

# NOVEMBER 2024

FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER

THANKFUL

UK Cooperative Extension Service  
Family and Consumer Sciences

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359



## LET'S TALK TURKEY SAFETY

It's nearly Thanksgiving, and soon, delicious, juicy turkeys will take center stage at many of our holiday meals. It's so important to properly cook and prepare these birds, because you don't want anyone to get sick from a food-borne illness.

It does not matter whether you purchase a fresh or frozen turkey. But if you plan to purchase a pre-stuffed turkey, make sure it is frozen and has a seal that states it was inspected by either the U.S. Department of Agriculture or a state department of agriculture. The USDA does not recommend that you purchase a fresh, pre-stuffed turkey, because if handled incorrectly, harmful bacteria can quickly grow in the stuffing.

You can safely thaw turkeys in either the refrigerator, cold water or the microwave if the turkey is cooked immediately. You can safely cook a frozen turkey but realize that it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325° Fahrenheit and place it on a rack in a shallow roasting pan. You can add one-half cup of water to the bottom of the pan to keep the turkey moist. For optimal food safety, the USDA recommends that you separately cook the turkey and stuffing, so you can make sure both items reach 165 degrees Fahrenheit.

Measure the turkey's internal temperature with a food thermometer, even if the turkey includes a pop-up thermometer. Check the temperature in several locations including the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing to make sure the temperature is 165° throughout.

Remember to store leftovers within two hours after the meal. Discard any food that's been left out longer than that. To make reheating easier, divide leftovers into small portions. Eat refrigerated leftovers within three to four days. Frozen leftovers will keep for two to six months. Remember when reheating leftovers, make sure the internal temperature of the food is at least 165°.

More food safety information for proper thawing and cooking are available on the USDA Food Safety and Inspection Service website at <http://bit.ly/1uKfrNI>. For additional food safety information, contact the Owen County Extension Office.



Source: Annhall Norris, UK extension specialist

THANKS  
GIVING  
November 28th

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### Homemaker News

**Educational Chairman, Denise Perkins resigned of her duties on September 20th. On October 14th, Homemaker President, Deborah Arnold resigned. Following both resignations, a special Homemaker meeting was called to order on October 30th. Former Vice President, Donna Bryant was appointed as NEW Homemaker President. Linda Williams was appointed as Vice President. Judy Williams was appointed as the educational chairman. The next Homemaker Council meeting is on Wednesday, November 20th at 1PM at the Extension Office. Please send a member from each club to council meeting as a representative.**

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.





Martin-Gatton College of Agriculture, Food and Environment

# SANTA'S CASTLE

Sponsored by: Owen County Homemakers

Saturday, December 7th  
10 AM-12 PM



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



## ITEMS NEEDED:

Volunteers for  
setup, working, and  
clean-up

10 NEW or gently  
used items per  
homemaker

candy  
scotch tape  
wrapping paper  
Items for Men



# PILLOW MAKING DAY



Wednesday, November 6th

9:00 AM-4:00 PM

Owen County Extension



## Owen County Christmas Parade December 14, 2024

1:00-5:00 pm: Open House at Participating Merchants/Christmas Shopping  
Around the Square.

1:00-7:00 pm: Mechanical Reindeer and Inflatable Snow Throw  
(Fun for all ages)

2:00-5:00 pm- Picture on the Courthouse Square by Abigail Hudnall.

Free to anyone who brings a gift for the ARC or Extension Office.

Gifts can range from toys to Clothing/Shoes, (S-2XL and shoe sizes 6-10)

2:30 pm: Christmas Bake-Off (Drop off at Epoch)

3:00 pm: Lining up of large Floats (Covenant Parking Lot)

4:00pm: Lineup of other floats not being Judged

4:30pm: Judging begins

4:30pm: Judging of the Ugliest Sweater Contest on the Courthouse Lawn.  
Adults and Kids are welcome to join. Winners will receive Chamber bucks.

5:00pm: Parade Entires Leaves Covenant Group Parking Lot. Parade goes  
down Roland Avenue, turning left onto West Seminary Street.

5:00 pm: Caroling Around the Christmas Tree

5:30pm: Christmas Parade (Theme: Christmas Movies)

6:00 pm: Santa Clause in Front of the Courthouse and Announce Winners  
of the Parade.



Scan for Parade Entry

Sponsored By:





# "Holidays with the Homemakers!"



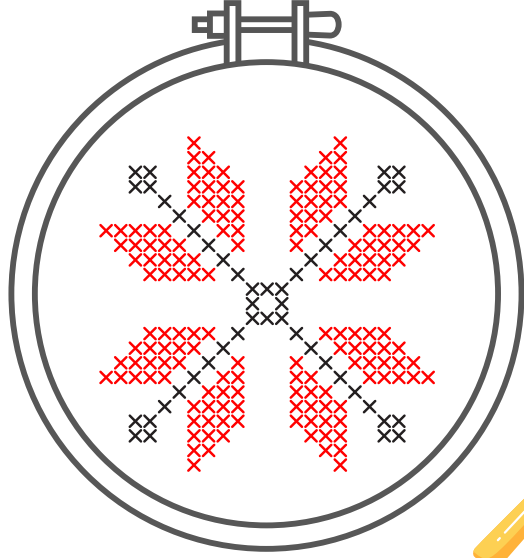
Tuesday,  
November 19  
1:00 P.M.

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
RSVP by calling (502) 732-7030

Join Carroll County Homemakers as they host "Holidays with the Homemakers!" Celebrate the season with crafts, fun, and fellowship! This is a festive program and is similar to Holiday Trimmings Owen County Homemakers used to host. Limited space available!!

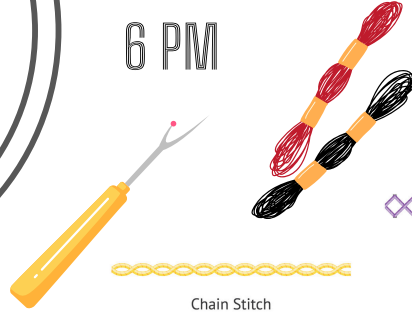
Call Carroll County Extension Office to register and secure your spot!





# Embroidery Class

November 26th  
6 PM



Chain Stitch



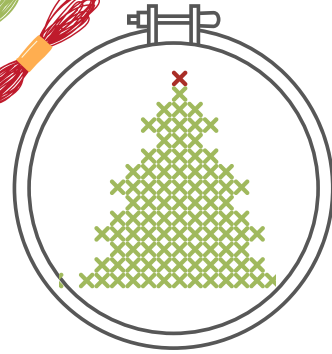
Cross Stitch



Straight Stitch



Feather Stitch



Lazy Daisy Stitch



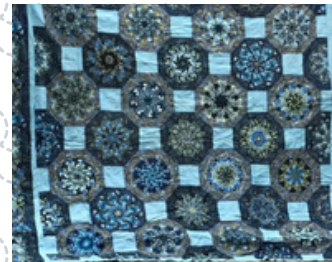
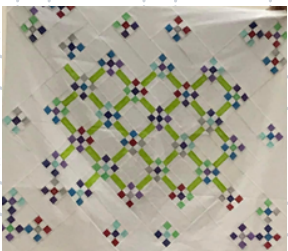
# Memory Makers



**Memory Makers will meet at Perry Park for club meetings during the months of January and February! Please contact the club leader, Dawn Davis with any questions you have. You must be a PAID member to attend due to space limitations.**



# Cotton Club



Some members of the group went to 2 retreats this month, a class in Carrollton led by Sheila Reinke and Loucon in Leitchfield, KY. Many projects were started and some finished.

At our regular meeting, Linda Williams presented an easy new technique to cut bias binding. The show and tell is always inspiring and beautiful.

Come and join us and see what we're up to! This month Paula Offitt and Sue Wash are doing a surprise demo! We can't wait to see that!

We are also starting a mystery block the month of January. More details to come!!



# Northern KY Area Cultural Arts



Owen County Homemakers were well represented at the Area meeting in Grant County. 8 exhibits received a Blue Ribbon which will advance to the State meeting in May at Lexington. The categories and entries listed below qualify for State along with the entries for ceramics handcrafted and basketry cane not pictured. Congratulations to Deborah Arnold, Chris Davis, Kathy Spaulding, and Denise Perkins! Also, congratulations to Kelly Rodamer as she won a Kroger gift card for submitting VSU hours!

Basic Sewing



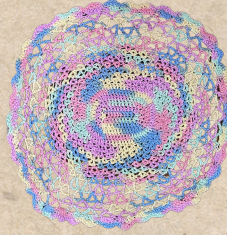
Basketry Dyed Material



Ceramics Pre-Made



Crochet Thread



Embroidery Crewel



Needlepoint Cloth Canvas



## HOMEMAKER BOOK OF THE MONTH

**The Book Woman's Daughter** by *Kim Michele Richardson* (2022)

A companion novel to *The Book Woman of Troublesome Creek*. Honey, daughter of the bookwoman of Troublesome Creek, fights for her freedom after her parents are imprisoned. She takes over her mother's packhorse library route and begins delivering books in treacherous and remote area of rural Appalachia, facing many challenging circumstances.

**This book is available at the Owen County Public Library!**



## Renewal of HOMEMAKER Membership for 2025

### Homemaker Membership Dues

Membership dues are due by Monday, November 25th. New memberships and renewals are \$10. Please make checks payable to Owen County Extension Homemakers Association. Mail memberships to 265 Ellis Road, Owenton, KY 40359 along with the completed registration form as shown for 2025 membership.

**Owen County Homemaker Membership 2024-2025**

Please complete and return this form to Owen County Cooperative Extension Office to become a Owen County Homemaker or to retain membership. Make checks payable to Owen County Extension Homemakers Association, 265 Ellis Highway, Owenton, KY 40359. **New Membership or Renewal \$10 per year. DUE Monday, November 25, 2024.**

Name: \_\_\_\_\_ Birth Day: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Primary Phone: ( ) \_\_\_\_\_ Emergency Contact: \_\_\_\_\_  
 Emergency Phone: ( ) \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal Law to collect and maintain information regarding the characteristics of the people we serve. The information you provide is voluntary.

Gender:  Female  Male  Asian  Hispanic  Native  American  Other

Age Group:  20-24  25-34  35-44  45-54  65 & Over

Please select club (s) that interest you:

Cotton Club  Crochet & Fellowship  Memory Makers  Sew & Go  
 Craft Club  Mailbox  Pleasant Home  Sweet Owen

**Photography/ Media Permission Form**

I, (print full name) \_\_\_\_\_, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photograph, 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: \_\_\_\_\_

**SEE BACK FOR DETAILS ON EACH CLUB**

**Cooperative Extension Service**  
 Agricultural Experiment Station  
 410 South Commonwealth  
 Lexington, KY 40546

**MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
 1000 College Lane  
 Lexington, KY 40546

**Owen County Homemaker Clubs**

**Cotton Club:** This quilt club meets once a month in the evening. They also have one day a month as SEW ALL DAY. (SEW ALL DAYS are open to all Homemaker members to come sew, craft, and fellowship.)

**Craft Club:** This club meets once a month in the evening. They do a variety of crafts. The members decide what they would like to learn or make. Usually a member of the club teaches the lesson for the chosen craft but sometimes there is an instructor. There is a small cost for supplies each month.

**Crochet & Fellowship:** This club is exactly what it implies. It meets once a month during the day to crochet and talk. If you are interested in learning how to crochet these ladies are your connection to learning a new skill.

**Mailbox:** If you would like to receive information about what is going on with Owen County Homemakers, special events, recipes, or other information of interest, you can attend what you like and you will receive a newsletter packed full of information and flyers on special events or trips the homemakers may be involved. Many of us who have very busy evenings have found this is a great way to be involved. We have members who live outside Owen County but still want to stay connected. So if you move, you can still belong as a mailbox member.

**Memory Makers:** This is a scrapbooking club. They meet on weekends (Friday & Saturday). Twice a year they host an event "Crafts for the Community" where they rent out table space for anyone to join them and do whatever craft they would like. This is a fundraiser for them to give back to the community. If you would like to learn how to scrapbook this group is for you.

**Pleasant Home:** This club is a traditional homemakers club with a little twist. They are known as the "Traveling Ladies who Lunch." This club meets once a month at various restaurants for lunch where they have meeting and fellowship project.

**Sew & Go:** This club meets once a month. Each member can decide to stay and sew or go after the demo of the project.

**Sweet Owen:** This club meets once a month at the Sweet Owen Store for lunch and to fellowship.

**Cooperative Extension Service**  
 Agricultural Experiment Station  
 410 South Commonwealth  
 Lexington, KY 40546

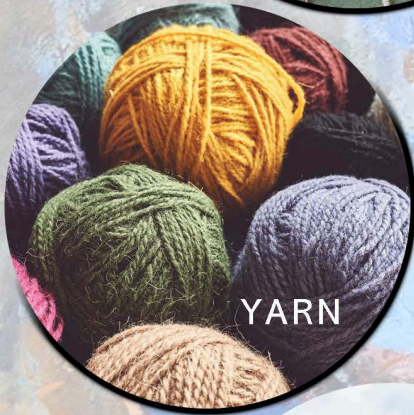
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 1000 College Lane  
 Lexington, KY 40546



Join us to listen, learn, and some hands-on activities for this program.

**January 23, 2025**

**1:00 p.m.**



# The Artful Palette

*Cultural arts occur whenever creative people decide to artistically enhance what is around them.*

**Location:**

Boone County Enrichment Center  
1824 Patrick Drive  
Burlington, KY 41005

**Registration required:**

Call: (859) 586-6101

Online: <https://boone.ca.uky.edu/events>

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# Learn the facts with the Talking FACS podcast!

Hosted by the University of Kentucky Family and Consumer Sciences Extension program, the Talking FACS (Family and Consumer Sciences) podcast offers a weekly show about family, food, finance, fitness and more.

Since 2018, the Talking FACS podcast has been offering research-based information and inspiration on a wide range of topics and themes including:

- Addiction and recovery
- Adult development and aging
- Air quality
- Big Blue Book Club's Snack Club series (includes tips for raising healthy eaters)
- Cancer conversations
- Career development
- Civic engagement
- Disaster recovery
- Family finance
- Feeding children and infants
- Food safety
- Making healthy choices
- Mental health
- Parenting
- Physical activity
- Safety

And more!



Partnerships with UK Healthcare's Markey Cancer Center and the UK College of Dentistry have inspired two spin-off shows, Cancer Conversations and KY Smiles, which are both available on Talking FACS. Cancer Conversations episodes drop monthly, sharing cancer news across Kentucky. KY Smiles shows are scheduled to address timely topics, such as during Children's Dental Health Month.

With more than 400 shows to date and 20,000+ hits a month, the Talking FACS podcast offers a little bit of something for a large bunch of folks in Kentucky and beyond.

Talking FACS podcast episodes can be found at <https://ukfcsext.podbean.com>.

Contact your local (COUNTY NAME) Extension office for more resources, tips and information.



# ADULT

# HEALTH BULLETIN



## NOVEMBER 2024

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

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703  
owen.ext@uky.edu

### THIS MONTH'S TOPIC

## KNOW YOUR DIABETES RISKS



**M**ore than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

**Continued on the next page** ➔



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Community and Economic Development

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**There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.**

**→ Continued from the previous page**

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

**REFERENCE:**

<https://www.cdc.gov/diabetes/about>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





# POPUP DRIVER'S LICENSE



## November 14, 2024

Owen County Cooperative Extension



**\*Must register with [drive.ky.gov](https://drive.ky.gov)  
SCAN QR code for Registration  
Event opens October 31, 2024**



Interested in getting a REAL ID license?  
Due to renew your driver's license?

We're bringing all the services of a Driver Licensing Regional Office to Owen County on Thursday, November 14, 2024, to help you take care of business.



### EVENT DETAILS

**Who:** KYTC Pop Up staff will be on-site to assist the citizens of Owen County.

**What:** Perform any licensing activity available at a regional office. You can:

- apply for a REAL ID license
- renew or replace your license or state ID card
- change your address

**When:** Thursday, November 14, 2024, from 9:30 a.m. to 3 p.m.

**Where:** Owen County Cooperative Extension  
265 Ellis Road  
Owenton, KY 40359

**How do I sign up?** You can schedule an appointment now at <https://drive.ky.gov/Drivers/Pages/Popup-Map.aspx>. A member of our Pop Up staff will follow-up with you to make sure you arrive with the necessary documents. Payment can be made by debit card, credit card, check or money order. The program is not accepting cash payments.

Questions? Contact Lisa Russell at [lisar@ky.gov](mailto:lisar@ky.gov) or call 502-782-3732.

The Owen County Chamber of Commerce presents the 2024 Chamber Marketplace Craft & Vendor Expo, an event designed to give businesses without a storefront an opportunity to showcase items in front of holiday shoppers. The event features local and regional direct-sale vendors, ranging from handmade items to baked goods. Food vendors are on-site throughout the day. If you would like vendor information please email [Elainacornett@gmail.com](mailto:Elainacornett@gmail.com) or click the following event registration link: <https://forms.gle/45oAU9D5pCsVJ66z5>

**OWEN COUNTY PROJECT  
GRADUATION  
Pancake Breakfast**

**SATURDAY  
NOVEMBER 23RD  
OWEN COUNTY HIGH SCHOOL  
09:00AM - 10:30AM**

**TICKET INCLUDES: DELICIOUS  
BREAKFAST**  
Ticket \$10 per person  
For more information:  
CONTACT HOLLY BOWLING  
502-514-1495

CHAMBER MARKETPLACE

**OWEN COUNTY  
CHAMBER  
MARKETPLACE**

**NOVEMBER 23 10AM-2PM**

**FEATURING DOZENS OF LOCAL  
VENDORS!**  
HANDMADE  
JEWELRY, WREATHS, CROCHET, WOODCRAFT'S,  
HOMEMADE CANDLES AND WAX MELTS,  
HANDMADE POTTERY, HAND PAINTED ITEMS,  
AND MUCH MORE.




**OWEN COUNTY HIGH SCHOOL  
2340 HWY 22 E  
OWENTON, KY 40359**



# NOVEMBER



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

|    |   |   |  |   | 1  | 2  |
|----|---|---|--|---|--|----|
| 3  | 4   | 5   | 6  | 7   | 8  | 9  |
|    |   | <p><b>Extension Office</b></p>  <p><b>CLOSED</b></p> | <p><b>Pillow Making Day</b><br/>Extension Office<br/>9 AM</p> <p><b>Pleasant Home</b><br/>Extension Office<br/>11 AM</p> |   | <p><b>Sweet Owen</b><br/>Sweet Owen Store<br/>11AM</p> |    |
| 10 | 11  | 12  | 13   | 14  | 15   | 16 |
|    | <p><b>Sew &amp; Go</b><br/>Extension Office<br/>11 AM</p>  |   | <p><b>SEW ALL DAY</b><br/>Extension Office<br/>9 AM</p>  |   |  |    |
| 17 | 18  | 19  | 20   | 21  | 22   | 23 |
|    |   | <p><b>Cotton Club</b><br/>Extension Office<br/>6 PM</p>   | <p><b>Homemaker Council Meeting</b><br/>Extension Office<br/>1 PM</p>  |   |  |    |
| 24 | 25  | 26  | 27   | 28  | 29   | 30 |
|    | <p><b>Craft Club</b><br/>Extension Office<br/>6 PM</p>  | <p><b>Embroidery Class</b><br/>Extension Office<br/>6 PM</p>  | <p><b>Crochet &amp; Fellowship</b><br/>Extension Office<br/>10 AM</p>  | <p><b>HAPPY THANKS GIVING</b></p>  <p><b>Extension Office CLOSED</b></p> |  |    |







Stop by the Owen County Extension Office to pick up 2024 Christmas Project Applications.

Applications are due back  
 Friday, November 15th at 4PM  
 to the Owen County Extension Office.

Kendal Bowman

Agriculture & Natural Resources Agent

# Creamed Cabbage Soup

## Ingredients:

- 2 (14.5 ounce) cans low sodium chicken broth
- 2 celery ribs, chopped
- 1 medium head cabbage, shredded
- 1 medium onion, chopped
- 1 cup chopped carrot
- 3 medium potatoes, peeled and cubed
- 1/4 cup butter or margarine
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon thyme
- 1 (12 ounce) can non-fat evaporated milk
- 1 1/2 cups skim milk
- 2 cups cubed fully cooked ham
- chopped fresh parsley (optional)

## Directions:

1. In a large soup kettle or Dutch oven, combine broth, celery, cabbage, onion, carrot, and potatoes. Bring to a boil.
2. Reduce heat. Cover and simmer for 15 to 20 minutes or until vegetables are tender.
3. Meanwhile, melt butter in a medium saucepan.
4. Add flour, salt, pepper and thyme. Stir to form a smooth paste.
5. Combine milks, gradually add to flour mixture, stirring constantly.
6. Cook and stir until thickened. Continue cooking 2 minutes longer.
7. Gradually stir into vegetable mixture.
8. Add ham and heat through.
9. Garnish with parsley.



**UK Cooperative**  
 Extension Service

