

FCS NEWS & NOTES

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



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

Upcoming Events

September 2: Labor Day, Office Closed

September 5: Wits Workout at 10:30 AM at the Extension Office.

September 6: Laugh & Learn at 10 AM at the Extension Office. Laugh & Learn is a one hour play date for you and your child to engage in playful activities designed to prepare them for Kindergarten. Laugh & Learn will meet the first Friday of each month September-December.

September 10: Travel with us to Paducah, KY. We'll visit the National Quilt Museum, have lunch at Kirchhoff's Bakery, and an olive oil tasting at Paducah Olive Oil Company. This trip is free, just pay for your own lunch.

September 11: Cooking through the Calendar at 11:30 AM at the Central City Public Library. This month's recipe is

Ramen Skillet Dinner. If you can't come on September 11, you can join in at the Extension Office at 6 PM on September 24 or 11:30 AM on September 25.

September 12: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

September 13: Mother/Son Dance at 6 PM at the Extension Office. Tickets are \$5 per person. Proceeds will go to the 4-H Food for Kids Backpack Program. You must pay in advance!

September 14: Extension Extravaganza from 9 AM to 12 PM at the Extension Office. Join us for free food, kids activities, giveaways and information booths on everything coming up at the Extension Office. Encourage a friend who may not know about Extension to come with you!

September 19: Book Club meeting at 10 AM to discuss *The Maid* by Nita Prose.

September 23: Deadline to sign up & pay for the Pennyriple Area Homemakers Annual Meeting "Between the Rivers." Fee is \$18 per person. Meeting is October 18.

September 23: Wits Workout at 10:30 AM at the Extension Office.

September 23: Bingocize is back! Meeting every Monday at 1 PM at the Central City Public Library.

September 26: Bread Series Class at 10:30 AM at the Extension Office.

September 30: Bingocize at 1 PM at the Central City Public Library.

September 30: Self-Care: Meaningful Social Connections Lesson at 2 PM at the Todd County Extension Office. This lesson will also be offered via Zoom at 10 AM and 5:30 PM on October 1. Contact the Extension Office if you would



Upcoming Events Continued

like the Zoom link emailed to you.

October 11: Fall Craft Night at 5:30 PM at the Extension Office. Participants will make yardstick door hangers. There is a \$5 fee (cash or check only) that must be paid in advance at the Extension Office.

October 13-19: KEHA Week!

October 16: KEHA Proclamation at 11 AM at the Courthouse.

October 17: Wits Workout at 10:30 AM at the Extension Office.

October 21: Bean Supper from 5 to 7 PM at the Extension Office. Spread the word!

Rescheduled date! October 24: Electric Pressure Cooker Class at 10:30 AM at the Extension Office. Join us as we cover tips and tricks for perfect pressure cooking. We'll share easy and delicious recipes for every meal.

Sign up for Remind Text Messaging so you never forget a meeting!



To join the Muhlenberg County Homemakers group, text the message **@98472d** to the phone number **81010**.

Homemaker Council members can join the Homemaker Council group by texting the message **@e8a3de** to the phone number **81010**.

After joining you will receive text messages with reminders such as program time changes, new program information, inclement weather closings, etc.

Welcome to a new Homemaker year! As clubs begin holding their monthly meetings, leaders will be collecting dues. If you are a mailbox member, please complete the enclosed Enrollment Form and return it to the Extension Office with your \$10 Homemaker dues. Checks should be made payable to Muhlenberg County Homemakers. **Dues must be paid by November 15!**

A Note from your Family & Consumer Sciences Agent

Hi all!

Happy almost fall!

We have a lot coming your way with programs starting up again. This month is packed with exciting events, including the Extension Extravaganza, our Paducah Day Trip, Bingocize returning, and more! Be sure to check the calendar for event dates and keep an eye on our Facebook page for updates.

With fall around the corner, it's a great time to get back into the swing of things. Attending our classes is a great way to engage with others, pick up new skills, try something new, and enjoy yourself. I hope to see you there!

Here's to a fantastic month ahead!



Alex Kelly

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

A Note from your Homemaker Council President

Sometimes things can be hard. Life can sure throw us curves that we don't expect.

Don't forget, while you're busy doubting yourself and the struggles your going through, someone else is admiring your strength.

So don't forget to stay strong even when life is hard.

Tammy Dozer

National Preparedness Month

Did you know that September is National Preparedness Month? Make sure you are financially prepared for emergencies by making a plan to build an emergency fund. Emergency funds are savings for emergency use, such as if your car breaks down or you find yourself unexpectedly out of work. This fund should be different from other savings accounts that may be intended for future college costs, vacations, or retirement. Be sure that your emergency fund is easy to access in case of an actual emergency. You should be able to easily withdraw money from the account at any time if disaster strikes.

While any amount of money is helpful in an emergency, you should aim to save enough to cover 3 to 6 months of typical expenses for your family. Consider making emergency savings automatic by directing a portion of your paycheck to savings through direct deposit. Explore other savings strategies, such as rounding up the change from everyday purchases and directing that money to savings. For example, if you spend \$3.50 on coffee in the morning, put \$0.50 into savings. Or, better yet, brew your coffee from home and invest that money instead! Small amounts add up quickly if you save them consistently. Start building your emergency fund today to help ensure you are financially prepared for emergencies.

Source: Nichole Huff, Assistant Extension Professor for Family Finance and Resource Management

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Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506

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

“Well, it’s all right, even if they say you’re wrong. Well, it’s all right, sometimes you gotta be strong.”
End of the Line-Traveling Wilburys,
1989

Note: This year’s KEHA theme is “Blazing the Way with KEHA.” Following this theme, the suggested Thought for the Day will come from lyrics to songs about transportation or travel from the 1960s to the 2000s.

Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg
County
Cooperative
Extension

Muhlenberg
County
Homemakers

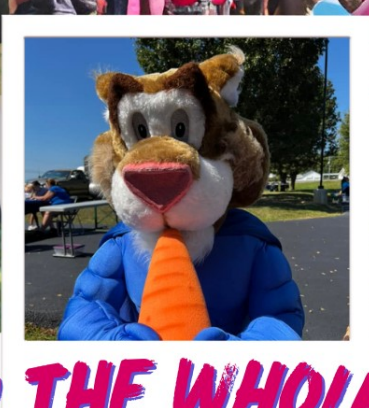


Disabilities
accommodated
with prior notification.

EXTENSION EXTRAVAGANZA

SHOWCASING MUHLENBERG COUNTY
COOPERATIVE EXTENSION

FREE
EVENT



FUN FOR THE WHOLE FAMILY

SATURDAY, SEPTEMBER 14

9 AM - 12 PM

- Free food
- Games & door prizes
- Kids activities
- Information on everything Muhlenberg County Extension has to offer!

FOR MORE INFO CONTACT:

 Cooperative
Extension Service

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Extension
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Lexington, KY 40506



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accommodated
with prior notification.

FALL

Craft Night

**October 11
5:30 p.m.**



We will be making yard-stick door hangers with different kinds of foliage, ribbons, etc. Photos are examples of what they could look like!

The cost is \$5 and must be paid in advance at the Extension Office.

Tea Party

NOVEMBER 8

5:30 p.m. / Free entry

Muhlenberg County Extension Office

3690 KY-1380, Powderly

Join us & bring a friend for a relaxing evening with tea, coffee, sandwiches & desserts! We will also learn the art of paper quilling! There will be door prizes and lots of ways to win them! Come & help us grow our membership!

Please RSVP to the Extension Office so we have enough food - 270.338.3124!



Between the Rivers



Pennyriple Area Extension Homemakers Annual Meeting

October 18, 2024

**155 W Cumberland Ave,
Grand Rivers, Kentucky 42045**

**Registration starts at 10:00 am
Program starts at 10:30 am**

Guest Speaker: Bobbie Foust

**Cost: \$18.00 Due before September
30th to your County Office.**

Entertainment: Liberty Boys

