

EDUCATION

GRASS

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typically occurs when daytime temperatures are consistently above 60 degrees, and cool season forage growth begins to slow.

Can I feed high-mag mineral year-round?

The short answer is, yes. Although there is nothing wrong with feeding the higher concentrations of magnesium year-round, this may not be the most economical long-term mineral program. Caution should also be taken to ensure mineral intake is adequate. Long-term mineral intake below the targeted feeding rate could result in development of trace mineral deficiencies such as copper and selenium deficiency. In this case, it would be recommended to switch to a non-high-mag mineral once conditions for grass tetany have subsided.

For more information about prevention of grass tetany or selection of high-mag mineral supplements, please reach out to your local county extension office.

Written by Dr. Katie Van-Valin, Assistant Extension Professor, University of Kentucky



SUBMITTED

Northern Elementary fourth graders Toby Keller and Easton Williams are critiquing and giving positive feedback about each other's short answer writing response.



SUBMITTED

PCHS National Honor Society members made Valentine's Day cards for local nursing home residents. Pictured left to right: Laney Bramble, Kynsle Crabtree, and Olivia Travis.

TURF

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Control for Kentucky Home Lawns', 'Preemergence Herbicides for Kentucky Lawns', 'Mowing Your Kentucky Lawn', and 'Fertilizing Your Kentucky Lawn'. UK Turf Specialists have put together a number of good videos that

can be found by searching for 'your Kentucky lawn videos'.

Like Pulaski County Horticulture on Facebook or follow @kyplants on Instagram. If you want to have text reminders sent to your phone about upcoming horticulture programming at the Pulaski County Extension Service, text '@gardenerst' to 81010 (do

not include the quotation marks). You can also watch videos on Pulaski County Horticulture YouTube channel.

Pine Straw Fridays will start in March! The Lake Cumberland Master Gardeners will have pine straw available for sale starting on March 6 from 8:30 a.m. til 12 p.m. They will be selling each Friday in March at

that time. Both baled and loose pine straw will be available.

Go to the Pulaski County Extension website and click on Events for all upcoming programs. We have a lot going on this spring!

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.

CLEAN

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refrigerator not only makes meal preparation easier but also helps protect our family's health. This may be a job that you put off doing but it is one you need to do often.

We need to remove all items from the refrigerator. These may be half empty bottles, forgotten leftovers, and other items in the refrigerator. If you have several jars of the same items, and if the dates are compatible, you need to put all these items in the same jar. We are talking about pickles, jellies, salsa, ketchup, or those jars that we open another one before we use all that is in one jar. Remember we are going to take everything out of the refrigerator to check the dates and see if the food is good.

Check each item for the expiration or "best by" dates. Toss anything past its prime and be cautious with open packages that have been sitting for weeks. When in doubt, throw it out! Common offenders include salad dressings, deli meat, and dairy products.

Examine containers for mold, off smells, strange colors, or slimy textures. Discard anything that looks or smells suspicious—even if it is technically not past

its expiration date. Some items may go bad before the best use by date.

Our eggs will have a best used by date, but we know that eggs can be used after that date. Do not ever use a cracked egg no matter how fresh it may be. A cracked egg can allow bacteria to enter the egg and multiply. If you have doubts about your eggs, then use the water method; floats to the top it is a bad egg; lies flat on the bottom of the water, it is a fresh egg, and you don't want to use fresh eggs for a hardboiled egg dish. If it turns up on the bottom, that tells you how old it is. Just do not use an egg that floats to the top. Eggs are generally good for four to six weeks after they have been laid, but we do not know when that was, so we must rely on the expiration date as a guide. Eggs that have a sulfur like smell or look discolored should also be tossed.

Do not forget those fresh produce drawers. You need to remove items from the drawers and wash all the drawers before returning produce you can use. Celery, cucumbers, tomatoes, fresh greens etc., have no dates listed on them. So, you must rely on touch, smell, and color. Try to purchase the freshest produce when shopping.

Wash all shelves and drawers with warm water

and mild dish soap, then dry thoroughly before replacing. Wipe down refrigerator walls, door seals and handles with all-purpose cleaning spray. An old toothbrush can help clean the cracks.

Before returning items to the fridge, group them by type and place frequently used items at eye level. Use clear storage containers for leftovers and label them with the date. Keep raw meat on the bottom shelf to prevent cross-contamination and store produce in designated drawers. Make the cleaning of your refrigerator a regular routine.

This institution is an equal opportunity provider.

Chicken Salad is always a favorite. This is a great recipe.

APPLE CHICKEN SALAD

- 2 red apples
- 2 stalks of celery
- ½ cup raisins
- ½ cup light mayonnaise

Science Hill Independent Board of Education seeks Architect/Engineer for Facility Assessments

The Science Hill Independent Board of Education is seeking Architect/Engineering firms to complete facility assessments and drawings for the development of the new District Facility Plan. Interested parties should send proposals to Superintendent Jimmy dyehouse, jimmy.dyehouse@sciencehill.ky-schools.us

Science Hill Independent Board of Education seeks Business/Community Leader for Development of new District Facility Plan
The Science Hill Independent Board of Education is seeking a Business/Community Leader that resides in the Science Hill Independent School District to serve on the Local Planning Committee. The LPC is charged with the development of the new District Facility Plan. Nominees should send a one-page letter of agreement to serve to Superintendent Jimmy Dyehouse, jimmy.dyehouse@sciencehill.kyschools.us. If more than one letter is received, the Science Hill Independent Board of Education shall make the final selection of the Business/Community Leader representatives.

CRYPTOQUOTE

A XYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

3-7

CRYPTOQUOTE

F V T H V C Y D J D Q T H V T M D W

F V T J Z L Q I ; F V T H V C

Y D J D Q T H V T M D W F V T J V L ' S

J Z L Q I . M V F V T N D E O S Z M

B I H H J Z L Q I . — E I Y S Y T J I M S I D L

Today's Answers

MIGHT AS WELL DANCE. — GERTRUDE STEIN
RIDICULOUS IF YOU DON'T DANCE. SO YOU
RIDICULOUS IF YOU DANCE; YOU LOOK
LOOK YOU LOOK
Saturday's Cryptoquote: YOU LOOK

ATTENTION!

Duplex Apartment Building For Sale by Owner in Shearwood Subdivision

Duplex featuring two self-contained units; brick and frame construction, approximately 1350 sq ft per side with a 12x24 single car garage per unit.

Duplex 1 has recently been vacated and is rentable with updates, including laundry room. It is a 3-bedroom 2 bath.

Duplex 2 has been taken to studs for a complete remodel. Both units have a shared, park able driveway.

One acre lot.

Conveniently located close to schools and shopping in the Southwestern, Southern Elementary/MS district.

Contact Kim Worley at Adanta, 606-679-4782 ext. 2015 for more details or to schedule a viewing. Or you may email Kim at klworley@adanta.org