

# McCracken County

## FAMILY AND CONSUMER SCIENCES

### NEWSLETTER

August 2024

KENTUCKY  KENTUCKY STATE UNIVERSITY  
COOPERATIVE EXTENSION

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

(270) 554-9520  
Fax: (270) 554-8283

## UPCOMING EVENTS

ALL PROGRAMS/ACTIVITIES LISTED ARE OPEN TO THE PUBLIC EXCEPT HOMEMAKER TRAININGS AND HOMEMAKER MEETINGS

1st & 15th	Needlework, 10 am - Noon
1st & 15th	Crochet Alley and Knitting Row, 1 pm - 3 pm
2nd	Homemaker Annual Day Planning Meeting, 10 am
6th, 13th and 27th	Adult Sewing, 9 am - Noon
6th & 15th	Game Day, Come Play! 9 am - Noon
8th, 15th, 22nd, 29th	Dodging Diabetes, 10 am-11 am <b>Must Pre-Register</b>
9th	Art Quilting Guild, 10 am - 12 pm
13th	Sewing Guild, 8:30 am - Noon
14th	Tech Class: Basic Computer Trouble Shooting, 10 am-11 am
20th	Homemaker Annual Day, Registration 9:30, Meeting 10:00 <b>Purchase ticket in advance</b>
20th	Bags of Love, 9:30 am - 1:30 pm
21st	Scrapbooking, 9 am-3 pm
22nd	Global Kitchen Experience-Middle Eastern, 10 am-12 pm, Pre-register
23rd	Homemaker Officer and Chairman,
23rd	Champion Food Volunteer Meeting, 9 am
26th	Taste of McCracken Committee mtg, 9:30
27th, 28th and 29th	Extension Quilt Guild 10 am-4 pm
28th	Lesson - Mealtime Rut, 10am-11 am
28th	CPR Training, 5:00-8:30 <b>Must register</b>
30th	Deco Mesh Wreath Making Class, 9:30 am-1:30 pm, <b>pre-register</b>

## Blazing Trails in McCracken County



McCracken County  
Extension Homemakers  
COUNTY ANNUAL DAY

Guest Speaker:  
Dr. Anton Reese, President WKCTC

Tuesday, August 20, 2024

Registration 9:30 a.m. Meeting 10:00 a.m.

McCracken County Cooperative  
Extension Office

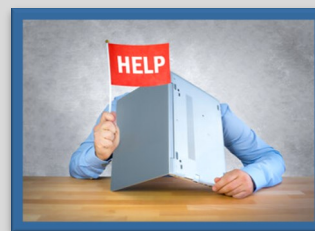
### MENU:

Tuna, Chicken, and Egg Salad,  
Pasta Salad, Green Salad, Dessert,  
Tea, Lemonade

Fee: \$12.00 Cash or Check

Be sure to purchase your ticket before the August 12th deadline

## HELP IS ON THE WAY!



Having issues  
with your  
computer?

This **Basic Computer Trouble Shooting** class will review some easy things to try if your computer is malfunctioning.

August 14th 10 am - 11 am

Call (270) 554-9520 to sign up for this very information class. Class is presented by Emily Steele, Adult and Digital Services Librarian at the McCracken County Public Library.

## A note from Homemaker President Diane Shrewsberry....

I have enjoyed being your president for the past two years!

I feel Homemakers is important to us as a community and a teaching tool for those coming behind us. They are busy with so many things besides "homemaking" even though that is what most women (not discounting men here) who have a husband/spouse and children do. We work. We may not always win the bread, but we keep the home fires burning. We cook, clean, care for the sick, keep up with who has to be wherever, and get the laundry done. We are the keepers of the hearth. Anyone who doesn't understand our role, as the chief executives of a household, doesn't get it. We pay the bills. We budget the family money. We do grocery shopping, coupon clipping, and shop when things are on sale. We are the important family members who may also have a job outside the home. We may be the family member who takes responsibility for the children. So, give yourselves a huge pat on the back. Those hard-working individuals are the backbone of our society. Be it male or female, our work is never done.

But again, I understand when it is hard to fit in joining a homemaker's club. Yes, there are meetings, but do they really infringe on your life? Try it!! Join a club. Share with others and learn from their experience as many have walked in your shoes. It's worth the time. Homemakers will help you become a better "you" in so many ways. Here's a way to improve your self-worth for just a few hours a month. You may contribute something no one else has ever thought about. Whether or not you are retired, working, female, or male, we as a group of homemakers would love to have you join us.

With that bit of encouragement, I bid you farewell and happy homemaking!

Diane Shrewsberry

PURCHASE AREA HOMEMAKER ANNUAL DAY

**THE TIES THAT BIND**

**SEPTEMBER 10TH**

CALLOWAY EXTENSION MEETING HALL



Cindy McDonald is originally from Michigan, but her family moved to Kentucky many years ago to help take care of her grandparents. She used to work at Western Baptist Hospital, but became a stay-at-home mom after having two daughters. Her daughters, Camilla and Sophie, live in Lone Oak and Fultondale, AL, respectively. Cindy has been happily married to her husband, Stan, for 48 years and they have four grandchildren, with a fifth due in September.

They attend Heartland Church, where Cindy enjoys Bible studies. She is a member of the Happy Homemaker Club and serves as the county's inspirational leader. Cindy loves being a homemaker; she enjoys learning new things, doing crafts, especially paper crafts, and traveling.

GET YOUR TICKET FOR  
TASTE OF  
MCCRACKEN



September 27, 2024  
5:30 p.m. to 7:30 p.m.

Cost: \$10.00 per person  
Door Prizes, Cookbooks, and Great Food

McCracken County Extension Office  
2025 New Holt Road  
Paducah, KY 42001

All proceeds will benefit the  
Juanita Amonett Scholarship Fund

DESIGN  
YOUR OWN  
WREATH

KENTUCKY  
COOPERATIVE EXTENSION



EXAMPLE: YOU WILL DESIGN  
YOUR OWN

DECO MESH  
WREATH CLASS

FRIDAY, AUGUST 30  
9:30 AM – 1:30 PM

(270) 554-9520

\$15 PAY  
AT DOOR  
CASH OR  
CHECK

Call to  
Register by  
8/23



Believe it or not, cold weather will be here before you know it! Remember that **Lifeline Ministries** is in need of women's winter coats of all sizes. Drop off new or gently used coats at the extension office through the end of September. **Please consider volunteering!** There's a place for you! If you have a heart for this, almost every family has been touched by addiction. Contact Jean Abanatha for more information at (270) 210-8427.

Join us for another Global Kitchen  
Experience, this time featuring Middle  
Eastern dishes.

GLOBAL  
KITCHEN  
EXPERIENCE

Embark on a culinary journey to  
the Middle East!

THURSDAY,  
AUGUST 22

10:00 AM  
to  
12:00 PM

FREE  
CLASS

In this hands on class, you will learn how to make  
Naan Bread and Tzatziki

LIMITED SPOTS

CALL TO REGISTER  
(270) 554-9520

CLASS FOR ADULTS 18+

McCracken County Cooperative Extension Service  
2025 New Holt Rd.



FIRST AID  
&  
CPR & AED TRAINING

American Heart  
Association  
Heartsaver Class

Wednesday,  
August 28th

5:00 PM - 9:00 PM

Training is **free** or there  
will be a \$55 fee if you  
choose to be certified and  
receive card.

**Training includes:**

- Learn Life Savings Techniques
- Gain Confidence to Handle Emergency Situations
- Hands on Training
- Valuable Tips

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REGISTER AT: [KYEMT.TICKETSPICE.COM/MCCRACKEN](https://KYEMT.TICKETSPICE.COM/MCCRACKEN)

Happy August!

I hope all of you are staying cool, as it is so hot and humid outside!

Thank you to all the wonderful volunteers who helped with fair entries, it was awesome to see everyone working together, and enjoying the hard work of other's gifts for the community to see!

A few dates to remember are upcoming in August:

- ◆ McCracken County Homemaker Annual Day on the 20th be sure to purchase tickets at the office by
- ◆ On August 23<sup>rd</sup>, Homemaker club *and* county officer training starts at 10 am, also club and county educational chair training will be at 11 am. A light lunch will be provided.

**Please, if this applies to you, plan to attend! It will be VERY BENEFICIAL**

Thank you again for being a wonderful community of loving and caring groups with great hearts and amazing talents to share.



Kelly Alsip,  
Agent for Family and  
Consumer Sciences, McCracken County  
kelly.alsip@uky.edu



## Tomato Basil Bruschetta

<b>3 plum tomatoes, chopped</b>	<b>1 tablespoon</b> minced fresh basil or 1 teaspoon dried basil
<b>½ cup</b> thinly sliced and coarsely chopped onion	<b>½ teaspoon</b> dried oregano
<b>2 cloves</b> garlic, minced	<b>¼ teaspoon</b> salt
<b>1 tablespoon</b> red wine vinegar	<b>½ teaspoon</b> ground pepper
<b>6 tablespoons</b> olive oil	<b>1 pound</b> loaf, whole wheat French bread, cut into ½ inch slices

- 1. Combine** tomatoes, onions, garlic, red wine vinegar, 2 tablespoons olive oil, basil, oregano, salt and pepper; set aside.
- 2. Preheat** broiler of oven.
- 3. Lightly brush** both sides of bread slices with remaining olive oil and arrange on ungreased baking sheet.
- 4. Place** three to four inches from the broiler and heat slices for two to three minutes on each side or until golden brown.
- 5. Top** each slice with tomato mixture, using a slotted spoon and serve.

**Yield:** 16, ½ inch slices  
**Nutritional Analysis:** 140 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 250 mg sodium, 19 g carbohydrate, 3 g fiber, 0 g sugar, 4 g protein.

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



### Cooperative Extension Service

Agriculture and Natural Resources  
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