

Homemaker Newsletter

May 2023

UPDATES FROM THE HOMEMAKER COUNCIL

Thought of the Month:

“Motherhood is the biggest gamble in the world. It is the glorious life force. It’s huge and scary – it’s an act of infinite optimism.” —
Gilda Radner

Roll Call:

In May, we celebrate mothers. Share a favorite Mother’s Day memory.



Shaking Up Shakertown?

The Homemaker Council is interested to know if Homemakers are interested in traveling to Shakertown as a group this fall. Please call the office and let us know your thoughts!

Homemaker Council Meeting: May 22 @ 5 PM

Please plan to attend the May Homemaker Council Meeting on May 22nd @ 5 PM.

Cookie Decorating Class Part 2, May 18th @ 10 AM

Homemakers have a second chance to do a cookie decorating workshop! The class will be on **May 18th from 10-12 PM**. Call to RSVP, space is limited.

Russell County Homemakers Annual Meeting

June 27th @ the Russell Springs Community Room

Please mark your calendars for the annual county homemakers meeting. The date is set for **Tuesday, June 27th**. Registration will start at **4:30**, and the meal will be served at 5 PM, catering will be by Sherry Daniel.

The deadline to register for the annual meeting is **June 16th @ 12 PM**.

There will be a Silent Auction and Door Prizes! Please plan to attend our meeting!

The theme for this year's meeting is Nautical/lake themed.

Homemakers On the Go Meeting

May 17th @ 9 AM

The Homemakers on the Go invite you to join them on **May 17th** to explore Danville, KY! They will be eating at The Cattleman's Steakhouse in Danville.

All homemakers are welcome to attend. Interested parties can meet at the Extension Office on May 17th @ 9 AM.

Please call the Office to RSVP by Tuesday, May 16th.

Sewing & Buttons

The Master Clothing Volunteers visited the Fashion Marketing class at RCHS to teach basic sewing skills to students.



Keep Your Homeowner's Insurance Policy Updated

SOURCE: NICHOLE HUFF, PH.D., ASSISTANT EXTENSION PROFESSOR, FAMILY FINANCE AND RESOURCE MANAGEMENT

Everyone should review their homeowner's insurance coverage annually. This is important because it helps you understand your policy and what it covers. Often flood or earthquake insurance is sold separately and is not covered under a standard home insurance policy. Talk to your insurance agent to make sure your home and property are insured at 80% of their current replacement cost. You also want to make sure detached structures are properly insured, as well as particularly valuable belongings such as jewelry or electronics that may have a specified dollar limit. Review your policy and ask for clarification about any wording, disclaimer, or fine print you don't understand.

In general, a standard homeowner's policy is based on the value of the main house. For insurance to provide coverage for a complete loss, the amount of the policy should be for at least 80% of the home's value. A house is typically insured at 80% of its current replacement cost. Replacement cost is simply the amount of money it would take to rebuild a similar home based on today's construction prices. Unfortunately, if you bought your homeowner's policy several years ago and have not updated the policy amount, or do not have inflation protection as part of your policy, you may be underinsured. This is because construction prices have increased. If your home is insured for less than 80% of the replacement cost, you may receive a prorated or reduced amount on claims you file if your home is severely damaged or destroyed. The difference between the replacement cost of repairs and the amount you receive from insurance will be an out-of-pocket expense.

Protect your home and your finances by updating your homeowner's insurance annually and after any major renovations.

**MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES**

Mozzarella Basil Chicken with Roasted Grape Tomatoes

SERVINGS: 4 SERVINGS

Source: A Kentucky Proud Recipe

Ingredients:

- 4 (4 ounce) boneless chicken breast halves
- 1/2 cup lite balsamic vinaigrette dressing
- 12 large fresh basil leaves
- 2 ounces low-fat skim mozzarella cheese, cut into four slices
- 2 1/2 cups grape tomatoes, halved
- 4 tablespoons shredded Parmesan cheese



Directions:

1. Place chicken breasts into a 1 gallon zip close plastic bag. Pour 1/4 cup of dressing over chicken. Marinate in refrigerator for 30 minutes.
2. Preheat oven to 400 degrees F.
3. Remove chicken breasts from marinade.
4. Discard bag and marinade.
5. Make a deep slice into one long side of each chicken breast half, being careful not to cut through to the opposite side.
6. Fill each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves.
7. Place chicken on one side of rimmed baking sheet sprayed with nonstick spray; and tomatoes to the other side of baking sheet.
8. Sprinkle each breast half with 1 tablespoon of Parmesan cheese.
9. Bake 30 minutes or until chicken reaches an internal temperature of 165 degrees F.
10. Cut remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes.
11. Serve chicken topped with tomato mixture.

Nutrition Information

220 calories; 6 g fat; 3 g saturated fat; 85 mg cholesterol; 720 mg sodium; 10 g carbohydrate; 1 g fiber
5 g sugar; 31 g protein

May 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---------------------------------------|---------------------------------------|---|-----------------------------------|-----|-----|
| | 1 Cooking Through the Calendar @ 5 PM | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 Sit & Sew 1-6 PM | 9 State Meeting | 10 State Meeting | 11 State Meeting | 12 | 13 |
| 14 | 15 | 16 Laugh & Learn @ the Library 6-7 PM | 17Homemakers On the Go @ 9 AM: Travel to Danville, Ky | 18 Cookie Decorating Class 10 AM. | 19 | 20 |
| 21 | 22 Sit & Sew 1-4 PM | 23 | 24 | 25 | 26 | 27 |
| | HM Council Meeting @ 5 PM | | | | | |
| 28 | 29 CLOSED Memorial Day | 30 Canning in Adair Co. 9-12 | 31 Canning in Adair Co. 9-12 PM | | | |



**EASY TORILLA
BREAKFAST
PIZZA**

New Breakfast Pizza Recipe



FREE COOKING DEMONSTRATION AND SAMPLING

On May 1st from 5:00-
6:00 PM

**AT THE
EXTENSION
OFFICE**

**Make a reservation before April
28th by Calling 270-866-4477**

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



Canning Workshop Series

May 30th, May 31st, and June 1st
9AM - Noon CST Each Day

Adair County Extension Office

409 Fairground St., Columbia KY 42728

FEE \$20 - RSVP by May 22nd - 20 Person Limit



Salsa



Vegetables



Pie filling

Join us, May 30th through June 1st for a three part series on canning salsa, vegetables, and pie filling. Each session will take place at the Adair County Extension office beginning at 9AM CST and will conclude at approximately noon. The series is open to Adair, Green, and Russell County residents. The cost to attend is \$20 per person and includes a copy of the Ball Blue Book Guide to Preserving. Please contact your local extension office with any questions and to RSVP. RSVP is requested by May 22nd, limited to 20 people.

RSVP at your local Extension Office

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

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LENNINGTON, KY 40346

Disability and Access Services with prior notification



Laugh &

Learn



MAY
16th

6-7 PM



THE RUSSELL COUNTY PUBLIC LIBRARY & THE RUSSELL COUNTY EXTENSION OFFICE WILL OFFER A FREE 1-HOUR PLAYDATE EVERY MONTH FOR YOU AND YOUR CHILD(REN) TO ENGAGE IN PLAYFUL ACTIVITIES DESIGNED TO ASSIST WITH KINDERGARTEN PREPAREDNESS. FOR KIDS 3-5 YEARS OLD.

Location: 535 N. Main Street,
Jamestown, KY 42629

Contact us for registration
270-866-4477
www.russell.ca.uky.edu

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
Human Resources Development
4-H Youth Development
Community and Economic Development
LE1802070N, KY 42626

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COOKING THROUGH THE
CALENDAR

Blueberry Cheesecake Bars

Monday, June 5th @ 5 PM

FREE RECIPE
DEMONSTRATION AND
SAMPLING

Call 270-866-4477 by June
2nd to RSVP. Registration is
required.

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