

JULY
2025

MCCRACKEN COUNTY FCS NEWSLETTER

KENTUCKY
COOPERATIVE EXTENSION



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

Summer is HERE!

I hope everyone is wearing sunscreen and staying hydrated by drinking plenty of water! I know there will be a lot of us traveling this month, but we also have a lot going on here at the extension office!

Here at the office, I have a new FCS assistant, Stephanie Caldwell! Congratulate her and meet her at an event!

On July 11th, we will be hosting, with the RSVP program, a senior-focused health fair from 9:00 to 11:30 am.

Do you craft, paint, photograph, sew, quilt, or cook? Then get to it and enter your hard work and the best you do, in the McCracken County Fair! How do you go about entering your prize-worthy items?

Go to our website:

<https://tinyurl.com/Fair-Home-Division>

This is where you will find information about the fair rules, divisions, classes, etc. We also have entry tags available here at the office, as well as at fair check-in.

🌸 FAIR ENTRY REGISTRATION – JULY 21st at CARSON PARK! 🌸

📍 Floral Hall, 300 N 30th St.

🕒 **Entry Registration:** 7:30 AM – 11:00 AM

🏆 **Judging Begins:** 12:00 PM SHARP

We're calling on our amazing community to help make this day a success!

✅ **Judges Needed** – Call the office to volunteer.

✅ **Fair Volunteers Needed** – Help with setup, organization, and more.

📞 **Contact the office** to be part of this exciting day!

Homemaker Clubs: Each club is required to send **2 members** to volunteer starting at **7:00 AM**. Please coordinate with your members. Let's make this a fantastic fair day together! We can't wait to see your creativity on display! 🌟

This is a big month! So excited to see all of you and your creations!

Kelly Alsip
McCracken County Agent for
Family and Consumer Sciences

Kelly Alsip

**Carmela Ballard,
Homemaker President**



It's JULY, friends!

Summer mode, don't you love it?

Lots of festivals and fairs are going on! July 4th is always fun in the community. The McCracken County Fair this year is July 22-26, 2025. See Kelly's note for details on check-in for fair exhibits.



Annual Awards Day is July 17th, and you must purchase a ticket to attend. The guest speaker will be Kim Cates, with *KC Coaching*. The deadline for

ticket purchase is July 7th. There will also be a silent auction with items to bid on for a homemaker fundraiser.

Save the date for McCracken County Extension Homemakers' Kick Off for the season of 2025-26. More info on this soon. The date is August 21st, with check-in at 5:30, and the event time is 6 pm.

Enjoy your summer!

Counting
My Blessings,

Carmela



NEW FCS ASSISTANT

STEPHANIE CALDWELL



WELCOME TO FCS STEPHANIE

Hello everyone! I'm excited to step into the role of FCS Assistant after spending the past 13 years as the Senior NEP Assistant here. While I've had the pleasure of working with many of you already, I'm really looking forward to getting to know the FCS program more deeply and supporting Kelly with programming in McCracken County.

On a personal note, I've been married to my husband Devon for 31 years, and we have two wonderful daughters—Kennedy, a Graphic Designer with a fashion magazine, and Karly, who just graduated this May as an Environmental Scientist. I'm also a proud grandmother to Maxine (our grand pup) and Braxton (our grand kitty). In the summertime, my happy place is floating in the pool, soaking up the sun. My family and I are big foodies—we love discovering new flavors and trying out fresh recipes together. I'm truly excited about this new chapter and can't wait to reconnect with familiar faces and meet new ones along the way!



DEADLINE

HOMEMAKER ANNUAL DAY

Last Day to Purchase Tickets July 7th

DISCOVER HOMEMAKERS
A HIDDEN JEM

**Enjoy fellowship, recognition,
and accomplishments!**

Open to all Homemaker Members

\$20 per person

Thursday, July 17th

5:30 Registration

6:00 Dinner Meeting

| PURCHASE LESSON SCHEDULE 2025-2026 | | | | | | |
|------------------------------------|-------------------------------------|--------|---------|----------|-----------|--|
| | | Graves | Hickman | Marshall | McCracken | |
| Lesson | Building a Better Smoothie | | | | | |
| SEPT | Anna Morgan | 8/27 | 8/26 | 9/2 | 8/29 | |
| Lesson | Mental Health Matters | | | | | |
| OCT | Mike Keller | 9/30 | 9/29 | 10/1 | 9/25 | |
| Lesson | Selecting Sheets | | | | | |
| NOV | Sarah Drysdale | 10/29 | 10/24 | 10/30 | 10/27 | |
| Lesson | Composition in Photography | | | | | |
| JAN | Vicki Wynn | 11/17 | 11/18 | 11/25 | 11/24 | |
| Lesson | Sharing Your KEHA Message | | | | | |
| FEB | Brooke Hogancamp | 01/29 | 01/21 | 01/28 | 01/22 | |
| Lesson | The Big Freeze | | | | | |
| MAR | Denise Wooley | 02/25 | 02/23 | 02/24 | 02/27 | |
| Lesson | Yoga-1a Try This! | | | | | |
| APR | Kelley Alsip | 04/01 | 03/31 | 03/30 | 04/03 | |
| Lesson | Culinary Connections: Food Families | | | | | |
| MAY | Debbie Hixson | 04/29 | 04/27 | 04/28 | 04/30 | |
| Lesson | Understnading your Credit Score | | | | | |
| JUNE | Mailout | | | | | |

EVENTS

UNIVERSITY OF KENTUCKY RESEARCH



Researchers at the University of Kentucky are inviting you to participate in a 3-lesson Extension program focused on teaching people how to write and share stories. You may be eligible to participate if you are 18 years of age or older and have access to the internet.

When: Friday's, August 8th, 15th, and 22nd

Where: McCracken County Cooperative Extension Service

Time: 11 am - 12:30 pm

For more information, please contact your county Family & Consumer Extension at: (270) 554-9520



This 3-session workshop is designed to help individuals collect, craft, and create community through stories.



Through three 90-minute sessions, participants explore the purpose and power of storytelling, learn the ARC method for crafting narratives, and create opportunities to share in a supportive environment.



Save the Date

MCCRACKEN COUNTY HOMEMAKERS

MORE DETAILS COMING SOON

- **Homemaker Kick-Off Meeting August 21st**
Registration 5:30 Meeting 6:00
- **Homemaker Cultural Arts Day August 21st**
Check-in 1 - 2:30 pm
Judging - 2:30 pm



TECH CLASS:

SOCIAL MEDIA 101

- **Beginner Friendly**
- **Overview of platforms**
- **No logins needed**

WEDNESDAY, JULY 9TH

11 AM - 12 PM

UPCOMING EVENTS

FCS Programs

MORE INFO COMING SOON

- **Pickle This**
Sept 3rd
10am-12pm and 2-4pm
- **Disaster Preparedness**
Sept 8th 5 - 7 pm &
Sept. 11th 5 - 7pm
- **Writer's Critique Group**
Sept 11th & 25th
11am - 1 pm
- **Lettuce Show**
Sept. 19th
10 am-12 pm & 2- 4 pm

EVENTS

Sea of Health Summer Health Fair

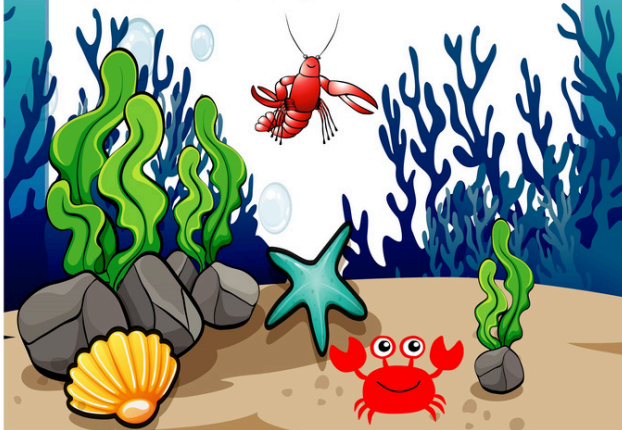
Join the Retired & Senior Volunteer Program (RSVP) sponsored by Humana and The PADUCAH-MCCRACKEN County Senior Citizen Center as we celebrate **SUMMER** with a **FREE Health Fair** for our local

Senior Citizens. Various vendors will be present to offer the following Health assessments:

Height/Weight
Body Mass Index
Diabetes Check

Medication Check
Medicare Info.
Blood Sugar

Hearing
Blood Pressure
Vision



Friday July 11, 2025 9:00am-11:30am

at The UK McCracken Co. Extension Office

Call 270-442-8993 for information



Join Us for an Afternoon of Fun!

FARMERS Market

July 22, 2025
2:00 PM - 6:00 PM

McCracken Co. Health Dept.
916 Kentucky Ave, Paducah, KY 42003

Special Attractions

- McCracken County WIC participants & Senior Citizens can use their FMNP Benefits!
- Sign up for benefits the day of!
- Recipe and freezing demos!

Eat well, feel good in the neighborhood!



This institution is an equal opportunity provider.

McCracken County Fair

GET YOUR FAIR EXHIBITS READY



4-H FAIR
ENTRIES



HORTICULTURE
ENTRIES

CULINARY, CRAFTS
AND TEXTILES

For exhibit information and rules go to:
<https://mccracken.ca.uky.edu/2025-mccracken-county-fair-exhibit-categories-rules>

OR

CLICK ON QR CODE



KENTUCKY COOPERATIVE EXTENSION

Ceramic Class
Summer Beach Scene
using the Dot Technique

Monday,
July 14th

1:00 pm
to
3:00 pm



*Paint a summery beach scene
on a ceramic plate or platter*

Select your plate or platter when you register.

Oval Platter (\$35) 12" x 6.5"

Bubble Plate (\$26) 9" x 8"

Sassy Square (\$29) 7" x 7"

Metro Coupe Salad Plate (\$27) 8" x 8"

McCracken County
Cooperative
Extension Office
2025 New Holt Rd

Register and pay directly through the link below

<https://www.betterthanhomelife.com/classes-and-events>

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 receipt of services 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





JULY



2025

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|-----|--|---|--|---|---|-----|
| | | 1 Game Day, Come Play! 9 - 12 Adult Sewing 9 - 12 | 2 Chair Yoga 10 - 10:45 | 3 Needlework Circle 10-12 Crochet Alley & Knitting Row 1-3 | 4 Office Closed | 5 |
| 6 | 7 | 8 Adult Sewing 9- 12 | 9 Chair Yoga 10 - 10:45 Tech Class: Social Media 101 11 - 12 | 10 | 11 RSVP Health Fair 9 - 11:30 | 12 |
| 13 | 14 Better Than Ever 1 - 3 pm (Must have pre-registered) | 15 Bags of Love 9:30 - 1:30 | 16 Scrap- booking 9-3 Chair Yoga 10 - 10:45 | 17 Needlework Circle 10 - 12 Crochet & Knitting Row 1 - 3 pm Annual Day Reg. 5:30 | 18 | 19 |
| 20 | 21 | 22 Adult Sewing 9 - 12 Paducah Stitch n Quilt Guild 10 -4 | 23 Chair Yoga 10 - 10:45 | 24 | 25 | 26 |
| 27 | 28 | 29 Adult Sewing 9 -12 | 30 Chair Yoga 10 - 10:45 | 31 | | |

LOOK FOR UPCOMING EVENTS ON OUR WEBSITE MCCRACKEN.CA.UKY.EDU
OR FOLLOW US ON FACEBOOK
QUESTIONS? CALL (270) 554-9520 OR EMAIL MCCRACKEN.EXT@UKY.EDU



Watermelon Tomato Salad

5 cups seeded watermelon cubes (¾ inch)

3 cups of cubed tomatoes (¾ inch)

¼ teaspoon salt

1 small red onion, quartered and thinly sliced

¼ cup red wine vinegar

2 tablespoons extra virgin olive oil

1 teaspoon black pepper

6 lettuce leaves

Directions: Combine watermelon and tomatoes in a large bowl.

Sprinkle with salt; toss to coat. Let stand 15 minutes.

Stir in onion, vinegar, and oil.

Cover and chill 2 hours.

Serve chilled on lettuce leaves, if desired.

Sprinkle with cracked black pepper to taste.

Yield: Makes 6, 1½ cup servings

Nutritional Analysis: 100 calories, 5 g fat, 2 g protein, 18 g carbohydrate, 0 mg cholesterol, 105 mg sodium.

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



Kentucky Watermelon

SEASON: July to September.

NUTRITION FACTS: Watermelons are low in calories (92 calories for one two-thirds cup serving) and very nutritious. They are high in lycopene, a powerful antioxidant. They are also high in vitamin C, vitamin A, and potassium.

SELECTION: Choose melons with a well-rounded shape and smooth surface. The underside should be creamy yellow. The flesh should be deep red with mature, dark seeds. Also look for yellow-fleshed and seedless melons.

STORAGE: Cut melon should be stored in the

refrigerator and covered with plastic for two to three days. Uncut melon will keep in a cool place for up to two weeks.

PREPARATION: Melons should be washed with soap and water before cutting. The flavor of a watermelon is best when served cold and raw.

WATERMELON

Kentucky Proud Project

County Extension Agents for Family and Consumer Science

University of Kentucky, Nutrition and Food Science students, fall 2009

May 2010

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.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

Source: www.fruitsandveggiesmatter.gov