

**RUSSELL COUNTY
EXTENSION OFFICE**

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
(270) 866-4477
FAX: (270) 866-8645
RUSSELL.MGCAFE.UKY.EDU

Homemaker Newsletter

November 2025

Thought of the Month:

"Feeling gratitude
and not
expressing it is like
wrapping a
present and not
giving it." –
William Arthur
Ward

Homemaker Council News

Calling All Homemakers and Shoppers!

Mark your calendars for the 2nd Annual
Russell County Extension Homemakers
Vendor Fair on **Saturday, November 22nd!**

Vendors arrive: 7:30 AM

Open to the public: 9 AM – 2 PM

Join us for a fun day of shopping local and
supporting small businesses!

Roll Call: Every purchase helps make a difference—all
vendor fees benefit the Homemakers'
Scholarship Fund.

November is
National
Gratitude Month.
What are you
grateful for
today?

We're also giving back to the community by
collecting hygiene items for the Women's
Recovery Center. Donations can be dropped
off at the Russell County Extension Office
anytime this month.

**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



Club Meeting Information

Homemakers On The Go

Their next meeting is on **November 13th at 10:30 a.m.** All are invited for lunch at Paula's in Creelsboro at 11:00 a.m. **Register by November 7th.**

Please call 270-866-4477 to RSVP.

Magic Circle

Magic Circle meets every **Tuesday** at **9 a.m.** at the Extension Office. They invite you to join them in making mini stockings for the Fair Oaks Nursing Home. Here is the link for the craft:

https://www.youtube.com/watch?v=bltICR4CPTQ_

Sunset Club

Sunset's lesson topic for their next meeting has yet to be determined. The meeting will be on **November 10th at 6 p.m.** at the Russell Springs Wendy's. Members will make a holiday craft. Please reach out to Susan Adams for more information.

Crafty Bees

No meeting in November to allow for family time and for the Thanksgiving holiday. A Holiday Painting Party is scheduled for **December 8th at 5:30 p.m.**

Just One More Chapter Book Club

Just One More Chapter will meet on **November 18th, at 1:00 p.m.,** with a "Thankful for Books" theme with finger foods and fellowship.

The Piecemakers Quilt Guild

The guild's new name is the Russell County Quilt Guild. They will meet on **November 5th at 2 p.m.,** and Cindy Mills will teach a class on *Quilt As You Go, Crazy Quilt Christmas Stocking*.

Sit 'n' Sew is also scheduled for **November 24th, from 12-4 p.m.**



ADULT HEALTH BULLETIN



NOVEMBER 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)

Russell County
Extension Office
2688 US 127
Russell Springs, KY
42642
270-866-4477

THIS MONTH'S TOPIC MANAGING DIABETES DURING THE HOLIDAYS



National Diabetes Month is every November in the United States. It's a time set aside to raise awareness about diabetes, its risk factors, and the importance of managing the condition for improved health.

This is also a time of the year when many Americans host family gatherings, special meals, and other celebrations. The holidays are a time for fun, family, and food. But if you have diabetes, they can also bring challenges. With travel, big meals, and busy schedules, it is easy to forget about healthy habits. The good news is that with some planning, you can enjoy the season while keeping your blood sugar in check.

Continued on the next page ➔

**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





Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar.

➔ **Continued from the previous page**

Plan for travel

Traveling can make it challenging to stick to your routine. If you are flying or driving, bring healthy snacks like nuts, fruit, or whole-grain crackers. Pack your medicines, supplies, and testing equipment in a bag you keep with you. Try to stick to your regular meal and medicine times, even if you are in a different time zone. Drink water often and take breaks to stretch and move when you can.

Be smart at special meals

Holiday meals are often full of rich foods and sweets. You do not have to miss out, but you can make wise choices. Fill half your plate with vegetables or salad and eat those first. Starting your meal with high-fiber foods can help you feel full without eating as much. Always include protein as well, to keep you full for longer. Choose smaller portions of higher-carb foods, such as bread, stuffing, or casseroles. If you want a treat, pick your favorite and enjoy a small serving. Eating slowly can help you feel full and avoid overeating. Also, remember to drink plenty of water, and avoid sugary drinks like soda, punch, and too much alcohol.

Stay active

Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar. Take a walk after meals, play a game with

family, or dance to holiday music. Even short bursts of movement can make a difference.

Keep track of your blood sugar

Check your blood sugar more often during the holidays. New foods, travel, and stress can cause changes. Bring your testing supplies with you and record your numbers regularly. This will help you stay on top of your health and amend your insulin or other medications if needed.

Manage stress and rest

Holidays can be stressful, and stress can impact blood sugar levels. Take time to relax, breathe, and get enough sleep. Rest helps your body stay balanced and gives you more energy to enjoy the season. You may need to make conscious choices to limit your commitments and allow enough extra time to avoid feeling rushed.

REFERENCES:

- <https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>
- <https://www.wakehealth.edu/stories/tips-on-managing-diabetes-during-the-holidays>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping:	3 tablespoons melted butter
¼ cup maple syrup		½ cup brown sugar	¼ teaspoon salt
2 tablespoons brown sugar	¼ teaspoon vanilla extract	½ cup ground rolled oats	½ teaspoon cinnamon
2 eggs	1 tablespoon cinnamon	1 tablespoon maple syrup	½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Kentucky Sweet Potatoes

SEASON: The peak season is October through March, however sweet potatoes are available all year in Kentucky.

NUTRITION FACTS: Sweet potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-size sweet potatoes with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degrees F), dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with margarine, if desired. Arrange on a baking sheet in a single layer and bake uncovered in a 375 degree F oven until soft when squeezed (45-60 minutes).

Boiling: In a 3-quart pan, boil four whole medium-size potatoes, covered in 2 inches water, until tender when pierced with a fork or knife. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than two at a time, arrange like spokes of a wheel. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

KENTUCKY SWEET POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

September 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Pumpkin Painting Class 12:30 Snowman Painting Class 5 PM	4 Magic Circle 9 AM	5 RC Quilt Guild 2 PM	6 Bingocize 9 AM	7	8
9	10 Vanilla Extract Class 10 AM	11 Magic Circle 9 AM	12	13 Bingocize 9 AM HOTG 10:30 AM	14	15
16	17 Beginner Quilt Blocks 5:30 PM	18 Magic Circle 9 AM Just One More Chapter Book Club 1 PM	19	20 Bingocize 9 AM	21 Vendor's Fair Set- Up 1 PM	22 Vendor's Fair 7:30-3 PM
23	24 RC Quilt Guild 12 PM	25 Magic Circle 9 AM	26	27 CLOSED	28 CLOSED	29
30					CALL 270-866-4477 FOR MORE INFORMATION	

CULTURAL ARTS and HERITAGE

Cultural Arts Exhibit – STATE LEVEL RULES

- All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.
- Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.
- If a Homemaker is a dues-paying member in more than one county, please choose **ONLY ONE** county in which to enter all Cultural Arts exhibits.
- Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.
- Entries will be exhibited by category. Entries will be judged by subcategory when indicated.
- The exhibitor is responsible for category/subcategory determination. Extreme care should be taken at the county and area level to place entries in the correct category.
- Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.
- AREAS may exhibit one item from each category and/or subcategory (maximum number is 100 for 2025 – 2026). Identification of item should be on tag provided by state and attached to exhibit.
- Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.
- BLUE Ribbon and PURPLE Ribbon exhibits from previous years in each subcategory (or category, if category has no subcategories) are not eligible for entry in another KEHA cultural arts contest.
- The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.
- Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall.
- Please label any easels, picture stands, hangers, or other display equipment with exhibitor name.
- All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairperson.
- Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced, or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors.

2025 – 2026 • Cultural Arts Exhibit – CATEGORIES

Please refer to the CLARIFICATIONS pages for more information.

01. SEWING (Apparel & Home Décor)

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

02. ART, 3-Dimensional

- 2a. Carving
- 2b. Sculpture

03. ART, Natural

- 3a. Wood
- 3b. Other

04. REPURPOSED & UPCYCLED (MUST include a "before" photo)

- 4a. Clothing (end product)
- 4b. Household (end product)
- 4c. Other

05. BASKETRY

- 5a. Cane (includes Nantucket)
- 5b. Wooden Base (excludes Nantucket)
- 5c. Miniature (under 4 inch)
- 5d. Novelty
- 5e. Non-Ribbed, Traditional
- 5f. Ribbed, Traditional

06. BEADING

- 6a. Bead Weaving
- 6b. Non-jewelry Item/Wearable
- 6c. Miscellaneous

07. CERAMICS

- 7a. Hand-formed
- 7b. Molded
- 7c. Pre-made

08. COUNTED CROSS STITCH

- 8a. 14 Count Fabric & Under
- 8b. 16 to 22 Count Fabric
- 8c. Specialty Cloth (linens, etc.)

09. CROCHET

- 9a. Accessories
- 9b. Garment
- 9c. Home Decor & Afghans
- 9d. Thread
- 9e. Figurine

10. DOLL/TOY MAKING

- 10a. Cloth
- 10b. Handmade Toy other than
Porcelain/China or Cloth
- 10c. Porcelain/China

11. DRAWING

- 11a. Pastels
- 11b. Pen and Ink
- 11c. Pen and Ink with Oil Roughing
- 11d. Pencil or Charcoal- Black
- 11e. Pencil- Color

12. EMBROIDERY

- 12a. Basic
- 12b. Candle Wicking
- 12c. Crewel
- 12d. Machine
- 12e. Ribbon
- 12f. Smocking
- 12g. Swedish
- 12h. Tatting/Lace Making
- 12i. Chicken Scratch
- 12j. Punch Needle (under 60" perimeter)
- 12k. Miscellaneous

Continued on the next page

2025 – 2026 • Cultural Arts Exhibit – CATEGORIES (continued)

Please refer to the CLARIFICATIONS pages for more information.

13. FELTING

- 13a. Needle Method
- 13b. Wet Method

14. HOLIDAY DECORATIONS

- 14a. Autumn
- 14b. Spring
- 14c. Summer
- 14d. Winter

15. JEWELRY

- 15a. Beaded
- 15b. Mixed Media
(wire, chain maille, mixed with beads)
- 15c. Original Design

16. KNITTING (HAND - with knitting needles)

- 16a. Accessories
- 16b. Garment
- 16c. Home Decor and Afghans
- 16d. Figurine

17. KNITTING (OTHER - machine/loom)

- 17a. Other

18. NEEDLEPOINT

- 18a. Cloth or Canvas
- 18b. Plastic

19. PAINTING, ART

- 19a. Acrylic
- 19b. Oil
- 19c. Watercolor

20. PAINTING, DECORATIVE

- 20a. Metal
- 20b. Wood
- 20c. Other

21. PHOTOGRAPHY (mounted or framed)

- 21a. Black & White
- 21b. Color

22. QUILTS

- 22a. Baby-size or Lap-size (hand quilted)
- 22b. Baby-size or Lap-size (machine quilted)
- 22c. Hand Applique (hand quilted)
- 22d. Hand Pieced (hand quilted)
- 22e. Machine Applique (machine quilted)
- 22f. Machine Pieced (hand quilted)
- 22g. Machine Pieced (machine quilted)
- 22h. Novelty (hand quilted)
(stenciled, embroidered, miniature, etc.)
- 22i. Novelty (machine quilted)
(stenciled, embroidered, miniature, etc.)
- 22j. Technology Based (hand or machine quilted)
- 22k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- 23a. Card Making
- 23b. Origami
- 23c. Quilling
- 23d. Scrapbooking

24. RUG MAKING

- 24a. Braided
- 24b. Hooked
- 24c. Punch Needle, rug (over 60" perimeter)
- 24d. Woven

25. WALL or DOOR HANGING

- 25a. Fabric
- 25b. Other
- 25c. Diamond Art Mosaic

26. WEAVING

- 26a. Hand (macrame, caning)
- 26b. Loom (includes pin weaving)

27. MISCELLANEOUS

- 27a. Miscellaneous

CULTURAL ARTS and HERITAGE

Exhibit Category / Sub-Category CLARIFICATIONS

Please refer to this section to assist with sub-category placement of entries.
As time and resources permit, this list will grow to expand upon and clarify most Categories.

PLEASE contact the State Cultural Arts Chairperson with any questions.

1. SEWING (Apparel & Home Décor)

- Items are constructed by SEWING

Sewing Sub-Category definitions:

- a. **Basic Garment APPAREL** = features more basic sewing techniques
- b. **Specialty Garment APPAREL** = features tailoring techniques, more structure; includes appliqued and quilted apparel
- c. **Accessory APPAREL** = tote bags / purses / hats
- d. **Basic HOME DÉCOR** = ex: simple pillows / pillowcases
- e. **Specialty HOME DÉCOR** = ex: rope bowls; includes appliqued or quilted pillows, runners

4. REPURPOSED & UPCYCLED

- Exhibits **must be accompanied by a “before” picture** that depicts items in their original form before they were “repurposed or recycled” into the final exhibit item
- Subcategories describe the resulting (end) project, for example, if a CLOTHING ITEM is “upcycled” into something for the HOUSEHOLD, then the exhibit should be entered in “b. Household”

5. BASKETS

- Baskets should be woven with natural materials (e.g., reed, cane, x, or x); no rope baskets (rope baskets may be entered in 1. SEWING e. Specialty Home Décor)
- Dyed materials should be placed in the same sub-category as undyed materials
- Baskets with a wooden base that has a hole where it was attached to the mold during weaving, should have the hole closed with a wooden plug and sealed
- Chairs and stools with woven seats should be entered in 26. WEAVING a. Hand
- Where size is concerned, handles are not included in this measurement

Basket Sub-Category definitions:

- a. **Cane** = includes Nantucket baskets; ribbed, woven with cane (cut from rattan plant, has a hard, smooth, shiny side and a dull, fibrous side); any shape or size allowed in which a wooden mold has been used for shaping; staves/stakes or hardwood, cane, or flat oval reed are inserted/attached to a wooden base; rim is hardwood, cane, or flat oval reed; if wooden base has a hole where it was attached to the mold during weaving, the hole should be closed with a wooden plug and sealed

- b. **Wooden Base** = any size reed basket (ribbed or non-ribbed) made with a wooden base (excludes Nantucket baskets)
- c. **Miniature** = 4" maximum in any direction (handles not included in measurement); includes Nantucket baskets, but other wooden base baskets of "miniature size" should be placed in the "wooden base" sub-category
- d. **Novelty** = any WOVEN item used for something other than a traditional basket (decorations, wall hanging, gourds, leather , etc.); COILED baskets made from natural materials (not rope or fabric)
- e. **Non-Ribbed, Traditional** = Any non-ribbed traditional reed basket larger than 4" in diameter that does not have a wooden base
- f. **Ribbed, Traditional** = Traditional Appalachian, no less than 4" in any direction, woven on an oak frame with a series of ribs emerging from the lashing, binding parts of the frame together

13. FELTING

- All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

21. PHOTOGRAPHY

- Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

22. QUILTS

- Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

23. PAPER CRAFTING

- 23d. Scrapbooking entries are limited to 1 or 2 pages; If the entire scrapbook is sent, please designate pages to be judged.



Extension Service

RUSSELL COUNTY EXTENSION

HOMEMAKERS

VENDORS FAIR

November 22nd from 9:00-2:00 PM

CALLING ALL SHOPPERS!

THE HOLIDAYS ARE JUST AROUND THE CORNER! YOU ARE INVITED TO SUPPORT THE RUSSELL COUNTY EXTENSION HOMEMAKERS AND LOCAL BUSINESSES BY SHOPPING FOR THE HOLIDAYS AT OUR VENDOR'S FAIR!

WE'LL HAVE:

JEWELRY
FOOD TRUCK
CLOTHES
CRAFTS
HANDMADE SOAP
AND MORE!

FOR MORE INFORMATION, CONTACT MEGAN GULLETT AT 270-866-4477 AND MEGAN.GULLETT@UKY.EDU.

Location: RC Auditorium Natatorium Complex
Russell Springs, KY 42642





Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT






Bingo + Exercise = Bingocize

A fun 8-week diabetes health promotion program that combines the game of bingo with inclusive exercises for everyone!




Diabetes Workshop!

Where: 211 Fruit of the Loom Dr, Jamestown, KY 42629

When: Oct. 2nd, 9th, 16th, 23rd, 30th, Nov. 6th, 13th, 20th

Time: 9-10 AM CST



Free Prizes & Great



Beginner Sewing Workshop

Learn to Make a Quilt Block



November 17th



5:30 PM-END



2688 U.S. 127, Russell Springs, KY 42642





Workshop Highlights:

- ✓ Beginner Friendly
- ✓ Sewing Basics
- ✓ Pattern Reading
- ✓ Making a quilt block

Register Now!

Please call 270-866-4477 to RSVP.

Please let us know if you have a sewing machine or would like one to be provided.

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT






MAKING VANILLA EXTRACT

TAUGHT BY RUSSELL COUNTY EXTENSION HOMEMAKERS

NOV. 10TH [AT] 10 AM

Come learn how to make your very own vanilla extract!

Cost is \$10, payable at the time of sign-up. RSVP by Monday, Nov. 3rd.

2688 US 217,
RUSSELL SPRINGS, KY 42642



CALL 270-866-4477 TO RSVP

AN EQUAL OPPORTUNITY EMPLOYER.

