



McCracken County Extension Homemakers Newsletter

Family and Consumer Sciences

NOVEMBER 2023

 Cooperative
Extension Service

Cooperative Extension Service
McCracken County
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(270) 554-9520

Reflections From President Diane Shrewsberry...

I read an article recently about how Thanksgiving has changed through the years. Actually many traditions began a long time ago and are still considered part of the Thanksgiving Day celebration today.

The first Thanksgiving was celebrated in 1621 to commemorate the harvest reaped by the Plymouth Colony after a very harsh winter.

Macy's Thanksgiving parade started in 1924. 3 Million people attend the parade.

Every year the president pardons a turkey

Thanksgiving is the biggest travel day of the year.

Over 280 million turkeys are consumed each Thanksgiving.

There is an official Thanksgiving stamp.

Thanksgiving Day became a national holiday in 1941.

Cranberries were eaten at the first Thanksgiving at Plymouth Rock and are a staple on the table today. They also were used to treat arrow wounds.

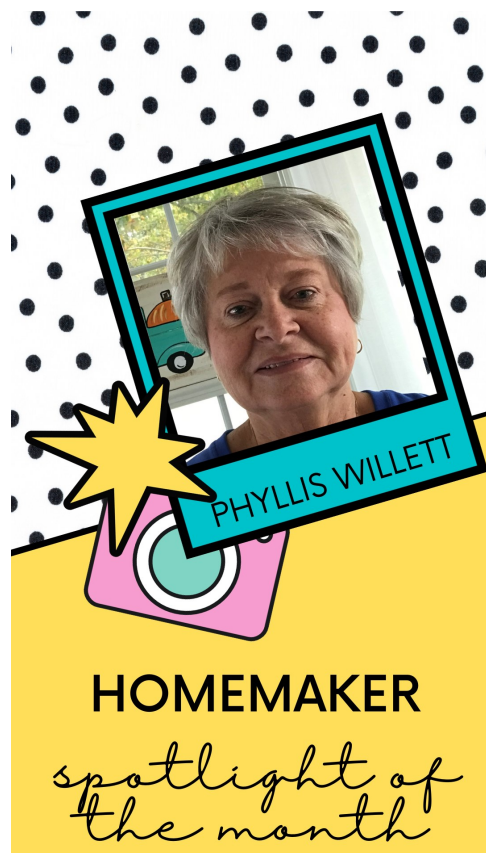
Football is a tradition on Thanksgiving day. It started in 1876 when Yale played Princeton.

So Turkey, cranberries, football, travel and the Macy's Thanksgiving Day parade go back a long way.

What ever you do on this special holiday, give thanks for the many gifts we as Americans can enjoy.

And we know what happens once the leftovers are eaten, another busy season is upon us. So take time to relax and enjoy life this November.

Diane Shrewsberry



Phyllis Willett is November's Homemaker Spotlight of the Month. She has been a member of the St. John Homemaker Club for over 25 years. This year, Phyllis began serving as the secretary for the McCracken County Homemakers.

Phyllis retired 10 years ago after working 21 years in an OB-GYN office. She enjoys volunteering at the Community Kitchen, cooking, sewing, crafts and bicycle riding.

Phyllis and her husband, Henry, celebrated their 50th Anniversary this past September. They are the proud parents of 2 sons and 5 grandchildren, ages 8 - 17.



The Ovarian Cancer Screening Program is a clinical research study. This program provides free annual sonographic screenings to women across Kentucky with the goal of detecting cancer early. When it's caught early, ovarian cancer is a treatable and curable disease.

Since the program started in 1987, more than 51,000 participants have received more than 365,000 free screenings – more than 1,200 per month – using transvaginal ultrasonography (TVS). TVS detects virtually all small ovarian cancers, and the program results indicate that the screening reduces ovarian cancer deaths in the group screened.

Screening eligibility

- All women over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer) are eligible for a free ovarian cancer screening.
- Women over the age of 25 who have a family history of ovarian cancer are also eligible for a free screening.

Any woman in one of these two groups should contact UK Healthcare at 855-226-0174 to schedule an appointment in your area.

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

Marcel Proust



NEED SOME EXTRA HELP WITH SMARTPHONES OR TABLETS?

We will be having another class on Smartphones and Tablets on November

8th at 10 a.m. at the extension office.

In this class, we'll talk about apps and device settings that will make using your phone or tablet easier. You can bring your own device.

Please call (270) 554-9520 to register as class size is limited.

SAVE THE DATE:

The next TECH Class will be about Consumer Health Research on December 13th at 10:00 am. This class will walk you through using free medical resources provided through the Kentucky Virtual Library.



Pumpkins Galore! Friday, November 10th at 9:30 am

SIGN UP by Tuesday, November 6th



Make one, or make them all!

Twine cinnamon stick—\$2

Jenga block pumpkins—\$3

Decoupage pumpkin—\$ 8

Sweater pumpkin - \$ 5

Velvet pumpkin - \$ 4

Pay in advance or at door.

December Arts and Crafts

Friday, December 13th

Christmas ornament and cookie exchange



Reminders

Homemaker yearly enrollment forms and payment due by November 15th

Cookie donations needed for the cookie walk. Bags can be picked up at the office. Please bring cookies on Thursday, Nov. 9th

Accepting donations of personal hygiene items for Lifeline Ministries

THANK YOU!
WE APPRECIATE ALL THAT YOU DO!



We could still use some help with games and the cookie walk at the ***FALL FEST*** on

Friday, November 10th from

3 - 6 pm. Call Kelly or Sue at (270) 554-9520 to sign up for a shift.



JOIN US FOR COOKIES WITH SANTA



DECEMBER 2, 2023 | 9 A.M. - 11 A.M.
MCCRACKEN COUNTY EXTENSION OFFICE



McCracken County Cooperative Extension Service




Pictured above: Brenda Gamblin, Kelly Alsip, Kathy Hunt, Cynthia Turner, Riff Turner, and Stephanie Caldwell.

The Champion Food Volunteers along with Kelly and Stephanie, passed out *Pumpkin Curry Soup* and *Corn Cakes* at the Purchase Area Health Expo that was held at the office on Saturday, October 28th. The Champion Food Volunteer program and the Nutrition Education Program (NEP) promote healthy food and nutrition.

UPCOMING EVENTS

Adult Sewing - Weekly on Tuesdays, 9 – 12	
Nov. 2 & 16	Needlework Club, 10 am - 12 pm
Nov. 2 & 16	Crochet Alley & Knitting Row Club, 1 - 3 pm
Nov. 4	Homemaker Bazaar 8 am — 3 pm
Nov. 7	Game Day, 9 am - Noon
Nov. 8	Tech Class: Smartphones, 10 am
Nov. 9	Beading Club, 1 - 3 pm
Nov. 10	Arts and Crafts: Pumpkins Galore, 9:30 am - noon
Nov. 10	FALL FEST, 3 - 6 pm
Nov. 13	Quilting Club, 10 am
Nov. 14	Golden Days Club, 10 am
Nov. 15	Scrapbooking, 9 am - 3 pm
Nov. 16	Game Day, 9 am - Noon
Nov. 21	Bags of Love, 9:30 - 1:30
Nov. 23 & 24	Office Closed HAPPY THANKSGIVING!
Nov. 27	Garden Club, 10 am
Nov. 30	Homemaker Lesson - Time Well Spent: Organizing Tips for Increased Productivity, 10 am
Dec. 2	Cookies with Santa, 9 - 11 am



Nutty Sweet Potato Biscuits


<p>1 cup all-purpose flour</p> <p>½ cup whole wheat flour</p> <p>1½ teaspoons baking powder</p> <p>½ teaspoon salt</p>	<p>¼ teaspoon ground cinnamon</p> <p>¼ teaspoon ground nutmeg</p> <p>½ cup chopped walnuts</p> <p>1 cup mashed sweet potatoes</p>	<p>6 tablespoons sugar</p> <p>¼ cup butter, melted</p> <p>½ teaspoon vanilla</p> <p>1 tablespoon milk</p>
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1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.
3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
4. **Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

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





Kelley Alsip

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