

NOVEMBER 2024

FCS NEWS & NOTES

MAIN TOPIC

Spread cheer, not germs, over the holidays

The holidays are a fun time of the year to spend with friends and family, eat special foods, and enjoy festive activities. However, it is not all fun and games if someone gets sick. There are some easy ways to prevent the spread of germs and disease this holiday season, to keep everyone feeling merry.

Wash your hands often with soap to remove most germs, including respiratory viruses. If soap and water are not available, using a hand sanitizer with at least 60% alcohol can kill many germs.

Avoid touching your face, particularly your eyes, nose, and mouth. Germs spread easily this way.

Viral particles in the air spread between people more easily indoors than outdoors. You can improve indoor



[Continued on page 2](#)

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.

HEALTHY RECIPE

Zippy Corn Chowder

- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 tablespoon butter
- 1 (14.5 ounces) can low-sodium chicken broth
- 2 large red potatoes, cubed
- 1 jalapeno pepper, deseeded and chopped
- 2 teaspoons Dijon mustard
- 1 teaspoon basil
- 1/2 teaspoon paprika
- 1/2 teaspoon crushed red pepper flakes
- 3 cups fresh or frozen whole kernel corn
- 4 green onions, chopped
- 2 cups skim milk, divided
- 2 tablespoons all-purpose flour
- 1 teaspoon salt (optional)

In a large saucepan, sauté onion and green pepper in butter until tender. Add broth and cubed potatoes. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are almost tender. Stir in jalapeno, mustard, basil, paprika, and red pepper flakes. Add corn, green onions, and 1 1/2 cups of milk. Bring to a boil. In a separate bowl, combine all-purpose flour and remaining 1/2 cup milk, stirring until smooth. Gradually add mixture to soup. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly.

Yield: 8, 1 cup servings

Nutritional analysis: 190 calories; 2.5g fat; 1g saturated fat; 5mg cholesterol; 350mg sodium; 34g carbohydrate; 4g fiber; 10g sugar; 7g protein

Kentucky Proud Project, County Extension Agents for Family and Consumer Sciences, University of Kentucky, Nutrition and Food Science students, June 2013

**SCAN
TO DOWNLOAD
RECIPE CARD**



KEHA

Renew your KEHA membership

Membership drives and county dues collection should be in full swing! The current Kentucky Extension Homemakers Association (KEHA) campaign says the “Keys to Membership” are the three Rs:

- **Recruit:** Get a plus one
- **Retain:** Value members and engage
- **Repeat:** Continue to grow.

Visit the www.keha.org for information on the [membership campaign](#) and possible prizes.

Did you know you could give the [gift of KEHA membership](#)? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from



being a KEHA member — and also let them know why KEHA is important to you!

Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form ([KEHA Manual Appendix page 16](#)) should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2025 state business meeting.

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air quality by opening windows or using air purifiers to reduce the number of germs in the air.

Stay away from others who are sick, when possible. Usually, there are more droplets and particles in the air directly around the sick person. Even as a caregiver, try to keep a distance from the sick person's face if possible.

Cover coughs and sneezes when you are around others to help protect them. Whether you feel ill

or not, you may have germs that you could pass on to someone else.

If you are sick, stay home to avoid putting others at risk. You should also stay away from others in your household to lessen their risk. If you have severe or worsening symptoms, call your health-care provider.

Reference: <https://www.cdc.gov/ncird/whats-new/stay-healthy-during-holidays.html>

Source: Katherine Jury, Extension Specialist for Family Health

Attention job seekers!

If you are a motivated professional and currently out of work, underemployed or looking to make a career transition, Job Club is for you!

Note: Job Club will be meeting by Zoom only.

November 12, 2024, 9-10:15 a.m.

Navigating Interviews with Poise: Unlocking Your Potential

Acing interviews is crucial for career advancement in today's competitive job market. Whether you are a recent graduate or a seasoned professional, this workshop equips you with the skills and mindset needed to excel during interviews. This session will focus on authenticity, confidence, and strategic communication.

Presented by Dr. Kendriana Price, Assistant Dean, Office of Diversity, UK Martin-Gatton College of Agriculture, Food and Environment

November 26, 2024, 9-10:15 a.m.

Simple Strategies for Your UK Job Search

The University of Kentucky Employment department will share strategies to assist job seekers in their search for career opportunities at the University of Kentucky. They will share suggestions on finding job postings that fit your skill set and motivations, the importance of effectively communicating your qualifications, and tips on creating a high-quality job application.

Presented by Sarah Bowes, HR Employment Director, University of Kentucky



**CENTRAL
KENTUCKY**
Job Club

**FREE
and open
to the
public!**

**Register for the
Zoom webinars**



 **Alumni
Association**

 **Human
Resources**
Temporary Employment

LOCAL EVENTS

Crockpot "Dump" Meals

Thursday, December 12th @6:00pm

at the Casey County Extension Ed Building
1517 S. Wallace Wilkinson Blvd. Liberty, KY 42539

Each participant will prepare ingredients for a meal to make at home while tasting the finished meal.

Participants will also receive a collection of crockpot and freezer-ready recipes along with equipment to help prepare their meals and chance to WIN a crockpot*!

Please call

606-787-7384 to register!



*Not exact crockpot pictured.

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

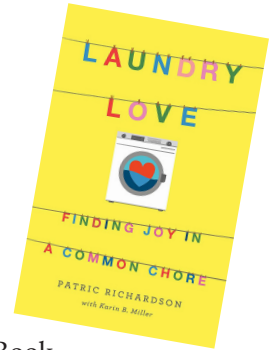


\$10 per person
Participants **MUST** sign up and pay prior to attending.

BIG BLUE BOOK CLUB

Laundry Love book event coming soon

"You do laundry for the people you love, including you," says Patric Richardson, the Laundry Evangelist. The TV host and author of "Laundry Love: Finding Joy in a Common Chore" will join us direct from his laundry room for an engaging, one-time event



for the next session of Big Blue Book Club! On Nov. 7, 2024, at 6 p.m. Central/7 p.m. Eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on "The Laundry Guy" TV show.

Register at <https://ukfcs.net/BBBClaundry>.

As is our custom, the first 200 registered participants will receive a free copy of the book. However, you will be able to engage with this session whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.

Registration is required to receive the Zoom link.

Connect with us!



FCS.uky.edu



Facebook.com/UKFCSExt



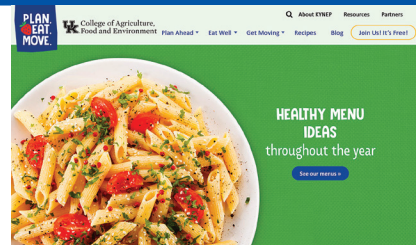
Instagram.com/UKFCSExt



UKFCSExt.podbean.com



YouTube.com/UKFCSExtension



Feeling better happens one small step at a time.

We know, because that's what we've done -- and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit PlanEatMove.com/free-classes to learn more.



2025 Kentucky 4-H Country Ham Project (ADULT)

NAME _____

ADDRESS _____

TELEPHONE _____ **COUNTY** _____

E-MAIL _____

Please read each and initial you understand the requirements of the project:

| By taking part in the country ham project, I am responsible for the following: | Adult Initial |
|---|----------------------|
| Attending ALL country ham preparation workshops including: cure day in January and wash day in May. The hams will be ready for pick-up in August at the latest. | |
| Pay \$50.00 fee – you will receive 1 ham | |

If you so wish, you may enter your country ham in the Kentucky State Fair in the Open Class.

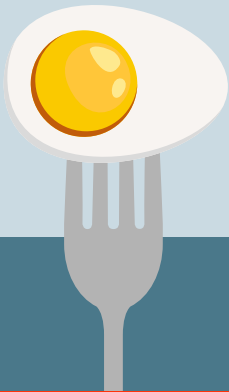
Adult's Signature **Date**

Agent's Signature **Date**

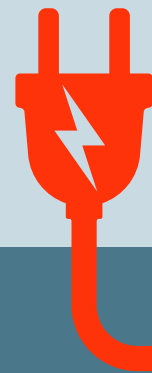
Checks for country hams are to be made out to the Casey County 4-H Council, memo: Country Ham Project.

Deadline for submission is Wednesday, December 11th, 2024





Eat Safe Food after a Power Outage



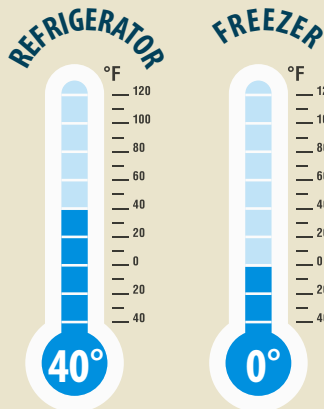
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

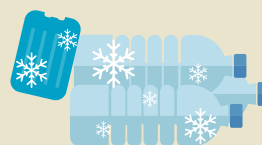
Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

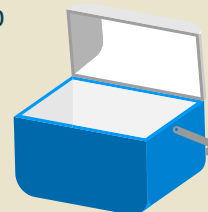


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

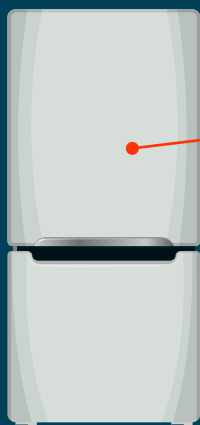
Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture.**
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.



www.cdc.gov/foodsafety

CASEY COUNTY PUBLIC LIBRARY

@caseycountypubliclibrary

@caseylibrary




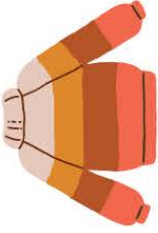








November 2024



Open Mon. - Fri. 9:00 - 6:00; Sat. 9:00 - 3:00
Closed Sunday & Holidays

Phone: (606) 787-9381
www.caseylibrary.org



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|--|
| 3  | 4 Bug Collecting 101 Ages 16+ 5:30-7:00pm Sign up req. | 5  Dungeons & Dragons Ages 16+ 6:00-9:00pm | 6  Mystery Book Club 4:00pm | 7  Wild Readers 4:00pm | 8 Work Out Wombats Ages 3-7 5:30-6:30pm Movie Night (Edward Scissorhands, PG-13) 6:00 - 7:30 PM | 9 Friends of the Library Craft Fair 10:00am-4:00pm |
| 10  | 11 Veterans Day Coffee and Cookies 9:00am-2:00pm Beginner 'Buggin' 12-17 5-6:30pm Lost Artists Club 16+ 5:30-6:30pm | 12 VA Rep 10 - 12 Book Sale 12-4 Bingo Afternoon 16+ 12:00-1:00pm Lego Club All ages 5:00-6:30 | 13 Mystery Book Club 4:00pm | 14 Buggin' Out w/ CCPL Ages 12 and under 5:00-6:00pm Sign up req. | 15 Work Out Wombats Ages 3-7 5:30-6:30pm Friends Boozy Book Club at Nutty Nana's (21+) 6-8pm \$10 | 16 Bigfoot Stole My Car! (RPG Game) Ages 16+ 10:00am-1:00pm |
| 17  | 18 Teen vs. Librarian Ages 12-17 5:30-6:30pm Movie Trivia Night Ages 16+ 6:00-8:00pm | 19 Craft Basics Class Ages 16+ 4-6pm Sign up req. Creative Cooks Club Ages 8+ 5:30-6:30 | 20  After Hours Gaming Ages 16+ 5:30-7:00pm | 21 Family Movie Night (My Neighbor Totoro, G) 6:00 - 7:30 PM | 22 Book Sale 10-2 Watching the Weather! All ages 11:00am-12:00pm | 23 Book Sale 10-2 Watching the Weather! All ages 11:00am-12:00pm |
| 24  | 25 Book Box Pickup Ages 10-17 Adult Bingo Ages 16+ 5:00-6:00pm | 26 Reading Dragon's Club All ages 5-6pm Explore the Crunch! All ages 6:00-7:00pm | 27  Happy Thanksgiving | 28  Happy Thanksgiving | 29  Happy Thanksgiving | 30  |

Weekly Programs

Walk and Talk Walking Club
Thursdays 9:00-10:00am

Busy Babies every Thursday at 9:30am
Story Time every Thursday at 10:30am