

Hopkins County Extension

Family and Consumer Sciences

**HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES**
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HELLO,

Sending you all good wishes for this month! With the first day of spring approaching, I know we are all ready to see more sunshine and flowers blooming. I hope you find the “Tips for Tackling Spring Cleaning” article helpful if you are planning on decluttering, cleaning, and organizing this spring. Starting this month, I will be out of the office on maternity leave. If you need anything while I am gone, please feel free to reach out to Jay Stone, Agriculture and Natural Resources Agent, Connor Copper, 4-H Youth Development Agent, or our wonderful office staff!

While I am out the Homemaker Leader Lesson and monthly adult crochet class will continue. Also, be sure to check out Sr. Snap Ed. Program Assistant, Melissa Webb’s Cooking Through the Calendar Facebook live demonstrations (more information in the newsletter). There are still copies of the Food and Nutrition Calendar available at the Extension Office if you need to pick one up.

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:

Tips For Tackling Spring Cleaning

Health Bulletin

Celebrate Diversity through Food

Upcoming Events

Big Blue Book Club

Homemaker Happenings

March Activities

Upcoming Dates

Homemaker Group Dates

PIECEMAKERS

March 12th & April 9th
8:00-3:00

March 22nd & April 26th
2:00-8:00

NEEDLES & YARN

March 9th & April 13th
12:00-2:00

HAPPY HOMEMAKERS

March 16th & April 20th
1:00





TIPS FOR TACKLING SPRING CLEANING

Spring cleaning is a long-time ritual. In the past, common winter heat sources caused soot and grime to collect in homes and on home furnishings. After winter subsided, spring was a time to open the windows and remove the dirt and sooty buildup. While many of us have cleaner heat sources for our homes today, spring cleaning is still a ritual many of us practice.

While spring cleaning your house may seem like a monumental task, it does not have to be. Here are some tips and tricks for making spring cleaning more effective and less daunting.

- Develop a plan of attack. Think about where, when and how you are going to clean and what cleaning products you will need. You may want to dedicate an entire weekend to cleaning or you may want to space it out an hour or two at a time over several days. You may want to tackle one room at a time or one project, such as washing all your curtains, at once. There is no wrong answer. It depends on your cleaning style.
- Gather your supplies beforehand. Go through your cabinets to determine the products you already have on hand and those you need to purchase. Common cleaning items you may need include an all-purpose cleaner, abrasive cleanser, non-abrasive cleanser, chlorine bleach, glass cleaner, furniture/dusting cleaner, toilet bowl cleaner, cloths, trash bags and vacuum bags.
- Declutter before cleaning. We all tend to accumulate things and having things on furniture and on the floor can make it harder to clean. If you have unwanted items, now is a good time to sell, recycle or donate them.
- Ask for help if you need it from family members and friends. You do not have to tackle cleaning by yourself.
- Take the cleaning momentum outside. While you may think of spring cleaning as an indoor activity, it is also a really good time to do some outdoor cleaning and home maintenance projects like cleaning windows and door exteriors, checking the chimney for damage, inspecting weather seals on windows and doors, and removing the lint from the dryer vent.



join us for our
UPCOMING EVENTS

**2022 KEHA
STATE MEETING**

**MAY 10-12, 2022
OWENSBORO, KY**

Where to Stay

HAMPTON INN & SUITES DOWNTOWN
WATERFRONT
401 W. 2ND STREET,
OWENSBORO, KENTUCKY 42301
270-685-2005
(REFERENCE THE KEHA CONFERENCE)

HOLIDAY INN OWENSBORO RIVERFRONT
701 WEST FIRST STREET,
OWENSBORO, KY 42301
(270) 683-1111
(GROUP CODE EXT FOR CONFERENCE RATE)

stay connected

Hopkins County Family and Consumer Sciences Facebook

<https://www.facebook.com/HopkinsExtensionFCS>

University of Kentucky Family and Consumer Sciences Podcast

Extension Podcast: <https://ukfcs.ext.podbean.com/>

Check out our county website for information on all program areas

<https://hopkins.ca.uky.edu/>

MARCH HOMEMAKER LESSON



SENSATIONAL SALADS

TUESDAY, MARCH 1, 2022

AT 10:00A.M. & 5:00P.M.

Please join our Watch Party at the Hopkins Co. Extension Office for a lesson about building salads that are nutritious and balanced! Zoom at 10:00A.M.



Watch Party



PENNYRILE AREA

Cultural Arts Exhibit Day

March 11, 2022

10:00 am

Christian County Extension Office

2850 Pembroke Rd, Hopkinsville, KY 42240

Celebrate the arts with us!



SCHEDULE

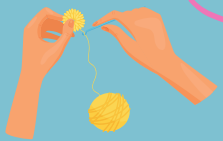
- 10:00-11:00** Exhibit Check-in
- 11:00-12:00** Educational Session: Pin Weaving
- 12:00-1:00** Lunch (on your own)
- 1:00-1:30** Exhibits open for viewing
- 1:30** Exhibit Check out

Contact the Hopkins County Extension Office for a list of Cultural Arts Exhibit Categories and to obtain Entry Tags for exhibits. Please complete entry tags prior to check-in.
Entries in each subcategory limited to one per person.

join us for our
UPCOMING EVENTS

CROCHET Class

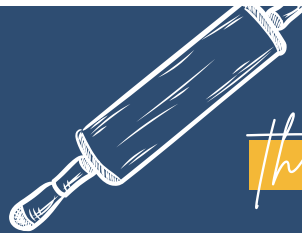
For beginners, refreshers, and advanced.



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

January 26	July 27
February 23	August 24
March 23	September 28
April 27	October 26
May 25	November 30
June 22	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

Save the Date
**PENNYRILE AREA
HOMEMAKER
Spring Seminar**

THE GREAT OUTDOORS

APRIL 27, 2022



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

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.

MARCH HOMEMAKER ACTIVITIES

Priceless Proverbs

“I didn’t hear a bugle blow when spring arrived today. Instead I heard the trilling sound of song birds everywhere. The gentle breezes, humming bees, the wild geese in the air. I saw rebirth of life in the flowers and trees.”

-Lois Pinkerton Fritz, Spring’s Arrival



How many can you complete?

1. Pretty is as _____.
2. No new is _____.
3. A penny saved is _____.
4. Two wrongs, don’t make _____.
5. Don’t count your chickens before _____.
6. A fool and his money are soon _____.
7. A stitch in time, saves _____.
8. Don’t cross your bridge before _____.
9. Still water _____.
10. At first you don’t succeed _____.
11. Laugh and the world laughs with you, cry _____.
12. An apple a day keeps _____.

Thought for the Month

There are no unimportant acts of kindness.

Roll Call

Name your favorite outdoor activity in the spring.

***JOIN US ON MARCH 1ST AT THE HOPKINS COUNTY
EXTENSION OFFICE AT 10:00 AM TO WATCH THE MARCH
HOMEMAKER LESSON***



Answers: 1. Pretty does, 2. Good news, 3. Penny earned, 4. A right, 5. They are hatched, 6. Parted, 7. Nine, 8. You get there, 9. Runs deep, 10. Try, try again, 11. Alone, 12. The doctor away.