



MAY
2022



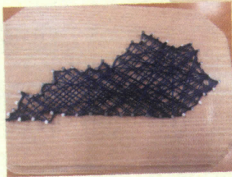
College of Agriculture,
Food and Environment
Cooperative Extension Service

Babysitting Clinic

Come learn the In's and Out's of Babysitting along with getting certified in CPR/First Aid
May 24th and 25th at the Extension Office
8:30 a.m.-3:30 p.m.
Lunch will be served. Class is limited so make sure you reserve your space.
For current 6th graders and up
Cost is \$10.00

DIY & APP.

COME JOIN US ON
MAY 19TH AT 3:00 PM AND WE WILL BE
MAKING STRING ART!
EXPO BUILDING



\$3 COST FOR MATERIAL -CALL OFFICE TO SIGN UP.

2022 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **MAY 5TH AT 11 A.M.** VIA FACEBOOK LIVE. COOKING CLASS CAN BE FOUND ON THE HENDERSON COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES **FACEBOOK PAGE**. STOP BY THE OFFICE IF YOU WANT A HARD COPY OF THE CALENDAR!



Watch, Listen and Follow
Tune Into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook- Henderson County Extension- Family and Consumer Sciences

Amanda L. Hardy

Amanda L. Hardy
County Extension Agent
for Family and Consumer Sciences

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

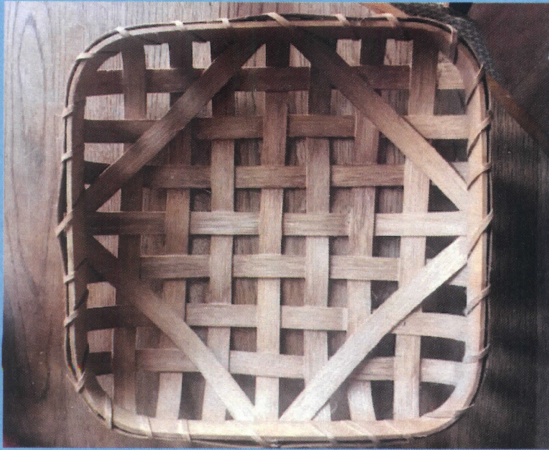
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Basket Weaving Class

Call the office to sign up for the next basket making class. May 16th at 10:00 a.m. There will be a \$15 fee for class.



Cancer Support Group

The monthly cancer support group will meet on MAY 16th at 5:00 p.m. at the Extension Office Main Building.

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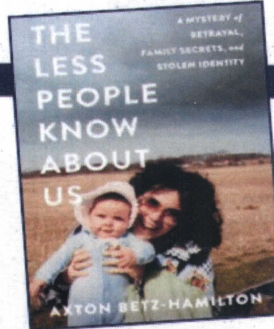
BIG BLUE BOOK CLUB

We are excited to announce the return of

BIG BLUE BOOK CLUB

THE LESS PEOPLE KNOW ABOUT US: A MYSTERY OF BETRAYAL, FAMILY SECRETS, AND STOLEN IDENTITY

by
AXTON BETZ-HAMILTON



Our first book of 2022, *The Less People Know About Us: A Mystery of Betrayal, Family Secrets, and Stolen Identity* by Axton Betz-Hamilton is a riveting, true story of the life changing impact of identity theft. The author and identity theft expert shares the story of her life that "inspired her career and nearly destroyed her family."

Big Blue Book Club will be
April 14, 21, and 28 at 11 am ET.

Just click this link
<https://ukfcs.net/BBbc2022Book1>
to register by April 1 or scan the QR code.



The first 200 registered participants will receive a free copy of the book.

May

HOMEMAKERS

Club Meetings

Town and Country- Extension Expo Kitchen on May 16th at 6:00p.m.

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- will meet at Cash Creek Church Wednesday, May 18th, 2022 at 10:00 a.m.

Central- 2nd Thursday of each month at 11:00 a.m. in Expo Project Room.

Thought for the Month: "All you need is love. But a little chocolate now and then doesn't hurt." -Charles M. Schultz

Roll Call: National Chocolate Chip Day is celebrated May 15. What have you used chocolate chips to make other than cookies.

MAY LESSON- Sensational Salads. This Is a Food, Nutrition, and Health Lesson.

MEETING

County Annual Homemaker Meeting- May 26th at 5:30 In Expo Building. A catered meal will be served. \$10 per person.

Bring snacks for 4-H donations (packaged store bought and nut free)

Election of Officers- need to have a nomination form turned into our office by May 13th. You can find this in the KEHA Appendix 4 book on the keha.org

President and Treasurer are the offices up for election.

Bring Kitchen items for basket for state meeting by May 6 to the office



2022 State Meeting – Please mark the NEW dates for the KEHA State Meeting in your calendar. The meeting now will be held May 10-12, 2022, at the Owensboro Convention Center. The theme is "KEHA: We Have You Covered." Licking River Area will serve as the host area. The lodging room blocks are now open for reservations. Details can be found on the KEHA website at <https://keha.ca.uky.edu/content/state-meeting-information>.

If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.



Outdoor Cooking - Smoking Foods

Smoky flavors are popular and have even found their way into cold foods like ice cream and craft cocktail ice cubes. Smoking meats is a centuries old practice that adds flavor, but also preserves the meat. Smoking vegetables, and even fruits, adds an unexpected flavor surprise. You can use a large outdoor smoker, grill, or small oven appliance to add smoked flavors. Large smokers can be quite expensive and are large, heavy appliances that require outdoor storage. The essential elements of the smoking process are wood chips soaked in a liquid and heated until smoking. The food is placed in the enclosed smoking space where it cooks and absorbs flavor. The heat source can be charcoal, gas, or electric.

There are ways to achieve a smoky flavor that don't involve a laborious smoking process. A liquid form of smoke flavoring has been available since the late 19th century. This "short cut" ingredient of condensed smoke is sometimes scorned and often used too liberally. There are "smoking gun" and other small appliances to infuse flavorful smoke into small batches of ingredients. Smoker bags, foil envelopes with wood chips, are available in hickory, mesquite, or even bourbon barrel varieties. The type of wood chips and liquid (like water or cider) help build the flavor profile.

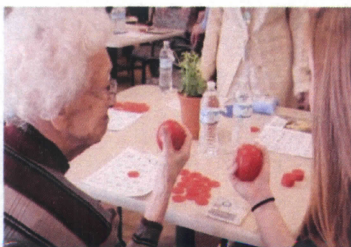
Adding smoky flavors is a calorie free, but labor-intensive effort so you'll probably want to smoke in large quantities and then preserve your smoky treasure to use as an ingredient. Try smoked beets on a salad or smoky tomato juice in a soup to create a complex flavor combination. Make it a family affair with an outdoor gathering that feeds a crowd. Getting outside in warmer weather to cook, eat, and play is one of the joys of spring.

Source: Janet Mullins, Extension Specialist for Nutrition and Health

LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



Bingo + Exercise = Bingocize®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

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COME JOIN THE FUN!

We meet every week!

WHEN: May 6, 13, 20 and June 3

WHERE: Henderson County Extension Office in the Expo Building

TIME: 10:00 a.m.

Classes are Free

DIABETES TIPS AND TASTINGS

Do you or a loved one have diabetes? Do you like to sample foods and get tasty recipes? Do you like to meet others who know what it is like to live with diabetes? Do you like to have fun? Then this is the group for you!

Meets 3rd Thursday each month April—October

Time: 5:30 pm-6:30 pm

Location: Henderson Co. Cooperative Extension Office, 3341 Zion Rd.

Enter through side door.

Sponsored by:



MEETING DATES FOR 2022

APRIL 21	JULY 21
MAY 19	AUGUST 18
JUNE 16	SEPTEMBER 15
	OCTOBER 20



IT'S FINALLY HERE!

Henderson County Master Gardeners

SPRING PLANT SALE

Henderson County Expo
3341 Zion Road



Kentucky Extension
Master Gardener

VEGETABLE PLANTS IN GREENHOUSE • FLOWERS • HERBS
CLASSES • DISPLAYS • CHILDREN'S AREA

April 16, 23, & 30
9 a.m. to 1:00 p.m.
Vegetable Plants in Greenhouse

May 7
9 a.m. to 1:00 p.m.
Flowers/Herbs & Vegetable Plants

May 21
9 a.m. to 1:00 p.m.
Vegetable Plants in Greenhouse

STAY SAFE WHILE RUNNING OR WALKING

According to the National Road Safety Foundation, here are nine ways to stay safe while exercising on foot near traffic:

Follow all the rules of the road.

Run on sidewalks when available.

If there is no sidewalk, run facing traffic and as far from traffic as possible.

Keep alert at all times. Do not be distracted by electronic devices that take your eyes or ears off the road.

Cross streets at crosswalks or intersections, where drivers expect pedestrians. Look for cars in all directions, including those turning left or right.

If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic.

Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.

Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.

Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a headlamp at night.

Watch for cars entering or exiting driveways or backing up in parking lots.

Source: Dr. Natalie Jones, Family Health Extension Specialist

TAKE CARE OF YOUR SKIN

Our skin is a big deal! Literally, it is the largest organ in the body and the most visible reflection of what is going on with our health. Healthy skin is about more than just good looks; it is essential to our survival. To lower your risk of skin cancer and to take care of your skin you should take action:

Apply SPF 30 sunscreen every day. Even on rainy winter days.

Use a sun blocking lip balm every day.

Be a morning (or evening) person. The risk of skin damage is highest between 10 a.m. and 4 p.m. Scheduling your outdoor time at 9 a.m. or 5 p.m. instead of noon can significantly lessen skin damage over time.

Take time to appreciate your partner's skin. While doing so, look out for changes in their moles. People often notice skin cancer because of a spot that does not look quite right. Be familiar with your own moles and get a screening if you notice suspicious changes in shape, texture, color, or size.

References

https://www.cdc.gov/cancer/skin/basic_info/prevention.htm

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Source: Dr. Natalie Jones, Family Health Extension Specialist



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

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE PAID
HENDERSON KY
PERMIT 564

The Extension Office will be closed on May 30 for Memorial Day!



Strawberry Salsa

1	tablespoon olive oil
2	tablespoons white vinegar or white balsamic vinegar
8	green onions, chopped
2	cups, coarsely chopped fresh strawberries
2	cups chopped cherry or grape tomatoes
1/2	cup chopped fresh cilantro
1/2	teaspoon salt

1. Whisk olive oil, vinegar, and salt in large bowl.

2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.
Source: www.fruitsandvegkiesmatter.gov