TIMELY TIPS

September is National Suicide Prevention Awareness Month.

Suicidal thoughts can affect anyone of any age, gender, or background. Suicide is the second leading cause of death among young people and the 10th leading cause of death among adults. Sadly, these rates are rising.

Suicidal thoughts are often the result of an underlying mental health condition. In many cases the individuals, friends, and families affected by suicide are left in the dark. They feel ashamed or affected by the stigma that prevents them from talking openly about issues dealing with suicide.

Below are some important warning signs:
- Threats or comments about killing themselves
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family, and the community
- Dramatic mood swings in either direction
- Talking, writing, or thinking about death
- Impulsive or reckless behavior
- Giving away prized possessions
- Family history of suicide attempts or completed suicides
- A mental health issue that has not received attention or treatment
- Living with a chronic or terminal illness

If a person has any of these signs, it does not necessarily mean they are suicidal. It just means there might be increased risk.

It is vital to talk about suicide in our communities in order to reduce the stigma. It is also important to remember that talking about suicide with a person does not increase the likelihood that they will attempt suicide. In fact, it might help reduce the risk of a suicide attempt.

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255). If you think someone is in immediate danger, call 911 immediately.

Tips for College Bound Students

Here are some important points for college bound students to keep in mind as they build a budget.

- **Overestimate expenses.** It's better to overestimate expenses and then underspend and end up with a surplus.
- **Underestimate income.** It's better to end up with an unexpected cash surplus rather than a budget shortfall.
- **Involve family in the budget planning process.** Determine how much income will be available from family. Discuss how financial decisions will be made.
- **Prepare for the unexpected by setting saving goals to build an emergency fund.** Budgeting will help you cover unusual expenses and plan for changes that may happen while in school.
- **Planning to move off campus?** Short-term budgeting goals for the year can include saving for the rent deposit and furniture for a new apartment.
- **Starting an internship next semester?** Adjust the budget to save for buying new clothes to wear to work and paying increased transportation costs. Finishing school in the next year? Budget to include job search expenses such as résumé preparation, travel to interviews and job fairs, etc. Also, think about how you will manage your money between leaving school and finding a job.

**Differentiate Between Needs and Wants**
One benefit of budgeting is that it helps you determine if you have the resources to spend on items that you want versus those you need.
- **Start by making a list of things you’d like to save for.**
- **Identify whether each item on the list is something you absolutely need or is really a want.**
- **If you decide you want something, ask yourself if you will still be happy you bought the item in a month.**

**Manage Your Budget**
Keeping track of all of your spending may seem like a lot of work. But if you’re organized, keep good records, and use some of the following tips, you’ll find it’s easier than you may think. And, don’t be too hard on yourself if you slip up.

Reference:
https://www.choosemyplate.gov/tips/eating-foods-away-home

Source: Janet Mullins, Extension Specialist for Food and Nutrition; Hannah Ford Hickey, Graduate Student

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**2019 WINTER WONDERLAND**

EAT, DRINK & SHOP

Saturday, November 16, 2019
10:00 AM–3:00 PM
Southern Elementary School
Highway 27, Falmouth

***ATTENTION SHOPPERS AND CRAFTERS***

Unique approach to Holiday Craft and Gift Sale
Homemade crafts, candy and baked goods, chili and chili dogs.

Get your picture made with Santa.
For more information, please call 654-3395
Tips for Parents of Tween and Teen Girls

Research conducted on more than 1,300 girls ages 8 to 18 revealed that girls between the ages of 8 and 14 experience a 30 percent decrease in confidence levels.

While this staggering news for girls and parents, there are ways parents can help rebuild their daughter’s confidence.

In order to grow your daughter’s confidence, you have to move her out of the comfort zone by introducing new things. To do this, make a list of her fears and see if there are ways to allow her to face those fears. Identify previous risks she took and overcame. This can act as a great reminder of how brave she really is. Remind her of how she felt (scared, worried, unsafe) and then ask her how she felt when she was done. Come up with a mantra such as, “I got this” or “You can’t stop me.” Mantras can be a reminder she can use when she feels fear or doubt. It will also allow her to be her own coach.

Teach your children not to fear failure, ask them to embrace it and learn from it. Failure allows us to be creative problem solvers. Failure can help us identify growth areas. Talk about what failure looks like — rarely is it ever catastrophic. Share a story of one of your failures and how it wasn’t as bad as you feared. When we fail, we pick ourselves up, brush ourselves off, and go again.

Begin a mindfulness practice that focuses on “self talk” and the messages we speak to ourselves. Incorporate the term “maybe” into our language. “Maybe” puts things into a more balanced and probable outcome. Using absolutes such as never or always leaves us with no other possible explanation. The most influential people in a child’s life are their parents. They learn so much from watching and mimicking us. It is important for parents to do it themselves. It’s hard to tell a child to do something we don’t practice, so tell her when you feel nervous or admit when you become obsessive.

Protecting our kids from everything difficult leaves them immature and unable to handle everyday problems. Children often rise to the challenge and learn so much from the struggle.

September is Healthy Aging Month

Staying healthy can be a challenge, especially as we get older. However, if you make healthy living a habit, you can work to avoid falls, prevent and manage chronic conditions, improve overall health and well-being, and even add healthy years to your life in old age (NCOA, 2019). To help you get “the most good years out of life,” visit the Blue Zones True Vitality Test at https://apps.bluezones.com/en/vitality. This test estimates your life expectancy and calculates how long you’ll stay healthy based on the way in which you are currently living. After the 3-minute online test, you’ll receive personal feedback about how you can be healthier. The True Vitality Test is a result of the Blue Zones project (National Geographic, 2008). Residents in the five international Blue Zones have some of the longest life expectancies in the world, including healthy adults who reach more than 100 years of age.

The world’s healthiest people are physically active; they are eating healthy and drinking water; they have a sense of belonging, connection, and purpose; have strong spiritual beliefs; they get enough sleep and don’t get overly stressed.

References:

Summertime Sensation Casserole

Ingredients:
- 4 strips turkey bacon
- 3 tbsp. diced green pepper
- 1/3 cup minced onion
- 1/2 teaspoon salt
- 1/3 cup chopped tomatoes
- 1 tbsp diced sweet basil
- 1/3 cup reduced fat shredded cheddar cheese

Directions:
- In a large skillet, cook turkey bacon until crisp. Drain turkey bacon on paper towel, chop and put aside. Do not drain pan. Cook onion and green pepper in bacon drippings over medium heat until tender. Cut corn from cob and add to onion and green pepper mixture in skillet. Add salt, black pepper, basil and tomatoes. Cook 5-10 minutes. Add chopped turkey bacon & corn and cook additional 5 minutes. Pour skillet contents into a greased 1-1/2 quart casserole dish. Top with shredded cheddar cheese. Bake at 350°F for 30 minutes, or until cheese is melted and bubbling.
NEWS... FROM PENDLETON COUNTY COOPERATIVE EXTENSION SERVICE

Upcoming Events

September 14th - “Ewenique” Art Walk from 4-9 PM

October 4, 5, and 6 - Wool Festival

October 23 at 6:30 PM - County Extension Council (dinner will be served, RSVP)

November 7 from 3-7 PM - Holiday Open House and Recruitment Drive

November 16 from 10 AM—3 PM - Winter Wonderland

November 17—Middle School Lunch outreach

Mark Your Calendar

This year’s Ewenique Artwalk will be September, 14th starting at 4 PM. They are now currently looking for individuals to perform. Check out the Tourism Facebook page. Watch in next month’s newsletter for more details.

Note from Kenna
I will be on vacation August 26—September 9. I will try to answer questions while I am gone and will keep in contact with the office. Not sure of my email availability. My cell phone is 859-462-4433. If important, text or call! Have a great rest of your summer!

FOR MORE INFORMATION CONTACT

Kenna Knight
EXTENSION AGENT FOR FAMILY & CONSUMER SCIENCES EDUCATION—PENDLETON COUNTY
pendleton.ca.uky.edu

Apple Cranberry Waldorf Salad

 устройство: Фургон с газом

Holiday Open House and Recruitment Drive

Thursday, November 7, 2018
3:00-7:00pm

Presented by: Kenna Knight
Pendleton County Agent for Family And Consumer Sciences

Crafts in the Holiday Book will be on display, Recipes will be available for tasting.

Those attending will receive a copy of the Holiday Book, make a Holiday craft and learn more about Homemakers.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of age, color, gender, national origin, religion, ethnicity, disability, or political belief. Kentucky Cooperative Extension also operates this program in cooperation with county [name], public institutions, and Kentucky Baptists, churches