



# Family and Consumer Sciences Newsletter

## Greetings From your FCS Agent

**UK** Cooperative  
Extension Service

Carter County  
September 2024

Happy Fall! I love summer so much, but I have to admit I'm ready for some fall weather! As I write this, we are in the midst of the bad storms. I'm praying for all of your safety and and hopeful better weather is upon us! September absolutely flew by, but it seems to be the busiest month for my family. I'm ready to slow down and little and I am looking forward to cool crisp weather, apply cider, soup, and bon fires!

We had a very successful Farm and Family Field Day and I started back the Laugh and Learn program. We are excited to offer one in Olive Hill. I only had 4 kids attend this month, so please help spread the word! I had 22 signed up for Grayson, but we had to cancel because school was cancelled due to weather. I have attached the upcoming dates in this newsletter. Keep in mind that all FCS programs will be canceled if school is canceled due to weather or sickness.

I hope you take advantage of all the upcoming programs that we have available. Our new building addition should be complete this month, so be on the lookout for more exciting programs in the future! Feel free to contact me anytime with questions or ideas. Please share any of these upcoming programs with anyone that may be of interest! Word of mouth is our best form of advertisement!

Happy October!

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*Whitney Morrow*

Whitney Morrow  
CEA for Family and  
Consumer Sciences  
Carter County  
94 Fairground Drive  
Grayson, KY 41143  
606)474-6686  
whitney.morrow@uky.edu

**Cooperative  
Extension Service**

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

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Disabilities  
accommodated  
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# Homemaker News



- Bring a can of pumpkin and a box of white cake mix to your club meeting this month! Drop off your donations at the Extension office. Donations will go to the East Carter Youth Service Center to be included in Thanksgiving Baskets for families in need!
- Dues are \$10 this year. Please send dues to Dian Ratcliff (address in handbook) by November 22nd. You can also mail or drop off in the office. **NO DUES WILL BE COLLECTED WITHOUT THE ENROLLMENT FORM!**
- All clubs are encouraged to participate in Coins for change. This is a statewide project to fund international programs. Collect change each month at your meetings through November and turn in your change with your dues!
- Craft Fair assignments will be the same as last year, unless you request a change. Contact Sue Tackett if you would like to change your assignment, sell concessions (first come first serve), or know of a group that would like to perform for entertainment.
- Don't forget Sit and Sew is open to anyone on the 1st and 3rd Fridays of the Month
- Anyone interested in being a part of Quilts for Veterans can come quilt every Monday.
- I enjoyed visiting with Grayson Day, Denton/Willard, Wilson Stinson, and Lindsey Pactolus this month. I hope to visit the other clubs soon. If you haven't already, please let me know of meeting times and locations!
- Special thanks to Jeanne Adkins, Tammy Kiser, Dian Ratcliff, and Sandy Stewart for helping me at the Field Day!
- Congrats to homemaker member, Rose Mary Fannin for winning the pie category contest at the Farm and Family Field Day!

## Pecans Orders Due

Make sure to have your club order ready at your October Club meeting!  
Presidents contact Shirley Carra with your order as soon as possible!

Calling  
Moms of  
young kids!



Informational  
meeting  
October 15th  
10am  
Carter County  
Extension office

A New  
Homemaker Club  
is starting just  
for you!

- Talk to other adults while the kids play
- Find Support
- Learn and share new skills
- Dues are just \$10 a year!

\*This is going to be a day club geared toward SAHMs, because that has been requested. Anyone is welcome to organize an evening club as well!

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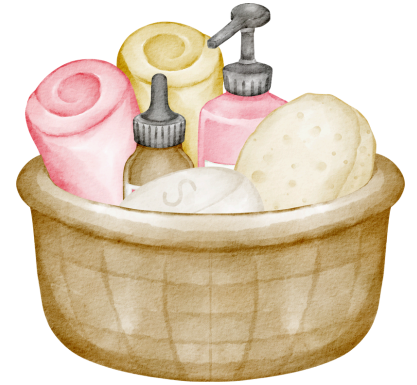
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Lexington, KY 40506



Self  
Care

**UK** Cooperative  
Extension Service

# Homemaker's Night Out



**Thursday, October  
17th**

**5:30-7:30 pm**

**Tres Hermanos  
Grayson**

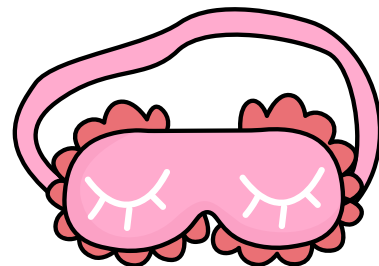
**Program is Free  
but dinner is on  
your own**



Join your friends to Celebrate KY  
Extension Homemaker Week with  
**dinner, prizes, and a lesson  
taught by FCS Agent, Whitney  
Morrow on Self-Care: Self  
Pampering**

If you are not a current  
Homemaker member, you are  
welcome to attend, but you must  
complete a membership form that  
evening. Dues are only \$10 a  
year!

Register by calling 474-6686



Call for reservations 123-456-7890

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LEXINGTON, KY 40546



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# Laugh and Learn Playdates

Olive Hill Elementary  
Family Resource Center

Carter County Extension  
Office-Grayson

10/18/24  
1/17/25  
2/14/25  
3/21/25  
4/18/25  
5/16/25

10/25/24  
1/24/25  
2/28/25  
3/28/25  
4/25/25  
5/23/25

Schedule is subject to change  
and children must be accompanied by an adult.

Free program includes craft, story,  
snack, and play! For toddlers and  
preschoolers 5 and under.

All meetings are at 10am-Noon.



**Phone Number**  
606-474-6686



**Website**  
<https://carter.ca.uky.edu/events>



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College of Agriculture,  
Food and Environment  
University of Kentucky.



An equal opportunity organization

# REALITY STORE VOLUNTEERS NEEDED

EAST CARTER MIDDLE SCHOOL

**8:30AM**

OCTOBER 24, 2024

REBECCA.HAYES[AT]UKY.EDU



Scan to  
register!

Join us at the Extension office for a watch party! Since Patric is from Carter County, we are so excited about this opportunity! Call 474-6686 to register for the watch party, but also register online for your chance to get a free book.



# BIG BLUE BOOK CLUB

“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of *Laundry Love: Finding Joy in a Common Chore* will join us direct from his laundry room for an engaging one-time event for the next session of **Big Blue Book Club!**

**DATE:**

**November 7, 2024**

**TIME:**

**7:00 pm Eastern/6:00 pm Central**

**REGISTRATION LINK:**

**<https://ukfcs.net/BBBClaundry>**

The first 200 registered participants will receive a free copy of the book.

**“ YOU DO LAUNDRY FOR THE PEOPLE YOU LOVE, INCLUDING YOU ”**

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Lexington, KY 40506



Disabilities accommodated with prior notification.



**40th Annual Carter County  
Homemaker's  
HOLIDAY  
CRAFT FAIR**

**HANDMADE PRODUCTS ONLY**

**NOVEMBER 16, 2024**

**EAST CARTER HIGH SCHOOL**

**GYMNASIUM**

**9AM-3PM**

**ADMISSION \$2**

**KIDS 12 AND UNDER FREE**

**Vendor booths \$30**

**For vendor information contact**

**Sue Tackett at 606-316-2271**

**Do not send payment to anyone online.**

**Cash or check only**



# ADDICTION 101

By Dr. Alexander Elswick, Family and Consumer Sciences

Addiction to drugs or alcohol is one of the most complex, baffling, and heartbreaking conditions in the world. Most people know at least one significant person in their lives who has been affected. In fact, about one in eight people will be addicted to drugs or alcohol at some point. And while this statistic shows how common addiction really is, many of us lack a clear understanding of addiction.

## WHAT IS ADDICTION?

Research tells us that there is no single reason why people become addicted. The causes of addiction are vast and varied, including individual, family, social, and even environmental factors. Factors that make it more likely that a person will become addicted are called risk factors. In contrast, factors that make it less likely that a person will become addicted are called protective factors.

Individual risk factors include things like experimenting with drugs at an early age, experiencing abuse or neglect, and having other mental health problems. Family risk factors include things like having a family history of drug use or experiencing family conflict (e.g., parental divorce). Social risk factors include things like having friends who use drugs and the media's portrayal of drug use. Finally, environmental risk factors include things like living in a low-income neighborhood and being disconnected from one's community.

Individual protective factors include things like having good mental health and spirituality. Family protective factors include things like parental



monitoring and recognizing children for positive behavior. Social protective factors include things like a child having a strong relationship with a nonparental adult (e.g., a coach or teacher) and being involved in extracurricular activities (e.g., sports). Lastly, environmental protective factors include things like having “attractive alternatives” to drugs and access to other kinds of leisure-time activities that do not involve drugs or alcohol.

Evidence suggests that the most important factor determining someone's risk for addiction is genetics.

## HOW DOES ADDICTION DEVELOP IN THE BRAIN?

These risk and protective factors predispose people to certain reactions or experiences with drugs and alcohol. Though most people drink alcohol and typically enjoy the effects, they also seem to moderate their drinking with little effort. In contrast, people who have a high risk for developing an addiction tend to experience a greater sense of reward and/or relief when they drink alcohol or use drugs. As a result, they are more motivated to continue pursuing substances.

Repeated drug and alcohol use hijacks the brain's reward system. More specifically, this hijacking occurs in a region of the brain called the limbic system. The limbic system is also called the "survival circuitry," because it is the part of the brain where behaviors that promote survival (e.g., drinking water, eating food, or having sex) are rewarded. Because it is the survival circuitry that becomes hijacked, people become convinced they need a drug to survive. This explains why people continue to use drugs despite harmful consequences such as job loss or legal trouble.

Because addiction is a brain disorder with such complexity, many people misunderstand it. Often, this misunderstanding leads people to perpetuate myths that can be harmful to people who are addicted. One of the most common of these myths is the notion that people choose addiction or that people can simply will themselves to quit. Since our ability to make choices or to use willpower resides in our brain, and since addiction is a disorder of the brain, people who are addicted are, by definition, unable to make willful choices concerning drug use.

## HOW DO PEOPLE RECOVER FROM ADDICTION?

Unfortunately, recovery from addiction is not as simple as detoxing someone or getting drugs out of their system. Remember, addiction is defined as a "chronic, relapsing disorder characterized by ... long-lasting changes in the brain." Some of these dysfunctional changes in the brain last days, others last months, and still others take years for full recovery. This is why recovery is considered a lifelong process.

Many of the factors that help people recover from drug and alcohol addiction are similar to factors that help people recover from other chronic diseases like diabetes or heart disease. Common treatment

approaches may include medication, individual counseling, group therapy, and residential treatment. Many people benefit from support groups as well.

A critical factor to addiction recovery for many people is identifying and managing coexisting mental health conditions. Anxiety and depressive disorders are more common in addicted persons than in the general population. It is important that these issues be addressed so that people can enjoy a full, healthy recovery.

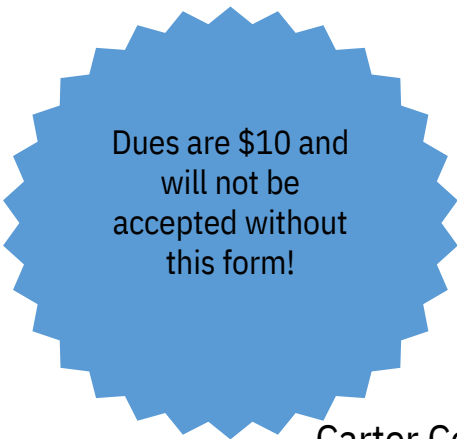
As with other chronic diseases, relapse is often a part of the recovery process. However, a relapse is not the same as starting back at square one. Instead, many people find that they have begun developing coping skills and strategies during previous quit attempts that they can carry forward.

Addiction is considered a good prognosis disorder. In other words, most people who get addicted will eventually recover.

## REFERENCES:

- McLellan, A., Lewis, D., O'Brien, C., & Kleber, H. (2000). Drug dependence, a chronic medical illness: implications for treatment, insurance, and outcomes evaluation. *Journal of the American Medical Association* 284(13):1689-1695.
- NIDA. (2018, July 2). Media Guide. Retrieved from <https://www.drugabuse.gov/publications/media-guide> on 2019, July 26.
- Ross, S., & Peselow, E. (2012). Co-occurring psychotic and addictive disorders: neurobiology and diagnosis. *Clinical Neuropharmacology*. 35(5):235-243. doi:10.1097/WNF.0b013e318261e193

Alex Elswick, PhD  
Extension Specialist for Substance Use Prevention and Recovery  
July 2019



Dues are \$10 and will not be accepted without this form!

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

## Enrollment Form for

### Carter County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional – circle one):      White      Black or African American  
   Asian/Pacific Islander      American Indian      Hawaiian      Other

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

Gender (Optional - circle one):      Female      Male

Total years of membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, 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: \_\_\_\_\_

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