule. Ex. Going for a swim before work, trying a new yoga or Zumba class, looking for new workout videos online.
4. Spend more time outside. Even a walk around the block can help with a long-term goal of more physical activity.
5. Limit your screen time: Carve out an hour a day where you won't use any device (tv, phone, computer).
6. Schedule a vacation: Time off is key for your mental health.
7. Cook more meals at home: Consider how many times you eat out in a week and decrease that by half.

peacehealth.org

Cory's Corner Issue 08 Dec '22- Jan '23



HAPPY NEW YEAR!

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. *References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.