

# Homemakers F&CS



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Cooperative Extension Service  
Owen County  
265 Ellis Highway  
Owenton, KY 40359  
(502) 484-5703  
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

APRIL 2023

Dear Owen County Extension Homemakers,

Spring is finally here and with that comes so many fun things including gardening. This is the time to start planning your gardens from where to plant and what to plant. I know I am looking forward to not only making my flower garden around my home look more colorful but also my vegetable garden as well. With the mention of gardening, this is also the time to be checking your canning equipment to make sure it is in working condition and ready to go. The last thing you need is to have your garden bringing on many foods for you to can but not having your equipment and canning supplies ready to go. If you need your pressure canner tested, you can bring it by the office and we can help you out with that and also check your seals, jars and lids, etc. Don't hesitate to ask if you have any questions. We also have recipes if you are in need of any!



Chelsea Young  
Owen Co.  
Extension Agent For Family & Consumer Sciences

*Chelsea R. Young*



The tax filing  
deadline is



Chelsea Young  
Owen Co.  
Extension Agent For Family & Consumer Sciences



## 2023 NKY Area Meeting Dates

**April 26th**

Owen County Extension Office- 1pm

**July 26th**

Gallatin County Extension Office-1pm

**September 27th**

APRIL 22



International Mother Earth Day

## 2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza  
Louisville, KY

Theme: Let's Take a Hike with KEHA

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



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with prior notification.

# DEEP THOUGHTS WITH



*Spring has finally arrived, hello April. April means spring break for our grands a whole week of no school and hopefully a lot of playing outside. It also means that they will start asking when will the pool be opened, even though they would not be able to swim until the end of May.*

*It's time for some spring cleaning. Change out our winter clothes for our spring and summer ones. This is a great time to donate, sell or throw away items that you don't wear anymore, worn out or just don't fit. I find that clearing the clutter makes life so much better, more joyful, and more relaxed. This is also the time of year that I get to enjoy my screened in deck which is a space I love. It's my reading, stitching space, and listen to the birds and baseball space. Do you have a space that brings you joy? My challenge to you this month is find something joyful, what makes your heart sing with happiness.*

**Denise Perkins**



## Homemaker Book List

**National Geographic Guide to National Parks of the United States** published by the National Geographic Society (2021) This guide is filled with more than 300 dazzling photographs and 80 full-color maps, and offers expert travel advice for visiting the country's 62 national parks from Alaska to the Virgin Islands.

**Wildflowers and Ferns of Red River Gorge and the Greater Red River Basin** by Dan Dourson and Judy Dourson (2021) Over one thousand color images and illustrations are presented in this geological and cultural history of Red River Gorge, focusing on the region's diverse flora. Accessible to both the casual hiker and the experienced naturalist, over 1500 species are covered in this work that celebrates the impressive biodiversity of the Gorge and its watershed.







# CRAFTING FOR SELF CARE SERIES 3: CANDLEMAKING

*with Liz Evans*

SPACE  
IS LIMITED

Wednesday, April 26

5:00 PM

Owen County  
Extension Office

NO COST

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Agriculture and Natural Resources  
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# SPRING PRESCHOOL DAY



**AGES 3-5**

**SPACE IS LIMITED!**

**FRIDAY,  
APRIL 28TH  
10 AM- NOON**

**MUST REGISTER BY  
APRIL 24TH**

**CLOUD DOUGH**

**STORYTIME & CRAFT**

**PLANTING SEEDS**

**RAINBOW SENSORY BIN**

**FORK FLOWER PAINTING**

**NAME TRACING AND LETTER RECOGNITION**

**OWEN COUNTY EXTENSION  
265 ELLIS ROAD**

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SPRING 2023

# CRAFTIN' FOR THE COMMUNITY

## SAT., APRIL 29<sup>TH</sup> STARTING AT 9 AM

### AT THE OWEN CO. EXTENSION CENTER

Coming together to enjoy a day of craftin' with friends old and new is a great thing. When you combine craftin' with helping a great non-profit in our community – now that is small-town AWESOME! Join us!

#### Proceeds from this event to The Downtown Owenton

##### Revival

This effort is for economic development of our downtown area by raising funds to refurbish the old Rexall building which is for sale.

#### Table Spots Available

Don't delay because space is limited (payment must be received to hold)

6-foot table \$50  
Share a table \$25

Mail your registration today!

Questions? Call Dawn at  
502-682-2725

#### Food, Vendors, Classes, Chair Massages and Fellowship

This is a relaxed, fun filled day!  
We will be catering the lunch meal and providing snacks and drinks all day.

Do you have a craft you wish to share by teaching a class?

# Craftin' For The Community

## Registration Form

**Checks should be made to the Memory Maker Homemakers and mailed to  
Dawn Davis PO Box #2 New Liberty, KY 40355**

NAME: \_\_\_\_\_

ADDRESS:

\_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

I would like to sit near (not guaranteed but we will try our best):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dietary needs (please be specific if any allergies)

\_\_\_\_\_

\_\_\_\_\_

Please indicate the table size that you are requesting:

\_\_\_\_\_ ½ table (\$25 each)

\_\_\_\_\_ full table (\$50 each)

\_\_\_\_\_ Sorry, I am unable to attend but would like to make a donation toward The Downtown Owenton Revival. If making a donation, please make check to The Downtown Owenton Revival.

\_\_\_\_\_



# PREPARING FOR TAX SEASON IS HALF THE BATTLE

Now is the time when we start thinking about filing our income taxes. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself or your tax preparer.



Begin by gathering the necessary forms including your social security number and that of your spouse if filing jointly, plus the numbers of any dependents. In addition to W-2 forms, you want to include information about any taxable interest you earned from savings accounts, stocks, mutual funds and virtual currency transactions. You will need to gather other 1099 forms from any earned compensation, including unemployment compensation, pension distributions, annuity or retirement plans or contract employment.

Additionally, have a copy of last year's federal and state returns accessible, and your bank account and routing number to receive any refunds by direct deposit. Depending on your circumstances, you may need to include Form 1095-A, Health Insurance Marketplace Statement.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should have a 1098 form from your lender specifying how much interest you paid in the last year. Mortgage interest and points paid for a 2022 home purchase in 2022 are tax deductible if you itemize.



If you expect a refund, different factors may especially considering the record number of identify theft and refund fraud claims brought about by the pandemic.

To receive your refund quickly, electronically file your taxes as early as possible and choose the direct deposit option.



If you owe the IRS money this year, you may want to consider changing your withholding status with your employer to withhold more money from your check throughout the year, so you're not hit with a big payment next year.

For general information on filing taxes this year, visit <https://www.irs.gov/newsroom/tax-time-guide-things-to-consider-when-filing-a-2022-tax-return>.

If you have questions about whether certain tax laws apply to your individual circumstances, consider using the IRS Interactive Tax Assistant tool at <https://www.irs.gov/help/ita>. This free online tool can help you determine if you need to file a tax return, your filing status, if you can claim a dependent, if your income is taxable, tax credit eligibility, or if you can deduct certain expenses.



To get more information on family financial topics, contact the Owen County Office of the University of Kentucky Cooperative Extension Service.

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# FIRING SQUAD CERAMICS

SPACE IS LIMITED

\$15 PER CERAMIC

3 OPTIONS  
~ GNOME  
~ MUSHROOM  
~ FROG

MONDAY, MAY 1  
5:00 - 7:00 PM  
OWEN COUNTY EXTENSION OFFICE

MUST REGISTER BY THURSDAY, APRIL 27TH  
PLEASE CALL (502) 484-5703

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Put on your best Sunday hat or fascinator and come to our

Homemaker's Mother's Day

# Tea Party

at the

Owen County Extension Office

Saturday, May 13, 2023

2 PM

265 Ellis Road



Cost \$ 5.00 per person



RSVP by May 2nd  
Call 502.484.5703  
for  
REGISTRATION



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# ***CPR/AED & First Aid Informational Class***

 **University of Kentucky**  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
**Cooperative Extension Service**  
Gallatin County  
395 US Highway 42 West  
PO Box 805  
Warsaw, KY 41095-0805  
(859) 567-5481  
Fax: (859) 567-5432  
Gallatin.ca.uky.edu

## ***Tuesday, May 23, 2023 1:00 pm***

At the Grant County Extension Office  
105 Baton Rouge Road, Williamstown



Diana Morgan, Grant County Homemaker and Management & Safety Chair will teach an informational class focusing on CPR, AED, and First Aid. Diana has been certified EMT for 42 years with active service at a local Fire/EMS agency.

Diana will provide classroom style instruction as well as demonstrations of CPR and AED. This will be an informational class ONLY!

Upon completion of the class, if you want to pursue completing the training of becoming certified in administering CPR/AED, Diana will be able to point you in the right direction.

Call the Grant County Extension Office to register for this class at (859) 824-3355.

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# Boone County Extension Homemakers

COOPERATIVE EXTENSION

 University of  
Kentucky  
College of Agriculture,  
Food and Environment



**June 19-23, 2023**

► **MONDAY, JUNE 19**

- 8:15 AM Loading bus at Florence Mall by water tower
- 8:30 AM Leave Florence Mall—to Grant County
- 9:45 AM Leave Grant County  
Lunch on your own
- 4:30 PM Arrive at Baymont Inn, Asheville
- 6:00 PM Buffet Dinner (included)
- 7:30 PM Back to hotel

► **TUESDAY, JUNE 20**

- Breakfast at hotel
- 8:30 AM Leave for Biltmore Estates  
**Note:** No cash/No carry-in bag larger than 19"x14"x9"  
Lunch on your own on the grounds of the Estate—many places to choose from
- 4:00 PM Leave Biltmore; back to hotel to freshen up
- 5:30 PM Leave for downtown Asheville; dinner on your own

► **WEDNESDAY, JUNE 21**

- Breakfast at hotel
- 9:30 AM Leave for downtown Asheville—Lexington Ave.  
Lunch on your own
- 1:30 AM Leave for Pigeon Forge
- 3:30 PM Check in to Econo Lodge Riverside hotel
- 4:30 PM Leave for Dixie Stampede Dinner Show
- 6:00 PM Dixie Stampede Dinner Show
- 8:30 PM Back to hotel

► **THURSDAY, JUNE 22**

- Breakfast at hotel
- 9:30 AM Leave for Gatlinburg and shopping  
Lunch on your own
- 4:30 PM Leave Gatlinburg
- 5:00 PM Arrive at Pirate's Voyage Dinner Show "Blackbeard Comedy"
- 8:30 PM Back to hotel

► **FRIDAY, JUNE 23**

- Breakfast at hotel
- 9:30 AM Leave hotel  
Surprise stop on the way home!
- 6:30 PM Arrive in Florence



**Cost per room:**  
 1 person- \$1055.00 / ea—2 people- \$780.00 / ea  
 3 people- \$675.00 / ea—4 people- \$655.00 / ea  
 Includes bus, 4 hotel nights, 1 buffet, 2 dinner shows, Biltmore Estate (includes headphones in house & everything on the grounds), bus driver tip, and snacks, water, soft drinks on bus.  
One suitcase and 1 small carry on bag per person. We do not have bell boys—you will be in charge of your own luggage!

**Call for Registration Information  
502.484.5703**

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# SUMMER PRESCHOOL DAY



**FRIDAY, JUNE 23RD**

**AGES 3-5 PLAYDOUGH WATERTABLE**

**STORYTIME & FIREWORK  
CRAFT PAINTING**

**CALL 502.484.5703 TO REGISTER**



**10AM-NOON**

**OWEN COUNTY EXTENSION OFFICE  
265 ELLIS ROAD**

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# VOLUNTEERS NEEDED TO WORK FAIR EXHIBIT HALL

.....

**Tuesday, July 4**  
**Wednesday, July 5**  
**Thursday, July 6**  
**Friday, July 7**

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**2 SHIFTS**  
**12:00 PM- 4:00 PM**  
**4:00 PM- 8:00 PM**

**\*\*PLEASE CALL 502.484.5703 TO SIGN UP**

THE 2023 CHRISTMAS PROJECT COMMITTEE INVITES YOU TO HELP STOCK THE

# Christmas SHOPPE

**\*PLEASE REMEMBER  
THIS SHOPPE IS FOR  
CHILDREN  
AGES:  
NEWBORN-  
HIGH SCHOOL**

Each month the committee will be requesting different items. The Christmas Shoppe will allow families that receive Christmas assistance in December to shop for gifts for their own families.

**\*\* ALL ITEMS MUST BE NEW \*\***

## DROP OFF LOCATION

OWEN COUNTY  
EXTENSION OFFICE  
265 ELLIS HIGHWAY  
OWENTON, KY 40359

March~ Coats & Hoodies

(ALL SIZES FOR MALE & FEMALE)

April~ Sweat pants & Leggings

(ALL SIZES FOR MALE & FEMALE)

May~ Tennis shoes & Boots

(Male Sizes: Toddler - Adult Men 13  
Female Sizes: Toddler - Women Size 11)

June~ Socks & Underwear

(ALL SIZES FOR MALE & FEMALE)

July~ Towels & Washcloths

August~ Blankets & Pillows

September~ Hygiene Products: shampoo, conditioner, soap, hair brushes, toothpaste, deodorant

October~ Gift wrapping paper, Gift bags, Tissue paper & tape







# April 2023



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Pleasant Home 11 AM Owen County Extension	6	7	8
9 	10	11 Home & Heart 1 PM & 6:30 PM Owen County Extension	12	13 SEW ALL DAY Owen County Extension	14 Sweet Owen Sweet Owen Store 11AM	15
16	17	18 Cotton Club 6PM Owen County Extension	19	20	21	22 EARTH DAY 
23	24	25	26 Crochet & Fellowship 10 AM NKY Area Meeting 1 PM Crafting for Self Care Series 3: Candlemaking 5 PM Owen County Extension	27	28 Spring Preschool Day 10AM Owen County Extension	29 Craftin' for the Community 9 AM Owen County Extension
30	1 Firing Squad Ceramics 5-7 PM Owen County Extension	2 SEW ALL DAY Extension Office Homemaker's Mother's Day Tea Party <b>DEADLINE</b>	<p><b>Cooperative Extension Service</b> Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development</p> <p>LEKINGTON, KY 40546</p>		<p>Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, Veteran Status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.</p>	



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## Very Berry Salsa

**4 cups** apples,  
finely diced  
**1 cup** blueberries  
**1 cup** strawberries,  
diced

**1 cup** raspberries,  
halved  
**1 cup** blackberries,  
halved

**1 tablespoon** fruit preserves  
**½ tablespoon** sugar  
**½ tablespoon** brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

**Yield:** 32, 2 ounce servings

**Nutritional Analysis:** 20 calories,  
0 g fat, 0 mg cholesterol, 0 mg sodium,  
5 g carbohydrate, 1 g fiber, 4 g sugar,  
0 g protein



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