

Extension News

Agriculture * Family & Consumer Science * 4-H Youth Development

You Are Not Alone: Coping With Grief Triggers During the Holidays

Source: Source: Amy Kostelic, associate extension professor, adult development and aging specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.

Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

- Prepare and plan. Turn dates into celebrations or a time for healing. Surround yourself with distractions in anticipation of a difficult anniversary.
- Permit yourself to feel the emotions. It is OK to allow yourself to laugh and cry.
- Reflect on your memories. Tell stories, write or find ways to communicate that are most comfortable to you.
- Create a tradition. Use the date for a special remembrance or celebration.
- Reach out for support. Don't go through grief alone. Reach out to friends, family, professionals and/or support groups.
- Volunteer your time to a cause. Connect to a specific cause or organization meaningful to you and/or your loved one.

Remember that grief is not a sign of a weakness or a setback. Rather, it is a reflection of what's important to you—we all grieve, and you are not alone.

This issue:

FCS Program Highlights
LAUGH & LEARN
Homemaker Happenings
4-H CAMP
Make your own Butter
HAM PROJECT
Taste the Garden
AG UPDATE
Recipe
DECEMBER CALENDAR



Family and Consumer Science Program Highlights



Holiday Road Show

The Holiday Road Show was a festive hit, setting a record with 49 participants! Quicksand Area Agents delivered a financial lesson to help attendees prepare for the season while showcasing creative décor, unique gift ideas, and delicious food samples. The event offered something for everyone, inspiring a joyful and budget-friendly holiday season.



Passport Challenge

Join us on
December 12th
at 5 PM. Log all
locations,
events, and
more in your
travel booklet.
Lets explore
KY!!



Laugh & Learn Playdate

Join our 12-month Laugh and Learn program that targets school readiness. Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities and free play. *All children must be accompanied by an adult.

DATE: DECEMBER 9TH
TIME: 3:30 P.M.
FOR: AGES 5 & UNDER



COST: FREE

TIME: 1 P.M.

**WHERE: LEE COUNTY
EXTENSION OFFICE**

WHEN: JANUARY 15TH.

Upcoming dates:

Jan 15th, Jan 17th,

Jan 22nd, Jan 24th, Jan 29th,

Jan 31st, Feb 4th, Feb 7th, Feb 12th,

& Feb 14th



Survive & Thrive Disaster Preparedness Series

*December Topic: Winter Weather
Preparedness for Home & Family*

**PERRY COUNTY
DECEMBER 3 @ 10:00 AM**

*Register for one of these events by calling the
Extension Office where you wish to attend:*

**LETCHER COUNTY
DECEMBER 5 @ 10:00 AM**

**Perry Co. – 606.436.2044
Letcher Co. – 606.633.2362
Lee Co. – 606.464.2759**

**LEE COUNTY
DECEMBER 6 @ 10:00 AM**

Holiday Spending Tips

***When making a budget, decide what you will spend on each person before going shopping. If possible, talk with family members and friends to set a spending limit that everyone can spend on each gift.**

*** Winter holidays often cost the most money, and several parents use this time to purchase more expensive gifts. Many expensive gifts, such as electronics, can also be purchased with warranties that cost extra money. Be careful when purchasing these warranties. Do not assume that they are worth the added cost. Think about how often you will use the item, the age of the person who will be using it, and the situations in which it will be used, to determine if the warranty is a smart purchase.**

*** Considering setting up new holiday traditions that cost less. For example, some families or friend groups use "Secret Santa," where each person draws a name randomly so that everyone receives a gift and each person only buys one gift.**

*** If you will be mailing items, be sure to check the variety of mailing and postage options before selecting a method. For example, the U.S. Postal Service offers boxes that ship at a flat rate regardless of the weight.**

However, these boxes may not be appropriate if your item is larger yet lightweight. Compare options, keeping in mind how far the item is to be shipped and whether the item is fragile.

*** Consider spending time together rather than gift giving. Other ideas include a nice dinner out or playing games as a group.**



Homemaker HAPPENINGS

STOP BY THE OFFICE OR MAIL IN

**HOMEMAKER
DUES**
\$8.00

Deadline Dec. 2nd

Reminder!!!!

Log those volunteer hours!



Holiday Luncheon

Join us for a get together to enjoy some great food, fun crafts, a short meeting, and great company.

DEC. 11, 2024 •
11:00 AM • LEE COUNTY
EXTENSION OFFICE

HOMEMAERS ARE ENCOURAGED TO
BRING A SIDE DISH OR DESSERT,
BUT NOT REQUIRED. CALL TO
REGISTER BY DEC 6TH AT 606-464-
2759. SEE YOU THERE!

QUICKSAND AREA HOMEMAKERS

OFFICER Training

DECEMBER 19, 2024

10 A.M.

**PERRY COUNTY EXTENSION OFFICE
933 PERRY PARK ROAD
HAZARD, KY 41701**





4-H CAMP

Hold the date: May 27 – 30, 2025

For More Information Call Lee County Extension Office: 606-464-2759

Cooperative Extension Services operates four 4-H Camps in Kentucky, serving all 120 counties. Registration materials, fees, and application deadlines for each county are set by local Extension offices. **For summer camp info, scan the QR CODE to connect to your county 4-H Agent.**

J.M. Feltner 4-H Camp:

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life

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.

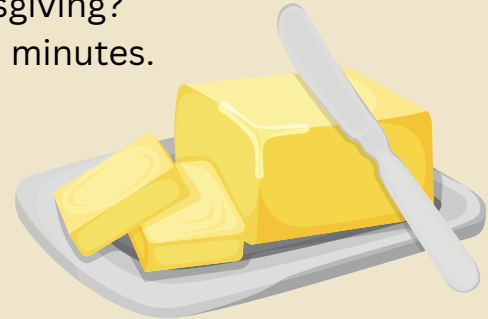
Make Your Own Butter

Who doesn't love butter? In this activity, you will learn about where butter comes from and how to make your own butter! Why not try making your own butter to add to the table this Thanksgiving?

This activity takes roughly 30 minutes.

Materials Needed

- Jar with lid
- Heavy Whipping Cream
- Salt (optional)



Did You Know: Butter is high in vitamin A, D, E and calcium. Vitamin A is good for your eyes, Vitamin D is vital for bone growth and health, vitamin E is good for your skin and calcium strengthens bones!

Activity Steps

1. First, wash the jar, lid with hot water and soap. Always be sure your hands and utensils are clean during food preparation! That's especially important when what you are preparing, like this butter, is not going to be cooked.
2. Tighten the lid to ensure it doesn't leak.
3. Now, get your muscles ready: Shake vigorously for 15-20 minutes or until butter forms.
4. Drain the buttermilk. You may gently rinse the formed butter under cold water to remove excess buttermilk.
5. Now comes the delicious part: Enjoy your creamy, tasty butter!

Did You Know: Butter is made by churning , or shaking, the cream. During the process, the butterfat (solid) is separated from the buttermilk (liquid). Commercially, milk and cream are separated by a process called centrifugation in which milk is put in a spinning machine, and that spinning process separates the milk solids and liquids. But we're doing it the old-fashioned way!

Note: the butter will stay good for 3-5 days at room temperature, about 7-10 days if refrigerated. Homemade butter is best when eaten fresh!

Brought to you by University of Alaska Fairbanks Cooperative Extension Service & The Old Harbor School Students in Mrs. Bogardus' class! No endorsement by 4-H is implied or intended. 4-H is the youth development program for our nation's cooperative extension system. This work is supported by the USDA National Institute of Food and Agriculture, AFRI - Education and Workforce Development project 2021-67037-33376.

Country Ham Project

The Lee County Extension Service is opening registration for the Country Ham Project. The registration fee will be \$50 for Adults and \$70 for Youth. Adults will receive one ham for registering for the program and Youth will receive 2 hams.

Youth will receive 2 hams, one to keep and one to send to the State Fair and also have the opportunity to give a presentation at the State Fair.

- Participants will cure one ham over the course of eight months.
- The tentative date to start is January 20, 2025.
- Participants will receive their ham and are responsible for trimming and applying a curing mixture to each ham.
- The cure will be pre-made and will consist of salt, sugar, and spices.
- Hams will then be hung in the Lee County Country Ham Barn and will be monitored over the next eight months.
- In May, participants will meet again and wash hams and rehang in ham sock.
- Then in August, hams will be ready for consumption.
- The Deadline to order hams will be December 13, 2024.

**To register contact; Ted Johnson
(AG Agent) or Eric Collins (4-H
Agent) at (606) 464-2759.**

**Youth
\$70**

**Adults
\$50**

**Deadline to register:
December 13, 2024**

**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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky's Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



TASTE THE GARDEN

RAISED BED

Discover the Freshness of Homegrown Produce!

Join us for a unique taste-testing event straight from the raised beds!

Sample 4 varieties of cauliflower, broccoli, sweet potatoes, and cabbage – all grown right here. Learn about the benefits of raised bed gardening while exploring the rich flavors of freshly harvested produce.

 **DATE: DECEMBER 6TH**


 **TIME: 12 (FOLLOWING SURVIVE & THRIVE)**

 **LOCATION: LEE COUNTY EXTENSION OFFICE**

Contact Laken Campbell, FCS Agent, Ted Johnson Ag Agent or Call the office to register: 606-464-2759

Learn the three factors that cause leaves to change color!



 Cooperative Extension Service

Why leaves change color in the fall


Source: Sharon Flynt, UK extension horticulture agent

Trees that change color in the fall are deciduous trees. They go dormant in the winter to protect the tree from freezing temperatures and will generate new leaves in the spring.

Three factors cause the tree leaves to change color at this time of year: length of night, leaf pigments (chlorophyll, carotenoids, anthocyanins) and weather.

An Equal Opportunity Organization.

Check out the benefits of pest-proofing your home!

 Cooperative Extension Service

Pest-Proofing Your Home


To prevent pests from entering your home, especially during weather changes, focus on pest-proofing your property.

- Seal entry points: Install door sweeps, seal utility openings, and caulk cracks.
- Repair screens: Fix gaps and tears in window and door screens.
- Prevent wildlife entry: Install wire mesh over vents and consider exterior insecticide treatment.



Source: Kentucky Pest News
An Equal Opportunity Organization.

Fall is an ideal time to apply fertilizer to Kentucky soils!

 Cooperative Extension Service

Fall Nutrient Applications

Fall is an ideal time to apply fertilizer to Kentucky soils. Soil testing is crucial to determine the specific nutrient needs of your fields. Nitrogen and animal manures should generally be applied in the spring to avoid losses.

BENEFITS OF FALL FERTILIZATION:


- Prevents planting delays in spring.
- Reduces risk of soil compaction due to drier weather.
- May lead to savings on fertilizer costs.

For more information, visit your local county extension office!



Source: John Grove, Plant and Soil Sciences professor
An Equal Opportunity Organization.

Winter Considerations for Cattle!

 Cooperative Extension Service

Winter Considerations for Cattle



- Review winter feeding plan
- Ensure that winter feeding area is at least 100 to 150 feet away from streams, wells, sink holes, etc.
- Inspect water systems in preparation for winter months and protect them from freezing
- Ensure safe dependable water sources
- Limit access to streams/ ponds

An Equal Opportunity Organization.

How to Protect Yourself from Winter Weather

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Know your winter weather terms:

Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and [National Oceanic and Atmospheric Administration \(NOAA\) Weather Radio](#) also provide emergency alerts.

Stay Safe During Winter Weather



Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

In Case of Emergency

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.





Ted John



Laker Campbell



Eric Collins

Cabbage Nutrition

There are good reasons to try to consume all the cabbage from the garden or to buy a plentiful amount from your local farmers' market. Like broccoli, cabbage is a member of the cruciferous vegetable family. That means it may reduce the risk of some forms of cancer, including colorectal cancer. Cabbage is also low in fat and in calories— **1 cup has 24 calories**. Vitamin A, needed for vision, normal growth, reproduction, and a healthy immune system, can be found in abundance in Chinese cabbage. As a strong antioxidant, vitamin A also has great potential for preventing disease. About **20 percent** of our daily need for vitamin A can be supplied by a half-cup of cooked Chinese cabbage.

Sandra Bastin, Ph.D., R.D., L.D., Food and Nutrition Specialist



Cabbage Jambalaya

- | | | |
|---------------------------------|--|---|
| 1 pound lean ground beef | 1 (13 ounces) package turkey smoked sausage, sliced | 1 (14.5 ounces) can diced tomatoes |
| 1 ½ cups chopped celery | 1 medium head cabbage, chopped (about 10 cups) | 2 cups water |
| 1 ½ cups chopped onion | | 1 cup brown rice |
| 2 cloves garlic, minced | | 1 teaspoon garlic powder |
| | | 1 tablespoon Cajun seasoning |

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis: 250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

BE SURE TO CHECK OUT OUR FACEBOOK PAGE AND GIVE US A "LIKE" SO YOU CAN BE UPDATED ON CURRENT PROGRAMS.





12 DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Last day to pay Homemaker dues!	3	4	5	6 Survive & Thrive 10-12  Taste the Garden @12	7 Blood Drive
8	9 Laugh & Learn @3:30PM ages 5 and under 	10	11 Homemaker Luncheon (Pre register)	12 Tasting Through the Calendar @ Senior Citizens @10 Passport Challenge @5	13 Deadline for Ham Payment	14
15	16	17 Diabetes Support Group @6 PM 	18	19 Homemaker Officer Training @Perry @10	20 FCS Council Meeting @11	21
22	23	24	25 HAPPY HOLIDAYS Office Closed	26 Office Closed	27 Office Closed	28
29	30 Office Closed	31 Office Closed				

- Services**
- Farm Planning
 - Gardening
 - Forge Evaluations
 - Crop Evaluations
 - Timber Stand
 - Improvement
 - Pest & Disease
 - Diagnostics
 - Lawn Care
 - Landscape
 - Evaluations
 - Pond
 - Management
 - Hay & Soil testing
 - Beef Quality &
 - Care Assurance
 - free on the KY
 - Beef Network
 - Pressure Gauge Testing