

August FCS Newsletter

Mason County
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Maysville, KY 41056
mason.ext@uky.edu
606-564-6808

**FAMILY &
CONSUMER
SCIENCES**



Creating Healthy & Sustainable Families

Agent Update

Summer

This past month has been busy! We have all sorts of programs coming up so be on the lookout for those flyers. Also, State fair is soon so good luck to those who have items entered. I know school will be starting back up this month, have fun getting all those school supplies!

Abbigale Gray



Check It Out

Upcoming Events

- 8, August 2023, 10:00 am Licking River Area Leadership Training
- 10, August 2023, 4:30- 8:00 PM Women's Natural Health Night @ Mason County Extension Office
- 16, August 2023, 1:30 PM Paper making/ learn about recycling program @ Mason County Extension Office
- 22, August 2023, 6 PM History Walk @ Cumming Nature Preserve
- 29, August 2023, 11:00 AM Cooking Through The Calendar @ Mason Extension office
- 30, August 2023, 11:30- 1:00 PM Lunch and Learn @ Mason County Health Department
- 12, September 2023, 6 PM Door Hanger Painting Class @ Mason County Extension Office

Visit our social media (*facebook*)
@MasonCoFCS



IN THIS ISSUE

- Cooking Through The Calendar Flyer
- Local Events
- Enrollment form
- Money Wise
- Health Bulletin
- Skillet Enchiladas Recipe

Women's Natural Health Night

Natural solutions for balancing sleep,
stress, hormones, & weight

August 10th 4:30-8:00pm

Seating is limited please register at the
Mason County Extension Office

anita.boyd@uky.edu

606-564-6808



Join us for a special evening of appetizers, farmer market shopping, chair massage, and talking about solutions for balancing obstacles women often face.

Featured Speakers: **Dr. Shawn Ross**---Sleep/Stress, **Dr. Consuella Alley**---Hormones and Weight, **Mysty Pfeffer**-----Food/Environmental Factors Affecting Hormones/Weight/Stress

Local Vendors participating as of 7/24/23 are: Wholesome Ridge Farms, Relax and Rewind, RPC Integrative Medicine, and Rachland Farms.

There are more to come! We also appreciate the support of our local **Limestone YMCA!** Look for this event on **Facebook** for more details and updated vendor list!

AUGUST

COOKING THROUGH THE *Calendar* SKILLET PORK CHOPS WITH PEACHES

August 29, 2023

Join us in cooking and tasting
a new recipe.

Mason County
Extension Office

• 11:00 AM




Please Call to Register

606-564-6808

Mason.ca@uky.edu

800 US Hwy 68, Maysville, KY 41056

 **Martin-Gatton**
College of Agriculture,
Food and Environment

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

HISTORY WALK

CUMMINS NATURE PRESERVE

AUGUST 22, 2023, 6:00 PM

**JOIN US FOR A WALK BACK IN TIME WITH GRANT FELICE
3049 PICKETT LANE OFF CLYDE T. BARBOUR PKWY
(MEET AT THE SHELTER)**



**MASON CO.
HEALTH
COALITION**

Lunch & Learn Healthy Talks Family Meals & Fun

August 30, 2023 11:30am - 1:00pm

Mason County Health Department 2nd Floor

RSVP (606) 956-2090

by August 28, 2023



Sponsored by:



**Buffalo Trace
District Health
Department**



**Regional Prevention Center
Comprehend, Inc.
121 Market Station Road, Maryland, KY 41005
606-730-7790**



**MASON CO.
HEALTH
COALITION**

Date created: 7/19/2023



August 16th at 1:30 pm
at Mason County Extension
Office



PAPER MAKING



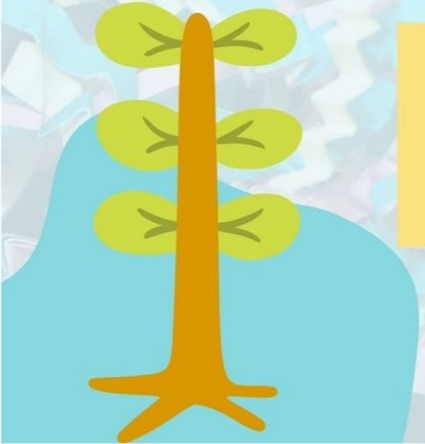
AGES 8-11



**PLEASE CALL AHEAD
TO REGISTER AT
(606) 564-6808**



**Design and create your
own paper and learn
about recycling!**



Make it,
Take it,
Try it!

**Tuesday, September 12th @
6:00 PM**

Mason Extension Office

Join us September 12th! All supplies & in-person instruction are included in the cost. Spots are limited! Registration & pre-payment is required by September 1st. Checks should be made payable to Mason County Extension Homemakers. All designs are \$25 and you can choose from door hangers. Please call the office at 606-564-6808 or stop by with questions.

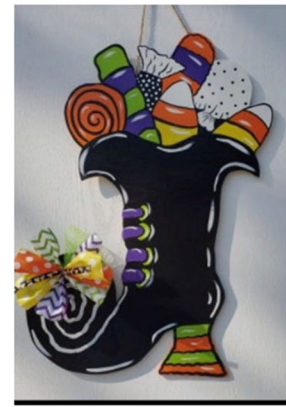
#1 gnome



#2 tier pumpkin



#3 witch boot



#4 fall harvest



#5 colorful pumpkin



**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

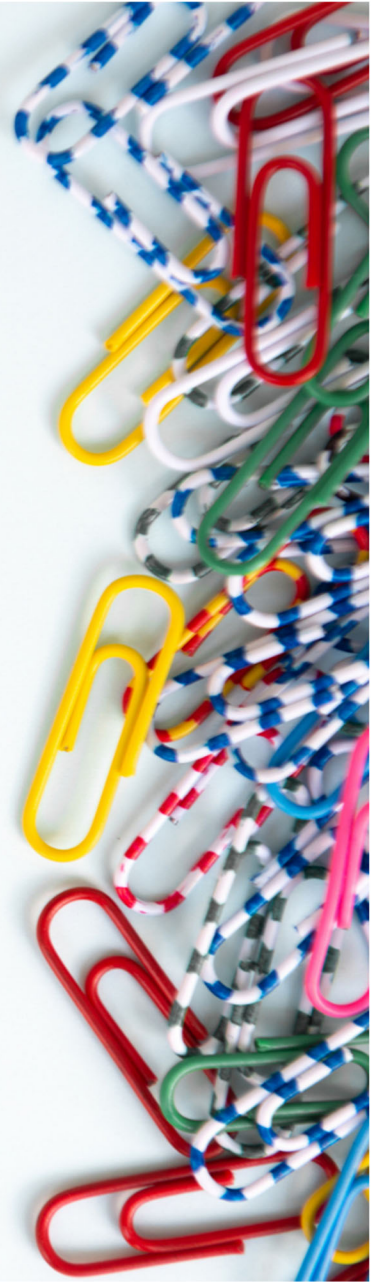
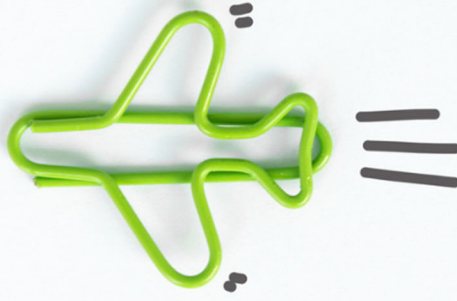
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

LICKING RIVER AREA

Leadership Training



Tuesday, August 8th
Beginning at 10:00am
Montgomery County Extension Education Center
104 E Locust Street
Mt. Sterling, KY 40353

Please RSVP to your county by August 4th

Join us in Montgomery County for the Leadership Lesson Training Day. This day is for ANY and ALL Homemakers. It is a fun (FREE) day of learning for the lessons for the year, leadership training, and fellowshiping with other Homemakers. Call your local Extension Office if you plan on attending. At least one member from each club is encouraged to attend.

Lessons include:
Carbon Monoxide
Healthy Eating Around the World
Planning Thrifty Holiday Meals

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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ADULT HEALTH BULLETIN

 Cooperative Extension Service



AUGUST 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: LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

Continued on the next page →



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

→ Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search "lung cancer screening."

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

REFERENCE:
https://www.cdc.gov/cancer/lung/basic_info/screening.htm

ADULT HEALTH BULLETIN

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

Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
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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



 Disabilities accommodated with prior notification.



Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home () _____ Work () _____

Cell () _____ Fax () _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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Mason County

800 US HWY 68

Maysville, KY 41056

Return Service Requested

Skillet Enchiladas

Ingredients:

- 8 corn tortillas
- 3 teaspoons olive oil, divided
- ½ medium onion, chopped
- ½ teaspoon salt
- 1 small to medium zucchini, chopped
- 1 small yellow squash, chopped
- 1 red bell pepper, chopped
- 1 clove garlic, peeled and minced
- ¼ cup fresh or canned corn kernels
- 1 (15 ounce) can low-sodium black beans, rinsed and drained
- ½ teaspoon pepper
- ½ teaspoon paprika
- 1 cup low-fat shredded cheddar cheese, divided
- 1 cup enchilada sauce

Directions:

1. Cut tortillas into bite sized pieces.
2. Heat a large skillet on medium-high heat, add 2 teaspoons of olive oil and corn tortilla pieces to the pan. Stirring occasionally, cook for 5 minutes or until beginning to crisp. Remove tortillas from pan and set aside.
3. Add remaining teaspoon of olive oil to the pan, along with the onion and salt. Cook for 2 minutes.
4. Add the chopped zucchini, squash, red bell pepper, garlic, corn, black beans, pepper and paprika.
5. Stir to combine and cook for 10 minutes.
6. Return crispy tortillas to the skillet along with ¼ cup of cheese and stir for 2 minutes.
7. Add the enchilada sauce, stir until combined and then sprinkle remaining ¼ cup cheese on top.
8. Cover with tin foil for 5 minutes or until cheese is melted.

Nutrition facts per serving: 240 calories; 6g total fat; 1.5g saturated fat; 0g trans; 5mg cholesterol; 0g fat; 630mg sodium; 38g carbohydrate; 7g fiber; 5g sugar; 0g added sugar; 12g protein; 0% Daily Value vitamin D; 10% of Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium



Source: Adapted from delishknowledge.com