

May 2024

# FCS & HOMEMAKER NEWSLETTER

Family & Consumer Sciences

Graves County  
Cooperative Extension  
4200 State Route 45 N  
Mayfield, KY 42066  
270-247-2334

MAY 6, 13, 20

10AM Every Monday, Crochet Club

MAY 1

10:30AM, Strong Bones for Life Lesson

MAY 4

9AM-12PM, Mediterranean 101 Class - Full

MAY 8

10AM, TLC Club Meeting

MAY 8

1PM, Friendship Club Meeting

MAY 9

10AM, Community Club Meeting

MAY 9

5:30PM, Charcuterie Class

MAY 9

5:30PM, Adult Sewing Group

MAY 11

9AM - 2PM, Greeting Card Open House

MAY 15

Spring Into Green, McCracken County Extension Office

MAY 16

10AM & 5:30PM, Greeting Card Make & Take Class

MAY 22

2PM, GCHD Radon Presentation - Graves Extension Office

MAY 27

Office is closed for Memorial Day!

## *A note from Debbie Smith, Graves County Homemaker President*

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Happy May! We are only one month away from finishing our 2023-2024 year! We will start collecting information to complete our end of the year reports. These reports are important because they let us see how well we have met the goals given to us by KEHA. Make sure you are filling out the forms for your VSU hours. If you don't have enough forms, contact your club President. If you are a Mail Box member, you can also turn in VSU hours. The Passport book for Cultural Arts will also need to be completed and turned in so we can count those and report our information.

The month of May was probably named after the Roman goddess, Maia, who oversaw the growth of plants. That's very appropriate for our climate. We had some glorious flowers and trees in April, but May is really where we see the growth and further blooming of nature. It's also the month that many of us who have gardens, plant those.

In Kentucky in May, we have an event that is known around the world-The Kentucky Derby. You may not travel to Churchill Downs in Louisville to watch the Derby in person, but many of us have our TV's tuned to the, "Fastest two minutes in sports." I like looking at the fancy attire of the attendees. The hats are extravagant, and the dresses and suits are stunning. The horses are also beautiful and I always get a kick out of their names! This year, the Derby is on May 4. I was talking to my granddaughter about that, and she reminded me that it was Star Wars Day, too! We decided if any horse had a Star Wars name, they should win this year.

May is also the month when we celebrate Mother's Day. This year, the date for the special day is May 12. Mother's Day was created by Anna Jarvis in 1908 and became an official US holiday in 1914. It is a day where we honor our mothers whether they are still with us or not. I can remember as a young girl that we would wear a rose (or some flower) to church on Mother's Day. If your mother was alive, you wore a red flower and if they were no longer alive, you would wear a white rose. I wish this was still a tradition. For all our members who are mothers, "Happy Mother's Day!"

Also this month, you can celebrate May Day on the 1st with flowers, blooming limbs or shrubs, or other yard beauties. May 4 is Derby Day in Kentucky and you can find all kinds of "Derby Food" on the internet. May 5 is Cinco de Mayo that celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862. Celebrate with Mexican or Mexican-American food. May 12 is Mother's Day where we honor our mothers. May 28 is Armed Forces Day which honors those who serve in all branches of the United States military. And, May 27 is Memorial Day where we honor those in the US military who died while serving in the US Armed Forces.

Have a wonderful May!

# SILENT KILLERS

## RADON & CARBON MONOXIDE



What are these gases, how can we detect them and what are the complications?

light refreshments & door prizes!  
Radon kits are first come first serve!

held at the Graves County Extension Office

FOR FURTHER INFO

270-247-3553  
270-247-2334

May 22  
2 PM

Cooperative  
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

Mother's Day

# CHARCUTERIE BOARD

Class



**make + take  
your own!**

**\$50 per person  
May 9 at 5:30 PM  
call 270-247-2334  
to sign up!**



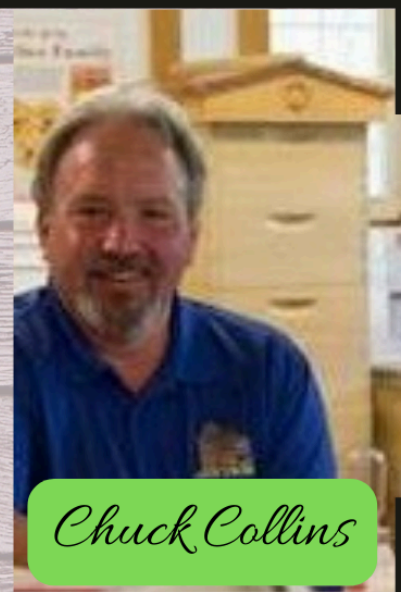
# SPRING INTO GREEN: OUTDOOR LIVING Featuring...



*Dava Hayden*



*LaToya Drake*



*Chuck Collins*

## \*\*\*Session Topics\*\*\*

# Local Flowers - Local Honey Plate it up!--Kentucky Proud

Register at your local  
Extension Office  
by May 8.  
\$15 registration  
includes catered  
lunch from  
Artisan Kitchen.

**May 15, 2024**  
**9:30-1:45**  
**McCracken Co.**  
**Extension Office**  
**2025 New Holt Rd.**  
**Paducah KY 42001**

- Educational Resources
- New Ideas
- Catered Lunch
- Door Prizes
- Lots of Fun!



**100 Free  
Electric Toothbrushes  
sponsored by:**

**Anthem**   
Medicaid

# Join us for our **Second Annual Get Fit Graves Health Fair**

**MAY 14, 2024**


**Located at the Graves County Health Department  
416 Central Ave, Mayfield KY  
4:00pm-6:00pm**

## **Get Free Screenings and Health Information:**

- **Cholesterol**
- **Blood Pressure**
- **Lifestyle Change**
- **Mental Health Information**
- **Diabetes Information**
- **Health Information**
- **A1C Screening**



# JUNE 2024

 Cooperative Extension Service

DONT MISS THIS OPPORTUNITY TO TAP INTO YOUR ARTISTIC, CULINARY + GROWER SIDE!

# 11 — 15



# EXTENSION EXHIBITS

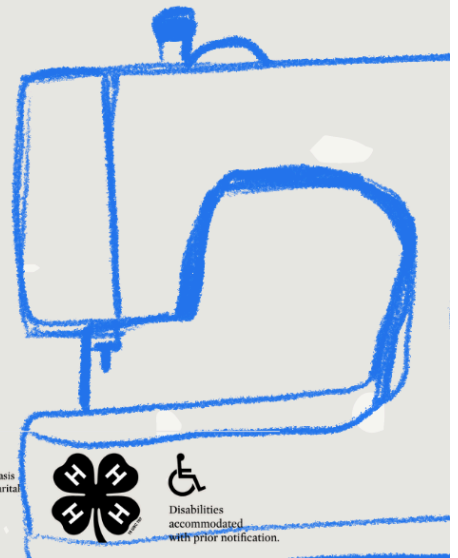
## UNLEASHING YOUR CREATIVITY

Stop by the Graves County Extension Office to pick up entry rules and regulations for the Home Division, 4-H Projects & Shows, and Farm & Garden Produce!

**SAVE THE DATE!**



*Purchase District Fair*



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Disabilities accommodated with prior notification.



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