

NEWSLETTER



Spread Cheer, Not Germs, Over the Holidays

The holidays are a fun time of the year to spend with friends and family, eat special foods, and enjoy festive activities. However, it is not all fun and games if someone gets sick. There are some easy ways to prevent the spread of germs and disease this holiday season, to keep everyone feeling merry.

Wash your hands often with soap to remove most germs, including respiratory viruses. If soap and water are not available, using a hand sanitizer with at least 60% alcohol can kill many germs.

Avoid touching your face, particularly your eyes, nose, and mouth. Germs spread easily this way.

Viral particles in the air spread between people more easily indoors than outdoors. You can improve indoor air quality by opening windows or using air purifiers to reduce the amount of germs in the air.

Stay away from others who are sick, when possible. Usually, there are more droplets and particles in the air directly around the sick person. Even as a caregiver, try to keep a distance from the sick person's face if possible.

Cover coughs and sneezes when you are around others to help protect them. Whether you feel ill or not, you may have germs that you could pass on to someone else.

If you are sick, stay home to avoid putting others at risk. You should also stay away from others in your household to lessen their risk. If you have severe or worsening symptoms, call your health-care provider.

Reference: <https://www.cdc.gov/ncird/whats-new/stay-healthy-during-holidays.html> Source: Katherine Jury, Extension Specialist for Family Health



Marla Stillwell 

Marla Stillwell, County Extension Agent
for Family & Consumer Sciences Education
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Website: larue.ca.uky.edu/
FamilyConsumer Sciences

Homemakers News & Notes

**Friends and Family
Homemakers Meeting –**
1st Thursdays at 1pm

**South Fork Homemakers
Meeting –** 3rd Tuesdays at
10:30am

**No Sew Quilted Star
Ornament – December
Lesson Leader Training –**
11/19 at 1:30pm at the
LaRue County Extension
Office. Please call to
signup so that enough
supplies can be provided!

Floral Hall Project Update
– Donations are still being
accepted for continued
improvements to the
Floral Hall Building at the
Fairgrounds.

**SAVE THE DATE – Home-
makers Holiday Bazaar**
Saturday, 11/16 from
9am -3pm. Contact Bonnie
Miller if you have any
questions at 270-696-0611

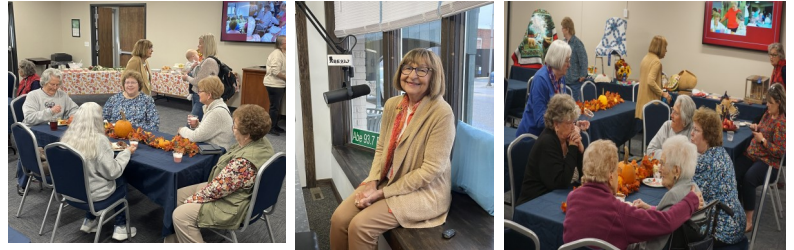
Homemaker Council –
Tuesday, November 26
at 10am

**Homemaker
Membership Deadline**
12/6 - Dues are \$15.

**LaRue County
Homemaker Cookbooks
NOW AVAILABLE!** Stop
by the Extension Office
or see any Homemaker
member to purchase a
copy for \$15.00.



Homemakers Week



LTA Homemakers Annual Meeting

LaRue County was well represented at the Area meeting on Friday, October 25 in Marion County.



Join LaRue County
Extension Homemakers
on Facebook!

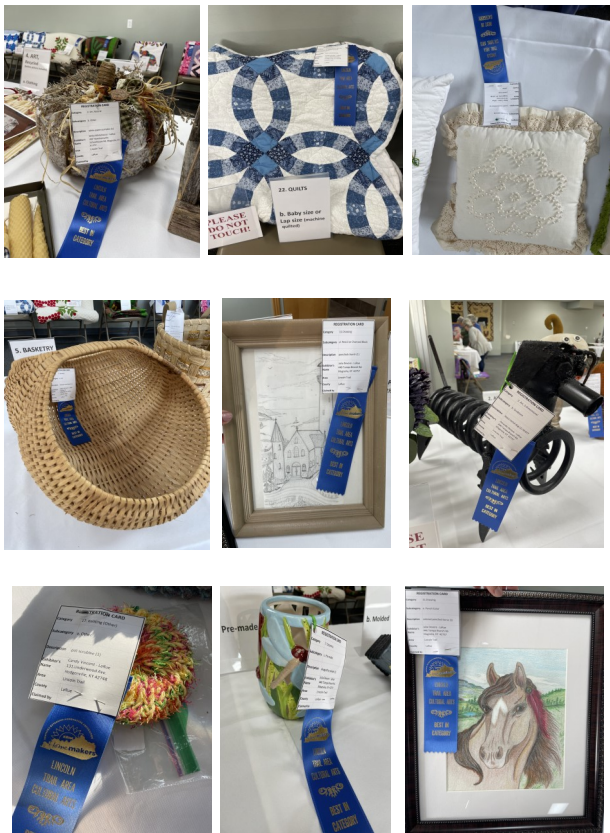
The text is accompanied by a Facebook logo, a basket of pumpkins, and decorative flourishes.

Area Cultural Arts Contest

Congratulations to our 14 blue ribbon winners that will be advancing onto the Kentucky Extension Homemakers Association State Cultural Arts Contest in May 2025!



ll Congratulations! ll



Cooperative Extension Service

HOMEMAKERS Holiday BAZAAR

NOVEMBER 16 2024 | 9 AM - 3 PM

LaRue County Extension Service
807 Old Elizabethtown Road, Hodgenville
(270) 358-3401

Hosted by the LaRue County Extension Homemakers

Cooperative Extension Service

laugh & learn

9-10:30 AM
LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE
270-358-3401

A Laugh & Learn playdate is for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Laugh & Learn is for ages 2-5 (not yet in school) and their caregiver.

WEDNESDAY 2024

Join us for a monthly playdate!

Laugh and Learn HELD IN PARTNERSHIP WITH LARUE COUNTY FAMILY RESOURCE YOUTH SERVICE CENTERS

- 9/25 WIND/FALL
- 10/16 PUMPKINS
- 11/20 TURKEY/THANKFULNESS
- 12/18 GINGERBREAD
- 1/15 SNOW/WINTER
- 2/19 MY FAMILY/LOVE
- 3/19 RAINBOWS
- 4/16 RAIN/SPRING

Monday
WALKING CLUB

Cooperative Extension Service

SEPTEMBER 23 - DECEMBER 9, 2024

8 am

CREEKFRONT PARK - 250 TONIEVILLE RD., HODGENVILLE
An Equal Opportunity Organization

upcoming FCS Extension Events

- **Mondays at 8am (thru December 9)** – Walking Club at the Creekfront...please join us!

- **November 7** – Big Blue Book Club at 7pm EST on Zoom. The TV host and author of *Laundry Love: Finding Joy in a Common Chore* will join us directly from his laundry room for an engaging one-time event! Contact Marla if you would like the Zoom link.

- **November 8 at 12:00** – Cooking Through the Calendar “*Hearty Harvest Bowl*”

- **November 8 at 2:00pm** – Gifts from the Heart Series, Homemade Goat Milk Soaps – Please call the Extension Office to register! Space is limited!

- **November 13** – Quilt Club at 10am at the Extension Office

- **November 16** – Homemakers Holiday Bazaar from 9am-3pm

- **November 20 at 9:00am** – Laugh and Learn Playdate Program

- **November 25 at 10am** – Open Sewing at the Extension Office

- **December 7 at 2pm** – Gifts from the Heart: *Pies and Pastries*

**Building strong families. Building Kentucky.
It starts with us. [#UKfcsent](https://www.ukfcs.net)**

BIG BLUE BOOK CLUB

LAUNDRY LOVE
FINDING JOY IN A COMMON CHORE
PATRIC RICHARDSON with Amy K. Brown

THURSDAY
NOVEMBER
7
2024

VIA
ZOOM

7:00 PM
EASTERN/
6:00 PM
CENTRAL

REGISTER @ <https://ukfcs.net/BBBClaundry>

Cooperative Extension Service | Family and Consumer Sciences

Cooperative Extension Service

homemade
goat milk soap

November 8 AT 2 pm | **\$10**
CALL TO REGISTER (270)358-3401 | PER PERSON

LaRue County Extension Service
807 OLD ELIZABETHTOWN RD., HODGENVILLE
An Equal Opportunity Organization

UK Cooperative Extension Service

QUILTED STAR

No Sew Ornaments



November 9th at 1:30pm
Registration Required
270-358-3401
FREE - ALL SUPPLIES PROVIDED

LaRue County Extension Service - 807 Old Elizabethtown Rd., Hodgenville


Cooking Through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program on the 2nd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.


Follow our LaRue County Cooperative Extension Service Facebook page for more info and to view the demonstrations LIVE!

LaRue County Extension Service will be

CLOSED



11/5
Presidential Election



11/28 & 11/29
Thanksgiving Holiday

UK Cooperative Extension Service

UK Cooperative Extension Service

Cooking through the calendar




Hearty Harvest Bowl

Ingredients:

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and finely sliced
- 1 medium sweet potato, peeled and sliced
- 2 cans (15.5 ounces) chickpeas (garbanzo beans) and drained dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing:

- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 1/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Wash and dry produce under cool running water. Scrub tomatoes to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
- Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper and drizzle with olive oil.
- Coat rice according to the rice package directions.
- While rice is cooking, place broccoli, carrots, sweet potato, and chickpeas on the baking sheets and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer. Don't overcrowd the pan as the veggies will brown instead of roast.
- Roast chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
- Roast vegetables and chickpeas for 20 to 25 minutes, turning a sheet from time to time. Vegetables should be lightly browned and fork tender when done. Chickpeas will be slightly charred and coated.
- While vegetables are roasting, combine dressing ingredients in a small bowl or cup. Whisk until blended. Set aside.
- Drizzle dressing onto the vegetables. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
- Drizzle with dressing before serving.
- Refrigerate leftovers within 2 hours.

Recipe credit: Adapted from *Simple & Savory*.
Serving size: 1 cup
Cost per recipe: \$2.71
Cost per serving: \$1.29

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FRIDAY, NOVEMBER 8
at **Noon**

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE

THIS MONTH:
HEARTY HARVEST BOWL

Rate this recipe



FCS Advisory Council

Calling all community leaders! We are developing a LaRue County Family & Consumer Sciences Advisory Council and WE WANT YOU! If you have a passion for helping and educating others, we would love to have your input! Please contact Marla at the Extension Office to learn more or to request a seat at the table!



FAMILY & CONSUMER SCIENCES (FCS) ADVISORY COUNCIL

Looking for community leaders that have a passion for helping & educating others!

CONTACT MARLA, (270) 358-3401 OR MARLA.STILLWELL@UKY.EDU

PARENT

HEALTH BULLETIN



NOVEMBER 2024

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

LaRue County Extension Service
807 Old Elizabethtown Road
P.O. Box 210
Hodgenville, KY 42748
(270) 358-3401

THIS MONTH'S TOPIC

THE GIFT OF GIVING



As the holiday season begins, there are lots of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

Continued on the next page 



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



**Consider volunteering
your time at a
local animal shelter,
tutoring center,
or warming station
in your community.**

→ Continued from the previous page

Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity,

- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

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Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

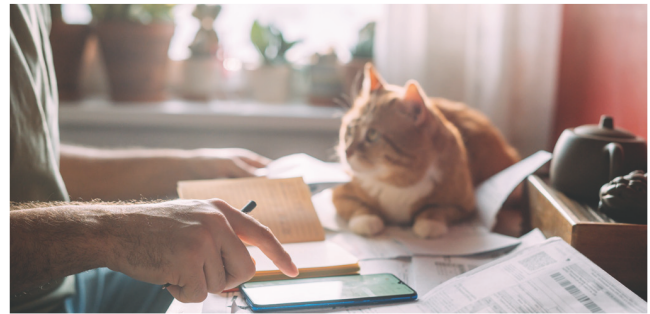
Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.



HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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MAKE A FAMILY TIME CAPSULE



KIDS KÖRNER

If your family is gathering together in November for a holiday meal, take the time to capture precious family memories.

- glass jar
- paper
- colored pencils
- marker
- shovel & a patch of yard to bury it. If you don't have a yard you can put the jar away in a closet!

YOU'LL NEED



1. Cut the paper into strips
2. Write the year on the end of the strip with a marker, then write a memory of your family that you are thankful for. Have each member of your family do the same with their own strip.
3. Roll the notes up and pop them in the jar.
4. Take a walk around your yard and think about where would be a good place to bury it
5. Take turns digging - notice how hard it is to dig a hole!
6. Place the capsule in the hole. Dig it up next Thanksgiving and add more things you are thankful for.



HERB ROASTED TURKEY

Servings: 15 Serving Size: 4 ounces



— INGREDIENTS:

- 1 (10 to 12) pound turkey
- 2 tablespoons dried herbs (try any combination of parsley, sage, rosemary, thyme, basil, etc.)
- 2 tablespoons olive oil
- 1 teaspoon ground pepper
- 1/2 teaspoon salt
- 2 celery ribs, washed and cut into pieces 2 or 3 inches long
- 1 large onion, washed, peeled, and quartered
- 3 cups water

390 calories; 8g total fat; 2g saturated fat; 0g trans fat; 225mg cholesterol; 480mg sodium; 2g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 74g protein; 6% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.



— FOOD SAFETY

Food thermometers are available at the Extension Office throughout November *(while supplies last)*.



— DIRECTIONS:

1. Thaw turkey completely. The USDA recommends thawing turkey in the refrigerator. This is the safest method because the turkey will thaw at a consistent, safe temperature. This method takes some time, so allow one day for each 4-5 pounds of weight. If the turkey weighs 12 pounds, it will take about three days to thaw. It is not safe to thaw turkey at room temperature.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw turkey.
3. Move oven rack to a low position so turkey will fit. Preheat oven to 450 degrees F. Cooking at a high heat will crisp turkey skin and help keep juices in the meat.
4. Remove turkey neck and packet of giblets from inside the turkey cavity. Use these parts in other recipes or discard.
5. Twist wing tips up toward turkey neck opening and tuck them under back of turkey. This will help the turkey stay flat during cooking.
6. Pat turkey dry with paper towels and place it on a rack in a large roasting pan.
7. Combine dried herbs, olive oil, pepper, and salt in a small bowl. Stir to combine. Spread mixture all over turkey.
8. Place celery and onion inside turkey cavities. This adds flavor while the turkey cooks.
9. Pour 3 cups of hot water into pan.
10. Place turkey and pan in pre-heated oven. Roast uncovered for 45 minutes or until skin is golden brown.
11. Carefully remove turkey from oven.
12. Use 2 layers of foil to tightly cover entire turkey. Use oven mitts to prevent burning your hands as you press foil around the turkey.
13. Return turkey to the oven. Continue roasting for 1 1/2 to 2 hours more.
14. Insert a thermometer into thickest part of the thigh without touching the bone. Turkey is done when it reaches an internal temperature of 165 degrees F.
15. Remove turkey from oven. Let turkey stand for 30 minutes, covered, before serving. Letting meat stand, or rest, for a few minutes after removing from the oven makes the meat more juicy.
16. Use a sharp knife to cut meat off the bone.
17. Refrigerate or freeze leftovers within 2 hours.



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

LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

PIES & PASTRIES

LEARN TO MAKE A HOMEMADE PIE CRUST!

- Saturday -

DECEMBER 7th
at 2 pm

LARUE COUNTY EXTENSION SERVICE
807 Old Elizabethtown Road, Hodgenville
CALL TO REGISTER → (270) 358-3401
*Bring your own pie plate

 Cooperative
Extension Service
An Equal Opportunity Organization

