

News Release for Immediate Use or Next Issue  
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K-State Research & Extension  
River Valley District  
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### **Fall Fling**

The River Valley Extension District is hosting this year's Fall Fling, formerly hosted by the Clay County Homemaker Extension Unit Council. It is scheduled for Monday, October 14th, at the Clay Center 4-H Event Center at the Clay County Fairgrounds. Fellowship and fun will be a large part of the Fall Fling. All interested men and women in the River Valley District are encouraged to attend. Registration for door prizes will begin at 10:30am and coffee and tea will be served. Everyone is asked to bring a salad for the noon luncheon. Refrigeration is available upon arrival at the meeting and tableware and beverages will be provided.

The following programs are scheduled for the day. The morning program will start at 11:00am and feature Shawna Pederson, owner of Tanglewood Farms located in the Idana area. At Tanglewood Farms, she creates specialty jams and jellies using the freshest straight from the grower produce whenever available. The jams and jellies are bursting with flavor and with over 20 flavors you are sure to find one you will love!

The afternoon program, "Strain of Stress" will start around 1:00pm and be presented by Monica Thayer, RVD Family Resource Management Agent. Along with this program, Monica will be teaching participants how to make homemade hand scrubs. Again, come join in on a fun day of learning and fellowship.

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