



**October 2024
FCS Newsletter**

VOL. 2024-10

Cooperative Extension Service

Wayne County
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Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

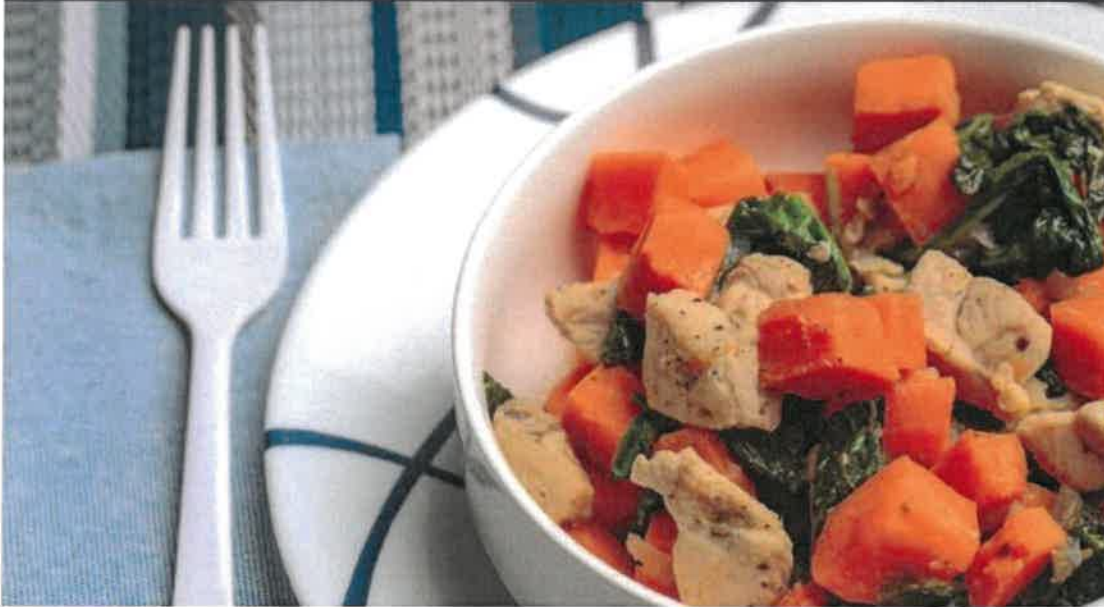
(Expanded Food and Nutrition Education Program)

October 2024

Nutrition
Education
Program

Calendar Recipe

Sweet Potato Hash



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

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$14.17
Cost per serving: \$1.77

Nutrition facts per serving:
270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:
Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

Garden Patch Salad

Servings:5 **Serving Size:2 cups** **Recipe Cost:\$9.02** **Cost per Serving:\$1.80**

Ingredients:

- 1 pound (about 2) thinly sliced zucchini
- 1 pound (about 2) thinly sliced yellow squash
- 1 pound (about 2) peeled and thinly sliced cucumbers
- 2 thinly sliced bell peppers
- Cherry tomatoes, halved
- 1 thinly sliced white onion
- 2 tablespoons parsley flakes
- 2 tablespoons garlic powder
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- ¼ teaspoon salt
- 1 teaspoon black pepper



Directions:

1. In a large serving bowl, toss together all ingredients.
2. Let stand 10 minutes before serving.

Nutritional Analysis:

110 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 135mg sodium; 20g carbohydrate; 6g fiber; 9g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 20% Daily Value of potassium.

Source: Beth Maxedon, Shelby County SNAP-Ed Assistant

<https://www.planeatmove.com>





Extension Homemaker Club Meetings

Busy Bees - October 3rd @ 1:00 p.m. - Downstairs Meeting Room
Country Charmers - October 3rd @ 5:30 p.m. - Downstairs Meeting Room
Sunnybrook - October 3rd @ 6:30 p.m. - Downstairs Meeting Room
Charity - October 8th @ 5:00 p.m. - New Charity Baptist Church
Crafter's Anonymous - October 9th @ 1:00 p.m. - Downstairs Meeting Room
Odds 'N Ends - October 10th @ 12 noon - Downstairs Meeting Room
Pots & Pans - October 14th @ 6:00 p.m. - Downstairs Meeting Room
Creative Characters - October 15th @ 12:30 p.m. - Downstairs Meeting Room
Happy Chippers - October 17th @ 12:30 p.m. - Downstairs Meeting Room
Mudslingers - October 21st - Assigned Appointments Only-Contact Seth Hart
Mudslingers - October 22nd @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



KEHA ~ Roll Call & Thought for the Day

October 2024

Thought for the Day:

"Just keep movin' down the line"

[It's a] Long Lonely Highway

Elvis Presley 1964

Roll Call: October is national book month.

What is a good book you've read recently?



NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.

Blood Drive!

Tuesday, October 22, 2024

Aspire Center

Crafter's Anonymous ~ 12:30-3:00 p.m.

Busy Bees ~ 3:00-5:30 p.m.



**FIGHT CANCER!
DONATE BLOOD
25% OF THE BLOOD
SUPPLY GOES TO
PATIENTS BATTLING
CANCER**

OCTOBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3 Busy Bees 1:00 p.m. Downstairs Country Charmers 5:30 p.m. Downstairs Sunnybrook 6:30 p.m. Downstairs	4	5	6
7 All Things Pumpkin 5:30 p.m. Downstairs	8 Charity 5:00 p.m. New Charity Baptist Church	9 Crafter's Anonymous 1:00 p.m. Downstairs KEHA Reception 5:00 p.m. Downstairs	10 Odds 'N Ends 12 noon Downstairs	11	12	13
14 KEHA Week Pots & Pans 6:00 p.m. Downstairs	15 KEHA Week Creative Characters 12:30 p.m. Downstairs	16 KEHA Week	17 KEHA Week Happy Chippers 12:30 p.m. Downstairs	18 KEHA Week In-Stitches Quilt Class 10:00 a.m. Downstairs	19	20
21 MCV State Training Cave City	22 MCV State Training Cave City Mudslingers 12:30 p.m. Downstairs	23 MCV State Training Cave City Homemaker Leader Lesson- Mailout	24 MCV State Training Cave City Roots & Wings 10:00 a.m. Downstairs Members Only!	25 All Aboard! Big South Fork Train Ride Stearns, KY 8:15 a.m. for Homemaker Members	26	27
28 Animal Benefit Awareness Committee Mtg. 5:30 p.m. Small Upstairs	29 LCA Extension Homemaker Council Mtg. 9:30 CT 10:30 ET Adair Co.	30 Vanilla Class 2 p.m. or 5:30 p.m. Downstairs	31 			

NOVEMBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	OFFICE CLOSED Presidential Election 	6	7 County Extension Council Mtg. 6:00 p.m. Upstairs	8	9	10
11	Holiday Sewing 10:00 a.m. Downstairs	13	14 Holiday Card Making 1:00 p.m. Upstairs	15 In-Stitches Quilt Class 10:00 a.m. Downstairs	16	17
18	19	20	21	22 Jingle All the Way Bazaar Set-up	23 Jingle All the Way Bazaar Event	24
25	26	27	28 OFFICE CLOSED Thanksgiving Holiday 	29 OFFICE CLOSED Thanksgiving Holiday	30	

DECEMBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5 Homemaker Officers Leadership Adventure	6 Set Up for North Pole Breakfast with Santa	7 North Pole Breakfast with Santa	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Office Closed for Christmas Holiday 	26 Office Closed for Christmas Holiday	27 Office Closed for Christmas Holiday	28 Office Closed for Christmas Holiday	29 Office Closed for Christmas Holiday
30 Office Closed for Christmas Holiday	31 Office Closed for Christmas Holiday					

UPCOMING EVENT

UPCOMING CLASSES - 10:00 A.M. - Downstairs Meeting Room

October - Mailout

November - Club Choice for Activities

December - Club Choice for Activities

January 22 - How to Get Out of Mealtime Rut

February 26 - People Learn with Purpose: Understanding Learning Styles

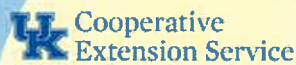
March 26 - Indoor Air Quality

April 23 - Gardening Safety

May 28 - Using Your Air Fryer

Note: These classes moved from the 4th Tuesday at 5:30 p.m. to the 4th Wednesday at 10:00 a.m.

Extension Homemakers: Please have one representative from your homemaker club to attend these classes.



Bee Confident Bags

The Busy Bees Homemaker Club is collecting hygiene items for "Bee Confident Bags" for the Wayne County Middle School. They need travel size donations of deodorant, body wash, lotion, hand sanitizers, chapstick, shampoo, and conditioner.



Drop-off Location:

Wayne County Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633

♥ Thank you for supporting us with your donation!



An Equal Opportunity Organization.



WAYNE COUNTY HIGH SCHOOL FCCLA STUDENT SPONSORSHIP

FCCLA STUDENTS ARE OUR FUTURE FCS AGENTS, TEACHERS, & OTHER FCS CAREER RELATED INDIVIDUALS. PLEASE HELP SUPPORT A STUDENT WITH A \$30 SPONSORSHIP DONATION TO HELP PAY THEIR ASSOCIATION DUES. PLEASE DROP OFF YOUR DONATION AT THE WAYNE COUNTY EXTENSION OFFICE.

More Information

Wayne County Extension Office
255 Rolling Hills Blvd., Monticello, KY 42633
606-348-8453

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In-Stitches Quilt Class

Metro Rings (Part III)

Friday, October 18, 2024

10:00 a.m.

Downstairs Meeting Room

**Call Extension Office for class
prep information.**



Crafter's Anonymous

Homemaker Club Meeting

October 9, 2024 @ 1:00 p.m.

Downstairs Meeting Room

**The club will be having a
work day to make crafts for
Jingle All the Way event.**

KEHA Reception

Wayne County Extension Office

Wednesday, October 9, 2024 @ 5:00 p.m.

This reception is a kick-off event of KEHA week to celebrate Extension Homemakers and all their hard work and service to our community. Open to the public. Everyone is welcome to attend. Appetizers will be provided by Homemaker Clubs and there will be door prizes. Please RSVP by October 7, 2024.





**All Things Pumpkin!
Monday, October 7, 2024
5:30 p.m.**

**Downstairs Meeting Room
Registration Fee: \$10
Wayne Co. Homemaker
Member \$5 Discount**

**Class size is limited so register soon!
Your spot is not reserved until registration is paid.**

**Let's celebrate autumn with All Things Pumpkin!
Tasty treats to sample.
Fun pumpkin crafts to decorate for autumn.**

ALL ABOARD! Big South Fork Train Ride!

Friday, October 25, 2024

Cost \$25 - Includes Train Ride Ticket & Lunch

**Trip is open to ALL WAYNE COUNTY EXTENSION
HOMEMAKERS ONLY!**

Wayne County Extension Homemakers will be taking a ride on the rails. Join us for this scenic train tour and enjoy all the splendor of autumn color in the mountains!



Limited space available, so register soon. If you register and find out later you cannot attend, there are NO REFUNDS. You are responsible for finding someone to take your place on this adventure.

Departing from Wayne County Extension Office at 8:30 EST Prompt! You MUST arrive NO later than 8:15 a.m. to complete risk management travel paperwork. Any gift shop purchases or other expenses are on your own. Your spot will not be secured until payment is made. You will need to dress in layers for warmth and comfort. Please wear comfortable walking shoes and bring an umbrella just in case.



Making Your Own Vanilla Extract

Wednesday, October 30, 2024

2 p.m. or 5:30 p.m.

(Please indicate which class you will be attending when you register.)

Registration Required: \$15

Extension Homemakers will receive a \$5 discount

Real Vanilla Extract can be expensive to purchase. This class will teach you how to make your own at home. This is a fun and informative class. Get ready for the Holiday baking by making your very own vanilla extract.

Participants will receive a kit that includes everything (beans and alcohol) to make 4 ounces of vanilla with vodka and 2 ounces of vanilla with bourbon; tags for labeling, and a booklet with printed instructions, different extract recipes, and less common uses of vanilla.



Holiday Sewing Class

This is a machine applique class.

Tuesday, November 12th

10am – 3pm ~ Downstairs Meeting Room

Registration: \$ 10 ~ Homemakers receive \$5 discount.

MUST REGISTER by Friday, November 8, 2024

Skill level – All (beginners can do this!)


Participants need to bring:

- **Sewing machine in good working order**
- **Standard or 1/4" sewing machine foot**
- **Applique sewing machine foot**
- **Basic sewing notions, scissors, seam ripper, pins, etc.**
- **Neutral thread for basic sewing & accent thread of your choice for applique**
- **All other supplies are provided. You are welcome to bring your own specialty fabric if you would like.**

Options available: Pumpkin, Turkey, Snowman, or Santa - Select your option when you register. Some fabrics may vary depending on availability. Additional kits are available upon request. Please request additional kits at registration. Additional registration fee will apply for the additional kits.

Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello's many restaurants.

Come join us and learn to create a variety of fun and beautiful cards and gift tags using paper crafting tools, different ideas and techniques. In this class you will make 1 fall themed card, 1 Christmas card, and 2 Christmas gift tags. All the supplies needed to make these cards and tags will be provided as part of the class. If you have adhesive or tape runners to use, please bring them. The paper may vary for the Christmas card, but the card will be same card layout and design. "What better way than to have cards ready for those birthday, anniversaries, and other special occasions than to take this class. By the end of the class you will have made several cards and gift tags that you'll be proud to send to family and friends!"

 Cooperative
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CARD SCRAPBOOKING CLASS

November 14, 2024
1:00 p.m. EST
Wayne County Extension Office

REGISTRATION FEE
\$10.00

Learn to create a variety of
fun & beautiful gift cards &
gift tags

- 1 Fall Themed Card
- 1 Christmas Card
- 2 Christmas Gift Tags

All supplies provided.
Bring adhesive or tape
runners, if you have them.

SPOTS ARE LIMITED
CALL NOW: 606-348-8453

An Equal Opportunity Organization.





Seth Hart


Program Assistant
for Community Arts

Drawing Black & White “Pumpkins”

DRAWING

BLACK AND WHITE

“PUMPKINS”



IF COMPLETED BY 4-H STUDENTS

~ 4-H ARTS ~

DRAWING

745 BLACK PENCIL DRAWING



SUPPLIES

PAPER OPTIONS

SKETCH

MULTIMEDIA/WATERCOLOR

PENCIL

INSTRUCTIONS ON NEXT PAGE

ALSO FEATURED ON YOUTUBE

CHANNEL: WAYNE COUNTY COOPERATIVE EXTENSION SERVICE

PLAYLIST: FINEARTS



TUTORIAL



Instructed & Provided by

Seth Hart

Program assistant for Community Arts

Wayne County Cooperative Extension Office

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu

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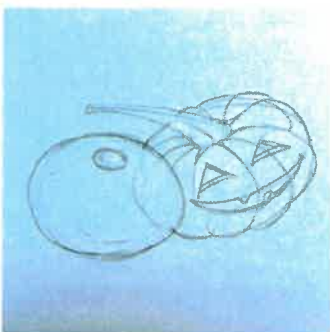
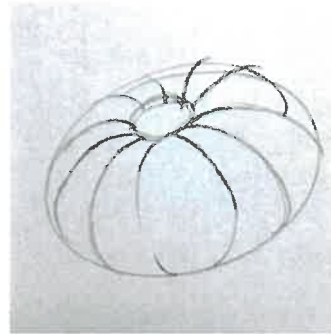
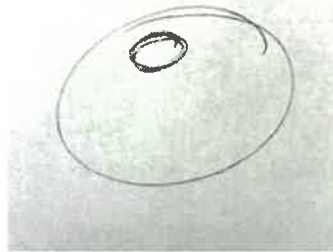
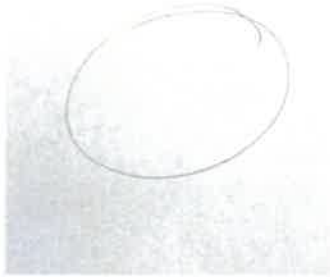
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Seth Hart

**Program Assistant
for Community Arts**

**Drawing
Black & White
“Pumpkins”**





Joy McGinnis

FCS Program Assistant



Understanding Breast Cancer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.

But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.

Awareness of the facts and statistics surrounding breast cancer in the United States is key in empowering individuals to make informed decisions about their health.

Breast Cancer Risk Factors

When it comes to breast cancer, there are some risk factors that you can't control, such as your age and genetics. But there are other risk factors that are in your power to control. Although breast cancer cannot be completely prevented, taking control of these risk factors and adopting healthy habits can help reduce your risk for breast cancer.

What Can I Do To Reduce My Risk Of Breast Cancer?

Adopting healthy habits can help reduce your risk of developing breast cancer. You can:

Maintain a healthy weight: Obesity is a risk factor for developing cancer in both men and women. Maintaining a healthy weight can help reduce your risk of obesity and of developing cancer.

Eat fruits and vegetables: Eating 3.5 to 5 cups of fruits and vegetables daily has been shown to reduce the risk of breast cancer.

Stay physically active: Studies have shown that women who are physically active have a lower risk of breast cancer than inactive women. Try to move your body at least 20 minutes every day to reduce your risk of developing breast cancer.

Do not smoke: Smoking and even breathing second-hand smoke is a risk factor for developing many types of cancer, including breast cancer. Eliminate smoking and second-hand smoke from your lifestyle to reduce this risk.

Limit alcohol consumption: Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater your risk.

Schedule your screenings: Staying proactive about your health through receiving regular health screenings, such as mammograms, well-woman exams, and other screenings as recommended by your doctor, can help identify health problems in their early stages when they are easier to treat.

What Are the Signs and Symptoms of Breast Cancer?

Every person should know the signs and symptoms of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional.

Most people who have breast cancer signs and symptoms will initially notice only one or two, and the presence of these signs and symptoms do not automatically mean that you have breast cancer.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breasts. Be sure to talk to your healthcare professional if you notice anything unusual.

Source: <https://www.nationalbreastcancer.org/>



8 Healthy Skin Care Tips For Fall

- 1. Good health is a year-round commitment** - Stay active: it benefits your mind, body and skin. Hit the gym, work out at home, or bundle up and go for a long walk outside. When the weather turns cold, it may be tempting to just curl up with a good book, but maintaining an active lifestyle will keep you healthy from the inside out.
- 2. Remember to cover up when going outside** - Protect your skin from the elements by wearing a hat, scarf, earmuffs and gloves. The cold, dry weather can wreak havoc on your skin, but proper attire is an easy way to prevent exposure.
- 3. Change your skin care like your wardrobe** - "Just as you wouldn't wear a tank top and flip-flops outside in cold weather, you don't want to use your light-weight summer skin care products as the temperature drops," says Siegel. Introduce more nourishing daily skin care products for the face and body. The skin care expert recommends a rich and nourishing moisturizer, such as AHAVA's Smoothing Moisturizer for Very Dry Skin, especially for the face, which is nearly always exposed to the elements.
- 4. Slough off the old, bring on the smooth** - To start the fall season with refreshed skin, slough off the summer residue to start the fall season with refreshed skin that may be dry from too much summer fun in the sun. Treat yourself to at least one good facial and full-body exfoliation treatment to start the season polished and smooth. This is good practice for any seasonal change. Maintain the benefits by doing a gentle exfoliation on a weekly basis.
- 5. Ramp up hydration** - In addition to changing your daily skin care, try a weekly hydration treatment to keep your skin dewy and glowing. Hydration products such as AHAVA's Intensive Hydration Mask should be used once per week. Siegel says, "Apply a generous layer to clean skin before bed. Allow to absorb while you get your beauty rest and awake to glowing, radiant skin."
- 6. Soak it in** - Hydrotherapy is great for any season, but especially for the fall and winter when cold temperatures and wind tend to leave skin dry. Soak in a tub of warm water and skin-nourishing bath crystals. Siegel recommends Dead Sea Mineral Crystals because they help balance and moisturize the skin and calm the senses. Such a simple, relaxing treatment that yields remarkable long-lasting results.
- 7. Don't forget the basics** - As the cool weather rolls in, so does the excitement of the approaching holidays. It's easy to forget the importance of the most basic skin care step: cleansing. Use a pH-balanced gentle cleanser that maintains the skin's delicate protective barrier. The AHAVA's brand-new Mineral Botanic Velvet Cream Body Wash cleanses, moisturizes, and nourishes in one easy step, says Siegel. "The paraben-free formulation blankets the skin in velvety softness and smells absolutely heavenly."
- 8. Healthy skin starts from within** - In addition to modifying your skin care rituals, it is crucial to take care of yourself from within. "Always drink plenty of water and eat a wholesome balanced diet," advises Siegel. In the fall and winter, the air can suck moisture right from the skin; staying hydrated will help keep skin beautiful. Also, enjoy foods rich in healthy unsaturated fats, such as wild-caught salmon and olive oil. In moderation, these foods help keep the skin looking its best.



**It's Pumpkin Season
Try some of these delicious
pumpkin recipes!**



Fall Spiced Pumpkin Bread

Nutritional Analysis:

220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein Yield: 16 Slices

Ingredients:

**1/2 cup all-purpose flour
1 1/4 cup whole-wheat flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1/2 cup melted margarine
1/2 cup sugar
1/2 cup honey
2 cups pumpkin puree
1/3 cup olive oil
2 eggs
1/3 cup chopped walnuts**



Directions:

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven and cover with foil. Return to oven and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.



Perfect Pumpkin Pancakes

Servings: 2 small pancakes Serving Size:12

Nutrition Facts Per Serving: 130 calories; 3.5g total fat; 0.5g saturated fat; 340mg sodium; 21g carbohydrate; 1g fiber; 4g protein.

Ingredients:

- 2 cups flour**
- 2 tablespoons brown sugar**
- 1 tablespoon baking powder**
- 1 1/4 teaspoons pumpkin pie spice**
- 1 teaspoon salt**
- 1 egg**
- 1/2 cup canned pumpkin**
- 1 3/4 cup milk, low-fat**
- 2 tablespoons vegetable oil**

Directions:

- 1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.**
- 2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.**
- 3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.**
- 4. Lightly coat a griddle or skillet with cooking spray and heat to medium.**
- 5. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.**

Make it a Meal:

Serve with apple slices, raw nuts and skim milk.

Ovarian Cancer Awareness Walk

We had a great day for a wonderful cause! Thanks to everyone who donated their time to worked the event, participants who came to the event, and those who made monetary donations.



Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
 DS/vm



We Grow Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



Wayne County Cooperative Extension Family and Consumer Sciences



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