

FAMILY AND CONSUMER SCIENCE NEWS



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

Family and Consumer Sciences

Cooperative Extension Service

Boyd County
2420 Center Street
Catlettsburg, KY 41129-1279
(606) 739-5184
Fax: (606) 739-4014
<http://extension.ca.uky.edu>

**Boyd County Cooperative Extension Service
October, 2025**



Happy Fall, Everyone!

I'm so happy that Autumn is here; it's my favorite season. Cozy drinks, cozy blankets, cozy socks, and scented candles, what's not to love? Here in Extension, we are starting on a busy season. We have Cooking Through the Calendar on the 2nd, Lunch and Learn on the 17th, and KEHA Week October 12th-18th!

I'll be traveling to Grand Rapids, MI, for my annual NEAFCS National Meeting the week of October 20th. I'm hoping for safe travels, nice weather, and to learn some new information to bring back to everyone!

Please stop by my office if you have any questions or would like to chat!

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Jacqueline Doucet

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County Extension Agent
for Family and Consumer Sciences

Cooperative Extension Service

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Lexington, KY 40506



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MESSAGE FROM THE PRESIDENT



Happy Fall, y'all,

October is here, falling leaves, Homecoming, Halloween. It's one of the best all-around months of the year. As we rush to get ready for the holiday seasons that are approaching, take time to enjoy the changing of the leaves and the coolness of the weather.

There are so many exciting things happening in Homemakers, the Area Annual Meeting, Safe Trick or Treat at Camp Landing, and Cooking Through the Calendar.

Do something new this month, take a class, read a book, cook new recipes, volunteer at a food pantry, stock a blessing box, take a day trip, have lunch in the park, the possibilities are endless. As we enter Fall-fall out of bad habits, fall out of ruts, fall into kindness, fall into a new attitude, fall into peace. The best is yet to come because you are there to make it the best. Enjoy!

Love and prayers,
Kathy



Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Catlettsburg, **October 2nd at 10 a.m.**, Boyd County Extension Office. **October Recipe: Cheesy Pumpin Pasta Bake***
- *Homemaker Council Meeting, **October 8th at 10 a.m.** Boyd County Extension Office.*
- *Camp Landing Safe Trick or Treat, **October 28th at 6 p.m.**, Camp Landing Entertainment District.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.** Boyd County Extension Office.*
- *Mats for the Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*
- *Cooking with the Calendar: Sunshine, **November 6th at 10 a.m.**, Boyd County Extension Office. **November Recipe: Parmesan Carrot Chips.***
- *Longaberger Basket Bingo, **November 6th at 5:30 p.m.**, Boyd County Extension Office.*



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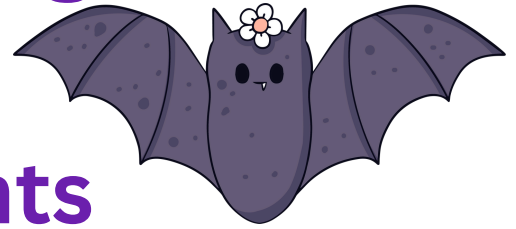
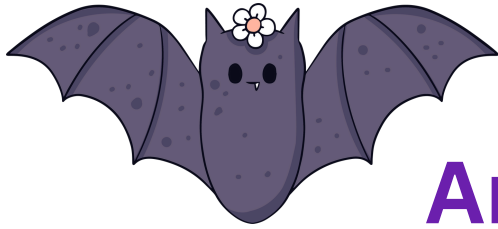
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KEHA Upcoming Events & Announcements



- Oct. 12-18-KEHA Week 2025



- Oct. 15 – Deadline for submitting session proposals for the 2025 KEHA State Meeting.
- October 31 – Due date to send Area KEHA Officer Directories to the KEHA President and State Advisor (Appendix pages 12-13)
- Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer **(use remittance form found in the KEHA Manual, Appendix page 18). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.**



COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

JANUARY 16TH

**FCS:
SPLIT PEA
SOUP**

FEBRUARY 6TH

**CATLETTSBURG:
CAULIFLOWER
BITES**

MARCH 6TH

**HILLTOP:
CRUNCHY AIR
FRYER FISH**

APRIL 3RD

**TRACE:
LEMON
BROCCOLI
PASTA**

MAY 1ST

**HILLENDALE:
BANANA
PANCAKES**

JUNE 5TH

**HILLENDALE:
RICE AND BEAN
SALAD**

JULY 10TH

**TRACE:
CHICKEN
BURGERS**

AUGUST 7TH

**SUNSHINE:
SLOW COOKER
ASIAN PORK
TACOS**

SEPTEMBER 4TH

**HILLTOP:
GRITS, GREENS
AND EGG BOWL**

OCTOBER 2ND

**CATLETTSBURG:
CHEESY
PUMPKIN PASTA
BAKE**

NOVEMBER 6TH

**SUNSHINE:
PARMESAN
CARROT CHIPS**

DECEMBER 4TH

**FCS:
LASAGNA SOUP**



Boyd County Extension Homemakers

Longaberger Basket Bingo

November 6th, 2025

Boyd County Cooperative Extension Office

2420 Center St., Catlettsburg

DOORS OPEN AT 5:30 ~ GAMES BEGIN AT 6:00

\$20 for 20 games, Money collected at the door

****DOOR PRIZES**RAFFLE BASKETS**50/50****

Refreshments available for purchase

For more information please call (606) 739-5184

*The vintage Longaberger Basket Bingo is a fundraiser for
the Boyd County Homemakers Community Projects.*

A great time for a worthwhile cause.





Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences



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Recipes from the 2025 Food and Nutrition Recipe Calendar



October's Recipe: Cheesy Pumpkin Pasta Bake

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

October 2nd
at 10 a.m., Boyd County
Extension Office.

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2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension
Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

July 18th

~~Saving Water At Home~~

October 17th

Reducing the Risk of Identity Theft

August 8th

~~Scam Red Flags & Avoiding Fraud~~

November 14th

Talking Turkey

September 26th

~~What's That Date Mean?~~

December 19th

Sweet Enough Without All That
Sugar

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Cheesy Pumpkin Pasta Bake



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 5 minutes

Cook time: 35 minutes

- Nonstick cooking spray
 - 2 cups dry penne pasta (or any short pasta such as bowtie)
 - 1 1/2 tablespoons unsalted butter, divided
 - 1 small, sweet onion, diced
 - 1 can (15 ounces) pumpkin puree (not pumpkin pie filling)
 - 1 cup low-fat milk
 - 1 cup sharp cheddar cheese, shredded
 - 1/2 cup grated parmesan cheese, divided
 - 1 teaspoon dried thyme
 - 3/4 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 3/4 teaspoon nutmeg (optional)
 - 3/4 cup panko breadcrumbs
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Preheat oven to 350 degrees F.
 3. Spray a 2-quart baking dish with nonstick cooking spray and set aside.
 4. Cook pasta according to package instructions. Drain and set aside.

5. While pasta cooks, in a large skillet over medium heat, melt half of the butter. Add the onion and cook until tender, about 3 to 5 minutes.
6. Reduce heat to low and add the pumpkin puree, milk, cheddar cheese, 1/4 cup parmesan cheese, thyme, salt, pepper, and nutmeg (if using) to the skillet. Stir to combine until cheese is melted and the sauce is smooth.
7. Add the pasta to the sauce and gently combine. Pour into the prepared baking dish.
8. Melt the remaining butter in a small bowl and add panko breadcrumbs. Stir to combine and sprinkle evenly over the pasta.
9. Bake uncovered for 20 to 25 minutes or until heated through.
10. Sprinkle with the remaining 1/4 cup parmesan before serving. Refrigerate leftovers within two hours.

Makes 8 servings

Serving size: 1 cup

Cost per recipe: \$13.09

Cost per serving: \$1.64

Nutrition facts

per serving:

240 calories; 9g total fat; 5g saturated fat; 25mg cholesterol; 400mg sodium; 30g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Loves Grow Wild, <https://lovegrowswild.com/2014/10/cheesy-pumpkin-pasta-bake>

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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)

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.

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**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

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