Happy March! I hope you all have survived February in relatively good health. I have heard many people have contracted the flu, a virus, or maybe just the common cold. I hope the promise of warmer weather will brighten your mood and your health!

In February, we had a great Cooking Around the World program—visiting Bali, Indonesia! This month’s focus is on Australia. Call the Extension Office if you’re interested in attending. We also held Embracing Aging at the Bath County Memorial Library. This month’s lesson is the last one in the 12-month series and focuses on taking more time for yourself. If you haven’t been to a session in the past year, I encourage you to join me on March 21 at 10 am. Our Keys to Great Parenting program is still going strong. This month’s focus is on nutrition for the whole family. Our Pastime Playdates program is resuming this month as well!

This month we will FINALLY, hopefully, have our Vision Board Workshop! I did this with my friends and fiancé and we had a great time envisioning our year. I hope many of you will join us at the Extension Office for this program. Also, this month we will have our annual Truth & Consequences drug program at Bath County Middle School. If you are available to volunteer to be a parent for kids on this day, I would greatly appreciate it. It will be held at Bath County Middle School on March 23 at 8 am.

The leader lesson for this month will be taught by Nellie Buchanan and is on Stroke Awareness! This is the time to receive your teaching materials for your clubs. I encourage a representative from each club to hear this great program. Many of you know Nellie is a great presenter and friend to our Homemaker group.

There will be a health fair at Owingsville Elementary School on March 6 if you are interested. It begins at 5 pm.

Along with monitoring our health, we have spots for 10 people to get screened for Ovarian Cancer. This effort is heavily supported by Kentucky Extension Homemakers Association and is free for women over the age of 50. If you’re interested in going with us, call the Extension Office to sign up.

Message From Your President!

Hello ladies and gentlemen. First, I would like to say thank you to every one of you that has sent my son, Mike, and I beautiful cards and notes filled with words of caring, love, and encouragement and for the delicious food. My husband enjoyed that since I wasn’t home much. Thank you so much and may God bless each one of you. My son is doing well—considering everything he has been through. God was with us through it all and will always be there until he is completely healed.

I am going to try and take over my duties as President of Bath County and do the best I can. If anyone has any ideas, please feel free to give me a call anytime. I hope to be back for Let’s Do Lunch, and I hope to see you all there and with more ideas! As always, we have our sewing days on the 2nd Monday of the month and would like all of the help, fellowship, and fun we can get! We are working on several projects at the moment, and we hope you can join us if you haven’t in a while, or at all. Call me anytime if I can be of service. 859-585-0082

Lois Ginn
KEHA News!

Happy birthday to all of you who have birthdays in the month of March!

Lou Eva Bailey
Bobbie Chanie
Janis Deck
Jane Ellington
Myah Kilgore
Lois Kramer
Barbara Nash
Kim Price
Carolyn Rogers
Mary Sue Snedegar

Carol Stephens
Barbara Swartz
Dawn Trammell

Please send in your birthday so that you may be recognized!

Vision Board Workshop

Ever wonder what a vision board is? Or how to create one to achieve your goals? Join us at the Bath County Extension Office as we create this powerful tool to achieve personal, financial, health, and relational goals! You bring magazines, pictures, scissors and we'll provide the food, fellowship, and all other materials!

When: March 8
Where: Bath County Ag Center
Time: 5:30 pm
Call the Extension Office to sign up

Keys to Great Parenting

Our next session of Great Parenting focuses on nutrition for kids. Parents and children will be making a hands-on snack.

When: March 21
Where: Owingsville Elementary School
Time: 5:30 pm (dinner) - Program starts at 6

There will be childcare services available! Parents attending sessions will get a chance to win gas cards, iPads, and more! Free program!

Thought of the Month

Most of the shadows of this life are caused by our standing in our own sunshine.

-Ralph Waldo Emerson

Leader Lesson: Stroke Awareness

Did you know cardiovascular disease is the leading cause of death in the United States? Did you also know cardiovascular disease includes strokes? Learn with Nellie Buchanan the signs of stroke and other awareness tips for your family’s safety.

When: Thursday, March 22
Where: Bath County Ag Center
Time: 10 am

Vision Board Workshop

Join us as we continue to travel around the world tasting dishes reminiscent of these countries. The fourth country will be down under in Australia!

When: March 6
Where: Bath County Ag Center
Time: 10
Call the office to reserve your spot!

Pastime Playdates

Join us for this new program for children! This program focuses on the child, birth to kindergarten, and teaches them skills to prepare for kindergarten. We will read a story, eat a snack, complete a craft or activity, and play with other children!

When: March 16

Truth & Consequences

Volunteers are needed for our annual Truth And Consequences Program. This is a FCS program that is held at the Middle School each year to help students realize the consequences if they are caught doing drug-related activities. We need volunteers to serve as parents for these students as they go through this simulation. If you are free on Friday, March 23 from 8-12 we would love to have you! Call the extension office to sign up!

Cooking Around the World

Join us for our next program focusing on the child, birth to kindergarten, and teaches them skills to prepare for kindergarten. We will read a story, eat a snack, complete a craft or activity, and play with other children!

When: March 6
Where: Bath County Ag Center
Time: 10
Call the office to reserve your spot!

Keys to Embracing Aging

The LAST session of Keys To Embracing Aging is on learning more about taking time for you. These sessions are open to all ages, have been so much fun, and we learn a lot.

When: March 21
Where: Bath County Library
Time: 10 am
Bring a friend or share with someone think may be interested!
**Let's Do Lunch!**

This program is back! We will learn a new skill, develop leadership skills, get to know one another, and brainstorm ideas to impact our community!

**When:** March 21  
**Where:** Bath Ag Center  
**Time:** 11 am

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### March 2018

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- **1 Bethel Nite (6p) Bethel Church**
- **2 Sharpsburg Country (10:30a) Sharpsburg Church**
- **6 Cooking Around the World (10a) Ex. Off.**
- **7 Scrapbook Club (10a) Ex. Off.**
- **8 Vision Board Workshop (5:30p) Ex. Off.**
- **11 Sewing Day (9a) Ex. Off. Produce Auction BD (6p) Ex. Off.**
- **13 Slate Valley (5:30p) Country @ Heart (6:30p) Ex. Off.**
- **14 Harpers & White Oak (10:30a) Ex. Off.**
- **16 Pastime Play-dates (10a) Bath Co. Library**
- **17 Embracing Aging (10a) Bath Co. Library**
- **18 Let’s Do Lunch (11a) Ex. Off. Keys to Great Parenting (5:30p) Owingsville Elementary**
- **19 Stroke Awareness Leader Lesson (10a) Ex. Off.**
- **20 Ovarian Screening (8:30a) Ex. Off.**
- **21 Embracing Aging (10a) Bath Co. Library**
- **22 Stroke Awareness Leader Lesson (10a) Ex. Off.**
- **23 Truth & Consequences (8a) Bath Co. Middle School**
- **24 Cattleman Meeting (6:30p) Ex. Off.**
- **25 Cattleman Meeting (6:30p) Ex. Off.**
- **26 Cattleman Meeting (6:30p) Ex. Off.**
- **27 Ovarian Screening (8:30a) Ex. Off.**
- **28 Ovarian Screening (8:30a) Ex. Off.**
- **29 Ovarian Screening (8:30a) Ex. Off.**
- **30 Ovarian Screening (8:30a) Ex. Off.**
- **31 Ovarian Screening (8:30a) Ex. Off.**
Check It Out: Egg Art

Supplies
2 sheets of paper with egg silhouette
Construction paper
Glue
Frame

Directions
1. Cut strips of construction paper.
2. Paste construction paper on egg in several different directions.
3. Cut one egg shape on paper that you did not paste.
4. Place the egg cutout on top of the construction paper filled egg.
5. Place in a frame. Enjoy.

Try It Out! Kentucky Proud Recipe

Lean Green Lettuce Tacos

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>8 large lettuce leaves</td>
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<tr>
<td>1½ cup cooked brown rice</td>
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<tr>
<td>¾ cup fresh corn kernels</td>
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<tr>
<td>1 cup canned black beans, drained and rinsed</td>
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<tr>
<td>1 tablespoon olive oil</td>
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<tr>
<td>¾ pound extra lean ground beef</td>
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<tr>
<td>1 small zucchini, chopped</td>
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<tr>
<td>1 ounce packet low-sodium taco seasoning</td>
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<tr>
<td>4 ounces low sodium tomato sauce</td>
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<tr>
<td>1 tablespoon finely chopped cilantro</td>
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<tr>
<td>1 teaspoon lime juice</td>
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<tr>
<td>1 tomato, chopped</td>
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<tr>
<td>1 small red onion, chopped</td>
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Wash and dry lettuce leaves. Prepare rice according package directions. Cut corn off cob. Drain and rinse black beans. In a skillet, heat the oil to medium; add ground beef and begin to cook. When beef begins to brown, add zucchini, corn and black beans to skillet. Continue to cook until vegetables are tender and beef is done. Do not overcook. Add in taco seasoning and tomato sauce and heat through. Add cilantro and lime juice to the cooked rice. Place equal amounts of rice mixture and taco mixture into lettuce leaves. Top each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.
The Multi-cooker Craze

Source: Jennifer Bridge, extension agent for family and consumer sciences education, Meade County

The “instant pot,” a small kitchen appliance, is the latest craze to hit the culinary world with consumers touting health benefits and ease of use in the trendy appliance.

The Instant Pot is just one brand of multi-cooker. Several companies manufacture multi-cookers like the Instant Pot.

Multi-cookers have several different functions all contained in one unit. A single appliance can be used to steam, sauté, brown, slow cook, pressure cook, make yogurt or stir food while it is cooking. It depends on the unit design and brand.

The multi-cooker offers some great advantages over other machines. One appliance does it all so there is no need to have several different ones taking up counter space. The pressure cooker does not blow up as several safeguards have been put in place to prevent the unit from exploding. It’s fairly quick and easy to use. You can start off by browning or sautéing then transition to a slow or pressure cooking method for the same pan within seconds.

Before using, read the manual to discover the features and become familiar with your new appliance. Keep the manual with the appliance or in a handy location for future use. Also, make sure to register your new appliance so the manufacturer will have a record of your purchase in the event of a malfunction or recall.

Depending on the unit size, you may be limited on how much you can cook at once. You may need to invest in additional dishes or pans, made specifically for use inside the multi-cooker to get the most from your machine. For certain functions, cooking times do not include pre-heat time. For example, if a recipe says, “done in seven minutes,” you might need to plan for an additional seven minutes heating time prior to cooking and additional release times depending on natural or quick release.

The multi-cooker is a great small appliance, and the more you use it, the more comfortable and creative you become when preparing food. For more information, contact the Bath Cooperative Extension Service.

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

-30-

Multi-cooker Fried Rice

Servings: 4
2 cups long grain rice (not instant)
4 cups water
1 Tbsp. olive oil
1 egg
6 oz. frozen mixed vegetables
Ginger or mustard sauce

Steam rice according to multi-cooker directions for the function. Once steam is vented, remove lid and switch function to sauté. Push rice to the sides of the pan creating a well in the middle of the rice with the bottom of the pan visible. Pour oil into well, crack open the egg and add to the oil. Fry until done, chopping as you go. Once done, add mixed vegetables and stir all ingredients together. Continue to sauté until vegetables are hot and steamy. Add your favorite sauce, such as ginger or mustard, to complete this easy side dish.
MARCH 2018
Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/content/health-bulletins

Bath County Extension Office
2914 E. HWY 60
Owingsville, KY 40360
(606) 674-8121

THIS MONTH’S TOPIC:
KEEPING YOUR KIDNEYS HEALTHY

March is “National Kidney Month.” However, you can be a kidney health champion any time of the year! The kidneys are two, fist-sized organs in your lower back. They maintain overall health through the following functions:

- Regulate fluid levels
- Filter waste from the blood
- Balance the body’s fluids and minerals
- Regulate blood pressure
- Activate vitamin D that promotes strong, healthy bones
- Direct production of red blood cells

Continued on the back →
Adults should do at least 2 hours and 30 minutes of physical activity each week.

Continued from page 1

High blood pressure, diabetes, age 60 or older, or a family history of kidney failure can put one in three Americans at an increased risk of developing kidney disease. Kidney disease can cause: nerve damage, cardiovascular disease, weak bones, heart attack, high blood pressure, stroke, kidney failure and a low red blood cell count.

Recognize the symptoms of kidney disease:
- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine or foamy urine
- Puffy eyes
- Difficult or painful urination
- Increased thirst
- Fatigue

Here are some ways to practice kidney health habits:

- **Stay hydrated with water.** Daily fluid intake recommendations vary by age, sex, pregnancy and breastfeeding status.

- **Eat healthy foods.** Eat a balanced diet of fruits, vegetables, breads, meats and dairy products. Eating too much salt can be bad for your body and your kidneys. Talk with your doctor or a dietitian about what food is right for you.

- **Exercise regularly.** Regular physical activity can stave off weight gain and high blood pressure. Adults should do at least 2 hours and 30 minutes of physical activity each week.

- **Quit smoking.** Smoking can damage blood vessels, which decreases the flow of blood in the kidneys.

- **Drink only in moderation.** Moderate alcohol use for healthy adults means up to one or two drinks a day. Beer: 12 fluid ounces. Wine: 5 fluid ounces.

- **Medications.** Only take medicine a doctor prescribes you. Do not overdo it when taking over-the-counter medications. Common non-prescription pills like ibuprofen can cause kidney damage if taken too regularly over a long period.

RESOURCES:
- [https://health.clevelandclinic.org/2015/04/7-secrets-to-keeping-your-kidneys-healthy](https://health.clevelandclinic.org/2015/04/7-secrets-to-keeping-your-kidneys-healthy)
- [https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/alcohol/art-2004551](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/alcohol/art-2004551)
- [https://www.kidney.org/atoz/content/sixstephealthprimer](https://www.kidney.org/atoz/content/sixstephealthprimer)
- [https://www.kidney.org/atoz/content/making-choices-keep-you-and-your-kidneys-healthy](https://www.kidney.org/atoz/content/making-choices-keep-you-and-your-kidneys-healthy)
THIS MONTH’S TOPIC:
SHOULD I STAY OR SHOULD I GO: CONSIDERATIONS FOR DOWNSIZING YOUR HOME

Do you remember what it was like to live in your college dorm room or in your first one-bedroom apartment? Space was at a premium so you learned to be more efficient. You got rid of all the excess, you maximized storage space, and everything you needed was within reach. Of course, returning to the lifestyle of your younger days may not sound so glorious. But that minimalist approach does have some important lessons to teach us regarding our living spaces.

According to the Census Bureau, the average square footage of an American household increased 1,000 feet from 1973 to 2003. In that same time period, the average size of an American family has actually decreased! That means Americans today have more space and less family members to use it. For some, a spacious home may be just what they desire. Others may find that the additional space brings with it more hassle than they had hoped. If you have thought about downsizing your home, consider the following suggestions to help you weigh your decision.

The Benefits
Money
Downsizing your home comes with a laundry list of benefits and chief among them is probably money. In most cases, downsizing will result in a lower mortgage or rent payment. The extra savings may be better used to pay off student loans, reduce credit card debt, or begin saving for the future.
Prestige
For most people, a house is much more than just a dwelling. A house is also a symbol of status and wealth. Downsizing your home means being comfortable with the appearance of having less. And, in addition to the appearance of having less, you may actually have less after downsizing. This may mean you are forced to make lifestyle changes that are not always welcomed.

Guests
An often overlooked drawback to downsizing is how a reduction in square footage can affect your ability to entertain guests. While less space may be comfortable for you and your spouse, it may not be comfortable for a house full of in-laws. You may have to sacrifice being the hub for the holidays in order to downsize your home.

Market Timing
Lastly, we should mention a brief word about the market. Even after taking into consideration the pros and cons listed above, market indicators may be one final source of information before deciding whether or not to downsize your home. In a seller’s market, the margin you create by downsizing will be significantly larger than the margin you will create by selling in a buyer’s market. Be sure to downsize your home at the time when you will receive the maximum payout.

Reference: Census Bureau

Alex Elswick, MS, Extension Associate for Family Resource Management, Department of Family Sciences, University of Kentucky Cooperative Extension Service, (859) 257-3290; alex.elswick@uky.edu

Jennifer Hunter, Ph.D., Interim Assistant Director of Family and Consumer Sciences Extension, University of Kentucky Cooperative Extension Service, (859) 257-3887; jhunter@uky.edu

Stock images: 123RF.com

Become a fan of MoneyWi$h on Facebook!
Facebook.com/MoneyWise
The Kentucky Extension Homemakers Association (KEHA) and local area businesses throughout the Commonwealth of Kentucky are partners supporting ovarian cancer screening to reduce the mortality due to ovarian cancer in Kentucky women.

The chances of having breast cancer are about one in nine over a woman’s lifetime. The chances of having ovarian cancer are about seven to eight times lower than breast cancer.

Despite the lower probability, ovarian cancer kills more women than all other gynecologic malignancies combined. Often ovarian cancer is not accompanied by symptoms until the disease is advanced.

In some cases, the early symptoms of ovarian cancer can resemble those of the typical flu, which is why women may disregard the symptoms until the cancer has reached the advanced stage. Early stage ovarian cancer is very often curable and advanced stage ovarian cancer carries a poor prognosis for survival; however, beating ovarian cancer is dependent upon early detection.

Woman with an elevated risk profile for ovarian cancer (usually due to family history) are most likely to be monitored or screened for ovarian cancer. However the vast majority of ovarian cancers do not arise from women at high risk because this group is small. Most ovarian cancers occur in women who are over the age of 50 and do not have any symptoms. Ovarian cancer screening of women over age 50 is not being recommended as a part of the standard of care.

Symptoms like pelvic pain or abdominal distension qualify women for diagnostic workups (not screening) involving a bimanual pelvic exam and transvaginal ultrasound. Our research protocol experience involving more than 34,500 women who have received over 180,000 free ultrasound screens indicates that transvaginal ultrasound is the most effective way to detect early stage ovarian cancers and save lives.

Eligibility for Ovarian Screening:

- All women over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer) are free for a free ovarian cancer screening
- Women over the age of 25 who have a family history of ovarian cancer are also eligible for a free screening
- Any woman in one of these two groups should contact us to schedule an appointment

Source: Heather Norman-Burgdolf, UK extension specialist in food and nutrition

March is colorectal cancer awareness month. It’s a good time for us raise awareness about the third-most common cancer in the United States and talk about possible ways to prevent it. Recently, scientists have begun to show that a healthy gut may play an important role in colorectal cancer prevention.

Our digestive tract is home to around 100 trillion microbes from more than 100 species of bacteria. Many of these species are important for healthy human function. It is important to maintain a balance between good and bad bacteria in your digestive tract for optimal health.

An unhealthy diet and weight gain can create more bad bacteria in your gut, which could potentially lead to health problems. Although, scientists do not completely understand the relationship between gut bacteria and colon cancer, they are finding that certain types of bacteria are more common in the digestive tracts of individuals with colon cancer compared to healthy adults.

One of the most effective ways to maintain a healthy balance of gut bacteria is through your diet. Diets high in red meat and fat while low in fiber, can increase your bad bacteria and your risk of colon cancer. Diets that are high in fiber, fruits and vegetables maintain more stable, healthy gut bacteria. These foods are also higher in vitamins and minerals that fight inflammation and help you maintain a healthy weight.

Consuming prebiotic and probiotic foods may also aid in colon cancer prevention. Probiotics provide a natural supply of healthy bacteria when consumed and include foods such as yogurt, aged cheeses, kimchi and sauerkraut. Prebiotics provide nutrients to help healthy gut bacteria thrive, and they include whole grains, bananas, onions and asparagus.

Choosing to eat foods that are good for your gut may have a promising role in colon cancer prevention as well as other health benefits like a stronger immune system. For more information about healthy eating, contact the Bath County Cooperative Extension Service.
Crossword: Opposites

Write the opposite of each word below in the crossword puzzle.

Across
1. Opposite of buy
4. Opposite of push
6. Opposite of true
7. Opposite of soft
9. Opposite of wide
10. Opposite of right
11. Opposite of black
12. Opposite of early

Down
2. Opposite of cheap
3. Opposite of empty
5. Opposite of cooked
6. Opposite of last
7. Opposite of cold
8. Opposite of clean

Brain Quote Cryptograms

The following cryptograms are all quotes about the brain, with the names of their authors. Some of the letters have been filled in to give you a head start. See how many you can solve! Visit www.dana.org for more information on the brain and neuroscience.

We're Not in Kansas Anymore

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 4 | 8 | 3 | 7 | 9 |
| 18 | 19 | 25 |
| 10 | 14 | 9 |

A H A H G

W H L Y H U G H

A H A A

W L Y H A A

H A H G

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12 22 12 2 8 25 9

1 19 13

5 17 4 6 13 17 6 2 14
We are always seeking community input on the types of programming we are providing through Cooperative Extension. If you have any ideas, please call us and let us know. Also, we are looking for volunteers to serve on our County Extension Council. We meet quarterly. If you would like more information on what this council does, please call the office and we can discuss it.

I hope to see many of you at the Extension Office or at other community events. If you need anything, please do not hesitate to contact any of us here. Have a fantastic month and I hope to see you soon.

Sincerely,

Nicole Gwishiri

Bath County Agent for Family and Consumer Sciences Education

Tips to Jumpstart Healthy Eating Habits

Deciding to kick bad eating habits to the curb can often seem overwhelming. Sometimes we just need to see it written simply to jumpstart a new routine. Try these tips to get back on track:

- **Eat breakfast.** Eating something in the morning not only helps you focus it also will help you make better food choices the rest of the day since you won’t be as ravenous. Some ideas include plain Greek yogurt with a handful of berries, whole-grain toast with some avocado or even just a couple of hard boiled eggs and a handful of nuts. It doesn’t have to be big but something is better than nothing!

- **Drink less soda and more water.** It will be a gradual process but starting to drink less soda and more water will help you feel fuller throughout the day and even sleep better at night. Start by replacing one soda a day with water and try to get down to as little soda as possible.

- **Have control of your meals.** Bringing your own lunch and cooking your own dinner saves money and puts you in control of what is in your food. Buy ingredients that are simple and easy to assemble. For example, bake chicken and roast vegetables in the beginning of the week then add to greens for a quick healthy lunch or put over rice for dinner. Being prepared sets you up for success.

- **Keep MyPlate in mind.** Aim to fill half of your plate with fruits and vegetables. When you sit down for a meal, see how it matches up to MyPlate.

*Source: Jean Najor, Senior Extension Associate, University of Kentucky; College of Agriculture, Food and Environment*