



December 2024

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston

Bourbon County Extension Agent
for Family & Consumer Sciences



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*Bourbon County Cooperative
Extension Service*

**We will be closed
for
the holidays
December 24, 2024
thru January 1,
2025**



**May the holiday season end the present year on a cheerful note
and make way for a fresh and bright New Year.
Here's wishing you a Happy Holidays!**

Kay Denniston

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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Reindeer Snacks

INGREDIENTS

- 3 celery stalks
- ¼ cup peanut butter
- 12 raspberries
- 24 raisins or mini chocolate chips
- 24 mini pretzel twists

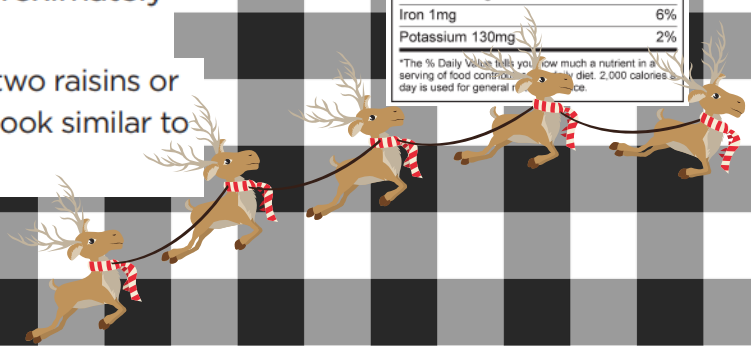


DIRECTIONS

1. Cut each stalk of celery into 4 pieces.
2. Fill the cavity of each celery piece with approximately one teaspoon of peanut butter.
3. Place a raspberry on the end for a nose and add two raisins or chocolate chips for eyes. Break pretzel twists to look similar to antlers and add to the top of each snack.

Nutrition Facts	
6 servings per container	
Serving size 2 snacks (44g)	
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 130mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories a day. It is used for general informational purposes only.



PRESIDENT'S NOTES

From my section of your newsletter, I do not want to take the space to remind and update you on the upcoming events of homemakers, but I want to encourage you to read and make note of all the activities. I would like to extend some thanks. First, I want to thank you for being a homemaker. There are so many ways that you impact the lives of others that you may never know. Keep up the good work! Sincere thanks to our county Food and Nutritional Educational Chairs Mallory Lowe and Lee Ann Stipp and their committee for the wonderful holiday foods evening. Along with thanks to all the presenters and additional food preparers who made the evening a success. Another event that I extend thanks to is the Weaving Exhibition. Thanks to Kristy Horine, June Erla, and the Ewalt Homemakers for organizing and securing the presenters. I am in awe of these wonderful weavers! Special thanks to our agent Kay Denniston and the office support staff. These ladies make our homemaker activities spectacular! Again, thank you for your ongoing support of the Bourbon County Homemakers.

As the Christmas Season gets closer take the time to reflect on the true meaning of the season, the special delight in a child's face and time with family and friends. Merry Christmas and Happy New Year to you and your family.

Elizabeth Rankin

"Alone we can do so little, together we can do so much." Helen Keller

The In-Cider Information

Kacy Wiley
Program Assistant Senior NEP



Savor the flavor

The holidays are a time to enjoy meals and events with family and friends. It's easy to rush from meal to meal without taking time to enjoy the food with all your senses. Eating mindfully means that you use all your physical and emotional senses to experience and enjoy the food choices you make.

To start, plan on sitting down for your meal without distractions.

- Turn off the TV, and remove any phones or gadgets from the table.
- Set the table.
- Make a MyPlate meal. Fill half of the plate with vegetables and fruits. Choose foods that are appealing to your eyes, as well as your mouth. Add a portion of lean protein, low-fat dairy, and whole grains. Include fruit in the meal or as a dessert.
- Take small bites and feel and smell the texture, flavor, and scent of your food. Chew your food slowly.
- Put your silverware down between bites and take time to enjoy the taste of the food and those around the table.

Adapted from Making Healthy Lifestyle Choices: Mindful Eating — Enjoy Your Food with All Your Senses-FCS3-561FG



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

ECO Print Scarf

Pre-registration required
\$10 registration fee
859-987-1895

January 7
10:00 am

June Erla
Instructor

Bourbon County
Extension Office



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

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Disability accommodations with prior notification.



MARK YOUR CALENDAR

December 25-January 2.....Holiday Closing
 January 7.....Eco Printing Scarf Class
 January 14.....Homemaker Council Meeting
 January 20.....Holiday Closing
 January 21.....Leader Lesson
 February 6International Meal
 February 20.....Leader Lesson
 Feb. 29- Mar 1.....Farm Machinery Auction
 March 19.....Grandparents Raising Grandchildren
 March 20.....Homemaker Council Meeting

SAVE THE DATE

3 19 25 **GAP**
 Grandparents As Parents of Kentucky

21st Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

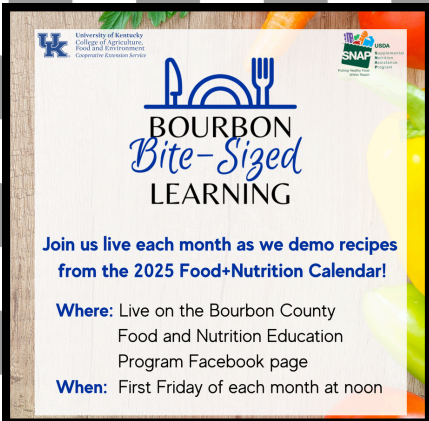
CLARION HOTEL,
 1950 NEWTOWN PIKE,
 LEXINGTON, KY

For more information and to view helpful resources, please visit our website at www.gapofky.org
 Follow us on Facebook-Grandparents as Parents Conference

TUNE IN ON BOURBON COUNTY NUTRITION EDUCATION FACEBOOK PAGE. IF YOU MISS THE 1ST FRIDAY VIDEO, IT IS STILL AVAILABLE ON FB AND YOUTUBE.



Join us on Bourbon County Nutrition Education Program Facebook page, January 3 to view Kacy preparing "Split Pea Soup" or even better - get your ingredients and prepare along with us.

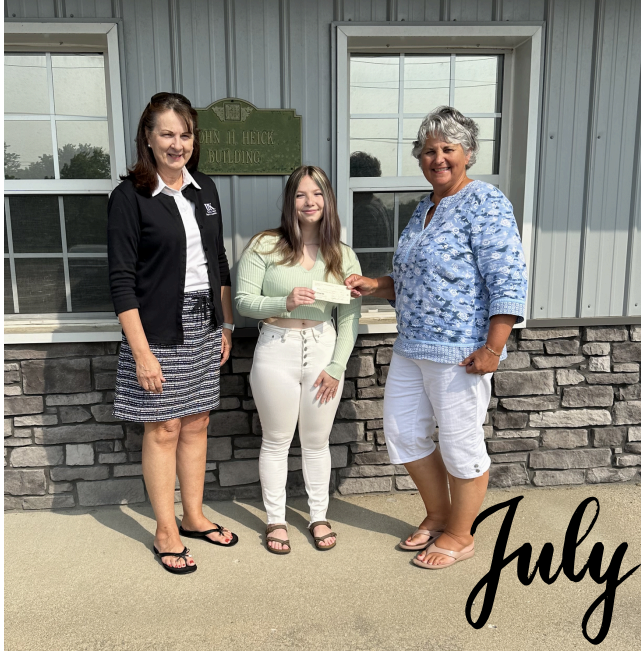


STOP BY THE EXTENSION OFFICE AND PICK UP YOUR 2025 CALENDAR TO COOK ALONG!

Great Start to the 2024-2025 Homemaker Year!

September

POP Club



Scholarship Recipient, Michelle Townsend



August

Recipe for Life



October

Cultural Arts



Bluegrass Area Meeting



Día de Los MUERTOS

November



Holiday Foods



Weaving Demo



ECO Printing Scarf Class



PARENT HEALTH BULLETIN



DECEMBER 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>

NAME County Extension Office
000 Street Road
City, KY
Zip (000) 000-0000

THIS MONTH'S TOPIC PREVENT ILLNESS THIS HOLIDAY SEASON

The holiday season is a busy time of year — there are many places to go, things to do, people to see, and fun to be had. Help keep yourself and your family feeling well this season by teaching good hand-washing habits and helping your kids stick to them.

There are six steps to hand-washing. Wash your hands alongside your child to demonstrate and talk through all the steps:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.
3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Continued on the next page

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Lexington, KY 40506



Washing hands with soap and water is the best way to get rid of germs in most situations.

Continued from the previous page

5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Kids often need reminders of when to wash their hands as well. Encourage your family to wash their hands at these times:
- Before and after preparing food
 - Before and after eating food
 - Before and after caring for someone at home who is sick
 - Before and after treating a cut or wound
 - After using the toilet
 - After changing diapers or cleaning up a child who has used the toilet
 - After blowing your nose, coughing, or sneezing
 - After touching an animal, animal feed, or animal waste
 - After touching garbage

Do you feel like a broken record reminding your family how and when to wash? The following



- tips can make hand-washing seem more fun, and become a staple part of your family's daily routine:
- Use a small kitchen or sand timer to help kids visualize how long to wash their hands
 - Let your kids pick out the scent or color of soap
 - Sing aloud when washing — let them pick the song (any song at least 20 seconds)
 - If finding the right water temperature is a problem, use a marker to show where to turn the faucet
 - Post a joke or comic on the bathroom mirror for your kids to find and read while they wash.
 - Place reminder stickers around the house — on the pet food container, on the top of the garbage can, on the tissue box, etc. — to remind family members when to wash their hands

REFERENCE:
Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>

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Adobe Stock

PARENT HEALTH BULLETIN



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

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

THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a "public good." As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make "copies" of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

STOPPING INTERNET "GERMS"

What can you do to prevent the spread of viral online "germs"? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people's voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.

"IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS"



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by **solid reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, "Let the buyer beware." When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from "bait and switch" to "phishing scams" (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you "consume" (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, "If it seems too good to be true, it probably is," holds water. Contact your local FCS agent for more information on becoming an informed consumer.

RESOURCES

American Psychological Association. <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

News Literacy Project. <https://newslit.org/>

The Role of Consumer Protection Agencies. https://fcs-hes.cauk.edu/files/moneywise_june_2024.pdf

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