

*Families
are changing,
and we're
changing
families*

AgriLIFE **EXTENSION**
Texas A&M System



Rusk County
113 East Fordall, Henderson, Texas 75652 ~ 903-657-0376

Award Winning
The Besser Flame

Decade Year

Family & Consumer Sciences Newsletter

Volume XI Issue 1

JANUARY-MARCH 2011

In this issue:

From the Desk of Your County Extension Agent
Dietary Guidance for Better Health
Fun Food Trivia
Just for Fun Q & A
KPXI Radio Program
2011 Family Issues Summit
Money-Saving Green Tip for the Home
Cherry Dessert Winners and Recipes
Spring Forward
March Riddle Contest
Kid's Corner - Contest
Pancake Tuesday
Egg Decorating Contest
Rusk County 4-H Food Show Contest
East Texas State Fair Youth Fashion Show
County 4-H Consumer Decision Making Contest
District V 4-H Food Show Contest
Rusk County 4-H Fashion Show Contest
Rusk County Youth Project Show
BLT Recipe - St. Patrick's Day Pasta
About "The Besser Flame"



*From the desk of your
County Extension Agent...*

Dear Readers,

This newsletter marks the DECADE Issue of "The Besser Flame". Since the first issue in March 2001, the newsletter has received many compliments from its readers and has earned a "Best in the State Award".

My thanks to each of you for your positive responses to the newsletter, and my thanks to Mrs. Ginger Shorter, Rusk County Extension Office Manager and 2008 Texas Extension Association of Family and Consumer Sciences Award Winner, without whom the newsletter mail out would not be possible.

If you know of someone who would like to receive a copy of "The Besser Flame", please submit their name and address to the Extension Office. And please remember the newsletter is also available on our website:

<http://rusk-tx.tamu.edu/>.

Best Wishes for a Happy Spring!

Sincerely,

Liz



Liz Buckner McKinney

Liz Buckner McKinney, MS
County Extension Agent-FCS
Rusk County

LB:gs



*"...land of the free and the
home of the brave."*

Dietary Guidance for Better Health



Balance Calories

Enjoy your food, but eat less.
Avoid portions that are too large.

Foods to Increase

Fill half of your dinner plate with fruits & vegetables.

Switch to fat-free or low-fat milk.

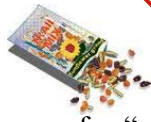
Foods to Reduce

Choose foods with less sodium content by reading the Nutrition Facts label.

Drink water instead of sugary drinks.

Fun Food Trivia

Gorp -



a.k.a. trail mix, is said to be an acronym for “granola, oats, raisins, and peanuts”. This crunchy snack is called “scroggin” in the United Kingdom, Australia, and New Zealand.



Just for Fun

Question: How does the man in the moon cut his hair?

Answer: Eclipse It

Question: How can you tell if a tree is a dogwood?

Answer: By its bark



KPXI 100.7 FM your source for local county extension reports every weekday morning @ 6:30 a.m.



Monday - Jamie Sugg, CEA-4-H
Tuesday - Blaine Jernigan, CEA-AG
Wednesday - Liz Buckner McKinney, CEA-FCS
Thursday - Blaine Jernigan, CEA-AG
Friday - Liz Buckner McKinney, CEA-FCS

<http://www.kwrdonline.com/>

2011 Family Issues Summit

March 4, 2011

@

Nacogdoches County Extension Office

- On-Site Registration Begins @ 8:30 a.m.

Nacogdoches County Courthouse Annex
203 West Main Street
Nacogdoches, TX 75961

- “Friend to Friend” Cancer Awareness Training begins at 9:30 a.m.

- Lunch
- “Dietary Guidelines 2010” presented by Susan Bennett begins at 1 p.m.

- Wrap-up at 3p.m.



\$25 On-Site Registration -Includes lunch

R.S.V.P. To Kari Aycock @ 936-632-8239

by

March 1, 2011

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin. The Texas A&M University System, U.S. Department of Agriculture and County Courts of Texas Cooperating. Persons needing auxiliary service need to contact Texas AgriLife Extension Service—Henderson County Office at 903-675-6130 by March 1, 2011.



Money-Saving Green Tip for the Home

When positioning a floor lamp or table lamp in a room, put it in a corner where it will reflect light off two walls, thus giving more light and requiring less additional lighting.



Cherry Dessert Contest Winners



Valentine Cherry Vanilla Napoleons

- 1 can of cherry pie filling
- 1 pkg of vanilla instant pudding
- 1 pkg of puff pastry
- melted chocolate for drizzle



Prepare pudding according to package directions. Roll out puff pastry. Using a 4 inch heart shaped cookie cutter cut out six hearts.

Bake hearts for 15 minutes until golden brown. Cool on wire rack.

Assembly: Spread about 1/2 cup pudding on one pastry layer. Spread two tablespoons of cherry pie filling on top of pudding. Place another pastry on top and repeat layers ending with third pastry. Drizzle top of Napoleon with melted chocolate. Enjoy! Makes 2 Napoleons

*Meg McAnally - Grand Champion - Junior Division
Best of Show Winner*



Cherry Coconut Bars

Crust:

- 1 cup all purpose flour
- 3 tablespoons powdered sugar
- 1/2 cup butter, softened

Filling:

- 2 eggs beaten
- 1 cup granulated sugar
- 1/4 cup all purpose flour
- 1 teaspoon baking powder
- 3/4 cup chopped walnuts
- 1/2 cup sweetened shredded coconut
- 1/2 cup maraschino cherries, drained & quartered
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

1. Preheat oven to 350 degrees F.
2. To prepare crust, combine flour, powdered sugar and butter in a medium bowl, mix well. Press into an 8 inch square baking dish. Bake 20 to 25 minutes, until lightly golden.
3. To prepare filling, combine all ingredients in a large bowl; mix well. Spoon on top of crust and spread evenly. Bake 20 to 25 minutes, until golden brown. Cool completely on a wire rack before cutting. Makes 16 bars

Judy Gilstrap—Grand Champion - Adult Division

Cherry Custard Clafouti



- 1 (16 oz) can bing cherries, well drained
- 2 tablespoons sugar
- 1 cup milk
- 1/2 cup all purpose flour
- 1/2 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 6 drops cherry candy flavoring
- 2 tablespoons powdered sugar



Heat oven to 350 degrees F. Place cherries in greased 9 inch pie pan; sprinkle with 2 tablespoons sugar.

Place milk in 5 cup blender container; add all remaining ingredients except powdered sugar. Cover, blend at medium speed until smooth (1 to 2 minutes). Pour over cherries.

Bake for 40 to 50 minutes or until knife inserted in center comes out clean. Sprinkle with powdered sugar. Serve warm. Store refrigerated.

Susan Burrows - Reserve Champion - Adult



Cherry Filled Coffee Cake

- 1 pkg white cake mix
- 1 tsp cinnamon
- 1 cup sour cream
- 3 eggs
- 1/4 cup water
- 1 can cherry pie filling
- 1/2 sliced almonds, toasted
- 1 cup powdered sugar
- 1 1/2 tbsp milk



Mix first 5 ingredients with mixer until blended. Pour into greased and floured 13 x 9 pan; top with spoonfuls of pie filling. Bake 35 to 40 minutes. When done sprinkle with toasted sliced almonds. Cool 10 to 15 minutes then drizzle icing over cake. Cool completely. May use different pie filling and nuts.

Faith Medford - Senior Division



**Daylight Savings Time
Begins March 13th**

**Change Batteries in
Smoke Detectors**

Cherry Swirl Cheesecake Pie



- 1 package (8 oz) cream cheese, softened
- 1 can (14 oz) sweetened condensed milk
- 1/4 cup lemon juice, divided
- 1 egg
- 1 KEEBLER READY CRUST Chocolate Pie Crust
- 1/2 cup black cherry preserves
- 1/2 cup cherry pie filling



- 1) In small mixing bowl beat cream cheese on medium speed of electric mixer until fluffy. Gradually beat in sweetened condensed milk and 3 tablespoons of lemon juice. add egg, beating until just combined.
- 2) Pour half of cream cheese mixture into crust. In small bowl combine preserves and remaining lemon juice. Spoon half of preserves mixture over cream cheese mixture in crust.
- 3) Top with remaining cream cheese mixture and remaining preserves mixture. Use knife to swirl preserves into cream cheese mixture.
- 4) Bake at 300 F for 50 to 55 minutes or until center is almost set. Cool on wire rack for 1 hour. Refrigerate at least 3 hours.
- 5) Garnish with cherry pie filling. Store in refrigerator.

Carson McGhee - Intermediate Division

March Riddle Contest

Through March 31st, readers (both youth and adult) can submit an answer to the riddle.

To participate, submit the answer along with your name and address on a postcard to the Extension Office, or call the Extension Office with the needed information.

The winning answer and winner will be revealed in the following newsletter. Good Luck, and Have Fun!

'THE RIDDLE'

What occurs once in every minute, twice in every moment, yet never in a hundred years?



Kid's Corner

What toy was used aboard the Apollo 8 to restrain objects such as tools in zero gravity?



Hints:

1. This toy was created by accident by chemists during World War II.
2. You may find it hidden in your Easter Basket.

Through March 31st, readers (both youth and adult) can submit an answer to the contest.

To participate, submit the answer along with your name and address on a postcard to the Extension Office, or call the Extension Office with the needed information.

The winning answer and winner will be revealed in the following newsletter. The winner will also receive a small prize. Good Luck, and Have Fun!

PANCAKE TUESDAY March 8th



Have you ever heard of "pancake races?" Well in England, the day before Ash Wednesday is called "Shrove Tuesday" or "Pancake Tuesday" and is the traditional day when eggs, milk and butter or cooking fat are used up to make pancakes. According to legend, in the mid 1400's, a Buckinghamshire woman ran to church as the bells tolled with a frying pan still in her hand. From hence began the pancake races that take place to this day in certain parts of England. The modern day pancake races feature women racers who have to flip a pancake three times as they run a 1/4 mile course.

Pancake Recipe

- 2 eggs, well beaten
- 1/2 c milk
- 2 T cooking oil
- 3/4 c flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp sugar



Beat together eggs, milk, and oil. Sift together flour, baking powder, salt, and sugar. Stir into egg mixture until all ingredients are well blended. Cook on hot greased griddle. Serve with choice of toppings.

TIP - Wear comfortable shoes if participating in Pancakes Races.

Egg Decorating Contest

Registration Deadline: Currently and to Check-In Time

Where: Rusk County Extension Office Room
115 East Fordall Street
Henderson, TX 75652

When: April 19, 2011

Time: 10:00 a.m. - 11:00 a.m. - entry/check in
11:00 a.m. - judging begins
Around 1:30 p.m. - pick up

Entry Fee: \$1.00 per entry

Age Division: Pee Wee - 3-5 years old
Junior - 6-11 years old
Intermediate - 12-13 years old
Senior - 14-18 years old
Adults - 19 plus



*Any entry not picked up by 5:00 p.m. will be discarded. For more information contact the Rusk County Extension Office at 903-657-0376.

Contest Rules

1. Any size or shape bird egg may be used and eggs must be real.
2. Raw eggs will not be allowed. For example, use hard boiled egg, or egg shell may be emptied or blown.
3. Contest is open to all Rusk County Citizens.
4. Each egg will receive a blue, red or white ribbon.
5. A "Best of Show" certificate will be awarded.
6. Special Recognition Certificates will be awarded to the following categories:

A. Cutest	G. Funniest
B. Biggest	H. Best Painted
C. Smallest	I. Ugliest
D. Out of this World	J. Most Original
E. Scariest	K. Most Beautiful
F. Happiest	L. Most Bizarre
7. There is not a limit on the number of entries a participant may enter.
8. Entry fee goes toward annual Rusk County Extension Education Club sponsored scholarships for Rusk County Residents.

Sponsored
by the
Rusk County Family & Consumer Sciences Committee

Egg Decorating Contest Entry Form

Name: _____

Address: _____

Age Division: _____



Rusk County 4-H Food Show Contest



Front Row (l to r): Davis Robinson, Raven Carlson, Holli Williams, Ashleigh Sugg & Dillon Martin

Back Row: Tiffani Moore, Brytni Nicholas & Sarah Gardener

East Texas State Fair Youth Fashion Show

Holli Williams - 3rd Place,
Buying Dressy
Ashleigh Sugg - 1st Place,
Buying Formal
Sierra Reynolds - 1st Place
Buying Casual
1st Place Buying Overall -
Junior



Rusk County 4-H Consumer Decision Making Contest

Front row (l to r): Ashleigh Sugg, Holli Williams, Brytni Nicholas, Back row: Tiffani Moore, Jacob Moore and Katie Farquhar

Hi-Point Individuals

Ashleigh Sugg - Junior
Brytni Nicholas - Intermediate
Katie Farquhar - Senior



To the participants at the District 5
Consumer Decision Making Contest!

District V 4-H Food Show Contest



(Front row) Davis Robinson, Ashleigh Sugg, Dillon Martin & Holli Williams. (Back row) Sarah Gardner, Tiffani Moore & Brytni Nicholas

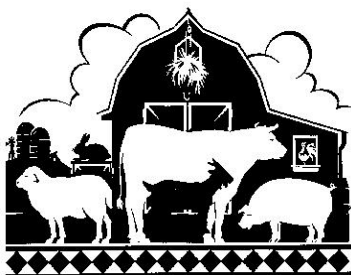
Rusk County 4-H Fashion Show Contest



Good Luck at the District V 4-H Fashion Show to Davis Robinson, Holli Williams, and Raven Carlson

Remember to go out, join the fun, and support the youth of Rusk County!
at the

RUSK COUNTY
YOUTH PROJECT SHOW



March 23-26, 2011

Saint Patrick's Day

Pasta



Recipe Summary:

Preparation time: 25 minutes

Number of servings: 4

Cups of Fruits & Vegetables per person: 1

Ingredients:

8 ounces of fettuccine

1 garlic clove, minced

1 cup fresh basil leaves, stems removed

1/4 cup grated parmesan cheese

1 Tbsp olive oil

2 cups fresh spinach, stems removed

1/2 cup chicken broth, low-fat, low-sodium

1 15-oz can of cannellini (white beans), rinsed and drained

1 tsp black pepper

Directions: Cook pasta as directed on package. Drain and place in large mixing bowl. In a blender, add olive oil, garlic, spinach, basil, parmesan cheese and chicken broth. Mix well until leaves are blended. Pour sauce over pasta. Mix until pasta is well coated. Add beans and red bell pepper. Lightly toss and serve.



About "The Besser Flame"

In 1926, the American Home Economics Association sponsored a national design contest among art schools to create a logo. The winning design was the Betty Lamp designed by Mildred Chamberlain of Chicago.

The Betty Lamp evolved from simple clay dish lamps that were used as long ago as 6000 B.C. Used to illuminate the homes of American colonists, this **better lamp** named the **Betty**, from the German word, "besser" meaning "to make better" produced comparatively good light for its time.

The Betty Lamp is pictured in the top right hand corner of the first page of the newsletter and in the above title.

2003 - TEAFCS Team Newsletter Award Recipient
2011 - Decade Year of the Besser Flame