

# McCracken County

## FAMILY AND CONSUMER SCIENCES NEWSLETTER MAY 2024



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

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

### UPCOMING EVENTS

<b>Adult Sewing - Weekly on Tuesdays 9 - Noon</b>	
<b>2nd &amp; 16th</b>	<i>Needlework, 10 am - Noon</i>
<b>2nd &amp; 16th</b>	<i>Crochet Alley and Knitting Row, 1 - 3 pm</i>
<b>7th &amp; 16th</b>	<i>Game Day, 9 am - Noon</i>
<b>8th &amp; 23rd</b>	<i>Sculpt Air Yoga, 11 am - 12:30 pm</i>
<b>8th</b>	<i>Tech Class: Smart Phones and Tablets, 10 am</i>
<b>9th &amp; 23rd</b>	<i>Beading Circle, 1 - 3 pm</i>
<b>10th</b>	<i>CPR Class, Registration Required 1-5 PM or 5:30-9:30 pm</i>
<b>14th</b>	<i>Golden Days Homemaker Club, 10 am</i>
<b>15th</b>	<i>Scrapbooking Club, 9 am - 3 pm</i>
<b>15th</b>	<i>Spring Into Green, Pre-Registration Required, Registration 9 - 9:30 am</i>
<b>16th</b>	<i>FCS Council Meeting, Noon</i>
<b>17th</b>	<i>Global Kitchen Adventures, France Reg. Required 10 am - 12pm</i>
<b>23rd</b>	<i>Global Kitchen Adventures, Poland Reg. Required 10 am - 12pm</i>
<b>24th</b>	<i>Champion Food Volunteer Mtg, 9 am</i>
<b>27th</b>	<b>MEMORIAL DAY - OFFICE CLOSED</b>
<b>28th</b>	<i>Homemaker Advisory Council Meeting 9:30 am</i>
<b>31st</b>	<i>Global Kitchen Adventures, Mexico Reg. Required 10 am - 12pm</i>



# SCULPT

## ★ AIR ★


# YOGA

Taught by Lady Van Tiger  
**Make Art & Also Move It!**

Spend 30 minutes energizing with "Air Chair Yoga" then get into a "State of Flow" creating an Air Sculpture.

**MAY 8TH AND 22ND**  
**11:00 AM - 12:30 PM**

CALL TO RESERVE SPOT (270) 554-9520  
FOR ADULTS 18 +



## Here's your chance to get help with your smartphone or tablet!

Join us on Wednesday, May 8th from 10 - 11 am to learn about apps and device settings that will make using your phone or tablet easier. Bring your own device, or we will provide one if notified ahead of time.

## Reflections from Homemaker President Diane Shrewsberry...

Beekeeping. My father-in-law used to keep bees. I have seen photos and heard tales of his experiences, but the bees were gone before I came on the scene. After the passing of my husband's parents, we sold their house next door to us.

Much to my surprise, the new neighbors are beekeepers. I was pleased to see bees buzzing around pollinating my flowers and squash last season. But much to my dismay even though I keep bee food out for them, they take over my hummingbird feeders. They also take over the bird baths, making it difficult for the birds to fly in for a drink.

Ok, I know we need bees, and the importance of our survival is based on theirs. I am patient and nice. I welcome the bees to help pollinate my veggies and fruits. But can I just have one feeder for the hummingbirds? I guess not. They like their plates set out for them, but they also like the bird's food.

I can walk up to the water baths and literally put my hand out to get the drowning bees out of the water and place them on the ground with no sting. I guess they thank me. If you could stay with your own baths, and food and enjoy my garden, we would get along fine. Bee battle, however, makes me seem unkind. I just prefer everyone to just stay in their lane.

May, however, brings us the sweet pre-summer delights. Enjoy the gentle breezes and green grass, blooms of fragrant flowers, and cool nights. May brings us as Victor Hugo said, "A garden to walk in and immensity to dream in, what more could he ask?"

Not to be pessimistic, but I guess we will soon have humidity and I understand Cicada as we've not seen in years. Yes, I remember numerous years ago hearing the buzzing and having a neighbor stop by to ask what the sound was. He was from the north... So here we go again. Enjoy the peace and quiet while you can!!



Pat Gregory is a remarkable individual whose life has been filled with love, compassion, and service. In 1970, she moved to Paducah with her husband, Charles, and they were married for 54 wonderful years until his passing. Pat and Charles shared a love of travel and often explored the U.S. by train, as she cherished the opportunity to see the beautiful scenery.

Upon moving to Paducah, Pat joined the Welcome Wagon of Paducah, a group that helps new residents feel welcome and connected

to the community. Pat made lifelong friends through this organization, and several of them remain close friends to this day. She also became a homemaker member and joined the Golden Days Homemaker Club in 2014, where she served as the treasurer. For several years, Pat and Charles were foster parents for children who were victims of a dysfunctional family unit, providing a loving and supportive home for children who needed it most. They believed that every child deserved the experience of a true family, and they worked tirelessly to make that a reality for those who came into their care. The children ranged in age from newborn to 17 years old, and Pat and Charles were a source of stability and comfort for each and every one of them.

In addition to her work as a homemaker and foster parent, Pat is an active member of St. Francis De Sales Catholic Church and is heavily involved in the St. Mary School System. She hosts two scripture study groups in her home, where she serves as the facilitator. Pat used to enjoy crocheting until arthritis made it difficult, but she never let it dampen her spirits or her willingness to help others. Pat is the proud mother of three children, with one being deceased. She also has eight grandchildren and five great-grandchildren. Pat's selflessness, kindness, and generosity have touched countless lives, and her impact on her community is immeasurable. She is a true inspiration to us all.

Kelly Alsip, McCracken County FCS Agent and  
Debbie Hixon, Carlisle County FCS Agent  
Present....

# GLOBAL KITCHEN ADVENTURES

Embark on a culinary  
journey around the world!

Friday, May 17  
10 AM - 12 PM  
FRANCE  
French Sweet &  
Savory Crepes

Thursday, May 23  
10 AM - 12 PM  
POLAND  
Polish Bagels

Friday, May 31  
10 AM - 12 PM  
MEXICO  
Mexican Tamales

Join us for a series of cooking classes where you'll  
explore the flavors and techniques of different countries

**\*Seperate registration for each class\***

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

## ARTS AND CRAFTS DAY

\* PAINTED PINE CONE ZINNIAS \*



Painted zinnias to add a touch of  
serenity to your space!

- FRIDAY, MAY 10TH AT 10:00 AM
- FREE CALL TO REGISTER
- For Adults 18+ BY MAY 8TH

## WE NEED YOU!

### MCCRACKEN COUNTY FAIR



**Fair Volunteer Training and Set-Up**

Friday, June 21st 2:00 PM

**Judges Needed-** Training Time  
TBD

**Fair Entries** - Saturday, June 22nd

7:30 a.m. at Carson Park-Floral Hall,  
300 N. 30th Street

**At least 2 members of each club  
are required to help with fair  
entries. Will take more ! Please  
submit names by June 3rd.**

We need numerous volunteers to  
make it successful.



**Get your fair entries ready!**

All McCracken County residents are  
eligible to enter the fair. There is list  
of exhibit categories available at the  
office and at:

[https://mccracken.ca.uky.edu/2024  
-culinary-crafts-and-textiles-  
division](https://mccracken.ca.uky.edu/2024-culinary-crafts-and-textiles-division)

**Please share this information!**



# FIRST AID & CPR & AED TRAINING

American Heart Association  
Heartsaver Class

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

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

**Friday, May 10th**

*Two Class Options  
Choose session that fits your schedule*

**1:00 PM - 5:00 PM Class**  
**OR**

**5:30 PM - 9:30 PM Class**

**Training includes:**

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

**REGISTER AT: KYEMT.TICKETSPICE.COM/MCCRACKEN**

## Kelly's Corner...

- ♦ **Be on the look out for a professional cake decorating class and a canning class this summer**
- ♦ **Do you have any class requests? Do you know of someone that would be good at teaching a class? We would love to have your talents on display by teaching others your skills by volunteering to lead a class. It can be one and done, or recurring. Not a leader? We always need helping hands and new ideas. Give us a call and let us know how you would like to get involved.**
- ♦ **Interested in new international cuisine classes? Do you or do you know someone that enjoys sharing their cultural heritage through food? If so, please contact me.**

**Super excited to hear from all of you!  
I'm expecting a lot of calls :)**

**As always, you can reach me at (270) 554-9520 or  
kelly.alsip@uky.edu**

## Scrumptious Strawberry Salad

<b>5 cups</b> spinach	<b>Dressing</b>	<b>3 tablespoons</b>
$\frac{1}{2}$ large cabbage head, chopped	$\frac{3}{4}$ cup plain non-fat Greek yogurt or plain regular yogurt	olive oil
<b>1 cup</b> golden raisins	<b>3 tablespoons</b> honey	$\frac{1}{2}$ teaspoon Dijon mustard
<b>1 cup</b> halved red grapes	<b>6 tablespoons</b> apple cider vinegar	<b>1 teaspoon</b> poppy seeds
<b>1 pint</b> sliced strawberries		<b>1 teaspoon</b> salt
$\frac{1}{2}$ small red onion, sliced		$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup toasted and chopped pecans (optional)		

**Combine** all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

**Yield:** 8, 2-cup servings

**Nutritional Analysis:**

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein



*Kelly Alsip*

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

### 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

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 reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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



Disabilities accommodated with prior notification.