

MAY 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512
(270) 338-3124
extension.ca.uky.edu

UPCOMING EVENTS

May 1—Deadline to turn in R.E.A.C.H paperwork! Have you read 5 books this year? Attended 5 Extension classes or events? Volunteered 5 times with any organization (it doesn't have to be Homemaker related)? Recruited a new Homemaker member? Volunteered for a Homemaker event? If you answered yes to any of these questions, you qualify to be entered into the door prize drawing at Annual Day! Stop by the Extension Office to fill out a R.E.A.C.H. form for your chance to win!

May 2—Identity Theft Class at 10 AM at the Extension Office. Nancy Sandlin will be leading this class on identity theft prevention, awareness and recovery. Please contact the Extension Office to sign up.

May 4—Deadline to register for Annual Day on May 15! \$15 fee must be paid today.

May 5—Garden Group will meet at 10 AM at JoNell Mallay's home to travel to the Baker Downing Arboretum near Bowling Green. The group will see various plants and art, have lunch, visit a specialty garden shop, and more. Contact JoNell for details.

May 9-11—KEHA State Meeting in Louisville.

May 11—Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

May 13—Craft Mingle at 10 AM at the Extension Office. You don't have to be a Homemaker to participate. Bring a friend and join in the fun. ***Homemakers will be decorating for Annual Day following the Craft Mingle.***

May 14—Mother's Day

May 15—Homemakers 98th Annual Day at 5:30 PM at the Extension Office. **Deadline to register with \$15 fee is May 4!**

May 16—Imitation Club meeting at 11 AM at the Extension Office.

May 16—Neighborhood Club outing.

May 17—Forever Young Club meeting at 10 AM at the Extension Office.

May 17 – Cooking through the Calendar at the Central City Public Library at 11:30 AM. This month's recipe is Easy Tortilla Breakfast Pizza. Can't come on May 17? Join us at the Extension Office on **May 24** at 11:30 AM instead.

May 18—Homemaker Council meeting at 9:30 AM at the Extension Office.

May 18—Material Girls Club meeting at 5:30 PM at the

Extension Office.

May 19—Garden Group will meet at 9 AM at the Extension Office to travel to the Bernheim Arboretum. The group will hike around the flower encircled lake and have lunch outside together. Bring a walking stick if possible. Contact JoNell for details.

May 19—Endangered Species Day-plant something for the pollinators to celebrate!

May 22—Garden Group meeting at 10 AM in Paradise Park next to the Farmers Market. The group hopes to have a guest speaker to discuss plants.

May 29—Extension Office closed for Memorial Day holiday.

June 1—Entertaining Little Ones Homemaker Lesson at 10 AM at the Extension Office.

June 8—Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

June 9—Game Night at 5:30 PM at the Extension Office. You don't have to be a Homemaker to participate. Bring a friend and join in the fun.

June 18—Father's Day

June 19—Extension Office closed for Juneteenth holiday.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Services
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Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Donations Being Accepted

Homemakers will be taking a Muhlenberg County basket to the State KEHA meeting for the silent auction. If you have any Muhlenberg County items/handmade items that you would like to donate for our county's basket, please drop them off at the Extension Office no later than May 2. If you have any questions, you may contact Laura Buchanan. We appreciate her taking on this project for Muhlenberg County Homemakers.

Brenda Waller and Laura Buchanan are collecting items for the homeless in Muhlenberg County during the month of May. You can drop off donations such as personal hygiene products, hand sanitizer, wipes, etc. at the Extension Office.

Keep Your Homeowner's Insurance Policy Updated

Everyone should review their homeowner's insurance coverage annually. This is important because it helps you understand your policy and what it covers. Often flood or earthquake insurance is sold separately and is not covered under a standard home insurance policy. Talk to your insurance agent to make sure your home and property are insured at 80% of their current replacement cost. You also want to make sure detached structures are properly insured, as well as particularly valuable belongings such as jewelry or electronics that may have a specified dollar limit. Review your policy and ask for clarification about any wording, disclaimer, or fine print you don't understand.

In general, a standard homeowner's policy is based on the value of the main house. For insurance to provide coverage for a complete loss, the amount of the policy should be for at least 80% of the home's value. A house is typically insured at 80% of its current *replacement cost*. Replacement cost is simply the amount of money it would take to rebuild a similar home based on today's construction prices. Unfortunately, if you bought your homeowner's policy several years ago and have not updated the policy amount, or do not have inflation protection as part of your policy, you may be underinsured. This is because construction prices have increased. If your home is insured for less than 80% of the replacement cost, you may receive a prorated or reduced amount on claims you file if your home is severely damaged or destroyed. The difference between the replacement cost of repairs and the amount you receive from insurance will be an out-of-pocket expense.

Protect your home and your finances by updating your homeowner's insurance annually and after any major renovations.

How to Display The American Flag



The U.S. flag stands for our nation and the shared history, pride, principles, and commitment of its people. When we properly display this powerful symbol, we signal our respect for everything it represents.



The flag shouldn't be flown in inclement weather unless it's an all-weather flag.



Flags displayed at night should be properly illuminated.



In a time of national mourning, hang the flag at half-mast.

The flag can be flown every day, but it is often flown to show patriotism on these observances:

New Year's Day	Easter Sunday	Constitution Day
Inauguration Day	Armed Forces Day	Columbus Day
Martin Luther King Jr.'s Birthday	Memorial Day	Navy Day
Lincoln's Birthday	Flag Day	Veterans Day
Washington's Birthday (Presidents Day)	Independence Day	Thanksgiving Day
National Vietnam War Veterans Day	National Korean War Veterans Armistice Day	Christmas Day
	Labor Day	

When displaying the flag ...



From your porch, place the union (blue section) at the peak of the staff.



Against a wall or on a window, place the union (blue section) at the top left corner.



On your vehicle, clamp the staff to the right front fender.



With another flag, place the U.S. flag to your left when crossed.



Keep your flag completely dry and folded properly — into a triangle, with the union (blue section) visible — before storing it in a well-ventilated area. If the flag is damaged or worn out, it should be disposed of with dignity.



The flag should not touch anything below it or rest on the ground.

Source: United States Code, Title 4, Chapter 1—The Flagdignity.

Drinking Water Week—May 7-13, 2023

Have you considered how much water you use in a day and how easy it is to access? Have you thought of the steps involved that go into producing, protecting, and providing that water to you, your family, and community?

American Water Works Association designates the first full week of May as Drinking Water Week.

This is a time to reflect on the role that clean, accessible water plays in each of our daily lives and how “over the last 100 years, many improvements in the health, success, and life span of the U.S. population can be linked to improvements in water quality. Providing safe drinking water was one of the most important public health achievements of the 20th century.”


It is also a time to appreciate the employees of your

local water company and all the work that they do to provide clean and accessible water to you every day.

Ideas for celebrating Drinking Water Week.

1. Contact your local water company and find out what programs and materials they have planned for this week and take part in those offerings.
2. Install a rain barrel(s) at your home for outdoor watering needs.
3. Educate your family on water usage and water conservation steps.
4. Be mindful of your water usage all year long. Examples could include turning off faucets when not actively using them, using water saving products in the home, etc.

Clean water is a limited resource and one that we all need to use wisely.



This lesson will cover how the Cook Wild KY program began, how it addresses hunger in Kentucky and Cook Wild Kentucky recipes.

LESSON SCHEDULE:

MAY 2- 10:00AM
TRIGG COUNTY EXTENSION OFFICE

MAY 2- 2:00 PM
LYON COUNTY EXTENSION OFFICE

MAY 3- 10:00 AM
HOPKINS COUNTY EXTENSION OFFICE

MAY 3- 2:00PM
CHRISTIAN COUNTY EXTENSION OFFICE

MAY 4- 10:00AM- ZOOM

Handouts from this lesson are included in this newsletter for mailbox members.

Don't forget to contact the Extension Office to let us know if you plan to attend or if you would like the Zoom link emailed to you.



Free Seeds

Gardening season is quickly approaching. Stop by the Extension Office to pick up some free seeds while supplies last. There are also dozens of free recipe cards available!



Churro Cookies with Chocolate

May is the month of Cinco De Mayo. Celebrate with this recipe submitted by Laura Buchanan. Makes 22 servings.

Ingredients:

4 oz. cream cheese, softened
1/2 cup sugar, divided
1 package (14.1 oz.) ready-to-use refrigerated pie crusts (2 crusts)
1 1/2 tsp. ground cinnamon
1/4 cup butter, melted
1 1/2 package (4 oz. each) semi-sweet chocolate (6 oz.), broken into small pieces
1 tub (8 oz.) whipped topping (do not thaw)

Heat oven to 450 degrees. Mix cream cheese and 2 tbsps. sugar until blended. Roll out 1 pie crust to 12 inch round on lightly floured surface; spread with cream cheese mixture. Roll out second crust as directed; place over first crust. Cut into 44 (4 x 3/4 inch) strips. Cover 2 baking sheets with parchment paper. Combine cinnamon and remaining sugar in pie

plate. Brush both sides of dough strips, 1 at a time, with butter, then dip in sugar mixture, turning to evenly coat both sides of each strip; twist slightly then place on prepared baking sheets. Bake 12 to 13 minutes or until golden brown. Cool on baking sheets 2 minutes. Transfer to wire racks; cool completely. Microwave chocolate and whipped topping in microwavable bowl on high 2 to 2 1/2 minutes or until chocolate is completely melted and mixture is blended, stirring every minute. Serve with cookies.

THOUGHT FOR THE DAY

“Motherhood is the biggest gamble in the world. It is the glorious life force. It’s huge and scary-it’s an act of infinite optimism.”

-Gilda Radner

Contact Us

 (270) 338-3124

 Facebook Pages:

Muhlenberg
County
Cooperative
Extension

Muhlenberg
County
Homemakers

**Don't forget to contact
the Extension Office to
sign up for upcoming
events!**



Darrell Simpson
County Extension Agent
Agriculture & Natural Resources
Education



Members of the Travel Group enjoyed a trip to Jasper, IN in April.

Garden Group has Begun

Around 20 people are interested and planning to share their veggies with others that need them. Join them—contact JoNell Mallay for details.



Summer Reading

The Muhlenberg County Public Library is once again offering the Summer Reading Program. Sign ups start May 22 at either the Central City or Greenville Library. This summer's title is "Adventures at the Library." A nice luncheon is provided at the end with great prizes and free books. Join other members of the Homemakers Library Group at the reading program this summer.