



University of Kentucky

College of Agriculture,  
Food and Environment

Cooperative Extension Service

Extension Notes

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Family & Consumer Sciences

Stay Active this Thanksgiving

Thanksgiving is a day to be thankful for friends, family, blessings and yourself. Honor your body and all that it can do by maintaining healthy habits during Thanksgiving. Physical activity is a great way to have quality time together bonding and having fun. Below you will find a list of ideas to add active family traditions into the Holiday season.

1. Get Outside.

The weather in November is perfect for an outdoor outing. Go for a hike or to a local park for some time in the fresh air.

2. Do More Chores.

Chores like vacuuming or yard work burn more calories than you think. Get everyone together to tidy up as a group. Not only does it get everyone up and moving but you can have more

Lion's Club releases it's 2017 Limited Edition Christmas Ornament

By this point what would Christmas be in Russell County without the anticipated release of the Jamestown Lions Club Limited Edition Christmas ornament? A little less than what it is as it's become the have-to-have item to commemorate some special structure or event that is synonymous with Russell County, and this year they didn't disappoint.

So without further adieu, the winner is The Star Theater! As the description says on the back of the box of every ornament purchased:

"The Star Theater, originally called "the Russell" began construction in May, 1949. The building originally had a bowl-shaped floor and could seat 510. Owned and operated by AV Luttrell it opened its doors to movie goers February 23, 1950 at 6:00 PM. The feature that evening was "Mrs. Mike" starring Dick Powell and Evelyn Keys. The Star continued to entertain adults and kids for many years, closing the doors as a movie house in the 70's. During the years after it closed it was home to a variety of businesses until it was purchased by the Russell County Arts Council. After a period of remodeling it opened its doors in July, 1994 as a theater for live performances. The Star continues today to entertain the families of Russell and surrounding counties."

They are a limited edition and past ornaments have become highly prized collectables, so be sure to pick yours up as soon as possible at one of these fine establishments: Jamestown Pharmacy 270-343-4443, Francis & Kerry's Hair Design 270-343-4848, Sarah's Cards & Gifts 270-343-4025, or you can call a Lions Club member at 270-866-1102.

RCHS Basketball reserved seats now on sale

If you are a previous basketball reserved seat ticket holder and you want to renew your seats again, they can be purchased at RCHS during regular school hours. Each seat is \$80 and should be purchased by November 20th in order to ensure that you receive the same seat as last year. Please bring your ticket from last year if available. Also, regular season passes that are good for the price of admission into all RCHS and RCMS basketball games are on sale for \$50. This is not a reserved seat pass, it is for admission only. Both passes are good for regular season games only. Thanks for your support of Laker and Lady Laker Basketball.

Thanksgiving Day. Most importantly, this time allows for socializing with family and friends as you walk and talk.

7. Take a Walk at the Mall. Enjoy the mall's seasonal decorations and music and take advantage of where you are to do some shopping for the holidays. Mall walking can provide physical activity in a place protected from the weather and physical activity.

References:

<https://www.cdc.gov/family/holiday/12ways.htm#getmoving>

<http://www.sparkpe.org/blog/ways-to-be-active-during-the-holidays/>

<http://solutionseap.org/2014/11/12/10-ways-to-squeeze-in-physical-activity-during-the-holidays/>

<https://www.cdc.gov/features/mall-walking-winter/index.html>

[https://www.cdc.gov/diabetes/prevention/pdf/posthandout\\_session10.pdf](https://www.cdc.gov/diabetes/prevention/pdf/posthandout_session10.pdf)

Source: Natalie Jones, Extension Physical Activity Program Coordinator; University of Kentucky, College of Agriculture, Food and Environment

Upcoming Events:

Russell County Extension Homemakers will be hosting a Christmas Bazaar on Saturday,

November 25th, 10:00 a.m. until 4:00 p.m. at the Russell County Florist located on Main Street in Russell Springs.

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