

MUHLENBERG COUNTY FCS NEWS & NOTES

DECEMBER 2022+JANUARY 2023



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

Cooperative Extension Service
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December 8—Block of the Month will be **CANCELLED** for December. The next meeting will be January 12 at 9 AM at the Extension Office.

December 9—Deadline for items to be turned in for Christmas gift bags for Sparks Nursing Home residents. Christmas Party will be December 19. Crafts and Bingo will be December 7 and 21. Contact JoNell Mallay for details.

December 9—Travel Club trip to the new John Prine Memorial at Rochester Dam. The group will be leaving from Susan's house at 10:30 AM. They'll also eat lunch together and shop in Morgantown before returning home.

December 10—Neighborhood Club meeting; having Christmas lunch.

December 12—Library Club Christmas Outing to Bowling Green. The group will have lunch and visit bookstores. Meeting at 10 AM at JoNell's home.

December 13—4-H Sewing at 5:30 PM at the Extension Office.

December 13—Imitation Club meeting at 11 AM for a Christmas Party at Mary Baxter's home.

December 14—Forever Young Club Christmas lunch at 11 AM at El Rancho Grande in Greenville.

December 15—Sewing & Such: Button Basics class from 9 to 11 AM at the Extension Office.

December 16—Material Girls Club Christmas Party at 5:30 PM at Sharon Hicks' home. If you need directions, you may contact her at 270-820-4302. Members should bring a pair of Christmas socks filled with \$15-\$20 worth of items to exchange.

December 26—January 2—Extension Office closed for Christmas and New Year holidays.

January 5—Ready, Set, Bake Homemaker lesson training. More information on page 6. **\$3 registration fee must be paid by December 15.**

January 10—4-H Sewing at 5:30 PM at the Extension Office.

January 12—Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

January 16—Extension Office closed for Martin Luther King, Jr. Day.

January 19—Homemaker Council meeting at 9:30 AM at the Extension Office.

January 19—Sewing & Such: Repairing Tears class from 1 to 3 PM at the Extension Office.

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FAMILY & CONSUMER SCIENCES



Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



“Remember this December, that love weighs more than gold.”

-Josephine Dodge
Daskam Bacon

Food Facts: Protein

Some foods in the protein group are meat, poultry, eggs, and seafood. This group also takes in nuts, seeds, and soy products. Proteins work as building blocks for bones, tissues, cartilage, skin, and blood. Most people get enough protein from meat, poultry, and eggs. But many do not get enough from seafood, nuts, seeds, and soy products. Getting the right amount of protein is of great value. Healthful eating of protein provides unsaturated fats, dietary fiber, and vitamin D. Eating 8 ounces per week of seafood can lower the risk for heart disease. Changing your protein choices can keep your body working well.

Source: <https://www.myplate.gov/eat-healthy/protein-foods>



Upcoming Events Continued

January 24—4-H Sewing at 5:30 PM at the Extension Office.

January 25—Cooking through the Calendar at 11:30 AM at the Extension Office.

January 26—Elements and Principles of Art Homemaker lesson training. More information on page 6.

January 30—Library Club meeting at 11 AM at the Central City Library meeting room. Members will be having a potluck lunch.

Save the date: 4-H Penguin Plunge-Saturday, February 18 at 10 AM at the Central City Convention Center pool.

Quilt Raffle Winner

Congratulations to Patty Staples on being the winner of the Muhlenberg County Homemakers Quilt Raffle!

Muhlenberg County Homemakers raised \$1,500 to go towards ovarian cancer research with the sell of quilt raffle tickets! All proceeds from ticket sells from the Homemakers annual Bean Supper go to the ovarian cancer research fund as well.



Photos from recent Muhlenberg County Homemakers trips to Cumberland Falls and the Christmas Spectacular at the Badgett Playhouse followed by lunch at Patti’s in Grand Rivers.



Self-Care Tips for the Winter Months

The winter months can be among the most difficult in Kentucky. The daylight hours are shorter. It is cold outside. We can feel like we have less energy during the winter months. We can even have a more difficult time eating healthy and getting exercise during the winter months. All of these things can make it harder to practice good self-care. However, winter is a great time to devote yourself to better self-care because we may not have as much running around to do. Here are some tips to practice for good self-care during the winter months.

1. Get as much light as you can. Real sunlight is best! However, even artificial light can be helpful. Try to avoid dark places during the daylight hours as much as possible. Move a computer or work space closer to a window. Set up brighter lights in your work areas at home or at work. Open the curtains or blinds! Allow natural light to shine in through open windows when possible. Enjoy a cup of coffee or a book outside. Even if it is cold, the sunlight can help with Vitamin D and serotonin levels in your body that will boost your mood and energy levels.
2. Try to add in exercise every day. You do not have to go to a gym or own any pieces of exercise equipment. You can add it into your normal, daily routines. It may feel like it is harder than ever to exercise during the cold months of the year. There are some days when we may just simply need a little extra sleep or a little extra down time. But don't let extra sleep or down time replace your exercise time. You may only have a few minutes each day, but try to add in exercise wherever you can. Get up and move. Dance to a song on your phone. Take a walk. Even when it is cold, a short walk can help with your mood and help you get a little sunshine. There is nothing else that can have such a positive impact on mood.
3. It is so important to stay on a consistent sleep schedule. Try to get to bed and wake up at a similar time most days. People who go to sleep and wake up on a regular schedule report feeling more alert and less fatigued. Aim for at least seven hours of sleep each night. Avoid staying up late during the winter months. It might seem easy to stay up late with more screen time in the cold months, but it can leave you much more tired and less focused. When possible, try to arrange outings in the day time and early evening. This will help you get sunlight and help you get to bed at a normal time.
4. Put off major life changes if you can. This one may not always be possible. However, it can actually be best to put off major life changes until spring or summer. If you are travelling somewhere in the winter months, try to go somewhere that is warmer and sunnier. This can have a major impact on your mood.
5. Take good care of your body. Use a good moisturizer to care for drier skin in the winter. Take your time when you apply it. Massage is good for the soul. If possible, take a long bath or shower. Take a nap if you are able to do so. Eat healthy foods whenever you can. Do not ever feel guilty for taking a little time to take care of yourself. We cannot take as good of care of others if we are not taking good care of ourselves.

If a person may be showing signs of severe seasonal-related depression during the winter months, encourage them to get help. Encourage them to see a doctor or therapist. In more severe circumstances they might need an antidepressant, light therapy, or even hospitalization. Never downplay what they are feeling. If you think someone is suicidal, talk to them and ask them about it. Talking about it does not cause someone to act on their thoughts. Encourage them to call the national suicide hotline at 1-800-273-8255.

Source: Dr. Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky College of Agriculture, Food and Environment



When Muhlenberg County Schools are closed for inclement weather, Extension programs are also cancelled. Check our Facebook page (Muhlenberg County Cooperative Extension) or give us a call (270-338-3124) for program updates.



Muhlenberg County Homemakers donated \$400 to the Hope 2 All Food Pantry of Muhlenberg County.



Earlier this year, we had a lesson on charcuterie boards. If you are making one for the Christmas holidays or for a New Years Eve Party, I thought I would give a list of cheeses for you to pick from.—**Laura Buchanan, International Chair**

Appenzeller (Switz.) A tangier version of the classic Swiss cheese. Not for dessert.

Bal Paese (Ital. US) Creamy, delicate cheese, fairly tart.

Biekase (beer cheese, US) Firm textured white cheese. Very pungent.

Bonbel (Fre.) Delicate cheese good for snacking and dessert.

Boursault (Fre.) Very soft, rich, and perishable dessert cheese.

Boursin (Fre.) Similar to boursault, but imported in garlic and pepper flavors. Not a dessert cheese.

Brick (US) Find out how old it is before you buy. When young. It's mild, good before or after dinner. Old Brick develops a kick.

Brie (Fre.) The ultimate luxury cheese. Mild and delectably runny cheese when just ripe (perfect for dessert) Gets a bit stronger and more golden in color as it matures.

Caerphilly (Brit.) From the cheddar family, has a buttermilk flavor and a firm texture. A mild dessert or salad cheese.

Camembert (Fre.) Rich, runny cheese. Serve like brie. But whole round (in small circular box) not quarters.

Cheddar (Brit., Can., US-VT, N.Y., Wisc. Tilamook, Ore.) Classic, tangy cheese, colors range from white to orange. Good for any purpose; cooks well.

Cheshire (Brit.) Relative of cheddar, mild buttermilk flavor; toasts beautifully, serve before or after dinner.

Colby (US) Mild cheese in the cheddar family. Lacy texture.

Cerema Danica (Den.) Very soft, creamy, delicate dessert cheese. Leave out to soften.

Danish Blue (Den.) Buttery, rich, blue-veined cheese.

Edam (Neth.) Mild, semisoft cheese, though a bit tangier than Gouda. Generally red rind, ball shape.

Emmenthaler (Switz.) Classic "Swiss" cheese with large eyes. Sweet, nutty flavor that's delicious with fruit. Melts well.

Feta (Gr.) Soft. Spicy sheep's milk cheese.

Grevais (Fre.) Rich double-cream cheese. Good for cooking.

Gjetost (Norw.) Sweetish, caramel color, with a texture like fudge. Made from goat's milk or goat-cow mixture. Very unusual.

Gongonzola (Ita.) Very creamy, green veined cheese.

Gouda (Neth.) Serve like Edam. Nutlike flavor. Usually comes in yellow wheels.

Gourmandise (Fre.) Very creamy, sweet dessert cheese flavored with kirsch or walnuts.

Gruyere (Swit., Fre.) Tangier, slightly saltier than Emmenthaler. Not to be confused with processed cheese triangles sold as Gruyere in the US.

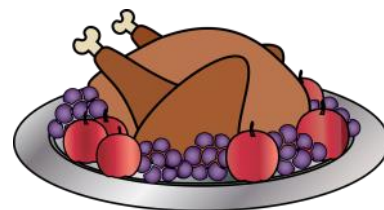
I hope you enjoyed this list of cheeses from around the world. I know that some may only be available at gourmet cheese or wine stores, but I hope it was fun learning about some different cheeses. Mexican, Irish and some other countries cheeses are not listed but they will be used at a later date when I cover their countries. Thank you and Merry Christmas and a Happy New Year!

Make Plans for the State KEHA Meeting in May

The Kentucky Extension Homemakers Association (KEHA) State Meeting will be May 9-11, 2023, at the Crowne Plaza in Louisville, KY. The theme is "KEHA, Let's Take a Hike." Visit <https://keha.ca.uky.edu/content/state-meeting-information> for information on making room reservations, registering for the event, and other details. Special hotel rates and discounted registration are available through April 10, 2023. The final deadline to register is April 24.



If you haven't done so already, stop by the Extension Office to pick up a free 2023 Recipe Calendar. These calendars are full of delicious, nutritious recipes like Slow Cooker Smoky Black-Eyed Peas, Rainbow Pasta Salad, Blueberry Cheesecake Bars, and more!



USDA Meat and Poultry

Hotline: 1-888-MPHotli(ne) or 1-888-674-6854. A food safety expert can help you. Call from 10 a.m. to 6 p.m. ET, Monday through Friday. Information is available in English and Spanish.



Stop by the Extension Office December 10 for Muhlenberg County Tourism Commission's inaugural "Gumdrops on Rooftops" Gingerbread House Decorating Contest and Showcase!

There will be live music, food trucks, an ugly sweater contest, and more. Stop by anytime between the hours of 10 AM and 4 PM to view all of the gingerbread house entries and get into the Christmas spirit!



"I like the dreams of the future better than the history of the past."

-Thomas Jefferson

Darrell Simpson

Darrell Simpson
County Extension Agent
Agriculture & Natural
Resources Education

Upcoming Homemaker Lessons

Ready, Set, Bake!

Become a better baker by getting back to the basics. This lesson is designed to give you a better understanding of ingredients and their role in the baking process, as well as demonstrate basic baking techniques. This will be a hands-on lesson. **Please note: There is a \$3 registration fee per person for this hands-on lesson. You must bring your registration fee to the Muhlenberg County Extension Office no later than December 15 to register.**

Join in this lesson training on January 5, 2023 at 10 AM at the Christian County Extension Office located at 2850 Pembroke Rd. Hopkinsville, KY 42240. Phone: 270-886-6328.

OR

January 5, 2023 at 2 PM at the Lyon County Extension Office located at 231 W. Main St. Eddyville, KY 42038. Phone: 270-388-2341.

In case of inclement weather, the class will be offered via Zoom at 10 AM on January 5, 2023. This will only be if inclement weather prevents the lesson from being presented in person.

Elements and Principles of Art

Why do we like what we see? What makes a "work of art" visually pleasing? This lesson will cover the basic elements of art and design and their influence on how we perceive objects.

Join in this lesson training on January 26, 2023 at 10 AM at the Hopkins County Extension Office located at 75 Cornwall Dr. Madisonville, KY 42431. Phone: 270-821-3650.

OR

January 26, 2023 at 2 PM at the Todd County Extension Office located at 202 E. Washington St. Elkton, KY 42220. Phone: 270-265-5659.

Zoom option for this lesson TBA.

Note: Handouts for these upcoming lessons will be sent to mailbox members when available.

Parent Corner: Prevent Family Illness this Winter

During the fall and winter, we tend to gather with family and friends. The holidays are a great time to be together. But it can also be a time when germs are spread. Clean hands are the best way to keep you and your family from getting sick. Hand-washing should take place: when you are making food, before you eat, after touching a pet or feeding a pet, after coughing or sneezing, after going to the restroom, after cleaning, and after touching garbage.

Remind your family when and how to best wash their hands. Make routine hand-washing a rule for all. Teach hand-washing to your child by washing your hands together. Hand-washing best practices are:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10 to 20 seconds. Focus on both sides (front and back) of hands, nails, and between fingers.
3. Rinse hands fully and dry with a clean towel.

If you cannot use soap and water, choose hand sanitizers or waterless soap. Just like soap, rub the sanitizer on the back of hands, in between fingers and nails.

Napkin folding fun: Envelope

Picture this: Holiday memorable moments

You can make special memories around a table. Add a unique touch with napkins folded to resemble envelopes. Tuck notes or photos inside for everyone. For best results, iron the napkin beforehand.

Supplies: Square cloth napkin – 20” x 20” (or at least 16” x 16”)



Step 1
Fold napkin in half, diagonally. Carefully line up the corners.



Step 2
Rotate the napkin so the longest edge is parallel to you and the table's edge.



Step 3
Fold the LEFT corner in so the tip sits JUST past the midway point on the long edge of the triangle.



Step 4
Repeat for the RIGHT corner.



Step 5
Fold the LEFT edge over, bringing it to the midpoint of the napkin. Smooth down the left edge.



Step 6
Repeat for the RIGHT edge.



Step 7
Take bottom corners and bring them up to match the top corners, as shown. Press down the new folds



Step 8
Take the top point of the envelope “flap,” and bring it down to complete the envelope.



Step 9
All done! Place your napkin on an empty plate, and insert a personalized note or photo in the “envelope.”

Resource: Paige Russell <https://www.instructables.com/id/Envelope-Napkin-Fold/>

Adapted with permission by: Jeanne Badgett, Senior Extension Associate for Clothing and Textiles