

**MAY
2025**

MCCRACKEN COUNTY FCS NEWSLETTER

KENTUCKY  **KENTUCKY STATE
UNIVERSITY**
COOPERATIVE EXTENSION



**Kelly Alsip,
Family and Consumer
Sciences Agent**

WELCOME TO MAY!

The April showers have brought the May flowers beautifully! May is also a big month, as May holds this year's Homemaker state meeting in Lexington this year! Big congratulations to Homemaker President Carmella Ballard for being accepted to the Homemaker Farm Guild, which is a very prestigious, inclusive homemaker statewide group. She will be installed on May 7th at the state meeting.

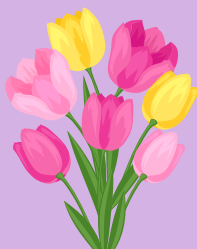
Remember to take a good look at our event calendar, we have new and different programs every month at the office, and out in the community. We love to see you at all our events as participants and as always, volunteers! Keep an eye out, too, for volunteering opportunities for programs with kiddos in the summer. Also, I am always on the hunt for new program ideas and presenters of programs! Give a gift of your knowledge/skills/talents to the public by teaching a class or connect me with someone you know of who would be perfect for teaching a topic in a class!

Hope to see you getting active and enjoying the warmer weather! Our walking trail is a great place to start!

Sincerely,



Kelly Alsip
McCracken County Agent for
Family and Consumer Sciences



**Carmela Ballard,
Homemaker President**

THOUGHTS FROM THE PRESIDENT

May! So many things are happening in our world in May! We have Mother's Day, proms, graduations, school end-of-year events, birthdays... so many things. Take a breath. Take one thing at a time if this all overwhelms you. If you stress so much over it that you miss all the enjoyment, what good is that?? If you still have your mom, hug her this year and appreciate this gem. As we get older, all the things we used to take for granted become more appreciated and cherished.

There is a new course starting in May on Wednesdays at 9 am. (45 min), CHOICE Chat is a 6-week course for positivity and encouragement for women. Each session will have a theme and a directed conversation with fun and caring women. If you miss one, no matter, attend the next.

Don't miss The Derby Party on May 2nd at 1 pm. Put these dates on your calendar for Annual Day on July 17th and New Year Kick-Off on August 21st. These dates are both evening events with sign-in at 5:30 and start at 6 pm.

**HAPPY MOTHER'S DAY TO MY FRIENDS! IF YOU
ARE NOT A MOTHER, I KNOW YOU HAVE
MOTHERED MANY IN YOUR LIFE!**

**COUNTING MY BLESSINGS,
CARMELA**



Events



ARTS AND CRAFTS TEACUP GARDEN WITH SUCCULENTS

CREATE YOUR OWN TEACUP GARDEN
USING SUCCULENTS.
ALL SUPPLIES WILL BE PROVIDED



FRIDAY, MAY 9TH | 9:30 AM - 12:00 PM
COST \$10 | CLASS SIZE IS LIMITED
CALL TO RESERVE YOUR SPOT
(270) 554-9520

Cooperative Extension Service
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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

 **Disabilities**
accommodated



Purchase Area Master Clothing Volunteers

Magic Knit Top

Adult Serger Workshop

June 17 & June 18
9am - 3pm
Cost: \$15



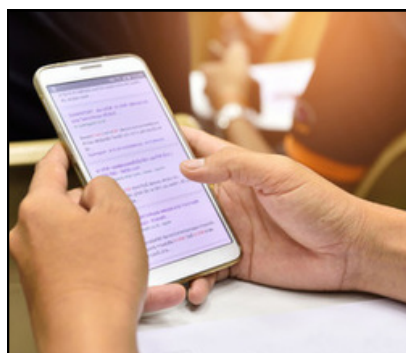
Graves County Extension Office
4200 US HWY 45
Mayfield, KY, 42066

Please bring your own machine and thread. If you need a machine one can be provided.
Bring your own lunch

Space is limited RSVP and pay by June 6 to secure your spot call 270-665-9118 to register. Payments can be taken to local Extension Office. Check payments made to Purchase Area Master Clothing Volunteers

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 **Disabilities**
accommodated with prior notice



TECH CLASS:

SMARTPHONES AND TABLETS

- Apps
- Device Settings
- Bring your own device

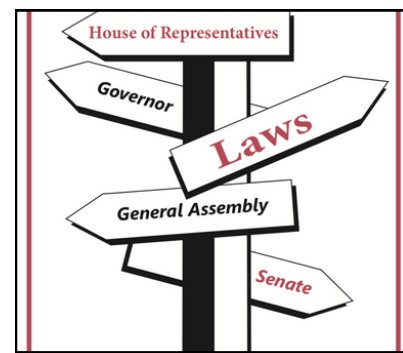
WEDNESDAY, MAY 14TH
10 AM - 11 AM



GAME DAY, COME PLAY:

- Board Games, Card Games, and Dice Games
- Seasoned gamer or for those who just want to have fun!
- Adults 18+.

TUESDAY, MAY 6TH AND
THURSDAY, MAY 15TH
9 AM - 12 PM



THE ROAD TO PASSAGE:

HOW A BILL BECOMES A LAW

- Basics of how bill introduced to the Legislature becomes a law
- Pre-registration is required

FRIDAY, JUNE 20
10 AM - 12 PM

MEMBER SPOTLIGHT

SUE SUTTON

VICE PRESIDENT AND TREASURER OF CONCORD CLUB

I joined Extension Homemakers as a young mother in 1968. My sister invited me and I'm so glad she did. I'm a proud member of the Concord club. I have been so blessed to be a part of that club. I've been President and am now serving as Vice President and Treasurer. I have served in many ways over the years.

I have a daughter, Kim, and a son, Jason. Two grandsons, Chris and Carson. They have been a joy to me, watching them grow up. Now my oldest grandson, Chris and his wife Parker are having my first great-grandchild. I'm more than excited about this.

The things I have learned in extension Homemakers is priceless to me. It made me a better person and Homemaker. I told a friend that I had been in Homemakers so long and have taken so many lessons over the years that I should have a home economics degree!! He then wanted to know how long I had been in. I told him proudly, 50 + years. He busted my bubble by saying, so it took you 50 years to get that economics degree. All in fun!!

MAY GOD BLESS HOMEMAKERS ❤️ SS



PURCHASE AREA CULTURAL ARTS CONTEST WINNERS



WALL OR DOOR HANGING
DIAMOND MOSIAC ART

**CHELSEA
STEVENS**

**GRAND
CHAMPION
VIEWERS AWARD**

Brenda Gamblin - Basketry (1), Holiday Decorations (2), Painting (1)

Jeannie Grief - Counted Cross Stitch (2)

Liz Hudson - Drawing (1)

Darlene Rogers - Embroidery (1) and Quilts (1)

Debbie Stroot - Art, Recycled (1)

Rachel Vaughn - Knitting (2)



COUNTY ANNUAL DAY

PLEASE NOTE DATE CHANGE

THURSDAY, JULY 17TH

REGISTRATION 5:30

MCCRACKEN COUNTY FAIR

JULY 22 - 26TH

NEW HOMEMAKER YEAR

KICKOFF

THURSDAY, AUGUST 21ST

REGISTRATION 5:30

Events

KENTUCKY COOPERATIVE EXTENSION

“CHOICE” CHAT

CHOICE EVERY DAY
CELEBRATE OPPORTUNITIES

6 WEEK COURSE
MAY 7TH, 14TH, 21ST, 28TH
AND
JUNE 4TH & 11TH
9:00 AM - 9:45 AM
NO FEE

“CHOICE” CHAT IS AN OPPORTUNITY FOR WOMEN TO COME TOGETHER AND FOCUS ON POSITIVITY IN OUR DAILY SITUATIONS

QUESTIONS? CALL (270) 554-9520

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40546

Disabilities accommodated with prior notification

Cooperative Extension Service

WATCH PARTY: Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

Thursday, May 29th 6:00pm-7:30pm
McCracken County Extension Office
2025 New Holt Rd
Paducah, KY | 42001 | (270) 554-9520
Call to Register!

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KENTUCKY COOPERATIVE EXTENSION

CharmGello™ Amazing Quilt

by Pat Arnott

Beginner friendly
Good for all levels

Friday, June 6 and Monday, June 9
10 am - 3 pm

Finished Size 41" x 48"

Fabric Requirements (all 5 x 5 squares)

- One Charm Pack 42 - Print
- One Charm Pack 40 - Light Solid
- One Charm Pack 40 - Dark Solid

OR

- One yard feature fabric, one yard light (solid) fabric and one yard dark (solid) fabric

\$25 per person

Class size is limited
Call (270) 554-9520 to register

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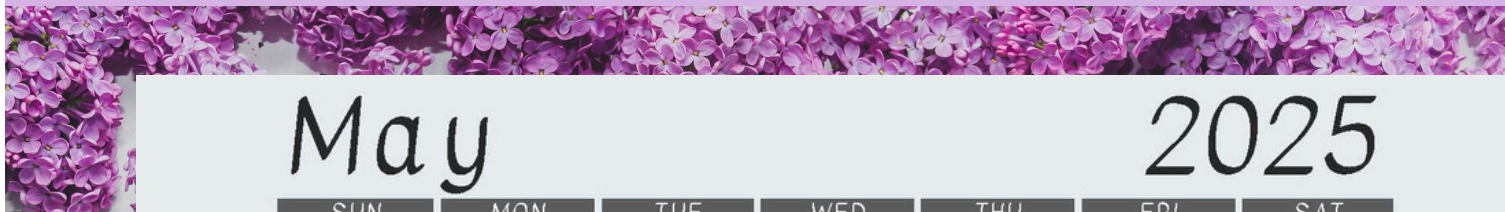
Disabilities accommodated with prior notification

MASTER GARDENER PLANT SALE

You know you need lots more plants!

May 31st, 2025
9am - 12pm

Great prices! All profits will help support the McCracken County Extension Master Gardeners



May

2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Needlework Circle 10 - 12 <hr/> Crochet Alley & Knitting Row 1 - 3 pm	2 Homemaker Lesson-Healthy Eating 10 - 11 am <hr/> Homemaker Derby Party 1 - 3 pm	3 Quilting 101 9 am - 1 pm <hr/> KENTUCKY DERBY 
4	5 Cinco De Mayo 	6 Game Day, Come Play! 9 am - 12 pm <hr/> Adult Sewing 9 am - 12 pm	7 "Choice" Chat 9 - 10 am <hr/> Chair Yoga 10 - 10:45 am	8 Concord Club 11 am	9 Arts and Crafts: Succulent Teacup 9:30 am	10 Quilting 101 9 am - 1 pm
11 	12 Homeschool Mom's Homemaker Club 6 - 8 pm	13 Adult Sewing 9 am - 12 pm <hr/> Golden Days 10 am <hr/> Happy Club 10 am	14 "Choice" Chat 9 - 10 am <hr/> Chair Yoga 10 - 10:45 am <hr/> Tech Class: Smartphones 10 am	15 Game Day, Come Play! 9 am - 12 pm <hr/> Needlework Circle 10 - 12 <hr/> Crochet Alley & Knitting Row 1 - 3 pm	16 Basket Weaving IV 9 am - 2:30 pm <hr/> Pattern Fusing Class Session 3 9 am - 12 pm	17 Quilting 101 9 am - 1 pm
18	19	20 Bags of Love 9:30 am - 1:30 pm <hr/> Homemaker Advisory Council Mtg 1:30 pm	21 "Choice" Chat 9 - 10 am <hr/> Chair Yoga 10 - 10:45 am <hr/> Scrapbooking 9 am - 3 pm	22	23	24
25	26 	27 Adult Sewing 9 am - 12 pm <hr/> Paducah Stich n Quilt 10 am - 4 pm	28 "Choice" Chat 9 - 10 am <hr/> Chair Yoga 10 - 10:45 <hr/> Paducah Stich n Quilt 10 am - 4 pm	29 Paducah Stich n Quilt 10 am - 4 pm	30	31



Roasted Beet and Orange Salad

- **3 medium** fresh beets (about 1 pound)
- **4 medium** navel oranges, peeled and sectioned
- **4 ounces** crumbled feta cheese
- **1/2 cup** chopped walnuts (optional)
- **1/4 cup** minced fresh mint

Orange Vinaigrette:

- **2 tablespoons** olive oil
- **1 teaspoon** grated orange zest
- **2 tablespoons** orange juice
- **1/2 tablespoon** apple cider vinegar
- **1 teaspoon** honey
- **1 teaspoon** Dijon mustard
- **1/2 teaspoon** salt
- **1/4 teaspoon** pepper

Preheat oven to 425 degrees F. **Wash** hands with warm soap and water, **scrubbing** for at least 20 seconds. **Scrub** beets and **trim** tops to 1 inch. **Wrap** in foil; **place** on a baking sheet. **Bake** 50 to 60 minutes or until tender. **Remove** foil; **cool** completely. **Peel** beets and **chop** into bite-sized pieces. In a small bowl, **whisk** oil, orange zest, orange juice, vinegar, honey, mustard, salt, and pepper until blended. In a large bowl, **combine** cooked beets and orange sections. **Add** the vinaigrette and **toss** gently to coat. **Spoon** mixture on serving plate and **top** with feta cheese, walnuts, and fresh mint.

Yield: 4 servings. **Serving size:** 1/4 of recipe.

Nutrition Analysis: 330 calories, 23g total fat, 6g saturated fat, 25mg cholesterol, 510mg sodium, 27g total carbohydrate, 5g fiber, 18g total sugars, 1g added sugars, 8g protein, 0% DV vitamin D, 15% DV calcium, 6% DV iron, 10% DV potassium.



Kentucky Beets

SEASON: June through November

NUTRITION FACTS: Beets are good sources of fiber, folate, calcium, and vitamin C, and they are low in fat. One cup of cooked beets or one medium raw beet contains about 50 calories and 2 grams fiber.

SELECTION: When selecting beets, choose those that are round, firm, rich in color, and smooth over most of the surface. Wilted or decayed tops may indicate a lack of freshness. Two bunches, or 6 to 8 individual beets, weigh approximately 2 pounds.

STORAGE: The roots of the beets can be stored in plastic bags for 1 to 2 weeks in the refrigerator. You can also refrigerate the greens in plastic bags and use them within 2 to 3

days. Cooked beets may be stored in the refrigerator for up to a week.

PREPARATION: Rinse beets under running water, removing any visible traces of dirt. To keep the juices of the beets locked inside while cooking, leave the skin, tail, and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

To bake: Scrub unpeeled beets, and place in a baking pan with 1/4 inch of water and cover. Bake at 375 degrees F for about 40 minutes for a large beet.

To steam: Scrub unpeeled beets, and place in a steaming basket. Cover and steam for about 35 to 40 minutes for large beets, 20 to 25 minutes for smaller beets, or until tender.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences
University of Kentucky, Dietetics
and Human Nutrition students

Source: FruitsAndVeggies.org

March 2022

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



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