

Nicholas County FCS Newsletter



December Agent Update

Merry Christmas and Happy Holidays! I have been trying so hard to wrap up my Christmas shopping prior to this letter so that I can enjoy the season with joy and happiness, rather than with worries and frustration that I have forgot a gift. Christmas is about so much more, but like most I let the hustle and bustle take over. Not this year though! Or at least that's the plan as I type this update.

We have so many exciting events coming up that I hope you will volunteer and participate in. First up is a double event, our Homemaker President has graciously stepped up to take over the Carlisle Christmas event at the Neal Building. We will be having a pancake breakfast that morning on the main floor of the Neal Building and would love for you to stop in. If nothing else, please spread the word as this can be a wonderful fundraiser for our County Homemakers, especially with us hosting the Bluegrass Annual Meeting next year. That same day, will be the Annual Carlisle Christmas Parade and we will have a Nicholas County Homemakers Float. In this letter you will find a list of items that we need donated to help make this a success. Whether we win or not, I think this is a great idea to spread the word about Homemakers and all the good deeds you ladies do.

Next, our blood drive will be held on December 12 at the Old Armory Gym. Please promote this event as the Kentucky Blood Center has been struggling with donations and we want to help out especially during the holiday season. In the spirit of giving, this is a way to give to those in need and doesn't cost anything. I hope you will join us, and if your medications prevent you from donating, encourage someone who can.

I wish you all cheer and good tidings as we enter this holiday season. I want you all to know that you have gave me the greatest gift ever and that is your friendship and support. There's not a better group of homemakers in the state than you all! Merry Christmas!!!

Ashley H. Vice

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Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



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PRESIDENT'S CORNER

Well the Holidays are upon us and I've already began to enjoy! Turkey Bingo at Nicholas County High School, sponsored by Carlisle-Nicholas County Rotary Club was a huge success! I didn't win anything, but had a good time with friends. Thanksgiving's this week. Invite someone to your table that needs time with others.

Christmas is a month away and we're not prepared in this household! I love this season. Remember, it's all about the babe who came to give us all a gift we couldn't give ourselves.

Be kind to everyone. It's a tough season for many, who've lost family + friends. Set aside wrongs for a day and enjoy your family.

Remember to be thankful in all things! I'm thankful for Ashley + Michelle at the Extension office for all they do!

Watch for knit wits classes and extras. Hope has some good things to offer. Happy Thanksgiving + Merry Christmas, love to all, Sandy

*Did you miss this class? Here's
your chance to do it!*



DECEMBER 7

Knit Wits



Who: Anyone

What: Snowman Door Hangers Cost \$5

When: December 7 @ 6 p.m.

Where: Nicholas County Extension Office

Come create a Snowman Door Hanger and have some laughs too!



NEW!

Nicholas County Quilters Club

First meeting will be January 17
at 10 a.m. at the Nicholas
County Extension Office

Bluegrass Area Homemaker Leader Lesson



MOVE YOUR WAY EXERCISE 4 EVERYONE

December 8th at 10 a.m for leaders
This will be taught to clubs in January

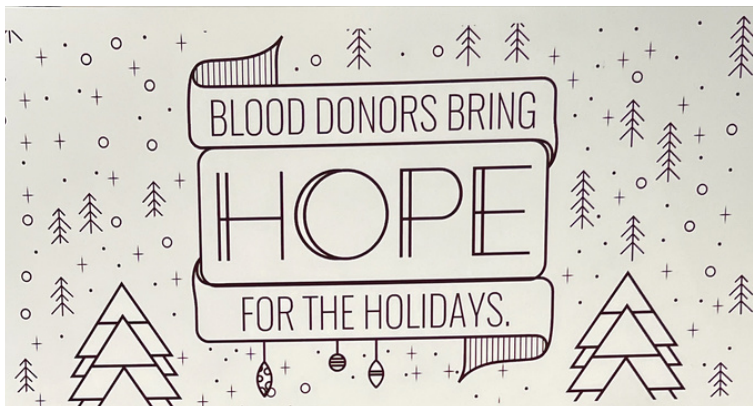
Improve balance, posture, muscular strength, and ability to perform daily tasks with regular exercise. Learn how daily physical activity can improve joint health, physical function, and emotional well-being.

Domestic Divas Evening Homemakers

Next Meeting December 12 at 6 p.m.

Nicholas County Extension Office

Cookie Swap and Appetizer Potluck



Nicholas County Community BLOOD DRIVE

Monday, December 12
1-6 p.m.

Carlisle Extension Office
Gym
368 Main Street
Carlisle, KY 40311

All donors will receive a KBC T-shirt (while supplies last).



Scan this QR code to make an appointment:



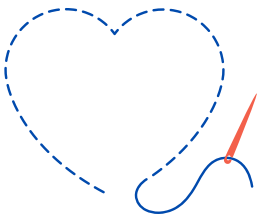
kybloodcenter.org 800.775.2522 Please bring photo ID
Appointments preferred. Walk-ins welcome. Drive details subject to change. Please check kybloodcenter.org prior to donating. Donors with appointments will be notified of changes.

We are always needing
extra hands during 4-H
Sewing Club. If you
would like to help,
please let me or Lois
Mitchell know!



*In-Person Cooking
Through the Calendar
will resume January
2022 with Slow-
Cooker Smoky Black-
Eyed Peas!*





Homemaker News



ANOTHER PASSPORT STAMP...A TINY ONE

On Friday, November 11th we traveled to Maysville to visit the Gateway Museum. It was a rainy day, but the laughs and fun brightened us all. If you haven't been, it is a must! We toured 4 exhibits: the Miniatures Exhibit, the I Do, I Do exhibit which displayed wedding dresses from the 1800s to current, the history of Maysville, and the Bourbon Experience featuring the history of the Pogue Distillery. The miniatures exhibit will definitely leave you in amazement of how someone can create and craft something so tiny. Please consider joining us for our January Field Trip.

EVENING HOMEMAKERS

Our NEW evening group met on November 8th and decided on a name, Domestic Divas. We had a huge turnout of 21 in the office for the meeting with a topic of Self-Care. We made lavender and peppermint oatmeal soap and had a meal of taco soup and brownies. If you have someone who would like to join who can't attend day clubs, please send them my way.



COOKBOOK UPDATE

All cookbooks from this point forward are profit for our county group as a whole. As I mentioned earlier in my Agent Update, we will be responsible for the Bluegrass Area Annual Meeting next year and we know funds will be required to put that event on. I challenge you to try to sell 1 cookbook each to someone you know.

Upcoming Events

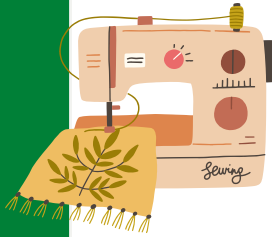


Knit Wits Book Folding Art Class- November 29

On November 29 at 6 p.m. we will have our Knit Wits class with a guest presenter, the fabulous Kay Denniston, and she will be teaching us how to create art from folding pages in old books. If you have any books that meet these dimensions: 8 ½" tall, 5 ½" wide (when closed) and 120 pages minimum. If you have any you would like to donate, please let me know.

WINDOW DECORATING - NOVEMBER 30

On November 30th we will meet at the office to decorate our windows for the 2022 Chamber of Commerce Window Decorating Competition. If you can help, we would love to have you!



Pancake Breakfast Fundraiser

@ Neal Building December 3

7 a.m. - 10 a.m.



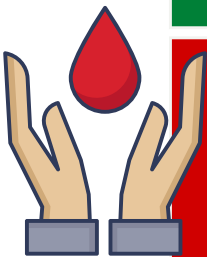
CHRISTMAS PARADE- DECEMBER 3RD

The Nicholas County Homemakers will have a float in the Christmas Parade. The theme is Christmas Memories and I will be putting together a Gingerbread House Float to represent our county Homemakers. Make sure you come out to see it on December 3rd at the Annual Christmas Parade that begins at 6 p.m..



Blood Drive- December 12

On December 12, Nicholas County Homemakers will be hosting a blood drive with the Kentucky Blood Center. Please start sharing with your friends and family to make this a huge event for our group. Christmas is the time to give, and what better way than to donate blood that can help save lives! More information to come in next month's newsletter.





December Book Corner

Eleanor in the Village: Eleanor Roosevelt's Search for Freedom and Identity in New York's Greenwich Village by Jan Jarboe Russel (2021). A vivid account of a critical chapter in the life of Eleanor Roosevelt, when she moved to New York's Greenwich Village, shed her high-born conformity, and became the progressive leader who pushed for change as America's first lady.

Keeping Lucy by T. Greenwood (2019). Based on incredible true events, this novel captures the transformation of women's roles in the early 1970s and tells the breathtaking story of just how far a mother's love can take her.

Resistance in the Bluegrass by Farrah Alexander (2022). A people's history of civil disobedience in the bluegrass state from 1960 to 2020. Alexander, challenges readers to consider ways that they too can stand up for what they believe is right in the commonwealth.

Nicholas County
Homemakers

Pancake Breakfast

December 3rd
7 a.m. - 10 a.m.

**A Carlisle Christmas
Vendor Fair upstairs**

**Neal Building
108 W Main Street~ Carlisle, KY**

**Pancakes, Sausage, and Drink
Adults: \$7
Children: \$5**

Join us for

A Carlisle Christmas

December 3rd- 7 a.m. - 6 p.m.

**Neal Building
108 W Main Street~ Carlisle, KY**

7 a.m. - 10 a.m. - Pancake Breakfast on the
main floor hosted by the Nicholas County Homemakers

10 a.m. - ? Cedar Valley Bluegrass will be playing Christmas Music

Come visit Santa Claus- follow for updates on his schedule!

More than 15 vendors all in one
location to help you finish your
shopping list!

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



This material was partially funded by USDA's Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Healthy choices for special events

Special events can be filled with special foods. Use these tips to make healthy choices as you celebrate.

- **Serve up variety:** Create a colorful buffet table. Include veggies, fruits, and whole grains.
- **Cheers to good health:** Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice. Or try a wedge of lemon or lime.
- **Make activity part of the fun:** Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.
- **Rethink dessert:** Offer fresh and dried fruit. Let guests make their own trail mix. Have peanuts, dark chocolate chips, and dried fruits on hand.
- **Reduce food waste:** Pack leftovers for guests to take home or keep them yourself. They would be great to add to soups or



- salads the next day. Or use them in omelets, sandwiches, or stews.
- **Try a twist on a dish:** Use unsweetened applesauce for butter when baking. Use

low-fat milk when a recipe calls for cream. Try low-salt herbs and spices in a few recipes.

Source: Adapted from <https://www.mypyplate.gov/tip-sheet/celebrations-and-gatherings>

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HEALTHY CHOICES FOR HEALTHY FAMILIES

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 best to 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:

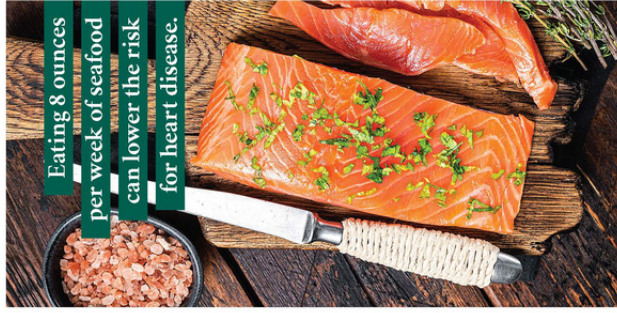
1. Use clean, running water to wet hands.
2. Use soap and lather for 10 to 20 seconds. Focus on both sides (front and back) of hands, nails, and between fingers.
3. Rinse hands fully and dry with a clean towel.

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.

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.mypyplate.gov/eat-healthy/protein-foods>



Eating 8 ounces per week of seafood can lower the risk for heart disease.

BASIC BUDGET BITES

Save money by cooking smarter

You and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.

Before you shop, plan ahead:

- Think about what foods you already have in the house.
- Make a list of meals that you can make with those items.
- Make a list of other foods you still need to buy.
- Make your cooking plan for the week.

Cook once, eat twice!

- Skip seconds. Save leftovers for other meals.
- Freeze the leftovers to eat later or take them for lunch the next day.
- Keep your servings the right size. It can save calories and money.

Do "batch cooking":

- When you can, cook large amounts of foods that freeze well, like spaghetti sauce.
- Split meals into family-sized portions and freeze right away after cooking.
- Use them later in the month.

Source: Adapted from NIH, We Can https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_saving.pdf

When you are cooking, make the most of your time and ingredients.

COOKING WITH KIDS

Fruit and Yogurt Parfait

- 1/2 cup low-fat yogurt, fruit-flavored
- 1/2 medium banana, peeled and sliced
- 1/2 cup grapes
- 1/4 cup dry crunchy cereal or granola

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Spoon the grapes into a tall plastic cup.

3. Put 3 spoonfuls of yogurt on top of the grapes.

4. Spoon sliced bananas on top of the yogurt.

5. Add the rest of the yogurt.

6. Sprinkle the cereal on top and enjoy.

7. Refrigerate leftovers within 2 hours.

Serving size: 1 parfait
Makes 1 serving

Nutrition facts per serving: 240 calories; 2g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 140mg sodium; 52g total carbohydrate; 2g dietary fiber; 37g sugars; 8g added sugars; 8g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Pennsylvania Nutrition Education Network
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>



RECIPE

Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons unsalted butter
- 2 cups fresh or canned mushrooms, sliced
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup frozen or canned peas
- 2 tablespoons grated Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Preheat oven to 400 degrees F.

Lightly grease a 9-by-9 baking dish. Cook pasta in a large pot of boiling water until tender. (Check cooking

time for pasta; remove pasta approximately 2 minutes early.)

4. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme.

Stir and cook until mushrooms are softened, about 5 minutes.

5. Stir in flour until well blended.

(Note: Start with 1/3 cup flour and add more, if needed.)

6. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.

7. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

8. Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.

9. Refrigerate leftovers within 2 hours.

Serving size: 1/8 of recipe
Makes 8 servings

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source: Center for Nutrition Policy and Promotion
<https://www.myplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini>

SMART TIPS

Follow these tips to safely defrost and cook frozen poultry

There are three safe ways to defrost poultry:

- **In the refrigerator:** This is the safest method. The turkey will defrost at a steady, safe temperature. It will take 24 hours for each 5 pounds of turkey.
- **In cold water:** Cover the bird fully in its original wrapper in cold tap water. The water must be changed every 30 minutes.
- **In the microwave oven:** Follow steps in your microwave owner's handbook.

If your bird did not fully defrost in the refrigerator, there is still hope. Cold water and microwave thawing can be used to finish the process.

Be sure to cook to a temperature of 165 degrees F. Use a food thermometer to check the wing, breast, and thigh at the thickest part.

If you have questions, call the USDA Meat and Poultry Hotline. The phone number is 1-888-MPHotline 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. You can even get help on Thanksgiving Day. The Hotline is open from 8 a.m. to 2 p.m. ET that day.

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

LOCAL EVENTS

Nicholas County

December 3- Carlisle Christmas Neat Building 7 a.m.-9 p.m.

December 3- Pancake Breakfast Hosted by the Nicholas County Homemakers - begins at 7 a.m.

December 3- Annual Carlisle Christmas Parade 6 p.m.

December 12 - Kentucky Blood Center will host a Blood Drive at the Old Armory Gymnasium 1 p.m.-6 p.m.

If you are interested in nutrition classes, contact your Extension office.

Nicholas County Cooperative Extension Office
368 East Main St., City, KY ZIP
(859) 289-2312
Ashley Vice
Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY

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.*

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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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ADULT

HEALTH BULLETIN



DECEMBER 2022

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

Nicholas County
Extension Office
368 East Main Street
Carlisle, KY
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THIS MONTH'S TOPIC: THE WINTER BLUES



Do 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.

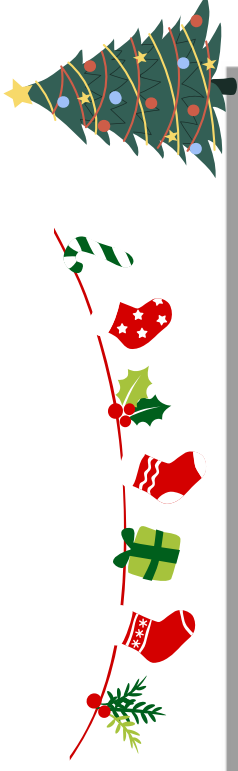
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<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>
























ADULT
HEALTH BULLETIN

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December 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4 National Cookie Day	 28  	 November 29 – Book Folding Art 6 Headquarters Homemakers 	 30 Window Decorating at 10 a.m. 7 Pearl Harbor Remembrance Day 14 4-H Sewing Club B-volunteers needed 21- Ashley at NC Senior Citizens Winter Solstice 28 National Call a Friend Day	1 Ellisville and Moorefield Homemakers 8 Leader Lesson for January club meetings 10a.m. 	2 – meeting at 6 p.m. to setup Neal Building for Pancake Breakfast  9 16 National Ugly Sweater Day  	NOV 26 – Livestock Club Vendor Fair at Office/Gym area 3 A Carlisle Christmas Homemaker Pancake Breakfast Christmas Parade  10 17 24 Christmas Eve 
11  18 25 Christmas Day 	12 4-H Sewing Club A-volunteers needed Domestic Divas – 6 p.m. Blood Drive 1-6 p.m. 19 	13  20 	21- Ashley at NC Senior Citizens Winter Solstice 28 National Call a Friend Day	15  22 	16 National Ugly Sweater Day  23 	17 24 Christmas Eve  31 New Year's Eve



Country Ham and Broccoli Grits

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| 1 tablespoon olive oil | 2 cloves minced garlic | 6 ounces country ham, cut into ½ inch pieces |
| 1 pound fresh broccoli florets | 4 cups 1% milk | 1 large egg, beaten |
| ½ cup minced onion | 1 cup uncooked quick grits | Salt and pepper to taste |
| ¾ teaspoon crushed red pepper flakes | 1 cup 2%, shredded cheddar cheese | |

- 1. Preheat oven** to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
- 2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.
- 3. Remove** from heat, stir in

- ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.
- 4. Sprinkle** with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.
- Yield:** 16, ½ cup servings.
- Nutritional Analysis:** 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

