



A Note from Michelle. . .

Is this the last newsletter you will receive??? It might be, if you haven't paid your \$6 Homemaker Dues. Don't miss out; pay your dues today! I hope everyone has a very Merry Christmas and a Happy New Year!

\$3 FM Club Dates

16th—Heart of County, 6 pm,
Progressive Dinner



Christmas Bazaar and Luncheon

The Jackson County Extension Office will be hosting a Christmas Bazaar on Friday, December 5th, 10am—2 pm.



We will be selling hot dogs with chili, chips, and drinks for \$3 that day, so plan to stop by for lunch and do some Christmas shopping!

We have several local artisans and businesses who wish to sell their paintings, quilts, arts and crafts at this bazaar. If you have any items you would like to sell, please give me a call. There will not be a charge or fee for selling your items.

This Bazaar is open to the public, so invite everyone you know to stop by, check out our items for sale and enjoy a delicious meal.

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Homemaker Annual Holiday Dinner

The Jackson County Homemaker's Annual Holiday Dinner is planned for Tuesday, **December 9th, at 6 pm at the Ann-**



ville Baptist Church. This year's theme is "A Mountain Christmas." The cost will be \$10.00 per person. Pre-registration is required, so everyone needs to call 287-7693 by **Friday, Dec. 5th**, if they plan to attend.

In case of bad weather on the 9th, our alternate date will be Dec. 11th. Our entertainment will be Billy Roy Farmer and Robert

Yarbrough. Invite a guest and join us for this important meeting. We will be recognizing everyone's achievements this year and awarding the Mae Combs "Outstanding Homemaker" Award, plus we'll have lots of door prizes.

December Dates to Remember

- 6th—Christmas Games, 4 pm, Parade, 6 pm**
- 9th—Homemaker Annual Dinner, 6 pm**
- 11th—Snow Date for Homemaker Annual Dinner**
- 13th—Scrapbooking Class, \$5, 9:30 am-12 pm**
- 20th—21st—Civil War Christmas, Welcome Center**
- Dec. 24th—Jan. 1st—Extension Office Closed**



January Dates to Remember

- 13th—Annie's Project begins, Laurel County Extension Office, 5:30 pm**
- 19th—Martin Luther King Jr. Day, Extension Office Closed**



FAMILY AND COMMUNITY SCRAPBOOKING AND CONTESTS

Annie's Project

You are invited to attend a new program for women living on a family farm being held at the Laurel County Extension Office on Tuesdays, beginning January 13th thru February 17th. This program, "Annie's Project," is a six-weeks course designed for farm women on topics related to managing a farm. This workshop empowers women to be better business partners in the changing world of farm living.

We are very excited to be able to offer you the opportunity to attend this program. The program

cost is \$50.00, but if you attend 4 out of the 6 session, you will receive your money back. Attendance at this program can provide women living on a farm information to make informed decisions related to the business side of farming. Don't get left holding the bag! Understand the details of your farm so you don't have to depend on someone else. Please see the enclosed brochure for more details.



Homemaker Leader Training

\$8 FM Our next Homemaker Leader Training will be *Help Yourself to a Healthy Home*. Did you know that your home may have hidden dangers to your health? This lesson will answer questions like these to help you learn if your home is safe and healthy. It will be taught on February 5th at 10:00 am at the Extension Office, by Peggy Helton, Whitley County FCS Agent. Peggy will be traveling a long way, so I appreciate everyone who can attend. This program is free and open to the public. Remember this program is worth lots of funny money for the auction next year.

Ovarian Cancer Screening

We will again be taking a group to UK Markey Cancer Center for free Ovarian Cancer Screenings. Mark your calendars for February 18th at 2 pm. We have appointments for 6 people. This screening is available for any woman who is over 50 and still has her ovaries. If you have had a complete hysterectomy, you cannot receive this service. If you would like to receive this free screening, please call me at 287-7693 to sign-up. If you can drive to Lexington and transport other people, please let me know as well. I could only reserve 6 spots, so please sign up early if you want to go. Those who have gone in the past are highly encouraged to go again. If you do sign up, please make every effort to attend.

Homemaker Membership

Need that perfect gift for a friend or loved one. Mailbox membership in the Jackson County Extension Homemakers makes a great stocking stuffer or long-distance gift. It is a great gift for shut-ins, those that have moved out of town and want to stay in touch, or young people too busy to join a club. It is also a great first step toward getting someone interested in our organization. Membership is only \$6 and includes a copy of this newsletter each month. Give someone a gift that will last the entire year, plus earn some funny money for our auction!



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Bad Weather Policy

Winter is here and the snow has arrived!

Remember: **If school is cancelled in the Jackson County School system, then any program being held at the Extension Office will be cancelled as well. However, if you look out your window and the weather is not bad in your area, please feel free to call 287-7693 to see if the class will be held.**



Chase Germs Away During the Holiday Season

As the holiday shopping frenzy escalates, the germs that cause colds and flu want to get in on the action, too. They're lurking in the crowd, just looking for opportunities to catch you off guard, warns The Soap and Detergent Association. What's one of the best ways to stay healthy for the holidays? Wash your hands frequently.

Opportunity #1: Rest Stop

Washing your hands after using the restroom is essential for good hygiene.



Opportunity #2: Snack Shop

Busy shoppers need frequent refueling. But germs from hands that have touched merchandise, door handles, credit cards and more can find their way into your favorite snack. Make clean hands your first order of business.

Opportunity #3: Dinner-on-the-run

With so much to do, dinner may be no more than a quick pizza before heading out to the mall. No matter how pressed you are for time, wash your hands before you eat and again before you rush out the door.

Opportunity #4: After Coughing and Sneezing

One of the most common ways people catch colds is by rubbing their nose or eyes after touching someone or something contaminated with the cold virus. Don't be an enabler who spreads germs to others. Cough into your shoulder, not your hands, and always wash your hands after coughing or sneezing.

When soap and water aren't available, or when public restrooms are inadequately stocked, antibacterial or alcohol-based wipes and hand gel formulas are effective for killing germs. Stash them in your purse, your shopping tote or the glove compartment of your car so there's no excuse to be caught dirty-handed.

Civil War Christmas at Big Hill Welcome Center

We will be celebrating a Civil War Christmas at the Big Hill Welcome Center on December 20th & 21st. There will be storytellers, reenactments, and carolers performing that weekend. Look for specific times to be announced later. We are looking for people to prepare dishes from the period. The Development Association is going to pay for

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the food. We need people to pick a particular recipe, gather the ingredients and prepare the dish. You may call me at 287-7693 to pick a dish or just stop by the Extension Office. Your help is desperately needed! Thanks to everyone who has already volunteered to prepare food. You are deeply appreciated!

Recipe Corner—Busy Day Meal

Our annual Holiday Cooking School was held last month and was once again a huge success. If you missed this exciting event, you really missed out on some delicious dishes. The Jackson County Extension Staff made the Busy Day Meal from the Bell County Homemaker Cookbook. This would be a great recipe to prepare during the hectic holiday season and so easy! Here is the recipe:

In a heavy frying pan (not electric), place the following ingredients:
1 lb ground beef on bottom of pan



Salt and pepper, 1 tbsp each
Layer of onions, sliced thin
Layer of canned carrots, drained
Layer of canned potatoes, drained





Put cover on frying pan. Place pan on stove burner over a very low heat for about one hour. Garnish with parsley or bacon crumbs. Makes 10 servings.

Nutrition analysis per serving: 409 calories, 23.8 g fat, 970 mg sodium, 121 mg cholesterol, and 37.7 g protein.



December 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Christmas Bazaar, 10–2 Deadline to register for Homemaker Dinner	6 Christmas Parade, 6 pm
7	8 	9 Homemaker Annual Meeting, 6 pm, Annville	10	11 Snow Date for HM Annual Meeting	12	13 Holiday Scrapbooking, 9:30 am, \$5
14	15	16	17	18	19 	20 Civil War Christmas, Welcome Center
21 Civil War Christmas, Welcome Center	22	23	24	25  Extension Office Closed!	26	27
28	29	30	31			
	Extension Office Closed!					

Cookbooks are here!

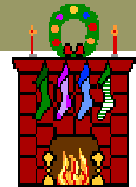
The Jackson County Homemaker Cookbooks have arrived and are now on sale at the Extension Office. The price is only \$10 per book through the end of the year. After that, the price increases to \$12. This price includes sales tax, etc. They make perfect Christmas gifts, so purchase your copy today!



Helpful Hints

Giving Your Living Room a Good Smell

If you have a fireplace, sprinkle spices, herbs (fresh or dried) or cinnamon sticks onto a burning fire. The smell will waft into the room, filling it with these lovely smells.—Hints from Heloise



Sincerely,

Michelle W. Smith
CEA for FCS



Disabilities accommodated with prior notification

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