

NEWSLETTER



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

Important Dates

- Oct. 3, 17** 4-H Sewing Class
- Oct. 11** LRA Skills Day
Register 606-724-5796
- Oct. 21** Pumpkin Decorating Contest
- Oct. 25** Crafts & Crumbs
- Oct. 27** LRA Homemaker Annual Meeting
- Oct. 28** Operation Sharing
6:00 Community Center
- Oct. 31** Trick or Treat 5:00 p.m.-7:00 p.m.
- Nov. 12** Methodist Church Food Drive
- Nov. 17** God's Pantry Food Drive



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

L EXINGTON KY 40546



Disabilities
accommodated
with prior notification



Mount Olivet

BLUE CRAFT COFFEE ROASTERS

Blue Craft Coffee Roasters LLC is owned and operated by Sean and Sara Viara. Sean is a retired police detective with over 20 years of service to the community. The name Blue Craft Coffee helps signify and honor not only the thin blue line which is representative of Law Enforcement, but also ALL First responders and Military personnel, active, retired, and injured in the line of duty.

Sean and Sara who are part-time Robertson County residents, were gracious enough to partner with the Robertson County Extension Office in a 2-Day Coffee Retreat.

The retreat consisted of learning about all things coffee. From bean selection, to the roasting process, to grinding and finally drinking.

Those in attendance were able to taste test all 8 options that Blue Craft Coffee Roasters offer.

Guest also took part in trying two Plate it Up KY recipes. Spinach, Mushroom Quiche and Blackberry Coffee Crumble.



<https://www.bluecraftcoffee.com/>



October is National Women's Small Business Month

Marsha Massey



What's one of the first things you notice about someone? For me it's their hair. Why, because I've been a hairdresser for 26 years! My name is Marsha Massey. Owner and operator of Shear Talent here in Mt. Olivet. I'm the mom of 5 beautiful children. Jacob, Carley, Nathan, Sawyer and Bentley and the wife of Jordan Massey. We live in Robertson Co and I personally couldn't imagine being anywhere else!!! I've lived in our small community my entire life. I graduated from Deming in 1994. I attended Academy of Cosmetology in Maysville and graduated there in 1996. My first place of work was our little blue beauty shop Shear Talent. Right in the middle of town. I was there until July 2018. We didn't go far just down the road to a much larger building. It was then Strut Your Cut. April of 2021 I became the owner/operator and changed the name to Shear Talent. I've been asked by many why I don't work in a larger area where I could charge more and have a variety of people. I couldn't imagine being anywhere but here! I know my people, their families, their joys and their sorrows. I'll be here until my body won't allow me to be. We share our business with several other small businesses. Woerner's Country Kitchen, Earlywine's Rustic Door and Greasy Creek Country Store just to name a few. We love promoting local businesses!!! If you've never been in feel free to stop by!!

LADIES FITNESS CLASS

4:30 p.m.
T, W, TH

NO SIGNUP REQUIRED

Stop by the Extension Office for FREE Resistance bands.



Robertson County Community Center

ROBERTSON COUNTY COOPERATIVE EXTENSION

PUMPKIN DESIGN CONTEST

Categories (Prizes for each category)

Youth 8 and Under

Youth 9-18

Best Theme (2 or more pumpkin display)

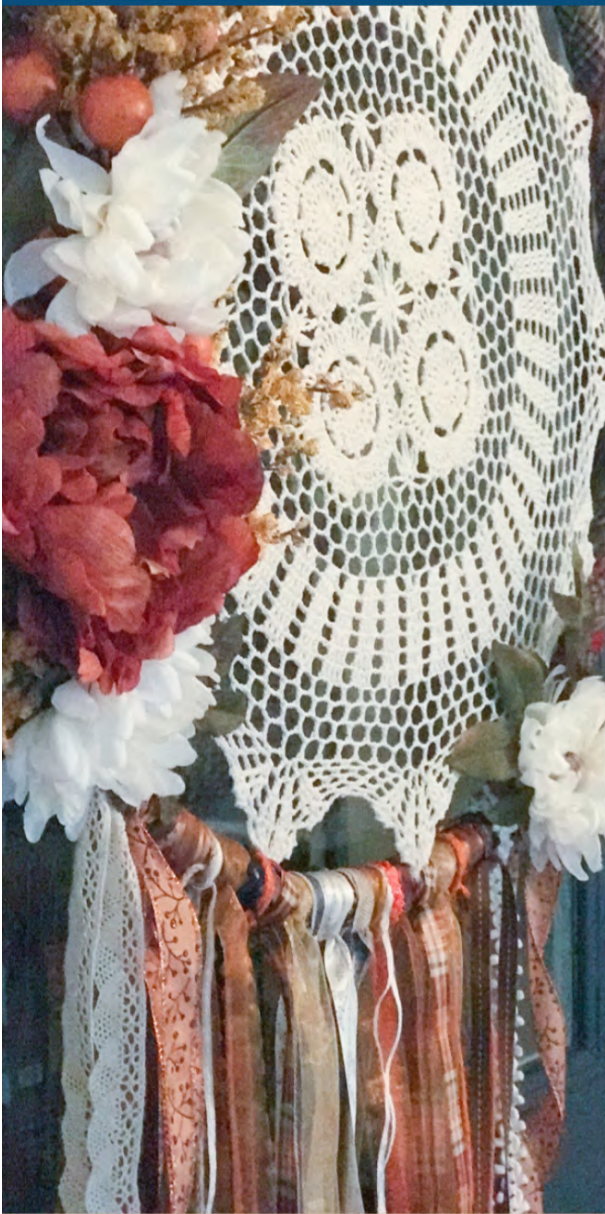
Adult 19 +

People's Choice
(Facebook Voting Begins October 24-Midnight October 28)

DELIVER PUMPKINS TO THE EXTENSION OFFICE BY
OCTOBER 21



Mark Your Calendars!!!



**HOMEMAKERS
\$10.00
COMMUNITY
\$12.00**



Butternut Squash and Turkey Chili

2 tablespoons olive oil	1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes	2 (14.5-ounce) cans petite diced tomatoes	1 (15.5-ounce) can white hominy, drained
1 medium onion, chopped	1 cup low-sodium chicken broth	1 (15-ounce) can no-salt-added kidney beans, drained and rinsed	1 (8-ounce) can tomato sauce
4 cloves garlic, minced	1 (4.5-ounce) can chopped green chilies		1 tablespoon chili powder
1 pound ground turkey			1 tablespoon ground cumin
			1/2 teaspoon salt

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: Press sauté function. **Add** olive oil and onion; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** garlic and **cook** for 30 more seconds. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:
190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



CRAFTS & CRUMBS

Call the Office to Register

606-724-5796

*** 12 Spots Available ***

October 25

Robertson County Extension Office

5:00 p.m.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: UNDERSTANDING YOUR CREDIT SCORE

Do you know your credit score? Credit scores provide lenders with an estimation of your ability to pay back borrowed money. Credit scores often shape the terms of any loans we receive, such as auto loans, mortgages, or credit cards. To understand your credit score, it is important to understand the individual components that make up credit scores and the reasoning behind them.

CREDIT SCORE COMPONENTS

Calculating a credit score uses five categories:

Payment history is the largest part of your credit score. More than a third, 35%, of your score is from your history of late and on-time payments. Consistent on-time payments can increase your score, while late payments often have a negative effect.

- **Amounts owed** is the second largest part, accounting for 30% of a credit score. This section consists of several factors: How much debt do you have overall? How much of your available credit are you using (such as on credit cards)? How many accounts do you have open?

- **Length of credit history** makes up 15% of your credit score. This category considers how long your accounts have been open. While other categories show how well you have been



managing credit, this category shows how long you have been managing credit. If possible, keep long-standing accounts open — even if they go unused. Having a longer credit history may help you appear more reliable than consumers new to using credit.

- **New credit** accounts for 10% of a credit score. This category looks at the number of new accounts you have opened. Opening new accounts may briefly lower your credit score. It is wise to limit new accounts to only what is necessary for your current financial situation.

- **Credit mix** makes up 10% of your credit score and considers the different kinds of credit you are using. For example, do you have a mortgage, an auto loan, and two credit cards? Do you have five credit cards only?



CREDIT REPORTS PROVIDE DETAILED INFORMATION ABOUT YOUR CREDIT USE OVER TIME



CREDIT SCORE MEANING

Credit scores may range from 300 to 850. Higher scores signal that a borrower is lower risk to default on the loan and is more likely to pay on time. A higher score may allow you to receive lower interest rates when borrowing money. Each credit bureau uses a slightly different method to calculate your credit score, so your score may differ slightly between bureaus. *There are five general categories of scores ranging from poor to excellent or exceptional.* Each bureau may differ slightly in how they categorize credit scores. Generally, FICO credit scores are:

Exceptional : Very Good : Good : Fair : Poor
800-850 : 740-799 : 670-739 : 580-669 : 300-579

CREDIT REPORTS

Credit reports provide detailed information about your credit use over time. Three main credit bureaus provide credit reports: Equifax, Experian, and TransUnion. Federal law allows everyone to request one free credit report from each bureau per year at <https://www.annualcreditreport.com>. Note, this is the only federally authorized source from which to receive free credit reports. Be wary of other sites or companies when pulling your credit report or disclosing personal financial information.

Credit reports may include information such as the types and balances of accounts, dates the accounts were opened, and payment history for the account. Inquiry information also is shown, letting you know who has requested your credit report. Credit report inquiries are often run when applying for a loan or opening a new account. If you have filed for bankruptcy, this information is also included.

Sometimes the credit reporting bureaus make mistakes. If something seems wrong on your credit report, report it to the bureau. Inaccuracies may be in error, or they could be a sign of fraud or identity theft. Always promptly report suspected errors so they can be corrected or investigated. For information about reporting and disputing false information on your credit report, visit <https://consumer.ftc.gov/articles/disputing-errors-your-credit-reports>.

REFERENCES:

https://files.consumerfinance.gov/f/documents/cfpb_building_block_activities_all-about-credit-scores_handout.pdf

<https://www.usa.gov/credit-reports>

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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)

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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



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

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



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

**ADULT
HEALTH BULLETIN**

Written by:

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Edited by: Alyssa Simms

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Stock images:

123RF.com



SEPTEMBER / OCTOBER 2022

HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
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Cooperative Extension Service



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This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Healthier baked goods

This month we start to think about cooler weather and coming holidays. Maybe we think about getting together with family and friends. We think about the sweet treats and baked goods we will soon enjoy. Many baked goods are high in saturated fats (butter and oil). They are also high in sugar and calories. Does this mean we should skip our favorite dessert when we meet? The answer is no! The key to proper eating habits is not eating too much at one time. Learn how to prepare your family's favorite baked goods with healthy ingredients. Your family will thank you.

Here are a few easy swaps you can use when making most baked goods. These changes will lower added sugars and saturated fats and result in moist treats. Keep portion sizes small when you enjoy the baked goods.



Prepare your family's favorite baked goods with healthy ingredients.

CONTINUED ON PAGE 2

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PARENT CORNER

Visit your local pumpkin patch

Are you looking for an outing with the kiddos this fall? Visit a local pumpkin patch or orchard. This is a great way to get outdoors and enjoy the cooler weather. Teach your kids about Kentucky fruits and vegetables grown in the fall. Let the kids pick a pumpkin to prepare and taste at

home. Pumpkin is a great source of fiber. It is high in vitamin A, and it can be used in many ways.

For tips on pumpkins, visit <https://fcs-hes.ca.uky.edu/commodity/pumpkin>.



BASIC BUDGET BITES

Cook once, eat twice

Looking to stretch your food budget a little more? Make weekly or monthly menus based on sale items at your local store. Once the meals are planned, think about doubling the recipe. “Cook once, eat twice” can help you save time and money on future meals. Most recipes can be made, then frozen. Use freezer bags or an aluminum pan wrapped and sealed with plastic wrap and foil.

CONTINUED FROM PAGE 1

- **Add fruits or veggies:**
Test the recipe by adding pureed or shredded fruits or veggies. Try apples, carrots, banana, avocado, pumpkin, or shredded zucchini.
- **Use healthy dairy foods:**
Use nonfat Greek yogurt instead of sour cream. Use low-fat milk instead of full-fat milk.
- **Add whole grains:**
Replace half of the all-purpose flour with unbleached whole-wheat flour.
- **Choose heart healthy:**
Use heart healthy oil such as olive, avocado, or canola oil instead of butter. You can also use unsweetened apple sauce.
- **Try natural sweeteners:**
Use honey, maple syrup, or sorghum in place of white sugar.
- **Spices and extracts:**
Try flavors such as vanilla, mint, or lemon extract. Cinnamon, nutmeg, and other spices can also add flavor and sweetness.

Source: Adapted from <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/healthy-baking-alternatives>



FOOD FACTS

Lettuce

Many people think of salads and fresh veggies only during the warmer months. This is when there is a lot of fresh food at farmers' markets and stores. Lettuce is a great choice that you can buy all year long in Kentucky. Well known lettuce varieties are romaine, iceberg, red leaf, and butter lettuce. Choose lettuce that is dark green and leafy. Stay away from lettuce with brown edges. Lettuce is a good source of vitamin A. It is cholesterol free and fat free as well as very low in sodium. Load your salad up with a lot of in-season fruits, veggies, and herbs. Don't forget to use a healthy dressing made from olive oil.

Source: Adapted from <https://eatfresh.org/discover-foods/lettuce>

COOKING WITH KIDS

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix you can toss together and enjoy instantly while you are on the go, no cooking required.

- 2 cups *crispy rice or wheat cereal squares*
- 1/2 cup *roasted whole pumpkin seeds*
- 1/3 cup *slivered almonds*
- 1/2 cup *dried cranberries*
- 1/2 cup *raisins*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Mix all ingredients together and serve.

Serving size: 1/2 cup
Makes 8 servings

Nutrition facts per serving: 199 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 121mg sodium; 23g total carbohydrate; 2g dietary fiber; 11g sugars; 4g added sugars; 6g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: USDA MyPlate.
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>



RECIPE

Sorghum Gingerbread Pear Muffins

- 1 cup *whole-wheat flour*
- 1/2 *teaspoon baking powder*
- 1/2 *teaspoon baking soda*
- 1/2 *teaspoon ground cinnamon*
- 1/2 *teaspoon ground ginger*
- 1/4 *teaspoon salt*
- 1 *egg*
- 1/2 *cup buttermilk*
- 1/2 *cup sorghum syrup*
- 1/2 *cup unsweetened applesauce*
- 1 *pear, peeled, cored, and diced*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Grease 12 muffin cups or line with paper liners.
4. In a mixing bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, and salt.
5. In a separate bowl, mix together the egg, buttermilk, sorghum syrup,

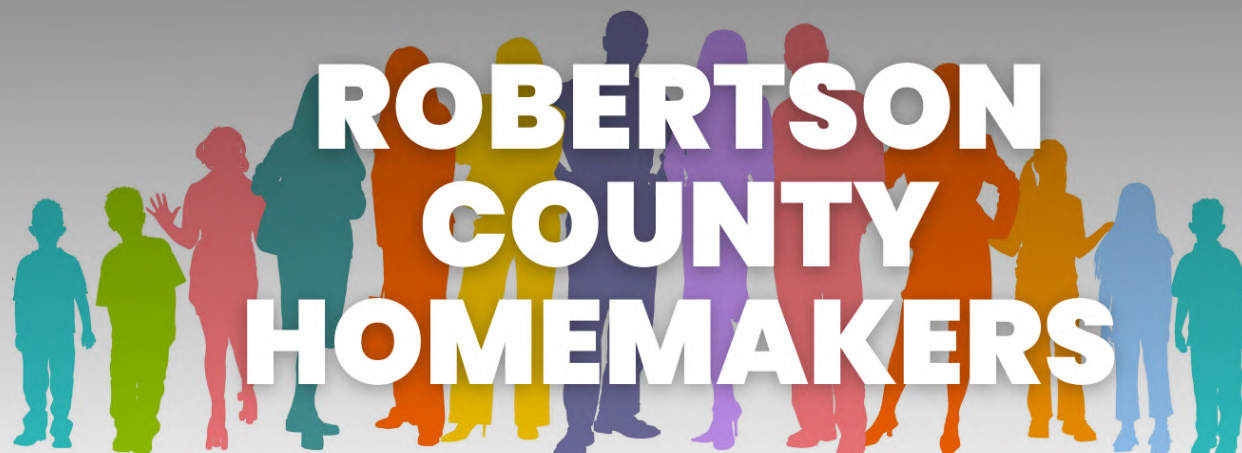
and applesauce until smooth.

6. Add the egg mixture to the flour mixture and combine until the batter is just moistened.
7. Gently fold in the diced pears.
8. Fill the muffin cups with the mixture. They will be full.
9. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Serving size: 1 muffin
Makes: 12 muffins

Nutrition facts per serving: 90 calories; 1g total fat; 0g saturated fat; 0g trans fat; 15mg cholesterol; 140mg sodium; 20g total carbohydrate; 2g dietary fiber; 13g sugars; 10g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: Plate it Up! Kentucky Proud Project



WHAT IS THE HOMEMAKER CLUB?

Homemaker clubs provide education with a difference. They are local clubs of one of the largest volunteer organizations, the Kentucky Extension Homemakers Association. The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development and education in cooperation with the University of Kentucky Cooperative Extension Service.

WHY SHOULD I JOIN?

Members have the opportunity to participate in a variety of activities and events throughout the year, including trips, programs, and seminars. As dedicated volunteers, we network with local agencies to enrich lives in our community.

ADDED BENEFITS

- Receive a monthly newsletter
- Get discounts on Extension workshops and events.
- Join in community service projects.

TWO WAYS TO JOIN

In person Membership: Club meetings are informal times of demonstration, discussion, idea sharing and fellowship. Clubs meet monthly during the day or evening at various locations.

Mailbox Membership: Keep a busy schedule and cannot commit to a monthly meeting? By becoming a Mailbox Member you can still enjoy ALL of the benefits of an in person membership.





Congratulations!

ABBY EARLYWINE
&
CHRISTOPHER EMMONS

Robertson County High School Class of 2022

ABBY IS THE DAUGHTER OF CASSIE AND JEFF EARLYWINE
CHRISTOPHER IS THE SON OF BRITNEY AND JOSH POE

Both Abby and Christopher were the recipients of the Robertson County Homemakers Scholarship. Each received the amount of \$500.00.

Joining the Robertson County Homemakers allows for programs like this to be a success.



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2022 LICKING RIVER AREA HOMEMAKER

ANNUAL MEETING

GUEST SPEAKER: BYRON CRAWFORD, KENTUCKY LIVING COLUMNIST

OCTOBER 27, 2022

11:00AM

AT MONTGOMERY CO. EXTENSION EDUC.CENTER
(106 EAST LOCUST STREET, MT. STERLING)

\$17
REGISTRATION FEE

**PLEASE REGISTER
AND PAY BY
10/20/2022**

**To register please call
(606) 724-5796**



Byron has been sharing stories about Kentucky and Kentuckians for most of his long career in radio, television, newspaper and magazine journalism. He grew up on a family farm in Lincoln County, attended Murray State University and in his early career, worked as a news reporter at radio stations WAKY in Louisville, WCKY, Cincinnati, and at WHAS Radio and Television in Louisville, where he hosted the popular traveling feature series, "Sideroads."

In 1979 he became the Kentucky Columnist for the state's largest newspaper, The Courier-Journal, and spent nearly 30 years traveling to every corner of Kentucky writing stories about fascinating people and places.

Byron hosted the first five seasons of Kentucky Educational Television's Emmy Award winning Kentucky Life series, and has authored three books of Kentucky stories. He joined Kentucky Living after retirement from the Courier-Journal, and now writes the magazine's back page essays.

He and his wife, Jackie, live in Shelbyville.



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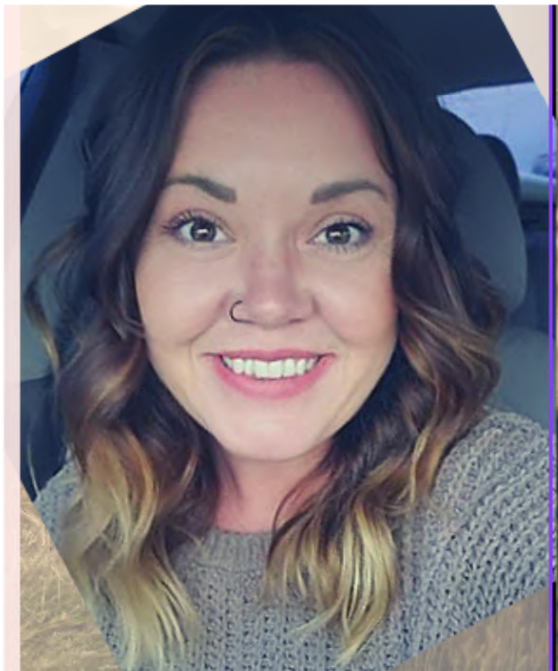
Cooperative Extension Service

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Robertson County Family & Consumer Sciences



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