

Bell County Homemaker Newsletter

October/November 2023

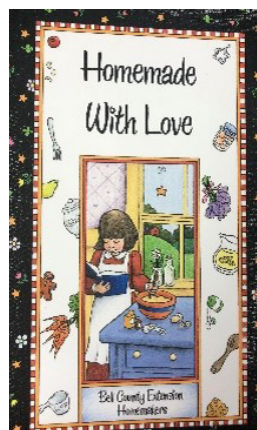
Quote of the Month

“A fallen leaf is nothing more
than a summer’s wave goodbye.”

-unknown

*Homemaker dues are being
collected until **December 8th**.*

*Dues are **\$10** and a new
enrollment form will need to
be completed.*



**PURCHASE THE
HOMEMAKER
COOKBOOK AT
OUR OFFICE.
GREAT GIFT FOR
THE UPCOMING
HOLIDAY SEASON
\$15.00**



Autumn Health Concerns



Health There are many things to love about autumn— The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin – As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and using a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function – You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances – Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.



UPCOMING PROGRAMS & EVENTS

CALL OUR OFFICE FOR REGISTRATIONS &
SEE OUR WEBSITE FOR FLYERS AND DETAILS
606-337-2376 BELL.CA@UKY.EDU

- OCT. 1** *FALL WALKING PROGRAM BEGINS*—REGISTRATION REQUIRED
ENDS NOV. 25TH.
- OCT. 4** *HOMEMAKER COUNCIL MEETING*
10:00AM - 3RD FLOOR MEETING ROOM
- OCT. 5** *FALL FAMILY FUN DAY*
1:00-4:00PM - FORDS WOODS PARK, MIDDLESBORO
- OCT. 9** *HIKING FOR HEALTH*
10:00AM - PINE MOUNTAIN STATE PARK
- OCT. 12** *"DIP ON IN" CANDY CLASS*— REGISTRATION REQUIRED
1:00PM- EXTENSION OFFICE- \$5
- OCT. 19** *PARENTING A SECOND TIME AROUND(PASTA)*
11:00-12:30PM - BELL COUNTY BUS GARAGE
PARTNERING WITH FRYSC & BELL WHITLEY
- OCT. 23** *HIKING FOR HEALTH*
10:00AM- PINE MOUNTAIN STATE PARK
- OCT. 24** *HOLIDAY IDEAS*—REGISTRATION REQUIRED
5:00PM- 3RD FLOOR MEETING ROOM
BUDJET FRIENDLY CRAFTS, APPITIZERS, FELLOWSHIP
- OCT. 28** *WILDERNESS TRAIL AREA HOMEMAKERS MEETING*
9:30AM-REGISTRATION 10:30AM MEETING- WHITLEY CO.- \$20
REGISTRATION DEADLINE **OCT. 16TH**
- NOV. 9** *HOLIDAY COOKING SCHOOL*—REGISTRATION REQUIRED
5:00PM- LONDON COMMUNITY CENTER- \$25
- NOV. 16** *PARENTING A SECOND TIME AROUND(PASTA)*
11:00-12:30PM - BELL COUNTY BUS GARAGE
PARTNERING WITH FRYSC & BELL WHITLEY
- NOV. 30** *LEARN, LAUGH, & CRAFT*—REGISTRATION REQUIRED
1:00PM- 3RD FLOOR MEETING ROOM- ORNAMENT DOOR HANGERS
- DEC. 5** *GIFT WRAPPING 101*— REGISTRATION REQUIRED
11:00PM- EXTENSION OFFICE



RECIPE OF THE MONTH

Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.



WILDERNESS TRAIL AREA EXTENSION HOMEMAKERS 2023 ANNUAL MEETING

Saturday, October 28, 2023
at

Grace on the Hill Community Church
1632 Cumberland Falls Hwy, Corbin, KY

Cultural Arts Check-In & Registration Begin at 9:30 am
Meeting Begins at 10:30 am

Lunch catered by Tri-County Catering will include:
Meatloaf, Potatoes, Green Beans, Roll, Dessert & Drinks

Tickets are \$20, and may be purchased at your local County Extension Office. **Register by October 16th.**

Our theme is Celebrating the USO - United Service Organizations



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 receipt of 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



Holiday Cooking School

"Winter Wishes, Snowflake Kisses"

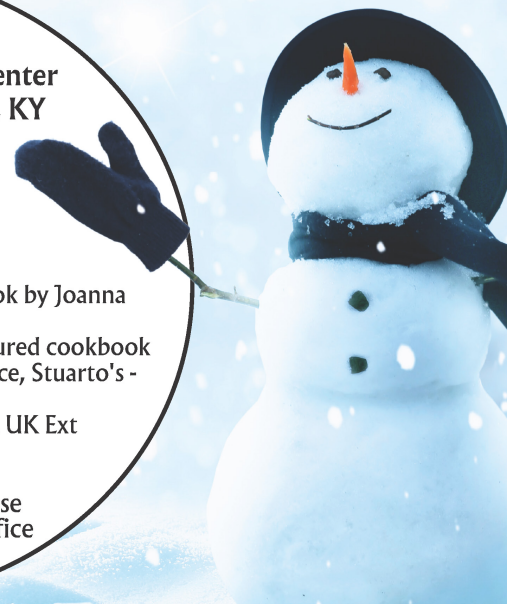
November 9th 5-7 PM
London Community Center
529 S Main St, London, KY
Doors Open at 4:30

Ticket Price: \$25

Price includes:

- Magnolia Table cookbook by Joanna Gaines
- Food Samples from featured cookbook
- Speaker Richard Lawrence, Stuarto's - Cooking with Flavor
- Speaker Annhall Norris, UK Ext Specialist - Food Safety

Tickets available to purchase at your local Extension Office



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40506

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 receipt of 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

