

December 2025

FCS NEWS & NOTES

Wishing you a sparkling holiday season

Meade County
Cooperative Extension
1041 Old Ekron Road
Brandenburg KY 40108
(270) 422-4958

Dear Extension Homemaker Member,

It seems like yesterday we flipped the calendar to 2025! As we close out this year, we want to send our heartfelt thanks to each of you. Your kindness, your willingness to lend a hand, and the care you bring to everything you do have truly brightened our year.

As we look ahead to a new year, we're excited for the fresh opportunities, friendships, and experiences waiting for us.

Thank you for being such a cherished part of our Extension Homemaker family. We're so grateful for you—and we can't wait for all the good things the coming year will bring.



Sincerely,

A handwritten signature in cursive ink that reads "Jennifer Budge".

Extension Agent for Family and Consumer
Sciences Education Meade County

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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Lexington, KY 40506



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A MESSAGE FROM YOUR HOMEMAKER COUNCIL PRESIDENT

Dear Members,

Another successful Holiday Bazaar has come and gone. I hope that all the Extension Homemaker clubs that participated with a booth did well this year. Speaking to the vendors during the day, they were extremely happy with their sales. I think that everyone was a little apprehensive to begin with about the possibility of good sales this year based on the economy and the government shutdown, but apparently it did not dampen the spirit of those who attended the Holiday Bazaar, and we are so thankful for that. As usual, we were competing with several other events in the neighboring area but again it did not seem to deter the sales. There were approximately 1500 attendees.

It has been said that it “takes a village to raise a child.” Well, it also takes a village to prepare and have a successful event such as the Holiday Bazaar. There are so many volunteers I would like to thank. It takes so many volunteers working together to have a successful outcome, and once again you have proven that. You all make a great team! Thanks to everyone who helped in any way, no matter how small. All of you are always so willing and flexible to help wherever or whenever needed. Thanks to the Holiday Bazaar Committee. A special thanks to Kelly Walz, Chairperson of the committee and Shirley Beavin, Co-chairperson for overseeing so many aspects of the day. Many thanks once again to Margaret McCoy and Joe Burns for volunteering to be Santa and Mrs. Santa. Thank you to Teresa Wethington for overseeing the operation of Santa’s Cafe. Thanks to Andy Mills for cooking the Boston buttes for the pulled pork sandwiches. Thanks to the ladies who prepared the chicken salad and to those ladies and their husbands who pulled the pork after it was cooked. Thanks to those who helped with the counting of post cards, working the sales table, and those acting as hostesses at the doors of each building. Thanks to those who worked diligently in updating the Rada cutlery price listings and making sure the items were stocked and ready for sale at the bazaar. I know that it took several hours of volunteer time. Speaking of volunteer time, I hope everyone kept track of their volunteer hours and will be reporting them. Last, but certainly not least, many thanks go out to Jennifer Bridge. She is our rock, and we are so fortunate to have her experience, knowledge, advice, and patience. I certainly do not want to forget Brittney Pack for her awesome administrative and organizational skills in preparing for the bazaar, and Gina Jacobi for updating the food items list for the Holiday Bazaar and for getting all the kitchen utensils and necessitates to the Farm Bureau building for use in Santa’s Cafe. I hope I did not forget anyone but if I have it was certainly not intentional. I appreciate everyone so much for what you did to make this a very successful event for our organization and the community again this year.

Just as a reminder, don’t forget to sign up for the bunco to be held on December 9 by December 5. I hope many will be able to attend. We had a great time at our last get together. There is no cost to attend, but you may donate to the Ovarian Cancer Awareness Research program that day if you so desire.

Keep up the good work in increasing your club memberships. You are all doing a great job!

The holidays are quickly approaching. I wish everyone safe travels if you are planning on traveling and I wish each and every one of you and your family happy holidays.

Janet Hobbs

Nutrition and Skin Health



Skin is the largest organ of the body. It is complex and consists of many layers that work together. Skin blocks harmful substances, makes skin pigment, and houses blood vessels, nerves, and glands. Under the surface, it cushions internal organs and helps maintain body heat.

A balanced diet supports the health and function of all these layers. Nutritious foods can help your skin stay strong, vibrant, and hydrated. This publication provides general information about how to support skin health through nutrition.

How does nutrition influence skin health?

Not getting enough of some nutrients can contribute to several skin issues, like acne, eczema, psoriasis, dry skin, and even skin infections. Eating a variety of nutrients can support skin strength and health, protect it from environmental stress, and lower the risk of different skin conditions.

Proper nutrition also supports wound healing. People with diabetes, autoimmune health conditions, or those who take blood thinners may have a harder time with wound healing. A balanced diet that includes protein, involves foods high in vitamins and minerals, and gives proper hydration can be helpful. For those with diabetes, blood sugar management supports the health of all organs, including skin.

Diets high in processed foods, added sugar, and too much saturated fat can cause inflammation in the body and are linked to health issues like heart disease, diabetes, and some cancers. Examples of processed foods include fast food, packaged snacks and treats, and frozen convenience foods. These types of foods can cause increased skin inflammation and irritation. A diet rich in vitamins, minerals, and protein can help prevent and manage these conditions and make the skin stronger and healthier.

Changes in skin, hair, and nails are some of the first signs of certain nutrient deficiencies. For example, darkening or other changes in the color of skin is a sign of very low vitamin B₁₂. Another case is pellagra, also known as a niacin (vitamin B₃) deficiency, in which inflammation of the skin is common. If you have lasting issues with skin, nails, or hair, talk to your health-care provider about concerns linked to specific nutrient deficiencies.

What nutrients support skin health?

While all vitamins and minerals play a part in maintaining healthy skin, evidence has shown significant direct benefits from vitamins A, C, D, and E; unsaturated fatty acids; and antioxidants.

- **Vitamin A** supports cell growth and healing. It helps make new skin cells and can help the skin heal.
- **Vitamin C** supports the development of cells that make up the outer layer of skin, which retains moisture and strengthens the skin. Vitamin C also promotes collagen formation, which builds the skin's shape, structure, and elasticity.
- **Vitamin D** supports the growth and repair of skin cells. It protects against inflammation and supports the immune system found in the layers of the skin. Vitamin D may help skin issues like psoriasis, eczema, acne, and vitiligo, and even help the skin fight infections. Healthy skin can also make vitamin D when exposed to sunlight. The amount depends on where you live and how often your skin is in the sun.
- **Vitamin E** protects the skin from stress caused by the environment, like sunburns. It also lessens harm to DNA, likely cutting the risk of skin cancer. Additionally, it can improve dark areas on the face and slow skin aging.

- **Unsaturated fatty acids** include omega-3s and omega-6s. These are vital for keeping up the skin's protective barrier, maintaining elasticity, lowering inflammation, and supporting the healing of damaged skin.
- **Carotenoids** are natural pigments found in foods from plants. Carotenoids are the chemicals that give carrots their bright orange color. They help boost collagen and elastin growth, reduce inflammation, and protect against UV damage from the sun.
- **Polyphenols** are chemicals found in plants that soothe the skin. They protect against UV damage and promote collagen production.

Vitamin C, vitamin E, carotenoids, and polyphenols all have antioxidant functions in the body. Antioxidants can lower free radicals, a type of harmful molecule in the body. These harmful molecules are created when your body is exposed to things like pollution, UV rays from the sun, or even mental stress.

Table 1 provides examples of good food sources for these important nutrients.

Do dietary supplements and topical products benefit skin health?

Many nutrients that support skin health come in both supplemental and topical forms, each acting on the skin in unique ways. Nutrient supplements are often a pill, capsule, tablet, or powder. Topical forms are put straight on the skin, like creams, lotions, and oils.

You can buy some of these products over the counter, while others need a prescription from a health-care provider. Common examples are multivitamins or minerals marketed for skin health or skin aging; oral and topical vitamin C; vitamin E oils and capsules; and prescription-strength retinoids, a form of vitamin A. Applying nutrients to the skin does not work the same way as eating food or taking supplements. Topical forms of nutrients do not give the same benefits as a nutritious diet.

Table 1. Food sources for nutrients that support skin health.

Nutrient	Food Sources
Vitamin A	<ul style="list-style-type: none"> • Eggs • Fish • Beef liver • Dark-green vegetables like spinach, kale, and broccoli
Vitamin C	<ul style="list-style-type: none"> • Citrus fruits like oranges, lemons, limes, and grapefruits • Bell peppers • Broccoli
Vitamin D	<ul style="list-style-type: none"> • Eggs • Fish • Mushrooms • Beef liver
Vitamin E	<ul style="list-style-type: none"> • Nuts • Spinach • Avocado
Omega-3 fatty acids	<ul style="list-style-type: none"> • Oily fish like salmon, tuna, sardines, and anchovies • Flaxseed • Chia seeds
Omega-6 fatty acids	<ul style="list-style-type: none"> • Nuts • Seeds like sunflower and pumpkin • Vegetable oils
Carotenoids	<ul style="list-style-type: none"> • Dark-green leafy vegetables like spinach, kale, collard greens, and romaine lettuce • Red fruits like watermelon and tomatoes
Polyphenols	<ul style="list-style-type: none"> • Pomegranates • Spices like cloves, cumin, and oregano
	<ul style="list-style-type: none"> • Cheese • Orange/yellow fruits and vegetables like squash, cantaloupe, sweet potatoes, carrots, and peppers
	<ul style="list-style-type: none"> • Brussels sprouts • Pineapple • Tomatoes and tomato juice
	<ul style="list-style-type: none"> • Cereal with added vitamin D • Milk with added vitamin D • Cheese
	<ul style="list-style-type: none"> • Seed oils like canola oil • Broccoli
	<ul style="list-style-type: none"> • Walnuts • Edamame • Soybeans
	<ul style="list-style-type: none"> • Peanut butter • Tofu • Chicken • Beef
	<ul style="list-style-type: none"> • Orange/yellow fruits and vegetables like squash, cantaloupe, sweet potatoes, carrots, and peppers
	<ul style="list-style-type: none"> • Berries like blueberries, blackberries, and black currants • Green tea

The science behind nutrient supplements and topical products for skin health is growing. Many studies are small, don't have enough funding to look at larger groups in the general public, and don't always consider other things that change the skin, like diet, time in the sun, age, or overall health. Keep in mind that what may work for one person may not work for someone else. This is most likely because of the large number of things that change skin health besides eating habits.

Finally, more is not always better. Overuse of certain nutrients, like vitamin A, can lead to toxic levels in the body, even when put on the skin. Talking with a health-care provider, pharmacist, or dermatologist is essential to find out which supplements or topical products are right and safe for your own needs.

Is hydration important for skin health?

Hydration is another big part of skin health. Hydration can come from drinks such as water, 100% fruit juice, and dairy products, and also from foods such as fresh fruits and vegetables, soups, and stews. Eating these foods can help keep the body hydrated. Adequate water intake maintains the skin's barrier function and allows for elasticity. Aim for 8 to 10 glasses of water and five or more servings of fruits and vegetables to meet hydration needs daily.

Other considerations for skin health

In addition to food and drinks, there are other lifestyle choices that support the overall health and quality of skin.

- **Limit alcohol as much as possible to support overall health and well-being.** Drinking alcohol can lead to a range of skin issues, including yellowing of the skin, constant itching, dark spots, hives, and a heightened risk of skin infections and cancer. It may also cause visible red veins, redness of the palms, and the development or worsening of conditions like psoriasis and rosacea.
- **Aim for seven to nine hours of good-quality sleep each night.** Poor sleep can harm our skin in many ways. Hormones that control stress and the immune system can be disrupted without enough good sleep. This can make skin less able to protect itself, leading to irritation or inflammation. Eczema, psoriasis, and hair loss can worsen without enough sleep. Skin can look tired, with dark circles, puffiness, and dullness.
- **Make sun-safe choices to protect skin.** Sunscreen, hats, sunglasses, and clothing are all great options to protect the skin from the sun's UV rays. When spending time outdoors, cover skin and look for shaded areas to avoid direct exposure. Avoid tanning beds to further protect skin.

Healthy skin is supported by all the ways you care for your body. Nutritious foods, hydration, sleep, and sun protection all work together to support your skin's strength and resilience. Small, consistent choices can make a big impact from the inside out.

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75 Pieces of Life Advice from Adults Older than 50 (who live in Kentucky)

1. Exercise mind, body, soul, imagination, and sense of humor each and every day.
2. Take a coat. Better to have it and not need it than need it and not have it!
3. Remember your grandchildren are watching what you say and do. Be a good example.
4. Never buy cheap house paint.
5. Cultivate friendships. You will definitely lose loved ones and will need support from institutions, church, neighbors, and friends. Loneliness is an epidemic even for young people.
6. Have an anchor in this life – something bigger than you, steadfast, immovable, and a positive force. For me, that is my faith.
7. Go to class reunions.
8. Establish quality friendships, the ones who don't care what you have but love you for you, no matter what.
9. Carry a nightlight when traveling.
10. Deadlines are stressful because other people (teachers, coaches, bosses) impose them. Set your own deadline, a day or two earlier. Then it becomes a game to see if you can finish earlier.
11. Step back. Take a look at life and situations from different viewpoints.
12. When traveling, never pass up a chance to go to the bathroom.
13. They say an egg can't be used until it's broken. Have you been broken or made ready for a beautiful new purpose?
14. When you don't want to do something, tell yourself that you don't have to do it, but you have to get started and then you can quit in five minutes. Even that short interval can often change your mind, and you've avoided the trap of procrastination.
15. Learn to say no! Time becomes more precious as it leaves. Do those things that you have put off for too long. You can't get that time back.
16. Was what just happened to you terrible or liberating?
17. Don't take a sleeping pill and laxative on the same night!
18. Spend time with your parents, they won't always be here. Make memories with them.
19. Always have at least a quarter tank of gas in your car.
20. As far as retirement, have a plan of what you're going to do with some of your time – exercise, volunteer work, clubs, etc. Don't just sit at home.
21. Always have Band-Aids, a pen, and at least \$20 cash in your purse.
22. Wear comfortable and practical shoes.
23. Always live below your means. This makes for MUCH less stress and MUCH more happiness.
24. Tip generously.
25. Unused new batteries last for years. Better to have them at home than still at the store when the current ones quit.
26. Dance whenever you can!
27. Relax. Life is already moving too quickly. It is true. Take time to smell the roses. Nothing is more important than caring for yourself.

28. Leave a spare house key with a neighbor.
29. Just remember, if you are in a position to retire and you feel you want to, then do it. There are so many options for people after retirement now that can make them wonder, "How did I have time to work?"
30. If there is something you want to do or see, do it. You never know what tomorrow will bring. Having cancer brought that home to me.
31. Pursue your hobbies. You may need them if life gets hard.
32. Listen to your gut. If something feels wrong, it is most likely wrong.
33. Contingency planning is not limited to the military. Plan your responses to possible problems before they happen rather than after you're stressed because they have happened.
34. Move closer to family! That doesn't mean you will see your family. They will be living their life with kids, work, etc., and you will be inserted into their schedule!
35. Don't make life harder than it is.
36. Patience is a virtue.
37. Speak the truth gently.
38. On retirement - having a plan is important. You should know how much money you will be getting in retirement and when you will be getting the money.
39. A thank you note takes only minutes to write but can make someone happy for a long time.
40. Don't try to "keep up with the Joneses" by buying the next best, bigger thing. Spend your time and money on making memories. Memories will live on with others when you are gone.
41. Treat everyone with kindness, respect, and grace. You don't know what others are going through.
42. Be competitive but gracious in any game you play.
43. Always wish anyone who makes your life easier a very good day.
44. Build a strong network of friends. You never know when you will need them or they will need you.
45. Let people know you love them. Hug if you are comfortable.
46. Death of a spouse leaves the living person a whole set of emotional situations like being alone a lot.
47. Contribute all you can to your retirement account if you have one.
48. Smile often.
49. Prevention beats cure.
50. It's important to know the right time for you, personally, to retire. Everyone has their own agenda on what they want to do when they retire so it's important to make sure you can do those things you want to do.



Continued from: 75 Pieces of Life Advice from Adults Older than 50

51. Recognize how blessed you are.
52. To under-promise and over-deliver is much better than the other way around.
53. A Show bet on your chosen horse gives you three chances to cash your ticket. A Win bet pays more, but nothing unless the horse wins.
54. Always stop and smell the roses or anything else that's blooming.
55. Be kind – even to those you're not very fond of.
56. Judge a person by what they do, not what they say.
57. Be grateful to the young folks who hold doors open for a white-haired person.
58. There is no replacement for longtime friends.
59. Hug your spouse often, and never go to bed angry.
60. Travel as much as you are able and for as long as you can.
61. Let's agree to disagree on some matters and remain the best of friends.
62. Do everything you want to do before you have children.

63. Enjoy your time — it goes fast!
64. Make your bed every morning.
65. If you open it, close it. If you get it out, put it away.
66. Don't quit too soon.
67. Develop friendships with people of all ages.
68. Protect your skin with sunscreen.
69. I was told, "Face your fears, and do it anyway."
70. Pack light, you will never regret it.
71. Love your age all the time. Growing old is not something that everyone gets to experience.
72. Love yourself.
73. Be conservative with your purchases. You won't want all that "stuff" when you get old.
74. Be kind and generous to those less fortunate. I have never missed a dime that I have given to someone who needs it more than I.
75. Get off your high horse and stay grounded.

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging

enjoy life

KEHA Cultural Arts Creative Writing Contest



Unleash your imagination—enter the KEHA Creative Writing Contest and let your words shine!

Categories:
Poetry
Memoir
Short Story

Entries judged with help from the University of Kentucky School of Journalism.

How do I enter the contest?

1. Review contest guidelines online: 
2. Write your poem, memoir, or short story. Must be original and written by you.
3. Attach to the contest Cover Sheet (KEHA Handbook Page 39).
4. Send to Cindy Moore by March 1 (email listed below, or mail to the address listed on the website).

Questions? Contact your local County Extension Agent for Family & Consumer Sciences.

Cindy Moore
State Cultural Arts & Heritage Chairperson
cjrn1@bellsouth.net

University of Kentucky
Martin-Gatton College of Agriculture, Food and Environment

DECEMBER EDITION

LAUGH & LEARN PLAYDATE

DECEMBER 12 - 10-11 AM

OPEN TO AGES 5 AND UNDER
must be accompanied by an adult

Sign up Now!

Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108
270-422-4958



Meet the New 4-H Agent

The Meade County Cooperative Extension Service is excited to welcome **Rebecca Wilkins**, who joined our office on October 15, 2025, as the new Meade County 4-H Youth Development Agent. Although new to the area, Rebecca brings a strong background in youth development, education, and agriculture—and a genuine passion for helping young people discover what inspires them.

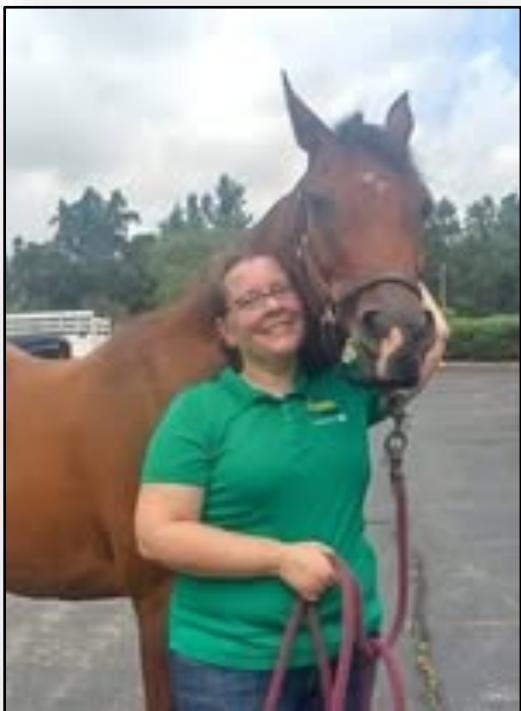
Rebecca is originally from Nashville, Tennessee, where she grew up as a horse-loving kid in the middle of the city. Her journey eventually brought her to Kentucky for college. Rebecca earned her B.A. in Equine Management from Midway College, followed by an M.S. in Agricultural Leadership, Education, and Communication from the University of Tennessee, and later a Graduate Certificate in Instructional Design and Technology from Purdue Global.



Rebecca and her husband, Alex, will celebrate 14 years of marriage this December. They have one daughter, Herriot, age 8, and currently reside in Corydon, Indiana.

As she settles into her new role, Rebecca is eager to learn more about Meade County's youth and their interests. She has already created a county-wide needs assessment for 4-H families and is actively seeking input from both current and non-participating community members. She also wants the community to know how grateful she is for the Extension staff already in place.

Please join us in welcoming Rebecca to Meade County. We look forward to the energy, expertise, and passion she brings to our 4-H program—and to seeing the many opportunities she will help create for our local youth.





BUNCO TO BENEFIT OVARIAN CANCER RESEARCH

Date: December 9th

Time: 11 AM to 2 PM

Location: Meade County Extension Office

Bring your favorite finger food

Monetary Donations will be accepted
but are not required.



Please Register by December 5th

To Register Call: 270-422-4958

Meade County Extension Homemakers Annual Pecan Sales



Pecan Pieces \$13.75 1lb. bag

WHY JOIN US?

Membership is just \$8/year

- Clubs meet monthly — but if your time is limited, the **Mailbox Membership** is a great option!
 - As a mailbox member, you'll receive a monthly educational newsletter and lesson materials delivered directly to your home.
 - To join, simply complete the attached form and return it to the Extension Office — or call **270-422-4958** for more information.

Because we're **Not** **Your Grandmother's Homemakers.**

Not Your Grandmother's Homemakers means we're active, modern, and involved. We are **not**



Name: _____

Address:

Email:

Phone:

- Sign me up for a mailbox membership.
- I want to join a club, please contact me!

Return form and \$8 to:
Meade County Extension Office,
1041 Old Ekron Rd, Brandenburg KY 40108
Checks payable to **MCEH**



Kickin' Greens

- 2 tablespoons olive oil
- 8 slices turkey bacon, cut into bite-sized pieces
- 1 large onion, chopped
- 6 cloves garlic, minced

2 pounds fresh greens
(collards, turnip
or mustard)
3 cups low sodium
chicken broth

½ teaspoon
black pepper
¼ teaspoon red
pepper flakes,
or to taste

Heat olive oil in a large stockpot over medium high heat. **Cook** turkey bacon in hot oil until crisp. **Add** onion and garlic. **Cook** until onion is tender, **stirring** occasionally. **Add** greens and **stir** until greens start to wilt. **Add** chicken broth, black pepper and red pepper flakes. **Cover**, reduce heat to

low and **simmer** 25-30 minutes, or until greens are tender.

Yield: 8, 1 cup servings

Nutritional Analysis: 110 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 9 g carbohydrate, 5 g fiber, 2 g sugars, 7 g protein.