

October 2023

Family & Consumer Sciences
Newsletter
Montgomery County



Hi Ladies & Gentleman,

I cannot believe we are already in October! This year has flown by quickly. As a reminder, this is my last month in the office as I will be taking maternity leave beginning November 01. I will miss you all during my brief absence, but our office staff is wonderful and will be able to assist with any situation.

KEHA Week is October 8-14, 2023. Please feel free to reach out to me if you want to dispurse of any resources created to advertise that week.

Homemaker Bazaar 2023 is scheduled for Saturday, November 11, 2023.

Membership dues are due December 01, 2023. Traditional clubs are \$11.00/year and Mailbox members are \$6.00/year.

Homemaker council meeting is Monday, October 2 at 10am

Sarah Congleton

Sarah Congleton



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Licking River Area Skills Day is October 10th in Bath County. Registration begins at 9:30am. I am providing transportation that day but need a copy of your insurance card and emergency contact info.by October 6, 23.

CEA for
Family &
Consumer Sciences Education
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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Bike. Walk. Run. Move

WALKTOBER

2023

OCTOBER 01-31, 2023

Walktober is a free, monthlong initiative and competition sponsored by University of Kentucky Cooperative Extension Service Family & Consumer Sciences Program that encourages people to step outside and take a walk. The event welcomes walkers, joggers, rollers, cyclist and all in between to track their physical activity from Oct. 1-31. Participants can stay motivated by viewing their progress, supporting their team members and fellow participants, and sharing their success stories. For further motivation, rewards will be offered to those who are most active and engage.

Participants can track their physical activity each week and are encouraged to challenge themselves with weekly goals using online tools or FitBlue mobile app. The goal is to accumulate Walktober leaves by recording walking and other physical activity each day: 30-44 minutes (6000-7999 steps) equals a red leaf; 45-59 minutes (8000-9999 steps) earns an orange leaf; and 60-plus minutes (10,000+ steps) gains a gold leaf. Any combination of red, orange or gold counts toward the goal of 20 leaves for the 31-day program. Individuals are also encouraged to use the various walking trails across Montgomery County.

Every Monday of the month (Oct. 2, 9, 16, 23 and 30) all are welcome to join the Family & Consumer Sciences Agent, Sarah Congleton for a Monday Mile walk on The Adena Trail. The walk will start at noon at the Adena Trail Bridge.

All are welcome to register at https://uky.az1.qualtrics.com/jfe/form/SV_0SBYJL89VYcX9Bk starting Sept. 18.

Cooking Through the Calendar

Wednesday, October 18th

12pm-1pm

Montgomery County Extension Office

106 E Locust Street

Mt. Sterling, KY 40353



Italian One Pot Pasta and Beans



Montgomery County Extension Office
106 E Locust Street
Mt. Sterling, KY 40353
606.335.2222

- 1/2 cup olive oil
- 1/2 cup onion, sliced
- 1/2 cup celery, sliced
- 1/2 cup carrot, sliced
- 1/2 cup garlic, sliced
- 1/2 cup tomato, sliced
- 1/2 cup ground beef, browned
- 1/2 cup beef broth
- 1/2 cup tomato sauce
- 1/2 cup pasta
- 1/2 cup beans
- 1/2 cup cheese
- 1/2 cup herbs

1. One medium onion, sliced
2. Add garlic and onion, sauté for 5 minutes
3. Add tomato, beef, and herbs, sauté for 5 minutes
4. Add pasta, beef, and herbs, sauté for 5 minutes
5. Add beans, beef, and herbs, sauté for 5 minutes
6. Add tomato sauce, beef, and herbs, sauté for 5 minutes
7. Add pasta, beef, and herbs, sauté for 5 minutes
8. Add tomato sauce, beef, and herbs, sauté for 5 minutes

Ingredients:
1/2 cup olive oil
1/2 cup onion, sliced
1/2 cup celery, sliced
1/2 cup carrot, sliced
1/2 cup garlic, sliced
1/2 cup tomato, sliced
1/2 cup ground beef, browned
1/2 cup beef broth
1/2 cup tomato sauce
1/2 cup pasta
1/2 cup beans
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Instructions:
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8. Add tomato sauce, beef, and herbs, sauté for 5 minutes

This recipe is adapted from a recipe published in the October 2013 issue of the *Journal of the American Dietetic Association*. The original recipe is a dry white bean recipe used in this recipe.



- Cooking Through the Calendar will continue through my absence. Our Program Assistant, Jessie will be conducting the program.
- Next class is scheduled for October 18, 2023 at 12pm.

LICKING RIVER AREA

Annual Meeting

Let's take a hike with
Guest speaker, Harriet Jackson-Groh



OCTOBER 19TH 11 AM
AT MASON COUNTY
EXTENSION OFFICE

800 US-68, Maysville, KY 41056



Call your local extension
office to sign up!

Tickets are \$15.00

Deadline to sign up is October 11th!

Cooperative Extension Service

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

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Lexington, KY 40506

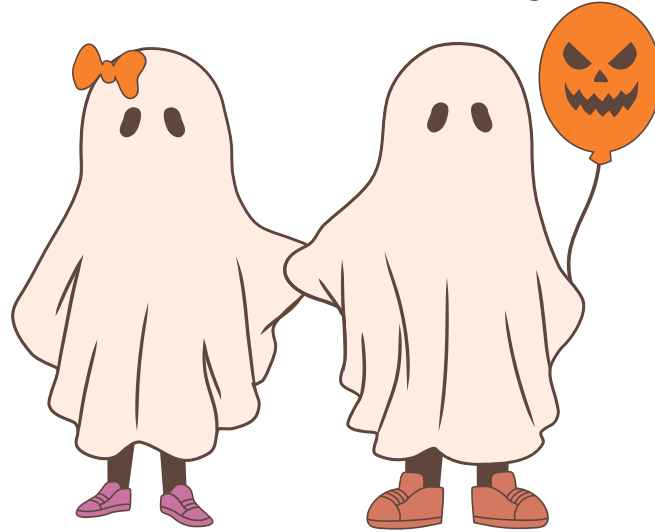


Disabilities
accommodated
with prior notification.

Laugh and Learn Playdate

Friday, October 20, 2023

Theme: Spooky



scan to register!



Master Clothing Volunteer Schedule

Licking River Area

October 16 th	Bath – TBD	TBD	Amy Cecil
November 20 th	Lewis – TBD	TBD	Ruby Hord/Leoma Rigdon
December	N/A	N/A	N/A

ADULT HEALTH BULLETIN

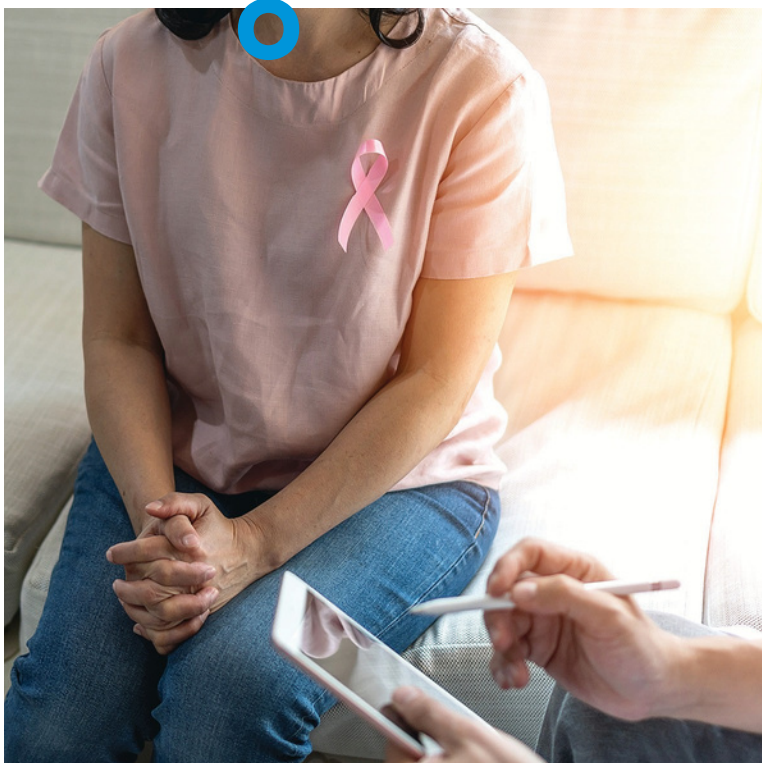


OCTOBER 2023

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.



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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/dcpc/resources/features/breastcancerawareness>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com, Adobe Stock





Kentucky Red Velvet Muffins

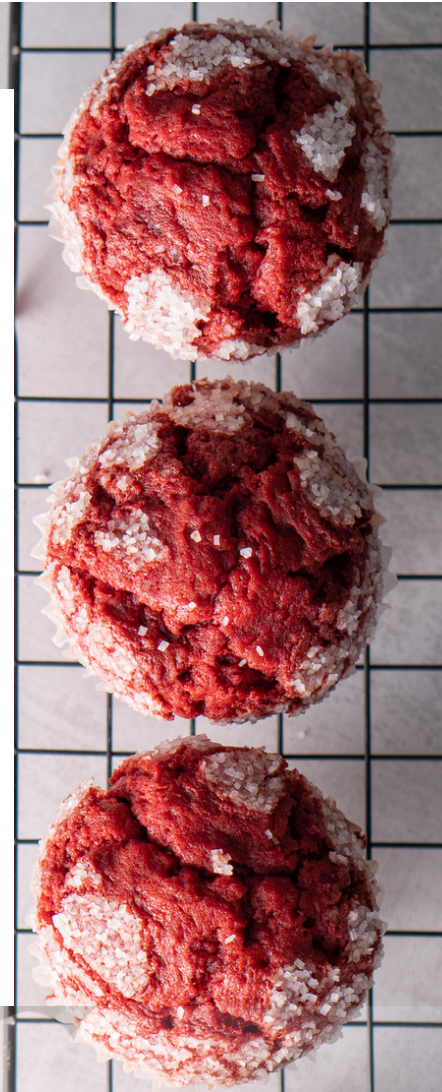
1 1/4 cups whole-wheat flour	Zest of one orange	1 teaspoon vanilla extract
1/3 cup cocoa powder	Juice of one orange (about 4 tablespoons)	1 cup finely chopped cooked beets (see back of card for cooking instructions)
1 1/2 teaspoons baking powder	2 large eggs, at room temperature	1/2 cup semisweet chocolate chips
1/2 teaspoon salt	1/2 cup unsweetened applesauce	
1/2 cup sugar		
4 tablespoons unsalted butter, softened		

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins
Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.



TREAT-OR-TREAT SAFETY

To make sure Halloween treats are safe for children, follow these simple steps:

- **Safe treats:** Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped. Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- **Choking hazards:** If you have very young children, be sure to remove any choking hazards such as gum, peanuts, hard candies, or small toys.
- **Snacking:** Children shouldn't snack on treats from their goody bags while they're out trick-or-treating. Give them a light meal or snack before they head out – don't send them out on an empty stomach. Urge them to wait until they get home and let you inspect their loot before they eat any of it.
- **Food Allergies:** If your child has a food allergy, check the label to ensure the allergen isn't present. Do not allow the child to eat any home-baked goods they may have received.
- **Dental Health:** Care for teeth the right way – brush with a fluoride toothpaste each day, especially before going to bed Halloween night

source:<https://www.clackamas.us/news/2022-10-18/safety-tips-for-halloween#:~:text=Safe%20treats%3A%20Tell%20children%20not,away%20anything%20that%20looks%20suspicious.>