

Item for the Post – Donna Krug, District Director

FCS Time2Shine Campaign is Now

As I begin my 32nd year as an Extension Educator here in Central Kansas I am excited to share information about some great resource materials available to you. Through the years, people in my position have been known as home demonstration agents, home economics agents and most recently Family and Consumer Science (FCS) agents. Our goal through all of those title changes has remained the same; to bring unbiased research based information to families that can help improve their quality of life.

Through the end of May, I hope you will visit the Cottonwood Extension District FaceBook page each weekday and find a tip related to healthy living. The days of the week have a theme; Mindful Moment Monday, Taco’bout Cooking Skills Tuesday, Working Together Wednesday, Thrifty Thursday, and Friends & Family Friday. Many of the posts will contain a link to a fact sheet that follows the theme. When you click on the #FCSTime2Shine that appears on each post, you will be able to see posts from our colleagues from across the state. Some agents have added fun videos to their posts.

My two posts this past week highlighted the Everyday Mindfulness fact sheet on Monday and a fact sheet titled, “When Your Income Drops: Sharpening Survival Skills” on Thrifty Thursday. Both of these fact sheets contain great information we can use to help us through these uncertain times.

Berny, from the Hays office, and I will be trading off making the daily posts. If you do not have a way to connect to the internet to receive these materials, we will be happy to share a copy of the fact sheets if you give us a call. My number at the Great Bend office is: (620)793-1910 and the Hays office is (785)628-9430.

So look for our Cottonwood Extension District FaceBook page and open up a wealth of knowledge!

Donna Krug is the District Director and Family & Consumer Science Agent for K-State Research and Extension – Cottonwood District. You may reach her at: (620)793-1910 or dkrug@ksu.edu K-State Research and Extension is an equal opportunity employer and provider.