

# 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

**July 30:** Book Club meeting to discuss *Sandwich* by Catherine Newman at 10 AM at the Extension Office.

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

**August 1:** Tot Time for 3 & 4 year olds at 10 AM at the Extension Office. Tot Time is designed to equip children with essential skills through interactive activities. A parent/guardian must attend with their child. Tot Time will be on Thursdays during the month of August—1st, 8th, 15th and 22nd.

**August 3:** Farm to Fork Gala 2024 at 5:30 PM at Paradise Park. Tickets are \$40 per person. Visit [www.visitmuhlenberg.com](http://www.visitmuhlenberg.com) to purchase your tickets. For more information on the event, follow Muhlenberg County

Tourism Commission on Facebook.

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

**August 8:** Block of the Month Quilting Group meeting at 9 AM.

**August 9:** Game Night at 5:30 PM at the Extension Office. Join Homemakers for Scattergories and snacks.

**August 15:** Homemaker Council meeting at 9:30 AM at the Extension Office.

**August 20:** Book Club meeting at 10 AM at the Extension Office. August's book TBA.

**August 21:** Cooking through the Calendar at 11:30 AM at the Central City Public Library. This month's recipe is Peanut Butter Oatmeal Bites. If you can't come on August 21, you have two other chances to participate: August 27 at 6 PM at the Extension Office and August 28 at 11:30 AM at the

Extension Office.

**August 26:** Roberts Rules Refresh Homemaker Lesson taught at 11 AM at the Extension Office. Also taught August 27 via Zoom at 10 AM and 12 PM.

**August 29:** InstaPot Class at 10:30 AM at the Extension Office.

**September 2: Labor Day, Office Closed**

[There are several exciting programs in the works for September. Save the following dates; more information to come:](#)

**September 6:** Laugh & Learn at 10 AM at the Extension Office.

**September 13:** Mother/Son Dance at 6 PM at the Extension Office.

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

## A Note from your Family & Consumer Sciences Agent

Hello all!

Summer has flown by in a flash! I cannot believe it is already August. Look through the calendar and check out all our new programs coming your way!

Thank you to all who entered items into the Exhibit Hall at the fair and a giant thank you to those who volunteered to help tag items and those who worked shifts in the evening! The Exhibit Hall would not be what it is without you all! Over 150 community members walked through the Exhibit Hall on Saturday alone! Thank you and be sure to start brainstorming ideas you want to enter next year!



*Alex Kelly*

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

## Did You Know That?

Watermelons are a summertime favorite for a reason! They're incredibly refreshing and hydrating. But that's not all they offer. Watermelon is also low in calories and packed with essential nutrients like lycopene, vitamin C, vitamin A, and potassium. So next time you're looking for a healthy and delicious summer treat, reach for a slice of watermelon!



## 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.

## Air Fried Okra Tots with Tangy Dipping Sauce

12 ounces okra stalks

2 tablespoons olive oil

2 tablespoons salt-free seasoning

Tangy Dipping Sauce

1 cup plain low-fat yogurt

3 tablespoons mayonnaise

1 tablespoon dried parsley

2 teaspoons dried dill

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon salt

**SCAN**  
TO DOWNLOAD  
RECIPE CARD



- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Cut the ends off the okra. Cut the okra into 2-inch (tater-tot-sized) chunks.
- In a large bowl, place the cut okra, olive oil, and seasoning. Toss to coat.
- Add to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and the okra to be crispy.
- Cook at 350 degrees F for 10 minutes or until crispy, tossing halfway through.
- While the okra cooks, prepare the sauce by mixing all of the ingredients in a small bowl.
- Refrigerate the sauce until ready to serve.
- Serve okra tots with tangy dipping sauce. Store leftovers in the refrigerator within two hours.

## A Note from your Homemaker Council President

A quick Google search defines a 'housewife' as a married woman primarily responsible for family care, household management, and chores. 'Homemakers' are similar to those who manage a household. The Homemakers Club, part of the USDA's Cooperative Extension Service, helps women with skills like gardening, canning and nutrition, while promoting traditional home-making values.

Yet, a homemaker means more than just these tasks. We are a supportive sisterhood, assisting each other and guiding younger members in raising happy, responsible children.

So, what does being in a homemaker's group mean to you? Are you actively supporting and attending meetings? Consider how you can contribute more to the group's growth. Many in our community need a friend or a listening ear. I firmly believe that by helping others, you become a better person yourself.

*Tammy Dozer*

**MUHLENBERG COUNTY HOMEMAKERS PRESENT:**

**SCATTERGORIES & SNACKS!**

**AUG. 9 @ 5:30 PM**

**MUHLENBERG COUNTY EXTENSION OFFICE, 3690 KY-1380, POWDERLY**

**JOIN US FOR SNACKS, PRIZES & LOTS OF FUN & HELP US INCREASE OUR HOMEMAKER MEMBERSHIP!**

### 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

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

"Out along the edges, always where I  
burn to be." Danger Zone-Kenny  
Loggins, 1986



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  
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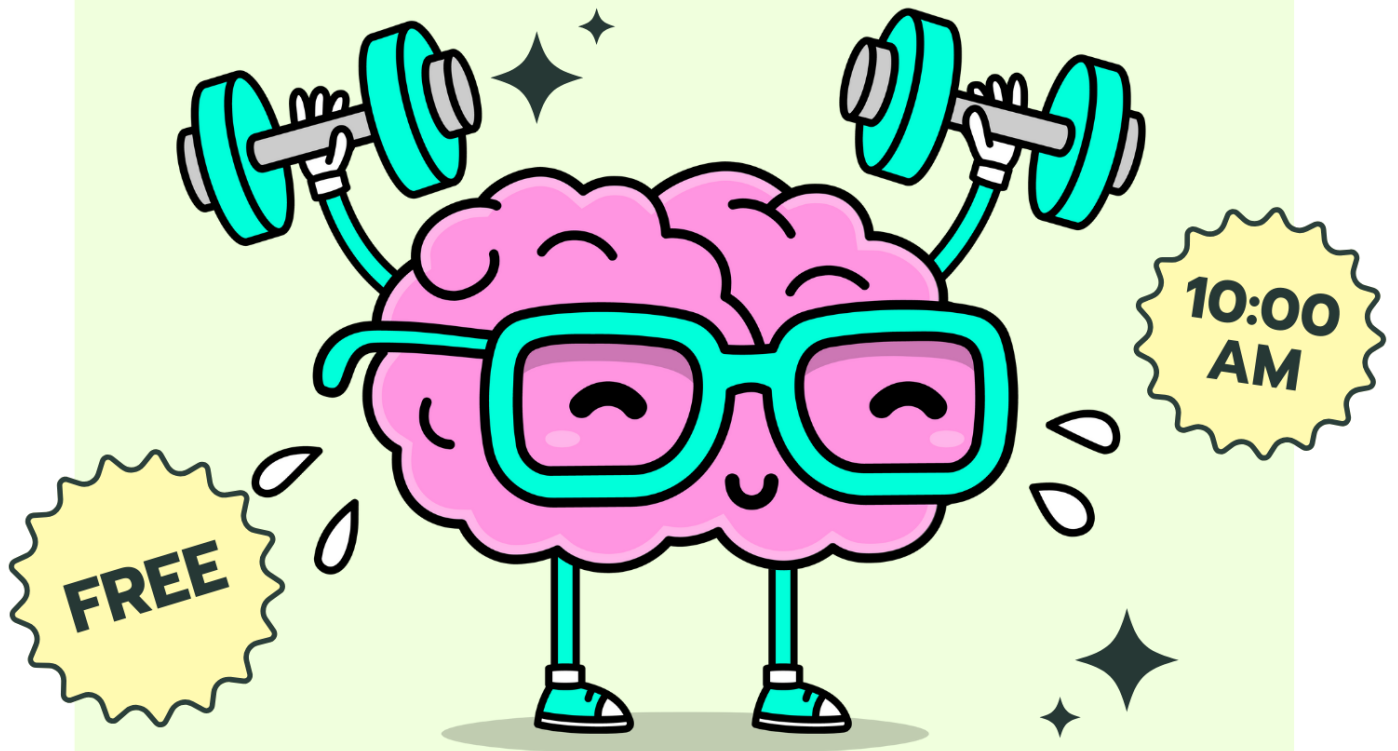
Muhlenberg  
County  
Homemakers



Disabilities  
accommodated  
with prior notification.



# WITS WORKOUT



**AN ENGAGING, INTERACTIVE AND  
EDUCATIONAL BRAIN HEALTH PROGRAM.**

**CALL TO SIGN UP: (270) 338-3124**

WITS WORKOUT SEEKS TO PROVIDE OPPORTUNITIES FOR ADULTS TO ENGAGE INTELLECTUALLY. JOIN WITS WORKOUT TO ENGAGE IN ALL KINDS OF GUIDED CHALLENGING PUZZLES, AND LEARN WHAT YOU CAN DO TO KEEP YOUR BRAIN HEALTHY.

WE WILL MEET TWICE PER MONTH BEGINNING

**AUGUST 5**

**MUHLENBERG COUNTY EXTENSION OFFICE**  
3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330

**Cooperative  
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.