

McCracken County

FAMILY AND CONSUMER SCIENCES

NEWSLETTER

September 2024



Greetings,
I want to welcome your new homemaker President Carmela Ballard! I am beyond excited about all your ideas, and desire to fulfill your role to the fullest extent possible!

WOW was August fast this year! Thank you sincerely to all who attended the county annual day meeting, and officer training. We also have another large event coming up, THE TASTE OF MCCRACKEN! Please be willing to cook (if you are in a club, check with your president on the dishes), or volunteer for this event, all hands-on deck! ALSO please attend the event, even if it is just as a participant, it will be held at the McCracken County Extension office on September 27th. The last day to purchase a ticket is September 16th.

As always, I would love for you to share your gifts/abilities with the public. Teach a class! OR talk with me about an idea for a class you would like to see. Know someone who would be great for teaching a class? Give me their contact information or give them mine so we can get a class on the books!

Welcome to all of our new members! Please come around and attend our multitude of activities that Extension has to offer. Of course, I am only as good as those around me, help me out and volunteer to be an extra hand in a program, (or better yet teach your own!).

Be on the lookout for all new fall programs! There are some I think you will be very interested in attending!

Sincerely,

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

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

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



Hello Friends,
My name is Carmela Ballard. I am your newly-elected McCracken County Homemaker President. I am enthusiastic about contributing positively to our shared vision for the Homemakers in McCracken County.

My goals are basic - GROW our Homemakers clubs to elevate our members and enhance our influence in McCracken County.

We, as Homemakers, have so much to give. We are hidden gems. Homemakers set the tone for our homes, families, friendship circles, places of worship and our workplaces. We are the foundation, the glue that holds all of these together.

We stand, a proud, fiery people, ready to meet new challenges and make our worlds better places to live, love, and grow. I look forward, with your help, to making this the best it can be!

Counting My Blessings,

Carmela



Check out the McCracken County Homemaker display at the library!

Thank you Brenda Gamblin for setting up the display.

GET YOUR TICKET FOR
TASTE OF MCCRACKEN



September 27, 2024
5:30 p.m. to 7:00 p.m.
Cost: \$10.00 per person

Hurry! Last day to purchase tickets is September 16th!



Arts and Crafts Day is Back!



Friday, September 13th
9:30 am

There are **two** projects planned for this month.

Learn how to make a Tissue Paper Lantern (\$3) and/or a 3-Leaf Macrame Wall Hanging (\$5).

Call (270) 554- 9520 to sign up by Tuesday, **September 10th.** Pay at the door!

TWO DAY HOLIDAY SCRAPBOOKING CROP Cropping for Kids (Toddlers to 12 years)

WITH CARRIE COREY AND SUE CASH

MCCRACKEN COUNTY EXTENSION SERVICE

TO BENEFIT JUANITA AMONETT SCHOLARSHIP FUND
 (Two Higher Education Scholarships awarded yearly)

Benefits 4-H Backpack Program and Christmas Presents for Kids
 JOIN US FOR TWO DAYS OF FELLOWSHIP – FUN – FOOD – MAKING MEMORIES



Who: Anyone 18 years or older

When: Friday, November 8, 2024. 9 am -10 pm. Doors open at 8:45 a.m.
 Saturday, November 9, 2024. 9 am -5 pm. Doors open at 8:45 a.m. (One Day only \$25.00.)

Where: McCracken County Extension Office - 2025 New Holt Road, Paducah, KY 42001

Presented by: Golden Days Homemakers Carrie Corey and Sue Cash

Fee: \$45.00 (if paid by October 15) and \$50.00 after October 15. NO REFUNDS
 Includes, Dinner on Friday and lunch on Saturday
 Each attendee is asked to bring an unwrapped gift for a child aged 1 – 12 years
 Need volunteers to sign up to bring soup or Taco fixings (TEXT SUE CASH 270-210-1501)
 Easy Loading & Unloading. - Door Prizes – Yard Sale (scrapbook items only). Silent Auction – Raffle Basket.
 *SPECIAL SURPRISES??? WE HAVE MR. & MRS SANTA CLAUSE JOINING THE PARTY

Vendors: Carrie Corey – Carrie’s Creations, Scrapbook supplies, & page layouts –
 Cindy McDonald – Stampin UP-
 Gloria Watkins - Creative Memories –* Deanna Leonard – Thirty-One (Need to confirm)
 Sue Cash Young Living Essential Oils

Registration: Opens September 15, 2024: Call the office (270-554-9520) to register.
 INVITE A FRIEND --WIN SPECIAL PRIZE Registration required for a friend

Payment: *****Please make check payable to McCracken County Homemakers*****
Bring or mail payment and registration form to:
 McCracken County Extension Service
 Attn: Sue Rice
 2025 New Holt Road
 Paducah, KY 42001
 Need more information? Contact Sue Cash by text (270) 210-1501

It's not too late to clean your closets!



COATS NEEDED!

**DONATIONS
 ACCEPTED
 THROUGH
 OCTOBER 1ST!**

Lifeline Ministries is in need of women's winter coats of all sizes. Drop off new or gently used coats at the extension office.

EXPRESS YOURSELF! TRY SOMETHING NEW!

Artist, Lady Van Tiger, will offer two art different art sessions this month.

Call (270) 554-9520 to pre-register. No Fee

PAINT VAN DANCE WEDNESDAY, SEPTEMBER 11TH 1 - 3 PM



Paint Fan Dance is an expressive story dance/art class. Lady encourages people with limited mobility to join the class.

AIR SCULPT YOGA WEDNESDAY, SEPTEMBER 25TH 1 - 3 PM



Spend 30 minutes energizing with "Air Sculpt Yoga," then get into a "State of Flow" creating an "Air Sculpture." Each student will create their wax sculpture using techniques and materials in a very original, individualistic way.



Love Pinterest?

Learn about using Pinterest, the popular way to save links and images.



Wednesday, September 11th 10 - 11 am

If you don't have an account, this class will walk you through setting one up and getting started. Call (270) 554-9520 to sign up for the class.

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C.

Do you have Prediabetes?
Find support in this series to lose weight, lower blood pressure and blood sugar

FREE

Dodging Diabetes
meets most Thursdays starting August 22nd
9:00 am - 10:00 am
McCracken Co. Cooperative Extension
2025 New Holt Road
Call 270-444-9625 ext. 107 to register

*need another time/day? Other options available

SCAN THE QR CODE
AND TAKE THE
PREDIABETES QUIZ



Purchase District
Health Department

CONTACT US:

DeAnna Leonard RN LDE
(270) 444-9625 EXT 107

Dleonard@PURCHASEHEALTH.ORG





Get creative and join us for a fun barn quilting workshop with **Better Than Ever** on Monday, September 30th from 1 – 4 pm at the McCracken County Extension Office!



No experience is needed—just bring your enthusiasm! Choose from two options:

1. 20" x 20" square made of raw pallet wood for \$45
2. 12" square made of MDF with additional pattern pieces for \$25

Registration Deadline: September 27th

Secure your spot and get ready to create your own beautiful barn quilt.

Register now and let your creativity shine!

Questions? Call 270-210-9512

REGISTER NOW AND PAY DIRECTLY THROUGH BETTER THAN EVER BY GOING TO:

<https://betterthaneverhome.com/>

OR DROP PAYMENT OFF AT THE STORE:

100 Cave Thomas Dr.
Paducah, KY

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Disabilities accommodated with prior notification.

HOLIDAY BAZAAR AND VENDOR FAIR

SAVE
THE
DATE

2 NOV 2024

You don't want to miss this one!





SAVE THE DATE!

23rd Annual

PURCHASE AREA HEALTH EXPO

**SATURDAY,
OCTOBER 19, 2024**

9:00 am - Noon

New location!
Salvation Army Paducah Corps
2990 Trimble Street, Paducah

FREE come-and-go health fair with free health screenings, flu shots, healthy recipes, and more!

To sign up to participate as an exhibitor, email mischelle.dukes@anthem.com

UPCOMING EVENTS

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

| | | |
|------------------|--|---------------------------------------|
| 2nd | Labor Day, OFFICE CLOSED | |
| 3rd & 19th | Game Day, Come Play , 9 am–Noon | |
| 3rd, 10th & 24th | Adult Sewing, 9 am - Noon | |
| 5th & 19th | Needlework Circle, 10 am - Noon | |
| 5th & 19th | Crochet Alley and Knitting Row, 1 pm - 3 pm | |
| 10th | Happy Days Homemaker Club Meeting, 10 am | |
| 11th | Golden Days Homemaker Club Meeting, 10 am | |
| 11th | Tech Class: Pinterest, 10 - 11 am | |
| 11th | Paint Van Dance, 1 - 3 pm | Register in advance |
| 13th | Arts and Crafts Friday, 9:30 am | Register in advance |
| 17th | Bags of Love, 9:30 am –1:30 pm | |
| 17th | Homemaker Advisory Council meeting, 1:30 pm | |
| 18th | Scrapbooking, 9 am - 3 pm | |
| 19th | Dodging Diabetes Session, 9 - 10 am | |
| 20th | Purchase Area Mental Health and Aging Coalition, 8 am | Registration Required |
| 23rd | Homemaker Garden Club, 10 am at Mary Lou Halls residence | |
| 24th | Extension Quilt Club, 10 am – 4 pm | |
| 25th | Air Sculpt Yoga, 1 –3 pm | |
| 26th | FCS Council Meeting, 11:30 | |
| 27th | Champion Food Volunteer Meeting, 9 am | |
| 27th | TASTE OF MCCRACKEN, 5:30–7:00 | Ticket required |
| 30th | Better Than Ever: Barn Quilts | Pre-registration and payment required |

RECIPE OF THE MONTH



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided

1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped

½ cup all-purpose flour
⅔ cup quick cooking oats
3 tablespoons butter
¼ cup chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, **combine** flour, oats, and ⅓ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:

240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

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



Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

Source: www.fruitsandveggiesmatter.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

OCTOBER 2012

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