



**University of Kentucky**  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 Family and Consumer Sciences



## ADAIR COUNTY EXTENSION HOMEMAKERS

# October 2023



Prospect Terrace, the Rhode Island Capital can be seen in the background.

I had a wonderful time on my vacation. I think my favorite part was visiting an all-inclusive resort in Jamaica. Food and drinks were all included, along with beachfront and pool access. I enjoyed being lazy, and having everything included.

My following week's trip to Rhode Island was a great experience as well. I was fortunate to be able to visit the Rhode Island State House and take in regional food favorites. The most unique thing I tried was called a quahog. It is a clam stuffed with turkey stuffing; it was very delicious. I was somewhat glad to get home after two weeks on the road.

In October, one of our most anticipated events is our Homemaker's recruitment drive. This year, the Homemaker's Council has worked very hard to create an event that will appeal to long-time and new Homemaker members alike. This year's recruitment event will be a reception held indoors at the Extension Office on October 11th from 2:00 to 6:00 p.m. The reception will include refreshments, prizes, and information tables for upcoming programs and homemaker clubs. More information is included later in this newsletter



Dylan & Lesley on our vacation.

I heard rave reviews from September's Cooking in a Bag class led by Di Hayward from Cumberland County. So much so that three more classes will be offered again soon. Upcoming class dates are October 3rd, October 31st, and November 7th. All classes are from 10:00 a.m. to 12:00 noon CST here at the Extension Office. Topics for the classes will be breads; come prepared for anything! Space for each class is limited, so please RSVP at (270) 384-2317.

The Homemaker Leader Lesson for October is on Estate Planning, an important topic for everyone to consider. There is a date change for this lesson compared to the usual Tuesday. The lesson will be on Monday, October 9th, at 12:00 noon. The lesson will be led by Edith Lovett, Pulaski County FCS Agent. A particular emphasis of this lesson will be transferring cherished possessions such as quilts, keepsakes, and heirlooms. No RSVP is required, and everyone is invited to attend.

Lastly, the Holiday Bazaar is nearly here. The holidays are always such an exciting time. Be sure to mark your calendars! The Holiday Bazaar will be held on Saturday, November 18th, beginning at 8:00 a.m. CST. An application for Bazaar vendors will be available soon.



See you soon!  
*Dylan Gentry*  
 Dylan Gentry  
 County Extension Agent  
 for Family & Consumer Sciences



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Disabilities accommodated with prior notification.



## Bingocize Session #2

Bingocize part two has kicked off in a big way! Bingocize is a low-impact exercise program that offers real prizes, potential health benefits, and increased knowledge of health-related topics. Participants will play bingo, do short, low-resistance exercises, answer trivia, and repeat. The winner of bingo will receive a small prize. There will be two sessions per week on Mondays and Wednesdays. Each session will be held at the Extension Office at no charge. Worried you will miss a day? No worries; just join again at the next session. See you soon!

Sessions will be on the following days at 11:00 AM CST:  
**October 2nd, 4th, 9th, 11th, 16th, and 18th**

## Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property

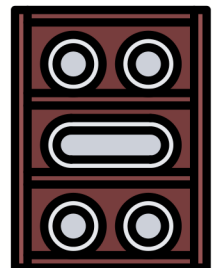
Estate Planning Tips for Non-Titled Property  
 Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your “estate.” Transferring Cherished Possessions will teach you how to create an Asset Distribution Plan and write a Letter of Last Instructions. This lesson is part of the Management & Safety Program of Work for 2023-2026.

**Monday, October 9th**  
**12:00 Noon**

Adair County Extension Office  
 409 Fairground Street  
 Columbia, KY 42728

Class is **FREE!**

**October**  
**HM Leader Lesson**  
**Led by Edith Lovitt**



# OCTOBER

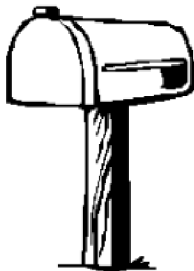
## SCHEDULE OF EVENTS

Do not be spooked by all there is to do in October!

- Now is the time to renew your membership for Extension Homemakers! Visit us during our member's reception on October 11th from 2 - 6 p.m. CST for prizes and information on upcoming programs.

Bingocize	Oct. 2nd, 4th, 9th, 11th, 16th, and 18th @ 11:00	Extension Office
Cooking in a Bag	Oct. 3rd, 31st, & Nov. 7th @ 10:00 a.m. CST	Extension Office
Estate Planning	Oct. 9th @ 12:00 Noon	Extension Office
Homemaker Reception	Oct. 11th @ 2:00 - 6:00 p.m. CST	Extension Office
Kickstart the Holidays	October 27th @ 9AM	Extension Office
Bazaar & Mini Village Competition	November 18th @ 8AM	Extension Office

**In October we celebrate Halloween. What was your favorite Halloween Costume as a kid?**



### **MEMBERSHIP RENEWAL ...**

It's time to renew your membership to the **Adair County Extension Homemakers.**

Membership renewal is due **November 1.**

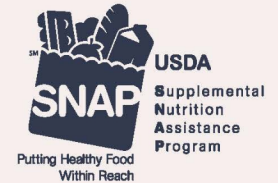
Dues are **\$12.00** per year.

**Club Members** - Turn in your dues to your Club Treasurer.

**Mailbox Members** - Complete the Membership Form and return to:  
Adair County Extension Service  
409 Fairground Street  
Columbia KY 42728



# Italian One Pot Pasta and Beans



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$6.38**  
**Cost per serving: \$0.53**

**This recipe is adapted** from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

**Nutrition facts per serving:**  
150 calories;  
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

**Source:**  
Cathy Fellows,  
Boone County  
SNAP-Ed Program  
Assistant



# HOMEMAKER RECEPTION

**PROSPECTIVE,  
RETURNING, & MAILBOX  
MEMBERS INVITED**

**Wednesday - October 11th**

**2:00 - 6:00 PM CST**

Adair County Extension Office  
409 Fairground Street  
Columbia, KY 42728

## ACTIVITIES

**MEET CLUB  
MEMBERS**

**REFRESHMENTS**

**UPCOMING  
PROGRAMS**

**DOOR PRIZES**

**CLUB  
INFORMATION**

**EMERGENCY  
HEALTH INFO  
CARDS**



## Why Join

### Homemakers?

Homemakers gain new knowledge and skills that improve the quality of life for themselves and their families. Club, county, area, and state meetings/workshops provide fellowship combined with learning opportunities.

## How Do I Join

### Homemakers?

The reception is an excellent opportunity to learn more about Extension Homemakers. Representatives from many of our clubs will be present. Homemaker dues are \$12 per year.

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Disabilities  
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with prior notification.

# Kickstart

## THE HOLIDAYS



Friday, October 27th

Adair County Extension Office  
409 Fairground Street, Columbia

Registration begins at 9:00 am CST  
Program begins at 9:30 am CST

### Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Self-Contained Herb Gardens
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to the  
**Adair County Extension Office**  
by October 11th

Make Checks Payable to: Adair County Extension Office

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Upcoming Opportunity!

# AUTUMN COOKING IN A BAG

**UPCOMING CLASS DATES:**  
OCTOBER 3RD, OCTOBER 31ST, & NOVEMBER 7TH  
10AM - Noon CST

**Session Topic:**  
Breads

**Location:**  
Adair County Extension Office  
409 Fairground Street, Columbia KY 42728

**RSVP:**  
Class is limited to 16 participants. Please RSVP with the Adair County Extension Office at (270) 384-2317 to register. Call today as class will be full. Attendance at each session is encouraged.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2023

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

## TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

### THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

- 1. Clear the clutter.** Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.
- 2. Group like-items.** Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



- 3. Give everything a "home."** After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

### THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.

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## REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, “*What’s for dinner?*” It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

### THE POWER OF PROFESSIONAL ROUTINES

As you consider “professional” routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P’s:

- **Prep.** Develop the routine of prepping for the next “work” day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create “production” routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for *you*. Take time to explore what works — and what doesn’t — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your “sleep” routine might include tidying up before bed.

### TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

### REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

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JOIN US AT THE



# Holiday Bazaar

**Saturday - November 18, 2023  
 8:00 a.m. - 1:00 p.m. CST**

Adair County Extension Office  
 409 Fairground Street  
 Columbia, KY 42728

**Coffee bar, jams, jellies, relishes, pickles, cookies, candies, pies, handmade holiday decorations, wood working items, fresh produce, and more. The perfect stop for locally made holiday gifts!**

Vendor applications will be available soon

Call (270) 384-2317

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Adair County Homemakers Present:

# HOLIDAY MINIATURE VILLAGE COMPETITION

Design your own holiday village display,  
win real prize money!

The competition will take place in coordination with the Holiday Bazaar.  
Winners will be determined by popular vote of Bazaar visitors.  
1st place will win \$50; 2nd place will win \$30; and 3rd \$20.

For full competition details, such as maximum display dimensions,  
contact the Adair County Extension Office at (270) 384-2317.  
Deadline to register is Friday, November 3rd.



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# HOLIDAY MINIATURE VILLAGE COMPETITION

## Competition Rules

### What, When, Where

The Holiday Miniature Village Competition will coincide with the Homemakers Holiday Bazaar on Saturday, November 18th at the Extension Office. Participants are tasked with creating a dazzling display of miniature holiday figurines and tiny buildings. Similar to how some may decorate their homes during the holidays. Anyone can participate, the competition is free.

### Register

Registration for the competition is due by Friday, November 3rd at 4:30 p.m. CST. To register, return this signed competition sheet to the Extension Office. The Office is located at 409 Fairground Street, Columbia KY 42728. Depending on participation numbers, the Homemakers may decide to alter or cancel the competition. Registered participants will be notified of any changes.

### Display

Competition displays are limited to a single table, the measurements of the rectangular table is 72x30 inches. Participants are asked to fill as much of the table as possible. Participants may be able to use two tables depending on how many people sign-up for the competition.

### Setup

Setup for the village competition will begin at 3:00 p.m. on Friday, November 17th and conclude at 6:00 p.m. Setup will then resume the day of the Holiday Bazaar beginning at 6:45 a.m. on November 18th and conclude at 8:00 a.m.

### Competition Time

Competition will begin at 8:00 a.m. when the Bazaar opens. The competition will conclude at 12:45, and a winner will be announced at 1:00 p.m. when the Bazaar concludes.

### Takedown

You may begin packing up your display at 12:45 p.m. on competition day.

### Electricity

The Homemakers will try their best to ensure each participant has access to electricity for their display. However, electricity access cannot be guaranteed and outlets are limited. It is recommend that participants arrive early to setup to grab the spots closest to outlets. Accessories powered by batteries are the safest bets. Unsafe use of electricity, such as plugging in multiple extension cords into one, frayed or exposed electrical wires, and tripping hazards are not allowed.

### Judging

Winners will be determined by popular vote of the public. As the public signs in to visit the Bazaar, voting will be explained. Each visitor receives one vote. At 12:45 p.m. Homemaker volunteers will count the votes. A winner will then be announced and notified.

### Care of Items

“Do Not Touch” signs will be displayed throughout the competition room to discourage tampering by the public. The use of bubble wrap or other protective methods is recommended during the transportation of displays items to the competition. The Extension Homemakers, the Extension Office, and its members and employees are not responsible for broken or lost items. Family heirlooms of great significance are not recommended to be used.

First & Last Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I agree to follow the competition rules:

\_\_\_\_\_  
*Signature*

