



NEWSLETTER  
*December*  
2022



**Cooperative Extension Service**  
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*Hello* 

**From the Desk of your FCS Agent**

Happy Holidays! The end of 2022 is upon us and it is my hope that you can look back upon all this year has held and that you can be proud of something you've accomplished and that you are looking forward to 2023! My first year back in LaRue County has given me many opportunities to meet new people and catch up with some I haven't seen in years! Its also given me a chance to see what great things this community has to offer and has also opened doors for FCS Extension to make a difference. I've enjoyed creating partnerships with so many of you and look forward to developing more in order to improve the quality of life for individuals and families resulting in strong families for LaRue County.

This past year for me and my family has been full of new beginnings and has given us a chance to enjoy more time together. My children are growing quickly and I love experiencing life through their eyes and the holidays are a perfect time to do so. Some of our traditions include making sugar cookies for Santa, visiting Christmas in the Park, putting up the Christmas tree after Thanksgiving and spending time with family just to name a few. We've added a few new traditions this year which included Light Up Hodgenville and watching the Christmas Parade! It sure was cold, but it made the experience that much sweeter being all bundled up together.

My wish for you is that you can find the simple joy in the season and maybe a way to help another have a brighter holiday.

Building strong families. Building Kentucky. It starts with us. #UKfcsex

Merry Christmas and Happy New Year from my family to yours!

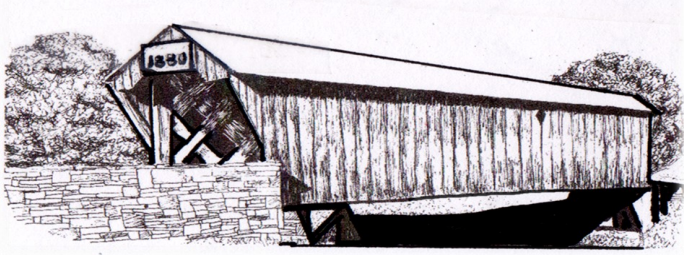
Sincerely,

*Marla Stillwell*





# Homemakers News & Notes



**New Membership Campaign** – Remember the new “3-Rs – Keys to Membership” campaign. The three Rs are to **Recruit** – Get a plus one; **Retain** – Value members and engage; and **Repeat** – Continue to grow. Each time a county gets three new members (above the previous year total), the county will be entered into a drawing. For example, counties that get 12 new members will be entered four times. There will be five \$100 drawings per year. The county with the highest number will receive a Golden Key to display in the county.

**2023 State Meeting** – The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. **Because of rising prices, the registration pricing structure for 2023 has changed.** Details for planning can be found within this newsletter and on the state KEHA webpage. Full details and registration forms will be available in February when the state newsletter is issued.



**KEHA State Choir** – To join the KEHA Choir send \$10 to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330. Include your name, mailing address, email, and phone. The only commitment is one rehearsal and one performance, both during State Meeting. For more information, contact Wendy at [wendy7hood@icloud.com](mailto:wendy7hood@icloud.com) or 859-613-2575.

**2023 KEHA State Elections** – The following KEHA state officer and chairman positions will be open for election in spring of 2023:

- First Vice President (Program)
- Treasurer
- Environment, Housing, & Energy Chairman
- Food, Nutrition, & Health Chairman
- Leadership Development Chairman
- Marketing and Publicity Chairman

Additional details regarding elections will be shared in January 2023. Contact Marla if you are interested.

# Upcoming Events

- **December 9**  
*Homemaker Dues Deadline*
- **December 16 at 12:00 noon**  
*Cooking Through the Calendar  
(Corn and Cheese Chowder)*
- **December 19**  
*Hot Chocolate Bombs Make and Take Class  
(see flyer for more details)*
- **December 20 at 10:30am**  
*South Fork Homemaker Club*
- **December 20 at 1:00pm**  
*LaRue County Homemaker Council Meeting*
- **December 20 at 6pm**  
*NEW Life Around the Table Homemakers*
- **December 26 - Jan 2**  
*Extension Office Closed for the Holidays*
- **January 23 at 6:30pm**  
*Extension Leadership Banquet.  
Tickets are \$10. RSVP to the Extension Office by 1/16.*



Our LaRue County Homemakers and some of their cultural arts exhibits are on display this month at the LaRue County Public Library as part of their Artist of the Month showcase. Be sure to stop by and check out some of their beautiful work! Special thanks to Julia Devore, County Cultural Arts Chairman and Marcy Ward for putting the display together!

## 2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

### Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities\*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

### 2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities\*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

\* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.

## Cooking through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program on the 3<sup>rd</sup> Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling and a goody bag!



The 2023 KYNEP Calendars have arrived! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.



**NEW for 2023!** Starting in January, a recorded video version of Cooking Through the Calendar will be posted monthly on our Extension Office Facebook page for anyone not able to join the in-person demonstrations. On occasion, we may have special community guests so you won't want to miss! More details coming soon!

## How to Cook a Country Ham

Source: Annhall Norris, UK extension associate

Country ham is a regional delicacy that many of us enjoy but may not know how to properly prepare. Here are some tips and tricks to make country ham the star of your holiday dinner.



- Country hams may contain mold, which is a result of the curing process. Mold is normal, but it could produce mycotoxins which could cause a food-borne illness. Remove mold by washing the ham with hot water and scrubbing it with a stiff vegetable brush.
- Soak the ham for 4 to 12 hours in the refrigerator.
- Cover with water and boil the ham for 20 to 25 minutes per pound.
- Drain and glaze your ham to taste.
- Brown it in the oven for 15 minutes at 400 degrees F. Store cooked country ham in the refrigerator for 7 days or freeze it for up to a month.

For more specific directions and safety precautions, visit the U.S. Department of Agriculture's Ham and Food Safety webpage at <http://bit.ly/2fkCCRv> or contact the Extension office.





JOLLY  
JINGLE  
MIX *And*  
MINGLE



*You're  
Invited*

LIFE AROUND THE TABLE

*Homemakers*

DECEMBER 20TH AT 6PM

BRING A \$5 GIFT & AN APPETIZER.

*LaRue County Extension Service*  
807 OLD ELIZABETH TOWN RD., HODGENVILLE



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Agriculture and Natural Resources  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



FANTASTIC FRENCH TOAST



Ingredients:

- 2 eggs
- 1/2 cup skim milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 4 slices whole-wheat bread
- Nonstick cooking spray
- Syrup or other toppings (optional)

Directions:

1. Preheat a griddle or frying pan over medium heat or an electric frying pan to 375 degrees.
2. Put eggs, milk, vanilla and cinnamon in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or in the frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes per side.
6. Serve with syrup, applesauce, fruit slices or jam (optional).

**MAKE IT A MEAL:**

Pair your FRENCH TOAST WITH YOGURT, orange juice and water.

Servings:4 Serving Size:1 slice Recipe Cost:\$0.56 Cost per Serving:\$0.14

130 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 95mg cholesterol; 190mg sodium; 15g total carbohydrate; 0g fiber; 4g sugar; 0g added sugar; 9g protein; 6% Daily Value vitamin d; 10% Daily Value calcium; 6% Daily Value iron; 4% Daily Value potassium.

Source: Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

UK Cooperative Extension Service

\$10

Makes 3 cocoa bombs

# Hot Cocoa Bombs

## MAKE & TAKE CLASS

December 19<sup>th</sup>

1:30 pm or 5:30 pm  
AGES 16 & UP



Call to reserve your spot, 270-358-3401  
LARUE COUNTY EXTENSION SERVICE  
807 Old Elizabethtown Rd., Hodgenville



**ADULT**

# HEALTH BULLETIN



**DECEMBER 2022**

LaRue County  
 Extension Service  
 807 Old Elizabethtown Rd.  
 Hodgenville, KY 42748  
 (270) 358-3401

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

## THIS MONTH'S TOPIC:

# THE WINTER BLUES



**D**o you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

### Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

Continued on the next page →



## Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

### → Continued from the previous page

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

### Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

#### REFERENCE:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

ADULT  
**HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2022

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

## THIS MONTH'S TOPIC: ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.

### LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.



### UNDERSTANDING YOUR "ESTATE"

After your death, the full contents of your estate must be distributed. This includes all the items you cherished within it (and even some you didn't cherish) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes everything you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. Everything.



## **YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD**



### **ASSET DISTRIBUTION PLAN**

When deciding “who gets what” in your estate, one way to simplify the process is to create an asset distribution plan or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the Possession column, list each item or group of items you find. In the next column, indicate the Recipient you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the Reason column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a Distribution Method, such as gift, sell, or donate.

### **LETTER OF LAST INSTRUCTIONS**

Consider attaching a Letter of Last Instructions to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

### **TRANSFERRING CHERISHED POSSESSIONS CURRICULUM**

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, Transferring Cherished Possessions, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

### **ADDITIONAL RESOURCES:**

Estate Planning Part 5: Wills and Probate in Kentucky. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

Estate Planning Part 7: Federal and State Estate Taxes. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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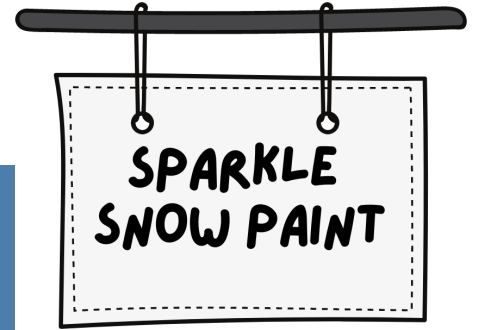


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# KIDS KÖRNER



## WINTER IS COMING

*Perform a Poem*

TEACH THIS POEM TO YOUR CHILD TO ACT OUT -  
MOVEMENT IDEAS ARE IN BLUE BELOW

WINTER IS COMING AND WHAT WILL YOU DO? "SLEEP," SAID THE BEAR, "THE COLD SEASON THROUGH."  
LAY DOWN AND PRETEND TO SLEEP LIKE A BEAR

"FLOAT," SAID THE LEAF, "RIGHT DOWN FROM THE TREE. THIS WIND IN THE BRANCHES IS TOO MUCH FOR ME."  
STAND TALL, THEN PUT YOUR ARMS OUT TO SWAY AND FLOAT TO THE GROUND LIKE A FALLING LEAF

"SINK," SAID THE FROG, "I SHALL DROP INTO BED, IN THE MUD OF THIS POND I SHALL COVER MY HEAD."  
JUMP LIKE A FROG, THEN SINK TO THE FLOOR AND COVER YOUR HEAD WITH YOUR HANDS

"FLY," SAID THE BIRD, "THE SUMMER IS OLD. I'M GOING SOUTH BEFORE IT GETS COLD."  
STRETCH ARMS OUT TO THE SIDE AND FLAP YOUR WINGS TO FLY TO THE OTHER END OF THE ROOM

"DIG," SAID THE CHIPMUNK, "A HOLE IN THE GROUND. UNTIL SPRING COMES AGAIN, THAT'S WHERE I'LL BE FOUND."  
PRETEND TO DIG INTO THE GROUND OR DIG INTO A PILE OF BLANKETS OR TOWELS

"SPIN," SAID THE CATERPILLAR, "WEAVE A COCOON, TIED TO THIS TWIG I SHALL GO TO SLEEP SOON."  
SPIN AROUND, THEN PRETEND TO SLEEP IN A COCOON

"IN THE SPRING," SAID THEM ALL, "WE SHALL START LIFE ANEW. BUT WHEN WINTER IS COMING THESE THINGS WE MUST DO."

Sources: Penn State Extension, Better Kid Care; pixabay.com



MIX TOGETHER THE FOLLOWING AND PUT IN A SQUEEZE BOTTLE

- 1/2 CUP FLOUR
- 1/2 CUP SALT
- 1/2 CUP WATER

THIS WILL BECOME A "DOUGHY MIXTURE." PUT THIS MIXTURE INTO A SQUEEZE BOTTLE (OLD KETCHUP OR MUSTARD BOTTLES WORK WELL). HAVE THE CHILDREN SQUEEZE THE DOUGHY PAINT ONTO BLACK CONSTRUCTION PAPER. ENCOURAGE THEM TO MAKE ANYTHING SNOWY, SUCH AS SNOWFLAKES, SNOWMEN, OR A SNOW SCENE. LET DOUGH DRY THOROUGHLY AND IT WILL SPARKLE. THESE MAY ALSO BE PAINTED (WHEN DRY) AND ALLOWED TO DRY AGAIN. THIS IS A GREAT THREE DIMENSIONAL EFFECT FOR SNOW.

Sources: Penn State Extension, Better Kid Care; pixabay.com

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

LaRue County  
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Hodgenville, KY 42748-0210

A holiday-themed banner with a red, green, and white plaid background. On the left, a white sign with a red border and the word "Closed" in red cursive is hanging from a red string. To the right, a white rectangular box contains the text: "THE EXTENSION OFFICE WILL BE CLOSED DECEMBER 26, 2022 - JANUARY 2, 2023 FOR THE HOLIDAYS." Above the text is the UK Cooperative Extension Service logo. Below the text is a small illustration of a holly branch with red berries and green leaves.

 Cooperative Extension Service

THE EXTENSION OFFICE  
WILL BE CLOSED  
DECEMBER 26, 2022 - JANUARY 2, 2023  
FOR THE HOLIDAYS.

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