

DECEMBER 2024



UK Cooperative Extension Service
Family and Consumer Sciences

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER



Santa's Castle

**Saturday, December 7th
10 AM-12 PM**

Homemakers

- Setup for Santa's Castle will be on Thursday and Friday starting at 9AM (Please call Extension Office beforehand to make sure setup is still taking place)
- If able to help on Saturday, please arrive by 9:30 AM

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Community Events Happening:

FRYSC
REBEL MARKETPLACE
FOOD PANTRY
DECEMBER 9, 2024
3:00-4:30 PM

PICK UP AT DOOR #5 AT OWEN COUNTY HIGH SCHOOL. IT IS A DRIVE THRU FOOD PANTRY AND WE WILL LOAD YOUR VEHICLE. NO APPOINTMENT NECESSARY. PLEASE HAVE YOUR TRUNK OR BACKSEAT CLEARED. PANTRY IS FOR STUDENTS AND FAMILIES IN OWEN COUNTY SCHOOLS.

FOR MORE INFORMATION: CONTACT BECKY MEFFORD, YOUTH SERVICES CENTER COORDINATOR AT 502-484-4017

Owen County Christmas Parade
December 14, 2024

1:00-5:00 pm: Open House at Participating Merchants/Christmas Shopping Around the Square.

1:00-7:00 pm: Mechanical Reindeer and Inflatable Snow Throw (Fun for all ages)

2:00-5:00 pm: Picture on the Courthouse Square by Abigail Hudnall. Free to anyone who brings a gift for the ARC or Extension Office. Gifts can range from toys to Clothing/Shoes, (S-2XL and shoe sizes 6-10)

2:30 pm: Christmas Bake-Off (Drop off at Epoch)

3:00 pm: Lining up of large Floats (Covenance Parking Lot)

4:00pm: Lining up of other floats not being Judged

4:30pm: Judging begins

4:30pm: Judging of the Ugliest Sweater Contest on the Courthouse Lawn. Adults and Kids are welcome to join. Winners will receive Chamber bucks.

5:00pm: Parade Entries Leaves Covenance Group Parking Lot. Parade goes down Roland Avenue, turning left onto West Seminary Street.

5:00 pm: Caroling Around the Christmas Tree

5:30pm: Christmas Parade (Theme: Christmas Movies)

6:00 pm: Santa Clause in Front of the Courthouse and Announce Winners of the Parade.

Sponsored By:
CHAMBER OF COMMERCE
OWEN COUNTY, KENTUCKY

Scan for Parade Entry

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification

OWEN COUNTY ANGEL TREE



**Pick an ANGEL
ornament(s) at
the Owen County
Extension Office**

**Return gifts
unwrapped**
***wrapping
supplies are
appreciated**

**Questions?
Call Owen County
Extension Office
(502) 484-5703**

**Return GIFTS back
to Owen County
Extension Office
by December 16th
at 9AM**



OWEN COUNTY 4-H

COUNTRY HAM DINNER



Tickets are LIMITED!

 **UK** Cooperative Extension Service

\$15 per plate (includes ham, choice of two sides, bread, dessert, and drink)

Friday, December 13
5:00-8:00 PM

265 Ellis Road
Owenton, KY 40359

Must Call to Purchase Tickets
(502) 484-5703

FUNDRAISER

DRIVE THRU OR DINE IN
SERVED BY MEMBERS OF 4-H

"All I want for Christmas"



Letters to Santa

Letters to Santa will be published in the December 20 Owenton News-Herald.



Letters, in the form of a text document, must be emailed to editor@owentonnews Herald.com
No PDF documents will be accepted.

The deadline to submit Santa letters is Dec. 4.
Please limit letters to no more than 250 words.

THE OWEN COUNTY CHAMBER OF COMMERCE PRESENTS

HOLIDAY BAKEOFF

2:30 P.M. | SATURDAY, DECEMBER 14, 2024
EPOCH FELLOWSHIP | 159 W. SEMINARY ST.



Categories: Best Cake/Pie;
Best Candy/Cookie; Best Bread

Best Gingerbread House (Kids Only), Ages 2-12 & 13-17

Chamber Bucks will be awarded to first, second, and third place in each category.

HEALTHY CHOICES FOR HEALTHY FAMILIES

Cooperative Extension Service

COOKING WITH KIDS

Pancake Art



- 1 1/2 cups whole-wheat flour
- 2 tablespoons light brown sugar
- 2 teaspoons baking powder
- 1 1/2 cups skim milk
- 1 large egg
- 1 teaspoon vanilla
- 2 mashed bananas
- cooking spray

1. In a large bowl, whisk together the flour, brown sugar, and baking powder
2. Make a well in the center of the dry ingredients. Add milk, egg, and vanilla. Whisk the liquid ingredients.
3. Incorporate the dry ingredients until well combined. Fold in mashed bananas.
4. Heat a large skillet over medium heat.
5. Spray pan with cooking spray. Ladle 1/4 cup of pancake batter onto heat skillet.
6. Cook until batter starts to bubble at the top and the bottom is evenly browned. Flip and continue cooking until lightly browned.
7. Serve with maple syrup or fruit, if desired.
8. Garnish with assorted fruit to create fun faces, if desired.
9. Store leftovers in the refrigerator. Reheat in the toaster or microwave.

Makes 8 servings
Serving size: 1 pancake



WITH CARE SOME HOLIDAY PLANTS CAN BRIGHTEN YOUR HOME THROUGHOUT THE YEAR

The colorful plants you enjoy during the holidays can linger beyond the season. If you care for them, they may become a welcome addition to your houseplant collection.

Traditional Christmas plants, such as poinsettia, holiday cactus, Christmas pepper, kalanchoe, Jerusalem cherry or cyclamen, require a bright, sunny location in the home. Regular thorough watering whenever the soil is dry is also very important. A sunny location and regular watering are enough for these plants throughout December, but they will need more specialized care if you plan for them flower again next year.

In January, decide whether to keep or discard your holiday plants. That decision is easy for Christmas pepper, Jerusalem cherry and chrysanthemum because they will not flower again in the home environment.

Holiday cactus, kalanchoe, or cyclamen can remain colorful through February with proper care. You may even keep them as houseplants after February if you provide the correct conditions. Holiday cacti are relatively easy to grow while kalanchoes and cyclamen are more difficult. While poinsettias may continue growing, they are difficult to bring into flower for the next holiday season and are best discarded.

The major difference you'll see in your holiday plant after a year will be its size. If you are successful, you may have plants with 40 to 50 flowers from the same plant that had only six to eight flowers the previous year. Holiday cacti with many flowers will be two to five times as large next year. Kalanchoe will also increase in size while cyclamen tend to stay compact.

For this season's poinsettias, choose plants with small, tightly clustered yellow buds in the center of the colorful leaf-like bracts commonly referred to as the flowers. Look for crisp, undamaged foliage. Water the plant when it feels dry and discard excess water in the saucer under the plant. Place the plant in a bright, naturally lit location with some direct sunlight. Keep the plant out of drafty areas and away from heat-producing appliances. After a few weeks, apply houseplant fertilizer according to the label directions. The colorful bracts may stay nice into January and February.

If you're wanting to make your poinsettia last, remove the faded flowers, bracts and dry leaves around St. Patrick's Day. Add more soil if the level in the pot seems low and fertilize again. Move the plant to the brightest window in your house; full sun is fine if you gradually allow the plant to adjust to higher light.

Around Mother's Day, your plant could be approaching three feet tall. Trim two to six inches off the branches to promote side branching. Repot in a larger container and move the plant outside to a location that receives full sun for at least six hours daily. Again, gradually introduce the plant to full sun and start in a shady area. Over a few weeks, gradually move the plant to higher light conditions. Fertilize the plant again in June. Trim your poinsettia again around July 4 and slightly increase the amount of fertilizer. Fertilize weekly August through September.

By Labor Day, the plant could be 3-5 feet tall. Prune it to a height of 18-24 inches. This will be your last chance to reduce the height. Around the first day of fall, Sept. 22, selectively remove the smallest new branches so that only 10-25 stems remain to produce flowers. This is also the time to move the plant indoors. The plant will need about 14 hours of uninterrupted darkness and 10 hours of bright sunlight daily. For example, place the plant in a light-free closet or under a box at 6 p.m. each evening and return it to the sunny window at 8 a.m. You can also place the plant in a little used south facing room, and do not turn the lights on from 6 p.m. to 8 a.m. daily. Any day you forget and accidentally turn the lights on will cause a delay in flowering.

Continue to water and apply fertilizer about every two weeks. Rotate the plant each day to give all sides even light. If the window does not get direct sun, you can supplement the daytime light with fluorescent or LED lights, but turn them off by 6 p.m.

Around Halloween, stop the day/night, light/dark treatment and keep the plant in a sunny area. Reduce fertilizer applications. The plant can remain in its usual full sun location as the upper leaves (bracts) turn red, pink or white. During November and December, fertilize every three weeks and water regularly. Next Christmas enjoy your beautiful "new" poinsettia.

For information about extending other holiday plants, visit <https://www.uky.edu/hort/sites/www.uky.edu/hort/files/documents/christmasflowers.pdf>.

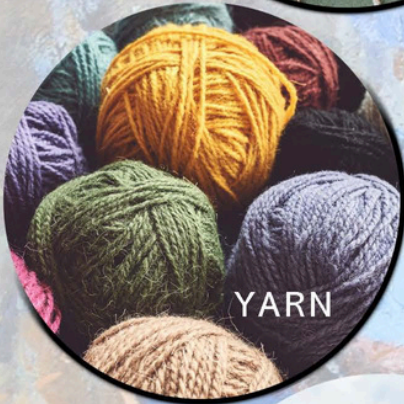
For more information on horticulture topics, contact Owen County Extension Office.



Join us to listen, learn, and some hands-on activities for this program.

January 23, 2025

1:00 p.m.



The Artful Palette

Cultural arts occur whenever creative people decide to artistically enhance what is around them.

Location:

Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Registration required:

Call: (859) 586-6101
Online: <https://boone.ca.uky.edu/events>

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Disabilities accommodated with prior notification.

Save the Date for the
Owen County Memory Makers host

Craftin' for the Community

Sat. April 12th, 2025 at the
Owen County Cooperative
Extension Office

Proceeds benefit the Owen County
Senior Citizens
Register for either a full table (\$55) or a
half table (\$30)
Open to all crafters to enjoy a day of
fellowship, food, and fun.



Please complete the
registration form
below.

Submit registration
form to club leader of
Memory Makers, Dawn
Davis.

Checks should be
made to the Memory
Maker Homemakers.

Mail registration and
checks to:

Dawn Davis
PO Box #2
New Liberty, KY 40355

NAME: _____

ADDRESS: _____

PHONE: (_____) _____ - _____

EMAIL: _____ @ _____ . _____

I would like to sit near (not guaranteed but we will try our best): _____

Dietary needs (please be specific if any allergies) _____

Please indicate the table size that you are requesting:

_____ 1/2 table (\$30 each)

_____ full table (\$55 each)

_____ Sorry, I am unable to attend but would like to make a donation toward the Owen County Senior Citizens. If donating, please make a check payable to the organization directly and we will be sure they get it.

ADULT

HEALTH BULLETIN



DECEMBER 2024

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
(502)484-5703

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

THIS MONTH'S TOPIC

AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page ➔



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**Cough or sneeze
into the crook
of your elbow,
instead of your hands.**



→ Continued from the previous page

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

REFERENCE:

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



A message from... Cotton Club

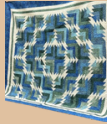


We had a great meeting this month with so many show and tells, you just need to come and see them to appreciate all the work that is being done! Paula Offutt presented a demo on making 3D pinwheel pillows out of your scraps and donated a dozen pillows to Santa's Castle. Thank you Paula!



We are gearing up for 2025, our fabric is in, patterns are ready and the mystery will start in January! This will be a great way to use up those scraps you have lying around and the background fabric that we will provide will go with "everything".

On December 10, at 6:00 pm will be our Christmas party, so mark your calendars and plan to join the fun that evening. There will be games, prizes and food. We ask you to bring a finger food, and a "Dirty Santa" gift to exchange if you want to participate in a very "naughty" game.



Hope to see you there!

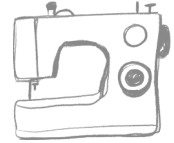
VOLUNTEER WITH 4-H

As we approach the new year, 4-H is gearing up for another exciting program year with 4-H sewing starting in January!! We are looking for dedicated volunteers to help make this year a success for all the new and returning members. If you are able and willing to help, please reach out to the Extension Office or contact Julie Donahue, the 4-H sewing club leader. Below you will find the orientation date and regular club meetings that begin a 3 PM and end at 6 PM on Mondays and Tuesdays during the months of January and February.

4-H SEWING ORIENTATION

Monday,
January 13th

6PM
Owen County
Extension



4-H SEWING MEETING DATES

January 13th, 14th
January 20th, 21st
January 27th, 28th

February 3rd, 4th
February 10th, 11th
February 17th
(9AM-4PM)
February 24th, 25th

Extension Office
3:00-6:00 PM



Renewal of HOMEMAKER Membership for 2025

LAST CHANCE

Homemaker Membership Dues

Membership dues have been extended to **Monday, December 2nd**. New memberships and renewals are \$10. Please make checks payable to Owen County Extension Homemakers Association. Mail memberships to 265 Ellis Road, Owenton, KY 40359 along with the completed registration form as shown for 2025 membership.

HOMEMAKER BOOK OF THE MONTH

All My Knotted-Up Life: A Memoir by *Beth Moore* (2023)

New York Times best-selling author, speaker, visionary, and founder of Living Proof Ministries Beth Moore has devoted her whole life to helping women across the globe come to know the transforming power of Jesus. An established writer of many acclaimed books and Bible studies for women on spiritual growth and personal development. Beth now unveils her own story in a much anticipated debut memoir.

This book is available at the Owen County Public Library!



SAVE THE DATE

Homemaker Council Meeting

Wednesday, February 19th

~ 1 PM ~

Owen County Extension Office

County Extension Council Meeting

Thursday, January 16th

~ 6PM ~

Owen County
Extension Office

**DON'T
MISS OUT!**

Share club and class topics, details, and supplies needed by submitting an email to owen.ext@uky.edu Please send two weeks in advance to allow planning.



DECEMBER 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2	3	4	5	6	7	
		SEW ALL DAY Extension Office 9 AM	Pleasant Home Extension Office 11AM	Santa's Castle Setup Extension Office 9 AM	Santa's Castle Setup Extension Office 9 AM	Santa's Castle Extension Office 10 AM	
8	Sew & Go Extension Office 11 AM 	Cotton Club Extension Office 6 PM	11	12	Sweet Owen Sweet Owen Store 11AM 4-H Country Ham Dinner Fundraiser Extension Office 5 PM		
15	Angel Tree Ornaments Due Extension Office 9 AM 	17	18	19	20	21	
22	23	24	Christmas Eve  CLOSED	25	26	27	28
29	30	31	Happy New Year  CLOSED	1	2	3	4
							



Cooperative
Extension Service

Family and Consumer Sciences

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

Kendal Bowman

Agriculture & Natural Resources Agent

Simply Saucy Bars

Ingredients:

- 1 cup brown sugar
- 2 cups self-rising flour
- 1 tablespoon ground cinnamon
- 1 cup raisins
- 1/2 cup canola oil
- 1 cup unsweetened applesauce
- 1/2 cup chopped nuts (optional)

Directions:

1. Preheat oven to 350° F.
2. Combine all ingredients in a large bowl.
3. Stir with spoon until well mixed.
4. Prepare a 9x13 pan by spraying inside lightly with cooking spray.
5. Spread batter evenly in prepared pan.
6. Bake at 350° F for 35-40 minutes or until toothpick inserted in center comes out clean.

*Can be topped with fresh fruits, berries, or powdered sugar.



PLAN.
EAT.
MOVE.



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