

HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

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Happy New Year! 2024: This year we are shooting for the stars and bringing dazzling Family & Consumer Sciences programming to you.

January's newsletter provides information on meal preparation and food safety during a weather disaster or crisis; home maintenance; saving money on heat & A/C; practicing self-care with our personal relationships; and upcoming extension programming.

I hope you enjoy this new, updated newsletter!



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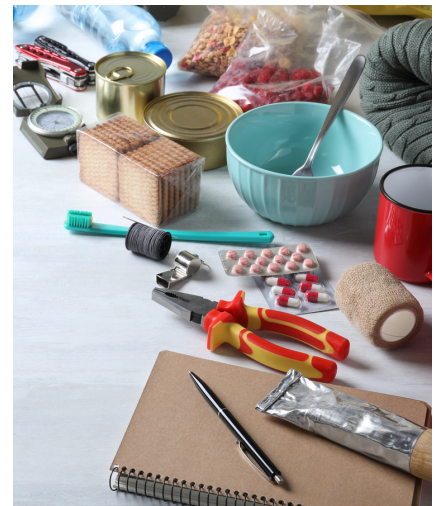
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Real. Life. Solutions.





MEAL PREPARATION AND FOOD SAFETY AFTER A POWER OUTAGE

SOURCE: NORTH CAROLINA STATE EXTENSION

After a power failure, you might not have heat, refrigeration or water. To prepare food when you have no power, follow these guidelines:

Little or no heat or electricity?

- If you have limited heat for cooking, choose foods that cook quickly.
- Do not cook frozen foods because they require much more cooking time and heat than canned goods.
- Eat commercially canned foods straight from the can.

If you can't use your stove, you can use a:

- Fireplace
- Candle warmer, such as a fondue pot. Do not use a candle warmer to cook raw meats, fish, poultry, and eggs.
- An outside camp stove, grill and charcoal burner. **Never use a fuel-burning camp stove or charcoal burner inside your home, even in a fireplace. Fumes from these stoves can be deadly.**

Little or no refrigeration?

- If you are without refrigeration, open only enough cans or jars of food for one meal. Leftover food in jars and cans cannot be saved.
- If necessary, substitute canned and powdered milk for fresh milk.
- Prepare and eat foods in their original containers, if possible.

With the door closed, food in most freezers will stay below 41°F for up to 3 days, even in summer. Thawing rate depends on:

- The amount of food in the freezer.
- The kind of food.
- The temperature of the food.
- The freezer.
- The size of freezer.

You may safely re-freeze foods that still contain ice crystals or that have been kept at 41°F or below.

Little or no safe water?

If water sources are compromised, treat with the following methods:

- Water can be brought to a rolling boil for 1 minute and cooled before use **OR**
- Water can be treated by adding unscented bleach that has not been opened for more than 30 days
 - Clear water: add 1/8 teaspoon bleach per gallon
 - Cloudy water: add 1/4 teaspoon bleach per gallon
- Wait 30 minutes before drinking or using

Caregiver to young children?

- It is important to keep human milk, prepared infant formula, opened or homemade baby food purees and prepared cereals at or below 41°F. These items should be thrown away if above 41°F for over two hours.
- Use bottled or treated water to heat bottles, mix formula and prepare dry cereal.
- Use canned, prepared formula and commercially packaged baby food in cans, jars or pouches if possible.



NEW YEAR FOR PREVENTATIVE HOME MAINTENANCE

SOURCE: NORTH CAROLINA STATE EXTENSION

Home maintenance is important because it helps to prevent costly repairs and it improves your home's safety, comfort, and durability. Maintaining your home is much like taking care of a car. Just like a car needs regular maintenance, such as oil changes, washing, tire rotations, etc. your home needs attention, too. Staying on top of maintenance tasks can help you save money in the long run and prevent bigger problems from occurring. Fixing things when they are small repairs or doing regular maintenance is easier and cheaper than waiting until they become a major issue. Regular home maintenance may also help improve the energy efficiency of your home, helping you to keep your utility bills down.

Home maintenance helps provide a healthy, safe environment while protecting your largest investment — your home. It is much easier to prevent possible health and safety issues or structural damage than it is to pay large medical or repair bills.

Responsibility for Home Maintenance

As a homeowner, you are responsible for maintaining your home. If you live in a condominium or townhouse, there may be some items that you are responsible for and some the homeowners association covers. Be certain to you check your homeowner agreement to determine what responsibilities you have. Housing experts recommend setting aside 1-3 percent of your home's market value each year to pay for maintenance and repair costs. While you may not need to use all of these funds in a given year, the accumulation of funds will help you pay for large future expenses such as installing a new heating and air conditioning unit, or replacing a roof.

Home Maintenance and Home Repair

Home maintenance is keeping your home and its equipment and systems in good working condition. Regular maintenance can help reduce repair costs. Maintenance includes but isn't limited to:

- Cleaning roof and gutters
- Cleaning or painting exterior surfaces
- Having your HVAC equipment serviced yearly (preferably before heating season and again before cooling season)
- Replacing HVAC filters
- Cleaning and/or painting interior surfaces
- Mopping, vacuuming, and dusting interior surfaces

Home repair is fixing what is broken. Repairing broken items quickly can help save costs in the long run, as small problems are less likely to turn into larger issues if dealt with quickly and completely. Repair may include replacing broken glass in windows or doors, replacing warped or worn shingles, repairing a cracked sidewalk or driveway, eliminating water leaks, replacing worn-out faucets, and repairing broken appliances or equipment.



How Often Should You Do Maintenance and Repairs?

Home repairs should be done as soon as the need appears. This sooner-the-better practice helps prevent further damage and keeps repair costs down. Home maintenance can be completed on a regular schedule. At least once every 6 months, inspect your house and yard thoroughly to identify items needing work. Once every 3 months is even better.

Who Should Do the Work?

The homeowner who does his or her own maintenance and repairs saves money. Use the following sources to learn how to do your own maintenance and repairs:

1. Manufacturer's use and care booklets and care guides for repair and guidance on how to clean.
2. Do-it-yourself (DIY) publications often available in builder supply, hardware, or home improvement stores.
3. Home maintenance/repair books and videos in public libraries, stores, or online.
4. An experienced neighbor or friend.

If you are not able to do the work, hire a qualified, experienced contractor or repair person. Ask friends for personal recommendations. Check the telephone book, neighborhood newspapers, special advertisements and the Better Business Bureau to find a reputable repair person. Ask for written estimates and do not pay in advance for maintenance or repair services.

Include a maintenance and repair category in your monthly budget. If you do not need the money in a particular month, put it in a savings account for the periodic, expensive, and/or unexpected repairs that will happen as a house ages.

Inspect your home regularly. Develop a system where you inspect one area per month to ensure regular inspection of each area. Start at the foundation of the house and work upward and inward. Use the following list of areas to conduct your home inspection.

Foundations, Basements and Yards

- Water that strikes the house or drips down from the roof should drain away from the foundation walls. The gutter and downspout system should keep water from pooling around the foundation where it can create a moisture problem. Be sure gutters and downspouts are kept open and in good repair.
- Trim shrubs and bushes away from the foundation walls. Clearance space should be at least one foot.
- Check masonry foundation walls for cracks or weakened and crumbling mortar.
- Examine main support beams, support columns, and floor joists for evidence of bowing or warping.
- Check wood structural members, such as joists, beams, and columns, with a screwdriver or pocket knife to be sure wood is solid and free from decay.
- Check the inside and outside of all foundation walls and piers for termite tubes and damage. You may choose to have a pest control company do this each year.
- Check that the crawlspace vapor barrier is in good condition and placed correctly. A vapor barrier is usually polyethylene material (at least 6-mil) that covers 100 percent of the crawlspace.
- Examine the inside of the basement or foundations walls for dampness or water stains indicating seepage or a leak.
- Clean leaves and debris from around the outside heating/air conditioning condenser and trim back shrubs that may block air movement around the house.
- Yard care power equipment should be drained of fuel in the late fall or early winter and serviced according to manufacturer's instruction.
- Clean and repair garden equipment after the last use of the season. Remove dirt and rust, then store in a dry area. Winter is a good time to file rough spots on hoes and shovels and to apply linseed oil to handles of garden tools. Thoroughly rinse pesticide and herbicide sprayers to prevent clogging, and rinse fertilizer spreaders to prevent corrosion.
- Doorways, below grade window wells, and storm drains should be cleaned of debris or leaves.
- Driveways and walks should be checked for cracks, breaks, or erosion. If asphalt surfaces need repairing, be certain you have the equipment and skill to do a lasting repair job, otherwise hire a reputable contractor. Unrepaired cracks in concrete and asphalt can lead to further damage.
- A septic tank needs periodic attention. Learn how to check for sludge and scum accumulation in the tank, and have solids pumped out of the tank as needed.
- Fences, gates, and retaining walls should be checked for ease of operation, condition of structure, and materials. Make repairs as needed.

Heating and Cooling Systems

- Have heating and cooling systems checked by a qualified service person at least once a year (before heating/cooling season) or according to the manufacturer's warranty and service recommendations. Failure to do manufacturer-recommended servicing may void warranties.
- Clean or replace filters. Check your owner's manual for recommended procedures. Some filters should be replaced as often as once a month.
- Clean dirt and dust from around furnaces, return vents, and supply ducts.
- Regularly clean out the fireplace ash pit.
- Have the chimney checked each fall before you use it. A build up of creosote and soot can be very dangerous. If you use your fireplace or wood stove regularly, a yearly cleaning is recommended. Seek help from professional fire fighters or chimney inspectors if you have any doubt about the safety of your chimney.
- Check the attic to be sure that insulation or other material is not blocking free air flow through soffit vents, gable vents, or other attic vents. If light from the outside shines through each vent into darkened attic, then the vents are clear.

Plumbing Systems

- Check faucet and hose connections under sinks and toilets. Look for leaks at shut-off valves, toilets, laundry equipment, and main water shut-off valve.
- Check that the water pressure is adequate and that drains run freely.
- In the basement or crawlspace, pull back the floor insulation to check for leaks and wood damage around water supply pipes, drains and water closet.
- Check sinks, tubs, and showers for proper drainage. Remove hair from drains. When necessary, use a snake or plumber's friend to unstop drains – or call a plumber.
- Check the pressure relief valve on the water heater. Open it to see that it is working. Check the water heater for signs of leaking or rusting. Some manufactures recommend that a small amount of water be drained periodically from the tank.

Safety Systems

- Test smoke alarm systems at least monthly. Replace old batteries.
- Test carbon monoxide detectors at least monthly and replace old batteries.
- Keep a fire extinguisher handy for use in kitchen and near any wood-burning stove or fireplace. Check the extinguisher gauge for proper pressure.
- Keep a flashlight(s) handy and in operating condition.
- Keep outside security lighting in good repair. Lighting exterior grounds helps discourage prowlers.
- Test your home for radon every two years.

Regular inspection and maintenance of your home will help keep the house in good condition and maintain its value. Doing maintenance and repair as the need arises also keeps small problems from becoming bigger, more costly problems. Having and following a plan for home maintenance and repair will make the job easier. And, finally, a well-maintained house will be more comfortable.



Exterior Walls, Windows, and Doors

- Check bricks for cracked mortar or loose joints.
- Check siding for loose or missing pieces, lifting or warping, or any sign of mildew.
- Check painted surfaces for paint failure (peeling, chipping, blistering, chalking), water damage, or mildew.
- Examine all trim for tightness of fit, damage or decay.
- Check condition of caulking where two different materials meet, such as where wood siding joins the foundation wall, at the inside corners, and where window and door trim meets the siding.
- Check the windows for cracked or broken glass, loose putty around the glass panes, holes in screens, and evidence of moisture between pane and storm windows.
- Check the condition of door frames and windows. Look for evidence of moisture and decay.
- Check that windows and doors close properly. Examine all hardware on windows and doors, and lubricate moving parts.
- Check weatherstripping on windows and doors for damage and tightness of fit.
- Make sure that all window and door lock work properly. Each exterior door should have a one-inch deadbolt lock for safety.

Roof

- Trim back tree branches that scrape against or overhang the roof. Keep branches away from chimney to avoid fire hazard and allow proper draft for safe and efficient chimney operation.
- Check for curled, damaged, loose, or missing shingles.
- Check the lower edge of roof sheathing for water damage.
- Examine all roof flashing and the flashing around chimneys, vent stacks, roof edges, dormers, and skylights.
- Make sure that the chimney cover (cap) is in good condition, and that it is tall enough to prevent creosote build-up.
- Check vents and louvers for free air movement.
- Clean screens and remove bird nests, spiders, insects, and dust.
- If there are wind turbines on the roof, check ball bearings. Clear gable vents of bird's nests and other obstructions.
- Check for damaged gutters, downspouts, hangers, and strainers. If needed, clean out gutter and downspouts. Make sure they are free from leaks and rust.
- Check the condition of the paint on the gutters.
- Examine television antenna guy wires and support straps.



Interior Surfaces

- Check all ceilings and walls for cracks, loose or failing plaster, signs of leaks or stains, dirt, and finish damage.
- Check for cracks where ceilings join walls and where moldings attach to ceilings and walls.
- Check for odor or visible evidence of mold or mildew.
- Examine all joints in ceramic tiles and laminated plastics for adequate caulking. Check for discoloration around cracked tiles.
- Check caulking around sinks, bathtubs, and showers. Some caulking becomes brittle with age, and therefore loses its effectiveness as a water seal. Replace this caulking with long-lasting resilient caulking material, such as silicone or latex.
- Check all floors for wear and damage. Are the floors level, bowed, or do they squeak when you walk on them? Particularly check where one type of flooring material meets another, such as where carpet or wood joins tile.
- Check stairs for loose treads, handrails, or carpeting and repair as needed.

Electrical Systems and Fixtures

- Check the condition of lamp cords, extension cords, and plugs. Also examine the appliance cords and plugs of vacuums, iron, mixers, washers, and dryers.
- Check for exposed wires and signs of wear in the “service box.” If you have a fuse that blows often or a circuit breaker that trips frequently, call an electrician to determine the cause and make the repair. Mark each circuit so you will know what outlets or appliances are included on each.
- If you experience a slight tingling shock when handling or inspecting any appliance or lamp, disconnect the appliance and repair it.
- Check places where wiring is exposed, such as in the attic. Look for exposed wires and wires with cracked insulation. Replace those in poor condition.
- Check that all appliance cords are in good condition.
- If you have ground fault circuit interrupters (GFCIs) in outlets near sinks, the laundry, the shop, and the garage, be sure to check the GFCI monthly and after an electrical storm.

HOW TO SAVE MONEY ON HEATING AND COOLING YOUR HOME

SOURCE: FEDERAL TRADE COMMISSION

Heating and cooling your home can take a lot of energy. But there are things you can do to make your home more energy efficient, which might even lower your heating and cooling bills. Here's what to know.

Shopping for Energy Efficiency

When you shop for and compare new heating and air conditioning (HVAC) equipment and systems, it's important to look at the price. But it's also important to look at the energy efficiency — how much it will cost to run your new HVAC system. That's where the EnergyGuide label and ENERGY STAR logo can help.

- The EnergyGuide label. Before anyone sells a heating and cooling system — central air conditioners, furnaces, boilers, and heat pumps — they have to tell you how much energy a product uses, and how it compares to similar models. That information will be [on a product's EnergyGuide label](#). You'll often see the label on the product when you shop in person, but it might also be on a website, fact sheet, or brochure.
- The ENERGY STAR logo. This logo means the product meets certain energy efficiency guidelines set by the Environmental Protection Agency and Department of Energy (DOE). To learn more, visit energystar.gov.

Other Ways To Save on Energy

Here are some steps to take at home to save energy (and maybe lower your bills).

Do a home energy assessment or energy audit. Even if you're not looking to buy new HVAC equipment, you still might want to know where your home is wasting energy. Your utility company might offer free or low-cost energy assessments or refer you to someone who does. For more recommendations, check with your state or local government energy or weatherization office, or visit energysavers.gov for other resources.

- A [professional assessment](#) might cost several hundred dollars. Before you hire a company, search its name online, plus words like "scam," "review," or "complaint." See if others have had good or bad experiences with the company. Look at sites that offer impartial reviews from experts. The assessment should include specific recommendations for you to follow.
- A do-it-yourself assessment is an affordable option. While it might not be as thorough as a professional assessment, it can help you pinpoint some possible fixes. For more information, visit [DOE's Energy Saver website](#), or use the online tool at hes.lbl.gov.

Seal air leaks and check your insulation. Much of a home's energy is wasted through air leaks or under-insulated attics and ducts.

- Use caulk and weatherstripping to seal air leaks around your windows, doors, and places where pipes and wires come through walls. Feel around for air coming in and check the existing [caulking](#) and [weatherstripping](#) for gaps or cracks. If your home has old or drafty windows, think about replacing them.
- Check any exposed air ducts for holes and gaps where sections have separated and air may be leaking. Use mastic sealant or metal tape (not duct tape) to seal some leaks yourself. It might also be a good investment to hire a professional to repair leaky ducts.
- Bring your insulation up to [DOE-recommended levels](#) if a professional energy assessment shows it's needed.

Ask about special energy efficiency offers. Before you shop for energy-efficient products, ask your salesperson or utility company for information about cash rebates, low-interest loans, or other incentive programs in your area. You also can visit the [Database of State Incentives for Renewables & Efficiency](#) for information about government- and utility-sponsored incentives.



Make small changes. For example:

- Lower your thermostat in the winter and turn it up in the summer before you go to bed or head out for the day or get a programmable thermostat to do it automatically.
- Check filters for forced-air furnaces, heat pumps, or air conditioners – as the manufacturer recommends – to see if they need to be cleaned or replaced.
- Check fireplace dampers to make sure they're closed when you don't have a fire going.
- Consider a budget-billing program, if your utility or oil company offers it. While you won't pay less, your costs will be spread out evenly over the year so you won't get surprised with high bills during the year. Check with your utility company to see if they offer energy assistance plans.
- Check to see if you're eligible to get help from the [Low Income Home Energy Assistance Program](#).
- Look up heating oil and gas companies, if you use heating oil and you live where you can choose your natural gas provider. Compare prices from multiple companies and look up their services before you sign a contract.

Spot and Avoid Scammy Products and Services

- Don't believe a company's promises without checking them out first. Search online for the company or product name with words like "scam" or "complaint."
- Resist high-pressure door-to-door sales calls for heating systems, windows, and other home improvement products. Pressure to act fast is a sign of a scam. [Find a contractor who's licensed and reputable](#), and remember that the [Cooling-Off Rule](#) gives you three business days to cancel, if you sign the contract anywhere other than the contractor's permanent place of business. You have the right to change your mind, and you don't have to give a reason for canceling your purchase.
- Get any offers to lower your utility bills in writing before you accept a deal or sign a new contract. Consider how long the offer or discount will be valid for. Ask about the length of the contract or commitment, and if it involves early termination fees.
- Spot [utility scams](#). Scammers impersonate utility companies and threaten to shut off your service. Anyone who tells you to pay with a [gift card](#), [cryptocurrency](#), or by [wiring money](#) through companies like Western Union or MoneyGram is a scammer.
 - Contact your utility company directly with a phone number you know is real to see if there's a problem.
 - If someone asks you to pay using one of these ways, report it to the FTC at [ReportFraud.ftc.gov](#).

For More Information

To learn more about saving energy in and around your home, visit:

- [energy.gov/energysaver](#) and [energystar.gov](#)
- [ftc.gov/savingenergy](#)
- your [state energy offices](#)
- your local utility company



SELF-CARE: CHERISHING YOURSELF AND YOUR RELATIONSHIP

SOURCE: THE GOTTMAN INSTITUTE

[This posting](#), which concerns a recent study out of UC Berkeley on the relationship between sleep and relationship conflict, notes the importance of cultivating good habits in self-care. It's one of the most critical tools in maintaining healthy relationships. Here are a few of Dr. John Gottman's tips for goal-setting and stress management. The following will help you as you work to find balance and create a healthier lifestyle, both for yourself and for your relationship.

Tips for goal setting

- **Make your goals specific and measurable.** Rather than telling your partner that you would like to talk more, suggest a concrete activity that you can do together whether it's going for a walk after dinner every time or playing board games every Sunday afternoon.
- **Think about the pros and cons of making healthy changes.** If we stick with the examples above, you could imagine that a pro would be the ability to feel closer to each other and relax, and a con could be the planning around any care-taking responsibilities.
- **Break big goals into little ones.** If you want to get in shape, don't overdo it. This will only add to your stress. You don't want to strain yourself or cause an injury. Go slow. Start with smaller increments.
- **Ask for support.** If you want to take care of yourself, remember the people closest to you—the ones you can count on. Call them or set up a video chat if you want a boost of encouragement.
- **Anticipate obstacles and have a backup plan.** If you realize that your new self-care plan might be as fleeting as a New Year's Resolution, don't feel defeated. You are in control. Imagine the difficulties you may face in accomplishing your goal. For example, if going on a run every morning is going to be unrealistic, try to come up with a solution that you feel confident will work. Perhaps start every Saturday morning and work your way up.
- **Make a daily plan and track your progress.** Ask yourself the following questions frequently: What are my intentions today? ("I'll go on a run tonight" or "No more TV for a little while")
- **Reward yourself for short-term and long-term successes.** Set up a way to congratulate yourself when you achieve your big and small goals.

Goal setting as a couple

You can set those goals together and enjoy stress-free activities as a couple. Here are a few more ideas for relaxing together. You likely know what you and your partner enjoy most so try some of these or make up your own. You may learn more about each other in the process, strengthening your bond.

- Watch your favorite show together.
- Go on a jaunt through the neighborhood.
- Explore a beautiful park and watch a sunset.
- Find a take-out ice-cream stand or food truck where you can enjoy something delicious out in the open air.

These are ideas that can keep you and your relationship from being overwhelmed in daily life.





In Humphreys County, TN, the current unemployment rate is 7.4%. Based on the US Census Bureau, the state of Tennessee unemployment rate is 9.9%. About 315,000 Tennesseans are unemployed.

WHAT IS SKILL UP TENNESSEE?

Skill Up Tennessee provides SNAP Employment and Training. We help SNAP participants gain the training and skills needed to get a good job. Our goal is to help you prepare for employment.

If you're ready to move forward on your career path, we're here to help. To be eligible, participants must:

- Receive SNAP benefits
- Not receive TANF (Families First) cash assistance
- Be willing and able to work upon completion

HOW CAN WE HELP?

Things like training, testing, and uniforms cost money, and we can help. We focus on short-term training leading to credentials that are in demand. We will pair you with a Career Navigator who will work with you on your journey to help you meet your goals.

Supportive Services

Depending on need, participants may receive financial supports such as these for approved program activities:

- Gas Cards for Transportation
- Uniforms
- Testing Fees
- Textbooks

AVAILABLE AT NO COST TO PARTICIPANTS:

Take the NEXT step today.

- Help to find the training that's right for you and the support you need
- Access to adult education and vocational training
- Work Readiness Training to help you gain professional skills valuable for employment
- Support to help you get started in your new job

Sign Up Today!

Follow this link to see if you are eligible and preregister:



tiny.utk.edu/SkillUpTN



TENNESSEE ASSOCIATION FOR FAMILY AND COMMUNITY EDUCATION

What is TAFCE? The Tennessee Association for Family and Community Education (TAFCE) is an organization of volunteers who work together to build strong families and communities. Local FCE clubs throughout the state of Tennessee are divided into three regions: western, central and eastern. Educational materials are created and utilized to strengthen knowledge and expertise. Resources are provided to develop leadership skills, enabling people to make a difference. Ultimately, FCE strives to make our homes and communities a better place in which to live!

TAFCE Mission: To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

To Learn

During hands-on workshops and monthly meetings, educational programs are presented. Topics are varied and relate to current issues, changes in technology, health, safety, nutrition, family economics, and more.

To Lead

Members have the opportunity to lead by serving as officers or on committees. Family and Community Leadership (FCL) training is offered to prepare members to contribute to public policy and decision making.

To Serve

Each year FCE offers projects designed to make a difference in the lives of families in the local or broader communities in which we live. FCE members have the opportunity to share and serve, working closely with other local organizations.

To Have Fun!

Fun, laughter, and friendship abound at every FCE gathering. Meetings, work sessions, camp or retreat, trips, conferences...all are occasions for fellowship and exploration of new places, activities, and new ideas!

State Projects: TAFCE encourages participation in state projects in the areas of education, community action and leadership. A longtime emphasis in education has been the support of literacy, libraries, and the Dolly Parton Imagination Library. There are countless opportunities for community service, often determined by specific, local community need. The leadership area has recently been added to encourage teaching, mentoring, and assisting with 4-H programs and the Family and Community Leadership (FCL) program. A recent statewide community service project was Masks of Love. In response to covid-19, members from across the state of Tennessee made facemasks in their homes for Emergency Management Departments, hospitals, health and rehab centers, first responders, community workers, school students, family and friends.

Humphreys County has two FCE Clubs, Buffalo & Friendship. For more information on how to join FCE and how we serve the county, contact Humphreys County FCE Advisor and Family and Consumer Sciences Agent, Denise Salonga at (931) 296-2543.

Upcoming Dates

january 2024

MON	TUE	WED	THU	FRI	SAT	SUN
1 New Year's Day Office Closed.	2	3	4 Tai Chi 11:00 AM	5	6	7
8 FCS SKillathon 4-5 PM	9	10 Tai Chi 11:00 AM	11 FCE County Council Meeting 11:00 AM	12 Tai Chi 11:15 AM	13	14
15 MLK Day Office Closed.	16 Tai Chi 11:00 AM	17	18	19	20	21
22	23	24	25	26	27	28
29 FCS SKillathon 4-5 PM	30	31				



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