

## Lewis County

### From your FCS Agent

Isn't it amazing how fast time travels for all but the youngest children in our lives. Fall of 2024 rolled in and was filled with beautiful color and already, we are just hours away from the end of the year. The recent rains have been kind of dreary, but we receive what we need, right? The fall was busy for our extension office.

- Monthly Laugh & Learn for preschoolers at the Lewis County Public Library
- Hosted a quilt class (Potato Chip Pattern)
- Harvest Days at Farmer's Market Pavillion
- Taught an Air Fryer Class
- Classes at Comprehend (How Nutrition Affects Brain Health)
- Attended LRA Annual Meeting (Mason County)
- Monthly Grandparent Support Group meetings
- Class monthly at Lewis County Senior Center
- Hosted Power of Pink Breast Cancer Luncheon
- Class in Folded Christmas Star Ornaments
- Assisted with Dollars & Sense
- Assisted with Reality Store
- Homemaker's Christmas Bazaar
- Attended state meeting for FCS
- Wreath making classes (Fall, Christmas, & Live Greenery)



### Important Dates

- January 1 – Lewis County Extension Office Closed
- January 9 – Senior Citizens
- January 29 – LRA Homemaker Council
- January 30 – Grandparent Support Group
- February 11 – Laugh & Learn
- February 13 – Senior Citizens
- March 11 – Farm and Family Night (MCTC)
- March 11 – Laugh & Learn
- March 13 – Senior Citizens
- March 26 – Skills Day (Fleming County)
- April 8 – Laugh & Learn
- April 10 – Senior Citizens
- April 18 – Field Day (in Philip's Memory)

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### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



Disabilities accommodated with prior notification.

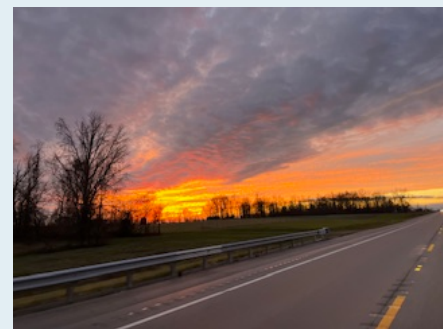
As you go into 2025, think of things that are very special to you. These things don't have to be materialistic, but simply said, treasures.....perhaps, recipes, jewelry, pictures, quilts, furnishings, written memories that the younger generation would love to hear you share your story. Pass those items along.... Years ago, we didn't have nearly the opportunities that today's younger population has. I think of our first telephone; we were on a party line. You had to wait your turn to use the phone. And, sometimes, others listened to entire conversations that had nothing to do with them!! We had a fresh Christmas tree, not from a tree farm, but rather, from a farm somewhere in Lewis County. And dad would usually cut 2 trees, so he could take branches off one tree and wire to the other to make the first one fuller! There are still little eye screws in the window casing where our family Christmas tree stood to secure the tree to avoid it being in the middle of the floor. We would string popcorn and add ornaments as a family. One of my favorite decorations were the candles in the windows. They are still a favorite of mine. Candles represent warmth which hopefully fills each of your homes.

I wish all of you good health and many happy times in the coming year. I am thankful to be a part of the Lewis County Extension Services and look forward to all the opportunities we will be granted this coming year!



Christa O'Cull

Lewis County FCS Agent



L - R CEA FCS Christa O'Cull, CEA ANR Kennedy (Perkins) Cannon, CEA 4-H Ashley Hunt

CONGRATULATIONS To ANR Agent, Kennedy (Perkins) & Carson Cannon on their recent marriage!



# Pictures from recent events. Join us next time!

Star ornaments made during the Folded Christmas Star ornaments class

In October we had a Power of Pink luncheon for breast cancer awareness. Here is a picture of our Breast Cancer Survivors and we even added a little bingoize to the day!



The Lewis County Homemakers did a great job decorating the trees at the courthouse





Potato Chio Quilt made during the quilt class



Candy being made at the Ruth Hunt Candy Factory



With Wally Wildcat at Laugh & Learn at Comprehend



Other FCS Agents in Kentucky and I met at the state meeting for FCS at the Logstill Distillery in Bardstown





The office staff had a Professional Development Day to go to Greenbo State Park to view the Christmas trees that Homemakers from that area decorated. Their theme this year was Appalachia, and it was interesting to see how they have repurposed old cloth or other items to be used as decor.





# ADULT

# HEALTH BULLETIN



**JANUARY 2025**

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

NAME County  
 Extension Office  
 000 Street Road  
 City, KY  
 Zip  
 (000) 000-0000

## THIS MONTH'S TOPIC

# STEP INTO NATURE: WINTER EDITION



**W**inter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

**Continued on the next page** ➔



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Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

➔ **Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

**When exercising outdoors, always remember to dress for the weather:**

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

**REFERENCE:**

<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

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**ADULT**  
**HEALTH BULLETIN**

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







## FIT TIP 1

Wake up 30 minutes earlier a few days per week to get in your daily physical activity. **Move to help your mood!**

### Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles — 30 seconds
- March in Place — 1 minute
- Air Squats — 30 seconds
- Jumping Jacks — 1 minute

### Workout:

Complete the following moves, resting as needed.

#### Set #1

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- High Knee Running — 20 seconds
- Jumping Jacks — 20 seconds
- Burpees — 20 seconds
- Rest — 1 minute

#### Set #2

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- Crunches — 20 seconds
- Squat Jumps — 20 seconds
- Pushups — 20 seconds
- Rest — 1 minute

Need help with the workout movements or want more workouts for home? Visit [www.planeatmove.com](http://www.planeatmove.com) for more information.



Authors: Natalie Jones, former Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service and Katherine Jury, Senior Extension Specialist for Family Healthy, University of Kentucky Cooperative Extension Service.

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**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

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

## THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

### HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

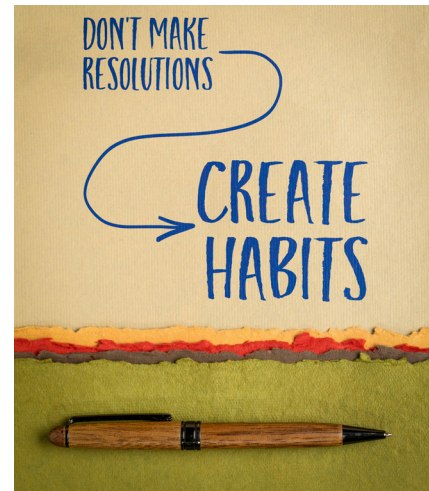
**Cue → Craving → Response → Reward**

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

### HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.





Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
<b>Cue:</b> Hunger	<b>Obvious:</b> Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	<b>Invisible:</b> Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
<b>Craving:</b> Food	<b>Attractive:</b> If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	<b>Unattractive:</b> Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
<b>Response:</b> Buy food	<b>Easy:</b> Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	<b>Difficult:</b> Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
<b>Reward:</b> Full	<b>Satisfying:</b> Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	<b>Unsatisfying:</b> Appoint someone to hold you accountable and remind you of your commitment.

### CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

**New Habit:** \_\_\_\_\_

Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
<b>Cue:</b>	<b>Obvious:</b>	<b>Invisible:</b>
<b>Craving:</b>	<b>Attractive:</b>	<b>Unattractive:</b>
<b>Response:</b>	<b>Easy:</b>	<b>Difficult:</b>
<b>Reward:</b>	<b>Satisfying:</b>	<b>Unsatisfying:</b>

### REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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





## Cheesy Broccoli Potatoes

**5 slices** turkey bacon  
**1 tablespoon** olive oil  
**1 clove** garlic, minced  
**2 tablespoons** chopped chives

Salt and pepper to taste  
**4 large** potatoes, cubed  
**2 cups** fresh broccoli florets  
**1 cup** fat-free, shredded cheese

**Preheat** oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are

tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

**Yield:** 8, ½ cup servings.

**Nutritional Analysis:** 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



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

## Kentucky Potatoes

**SEASON:** Late June-October.

**NUTRITION FACTS:** Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

**SELECTION:** Select firm potatoes free from wrinkles, green spots or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying and mashing, choose drier varieties.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**STORAGE:** Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

**PREPARATION:** Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes growing should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

### KENTUCKY POTATOES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human  
Nutrition students

**October 2013**

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# Zippy Corn Chowder

- |   |   |   |
|---|---|---|
| 1 medium onion, chopped                     | and chopped                                 | <b>3 cups</b> fresh or frozen whole kernel corn |
| 1 green pepper, chopped                     | <b>2 teaspoons</b> Dijon mustard            | <b>4</b> green onions, chopped                  |
| <b>1 tablespoon</b> butter                  | <b>1 teaspoon</b> basil                     | <b>2 cups</b> skim milk, divided                |
| 1 (14.5 ounce) can low-sodium chicken broth | <b>½ teaspoon</b> paprika                   | <b>2 tablespoons</b> all-purpose flour          |
| <b>2</b> large red potatoes, cubed          | <b>½ teaspoon</b> crushed red pepper flakes | <b>1 teaspoon</b> salt (optional)               |
| 1 jalapeno pepper, seeded                   |   |   |

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 1½ cups of milk. Bring to a **boil**. In a separate bowl, **combine** all-purpose flour and remaining ½ 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, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein



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

# Kentucky Sweet Corn

**SEASON:** July-August

**NUTRITION FACTS:** Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a half cup serving.

**SELECTION:** Look for ears with green shucks, moist stems and silk free of decay. Kernels should be small, tender, plump and milky when pierced. They should fill up all the spaces in the rows.

**STORAGE:** Keep unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and place in a plastic bag for 4 to 6 days.

## PREPARATION:

**To microwave:** Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for one ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**To boil:** Remove shucks and silks. Trim stem ends. Carefully place ears in a large pot of boiling water. Cook 2-4 minutes or until kernels are tender.

**To grill:** Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

## KENTUCKY SWEET CORN

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