



UK Cooperative Extension Service

Family and Consumer Sciences Newsletter

Carter County
October 2013

Greetings From your FCS Agent

I hope this newsletter finds you well! September flew by! I mentioned last month how it was a busy month for me personally. I celebrated an anniversary, two kid's birthdays, and two family weddings. We celebrated all month long and I'm exhausted!

I had the privilege of attending the National Extension Association for Family and Consumer Sciences this month in Providence, RI. It was a wonderful experience with many educational and leadership opportunities. I'm thankful to work for an organization and a county that values professional development and I'm grateful when I get to make time to take advantage of those opportunities.

In September we also had our Lunch and Learn on Transferring Cherished Possessions, I started back with my monthly Chapel House visits, we had 22 kids at our Playdate visit to Wells Farm, and we held our annual Farm and Family Field Day there too!

We have several exciting things coming up in the months ahead. I hope you will find a way to be involved. I hope to see you soon and as always, it's an honor being your FCS Agent!

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Mark Your Calendars

- October 5 Noon-Lunch and Learn Savor the Flavor: Cooking with Spices
- October 6, 9-3-Sit and Sew
- October 10, 10am -District Board Meeting
- October 12, 11:30am-Lindsey Pactolus Club
- October 12, 5:30pm -Homemakers Night Out @ Johnny's
- October 13, 10am-Grayson Day Club
- October 14-NEA Homemaker Meeting (registration due Oct. 1st)
- October 20, 9-3-Sit and Sew
- October 21st-OctoberFest Downtown Grayson
- October 25, Noon-FCS Advisory Council
- October 18. 1pm-Wilson Stinson Club
- October 27, 10-12-Laugh and Learn (Costume Party)
- November 1, 11am-Homemaker Council
- November 1, Noon-Thrifty Holiday Meals
- Every Monday-Quilts for Veterans Sew Days 9-3

*Note: I have included the Homemaker Clubs meetings days and times for those that meet at the Extension Office. If you would like information on other club meetings, please contact the office.

For more information or to register for any of these programs, please
call 474-6686

Homemaker News

- To ensure we get our dues in on time, we ask that you send them to Shirley Carra, along with your enrollment card by November 22nd; Make sure you write checks to CARTER COUNTY HOMEMAKERS. You have to complete a form! There was a copy in last month's newsletter and your booklet.
- Don't forget to use your handbooks each month at your meetings. Every member should have one. We have extras at the office for new members.
- If you would like copies of lesson materials, you must call the office BEFORE the lunch and learn with a number of copies that you need for club members. You also need to specify if you want a copy of the PowerPoint.
- Pecans orders are due October 13th! Please call the office for a number for each club. As always, we still don't know the price in advance, but are hoping it's the same as last year.

LUNCH AND LEARN  Cooperative Extension Service

SAVOR THE FLAVOR: Cooking With Sprices

October 5, 2023
12:00 Noon
FREE lunch and lesson
Call 474-6686 by
October 1st to register.



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HOMEMAKERS



Night Out

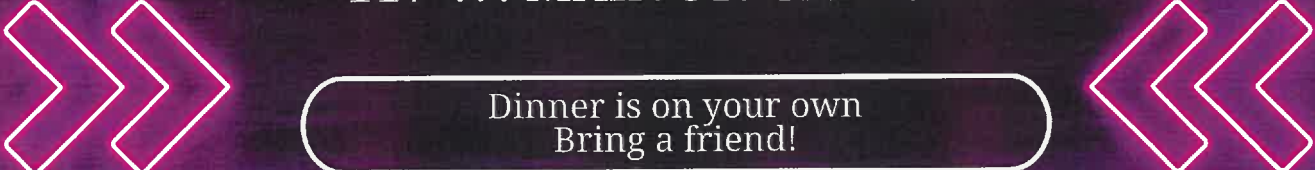
*Come Celebrate Homemakers Week with
food, fun, Bingo, and prizes!*

OCTOBER 12TH

5:30 PM

JOHNNY'S PIZZA

117 W. MAIN ST. GRAYSON



Dinner is on your own
Bring a friend!

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CARTER COUNTY HOMEMAKER'S HOLIDAY CRAFT FAIR

BAZAAR FOR HANDMADE PRODUCTS ONLY

NOVEMBER 18, 2023
EAST CARTER HIGH SCHOOL
9AM-3PM
ADMISSION \$1
KIDS 12 AND UNDER FREE
VENDOR BOOTHS \$25
FOR VENDOR INFORMATION CONTACT
SUE TACKETT AT 606-316-2271

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CARTER COUNTY HOMEMAKERS

Learn. Lead. Serve.





Our Clubs :

Carter Caves
Denton/Willard
Grahn School
Grayson Day
Gregoryville
Hitchins
Lindsey-Pactolus
Upper Tygart
Wilson/Stinson
Quilts for Veterans

- Make New Friends
- Share a meal
- Learn New Skills
- Relevant lessons
- Day Trips
- Resources and Support from Extension Service
- Make a difference in your community!

FOR MORE INFO

Too busy to attend monthly meetings? Become a mailbox member!

 606-474-6686
 whitney.morrow@uky.edu



Italian One Pot Pasta and Beans



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

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes. Ladle into bowls and top with parmesan cheese, if desired.
8. Store leftovers in the refrigerator within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.38
Cost per serving: \$0.53

This recipe is adapted from a Pasta

Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

Nutrition facts per serving:
150 calories;
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:
Cathy Fellows,
Boone County
SNAP-Ed Program
Assistant



ADULT HEALTH BULLETIN



OCTOBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

BREAST CANCER AWARENESS



October is Breast Cancer Awareness

Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

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Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



➔ **Continued from the previous page**

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dccp/resources/features/breastcancerawareness>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2023

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TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

- 1. Clear the clutter.** Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.
- 2. Group like-items.** Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



- 3. Give everything a "home."** After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.

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REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, “What’s for dinner?” It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

THE POWER OF PROFESSIONAL ROUTINES

As you consider “professional” routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P’s:

- **Prep.** Develop the routine of prepping for the next “work” day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create “production” routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for you. Take time to explore what works — and what doesn’t — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your “sleep” routine might include tidying up before bed.

TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

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RETURN SERVICE REQUESTED

Twice-Baked Acorn Squash

- **2 medium** acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- **2 cups** fresh spinach, chopped
- **4 strips** turkey bacon, cooked and crumbled
- **1/2 cup** grated parmesan cheese
- **1** thinly sliced green onion
- **1 tablespoon** olive oil
- **2 teaspoons** garlic powder
- **1/2 teaspoon** salt
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** nutmeg

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into** shells. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.

