

# McCracken County

## FAMILY AND CONSUMER SCIENCES NEWSLETTER

July 2024

**KENTUCKY**   
**COOPERATIVE EXTENSION**

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

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

### UPCOMING EVENTS

ALL PROGRAMS/ACTIVITIES LISTED ARE OPEN  
TO THE PUBLIC EXCEPT HOMEMAKER TRAININGS AND  
HOMEMAKER MEETINGS

Adult Sewing - Weekly on Tuesdays	9 - Noon
2nd & 18th	Game Day, 9 am - Noon
3rd & 18th	Needlework, 10 am - Noon
3rd & 18th	Crochet Alley and Knitting Row, 1 - 3 pm
4th	HAPPY 4TH OF JULY - OFFICE CLOSED
9th	Homemaker Yearbook Mtg. 9:30 am
10th	Tech Class: Online Scams, 10 am
10th	Global Kitchen Experience—Lebanon 5:30—7 pm Registration Required
11th	Canning Workshop, 9 am—2 pm Registration Required
12th	RSVP Summer Health Fair, 9 - 11 am
12th	Dining Out With Diabetes, 1 - 3 pm
16th	Bags of Love, 9:30 am - 1:30 pm
16th	Laugh & Learn @McCracken County Library 11:00— 12:00 (Kindergarten Readiness)
23rd	McCracken County Ext. Quilt Club 10 am -4 pm
30th	Taste of McCracken Committee Mtg, 10 am—Noon
31st	Global Kitchen Experience—Lebanon 10:30—Noon Registration Required

### LIMITED TICKETS

**AVAILABLE!**  
**GET YOUR TICKET SOON!**

*Taste of McCracken*  
*September 27, 2024*



Tickets are available at the  
office for \$10.

- ◆ Great Food
- ◆ Recipe Book
- ◆ Door Prizes

All proceeds benefit the  
**Juanita Amonett Scholarship Fund**



**2024**  
**Homemaker**  
**Annual Day**

**Tuesday, August 20th**

Tickets will be available Mid-July. Watch  
for an announcement.

## Reflections from President Diane Shrewsberry....

“Ah could the golden time but stay, of youth and love and a summer day.”

Jean Wright, author.

Summer days are upon us. The smell of mowed grass, fireflies twinkling in the night sky and heavy morning dew that soon fades with the morning light.

I enjoy the chirping sound of the hummingbirds who fight for their right at my feeders in the late afternoon sun.

I've started going barefoot in the grass. I read where touching the earth is good for the body and soul. I step around patches of clover but enjoy the feeling of the warm blades of lush grass as I discover reconnecting memories of my childhood.

Nobody wore shoes unless you were barn bound. The memory of a pair of rubber flip flops that I wore until the soles were thin enough to see through or the rubber thong pulled through the hole in the rubber sole. Glue usually held the thong connection to the sole for a few more days until school started.

My journey as your president nears the end. I've learned a lot. I've been taught a lot. Time passages allow us to reflect on the past and present. Your leadership will continue as we embark on new experiences and discover chapters yet unwritten.

Be blessed this summer. Take off your shoes and walk in the grass.

Diane Shrewsberry

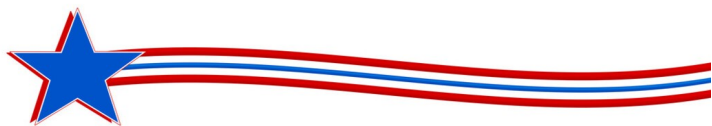
President



Cathy Ray has lived in Paducah for most of her life, having moved here from Tennessee when her father took a job at Union Carbide in 1951. She grew up with her parents and six siblings. Cathy was widowed two years ago, after 53 years of marriage to her beloved husband Bill. She and Bill raised a son and two daughters and she is a grandmother of one precious grandson, Harris, who lives with his parents in Louisville.

Cathy started sewing as a child, and was a member of 4-H from an early age. Her mother sewed and always encouraged Cathy to do her very best with every project. After her first 4-H project was judged and received a white ribbon, Cathy made a vow that she could and would do better next time! Later, she made a plaid Pendleton wool suit that received a purple ribbon and went to the state fair.

When Cathy retired from teaching first grade at St. Mary in 2012, she received a call from the Extension Office asking her to start a sewing class for adults. After asking a friend to assist, she readily agreed and has enjoyed helping people learn to do something that gives her so much pleasure. She stays busy with sewing class, alterations, church activities, and visiting friends and family. She is a Mailbox Member of Hearthside Homemakers Club.



Please remember that **Lifeline Ministries** is in need of women's winter coats of all sizes. Drop off new or gently used coats at the extension office through the end of September.



Join us for another Global Kitchen Experience, this time featuring the vibrant culture and delicious cuisine of Lebanon!

# GLOBAL KITCHEN EXPERIENCE

Embark on a culinary journey to Lebanon!

WEDNESDAY,  
JULY 10TH  
5:30 - 7:00

OR

WEDNESDAY,  
JULY 31ST  
10:30 - NOON

Participants in this hands-on class will learn how to prepare traditional Tabouli Salad

LIMITED SPOTS

CALL TO REGISTER  
(270) 554-9520

CLASS FOR ADULTS 18+

McCracken County Cooperative Extension Service  
2025 New Holt Rd.

## TECH CLASS: PHOTO EDITING

Learn how to enhance your digital photos with simple editing techniques

WEDNESDAY, JULY 10TH  
AT 10:00 AM

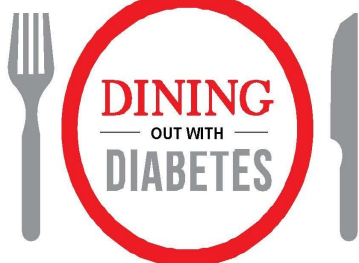
Bring your own phone or camera



4-H is looking for current or retired nurses or hairdressers to help with required lice checks before 4-H Camp.

**July 29th from 7 - 9 am**

Please call (270) 554-9520 or email Haley Martin at [haleymartin@uky.edu](mailto:haleymartin@uky.edu) if you are able to volunteer.



NATIONAL EXTENSION WORKING GROUP

PLAN AHEAD

START SMART

ORDER WISELY

SHARE AND SAVOR

FRIDAY, JULY 12TH

1:00 - 3:00 pm

McCracken County Cooperative Extension Service  
2025 New Holt Rd

Call to Register at (270) 554-9520

KENTUCKY COOPERATIVE EXTENSION

## CANNING WORKSHOP

Thursday, July 11th  
9 a.m. - 2 p.m.



Preserve your favorite foods

**LIMITED SPOTS**  
**CALL (270) 554-9520**  
**TO REGISTER**

### CANNING BASICS

Learn how to can fruits and vegetables at home.

### WATER BATH AND PRESSURE CANNING TECHNIQUES

Discover techniques for long-lasting food preservation and freshness.

## RSVP Summer Health Fair



Join the Retired & Senior Volunteer Program (RSVP) and The PADUCAH-MCCRACKEN County Senior Citizen Center as we

celebrate SUMMER with a

**FREE Health Fair for our local Senior Citizens.**

Height/Weight	Medication Check	Hearing
Body Mass Index	Medicare Info.	Blood Pressure
Diabetes Check	Blood Sugar	Balance
Vision	Nutrition	Nutrition
Bone Density	Massage	and more!

Friday July 12, 2024 9:00am-11:00am

at The UK McCracken Co. Extension Office

2025 New Holt Rd. Paducah, KY 42001

Call Rhoni or Mary 270-442-8993



A huge thank you to everyone who came out to the fairgrounds to help register exhibits and set-up for the fair. Also, a big thank you to the judges.

A special thank you to Elaine and Chelsea Stevens for all their work leading up to the fair and their part in the planning.

I look forward to seeing many more of your awesome exhibits next year!

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



## Summer Garden Lasagna

5 medium zucchini	8 ounces plain Greek yogurt	1 medium yellow onion, diced ¼ inch	10 ounces fresh spinach
2 yellow summer squash	2 cups low fat cottage cheese	¼ cup fresh chives, chopped	1 (24 ounce) jar spaghetti sauce
3 tablespoons olive oil	½ cup chopped fresh basil	2 garlic cloves, pressed	8 ounces shredded mozzarella cheese
2 large eggplants, sliced ½ inch	2 teaspoons salt		Garnish with fresh basil leaves

Thinly slice zucchini and summer squash ¼ inch thick and toss with 1 tablespoon olive oil and 1 teaspoon salt. Roast in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. Slice eggplants, toss with 1 tablespoon olive oil; place on baking sheet. Roast in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. If needed, place under boiler for 5 minutes to reduce excess moisture. Mix together yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion and chives. Sauté garlic in remaining olive oil until golden. Add spinach to pan and cook until wilted. Spoon half of roasted zucchini,

squash, and sautéed garlic into a greased 9-by-11 inch baking dish. Coat evenly with half of the cottage cheese and yogurt mixture. Place an even layer of eggplants on cottage cheese mixture. Spread a layer of spaghetti sauce on eggplants and sprinkle with mozzarella cheese. Repeat process for one more layer. Bake at 425 degrees F for 40 to 45 minutes. Sprinkle with chopped basil and cheese for garnish. Yield: 10, 1 cup servings. Nutritional Analysis: 240 calories, 10 g fat, 4 g saturated fat, 20 mg cholesterol, 840 mg sodium, 20 g carbohydrate, 6 g fiber, 7 g sugars, 17 g protein.

## 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.