

FCS NEWS & NOTES

Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512
Phone: 270-338-3124

MAIN TOPIC

Preparing kids to go back to school

As summer winds down, the transition from carefree days to school routines can be a big shift for both kids and parents. Preparing children to return to school goes beyond shopping for supplies. It's about getting them mentally, emotionally, and physically ready for a successful year. A little planning and support can make this transition smooth and even exciting.

- **Reestablishing routines.** During summer, kids often stay up late and sleep in, so it's helpful to gradually shift bedtimes and wake-up times back to school hours at least a week or two before the first day. This helps reset their internal clocks and makes the first week of school less jarring.
- **Open conversations about the upcoming year.** Talk about what your child is looking forward to and any concerns they may have. Maybe it's a new teacher, different



classmates, or just getting back into homework. Listen to their thoughts, validate their feelings, and reassure them. A calm, supportive atmosphere at home can ease back-to-school jitters.

- **Getting supplies.** Turn shopping for supplies and new clothes into a

fun, confidence-building experience. Letting your child pick out a new backpack or notebook can help them feel more involved and excited about the year ahead. Don't forget to review the school's supply list and prepare items in advance so you're not scrambling at the last minute.

- **New start.** If your child is starting at a new school, or even a new grade level that comes with big changes — like middle or high school — it can be helpful to visit the school ahead of time. Walking in the halls, seeing their classroom, or even meeting their teacher if possible can ease first-day anxiety.
- **Start building or reinforcing good habits.** Organizing school materials, packing lunches, and checking homework are just three examples of good habits that lead

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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

KEHA

KEHA announcements

Welcome new KEHA officers

Welcome to the three newly elected KEHA state officers and chairs whose terms begin July 1, 2025. Also starting a new term on July 1, 2025, the current President-Elect will change positions. The incoming state board members are:

- **President:** Henrietta Sheffel, Breathitt County
- **Secretary:** Barbara Seiter, Boone County
- **4-H Youth Development Chair:** Peggy Tracy, Bourbon County
- **Management and Safety Chair:** Diana Morgan, Grant County

Cultural arts and heritage updates

The Cultural Arts and Heritage Chairperson webpage at <https://keha.ca.uky.edu/content/cultural-arts-and-heritage> has been updated with the following information:

- **2025 Creative writing winners:** poetry, memoirs, short story (and archive of several past years)
- **2025 Cultural arts winners:** ribbons, and all entries sorted by area, county, last name, and category
- **2025-26 Book list and book club information**

Manual updates coming soon

The State Board appointed a Manual Review Committee, and the Voting Delegates approved bylaws changes. The new manual will be available after July 1. Please refer to the new copy after this date and adjust any online bookmarks to the new version once it is available.

Theme-based officer training materials coming soon

KEHA officer training materials specific to the 2025-2026 KEHA year and connected to the theme “Discover KEHA — A Hidden Treasure” are in review. The resource materials will be posted to the KEHA website after July 1. Materials include a PowerPoint presentation, facilitator’s guide, installation ceremony, Dates to Remember handout, evaluation, and other resources. Please review and use these materials as best fit with your county and/or area officer training sessions. The new theme-based installation was debuted with the state board during the awards luncheon of the State Meeting.

2025 State Meeting evaluations summary

About 45% of attendees (227 out of 500) completed evaluation forms and rated the conference very highly, indicating a wealth of knowledge taken home to implement locally. On average, respondents rated the overall meeting as a 7.7 on a 10-point scale. Respondents enjoyed starting the event with a luncheon (96%) and enjoyed having more free time in the evening (87%). They noted free time allowed for rest after a full day or provided time to meet with others from the area, county, or new friends made at the event. Most of the respondents attended all three days of the conference (91%).

When asked what the most important thing KEHA offered in their decision



to attend, top responses were: seminars/workshops/training (55%), hands-on craft classes (47%), lessons to bring back to club/county (41%), socializing and fellowship (35%), connecting with other counties (33%), Cultural Arts (30%), and more. Homemakers learned a lot from educational workshops, particularly noting the following: How to Give a Tea Party, What’s in Your Leadership Toolbox, Cooking from the Garden, Let’s Cook with Herbs!, Digging Up Treasure: Buying and Selling Online, Enduring the Transitions of Life, and Historical Homemaking. Favorite hands-on crafts included origami flowers, basket-making, and painting workshops. Many resources will be shared in home counties, particularly information from hands-on crafts (61%), Cultural Arts (48%), volunteering (36%), club information (34%), membership (29%), and other topics such as leadership and specific lesson details.

The health fair assisted 122 people with screenings over two days. They tested 61 attendees’ A1C levels, provided hands-only CPR training to 25 people, distributed Narcan to 46 individuals, and conducted other screenings such as blood pressure, glucose readings, and anxiety and depression screenings.

Reports are due for individuals and clubs

Visit the Reports webpage for a detailed process timeline and links to fillable forms. Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2024-2025 to cover the period from July 1, 2024, to June 30, 2025.

- **August 15:** COUNTY-level reports are due. The county tallies the club-level reports received in July and submits the totals online by Aug. 15, printing a copy to share with each area educational chairperson. Online forms will be coming soon. County VSU reports are due via paper forms. See <https://keha.ca.uky.edu/content/impacts> for details and to access the county reporting links beginning in July.
- **September 15:** AREA-level reports are due. Area VSU Reports are due to the KEHA State Leadership Development Chair.

One way to make preparing reports more fun is to host a “reporting party.” Clubs and/or county organizations can choose to set a date to meet and gather all reports at one time. Stations can be set up for each point person to gather information for each type of report due. Snacks and a party theme may make the event enjoyable.

Save the date for 2026 State Meeting

Next year’s KEHA State Meeting will take place May 12-14, 2026, at the Hyatt Regency in Lexington, Ky. Watch for details coming soon!

Dates to remember

- **August 15:** Due date for county reports. County VSU reports are due via paper forms and educational chair reports must be entered online.
- **September 15:** Due date for area VSU reports via paper forms.

Continued from page 1

to success. You might set up a designated homework area and begin talking about after-school routines. These habits help children feel more secure and prepared.

- **Stay positive.** Kids take their emotional cues from adults, so show enthusiasm about the new year. Remind them that it is a fresh start full of

opportunities — to learn, grow, make new friends, and explore new interests.

With thoughtful preparation and encouragement, the back-to-school season can be a time of anticipation and excitement, not stress.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

HEALTHY RECIPE Farmers Market Strawberry Sorbet

- 1 pound strawberries
 - 1/4 cup honey
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash, hull, and halve the strawberries. Place them on a parchment-paper-lined baking sheet and freeze until hardened.
 3. Add the frozen strawberries and honey to a blender or food processor and process until evenly mixed.
 4. Transfer to a loaf pan and freeze until firm.

Servings: 4

Serving Size: 1/2 cup

Nutrition facts per serving: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 26g total carbohydrate; 2g dietary fiber; 23g total sugars; 0g added sugar; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium



Source: 2022 KYNEP Food and Nutrition Calendar, Jackie Walters, Extension Specialist Senior, University of Kentucky Cooperative Extension Service

Attention job seekers!

If you are a motivated professional and currently out of work, underemployed or looking to make a career transition, Job Club is for you!

Note: Job Club will be meeting by Zoom only.

September 9, 2025, 9-10 a.m.

Smart Job Search Strategies for Success

Looking for your next role? Join this informative session to guide you through effective strategies for building a targeted job search, networking with purpose, uncovering job leads, and understanding how to use LinkedIn. Take control of your search with clarity and confidence.

Presented by Kathleen Dohoney, Career Coach & Resume Writer, Celtic Resume & Coaching Services

September 23, 2025, 9-10 a.m.

7 Quick Fixes to Take Your Resume from Good to Great

Is your resume as good as it can be? In this session we'll identify 7 specific areas of your resume where a fast fix is likely to make a difference—and provide solutions, examples, and before-and-after comparisons that illustrate the fix-it strategies. By tweaking the areas that apply to you, you'll create a resume that conveys your value more clearly, quickly, and powerfully to your target audience.

Presented by Louise Kursmark, President, Best Impression Career Services



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and open
to the
public!**

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Zoom webinars**



**UK Alumni
Association**

**UK Human
Resources**
Temporary Employment

LOCAL EVENTS

Muhlenberg County

August 5: Stitched Together at 5 PM at the Extension Office.

August 6: Cooking through the Calendar at 12 PM at the Central City Library. August's recipe is Slow Cooker Asian Pork Tacos. If you can't attend on the 6th, join in at the Extension Office on August 27 at 12 PM.

August 8: Tot Time from 10 to 11 AM at the Extension Office. Tot Time is a one hour play date for you and your child to engage in playful activities designed to prepare them for Kindergarten. Tot Time is free for youth ages 5 and under.

August 13: Block of the Month Quilting Group at 9 AM at the Extension Office.

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

August 21: Pearls of Wisdom Leadership Training at the Christian County Extension Office from 10 AM to 2 PM. Deadline to sign up is August 11.

September 1: Office closed for Labor Day.

September 6: Extension Extravaganza at 9 AM at the Extension Office.

September 29: BBQ & Beans Supper from 4 to 7 PM at the Extension Office.

Pick up your 2025-2026 Homemaker Yearbook at the Extension Office this month. Yearbooks have all the important dates/information you need to know for the new Homemaker year. Stop by anytime to grab your copy!

PENNYRILE AREA EXTENSION HOMEMAKER ANNUAL MEETING



**A WALK
IN THE PARK**

SAVE THE DATE

 Hopkins County
Cooperative Extension
25 Mahr Park Drive
Madisonville, KY 42431

 Friday, October 17th, 2025

 (270) 821-3650



EXTENSION EXTRAVAGANZA

**FREE
EVENT**

**SHOWCASING MUHLENBERG COUNTY
COOPERATIVE EXTENSION**



FUN FOR THE WHOLE FAMILY

SATURDAY, SEPTEMBER 6, 2025

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**

**Muhlenberg County Cooperative
Extension**

**3690 State Route 1380
Central City, KY 42330-5512**

(270) 338-3124

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Lexington, KY 40506



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Muhlenberg County Homemakers

BBQ & BEANS SUPPER



Includes pulled pork sandwich, baked beans, chips, dessert & drink!



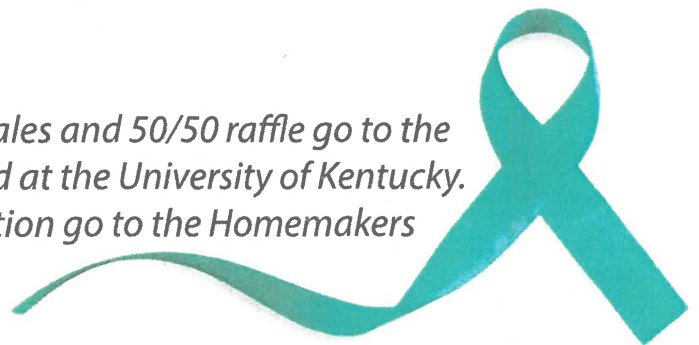
4-7 PM • SEPT 29

Muhlenberg County Extension Office
3690 State Route 1390, Central City



Scan to purchase
ticket online!

** All funds raised from ticket sales and 50/50 raffle go to the Ovarian Cancer Research Fund at the University of Kentucky.
* Proceeds from the silent auction go to the Homemakers Bean Supper Funds.*



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Muhlenberg County Homemakers



Visit a Muhlenberg County Homemaker member or stop by the Extension Office to purchase your ticket today!

Tickets are \$5.00 each!

The person with the winning ticket will win half of the money! The other half will be donated to the Ovarian Cancer Research Fund at the University of Kentucky!

DRAWING NOVEMBER 1!

Muhlenberg County Homemakers

Quilt Raffle



Visit a Muhlenberg County Homemaker member, stop by the Extension Office or scan the QR code to purchase your ticket today!

DRAWING NOVEMBER 1!

(or as soon as all tickets are sold)



All funds raised from ticket sales will be donated to the Ovarian Cancer Research Fund at the University of Kentucky.



Scan to purchase ticket online!

The quilt is on display at the Muhlenberg County Extension Office, 3690 State Route 1390, Central City.