

Spring forward

Ain't nobody got time for that. I'm not crazy about the hour that we lose due to Daylight savings. I do like when the evenings are longer, and that we have more daylight to enjoy. It's the adjustment that I don't like. Is it just me, or is the entire week after the time change exhausting? We have had a very wet but mild winter. Spring is almost here, with all of its blooms. We are seeing Bradford Pears, magnolias and buttercups. Willows are greening and autumn olives too. Before long, the sound of lawn mowers will be heard. Fresh cut grass smells so good to me. But my allergies, oh goodness! The allergies!

We try to enjoy the great outdoors, but we must have allergy treatment! With warmer weather also comes insects. Ticks will be creeping, and they now carry terrible disease! Be sure to treat your yards and wear bug repellent when outdoors.

The warmer sunny weather can brighten our mood. Seasonal depression is a real thing. And we feel better when we get a good amount of Vitamin D! Spring is the perfect time to get out and hike, enjoy our state parks, local parks and recreation and fishing.... Plenty of fishing! And last but not least... dry land fish or hickory chickens.

Maybe you've never tried them, maybe you should! Don't let the time change bother you too much. Fall will be here before we know it. Enjoy every day, spend your days doing what you love. And love who you spend your days with. Spring is a time of renewal.

Try some new things! See some new places! Spend time on adventures, that's where the memories are made.

We live in the most beautiful place to enjoy the outdoors.

"Despite the forecast, live like it's spring." – Lilly Pulitzer



MELISSA GARRISON
-DOWN HOME WITH MELISSA

Manchester/Clay Co. Chamber of Commerce spotlight.



This week's Chamber Spotlight is Allen's Towing and Recovery. Located at 55 Swafford Street, Manchester, Ky. 40962. You can reach them at 606-599-5300.



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



Extension Notes

4-H Youth Development Agent

Alissa Ackerman
Clay County Extension Office

Ideas to get youth outdoors this spring

With the temperatures beginning to warm up, now is a great time to encourage children to put down their electronic devices and go outside to enjoy nature. Getting outdoors has many advantages, including increased vitamin D levels, more physical activity, improved mood, better concentration and faster healing, according to research from Harvard Medical School.

Here are some ideas to encourage children to go outside.

- Offer enjoyable activities. Bubbles and sidewalk chalk are both excellent low-cost incentives for outdoor play. Additionally, many young people enjoy fun chores, like walking the dog.
- Make it a contest. Kickball and dodgeball can be enjoyable games to play with your family or with neighbors. Another option is to play a game of hide and seek.
- Conduct an insect safari to teach children to listen and look for insects. To contribute to a 4-H digital insect collection, they might even want to take pictures of the insects they find.
- Introduce children to nature's wonders. As a family, observe sunrises, sunsets, or the night sky. Take a stroll and observe the buds on the various tree species.

For more ideas on ways to get young people outdoors, contact the Clay County Extension Office at 598-2789.

Clay We Were Museum



Artist Celia Bengé Marcum has her own display at the Clay We Were Museum. You can learn more about that by visiting the Clay We Were Museum at the Clay Historical Society. The museum is open each Thursday and Friday from 9 a.m. to 3 p.m.

Is your bacon grease splattering everywhere?



KATHLEEN JONES
-GOOSE ROCK NEWS

I would like to wish happy birthday to Kenny Smith on March 13th. Happy birthday to Pauline Eversole on March 15th.

If your bacon is causing hot grease splatter all over your stove and counter tops. Covering with a pot lid can help, it cause crisp sapping moisture to accumulate in the pan. Instead, place a large, upside down colander over the pan. The makeshift splatter guard keep oil from getting out without trapping steam in!

If you have a small scratch on the surface of your tablet screen. The quick save: Grab a pencil and gently rub its eraser back and forth over the scratch. The soft rubber material will work to smooth out the jagged edges around the scratch, making the mark disappear.

Prevent a door from sticking. If your bedroom door getting stuck in its frame, making it hard to open. The quick save: Glide a soap sliver along the door's edges. The slick substance will create a thin "greasy" coating, preventing the door from sticking so it opens smoothly.

As you begin to pack away your wool sweaters and blankets, place a handful of soap slivers in a bag, poke a few holes in the sack and staple it closed. Then slip the bag inside the bag inside your closet or in a dresser drawer. Soap emits a strong odor that moths dislike, keeping them away so your clothes will be in perfect condition come next winter.

We find God in so many things, in flowers wakened with each Spring, in butterflies and sunsets grand, we see God's love— we touch God's hand.

May God bless you and your family.
Love, Kathleen



Judge signs declaration

Judge-Executive Tommy Harmon signs proclamation for Arbor Day on April 7, 2023. Judge Harmon invites the citizens of Clay County to participate in observing Arbor Day by planting a tree. Judge Harmon states that "the reward that our future generations will receive will be a beautiful Kentucky, whose health and well-being are sustained by the great natural resources of our forests. Judge Harmon was joined by Tocomo Smith and Deanio Carmical from the Kentucky Division of Forestry.



On Friday, March 10th Judge-Executive Tommy Harmon was presented a check from Deanio Carmical and Tocomo Smith, from the Kentucky Division of Forestry. The check of \$1,299.13 represents fines collected from individuals who caused fires and were fined in Clay County.