

WINTER 2025

HENRY COUNTY

FAMILY & CONSUMER SCIENCES

HELLO
Winter

Highlight of Kentucky

State Parks

PAGE 5

Wishing you a joyful
winter season

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- FCS announcements
- Laugh & Learn Playdate
- Health Bulletin
- Recipes & Book list
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A NOTE FROM YOUR AGENT



WELCOME TO OUR Quarterly Newsletter

Krista Perry- Agent for
Family and Consumer
Sciences



Krista M Perry

Happy New Year! How is it already February? The days are beginning to get longer, which means Spring is right around the corner! This year, our office celebrates 100 years of serving Henry County residents and we are celebrating BIG! Be sure to mark your calendar for our celebration reception on April 17 from 4:00-7:00PM.

From food preservation, caregiving, and kindergarten readiness to bingo, bunco, book club and more, we have a lot happening at the office. Be sure to mark your calendars, make plans and enjoy what is coming up at the office and with our Homemakers!

Cooking Through The Calendar

What's better than cooking a new recipe? Trying a new one! Each month, I prepared the recipe of the month from our nutrition education calendar. As participants enjoyed the dish, I share its nutritional benefits, suggested possible substitutions, and offered ideas for turning the recipe into a full meal. The program has been such a hit that I am bringing it back this year! If you'd like a calendar, feel free to stop by the Extension Office.



Fall Wrap-up 2024

Disaster Preparedness, are you ready?

In the last five years, our area has become more prevalent to natural disasters, sparking the reason for our community to become disaster ready. In the Fall, I hosted a disaster preparedness workshop, preparing community residents for the next natural disaster. Our Director of Emergency Management, Ian Burkett shared information and resources and I explained how to protect your family, the safety of food and water, creating a disaster plan, caring for aging and at risk population and navigating trauma after the disaster. Each participant also created their own disaster kit for their family.



All Things Charcuterie

The inaugural Charcuterie program was such a success that our community requested another one. As a result, during registration, participants selected a theme for their board design. Each person received a handcrafted charcuterie board made locally, learned about the history of charcuterie, its evolution, and how to create a board with foods that aligned with their chosen theme, using a wide array of provided ingredients. Participants showcased their creativity in designing their boards and thoroughly enjoyed the entire charcuterie experience!





100 YEAR ANNIVERSARY

OF THE FIRST COUNTY AGENT FOR AGRICULTURE, CARL MALONE, WHO ARRIVED IN APRIL 1925



JOIN US AS WE CELEBRATE HENRY COUNTY EXTENSION

APRIL 17, 2025
4PM-7PM | 2151 CAMPBELLSBURG RD, NEW CASTLE, KY 40050

Laugh & Learn Playdate

10-11am

- **April 22**
- **May 20**
- **June 10**

3-5 Year Olds with their Caregiver

Please call 845-2811 to register

LAUGH & LEARN IS A FREE PROGRAM DESIGNED TO PREPARE LITTLE ONES FOR KINDERGARTEN BY BUILDING THEIR SKILLS AND ENGAGING THEM AND THEIR CAREGIVER IN FUN ACTIVITIES SUCH AS: STORIES, SINGING, CRAFTS, GAMES, AND SNACKS.

Henry County Extension Office
2151 Campbellsburg Rd, New Castle, KY 40050



KENTUCKY STATE PARKS

NATURAL BEAUTY AND ADVENTURE AWAIT

Kentucky is home to some of the most breathtaking state parks in the country. Whether you're looking for outdoor adventure, historical landmarks, or serene landscapes, the Bluegrass State has something for everyone. With 45 state parks, including 17 resort parks, Kentucky offers a diverse range of activities, from hiking and boating to fishing and exploring caves. Visitors can experience the beauty of the Appalachian foothills, the vastness of Lake Cumberland, and the wonders of Mammoth Cave National Park, all within the state's borders.

Scenic Wonders and Outdoor Activities

Kentucky's state parks showcase an array of natural wonders. Cumberland Falls State Resort Park is home to the famous "Niagara of the South," where visitors can witness a moonbow, a rare nighttime rainbow. Red River Gorge, within Natural Bridge State Resort Park, offers stunning rock formations and some of the best rock climbing opportunities in the region. For those who enjoy water activities, Kentucky Lake and Lake Barkley provide excellent opportunities for boating, fishing, and swimming.

The north-central region of Kentucky is home to several remarkable parks. Taylorsville Lake State Park offers excellent horseback riding trails and fishing spots, making it a favorite for outdoor enthusiasts. Big Bone Lick State Historic Site in Boone County is known as the "Birthplace of American Vertebrate Paleontology," featuring fossils from mammoths and other Ice Age creatures.

Historic Landmarks and Unique Attractions

In addition to natural beauty, Kentucky state parks preserve important historical landmarks. My Old Kentucky Home State Park in Bardstown allows visitors to explore the mansion that inspired the state song. Fort Boonesborough State Park offers a glimpse into pioneer life with a reconstructed 18th-century fort.

The north-central region is also rich in history. Blue Licks Battlefield State Resort Park marks the site of one of the last Revolutionary War battles, featuring a museum and walking trails that commemorate the event.

Whether you're seeking adventure or a peaceful retreat, Kentucky's state parks offer an unforgettable experience for visitors of all ages. With endless opportunities for exploration, these parks highlight the best of the state's natural beauty and rich history.

FCS ANNOUNCEMENTS & ACTIVITIES

March 20th
7am-8am
Henry County
Cooperative
Extension Office

Please
Join
Us



FARMER APPRECIATION BREAKFAST

The History of the land is etched
in the faces of the farmers who
till it.

Gardening Basics & Food Preservation

Cooperative
Extension Service

Henry County Extension Office
6:00 pm



April 10th - Garden plans
& Preparations

May 1st - Pest &
Disease Management

May 20th - Pressure &
Water Bath Canning

May 22nd - Freezing &
Dehydrating



RSVP (502) 845-2811

Cooperative Extension Service
MORTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Walk with your Extension Agent

Krista is continuing to walk the trails in Eminence & at the John Logan Brent Park in New Castle this Spring! Let's get motivated and moving together! See the dates and locations below to join her! All weekly walks will begin at 8:30AM.



Thursday, March 6	John Logan Brent Community Park in New Castle
Thursday, March 13	Eminence Walking Trail
Wednesday, March 19	John Logan Brent Community Park in New Castle
Tuesday, March 25	Eminence Walking Trail
Tuesday, April 1	John Logan Brent Community Park in New Castle

Tuesday, April 8	Eminence Walking Trail
Tuesday, April 15	John Logan Brent Community Park in New Castle
Wednesday, April 23	Eminence Walking Trail
Wednesday, April 30	John Logan Brent Community Park in New Castle
Thursday, May 15	Eminence Walking Trail
Wednesday, May 21	John Logan Brent Community Park in New Castle
Friday, May 30	Eminence Walking Trail

Eminence Walking Trail: Meet and park at the Henry County Public Library.
John Logan Brent Community Park in New Castle: Meet at the pavilion.
Rain will cancel the walk.

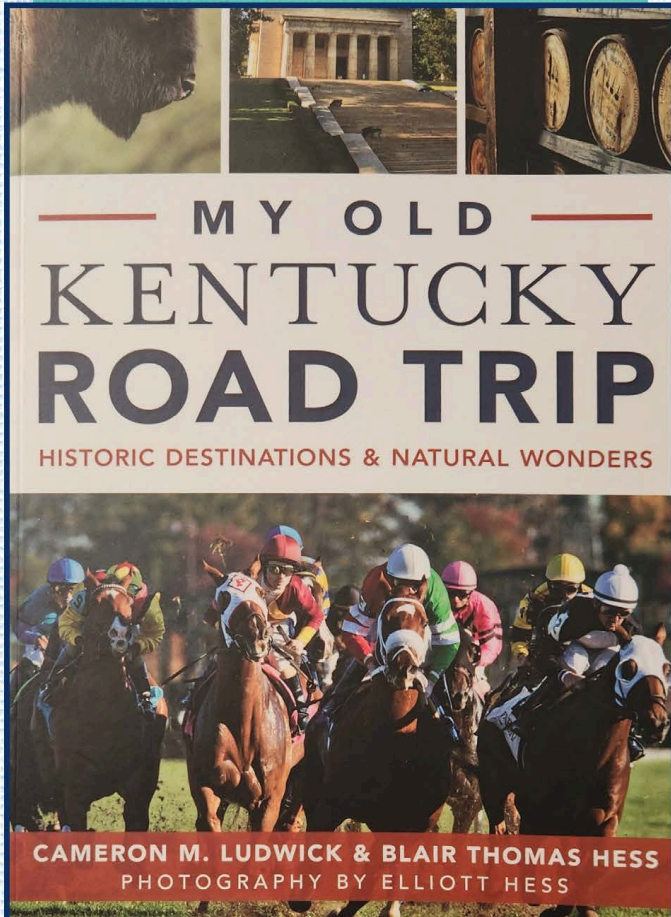
BIG BLUE BOOK CLUB

Big Blue Book Club is going on the road, to visit off-the-beaten path locations across Kentucky. The first session features the books authors, Cameron Ludwick and Blair Hess, sharing their favorite Kentucky destinations and a presentation about the Kentucky Historical Marker Program. This session will be **LIVE** at the Thomas D. Clark History Museum in Frankfort on **March 13 at 11 am** and available via Zoom. The remaining five **LIVE** sessions will be recorded.

Visit the **NEW Big Blue Book Club Website** to register:
<https://ukfcs.net/BigBlueBookClub>



For information on how to become a homemaker, please call Krista at 845-2811



TO OUR FELLOW PROUD KENTUCKIANS - YOUNG AND OLD, NATIVE AND TRANSPLANT - WHO HAVE NOT YET BEGUN TO EXPLORE THE GREAT BLUEGRASS STATE. WE ARE HONORED TO BE YOUR TOUR GUIDES ON THIS EXTRAORDINARY JOURNEY

Watch the LIVE zoom sessions at the Extension office



ADULT HEALTH BULLETIN



FEBRUARY 2025

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 CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Our bodies are made to move.

Cut your cancer risk

by being active for at least

150 minutes per week.

➔ Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:

<https://prevention.cancer.gov>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



Winter
2025

Homemaker
Hub



Just for You

GREEK SALAD WITH GNOCCHI



Ingredients:

- 1/2 small red onion, thinly sliced
- 1 Tablespoon red wine vinegar
- Extra virgin olive oil
- 1 package dry, vacuum-sealed or frozen gnocchi
- salt and black pepper
- 2 cups cherry or grape tomatoes, halved
- 3 Persian cucumbers halved lengthwise and cut into 1/2" pieces
- 1 small green pepper, thinly sliced
- 20-25 Kalamata olives, seeds removed and torn
- 1 cup feta, broken into large chunks
- Handful of fresh mint leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried mint

Instructions:

- In a large bowl, add the red onions and red wine vinegar and leave to marinate for 5-10 minutes while you prepare the rest of the salad. This softens the flavor of raw onion.
- Heat a large frying pan on medium high heat for 2 minutes until very hot. Add 1 Tablespoon of olive oil, along with the gnocchi. Drizzle the top of the gnocchi with a little more oil so it's covered. Season with salt and lots of black pepper. Leave to cook undisturbed for 1 to 2 minutes until golden on the bottom and then toss constantly until the gnocchi is golden all over, another 2-3 minutes. If it ever looks dry, drizzle with a little more olive oil. Turn off the heat.
- To the red onion, add the tomatoes, cucumber, green pepper, black olives, feta, mint, and dried herbs. Add 2 to 3 tablespoons of olive oil, and season well with additional salt and black pepper. When ready to eat, add the gnocchi, toss well to combine. Serve immediately.

RECOMMENDED BOOK LIST

TRAVEL

12 Trips in 12 Months: Make Your Own Solo Travel Magic by Jen Ruiz (2024)

A Deeper South: The Beauty, Mystery, and Sorrow of the Southern Road by Pete Candler (2024)

Chasing Hope: A Reporter's Life by Nicholas D. Kristof (2024)

CLASSICS

Bridge to Terabithia by Katherine Paterson (1977)

The Giver by Lois Lowry (1993)

The Handmaid's Tale by Margaret Atwood (1985)

The House of the Baskervilles by Sir Arthur Conan Doyle (1902)

Henry County Cultural Arts 2025 February 25th

Early Entry Check In: 2/24 4–6pm

Project Check In: 9–11am

Public Viewing: 12–2pm

Louisville Area Cultural Arts March 28, 2025 at the
Henry County Extension Office

VOLUNTEERS NEEDED!!

visit <https://tinyurl.com/cultural-arts>
for a full list of cultural arts categories



BINGO

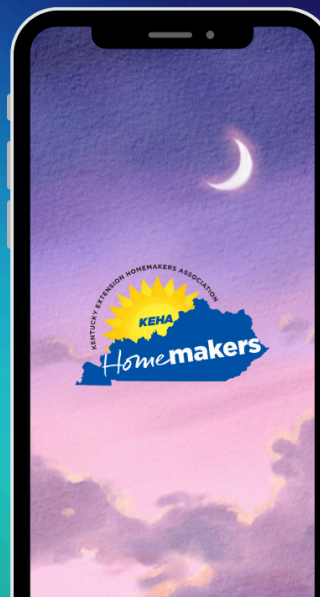
2ND WEDNESDAY
OF EVERY
MONTH



BUNCO

LAST
WEDNESDAY OF
EVERY MONTH

At Henry County Extension Office
1:30PM \$5 FEE FOR BUNCO



PHONE Q&A WORKSHOP

Wednesday, April 23

Learn shortcuts, tips
and have your
questions answered!

Henry County
Extension Office

TIME 1:30PM



Leader Lesson Seminar

**MARCH 11, 2025
10:00A.M. - 2:00P.M.**

**HENRY COUNTY EXTENSION OFFICE
2151 CAMPBELLSBURG ROAD
NEW CASTLE, KY 40050**

Come enjoy some fun with members from across the Louisville Area for this one-day interactive and hands on workshop! Three leader lessons will be presented.

**\$12 PER PERSON
REGISTRATION REQUIRED**

Lunch is included.
Registration begins at
9:30a.m.

Topics Include:

- How to Get Out of a Mealtime Rut
- Strong Bones for Life: Prevent Osteoporosis
- Healthy Eating Around the World

**REGISTRATION & PAYMENT MUST
RECEIVED BY FEBRUARY 28**

**MAKE CHECKS PAYABLE TO:
HC EXTENSION DISTRICT BOARD**

SPRING TEA

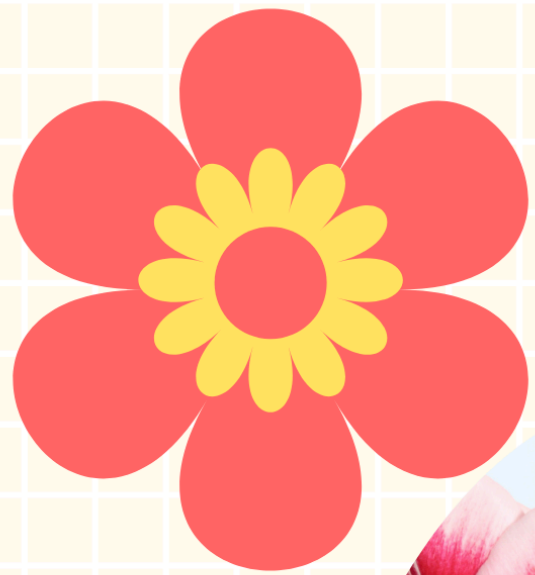
**APRIL 29
6-7:30PM**

Bring your own tea cup & pot & wear your favorite apron, if you have one. There is a \$10 registration fee All proceeds will be donated to help in the fight against ovarian cancer. Finger Foods will be provided





SAVE THE
DATE



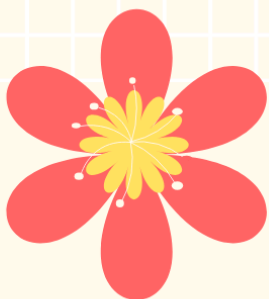
County



annual meeting

MAY 29, 2025

Celebration Barn in
Jericho



**JOIN
NOW!**



SAVE THE DATE



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

LOUISVILLE AREA HOMEMAKER ANNUAL MEETING

June 17, 2025

The Celebration Barn

166 Old Jericho Road, Smithfield



2025

February

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Open Sew Day: 10AM-4PM	4 Country Ladies HM Meeting	5	6	7	8
9	10	11	12 Bingo @ 1:30 Jericho HM Meeting	13 Town & Country HM Meeting	14	15
16	17	18	19 Book Club, 1:30PM	20 Quilt Group Meeting: 10AM-4PM	21	22
23	24 Cultural Arts early check-in 4-6PM	25 Homemaker Council Meeting 1:30 Cultural Arts	26 Bunco @ 1:30	27	28	

2025

March

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Open Sew Day: 10AM-4PM	4 Country Ladies HM Meeting	5	6 Walk with Krista JLB	7	8
9	10	11 Leader Lesson Seminar	12 Bingo @ 1:30 Jericho HM Meeting	13 Town & Country HM Meeting Walk with Krista Eminence	14	15
16	17	18	19 Book Club, 1:30PM Walk with Krista JLB	20 Quilt Group Meeting: 10AM-4PM Farmer Appreciation Breakfast	21	22
23	24	25 Walk with Krista Eminence	26 Bunco @ 1:30	27	28 Louisville Area Cultural Arts	29
30	31					

April 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	Country Ladies HM Meeting	1 Walk with Krista JLB	2	3	4	5
6	7 Open Sew Day: 10AM-4PM	8 Walk with Krista Eminence	9 Bingo @ 1:30 Jericho HM Meeting	10 Town & Country HM Meeting Gardening Basics, 6PM	11	12
13	14	15 Walk with Krista JLB	16 Book Club, 1:30PM	17 Quilt Group Meeting: 10AM-4PM 100 Year Celebration	18	19
20	21	22 Laugh & Learn Playdate, 10:00AM	23 Walk with Krista Eminence Phone Q&A Workshop, 1:30PM	24 Louisville Area International Luncheon	25	26
27	28	29 Spring Tea 6pm	30 Walk with Krista JLB Bunco @ 1:30			

2025

May

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Pest & Disease Mgmt 6PM	2	3
4	5 Open Sew Day: 10AM-4PM	6 Country Ladies HM Meeting	7	8 Town & Country HM Meeting	9	10
11	12	13 KEHA State Meeting	14 Bingo @ 1:30 Jericho HM Meeting	15 Walk with Krista Eminence Quilt Group Meeting: 10AM-4PM	16	17
18	19	20 Laugh & Learn Playdate, 10:00AM Food Preservation workshop, 6PM	21 Walk with Krista JLB Book Club, 1:30PM	22 Dehydrating & Freezing Workshop, 6PM	23	24
25	26	27 Walk with Krista Eminence	28 Bunco @ 1:30	29	30	31

**HENRY COUNTY EXTENSION
PO BOX 246
NEW CASTLE, KY 40050**

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the CES Program and Staff Development website for additional guidance.
Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.