

OWEN COUNTY

Family & Consumer Sciences

EXTENSION HOMEMAKER NEWSLETTER

OCTOBER 2025

 Cooperative
Extension Service
Family and Consumer Sciences



Owen County
265 Ellis Road
Owenton, KY 40359
(502)484-5703
owen.ca.uky.edu



Hello FCS and Homemaker Families,

October is here! It's *officially* time to pull out the sweaters and cozy blankets! Enjoy these last few weeks of comfortable weather while it lasts.

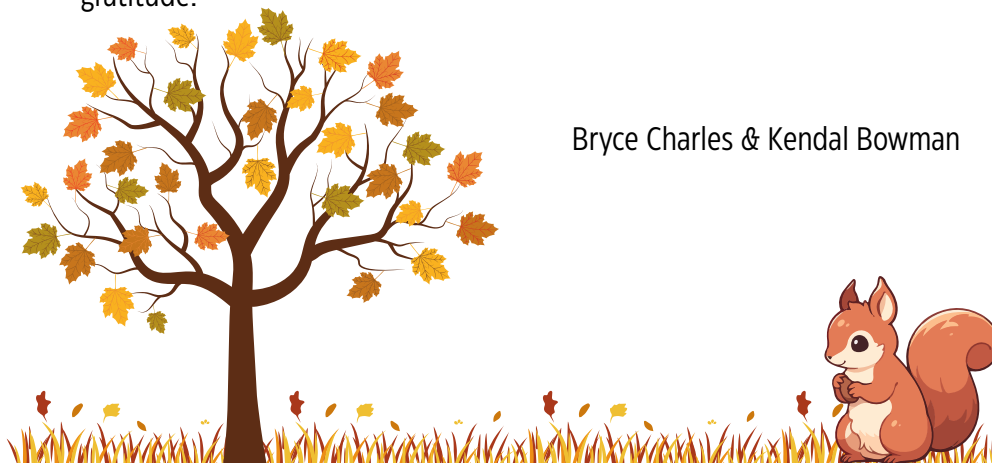
You won't want to miss the upcoming events we have this month. Lots of fun programs and good information to come!

Homemakers: Don't miss KEHA week from October 12th - 18th! Celebrate all of the hard work you all do and the volunteer hours, community events, and effort that you all put into your programs.

The Owen County Christmas Project applications are now available at the Extension Office Monday-Friday 8AM-4:30PM. Deadline to apply is by 4:00 PM on Friday, November 14th. If you have applied in previous years, please register to attend one of the two Parent Cafe classes. For more details, see page 7.

From home to health, let's make this October one of growth and gratitude.

Bryce Charles & Kendal Bowman



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Taking Care of Your Teeth

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.

KEHA WEEK 2025

OCTOBER 12TH- 18TH

Stitched Together:
A Plan for the
Future



Owen County Homemaker Officers

Beverly Kincaid	President
Linda Williams	Vice President
Lana Jones	Secretary
Brandy Neal	Treasurer
Judy Williams	Educational Chair



Owen County Homemaker Council Meeting

Thursday, October 23rd
1 PM

Owen County Extension Office

KEHA Website

<https://keha.ca.uky.edu/> to
locate all information for
Kentucky Extension
Homemakers.



Keep record of each book you read throughout the year from the list of Kentucky Extension Homemakers Association Cultural Arts and Heritage Book List for the 2025-2026 to report to our Educational Chair, Judy Williams for end of year reports.

The Frozen River *by Ariel Lawhon (2024)*

Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own.

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.

• These books can be found at the Owen County Public Library.

Scan the QR code using the camera on your mobile device to download the complete list of Kentucky Extension Homemakers Association Cultural Arts and Heritage Book List for the 2025-2026 program year.

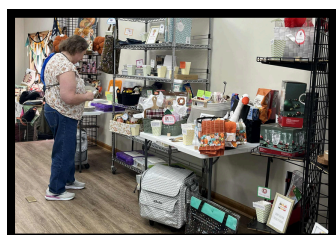
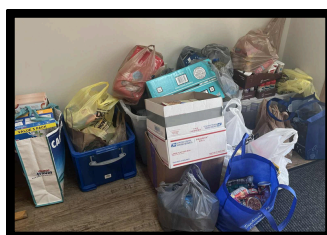
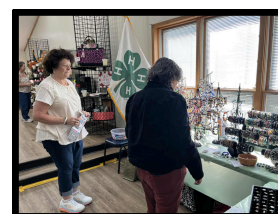






Thank you to all the vendors, Memory Makers members, and our community for making this event so successful! With all of your support, we were able to donate \$2,400 to the Educational Excellence Foundation of Owen County (EEFOC) to support grants for teacher classrooms. We also also collected non-perishable food and personal care items to Meeting the Needs and pet food and supplies to the Owen County Friends of Animals.

Presenting a check to the EEFOC Treasurer, Charlotte Elkins.
Fall 2025 Craftin' for the Community event that was held on Saturday, September 13th.



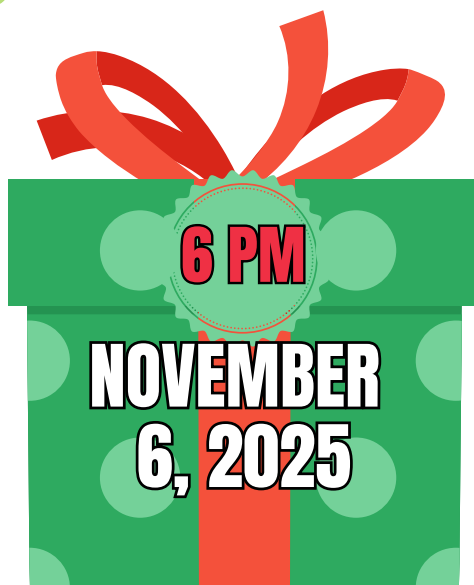


 Cooperative
Extension Service

MINGLE & JINGLE

Join the Owen County Homemakers as they host "Mingle and Jingle!"
Celebrate the season with a few crafts, delicious recipes, and
fellowship! This is a festive program and is similar to the Holiday
Trimmings program. Limited space available!

Be sure to call (502) 484-5703 to register and secure your spot!



**\$5 PER PERSON
PAYMENT MAY BE MADE
BY CASH OR CHECK.**

**OWEN COUNTY
EXTENSION OFFICE**

**265 ELLIS ROAD
OWENTON, KY 40359**



HOMEMAKER

CRAFT MAKING DAY



NOVEMBER 7, 2025

9AM-2PM

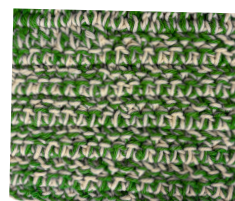
Join us for a day of fellowship and crafting as we prepare gifts for our Santa's Castle event on the first Saturday in December!



Each Homemaker is asked to contribute 10 gifts (handmade, gently used or store-bought) for Santa's Castle



Owen County Extension Office | 265 Ellis Road





Special Note: Share Your Holiday Craft!

Do you have a fun and festive holiday craft? We want to feature your creativity in this year's Mingle and Jingle book!

How to Participate:

- Submit your craft by **Thursday, October 30th** by emailing owen.ext@uky.edu with a Subject Line: Mingle & Jingle craft
- Include:
 - A photo of your finished craft
 - A list of supplies and materials used
 - Step-by step directions
- Bring the completed example of your craft to the Extension Office by **Monday, November 3rd**.

Let's spread some holiday cheer with your creative ideas!

Embroidery Workshop

November 3, 2025
6:00 PM

Owen County Extension Office



This workshop is open to all members of the community. Feel free to bring your own project. Some supplies will be provided, but availability is limited.

REMINDER FOR CULTURAL ARTS WINNERS

If your cultural art exhibit won a blue ribbon at the County Annual Meeting and you'd like it to advance to the Northern Kentucky Area Homemakers 2025 Triennial Meeting, please drop off to the Extension Office by **Monday, October 13th at 12:00 PM**.

2025 OWEN COUNTY CHRISTMAS PROJECT

APPLICATIONS ARE DUE

FRIDAY, NOVEMBER 14

4:00 PM

OWEN COUNTY EXTENSION OFFICE
265 ELLIS ROAD
OWENTON, KY 40359

FOR QUESTIONS CALL
(502) 484-5703

2025 OWEN COUNTY CHRISTMAS PROJECT

APPLICATIONS ARE AVAILABLE AT THE EXTENSION OFFICE MONDAY-FRIDAY 8AM-4:30PM

DEADLINE TO APPLY: Friday, November 14th (4:00 PM)

2025 OWEN COUNTY CHRISTMAS PROJECT
APPLICANT MUST PROVIDE ALL INFORMATION BELOW. ALL APPLICANTS MUST BE MAJORED OR DROPPED OFF TO OWEN COUNTY EXTENSION OFFICE (265 ELLIS ROAD, OWENTON, KY 40359) BY 4:00 PM ON NOVEMBER 14TH. NO LATE APPLICATIONS WILL BE ACCEPTED. MUST ATTEND ONE PARENT CAFE CLASS ON NOVEMBER 14TH AT 4:00 PM IN OWENTON, KY 40359.

Parent Name: _____
Mailing Address: _____
Phone for Physical Address if different than mailing: _____
Please provide working Phone Number or text you to: _____
Email Address: _____

PARENT CAFE - 2 OPTIONS FOR CHRISTMAS ASSISTANCE

- Connect with others, share experiences, offer support.
- Guided conversations to help build strong families.
- Focus on parenting strengths, well-being, and personal growth.

Join us for a **PARENT CAFE**

You must attend one Parent Cafe meeting to qualify for Christmas Project Assistance.

DATE #1: OCTOBER 22 8:30AM-5:30PM
OWEN COUNTY EXTENSION OFFICE
USE THIS QR CODE (OR CALL FOR THE NOV 14TH DATE)

DATE #2: NOVEMBER 14 8:30AM-5:30PM
OWEN COUNTY EXTENSION OFFICE
USE THIS QR CODE (OR CALL FOR THE NOV 14TH DATE)

FRYSC
Family Resource & Support Center
For more information, call Jenita Brines, FRC Coordinator 502-484-4014

Size Chart for Clothing Sizes

Infant	Toddler	Child	Junior (teenage only)	Women	Men
Newborn	2T	4-5 (4-5)	0 (XS)	0 (XS)	XS
3-6 months	2T	5-6 (6)	1 (XS)	2 (XS)	S
6-9 months	4T	6-9 (9)	2 (XS)	4 (XS)	M
9-12 months	5T	10-12 (12)	3 (XS)	6 (XS)	L
12 months	6T	12-18 (18)	4 (XS)	8 (XS)	XL
18 months	6-18 (18)	18-24 (24)	10 (XS)	10 (XS)	2X
24 months	10-24 (24)	24-36 (36)	12 (XS)	12 (XS)	3X
36 months	12-36 (36)	36-48 (48)	14 (XS)	14 (XS)	4X
48 months	14-48 (48)	48-60 (60)	16 (XS)	16 (XS)	5X

Size Chart for Shoe Sizes

Infant	Toddler	Little Kid	Big Kid	Women	Men
Size 1	1C	10-11	3-5	6	6
Size 2	2C	12	4	7	7
Size 3	3C	13-14	4-5	8	8
Size 4	4C	15	5	9	9
Size 5	5C	16-17	6-7	10	10
Size 6	6C	18	8	11	11
Size 7	7C	19-20	9	12	12
Size 8	8C	21-22	10	13	13

SANTA'S CASTLE

HELP NEEDED!

- Set up for Santa's Castle on Dec. 5th
- Work Santa's Castle on Dec. 6th.

CALL (502) 484-5703 TO SIGN-UP!

SANTA'S CASTLE
SATURDAY, DECEMBER 6, 2025
10 AM-12 PM

Submit Homemaker Memberships for the 2025-2026 by Monday, December 1st.

Owen County Homemaker Enrollment

Please complete and return this form to the Owen County Cooperative Extension Office to become an Owen County Homemaker. Make checks payable to Owen County Extension Homemakers, 265 Ellis Road, Owenton, KY 40359. New and renewal membership is \$10.00.

HOMEMAKER CLUBS

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

PERSONAL INFORMATION

First Name: _____ Last Name: _____
Address: _____ City: _____
State: _____ Postal Code: _____
Phone: _____ Ethnicity: ☐ Hispanic ☐ Non-Hispanic
Gender: ☐ Female ☐ Male Race: ☐ White ☐ Black
Email: _____ ☐ Asian/Pacific Islander
Birth Year: _____ ☐ American Indian
☐ Hawaiian ☐ Other

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, Inc. to interview, photograph and/or videotape me; and/or to supervise any other who may do the interview, photography, and/or ideotyping; and/or use and/or permit others to use information from the aforementioned interview and/or aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Owen County Extension Office, 265 Ellis Road, Owenton, KY 40359

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
We are pleased to have you as a member of the Owen County Cooperative Extension. We are committed to providing you with the best possible service and will not discriminate on the basis of race, color, sex, age, marital status, religion, national origin, ancestry, ethnicity, disability, sexual orientation, or gender identity. If you have any questions or concerns, please contact the University of Kentucky Office of Equity and Inclusion at 255-1600 or 1-800-485-7243. We are committed to providing you with the best possible service and will not discriminate on the basis of race, color, sex, age, marital status, religion, national origin, ancestry, ethnicity, disability, sexual orientation, or gender identity. If you have any questions or concerns, please contact the University of Kentucky Office of Equity and Inclusion at 255-1600 or 1-800-485-7243.

SANTA'S CASTLE

SATURDAY, DECEMBER 6 2025

10 AM-12 PM



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.



Medicare 101

Join us for an educational session led by Mark Viehmann, a Medicare Advisor. You will learn how to select the plan that is right for you.

November 18, 2025
12 PM OR 5:15 PM

A meal will be provided before each session begins. Please register to reserve your spot by contacting the Owen County Extension Office no later than Friday, November 14th.

CONTACT US:



(502)484-5703



owen.ext@uky.edu



265 Ellis Road
Owenton, KY 40359

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Disabilities accommodated with prior notification.



Save the Date!

Craftin' for the Community

Hosted by the Memory Makers
Homemakers

Saturday, April 18th 2026

at the Owen Co. Cooperative Extension
Office

Join us for shopping, crafting, food, giveaways
and more- all while supporting a great cause
in our community! Crafting table registrations
opens this winter, more details to come!

MEAL PREPPING SAVES TIME AND FRUSTRATION



**SOURCE: HEATHER NORMAN-BURGDOLF,
ASSOCIATE EXTENSION PROFESSOR**

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home-cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet overall. Meal prepping is extremely popular, as it allows us to live our hectic lives while still providing our families with nutritious food. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply preparing ingredients or complete dishes that are stored and reheated for a quick meal. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping before, start small and don't invest a lot of money. At first, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping, as it cuts down on the number of times you need to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can also prepare quick breakfasts or use leftovers for lunches. While dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day or slice some fruit for a quick grab-and-go snack.

After the food is prepared, store it in an airtight container and place it in either the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

More information on meal prepping and healthy eating is available at the Owen County Office of the University of Kentucky Cooperative Extension Service.

COMMUNITY EVENTS

JOIN US FOR FALL ON THE SQUARE **TUESDAY OCTOBER 21**

TRICK OR TREAT AND STORYWALK

5-7PM



• CLB Barnyard Grill (Robin Cobb)
 • Beverly Ann's Cookie Truck
 • Travelin' Tom's Coffee Truck
 • Over 20 trick or treat stations

Boo!

Join Community Partners and Three Rivers to read a Halloween story and trick or treat around the courthouse square!

OLD COURTHOUSE SQUARE, OWENTON





Contact Sarah.Young@ky.gov for more information

POPOP DRIVER'S LICENSE



November 13, 2025

Owen County Cooperative Extension
265 Ellis Road
Owenton, KY 40359

Must register with drive.ky.gov
Registration for this popup event
opens October 30, 2025 at 8 AM



PARENT CAFE - 2 OPTIONS FOR CHRISTMAS ASSISTANCE

- Connect with others, share experiences, offer support
- Guided conversations to help build strong families
- Focus on parenting strengths, well-being and personal growth

Join us for a **PARENT CAFE**

You must attend one Parent Café meeting to qualify for Christmas Project Assistance

DATE #1
OCTOBER 22
1PM-2PM
OWEN COUNTY
EXTENSION OFFICE

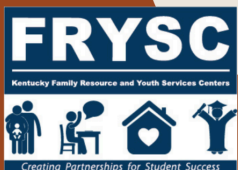
USE THIS QR CODE (OR CALL) FOR THE OCT 22ND DATE:



DATE #2
NOVEMBER 10
5:30-6:30PM
OWEN COUNTY
EXTENSION OFFICE

USE THIS QR CODE (OR CALL) FOR THE NOV 10TH DATE:





Creating Partnerships for Student Success

For more information, call
Janetta Briscoe, FRC
Coordinator
502-484-4014

NOVEMBER 22, 2025
10 AM - 2 PM

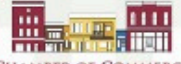
OWEN COUNTY HIGH SCHOOL
2340 HWY 22 EAST | OWENTON, KY 40359

Chamber

MARKETPLACE

SHOP LOCAL VENDORS & ARTISANS

A CHRISTMAS SHOPPING EVENT IN SUPPORT OF SMALL BUSINESSES
FEATURING 60+ VENDORS!



CHAMBER OF COMMERCE
OWEN COUNTY, KENTUCKY

ADULT HEALTH BULLETIN



OCTOBER 2025

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 Extension Office
265 Ellis Road
Owenton, KY 40359
(502) 484-5703
owen.ca.uky.edu

THIS MONTH'S TOPIC

TAKING CARE OF YOUR TEETH



October is designated as National Dental Hygiene Month to raise awareness about the importance of good oral health and its role in overall health and well-being.

Taking care of your teeth and gums is essential for your overall well-being, not just your oral health. Good oral health helps adults eat, talk, smile, and feel confident. If you don't take care of your mouth, you can get cavities, gum disease, or even mouth cancer. These problems can be painful and may also lead to bigger health issues. That's why it's important to brush your teeth twice a day with fluoride toothpaste and floss once a day to clean between your teeth. You should also visit the dentist at least once a year, even if your mouth feels fine. Dentists can identify minor problems before they become major issues and provide thorough cleaning for your teeth.

Continued on the next page ➔

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**You should visit
the dentist at least
once a year, even if
your mouth feels fine.
Dentists can identify
minor problems before
they become major issues.**

Continued from the previous page

Dentists and dental hygienists play an important role in keeping people's mouths and bodies healthy. Dentists are doctors who take care of your teeth, gums, and mouth. They check for problems like cavities, gum disease, or signs of oral cancer. If they find something wrong, they can correct it before it worsens. Dentists also perform treatments such as filling cavities, repairing broken teeth, and removing teeth when necessary.

Dental hygienists work with dentists to help clean your teeth and teach you how to take care of them at home. They remove plaque and tartar, which are sticky layers of germs that can cause tooth decay and gum disease. Hygienists also show you the right way to brush and floss, and they might give you fluoride treatments to make your teeth stronger.

Both dentists and dental hygienists play a crucial role in helping to prevent problems before they arise. By visiting them regularly — at least once or twice a year — you can maintain your oral health, prevent pain, and even protect your overall well-being. A clean, healthy mouth makes it easier to eat, speak, and smile, and it also helps you stay well in other parts of your body.

There are additional steps you can take to protect your oral health. Drinking water with fluoride helps strengthen your teeth and prevent cavities. Eating healthy foods and avoiding sugary snacks and drinks is also important. Tobacco and too much alcohol can harm your mouth and even lead to cancer, so it's best to avoid them. If you play sports, wearing a mouthguard can protect your teeth from injury. People with chronic conditions like diabetes should take extra care of their mouths, since gum disease can make it harder to control blood sugar. Also, if your mouth feels dry a lot, try drinking more water or chewing sugar-free gum to help.

If you have questions or concerns about your dental or oral health, bring them up at your next dental appointment.

REFERENCE:

<https://www.cdc.gov/oral-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

OCTOBER 2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 Pleasant Home Owen CES 11 AM  Beginner's Sour Dough Bread Class Owen CES 1:30 PM (Must be registered)	2	3	4
5	6	7	8	9	10 Sweet Owen Sweet Owen Store 11 AM 	11
12	13 Drop Off Cultural Arts Exhibit by 12 PM Sew & Go Owen CES 11 AM County Extension Council Owen CES 6 PM 	14 SEW ALL DAY Owen CES 9 AM- 4 PM	15	16	17 Memory Makers Owen CES 	18
19	20	21 Extension District Board Meeting Owen CES 5 PM  Cotton Club Owen CES 6 PM 	22 Parent Cafe Owen CES 1 PM 	23 Homemaker Council Meeting Owen CES 1 PM 	24	25
26	27	28	29 Crochet & Fellowship Owen CES 11 AM 	30 DEADLINE to submit Holiday Craft for Mingle & Jungle book email owen.ext@uky.edu	31 HALLOWEEN TRICK OR TREAT	1

KEHA WEEK



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.



Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

NONPROFIT ORG
US POSTAGE
PAID
OWENTON, KY
PERMIT # 59

Bryce Charles
Owen County
4-H Youth Development Agent

Kendal Bowman
Owen County
Ag & Natural Resources Agent

CHEESY PUMPKIN PASTA BAKE



**PLAN.
EAT.
MOVE.**

Ingredients:

- Nonstick cooking spray
- 2 cups dry penne pasta (or any short pasta such as bowtie)
- 1 1/2 tablespoons unsalted butter, divided
- 1 small, sweet onion, diced
- 1 can (15 ounces) pumpkin puree (not pumpkin pie filling)
- 1 cup low-fat milk
- 1 cup sharp cheddar cheese, shredded
- 1/2 cup grated parmesan cheese, divided
- 1 teaspoon dried thyme
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon nutmeg (optional)

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Spray a 2-quart baking dish with nonstick cooking spray and set aside.
4. Cook pasta according to package instructions. Drain and set aside.
5. While pasta cooks, in a large skillet over medium heat, melt half of the butter. Add the onion and cook until tender, about 3 to 5 minutes.
6. Reduce heat to low and add the pumpkin puree, milk, cheddar cheese, 1/4 cup parmesan cheese, thyme, salt, pepper, and nutmeg (if using) to the skillet. Stir to combine until cheese is melted and the sauce is smooth.
7. Add the pasta to the sauce and gently combine. Pour into the prepared baking dish.
8. Melt the remaining butter in a small bowl and add panko breadcrumbs. Stir to combine and sprinkle evenly over the pasta.
9. Bake uncovered for 20 to 25 minutes or until heated through.
10. Sprinkle with the remaining 1/4 cup parmesan before serving. Refrigerate leftovers within two hours.