

# Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

October 2023

Vol. 3 No. 10

## Halloween is More Than Just Candy and Costumes

Halloween is a celebration observed in several countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. It begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

The Day of the Dead (el Día de los Muertos), is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration.

Beginning in the Middle-Ages, children and sometimes poor adults would dress up in the costumes and go around door to door during Hallowmas begging for food or money in exchange for songs and prayers, often said on behalf of the dead. This was called "souling" and the children were called "soulers". This has

been adapted to our modern day dressing up and 'begging' for sweets when going door to door on October 31.

Today's Halloween activities include: trick or treating; parties; decorations; bonfires; carving pumpkins; playing pranks; visiting haunted attractions; telling scary stories and watching scary movies and shows.

While some may discourage the "celebration" of this traditional holiday, others use it as a teaching tool. Remember, this year, when you hand out sweets or shepherd your children through the streets, remind the kids about the deeper meaning of the event: that death is no barrier to love and we can hold those dear to us in our hearts and minds forever.

## October 2023

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## Halloween Safety

- If out at night, wear bright clothing and carry a light
- Hold your young child's hand
- Attend Halloween parties held during the day instead of going out at night
- Go to a truck or treat event sponsored by a church or known safe group
- Pay attention to your surroundings—don't walk around looking at your cell phone
- Only give out pre-wrapped candy—no homemade goods or fruit
- Young children may be easily frightened, so don't scare them when you greet them at the door
- Be sure to remind older children about being safe: stay on sidewalk (if there is one), don't play tricks, thank the person giving you treats, watch the traffic, don't jaywalk, don't get into a car with anyone you do not already know well.
- Tell the children not to eat any candy until they get home and allow you to examine it for tampering.
- Remind the kids about the deeper meaning of the event: that death is no barrier to love and we can hold those dear to us in our hearts and minds forever.

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# Out of the Box Recipes

@ The Filling Station, 221 Main St, Pollocksville, NC 28573

New Teaching Kitchen

FREE

9:30AM-10:30AM

AUG 31, SEPT 21, OCT 19, NOV 30

Learn how to utilize the ingredients in the free food boxes from the food pantry pick-up!

**NC** COOPERATIVE EXTENSION

N.C. A&T

NC STATE



## October Health Awareness Celebrations

There are several awareness months celebrated in October — though the three that often get the most attention include ADHD Awareness Month, Breast Cancer Awareness Month, and Depression Awareness Month. Here is some information on each that may help you or someone you know. Seek professional help if you recognize these symptoms.

**ADHD:** Attention deficit hyperactivity disorder (ADHD) is a highly genetic, brain-based neurodevelopmental disorder. It affects executive functioning skills, including: Attention, Concentration, Memory, Motivation and effort, Learning from mistakes, Impulsivity, Hyperactivity, Organization and Social skills. Without proper identification, diagnosis and treatment, ADHD can have potentially serious consequences, including: School and career difficulty; Family stress and disruption; Depression; Relationship problems; Substance use issues; Accidental injuries; and Reduced life expectancy. The distractions, impulsiveness, and difficulty with paying attention brought about by ADHD can affect communication, resulting in interruptions, disorganized thoughts, and trouble following conversations. These communication difficulties can have a profound effect on a person's quality of life and can impact their ability to work, socialize, and maintain relationships.

**Breast Cancer Awareness:** October is Breast Cancer Awareness month! The goal throughout the month is to increase awareness of the disease and stress the importance of mammograms as the best tool to screen for breast cancer, the second most common type of cancer among women. Approximately one in eight women in the United States will get breast cancer during their lifetime and each year, more than 40,000 women die from breast cancer. Different people have different symptoms of breast cancer, while some do

not have any signs or symptoms at all. It is important to know how your breasts normally look and feel to be able to recognize any changes that may occur. While knowing what to look for is important, regular mammograms and clinical breast exams are crucial, as these tests can help detect breast cancer before symptoms show. Signs of breast cancer may include: Lump in the breast or underarm (armpit); Swelling or thickening of all or part of the breast; Dimpling or skin irritation of breast skin; Redness, scaliness or thickening of the nipple or breast skin; Nipple discharge (other than breast milk); Any change in the size or shape of the breast' and Pain in any area of the breast.

**Depression Awareness:** Major depressive disorder, or major depression, is characterized by a combination of symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy once-pleasurable activities ([www.nimh.nih.gov](http://www.nimh.nih.gov), 2014). Episodes of depression often follow stressful events such as marital problems or the death of a loved one. The exact causes of depression still are not clear. What we do know is that both genetics and a stressful environment, or life situation, contribute to its cause or sudden onset. Some of the signs and symptoms according to the Diagnostic & Statistical Manual of Mental Disorders 5, include the following: Prolonged sadness or unexplained crying spells; Significant changes in appetite and sleep patterns; Irritability, anger, worry, agitation, anxiety; Pessimism, indifference; Loss of energy, persistent lethargy; Feelings of guilt, worthlessness; Inability to concentrate, indecisiveness; Inability to take pleasure in former interests, social withdrawal; Unexplained aches and pains; and Recurring thoughts of death or suicide.







**SATURDAY, OCTOBER 7, 2023 | 10AM-5PM**

The Filling Station fundraiser

**TITLE SPONSOR**



We are planning an afternoon of good country fun to raise funds and awareness of The Filling Station and our community.

**WE ARE “FILLING NEEDS”**

We will be asking for support through voluntary donations. The event will be held along 10 Mile Fork Road

**ACTIVITIES INCLUDE:**

*Ceramics painting, Things From Yesteryear, a Hay Ride, Moosical Entertainment, a Walk in the Woods, Farm Animals, and shopping at Z.A.K.'s.*

Visit <https://fillingstation1075.com/> or call Karen at 252-635-0828 for more information.



# “As One” Rally – Call to Prayer (#10) with the churches of Jones County

Final prayer caravan in the Maysville area!

On Sat., Oct. 14 at 9:15 AM  
Meet at Frost Park, Maysville  
Stopping and praying at/for 4 churches

Everyone is welcome!  
Caravan by car  
Praying Outdoors



This will be the 10th of a series of events in which the people of God rise up and take prayer to the roads, streets, and highways, praying for each other's churches, for revival in our churches, and for an outpouring of the Spirit in our communities. God wants every church in our county to thrive and be prosperous in ministry. It is our goal to gather God's people to pray in person with leaders from each church in Jones County at their place of worship, uniting to support and encourage each other in such a way that JESUS receives all the glory If you would like more information, please contact Rev. Dr. WS Nicholson at 252-342-8255, Rev Charlie Dunn at 910-340-4509, Eileen Dove at 252-617-1346 or any JCCTU member. Learn more about us and "Like" us at <https://www.facebook.com/Jones-County-Coming-Together-in-UnityJCCTU-102710914858732/>

## Butternut Squash Soup—Warms You Right Up on a Cool Day

### Equipment

- [5.5-Quart Dutch Oven](#) (I personally use the Staub Cocotte)
- [Blender](#) (I've used my trusty Vitamix for years)

### Ingredients

- 2 tablespoons [extra-virgin olive oil](#)
- 1 large yellow onion, chopped
- ½ teaspoon [sea salt](#)
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 [garlic cloves](#), chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups [vegetable broth](#)
- [Freshly ground black pepper](#)

### For serving

- Chopped parsley
- [Toasted pepitas](#)
- Crusty bread

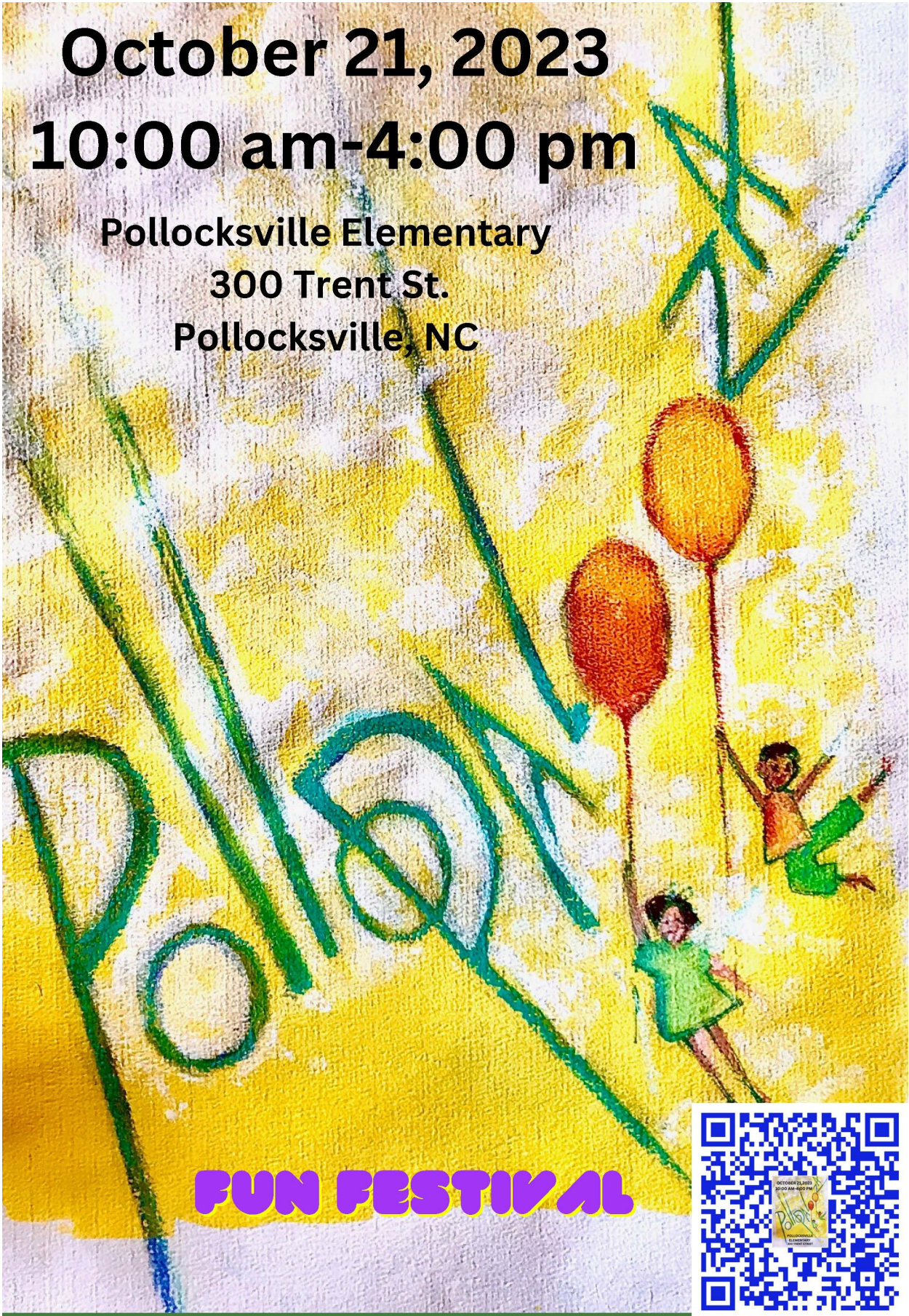
### Instructions:

- 1.. Heat oil in a large pot over med. Heat. Add onion, salt & pepper. Sauté until soft. Add squash and cook until soft—stir occasionally.
2. Add garlic, sage, rosemary, and ginger. Stir and cook for 1 min. until fragrant, then add 3 c. of broth. Boil, cover, reduce heat. Simmer until squash is tender 20 to 30 min.
3. Let cool slightly and pour soup into a blender, working in batches. If soup is too thick, add broth until desired consistency is achieved. Serve with parsley, pepitas, and crusty bread.



**October 21, 2023**  
**10:00 am-4:00 pm**

**Pollocksville Elementary**  
**300 Trent St.**  
**Pollocksville, NC**



**FUN FESTIVAL**







Nutrition · Education · Connection

*Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.*

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## SHADES OF GOLD

So many shades of gold  
Autumn

Another miracle we take for granted  
Another expression of the artist's vision  
The blending of the autumn hues  
with the setting sun

Warm

Comforting

Perfect

Thank you for autumn, Lord.

- Author Unknown



**Prosperity Thought for the Month:  
Hold the image of the life you want.**