

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

October 2024

Vol. 4 No. 10

15 Life Lessons Learned From Football

When we think of fall, we think of football. And while you may or may not enjoy the game, there are some valuable lessons to be learned from it.

In this article by Mike McCann, he says he wouldn't trade his football experience for anything in the world. Here are the 15 things that football taught McCann that he uses everyday:

1. How to compete
2. How to be disciplined
3. How to work (really) hard
4. How to lead
5. How to follow
6. How to be accountable
7. How to push others to achieve
8. The value of practice
9. How to sacrifice
10. How to accomplish something bigger
11. To control what I can control

12. How to stand for something
13. There are no shortcuts
14. How to finish something that you start
15. How to be selfless

Are you the parent of a youth, middle school or high school football player who's looking for more tips or resources? Check out the [Parent Guide, Parents 101 course, nutritious recipes and more.](#)

To read the full article, [click here.](#)



October 2024

- 3 Food Distribution 8:30-10 AM
- 3 Hooked on Seafood Class 10-12
- 8 Food Distribution & Senior CSFP 8:30-10 AM
- 10 Food Distribution & Senior CSFP 8:30-10 AM
- 10 Hooked on Seafood Class 10-12
- 15 Food Distribution 8:30-10 AM
- 17 Food Distribution 8:30-10 AM
- 17 Hooked on Seafood Class 10-12
- 19 A Perfect 10 11AM to 4 PM
- 19 Pollopalooza Fun Fest

- 22 Food Distribution 8:30-10 AM
- 24 Food Distribution 8:30-10 AM
- 24 Hooked on Seafood Class 10-12
- 29 Food Distribution 8:30-10 AM
- 31 Food Distribution 8:30-10 AM



Proper Use of a Box Grater

The author of this Southern Living article was Alana Al-Hatlani, a professional baker who often had to use a box grater when the food processor was broken.

"The key to using a box grater without upper body fatigue is flipping the grater on its side. This way, you can leverage your body weight to easily glide the cheese, frozen butter, carrot, you name it, across the holes. And the bonus? Everything grated is trapped inside the box grater and can be lifted (still on its side) from the counter to a bowl. Bonus points for setting the sideways grater on a baking sheet, so that stray pieces don't scatter all over the counter.

"Not only should you use a grater on its side, but you need to know the right side of the grater (i.e. the right size holes) to use in the first place. Yes, the large holes are good for a lot of things, but each side has its own advantage.

"Slicing Slots: This is probably the most overlooked side of a box grater. If you don't have a mandoline (or don't like to use one), this side can be used instead. The wide, horizontal slots can thinly slice zucchini, potatoes, or cucumbers. As with a mandoline, watch your fingers, but if you don't think you can thinly slice veggies with just a knife, try using this side of the box grater instead.

"Small Shred: These tiny holes are best used for finely grating hard cheeses like Parmesan or zesting citrus. Generally we suggest using a Microplane (rasp-style) grater for these tasks, but if you don't have one, this side of the box grater will do the job. This spiky side is also good at finely grating garlic and ginger.

"Medium Shred: Sized somewhere between the tiniest holes and the largest ones, this side of the grater is perfect for shred-

ding carrots. It will produce a finer shred than the large holes, which will blend the vegetable nicely into cake and quick bread batters. (Bonus: It's excellent for grating zucchini for baking, too.

"Large Shred: This is the default side most of us turn to. It's great for shredding frozen butter for biscuits, soft cheeses like Cheddar or mozzarella, or grating potatoes.

"Saving Your Knuckles: If you find yourself accidentally scraping up your knuckles while using a box grater, this advice might be helpful.

- Slow down. The slower you go, the more control you have. Try to move in long, downward strokes, applying even pressure.
- Place soft cheeses, like mozzarella, in the freezer before grating to firm up. This will give you a better grip on the cheese and make it easier to grate.
- Don't be a hero. Once you get close to the end of an item (the nub, if you will), stop. Trying to grate that last little bit of veggie is when a lot of people end up grating their fingers. I always enjoy the end piece as a little chef snack.
- Replace old graters. They get dull just like knives (and are similarly more dangerous when dull), but can't be sharpened."



Dental Hygiene and Heart Health

October is National Dental Hygiene Month. Did you know that poor dental hygiene can increase the risk of heart disease? There are several ways this can happen:

- **Gum disease**

Gum disease can cause a constant state of inflammation in the body, which can be a strong predictor of cardiovascular disease. People with gum disease are 28% more likely to have a heart attack than those without dental problems.

- **Endothelial dysfunction**

Poor oral hygiene can disrupt the balance of the oral microbiome, which can lead to endothelial dysfunction. This condition can cause narrowed blood vessels and reduced blood flow, which can lead to hypertension and other cardiovascular complications.

- **Bacteria in the bloodstream**

Gum disease can create a way for bacteria to enter the bloodstream. This bacteria can be found in plaques and blockages that form in the heart arteries.

- **Toothbrushing habits**

Brushing less than twice a day for less than two minutes can triple the risk of having or dying from a heart attack, heart failure, or stroke.

- **Human papillomavirus (HPV) infection**

Poor oral health can increase the risk of HPV infection, which can make people more susceptible to having a heart attack .

To Improve oral health and reduce the risk of heart disease, you can:

- Brush your teeth twice a day with gentle circles angled towards your gum line
- Floss to remove plaque that a toothbrush can't reach
- Use a healthy toothpaste
- Rinse your mouth after brushing with a non-alcohol-based mouth rinse
- Visit your dentist twice a year for checkups and cleanings
- Quit smoking
- Limit alcohol consumption
- Eat a healthy diet

This is for informational purposes only. For medical advice or diagnosis, consult a professional.





H OKED ON SEAFOOD

FREE!

4 hands-on basic cooking classes, utilizing local seafood and evidence-based research regarding safe food practices.

THE CLASS IS FREE, THANKS TO SPONSORSHIP FROM THE FILLING STATION AND UNITED WAY!



October 3rd, 10th, 17th, & 24th, 2024
10:00AM - 12:00PM



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

Ages 18+

10 SPOTS ONLY!

Register today:

www.go.ncsu.edu/hooked-on-seafood2024

Contact Jones & Onslow FCS Agent, Sarah Ware, with questions: 252-448-9621 or sarah_ware@ncsu.edu



N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER. IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, N.C. COOPERATIVE EXTENSION WILL HONOR REQUESTS FOR REASONABLE ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO: SARAH WARE AT SARAH_WARE@NC.SU.EDU OR 252-448-9621. REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST 10 DAYS BEFORE THE EVENT.

PREVENT T2



A CDC-approved curriculum to prevent or delay Type 2 Diabetes.

Do you:

- Have a family history of type 2 diabetes?
- Have a past diagnosis of gestational diabetes while pregnant?
- Have a blood test result in the prediabetic range?
- Want to learn how to increase your physical activity and healthy food intake?

This program may be for you!

Who is Eligible?

- At least 18 years old
- Be overweight (BMI \geq 25: \geq 23 if Asian)
- Not be pregnant
- Have no previous diagnosis of type 1 or type 2 diabetes

What do class participants receive?

- CDC-approved curriculum
- Group support
- Year-long program: weekly for 6 months, then 1-2 times a month
- Incentive items to help you use the lessons at home

To Join/Have Question?

Contact: Phatsorn "Gae" Nongnok, Lifestyle Coach



phatsorn.nongnok@jonescountync.gov



(252) 448-9111 ext. 3017



SATURDAY, OCTOBER 19, 2024 | 11AM-4PM
The Filling Station fundraiser

“Jones County – A Perfect 10”

Join us for a day of good country fun to raise funds and awareness of The Filling Station and our community.

TITLE SPONSORS



WE ARE “FILLING NEEDS”

Take this opportunity to show your support through monetary 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, Food Trucks and shopping at Z.A.K’s.

Visit <https://fillingstation1075.com/>
or call Karen at 252-635-0828 for more information.
A County-wide Mission: Nutrition, Education, Connection

OUR SERVICE PARTNERS





POLLOPALOOZA FUN FEST

**October 19, 2024
Pollocksville Elementary
Pollocksville, NC**

Featuring

- Train Ride**
- Bouncy Houses**
- Putt Putt Games**
- Photo Booth**



Featuring

- Food Trucks**
- Vendors**
- Puppet Show**
- Prizes**
- And MORE!!**

LENOIR
COMMUNITY COLLEGE
JONES COUNTY CENTER

Transitional and Career Studies GED Night Classes

**Tuesdays
Wednesdays
& Thursdays**

6 PM – 9PM

**For more information, please contact the
LCC Jones County Center at 252-448-5021.**



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.

PO Box 222

221 Main Street
Pollocksville, NC 28573

252.224.1127

info@fillingstation1075.com
<https://fillingstation1075.com/>
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

Board Members

Chair: Bobby Darden

Vice-Chair: Clyde Murphy

Treas: Willie Smith

Secretary: Beverly Collins

Emily Andrews

Ellis Banks

Sheron Bender

Charley Jones

Colby Jordan

Ella McDaniel

Michael Pretty

Christopher Rogerson

Kenneth Spivey

Estelle Surles

John Taylor

Greg Thornburg

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor

A PRAYER FOR "FOOD FOR ALL"

"O God, you entrusted to us the fruits of all creation so that we might care for the earth and be nourished with its bounty. You sent us your Son to share our very flesh and blood and to teach us your Law of Love.

Jesus showed great concern for those who had no food - even transforming five loaves and two fish into a banquet that served five thousand and many more. We come before you, O God, conscious of our faults and failures, but full of hope, to share food with all members in this global family. Through your wisdom, inspire leaders of government and of business, as well as all the world's citizens, to find just and charitable solutions to end hunger by assuring that all people enjoy the right to food. Thus we pray, O God, that when we present ourselves for Divine Judgment, we can proclaim ourselves as one human family with food for all. Amen."

*Rev. Dr. Michael E. Thomas
Rockford Zion Lutheran Church*

Mason jars, cotton balls, dollar store spiders and a glow stick!

