

# FCS NEWS & NOTES

Cooperative Extension Service  
Muhlenberg County  
3690 State Route 1380  
Central City, KY 42330-5512  
(270) 338-3124  
[extension.ca.uky.edu](http://extension.ca.uky.edu)



Don't forget to call us at (270) 338-3124 to sign up for upcoming events!

## Upcoming Events

**June 1:** Basket Weaving Class from 10 AM to 12 PM at the Extension Office. This class has a \$50 fee (cash or check only). You will go home with a handmade woven basket, size 10"x14"x7". Bring your registration fee to the Extension Office in order to sign up.

**June 4:** Pickleball Club meeting at 5:30 PM at the Extension Office. Youth and adults welcome.

**June 10:** Book Club meeting at 10 AM. We will be discussing *Verity* by Colleen Hoover.

**June 11:** Pickleball Club meeting at 5:30 PM at the Extension Office. Youth and adults welcome.

**June 11:** Cooking through the Calendar at 6 PM at the Extension Office. This month's recipe is Fruited Coleslaw.

**June 12:** Cooking through the Calendar at 11:30 AM at the Central City Public Library.

**June 13:** Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

Note: June's Homemaker Game Night has been cancelled.

**June 19: Juneteenth, Office Closed**

**July 4: Independence Day, Office Closed**

**July 8:** Drop your exhibits off at the Muhlenberg County Fairgrounds between the hours of 4 PM to 7 PM.

July 9: Drop your exhibits off at the Muhlenberg County Fairgrounds between the hours of 8 AM to 10 AM.

**July 9-13:** Muhlenberg County Fair! Visit [mcfairky.com](http://mcfairky.com) for all the details. Like them on

Facebook: Muhlenberg County Fair.

**July 10:** Cooking through the Calendar at 11:30 AM at the Central City Public Library. July's recipe is Couscous Salad.

**July 11:** Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

**July 15: Don't forget to pick up your exhibits from the Muhlenberg County Fairgrounds between the hours of 4 PM to 7 PM.**

**July 16:** Pickleball Club meeting at 5:30 PM at the Extension Office.

**July 30:** Pickleball Club meeting at 5:30 PM at the Extension Office.

**July 30:** Cooking through the Calendar at 6 PM at the Extension Office.

**August 5:** Wits Workout at 10 AM at the Extension Office.

## A Note from your Family & Consumer Sciences Agent

Summer has officially arrived!!

Taking a quick glance back at May, we had such a wonderful and packed month! We had a fun and interesting class on learning how to make homemade sourdough! We had a handful go to the KEHA State Meeting in Bowling Green! While at the KEHA State Meeting, Muhlenberg County was awarded 1<sup>st</sup> place in donating the largest per member to Ovarian Cancer Research! Whoo-hoo Muhlenberg! To wrap up May and our Homemaker year we had a fantastic Annual Day. It was such a fun time. We celebrated our Homemaker Scholarship winner Reece McPherson, fellowshiped together, and listened to our special guest speaker, Ron Dozer share how to take a hike. During that day we raised \$88 for the Coins for Change program. Way to go Homemakers on a splendid Annual Day!

Moving forward to summer activities, the Muhlenberg County Fair is fast approaching! Be getting together your Exhibit Hall items. The Exhibit Hall will be open for check-in on July 8<sup>th</sup> from 4 PM to 7 PM and July 9<sup>th</sup> from 8 AM to 10 AM.

We have some fun, physical activity programs coming to you! One you know; Pickleball Club! It is never too late to come try it out! Open to all! As well, I am excited to announce our new Walking Program that will start in June. Get your walking shoes ready because it is time to get moving!

Another program I am SUPER excited about is called Wits Workout; which will be launching in August! This program was created to promote brain health. The goal is to provide purposeful opportunities for adults to engage intellectually, and to increase their socialization through ongoing group participation. I have done a sample of this myself and it is FUN! It is full of engaging conversations and fun activities. Come exercise your brain with me at the first class on August 5 at 10 AM at the Extension Office. I have included two exercise sheets similar to what we will be doing. Try it out!

*Alex Kelly*

**Alex Kelly**  
Muhlenberg County  
Extension Agent  
Family & Consumer  
Sciences Education



**Managing Foods without Power** Ready ✓

- Keep the refrigerator and freezer doors closed as much as possible.
- **The refrigerator will keep food cold for about four hours if it is unopened.**
- Refrigerated or frozen foods should be kept at 40 degrees Fahrenheit or below for proper food storage.
- Use a refrigerator thermometer to check temperature.
- Refrigerated food should be safe as long as the power was out for no more than four hours.
- Discard any perishable food such as meat, poultry, fish, eggs or leftovers that have been above 40 degrees Fahrenheit for two hours or more.

**PLAN. EAT. MOVE.**



## Scenes from Muhlenberg County Homemakers 99th Annual Day



Would you like your  
FCS Newsletter via  
email?




Would you like to get your FCS News delivered straight to your inbox? Please contact the Extension Office at 270-338-3124 and let us know if we can add you to our email newsletter list.

### Thought for the Day

"A father is the one friend upon whom we can always rely."  
- Emile Gaboriau



### Contact Us

 (270) 338-3124

 Facebook Pages:

Muhlenberg  
County  
Cooperative  
Extension

Muhlenberg  
County  
Homemakers

## Homemakers State KEHA Awards

- Third Place—County Largest Overall for Ovarian Cancer
- County Donating over \$1,000 for Ovarian Cancer
- First Place—County Donating Largest per Member to Ovarian Cancer

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Famous Phrases

Match the popular phrase with its movie or television show.

## WORKOUT 1

- |   |                                   |
|---|-----------------------------------|
| ___ “Here’s Johnny”                               | a. Silence of the Lambs           |
| ___ “Say goodnight, Gracie”                       | b. Casablanca                     |
| ___ “The tribe has spoken”                        | c. Frasier                        |
| ___ “I see dead people”                           | d. When Harry Met Sally           |
| ___ “I’ll have what she’s having”                 | e. Saturday Night Live            |
| ___ “Yabba, dabba, doo”                           | f. Jerry Maguire                  |
| ___ “I’m gonna make him an offer he can’t refuse” | g. The Karate Kid                 |
| ___ “Is that your final answer?”                  | h. The Andy Griffith Show         |
| ___ “I’m listening”                               | i. Who Wants to Be a Millionaire? |
| ___ “Hello, Newman”                               | j. Field of Dreams                |
| ___ “I feel the need, the need for speed”         | k. The Addams Family              |
| ___ “To infinity and beyond”                      | l. The Tonight Show               |
| ___ “If you build it, he will come”               | m. The Honeymooners               |
| ___ “Marcia, Marcia, Marcia”                      | n. The Burns and Allen Show       |
| ___ “Hello, Clarice”                              | o. Seinfeld                       |
| ___ “Show me the money”                           | p. The Mary Tyler Moore Show      |
| ___ “You rang?”                                   | q. The Flintstones                |
| ___ “Here’s lookin’ at you, kid”                  | r. Survivor                       |
| ___ “Well, isn’t that special?”                   | s. The Godfather                  |
| ___ “Wax on, wax off”                             | t. Toy Story                      |
| ___ “You’ve got spunk, kid”                       | u. Top Gun                        |
| ___ “Nip it in the bud”                           | v. The Sixth Sense                |
| ___ “Baby, you’re the greatest”                   | w. The Brady Bunch                |





**STRETCHING**

# Word Play

Find the one missing word that will create two separate compound words.

1. Speed   **boat**
2. Barn \_\_\_\_\_
3. Black \_\_\_\_\_
4. Bed \_\_\_\_\_
5. Ding \_\_\_\_\_
6. Butter \_\_\_\_\_
7. Fire \_\_\_\_\_
8. Flat \_\_\_\_\_
9. Flash \_\_\_\_\_
10. Hang \_\_\_\_\_
11. Car \_\_\_\_\_
12. Hump \_\_\_\_\_
13. Land \_\_\_\_\_
14. Oat \_\_\_\_\_
15. Out \_\_\_\_\_
16. Under \_\_\_\_\_
17. Shut \_\_\_\_\_
18. Volley \_\_\_\_\_
19. Sea \_\_\_\_\_
20. Black \_\_\_\_\_

House *(Speedboat, Boathouse)*

Stick

Room

Piece

Boy

Maid

Ways

House

House

Cook

Scotch

Draft

Out

Time

Room

Food

Lid

Room

Way

Coat

