



**FAMILY & CONSUMER SCIENCES**



Cooperative Extension Service

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# Once Upon a Time...

Newsletters dedicated to telling your Homemaker story

NOVEMBER / DECEMBER 2010

## UPCOMING EVENTS:

- Wreath Making Class **Nov. 29<sup>th</sup>**  
8am - 8pm
- Children's crafts @ Paramount Arts Center **Nov. 27<sup>th</sup>**  
12 - 3pm
- Boyd County Homemaker Holiday Party, Ashland Plaza Hotel **Dec. 2<sup>nd</sup>** @ 6pm

## BREAST CANCER AWARENESS IS IMPORTANT TO ALL OF US

As you walk the streets, open the newspaper or turn on television, you are suddenly aware that October is National Breast Cancer Awareness Month.

The NFL is fully backing this venture. This was very evident as we turned on television to watch the games on Sunday. The referees were wearing pink ribbons on their caps, you could see new pink leather bracelet the players' waists, pink gloves and even some had pink on their shoes.

On Monday night, the event by serving punch and the same could be seen with the addition of the pink candy ribbons) to the cheerleaders and dancers having pink tops and pink pompoms.

The halftime show the Regional Cancer Center, was a scene to behold with a large group of breast cancer survivors marching onto the field wearing pink t-shirts and a large pink ribbon banner being carried onto the field.

Thanks to the NFL harmless and very vital in observing such an important event.

On the local scene, Pollock's Jewelers



Ask Me About Homemakers by Nancy Broughton  
Originally published in the Greater Ashland Beacon vol.1 no. 23

having mammograms with the exception being age 30 if you have a family history of breast cancer.

The importance of mammograms became personal to me when in October of 2009 my 49-year-old daughter was diagnosed with stage two breast cancer. She underwent surgery, and I accompanied her through chemotherapy and then she continued on for her radiation.

Then, it became even more real when in May of 2010 I was diagnosed with stage I breast cancer.

I underwent my surgery and my radiation at the Regional Cancer Center where I found kind, compassionate and caring people who made a trying time one of ease and comfort.

Ladies, don't put off having your mammograms. They are so important in diagnosing early stage breast cancer. Having one can save your life. So, mark your calendar in PINK with the date a mammogram is due.

Dr. Jeffery Lopez, of the Regional Cancer Center, was the guest speaker. One lady stated that she was causing tissue damage by the compression. Dr. Lopez was quick to reassure her that the mammogram was harmless and very vital in the early detection of breast cancer.

He stated that age 40 was the time to begin

**DON'T DELAY!  
DO IT TODAY!**

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## ARTICLE BY NANCY (CONT. FROM P.1)

On a more upbeat note, let's talk a little about Homemakers. Becoming a member of the Boyd County Extension Homemakers can be a rewarding experience. Most people think of homemakers as those little old ladies who cook, sew, bake, quilt, garden and can.

Well, let me tell you we do all that, but we do much more. We are continually furthering our education by attending workshops and seminars provided by the University of Kentucky. We both at-

tend and conduct leadership classes where we encourage our ladies to become active leaders in their community, county and state.

We teach them about finances and health and nutrition, among other important matters. We encourage them to volunteer their services in their communities.

Being a homemaker affords you many opportunities that you would otherwise not encounter.

If you are interested in becoming a member of

this important group, contact the Boyd County Cooperative Extension Office in Catlettsburg at (606) 739-5184 and ask for Suellen Zornes Cunningham, the family and consumer sciences agent, and just say "I WANT TO BE AN EXTENSION HOMEMAKER," and she will take care of you.

Come join us for a time of fun, fellowship and learning experiences.



## PHYSICAL FITNESS CLASSES

Please come and take a physical fitness class for your health. Come join Doris Wellman and the Boyd County Homemakers for Physical Fitness classes on **Tuesdays at 10am!** Research has shown that exercise can help to reduce the risk of cancers, heart attacks, strokes, and chronic diseases such as diabetes. Please make time to exercise every day!

## HOMEMAKER CLUB MEETING DATES

- Big Sandy—1st Tuesday 10:30 AM
- Country Cooks—3rd Thursday 6:30 PM
- Hillendale—2nd Thursday 10:30 AM
- Hilltop—2nd Tuesday 6:30 PM
- Nightingales—2nd Monday 6:30 PM
- Ponderosa—2nd Tuesday 11:00 AM
- Summit—1st Thursday 10:00 AM
- Sunshine—2nd Thursday 6:00 PM
- Trace—2nd Thursday 10:30 AM

## FACEBOOK PAGE COMING SOON

Living involves tearing up one rough draft after another.  
~Author Unknown

A facebook page will be coming soon for Boyd County Homemakers so we can chat, chat, chat! Watch for information on our website at <http://ces.ca.uky.edu/boyd/>.

If you do not own a computer and would like to purchase one and learn how to use it, we will provide lessons for you at the Extension Office.

## NEW FINE ARTS AGENT: MOLLY MAYNARD

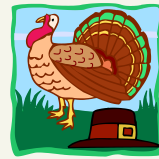
Molly Maynard will be teaching children's crafts classes at the Paramount Arts Center on November 27th. The theme is "Dickens of a Christmas." It is five dollars for three crafts. Please call Molly at 547-1212 or the office at 739-5184 if you would like to volunteer. She could use some help with this event.



Molly Maynard joined the Boyd County Extension Office in June 2010.



Pat Rose & Carolyn Burton, Boyd County Homemakers, celebrate the right to vote in Frankfort, KY amid the kick off for the KY Women's History Project



## THANKSGIVING: AN ANNUAL CELEBRATION, A DAILY HABIT

As the last of the leaves fall and cool weather comes our way, we mark the beginning of the winter holiday season by celebrating Thanksgiving on the fourth Thursday of each November. Thanksgiving is a time for feasting, parades, football games, and the gathering of family and friends.

Amid all the preparations and festivities, we sometimes gloss over the original meaning of the holiday—a time for counting our blessings and rejoicing in the goodness and bounty that surround us. Although Thanksgiving Day is celebrated only once a year, with very little time and effort it's possible to carry the spirit of thanksgiving with us throughout the entire year. The benefits of doing so are numerous.

When we take a few moments here and there to inwardly or outwardly express our appreciation, we tend to feel happier, more relaxed and more optimistic. A sense of appreciation is an important part of a positive outlook. And research indicates that a positive attitude is essential to the success of peak performers in both the business and sports worlds. Studies are also beginning to provide evidence that a positive, appreciative attitude may even enhance the body's healing system and general health.

It's easy to be thankful when wonderful things happen to us. That is the first level of thanksgiving. A second level of thanksgiving is learning to express appreciation for the many blessings that we often take for granted—good health, adequate food and clothing, the freedom to speak our minds and help shape the future.

How easy it is to take our health, our talents and our loved ones for granted! One of the true joys of life is learning to take nothing for granted. As we gradually master this ability, we approach each moment with fresh eyes and our hearts start to brim over with optimism and appreciation.

The third and most challenging level of thanksgiving is to maintain a positive, grateful attitude even when confronted with problems. Of course, problems and their associated painful feelings need to be faced, dealt with, and learned from. Yet, even in difficult circumstances, we can be appreciative for what didn't go wrong and for the opportunity to learn and grow.

For example, it would be unfortunate if you wrecked your car. But there still may be much to be grateful about, including that you are alive, that no one was hurt, that you have a good insurance policy, or that your car wasn't totaled. On the other hand, if a mother loses a child (as my best friend Candace did on Thanksgiving Day two years ago) to say, "be thankful that you have two healthy children" would be totally inappropriate. When practicing thankfulness during difficult periods, timing, common sense, and sensitivity are critical.

An appreciative attitude is a skill. It takes practice to develop it. Here are a few skill builders designed to nurture and strengthen a positive, appreciative attitude:

- Get together with a close friend. Take time to tell your friend some of the things you admire and appreciate most

about him or her. Then ask your friend to return the favor.

- Enjoy a walk in a pleasant outdoor area. Focus on the beauty of nature—the sunshine, trees, flowers, breezes, and other miracles of your natural environment.
- Zero in on a problem you have struggled with in your life. Identify at least three positive things you have learned as a result of your experiences surrounding this problem.
- For the next several days, when a little or big problem comes up, promise yourself that you'll make an extra effort to see the problem as a challenge and to focus on its positive aspects.
- Allow yourself 10 minutes to write a spontaneous note of appreciation to a loved one, neighbor, friend, or co-worker.
- In the next 24 hours, make it a point to tell each immediate family member something you appreciate about him or her.

Because the giving and receiving of appreciation feels so good, it's habit-forming and contagious. A thankful attitude encourages physical, mental, and spiritual well-being. It also promotes balanced optimism, opens our eyes to opportunities, and enhances our general well-being and effectiveness. Let every day be a celebration of thanksgiving.

Prepared by Sam Quick, Ph.D., Former Human Development & Family Relations Specialist with a few modifications by Boyd County FCS agent

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Sincerely,  
Suellen Cunningham  
Boyd County Extension  
Agent for Family &  
Consumer Sciences

COOPERATIVE  
EXTENSION  
SERVICE



Cooperative Extension Service

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RETURN SERVICE REQUESTED

## UPCOMING EVENTS



### Wreath Classes

Lori Bowling, Boyd County Horticulture Agent, will be teaching wreath classes on **November 29th for the homemakers**. Please call the extension office at (606) 739-5184 to sign up.

alzheimer's  association

the compassion to care, the leadership to conquer

The Alzheimer's Association will present an ABC Workshop, from **10am-12pm Wednesday, December 1st** at the Boyd County Public Library, 1740 Central Avenue, Ashland. This program is for those who have a friend or family member who has been diagnosed with Alzheimer's disease or a related dementia. This two-hour workshop is designed to educate new caregivers on dementia, safety concerns, and an introduction to activities. Registration is required; call 1-800-272-3900.

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