

McCracken County

FAMILY AND CONSUMER SCIENCES NEWSLETTER

APRIL 2024

 Cooperative
Extension Service

Cooperative Extension Service
McCracken County
2025 New Holt Rd
Paducah, KY 42001

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mccracken.ca.uky.edu

UPCOMING EVENTS

Adult Sewing - Weekly on Tuesdays 9 - Noon

2nd & 18th *Game Day, 9 am - Noon*

3rd & 17th *Paint Fan Dance, 11 am - Noon*

4th & 18th *Needlework, 10 am - Noon*

4th & 18th *Crochet Alley and Knitting Row, 1 - 3 pm*

8th *Solar Eclipse Watch Party, 11am - 3pm*

8th *Purchase Area Homemaker Meeting,
Ballard County, 10 am*

8th *Quilting Club, 10 am*

9th *Golden Days Homemaker Club, 10 am*

10th *Tech Class: Computer Basics, 10 am*

11th & 25th *Beading Circle, 1 - 3 pm*

11th, 18th & 25th *Big Blue Book Club, 10 am*

17th *Scrapbooking Club, 9:00 - 3:00 pm*

18th *Homemaker Crafty Yard Sale Drop off, 3-6*

19th *Homemaker Crafty Yard Sale, 9 am-4 pm*

20th *Homemaker Crafty Yard Sale, 8 am-1 pm*

22nd *Homemaker Garden Club, 10 am*

22nd *Baked by Caryn Cake Decorating,
1:00 - 2:30 or 5:30 - 7, Registration Required*

26th *Champion Food Volunteer Mtg, 9:00 am*

May 3rd *Homemaker Lesson, 10 am*

HOMEMAKER'S CRAFTY YARD SALE

Friday, April 19th 9 am - 4 pm
Saturday, April 20th 8 am - 1 pm

Don't forget to drop off your excess craft supply items to contribute to the yard sale. The proceeds will be donated to the Juanita Amonett Scholarship Fund.

Drop off Date is

April 18th 3 - 6 pm

QUESTIONS? Contact Elaine Stevens at
(270) 210-4013 or mesteven@comcast.net



**GET YOUR FAIR
ENTRIES READY!**

JUNE 25-29

Fair entries will be accepted on June 22nd. The 2024 Culinary, Crafts, and Textiles Division information can be picked up at the office or online at <https://mccracken.ca.uky.edu/2024-culinary-crafts-and-textiles-division>

Reflections from Homemaker President Diane Shrewsberry...

John Harrigan said " Happiness held is the seed. Happiness is shared in the flower." As I walk through the garden to be, I find seeds I planted last year, the year before and beyond struggling to get the toe hold and bloom again. Some I have forgotten what they are or when earlier fallen seeds may have germinated in the past. It's always such an exciting time for me to see the first blush of spring. Natures paintbrush allows us beauty like no other.

My crocus bloomed its beautiful purple, and the gorgeous jonquils which were my first love, have come and gone. Now to enjoy the tulips as long as I fight off the squirrels and moles, I will enjoy a few cut for the vase.

The hyacinth with their sweet fragrance remind me of the house of my childhood. I remember the waif of the hyacinth scent from my great grandfathers garden that perfumed all the open windows in the house. A scent that takes me back to yesteryear.

Spring always gives me the pleasure of cool breezes with the wisp of what's to come later in the season. The cloudless sky can quickly give way to a spring rain storm, quick as a wink, I am back indoors watching lightening streak across the western sky.

Ah spring. I love you. I love your tender touch on my skin, your gentle breeze that ripples through my hair. The feel of warm green grass between my toes. The chirping of nesting birds in nearby trees, singing the familiar songs from long ago. It gives me pause. It takes me back to times less busy, less stressed for a few moments. Whispering tales told long ago in the creak of a porch swing come to my memory on those early spring days. Looking back at the sweet fragrance of jonquils on a chilly spring day fills my heart and head with memories of a special childhood.

We all hope our children and grandchildren have those special memories and places in their heart to recall, and it will carry them through the ages. It keeps us going.

Hans Christian Anderson said, " Just living is not enough. One must have sunshine, freedom and a little flower."

Diane Shrewsberry

Spring 2024



HOMEMAKER

*spotlight of
the month*

- Carmela Ballard, a member of St. John Club, is serving as Vice President. Carmela was a member of this club in the 80's/90's and rejoined in 2022 with her mother.
- Carmela and Richard have been married 42 years and live on a 70 acre farm, raising cattle and sheep. They have 6 children, 1 boy and 5 girls. All are married and she has 17 grandchildren and one on the way in September.
- In younger times, she was very involved in 4-H, going to many contests in Speech, Demonstrations, Sewing, Fair and club events. Last year, Carmela picked back up canning. What a joy! Many years of gardening, canning, freezing and processing meat needed a little break. Glad it's back after much encouragement from daughters.
- She is very excited to be a part of the St. John Homemakers Club and the wonderful women in this club and is very eager to meet the Homemakers in McCracken County and to be more involved.

APRIL ARTS AND CRAFTS

QUILT SQUARE ON CANVAS BOARD



FRIDAY, APRIL 12TH

\$7.00 (Pay at Door)

CLASS SIZE IS LIMITED

MAKE SURE TO RSVP BY 4/10

CALL (270) 554-9520

This month's Tech Class, we're diving into the essentials with Computer Basics.



Whether you're new to computers or just looking to brush up on your skills, this class is perfect for beginners.

Date: Wednesday, April 10th
Time: 10:00 - 11:00 am

Here's what we'll cover: Using the mouse and trackpad, file organization and management, settings and control panel navigation, keyboard shortcuts and typing tips, USB drive usage and data transfer, accessing the internet and basic browsing.

Participants are welcome to bring their own laptops, but don't worry if you don't have one! Chromebooks can be provided if requested in advance.

Don't miss this opportunity to learn at your own pace in a relaxed and supportive environment.

Reserve your spot today by contacting us at (270) 554-9520.



The McCracken County Homemaker Garden Club visited the Bee Barn for their March meeting. This club meets on the fourth Monday of the month at 10:00 at the extension office. New members are always welcome! Or just come to check it out!

Cooperative Extension Service

EMERGENCY INFO HEALTH ♥ CARDS



APRIL 9
2 PM



HELP EMERGENCY WORKERS SERVE YOU BETTER WITH AN EHI CARD!

WITH *Lois Pressgrove*



DOOR PRIZES + REFRESHMENTS

HEAR HOW THIS CARD CAN SAVE YOUR LIFE!

GRAVES COUNTY EXTENSION OFFICE

AT GRAVES COUNTY EXTENSION

Congratulations!

McCracken County State Cultural Arts Qualifiers

Brenda Gamblin-

3b Art, natural, other material Gourd Bowl

5a Basketry, cane Multicolored basket

13a Felting, Needle method Bunny in a Basket

15b Jewelry, Mixed Media Silver Bracelet with Colored Stones

20b Painting, Décor, Wood Jonah Whale Box

Jeanne Grief-

8b Counted Cross Stitch, 16-22 count Sunflower

Liz Hudson-

Painting, Art, Oil Friends, Girl With Cat

Chelsea Stevens-

6c Beading, miscellaneous Roses Diamond Painting

Rachel Vaughn-

6b Knitting, hand, Fashion Navy Sweater 16c Knitting, hand, Home Decor and Afghans Light Blue Sofa Décor

Teresa Vincent-

Wall or Door Hanging, other Peacock Diamond Dot

Spring Harvest Salad

5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Kelley Alsip

Kelley Alsip, Agent for Family and Consumer Sciences, McCracken County
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DATES TO REMEMBER

- ◆ [Global Kitchen Experience](#) - May 17, 23, 31 (more info coming soon)
- ◆ [McCracken County Fair Entries](#) - June 21
- ◆ [County Annual Day](#) - August 20
- ◆ [Purchase Area Annual Day](#) - September 10
- ◆ [Taste of McCracken](#) - September 27

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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