

# Family & Consumer Sciences



Cooperative Extension Service  
Carroll County  
500 Floyd Drive, Carrollton, KY 41068  
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

SEPTEMBER 2025

## CHRISTY'S CORNER



September is full of exciting events and seasonal changes! National Grandparents Day is celebrated on September 7, followed by National Guacamole Day on September 16. With fall weather just around the corner, I'm eagerly anticipating cooler temperatures and the vibrant colors of the season. There are many activities planned over the next few months—please refer to the enclosed flyers for details. Be sure to register early, as classes tend to fill up quickly. Also, don't forget to turn in your cultural arts submissions by September 18. If you have any questions, feel free to contact the office at 502-732-7030.

Sincerely, Christy

"The best preparation for tomorrow  
is doing your best today."

Harriett Jackson Brown, Jr.



*Christy Eastwood*

Christy Eastwood, Carroll County Extension Agent for  
Family & Consumer Sciences Education

Leaves  
are  
FALLING  
Autumn  
is CALLING

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Dates to Remember

# SEPTEMBER 2025

Remember to call the office at (502) 732-7030 to sign up!

Sept. 1	all day	Office Closed	
Sept. 6	all day	Homemaker Yard Sale	CCES
Sept. 18	all day	Cultural Arts due to office	CCES
Sept. 19	noon-1pm	Lunch and Learn	CCES
Sept. 25	6pm-7pm	Making Decisions Today for Peace of Mind Tomorrow	CCES
Sept. 26	10:30am	Lunch Bunch	Smithfield
Oct. 2	5:30pm	Annual Homemaker Mtg.	CCES
Oct. 9	6pm-7pm	Aging with Dignity	CCES
Oct. 16	TBA	Triennial Homemaker Mtg.	Grant Co. Extension Office
Oct. 20	6pm	County Extension Council	CCES
Oct. 21	10am	Nutrition for Older Adults	CCES
Oct. 23	10am, 2pm, or 6pm	Medicare 101	CCES
Oct. 29	10am	Understanding AI by Rick Sellnow	CCES
Nov. 5	10am	Gifts in a Jar	CCES
Nov. 13	10am, 2pm or 6pm	Medicare 101	CCES
Nov. 14	12 noon	Lunch and Learn	CCES
Nov. 17	1pm	Holiday Program	CCES
Nov. 19	1pm	All About Cookies	CCES
Nov. 21	10:30am	Lunch Bunch	
Nov. 22	TBA	Christmas Yard Sale	CCES
Dec. 12	12 noon	Lunch and Learn	CCES
Dec. 18	10am	Pasta 101	CCES



## Homemaker News!

- The annual Homemaker Yard Sale is scheduled for **Saturday, September 6<sup>th</sup>**. Please look around your house to see if you have anything to donate.
- September 16** at 6pm at the Carroll County Extension Office we will be working on mats for the homeless. Teens are also encouraged to attend.
- The Homemakers are still collecting prescription bottles. Please remove the labels from the bottles.
- Cultural arts submissions will be due to the Extension Office on **September 18<sup>th</sup>**. Enclosed in this newsletter are the categories.
- September 22<sup>nd</sup>** the Homemakers will be taking a day trip to visit two Amish stores in Indiana. We will also be eating lunch out. Space is limited. Call the office at 502-732-7030 to register.
- September 24<sup>th</sup>** the Carroll Co. Homemakers will be hosting the N. KY Area Homemaker Council Meeting.
- September 26<sup>th</sup>** the Lunch Bunch will be going to Our Best in Smithfield. Call to register.
- October 2<sup>nd</sup>** will be the annual Carroll County Homemaker Meeting. Doors open at 5:30pm and the meeting will begin at 6pm. Dinner will be served.
- October 6<sup>th</sup>** will be an opportunity to give back at High Point in LaGrange, KY. This is a community service opportunity from 11am-1pm. We will leave the office at 10:15am and return to the office by 3:30pm. We will go out to lunch after we volunteer. Please call the office to register.
- October 16<sup>th</sup>** is the Homemaker Triennial Meeting in Grant Co. Registration form is included in this newsletter. Checks need to be made out to "Carroll County Homemakers". Registration is due by September 26<sup>th</sup>.
- November 17<sup>th</sup>** is our annual Homemaker Holiday program presented by Barb Seiter from Boone County. The program starts at 1pm at the Carroll Co. Extension Office.
- November 22<sup>nd</sup>** Homemaker Christmas Yard Sale at the Carroll County Extension Office.





### ***Tired of asking your kids or grandkids the same old "How was your day?" and getting one-word answers?***

You're not alone. After school, kids often need a little time and a snack before they're ready to share. The trick is to give them space and ask questions that spark real conversation.

***When you reconnect after being apart, try these simple steps:***

- Put your phone away and turn off the TV.
- Sit down together, even just for a few minutes.
- Listen without rushing to fill the silence.



***Then, instead of the usual question, try one of these:***

- |  |                                 |                                   |
|--|---------------------------------|-----------------------------------|
| • What made you happy today?             | • Show me something you made.   | • What made you frustrated?       |
| • Tell me something that made you laugh. | • Did you help somebody today?  | • Did somebody help you?          |
| • Tell me one thing you learned.         | • Where did you play at recess? | • Teach me something I don't know |
| • Who did you sit by at lunch today?     |                                 |                                   |

As Dr. Dave Schramm, USU Extension family life specialist, reminds us: "It's been said that 'love' can really be spelled 'TIME.' And, it turns out, research shows that there's truth to that, especially when it comes to parents and their young children."

These small swaps can open the door to meaningful conversations—and remind your kids that what they say matters.

## **Super Patriotic Dip**

Servings: 28 Serving Size: 1/4 cup

### **Ingredients:**

- 1 cup light sour cream
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 2 (15 ounce) cans no salt added black beans, rinsed and drained
- 1 cup thick and chunky salsa
- 1 1/2 cups guacamole
- 1 cup shredded mozzarella cheese
- 1 cup cherry tomatoes, halved lengthwise
- Baked tortilla chips



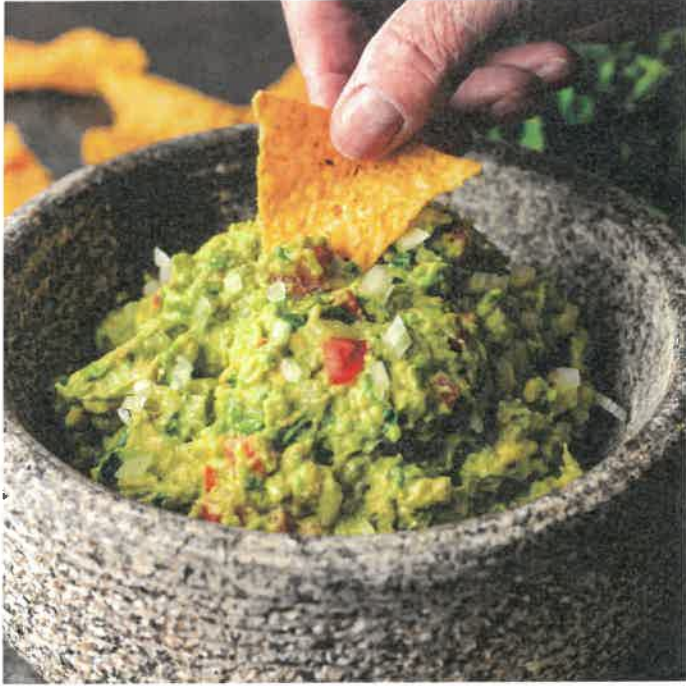
### **Directions:**

- In a small bowl, mix the sour cream, chili powder, garlic powder, paprika and salt. Set aside.
- Reserve about 1/2 cup black beans. In a 9"x7" (or similar size) clear casserole dish or pan, evenly layer remaining black beans.
- Over black beans, layer, sour cream, salsa and guacamole.
- Create an American flag or other patriotic design on top by using black beans, cheese and tomatoes.
- Serve with baked tortilla chips.

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

80 calories; 4g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 190mg sodium; 7g total carbohydrate; 3g dietary fiber; 1g total sugars; 0g added sugars; 4g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

# FOOD FACTS



## What is Guacamole?

Guacamole is basically mashed, raw avocados mixed with other ingredients to taste. The avocados give guacamole the green base, and other ingredients, such as tomatoes and onions give it some textured flavor. Guacamole is especially popular on Super Bowl Sunday and Cinco de Mayo. This treat is a perfect tailgate or party snack and a favorite Mexican restaurant side dish. Guacamole, due to its base of avocados are also super healthy. Guacamole has been linked to improving heart, skin, and hair health, as well as contributing to weight loss, cancer prevention, and a stronger immune and digestive system.

## Guacamole History: A Mexican Food?

The history of this tasty treat dates back to the Aztec Empire in Central America during the 1500s. Avocados were a favorite fruit in the area, and the Aztecs loved their “ahuaca-mulli” or avocado-mixture. The Spaniards also loved this treat, but could not pronounce the name correctly. This tasty spread first included avocados, tomatoes, and chilis, but over the years the Spaniards started adding their own ingredients, like onions, cilantro and lime juice. With time, the Spanish pronunciation changed the name of this dish to guacamole. The Spaniards had trouble growing avocados back in Spain, leaving guacamole a popular Mexican food item in the Americas. Today, guacamole sales are steadily increasing, because it is so healthy and delicious.



**KENTUCKY EXTENSION HOMEMAKERS CULTURAL ARTS  
2025-2026**

**Category and Subcategories**

- |   |  |
|---|--|
| <p><b>01. SEWING (Apparel &amp; Home Décor)</b><br/>01a. Basic Garment APPAREL<br/>01b. Specialty Garment APPAREL<br/>01c. Accessory APPAREL<br/>01d. Basic HOME DÉCOR<br/>01e. Specialty HOME DÉCOR</p> <p><b>02. ART, 3-Dimensional</b><br/>02a. Carving<br/>02b. Sculpture</p> <p><b>03. ART, Natural</b><br/>03a. Wood<br/>03b. Other</p> <p><b>04. ART, Repurposed &amp; Upcycled (Must include a BEFORE photo)</b><br/>04a. Clothing<br/>04b. Household<br/>04c. Other</p> <p><b>05. BASKETRY *</b><br/>05a. Cane (includes Nantucket)<br/>05b. Wooden Base (excludes Nantucket)<br/>05c. Miniature (under 4 inch)<br/>05d. Novelty<br/>05e. Non-Ribbed, Traditional<br/>05f. Ribbed, Traditional</p> <p><b>06. BEADING</b><br/>06a. Bead Weaving<br/>06b. Non-jewelry Item/Wearable<br/>06c. Miscellaneous</p> <p><b>07. CERAMICS</b><br/>07a. Hand-formed<br/>07b. Molded<br/>07c. Pre-made</p> <p><b>08. COUNTED CROSS STITCH</b><br/>08a. 14 Count Fabric &amp; Under<br/>08b. 16 to 22 Count Fabric<br/>08c. Specialty Cloth (<i>linens, etc.</i>)</p> <p><b>09. CROCHET</b><br/>09a. Accessories<br/>09b. Garment<br/>09c. Home Decor &amp; Afghans<br/>09d. Thread<br/>09e. Figurine</p> <p><b>10. DOLL/TOY MAKING</b><br/>10a. Cloth<br/>10b. Handmade Toy other than Porcelain/China or Cloth<br/>10c. Porcelain/China</p> | <p><b>11. DRAWING</b><br/>11a. Pastels<br/>11b. Pen and Ink<br/>11c. Pen and Ink with Oil Roughing<br/>11d. Pencil or Charcoal- Black<br/>11e. Pencil- Color</p> <p><b>12. EMBROIDERY</b><br/>12a. Basic<br/>12b. Candle Wicking<br/>12c. Crewel<br/>12d. Machine<br/>12e. Ribbon<br/>12f. Smocking<br/>12g. Swedish<br/>12h. Tatting/Lace Making<br/>12i. Chicken Scratch<br/>12j. Punch Needle (under 60" perimeter)<br/>12k. Miscellaneous</p> <p><b>13. FELTING</b><br/>13a. Needle Method<br/>13b. Wet Method</p> <p><b>14. HOLIDAY DECORATIONS</b><br/>14a. Autumn<br/>14b. Spring<br/>14c. Summer<br/>14d. Winter</p> <p><b>15. JEWELRY</b><br/>15a. Beaded<br/>15b. Mixed Media<br/>(wire, chain maille, mixed with beads)<br/>15c. Original Design</p> <p><b>16. KNITTING (HAND - with knitting needles)</b><br/>16a. Accessories<br/>16b. Garment<br/>16c. Home Decor and Afghans<br/>16d. Figurine</p> <p><b>17. KNITTING (OTHER - machine/loom)</b><br/>17a. Other</p> <p><b>18. NEEDLEPOINT</b><br/>18a. Cloth or Canvas<br/>18b. Plastic</p> <p><b>19. PAINTING, ART</b><br/>19a. Acrylic<br/>19b. Oil<br/>19c. Watercolor</p> |
|---|--|

**20. PAINTING, DECORATIVE**

20a. Metal

20b. Wood

20c. Other

**21. PHOTOGRAPHY (framed or mounted)**

21a. Black & White

21b. Color

**22. QUILTS (entire quilt must be done by the person entering the item)**

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



**Carroll County Homemakers**

# **YARD SALE**

**Rain or Shine**

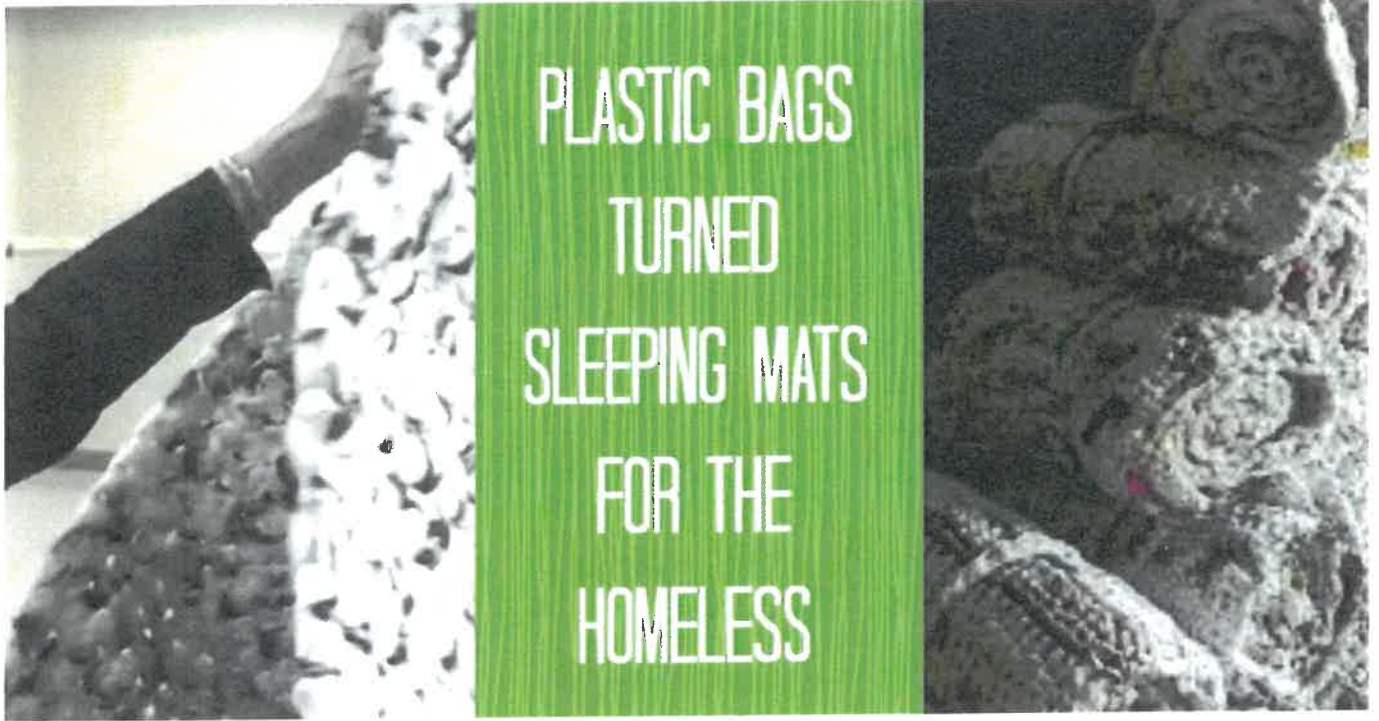
**Saturday, September 6**  
**8:00 a.m. - 4:00 p.m.**

**Carroll County Extension Office**  
**500 Floyd Drive, Carrollton**  
**(502) 732-7030**





# Learn How To



**Tuesday, September 16, 2025**  
**6:00 pm**

**Carroll County Extension Service**  
**500 Floyd Drive, Carrollton**  
**(502) 732-7030**

**We will demonstrate and do hands-on.**  
**There will be cutting, folding, tying or crocheting.**  
**Something for everyone!**





# Treasurers of Autumn



## Northern Kentucky Area Homemakers 2025 Triennial Meeting

**OCTOBER 16, 2025**

**8:30- 10 AM:** Registration,  
cultural arts check-in, silent  
auction

**10 AM:** MEETING BEGINS

**SPECIAL GUEST:**  
**MELODY STAFFORD**



Counties should compile  
registrations and send one check  
to Grant County Homemakers by  
Oct 1st, 105 Baton Rouge Road,  
Williamstown, KY 41097

**COST:**  
**\$20**

Grant County Extension  
105 Baton Rouge Road  
Williamstown, KY 41097

**REGISTRATION DUE:** September 26, 2025

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

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

County: \_\_\_\_\_

**Menu: Please circle  
1 meat and 1 dessert**

- Meatloaf **or** Ham
- Lemon Lush **or**  
Chocolate Cake/Icing

**Sides:**

- Mashed Potatoes w/  
Gravy, Green Beans,  
Salad, Rolls

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.

# Carroll County Homemakers



Thursday  
October 2, 2025

Door Open - 5:30 pm  
Meeting - 6:00 pm

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030

Dinner & Welcome

Carroll County Homemakers will  
provide meat & drinks.  
Please bring a dish to share.





# Medicare 101



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

Presented by: **Mark Viehmann**  
Medicare Advisor



**FREE CLASS**

**October 23, 2025**

10 am, 2 pm, or 6 pm

or

**November 13, 2025**

10 am, 2 pm, or 6 pm

Call  
(502) 732-7030  
to register

**Carroll County Extension Office**  
500 Floyd Drive, Carrollton

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# Planning Ahead

**Making Decisions Today for Peace of Mind Tomorrow**



**A conversation about living wills, life prolonging treatments and durable power of attorneys. Planning ahead doesn't have to be complicated.**

**September 25, 2025**

**6:00 - 7:00 p.m.**

**Carroll County Extension Office  
500 Floyd Drive, Carrollton, KY**

**RSVP - (502) 732-7030**

**Door Prizes Available**

***Guest Speakers***

***Emcee*** - Rob Adams - Carrollton Mayor

***Spike Wright*** - Former County Attorney

***Alan Wade*** - Administrator at Signature Healthcare

***Brent Stucker*** - Carroll County Coroner

***Mary Blattman, APRN*** - Carroll County Family Practice

***Starlette Fowler, RN,CHPN***- Bluegrass Hospice

***Catered Meal Sponsored By: Signature Healthcare***

**Sponsors:** Fairview Place Assisted Living, Bluegrass Navigators, NKAADD, Carroll County Extension, KY Cancer Program, Interim Health, Passport Health, Carroll County Memorial Hospital and Signature Healthcare



# Aging with Dignity

## From Independence to Support



Explore care options for every level of need, from home care to skilled facility care. Join us to learn how to plan.

**October 9, 2025**

6:00 - 7:00 p.m.

Carroll County Extension Service

500 Floyd Drive, Carrollton

RSVP - (502) 732-7030

Door Prizes Available

### ***Guest Speakers***

Emcee- Milkweek Wotier

NKADD- Anne Wildman

PACE - Jen Campbell

Interim Healthcare- Jen Sparks

Bluegrass Navigators- Starlette Fowler

Signature Healthcare- Alan Wade

Allie Wilson - Fairview Place

***Catered Meal Sponsored By: Bluegrass Navigators & Interim Healthcare***

Sponsors: Fairview Place Assisted Living, Bluegrass Navigators, NKAADD, Carroll County Extension, KY Cancer Program, Interim Health, Passport Health, Carroll County Memorial Hospital and Signature Healthcare

# Understanding AI



Please join us for a discussion on the origins of Artificial Intelligence (AI), what "artificial intelligence" means for us in every day life today, and where individuals are ushering it forward into the future.



WEDNESDAY OCTOBER 29, 2025 @ 10AM



Carroll County Extension Office  
500 Floyd Dr, Carrollton, KY

REGISTER AT: [caroll.ca.uky.edu](http://caroll.ca.uky.edu) or (502) 732-7030

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Lexington, KY 40506



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***Must register by Nov. 14th  
Space is limited***



# ***All About Cookies***

***Wednesday, November 19, 2025***

***1:00 - 3:00 p.m.***

***Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030***

***\*Please bring 4 dozen homemade cookies for a cookie exchange.***

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