

Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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UK Cooperative
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 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
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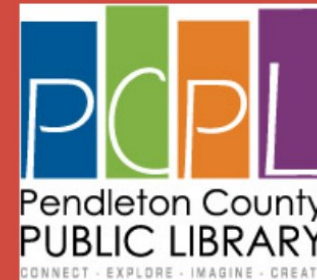
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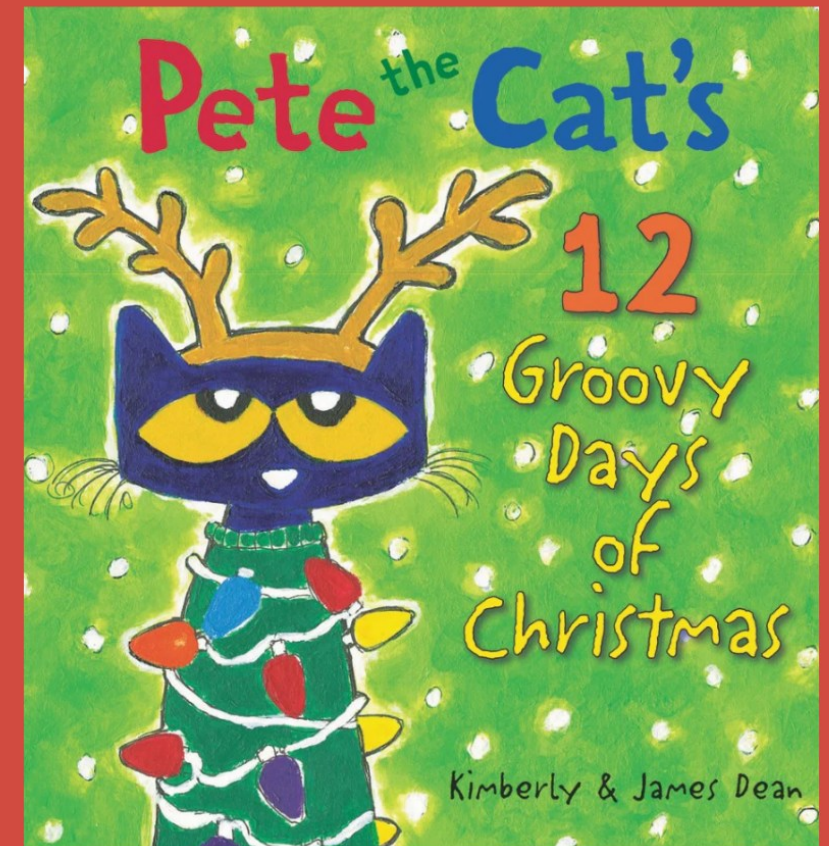


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Nov 22nd - 10am - 12pm
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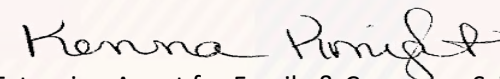
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WREATH WORKSHOPS

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LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

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Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
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- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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May Increase:

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A gentle experience for children with sensory sensitivities



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THINGS TO DO:

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Pendleton County Homemaker Newsletter

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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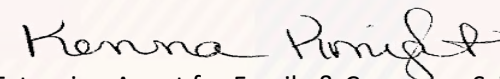
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Extension Agent for Family & Consumer Sciences-

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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DEER PROCESSING

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LEXINGTON, KY 40546



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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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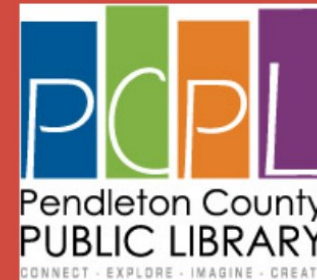
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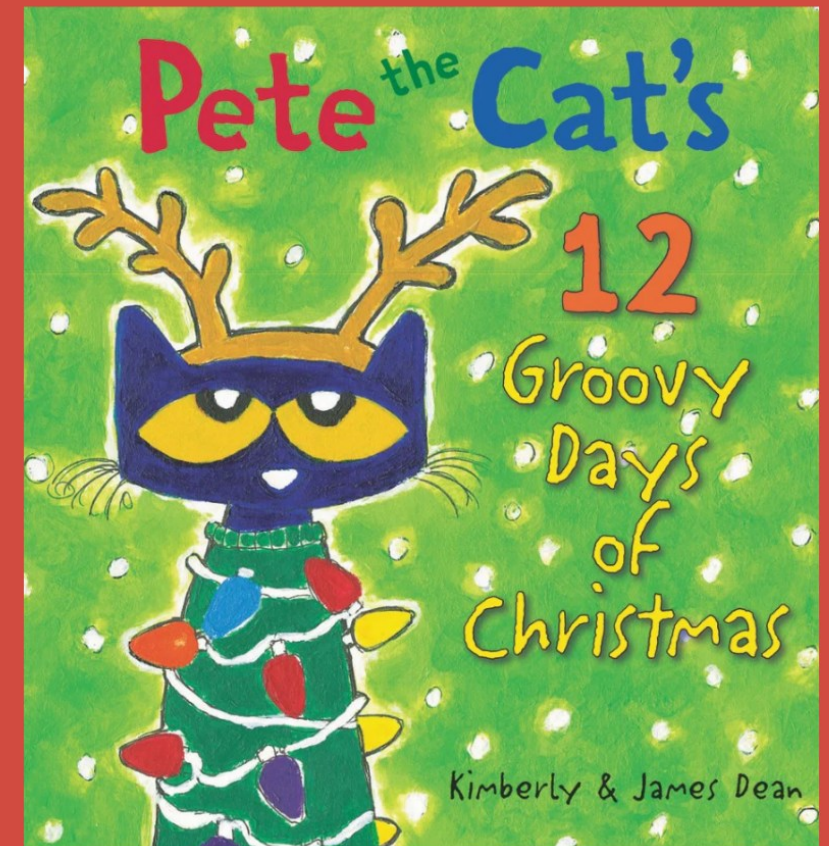


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November 2025

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Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children’s emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright
Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
Extension Service

HUNTERS NEEDED

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Only accepted during the modern gun season
NOVEMBER 8-23

HOW TO PARTICIPATE

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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
31 JUL	MOONSHINER'S ARCH 🕒 Day Trip 📍 Daniel Boone National Forest
15 OCT	MANTLE ROCK 🕒 Two Night - Overnight 📍 Mantle Rock Nature Preserve
5-9 APR	ARCHES NATIONAL PARK 🕒 Spring Break 2027 - 5 Days/4 Nights 📍 Moab, Utah **Past PENCO Hikers participation required

pendleton.ca.uky.edu

PREPARE & PROTECT

FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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

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Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

WREATH WORKSHOPS

YOU ARE INVITED TO

9 **DECEMBER** 10:00 AM OR 6:30 PM

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TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

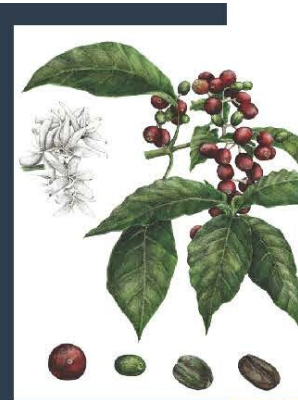
 Located at **Southern Elementary School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

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Coffee Storage

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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
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- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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Please RSVP by calling 859.654.3395



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Lexington, KY 40506



Disabilities
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Join us for a StoryWalk®
featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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 **NOV. 15, 2024**
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 Located at
**Southern
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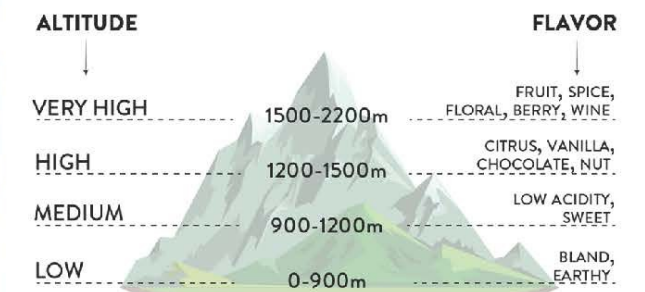
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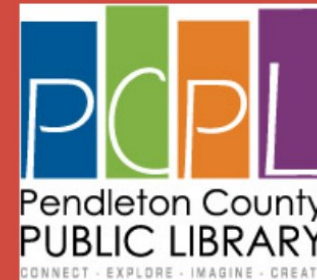
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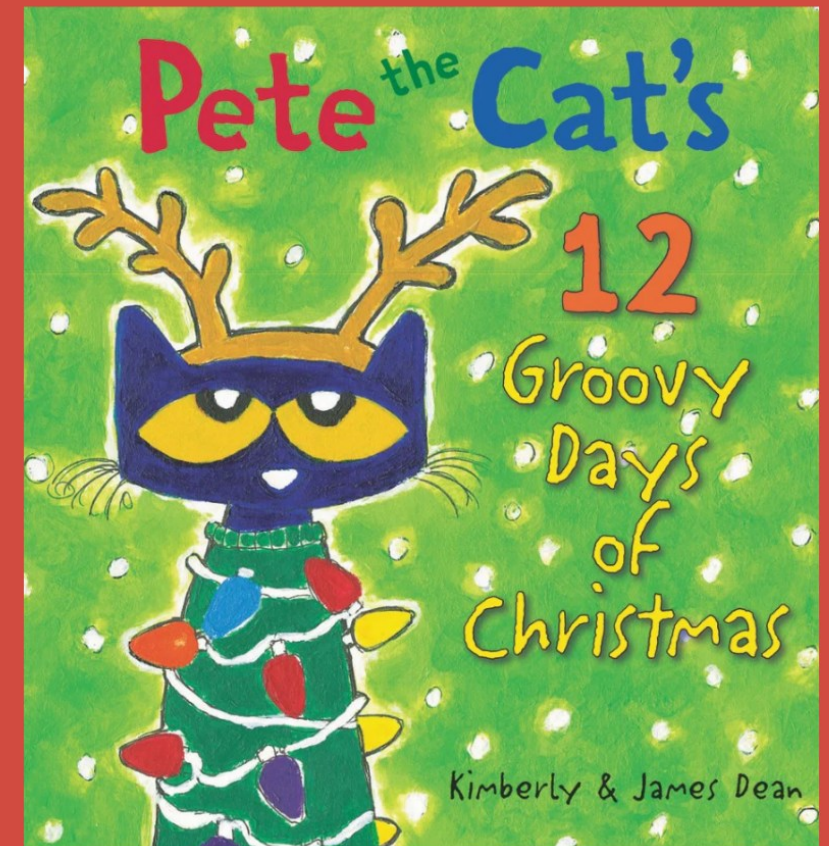


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Pendleton County Homemaker Newsletter

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FALMOUTH, KY
PERMIT # 69

Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

YOU ARE INVITED TO

WREATH WORKSHOPS

9 DECEMBER 10:00 AM OR 6:30 PM	TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN. SIGN UP FOR ONE OR BOTH! COST: \$20 PER CLASS OR \$40 FOR BOTH LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395 SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS	11 DECEMBER 10:00 AM OR 6:30 PM

Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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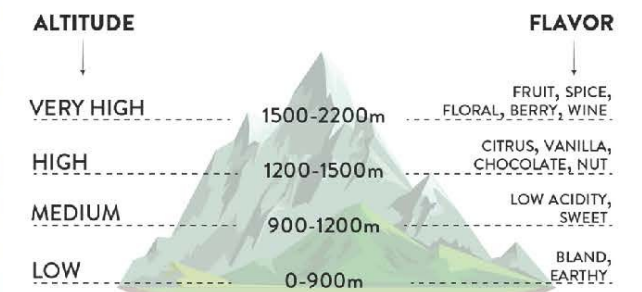
Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

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May Increase:

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DETAILS:

Date: Saturday, November 25

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Location: Pendleton County
Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
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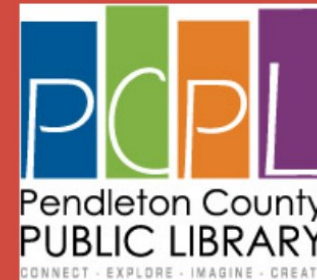
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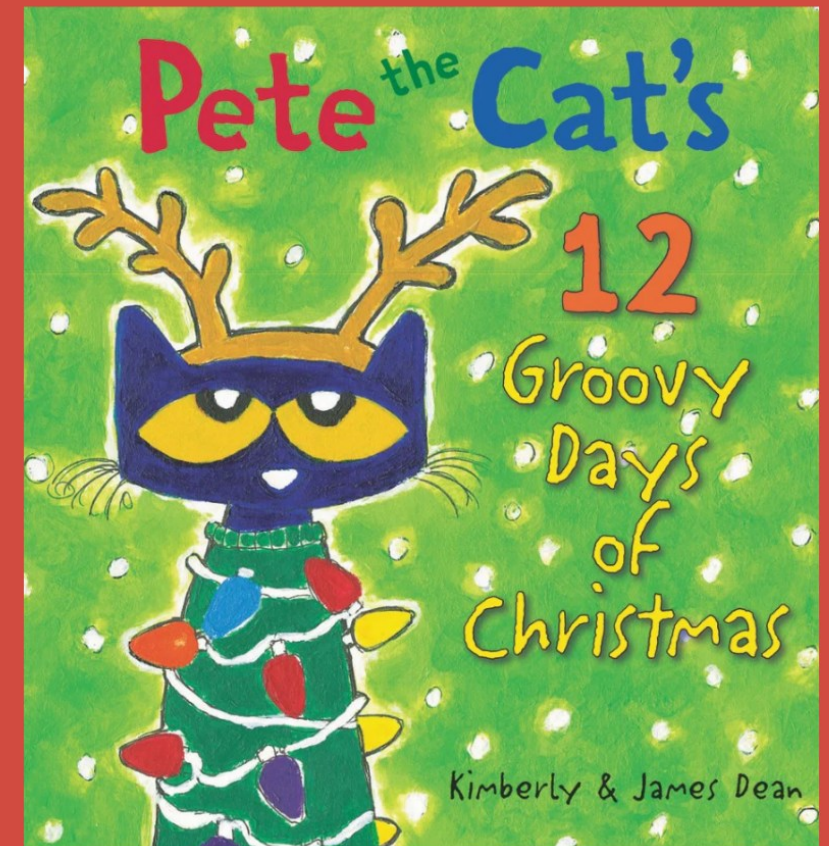


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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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Cooperative Extension Service

Pendleton County
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Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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DEER PROCESSING

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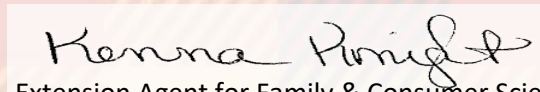
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Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



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with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
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635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
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PENCO HIKERS

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 **NOV. 15, 2024**
10AM-3PM
Free Entry



Located at
**Southern
Elementary
School**



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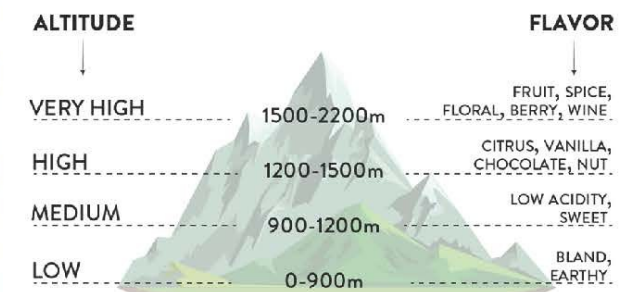
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

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Coffee Storage

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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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Join us for a StoryWalk®
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**VISIT WITH
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Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Kenna Wright

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 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

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Pendleton County Extension Homemaker November 2025

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Cooperative Extension Service

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LEXINGTON, KY 40546



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DECEMBER

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TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

11

DECEMBER

10:00 AM OR 6:30 PM

Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

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Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
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- Exposure to moisture, air, heat, and light, can strip coffee of flavor
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
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- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

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Location: Pendleton County

Extension Office



THINGS TO DO:

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Nov 22nd - 10am - 12pm
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Pendleton County Homemaker Newsletter

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

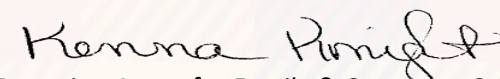
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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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CUSTOM PROCESSING
635-3354
DEER PROCESSING

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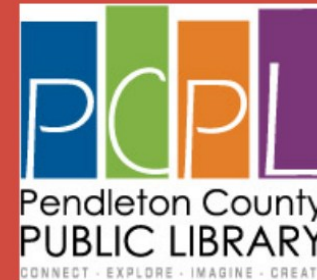
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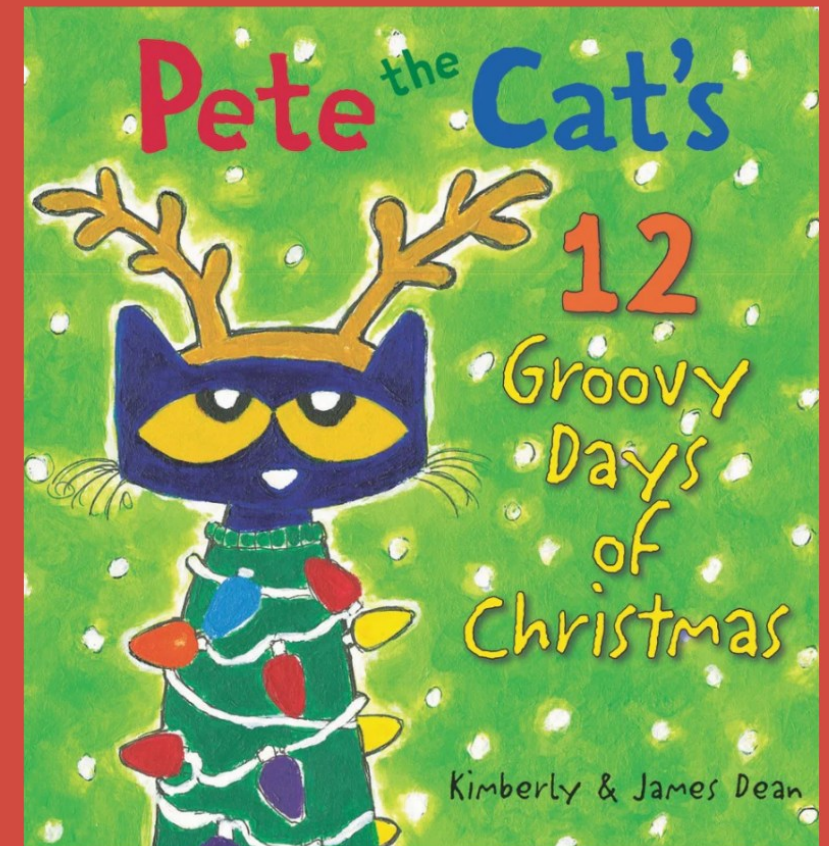
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
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LEXINGTON, KY 40546



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2 eggs			½ cup chopped pecans
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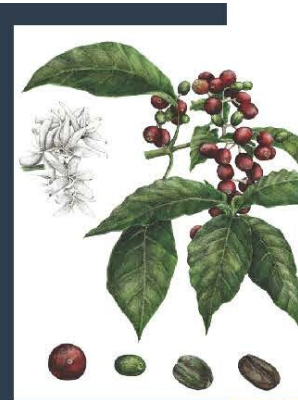
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VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
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MARCHING ON

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Join us for a StoryWalk®
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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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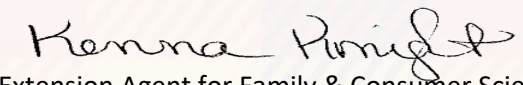
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WREATH WORKSHOPS

YOU ARE INVITED TO

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TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**

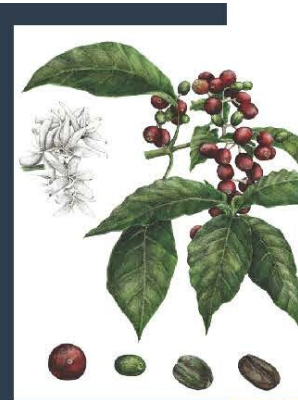


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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
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May Increase:

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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
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RSVP REQUIRED

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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NEW DROP-OFF



LOCATION

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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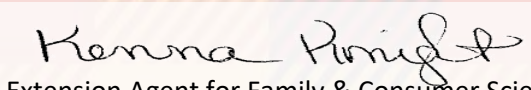
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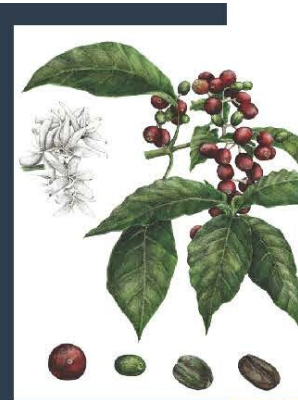
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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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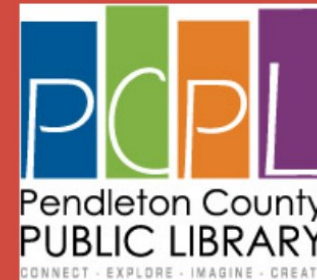
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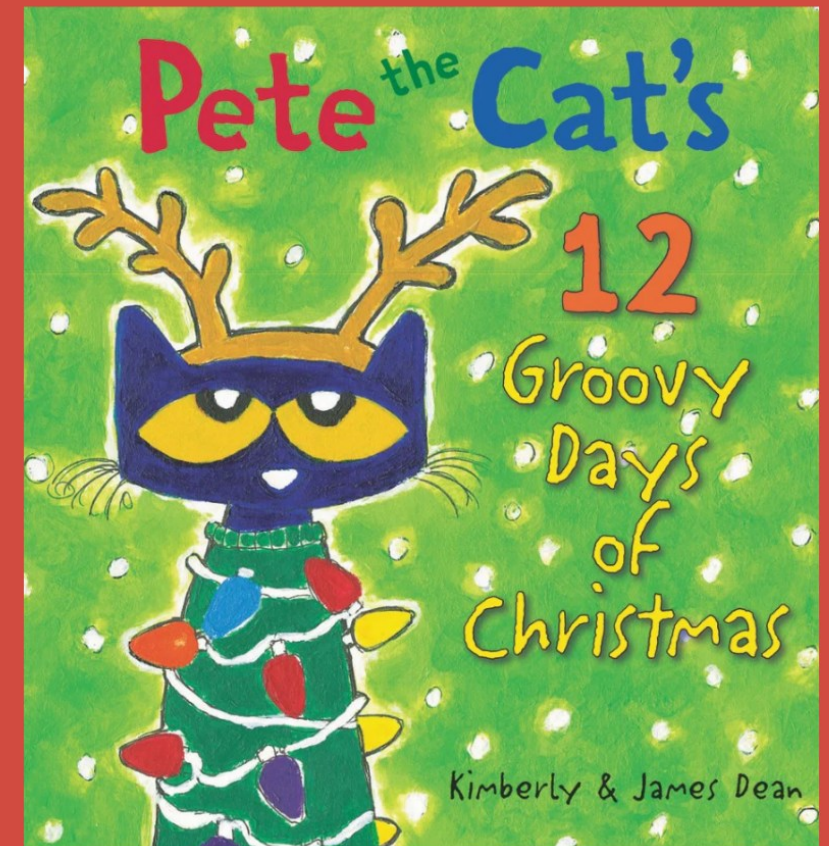


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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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*Pendleton County
Homemaker Newsletter*

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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
Extension Service

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Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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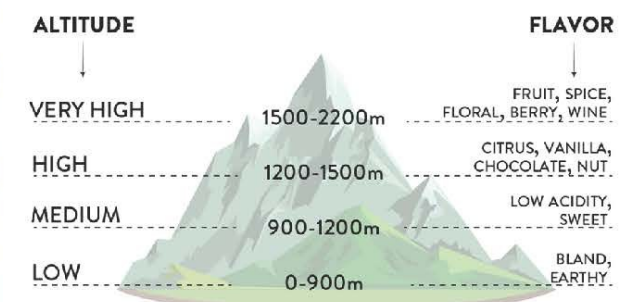
Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

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Health Benefits & Implications

Lowers the risk to:

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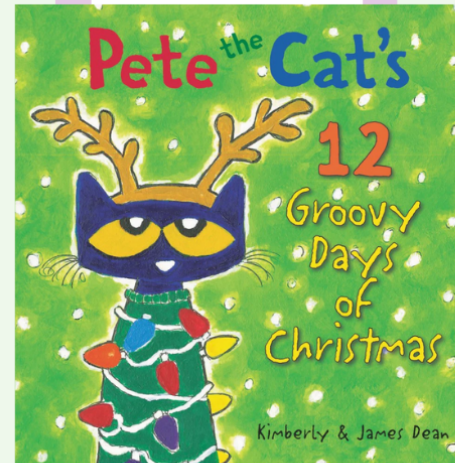
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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Lexington, KY 40506



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**VISIT WITH
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Nov 22nd - 10am - 12pm
PC Extension Office

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COST: \$20 PER CLASS OR \$40 FOR BOTH

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Cooperative Extension Service

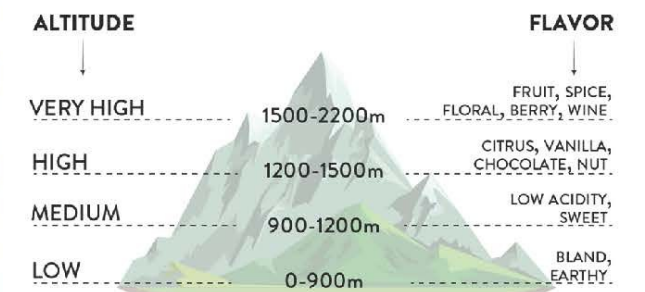
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

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Lowers the risk to:

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May Increase:

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Location: Pendleton County

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THINGS TO DO:

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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Cooperative Extension Service

Pendleton County
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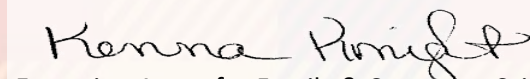
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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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CUSTOM PROCESSING
635-3354
DEER PROCESSING

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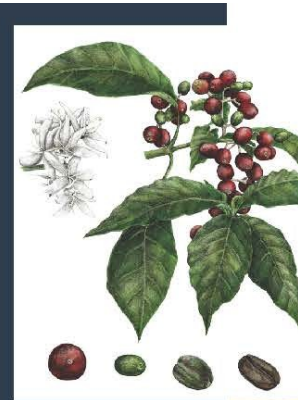
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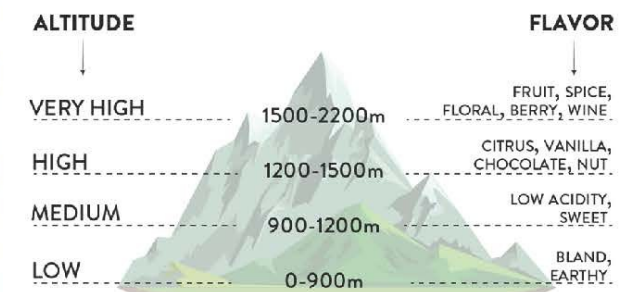
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*Pendleton County
Homemaker Newsletter*

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Kenna Wright

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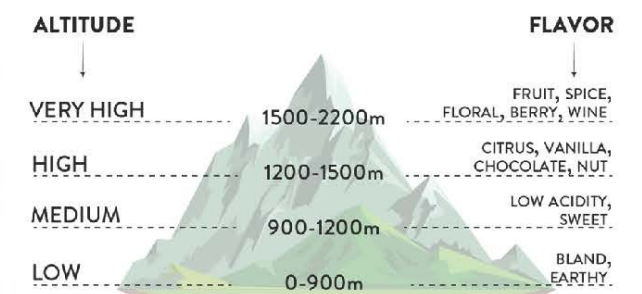
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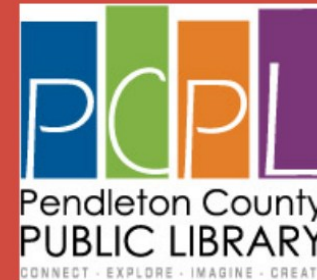
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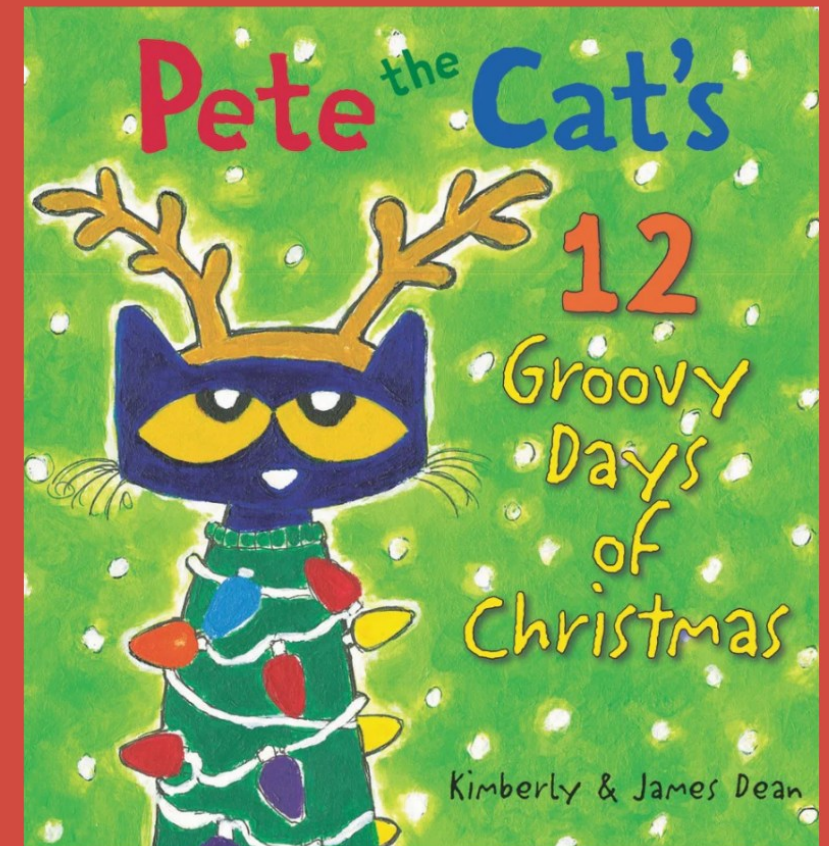
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Lexington, KY 40506



Pendleton County Homemaker Newsletter

NONPROFIT ORG
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PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
Extension Service

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Only accepted during the modern gun season
NOVEMBER 8-23

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Wednesdays in February 6:30 PM

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Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

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DECEMBER
10:00 AM OR 6:30 PM

Fresh Greenery Wreath Workshop

11
DECEMBER
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Wreath Sweetshirt Workshop

**TWO CLASSES. FOUR TIMES.
TWO CHANCES FOR FUN.**

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

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 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

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- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Lexington, KY 40506



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Nov 22nd - 10am - 12pm
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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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DETAILS:

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Location: Pendleton County

Extension Office



THINGS TO DO:

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4-H Youth Development
Community and Economic Development



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ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
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Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

References Denham, S. A., Bassett, H. H., & Wyatt, T. (2012). The socialization of emotional competence. In J. Grusec & P. Hastings (Eds.), *Handbook of socialization* (2nd ed., pp. 638–664). Guilford Press. Feinberg, M. E., Kan, M. L., & Hetherington, E. M. (2012). The longitudinal influence of coparenting conflict on parent–child relationships and children's adjustment. *Journal of Family Psychology*, 26(2), 198–207. <https://doi.org/10.1037/a0028338> **Source:** David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development



Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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*Pendleton County
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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
Extension Service

HUNTERS NEEDED

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
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**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Health Benefits & Implications

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A gentle experience for children with sensory sensitivities



DETAILS:

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Extension Office



THINGS TO DO:

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Lexington, KY 40506



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**VISIT WITH
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Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

NONPROFIT ORG
US POSTAGE PAID
FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



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Pendleton County Homemaker Newsletter

NONPROFIT ORG
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FALMOUTH, KY
PERMIT # 69

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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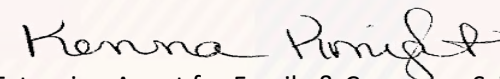
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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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635-3354
DEER PROCESSING

LOCATION

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Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

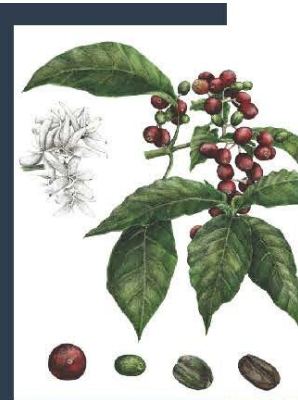
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

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Health Benefits & Implications

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- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
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Kenna Wright

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Education, Pendleton County





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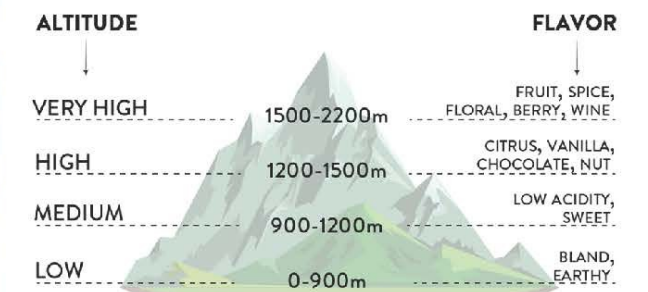
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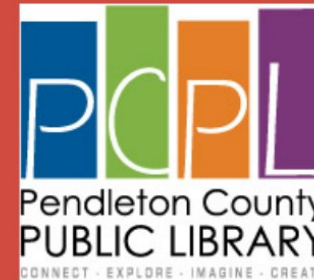
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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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BEFORE YOU GO



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CUSTOM PROCESSING
635-3354
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LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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 **NOV. 15, 2024**
10AM-3PM
Free Entry

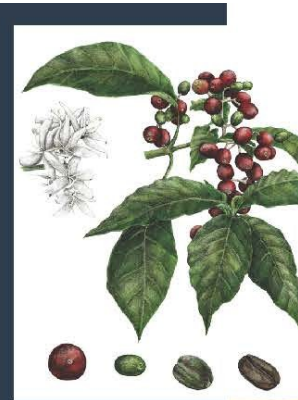
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Nov 22nd - 10am - 12pm
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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NEWSLETTER

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Lexington, KY 40506



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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



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Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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LEXINGTON, KY 40546



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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
31 JUL	MOONSHINER'S ARCH 🕒 Day Trip 📍 Daniel Boone National Forest
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PREPARE & PROTECT

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



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Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

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Extension Office



THINGS TO DO:

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-  Reduced noise and crowd levels
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Homemaker
November 2025

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Pendleton County
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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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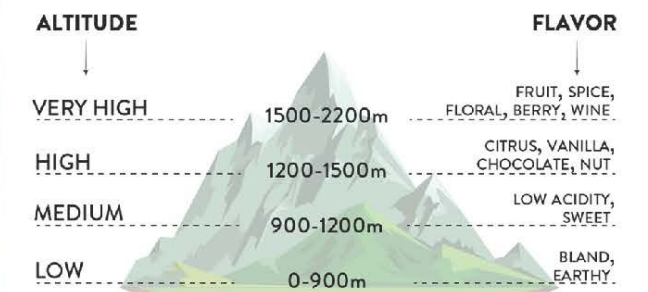
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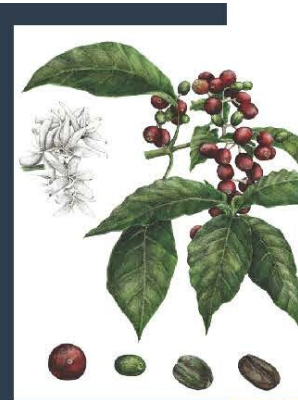
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Lexington, KY 40506



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Pendleton County Homemaker Newsletter

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FALMOUTH, KY
PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Education, Pendleton County



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



NEW DROP-OFF

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635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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NOV. 15, 2024
10AM-3PM
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Located at
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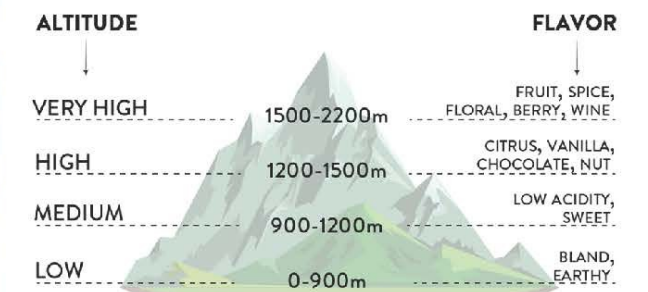
Cooperative Extension Service
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SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

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Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Nov 22nd - 10am - 12pm
PC Extension Office

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10AM-3PM
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Coffee Facts



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ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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Arabica

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Pendleton County Extension Homemaker November 2025

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Pendleton County
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Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

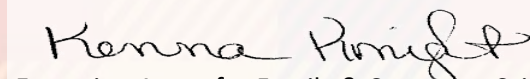
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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



Plate it up!





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LEXINGTON, KY 40546



Disabilities
accommodated
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
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 **NOV. 15, 2024**
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Free Entry

 Located at
**Southern
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

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Nov 22nd - 10am - 12pm
PC Extension Office

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May Increase:

- Insomnia
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

NONPROFIT ORG
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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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UK Cooperative
Extension Service

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Only accepted during the modern gun season
NOVEMBER 8-23

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PREPARE & PROTECT

FEB Prepare & Protect:
Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

UK Martin-Gatton
College of Agriculture,
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DISASTER KIT

A hands-on educational series designed to help individuals and farm families strengthen their preparedness across every aspect of life — financial, physical, and digital. The series equips participants with tools to safeguard their livelihoods, homes, and legacies against unexpected challenges.

Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

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DECEMBER
10:00 AM OR 6:30 PM

Fresh Greenery Wreath Workshop

11
DECEMBER
10:00 AM OR 6:30 PM

Wreath Sweetshirt Workshop

**TWO CLASSES. FOUR TIMES.
TWO CHANCES FOR FUN.**

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry



Located at
**Southern
Elementary
School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

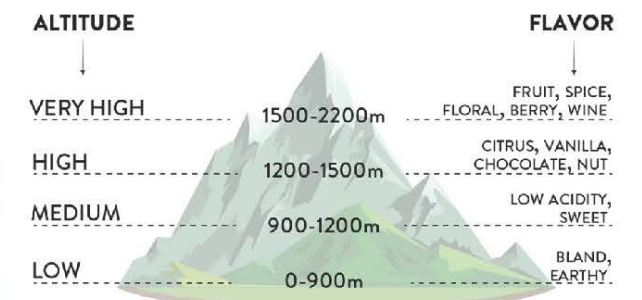
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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Health Benefits & Implications

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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College of Agriculture,
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Cooperative Extension Service

Pendleton County
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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

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UK Cooperative
Extension Service

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Only accepted during the modern gun season
NOVEMBER 8-23

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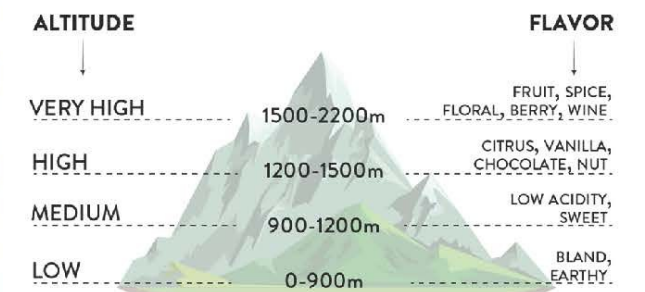
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Pendleton County Extension

Homemaker

November 2025

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Pendleton County
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Falmouth KY 41040
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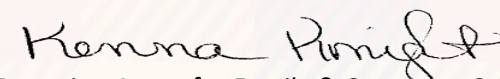
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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
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 **NOV. 15, 2024**
10AM-3PM
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4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Lowers the risk to:

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featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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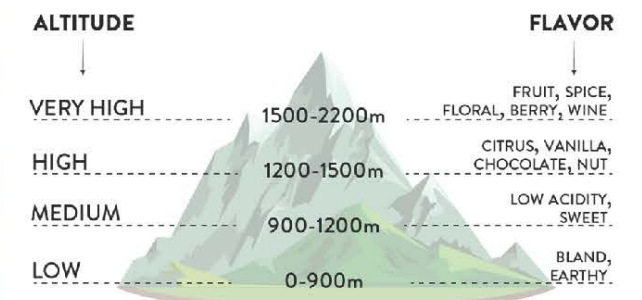
**Cooperative
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Pendleton County Extension Homemaker November 2025

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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Cooperative Extension Service

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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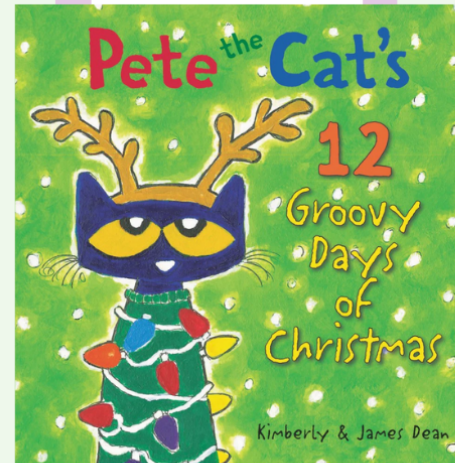
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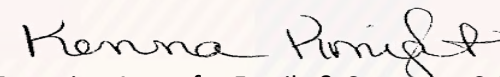
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STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
Extension Service

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Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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PENCO HIKERS

MARCHING ON

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Cooperative Extension Service

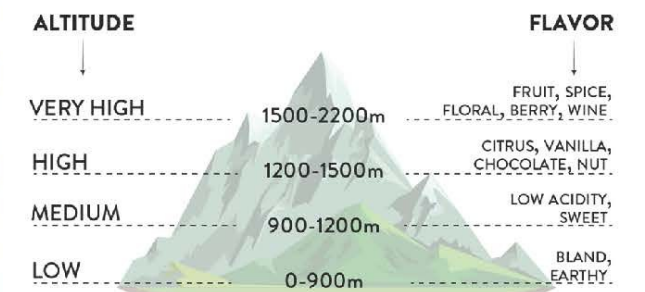
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Health Benefits & Implications

Lowers the risk to:

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- Increases alertness energy and ability to concentrate

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Nov 22nd - 10am - 12pm
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PERMIT # 69

Pendleton County Extension Homemaker November 2025

 University of Kentucky
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Cooperative Extension Service

Pendleton County
45 David Pribble Drive
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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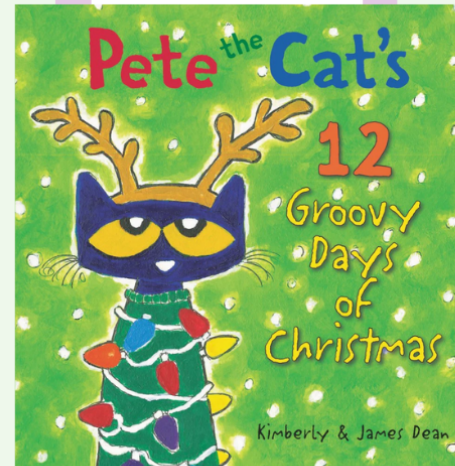
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LEXINGTON, KY 40546



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Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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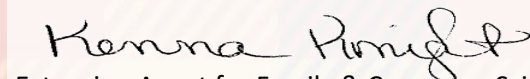
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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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Only accepted during the modern gun season
NOVEMBER 8-23

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pendleton.ca.uky.edu

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FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

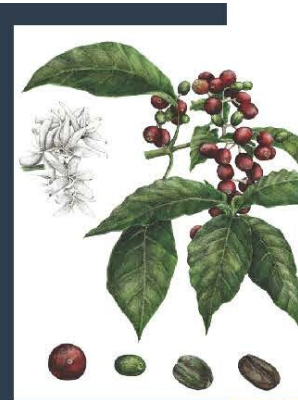
 Located at **Southern Elementary School**



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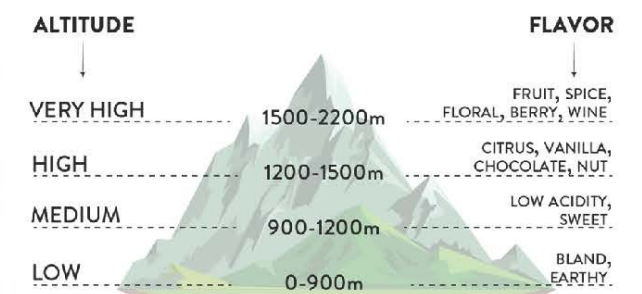
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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Consumption Guidelines

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- Cool dark cabinet
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Health Benefits & Implications

Lowers the risk to:

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- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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LEXINGTON, KY 40546



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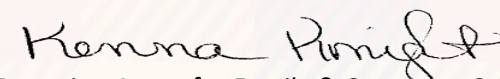
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
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2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
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 **NOV. 15, 2024**
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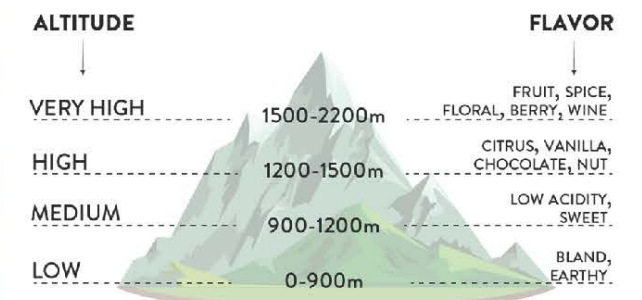
**Cooperative
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

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Lexington, KY 40506



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Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69

Pendleton County Extension
Homemaker
November 2025

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College of Agriculture,
Food and Environment
Cooperative Extension Service
Cooperative Extension Service
Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Kenna Wright
Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

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10:00 AM OR 6:30 PM

Fresh Greenery Wreath Workshop

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Wreath Sweetshirt Workshop

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DETAILS:

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Pendleton County Extension Homemaker November 2025

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LEXINGTON, KY 40546



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-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Lexington, KY 40506



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Join us for a StoryWalk® featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
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Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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DO THE SAME!!!



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SIGN UP FOR ONE OR BOTH!

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School

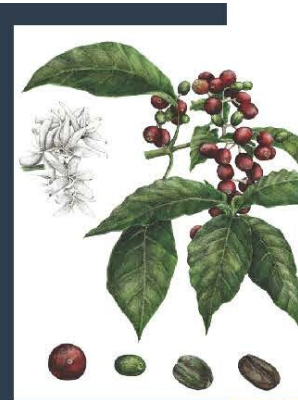


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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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DEER PROCESSING

LOCATION

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Fresh Greenery Wreath Workshop

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Wreath Sweetshirt Workshop

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 **NOV. 15, 2024**
10AM-3PM
Free Entry



Located at
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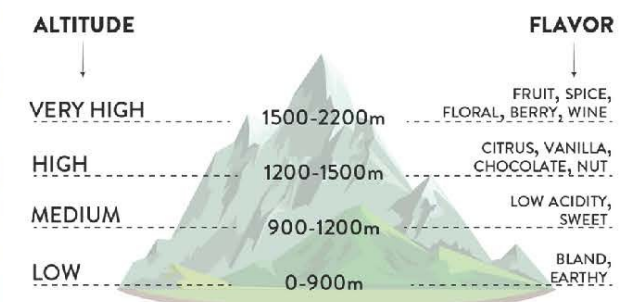
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Arabica

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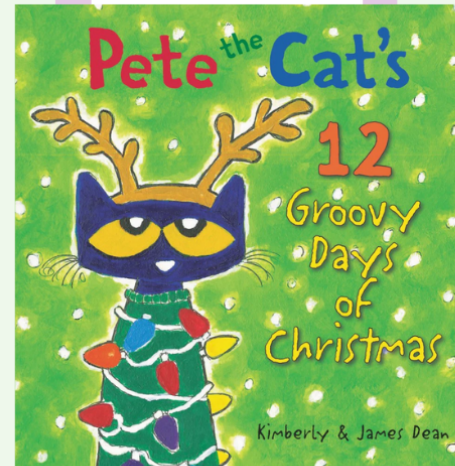
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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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Cooperative Extension Service

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
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A gentle experience for children with sensory sensitivities



DETAILS:

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Extension Office



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Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
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Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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NEW DROP-OFF

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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
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UK Cooperative
Extension Service

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The Pendleton County Extension Office is pleased to again partner with Kentucky Hunters for the Hungry, Kentucky Fish & Wildlife Conservation Game Warden Scott Horn, & Stacey's Custom Processing LLC

Only accepted during the modern gun season
NOVEMBER 8-23

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PREPARE & PROTECT

FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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

DISASTER KIT

A hands-on educational series designed to help individuals and farm families strengthen their preparedness across every aspect of life — financial, physical, and digital. The series equips participants with tools to safeguard their livelihoods, homes, and legacies against unexpected challenges.

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WREATH WORKSHOPS

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ALTITUDE		FLAVOR
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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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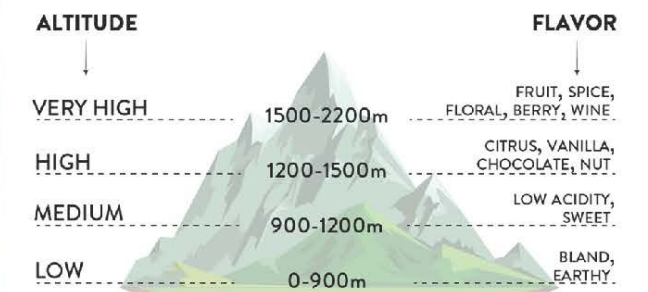
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Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

References Denham, S. A., Bassett, H. H., & Wyatt, T. (2012). The socialization of emotional competence. In J. Grusec & P. Hastings (Eds.), *Handbook of socialization* (2nd ed., pp. 638–664). Guilford Press. Feinberg, M. E., Kan, M. L., & Hetherington, E. M. (2012). The longitudinal influence of coparenting conflict on parent–child relationships and children's adjustment. *Journal of Family Psychology*, 26(2), 198–207. <https://doi.org/10.1037/a0028338> **Source:** David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development



Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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LOCATION

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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featuring...



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Nov 22nd - 10am - 12pm
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Pendleton County Extension Homemaker November 2025

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Cooperative Extension Service

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Extension Office



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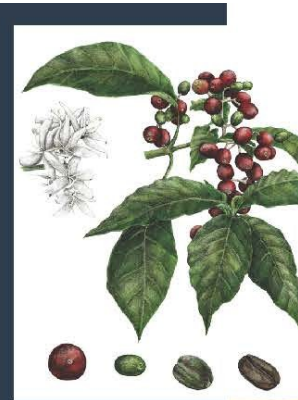


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Community and Economic Development

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Lexington, KY 40506



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Join us for a StoryWalk®
featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

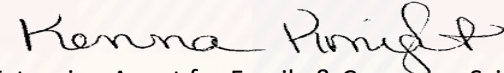
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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
Extension Service

HUNTERS NEEDED

Got a deer to spare or running out of freezer space? Donate to help your community!

The Pendleton County Extension Office is pleased to again partner with Kentucky Hunters for the Hungry, Kentucky Fish & Wildlife Conservation Game Warden Scott Horn, & Stacey's Custom Processing LLC

Only accepted during the modern gun season
NOVEMBER 8-23

HOW TO PARTICIPATE

- ☒ Harvested deer should be appropriately tagged & field dressed (not skinned)
- ☒ Deer should be labeled for Pendleton County
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5-9 APR	ARCHES NATIONAL PARK 🕒 Spring Break 2027 - 5 Days/4 Nights 📍 Moab, Utah **Past PENCO Hikers participation required

pendleton.ca.uky.edu

PREPARE & PROTECT

FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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

DISASTER KIT

A hands-on educational series designed to help individuals and farm families strengthen their preparedness across every aspect of life — financial, physical, and digital. The series equips participants with tools to safeguard their livelihoods, homes, and legacies against unexpected challenges.

Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

WREATH WORKSHOPS

YOU ARE INVITED TO

9 **DECEMBER** 10:00 AM OR 6:30 PM

11 **DECEMBER** 10:00 AM OR 6:30 PM

TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry



Located at
**Southern
Elementary
School**



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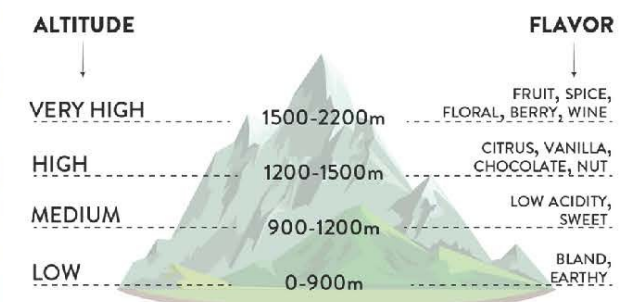
Agriculture and Natural Resources
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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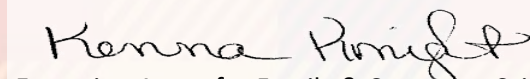
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Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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DEER PROCESSING

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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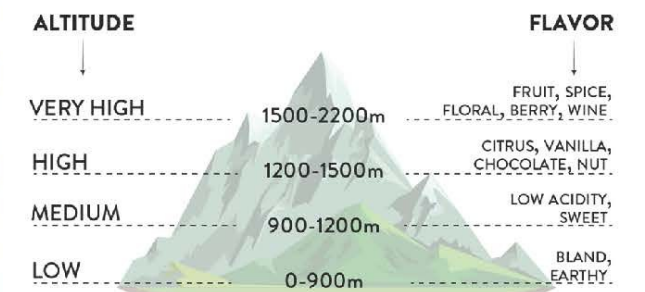
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Pendleton County
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LEXINGTON, KY 40546



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PENCO HIKERS

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

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NEWSLETTER

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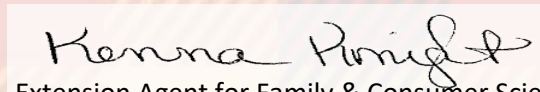
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Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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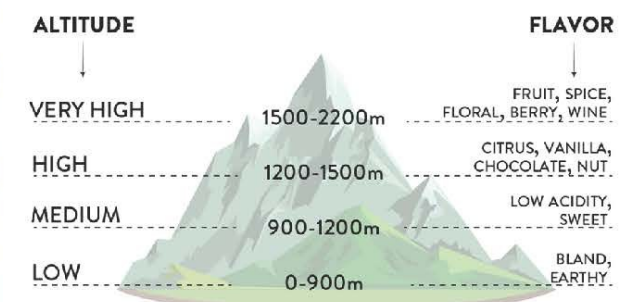
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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
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Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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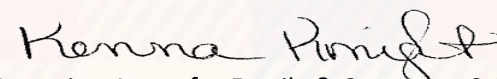
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**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

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THINGS TO DO:

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-  Calm lighting and sensory-friendly activities
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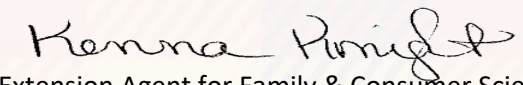
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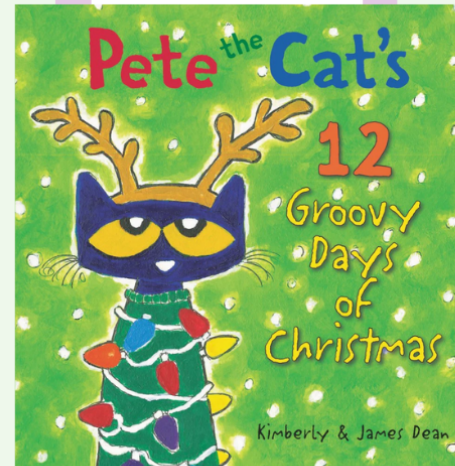
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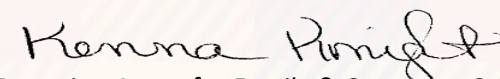
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Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Lowers the risk to:

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May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

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Location: Pendleton County

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THINGS TO DO:

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-  Calm lighting and sensory-friendly activities
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 University of Kentucky
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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

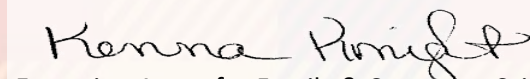
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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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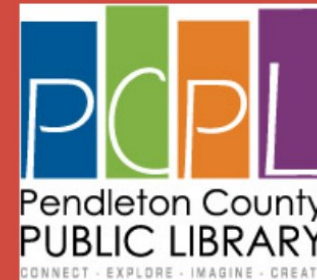
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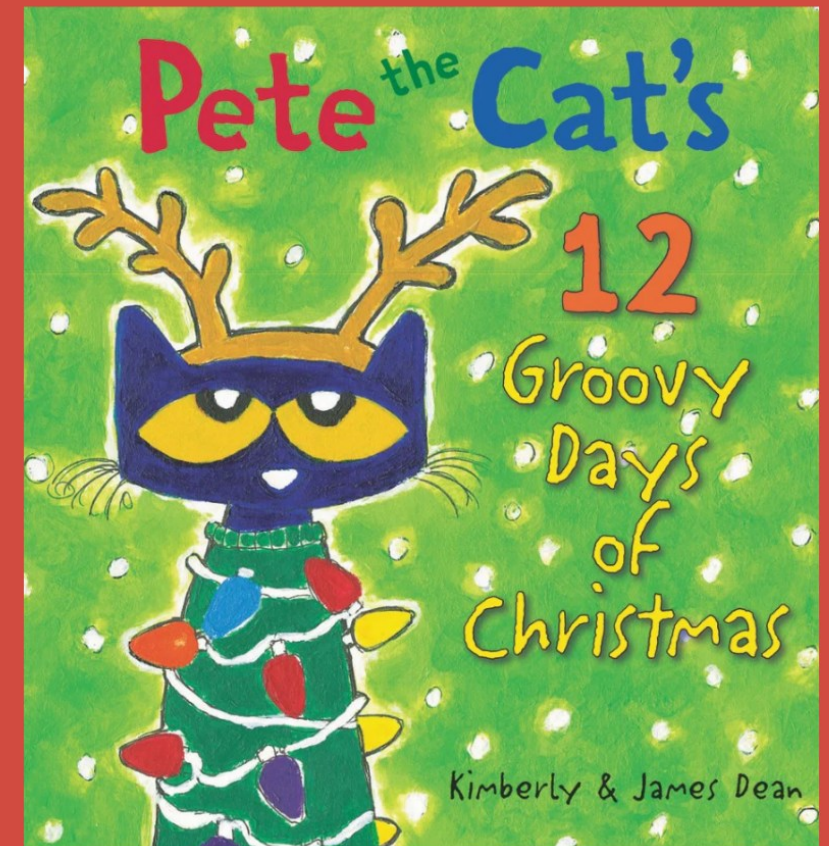


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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

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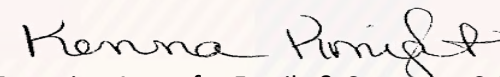
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Lexington, KY 40506



Disabilities
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with prior notification.

*Pendleton County
Homemaker Newsletter*

NONPROFIT ORG
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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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BEFORE YOU GO



NEW DROP-OFF

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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
Extension Service

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NOVEMBER 8-23

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

HomeMakers Brought to you by the
Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School

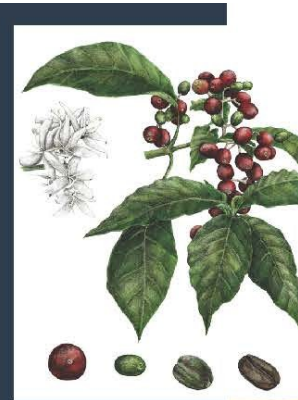


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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

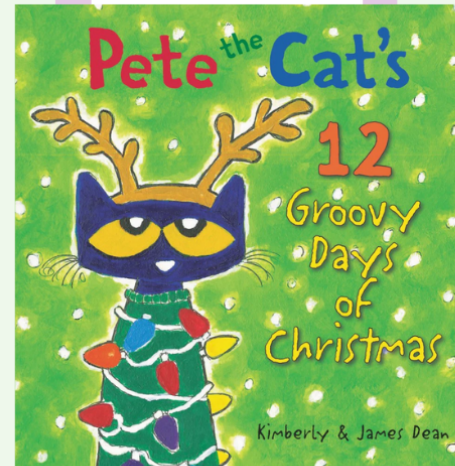
May Increase:

- Insomnia
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- Anxiety
- Increased heart rate
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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Lexington, KY 40506



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Join us for a StoryWalk®
featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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LEXINGTON, KY 40546



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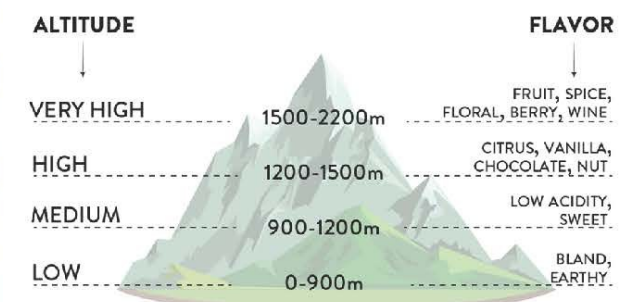
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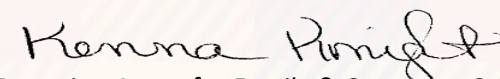
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Extension Agent for Family & Consumer Sciences-

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$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
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2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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DETAILS:

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Extension Office



THINGS TO DO:

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Nov 22nd - 10am - 12pm
PC Extension Office

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Cooperative Extension Service

Pendleton County
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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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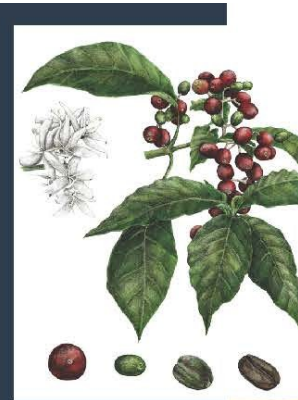


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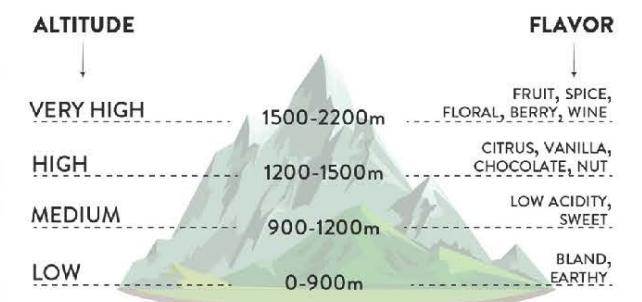
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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

**Cooperative
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Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
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*Pendleton County
Homemaker Newsletter*

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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

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- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

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- Cool dark cabinet
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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A gentle experience for children with sensory sensitivities



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Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
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-  Reduced noise and crowd levels
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NEWSLETTER

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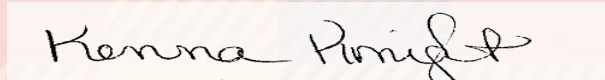
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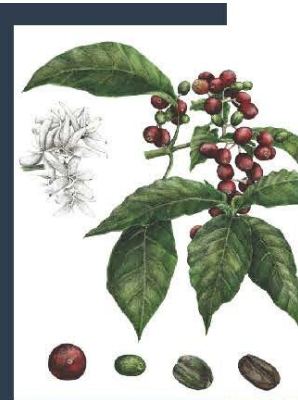


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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
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LOW	0-900m	BLAND, EARTHY

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Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

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Location: Pendleton County

Extension Office



THINGS TO DO:

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-  Reduced noise and crowd levels
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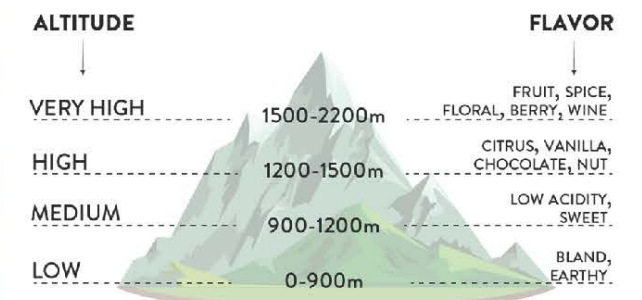
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Pendleton County Homemaker Newsletter

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US POSTAGE PAID
FALMOUTH, KY
PERMIT # 69

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

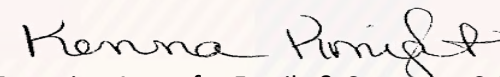
Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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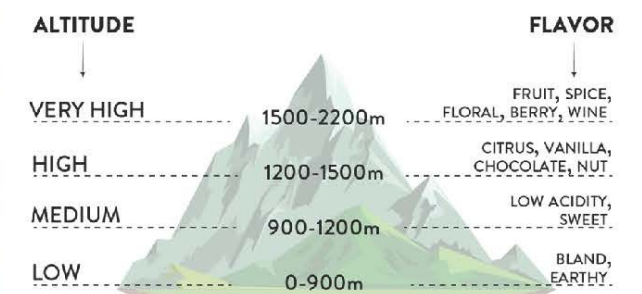
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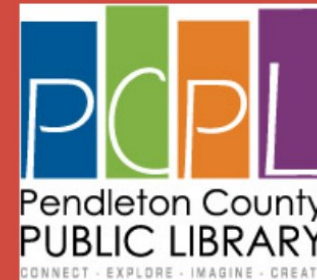
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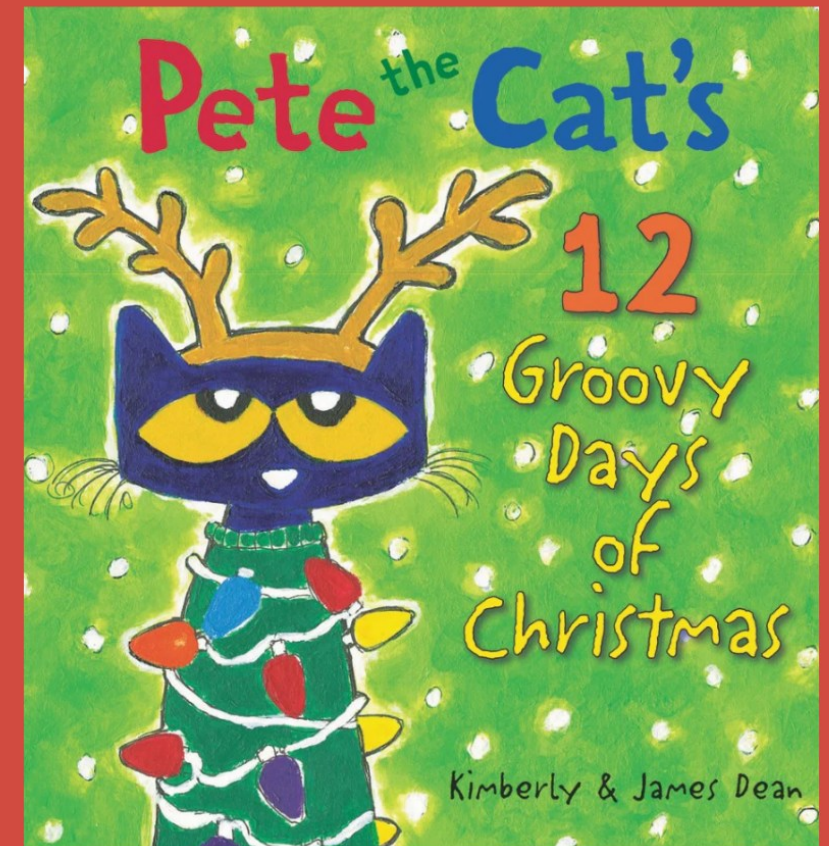


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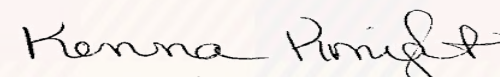
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

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10AM-3PM
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Located at
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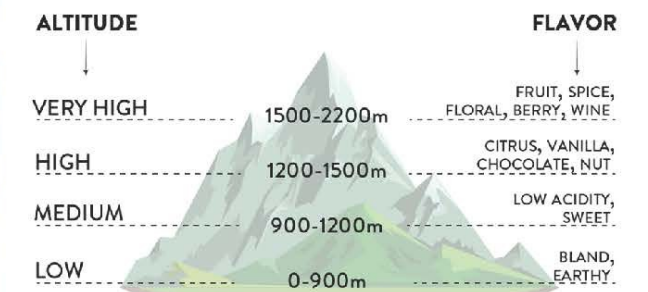
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County
Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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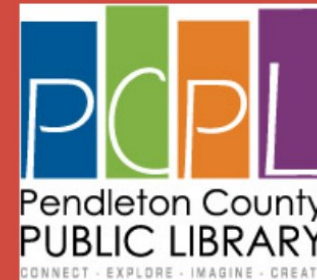
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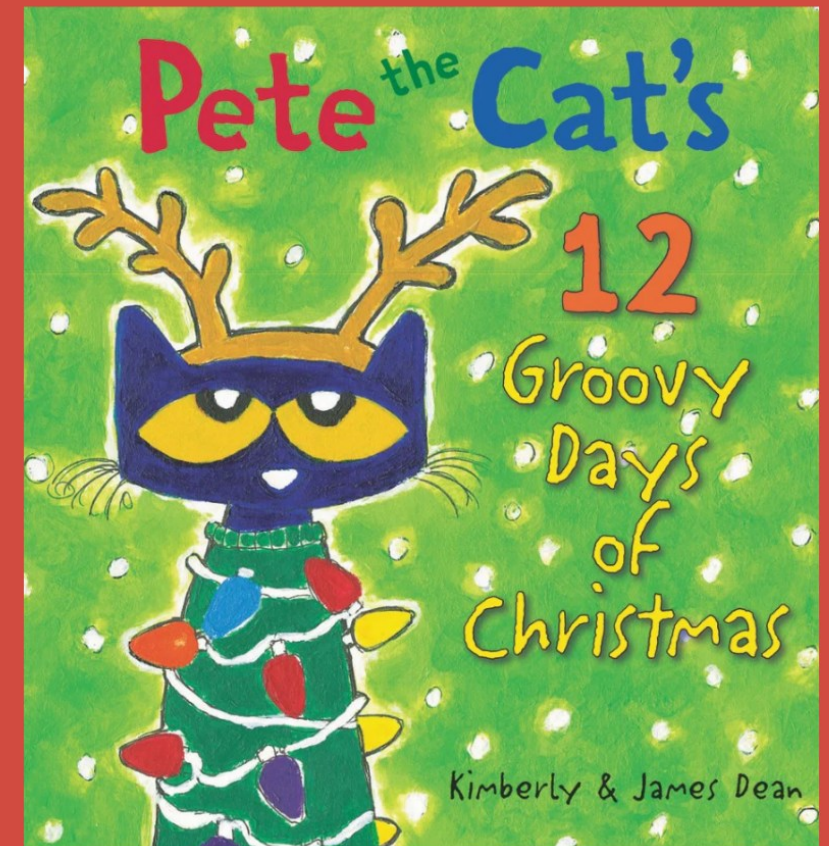


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featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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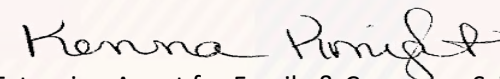
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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
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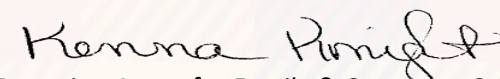
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VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
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- 5+ cups can lower bone density
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
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RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



**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

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Lexington, KY 40506



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Pendleton County Homemaker Newsletter

NONPROFIT ORG
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PERMIT # 69

Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
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UK Cooperative
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PREPARE & PROTECT
FEB
Prepare & Protect:
Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

Martin-Gatton
College of Agriculture,
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University of Kentucky.

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A hands-on educational series designed to help individuals and farm families strengthen their preparedness across every aspect of life — financial, physical, and digital. The series equips participants with tools to safeguard their livelihoods, homes, and legacies against unexpected challenges.

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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9
DECEMBER
10:00 AM OR 6:30 PM

**TWO CLASSES. FOUR TIMES.
TWO CHANCES FOR FUN.**

SIGN UP FOR ONE OR BOTH!
COST: \$20 PER CLASS OR \$40 FOR BOTH
LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

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Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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Arabica

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- Expensive to grow
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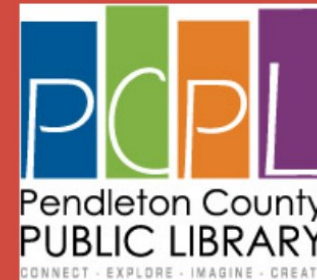
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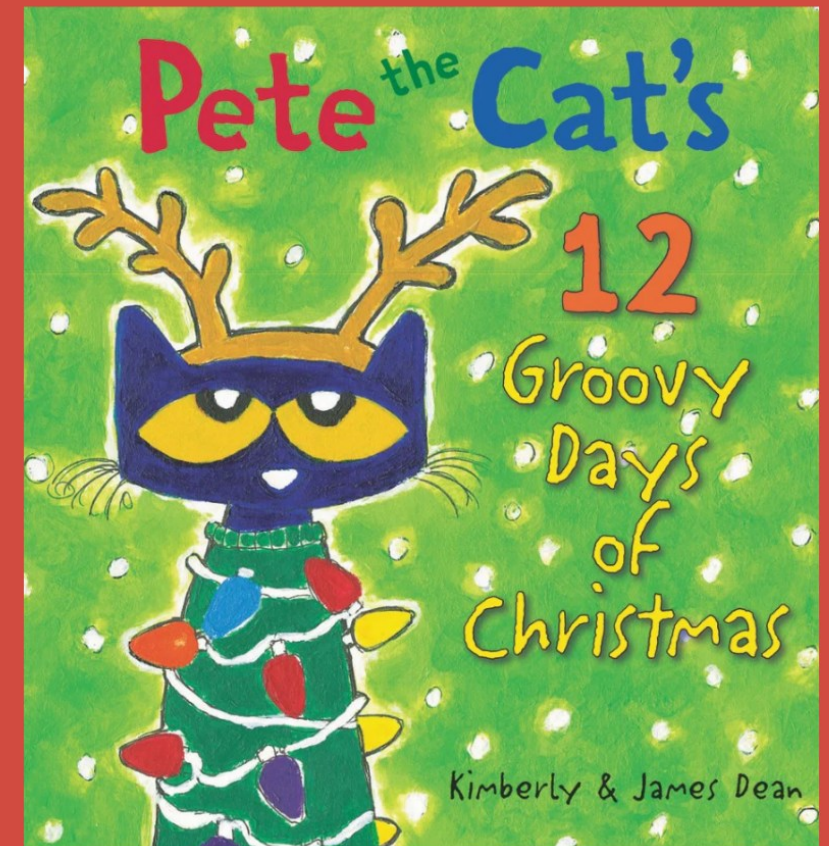


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Pendleton County Extension Homemaker November 2025

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FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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

DISASTER KIT

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Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

WREATH WORKSHOPS

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TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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Health Benefits & Implications

Lowers the risk to:

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A gentle experience for children with sensory sensitivities



DETAILS:

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Location: Pendleton County

Extension Office



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Pendleton County Homemaker Newsletter

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FALMOUTH, KY
PERMIT # 69

Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

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Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

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UK Cooperative
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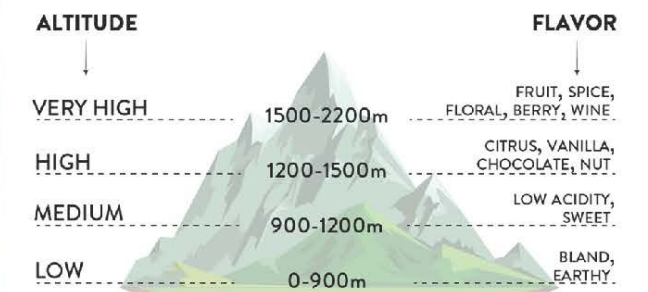
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November 2025



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LEXINGTON, KY 40546

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Yummy Sweet Potato Casserole

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2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

NEWSLETTER

Pendleton County Extension

Homemaker

November 2025



Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



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Kenna Knight

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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4-H Youth Development
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LEXINGTON, KY 40546

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with prior notification.



KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
Extension Service

HUNTERS NEEDED

Got a deer to spare or running out of freezer space? Donate to help your community!

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Only accepted during the modern gun season
NOVEMBER 8-23

HOW TO PARTICIPATE

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PENCO HIKERS

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FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

WREATH WORKSHOPS

YOU ARE INVITED TO

9 **DECEMBER** 10:00 AM OR 6:30 PM

11 **DECEMBER** 10:00 AM OR 6:30 PM

TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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Cooperative Extension Service

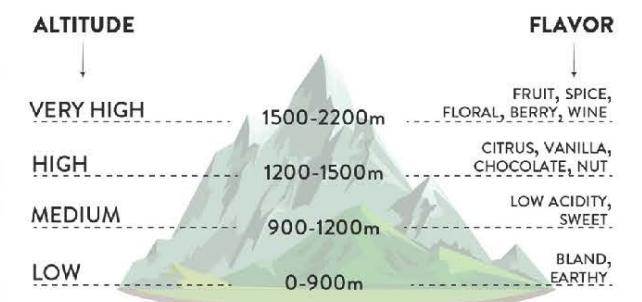
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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Coffee Storage

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- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Lexington, KY 40506



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Join us for a StoryWalk®
featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

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Pendleton County Extension
Homemaker
November 2025

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Kenna Wright
Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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Extension Service

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Wednesdays in February 6:30 PM

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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9
DECEMBER
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TWO CHANCES FOR FUN.**

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

11
DECEMBER
10:00 AM OR 6:30 PM

Winter Wonderland



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Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



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Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County
Extension Office



THINGS TO DO:

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Family and Consumer Sciences
4-H Youth Development
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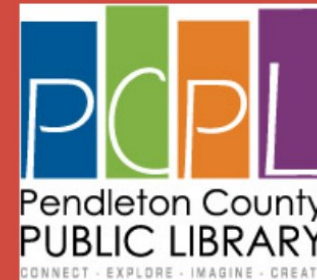
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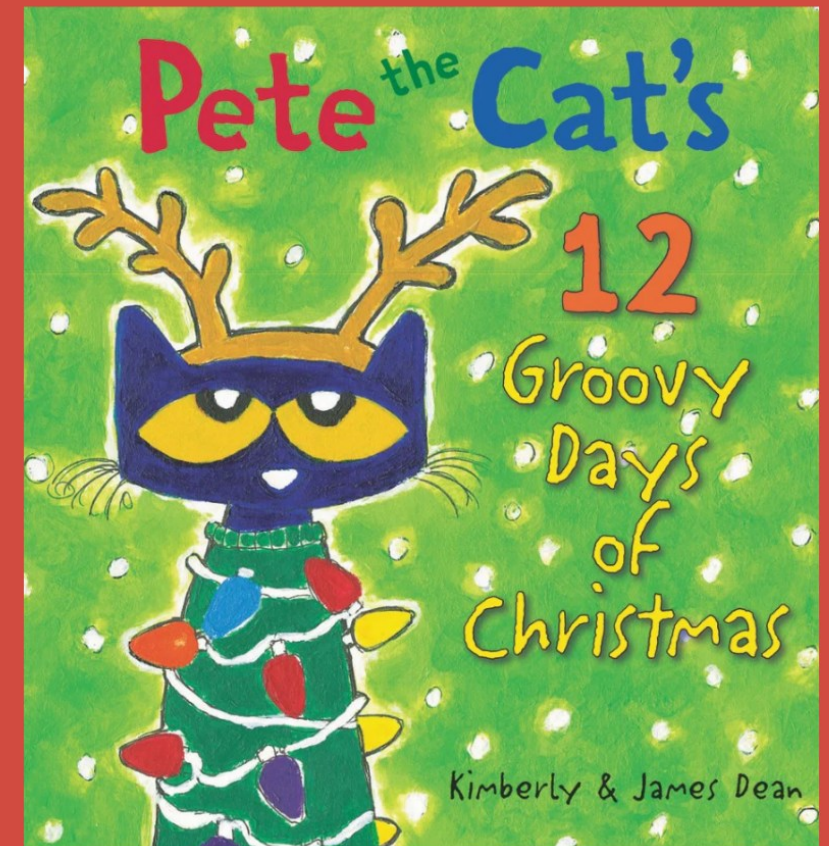


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Nov 22nd - 10am - 12pm
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

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PENCO HIKERS
MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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PREPARE & PROTECT
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Prepare & Protect:
Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

Martin-Gatton
College of Agriculture,
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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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10:00 AM OR 6:30 PM

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Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

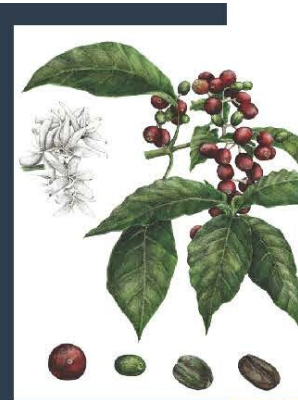
 Located at **Southern Elementary School**



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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Lowers the risk to:

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DETAILS:

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NONPROFIT ORG
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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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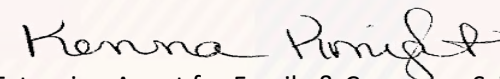
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6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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DEER PROCESSING

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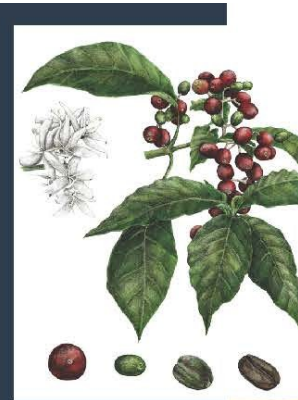


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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Pendleton County
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LEXINGTON, KY 40546



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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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accommodated
with prior notification.

*Pendleton County
Homemaker Newsletter*

NONPROFIT ORG
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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF



LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



Cooperative
Extension Service

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Only accepted during the modern gun season
NOVEMBER 8-23

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PENCO HIKERS

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pendleton.ca.uky.edu

Prepare & Protect: Building Resilient Farms, Families, and Futures

Wednesdays in February 6:30 PM

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

DISASTER KIT

PREPARE & PROTECT

A hands-on educational series designed to help individuals and farm families strengthen their preparedness across every aspect of life — financial, physical, and digital. The series equips participants with tools to safeguard their livelihoods, homes, and legacies against unexpected challenges.

Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

YOU ARE INVITED TO WREATH WORKSHOPS

9

DECEMBER

10:00 AM OR 6:30 PM

TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

11

DECEMBER

10:00 AM OR 6:30 PM

Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry



Located at
**Southern
Elementary
School**



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Lexington, KY 40506



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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4-H Youth Development
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Lexington, KY 40506



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Join us for a StoryWalk®
featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

**Cooperative
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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

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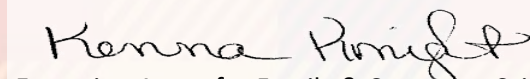
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LEXINGTON, KY 40546



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NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

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UK Cooperative
Extension Service

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FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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A gentle experience for children with sensory sensitivities



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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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PREPARE & PROTECT

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Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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- Cool dark cabinet
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Health Benefits & Implications

Lowers the risk to:

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THINGS TO DO:

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

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(859) 654-3395
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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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LOCATION

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Pendleton County Homemaker Newsletter

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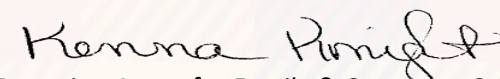
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Yummy Sweet Potato Casserole

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2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

NEWSLETTER

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

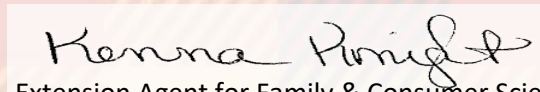
Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-
Education, Pendleton County





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NEW DROP-OFF

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SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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UK Cooperative
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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
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- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County
Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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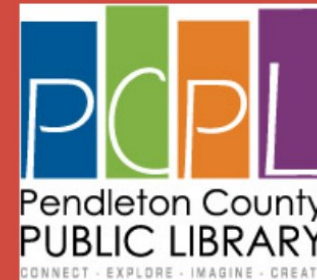
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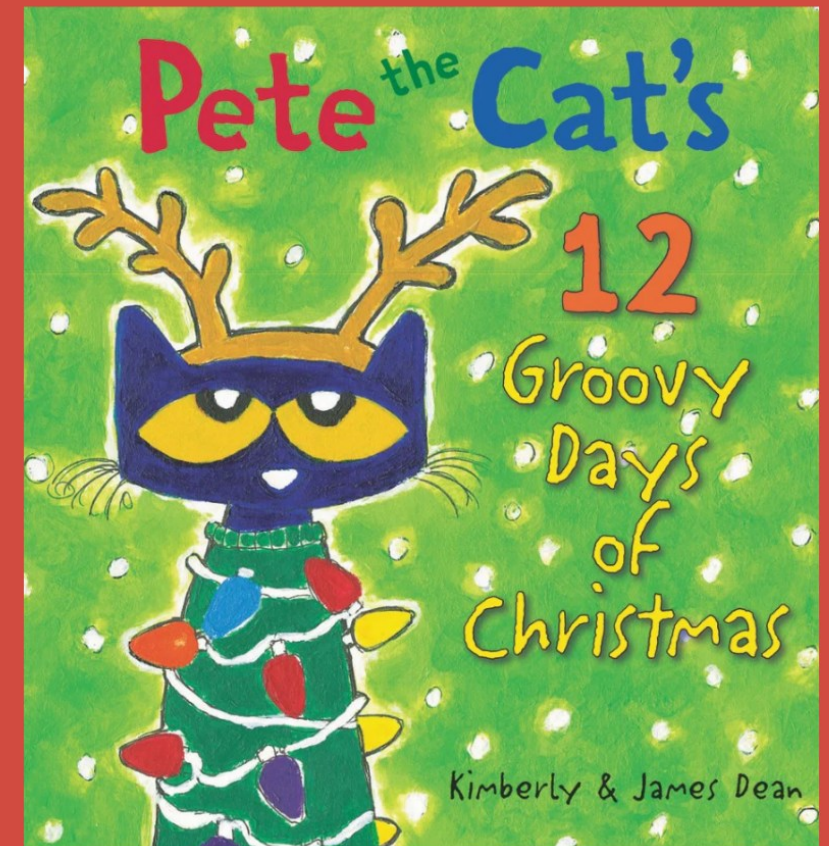


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Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Located at
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A gentle experience for children with sensory sensitivities



DETAILS:

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Location: Pendleton County

Extension Office



THINGS TO DO:

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November 2025

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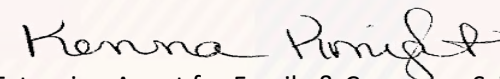
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$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
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2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Health Benefits & Implications

Lowers the risk to:

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May Increase:

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A gentle experience for children with sensory sensitivities



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 University of Kentucky
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Cooperative Extension Service

Pendleton County
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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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DEER PROCESSING

LOCATION

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ALTITUDE		FLAVOR
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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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PENCO HIKERS

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Lowers the risk to:

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DETAILS:

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THINGS TO DO:

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
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Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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635-3354
DEER PROCESSING

LOCATION

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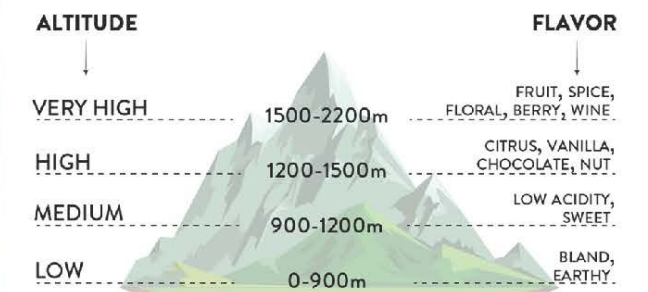
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Pendleton County Extension Homemaker November 2025

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LEXINGTON, KY 40546



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
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THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



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Arabica

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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

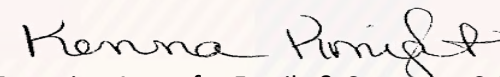
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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

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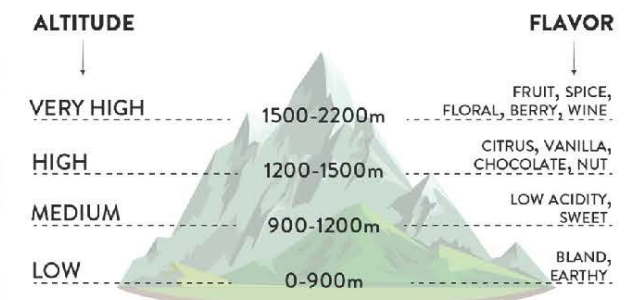
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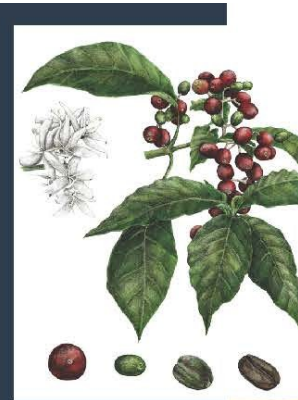


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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
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RSVP REQUIRED

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Please RSVP by calling 859.654.3395



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**

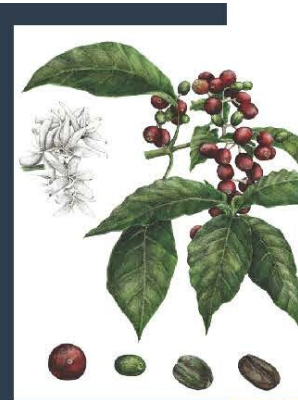


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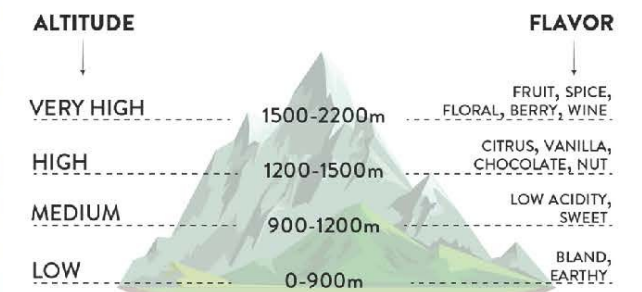
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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*Pendleton County
Homemaker Newsletter*

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Pendleton County Extension

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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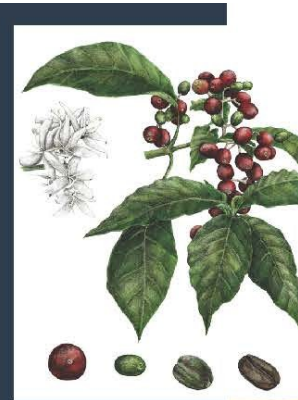


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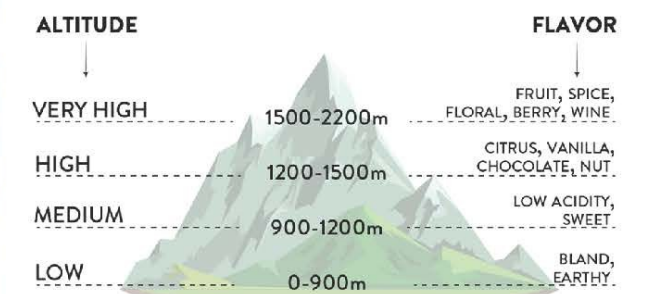
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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 Located at **Southern Elementary School**



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Cooperative Extension Service
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THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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DETAILS:

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Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

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(859) 654-3395
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pendleton.ca.uky.edu

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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Pendleton County Extension Homemaker November 2025

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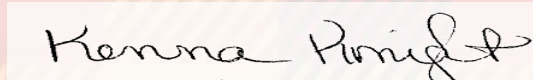
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LEXINGTON, KY 40546



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Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

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Wednesdays in February 6:30 PM

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

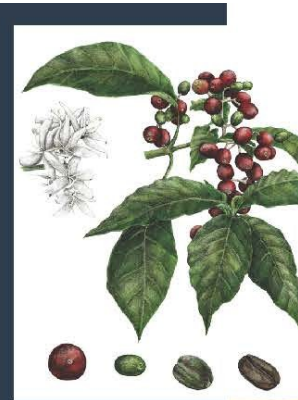
 Located at **Southern Elementary School**



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THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Consumption Guidelines

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- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
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- Depression
- Parkinson's Disease
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Pendleton County Extension Homemaker November 2025

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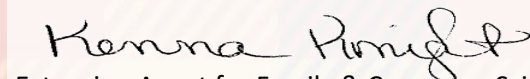
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LEXINGTON, KY 40546



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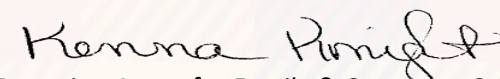
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UK Cooperative
Extension Service

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PENCO HIKERS

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HomeMakers Brought to you by the
Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Health Benefits & Implications

Lowers the risk to:

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May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

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Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
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Lexington, KY 40506



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Join us for a StoryWalk® featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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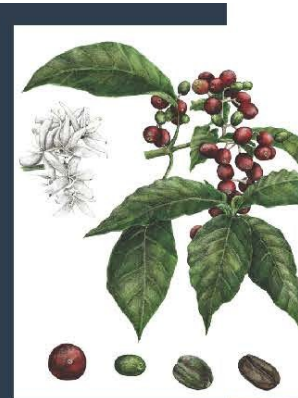


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Coffee Facts



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ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

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DETAILS:

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Location: Pendleton County

Extension Office



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*Pendleton County
Homemaker Newsletter*

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Pendleton County Extension

Homemaker

November 2025

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Kenna Wright

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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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LOCATION

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UK Cooperative
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Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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- Depression
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PENCO HIKERS

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Free Entry

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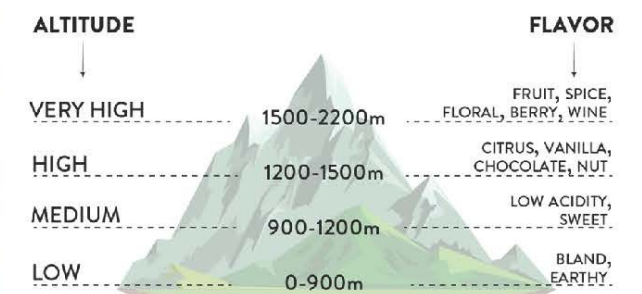
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SPECIES

Arabica

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Pendleton County Homemaker Newsletter

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
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Fax: (859) 654-3397
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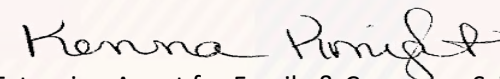
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Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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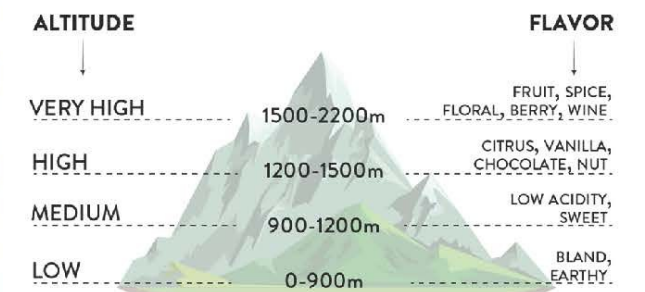
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*Pendleton County
Homemaker Newsletter*

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
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DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
Extension Service

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Only accepted during the modern gun season
NOVEMBER 8-23

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PREPARE & PROTECT
FEB
Prepare & Protect:
Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

Martin-Gatton
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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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TWO CHANCES FOR FUN.**

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 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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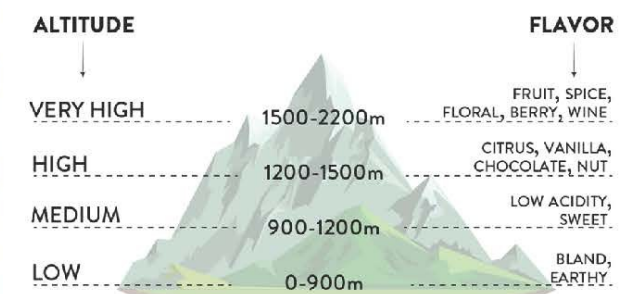
Agriculture and Natural Resources
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THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Health Benefits & Implications

Lowers the risk to:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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Lexington, KY 40506



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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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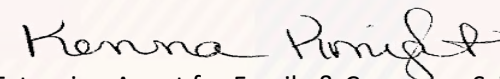
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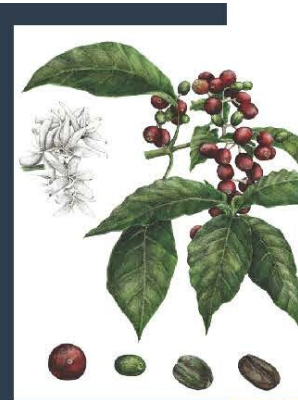


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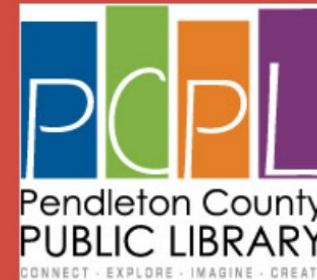
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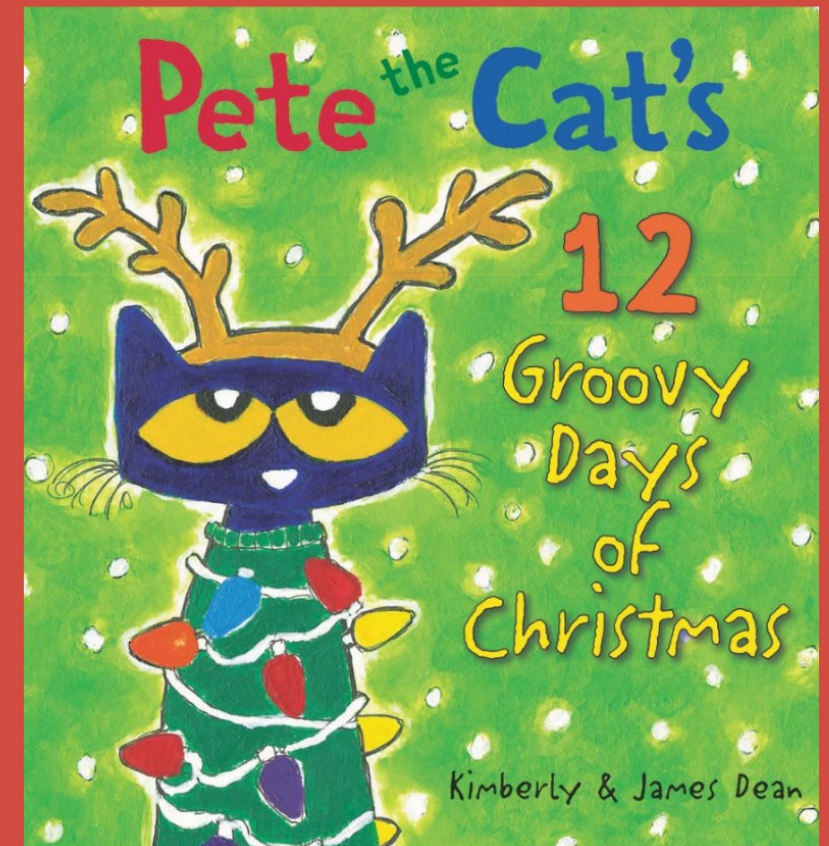


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Kenna Wright
Extension Agent for Family & Consumer Sciences-
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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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10AM-3PM
Free Entry

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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Health Benefits & Implications

Lowers the risk to:

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DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

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RSVP REQUIRED

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Pendleton County Extension

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November 2025

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



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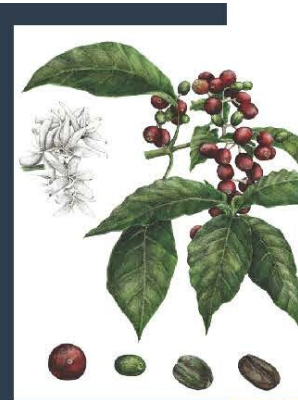


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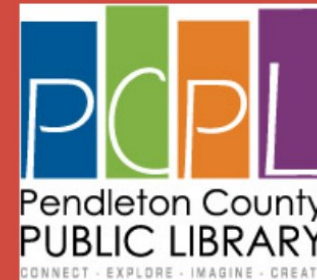
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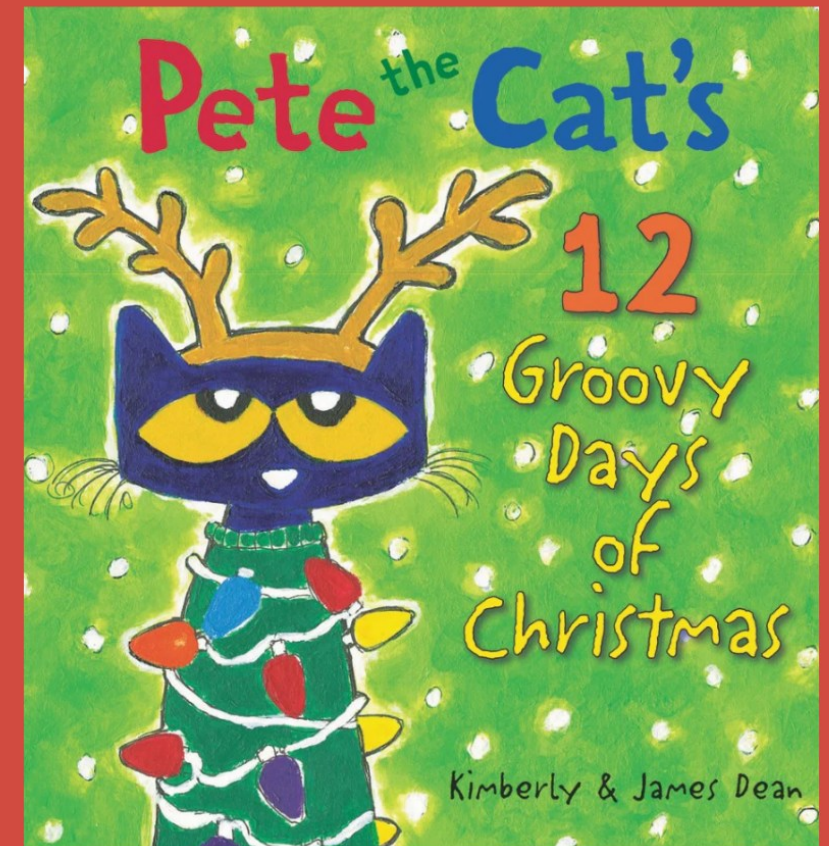


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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
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Falmouth KY 41040
(859) 654-3395
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Lexington, KY 40506



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accommodated
with prior notification.

*Pendleton County
Homemaker Newsletter*

NONPROFIT ORG
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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
Extension Service

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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9
DECEMBER
10:00 AM OR 6:30 PM

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TWO CHANCES FOR FUN.**

SIGN UP FOR ONE OR BOTH!
COST: \$20 PER CLASS OR \$40 FOR BOTH
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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

11
DECEMBER
10:00 AM OR 6:30 PM

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



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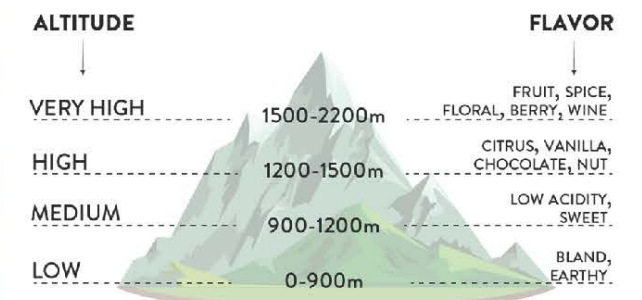
**Cooperative
Extension Service**
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

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- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

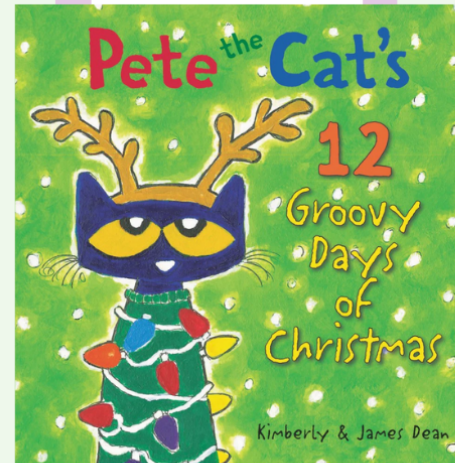
May Increase:

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- Restlessness
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Lexington, KY 40506



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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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NEWSLETTER

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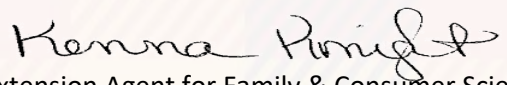
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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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PENCO HIKERS MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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PREPARE & PROTECT

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 **NOV. 15, 2024**
10AM-3PM
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 Located at **Southern Elementary School**



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Cooperative Extension Service

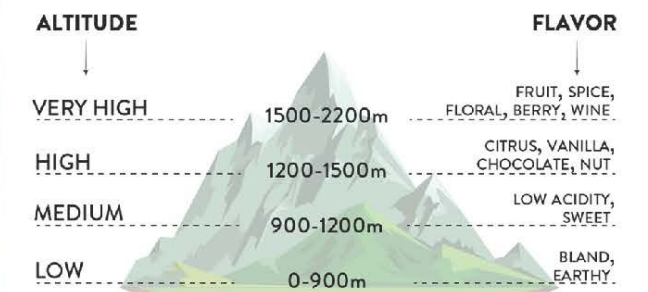
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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- Increases alertness energy and ability to concentrate

May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

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Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
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RSVP REQUIRED

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Lexington, KY 40506



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featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





KNOW THE RULES
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NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
Extension Service

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Only accepted during the modern gun season
NOVEMBER 8-23

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Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

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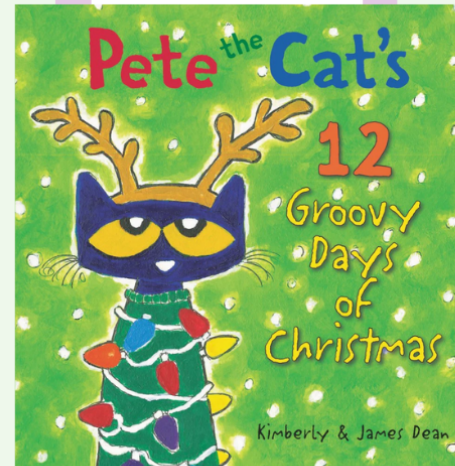
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

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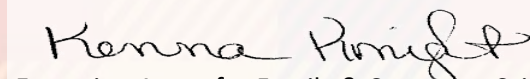
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LEXINGTON, KY 40546



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Nov 22nd - 10am - 12pm
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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
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pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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NEW DROP-OFF

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DEER PROCESSING

LOCATION

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10AM-3PM
Free Entry

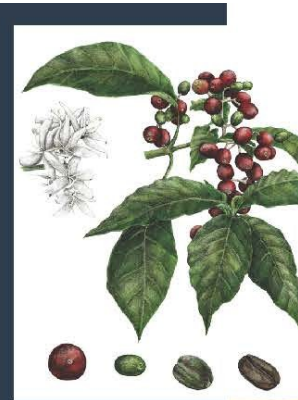
 Located at **Southern Elementary School**



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Extension Office



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-  Reduced noise and crowd levels
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PENCO HIKERS MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
31 JUL	MOONSHINER'S ARCH 🕒 Day Trip 📍 Daniel Boone National Forest
15 OCT	MANTLE ROCK 🕒 Two Night - Overnight 📍 Mantle Rock Nature Preserve
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PREPARE & PROTECT

FEB Prepare & Protect:
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Wednesdays in February 6:30 PM

UK Martin-Gatton
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DISASTER KIT

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Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

YOU ARE INVITED TO WREATH WORKSHOPS

9
DECEMBER
10:00 AM OR 6:30 PM

Fresh Greenery Wreath Workshop

11
DECEMBER
10:00 AM OR 6:30 PM

Wreath Sweetshirt Workshop

**TWO CLASSES. FOUR TIMES.
TWO CHANCES FOR FUN.**

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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

Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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Coffee Storage

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- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

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Lexington, KY 40506



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featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

NONPROFIT ORG
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FALMOUTH, KY
PERMIT # 69

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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NEW DROP-OFF

STACEY
CUSTOM PROCESSING
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DEER PROCESSING

LOCATION

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UK Cooperative
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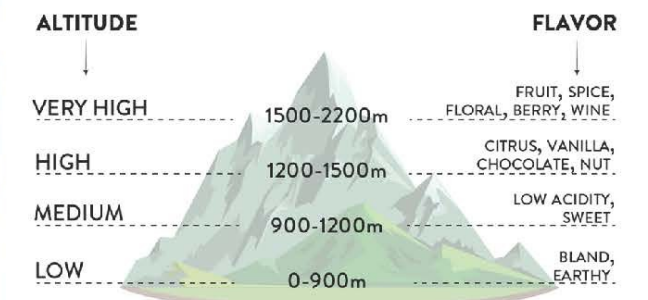
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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Nov 22nd - 10am - 12pm
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Lexington, KY 40506



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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

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Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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BEFORE YOU GO



NEW DROP-OFF

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635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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Extension Service

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PENCO HIKERS

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Wednesdays in February 6:30 PM

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry



Located at
**Southern
Elementary
School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

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- Cool dark cabinet
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- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

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Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

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-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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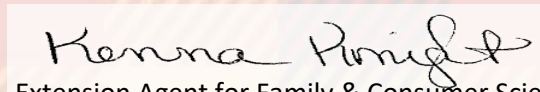
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 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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Cooperative Extension Service
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4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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Pendleton County Extension Homemaker November 2025

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Yummy Sweet Potato Casserole

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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

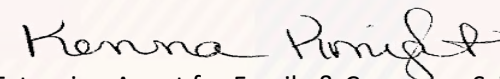
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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



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DEER PROCESSING

LOCATION

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#PENDLETONHUNTERS
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DO THE SAME!!!



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Extension Service

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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- Restlessness
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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Extension Homemaker November 2025

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College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

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Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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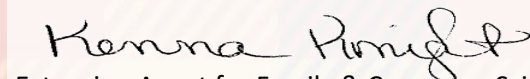
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Yield: 12, ½ cup servings

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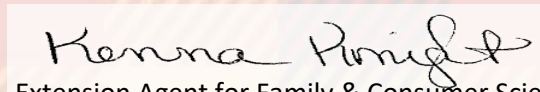
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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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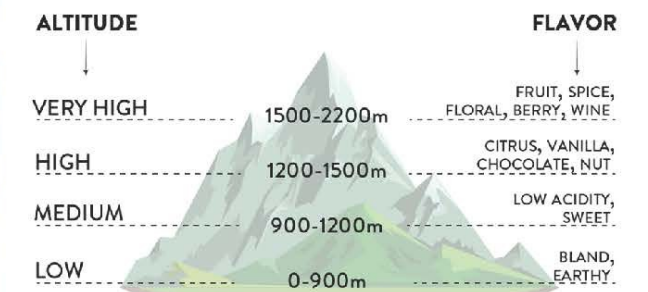
Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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- Exposure to moisture, air, heat, and light, can strip coffee of flavor
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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*Pendleton County
Homemaker Newsletter*

NONPROFIT ORG
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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
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(859) 654-3395
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pendleton.ca.uky.edu

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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635-3354
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LOCATION

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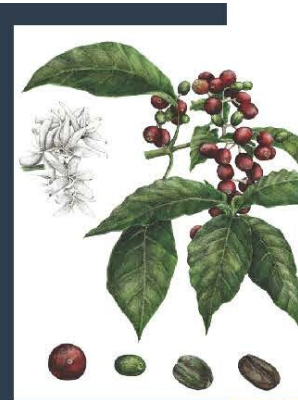


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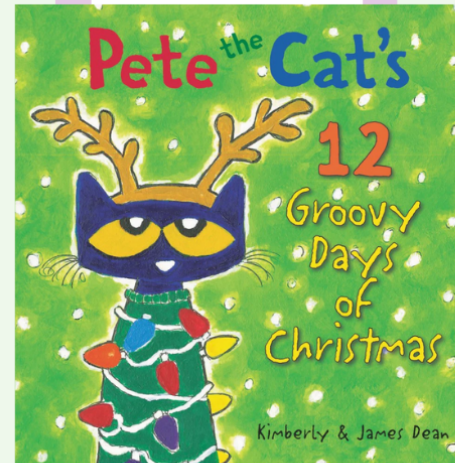
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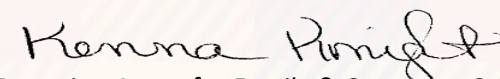
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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
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LOW	0-900m	BLAND, EARTHY

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Kenna Wright
Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



NEW DROP-OFF

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CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School

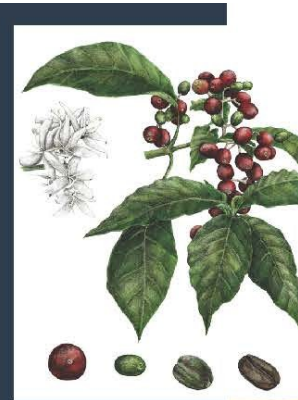


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THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



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Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Lowers the risk to:

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A gentle experience for children with sensory sensitivities



DETAILS:

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Extension Office



THINGS TO DO:

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-  Reduced noise and crowd levels
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Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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Cooperative Extension Service

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LEXINGTON, KY 40546



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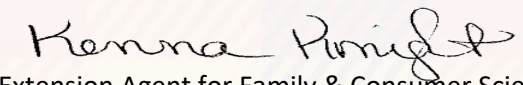
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Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
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- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Pendleton County Homemaker Newsletter

NONPROFIT ORG
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PERMIT # 69

Pendleton County Extension Homemaker November 2025

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

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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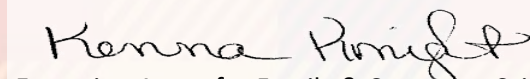
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¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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STACEY
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635-3354
DEER PROCESSING

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Only accepted during the modern gun season
NOVEMBER 8-23

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FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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WREATH WORKSHOPS

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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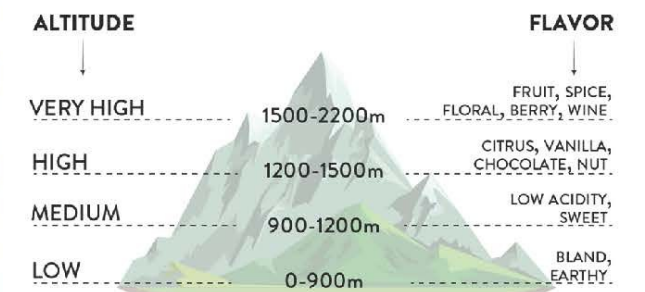
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Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



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DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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DO THE SAME!!!



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10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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Cooperative Extension Service
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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- Cool dark cabinet
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Join us for a StoryWalk®
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Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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Cooperative Extension Service

Pendleton County
45 David Pribble Drive
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Navigating Holiday Gatherings: Managing Expectations and Emotions

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LEXINGTON, KY 40546



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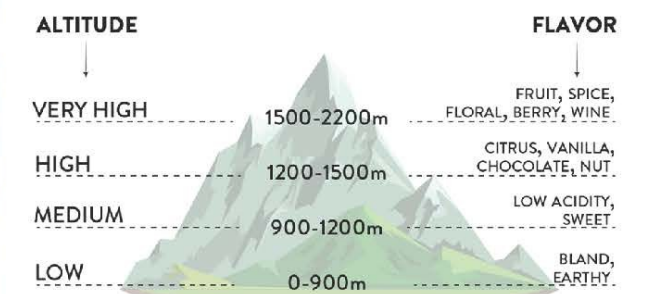
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Pendleton County Extension Homemaker November 2025

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LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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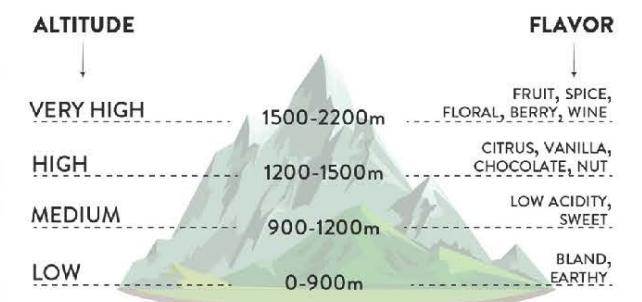
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Coffee Storage

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- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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- Increases alertness energy and ability to concentrate

May Increase:

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DETAILS:

Date: Saturday, November 25

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THINGS TO DO:

-  Walk through Pete the Cat's holiday story
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Falmouth KY 41040

RETURN SERVICE REQUESTED

Pendleton County Homemaker Newsletter

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PERMIT # 69

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension



Cooperative Extension Service

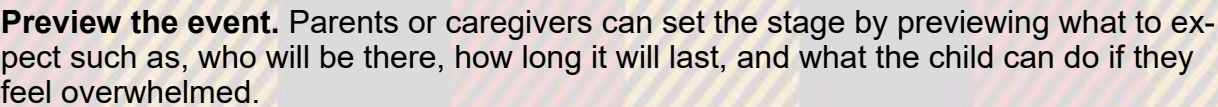
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Homemaker

November 2025

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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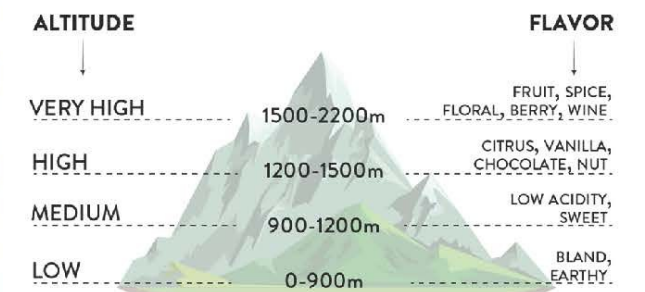
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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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Pendleton County
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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546



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with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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LOCATION

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DO THE SAME!!!



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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Nov 22nd - 10am - 12pm
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Pendleton County
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Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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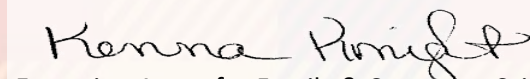
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

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- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

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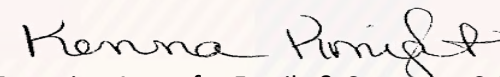
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UK Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

DISASTER KIT

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Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

WREATH WORKSHOPS

YOU ARE INVITED TO

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TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
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A gentle experience for children with sensory sensitivities



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Location: Pendleton County

Extension Office



THINGS TO DO:

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

Pendleton County
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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DEER PROCESSING

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LEXINGTON, KY 40546



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Navigating Holiday Gatherings: Managing Expectations and Emotions

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Education, Pendleton County



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4-H Youth Development
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LEXINGTON, KY 40546



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with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



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DEER PROCESSING

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SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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DO THE SAME!!!



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PENCO HIKERS

MARCHING ON

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10AM-3PM
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
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- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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Nov 22nd - 10am - 12pm
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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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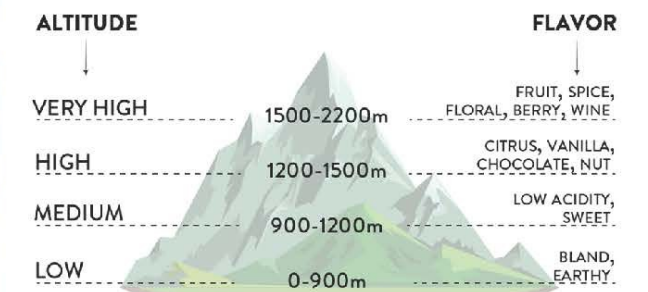
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Extension Office



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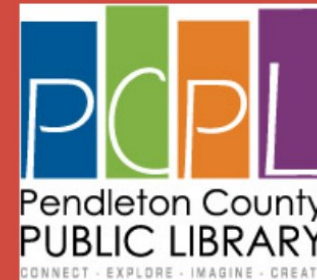
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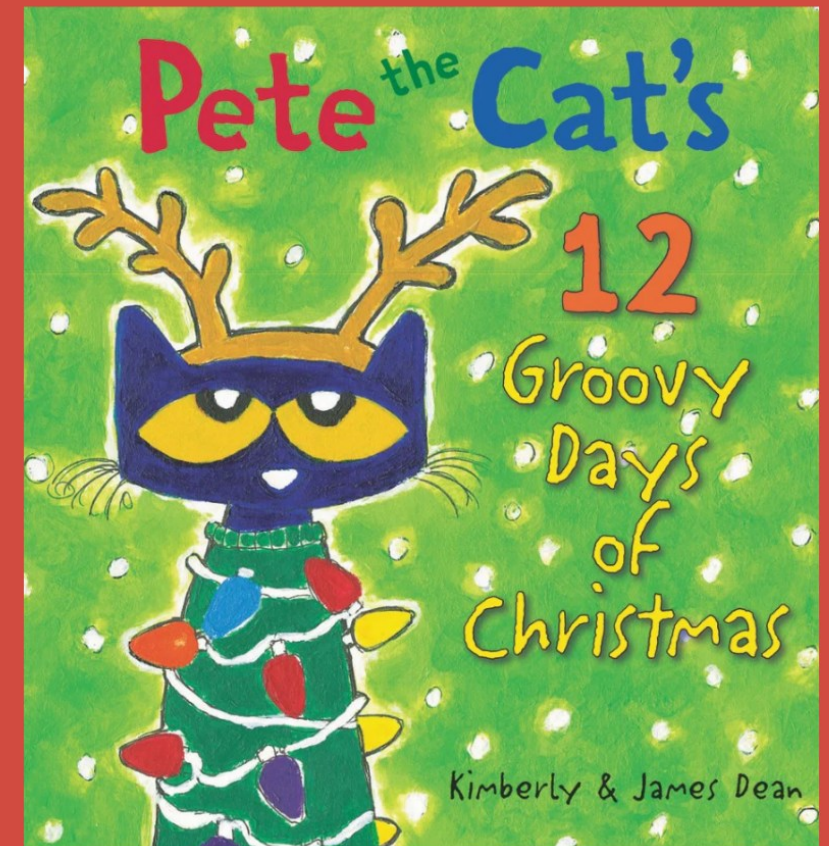


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Pendleton County Homemaker Newsletter

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
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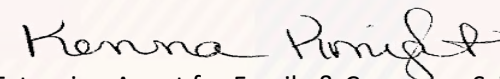
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6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

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Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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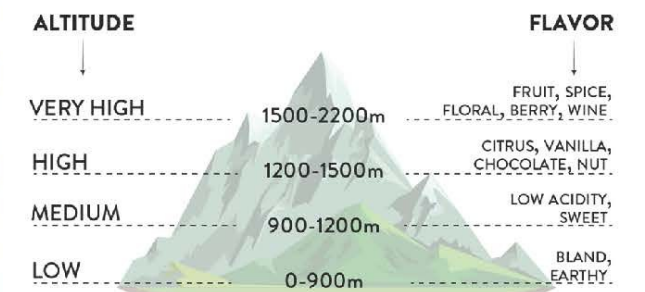
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

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- Expensive to grow
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Lowers the risk to:

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A gentle experience for children with sensory sensitivities



DETAILS:

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Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Cooperative Extension Service

Pendleton County
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Falmouth KY 41040
(859) 654-3395
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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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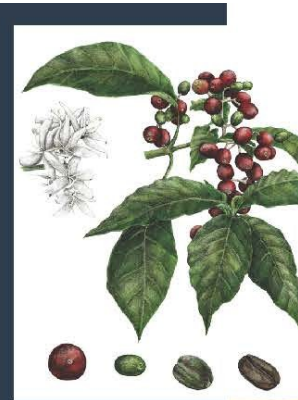


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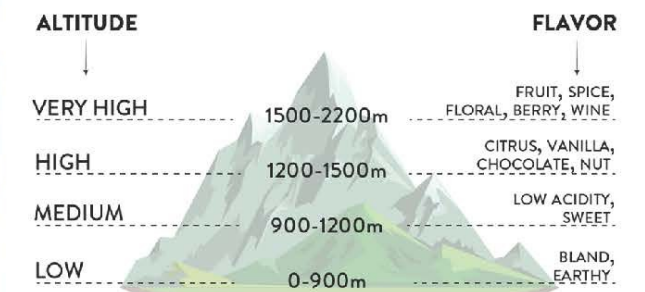
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*Pendleton County
Homemaker Newsletter*

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Pendleton County Extension

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November 2025

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Kenna Wright

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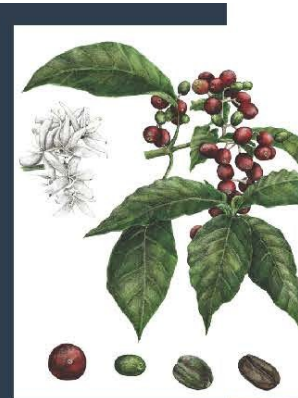


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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
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LOW	0-900m	BLAND, EARTHY

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**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

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Lexington, KY 40506



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accommodated
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*Pendleton County
Homemaker Newsletter*

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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

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(859) 654-3395
Fax: (859) 654-3397
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Navigating Holiday Gatherings: Managing Expectations and Emotions

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
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Coffee Facts



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SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
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- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County
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THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
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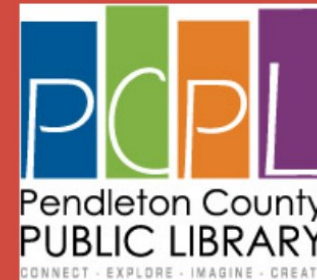
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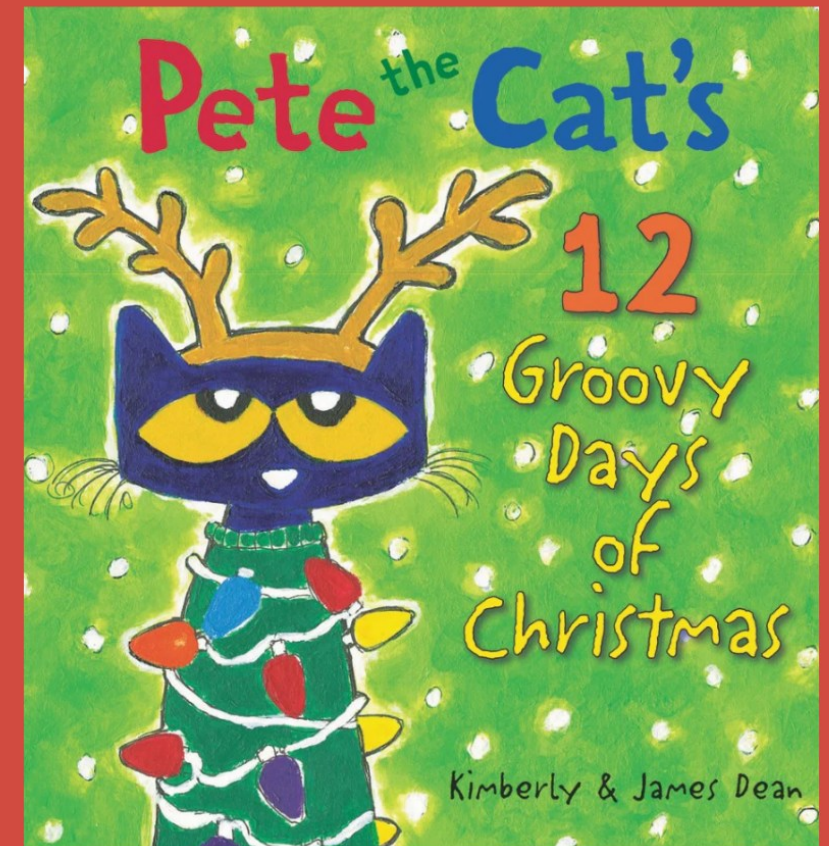


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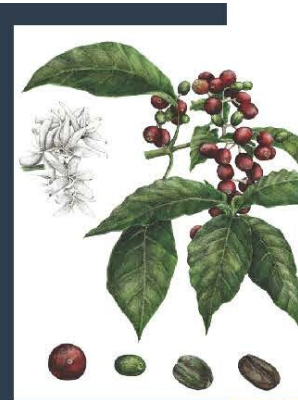


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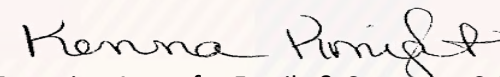
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PENCO HIKERS

MARCHING ON

29 MAY	GRAY'S ARCH 🕒 Day Trip 📍 Red River Gorge
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 **NOV. 15, 2024**
10AM-3PM
Free Entry

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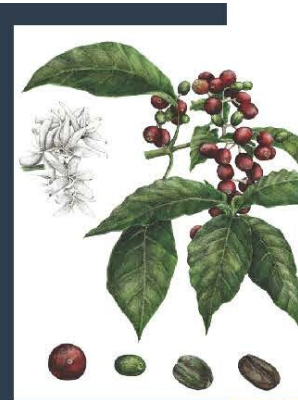


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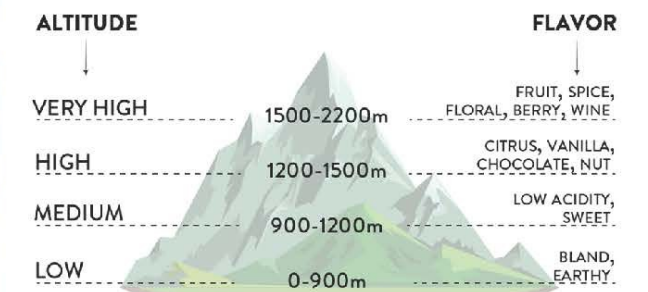
Cooperative Extension Service
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Family and Consumer Sciences
4-H Youth Development
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Lowers the risk to:

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DETAILS:

Date: Saturday, November 25

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Extension Office



THINGS TO DO:

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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LOCATION

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Pendleton County Homemaker Newsletter

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Pendleton County Extension Homemaker November 2025

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LEXINGTON, KY 40546



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Lexington, KY 40506



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accommodated
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*Pendleton County
Homemaker Newsletter*

NONPROFIT ORG
US POSTAGE PAID
FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

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NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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UK Cooperative
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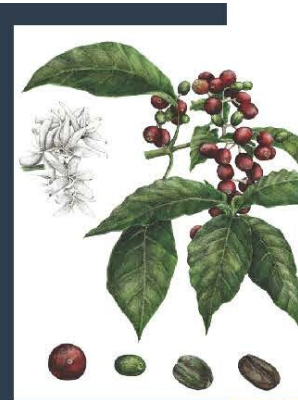
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Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Nov 22nd - 10am - 12pm
PC Extension Office

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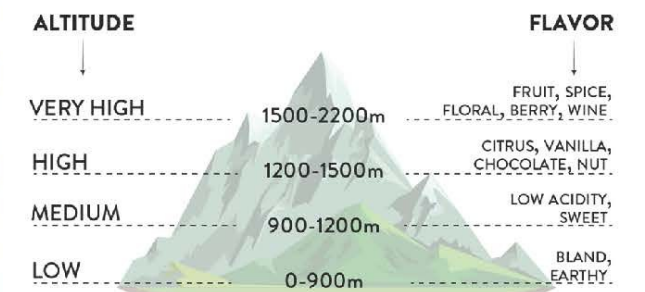
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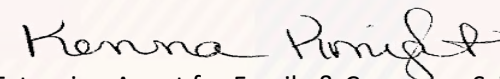
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FEB Prepare & Protect: Building Resilient Farms, Families, and Futures
Wednesdays in February 6:30 PM

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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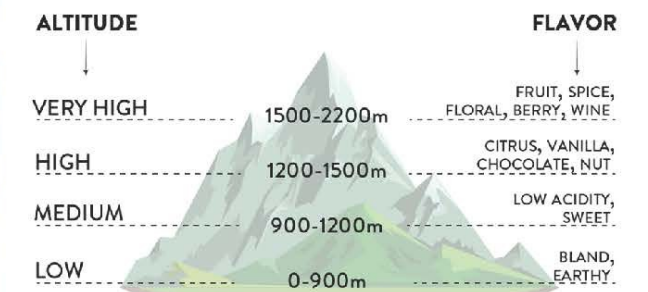
Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

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- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

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- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
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Health Benefits & Implications

Lowers the risk to:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
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-  Reduced noise and crowd levels
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RSVP REQUIRED

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69

Pendleton County Extension

Homemaker

November 2025

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children’s emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright
Extension Agent for Family & Consumer Sciences-
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



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Pendleton County Extension Homemaker November 2025

 University of Kentucky
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Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
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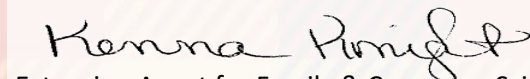
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LEXINGTON, KY 40546



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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Education, Pendleton County



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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
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635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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UK Cooperative
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NOVEMBER 8-23

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SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

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 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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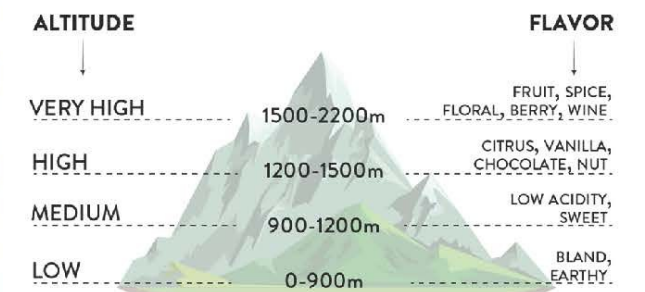
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

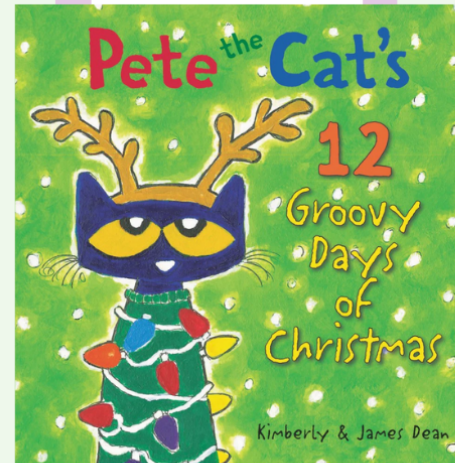
May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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PERMIT # 69

Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

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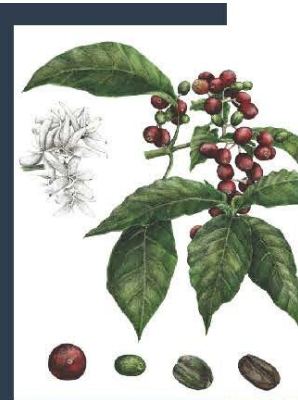


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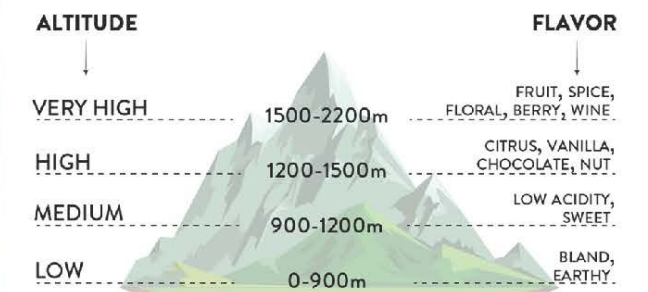
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*Pendleton County
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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

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Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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Cooperative Extension Service

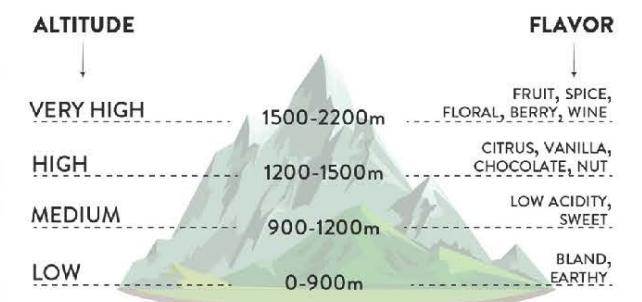
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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May Increase:

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NEWSLETTER

November 2025



Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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LOCATION

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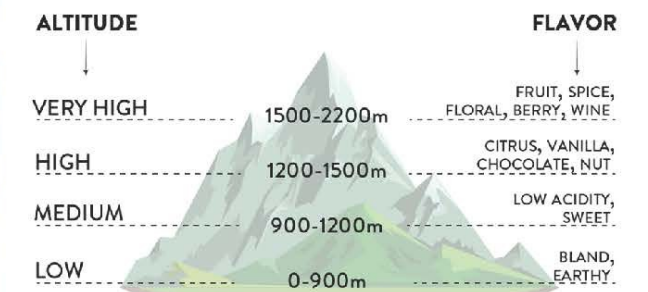
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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
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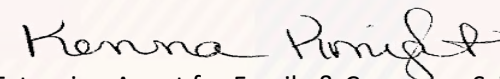
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Food and Environment
Cooperative Extension Service

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
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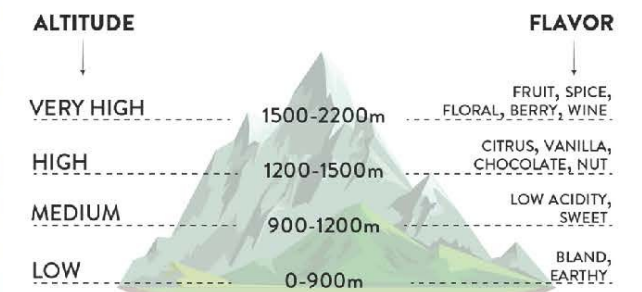


Cooperative Extension Service
Agriculture and Natural Resources
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

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Health Benefits & Implications

Lowers the risk to:

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May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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PERMIT # 69



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Pendleton County Extension

Homemaker

November 2025

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Kenna Wright

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Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
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- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
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RSVP REQUIRED

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Pendleton County Extension Homemaker November 2025

 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Pendleton County
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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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STACEY
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LOCATION

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ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

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Kenna Wright

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Education, Pendleton County





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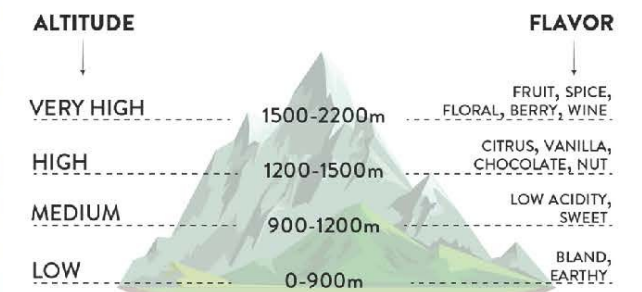
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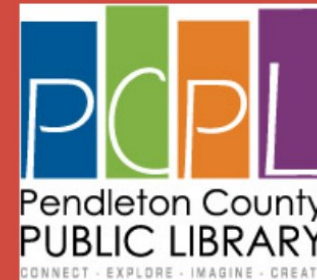
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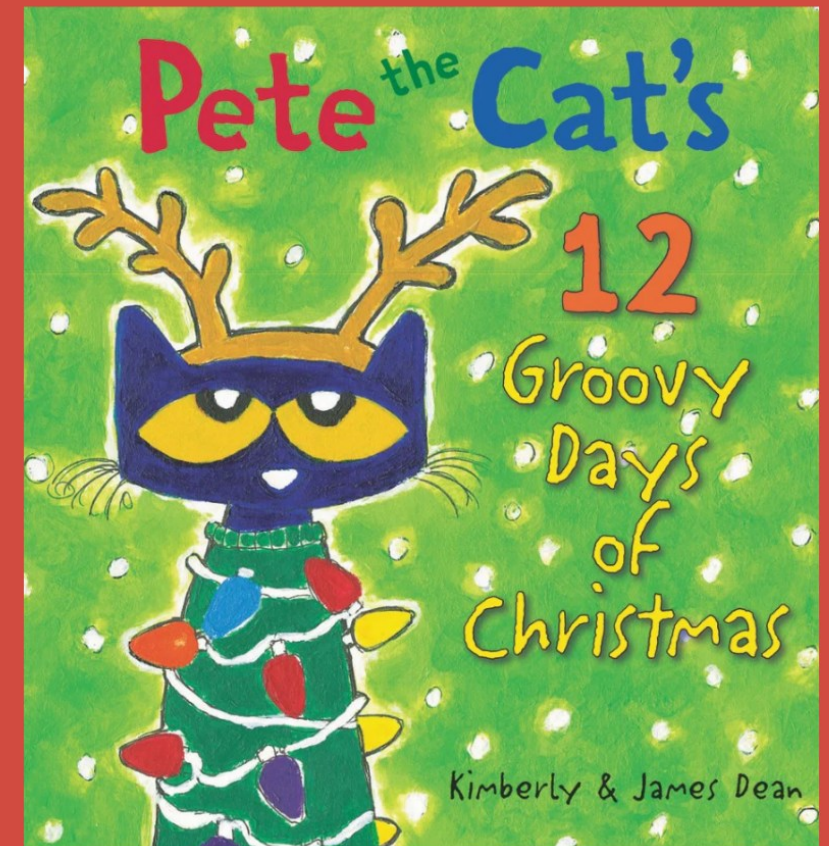


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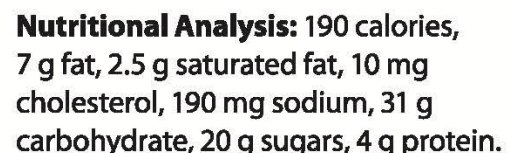
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PENCO HIKERS

MARCHING ON

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10AM-3PM
Free Entry

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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



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Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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Lowers the risk to:

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THINGS TO DO:

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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
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(859) 654-3395
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Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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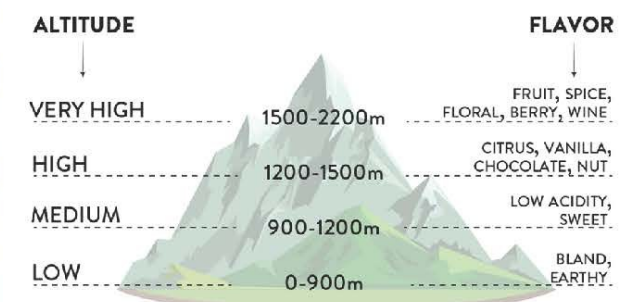
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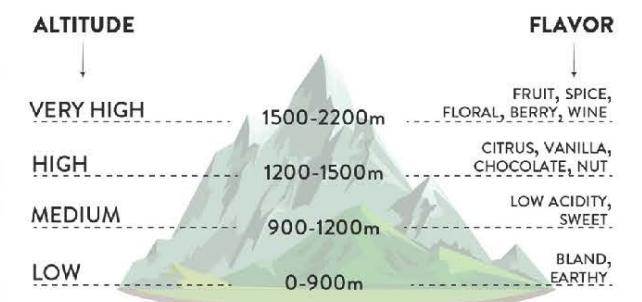
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Lexington, KY 40506



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*Pendleton County
Homemaker Newsletter*

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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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BEFORE YOU GO



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DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
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UK Cooperative
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THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
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Nov 22nd - 10am - 12pm
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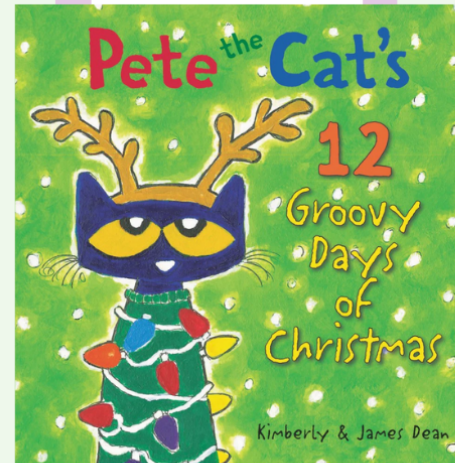
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Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



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Cooperative Extension Service

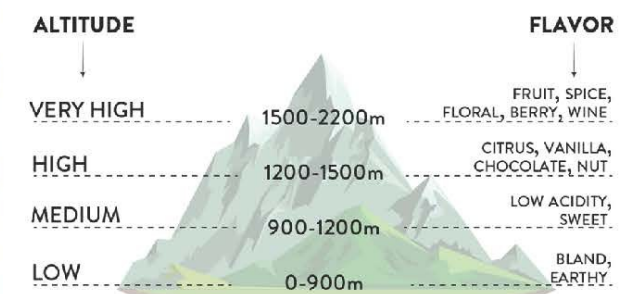
Agriculture and Natural Resources
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
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Lowers the risk to:

- Type 2 Diabetes
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*Pendleton County
Homemaker Newsletter*

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FALMOUTH, KY
PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

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Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

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Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

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DEER PROCESSING

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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
DO THE SAME!!!



UK Cooperative
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Winter Wonderland

HomeMakers Brought to you by the Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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Cooperative Extension Service
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4-H Youth Development
Community and Economic Development



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

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Health Benefits & Implications

Lowers the risk to:

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- Depression
- Parkinson's Disease
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May Increase:

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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



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Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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Homemaker

November 2025

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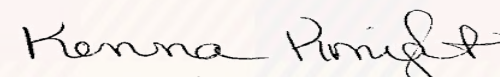
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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 **NOV. 15, 2024**
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Yummy Sweet Potato Casserole

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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at **Southern Elementary School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
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Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
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- 5+ cups can lower bone density
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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
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RSVP REQUIRED

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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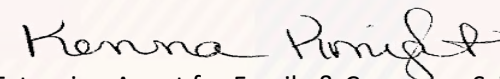
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Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

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DEER PROCESSING

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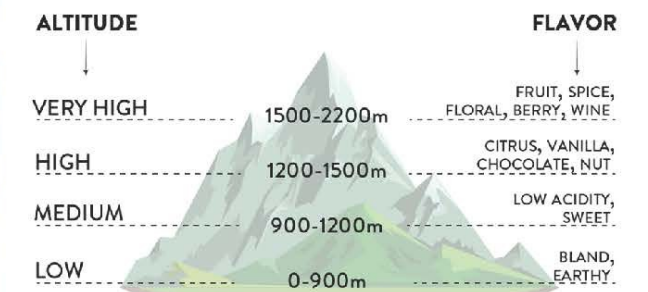
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LEXINGTON, KY 40546



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LEXINGTON, KY 40546



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Yummy Sweet Potato Casserole

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2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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Winter Wonderland

HomeMakers Brought to you by the
Pendleton County Homemakers:



NOV. 15, 2024
10AM-3PM
Free Entry

Located at
Southern Elementary School



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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



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Arabica

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- Expensive to grow
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- Liver & endometrial cancers
- Depression
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- Increases alertness energy and ability to concentrate

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A gentle experience for children with sensory sensitivities



DETAILS:

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Location: Pendleton County

Extension Office



THINGS TO DO:

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Nov 22nd - 10am - 12pm
PC Extension Office

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Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

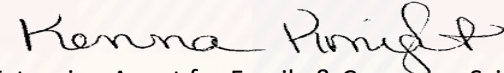
Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

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ALTITUDE		FLAVOR
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HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

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Pendleton County Homemaker Newsletter

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
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Falmouth KY 41040
(859) 654-3395
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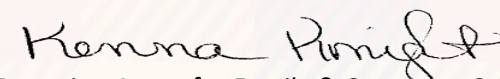
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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- 5+ cups can lower bone density
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Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

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Please RSVP by calling 859.654.3395



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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
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(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

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Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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LOCATION

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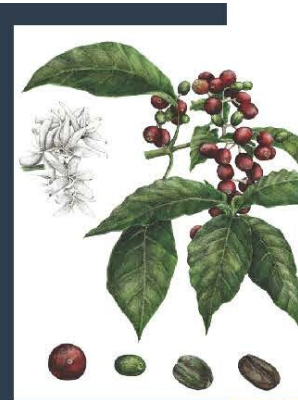
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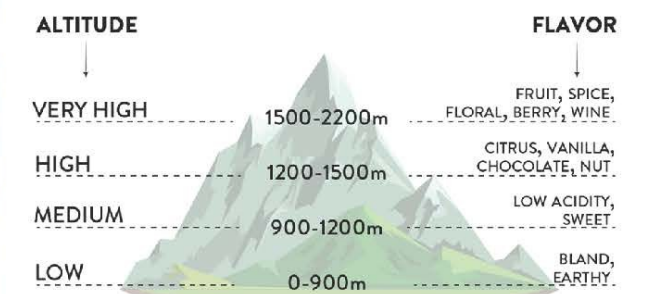
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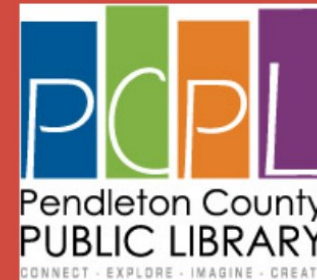
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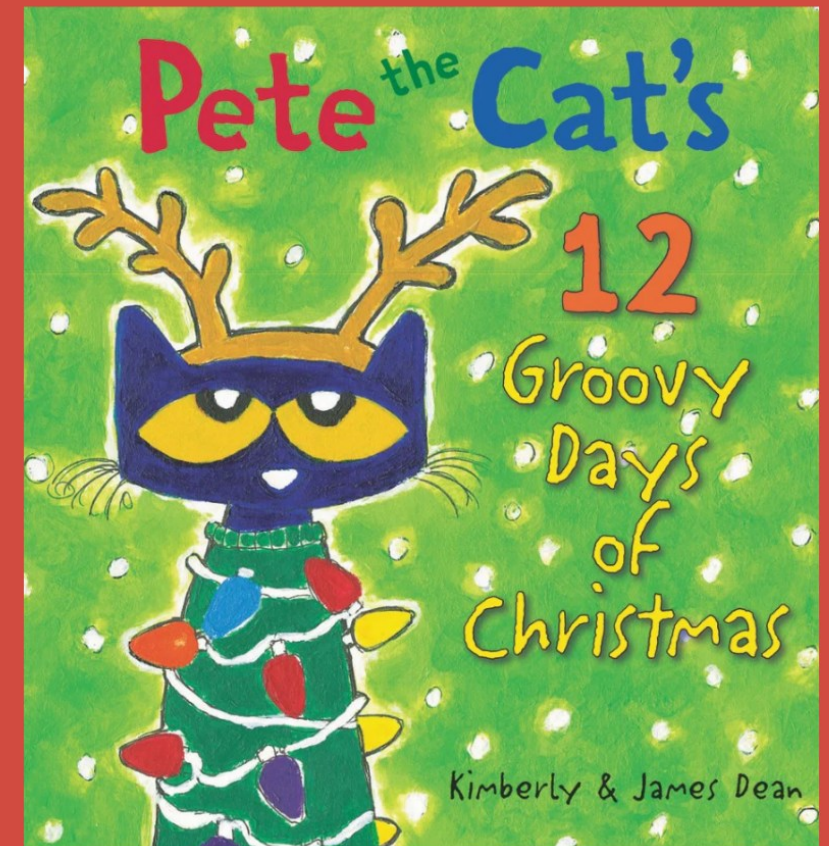


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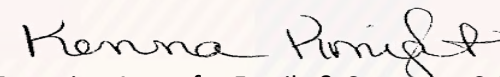
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Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





KNOW THE RULES
BEFORE YOU GO



NEW DROP-OFF

STACEY
CUSTOM PROCESSING
635-3354
DEER PROCESSING

LOCATION

SHARE YOUR PHOTOS AT
#PENDLETONHUNTERS
INVITE YOUR FRIENDS TO
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UK Cooperative
Extension Service

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Only accepted during the modern gun season
NOVEMBER 8-23

HOW TO PARTICIPATE

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Call 859-654-3395 to Register | pendleton.ca.uky.edu | #Kentuckyextension

WREATH WORKSHOPS

YOU ARE INVITED TO

9 **DECEMBER** 10:00 AM OR 6:30 PM

11 **DECEMBER** 10:00 AM OR 6:30 PM

TWO CLASSES. FOUR TIMES. TWO CHANCES FOR FUN.

SIGN UP FOR ONE OR BOTH!

COST: \$20 PER CLASS OR \$40 FOR BOTH

LIMIT: 15 PEOPLE PER CLASS · CALL THE PCEO TO REGISTER 859-654-3395
SIMULTANEOUS CLASSES · PRE-PAYMENT REQUIRED · NO REFUNDS

Winter Wonderland

 Brought to you by the Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

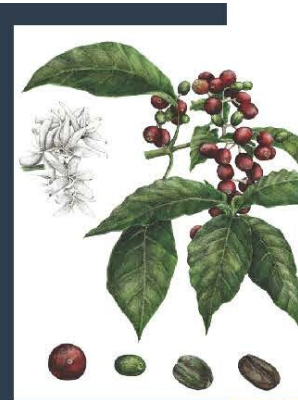
 Located at **Southern Elementary School**



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



Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR

ALTITUDE		FLAVOR
VERY HIGH	1500-2200m	FRUIT, SPICE, FLORAL, BERRY, WINE
HIGH	1200-1500m	CITRUS, VANILLA, CHOCOLATE, NUT
MEDIUM	900-1200m	LOW ACIDITY, SWEET
LOW	0-900m	BLAND, EARTHY

SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
- A moderate amount is defined as 3-5 cups a day or average of 400 mg
- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

- Insomnia
- Restlessness
- Anxiety
- Increased heart rate
- 5+ cups can lower bone density
- Heartburn
- Urinary frequency/urgency



Sensory-Friendly StoryWalk®: Pete the Cat's 12 Groovy Days of Christmas

A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

Extension Office



THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Lexington, KY 40506



Disabilities
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Join us for a StoryWalk®
featuring...



**VISIT WITH
SANTA!**



Nov 22nd - 10am - 12pm
PC Extension Office

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Pendleton County Homemaker Newsletter

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

Family gatherings around the holidays can offer joy and connection, but they can also create stress, especially for children. Changes in routine, unfamiliar environments, large groups, and loud conversations can overwhelm kids and lead to behavioral challenges. Preparing children ahead of time helps reduce anxiety and support emotional regulation. Here are some practical ways to prepare.



Preview the event. Parents or caregivers can set the stage by previewing what to expect such as, who will be there, how long it will last, and what the child can do if they feel overwhelmed.

Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

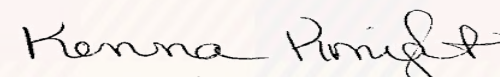
Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{3}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{4}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.





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Fresh Greenery Wreath Workshop

Wreath Sweetshirt Workshop

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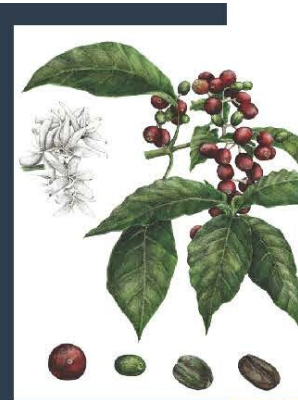


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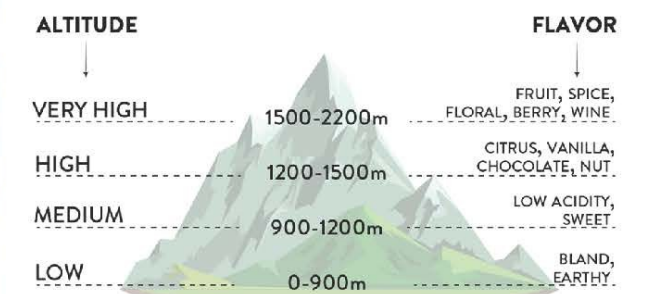
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Community and Economic Development



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Lexington, KY 40506



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*Pendleton County
Homemaker Newsletter*

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Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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LOCATION

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Cooperative
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11

DECEMBER
10:00 AM OR 6:30 PM

Winter Wonderland



Brought to you by the
Pendleton County Homemakers:



 **NOV. 15, 2024**
10AM-3PM
Free Entry

 Located at
**Southern
Elementary
School**



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

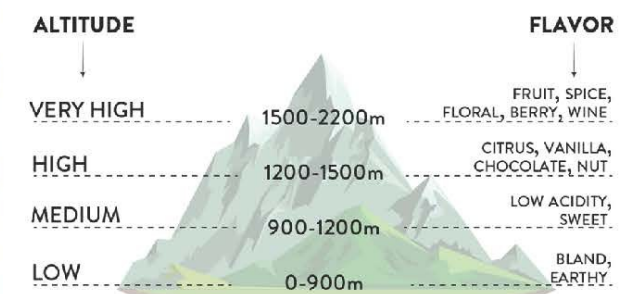
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Coffee Facts



THE EFFECTS OF ALTITUDE ON COFFEE FLAVOR



SPECIES

Arabica

- Produces a mild, flavorful tasting coffee, most popular type worldwide.
- Expensive to grow
- Sensitive to the environment, requiring shade, humidity, and steady temperatures

Robusta

- More economical to grow due to resistance to disease-survives in a wider range of temperatures
- Withstands harsh climate changes such as variations in rainfall and strong sunlight

Consumption Guidelines

- One 8-ounce cup brewed coffee contains 95 mg of caffeine
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- Pregnant women should aim for less than 200 mg of caffeine daily



Coffee Storage

- Store beans/ground coffee in airtight containers at room temperature
- Away from sunlight
- Cool dark cabinet
- Exposure to moisture, air, heat, and light, can strip coffee of flavor
- Use airtight containers for extended periods of storage



Health Benefits & Implications

Lowers the risk to:

- Type 2 Diabetes
- Heart Disease
- Liver & endometrial cancers
- Depression
- Parkinson's Disease
- Increases alertness energy and ability to concentrate

May Increase:

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- 5+ cups can lower bone density
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A gentle experience for children with sensory sensitivities



DETAILS:

Date: Saturday, November 25

Time: 1:00 PM – 3:00 PM

Location: Pendleton County

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THINGS TO DO:

-  Walk through Pete the Cat's holiday story
-  Calm lighting and sensory-friendly activities
-  Reduced noise and crowd levels
-  Gentle interactions with Santa



RSVP REQUIRED

Space is limited to ensure a calm and comfortable experience.

Please RSVP by calling 859.654.3395



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Family and Consumer Sciences
4-H Youth Development
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*Pendleton County
Homemaker Newsletter*

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PERMIT # 69



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Pendleton County Extension

Homemaker

November 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu

Navigating Holiday Gatherings: Managing Expectations and Emotions

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Offer choices. Bringing a comfort item or picking a quiet space to retreat to if a gathering gets noisy can help children feel a sense of control.

Communicate calmly. Co-parenting can be extremely hard during the holidays because of shared time. All parents should strive to communicate calmly and consistently about shared plans, as conflict between caregivers has been shown to impact children's emotional security.

Model appropriate behavior. When tensions rise during gatherings, modeling self-regulation and respectful disagreement can teach children valuable coping strategies.

Encourage expression. Encouraging children to express themselves with simple feeling words, and validating those emotions, builds emotional intelligence and trust.

Some families may need to navigate multiple events or homes. Involving children in the planning process when appropriate can reduce resistance and stress. Above all, prioritizing connection over perfection can help the holidays become more meaningful and less stressful for everyone.

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Kenna Wright

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County





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635-3354
DEER PROCESSING

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5-9 APR	ARCHES NATIONAL PARK 🕒 Spring Break 2027 - 5 Days/4 Nights 📍 Moab, Utah **Past PENCO Hikers participation required

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LOW	0-900m	BLAND, EARTHY

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LEXINGTON, KY 40546



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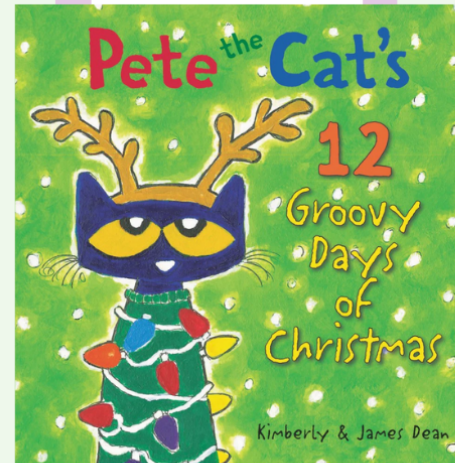
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