

# FCS EXTENSION NEWSLETTER

## OCTOBER 2022

### September Recap-



*Circle of Friends and Summersville Homemakers are pictured above at the Annual Kickoff.*

*They look extra groovy!*



*Some homemakers got to experience Jackson's Orchard this month as well! We went on a hayride, got to pick some pumpkins and apples, and even got some tasty treats!*

*Afterwards we went to Bucky Bees BBQ for lunch. We all gave this experience a 10/10*



# National Pizza Month



BOO!

b. Manhattan, New York

October 1984, pizza shop owner Gerry Durnell published a magazine called "Pizza Today" in which he named October national pizza month.

<https://nationaltoday.com/national-pizza-month>

The word pizza dates back all the way to 997 AD in Southern Italy. That's an incredibly long time!

Pizza as we know it today came into result when we as a society discovered the tomato!

During World War 2, allied troops that were stationed in Italy brought the idea of pizza back to their home countries. That's fascinating.

Can you guess where the first pizza shop in the USA was established?

- a. Tulsa, Oklahoma
- b. Manhattan, New York
- c. Nashville, Tennessee
- d. Portland, Maine

(look for the BOO to find the answer)

<https://nationaltoday.com/national-pizza-month>



# HALLOWEEN



Now that we have all started to decorate for the fall season, let's continue those crafts into October. Below are easy ideas for some crafts that you could do this month. Reuse things that you have no use for into something cute and decorative. Rusty Mason Jar lids? Paint them and make them into a pumpkin. Reuse old fabric and wrap it around some toilet paper. Got a bunch of orange buttons? Sew them into the shape of a pumpkin and frame it!

<https://www.thepioneerwoman.com/home-lifestyle/crafts-diy/g33534123/pumpkin-craft-ideas/?slide=30> <https://www.prudentpennypincher.com/100-best-fall-crafts-for-adults/>







# October

2022



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MEMBERSHIP IS DUE IN OCTOBER							1
2	3	4	5	6 Help Hope and Hands 9a-12p Farmers Market 3:30-5	7	8	
9	10	11 Summersville 5:30pm	12	13 Cooking from the Calendar 12pm Help Hope and Hands 9a-12p Farmers Market 3:30-5	14 Lunch and Membership Drive 10am-2pm	15	
16	17 Council Meeting 4pm	18	19	20 Help Hope and Hands 9a-12p Farmers Market 3:30-5	21	22	
23	24	25 Circle of Friends 5pm	26	27 Lesson Leader Training 12pm w/ Debbie Messenger and Christy Sterns Help Hope and Hands 9a-12p Farmers Market 3:30-5	28	29	
30	31 HALLOWEEN						



UK CES Green County  
298 Happyville Road  
Greensburg KY 42743-9498

RETURN SERVICE REQUESTED



## Fall Spiced Pumpkin Bread

<b>½ cup</b> all-purpose flour	<b>2 teaspoons</b> pumpkin pie spice	<b>½ cup</b> honey
<b>1¼ cup</b> whole-wheat flour	<b>½ teaspoon</b> salt	<b>2 cups</b> pumpkin puree
<b>1½ teaspoons</b> baking powder	<b>½ cup</b> melted margarine	<b>⅓ cup</b> olive oil
<b>1 teaspoon</b> baking soda	<b>½ cup</b> sugar	<b>2 eggs</b>
		<b>⅓ cup</b> chopped walnuts

**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.

**Yield:** 16 slices

**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.



# ADULT HEALTH BULLETIN



OCTOBER 2022

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

## THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October as National Breast Cancer Awareness Month. This month is devoted to educating everyone about breast cancer and the importance of early detection and timely, high-quality care. Other than skin cancer, breast cancer is the most common cancer among American women.

### Fast facts about breast cancer

- 1 in 8 women will be diagnosed with breast cancer in her lifetime — that's one person every 12 minutes in the U.S.
- The two greatest risk factors of breast cancer are **being female** and **getting older**.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Continued on the back →





***For those at average risk, doctors recommend getting a mammogram every year starting at age 40.***



➔ **Continued from page 1**

### **Symptoms of breast cancer**

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

If you have any of these signs, see your doctor right away. Keep in mind that some people diagnosed with breast cancer have no symptoms.

### **Know your risks**

Knowing your family history is vital. Talk to your family and share that family health history information with your doctor to see how that history influences your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

### **Get screened**

For those at average risk, doctors recommend getting a mammogram every year starting at

age 40. If there are any signs of breast cancer, finding it early and treating it early can save your life.

### **Make healthy lifestyle choices**

Living a healthy lifestyle may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake, and exercise regularly.

### **Know your normal**

It is important to know what is normal for you and your body. If you notice something that does not look or feel right, notify your health-care provider. Early detection and effective treatment are critical to reducing breast cancer deaths.

#### **REFERENCES:**

- <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>
- <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>

**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
Dr. Natalie Jones, MPH, DrPH  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com

