



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

# Warren County Extension HOMEMAKER HORIZONS

November/December 2022 (sg)



**Cooperative Extension Service**  
Warren County  
5162 Russellville Rd.  
Bowling Green KY 42101  
(270) 842-1681  
<http://warren.ca.uky.edu>

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*Kristi Shive*

**Kristi Shive**  
Warren County Extension  
Agent for Family and  
Consumer Sciences

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

**UK**  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# HARVEST Festival

**THURSDAY, NOVEMBER 3RD**

**WARREN COUNTY EXTENSION OFFICE**  
5162 RUSSELLVILLE RD BOWLING GREEN, KY 42101  
ACTIVITIES BEGIN AT 5:00PM, MEAL AT 6:00PM

RSVP by October 27th to the Warren County Extension Office at  
(270) 842-1681

*Join us for a farm family celebration of harvest, health  
and community! Free health screenings and activities for  
the entire family!*

**Keynote Speaker:**  
**Dr. Kristie Guffey,**  
Assistant Professor  
of Agriculture Science at  
Murray State University

**HARVEST | HEALTH | COMMUNITY**

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



## Happy Fall!

Our Jingle Mingle is just around the corner. This is such an enjoyable event and I hope you can make it. Bring a friend! Tell a neighbor! Anyone can come! Enjoy a day of demonstrations, fellowship, lunch, and a silent auction. The registration fee is \$15.00 and must be paid BEFORE the event. The deadline to turn in your registration fee is November 2nd. Registration fee includes lunch. We are still looking for homemakers to sign up to present a 5–10-minute demonstration. **If you would like to present, you must turn in your information to Sherry by November 3rd. Call the office if you have any questions 270-842-1681.**

**We would LOVE for you to sign up to present. Do you have a favorite holiday recipe that you prepare every year? Maybe you have a hobby that you've never shared before. We would love to learn from you. Think outside of the box!**

Clubs - Don't forget to bring an item for the Silent Auction! You are welcome to bring more than one item.

Looking forward to seeing you all on Friday, November 11th at 10:30 AM!

*Krist*



**JINGLE & MINGLE**

*November 11th*

*Registration: 10:30am - Event 11:00am*

*Registration fee \$15 (Includes lunch)*

*\*Payment must be made Before Event Date\**

*Come enjoy demonstrations, fellowship, lunch  
and silent auction!*

*Each club is asked to donate at least one item for the Silent Auction or make  
a monetary donation of \$25 to Warren County Extension Homemakers*

*Rsvp by November 2nd 270-842-1681*

# Happy Birthday!

Sarah Neil Cook	October 1
Leah Stewart	October 2
Ron Whitmore	October 2
Susan Whitmore	October 7
Mary Maddalena	October 8
Sharon Cherry	October 11
Peggy Tucker	October 13
Marsha McCurry	October 16
Joyce Hudson	October 18
Beth Reidelbach	October 22
Susan Erskine	October 28
Ann Pfisterer	November 9
Nancy Larimore	November 10
Connie Pittman	November 15
Betty Stahl	November 15
Jane Frost	November 27
Faye Sparks	November 27
Maddy Bean	November 28
Betty Halcomb	November 29
Joyce Sampson	November 30
Romanza Johnson	December 1
Ann Stahl	December 4
Wanda Willoughby	December 5
Linda Johnson	December 6
Sherri Miller	December 8
Alice Sweets	December 13
Mary Jaynes	December 17
Billie Dickinson	December 20
Janet Metzger	December 21
Linda Denton	December 24
Jess Spence	December 28
Paula Davidson	December 30
Carol Lee	December 30



## Upcoming Dates

- ◆ **Leader Lesson**  
Thursday, October 27th | 10 AM  
WCEO
- ◆ **MCA Leadership Training**  
Tuesday, November 1st | 9:30 AM  
WCEO
- ◆ **Harvest Festival**  
Thursday, November 3rd | 5 PM  
WCEO
- ◆ **Jingle Mingle**  
Friday, November 11th | 10:30 AM
- ◆ **Turn in Your Club's Choices for 2023-24**  
Friday, November 18th
- ◆ **Dues Must be Mailed by December 15th to Area & State Treasurer**
- ◆ **MCA Homemaker Council Meeting**  
Wednesday, January 4th | 9 AM
- ◆ **January Leader Lesson**  
"Taking Care of Yourself" Mail Out
- ◆ **Executive Board** | 9 AM  
**Advisory Council** | 10 AM  
Thursday, January 12th

## Join us for Farm & Home

*with Kristi Shive & Joanna Coles*

on WBKO Channel 13-1



Monday - Friday between  
5:15 a.m. - 5:30 a.m.



Be sure to like  
"Living Well in Warren County"  
on Facebook  
to keep with all the  
homemaker events!



## Mammoth Cave Area

# Leadership Training

Presidents: Please invite all club officers and chairman who you think might benefit from this training

**Tuesday, November 1st**

**9:30am Refreshments  
10am Event**

**Warren County Extension Office**

Along my  
journey I have  
learned that the  
more *thankful* I  
am, the more I  
have to be  
*thankful* for.

FionaChilds.com

## Chocolate Hummus

Source: Lynn Blakenship, Metcalfe Co. FCS Agent

### Equipment:

Food processor or high-powered blender  
Can opener  
Bowl scraper  
Airtight container for storing hummus

### Ingredients:

1 can (15 oz) chickpeas: drained and rinsed  
1/3 cup sesame tahini or other nut butter of choice  
(Almond butter is a better substitute than peanut butter for this recipe)  
1/3 cup unsweetened cocoa or cacao powder  
1/3 cup maple syrup or honey  
1 teaspoon of vanilla extract  
1/2 teaspoon of salt  
Non-dairy milk of choice (0 – 4 Tablespoons for thinning if desired)

### Directions:

Add first six ingredients to the food processor bowl. Process for 20 seconds then scrape ingredients into the

center of the bowl and process 20 more seconds, scraping between each processing until completely combined and smooth. Hummus will be thick, and smooth textured once ingredients are completely combined.

To thin: If you prefer hummus to be more creamy, thin it down with almond milk or any other non-dairy milk type. Scrape the hummus into center of the food processor, add 1 Tablespoon of non-dairy milk and process, scrape again to check consistency, adding one Tablespoon at a time then processing and scraping to center of bowl until desired consistency is reached.

Chocolate Hummus can be stored in an airtight container for up to a week in the refrigerator.

### Nutrition:

Calories: 202; Fat: 9.5 grams; Saturated fat: 2.7 grams; Carbohydrates: 27.9 grams; Fiber: 4.3 grams; Sugar: 14.5 grams; Protein: 5.1 grams





Kristi enjoyed visiting with the Woodburn Homemaker Club on October 11<sup>th</sup>.

They had a tea party and made hats!





# Holiday Online Shopping Savvy

Source: Kelly May, UK Senior Extension Associate

The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up to date.

When buying online, look for a padlock symbol on the page and shop from sites that start with an https:// web address. The "s" after "http" shows that the website encrypts your information as the transaction is processed.

Use credit cards instead of debit cards to make purchases online. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent charges made online. Review your statements and report any suspicious transactions to your credit card company. You also can request a free credit report from the three credit reporting agencies Experian, TransUnion or Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device to keep it up to date with the latest security features. This includes updating apps, browsers and your operating system. Password protect your home connection to keep your personal internet network secure.

For more ways to protect your financial well-being, contact the Warren County Extension Office.



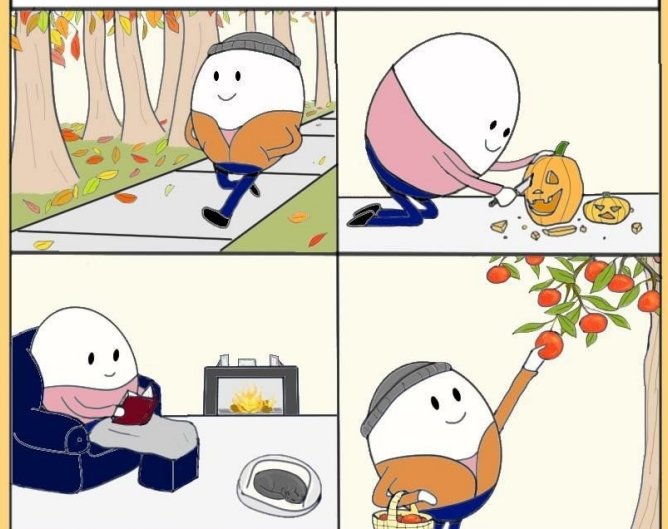
The WCEO will be  
**CLOSED**

November 24-25  
for Thanksgiving

December 26-30  
for Christmas

January 2  
for New Year's Day

Humpty Dumpty had a great fall



# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30am MCA Leadership Training	2	3 5pm Harvest Festival	4	5 11am Stitches
6	7 10am Cross Country 10am Woodburn 12pm Briarwood	8	9	10 6pm Oakland	11 10:30am Jingle Mingle	12
13	14 6pm Sandhill	15	16 11:30am Eastside	17 10:30am Hays 6pm Jack & Jill	18	19
20	21 10:30am Oakview	22	23	24 WCEO Closed for Thanksgiving	25	26
27	28	29	30			

# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <i>11am Stitches</i>
4	5	6	7	8 <i>6pm Oakland</i>	9	10
11	12 <i>6pm Sandhill</i>	13 <i>10am Cross Country 10am Woodburn 12pm Briarwood</i>	14	15 <i>10:30am Hays 6pm Jack &amp; Jill</i>	16	17
18	19 <i>10:30am Oakview</i>	20	21 <i>11:30am Eastside</i>	22	23	24
25	26	27	28	29	30	31

Warren County Extension Office Closed for Christmas