

Hopkins County Extension

Family and Consumer Sciences

HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES

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Fall is Here!

Summer has come and passed and as the leaves begin to change. We are excited to see what this next season has in store for us here in Extension.

Please welcome our new county Agriculture Extension Agent, Jay Stone. He has been a great addition to our office. He has over 25 years experience in Extension, feel free to reach out to him for any Agriculture needs you may have.



Upcoming Dates

September 16-Deadline for Pennyriple Area Homemaker Association Council candidates.

October 3-Deadline to sign up for Walktober!

October 4-8- Fall Break

October 5-Use Less, Spend Less Lesson taught via Zoom at 10 AM and 5 PM the links are available now.

October 31- Halloween

What's in this issue:

WalkTober Walking Challenge

Use Less, Spend Less

Homemaker Dues

COVID Updates

Say "No" to Homemade Hand Sanitizers

Homemaker Council

Honey Raisin Muffin Recipe

Farmers Market Hours & Locations

Erika Wood
County Extension Agent for
Horticulture



WalkTober Walking Challenge

The WalkTober Walking Challenge is back! Join all the Pennyrile Area FCS Agents for WalkTober, a 4-week Walking Challenge, October 4 - 31. You can sign up and keep up with your steps either through the FitBlue app or on forms that are available at the Hopkins County Extension Office.

If you do not have a device to track your steps, we can provide you with an inexpensive pedometer. The details for signing up are in the flyer. The deadline for signing up on the FitBlue app is October 3, 11:00 p.m. I hope you will join us for this challenge!



WALKTOBER

A Pennyrile Area Walking Challenge

**FREE
PEDOMETER
(IF NEEDED)**

OCTOBER 4 - 31, 2021

**PRIZES
AWARDED**

(To be eligible, participants must complete pre/post survey and complete the challenge.)

Register with your smart phone:

1. Download the **FitBlue** app.
2. Click on **Game Mode**. Click **Challenge**. Select **Join Challenge**.
3. Under search challenge, type **2021 Pennyrile FCS Walktober**.
4. Join the challenge and use challenge code **J8t2fA**

No Smart Phone, No problem!

Contact your local county Extension Office for registration information.

Keep track of your steps and try to increase your step count each day.

Register by 11:00 pm October 3.



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

USE LESS, SPEND LESS

October 5, 10:00 AM & 5:00 PM



October Lesson

Use Less, Spend Less

Nobody needs more stress! Join Jill Harris, Todd County Extension Agent for Family & Consumer Sciences, for tips to help you use less, spend less, and stress less during the holiday season.

Use Less, Spend Less (nobody needs more stress!) will be taught Tuesday, October 5, 10:00 a.m. & 5:00 p.m. The class will be taught by Zoom. Please let us know your email, if you have not already, so we can share the link with you.



Homemaker Dues

Homemaker dues of \$8 per member are due Monday, November 15, 2021. Realizing that clubs may not be able to meet this fall, members have the option of mailing their dues directly to the Hopkins County Extension Office. Address below.

Hopkins County Extension Office
75 Cornwall Drive,
Madisonville, KY 42431.

Please make checks payable for \$8 and enclose your enrollment form with your check. Checks payable to Hopkins County EDB.



COVID Updates

Masks and social distancing are recommended for all unvaccinated clientele at offices and Extension-led programs. Proof of vaccination will not be required or requested.



Attending In-person

If an event asks for pre-registration, please call the Extension Office at (270)821-3650, so we know how many tables/chairs to set up or whether to relocate to a larger room. This will also let us know who to call if classes must be cancelled at the last minute due to COVID.

Programs with food must use individually wrapped grab-and-go meals and disposable utensils and dishes.

Programs for youth under 12 must follow the current guidelines in place with the local school system.

Say "No" to Homemade Hand Sanitizers

Homemade Hand Sanitizers are a Bad Idea It's always best to wash your hands. But sometimes it is not always possible, and you have to use hand sanitizer. Both the Centers for Disease Control and the World Health Organization state you should use hand sanitizers containing at least 60% alcohol when soap and water are not available. Using a hand sanitizer of this concentration can prevent the spread of infections and lower the chance of getting sick.

But what do you do if you can't find hand sanitizer? Should you make your own? The Food and Drug Administration says no. There is no research confirming the safety of do-it-yourself, or homemade, recipes on human skin or their effectiveness at preventing the spread of infection. In addition, if not made correctly, hand sanitizer will be ineffective and could cause skin irritation or burns.

Using a homemade DIY recipe for hand sanitizer is risky. To be effective, hand sanitizers must have a strength of at least 60% alcohol. You can't use just any kind of alcohol or any concentration of alcohol. And when you mix in other ingredients such as aloe, soothing gels, and essential oils, the overall strength is reduced. You may not be getting the 60% alcohol you need to be effective. On the flip side, you may start with an alcohol that is too strong which can irritate the skin, causing rashes or burns.

Bottom line – wash your hands often. When you can't wash, the second best option is using a hand sanitizer with a strength of at least 60% alcohol. When buying a hand sanitizer, look at the ingredient list and make sure the active ingredient has at least 60% ethyl alcohol (ethanol) or isopropyl alcohol (isopropanol).



Matching Game

Match the Grandmother name to their origins.

- | | |
|--------------|-------------|
| 1. Nai Nai | A. French |
| 2. Grandmere | B. Hawaiian |
| 3. Oma | C. Hebrew |
| 4. Tutu | D. Chinese |
| 5. Nonna | E. Japanese |
| 6. Savta | F. Italian |
| 7. Oba-Chan | G. German |
| 8. Babushka | H. Spanish |
| 9. Abuela | I. Polish |
| 10. Babcia | J. Russian |

Answers: 1.D 2.A 3.G 4.B 5.F
6.C 7.E 8.J 9.H 10.I



Thought for the Month

“A grandparent is a little bit parent, a little bit teacher, and little bit best friend.” —Unknown

Roll Call

Name a memory of your and your grandparents

Homemaker Council Needs You

We are in need of President and Secretary for our Hopkins County Homemaker Council. If you would be interested in serving in this call the Extension Office at (270)821-3650 or email us at hopkins.ext@uky.edu

The Pennyryle Area Homemaker Council is also in need of a President-Elect and Secretary. If you would be interested in serving in this call the Jill Harris, Todd County Agent for Family Consumer Science at (270)265-5659 or email jill.harris@uky.edu for more information.



The Pennyryle Area Homemakers Association is seeking candidates to serve a 3 year term for the positions of President-Elect or Secretary. Please contact your local Extension Agent for Family & Consumer Sciences by September 16, if you are willing to serve or call/email the number/name below.

270-265-5659 
jill.harris@uky.edu 

Honey Raisin Muffins



½ cup + 2 tablespoons all purpose flour	¼ teaspoon baking soda	1 cup skim milk
½ cup + 2 tablespoons whole wheat flour	1 teaspoon ground cinnamon	½ cup honey
¾ teaspoon baking powder	¼ teaspoon salt	2 egg whites
	2 cups bran flake cereal with raisins	3 tablespoons unsweetened applesauce
		2 tablespoons canola oil

- 1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- 2.** In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce and oil; **mix** well.
- 3. Add** dry ingredients and stir until moistened.
- 4. Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
- 5. Bake** at 400°F for 15-18 minutes.
- 6. Cool** 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.

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



FARMERS MARKET HOURS & LOCATIONS

MAHR PARK
55 Mahr Park Drive
Tuesday 2:00 pm - 7:00 pm
Saturdays 8:00 am - 1:00 pm

BAPTIST HEALTH
900 Hospital Drive
Thursday 7:00 am - 1:00 pm

