



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

Spring has arrived, and I'm excited for some warmer weather! Our homemaker group is hosting a Derby Party on May 2nd, so start thinking about your prize-winning derby hat-whether you want to buy one or make one!

We will also have a Health and Resource Fair for veterans, active military personnel, and their families on April 3rd from 1 to 4 p.m. Make plans to come to the office and take advantage of the available resources. You deserve it for your service!

On Friday, April 25th, we will offer a class on how to start your sourdough. Be sure to register soon, as class size is limited.

I encourage everyone to prioritize their health by getting outdoors and enjoying some fresh air. Remember to walk and stay active!

I look forward to seeing all of you at our upcoming events and around the community.

I look forward to seeing you all at upcoming events and in the community.

Kelly Alsip  
McCracken County Agent for  
Family and Consumer Sciences



**Carmela Ballard,  
Homemaker President**

It's April friends! Has your 2025 flown by like mine has? Month 4, so, let's get to it! Spring is here, and we will surely see warmer weather than cold weather.

The Extension Office is buzzing with so many things going on! Look at the calendar of events and come. I learn something every time I attend. Things to keep in mind for Homemakers are the State Meeting coming in May. It is not too late to register. Get on the KEHA website for all the information. Everyone should have received a letter from the state with the registration form inside. This is sent in by paper only. No online registration.

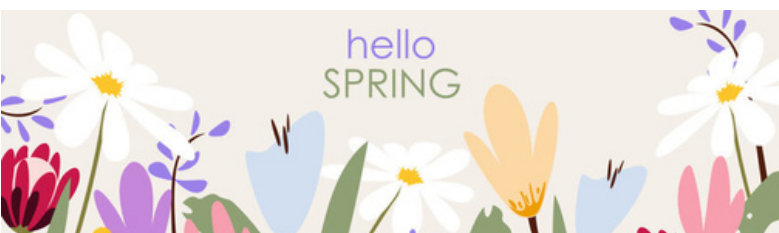
April is a time for beginnings, blooms, renewal, and fresh starts. Easter is April 20th, and Earth Day is April 22nd. What do these mean for you? Easter is the most important day in the Christian calendar and Earth Day is a wonderful awareness of the goodness of our Earthly home. Celebrate both big!

We are having a Homemakers Derby Party on May 2nd at 1 pm. Each club will be responsible for a centerpiece for a table and there will be a prize for the best Derby Hat! The attire is Derby Attire- however that speaks to you! This should be FUN! FUN!

Remember, as Lady Bird Johnson said,  
"Where flowers bloom, so does Hope!"

Counting My Blessings,

Carmela



# Events



**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

**4-H TEEN COUNCIL FUNDRAISER**

4-H TEEN COUNCIL PRESENTS  
**EGG MY YARD**

Evening of April 19th, 2025  
12 eggs: \$15  
24 eggs: \$25  
36 eggs: \$40  
48 eggs: \$50

Add on a dozen to any: \$10  
Reserve a time by April 17th  
Accepting Cash or Check  
Venmo: Angela-Adame-10  
(Include your info in memo)

**Eggs will be hidden/scattered throughout your yard between 8 pm - 11 pm**  
CHOOSE BETWEEN CHOCOLATE OR CANDY FILLED EGGS!

**SIGN UP HERE**



**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, religious political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of public benefits. 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

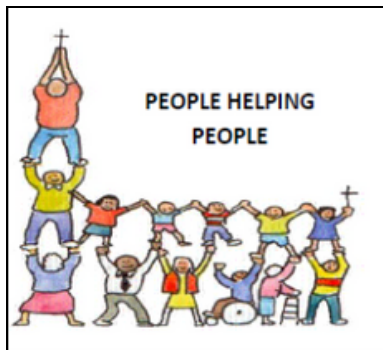


**MASTER GARDENER PLANT SALE**

You know you need lots more plants!

**May 31st, 2025**  
**9am - 12pm**

Great prices! All profits will help support the McCracken County Extension Master Gardeners



## SCRAPBOOKING CROP

BENEFITS JUANITA AMONETT SCHOLARSHIP FUND AND THE BACKPACK PROGRAM

- Two day event \$50 by 8/15
- **Registration required**  
(Reg forms available at office or on website)
- Call office for more info

**FRIDAY, OCTOBER 17**  
**9 AM - 10 PM AND**  
**SATURDAY, OCTOBER 18**  
**9AM - 5PM**



## CHAIR YOGA:

EVERY WEDNESDAY

- Certified Instructor
- \$3 fee per session
- Relives stress and helps balance.
- All experience levels welcome including limited mobility

**WED, APRIL 2, 9, 16 & 30**  
**10 AM - 10:45 AM**



## TECH CLASS:

SPREADSHEETS II

- Builds on first spreadsheet class
- Learn about filters, functions and displaying data
- Free class
- Call to **register**

**WEDNESDAY, APRIL 9**  
**10 AM - 11 AM**

# MEMBER SPOTLIGHT



## SAMANTHA FONTENOT

**PRESIDENT, HOMESCHOOL MOM'S HOMEMAKER CLUB**

I'm Samantha Fontenot, the president of The Homeschool Mom's Homemaker Club. My husband and I have had 30 remarkable years together; this month we will celebrate our 28th wedding anniversary. We are blessed with three exceptional daughters and one adorable granddaughter, who undoubtedly takes center stage. Our older two daughters graduated from Livingston County High School, and our youngest is excelling in homeschooling, which we started when she was in first grade. Nine years into this journey, I'm grateful for the experiences and lessons learned. To foster connection and support among fellow homeschooling moms, I founded our club, where we meet monthly to share, learn, and uplift each other. Together, we've explored exciting activities, from crafting herbal remedies and gardening to creating heartfelt greeting cards and more.



### LAST PICTURE OPPORTUNITY

**Wednesday, April 16th at 11 AM**

If you haven't had your picture taken and want to be included in the directory this is your last chance!

**DEADLINE**

LAST DAY TO SUBMIT APPLICATIONS FOR THE HOMEMAKER JUANITA AMONETT SCHOLARSHIP IS APRIL 30

Mark your Calendar

### COUNTY ANNUAL DAY

**PLEASE NOTE DATE CHANGE**

**THURSDAY, JULY 17TH**

**REGISTRATION 5:30**

### NEW HOMEMAKER YEAR

**KICKOFF**

**THURSDAY, AUGUST 21ST**

**REGISTRATION 5:30**

# Events

## ARTS AND CRAFTS: COSTUME JEWELRY ANGEL

**FRIDAY,  
APRIL 11TH  
9:30 AM**



**Cost: \$8  
Pay at  
Door**

Call (270)  
554-9520 to register.  
Class size is  
limited

Participants will  
piece together on a  
canvas suitable for  
framing.

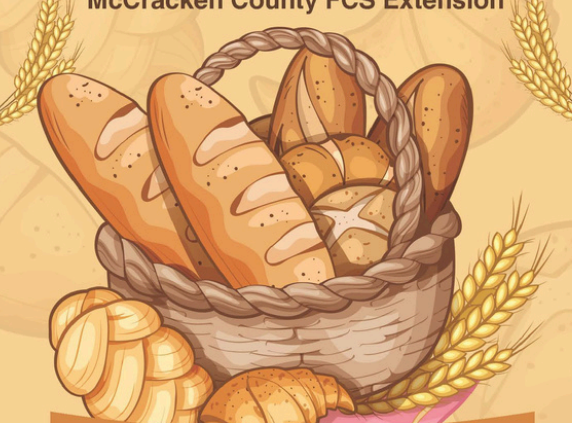
Bring single earrings, broken bracelets, pins, brooches, charms and watches and E6000 glue

**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



**McCracken County FCS Extension**




## SOURDOUGH 101

Learn how to create your own sourdough starter!  
Call to reserve your spot **\*FREE**  
(270) 554-9520

<b>APRIL 25TH</b> 1 PM - 3 PM	McCracken County Extension Office 2025 New Holt Rd. Paducah
----------------------------------	--

**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



# Homebased Microprocessing Workshop

## Are you wanting to sell canned goods?

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

**April 21, 2025**  
**9:30 a.m. - 2:30 p.m.**  
McCracken Cty Extension Office  
2025 New Holt Rd  
Paducah, KY

**To register & for additional  
dates/locations:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)**

(270) 554-9520

**\$50**  
Fee

**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





**BETTER THAN EVER**

## Suncatcher Class

Made with crushed glass & resin  
Class at McCracken County Extension Office

# SUNCATCHER CLASS

**Monday, April 28th**  
1:00 pm - 3:00 pm

McCracken County Cooperative Extension Office  
2025 New Holt Rd

*Create a beautiful colored suncatcher*

There will be a few different shapes to choose from such as dragonfly, sea turtle, cross, flower, etc.

**Cost: \$15 for 12" wood cutout  
\$25 for 7" wood cutout**

Includes includes everything - wood cutout, crushed glass, and resin.

Register and pay directly through the link below  
**<https://www.betterthaneverhome.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 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

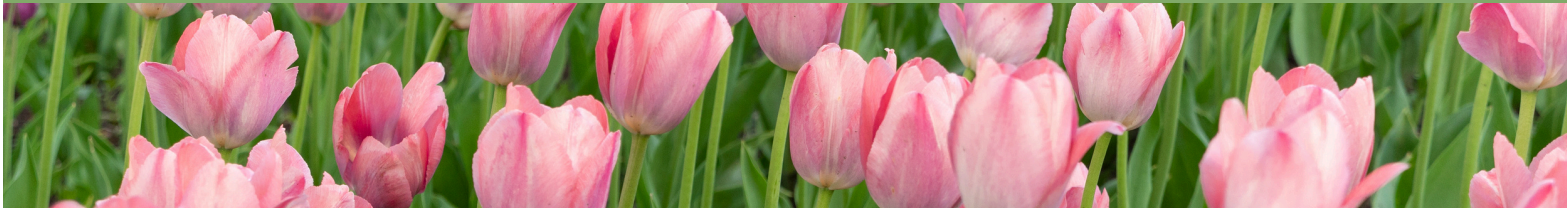




# April

# 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Game Day, Come Play! 9 am - 12 pm  Adult Sewing 9 am - 12 pm	<b>2</b> Chair Yoga 10 am	<b>3</b> Operation Wellness Health Fair 12 - 4  Needlework Circle 10 am - 12 pm  Crochet Alley & Knitting Row 1 pm - 3 pm	<b>4</b> Pattern Fusing Class (Session 3) 9 am - 12 pm	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Adult Sewing 9 am - 12 pm  Golden Days Club 10 am  Happy Club 10 am	<b>9</b> Chair Yoga 10 am  Tech Class- Spreadsheets II 10 am	<b>10</b> Concord Club 11 am	<b>11</b> Arts and Crafts - Costume Jewelry Angel 9:30 am	<b>12</b>
<b>13</b>	<b>14</b> Homeschool Mom's Homemaker Club 6 - 8 pm	<b>15</b> Bags of Love 9:30 am - 1:30 pm  Paducah Stitch n Quilt Guild 10 am - 4 pm	<b>16</b> Chair Yoga 10 am  Scrapbooking 9 am - 3 pm	<b>17</b> Game Day, Come Play! 9 am - 12 pm  Needlework Circle 10 am - 12 pm  Crochet Alley & Knitting Row 1 pm - 3 pm  Basket Weaving (closed class) 9 am - 3 pm	<b>18</b>	<b>19</b>
<b>20</b> 	<b>21</b> Homebased Micro- Processing Certification 9:30 am - 2:30 pm	<b>22</b> Adult Sewing 9 am - 12 pm	<b>23</b> Chair Yoga 10 am	<b>24</b>	<b>25</b> Sourdough Starter Class 1 - 3 pm	<b>26</b>
<b>27</b>	<b>28</b> Homemaker Garden Club 10 am  Better Than Ever: Suncatchers 1 - 3 pm	<b>29</b> Adult Sewing 9 am - 12 pm	<b>30</b>	<b>1</b> Needlework Circle 10 am - 12 pm  Crochet Alley & Knitting Row 1 pm - 3 pm	<b>2</b> Lesson - Healthy Eating Around the World 10 am  Homemaker Derby Party 1-3 pm  	<b>3</b> Derby Day!  



## Spring Harvest Salad

<b>5 cups</b> torn spring leaf lettuce	<b>Dressing:</b> <b>4 teaspoons</b> lemon juice	<b>2 teaspoons</b> Kentucky honey
<b>2½ cups</b> spinach leaves	<b>2½ tablespoons</b> olive oil	<b>½ teaspoon</b> salt
<b>1½ cups</b> sliced strawberries	<b>1 tablespoon</b> balsamic vinegar	<b>¼ cup</b> feta cheese crumbles
<b>1 cup</b> fresh blueberries	<b>1½ teaspoons</b> Dijon mustard	<b>½ cup</b> unsalted sliced almonds
<b>½ cup</b> thinly sliced green onions		

**1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

**2. Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

**3. Sprinkle** salad with feta cheese and sliced almonds.

**4. Serve** immediately.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

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



## Kentucky Lettuce

**SEASON:** Early to late spring.

**NUTRITION FACTS:** Lettuces have 5-15 calories per cup depending on variety.

Lettuce provides vitamins A and C, calcium, and iron.

**SELECTION:** Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

**STORAGE:** Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.



**PREPARATION:** Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

### LETTUCE

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

March 2012

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](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)