

# Magoffin County Family & Consumer Sciences



December 2024

Happy Holidays!

We invite you to take advantage of all of the wonderful programs that we are offering at the Magoffin County Extension Office. Everything from wreath making, to our Homemakers' Vendors Fair, Patchwork Playdates with a visit from Santa, to the Homemakers' Holiday Social, and others that you will find information about in this newsletter.

Notice that our office will be closed from December 25th until January 2nd. On December 6th, we will also be having our annual Soup Bean Dinner fund raiser to support our Homemakers' Scholarship for a local senior. If you have a student who has been active in 4-H and/or Homemakers, please encourage them to apply for this scholarship of \$500.00.

I hope that your holidays are joyful and that they are filled with good food, gatherings with family and friends, and good health. Enjoy making lifelong memories with those that you love.

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*Cathy Sparks*

CEA for FCS/4-H  
Youth Development  
Education



Cooperative  
Extension Service

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506





**UK** Cooperative Extension Service



# HOLIDAY VENDOR FAIR & SOUP BEAN DINNER

**Friday, December 6th  
9 am-7 pm  
Magoffin County  
Extension Office**



**Come and shop with some  
local small businesses,  
crafters and bakers.**

**Also, enjoy a soup bean dinner and  
support a local scholarship.**



**CRAFTS, BAKED GOODS,  
JEWELRY, HOME DECOR, SHIRTS,  
QUILTS, AND SO MUCH MORE!**



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# QUILT GUILD DATES

MAGOFFIN COUNTY EXTENSION OFFICE



## Friendship Quilters

Fridays at 10:00 AM

December 13th

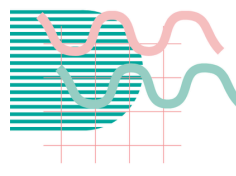
## Sew What Quilters

Saturday, December 14th, 9 AM



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Join us at the  
Magoffin County Extension Office for...

# The Crochet Club

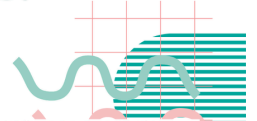


Wednesdays at 10:00 AM

December 4th

December 18th

Learn new crochet skills  
and have a great time  
with friends.



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# EMBROIDERY CLUB



Join us at the Extension Office for  
the Embroidery Club  
Wednesdays @ 10:00 AM  
December 11th

*\*Will only be meeting one time in December.*

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# PATCHWORK PLAYDATES CHRISTMAS PARTY

- Christmas Activities
- Cookie Exchange
- Please bring a 12 cookies to exchange

TUES.  
DEC. 10TH  
2024

10 AM-NOON  
15 Rockhouse Frk. Rd  
Salyersville, KY  
41465

MAGOFFIN COUNTY  
EXTENSION OFFICE



More information contact  
Cathy Sparks, CEA for FCS  
at 349-3216.  
cathy.sparks@uky.edu



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# Magoffin 4-H Cooking Class

Grades 4-12

Registration is Required by Nov. 26 \*6 spots

With Agent Stef

December 2, 2024

December 11, 2024

January 6, 2025

January 21, 2025

**NO COST**

**Beginning Cooking Skills:**

- \*Appetizers
- \*Sweet Treats
- \*Snacks
- \*Healthy Options

## Join us for food and fun!

Magoffin Extension Office; 15 Rockhouse Fork Rd  
Salyersville, KY 41465

For More Information and Registration :  
(606) 349-3216 or stefaine.back@kysu.edu

# COUNTRY HAMS

4-H CLOVERBUDS, 4-HERS AGES 9-18, AND ADULTS



Orders due by  
Friday, Dec. 6th

Call the Magoffin County Extension Office at  
606-349-3216 to order your country hams.

- 4-H Cloverbuds and Adult hams, \$50 each.
- State fair 4-H participants ages 9-18, (2) for \$70
- All extra hams, \$50 ea.

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# KENTUCKY COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

**MAGOFFIN 4-H CLOVERBUDS GRADES: K-3**

# COOKING CLASS

With Agent Stef Back

December 9, 2024

December 16, 2024

January 13, 2025 3:30-4:30pm

January 27, 2025

Magoffin Extension Office  
15 Rockhouse Fork Road; Salyersville, KY 41465

Contact Us :

(606) 349-3216  
stefaine.back@kysu.edu

Registration required by Dec. 5

Space is limited to 6 spots!

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## Come and support a local high school scholarship

### EXTENSION HOMEMAKER

SOUP BEANS, CORNBREAD, KRAUT & WIENERS  
FRIED POTATOES, BROWNIE

\$8.00

10 AM-SOLD OUT

349-3216



SOUP BEAN DINNER

## SCHOLARSHIP FUNDRAISER FRIDAY, DECEMBER 6TH

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**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>

Magoffin County Extension Office  
15 Rockhouse Frk Road  
Salyersville, KY 41465  
(606) 349-3216

## 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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**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>

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**ADULT  
HEALTH BULLETIN**

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



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

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

## THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

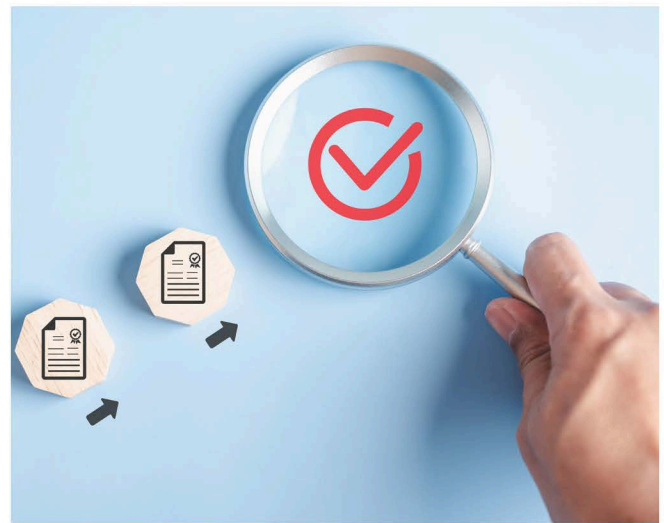
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

### GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

### STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has

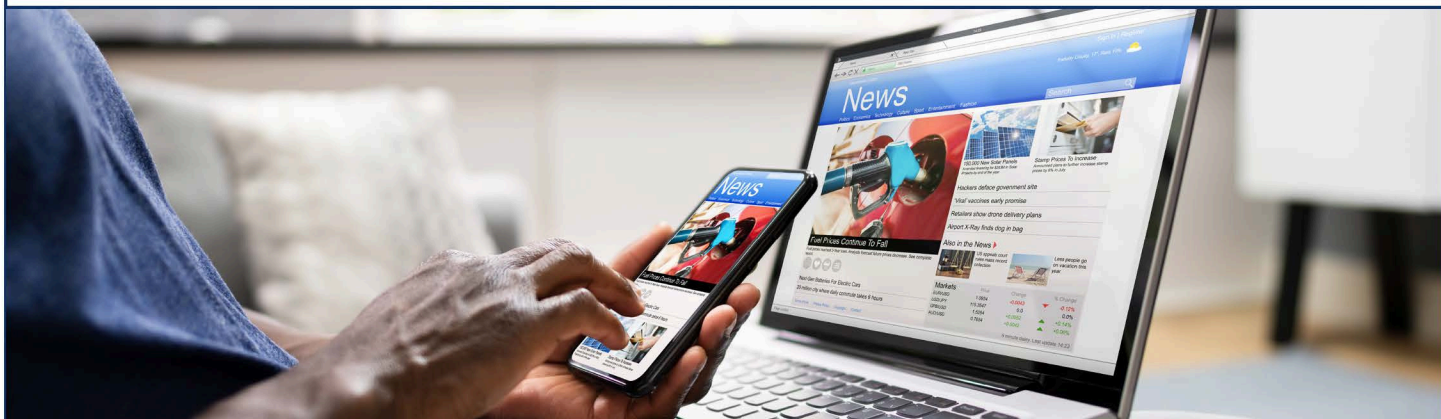


identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.



## “IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

### BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

### RESOURCES

*American Psychological Association.* <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

*News Literacy Project.* <https://newslit.org/>

*The Role of Consumer Protection Agencies.* [https://fcs-hes.ca.uky.edu/files/moneywise\\_june\\_2024.pdf](https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf)

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# Social events can be uniquely challenging. We can help.

Going to parties, crowded spaces, or formal events can be challenging for families. [Learn strategies](#) to help ease everyone's anxieties and make events go as smoothly as possible.



## 1. Help kids feel comfortable in their clothes.

Formal clothing might be a must for certain services and ceremonies. But some kids have sensory challenges that make it hard for them to get through events while wearing [clothes that are stiff, tight, or scratchy](#).

## 2. Consider bringing distractions and stress relievers.

Your child may have to sit longer than they're used to. Or be in situations that feel overwhelming and uncomfortable. Support your child by bringing small, quiet toys or tools for them to play with. [Fidget tools](#), coloring books, and stress balls can be helpful distractions.



## 3. Have an exit plan.

Sometimes, no matter what you do, events just get to be *too much*. It can help your own stress if you think ahead of time about how you'll react to certain situations.

## 4. Practice, and set expectations.

Some events can put kids (and you) out of their comfort zones. Before you go, talk together about the event. Let them know what to expect — the location, if it'll be [noisy or crowded](#), and who will be there.



## 5. Prepare for unfamiliar foods.

Food can be a big part of many events. Your child may be offered food they've never tried before. Or meals prepared differently than they're used to. Many kids have [food sensitivities](#), aversions, or allergies.

## 6. Be kind to yourself.

It can be tough when you have expectations for an event, and then it goes differently. Maybe you prepared so carefully, but something still caught you off-guard. You might feel let down or disappointed. Your feelings are valid, too.

You're being a great parent by setting your child up for success. Even if things didn't go as planned, remember: You're doing your best. Your child can feel when you're on their team.

After events, you and your child may each need to decompress. Think of ways to relax (together or independently). Put on a good movie, eat a comfort meal, or take a long bath. You deserve it.

Resource: [info@em.understood.org](mailto:info@em.understood.org) <[info@em.understood.org](mailto:info@em.understood.org)> on behalf of Understood  
<[info@em.understood.org](mailto:info@em.understood.org)>

*Holiday closing: December 24, 2024-January 1, 2025*

# December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Crochet Club 10 AM	5 Prep Day for Soup Bean Dinner	6 Vendor Fair Soup Bean Dinner	7
8	9 Holiday Card Workshop 1 PM	10 Patchwork Playdates Christmas Party 10 AM	11 Embroidery Club 10 AM	12 Homemaker Holiday Social 6 PM	13 Friendship Quilters 10 AM	14 Sew What Quilters 9 AM
15	16	17	18 Crochet Club 10 AM	19	20	21
22	23	24	25	26	27	28
<i>Closed for the Holidays</i>						
29	30	31				
<i>Closed for the Holidays</i>						

Magoffin County  
P.O. Box 349  
Salyersville, KY 41465

## 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.

