



**Kelly Alsip, FCS Agent**

**Carmela Ballard,  
Homemaker President**

Who's ready for sweater weather? I'm ready!

A big thank you to all those who helped in any way with the Taste of McCracken event. It was a huge success raising over \$1,000 for our scholarship program. There were many positive comments and requests to do it again. This would not have been successful without your help!

Next on our radar, is the annual Homemaker Bazaar on Nov. 2nd. Be sure to turn in a registration form for clubs. There is no charge for clubs, but a \$20 fee for individual vendors that are homemaker members.

Following the bazaar will be the Harvest Fest. Whether you are an FCS community member or a county homemaker, donating cookies and/or your time, would be greatly appreciated. That being said, each homemaker club will need to donate 4 dozen homemade cookies (individually wrapped sets of two). Bags are available at office if needed.

Hope everyone has a happy and safe Halloween! I hope to see you all at our upcoming classes, programs, and events!

2025 New Holt Rd  
Paducah, KY 42001  
(270) 554-9520  
kelly.alsip@uky.edu

Hello Friends,

Happy October! Don't you love fall? The warmth is still here and the excitement of change is in the air! The Mountains are calling!!

Have we met? I am Carmela Ballard, your newly-elected McCracken County Extension Homemakers President. I couldn't be more honored and excited to serve in this roll and for our community.

In case you don't know me, I am a mother of 6 grown children, 1 boy, 5 girls. They are all married, and now I am the grandmother of 17 grandchildren. Yes, I can't believe it either! The grands range in age from 19 years to 7 months, 12 boys/5 girls, a far cry from raising mostly girls! They all live close, so Sunday supper at the Ballard's at 5:30 pm is a regular! Come on over! My husband, Richard and I have been blessed to have such a life. We live in McCracken County on a 70 acre farm with cattle, sheep, the donkey and mini horse. In the past, we had so many horses, herds, and all the critters for the full farm experience for our children. Now, the Grands get t experience some of this. We had triplet sheep born last spring, so they got to have the bottle-feeding experience to keep in their little memory banks. Also, such as this week, when we lost a newborn calf; it's the life of loving and sometimes, loss, that we have, that grows us into better people.

I can't wait to meet you, if we haven't already. It's great to be a **HOMEMAKER!**

We have so many things coming up! Study this newsletter because there are so many things that you will want to participate in.

Counting My Blessings,

*Carmela*



**Brenda Gamblin**

Congratulations to our **HOMEMAKER OF THE YEAR**, Brenda Gamblin! She was a former nurse and nursing professor at WKCTC, with a nursing career spanning 40 years. She has served as chair of Environment, Housing and Energy with Homemakers, Purple Ribbon State Champion in Cultural Arts and Crafts in Painting and Basketweaving multiple years. Currently, Brenda is a Champion/Master Foods volunteer, Arts and Crafts Program Volunteer among many other Extension programs. She is serving in McCracken County Extension Homemakers as the 2nd Vice President.

Congratulation to our Kentucky Colonel and Dutchess of Paducah!

# Events

Martin-Gatton College of Agriculture, Food and Environment

# Harvest Festival

**3:30 PM to 5:30 PM**  
**November 15th, 2024**

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

A fun, **FREE** event for families and friends! We will have pumpkin painting and picking, games, taste testing, hands on harvest activities and crafts, a fall photobooth, fundraising opportunities, and much more!

**Free entry**

For more information call **270-554-9520**

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

International 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506

## McCracken County Extension Office

# Walking Trail Ribbon Cutting

October 22, 2024  
 10am

We will have refreshments and tables set up for you to learn more about Extension. Don't forget to register for our giveaway too! After the ribbon cutting, we will have a leisurely walk

2025 New Holt Rd.  
 Paducah, KY 42001

KENTUCKY COOPERATIVE EXTENSION

Join us for another Global Kitchen Experience and learn how to make Baklava!

Originally from Turkey, Greece and the Middle East

# GLOBAL KITCHEN EXPERIENCE

**Friday, October 4th 5:30 pm** OR **Wednesday, November 6th 10:30 am**

In this hands on class, learn how to make this layered pastry dessert!

LIMITED SPOTS CALL TO REGISTER (270) 554-9520 CLASS FOR ADULTS 18+

McCracken County Cooperative Extension Service  
 2025 New Holt Rd.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

International 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506

KENTUCKY COOPERATIVE EXTENSION

# ART SESSIONS

WITH LADY VAN TIGER

Flower Dragon Air Sculpture

Cloud Dance Hand Fan

Harvest Moon Air Sculpture

Christmas Moon Air Sculpture

AIR SCULPT YOGA  
 Wednesday, September 25th  
 1 - 3 PM  
 Flower Dragon Sculpture

PAINT FAN DANCE  
 Wednesday, October 9th  
 1 - 3 PM  
 Cloud Dance Hand Fan

AIR SCULPT YOGA  
 Wednesday, October 23rd  
 1 - 3 PM  
 Harvest or Christmas Moon Air Sculpture

Call (270) 554-9520 to Register

McCracken County Cooperative Extension Service

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

International 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506

# Events

Cooperative Extension Service

JOIN US FOR THE ANNUAL  
MCCRACKEN COUNTY  
HOMEMAKERS  
**HOLIDAY  
BAZAAR**

**2**  
NOVEMBER

8:00 - 3:00

VENDORS  
FOOD  
SHOPPING

2025 NEW HOLT RD PADUCAH, KY  
FOR MORE INFORMATION CALL 270-554-9520

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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, physical or mental disability or receipt of public benefits. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in language other than English.

KENTUCKY COOPERATIVE EXTENSION

*Better Than Ever:  
3D Door Hangers*

MONDAY, OCTOBER 28TH  
1 - 4 PM

REGISTER THRU  
BETTER THAN EVER  
18" CIRCLE DOOR HANGER (\$45)

OR  
12" CIRCLE DOOR HANGER (\$25)

CHOICE OF FALL/HALLOWEEN AND  
CHRISTMAS DOOR HANGERS

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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, physical or mental disability or receipt of public benefits. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in language other than English.



## Arts and Crafts Friday

BUTTON TREE ON CANVAS

Unleash your creativity! Participants will create a beautiful button tree on an 8 x 10 canvas. Class size is limited so secure your spot by 10/8.

FRIDAY, OCTOBER 11TH  
9:30 AM - 11:30 AM



## Dining with Diabetes

TAKE CHARGE OF YOUR DIABETES DURING THE HOLIDAYS

How can I eat healthfully every day, even during the holidays? Learn how to make power choices? Be sure to register by 10/25.

THURSDAY, OCTOBER 30TH  
10:00 AM - 12:00 PM



## Tech Class

MANAGING DIGITAL PHOTOS

Is your photo library a mess? Learn how to backup photos online, how to put them on your computer, and how to organize files once they're on your computer. Call (270) 554-9520 to sign up.

WEDNESDAY, OCTOBER 9TH  
10 AM - 11 AM

# MEET AN OFFICER A MONTH

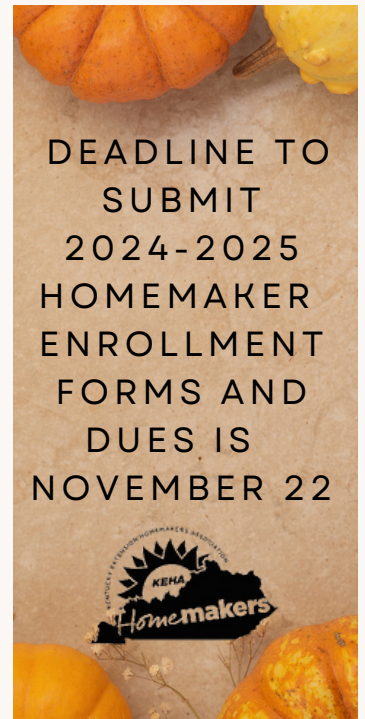
## Meet Your Secretary

DR. BEVERLY LARGENT

HELLO, I AM BEVERLY LARGENT. I AM A MEMBER AND PRESIDENT OF ST. JOHN CLUB. I AM A NEWLY INSTALLED MCCRACKEN COUNTY HOMEMAKER SECRETARY. MY HUSBAND , TOM AND I HAVE LIVED IN MCCRACKEN COUNTY FOR THE LAST 41 YEARS. WE ARE NATIVES OF WESTERN KENTUCKY, LEAVING ONLY FOR HIGHER EDUCATION. WE HAVE BEEN BLESSED WITH 57 YEARS OF MARRIAGE, 2 CHILDREN, 6 GRANDCHILDREN AND 2 GREAT GRANDDAUGHTERS BOTH 2YEARS OLD. INTERESTINGLY, THE GRANDS ARE IN TWO DISTINCT AGE GROUPS, 3 IN THEIR 20'S AND 3 IN THE FIRST DECADE OF THEIR LIVES. THE YOUNGER GROUP LIVES IN SOUTH CAROLINA, WHERE WE OFTEN VISIT.

I HAVE HAD TWO CAREERS. I WAS A DENTAL HYGIENIST FOR 10 YEARS, AND AFTER MY HUSBAND COMPLETED HIS MASTER'S PROGRAM IN EDUCATION AT MURRAY STATE UNIVERSITY I CONTINUED MY EDUCATION THERE. I LATER ENTERED DENTAL SCHOOL AT THE UNIVERSITY OF KENTUCKY, WHERE I ALSO COMPLETED A 2YEAR POST GRADUATE PROGRAM IN PEDIATRIC DENTISTRY. I PRACTICED PEDIATRIC DENTISTRY IN PADUCAH FOR 37 YEARS. DURING MY PROFESSIONAL LIFE I WAS ENGAGED IN ORGANIZED DENTISTRY, SERVING AS PRESIDENT OF THE KENTUCKY DENTAL ASSOCIATION, PRESIDENT OF THE AMERICAN ACADEMY OF PEDIATRIC DENTISTRY, AND FOR THREE YEARS AS PRESIDENT OF THE AAPD FOUNDATION. IN EACH OF THESE ORGANIZATIONS, I WAS THE FIRST WOMAN TO HOLD THE OFFICE OF PRESIDENT. I FOUND DENTISTRY TO BE VERY FULFILLING. MOST OF ALL I MISS THE HANDICAPPED CHILDREN AND YOUNG ADULTS I HAVE BEEN HONORED TO KNOW AND SERVE.

I ENJOY READING, SEWING, DECOUPAGE, AND OF COURSE HOMEMAKERS. I HAVE LEARNED IN RETIREMENT, THAT I REALLY DO HATE HOUSE WORK, AND THAT THE CHORE HAS NOTHING TO DO WITH HOW MANY OPEN HOURS ARE IN MY DAY.



DR. BEVERLY LARGENT AND FCS AGENT, KELLY ALSIP PRESENTED A CHECK TO THE MCCRACKEN COUNTY FISCAL COURT IN THE AMOUNT OF \$580,920.28. THE CHECK REPRESENTS THE VALUE OF COMMUNITY SERVICE VOLUNTEER HOURS BY HOMEMAKER MEMBERS.



## Support Homemaker

SHOP RADA KITCHEN STORE

Check out the Rada Catalog for knives, utensils, mixes and so much more! Scan the QR code and all orders support the McCracken County Homemakers!



# October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 GAME DAY, COME PLAY! 9 - 12  ADULT SEWING 9 -12	02	03 HOMEMAKER LESSON 10 - 11  NEEDLEWORK CIRCLE 10-12  CROCHET ALLEY AND KNITTING ROW 1-3	04 CHAMPION FOOD VOLUNTEER 9 -10  GLOBAL KITCHEN- BAKLAVA 5:30	05
06	07	08 GOLDEN DAYS CLUB 10  HAPPY CLUB 10	09 TECH CLASS 10 - 11  PAINT FAN DANCE 1 - 3	10	11 ARTS AND CRAFTS 9:30	12
13	14	15 BAGS OF LOVE 9:30 - 1:30	16 SCRAP- BOOKING 9 - 3	17 	18 	19
20	21 	22 ADULT SEWING 9 - 12  EXTENSION QUILT CLUB 10 - 4	23 EXTENSION QUILT CLUB 10 - 4  AIR SCUPLT YOGA 1-3	24 EXTENSION QUILT CLUB 10 - 4  NEEDLEWORK CIRCLE 10 -12  CROCHET ALLEY AND KNITTING ROW 1 - 3	25 CHAMPION FOOD VOLUNTEER 9 - 10	26
27	28 HOMEMAKER GARDEN CLUB 10  BETTER THAN EVER: 3D DOOR HANGERS 1 - 4	29 ADULT SEWING 9 -12	30 DINING W/ DIABETES HOLIDAY DINING 10 - 12  HOMEMAKER LESSON 10 - 11	31 	01	02 HOMEMAKER BAZAAR 8 -3



## Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

## Kentucky Winter Squash

**SEASON:** August through October.

**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind, free of blemishes or soft spots.

**STORAGE:** Store winter squash in a cool, dry place and use within one month.

**PREPARATION:**

**To Steam:** Wash and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on. The rind will remove easily after cooking. Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30-40 minutes or until tender.

**To Microwave:** Wash squash and cut it lengthwise. Place in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

- Acorn squash: ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

**To Bake:** Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### KENTUCKY WINTER SQUASH

**Kentucky Proud Project**

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

**September 2013**

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.uky.ag/fcs](http://www.uky.ag/fcs)

COOPERATIVE  
EXTENSION  
SERVICE

