

Family & Consumer Sciences Newsletter



Fall/Winter 2025



**CHECK IT
OUT!**



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Bracken Co. Homemaker Holiday Gift Card Basket Fundraiser is going on now! Tickets can be purchased at the extension office or from any Bracken County Homemaker.

Just a friendly reminder that our office will be closed the following dates for the holidays:

November 27th-28th

December 24th-January 1st

Also, if local schools are closed due to inclement weather, any programs extension has scheduled will be cancelled/rescheduled also.

-Shannon Smith-

**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 available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506

**BRACKEN COUNTY HOMEMAKERS
Holiday Gift Card Basket Fundraiser**

1	2
3	4

*Drawing will be December 3rd!
Proceeds benefit Bracken County Homemakers Scholarship Fund.*

Tickets \$1 Each!



Save the Date

Oct 15th

Nov 5th

Nov 5th & 6th

Dec 4th

Dec 10th

Lunch & Learn

Lunch & Learn

Make It Take It Try It

Make It Take It Try It

Lunch & Learn

Keep checking Facebook for details on these upcoming programs!

**OCTOBER IS
BREAST CANCER
AWARENESS
MONTH!**



ADULT HEALTH BULLETIN



OCTOBER 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)

Bracken County
Extension Office
1120 Brooksville-Germantown Rd
Brooksville, Ky 41004

THIS MONTH'S TOPIC TAKING CARE OF YOUR TEETH



October is designated as National Dental Hygiene Month to raise awareness about the importance of good oral health and its role in overall health and well-being.

Taking care of your teeth and gums is essential for your overall well-being, not just your oral health. Good oral health helps adults eat, talk, smile, and feel confident. If you don't take care of your mouth, you can get cavities, gum disease, or even mouth cancer. These problems can be painful and may also lead to bigger health issues. That's why it's important to brush your teeth twice a day with fluoride toothpaste and floss once a day to clean between your teeth. You should also visit the dentist at least once a year, even if your mouth feels fine. Dentists can identify minor problems before they become major issues and provide thorough cleaning for your teeth.

Continued on the next page ➔

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



**You should visit
the dentist at least
once a year, even if
your mouth feels fine.
Dentists can identify
minor problems before
they become major issues.**

➔ **Continued from the previous page**

Dentists and dental hygienists play an important role in keeping people's mouths and bodies healthy. Dentists are doctors who take care of your teeth, gums, and mouth. They check for problems like cavities, gum disease, or signs of oral cancer. If they find something wrong, they can correct it before it worsens. Dentists also perform treatments such as filling cavities, repairing broken teeth, and removing teeth when necessary.

Dental hygienists work with dentists to help clean your teeth and teach you how to take care of them at home. They remove plaque and tartar, which are sticky layers of germs that can cause tooth decay and gum disease. Hygienists also show you the right way to brush and floss, and they might give you fluoride treatments to make your teeth stronger.

Both dentists and dental hygienists play a crucial role in helping to prevent problems before they arise. By visiting them regularly — at least once or twice a year — you can maintain your oral health, prevent pain, and even protect your overall well-being. A clean, healthy mouth makes it easier to eat, speak, and smile, and it also helps you stay well in other parts of your body.

There are additional steps you can take to protect your oral health. Drinking water with fluoride helps strengthen your teeth and prevent cavities. Eating healthy foods and avoiding sugary snacks and drinks is also important. Tobacco and too much alcohol can harm your mouth and even lead to cancer, so it's best to avoid them. If you play sports, wearing a mouthguard can protect your teeth from injury. People with chronic conditions like diabetes should take extra care of their mouths, since gum disease can make it harder to control blood sugar. Also, if your mouth feels dry a lot, try drinking more water or chewing sugar-free gum to help.

If you have questions or concerns about your dental or oral health, bring them up at your next dental appointment.

REFERENCE:

<https://www.cdc.gov/oral-health/about>

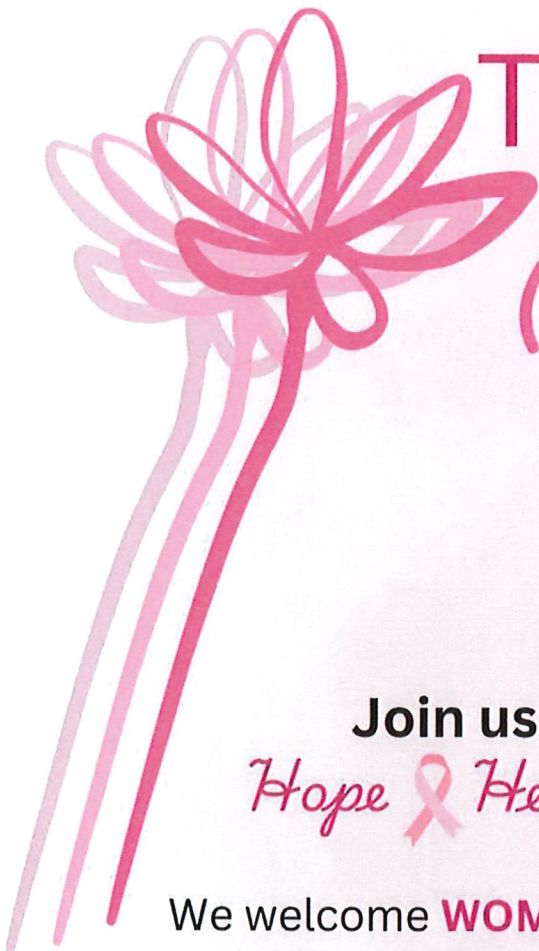
Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





The Power of

Pink

Luncheon

Join us as we celebrate a message of

Hope  *Health*  *Empowerment*  *Education*

We welcome **WOMEN OF ALL AGES** to come together to share in the important message of Breast Health. The Power of Pink Luncheon is filled with amazing stories of advocacy, survivorship, delicious food, doorprizes, fellowship and fun.

Thursday, October 30th

11:30 am to 1:00 pm

Bracken County Extension Office

1120 Brooksville-Germantown Rd, Brooksville, KY

Please RSVP by
Friday, Oct. 24th
by calling
606-735-2141

Hosted by:



College of Agriculture,
Food and Environment
Cooperative Extension Service



Featuring **Breast Cancer Survivor, Sarah Carl**



Meals Made Easy Series -INTERNATIONAL EDITION-

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

<u>Date</u>	<u>Cuisine</u>	<u>Location</u>
November 4th	German	Bracken Co Ext. Office
November 17th	Hispanic	Bracken Co Ext. Office
December 15th	Thailand	Mason Co Ext. Office
January 20th	Asian	Bracken Co Ext. Office
February 3rd	Samoan	Mason Co Ext. Office
March 31st	Venezuela	Bracken Co Ext. Office
April 21st	Indian	Parc Cafe'
May 5th	Italian	Bracken Co Ext. Office

Please
register &
pay with
your home
county.



Mason County
Extension
(606) 564-6808

Bracken County
Extension
(606) 735-2141

All classes begin at 6:00 P.M.
Cost for each class will be \$5
Please pay by the Friday prior
to reserve your spot!



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MAKE IT TAKE IT TRY

NOVEMBER 5TH & 6TH

5:00 PM - 8:00 PM

BRACKEN COUNTY EXTENSION OFFICE

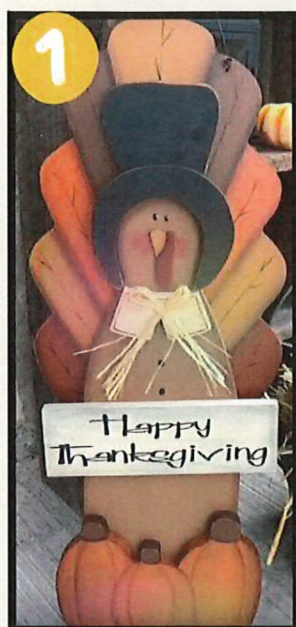
(606) 735-2141

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College of Agriculture,
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University of Kentucky.

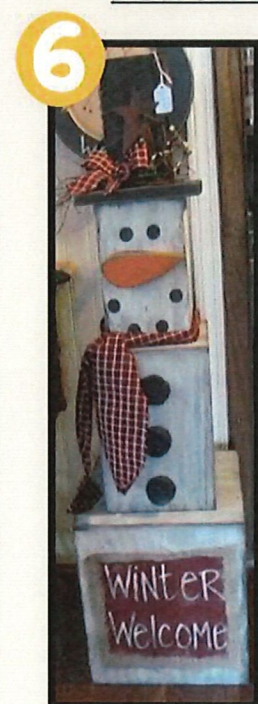


PORCH LEANERS \$40

DOOR HANGERS \$30



PORCH BOXES \$50



PLEASE REGISTER WITH THE
EXTENSION OFFICE, DEADLINE
TO REGISTER IS OCTOBER
29TH.

COST INCLUDES ALL SUPPLIES
& INSTRUCTION BY GLENDA
LOGAN & SAMPLE RECIPES BY
SHANNON SMITH, FCS AGENT

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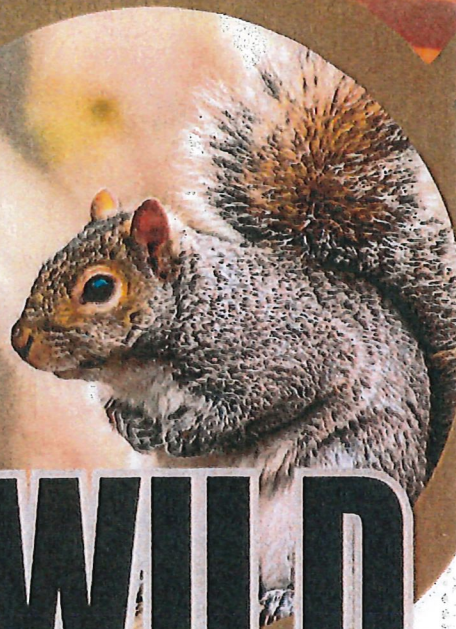
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Cooperative
Extension Service

HOSTED BY: UK EXTENSION OFFICES OF
FLEMING & MASON COUNTIES



TASTE KY WILD



NOVEMBER 14, 2025



MASON CO. EXTENSION OFFICE



11:00AM-1:00PM

**REGISTRATION
DEADLINE: NOV. 7**

SAMPLE WILDLIFE RECIPES

HUNTING & FISHING LICENSE INFO

WILDLIFE ID

SEASONS

WILDLIFE TRACKS & SCAT

GENERAL HARVEST RULES



TO REGISTER: USE THE QR CODE OR CALL (606) 845-4641

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Disabilities
accommodated
with prior notification



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, ¾ 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 crumbs. 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.

Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

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-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) 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

Source: www.fruitsandveggiesmatter.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

OCTOBER 2012

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