

# TAYLOR COUNTY FCS

## EXTENSION NEWSLETTER

December 2024

### Holiday Online Shopping Savvy

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with https:// web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure. For more ways to protect your financial well-being, contact the Taylor County Extension Office.

**Source: Kelly May, Senior Extension Associate**

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*Kimberly Thomas*

Kimberly Hope-Thomas  
Taylor County Agent  
for Family & Consumer  
Science



**Cooperative Extension Service**  
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**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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# CROSS STITCH RETREAT



**Saturday,  
December 7  
10 AM - 3 PM**

**Brag Table**  
Bring your work to show it off!

**Share Table**

Bring items you no longer need to share with others!

Patterns, Kits, and Materials will be available for purchase.

Bring your projects and enjoy fellowship with other stitchers!

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

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# Organizing & Decluttering Let's Organize the Holidays!



Be sure to bring your Holiday Planner!

**Wednesday, December 11  
1:00 PM**

Taylor County Extension Office  
1143 South Columbia Avenue  
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# Sourdough for Beginners

**Wednesday,  
December 11  
2:00 PM**

**\$5 Class Fee**

Spots are limited!  
Class fee must be paid to reserve your spot!



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**Shake Up Your  
Holiday Tradition**  
*Give Blood*

**Taylor County Homemakers  
Blood Drive**

**Friday, December 13  
9:00 AM - 1:00 PM**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

For an appointment, please visit [RedCrossBlood.org](http://RedCrossBlood.org)  
Or call 1-800-RED CROSS (1-800-733-2767).  
For assistance scheduling, you may also call the Taylor County Extension Office at (270) 465-4511.

**Give Something that Means Something®**

1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

# Charcuterie Cups



**Monday,  
December 16  
6:00 PM**

Spots are limited!  
Call the Taylor County  
Extension Office  
at 270-465-4511  
to reserve your  
spot today!

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# Kitchen Towel Class



**Wednesday,  
December 18  
1:30 PM**

Spots are limited!  
Call the Taylor County  
Extension Office at  
270-465-4511 to  
RSVP!

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# Making Jelly from Juice



Learn how to make jelly  
from juice with Megan  
Gullett, Russell County  
FCS Agent.

**Thursday,  
December 19  
10:00 a.m.**

Spots are limited. Call the  
Extension Office at 270-465-4511  
to reserve your spot today.

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In observance of the Holiday  
Season the Taylor County  
Extension Office will be  
closed December 25, 2024  
through January 1, 2025.

We will reopen  
January 2, 2025.

We will see you again  
in the new year!





Cooperative Extension Service

# Embroidery Stitches

**MONDAY,  
JANUARY 6  
5:15 PM**



**Please bring a 5 - 6 inch Embroidery Hoop.  
Spots are limited! Call the Extension Office  
at 270-465-4511 to RSVP!**

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# BARN QUILT



**Thank you all for making the barn quilt classes a success this fall!**

Upon request, we will be offering another round of classes in the spring! To be added to the interest list, please complete this short survey:  
<https://bit.ly/springbarnquilt>

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## December Book of the Month



### ***The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession***

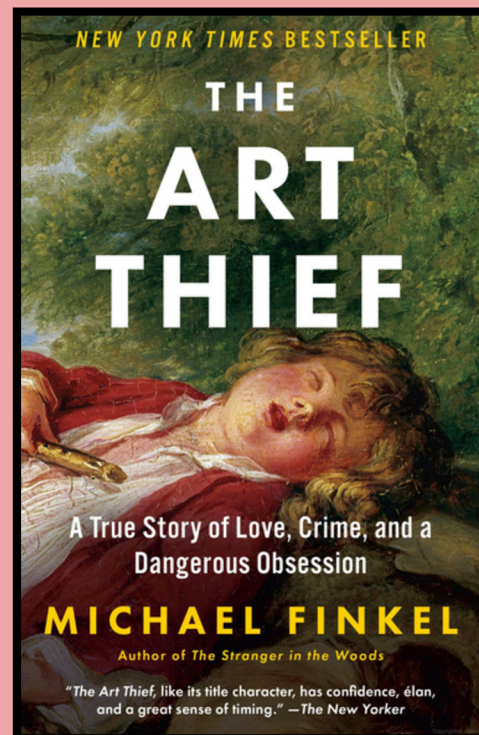
**By Michael Finkel (2023)**

The Art Thief tells of the many heists committed by Stephane Breitwieser, until his inevitable downfall. Proving both his craft and obsession, he successfully stole over three hundred pieces of art to admire in his own personal collections. However, disregarding the increasing personal risks and his partners warnings, Breitwieser's uncontrollable desire leads to his capture during one final score.

This book tells about a young man Stephane Breitwieser, a famous art thief. It's a true story about a man's obsession with art.

An extremely good book that can be found at Taylor County Public Library. It is also found in the Art section of the KEHA 2024-2025 Booklist.

Debbie Holt is Mailbox Member and a Taylor County Council Member as a Family and Nutrition Chairperson.



# CALENDAR OF EVENTS

# December 2024



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Taylormade Quilters 9:00 AM	4	5 Homemaker Council Meeting 10:00 AM Low Impact Fitness 1:30 PM	6	7 Cross Stitch Retreat 10:00 AM
8	9	10	11 Organizing & Decluttering 1:00 PM Sourdough for Beginners 2:00 PM \$5 FEE	12 Low Impact Fitness 1:30 PM	13 Homemaker Blood Drive 9:00 AM - 1:00 PM	14
15	16 Charcuterie Cups 6:00 PM	17	18 Kitchen Towels 1:30 PM	19 Jelly from Juice 10:00 AM Low Impact Fitness 1:30 PM	20	21
22	23	24	25	26	27	28
<p><i>Merry Christmas to you and your family!</i></p> <p>— Extension Office Closed —</p>						
29	30	31	<p><i>Wishing a Happy New Year to you and your family!</i></p> <p>— Extension Office Closed —</p>			
<p><i>Wishing a Happy New Year to you and your family!</i></p> <p>— Extension Office Closed —</p>						

All class fees must be paid prior to registering and are due before the day of class.



<b>Bunco Club</b> December <b>CANCELED</b>	<b>Circle of Friends</b> 2nd Tuesday 6:30 p.m.	<b>Cross Stitch Retreat</b> Last Saturday 10:00 a.m.	<b>Harmony</b> 2nd Tuesday 12:30 p.m.	<b>Mannsville</b> 2nd Thursday 6:00 p.m.	<b>Mastering Skills</b> 2nd Monday 12:30 p.m.
<b>Modern Day</b> 2nd Monday 6:00 p.m.	<b>Quilts of Honor</b> 4th Wednesday 10:00 a.m.	<b>Saloma Road</b> 2nd Thursday 10:00 a.m.	<b>Sidetracked</b> 2nd Tuesday 6:00 p.m.	<b>Taylor Made Quilters</b> 1st Tuesday 9:00 a.m.	

# ADULT HEALTH BULLETIN



**DECEMBER 2024**

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

## THIS MONTH'S TOPIC

# AVOID WINTER HEALTH RISKS



**A**s winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

**Continued on the next page** →



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Disabilities accommodated with prior notification. **6**

**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



**→ Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT  
HEALTH BULLETIN**

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

## Ratatouille Soup

<b>1</b> small eggplant, peeled and cubed	<b>1</b> medium bell pepper, chopped	<b>1 24 ounce</b> jar chunky garden style pasta sauce
<b>2 teaspoons</b> salt	<b>1</b> medium onion, chopped	<b>2 cups</b> water
<b>1 pound</b> lean ground chuck	<b>1 tablespoon</b> finely minced garlic (about 3 cloves)	<b>1 teaspoon</b> dried basil
<b>1 tablespoon</b> canola oil	<b>1 14.5 ounce</b> can low sodium beef broth	<b>1 cup</b> uncooked whole grain pasta
<b>1</b> medium zucchini, chopped		

**Place** the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. Raise heat to medium. Bring to a slow **boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

**Yield:** 12, 1 cup servings

**Nutritional Analysis:** 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein



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