

Homemakers F&CS

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



Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

OCTOBER 2022

Dear Owen County Extension Homemakers,

Wow! How is it already October? I love this time of year, the leaves begin to change, the weather becomes, well, a little more tolerable, and we are doing all of the fun fall activities! My family and I love to camp and this is the perfect time of year for it! Bonfires and smores are a favorite for us. We love to gather around the bonfire and tell fun stories. I encourage you to think of your favorite family traditions around this time of year. Share stories, paint pumpkins, make smores, whatever it is, I am sure these are things your families will always treasure!

Switching gears to upcoming events, we have our Homemaker Officer and Chair Training. I encourage anyone interested in stepping into a leadership role to attend! You do not have to commit at this time, but take a quick glance at the list below to see if you might be a good fit for any VACANT roles we need to fill. I would love for you to attend and get an idea of what it is all about. We will be reviewing the annual reports that seem to be so "mysterious" and talk about ways we can build our clubs and council in a way that will help our community! Come join us for lunch and learn how you can grow as a leader and "let your light shine"!

Owen County Homemaker Officers and Chairs

Denise Perkins- President

VACANT- Vice President/President Elect

Joyce York- Secretary

Dede Grisham- Treasurer

VACANT- Cultural Arts Chair

VACANT- Environmental

VACANT- Food & Nutrition

VACANT- Family Life

Dawn Davis- International

Jan Dunavent- Leadership Development

VACANT- Management & Safety

Debbie Primeau- Past President

**Flyer is
on page #7**

Celebrate



October 9-15, 2022



Last Call for Leadership Academy! –

Applications for the Leadership Academy are due to your KEHA Area President by Oct. 1 to be considered. The application form is available on the KEHA website under [Member Resources](#). This second KEHA [Leadership Academy](#) will take place on March 1-3, 2023, at Blue Licks Battlefield State Resort Park. The goal of the academy is to strengthen leadership skills for emerging leaders within the organization and increase the pool of leaders available to hold county, area, and state level elected and appointed positions. The academy will recruit up to 30 participants. Each area is encouraged to provide the names of two delegates and one alternate. The application deadline is Oct. 1.

Chelsea Young
Owen Co.

Chelsea R. Young

Extension Agent For Family & Consumer Sciences



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Deep Thoughts with Denise

Welcome Fall! October is here with the promise of cooler temperatures and the knowledge that the holidays are fast approaching.

I would like to thank everyone who attended our annual meeting. We missed a few of you, since the high school moved homecoming from the week before. I know several had commitments to the parade. I would also like to thank Ginny, Dede and Janice for the wonderful job getting everything ready for the meeting.

We have many activities over the next few months. I hope you signed up to attend the area Triennial meeting slated for the 12th of October. Owen County Homemakers are responsible for the table favors and three centerpieces. I want to thank all who have helped get these ready for the meeting. Leadership training will be October 17th at noon. I would like to have a representative from each club to attend. We will be learning about the forms that are filled out annually for the area and state homemakers' organization. Lunch will be provided. Please call the office to sign up so Chelsea can get a lunch count.

Our next council meeting will be November 7th. We are looking for several people to fill some of the empty chair positions. All that is required is attending the council meetings and filling out the report at the end of the year. If you are interested, please let Chelsea or me know.

Denise Perkins

Homemaker Book List

The Moment of Lift: How Empowering Women Changes the World. By: Melinda Gates (2019)

"Part memoir, part call to action, Gates's compassionate narrative underscores her determination to leave a positive mark on this world. She inspires and emboldens in this eloquently argued work."-Publishers Weekly

Lessons from Lucy: The Simple Joys of an Old, Happy Dog. By: Dave Barry (2019). Barry, a nationally-syndicated humorist, shows how to age gracefully taking cues from his dog, Lucy. Through 7 charming "Lessons from Lucy", Barry explores themes of community, morality, and the joys of living a simpler life.

Dragonfly. By: Leila Meacham (2019). During World War II, five American head to Nazi-occupied France on a secret mission for the OSS, but only four return. Twenty years later, a clue is found in a history book indicating that the missing team member might have survived after all.

Tobacco Harvest: an Elegy. Text by: Wendell Berry, Photography by : James Baker Hall (2022). Take a journey to a bygone era of Kentucky's agricultural heritage. Through a collection of photographs and essays, the authors capture the surprising beauty of many hands at work collecting a tobacco harvest.

90 Minutes in Heaven. By: Don Piper, with Cecil Murphey (2004). This autobiography details the aftermath of a Baptist Minister Don Piper's serious 1989 car accident. With no signs of life, he was presumed dead by paramedics at the scene, and Piper was left undisturbed while first responders tended to others. During this time Piper had a 90-minute spiritual experience that culminated when he awoke to find a fellow pastor praying over his body at the scene. Piper recounts his grueling recovery process filled with pain and hopelessness, that ultimately made him a stronger, more thankful person.



Homemaker Happenings

County Annual Meeting



The Annual Meeting on September 15th was a success! We had great attendance despite the traffic due to the Homecoming parade! Our guest speaker, David Hull, Agriculture & Natural Resources Agent in Gallatin County, shared lots of great information about heirloom seeds and plants including the many different varieties as well as the importance of them.

We had a total of 27 entries for Cultural Arts! We would like to congratulate those moving on to the Area Meeting on October 12th at Receptions in Erlanger, KY.

- Becky Duvall (10 entries at County– 9 entries moving on to Area)
- Julie Donahue (1 entry at County- 1 entry moving on to Area)
- Donna Bryant (5 entries at County– 4 entries moving on to Area)
- Tracy Allnutt (6 entries at County)
- Kathy Spaulding (3 entries at County– 2 entries moving on to Area)
- Denise Perkins (2 entries at County– 2 entries moving on to Area)



SAVE THE DATE



2023 KEHA State Meeting – May 9-11,
2023

Crowne Plaza
Louisville, KY

Theme: **Let's Take a Hike with KEHA**



Membership Dues

You don't want to forget! Membership dues are due to the Extension Office no later than ***November 30th***.

The cost for a one year membership is \$10.00. \$1.00 from each membership paid is donated to the Ovarian Cancer Research Program in Lexington. Invite a friend to join with you as a Mailbox member or to join an active club!

ADULT HEALTH BULLETIN



OCTOBER 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Owen County
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THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October as National Breast Cancer Awareness Month. This month is devoted to educating everyone about breast cancer and the importance of early detection and timely, high-quality care. Other than skin cancer, breast cancer is the most common cancer among American women.

Fast facts about breast cancer

- 1 in 8 women will be diagnosed with breast cancer in her lifetime — that's one person every 12 minutes in the U.S.
- The two greatest risk factors of breast cancer are **being female** and **getting older**.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Continued on the back →



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Disabilities
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For those at average risk, doctors recommend getting a mammogram every year starting at age 40.



➔ **Continued from page 1**

Symptoms of breast cancer

- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm

If you have any of these signs, see your doctor right away. Keep in mind that some people diagnosed with breast cancer have no symptoms.

Know your risks

Knowing your family history is vital. Talk to your family and share that family health history information with your doctor to see how that history influences your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

Get screened

For those at average risk, doctors recommend getting a mammogram every year starting at

age 40. If there are any signs of breast cancer, finding it early and treating it early can save your life.

Make healthy lifestyle choices

Living a healthy lifestyle may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake, and exercise regularly.

Know your normal

It is important to know what is normal for you and your body. If you notice something that does not look or feel right, notify your health-care provider. Early detection and effective treatment are critical to reducing breast cancer deaths.

REFERENCES:

- <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>
- <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>

**ADULT
HEALTH BULLETIN**

Written by:
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123RF.com



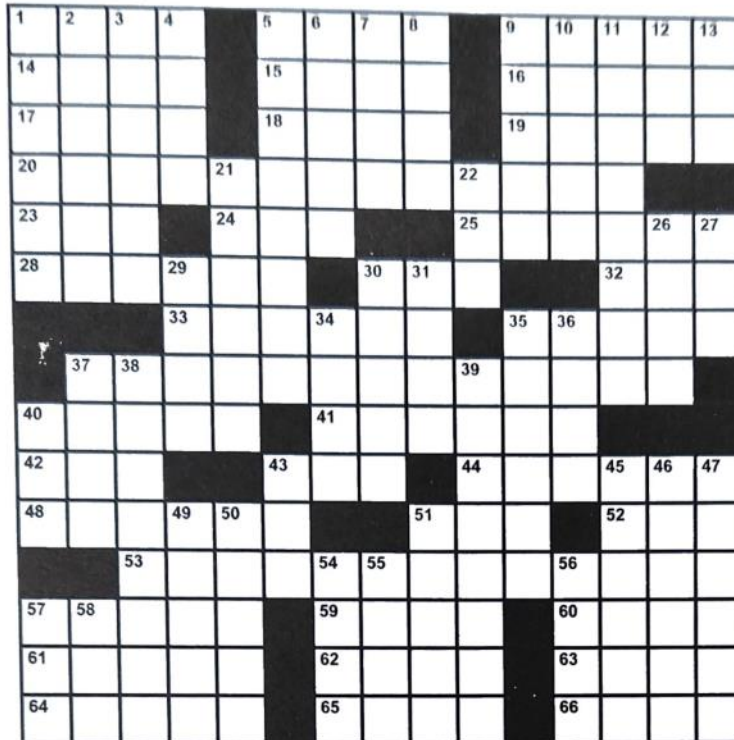
Train your Brain

Research shows that taking care of our brain is just as important as taking care of the rest our body. Participating in a combination of social, mental, and physical activities are easy and stimulating behaviors that maintain an active, healthy brain. Like a muscle, the brain follows the “use it or lose it” philosophy. This means that the health and function of the brain can improve with proper exercise. It is important for people of all ages to challenge their brain, but it is especially important as we become older. It is easy and fun to maintain an active brain. The best brain exercise involves a combination of social, mental, and physical activity.

Here is a fun activity to “Train your Brain”! If you complete this, you can email it to chelsea.young@uky.edu or bring to the office to be entered in a drawing for a fun prize!

Name: _____

Ph#: _____



PUZZLE 1

ACROSS

- 1 60s rock group, with Corner
- 5 Slight
- 9 Partition
- 14 Lion's beard?
- 15 Type of insurance for owners
- 16 Pointed arch
- 17 Nose out
- 18 Tapi endings
- 19 Rich tapestry
- 20 Place for pessimists
- 23 Virgo mo.
- 24 Cries at a circus
- 25 Keen
- 28 Swimmer's gear
- 30 Banned pesticide, for short
- 32 "Star-Spangled Banner" preposition
- 33 Tongue
- 35 Conundrum
- 37 Invest in a risky fashion
- 40 Witch

- 41 Bean
- 42 Greyhound, e.g.
- 43 Magazine revenue source
- 44 Come back again
- 48 Go up and down
- 51 Supporting
- 52 Grassy area
- 53 Investing term that came from poker
- 57 Salad oil holder
- 59 Old audio system
- 60 Horse course
- 61 Where to get a fast buck?
- 62 Fall locale
- 63 Anatomical network
- 64 Experiments
- 65 Used to be
- 66 Four's inferior

DOWN

- 1 Cells in the sea?
- 2 Improvised
- 3 Captivate
- 4 At no point in time,

- contraction
- 5 Native American people
- 6 Scottish water areas
- 7 Mosque V.I.P.
- 8 City in Arizona
- 9 Drenches
- 10 Wading bird
- 11 Great musicians
- 12 "Desperate Housewives" actress, first name
- 13 Court matter
- 21 A chemical salt
- 22 Deserter
- 26 Romeo or Juliet
- 27 Blunder
- 29 Distinctive flair
- 30 Beach sights
- 31 Angry outburst
- 34 Investor's alternative
- 35 Inquisitive people
- 36 Look at flirtatiously
- 37 Constant
- 38 Flower starts
- 39 Belladonna poison

- 40 ABC's rival
- 43 Amazement
- 45 Plant
- 46 Fertility goddess
- 47 American sharpshooter
- 49 Driving hazard
- 50 Common carriers
- 51 Flute player
- 54 Consider, with on
- 55 Cover up
- 56 Legal wrong
- 57 PC component, for short



STAY SAFE DURING TAILGATING SEASON

Source: Annhall Norris, food preservation extension specialist

Tailgating has been a sporting tradition for decades. For many fans, football and tailgating go hand in hand. However, poor food handling procedures at your tailgating party could result in a foodborne illness. Take the following precautions to keep you and your visitors safe from foodborne illnesses.

Wash your hands or use hand sanitizer. Parking lots don't have access to running water so bring your own hand-wash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels and a bucket to catch wastewater. Wash your hands before and after preparing food and especially after using the portable restrooms. Always wash your hands before eating and encourage your tailgating friends to wash their hands before eating too.

Keep cold foods cold. Perishable food should be kept at temperatures below 40 degrees F. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy and deli salads cold. If you plan on grilling, keep the raw meat separated from ready-to-eat products and drinks. Use two coolers and designate one for raw ingredients and one for ready-to-eat.

Keep hot foods hot. Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. Insulated containers or Sterno heaters can also be used to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a



great option for keeping foods like chili and homemade dips hot.

When grilling, use a metal-stemmed thermometer to ensure your meats reach the correct internal temperature before taking them off the grill. All poultry should be cooked to 165 degrees F and ground meats like burgers should be cooked to 160 degrees F. Roasts, steaks and chops of beef, pork, lamb and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness.

Eat prepared food within two hours. If the outside temperature is higher than 90 degrees, consume the food within an hour.

Once you're finished with the pre-game celebrations, remember to throw away leftovers in trash

cans with plastic liners and lids before heading into the stadium. After returning home, clean and sanitize all your food preparation equipment including coolers, thermometers and utensils.

More safety tips are available through the Owen County Extension Office.

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OCTOBER
11TH
ONLY
6:30 PM

OWEN COUNTY
EXTENSION OFFICE



Register by October 7th to cover materials
Call Owen County Extension office 502-484-5703
\$2.00 per jar (max 2 per person)



University of Kentucky
College of Agriculture,
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HOMEMAKER OFFICER & CHAIR TRAINING

Deadline to
Register

.....
Friday, October
14th
.....

Call Owen
County
Extension Office
502-484-5703

LUNCH
IS
PROVIDED



OCTOBER 17TH
NOON
OWEN COUNTY EXTENSION OFFICE

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BOONE COUNTY COOPERATIVE EXTENSION SERVICE
presents the

24th Annual

Fall Arts & Craft Show

October 15, 2022

9:00 AM-3:00 PM

BOONE COUNTY EXTENSION ENRICHMENT CENTER
1824 PATRICK DR., BURLINGTON, KY

*Crafts • Holiday Décor • Gifts
Food • Jewelry • and Much More!*

Proceeds from table rental, bake sale and lunch will be donated to Chicks & Chucks as there is no local American Cancer Society office in Northern Kentucky. Chicks & Chucks at St. Elizabeth Hospital helps cancer patients with wigs, camisoles and whatever else a patient may need—all at no cost to the patient. Donations are made in the name of **Rebecca Page Brooker**, who passed away with breast cancer. Becky Brooker was the Boone County Extension Home Economics agent from 1989-1998.

Please call
Linda Padgett at 859-380-4321
for information.



It's Time To Come Together - Scrappin' & Craftin' For The Community!

**The past few years have hard on us all!
Coming together with a group of your friends
is good for the soul! We hope you will join us**

Sat., Oct. 22 9 AM - ?

**at the Owen Co. Extension Center. This event is sponsored
by The Memory Makers Homemakers Club and is open to all
crafters to enjoy a day of fellowship, food and fun.**

**This years' proceeds will go toward a bookshelf in the new
public library Bookmobile in memory of Debbie McMillen**

\$50 for a full table or \$25 for 1/2 table

**Pre-Registration/Payment is required - we will be catering the
lunch so please make sure to send in the registration form no
later than October 7th so we can give a good number of meals.**

**For more information, please contact Dawn Davis
at dawndavis2009@gmail.com or call 502-682-2725**

FBI SPECIAL AGENT PRESENT'S "YOU'VE WON!"



STAY INFORMED ABOUT THE LATEST SCAMS AND FRAUD TRICKS

Listen to industry expert, Mr. Chris Hubbuch, FBI Special Agent, discuss the most recent trends in fraud impacting Kentuckians, as well as others across the U.S. During his presentation, "You've Won," you will learn about spotting red flags in popular scams targeting unsuspecting victims through email, mobile phones and text, social media, and even through mail. RSVP today and don't miss this informational session that could protect your money and even your personal information.

PRESENTED BY:

Date: October 27th, 2022

Time: 6:00pm Refreshments, 6:30pm Speaker Begins

RSVP: Contact any Grant County Banking Center or call the Grant County Extension Office at 859-824-3355 by October 20th.

Place: Grant County Extension Office
105 Baton Rouge Road
Williamstown, KY 41097



COOPERATIVE EXTENSION SERVICE



UNIVERSITY OF KENTUCKY
College of Agriculture

WHERE?
where do I invest
my energy?

WHY?
why do I eat?

**MINDFUL
EATING**
November 15th
Owen County
Extension Office
10 am
.....
**REGISTER BY FRIDAY, NOVEMBER
11th BY CALLING 502-484-5703**

**HOW
MUCH?**
How much do I
eat?

WHEN?
when do I
eat?

HOW?
How do I eat?

WHAT?
what do I
eat?

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Santa's Castle

Saturday, December 3rd, 2022
10 AM-NOON at the Extension Office
on Fairgrounds Road

Ages 3 years old thru 5th grade are eligible to participate!

Gift Limit: 7 gifts per child

Cost: \$5.00 per child

Lots of handmade gifts by Owen County Extension Homemakers.

Santa's Castle Sponsored by: Owen Co. Extension Homemakers

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Consider joining us



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DERBY DINNER
PLAYHOUSE
PRESENTS

WEDNESDAY,
DECEMBER
21ST

525 MARRIOTT DRIVE
CLARKSVILLE, IN



Irving Berlin's
**WHITE
CHRISTMAS**

LEAVING CES AT 10AM
DOORS OPEN 11:30
DINNER 11:45-12:55
SHOW BEGINS 1:00 PM

**DEADLINE TO
REGISTER**

October, 28th

TICKETS \$40 PER PERSON

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Butternut and Acorn Squash Soup

1 butternut squash, halved and seeded	$\frac{1}{3}$ cup chopped sweet onion	$\frac{1}{2}$ teaspoon ground black pepper
1 acorn squash, halved and seeded	4 cups chicken broth	$\frac{3}{4}$ teaspoon ground cinnamon
1 tablespoon olive oil	3 tablespoons peanut butter	$\frac{1}{4}$ teaspoon nutmeg
	$\frac{1}{2}$ cup packed brown sugar	Fresh parsley for garnish

Using a vegetable peeler, **remove** the skin from the butternut and acorn squashes and **cut** into 1-inch cubes. In a large soup pot, **heat** the oil on medium high. **Add** the onion, and **cook** 1 to 2 minutes until it starts to become translucent. **Add** cubed squash, and cook 4 to 5 minutes. **Add** chicken broth, and bring to a boil. **Lower** heat, and **simmer** 30 to 35 minutes, until the squash is fork tender. Allow to **cool** slightly, then **blend** until smooth in a food processor or

blender. **Return** mixture to the pot, and **heat** to medium low. **Add** peanut butter, brown sugar, pepper, cinnamon, and nutmeg. **Stir** until well blended. **Garnish** with fresh parsley. **Serve** warm.

Yield: 7, 1-cup servings

Nutritional Analysis:

200 calories, 6 g fat, 1 g saturated fat, 5 mg cholesterol, 600 mg sodium, 36 g carbohydrate, 4 g fiber, 14 g sugar, 10 g added sugar, 4 g protein.

