

# MAGOFFIN COUNTY FAMILY & CONSUMER SCIENCES

## September 2024

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September promises to be a busy month. We hope that you take advantage of the interesting activities that are planned.

Looking ahead, mark your calendar to attend the Pink Ribbon Luncheon on October 24th, at noon. The theme for this year is “Fabric of Hope”. Call our office to reserve your spot for this special event.

If you have not paid your Homemaker dues, we are still accepting them. You have until the November 25th deadline. You will receive a free “Fanny Pack/Crossbody bag” upon payment.

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CEA for FCS/4-H  
Youth Development Education



**Cooperative  
Extension Service**

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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



**UK Cooperative Extension Service**

# PATCHWORK PLAYDATES

JOIN THE FUN

## THE FARM

SEPTEMBER 10, 2024  
10 AM-NOON

Magoffin County Extension Office



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Join us at the  
**Magoffin County Extension Office for...**

# The Crochet Club

Wednesdays at 10:00 AM  
September 4th  
September 18th

Learn new crochet skills  
and have a great time  
with friends.



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# EMBROIDERY CLUB



Join us at the Extension Office for  
the Embroidery Club  
Wednesday @ 10:00 AM  
September 11th & September 25th

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# QUILT GUILD DATES

**MAGOFFIN COUNTY EXTENSION OFFICE**

**Friendship Quilters**  
Fridays at 10:00 AM  
September 13th and September 27th

**Sew What Quilters**  
Saturday, September 14th, 9 AM



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# ADULT

# HEALTH BULLETIN



## SEPTEMBER 2024

Magoffin County  
Extension Office  
15 Rockhouse Frk Road  
Salyersville, KY  
41465  
(606) 349-3216

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

### THIS MONTH'S TOPIC

## STEP INTO NATURE: GROUNDING



**W**hen you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

Continued on the next page 



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## *Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.*



### ➔ **Continued from the previous page**

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

#### **REFERENCE:**

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

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**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
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**Stock images:**  
Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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

## THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

### EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

### SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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## STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



### GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

### WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

### RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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# BASIC ALTERATIONS & CLOTHING REPAIR WORKSHOP

## TUESDAY, SEPTEMBER 17TH

### 1:00 PM

#### LEARN THE BASICS ABOUT:

- CUTTING OFF PANTS OR DRESSES TO PREPARE TO HEM
- FINISHING HEM EDGES
- BASIC HAND HEMMING STITCHES
- HEMMING BLUE JEANS
- SELECTING THE CORRECT THREAD COLORS
- ALTERING SIZES
- REPAIRING TEARS OR HOLES
- SEWING ON BUTTONS
- SOME DEMONSTRATION AND SOME HANDS-ON LEARNING OPPORTUNITIES

**WORKSHOP WILL BE HELD AT  
MAGOFFIN COUNTY  
EXTENSION OFFICE**

**20 SPOTS AVAILABLE FOR THE CLASS.**

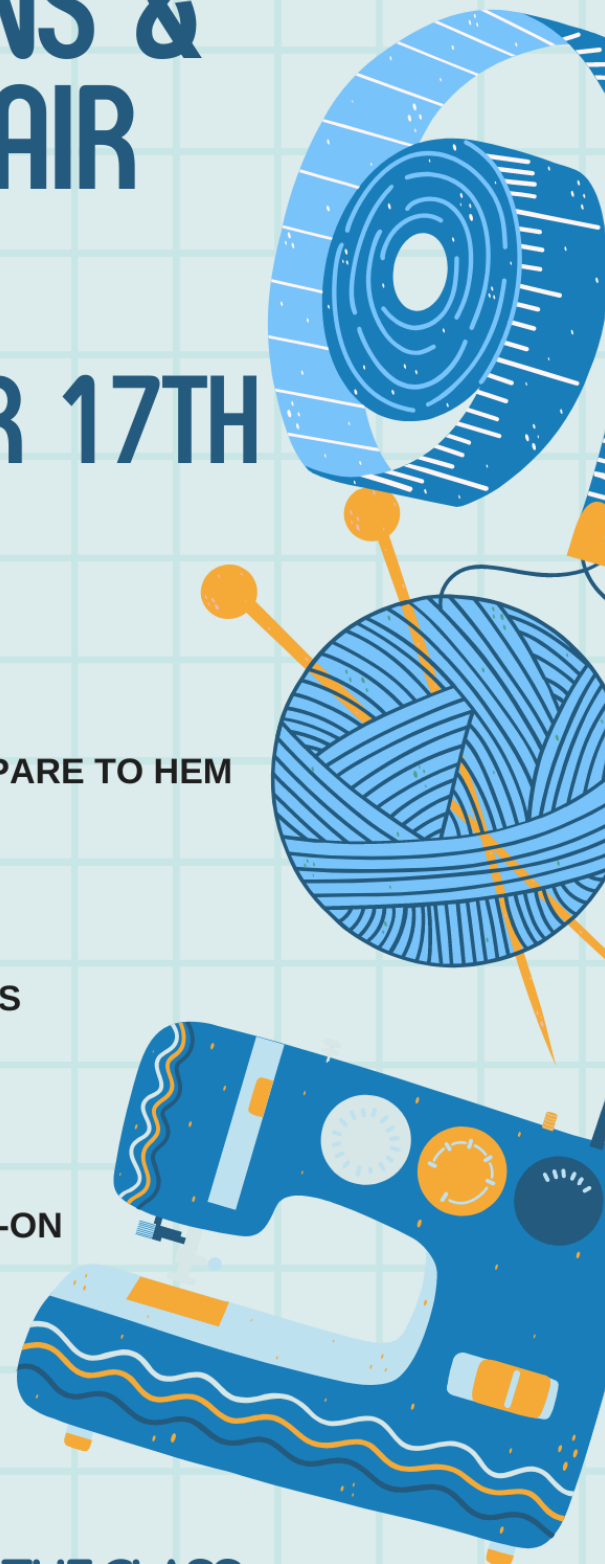
**CALL 349-3216 TO REGISTER.**

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## 2024-2025 Enrollment Form

### Magoffin County Extension Homemakers Due by November 25, 2024



First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

Email Address: \_\_\_\_\_ Sex: Female Male

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

Work Phone: \_\_\_\_\_ Fax Number: \_\_\_\_\_

How would you prefer to receive your Building Strong Families Newsletter? Circle one.

Facebook          Email          Hard copy /mail

Ethnic Background: (optional)

White   Black   Hispanic   Asian   Other

Age Group: (circle one)

15-19   20-24   25-34   Yearly Renewal   New Member

35-44   45-54   55-64

65-74   75+          Number of Years in Club Membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky and the Kentucky Extension Homemakers Association, Inc. permission to use photos of any activity that I may participant in for educational, promotional activities, or publications.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

**Homemaker Fee: \$12.00 each**

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LEXINGTON, KY 40546



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*“FABRIC OF HOPE”*

PINK RIBBON  
LUNCHEON

THURSDAY, OCTOBER 24, 2024

NOON

FREE LUNCH, EDUCATIONAL INFORMATION, FREE GIFTS FOR  
EVERYONE ATTENDING

DRAWINGS FOR DOOR PRIZES

CALL THE MAGOFFIN COUNTY EXTENSION OFFICE  
TO PRE-REGISTER @ 606-349-3216

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Fighting for Product Safety

# July Recall Digest

## Children's Product Recalls

06/01/2024 - 06/30/2024

Below are pictures and details of children's products recalled last month. If you have one of these products, take it away from children and contact the company using the information provided below or view the recall notice for more details at [www.recalls.gov](http://www.recalls.gov).

To get monthly email alerts of recalls and product safety news, sign up at [www.KidsInDanger.org](http://www.KidsInDanger.org). Sign up for email alerts from the Consumer Product Safety Commission at [www.cpsc.gov](http://www.cpsc.gov). If you have an incident or injury with any children's product, report it to [SaferProducts.gov](http://SaferProducts.gov).



Product	Hazard	Website	Contact
1. MGA Entertainment Miniverse Make It Mini Sets	Poisoning	<a href="http://mgae.com">mgae.com</a>	800-222-4685
2. REI Co-op Cycles REV Children's Bicycles with Training Wheels	Injury	<a href="http://rei.com">rei.com</a>	800-426-4840
3. Thousandshores Theefun Kids Gardening Tools Sets	Poisoning	<a href="http://cpsc.gov">cpsc.gov</a>	support@theefun.com
4. Joybuy Marketplace Express Sling Carrier	Suffocation	<a href="http://cpsc.gov">cpsc.gov</a>	oversea-service@jd.com
5. Outad Good Life Magnetic Chess Games	Ingestion	<a href="http://cpsc.gov">cpsc.gov</a>	pdhngjg@163.com
6. At Home Procurement Toy Trunk Storage Chests	Entrapment/ Suffocation	<a href="http://athome.com">athome.com</a>	888-688-8426
7. Dania Furniture Hayden Bookcase	Tip-Over/Entrapment	<a href="http://daniafurniture.com">daniafurniture.com</a>	844-722-6347
8. Rooms To Go Cedona Natural View Six-Drawer Dressers	Tip-Over/Entrapment	<a href="http://cedonadresserrecall.com">cedonadresserrecall.com</a>	855-688-0919
9. SA Consumer Products Sanctuary Quick Access and Sports Afield Biometric Gun Safes	Injury	<a href="http://saproducts.com">saproducts.com</a>	855-215-5822

### The CPSC issued warnings for consumers to stop using the following products:



[Xastro Fuel Bottles](#)  
(Poisoning/Burn)



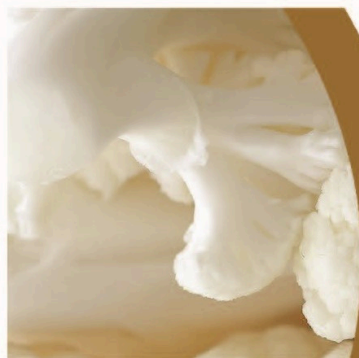
[DHZIM Baby Loungers](#)  
(Suffocation)

KID is dedicated to protecting children by **fighting for product safety**. KID's mission is to save lives by enhancing transparency and accountability through safer product development, better education, and stronger advocacy for children.

# September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Crochet Club, 10 AM</i>	5	6	7
8	9	10 <i>Patchwork Playdates, 10 AM</i>	11 <i>Embroidery Club, 10 AM</i>	12	13 <i>Friendship Quilters, 10 AM</i>	14 <i>Sew What Quilters, 9 AM</i>
15	16	17 <i>Basic Alterations &amp; Clothing Repair, 1 PM</i>	18 <i>Crochet Club, 10 AM</i>	19	20	21
22	23	24	25 <i>Embroidery Club, 10 AM</i>	26 <i>Diabetes Support Group, 10 AM</i> <i>Cooking Through the Calendar,</i>	27 <i>Friendship Quilters, 10 AM</i>	28
29	30	<p><b><u>Save the Dates:</u></b></p> <p><b><i>Apple Pie Fundraiser: Thursday, October 3rd, 9 AM</i></b></p> <p><b><i>Pink Ribbon Luncheon: Thursday, October 24th, Noon</i></b></p>				

Magoffin County  
P.O. Box 349  
Salyersville, KY 41465



## Grilled Cauliflower Dippers with Guacamole

1 large head cauliflower  
¼ cup olive oil  
1½ limes, zested and juiced  
2 cloves garlic, crushed  
1½ teaspoons honey  
¼ cup cilantro, finely chopped  
2 tablespoons smoked paprika

**Guacamole**  
2 avocados  
1 Roma tomato,  
finely diced  
½ lime, juiced  
1 clove garlic,  
minced

½ small red onion,  
chopped  
1 jalapeno, chopped  
¼ cup cilantro, finely  
chopped  
½ teaspoon salt

**Preheat** grill to medium-low.  
**Remove** outer green leaves from cauliflower. **Slice** into ¾ inch thick slices, cutting from top of the head to bottom of stalk. In a small bowl **whisk** together olive oil, lime juice, garlic, and honey. In a separate bowl, **mix** together the cilantro, lime zest and paprika.  
**Brush** the cauliflower slices with the liquid mixture on both sides. **Place** on grill and sprinkle with dry mixture. **Grill** slices on both sides until browned and

tender, about 5 minutes on each side.

**Remove** cauliflower and cut into dip-sized pieces. **Peel** and **seed** avocado. **Place** in a bowl and mash. **Add** remaining ingredients and **serve** with grilled cauliflower.

**Yield:** 6 servings

**Nutritional Analysis:** 210 calories, 17 g fat, 2.5 g saturated fat, 0 mg cholesterol, 240 mg sodium, 17 g carbohydrate, 7 g fiber, 5 g sugars, 4 g protein.