

McCracken County Extension Homemaker Newsletter

Family and Consumer Sciences

OCTOBER 2023



KENTUCKY 
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

Cooperative Extension Service

McCracken County
2025 New Holt Rd
Paducah, KY 42001
(270) 554-9520

Reflections From President Diane Shrewsberry...

As the first crisp breeze rustles the leaves on my maple, we begin the journey of fall. Red and yellow swirls of magnificent colors drift past the window. I am sad to lose summer but the glorious colors of fall and the loss of humidity can change my mind.

Walking through the woods, I pick up fallen pine cones, acorns, seed pods and maybe a green hedge apple. Pretty natural things to decorate my tables. Among the old twisted trees sits a bench that overlooks the pond. Sparkling in the afternoon sun, I sit for a few moments to watch frogs jump from the bank as I've disturbed their afternoon nap. An unordered beauty, the pond bank, but it expresses a sense of ordinary life that lies before us and behind us. A walk in the woods on a fall day can nourish the soul. The sun casts long shadows as dusk comes much more quickly than it did a short time ago. Time to journey back to the house. Another day soon to be done.

Roses for my table are gone for the season. Yet the glory of fall brings a different prospective. Fall earned the right of passage into winter. Mother Earth has many things in mind so we accept her wishes and enjoy the ride.



Melanie Massie is October's Homemaker Spotlight of the month. She was raised in the Ragland Community where her grandmother was a member of the Ragland Homemaker Club for many years. Melanie joined the same club and after they disbanded, joined the Grahamville Club and then the Happy Club.

Melanie and her husband Ray, moved away from the area in 2004. They lived in Pennsylvania, Illinois, Kansas, and Florida and returned to Paducah in 2019 after retiring.

They purchased and rehabbed a 1940's house and are currently working on the landscaping. When Melanie isn't busy with her house, she enjoys decorating, reading and working jigsaw puzzles.



Flowers not included

Join us Friday, October 13th at 9:30 am for October Fest!

Choose from a variety of exciting projects or make them all!

SIGN UP NOW!

Jute Wreath - \$10

Bow Making - \$2

Oyster Shell Ornament - \$5

Colorful Trivet - \$5

Decorative Personalized Journal - \$3

Season Decorative Milk Can - \$8

Fleece Dog Toy - \$2

Please RSVP by October 11th by calling (270) 554-9520. Pay in advance or at door.

****November Arts and Crafts Day - Friday, November, 10th - "PUMPKINS GALORE"****



Several people were inadvertently left off the annual day program. We would like to acknowledge additional members that had 100% Club Attendance.

- ◆ Brenda Johnson
- ◆ Sue Cash
- ◆ Jeanne Grief
- ◆ Rebecca Harned
- ◆ Ratchel Vaughn



BECOME A CHAMPION FOOD VOLUNTEER



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

WHEN
 Monday, October 23rd
 2:00 p.m.- 3:00 p.m.

Are you or a friend food enthusiasts? Mark your calendars for Monday, October 23rd, at 2 p.m. Our informational meeting is just around the corner where you will discover all about the incredible Champion Food Volunteer program .

This isn't just a program; it's an opportunity to grow your skills and leave a lasting mark. After completing the training, you can share your expertise and help build a healthier community.

Questions? Call (270) 554 -9520 to find out more.

OCTOBER TECH CLASS:

Digital Skills for Everyday Tasks

**Wednesday,
October 11th
10:00 a.m.**



Join us for "Digital Skills for Everyday Tasks," our October Tech Class! Discover the power of Google Docs for crafting letters and lists, and Sheets for organizing data into neat rows and columns, perfect for budgeting and more. Don't miss out on this essential class—get equipped with valuable skills for everyday efficiency. Make sure you've got a Google account set up and ready to roll!





JOIN US FOR OUR NEW BEADING CLUB!
2ND THURSDAY EACH MONTH
1 PM - 3 PM | EXTENSION OFFICE

Join our new monthly class offering and discover the art of beadwork!

We'll cover basic beading, seed beading, and loom beading. No prior experience is needed! We provide all materials to get you started.

Don't miss our first class on Thursday, October 12th!



GAME DAY

Come out and make new friends at Game Day! This event is held monthly on the first Tuesday and 3rd Thursday of the month. Participants must be 18 or older to join. The next Game Day will be Thursday, October, 19th at 9:00 am.

SAVE THE DATE

22nd Annual
**PURCHASE AREA
 HEALTH EXPO**

with DEA Drug Take Back Day

SATURDAY, OCT. 28, 2023

9:00 am - Noon

McCracken County Cooperative Extension
 (2025 New Holt Road, Paducah)



To register as a vendor, email mischelle.dukes@anthem.com

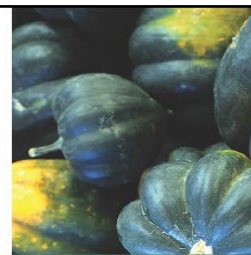
Twice-Baked Acorn Squash

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan cheese
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into** shells. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.



Find more seasonal recipes at

<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky->

2023 HOMEMAKERS HOLIDAY BAZAAR

NOVEMBER 4 FROM 8 A.M. TO 3 P.M.
MCCRACKEN COUNTY EXTENSION OFFICE

Volunteers
needed

We need your help! The McCracken County Cooperative Extension Service will be hosting a **Fall Fest** Friday, November 10th from 3 - 6 pm and **Cookies With Santa** Saturday, December 2nd from 9 - 11 am. We will have booths, games, food, photobooths, etc. If you would like to help out in any way or have great game ideas please contact Kelly or Sue.



Kelly Alsip

Agent for
Family & Consumer
Sciences

Questions?
Call 270-554-9520 or
email Kelly at
kelly.alsip@uky.edu



UPCOMING EVENTS

Adult Sewing - Weekly on Tuesdays, 9 - 12

Oct. 3 Game Day, 9 am - 12 pm

Oct, 5 & 19 Needlework Club, 10 am - 12 pm

Oct. 5 & 19 Crochet & Knit Club, 1 - 3 pm

Oct. 9 Quilting Club, 10 am

Oct. 10 Golden Days Club, 10 am

Oct. 11 Tech Class, 10 am

Oct. 12 Beginner Cake Decorating, 9 - 12

Oct. 12 Beading Club, 1 - 3 pm

Oct. 13 Arts and Crafts, 9:30 am

Oct. 17 Bags of Love, 9:30

Oct. 18 Scrapbooking, 9 am - 3 pm

Oct. 19 Game Day, 9 am

Oct. 23 Garden Club, 10 am

Oct. 23 Champion Food Volunteer
Interest Meeting, 2 pm

Oct. 27 Homemaker Lesson, 10 am
(Self Care and Pampering)

HAPPY HALLOWEEN!!!

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.