

Pre-School Pages



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

Cooperative Extension Service

Trigg County
 P.O. Box 271
 Cadiz, Kentucky 42211-0271
 (270) 522-3269
 Fax: (270) 522-9192
 extension.ca.uky.edu

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, 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.

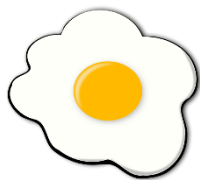
By 1909 forty-six states were holding Mother's Day services. Anna Jarvis quit working and devoted herself full time to the creation of Mother's Day. In 1912 West Virginia became the first state to officially recognize Mother's Day, and in 1914 Woodrow Wilson signed it into national observance, declaring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

The holiday flourished in the United States. Flowers, especially white carnations, became a very popular part of the celebration. But the budding commercialization of Mother's Day greatly disturbed Jarvis, who adamantly opposed what she perceived as a misuse of the holiday through the sales of cards, flowers, and candy. She continued to protest the commercialization of the holiday until her death in 1948. Anna Jarvis died blind, poor, and childless. She would never know that it was, ironically, The Florist's Exchange, the group she fought hardest against in her battle over commercialization, which had anonymously paid for her final care.

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,

Cecelia Hostilo
Family and Consumer Sciences Extension Agent

