

August 2023

UK Cooperative Extension Service



FCS Newsletter

Words from your FCS County Agent



Happy August!

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- Moneywise

Contact Us:

Marion County Extension Office
 416 Fairgrounds Rd,
 Lebanon, KY 40033
 (270)-692-2421
 brittany.thomas@uky.edu

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest hours of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- Avoid using your oven and cover windows that receive direct sunlight to keep your house cooler.
- Take cool showers or baths to help yourself cool down. Know the signs of heatstroke—high body temperature, dizziness, fatigue, lack of coordination, cold and clammy skin, racing heart rate, headache, nausea/vomiting, changes in cognition and/or behavior, rapid breathing, muscle spasms and/or cramps and ankle swelling.

Heatstroke is a potentially life-threatening condition that requires immediate medical attention.

Brittany Thomas
 Family and Consumer Science Agent



Disability accommodations with prior notification.

Upcoming Events

August 16th

Basic Sewing Workshop
(Currently **Full**)
6:00pm-7:30pm
Marion County Extension
Office

August 21st

Bingocize
12:00pm-1:00pm
Lebanon Senior Center

August 23rd

Cooking Through the Calendar
6:30pm
Marion County Public Library

August 25th

Bingocize
12:00pm-1:00pm
Lebanon Senior Center

August 28th

Bingocize
12:00pm-1:00pm
Lebanon Senior Center



**Marion County
Cooperative Extension**



**Tune in to 100.9 WLSK every
Wednesday morning
(8:30am) for office updates**

August 30th

Hardin County
Homemaker Kick-Off Event
10:30am-12:30pm
Hardin County Extension
Office



<https://marion.ca.uky.edu/>

RSVP by August 23rd



**Contact Brittany (myself) for
any programming ideas or if you
would like to volunteer to teach
a program!**



Dues are \$13

IMPORTANT!

Make checks out to Marion
County Homemakers

Date: _____

**Enrollment Form
for**

Marion County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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Martin-Gatton

College of Agriculture,
Food and Environment



Save the Date

LINCOLN TRAIL AREA HOMEMAKER

KICK OFF LEADERSHIP EVENT

**THE FUTURE
DEPENDS ON WHAT**

WE DO

in the present

AUGUST 30

10:30 ET / 9:30 CT

HARDIN COUNTY EXTENSION OFFICE

FREE TO ATTEND

RSVP TO YOUR COUNTY OFFICE BY AUGUST 23

Lincoln Trail Area Annual Meeting

BUZZING ALONG

WITH LINCOLN TRAIL AREA
EXTENSION HOMEMAKERS

Thursday, October 12, 2023

Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108

\$15 per person

Registration and refreshments - 9:30 a.m. EST
Welcome - 10:00 a.m. EST

GUEST SPEAKER:

Steve Flairy

Shining Light on Kentucky's
Everyday Women Heroes

Area Cultural Arts Check In:

Wednesday, October 11, 2023
10:00 a.m. - 1:00 p.m. EST



REGISTRATION FORM

NAME: _____ COUNTY: _____

PHONE #: _____ EMAIL: _____

ADDRESS: _____

LUNCH: Includes your choice of sandwich, pasta salad, chips, cookie, and drink.

Please choose one: Grilled Chicken Wrap Ham & Cheese Wrap

Return this form along with the \$15 registration fee
to the Marion County Extension Office by **September 26th.**

Checks are to be made payable to Marion County Homemakers.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

Cooperative Extension Service

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Lexington, KY 40506



Disabilities accommodated with prior notification.

TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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