



Martin-Gatton
College of Agriculture,
Food and Environment

FCS Extension News

Hickman County
329 James H. Phillips Dr
Clinton, KY 42031
270-653-2231
www.ca.uky.edu/ces

September/October



What is faster, hot or cold?
Well hot obviously because
anyone can catch a cold!

Fall and winter are frequently recognized as cold and flu season, despite being a year round risk. This is because as days shorten and weather chills, we tend to spend more time inside together, especially considering the holiday season and all the get togethers. Be mindful to air out your home when possible to reduce to build up of irritants when possible (those rare perfect fall days!) and try to sweep and dust regularly. And if you don't feel well, maybe not attend the next social gathering if you have coughing, sneezing, or fever.

Upcoming Dates

Sep 1 - Office Closed
Sep 4 - Car Seat Event @ Library
Sep 5 - Back to HOMEschool @ Library
Sep 6 - Farmers' Market Demonstration - Remake
Sep 11 - County Cultural Arts Day
Sep 16 - 4H Cooking Club
Sep 19 - Bananafest Health Fair
Sep 22 - Purchase Area Cultural Arts Day
Sep 23 - Purchase Area Annual Day
Sep 24 - Wits Workout
Sep 29 - Mental Health Matters Lesson
Sep 29 - Hunter Education
Sep 30 - Hunter Education
Oct 2 - Wildlife Meeting
Oct 8 - Wits Workout
Oct 10-12 - Civil War Days
Oct 14 - Storywalk
Oct 17 - Laugh and Learn
Oct 21 - Hickman County Homemaker Council Meeting
Oct 21 - 4H Cooking Club
Oct 22 - Wits Workout
Oct 28 - Self Defense Class



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Disabilities
accommodated
with prior notification.

Upcoming Lessons!!



Oct - Mental Health Matters

With Mike Keller - Hickman County FCS Agent

Hey look! Its me!

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Graves County - 9/30 Marshall County - 10/1
Hickman County - 9/29 McCracken County - 9/25

Nov - Selecting Sheets

With Sarah Drysdale - Ballard County FCS

Cooling? Percal? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

Graves County - 10/29 Marshall County - 10/30
Hickman County - 10/24 McCracken County - 10/23

Jan - Elements of Art - Photography

With Vicki Wynn - Marshall County FCS

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this two-dimensional "work of art" visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects.

Graves County - 8/27 Marshall County - 9/2
Hickman County - 8/26 McCracken County - 8/29

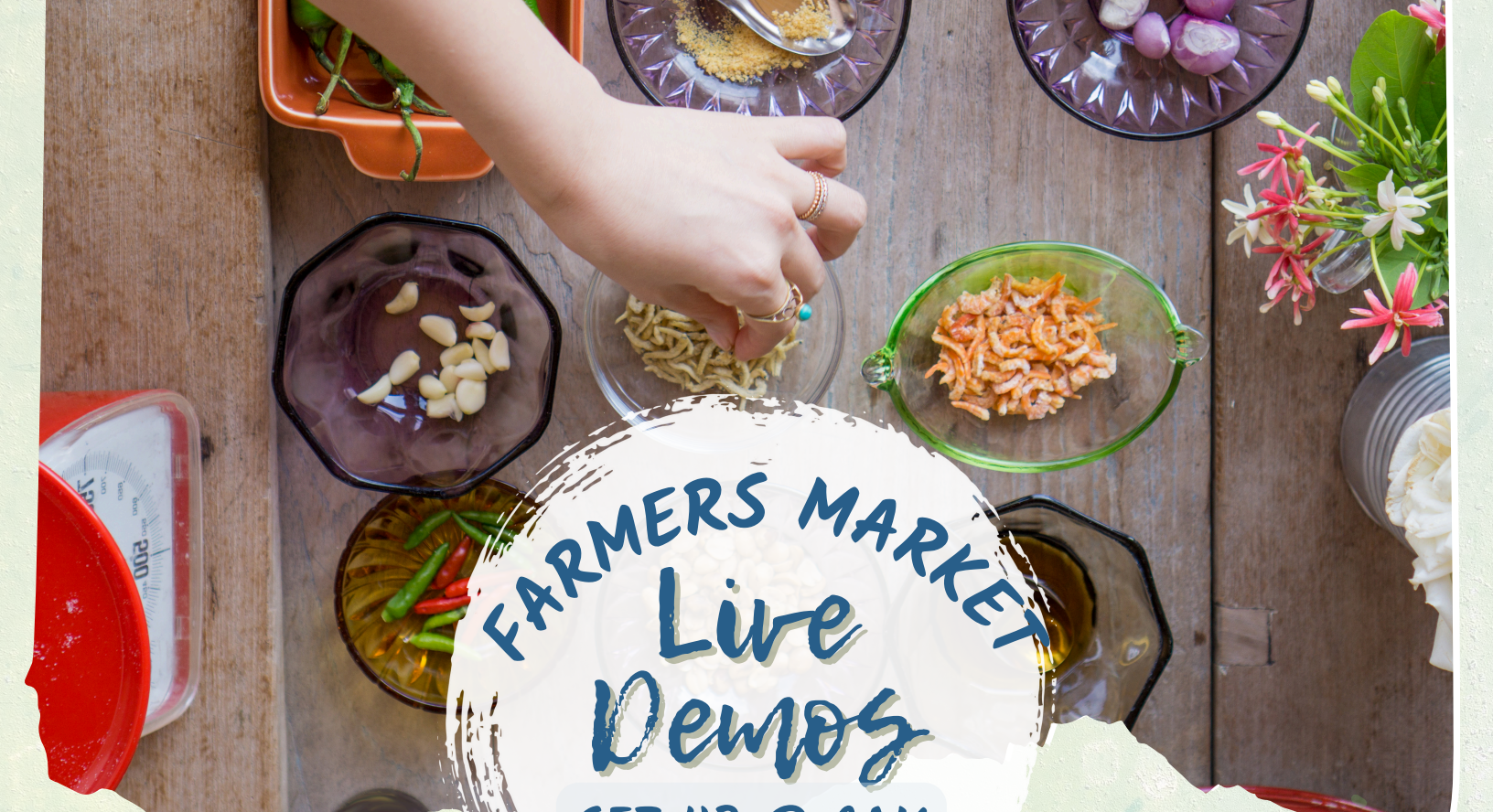
A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.

Purchase Area Lesson Schedule

2025-2026

		Graves	Hickman	Marshall	McCracken
Lesson	Anna Morgan - Build a Better Smoothie				
Sep		27-Aug	26-Aug	2-Sep	29-Aug
Lesson	Mike Keller - Mental Health Matters				
Oct		30-Sep	29-Sep	1-Oct	25-Sep
Lesson	Sarah Drysdale - Selecting Sheets				
Nov		29-Oct	24-Oct	30-Oct	23-Oct
Lesson	Vicki Wynn - Elements of Art - Photography				
Jan		TBD	18-Nov	25-Nov	24-Nov
Lesson	Brooke Hogancamp - Sharing Your KEHA Message				
Feb		29-Jan	21-Jan	28-Jan	22-Jan
Lesson	Denise Wooley - The Big Freeze				
Mar		25-Feb	23-Feb	24-Feb	27-Feb
Lesson	Kelly Alsip - Yoga-ta Try This				
Apr		1-Apr	31-Mar	30-Mar	3-Apr
Lesson	Debbie Hixon - Culinary Connections				
May		29-Apr	27-Apr	28-Apr	30-Apr
Lesson	Understanding Your Credit Score				
Jun	Summer Mail Out				





FARMERS MARKET Live Demos

SET UP @ 9AM
DEMO BEGINS AT
9:30AM



MAY 17TH USING OLIVE OIL

JUN 21ST TASTY VEGETABLE
STIRFRY



JUL 19TH BLUEBERRY COFFEE
CAKE

SEP 6TH CAST IRON CHILI &
CORNBREAD



DEMOS WILL BE HELD DEPENDING ON
THE WEATHER. STAY IN TOUCH WITH
HICKMAN COUNTY EXTENSION ON
FACEBOOK TO STAY UP TO DATE WITH
LAST MINUTE PROGRAM UPDATES



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Cooking Club

Tuesdays 3pm - 4:30pm

September 16 February 17
 October 21 March 24
 November 25 April 14
 December 16 May 5
 January 20



Hickman County Extension Office

WWW.REALLYGREATSITE.COM

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Volunteer Calling!!!

If you would be interested in assisting with 4H Cooking Club let Mike know! Club will be held at the Hickman County Extension Office from 3 - 4:30pm starting in September and meet once a month after school.

Its that Cultural Arts Time Again!!! Do you have something you've made that you are proud of? Come by the Hickman County Extension Office to see what category it can go in. Not a Homemaker yet? We can fix that easily!



CARLISLE COUNTY EXTENSION HOMEMAKERS
 INVITE YOU TO CELEBRATE

KENTUCKY COOPERATIVE EXTENSION

PURCHASE AREA
 EXTENSION HOMEMAKERS

**AREA
 ANNUAL
 MEETING**

**TUESDAY,
 SEPTEMBER 23, 2025**

THE FELLOWSHIP HALL OF
BARDWELL BAPTIST CHURCH
 323 US-51,
 BARDWELL, KY 42023

Cooperative Extension Service

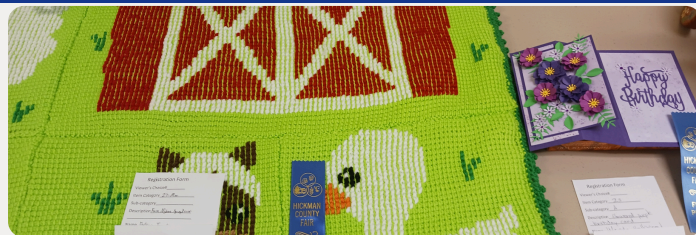
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COUNTY



CULTURAL

ARTS DAY



SEPTEMBER 11TH

Drop off starts at 9AM
Drop off ends at 12PM

Items can be dropped off at the Hickman County Extension office on the 11th or any time during the week of September 8th until the cut off on the 11th at noon.

Reach out to the Hickman County Extension Office for a the updated rules and regulations for the Homemaker Cultural Arts contests.



PURCHASE AREA CULTURAL ARTS
BEULAH BAPTIST CHURCH
September 22, 2025

Check in for Cultural Arts will begin at 10:00 a.m. until 11:30 a.m. Lunch will be served from 11:30 to 12:30
Judging will begin at 12:30

Each county will need to provide 1 helper and 1 judge. Other helpers are always welcome.

EACH COUNTY IS ASKED TO PAY \$20 TO OFFSET EXPENSES.

We will need help with logging in entries, placing items in the appropriate place, judging, judges assistance, and ribbon placers.

I will also need someone to assist with setting out lunch

Please let Elaine know who will be coming and what area they will be helping in.

Email: mesteven@comcast.net Text: (270) 210-4013

Cost will be \$12.00. Deadline to register for lunch: September 15.

Lunch will be served at 11:30.

Menu: BBQ Pork, Bun, Potato Salad, Cole Slaw, Fruit, Cookie, Tea and Lemonade.

Name: _____

Phone: _____

Email: _____

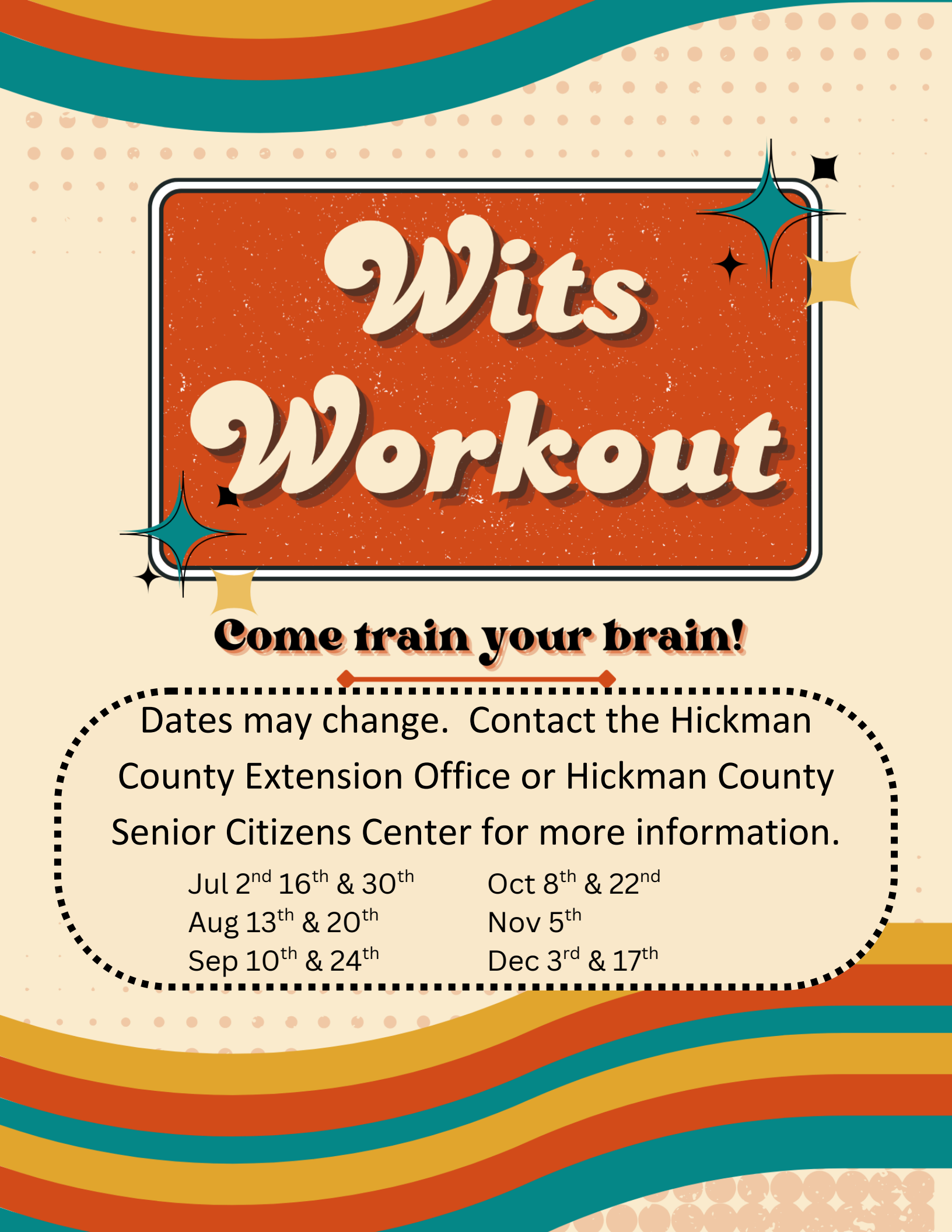
County: _____

Amount enclosed \$_____

I can help with:	Registration	Runner	Judge
(circle one)	Judge Helper	Ribbon Placer	Lunch

Make Checks payable to: PAEH

Mail to: Elaine Stevens, 5541 Hwy 60 W., Paducah, Ky 42001



Wits Workout

Come train your brain!

Dates may change. Contact the Hickman
County Extension Office or Hickman County
Senior Citizens Center for more information.

Jul 2nd 16th & 30th

Aug 13th & 20th

Sep 10th & 24th

Oct 8th & 22nd

Nov 5th

Dec 3rd & 17th

SELF DEFENSE WORKSHOP

TUESDAY OCTOBER 28TH

5:30PM-6:30PM

Hickman County

Extension Office

WHAT IS SELF DEFENSE?

Join us Tuesday evening for an introductory lesson and review of the philosophy and basic principles of self defense.

This workshop will include:

Self Defense Concepts

Practical Self Defense for Self and Home

Opportunity to Practice Simple Self Defense Maneuvers

FOR MORE INFORMATION OR TO REGISTER

MIKE KELLER

270-653-2231

MIKE.KELLER@UKY.EDU

Space is limited!!

Last day to register is
Monday October 27th



Registration fee of \$1

Workshop is open to and intended for 12+

12-17 with parent or guardian



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Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well. They can be difficult but rewarding.

					2			
8			7	1			5	2
		2	5	4		1		
	6	4	2				1	3
1			4	5	9			7
9	8				1	2	4	
		5		8	4	6		
3	4			6	7			9
			9					

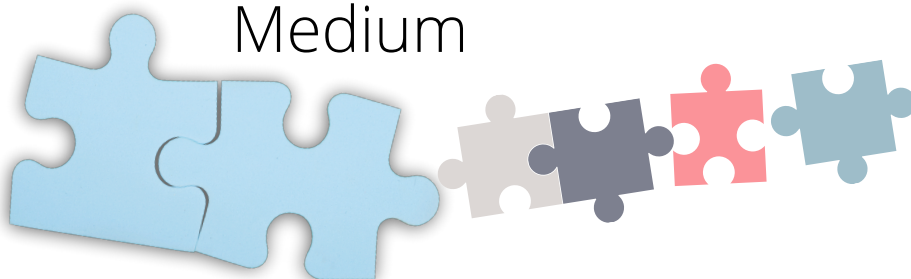
Easy

7		3		1	2		4	
			8				1	5
						3		
2					9	1	5	
9	7		1		8		3	2
	4	6	5					8
		1						
5	6				4			
	2		6	9		5		3

Medium

			1		5		2		6
				4					7
		3				1			
2				9	3		6		4
		3					9		
8		9			6	5			3
				1				7	
1						9			
5		6			2		8		

Hard



Stay Connected

Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

Contact Us

Hickman County Cooperative Extension

329 James H. Phillips Drive

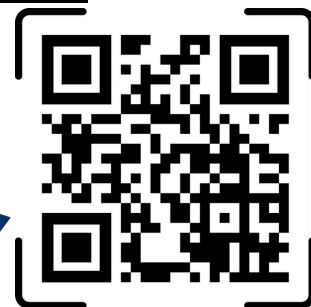
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mike.keller@uky.edu

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SCAN ME



If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at mike.keller@uky.edu. Your input is very important.



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RETURN SERVICE REQUESTED

Healthy Homes.

Healthy Families.

Healthy Communities.

It starts with us