

FAMILY & CONSUMER SCIENCES

October 2024

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
1130 Cincinnati Road
Georgetown, KY 40324-8931
Phone: (502) 863-0984
scott.ext@uky.edu

This month...



Tips for Safe Trick or Treat



Sweet Potato Crisps



Cooking Made Simple

FCS Today

SAFETY TIPS FOR HALLOWEEN TRICK-OR-TREATERS

Sources: Larry Piercy, Joe O'Leary and Consumer Product Safety Commission

Trick-or-treaters may not be the only ones in disguises this Halloween. Potential hazards to children also might appear in disguises, or may not be apparent.

Halloween-related injuries result from treats that have been tampered with, or that pose a choking hazard. Injuries also might involve eye abrasions from sharp accessories or objects attached to masks or costumes, and burns from flammable costumes ignited by open flames from candles and jack-o'-lanterns. Children also can be

Continued on Page 2

Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



Inside:

Safe Trick- or - Treat Tips • P1-P2

Monthly Recipe • P3

Things to Know • P4

Cooking Made Easy Workshop Info. • P5

Adult Sewing/Quilting Info. • P6

Cultural Arts Camp Reg. • P7-P12

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.

SAFE *trick-or-*TREAT

injured from running through dimly lit yards or dashing out into streets.

These safety suggestions will help ensure that Halloween ghosts and goblins won't be haunted by unnecessary injuries.

- Do not allow your child to accept any homemade foods or fruits. You don't know the sanitation of the people who prepared baked goods or if they contain allergenic ingredients. Fruits may have something injected in them or may be contaminated in some way.
- Check all individually wrapped candies for tiny holes in wrappers and signs that the candy has been opened and shut. These are signs that the candy could be injected with a chemical or something has been slipped into it. Check candies for metal objects such as pins, needles and razor blades. People have been known to slip these into candy so they will harm a child. Many community hospitals offer free x-rays for Halloween candy. Check with area hospitals to see if they are offering this service on Trick-or-Treat night.
- An adult also should examine any novelty items or toys received by children under three years old. Discard items that are small enough to present a choking hazard or those with small parts or components that could separate during use and cause a choking problem.
- Be sure masks have no sharp objects that could injure children. Swords, knives and similar costume accessories should be made from soft or flexible materials.
- Select costumes and accessories (masks, wigs and beards) that are labeled "Flame Resistant." Although these could catch fire, this labeling indicates they will resist burning and should quickly extinguish when removed from the ignition source.
- Avoid flimsy costume materials and outfits with big, baggy sleeves or billowing skirts to reduce the risk of contact with candles or other ignition sources.
- To guard against trips and falls, children's costumes should be short enough not to drag on the ground. Also, children should wear sturdy, tight-fitting shoes; wearing oversized shoes, especially high heels, isn't a safe practice.
- Be sure children's masks fit securely, provide adequate ventilation, and have eyeholes large enough to permit full vision. Also, securely tie hats and scarves to keep them from slipping over children's eyes and interfering with vision.
- Instead of a mask, consider applying hypoallergenic cosmetics.
- Make or buy costumes bright enough to be clearly visible to motorists. For better visibility at dusk or darkness, decorate or trim costumes with reflective tape that will glow in a car's headlight beam. Also, choose brightly colored treat bags or sacks, or decorate these containers with reflective tape, which usually is available in hardware, bicycle and sporting goods stores.
- Carrying flashlights will help children more easily see and be seen.
- An adult or older, responsible child should accompany smaller children. Be sure young children finish trick-or-treating and return home before dark.
- Children should only enter homes or apartments when accompanied by an adult or responsible, older child.
- Go over pedestrian safety rules before children go out to trick-or-treat. Encourage children to walk on the sidewalk rather than in the street. Also, remind them to walk, not run, from house to house and not to dash into the street from between parked cars.
- To protect trick-or-treaters coming to your home, do not put candlelit jack-o'-lanterns near landings and doorsteps where costumes could brush against the flame. Keep indoor jack-o'-lanterns, candles and other ignition sources away from curtains, decorations and other furnishings that could be ignited.



Upcoming Dates to Remember October 2024

3rd: Rug Hookers @ 10:00 AM

3rd: Adult Advanced Quilting Orientation Night @ 5:00 PM

7th: Cooking Made Easy @ 5:00 PM

10th: FCS Book Club @ 1:00 PM

15th: Homemaker Council Meeting @ 2:30 PM

15th: Elkhorn Creek Quilt Guild Sewing @ 1:00 PM

15ths: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

16th: Homemaker Leader Lesson @ 10:00 AM

17th: Needlework Club @ 1:00 PM

18th: Elkhorn Creek Quilt Guild Retreat @ 9:00 AM

19th: Elkhorn Creek Quilt Guild Retreat @ 9:00 AM

19th: Needlework Club @ 1:00 PM

24th: Rug Hookers @ 10:00 AM

31st: Rug Hookers @ 10:00 AM



November: 1st and 2nd @ 9:00 AM

Cultural Arts Camp Please see pages 7 -12



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.

8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided

1 teaspoon vanilla
1 tablespoon ground cinnamon

2 medium apples, chopped

½ cup all-purpose flour
¾ cup quick cooking oats

3 tablespoons butter
¼ cup chopped pecans

1. Preheat oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.

2. Mash sweet potatoes. Add cream cheese, ½ cup brown sugar, vanilla and cinnamon. Mix until smooth.

3. Spread sweet potato mixture evenly into pan.

4. Top sweet potatoes

with chopped apples.

5. In a small bowl, combine flour, oats, and ½ cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in pecans.

6. Sprinkle mixture over apples.

7. Bake uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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



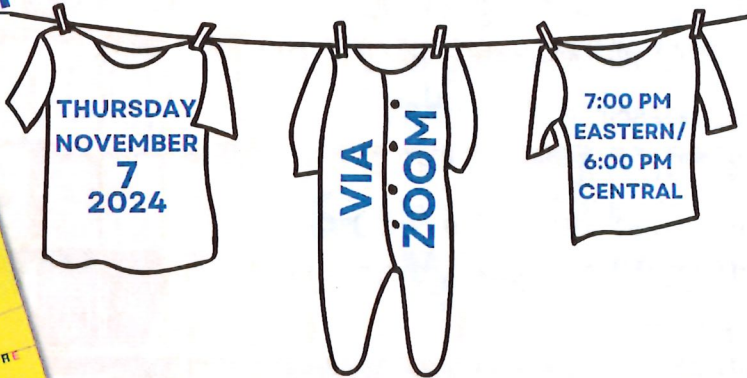
Health Bulletins
Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -

BIG BLUE BOOK CLUB



REGISTER @ <https://ukfcs.net/BBBClaundry>

Cooperative Extension Service | Family and Consumer Sciences



Homemaker Council Meeting
Tuesday, October 15th
at 2:30 PM

Big Blue Book Club is back! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on "The Laundry Guy" tv show. As is our custom, the first 200 registered participants will receive a free copy of the book. You must register online using the link above. However, you will be able to engage with this session whether you have already read the book or have not yet.

Registration is required to receive the Zoom link.

Understanding Medicare and Medicaid



MEDICARE

DIAGNOSTICS

Homemaker Leader Lesson
Wednesday, October 16th @ 10:00 AM
at the Scott County Extension Office
To sign up call: (502) 863-0984

Save The Date

Cooking Made Simple

Sensational Soups
and Sliders

This four part workshop series*
is designed to build your
confidence in cooking, learn
more about food safety, and
have fun in the kitchen!

October 7th at 5:00 PM

At the Scott County Extension
Office
1130 Cincinnati Rd.
Georgetown, KY 40324

**You MUST sign up to
participate. Space is limited.**

To sign up call (502) 863-0984

*A complete schedule of workshop dates will be provided when you attend
the first session.



**Cooperative
Extension Service**

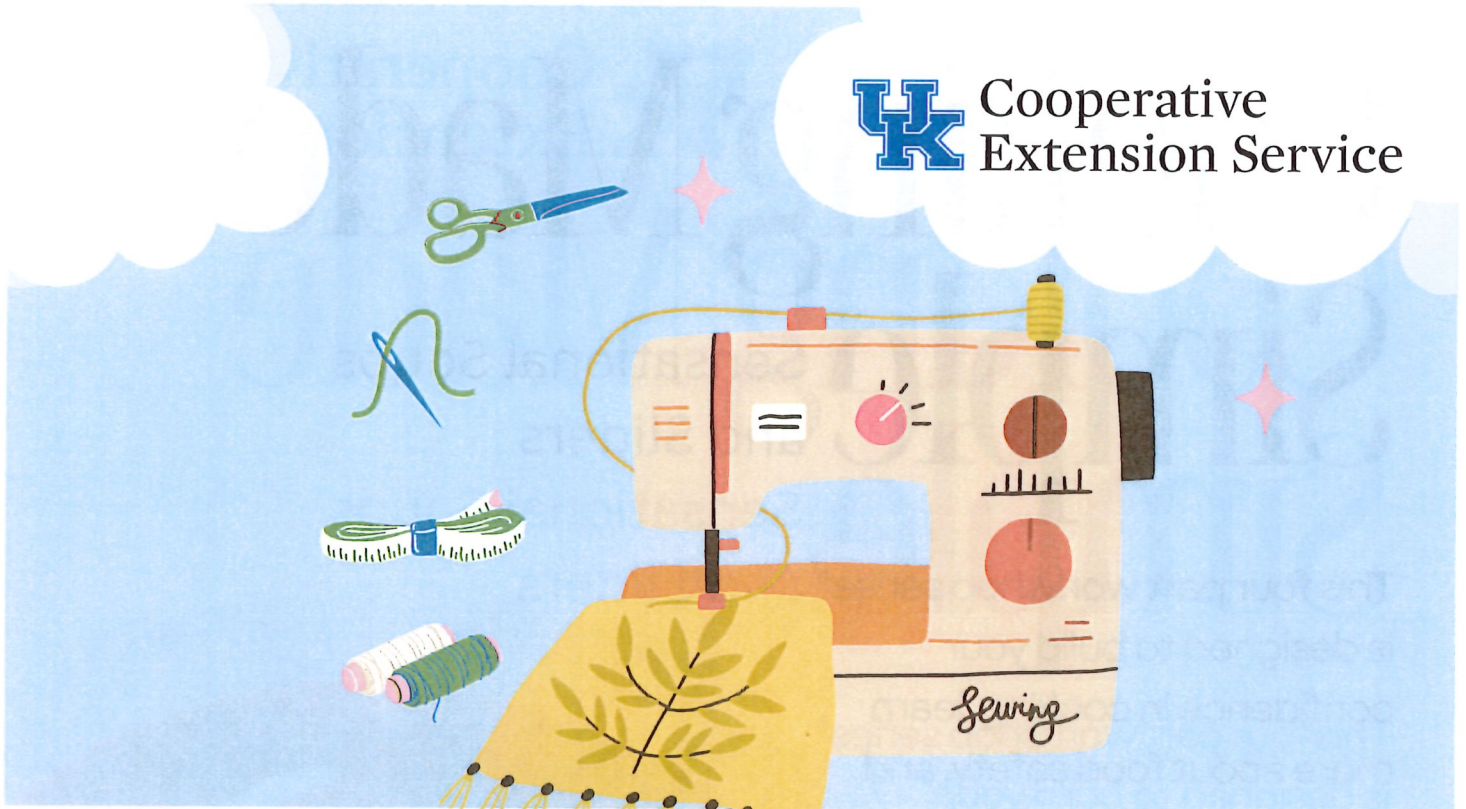
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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.



UPCOMING ADULT SEWING & QUILTING WORKSHOPS

You **must sign up** to participate in any of the upcoming adult sewing and quilting workshop opportunities. If there is a lack of interest classes will be postponed.

To sign up call (502) 863-0984

for question email Collene Coyle at collenecoyle@gmail.com

ADULT

First Class
Oct. 3rd

Adult Advanced Quilting Class
First Class Oct. 3rd @ 5:00 pm

QUILTING

Sign up on
3:00 PM

Adult Beginning Quilting Class
First Class Nov. 21st @ 5:00 pm

ADULT

First Class
Oct. 17th

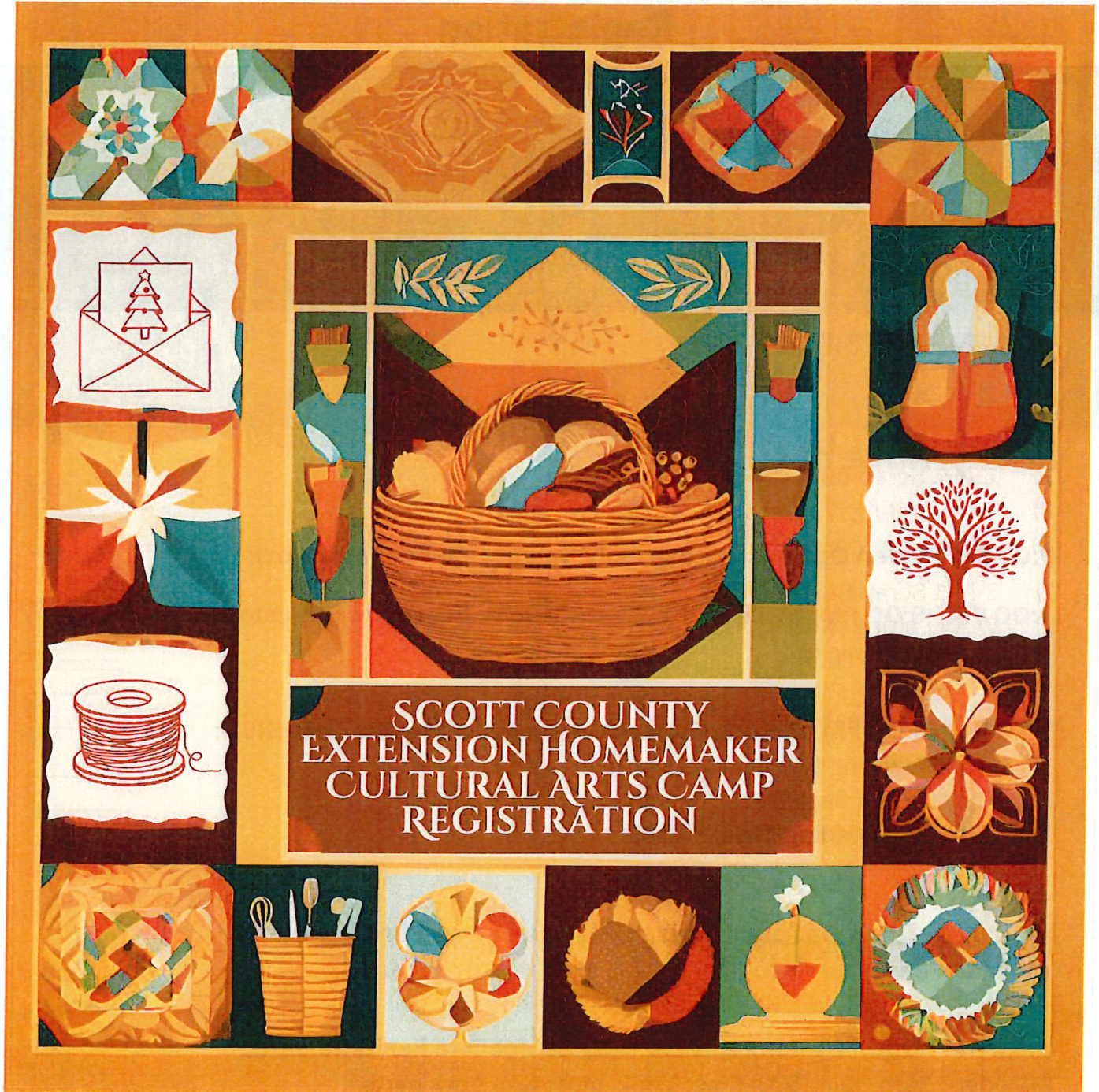
Adult Beginning Sewing
First Class Jan. 9th @ 6:00 pm

SEWING

Sign up on
6:00 PM



UK Cooperative Extension Service



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, US Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Scott County Extension Homemaker Cultural Arts Camp Registration

Please return this form to the Scott County Extension Office with full payment no later than **OCTOBER 15th at 4:30 PM.**

Things to know:

- This event will be at the Scott County Extension Office located at 1130 Cincinnati Rd. Georgetown, KY 40324. Nov. 1st and 2nd 9:00 AM - 5:00 PM
- Registration in **EVERY** time slot is **NOT** required.
- No change can be made, please turn in your form with exact change or a check.
- You must turn in a completed form AND payment to reserve your spot.
- All classes have a limit space and are on a “first come, first serve basis.”

Friday, November 1st

9:00 AM - Noon Options (Please Only Select One Per Time Slot):

Cost

- 1) 3-in-1 Scrap Buster (\$5)
- 2) Wool Felting (\$20)
- 3) Sour Dough (\$15)

1:00 PM - 5:00 PM Options (Please Only Select One Per Time Slot):

- 1) Huck Toweling (\$7)
- 2) Easy Does It Bag (\$6)
- 3) Wire Tree Beading (Free)

Saturday, November 2nd

9:00 AM - Noon Options (Please Only Select One Per Time Slot):

- 1) Modern Barn Quilt (\$20) (Part 1 of 2, must take both parts.)
- 2) Basket Making (\$16) (Part 1 of 2, must take both parts.)
- 3) Card Making (\$15)

1:00 PM - 5:00 PM Options (Please Only Select One Per Time Slot):

- 1) Modern Barn Quilt (Part 2 of 2, must take both parts.)
- 2) Basket Making (Part 2 of 2, must take both parts.)

Grand Total

Scott County Extension Homemaker Cultural Arts Camp Class Descriptions

3- In – 1 Scrap Busters



Come bust your scraps! In this workshop we will complete a few different projects that will help you use up those scrap pieces and leave with some fun new pieces.

Wool Needle Felting



Needle Felting can be completed in various formats: applied to clothing, construct 3-dimensional figures, create jewelry, etc. Learn how to needle felt by creating a pastoral design on a wool background. Design can be completed into a pincushion, wall hanging or small pillow. All supplies will be furnished for class projects and practice projects.

Sour Dough



Demonstration of a simple one-hour sourdough bread. Attendees will leave with samples of different sourdough products, recipe resources and a small jar of starter.

Huck Toweling



In this class participants will create a design on Huck Toweling. Attractive and colorful borders can be made by weaving threads through floaters on the surface of the fabric. Participants may choose their color and bring 10 skeins of same color Embroidery Floss for the design.

Easy Does It Bag



Store and carry all your essentials in this handy zippered bag with attached handles. Fabric will be quilted with bosal inner foam double sided fusible for ease of quilting and stability. Fished size: 6" H X 9" W X 4 ¼" D.

Wire Tree Beading



In this class learn how to make a wire and bead tree. This wire and bead Bonsai tree is the perfect addition to your home décor. Customize this project by selecting between the multiple wire and bead selection that will be provided in the class.

Modern Barn Quilt (2 Parts)



Choose 1 of 2 designs. Make and take 2 ft. X 2 ft. exterior barn quilt on 3/8 inch plywood. Class will consist of layout tips, as much paint application as time permits, and directions on weather proofing the project before displaying outside. We will work on a basic, mariner's star design.

Basket Making (2 Parts)



Enjoy making this useful basket; 8-inch square, 5 inches tall with color. All supplies are furnished. Good beginner basket. Learn weaving, sashing, bottom fillers and more while making this cute basket, perfect napkin holder or contain your favorite needlework!

Card Making



Learn how to make greeting cards for various occasions: Birthday, Get Well, For You, etc. The cards are easy to make and all sized at 4 1/4" X 5 1/2". Make and take home 3-4 cards, envelopes included. Stamps and supplies are also included in the class fee.



Scott County Extension Homemaker Cultural Arts Camp Schedule

Friday, November 1st

9:00 AM - Noon Options (Please Only Select One Per Time Slot):

- 1) 3-in-1 Scrap Buster
- 2) Wool Felting
- 3) Sour Dough

1:00 PM - 5:00 PM Options (Please Only Select One Per Time Slot):

- 1) Huck Toweling
- 2) Easy Does It Bag
- 3) Wire Tree Beading

Saturday, November 2nd

9:00 AM - Noon Options (Please Only Select One Per Time Slot):

- 1) Modern Barn Quilt (Part 1 of 2, must take both parts.)
- 2) Basket Making (Part 1 of 2, must take both parts.)
- 3) Card Making

1:00 PM - 5:00 PM Options (Please Only Select One Per Time Slot):

- 1) Modern Barn Quilt (Part 2 of 2, must take both parts.)
- 2) Basket Making (Part 2 of 2, must take both parts.)

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.

Homemaker Dues (Non Quilt Guild Member)

Dues are **\$10.00** per person and must be received by the Extension Office no later than **November 25, 2024.**

Please make checks payable to Scott County Extension Homemakers.

Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, returning, regular, and mailbox members.

You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.

Date: _____

Enrollment Form for

Scott County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional - circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, 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: _____

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 supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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, or physical or mental disability.

Where do my dues go?

\$5.00 State Dues

\$0.50 Area Membership

\$1.00 Ovarian Cancer Research

\$2.50 County Membership

\$0.50 4-H Camp Scholarships

\$0.50 Scott County Student Scholarships

Homemaker Dues (Quilt Guild Member)

Dues are **\$20.00** per person and must be received by the Extension Office no later than **November 25, 2024.**

Please make checks payable to Scott County Extension Homemakers.

Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, returning, regular, and mailbox members.

You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.

Date: _____

Enrollment Form for

Scott County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional - circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, 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: _____

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 supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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, or physical or mental disability.

Where do my dues go?

\$5.00 State Dues

\$0.50 Area Membership

\$1.00 Ovarian Cancer Research

\$2.50 County Membership