

Hopkins County Extension

Family and Consumer Sciences

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APRIL SHOWERS, BRING MAY FLOWERS

The temperature is getting warmer, which means flowers and gardens are starting to bloom! Be sure to check out the Spring Lawn and Garden Fair on April 30th at the Danny Peyton Education Center at Mahr Park to kick off your summer. There will be lawn and garden vendors, food trucks, and educational demonstrations.

If you are a home gardener this is also a good time to get your food preservation supplies out for a check and to take inventory of what you may need for this year's canning season. There is more information about how to prepare in the newsletter. Also, be on the lookout for Food preservation classes this summer! Be on the lookout for more information in next month's newsletter.

Homemaker Members be sure to check out the Pennyriple Area Spring Seminar on April 27 at the Christian County Extension Office. More information is available in the newsletter, or you can contact the Extension Office for more information.

Have an amazing April!

Best wishes,
 Amanda Dame



Following us online is an easy way to keep up with *Hopkins County Extension Family and Consumer Science*



Amanda Dame

AMANDA DAME
 County Extension Agent for
 Family and Consumer Sciences

What's in this issue:

Get Ready To Can

How to Combat Rising Costs of Living Across Kentucky

Upcoming Events

Homemaker Happenings

April Activities

Upcoming Dates

Homemaker Group Dates

Piecemakers

April 9th from 8:00-3:00

April 26th from 2:00-8:00

Needles & Yarn

April 13th from 12:00-2:00

Happy Homemakers

April 20th at 1:00

Money Wise

Taxes & Identity Theft

Health Bulletin

How to Handle Chronic
 Stress





GET READY TO CAN



While gardens are just beginning to take shape, it is the perfect time to start thinking about preserving your homegrown foods and gathering the supplies to do so.

It is always a good idea to purchase your supplies early, so you are not running to stores, hunting for hard-to-find items at the last minute. In recent years, we have seen an increase in interest in food preservation, and we anticipate some items may be difficult to find come harvest time.

You can purchase canning supplies at many home goods store, farm supply stores, hardware stores, big box retailers and even online.

If you are an experienced canner, you should inventory your supplies to see what you have on hand and what you need to purchase before heading to the store.

If you are new to canning or thinking about trying a new method of food preservation this year, decide which food preservation method you will use before gathering supplies. There are only two safe methods of canning foods—the boiling water bath and pressure canning methods. All other types of canning are not safe. To reduce your risk of contracting a food-borne illness, you should only consume food that has been preserved using one of these two methods and precisely follow a research-based recipe. Research-based recipe sources include home canning publications from the Cooperative Extension Service, the Ball Blue Book Guide to Preserving and the National Center for Home Food Preservation's website <https://nchfp.uga.edu/>. Be aware that not every canning recipe on social media sites is from a research-based source.

To preserve food using the boiling water bath method, you need a large pot with a tightfitting lid. The pot should be deep enough to have boiling water reach at least two inches over the tops of your jars. If you decide to can your vegetables, be sure to use a pressure canner and make sure the one you have is in good working order.

You will also need a rack to sit your jars on, so they do not touch the bottom of the canner. If you purchase a new canner, it will come with one.

Proper canning methods use mason-type canning jars that were created with thicker glass and specifically designed for canning. Other types of jars, such as craft or storage jars, will not work and may even break under the high temperatures used during processing.

A wide-mouth funnel will help you pour food into a jar. You also need lids and rings to seal the jars. We recommend using a two-piece ring and lid set. You will also need a jar lifter to move jars in and out of the canner. A headspace measurer/bubble remover will make sure you have the correct amount of space between the lid and the food. You do not want to overfill your jar or have your food touching the lid as this will prevent the lid from getting a good vacuum seal. If you do not have a good vacuum seal, bacteria can get into the food. You should always follow a recipe's directions for headspace but generally jams and jelly need a quarter inch of head space, acidic foods like tomatoes, pickles and relishes need a half-inch of headspace and low-acid foods like green beans need 1 to 1 ¼ inches of headspace.

HOW TO COMBAT RISING COSTS OF LIVING ACROSS KENTUCKY

Kentuckians are feeling the weight of rising living expenses. With national inflation at 7.5%, prices for goods and services are at record highs. These steep costs have forced many households to consider ways to better manage their resources.

To combat rising living expenses, start by finding intentional ways to manage your resources, reduce expenses and stretch your income. Below are a few ways to help your budget absorb the ill effects of inflation.

An inexpensive way to reduce heating and cooling bills is to check for insulation leaks around your home. Simple repairs, such as purchasing a bottle of expanding foam for under \$10, can help if you have cracks around windows or foundations. Stick-on foam strips to place under your doors or along vertical openings also sell for less than \$10.

Setting your thermostat at 68 degrees or below in the winter, or 78 degrees or above in the summer, can reduce your annual heating and cooling costs by as much as 10%. Remember to regularly clean or change your air filters to keep your HVAC system efficiently working.

Free gas station apps or websites track the best local prices on gasoline. If your vehicle can operate on regular gas, choose that over mid-grade or premium fuel options. You are likely to find better deals at stations away from major highways or intersections. Traveling between 65 and 75 mph on highways can save 10% to 20% on fuel costs. Keeping your car's maintenance current can help to keep it running at optimal capacity. Check your tire pressure and look for opportunities to batch errands. Carpool, take public transportation or walk when possible.

Track sales at your local grocery stores and stock up on pantry and freezer staples when items are on sale and in stock. Shelf-stable items such as canned vegetables, legumes and grains can add volume to your meals for less money. Freeze produce, meats or some cheeses when you find them on sale. Meal plan before you go shopping and select recipes that will yield leftovers or that can be repurposed in multiple meals.

Be flexible when you shop for and prepare meals. Select store-brand products to save money. Explore adding meat- or dairy-free recipes to your menu to cut costs on higher-priced ingredients. When you look for small ways to save money on everyday essentials, you can stretch your dollars.

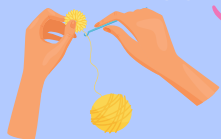
To get more information on family financial topics, contact the Hopkins County office of the University of Kentucky Cooperative Extension Service.



join us for our
UPCOMING EVENTS

CROCHET Class

For beginners, refreshers, and advanced.



APRIL 21
MAY 12

AT THE HOPKINS COUNTY
EXTENSION OFFICE AT 4:30

Call the Hopkins County Extension Office
at (270)821-3650 to sign up today.



COOKING

through the Calendar
WITH MELISSA WEBB

CLASS DATES

April 27 August 24
May 25 September 28
June 22 October 26
July 27 November 30
December 14



Free Online
Cooking Classes



Join us on Facebook Live at
**HOPKINS COUNTY NUTRITION
EDUCATION PROGRAM**

on Wednesday at 12:00 P.M. CT

PENNYRILE AREA HOMEMAKER *Spring Seminar*

THE GREAT OUTDOORS

APRIL 27, 2022



2022 KEHA STATE MEETING

MAY 10-12, 2022
OWENSBORO, KY

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.

PENNYROYAL
MASTER GARDENERS

Spring Fair

8TH ANNUAL LAWN &
GARDEN FAIR

APRIL 30TH, 2022 FROM
9:00 A.M. TO 2:00 P.M.

DANNY PEYTON
OUTDOOR EDU. CENTER
& FARMERS' MARKET,
MAHR PARK
ARBORETUM



HOMEMAKER HAPPENINGS

2022 KEHA State Board Elections – Please encourage qualified candidates to submit credentials by the April 9 deadline. Credentials are sought for a total of four positions to be elected in May 2022: President, Secretary, 4-H Youth Development Chair, and Management and Safety Chair. All will serve from July 1, 2022 to June 30, 2025. Job descriptions for these positions are available on the KEHA website in the “State Board” section. Candidates for President or Secretary must submit the KEHA State Officer Credential form. Candidates for 4-H Youth Development or Management and Safety Chair must submit the KEHA Chairman Credential form. Credentials must be sent certified mail and postmarked by April 9, 2022. Mail credentials to Judy Jackson, KEHA Secretary, 5770 Ellison-Mt. Zion Road, Dry Ridge, KY 41035.

2022 KEHA State Meeting Updates – Registrations are arriving daily for the KEHA State Meeting May 10-12, 2022, at the Owensboro Convention Center. Visit the KEHA State Meeting website for information on making room reservations, registering for the event, and other details. A few highlights to note:

- Special hotel rates and discounted registration are available through April 11. The final deadline to register is April 25.
- The opening banquet on Tuesday, May 10, will feature keynote speaker Jason Koger who will share his inspiring story about leaning on his faith to overcome insurmountable obstacles. Attendees are encouraged to wear shades of blue to represent blue skies over the covered bridges.
- The general session on Wednesday, May 11, will feature a presentation by Allen Blair with the Kentucky Transportation Cabinet, District 9, who will share history and highlights of Kentucky’s covered bridges. We also welcome back the KEHA Choir for a performance.
- The awards luncheon will wrap up the meeting on Thursday, May 12.
- Seminar/Activity Notes: Several classes are full or almost full. For hands-on activities, both Candlewicking sessions are full, as is the No-Sew Quilt Block session. For seminars, both Paper Quilling sessions are full. Derby Delights is nearing capacity. The registration form online has been updated to reflect this. Refunds of the class fee will be issued at State Meeting for anyone whose payment was received after a class reaches capacity.
- Silent Auction: Each county is encouraged to bring an item to the State Meeting for the silent auction. Proceeds will be utilized to support the next KEHA Leadership Academy.
- Raffle Basket: Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the Ovarian Cancer Research and Screening Program.
- Note: No alcohol is allowed in raffle baskets or silent auction items this year. Food may be included, but must not be consumed at the convention center. As always, thank you for your generosity and help in providing these items for the conference!
- Quilt Square Auction and Showcase: Quilt squares return this year! Details regarding the auction and showcase are available in the KEHA Newsletter. Proceeds will help offset costs associated with the KEHA State Meeting.
- Homemaker Showcase: Forms are due to Henrietta Sheffel by March 15. Each area can have up to two displays. These may be club, county, or area projects. Each state educational chairman also can submit one showcase display.
- Lodging Notes: The Hampton Inn room block is full. There is still room at the Holiday Inn. If you have rooms to release, please do so before the cutoff date of April 11. After April 11, please let us know before letting rooms go, so we can switch it to someone waiting for the group rate.
- A room block will soon be available at a third hotel not adjacent to the convention center. Details will be shared when available.

Dates to Remember

April 9 – Postmark deadline for KEHA State Board elections credentials.

April 11 – Deadline for hotel reservations for the State Meeting.

April 11 – Postmark deadline for State Meeting registration at the reduced fee.

April 25 – Final postmark deadline for State Meeting registration.

May 10-12 – KEHA State Meeting at Owensboro Convention Center.

May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.

APRIL HOMEMAKER ACTIVITIES



Unscramble Favorite Flowers

1. BBLLUEEL _ _ _ _ _
2. EROS _ _ _ _
3. LTUPI _ _ _ _ _
4. SIAYD _ _ _ _ _
5. FSNUWRELO _ _ _ _ _
6. CRDIOH _ _ _ _ _
7. CUORCS _ _ _ _ _
8. SPNAY _ _ _ _ _
9. DDFFAOLI _ _ _ _ _

Thought for the Month

“A gush of bird-song, a patter of dew,
A cloud, and a rainbow’s warning,
suddenly sunshine and perfect blue -
an April day in the morning.”

-Harriet Prescott Spofford, April

Roll Call

What is the spring flower you are most excited to see after a long winter?

Join us on March 31st at the Hopkins County Extension Office at 10:00a.m. to watch the April Homemaker Lesson

Answers: 1. Bluebell, 2. Rose, 3. Tulip, 4. Daisy, 5. Sunflower, 6. Orchid, 7. Crocus, 8. Hyacinth, 9. Pansy, 10. Daffodil

THIS MONTH'S TOPIC:

TAXES AND IDENTITY THEFT: FRAUDULENT UNEMPLOYMENT INSURANCE CLAIMS

With tax season approaching, you should have received government forms for any earnings you've collected throughout the year. These may include forms such as a W-2, 1099, 1098, and others. As you prepare the documents you need to file your taxes, be on the lookout for anything that looks suspicious – especially regarding unemployment benefits. If you receive a 1099-G form this tax season indicating that you received Unemployment Insurance (UI) benefits, but you never filed an unemployment claim, you are likely the victim of identity theft. This means that someone used your name and/or Social Security Number to file a fraudulent claim.

REPORT IDENTITY THEFT

The most important thing for you to do is to report the identity theft immediately to each of the agencies below. Be sure to keep any confirmation or case numbers you receive for your records.

1. First, report the fraud to the Kentucky Office of Unemployment Insurance (OUI) at <https://secure.kentucky.gov/FormServices/UI/Fraud>.
2. Second, report the fraud to your employer.
3. Third, report the fraud to the Department of Justice, National Center for Disaster Fraud (NCDF) at <https://www.justice.gov/disaster-fraud/ncdf-disaster-complaint-form> or 866-720-5721. Choose "COVID-19" as the disaster that relates to your complaint and choose "Identity Theft" and "Insurance Fraud" as to the conduct you are reporting.
4. Finally, report the identity theft to the Federal Trade Commission (FTC) at <https://www.identitytheft.gov/>.

SECURE YOUR ACCOUNTS

It is also important to change online passwords for any company with whom you do business. This will include your email account, banking institutions, credit card companies, and other lenders. Review all financial statements since the identity theft occurred to make sure everything looks correct.



REVIEW YOUR CREDIT

When identity theft occurs, it is especially important to review your credit report. You can request credit reports online for free from any of the three major reporting agencies below or at <https://www.annualcreditreport.com/>. Once you receive your credit report, look for and dispute any fraudulent transactions. You can also let the agency know you are a victim of identity theft and ask them to put a fraud alert on your credit file. This is different from an extended fraud alert or a credit freeze. Learn the differences at <https://www.consumer.ftc.gov/articles/what-know-about-credit-freezes-and-fraud-alerts>.

- Equifax: 800-349-9960 or <https://www.equifax.com/personal/>
- Experian: 888-397-3742 or <https://www.experian.com/>
- TransUnion: 888-909-8872 or <https://www.transunion.com/>

VERIFY YOUR EARNINGS

When you file your state and federal tax returns, you should only report income that you received. If you received a 1099-G form but did not receive the benefits listed, report the identity theft to the Kentucky Office of Unemployment Insurance (see Step #1 above in Report Identity Theft). There is no need to delay the processing of your tax return while your unemployment identity theft is under investigation. You can opt into the IRS Identity Protection PIN program to receive a six-digit number that helps prevent thieves from filing federal tax returns in your name. Learn more at <https://www.irs.gov/identity-theft-fraud-scams/get-an-identity-protection-pin>.

ADDITIONAL RESOURCES:

Kentucky Career Center, Kentucky Labor Cabinet <https://kcc.ky.gov/career/Pages/UI-Fraud.aspx>
Kentucky Attorney General's Office <https://ag.ky.gov/Resources/Consumer-Resources/Consumers/Pages/Identity-Theft.aspx>

ADULT HEALTH BULLETIN

THIS MONTH'S TOPIC:

HOW TO HANDLE CHRONIC STRESS

April is National Stress Awareness Month, and while stress is unavoidable for the majority of us, there are many ways to help prevent and manage it.

Everyone feels stressed from time to time. Stress can be a positive thing and is sometimes needed when we need to be on high alert like when competing in sports, working on an important project, or facing a dangerous situation. However, if stress lasts a long time — a condition known as chronic stress — that “high-alert” response becomes harmful rather than helpful.

We all experience stress in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. If that stressor does not go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems.

It is natural to feel stress and anxiety.



Below are ways to help yourself and others manage stress:

- **Get enough sleep.** Shoot for seven or more hours per night.
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.** People who spend time with family and friends find healthier ways to cope with stress.
- **Set priorities and boundaries.** Decide what must be done first and what can wait. Say no to new tasks if they are putting you into overload.
- **Think positive.** Note what you have accomplished at the end of the day, not what you have failed to do.
- **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi may help.
- **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

If you or someone you know is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

ADULT
HEALTH BULLETIN

Written by: Natalie Jones
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REFERENCES:

- <https://www.stress.org>
- <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>
- <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress>

