

FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512
(270) 338-3124
extension.ca.uky.edu

Upcoming Events

December 25-January 1:
**Office closed. Merry
Christmas and Happy New
Year!**

January 8: Bingocize! Join us for Bingo mixed with low impact exercise movement to promote health and wellness. We'll meet from 9:30 to 10:30 AM at the Greenville Library and from 1 to 2 PM at the Central City Library. It's free to jump in and prizes will be given!

January 9: The Happy Healthy Club with Miss Alex from 3 to 4 PM at the Central City Library. Muhlenberg County youth in Kindergarten through Second Grade are welcome to join in every Tuesday through the end of the school year for a story, snacks, nutrition knowledge, and fun sensory activities.

January 10: *Date change!* In January the Block of the Month Quilting Group will meet on Wednesday, January 10 at 9 AM rather than their usual meeting date. If you have thought about joining the group, January is the perfect time to jump in. They will be starting a new quilt together. Stop by the Extension Office or

contact us if you would like the supply list for the January quilt project.

January 13: Jr. Homemaker Club meeting at 10 AM at the Extension Office. This club is specifically designed for youth in grades 7-12. Club dues are \$10 per person.

January 13: Craft Mingle at 10 AM at the Extension Office. More information on page 2.

**January 15: Office closed for
Martin Luther King, Jr. Day.**

January 18: Homemaker Council meeting at 9:30 AM at the Extension Office.

January 23: Book Club at 10 AM and 5 PM at the Extension Office. Do you love to read? Join us in January as we start our new Book Club. We'll meet once per month to discuss our thoughts on each month's book. January's book is *Remarkably Bright Creatures* by Shelby Van Pelt. Contact us to sign up for the time that works best for you.

If you would like us to order a copy of the book for you, please bring \$20 to the Extension Office no later than January 4.

January 25: Time Well Spent: Organizing Tips for Increased Productivity Homemaker Lesson at 10 AM at the Extension Office or at 5 PM via Zoom. Contact the Extension Office if you would like the Zoom link emailed to you.

January 30: Quick Bread Class from 10 AM to 12 PM and 5:30 to 7:30 PM at the Extension Office. Contact us to sign up for the time that works best for you. There is a \$5 fee for this class.

February 9: Game Night at 5:30 PM at the Extension Office. Join in the fun, you don't have to be a Homemaker member in order to participate.

February 17: Penguin Plunge Fundraiser for the 4-H Food for Kids Backpack Program at 10 AM at the Central City Convention Center Pool. Anyone raising at least \$120, enough to sponsor one child for the school year, is invited to take the plunge! Donations are accepted any time.

February 27: Slow Cooker Class from 10:30 AM to 12 PM and 5:30 to 7 PM at the Extension Office. Contact us to sign up for the time that works best for you.

A Note from the President of Muhlenberg County Homemakers

I hope everyone had a blessed Christmas and wonderful start to the New Year! Since holidays are ending, it's time to get back to our Homemaker duties.

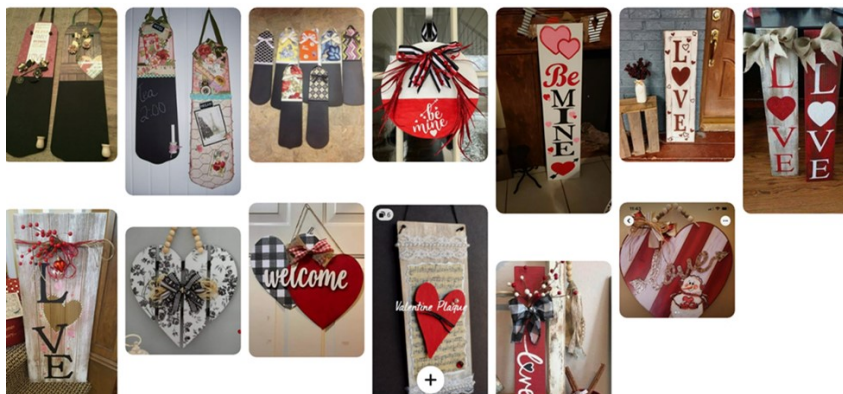
I hope you are all staying healthy, as I know there are many bugs floating around out there. Please, if your throat is a little scratchy or you're not feeling so good, skip the meetings. 'Homemakers' is an extra in our lives, taking care of yourself and family comes before Homemakers! When you stay home, it helps to cut down on the spread of germs when you're feeling bad. We have some people who have comprised immune systems. They catch things easily, but have a really tough time recovering.

For the New Year, may you find inspiration around you, and motivation within you to be all that you can be! Happy New Year!

Tammy Dozer

January's Craft Mingle Project

January's Craft Mingle will be Saturday, January 13 at 10 AM. We have a limited number of supplies this time—**sign up is a MUST! Class is limited to 20 people.** Call or text Tammy Dozer at [REDACTED] to sign up. The cost for this class will be \$10. **You must bring cash to the Extension Office prior to January 13 to sign up.** Here are a few ideas for you to make. If you have any fan blades laying around, please bring them with you if you would like to donate them.



Prevent Dry Skin in the Winter

Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.

- Use creams instead of lotion, particularly on skin that is commonly exposed to the outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.
- Avoid skin and hair products with fragrance. Many products that include

synthetic fragrance can cause irritation and make itching worse when skin is already raw or inflamed.

- Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can be additionally drying to your skin, compounding the problem.

Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter weather can trigger underlying skin conditions that need professional care and prescription treatment.

BINGO O O I Z E!



Join us for Bingo mixed with low impact exercise movement to promote health and wellness!

GREENVILLE LIBRARY

MONDAYS

9:30-10:30 AM

WEDNESDAYS

2-3 PM

Starting January 8,
2024 - April 10,
2024

CENTRAL CITY LIBRARY

MONDAYS

1-2 PM

FRIDAYS

10:30-11:30 AM

Starting January 8,
2024 - April 12,
2024

BINGO

15	20	1	10	19
25	44	40	18	63
37	60	★	13	30
33	5	27	48	53
21	70	57	68	56

GO

**PRIZES
AWARDED**

FREE TO THE PUBLIC

Questions? Contact the
Muhlenberg County Extension
Office at (270) 338-3124.

Thought for the Day

“The journey of a thousand miles begins with a single step.”

-Lao Tzu



Sign up is important! Don't forget to contact the Extension Office to let

us know if you plan to attend upcoming events!



Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg County Cooperative Extension

Muhlenberg County Homemakers

A Note from your Family & Consumer Sciences Agent

Happy New Year everyone! I hope everyone had happy holidays spent with loved ones! We were able to go back to Tennessee (where I am from) and Graves County (where my husband is from) and spend some relaxing time with our family and hometown friends; which always does good for the soul! After some rest and relaxation though, it is time to kick off the New Year. We have lots of exciting programs coming to you! Some new ones that will begin in January are Book Club, Bingocize, and The Happy Healthy Club!

This month we are starting a Book Club at the Extension Office and our first book will be *Remarkably Bright Creatures*! It is a warm, lighthearted fiction book that explores an unlikely friendship, reckoning, and hope. Everyone is welcome to join January 23 at 10 AM or 5 PM to discuss the book with a community of other book lovers!

This month I will be starting Bingocize at both libraries! We will play Bingo while incorporating some exercises to get our bodies moving. Did I mention there will be prizes? Come join us for a fun time starting the second week in January.

Every Tuesday (beginning January 9) from 3 to 4 PM at the Central City Library we will be having our Happy Healthy Club for Kindergarten through Second Grade students. We will read a story, do a craft and activity, and eat a healthy snack each time! Bring your kids or grandkids to join in the fun!

It's going to be a great year!



Alex Kelly

Muhlenberg County Extension Agent for Family & Consumer Sciences Education

Carotenoids

Carotenoids are a substance found in food that helps protect cells against damage. There are more than 600 types of carotenoids. Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease your risk of macular degeneration.

Foods high in carotenoids include red, orange, deep-yellow, and some dark-green leafy vegetables. Examples include sweet potatoes, spinach, carrots, tomatoes, Brussels sprouts, winter squash, and broccoli.

Source: Eat Right, Academy of Nutrition and Dietetics

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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Lexington, KY 40506



Disabilities accommodated with prior notification.