

PERRY
COUNTY

Newsletter

November 2023



Location:
Telephone:
Website:
E-mail:

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(606) 436-2044 Fax: (606) 436-9961
<https://perry.ca.uky.edu>
ces-perry@lsv.uky.edu

Family & Consumer Sciences



- ❖ *Holiday Roadshow*
- ❖ *Holidays Around the World*
- ❖ *Summer Sausage Workshop*

Kelsey L Sebastian

Kelsey Sebastian: Agent for Family & Consumer Sciences



4-H Youth & Community Development

- ❖ *Holiday Crafts*
- ❖ *Cupcake Decorating Class*

Tate Sasser

Tate Sasser: Agent for 4-H Youth Development



Agriculture and Natural Resources

- ❖ *Basic Disaster Supplies Kit*
- ❖ *Fall Care for Your Lawn*

Charles E May

Charles E. May: Agent for Agriculture & Natural Resources

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and without discrimination on the basis of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or physical or mental condition for protection of civil rights activities. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky County Cooperative Extension, KY 40506



Individuals with disabilities are encouraged to contact us with your notification.

November

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3 Quicksand Area Holiday Roadshow 10 a.m.	4	5
6 Charity Sewing 9 a.m.	7	8	9 Cooking through the Calendar 10 a.m.	10 Open Sewing 9 a.m. – 2 p.m.	11	12
13	14	15	16	17	18	19
20	21 Block of the Month 9 – 12 noon	22	23	24	25	26
27	28	29	30	1	2	3
		Holidays Around the World 1 p.m.				
4	5	6	7	8	9	10

Notes:



November 2023

Happy Thanksgiving!

**Perry County
Cooperative
Extension Service**
933 Perry Park Road
Hazard, KY 41701
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Fax: (606) 436-9961
www.ca.uky.edu/ces



IN THIS FCS NEWSLETTER:

- CALENDAR DATES
- HOMEMAKER ENROLLMENT FORM
- RECIPE
- HEALTH BULLETIN
- MONEYWISE

Holiday Roadshow

Our favorite time of year has arrived! Join Perry County FCS Agent, Kelsey Sebastian, and other Quicksand Area Agents as the travel from county to county with the Annual Holiday Roadshow. Recipes and Holiday Crafts will be shared. The roadshow will be at the Perry County Extension Office on November 3rd at 10 a.m.

Charity Sewing

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. The next sewing date is Monday November 6th upstairs in the Perry County Extension Service office building. Sewing starts at 9:00 AM. If you want to be involved – there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

Perry County Homemakers Meeting

November 6th we will host the Perry County Homemaker Annual Meeting at 12 p.m. following Charity Sewing. Turkey will be provided for the meal but please bring a side dish or dessert. Many signed up for a dish at our October meeting so please feel free to call and see what food might still be needed.

Block of the Month

Block of the Month continues to be a wonderful program! The next class will be on November 21st from 9am-12pm. Patterns and fabric for the blocks will be provided free but you must sign up in advance and participate in person. Special thanks to Nancy Pratt and Cheryl Leabo for leading these classes for us. Call 606-436-2044 to register.

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Disabilities
accommodated
with prior notification.

Date: _____

**Enrollment Form
for**

Perry County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home () _____ Work () _____

Cell () _____ Fax () _____

Age group (*Optional - circle one*): 15-19 20-24 25-34 35-44 45-54 55-64
65-74 75+

Race (*Optional - circle one*): White Black Asian/Pacific Islander
American Indian or Alaska Native Other

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

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

Number of years of KEHA membership (Please circle one):

Less than 2 yrs. 2-5 yrs. 6-10 yrs. 11-15 yrs. 16-20 yrs.
21-35 yrs. 36-49 yrs. 50+

I, (print full name) _____ 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: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, gender, religion, disability, or national origin.

Appendix 11
July 2015

A reminder that Homemaker Enrollment forms and dues are now being accepted for the 2024 year!! We would love to have you join the Perry County Homemakers. Dues are \$10. Already paid for the upcoming year? Remember to encourage a friend to join!

Upcoming Program Dates

- November 3rd– Quicksand Area Holiday Roadshow 10 a.m.
- November 6th –Charity Sewing 9 a.m.
- November 6th – Perry County Homemaker Meeting 12 p.m.
- November 9th– Cooking through the Calendar 10 a.m.
- November 10th– Open Sewing 9a.m –2p.m.
- November 21st – Block of the Month 9–12
- November 29th– Holidays Around the World 1 p.m.
- December 1st– Holiday Crafting on a Budget 1 p.m.
- December 4th– Perry County Homemaker Holiday Party
- December 5th– Summer Sausage Workshop *must pre-register* 10 a.m. or 2 p.m.

Cooking Through the Calendar

Cooking Through the Calendar Program will continue in 2023 as we cook a new recipe every month. Classes will be held upstairs at our office at 10 a.m. Our next class will be Thursday November 9th. We'll be making Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes for you to sample. New 2024 Calendars should be arriving soon!!

Open Sewing Day

The second Friday of the month will now become an Open Sewing Day! Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! November 10th from 9 a.m.–2p.m.

Holidays Around the World

Take this chance with us to learn and to truly appreciate and celebrate the use of “Happy Holiday’s” during this time of year as you see the numerous seasonal celebrations that are occurring. This is truly a celebratory and joyous time of year for many people in many ways. We will not only learn the histories and traditions of these holidays but also sample foods as well. Let’s continue to open our hearts and minds to new cultures. Holidays Around the World will be held on Wednesday November 29th at 1 p.m.

Holiday Crafting on a Budget

Friday December 1st at 1 p.m. join us for a Holiday Crafting on a Budget program. You will be able to “make & take” both crafts presented by Perry County FCS Agent as the Holiday Roadshow but also decoupage ornaments as well. This will be a wonderful kick off to your holiday season! Please call the office to register.

Summer Sausage Workshop

We will be offering a Summer Sausage Workshop in partnership with Breathitt County ANR Agent Reed Graham on December 5th. Two class are available that day at 10 a.m. or 2 p.m. During the class we will not only be creating our own summer sausage, but we will be going over how to add that sausage to your holiday charcuterie board! Snacks will be provided. You MUST Pre-register by calling 606-436-2044 and spots are limited. Sausage will be smoked and available for pick up the following week. \$10 per person.

SUMMER SAUSAGE WORKSHOP

Join us at the Perry County Extension office for a Summer Sausage workshop with Breathitt Co. ANR Agent Reed Graham. We will also discuss the art of making beautiful charcuterie boards with your finished sausage.

Two classes available: December 5th at 10a.m. or 2 p.m.

Registration is required! Call 606-436-2044 to sign up today!



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Perry County Extension Office
1000 Perry Park Road
Perryville, KY 40370
606-436-2044

With appropriate planning, individuals with disabilities can participate in all programs and services provided by the University of Kentucky. For more information, contact the University of Kentucky's Office of Disability Resources at 255-233-8222 or odrs@kentucky.edu.



Cooking Through the Calendar

Join us Thursday November 9th at 10 a.m. for Cooking through the Calendar. This month's featured recipe is Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes.

As always this class is FREE at the Perry County Extension Office. Contact us at 606-436-2044 with any questions

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QUICKSAND AREA HOLIDAY ROADSHOW

Save the date for one of our favorite programs of the year!

November 3rd, 10:00 am | Perry County Extension Office Annex

Holidays Around the World

JOIN US TO LEARN ABOUT MANY JOYUS CELEBRATIONS THAT OCCUR DURING THE HOLIDAY SEASON! WE'LL DISCUSS TRADITIONS OF EACH HOLIDAY AND SAMPLE RECIPES.

THIS PROGRAM IS FREE! JUST CALL OUR OFFICE 606-436-2044 TO REGISTER

November 29, 2023

1 PM

Perry Co. Extension Office Annex
933 Perry Park Rd



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Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	½ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		½ cup 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. **Spraya** 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.

Kentucky Winter Squash

SEASON: August through October.

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store in a cool, dry place and use within 1 month.

PREPARATION:

To Steam: Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: ½ squash, 5-8 minutes, 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

To Bake: Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
September 2017

Source: www.fruitsandveggiematter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.uky.edu>



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Cooperative Extension Service

Come test this and our Cooking through the Calendar recipe with us Thursday
November 9th at 10 a.m



ADULT HEALTH BULLETIN



NOVEMBER 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>

Perry County Extension Office
933 Perry Park Road
Hazard, KY 41701
(606) 436-2044

THIS MONTH'S TOPIC:

KNOW YOUR FAMILY HEALTH HISTORY



Nov. 23 is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.

Continued on the next page →



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Lexington, KY 40506



Disabilities accommodated with prior notification.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2023

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

THIS MONTH'S TOPIC: MONEY TRANSFER APPS

Money transfer apps are a convenient way to send money to others. Despite the benefit of convenience, there are tax implications and risks to using money transfer apps. When using these services, be careful to avoid payment mishaps and scams. Always research money transfer apps before using them to ensure that the app you choose is reputable.

WHAT ARE MONEY TRANSFER APPS?

You may have heard of apps such as Venmo, Cash App, Zelle, or PayPal. These apps allow for person-to-person money transfers directly from your account to the recipient. Convenience is a large draw for these apps, as they make it easy to send money without having to carry cash or swipe a card. For example, you can easily repay a friend for covering your lunch if you forget your wallet, or you might pay a babysitter when you don't have cash on hand.

TAX IMPLICATIONS

Money transfer apps often allow you to make a note of what the payment is for or indicate if a transaction is personal or for business. The app might need to report transfers related to a business expense. So, labeling transfers can keep personal transactions from being counted as income, such as a friend paying you back for dinner.



PAYMENT MISHAPS

Have you ever sent an email or text message to the wrong person? This mistake can happen with money transfer apps too, but with your money! Only use money transfer apps for people you know well and can verify their identity.

Some apps have security measures built in to avoid paying the wrong person, such as with a recipient's phone number or email address. Always double check that the recipient is who you intend them to be before sending money. Some apps allow the recipient to send you a request for payment. Others will allow you to add friends or contacts. Consider sending a small "test" amount first, such as \$1, to ensure it goes to the correct person before sending larger sums.

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Disabilities accommodated with prior notification.

MONEY TRANSFER APPS ARE AN EASY TARGET FOR SCAMMERS BECAUSE OF THE QUICK NATURE OF THE TRANSACTIONS



AVOIDING SCAMS

Money transfer apps are an easy target for scammers because of the quick nature of the transactions and the difficulty of getting money back once it has been sent. Common scams include promise of product, loved one in need, and fake customer support scams.

Promise of product scams are when a scammer requests payment and promises a product with no intention to deliver. Promised items might include concert tickets, puppies, or other items sold on online marketplaces. Always research a seller to ensure they are reputable or wait until you have the product in hand before transferring money.

Loved one in need scams involve a scammer pretending to be a loved one in crisis requesting you immediately send money. These scams prey on your emotions. Always take time to verify the situation before acting. For example, if you received a message on social media, their account may have been hacked. Call your loved one before you consider transferring money.

Fake customer support scams can be tricky to spot. Scammers pose as representatives from a money transfer app or company. They

send emails, texts, or make phone calls that seem legitimate, but they ask for your personal information or account details. Always seek customer support directly through the app or company website, and never disclose personal information if you receive unsolicited contact.

If you suspect a scam, report it to help stop the scammer. Visit <https://reportfraud.ftc.gov/> to file a report with the Federal Trade Commission.

REFERENCES:

Consumer Financial Protection Bureau. <https://www.consumerfinance.gov/about-us/blog/helpful-tips-using-mobile-payment-services-and-avoiding-risky-mistakes/>

National Credit Union Administration. <https://mycreditunion.gov/about-credit-unions/products-services/mobile-payments-wallets/person-to-person-payment-apps>

Taxpayer Advocate Service. <https://www.taxpayeradvocate.irs.gov/news/tas-tax-tip-use-caution-when-paying-or-receiving-payments-from-friends-or-family-members-using-cash-payment-apps/>

Written by: Miranda Bejda | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

We need your help!

Please take a few minutes of your time to help us complete the Community Needs Assessment for Perry County. Follow the QR code, link below, or pickup a paper copy at our office. **Show us proof that you completed the survey to be entered into a drawing for a gift basket filled with UK gear!**

How can we
**serve you,
Kentucky?**

Take a **ten-minute** survey
to help us develop programs
addressing needs in
your community.

go.uky.edu/serveKY


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 **KENTUCKY STATE**
UNIVERSITY
College of Agriculture, University of the Bluegrass

What is the purpose of the community needs assessment? The purpose of the community assessment is to gather quantitative data to help identify and prioritize community needs, issues, and/or opportunities that KY Extension may address through targeted educational programming and engagement efforts. The Extension community needs assessment is an integral component of the Extension Plan of Work process.

Tate Sasser: Agent

November 2023

email: tatesasser@uky.edu

JOIN THE REVOLUTION OF RESPONSIBILITY

Cooperative

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Perry County

933 Perry Park Road

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4-H YOUTH DEVELOPMENT



County Needs Assessment

We are approaching the time to submit our county needs assessments. This data is very valuable to our programming as it allows us to determine where our efforts should be focused! Please visit our county webpage to submit this form. Thank you!

Cupcake Decorating Class

On December 12th at 5pm we will be hosting a cupcake decorating class! This is a free class but all participants must register by **December 1st!** Please call the office to register.

Thanksgiving

We would like to wish everyone a Happy Thanksgiving! Our office will be closed on November 23rd and 24th.

Facebook

Please like and share it to help us promote this great form of communication! We will be sharing important 4-H information to this page such as meeting dates, new programs, cancellations, and much more.

Tractor Supply 4-H Week

We would like to thank Jerry Deaton and TSC for allowing us to set up at their store this past month, it was great event. Our local store is responsible for raising a great amount of money that help fund our programming!



Holiday Crafts

We are currently scheduled to go to East and West Perry Elementary, Viper Elementary, and Roy G Eversole Elementary for holiday crafts for the upcoming seasons. If you would like to see these programs in your child's school, please have their teacher reach out to us!



COOKING WITH KIDS

Chicken and Dumpling Soup

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped (including some leaves)
- 4 medium carrots, peeled and chopped
- 2 quarts fat-free, low-sodium chicken broth
- 2 cups chicken breast, cooked and shredded
- 1/2 teaspoon whole black peppercorns
- 2 teaspoons dried thyme leaves
- 2 bay leaves
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 3/4 cup low-fat milk
- 1 egg
- 2 cups coarsely chopped fresh kale leaves (any greens can be used.)

1. In a large soup pot, sauté onions, celery, and carrots in olive oil over medium-low heat about 5 minutes or until tender.
2. Add broth, chicken, peppercorns, thyme, and bay leaves. Reduce heat to low. Simmer partially covered for 20 minutes.
3. Meanwhile, in a small bowl, mix flour, baking powder, milk, and egg until well blended. Roll out with a rolling pin and make strips or simply drop small spoonful of dough into simmering soup.
4. Cover soup and allow dumplings to cook about 20 minutes. They will rise to the top of the soup as they cook.

5. Stir in kale, cover soup and simmer 5 additional minutes. Remove bay leaves and peppercorns before serving soup. Tip: If you'd rather not make dumplings, add egg noodles 8 minutes before serving.

Makes 10 servings

Serving size: 2 cups

Nutrition facts per serving 200 calories, 4.5g total fat, 1g saturated fat, 0g trans fat, 40mg cholesterol, 390mg sodium, 25g carbohydrate, 2g dietary fiber, 4g total sugar, 0g added sugar, 13g protein, 0% Daily Value of vitamin D, 15% Daily Value of calcium, 10% Daily Value of iron, 6% Daily Value of potassium.

Source: University of Kentucky's Nutrition Education Program, Cook Together, Eat Together



RECIPE

Autumn Sweet Potato Chili

- 1 can (15 ounces) sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 jar (16 ounces) salsa
- 2 cans (15 ounces) black beans (do not drain)
- Water to achieve desired consistency
- 1/2 cup reduced-fat sour cream
- Sharp cheddar cheese, shredded
- Fresh cilantro, chopped

1. Combine sweet potatoes, chili powder, and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.

4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese, and cilantro on the side.

Option: To reduce sodium, use vegetables canned without added salt.

Makes 8 servings
Serving size: 1 cup

Nutrition facts per serving: 160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g total sugar; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

SMART TIPS

Walking for wellness

Adults should get at least 150 minutes of moderate-aerobic activity each week. Children should be active for at least 60 minutes each day. Being active can add to total health and cut the risk of long-term health issues such as heart disease, cancer, or high blood sugar.

Walking is a great way to stay active and in good health. Walking does not call for any special skills. You do not need to go to a gym or use high-priced gear. A single bout of mid-to-brisk walking can help with sleep and memory. Go on a walk today and ask your family to join you.

Welcome to November and the Holiday Season.

Before I get into the newsletter, I ask you again this month to complete the Extension Service Community Assessment. This will help us determine where we need to focus our programming efforts in the future. I have enclosed a flyer that has a QR code you can use to open the survey link or use the web address on the flyer. It only takes around 10 minutes to complete. Thank you in advance for completing it.

I also wanted to pass along a Home Emergency Kit list that the National Weather Service developed.

As we move into the winter months, the potential for extreme weather, water and power outages is always there. Hopefully we will never encounter again the weather event we had in July 2022, but it is always good to be prepared. I hope you find it useful.



Building an Emergency Kit

By Jane Marie Wix - National Weather Service Jackson, KY
(Source: Ready.gov/kit)



After an emergency (whether it be natural or man-made), you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last during this amount of time. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit includes the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit

- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery



Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription Medications. An emergency can make it difficult for you to refill your prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- Non-prescription medications such as pain relievers, allergy medication, antacids, etc.
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

Finally...Make a Plan!!!

- Learn what hazards affect your area. Contact your local National Weather Service office, your local emergency management office, or a local Red Cross chapter to learn which hazards can affect you.
- Make sure you know what to do when severe weather strikes.
- If you get separated from family, make sure you have a place to meet, and a point to contact to let someone know you are ok.
- Involve children in the plan making process.

Practice your plan.

OK, below is this months' Newsletter.

Here are some things that need to be done around the old homestead in November.

Lawns need an annual application of fall nitrogen. Fertilizing your lawn in the fall will help it grow stronger, thicker and greener. Cool-season grasses should be fertilized with nitrogen in late October and again in four to six weeks. Use either farm fertilizers such as ammonium nitrate, if you can find it or urea, or use specialty fertilizers found in garden centers. The normal rate is 1 to 1.5 pounds of nitrogen per 1,000 square feet of lawn. This would be equal to applying 3 to 4 ½ pounds of ammonium nitrate per 1000 square feet of lawn. Remember to spread it evenly over your lawn.

Ammonium Nitrate is almost impossible to find these days so you may have to use urea or some other fertilizer that has nitrogen in it. Just be sure you apply to correct amount for what formulation you are using. The percent nitrogen that's in the bag is the first number in the blend. Urea has more nitrogen 46% (46-0-0) compared to 34% nitrogen (34-0-0) for ammonium nitrate. You don't need to apply as much urea. 2 or 3 pounds of urea per 1000 square feet of lawn compared to the rate for ammonium nitrate.

If you need assistance figuring out how much to apply, give me a call. If broadleaf weeds such as clover, dandelion, plantain, ground ivy and chickweed are growing in your lawn, fall is the best time of year to get them under control. Almost all broadleaf weeds can be controlled selectively in turfgrass by applying a three-way mix of 2, 4-D, MCPP and Dicamba. This mix is sold in many garden centers under a variety

of trade names. There are also other mixes on the market but generally are not as effective. For the best results, apply the mix on any relatively warm day in October or November.

Remember to continue mowing your lawn as long as the grass is growing. You might want to lower the height in the fall to 1.5 to 2 inches. This tends to keep the grass greener longer in the winter and will help the lawn to green up earlier next spring. It might even help increase turf density.

Once you are finished with you mowing, winterize your lawn mower and lawn equipment. Empty the fuel tank or add a fuel stabilizer. Change the oil, replace belts, spark plugs, and air filter as needed. Sharpen the blades, tune the engine and clean off soil and matted grass. Then store the equipment in a dry area.

Mulch your strawberry bed with clean wheat straw once plant growth has ceased after a week of 20 to 40 F temperatures, but before temperatures plunge to 5 to 10 F. Use a bale of straw for each 40 feet of row.

Continue to water shrubs, trees and especially evergreens until the soil freezes. Plants need to go into winter with moisture around their roots. The drought we have been having make this especially important this year.

Be sure to pick bagworm cases from evergreens and destroy them. They contain eggs for a new generation of pest next year.

Move your houseplants to the sunniest window. South or West exposures are usually best. Low light results in poor growth, leaf drop and increased susceptibility to over watering. Too much fertilizer and water and too little light are the main causes of poor houseplant performance in the winter.

As temperatures go down this fall, you may notice more insects around your home. Insects often retreat indoors to escape the cooler temperatures as a part of their overwintering strategy.

As pests mistake your home for a heated pile of rocks, you may see hundreds, even thousands, of insects around your home this fall and winter. The most common autumn home invaders you may see are multicolored Asian ladybeetles and the brown marmorated stink bug. Brown marmorated stink bugs tend to be the first invader with the multicolored Asian lady beetle following about a month later. The lady beetle is sometimes called the Halloween beetle for its coloration and the fact that people usually start to notice them in October.

While cooler temperatures have begun, you still have ways to pest-proof your home before pests make their mass exodus to warmer hideaways.

Inspect the exterior of the property and look for gaps in windows and doors, holes in screens, openings in caulk or other sealants and fix them. Without these easy entry points, insects have a tougher time coming inside.

Pesticide applications on the outside of the home may also provide some relief but timing is crucial. When using pesticides, focus on doors, windows, utility openings and banding around the foundation. Make sure to check the label of the pesticide to make sure you can apply it to the necessary areas.

Since the primetime for pesticide application has passed, if you see clusters of pests on the exterior of your home, you may also spray them with soapy water to kill them before they start squeezing their way inside.

Once the pests have come into your home, it is best to manage them simply by vacuuming or sweeping them up for disposal. Interior pesticide applications are usually unnecessary, especially “bug bomb” type applications which usually don’t reach the hiding spots of overwintering pests.

Wishing you and your family a safe and Happy Thanksgiving

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