

Hello, October! Fall is here and before long we will be setting those clocks back to match the daylight we are losing everyday. We have so many exciting things happening this month. For starters, we are hosting the Bluegrass Area Just last night I tallied more than 150 registrations. I hope you are excited to host and showcase are “small town with the big heart!”

In addition to hosting the Bluegrass Area Homemakers, we will also be celebrating KEHA week. At October club meetings I will be sharing Milestone Journals with you to help you reflect on what Homemakers has done for you. These journals will make excellent starters for gaining new members and introducing them to what we do. As Sandy mentions in her President’s Corner, we will also be signing our proclamation with Judge Hamilton and would love to have you there to represent your homemaker club. How awesome would it be if we had so many we had to take the picture on the front of the courthouse steps?

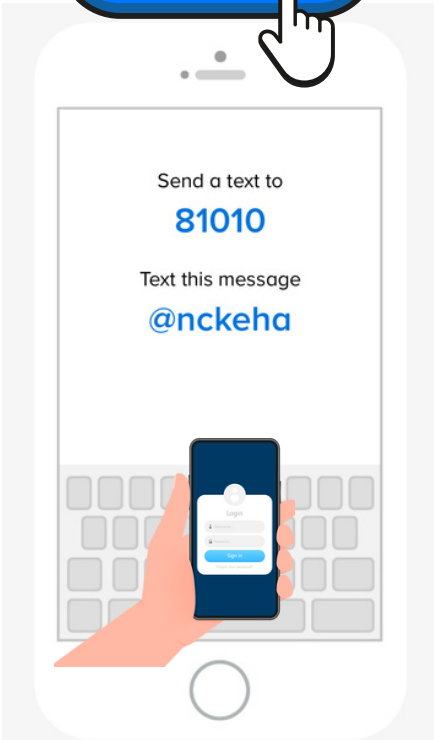
October is also the month we use to bring awareness to Breast Cancer. Breast cancer is the second most common cancer among women in the United States, but we know it can affect men too! Ensure that you are doing those self-examinations and staying up-to-date on your mammograms.

Lastly, I want to cordially invite you to our Fall Festival event on October 28th at 10 a.m. in the morning. In edition to giveaways and fun for the entire family, we will also be having our country ham breakfast and auction. We hope to see you there !

OCTOBER 2023

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**Cooperative
Extension Service**

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PRESIDENT'S CORNER

Happy Fall Y'all! Summer sure went quickly. Not enough time to do all the things I wanted, but the body needs to slow a bit too.

As we enter October, we're going to be very busy. Homemakers Week is October 8-14th! Because we have the Annual Area Meeting, this one kinda slipped up on me. Not too late though. Watch Facebook for our meeting with Steve Hamilton, Nicholas County Judge Executive, to have him sign our proclamation. I'd love to see a large group show up for the photograph.

I'll be sending updated info to each club president before our meetings next week, regarding what's ahead! Our 2024 State Meeting will be held in Bowling Green at the Holiday Inn, University Plaza on May 7-9th. If you'd like to attend, let your club president prepare a list of attendees and submit at the Council Meeting in November. I'll ask Michelle to hold us a block of rooms in the meantime.

We will meet at the Nicholas County Extension Office on October 4th to stuff bags and prepare door prizes for our Annual Area Meeting to be held here in Nicholas County on October 13, 2023 at Nicholas County Elementary School. The food is catered by Mona Vice. Please get your info in to the Extension office.

Thank you for serving your community in this capacity! It really makes a difference in the lives of our friends and neighbors.

Please take on this challenge...I challenge each of you to add at least 2 new members! I will attempt a few more than that!

Thank you,

Sandy Hamilton, President,
Nicholas County Extension Homemakers

October 23, 2023

Starts at 6 pm

CAST IRON COOKING

RESTORATION TIPS
CLEANING TRICKS
HEALTHY RECIPES

free class

Martin-Gatton
College of Agriculture,
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NICHOLAS COUNTY COOPERATIVE EXTENSION

Fall FESTIVAL

TRUNK-OR-TREAT, COUNTRY HAM BREAKFAST, 4-H COUNTRY HAM PROJECT AUCTION, GIVEAWAYS, AND INFLATABLES FOR THE KIDS!!!

28 OCTOBER, 2023
10 A.M.- NOON

NICHOLAS COUNTY LIVESTOCK BARN

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

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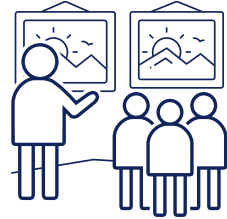


Upcoming Events



Cultural Arts Entries Dropoff- 10/12

If you earned a ribbon at our 2023 Nicholas County Homemakers Annual Meeting, please mark your calendar to bring your exhibit to the elementary school on October 12th between the hours of 9 a.m. - 12 p.m.



Bluegrass Area Annual Meeting- 10/13

Registration begins at 9 a.m. with the meeting beginning at 9:30 a.m.. Please plan to stay afterwards to help with cleanup.



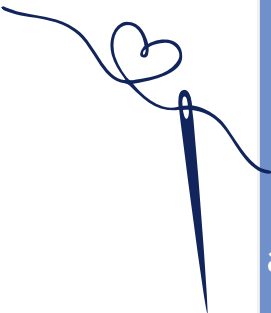
Cast Iron Cooking Class

Join me on October 23rd for tips on cooking and restoring cast iron. Class will begin at 6 p.m. and weather permitting we will be using the dutch oven outdoors.



Extension Fall Festival

Join us October 28th at the Livestock Barn for our first ever Fall Festival to celebrate extension. There will be a country ham breakfast, country ham auction, inflatables, giveaways, and trunk or treat. The event will run from 10 a.m. - 12 p.m.



Halloween Day- Quilting and Cooking through the Calendar

Spend Halloween with us at the office. We will be quilting and I will be have this month's recipe cooking for you to try. Costumes are welcome!!! We will begin quilting at 10 a.m. and eating from the witch's cauldron around 11:30 a.m.!

SEPTEMBER BOOK CORNER

FICTION FOR ENJOYMENT

The Clover Girls by Viola Shipman (2021)

Four girls meet at Camp Birchwood in 1985 and become fast friends. But, in their last summer, they are pulled apart. Approaching middle age, they are brought together again by strange and tragic circumstances.

SEPTEMBER AGENT RECOMMENDATION

Honeysuckle Season by Mary Ellen Taylor

From bestselling author Mary Ellen Taylor comes a story about profound loss, hard truths, and an overgrown greenhouse full of old secrets. Adrift in the wake of her father's death, a failed marriage, and multiple miscarriages, Libby McKenzie feels truly alone. Though her new life as a wedding photographer provides a semblance of purpose, it's also a distraction from her profound pain. When asked to photograph a wedding at the historic Woodmont estate, Libby meets the owner, Elaine Grant. Hoping to open Woodmont to the public, Elaine has employed young widower Colton Reese to help restore the grounds and asks Libby to photograph the process. Libby is immediately drawn to the old greenhouse shrouded in honeysuckle vines. As Libby forms relationships and explores the overgrown—yet hauntingly beautiful—Woodmont estate, she finds the emotional courage to sort through her father's office. There she discovers a letter that changes everything she knows about her parents, herself, and the estate. Beneath the vines of the old greenhouse lie generations of secrets, and it's up to Libby to tend to the fruits born of long-buried seeds.

KENTUCKY AUTHOR

Sown in the Stars: Planting by the Signs by Sarah L. Hall (2023)

A collection of practices from eastern and central Kentucky farmers that follow astrological signs when growing their crops. Some believe the moon's impact on crop growth is seeded in science, while others believe the tradition has a broader influence on our lives. Through the lens of astrology and astronomy, Hall examines the connections between the natural world and these traditions.

Quilting Club October
Dates:
October 2nd
October 17th
October 31st

2023-24 HOMEMAKER LESSONS

September	Personality Types
October	Health Literacy
November	Healthy Holiday Meals
December	Christmas Celebrations
January	Savor the Flavor-Spices
February	Self-Care and Pampering
March	Coping with Trauma after Natural Disaster
April	Planning Thrifty Meals
May	Savor the Flavor-Herbs



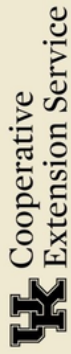
COOKING THROUGH THE CALENDAR- OCTOBER

ITALIAN ONE POT PASTA AND BEANS

OCTOBER 31ST AT 11 A.M.
 NICHOLAS COUNTY EXTENSION OFFICE

COSTUMES WELCOME





PLANNING THRIFTY AND HEALTHY HOLIDAY MEALS

- Healthy Meal Planning • Staying within a budget
- Kitchen time management strategies • Food Safety
- Maximizing Leftovers to avoid waste

JOIN US AND GET YOUR HOLIDAY MEAL PLANNING ON TRACK AT:

Ellisville, Moorefield, and Domestic Divas Lesson will be on November 2nd at your club meeting!

Headquarters Lesson will be on November 7th at your club meeting!

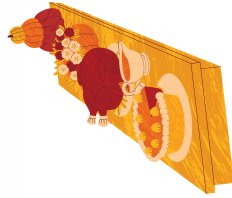


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serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveky

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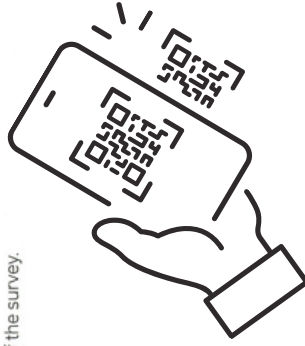
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Contact your local Extension Office for a paper copy of the survey.



Scan the QR code or visit go.uky.edu/serveky to complete the survey and help us serve you better!

WELCOME TO OUR GARDEN

ENROLLMENT FORM
FOR

NICHOLAS COUNTY EXTENSION HOMEMAKERS ASSOCIATION

Date: _____

Name: _____

Address: _____
(Street) (City - State - Zip)

E-mail: _____

Name of Club: _____

Phone: Home (____) _____ Cell (____) _____

Where do you live? On Farm In country, but not farm Town under 2,500 Town over 2,500

Birth year: _____

Race: White African American Asian/Pacific Islander

American Indian/Alaska Native Other

Ethnicity: Hispanic Non-Hispanic

Gender (please circle): Female Male

Total years of Membership: _____ First year of KEHA membership: _____

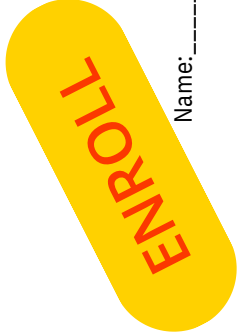
I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping, and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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To claim your free gift membership, cut on the dotted and return this form to:

Nicholas County Extension Office

368 East Main Street

Carlisle, Kentucky 40311

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone number: _____ email: _____

Gift membership given by: _____

Club name: _____

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

1. Clear the clutter. Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.

2. Group like-items. Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



3. Give everything a "home." After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.

REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, "What's for dinner?" It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

THE POWER OF PROFESSIONAL ROUTINES

As you consider "professional" routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P's:

- **Prep.** Develop the routine of prepping for the next "work" day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create "production" routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work. Regardless of how you choose to organize your time and space, remember that it must work for you. Take time to explore what works — and what doesn't — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your "sleep" routine might include tidying up before bed.

TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

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Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <https://fcs-hes.ca.uky.edu/content/health-bulletins>

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(859) 289-2342

THIS MONTH'S TOPIC:
BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

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Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



Continued from the previous page

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer.

Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
 - Pain in any area of the breast tissue
 - Nipple discharge other than breast milk (including blood)
 - A new lump in the breast tissue or underarm
- If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dpcc/resources/features/breastcancerawareness>








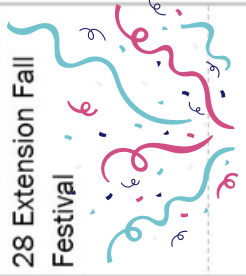
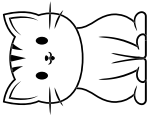
ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Mansau
Stock Images: 123RF.com, Adobe Stock



October 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Quilting Club at 10 a.m. 	3 Headquarters	4 Annual Meeting working group 	5 Moorefield Ellisville Domestic Divas	6 <i>hope</i>	7 National Forgiveness Day 
8 	9 Columbus Day	10 	11	12 Bring Cultural Arts Entries between 9-12 p.m. 	13 BLUEGRASS ANNUAL MEETING	14
15	16	17 Quilting Club at 10 a.m.	18 	19	20	21 
22	23 CAST IRON COOKING 	24 National Bologna Day	25 	26 <i>hope survive warrior love prevention believe live love awareness hope love fight survivor warrior believe for the cure fighter</i>	27	28 Extension Fall Festival 
29 National Cat Day 	30	31 Quilting And Cooking Through the Calendar				



Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1¼ teaspoons baking soda	1¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.