

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

Todd County
 P.O. BOX 97
 Elkton, KY 42220
 (270)265-5659
 Fax: (270)265-3534
 extension.ca.uky.edu

May, 2017

Life Savers



It is important to know that every thunderstorm has lightning and strong thunderstorms can bring heavy rain, high winds, hail, and possibly tornadoes. Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. If you can see cloud-to-ground lightning or hear thunder, you are in danger of being struck by lightning and no place outside is safe, remember...

When Thunder Roars, Go Indoors!

Before a thunderstorm arrives:

- Learn the signs of an approaching thunderstorm: dark clouds, lightning, and thunder.
- Get informed from the weather radio or television news station.
- If you know a thunderstorm is coming then stay indoors.
- Have emergency survival kit on hand that includes: -Flashlights -Battery operated weather radio -First aid kit -Food and water -Essential medicines during a thunderstorm:
- Stay inside and sheltered, clear of windows, doors, and skylights.
- If you are outside when the storm arrives then go inside or into a vehicle. If caught

outside move away from things that can attract lightning such as trees, fences, and utility lines.

- If you are in the water, such as a pool or lake, get out immediately and get inside a sturdy building.
- If no structures to seek shelter in are around, go to a low lying, open area away from trees and poles. Place your hands on your knees with your head between them. And make yourself as small as possible.

After a thunderstorm:

- Wait indoors for at least 30 minutes after the storm has passed.
- Check for any damage or injuries.
- Help neighbors if needed.
- Avoid storm damaged areas.

Source: Kentucky Emergency Management Tips Sheet

Celebrate



The first North American Mother's Day was conceptualized with Julia Ward Howe's Mother's Day Proclamation in 1870. Despite having penned The Battle Hymn of the Republic twelve years earlier, Howe had become so distraught by the death and carnage of the Civil War that she called on Mothers to come together and protest what



she saw as the futility of their sons killing the sons of other mothers. June 2nd was designated for the first celebration, which occurred in 1873 in 18 cities

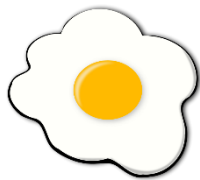
Anna M. Jarvis's is credited as founding the modern Mother's Day in 1908. After her mother died, Jarvis campaigned for the creation of an official Mother's Day in remembrance of her mother and in honor of peace. Anna petitioned the superintendent of the church where her Mother had spent over 20 years teaching Sunday School. On May 10, 1908, the first official Mother's Day celebration took place at Andrew's Methodist Church in Grafton, West Virginia. Jarvis arranged for two white carnations — her Mother's favorite flower — to be given to every Mother in attendance. Today, white carnations are used to honor deceased Mothers, while pink or red carnations honor those who are still alive.

By 1909 forty-six states were holding Mother's Day services. Anna Jarvis quit working and devoted herself full time to the creation of Mother's Day. In 1912 West Virginia became the first state to officially recognize Mother's Day, and in 1914 Woodrow Wilson signed it into national observance, declaring the second Sunday in May as Mother's Day.

Let's Eat

Pepper Ring Eggs

- 1 bell pepper, any color
- 1 tablespoon olive oil
- 4 large eggs
- ¼ teaspoon salt
- ¼ teaspoon black pepper



Put the pepper on a cutting board and cut the middle portion horizontally into 4 rings, each about ½-inch thick. Remove the seeds and the spongy veins. Put a skillet on the stove and set the heat to medium. Add the

oil and when it is hot, carefully add the bell pepper rings. Cook until they lose their bright color, about 2 minutes.

Carefully, using tongs, turn the rings over. Crack 1 egg into a cup and pour it carefully into a pepper ring, allowing it to fill the outlines of the pepper. Repeat 3 more times. If some egg spills out, it is OK. Sprinkle with salt and pepper and cook until the whites and yolks have set, 3-5 minutes, carefully flipping the eggs halfway through cooking. Serve right away.

Source: "Chop Chop Magazine", Spring 2017 issue

Playtime

Mother's Day Mason Jar

Supplies:

- 1 Mason jar (quart or pint, depending upon the size of the hand),
- 2 colors acrylic paint, ribbon for decorating.



Directions: Make sure the jar is clean and dry. Pour 1-2 tablespoons of one of the acrylic paint inside the jar. Swirl the jar around until the paint completely coats the inside of the jar. Pour out leftover paint and allow to dry. Paint the palm of your child's hand with the other color of acrylic paint. Have him/her spread their fingers apart and gently press hand down on outside of the Mason jar. Set the jar aside and allow to dry. Help your child clean the paint off of their hand. Once the jar is dry, tie a decorative ribbon around the mouth of the jar. Put a silk flower in the jar. Note: Paint is not waterproof. Do not fill jar with water.

Sincerely,

Extension Agent for
Family and Consumer Sciences Education



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

NONPROFIT ORG
US POSTAGE PAID
CITY, KY
PERMIT #