



**Cooperative Extension Service**  
Graves County  
4200 State Route 45 N  
Mayfield KY 42066  
(270) 247-2334  
graves.ca.uky.edu



## November 2022

Date	Event
Mondays	10:00am Crochet Club
November 1	5:30pm-7:30pm Adult Sewing Circle
November 4	11-11:45am & 12-12:45pm Taste of Graves County
November 6	Daylight Savings Time Ends
November 7	1:00pm Mahjong
November 9	10:00am TLC Club Meeting
November 10	10:00am Community Club Meeting
November 14	6:00pm Friendship Club Meeting
November 18	3:00pm Radon Presentation by GCHD
November 24-25	Office closed for the Thanksgiving Holiday
November 28	1:00pm Mahjong
December 1	10:00am The Art of Mindful Eating & Managing Stress Eating
December 13	3:00-5:00pm Extension Office Open House

### A note from Debbie Smith - Graves County Homemaker President

I think of November as the month of thanksgiving. This year, Graves County Extension Homemakers are thankful for many things. First, we should be thankful for new facilities where we can meet, can have classes, can cook, and can be proud when we just walk into the building. It is a bright, warm, welcoming environment with wonderful accessibility. There are inviting, informational displays where visitors can learn about Extension homemakers, 4-H, and other programs.

There are two program rooms where classes can be conducted such as the Swedish Weaving class and the pumpkin and bunny making classes. The large meeting rooms have already hosted "Spring Into Green" and our Scam program. The kitchen has allowed us to prepare thirty meals for our Welcome Home project and has hosted a "BBQ Spaghetti" class. And who can forget that our building was used as a "home" for the police community after the tornado. We need to be thankful our building was not damaged and that we were able to open it to those who came to Mayfield to help and to those local law enforcement officers whose own facilities were destroyed. There are so many "thankfuls" associated with just our facility. The possibilities are endless, and the future is just waiting for other ideas!

Denise Wooley  
County Agent for Family & Consumer Sciences



# UPCOMING EVENTS

## A note from Debbie Smith -Graves County Homemaker President cont'd

We are also thankful for our FCS agent. Denise is always open to ideas and her input is priceless. She is a cheerleader for Extension Homemakers and her support is always there for us. Any group needs a strong leader, and we have one! Now let's step up and make sure we give her our support and our best.

We should be thankful the Covid pandemic has let up enough so that we can now meet in-person. I missed everyone when we were not allowed to have in-person meetings. We knew it was for the best that we not meet, but it was hard. Now, let's never take for granted the opportunity to meet with our fellow homemakers. Your attendance and participation are important. We went two years without having "The Taste of Graves County," because of Covid, but now we can once again serve and meet with our community friends. We are thankful we can use the proceeds to further the education of two graduating seniors!

I am thankful for all of you. Your encouraging words mean more than you will ever know. I am thankful for your trust in me to lead our group. So, in this thankful month of November, count your blessings and even write down those things you are thankful for each and every day. I hope you can all say that you are thankful that Graves County Extension Homemakers have so many opportunities to serve and help our community. Have a wonderful November!

## Fall Spiced Pumpkin Bread

### Ingredients:

- 1/2 cup all-purpose flour
- 1 1/4 cup whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 1/2 cup melted margarine
- 1/2 cup sugar
- 1/2 cup honey
- 2 cups pumpkin puree
- 1/3 cup olive oil
- 2 eggs
- 1/3 cup chopped walnuts

### Yield:

16 Slices



### Directions:

**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** an 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.

## Taste of Graves County Hometown Meals: A Tribute to Graves County

Friday, November 4th

Serving sessions 11-11:45 & 12-12:45

Tickets are \$10 each which includes the taste of each recipe and the cookbook.

Extra cookbooks will be for sale for \$5 each. The cookbooks make for great gifts!!

We have a goal to sell 150 Taste of GC tickets and 50 extra cookbooks. This is the scholarship fundraiser. Two \$500 scholarships are given each year to a GCHS & MHS senior. Consider buying cookbooks at stocking stuffers.

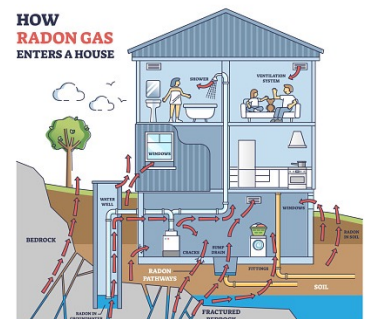
## Radon

November 18th

3:00pm

Extension Office

The Graves County Health Department will be giving a short presentation about radon and will be giving away 100 radon test kits!



# UPCOMING EVENTS

## The Art of Mindful Eating & Managing Stress Eating December 1, 10am



It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. It will also cover reasons stress makes it harder to make healthy choices, whether comfort foods are comforting, and strategies to manage stress eating.

---

## Passport Booklet Cultural Arts Contest



**CONTEST:** The KEHA Cultural Arts and Heritage Passport will be offered on an annual basis. The county who records the most events, based on the percentage of members, will be awarded \$100.00 and a Travel Trophy at the annual meeting.

Thanks to Debbie Smith for sharing some great ways to participate in the Passport contest. Everyone should have received a passport booklet. If you do not have a booklet, please stop by the Extension office to pick one up.

We have been told that we can use other ways to meet the Passport book goals rather than in-person visits. Here are some things on KET that we can use. There are two "Antiques Roadshow" programs at Churchill Downs. You may be able to find those by searching for them on the KET website or on the internet.

- Tim Farmer's Country Kitchen—Saturdays at 6 pm CST

- Kentucky Life—Saturdays at 7 pm CST

- Kentucky Afield—Saturdays at 7:30 pm CST

These shows may be repeated on Sunday, but you will need to check your local KET provider.

You can also search YouTube videos about Kentucky videos about art, food, recreation, and the other categories in the Passport book. This change in how you can "visit" Kentucky places has opened a whole new experience in filling out your Passport book!

## Extension Office Open House

December 13th

3:00-5:00pm



We will be having an open house/meet the staff on Dec. 13th. The open house was to take place in Jan but due to the tornado it was postponed. We want to give everyone the opportunity to tour the Extension office and meet the new employees! Please help us spread the word.

Refreshments will be served!

---



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

Graves County Extension Office  
4200 State Route 45 N  
Mayfield KY 42066