

# LIVINGSTON COUNTY EXTENSION Home & Family Newsletter November/December 2024

## KEHA 2024-2025 Membership

It that time of year again to renew your Livingston County Homemaker membership for the 2024-2025 upcoming year.

Renewing your membership will ensure that you can continue enjoying all the exclusive benefits and access to Kentucky Extension Homemaker Association, Livingston County Homemakers, events, and resources. This year we have some new and exciting club opportunities that you do not want to miss out on.

To renew your membership, please find enclosed a membership renewal form. Fill out the form with any updated contact information or preferences and return it to us by December 10, 2024 along with us your \$12.00 membership fee. You may send it back via mail at P.O. Box 189, Smithland, KY 42081 or submit it in person at Livingston County Extension Office, located at 803 US. 60 East, Smithland, KY 42081 during business hours.



## 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 air quality by opening windows or using air purifiers to reduce the amount 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.

Cooperative Extension Service Livingston County  
803 U.S. Hwy 60 East.- P.O. Box 189  
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Joni K. Phelps  
Livingston County Family & Consumer Science Agent



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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 Counties, Cooperating.  
Livingston, KY 40506





# Livingston County Extension Homemakers Enrollment Form 2024-2025



Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home/Work Phone: \_\_\_\_\_

Gender:  Female  Male

Ethnicity:  Caucasian  Black  Hispanic

Asian  American Indian  Mixed Race/Other

### **Please select membership type:**

**\$12.00 fee gains membership to any clubs listed below. Check which club you are interested in.**

\_\_\_\_\_ **Active/Mailbox Member:** Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

\_\_\_\_\_ **Pins & Needles Club:** Special interest sewing/quilting club that meets the second Tuesday of each month. Works on quilting projects and other beginner/simple sewing at meetings. Also receives copies of all project patterns. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

\_\_\_\_\_ **Block of the Month Club:** Special interest quilt block group that meets on the third Tuesday each month. Receives Family & Home newsletter and attends monthly group sew meetings. Copies of all patterns that the club is working on in person or via mail. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

\_\_\_\_\_ **Pinterest Club:** Special interest club for crafting that meets monthly. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

**\*There our extra Fees that will be charged due to cover materials for each project\***

\_\_\_\_\_ **The Chapter Chaser Book Club:** Special interest book club that meets the last Tuesday of each month at the Livingston County Public Library. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.







## **PUBLICITY RELEASE:**

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or to supervise any others that may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

**Enrollment form and payment may be remitted to:  
Livingston Extension Homemakers  
P.O. Box 189 Smithland, KY 42081**



# Livingston County Homemaker News

## **Open Sewing Day : The first Tuesday of each month – 9:00 am until 2:00 pm**

Open sewing day is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. Open Sewing is for anyone who wants to utilize our meeting room to continue sewing projects you have started but have not finished yet.

## **Block of the Month Homemakers Club: The Second Tuesday of each month – 9:00 am until 2:00 pm**

Block of the Month is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. For more information please contact Joni Phelps at (270) 928-2168 or email [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## **Pins & Needles Homemaker Club: The Third Tuesday of each month – 9:00 am until 2:00 pm**

This is a great way to learn all different types of sewing projects outside of quilting. If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## **Unfinished Projects Day “UFO”: The Forth Tuesday of each month – 9:00 am until 2:00 pm**

Do you have a lot of Unfinished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. Livingston County Extension office meeting room will be opened up on the 4th Tuesday of each month. If you would like more information about “UFO” day please reach out to Joni K. Phelps at (270) 928-2168 or [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).



Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research-based information to make practical changes and simplify life. You can find the podcast, Life Simplified, on your favorite podcast app.

[lifesimplifiedpodcast.com](http://lifesimplifiedpodcast.com)



# Upcoming Programs November & December

For more information on upcoming classes please contact Joni Phelps at 270-928-2168 or jkbarr3@uky.edu

**LAUGH & LEARN**  
**FUN & CREATIVE PLAYDATE FOR PRE-SCHOOL**  
THEME: Cars and Trucks, All Things that Go!  
CHILDREN AGE 5 AND UNDER ACCOMPANIED BY AN ADULT!

**November 25, 2024**  
11:00 AM TO 12:00 PM

**LIVINGSTON COUNTY PUBLIC LIBRARY**  
321 COURT STREET  
SMITHLAND, KY

ACTIVITIES INCLUDE!  
• STORY TIME  
• SENSORY & DEVELOPMENT ACTIVITIES  
• GAMES  
• SNACK

REGISTER BEFORE  
November 22, 2024  
by calling the  
Livingston County Extension  
Office at 270-928-2168

**Christmas for Kids**

Martin-Gatton College of Agriculture, Food and Environment  
Livingston County Extension Service

**Pinterest Club!**  
**Christmas Paper Ornaments**  
December 5, 2024  
5:30 PM

**COST: \$5.00**  
(MATERIALS PROVIDED)

**LOCATION Has Changed To:**  
Livingston Public Library  
321 Court Street, Smithland, KY

Register by Calling the Livingston County Extension Office before **Monday, December 2, 2024** at 270-928-2168 or Contact Joni K. Phelps at jkbarr3@uky.edu.

**Christmas for Kids**

Martin-Gatton College of Agriculture, Food and Environment  
Livingston County Extension Service

**Christmas Cookie Workshop**

December 9, 2024  
at 10:00 am  
OR  
5:00 pm  
COST \$10.00  
803 US 80 East  
Smithland, KY 42038

Classic Sugar Cookie  
Best Monster Cookie  
Italian Pinch Cookie

Homemade Cookies

Register by Calling the Livingston County Extension Office before Friday, December 6, 2024 at 270-928-2168 or Contact Joni K. Phelps at jkbarr3@uky.edu.

**Christmas for Kids**

Martin-Gatton College of Agriculture, Food and Environment  
Livingston County Extension Service

**THE CHAPTER CHASERS**  
**Book Club**

Next Book is  
**THE BERRY PICKERS**  
By: AMANDA PETERS

**November 26, 2024**  
at 6:00 pm

**Livingston County Public Library**  
321 Court Street, Smithland, KY

For More information please contact Joni K. Phelps at 270-928-2168 or jkbarr3@uky.edu

**Christmas for Kids**

Martin-Gatton College of Agriculture, Food and Environment  
Livingston County Extension Service

**LAUGH & LEARN**  
**Fun & Creative Playdate for Pre-School**  
THEME: Gingerbread Baby  
CHILDREN AGE 5 AND UNDER ACCOMPANIED BY AN ADULT!

**DATE & TIME:**  
December 16, 2024  
11:00 AM

**LOCATION:**  
LIVINGSTON COUNTY PUBLIC LIBRARY  
321 COURT STREET  
SMITHLAND, KY

REGISTER BEFORE  
November 22, 2024  
by calling the  
Livingston County Extension  
Office at 270-928-2168

ACTIVE INCLUDE!  
• STORY TIME  
• SENSORY & DEVELOPMENT ACTIVITIES  
• GAMES  
• SNACK

**Christmas for Kids**

Martin-Gatton College of Agriculture, Food and Environment  
Livingston County Extension Service

**JOIN US FOR A**  
**CANDY-MAKING CLASS**

December 3, 2024 at 5:00 am  
OR  
December 11, 2024 at 10:00 am  
Cost \$10.00

803 US 60 East  
Smithland, KY 42038

REGISTER BY CALLING THE LIVINGSTON COUNTY EXTENSION OFFICE BEFORE FRIDAY, DECEMBER 2, 2024 AT 270-928-2168 OR CONTACT JONI K. PHELPS AT JKBARRS@UKY.EDU

**Christmas for Kids**

Martin-Gatton College of Agriculture, Food and Environment  
Livingston County Extension Service

# RECIPE CORNER

December 2024



## Sweet & Spicy Butternut Squash

2 medium butternut squash  
1 tablespoon olive oil  
¼ teaspoon kosher salt  
¼ teaspoon cayenne pepper  
1 teaspoon ground cinnamon  
¼ cup honey

**Preheat** oven to 450 degrees F. **Wash** squash and **pierce** the skin of each with a fork in several places. **Place** both squash in a microwave oven. **Cook** on high setting for 4-5 minutes. **Place** squash on a cutting board and **cut** ½ inch off both ends. **Cut** squash in half lengthwise and remove seeds and pulp. **Peel** off the skin using a sharp vegetable peeler. **Cut** the squash into ½ inch cubes. **Place** the squash cubes in a large mixing bowl. **Add** olive oil, kosher salt, cayenne pepper and cinnamon. **Toss** to coat.

**Spread** the seasoned squash cubes on a greased baking sheet. **Roast** for 40 minutes or until fork tender, **turning** after 20 minutes. **Remove** from oven and let **sit** for 5 minutes. **Warm** honey in a microwavable dish and **drizzle** over the squash.

**Yield:** 12, ½ cup servings

**Nutritional Analysis:**  
60 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 50 mg sodium, 14 g carbohydrate, 2 g fiber, 7 g sugar, 1 g protein.

## Kentucky Winter Squash

**SEASON:** August through October.

**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

**STORAGE:** Store it in a cool, dry place and use it within 1 month.

**PREPARATION:**

**To steam:** Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and

steam the squash 30-40 minutes or until tender.

**To microwave:** Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:** ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.
- **Butternut squash:** 2 pieces, 3-4½ minutes.
- **Hubbard squash:** (½-pound pieces) 2 pieces, 4-6½ minutes.

**To bake:** Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### KENTUCKY WINTER SQUASH

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
**November 2017**

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

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.com>



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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 11

Joni K. Phelps, Family & Consumer Science Agent for Livingston County Extension Office | 803 US 60 East, P.O. Box 189 | Smithland, KY | 42081 | (270) 928-2168

## THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

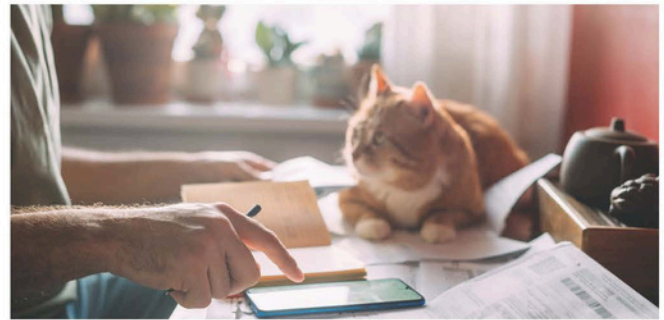
Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

### DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

### SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

### DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

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Disabilities  
accommodated  
with prior notification.



## HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

### LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

### REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

### Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

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

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