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Cooperative Extension Service  
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# LEWIS COUNTY

# FALL 2023

## This Issue

## From Your FCS Agent

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**Hello Everybody,**

**September has arrived.....Fall is in the air! WOW!About 100 days from Christmas!! And, in January, I will celebrate 1 year with extension! What a great year 😊**

**There are lots of activities going on in all of our lives from now to the end of the year. Remember to pace yourself and do take some time for you!! Things get pretty hectic with putting out pumpkins, packing (or tossing) them, getting out pilgrims/turkeys, packing them, then Christmas decorations!!Shew!! It happens fast. E N J O Y each and every day! Hug!! Love people!!**

Christa O'Cull



Lewis County FCS Agent



## Important Dates

- Sept. 18 MCV @ Mason County 10am
- Sept 19 Charcuterie Class (IF you're on list) 5:30pm
- Sept. 25 Cultural Arts to me for entry**
- Sept. 30 Harvest Fest (Apple Pie Contest...YUM)
- Oct. 10 Skills Day (Bath Co) 10am-3pm
- Oct. 19 LRA Area Meeting (Mason Co) 11-2pm
- Oct. 24-26 MCV in Cave City
- Nov. 1 - Homemaker Dues to office**
- Nov. 14 Christmas Painting Class 6:00pm (\$25 call office to register)

- Nov. 18 Christmas Bazaar – Tollesboro Christian 8:30 – 1:30
- Nov. 20 MCV – Lewis County
- Nov. 23 Thanksgiving – Extension Office Closed
- Nov 28 Homemaker Council Meeting at 10:30 a.m. and (Hopefully) Tree Trimming at Courthouse

**Cooperative Extension Service**

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



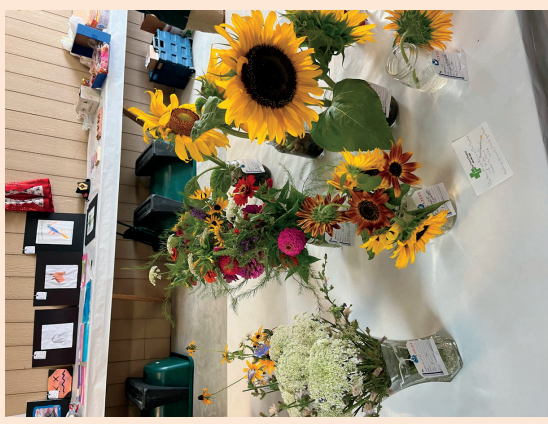
Disabilities accommodated with prior notification.

The summer months have been full of many activities. I joined the Master Clothing Volunteers one of their 3 days at 4-H Camp helping young ladies create a masterpiece wall quilt. They did a fantastic job!



Lots of hours were spent working at the Tollesboro Lion's Club Fair. Fair & Extension folks cleaned the floral hall in preparation of receiving over 350 entries. It was really interesting to see all the quilts, art work, jewelry, crafts, canned goods, photos and fresh produce people brought to be enjoyed by so many viewers.

Many had blue or red ribbons as well as cash prizes (SPONSORED BY THE TOLLESBORO LION'S CLUB!!). Thank you to participants and volunteers!! So many folks from all over Lewis County enjoy this fair and much effort goes into the preparation of it.



Farmer's Market has been a new and great experience for me this summer. Several fruit and vegetable producers have had such nice items to sell....honey, melons, bread, jelly, peppers of all varieties, tomatoes, corn on the cob, and even a few sweet treats. We shared SNAP-ed recipes, recipe samples along with some nice goodies for University of Kentucky plus lessons in nutrition and exercise for children ages 3-18 to earn Kid's Bucks. A BIG SHOUT-OUT TO LEWIS COUNTY FARM BUREAU FOR SPONSORING KID'S BUCKS!



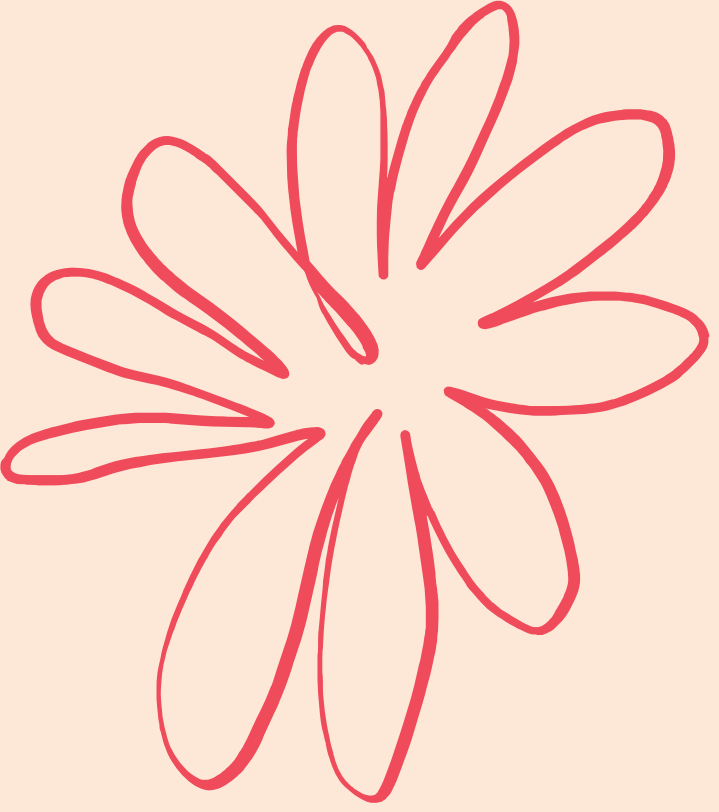
We are also visiting the Lewis County Senior Citizens Center almost every month. We often share the same SNAP-ed recipes and samples as we do with Farmer's Market. There are usually 25-30 folks present and they are a LIVELY BUNCH. Love our elders!



September 5th was our Fall Painting Class. There were 31 cut-outs sold. Most were painted here during class. Some took theirs home to paint. We sure did have a good time.



A Christmas painting class has been scheduled for Tuesday, November 14 at 6pm with Glenda Logan. The designs will vary. Must pre-register (by calling or stopping by office) and pre-pay by November 3, 2023



# Licking River Area *Skills Day*

**Check-In Time: 9:30-10 AM**

**Morning Classes: 10-12 PM**

**Lunch: 12-1 PM**

**Afternoon Classes: 1-3 PM**

" A Soup Luncheon will be provided, donations will go to Ovarian Cancer Research\*

**Registration Fee: \$4**

Register with your County Extension Office.

Registration and Payment due by September 29th.



Bath County AG Center 2914 E. HWY 60 Owingsville,  
KY 40360 • October 10th 10 AM -3 PM

# Morning Classes 10-12 PM

## FLEMING COUNTY

### Garden Stepping Stone

Cost: \$30

Instructor: Pam McGlone (Glass with Sass)

Class Size: 25



## BRACKEN COUNTY

### Pumpkin Door Hanger

Cost: \$25

Instructor: Shannon Smith

Class Size: 25



## MASON COUNTY

### Faux Stained Glass Art

Cost: \$5

Instructor: Abbigale Gray

Class Size: 15



## BATH COUNTY

### Swedish Weaving Jar Cozie

Cost: \$5

Instructor: Mary-Ann Lewis & Joy Warren.

Class Size: 10



# Afternoon Classes 1-3 PM

## ROBERTSON COUNTY

### Sunflower Wall Hanging

Cost: \$17

Instructor: TBD

Class Size: 20



## MONTGOMERY COUNTY

### Sock Doll

Cost: \$10

Instructor: Aggie Fink

Class Size: 10



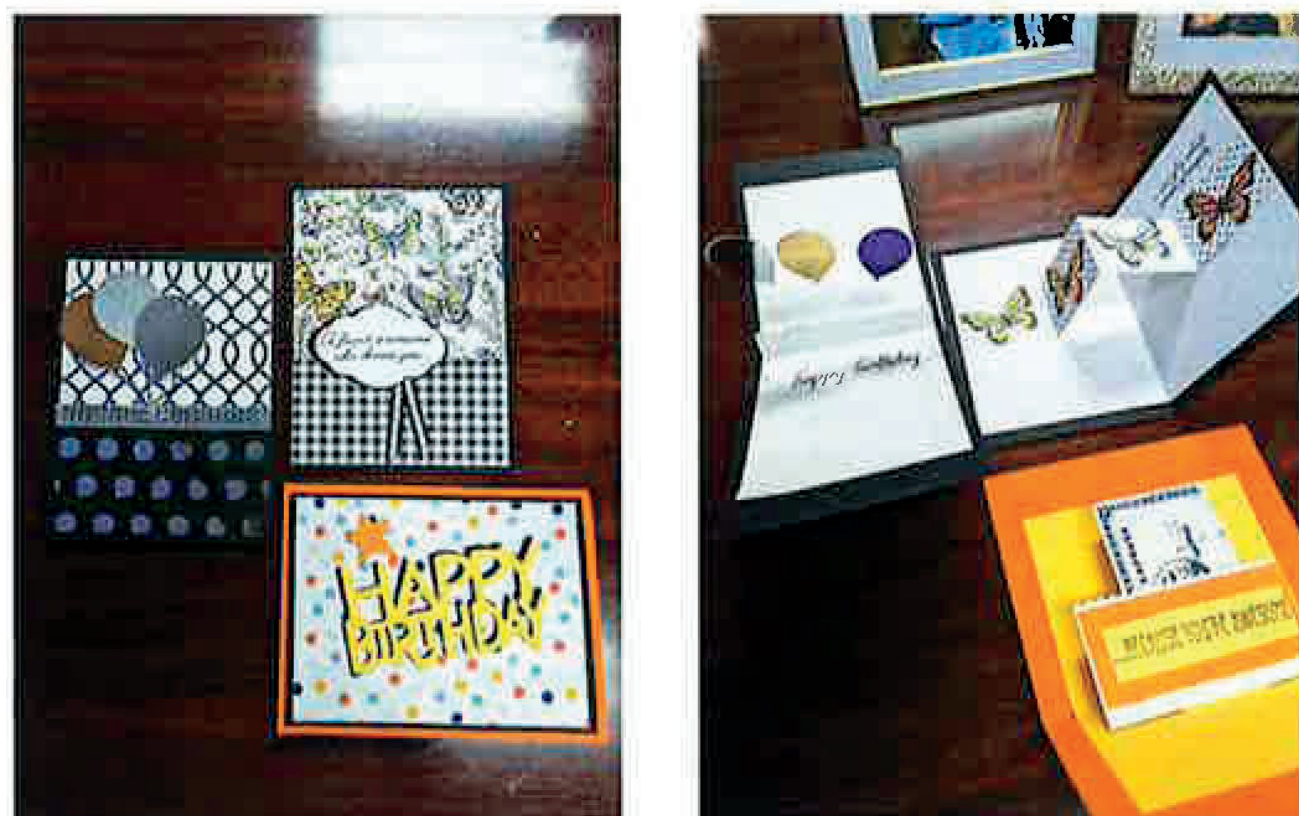
## BATH COUNTY

### Pop-Up Cards

Cost: \$6

Instructor: Brenna Stamm

Class Size: 10



## MENIFEE COUNTY

### Vase Painting

Cost: \$10

Instructor: Ailee Lawson

Class Size: 15



# All Day Classes

## LEWIS COUNTY

### Over Shoulder Bag

Cost: FREE

Instructor: Leoma Rigdon & Ruby Hord

Class Size: 10

Supplies participant will need to to bring:

- 1 yard main fabric
- 1/2 yard contrast fabric
- 1/2 yard thin batting
- 12" zipper to match
- 2 "D" rings (3/4" or 1") or Two 1" swivel clasps
- Zipper foot
- Scissors
- Thread
- Sewing Machine



## ROWAN COUNTY

### 11X14 Canvas Painting

Cost: \$10

Instructor: Brenda Hamm

Class Size: 10





# LRA Skills Day Registration Form 2023

Deadline: Friday, September 29th

Space is limited, so register early!

Please return this sheet with payment to your County Extension Office

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

County: \_\_\_\_\_

Email: \_\_\_\_\_

Make checks payable to \_\_\_\_\_ County Homemakers.

**Please Check which Class you would like to take.**

**Grand total should include all class fees and the \$4 registration fee**

## Morning Classes

Garden Stepping Stone - \$30 \_\_\_\_\_

Pumpkin Door Hanger - \$25 \_\_\_\_\_

Faux Stained Glass - \$5 \_\_\_\_\_

Swedish Weaving Jar Cozie - \$5 \_\_\_\_\_

## Afternoon Classes

Sunflower Wall Hanging - \$17 \_\_\_\_\_

Sock Doll - \$10 \_\_\_\_\_

Pop-up Cards - \$6 \_\_\_\_\_

Vase Painting - \$10 \_\_\_\_\_

## All Day Classes

Shoulder Bag - FREE \_\_\_\_\_

Canvas Painting - 10 \_\_\_\_\_

Day Total	
Morning Class Total	\$ _____
Afternoon Class Total	\$ _____
Skills Day Registration Fee	\$4
<b>*Grand Total</b>	<b>\$ _____</b>

For office use only:

Date Registered:	Check #:	Cash:
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# LICKING RIVER AREA

## Annual Meeting

Let's take a hike with

Guest speaker, Harriet Jackson-Groh



OCTOBER 19TH 11 AM

AT MASON COUNTY  
EXTENSION OFFICE

800 US-68, Maysville, KY 41056



Call your local extension  
office to sign up!

Tickets are \$15.00

Deadline to sign up is October 11th!

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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# Cushaw Pie

<b>2 cups</b> cooked and mashed cushaw squash	<b>½ cup</b> brown sugar	<b>½ teaspoon</b> nutmeg
<b>¼ cup</b> butter	<b>2 eggs</b>	<b>¼ teaspoon</b> ground cinnamon
<b>¼ cup</b> sugar	<b>1 teaspoon</b> lemon extract	<b>1 9-inch</b> graham cracker pie shell
	<b>1 teaspoon</b> vanilla extract	

**1. To prepare squash:** Wash and remove rind from the squash. **Cut** flesh into 1 inch squares.

**Steam** squash cubes until tender. Drain and mash.

**2. Preheat** oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.

**3. Pour** mixture into pie shell.

**4. Bake** 15 minutes at 400° F.

**5. Reduce** oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

**Yield:** 8 slices

**Nutritional Analysis:** 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## 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 it in a cool, dry place and use it 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 the dish with plastic

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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.
- **Hubbard squash**—(½-pound pieces)—2 pieces, 4–6½ 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°F for 1 hour or until tender. Seeds can be toasted at 350°F for 20 minutes.

**WINTER SQUASH**

**Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition and Food Science students

**SEPTEMBER 2011**

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COOPERATIVE  
EXTENSION  
SERVICE





## Considerations for Food and Water Before a Natural Disaster

**Heather Norman-Burgdolf, Ph.D.**, *Dietetics and Human Nutrition*

**Annhall Norris**, *Family and Consumer Sciences Extension*

When the news talks about the impending ice storm or other potential natural disasters, our first instinct is to run to the store to grab milk and bread. At other times, there is no way to know when a disaster may strike. Regardless, the best time to prepare and plan is now.

Whether it is a fire, flood, ice, or a different natural disaster, there are steps you can take now regarding food and water to make response easier to manage and less stressful. This publication will walk through specific strategies and considerations you can use when preparing for natural disasters

regarding food access, food safety, and water quality. The goal is to keep you and your family fed, healthy, and safe.

### What should I have on hand and how much?

All families look different. When storing food and water, consider whether there are infants, children, and/or family members on special diets or who have specific health conditions. Ideally, you should have enough food and water per person stored in the home for at least three days.

## Water

For water, aim to store at least one gallon of water per day for each person and each pet in the home. For example, a four-person family with one dog would need 15 gallons of water for three days. Store more water if you live in a hot climate, if someone is pregnant, or if anyone is chronically ill. Avoid glass containers that may break, and do not reuse plastic or cardboard containers that once held milk or juice. Look at expiration dates on bottles and replace them when needed. Over time, chemicals in the bottle can leach into the water and change the taste. Use food grade containers for storage if bottling your own water and replace this water every six months.

## Food

Foods should have a long storage life and require little or no cooking or refrigeration. These items are usually commercially canned, shelf-stable, and/or dried. Avoid salty or spicy foods that will increase the need for drinking water. Everyone's list of food items will look different. However, the following items are ideal for a short-term food supply for three days. Keep in mind that canned foods, like beans and vegetables, are ready to eat and do not need to be heated before cooking.

- Canned meats, fish, and beans
- Canned fruits and vegetables
- Canned juices, milk, and soup
- Peanut butter or other nut butters
- Dried foods, jerky, trail mix, and granola
- Nuts and seeds
- Comfort or stress foods like hard candy, chocolate, and coffee

If space and resources allow for it, some families may prefer to set up a two-week food and water supply in their homes. In addition to items

suggested for a three-day supply, consider vitamins, dried fruits, and instant foods like oatmeal, grains, potatoes, and puddings. You can buy milk, soups, and broths in dried and shelf-stable form which provide more nutrition and protein. These items will increase water needs to prepare according to package directions.

Include a list of meals with your food stores you can make using your two-week supply. Planning meals in advance allows you to have at least one balanced meal each day that includes as many food groups as possible. For example, a meal could be vegetable soup or chili with crackers and a fruit cup. This simple meal provides vegetables, fruit, carbohydrates, and protein. Another possibility would be macaroni and cheese with canned peas and dried fruit. When building your two-week supply, buy only a few items each week added to your routine shopping list to spread out the cost over time.

## Where should I store food and water?

The environment, temperature, and container affect the storage of food and water. Airtight, moisture-proof containers, like a plastic tote with a locking lid, keep food and water safe and are easy to grab and go. The ideal location is a cool, dry, dark space in your home. The space should not be exposed to sunlight or moisture and the food should be protected from pests and pets. Avoid locations near chemicals or airborne contaminants. Chemicals to avoid include gasoline, paints, and solvents. Airborne contaminants include exhaust from generators and vehicles, smoke from fires, and stoves. Food items should not be stored in a garage since the temperature may rise above 75 degrees F and decrease the quality of the food.

## How often should I check dates on labels?

Check stored food and water every 6 months. Consider checking your stored items each time you check smoke detector batteries, change air filters, or do other activities that ensure home safety. Rotate

items for best quality and nutritional value. If dates are close, rotate those into your routine kitchen practices and replace them with new items.

Date labels will differ on items. The most common date labels are Sell-By, Use-By, and Best-if-Used By. None of these are related to food safety, but rather food quality.

- Sell-By tells a store how long to display an item for sale at best quality.
- Use-By and Best-if-Used-By are recommended by the manufacturer for best quality.

## What else should I have besides food and water?

Even with ample food and water supplies, there are more items that you will need to make your stored food ready to eat. Consider items that are useful for food preparation without power and personal hygiene. For example, it will be difficult to eat canned foods without a can opener that can function without power.

The list of items you and your family may need depends on age, life stage, and health status. There may be very different items for a family with infants and small children compared to a family with only adults. A few helpful items include:

- Batteries in a variety of sizes
- Flashlights or reliable light source
- Manual can opener
- Disposable plates and utensils
- Waterproof matches
- Hand sanitizer and moist towelettes
- Toilet paper
- First aid kit
- Unscented bleach and measuring spoon
- Zip top bags in a variety of sizes



## What should I do if I have a couple of days to prepare?

In some cases, severe weather forecasts may provide two or three days of notice to prepare for events. Consider refilling prescription medications and checking the dates and amounts of stored food and water. Ensure you know where your emergency kit is stored and that it is easily accessible. Rather than panic buying items, consider other items you may need to have if you are unable to get to the store. These items may include pet food, baby food, or formula. Prioritize eating perishable foods (fresh fruits, vegetables, and dairy) in your home if you were to lose power and the ability to refrigerate foods.

## What should I do if I don't have time to prepare?

There may be some instances where there is no time to prepare for a natural disaster or you only have a few hours to prepare. Identify what foods will spoil fastest (perishables) and prioritize those with meals and snacks. Save items you can eat with no cooking or preparation in case you lose power. Be creative with pantry staples you have on hand. For example, you can use canned beans in a tortilla with canned corn for a filling taco. If there is time, prepare a recipe using items you have available to provide a food option if you were to lose power. A quick recipe for breakfast or a snack would be homemade muffins that include nuts and/

content and nutrition.

## Are there other things I should consider?

Every home and the people who live there have different needs which will affect how you prepare for an emergency. Here are a few other considerations when taking steps to prepare food and water in case of an emergency.

### Health conditions

Certain health conditions are affected significantly by food. For example, limiting sodium in the diet is important for people who are actively managing their blood pressure. Many shelf-stable and canned foods may be high in sodium, which is used as a preservative. When stocking canned and dried foods, look for low- or no-sodium options. Similarly, people managing blood sugar may need to be aware of the types of foods they store and look for whole-grain options or no-added-sugar options when choosing carbohydrate foods. Maintaining blood sugar levels may require frequent snacks. Going for extended periods of time without eating may cause issues in blood sugar management.

### Prescription medications

Although food is important to provide nourishment and energy, you might also need food to take certain prescription medications. Consider whether you have enough of your prescribed medication on hand if there is an emergency or you would manage without an immediate refill. These are questions to ask your health-care provider or pharmacist. Certain medications, like insulin, require refrigeration. Ensure you have a backup to keep medications cool if there is a power outage.

### Medical equipment

Establish a plan for powering electronic or battery-dependent medical devices. Examples include breathing machines, power wheelchairs,

### Infants

If there are infants or young toddlers in the home, consider whether you have a clean water source for preparing formula. Figure out if there are supplies to clean and sanitize bottles and baby items. If the baby is breastfed, do you need an alternate plan for storing fresh or frozen breastmilk if there is a power outage? Consider whether you need baby food in your emergency food supplies.

### Pets

Just like humans, you need to consider pets when preparing for emergencies. Think about what supplies you need in addition to shelf-stable pet food and any medications your pet may take. Make sure leashes and pet carriers or other ways to safely transport your pet are in a place where you can grab them quickly in case you need to leave your home in a hurry.

## Put Your Preparation into Action

Picture your home and the people in it who may be affected by an emergency or natural disaster. Do you know where your emergency kit and stored food and water are? Is it easily accessible? Do you have a plan to regularly check supplies? What are important considerations for you and your family? Thinking through these questions will allow you to know where to begin and turn your preparation into action for your family.

### Resources and References:

Centers for Disease Control and Prevention, Natural Disasters and Severe Weather Food and Water Needs <https://www.cdc.gov/disasters/foodwater/prepare.html>

Ready.gov <https://www.ready.gov/>

Food and Drug Administration: Food and Water Safety During Power Outages and Floods <https://www.fda.gov/food/buy-store-serve-safe-food/food-and-water-safety-during-power-outages-and-floods>

FEMA <https://www.ready.gov/>

American Red Cross <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>

### This publication is part of the “In the Face of Disaster” Publication Series:

- Preparing Your Family and Home Before a Natural Disaster
- Protecting Your Family and Home After a Natural Disaster
- Considerations for Food and Water Before a Natural Disaster
- Keeping Food and Water Safe After a Natural Disaster
- Financial Considerations Before a Natural Disaster
- Financial Management After a Natural Disaster
- Considerations for Older Adults and People with Disabilities Before a Disaster
- Helping Older Adults and People with Disabilities Cope After a Disaster
- Navigating Trauma After a Natural Disaster

# YOUTH HEALTH BULLETIN



**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>

NAME County  
 Extension Office  
 000 Street Road  
 City, KY  
 Zip  
 (000) 000-0000

**THIS MONTH'S TOPIC:**

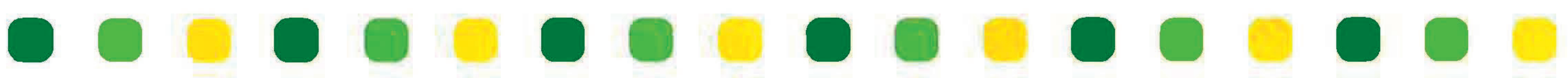
## TAKE THE FRUIT AND VEGGIE A DAY CHALLENGE



**Y**our body needs a lot of different kinds of foods to grow! Two kinds of food that your body needs are fruits and vegetables. Fruits and vegetables have important nutrients. Nutrients are building blocks that your body needs for your brain, eyes, ears, bones, muscles, and stomach. They help you get bigger, stronger, and feel good.

We want to make sure that kids are eating a variety of fruits and vegetables. So, we are challenging YOU to eat at least one fruit and one vegetable each day, all month long! Ideally, your body needs about half of all the food you eat to be fruits and vegetables. So the more, the better! A great way to think about eating a lot of different kinds of fruits and vegetables is to try to eat fruits and veggies that are the different colors of the rainbow.

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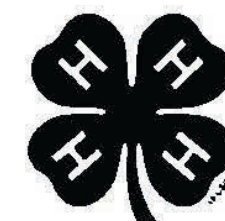


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Disabilities accommodated with prior notification.



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Can you think of fruits and vegetables that are each color? Here are a few. Try to think of some more! Fill in the blanks below with more fruits and vegetables of each color:

- **Red:** apples, beets...

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- **Orange:** carrots, cantaloupe...

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- **Yellow:** bananas, summer squash...

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---

- **Green:** cucumbers, kiwi...

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- **Blue:** blueberries, blue cabbage...

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- **Violet:** eggplant, grapes...

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Try to choose different fruits and vegetables to eat each day. Here is a list of ways to include fruits and vegetables into your meals and snacks:

- Include chopped up fruit to breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Make a smoothie with cold or frozen fruit, milk, and a splash of juice
- Put leafy greens or thin sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

For more ideas of how to include at least one fruit and vegetable in your diet each day, ask your parent for help and visit [planeatmove.com](http://planeatmove.com).

**REFERENCE:**  
<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

**ADULT HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:** Chris Ware (© University of Kentucky School of Human Environmental Sciences)



# YOUTH HEALTH BULLETIN



**OCTOBER 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>

NAME County  
 Extension Office  
 000 Street Road  
 City, KY  
 Zip  
 (000) 000-0000

**THIS MONTH'S TOPIC:**

## WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?



**I**t is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

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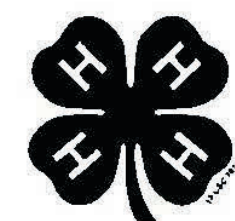


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## Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.

### Continued from the previous page

with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

#### Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that



WHADDYA  
THINK, DOC?  
- AM I READY  
FOR THE  
NBA?

a DOCTOR'S  
visit is  
a small  
PRICE to  
PAY to  
GET to  
PLAY!



you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

#### REFERENCE:

<https://kidshealth.org/en/kids/sports-physicals.html#catfit>

#### ADULT HEALTH BULLETIN

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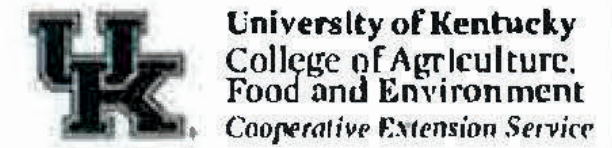
Chris Ware (© University of Kentucky School of Human Environmental Sciences)





# 2023-2024 Enrollment Form

## Lewis County Extension Homemakers



Due by November 1, 2023

First Name: \_\_\_\_\_

Middle Initial: \_\_\_\_\_

Last Name: \_\_\_\_\_

Club Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Sex:  Female  Male

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Fax Number: \_\_\_\_\_

### Ethnic Background: (optional)

White  Black  Hispanic  Asian  Other

Dues: \$10.00  
Please make checks out  
to the Lewis County  
Homemakers

### Age Group: (check one)

15-19  20-24  25-34  
 35-44  45-54  55-64  
 65-74  75+

### Enrollment Type:

Yearly Renewal  New Member

Number of Years in Club Membership: \_\_\_\_\_

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: \_\_\_\_\_

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