

Homemaking Changes With The Times

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It has been 112 years since Cooperative Extension came to be in Kentucky. Union County first started Extension Homemaker Clubs 101 years ago. I joined Morganfield Young Homemakers club 50 years ago.

During this time there have been many changes in the world as well as in homemaking skills. The world has gone from agents traveling on horseback to teach young brides the basics of cooking, sewing, and preserving foods to a fast-paced world of technology, travel, and many conveniences in the home. Even in my 50 years of being an Extension Homemaker I have seen many changes in the way homemakers manage their homes.

Today’s homemakers are not their great-grandmothers. We are more than cooking, sewing, and doing laundry.

Our homemaking skills focus on so much more. We learn and teach about our environment, family development, food, nutrition, health, leadership, home management, and teaching and mentoring our youth in

4-H.

There is so much more to learn than the basic skills. I have learned so much.

Whenever I was a young bride I didn’t know a lot about being a housewife. I was raised in a house with nine brothers and sisters. My mother did all the kitchen work. We children did chores, but we weren’t skilled at it. We did them with a lick and a promise and stuff it under the bed. Then we got the heck out of the house and didn’t come back until dark.

I learned the basics in home economic classes in high school.

I had a sewing class and succeeded at simple sewing. I could follow a pattern enough to make things for myself and enjoyed making Halloween costumes for my children. They were not fashion design worthy.

I graduated with a few cooking skills achieved mostly by trial and error. My first meal I prepared was eggs and toast in my freshman year Home Economics class. The eggs stuck to the pan and smoked a lot, the toast was dark, and according to the teacher my pat of butter was actually three pats and I had

to eat it all. There was to be no food wasted in her class. Worst meal I ever had to get down.

I mistakenly assumed when I married, these skills would come naturally. Even after five years I struggled in the kitchen.

I believed a good cook made food from scratch because it was healthier and better for you. Besides that, my husband told me his mother only cooked homemade meals. He still talks about my first attempt at homemade lasagna. I got all the ingredients I needed and made what I thought was a perfect dish.

At the time I was eight months pregnant with our second child, hormones were running wild, I had a two-year-old underfoot, and a homemaker meeting to go to so I could learn better ways to make my family happy.

I placed the finished dish in the middle of the dining table, gathered my purse and keys and was heading out the door when my husband said, “What is this?”

My two year-old looked at it and said, “Who vomited?”

I looked at my perfect dish. The lasagna noodles

were cooked to the right tenderness, cheeses layered between the noodles and I said, “What are you talking about? It’s lasagna.”

He simply asked, “Where’s the red stuff? Isn’t lasagna supposed to be red? This looks like... vomit.”

I saw the tomato sauces on the counter top. As my hormones went haywire I picked up the dish, dumped it in the trash and exploded with, “Fine. Don’t eat then. I don’t care!”

With laughter coming from the kitchen I slammed the front door.

Because of homemakers, and my mother-in-law teaching me almost homemade cooking, I have learned better ways to do ordinary things. I learned made-from-scratch is not necessarily better. I discovered Stouffer’s makes a really good lasagna. Sarah Lee, Duncan Hines, Chef Boyardee, Sister Schubert, and even Little Debbie make awesome dishes.

Over the years they have all become my best friends and I don’t stress in the kitchen.

Fifty years in Extension Homemakers has taught me so much more than cooking, sewing, and laundry. I have

learned about finances, nutrition and health, and leadership.

There are seven categories of programs that are taught. My favorite is Environment, Housing, and Energy. In this program I learned about landscaping and recycling, and about birds, bees, and butterflies.

Homemaking is not a dying art. It is a changing art that has changed me and my way of thinking.

This is National Kentucky Extension Homemakers Association Week. It is a week set aside each year to bring awareness of Extension Homemakers to your community.

Take a moment to visit the Union County Extension Office. Learn more about homemakers in Union County and experience the changes in homemaking skills. Join a club, make new friends, learn new ideas. Kentucky Extension Homemakers Association invites you to come share your experiences of homemaking with other extension homemakers. You have so much to offer.

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

BY

ANNETTE BUCKMAN

COUNTY EXTENSION AGENT FOR 4-H

Fall Pumpkins Offer Fun Ways To Learn Science and Nutrition

With fall in full swing, pumpkins offer a fun, hands-on way to get young people interested in science, math, nutrition, and local food systems.

Pumpkins come in many sizes, shapes, and colors and can be found at farmers markets, orchards, and roadside stands throughout Kentucky. Some are grown for decorating, others for cooking, and larger varieties are popular for carving jack-o’-lanterns. Encourage youth to compare different pumpkins and discuss their uses before choosing one to take home.

Pumpkins are full of science! Cut a pumpkin in half to explore its parts, including the seeds, pulp, and outer skin. If available, examine a pumpkin blossom to identify its flower parts and explain how they help produce a pumpkin. Discuss how bees and other pollinators transfer pollen between flowers, helping pumpkins grow.

Pumpkins also provide opportunities to practice math skills. Ask youth to estimate a pumpkin’s weight before weighing it. Use a tape measure to find its circumference, a ruler to measure its height, and encourage youth to guess how many seeds are inside before removing and counting them.

Pumpkins can also be part of healthy eating. Pumpkin flesh is rich in vitamin A, which supports healthy vision, and provides other vitamins and minerals. Pumpkin seeds also provide protein and iron. Invite youth to help prepare a pumpkin-inspired recipe and discuss how nutritious

foods support a healthy lifestyle.

Families can turn an ordinary pumpkin into an exciting learning experience by combining observation, experimentation, math, and cooking.

For more ideas on incorporating science and healthy living into everyday activities, contact the Union County office of the University of Kentucky Cooperative Extension Service at 270-389-1400.

Ready to Join 4-H?

Enrollment is open for Union County 4-H! Youth ages 5–18 can join by completing their 4-H enrollment profile online. To learn more about how to enroll in Union County 4-H, contact the Union County Cooperative Extension Office at 270-389-1400.

Come discover your spark and grow with Union County 4-H!

4-H Happenings

Oct 12 Project Club 4:00 – 5:30 p.m.

Oct 19 Cloverbuds 4:00 – 5:00 p.m.

Oct 20 Homestead-ing Club 4:00 – 5:30 p.m.

Oct 21 Sewing Club Interest Mtg 4:30 p.m.

Oct 22 TLA (Webster Co) ALL Day

Oct 22 - 24 A r e a Teen Retreat West KY 4-H Camp

Oct 27 Cooking Club 4:00 – 5:30 p.m.

Follow Us On Facebook!

To keep up with all the fun events happening in the Union County 4-H Program follow Union County 4H on Facebook for all the latest news, events, and information about 4-H. There you will find interesting articles related to youth/4-H and much more!

Educational pro-

grams of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.???

The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences.

Subscribe To The Sturgis News (270) 635-2041

PUBLIC NOTICE

REQUEST FOR PROPOSALS

Grant Administrative Services

The City of Sturgis, KY is requesting proposals to provide administrative services on a federal grant from the US Department of Commerce, Economic Development Administration. Grant award number EDA26ATL0G0343. The grant award will be for the Sturgis Groundwater Treatment Plant Project. Services to be by the Consultant include assistance with compliance with federal regulation regarding the administration of the grant including compliance with 48 Code of Federal Regulations (CFR) Part 31, 2 CFR Part 200 and Economic Development Administration's Standard Terms and Conditions for Construction Project. Services to be provided also include compliance with Department of Commerce and Economic Development Administrative requirements. The Consultant will be responsible for advising the City on all aspects of the proper administration of the project and filing of all federal reports and request for funds to the Economic Development Administration. It is anticipated that services will be required over a 3 to 5 year project period.

A Statement of Qualification and a not to exceed cost for providing the services should be submitted in a sealed envelope clearly marked "Grant Administrative Services Proposal". The proposal may include a USB flash drive along with a hard copy of the signed proposal. All proposals should be submitted to City of Sturgis. Delivered/mailed, to the attention of Mayor Billy Adams 106 6th Street, P O Box 98 Sturgis, KY 42459 or emailed to billy.adams@cityofsturgisky.com. The proposal must be received no later than 10 AM CST, on Wednesday, November 4, 2026.

The City of Sturgis, KY is an Equal Opportunity Employer.

BILLY ADAMS, Mayor
City of Sturgis, Kentucky

Spread Kindness In Your Community

Kindness is a collective thread that binds individuals together to create a compassionate community. In fact, people have the ability to transform their neighborhoods simply by incorporating more kindness into their days. Kindness does not require wealth, political influence or even sweeping gestures. Kindness begins with a decision to notice the people one interacts with and take small actions that can add up to impressive results.

- Be present. In an era dominated by digital distractions, simply interacting with others with full attention can be a rare gift. People can make a habit of acknowledging neighbors by name, greeting local shopkeepers and engaging in brief conversations with other members of the community on the street and in stores. Also, listening actively when someone is speaking creates a culture where that person can feel valued and seen.
- Share skills. People can consider pooling their resources and sharing with others, including specific knowledge or expertise. For example, someone who is skilled in landscap-

ing can help a neighbor tend to the yard. One who is a whiz in the kitchen may want to cook extra meals for a family who may be navigating a stressful time.

- Volunteer. Another way to spread kindness is through volunteer efforts. Volunteering even a few hours a month can make a real impact. This can take place at a community center, animal shelter, soup kitchen, or food pantry. Others may want to volunteer at their local places of worship.
- Support local businesses. Local business owners often reside in the communities where they do business. Supporting those local businesses by leaving positive reviews online or thanking staff is a simple way to spread more kindness. Rather than calling out a busi-

ness in a derogatory post on social media, it is kinder to discuss concerns directly with the business owner to allow him or her to make things right.

- Support teachers’ efforts. Teachers play an integral role in the communities where they teach. Too often their efforts are underappreciated, or some parents may not defer to their expertise. Expressing gratitude for teachers’ hard work with a short note or email can speak volumes.

Being kind and generous often is contagious. When others witness their community members spreading kindness, they may be likely to follow suit. That helps to build a collectively kinder society.

Kentucky Fish and Wildlife Commission Member Nomination Meeting

A meeting to nominate candidates for the 2nd District representative on the Kentucky Fish and Wildlife Commission will be held at the Warren County Extension Office, 5162 Russellville Road, Bowling Green, on Nov. 17, 2026. The meeting will start at 7:30 p.m. Doors open at 6 p.m.

The commission provides oversight of the Kentucky Department of Fish and Wildlife Resources and guides development of the state’s regulations on hunting, fishing, boating and related matters. It is a voluntary position.

The 2nd District includes Allen, Butler, Daviess, Hancock, Henderson, Hopkins, Logan, McLean, Muhlenberg, Ohio, Simpson, Todd, Union, Warren and Webster counties.

Resident hunters or anglers of the 2nd District who qualify and attend the meeting may vote or be nominated for the position.

Potential nominees must submit an affidavit of qualifications to Kentucky Fish and Wildlife. An application for nomination and qualification documentation must be received in the Kentucky Fish and Wildlife Commissioner’s Office at least 15 days prior to the meeting (Nov. 2, 2026). The department will determine if the candidate meets the appropriate qualifications.

Nominees must have held a Kentucky fishing and hunting or trapping license for at least the previous five consecutive license years prior to the current license year; be a current resident of the district; be well informed on wildlife conservation and restoration; and be an experienced hunter, angler, trapper or biologist.

License exemptions do not apply for potential commission members. Nominees cannot be a convicted felon.

If more than five candidates are nominated at the meeting, candidates will be selected by vote to reduce the list of nominees to five for consideration by the governor.

Sportsmen or sportswomen wishing to vote at the meeting must be a current resident of the district and have purchased a hunting or fishing license for at least the previous two consecutive license years prior to the current license year. Voters will also need to have their Fish and Wildlife Customer ID number readily available to affix on the ballot.

Additional information is available online at fw.ky.gov, or by calling Kentucky Fish and Wildlife at 1-800-858-1549. Phones are staffed weekdays from 8 a.m. to 4:30 p.m. (Eastern), closed for holidays.