



CUMBERLAND COUNTY EXTENSION

FAMILY & CONSUMER SCIENCES NEWSLETTER

DECEMBER 2009

100 MILE CHALLENGE

In an effort to increase awareness and participation in physical activity, the County Extension office hosted a 100 Mile Challenge. Our goal was to have 100 people sign up and walk 1 mile each. When all the numbers were tallied, there were 74 participants which was a little short of our goal. However, when the mileage was totaled, those participants walked a total of 142 miles. I was amazed and excited. There was a drawing for 2 Wal-Mart gift cards and the winners were: Dorothy Roach and Aslan Konsavage.

According to the U.S. Department of Health and Human Services physical activity guidelines for Americans, adults need 30 minutes of physical activity on five or more days of the week. This physical activity should be at the moderate intensity level and in addition to normal daily activities. The 30 minutes may be divided into sessions of at least 10 minutes each. For example, take a 10 minute walk in morning, at lunch and in the evening.

If you don't go to the doctor regularly, or if you are unsure of your health status, it is a good idea to see a doctor before beginning an exercise program. Physical Activity can lower your chances of heart disease and diabetes.



IMPORTANT DATES

- *Dec 3—Ovarian Cancer Screening in Lexington*
- *Dec 7—Hegira Club -TBA*
- *Dec 8—Kettle Club Noon @ State Park*
- *Dec 10—Station #2 6:30 pm @ Copper Hollow (bring a \$10 gift)*
- *Dec 12—Marrowbone Club at Marrowbone UMC at 11:00am*
- *Dec 12—Community Christmas Bizarre & Parade*
- *Dec 14—Co-Workers Club at Dale Hollow Lake Lodge*
- *Dec 17—Quilt Guild 11:30 @ Extension Office to travel to Copper Hollow*
- *Dec 18—Homemakers ring the bell for Salvation Army at IGA from 3-6 pm*
- *Dec 21—Krafty Kritters Club 5:30 pm @ Jones Chapel (pot luck + \$10 "Dirty Santa" gift)*
- *Dec 24-Jan 3—Extension Office Closed for Holidays*



OVARIAN SCREENING

After the new year, more appointments will be made for Ovarian Cancer screening at UK Markey Cancer Center in Lexington. If you or someone you know is interested in joining this FREE screening process, please contact Misty at

the Extension Office to let her know. Appointments for Cumberland County are typically in May, August, October and December. Appointments are made 6 months in advance, so it is very important that we know exactly how many are

interested in the group appointments. Those with regular standing appointments will still be in the rotation. This notice is primarily for NEW ladies to make appointments.





BEREA HOLIDAY BAZAAR

On November 14th, 5 Homemakers and I traveled to Berea for their Holiday and Craft Bazaar. It was a beautiful day and was filled with lots of adventure and wonderful company. After the Bazaar, we were fortunate enough to have lunch at Boone Tavern. Some say that good food and good friends is what it's all about. I would venture to say that life is filled with many other blessings but I do enjoy food and friends as well. After touring more shops in Berea, we ventured over to Renfro Valley and enjoyed some magnificent ice cream.

What a GREAT day! Thanks Ladies!



A COOL spot for some ice cream in Renfro Valley



Linda Murley, Debbie Messenger, Kathleen Guffey, Marita Holley, Mae Walker and Patricia Garner visited Berea.

SALVATION ARMY BELL RINGERS

We have been asked to ring the bell for Salvation Army this year from 3-6pm at IGA. The traditional red kettle is an integral part of the Christmas scene, with millions of dollars donated each year to aid needy families, seniors, and the homeless, in keeping with the spirit of the season. Donations provide Christmas dinners, clothing, and toys for families in need. Financial assistance also helps with basic necessities, along with

seasonal aid. The Salvation Army endeavors to bring spiritual light and love to those it serves at Christmas so that the real meaning of the season is not forgotten.

Source: salvationarmyusa.org



DON'T LET THIS BE YOUR LAST NEWSLETTER

We have received dues for approximately 115 members. Unfortunately, if you have not paid your dues for this year, this will be your last newsletter. Think about it....\$10 is a small price to pay for the benefits that come with being a Home-

maker. Bring your dues to the Extension Office and remind your friends and loved ones as well. A membership to Homemakers could be a Wonderful gift this holiday season.

Thanks!





Cocoa Lip Balm

Materials Needed:

- Powdered Cocoa Mix
- Petroleum Jelly
- Small Container



Instructions:

Put desired amount of petroleum jelly into a small glass bowl. Put it in a microwave for 30 seconds; take it out and stir. Continue doing this until the Vaseline is melted. Add the desired amount of cocoa powder (experiment!) and stir. Microwave for 30 more seconds and stir. Set it aside to cool. Once it is cool enough to handle, spoon it into a small container (recycle old makeup containers or 35mm film containers, or look in stores that carry beads, crafts, or fishing tackle). Set it aside until the petroleum jelly gets firm, and then it is ready to use! **Source: familycrafts.about.com**

SIMMERING POTPOURRI

SUPPLIES:

- 1 oz. can cinnamon sticks
broken into small pieces
- 1.12 oz can whole cloves
- 1.25 oz can whole allspice

DIRECTIONS:

- Combine all ingredients.
- Place 1 heaping teaspoon in pot.
- Add 1/2 cup water and heat.



Source: momswhothink.com



**THE EXTENSION
OFFICE WILL BE
CLOSED FROM DE-
CEMBER 24TH TO
JANUARY 4TH.**



**FROM MY FAM-
ILY TO YOURS...
HAPPY
HOLIDAYS!!!!**

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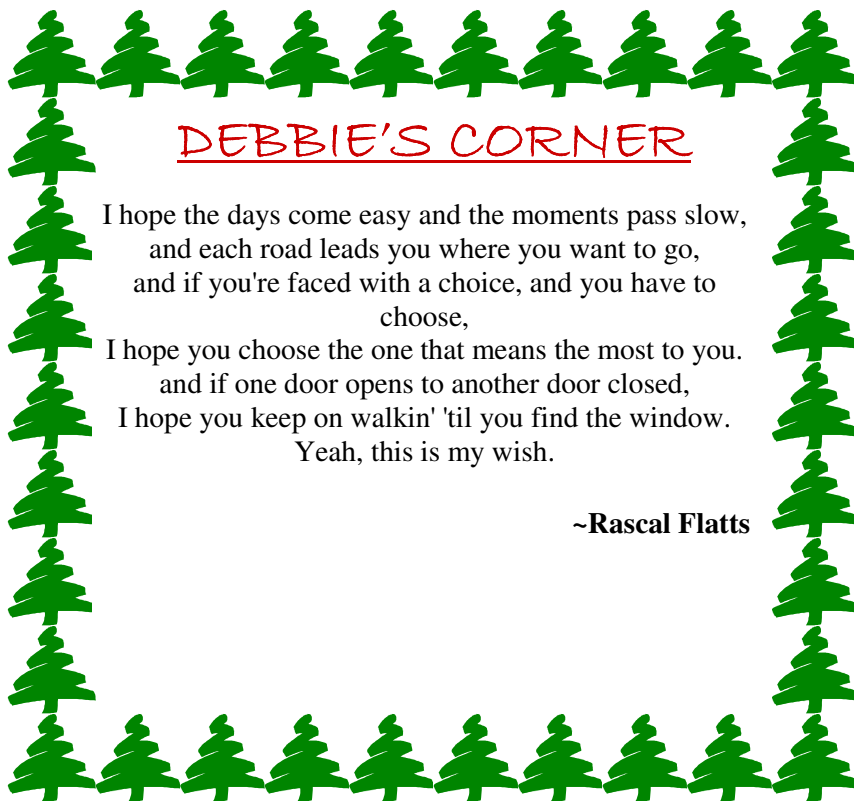
Cumberland Co. Extension Agent for
Family and Consumer Sciences

Debbie Messenger

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*** Knitting class
will begin on
January 28th at
4pm at the Extension
office.**



DEBBIE'S CORNER

I hope the days come easy and the moments pass slow,
and each road leads you where you want to go,
and if you're faced with a choice, and you have to
choose,

I hope you choose the one that means the most to you.
and if one door opens to another door closed,
I hope you keep on walkin' 'til you find the window.
Yeah, this is my wish.

~Rascal Flatts

PEPPERMINT MELTAWAYS

Ingredients

- 1 cup butter, softened
- 1/2 cup confectioners' sugar
- 1/2 teaspoon peppermint extract
- 1-1/4 cups all-purpose flour
- 1/2 cup cornstarch
- FROSTING:
- 2 tablespoons butter, softened
- 1-1/2 cups confectioners' sugar
- 2 tablespoons milk
- 1/4 teaspoon peppermint extract
- 2 to 3 drops red food coloring, optional

**1/2 cup crushed
peppermint candies**

Directions

- In a small bowl, cream butter and confectioners' sugar until light and fluffy. Beat in extract. Combine flour and cornstarch; gradually add to creamed mixture and mix well.
- Shape into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Bake at 350° for 10-12

minutes or until bottoms are lightly browned. Remove to wire racks to cool.

In a small bowl, beat butter until fluffy. Add the confectioners' sugar, milk, extract and food coloring if desired; beat until smooth. Spread over cooled cookies; sprinkle with crushed candies. Store in an airtight container.

Yield: 3-1/2 dozen.

Nutrition Facts: 1 cookie equals 90 calories, 5 g fat (3 g saturated fat), 13 mg cholesterol, 36 mg sodium, 11 g carbohydrate, trace fiber, trace protein.

Diabetic Exchanges: 1 fat, 1/2 starch.

