

# FCS NEWS & NOTES

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

## MAIN TOPIC

# Tips for healthy social media habits

**S**ocial media is something that we all use daily. Social media can be a useful tool and can provide us with the news and other information we might need in small bite sizes. Despite this, social media can also be toxic and can negatively impact mental health. There are several things we can do to better navigate social media and be mindful of our mental health.

### 1. Turn off notifications.

Notifications can serve as a huge distraction. Turning off notifications for social media can help you stay present and can potentially reduce stress and anxiety. If turning off notifications seems too challenging for the time being, try out using the “do not disturb” feature on your phone.

### 2. Limit your time on social media.

Spending a lot of time on social media can contribute to feelings



of isolation, anxiety, and lower self-esteem. Limiting your time on social media can help you focus on more important life tasks and can improve your mental health.

**3. Stop comparing yourself to others on social media.** As the saying goes, “comparison is the thief of joy” and can lead to things such as low self-esteem and poorer mental health. By following pages and

creators that resonate with your interests and values, you can create a more positive online experience. This can help promote mental well-being. Remember to use social media as a source of inspiration rather than a tool for comparison.

In addition to these tips, there are also a few ways that you can increase your self-esteem and your self-confidence to not only feel better about yourself, but to also reduce the impact of social media on your mental health.

**1. Positive affirmations.** Positive affirmations, when practiced often, can improve your mental health and well-being. Positive affirmations do not have to be complex, saying something as simple as, “I am enough,” can go a long way!

**Continued on page 2**



# HEALTHY RECIPE

## English Muffin Pizzas

- Whole-grain English muffins (1 per 2 pizzas)
- Pizza sauce (1 tablespoon per pizza)
- Shredded mozzarella cheese (1 tablespoon per pizza)
- Variety of vegetables (2 tablespoons per pizza)

1. To each one half of a muffin, add a tablespoon of pizza sauce and cheese, and 2 tablespoons of vegetables.
2. Toast the pizza until the cheese melts (optional).



**Servings:** 2

**Serving size:** 1/2 English muffin or 1 mini pizza

### Notes:

- Almost anything can go on pizza. Some people like pineapple. Let your imagination run wild!
- If an English muffin isn't available, you can use a sandwich bun.

**Nutrition facts per serving:** 100 calories; 2g fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 210mg sodium; 16g carbohydrate; 0g fiber; 2g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of Iron; 2% Daily Value of potassium

Source: LEAP...for Health: Nutrition Education Program,  
University of Kentucky Cooperative Extension Service

## Continued from page 1

2. **Build healthy relationships.** Healthy relationships can promote positive mental health and can impact our view of ourselves in a positive way.
3. **Participate in self-care.** Practicing self-care on a regular basis can provide you with a strong foundation for your mental health.
4. **Move your body.** Exercise is not only good for your physical health but also has the potential to improve your mental health and overall well-being.

Social media can be a valuable tool, but it is important to use it mindfully. By following these tips, you can protect your mental health and enjoy the positive aspects of social media.

### References:

- <https://newsinhealth.nih.gov/2022/09/healthy-social-media-habits>
- <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
- <https://www.mentalhealthfirstaid.org/2022/03/how-and-why-to-practice-self-care>

**Source:** Dr. Natase Dockery, Assistant Clinical Professor and Extension Specialist for Mental Health and Well-Being



## KEHA Updates

### Celebrate KEHA Week on Oct. 12-18, 2025

The second full week of October is when we celebrate all things KEHA statewide! The tagline for this year's celebration, from Oct. 12-18, 2025, is "Stitched Together: A Plan for the Future." Find materials online on the KEHA Week webpage at <https://keha.ca.uky.edu/celebrate-keha-week>. Materials include a planning worksheet, sample proclamation, milestone journal, membership gift certificate, social media graphics, and more. This theme aligns with the new KEHA presidential Program of Work. It is also a great time to start your county membership drive and dues collection. Counties are encouraged to have a dues deadline no later than Dec. 1. Find the remittance form in the KEHA Manual Appendix (<https://keha.ca.uky.edu/content/keha-manual>) on page 18.

### Consider presenting at the 2026 State Meeting

Do you know something that would be useful for other Homemakers to know? KEHA members can share their knowledge by presenting a learning session. The form is due Oct. 15 to First Vice President Ann Porter at [alport1941@gmail.com](mailto:alport1941@gmail.com) and copy [k.may@uky.edu](mailto:k.may@uky.edu). Details are on the State Meeting webpage at <https://keha.ca.uky.edu/content/state-meeting-information>. Next year's KEHA State Meeting will take place May 12-14, 2026, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block!

# 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.**

**October 14, 2025, 9-10 a.m.**

## Master the Interview: Proven Strategies for Career Success

Join this engaging webinar designed specifically for professionals navigating today's competitive job market. It covers the complete interview journey, from strategic company research through successful follow-up.

**Master these skills:** Advanced STAR-R method for compelling stories; address common concerns & positioning challenges; strategic differentiation from other candidates; and innovative follow-up techniques that get noticed.

**Designed for:** Professionals making comebacks, career pivots, advancing to the next level, or launching their careers.

*Presented by Laura Johnson, CEO, LLEJ Careers, LLC*

**October 28, 2025, 9-10 a.m.**

## Mental Health in the Job Search

This program will explore the mental health challenges that often accompany job searching and career change. Participants will learn to identify personal "red flag" areas, gain a better understanding of the impact of career uncertainty, and begin to develop a plan for self-care and stress management.

*Presented by Rhonda Henry, Mental Health Therapist, UK Health and Wellness*



**FREE  
and open  
to the  
public!**

**Register for the  
Zoom webinars**



 **Alumni  
Association**

 **Human  
Resources**  
*Temporary Employment*



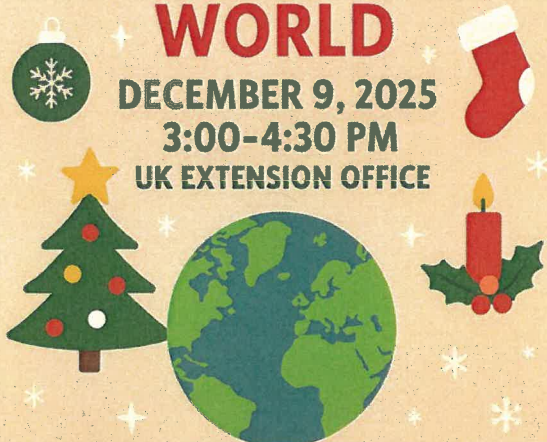
MUHLENBERG COUNTY HOMEMAKERS  
ARE SPONSORING

# CHRISTMAS AROUND THE WORLD

DECEMBER 9, 2025

3:00-4:30 PM

UK EXTENSION OFFICE



Join us for a jolly good time learning  
about the Christmas traditions of  
several countries around the globe.

Light refreshments will be provided.  
Bring a friend! You don't have to be a  
member of Homemakers in order to  
participate.

Please contact the Extension Office at  
(270) 338-3124 to let us know you are  
coming so that we can make sure to  
have plenty of refreshments!

## BIG BLUE BOOK CLUB

**B**ig Blue Book Club is back in its original format via Zoom!  
Mark your calendars for Mondays, beginning Oct. 27  
through Nov. 17, as we read *Praisesong for the Kitchen Ghosts* by  
Crystal Wilkinson.

"A keeper of her family's stories and treasured dishes, Crystal Wilkinson shares her inheritance in *Praisesong for the Kitchen Ghosts*. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts* weaves those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century."

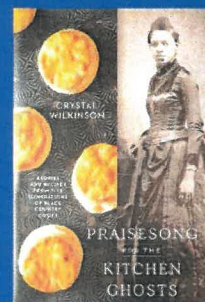
UK Cooperative  
Extension Service

BIG BLUE  
BOOK CLUB

SAVE  
THE DATE

October 27  
November 3  
November 10  
November 17

@ 1:30 pm ET/12:30 pm CT  
via Zoom



## Connect with us!



FCS.uky.edu



Facebook.com/UKFCSExt



Instagram.com/UKFCSExt



UKFCSExt.podbean.com



YouTube.com/UKFCSExtension



Feeling better happens one small step  
at a time.

We know, because that's what we've done - and we're here to  
show you how you can do it too. A step here, a step there and  
soon you'll be eating well, planning good meals, and making  
more choices of all you're feeling good to make food at some  
of our useful tips and make even take a free class for these tips.  
You can do it! Small steps make a world of difference.

## PLANEATMOVE.COM

Connect with or contact your county  
to learn about free classes in your community!  
Visit [PlanEatMove.com/free-classes](https://www.planeatmove.com/free-classes) to learn more.

## UPCOMING EVENTS

**September 29:** BBQ & Beans Supper from 4 to 7 PM at the Extension Office. Tickets are \$10 per plate. Enjoy a pulled pork sandwich, baked beans, chips, dessert, and drink. Proceeds go to the Ovarian Cancer Research Fund at the University of Kentucky.

**\*\*September 30:** Sorghum Homemaker Lesson at 10 AM and 5:30 PM via Zoom. You may come to the Extension Office at 10 AM to watch the Zoom; please let us know if you plan to attend. Please contact the office if you would like the Zoom links emailed to you. Angie York, Lyon County FCS Agent will be teaching this lesson.

**September 30:** Book Club meeting at 1 PM at the Extension Office. September's book is *The Secret Life of Sunflowers* by Martha Molnar.

**October 7:** Stitched Together meeting from 5 to 7 PM at the Extension Office.

**October 9:** Block of the Month Group meeting at 9 AM at the Extension Office.

**October 12-18:** Celebrate Kentucky Extension Homemakers Association Week!

**\*\*October 17:** Pennyryle Area Homemakers Annual Meeting at the Hopkins County Extension Office. **Deadline to sign up is September 26. Must pay \$18 fee when signing up.** Note: The Hopkins County Extension Office has a new location. Their address is 25 Mahr Park Drive Madisonville. Registration opens at 10 AM the day of the event.

**October 17:** Tot Time for youth ages 5 and under from 10 to 11 AM at the Extension Office.

**October 22-24:** Quilt Jacket Class at 9 AM each day at the Extension Office. Repurpose your old quilt into a usable jacket or piece your own fabric for your quilt jacket. This is a great project to use up leftover material. Bring your quilt/material, sewing supplies, machine, and sack lunch and join in the fun. Please call us at 270-338-3124 to let us know if you plan to attend.

**October 28:** Book Club meeting at 1 PM at the Extension Office. October's book is *The Thirteenth Tale* by Diane Setterfield.

**November 2:** Daylight Savings Time Ends

**\*\*November 4:** Selecting Sheets Homemaker Lesson at 10 AM and 5:30 PM via Zoom. You may come to the Extension Office at 10 AM to watch the Zoom; please let us know if you plan to attend. Please contact the office if you would like the Zoom links emailed to you. Jill Harris, Todd County FCS Agent will be teaching this lesson.

**November 14: Deadline to pay your Homemaker dues!** If you are a member of a Homemaker club, your club's leader should be collecting your dues and enrollment form. **If you are a mailbox member, please complete the enclosed enrollment form and return it to the Extension Office by November 14.** Dues are \$10 per member. Make your check payable to Muhlenberg County Homemakers.

**\*\*November 20:** Homemaker Council meeting at 9 AM at the Extension Office.

**December 8:** Barn Quilt Paint Party from 9 AM to 3 PM at the Extension Office. See enclosed flyer for complete details. **Please note: You must pay no later than November 8 to sign up.**

**\*\*These events are for paid Homemaker members.**

## ATTENTION MAILBOX MEMBERS

Handouts for the *Telling your KEHA Story* lesson & the *Sorghum* lesson are included with this newsletter for mailbox members.

## THOUGHT FOR THE DAY

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

*Jim Davis*



## Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg  
County  
Cooperative  
Extension

Muhlenberg  
County  
Homemakers



# QUILT JACKET CLASS

Repurpose your old quilt into a usable jacket, or piece your own fabric for your quilt jacket!

This is a great project to use up scrap pieces, leftover material, or quilt blocks leftover from past projects.



Join us to create your quilt jacket:

**October 22**

**October 23**

**October 24**

**9:00 AM** (each date)



Let us know your coming!

**(270) 338-3124**

Muhlenberg County Cooperative Extension  
3690 State Route 1380  
Central City, KY 42330



# BARN QUILT PAINT PARTY

**MONDAY, DECEMBER 8, 2025**  
**9AM-3PM**  
**MUHLENBERG COUNTY EXTENSION OFFICE**

## PRICES INCLUDE

- All supplies (boards, brushes, paint, etc.)  
*Paint colors can be decided day of event.*
- Boards primed and ready to paint
- Lunch

*Please advise if you have special dietary needs.*

## SIGN SIZE OPTIONS\*

**2'X2' - \$130**  
**3'X3' - \$190**  
**4'X4' - \$270**

## MUST REGISTER WITH FULL PAYMENT BY NOVEMBER 8.

(Checks payable to Liz's Barn Quilts.)  
Sorry, **NO** refunds on missed event.  
*Alternate arrangements will be available.*

**PLEASE BRING YOUR OWN DRINK, A HAIR DRYER AND .94" FROG TAPE.**

**SIGN UP AT THE MUHLENBERG COUNTY EXTENSION OFFICE WITH PAYMENT. SPACE IS LIMITED.**

Cooperative Extension Service

