

Happy Fall! In this newsletter, you will find flyers for upcoming events. The most exciting is our 2nd Annual Fall Festival. We will have inflatables for the kids, a carved pumpkin contest open to all ages, community partners on site, country ham and biscuits, a 4-H Country Ham auction, and many giveaways! I hope you will join us on October 12th from 10 a.m. - 12 p.m. Grab your family and friends and come on out.

With it being October, it is important to recognize Breast Cancer Awareness.

Breast cancer awareness is crucial for early detection, timely treatment, and improving survival rates. By educating individuals about the signs, symptoms, and risk factors of breast cancer, awareness campaigns empower people to prioritize their health and seek medical advice when necessary. Early detection through regular screenings, like mammograms, increases the chances of successful treatment and significantly reduces mortality. Moreover, awareness efforts help dispel myths and reduce the stigma associated with the disease, encouraging open conversations and supporting those affected. Raising awareness also fosters research funding and advocacy, helping to advance treatments and find a cure. Please ask a friend if they are up-to-date, and if they aren't I hope you will encourage them to utilize the Mammogram Day we have coordinated with HMH on October 22nd. I will be providing transportation to help any who need it and the hospital is providing giveaways and refreshments.

Coming on the heels of our Disaster Preparedness Event, which was well attended, October is also National Fire Prevention Month. Please take this month to check that you have working smoke alarms, create fire escape plans, and practice fire drills with those in your household.

I look forward to seeing you this month. Please reach out if you have any questions or need assistance.

OCTOBER 2024

IN THIS ISSUE

Agent Update.....	1
Flyers.....	2-4
President's Corner.....	5
Enrollment Form.....	6
Moneywise.....	7
Health.....	8
Calendar.....	9
Recipe.....	10



Ashley A. Vice



Ashley Vice
 County Extension Agent for FCS/4H
 University of Kentucky
 368 East Main Street
 Carlisle, KY 40311
 859-473-1452
ashley.vice@uky.edu

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.

GARVED PUMPKIN

Competition



12 OCTOBER, 2024 AT LIVESTOCK BARN- 10 A.M.
BRING YOUR CARVED PUMPKIN TO OUR FALL FESTIVAL BY 10 A.M. TO COMPETE FOR AWESOME PRIZES! OPEN TO ALL AGES!

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 residential care for prior criminal activity. Reasonable accommodations 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



SAVE THE DATE

NICHOLAS COUNTY
COOPERATIVE EXTENSION

Fall FESTIVAL

PUMPKIN CARVING CONTEST, PHOTO BOOTH, COUNTRY HAM BREAKFAST, 4-H COUNTRY HAM AUCTION, TRUNK-OR-TREAT, GIVEAWAYS, COTTON CANDY, POPCORN, WITH CARNIVAL GAMES AND INFLATABLES FOR THE KIDS!!!



**12 OCTOBER, 2024
10 A.M.- NOON**

NICHOLAS COUNTY LIVESTOCK BARN

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 residential care for prior criminal activity. Reasonable accommodations 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



Mammogram Day for Ladies of Nicholas County

If you reside in Nicholas County, a Mammogram Day has been set aside for you at Harrison Memorial Hospital's Women's Imaging Center. Schedule and receive your mammogram on this day, and you'll receive a free gift. Free refreshments will also be provided.

Date: Tuesday, October 22, 2024

Time: 9:00 am - 4:00 pm

Location: HMH Women's Imaging Center at Harrison Memorial Hospital

Transportation will be made available by the Nicholas County Extension Services by calling (859) 289-2312.

**Call
859-235-3600
to schedule
your
mammogram**



LAUGH AND LEARN PLAYDATE



October 23rd @ 11 a.m.
Nicholas County Public Library
Birth to 5 years old

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 residential care for prior criminal activity. Reasonable accommodations 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





Please join us for

KNIT WITS

Hat Sewing Pin Cushion

OCTOBER 1ST AT 6 P.M.

**368 East Main St.
Carlisle, Kentucky**

Come craft with the Knit Wits group to create the cutest hat pin cushion to add to your sewing supplies.

RSVP (859)289-2312

**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 accommodations 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



Please join us for

KNIT WITS

Homemade Vanilla Extract

OCTOBER 15TH AT 6 P.M.

**368 East Main St.
Carlisle, Kentucky**

Join us for a hands-on demonstration on how to make your own homemade vanilla with Ms. Lois Mitchell.

Just in time for all of your holiday baking! Each attendee will leave with their own bottle of vanilla extract.

RSVP (859)289-2312

**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 accommodations 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



Quilting Club

**October 8th at 10 a.m.
at the Office**

We will begin our quilt-as-you-go projects! Join us if even if you missed the first meeting!

FLYER BOARD

**Cooperative
Extension Service**

Basket Weaving Class

**October 3rd
at 6 p.m.**

September 26th at 6:00 p.m. at the Extension Office
Please register by calling our office to reserve your spot!
Space is limited! (859) 289-2312

**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 accommodations 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



UK Cooperative Extension Service

UNDERSTANDING MEDICARE AND MEDICAID

Understanding the in and outs of government health insurance plans can be difficult. With this lesson we hope to help you navigate details and answer any questions you may have to help you make the an informed decision regarding the best plan for you.

Date: October 29th

Time: 10 a.m.

Location:

Nicholas County Extension Office

Call to register:
859-289-2312

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, marital status, genetic information, age, veteran status, physical or mental disability or on basis or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Disabilities accommodated with prior notification.

NICHOLAS COUNTY COOPERATIVE EXTENSION HOMEMAKER COUNCIL

MEETINGS

Save the Date



SEPTEMBER 26TH

NOVEMBER 26TH

JANUARY 21ST

MARCH 25TH

MAY 15TH- TENTATIVELY SET ASIDE FOR ANNUAL MEETING



UK Cooperative Extension Service

Cooking Through



the Calendar



Sweet Potato Hash

October 29th at 11 a.m.

Nicholas County Extension Office

Try tasty Nutrition Education Calendar Recipes and discover strategies to eat and cook healthier at home.

Greetings Homemakers!

The big thing in October is the Kentucky Extension Homemakers Association Week. This year it is during the 2nd full week - October 13th-19th.

Did you know that as of right now there are over 11,000 KEHA members and more than 700 clubs? That's a lot of Kentucky Homemaker members! We would love to see Nicholas County's numbers increase this year so now is a good time to invite your friends/family to join one of our clubs. If you are asked the question "What is a Homemaker?" or "What do Homemaker clubs do?" you can respond with what I found on KEHA's website; We are dedicated to improving the quality of life for families and communities through education, leadership development and volunteer service. And may I add... we have plenty of laughs, good food and make lasting friendships.

A day will also be scheduled with our county judge to sign the 2024 KEHA Week Proclamation. We will let everyone know what day that will be so you can attend the signing and be in the group photo. (it will be during that 2nd full week in Oct.)

I'm going to end by sharing a poem I found in my Mamaw Serena's things. I'm not sure if she wrote it herself or copied it from a book but it's fitting for the winter season we are about to enter. I hope you enjoy it and remember that the flowers will bloom again in the forthcoming winter days and nights!

- The gusty wind shakes Autumn leaves from their summer place and sends them far across the hill in a whirling dancing race.
- They rush along, pause awhile, then hurry on again, until at last, they come to rest beside a country lane.
- In huddled mass, they there await the flurry flakes of white to tuck them in and keep them through winter's long cold night.
- When comes the spring, the warming sun will drive away the cold, and violets will lift their head and bloom above the leafy mold.



Happy Fall Y'all,
Christy Shelley
Nicholas County Homemakers President

KEHA Week 2024
October 13th-19th
Become an Olympic
Extension Homemaker



10/13 Make Goals Monday

Set goals for yourself related to your participation in the KEHA organization.

10/14 Training Tuesday

Emphasize the importance of preparation and commitment in achieving success within your organization

10/15 Wisdom Searching Wednesday

Seek guidance and coaching from experienced mentors

10/16 Team Building Thursday

Compete at various levels to gain experience and improve skills

10/17 Fellowship Friday

Promote the sense of community and support that your organization provides to members, fostering a sense of belonging

10/18 Success and Sharing Saturday

Encourage resilience and perseverance among members by sharing stories of others who faced challenges but ultimately succeeded within your organization

**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:** _____

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.



Recruited by: _____

**Make sure you write your name on the slip for the recruitment
contest gift card drawing!**

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/> stain-removal-guide for more information on how to treat specific stains.

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, 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.

WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results.

Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar - in place of fabric softener - is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F - especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>
Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

f Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

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



OCTOBER 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>

Nicholas County Extension Office
368 East Main Street
Carlisle, KY 40311
(859) 289-2312

THIS MONTH'S TOPIC
STORYTELLING ENHANCES CAREGIVING

As a 20-year-old college student working the evening shift as an aide in an assisted living facility, I remember the night I felt impatient while a resident readied herself for bed. She was the last resident who needed help then I could finish my tasks. Maybe I'd find time to study for an exam before my shift ended. As she brushed her teeth for what seemed like too long, I examined the photos on her walls. Tears welled in my eyes. The collage included photos from different stages in the resident's life — a baby in an oversized diaper, a young girl playing in the snow with siblings, driving her dad's Packard, working in a department store, her wedding day, her babies. She lived a full life and had wonderful stories. Yet there I stood, temporarily frustrated over a toothbrush and time spent in the bathroom.

Continued on the next page



The people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life.

Continued from the previous page

This story, her story, made me a better caregiver. It reinforced empathy and made my future caregiving experiences much more personal and richer. It is easy to get wrapped up in the all-consuming demands of caregiving. As a result, it is easy to forget that the people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life. With dementia, sometimes unlocking a story can be a puzzle. But together, as you reminisce about the past or use old photos or songs for props, the recollection and sharing of life stories encourages a sense of connection. Storytelling puts the person first rather than their disease or frailty.

According to research from the Benjamin Rose Institute of Aging, life stories build empathy and create connections. Caregivers in this program report how life story programs empower not just empathic care but also personalized care.

Mr. Jones' story did not just help personalize his care. His story influenced the types of medication he was prescribed. Mr. Jones lived in a memory care unit because of progressing memory loss. He would get agitated at night, wander the halls, and make noise. The care team thought he was depressed and anxious and treated him medically to help manage his behavior. A physical therapist who explored his life story during a session found out that Mr. Jones served as a night watchman for years before he retired. She suggested that the doors and long hallways of the facility could be unsettling to a man who spent his career checking for safety. She asked the night aides to take Mr. Jones along with them for evening rounds. After a few nights of feeling like he was securing the building, Mr. Jones would say goodnight and go to bed — unmedicated. Through learning his life story, the staff in Mr. Jones' facility was able to contribute to his mental, emotional, and physical well-being.



According to research in the Care Management Journal, learning life stories can enhance overall satisfaction in care received. It can also lead to better care. This is because stories like Mr. Jones' enhance communication. Ultimately, better communication increases quality care and reduces caregiver burnout and associated stress, negative feelings, strain, depression, and anxiety.

Lastly, storytelling is a method for learning more about and sharing your family and its history. Sometimes you can even take home some lessons that you can apply to your own life or just smile with the satisfaction of having learned a great family legend. Storytelling taught me to create a collage wall in my grandmother's assisted living apartment so her aides could learn her story and all about what an amazing person she is — and was — while she is brushing her teeth.


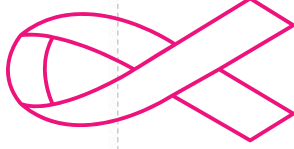
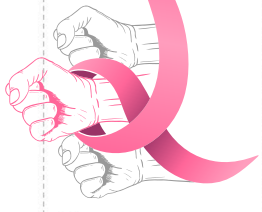

REFERENCE:

Hayes, J. (2024). 4 Ways that Storytelling Benefits Older People and Their Caregivers. Benjamin Rose Institute on Aging. Retrieved June 10, 2024 from <https://guideposts.org/positive-living/health-and-wellness/caregiving/family-caregiving/aging-parents/4-ways-that-storytelling-benefits-older-people-and-their-caregivers>

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>BREAST <i>CANCER</i></p> <p>Let's Fight together</p> 	<p>1 Headquarters</p> <p>Knit Wits-Pin Cushion</p>	<p>2</p>	<p>3 Ellisville</p> <p>Domestic Divas</p> <p>Moorefield</p> <p>Basket Class 6 p.m.</p>	<p>4 National Cinnamon Roll Day</p>	<p>5</p> 
<p>6 National Noodle Day</p>	<p>7</p>	<p>8 Quilting Club</p>	<p>9 National STOP Bullying Day</p>	<p>10</p>	<p>11 Bluegrass Area Homemakers Meeting in Powell County</p>	<p>12 FALL FESTIVAL</p> <p>Carved Pumpkin Contest</p>
<p>13 Metastatic Breast Cancer Awareness Day</p>	<p>14</p>	<p>15 Knit Wits - Vanilla Extract</p>	<p>16</p>	<p>17 Get Smart About Your Credit Score Day</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23 Busy Bees NCPL 11 a.m.</p>	<p>24</p> 	<p>25</p>	<p>26</p> 
<p>27</p> 	<p>28</p>	<p>29 Leader Lesson and Cooking Through Calendar</p>	<p>30</p>	<p>31 Halloween</p>		

Fall Spiced Pumpkin Bread

½ cup all-purpose flour
1¼ cup whole-wheat flour
1½ teaspoons baking powder
1 teaspoon baking soda

2 teaspoons pumpkin pie spice
½ teaspoon salt
½ cup melted margarine
½ cup sugar

½ cup honey
2 cups pumpkin puree
⅓ cup olive oil
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.



Plate it up!

