



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

McCracken County
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Reflections from President Diane Shrewsberry...

Unwinding from all the events of the holidays, I find January to be peaceful; a good time to start and finish a couple of good books. It's always comforting to snuggle under my grandmother's afghan and sit by the fire. Januarius is the Roman god who presided over doors and beginnings. So, as we begin this new year, enjoy the crisp air, the threat of snow and the warmth of your home. Put on a pot of navy beans and ham. Finish that sewing project that has languished in the basket. Plan some menu ideas that will help get those few pounds off we all tend to gain during the festivities of eating more than we should. But who can turn down a bite of fudge, a frosted cookie, or a slice of coconut cake? Dust off that treadmill in the basement or make a plan to walk outdoors a few days a week. Sometimes the fresh air does a soul as much good as it does the body. Pour over a few seed catalogs and while you are at it, think toward spring and gardening. Whether it's vegetables or flowers, fruit trees or the farmers market, we always think spring is coming soon and we must plan. Whether it does is up to OLD MAN WINTER!



TWISTED CHICKEN SOUP

- * Two cooked chicken breasts, shredded one thigh cooked and shredded
- * 1 cup of chopped baby carrots
- * 1/2 cup chopped celery
- * 1/2 cup chopped onion
- * 1 can pinto beans drained
- * 1 box low sodium chicken broth
- * 1 can cream mushroom soup
- * 1 Tablespoon crushed garlic
- * 1/2 teaspoon of each of the following: dillweed, curry, sage, basil, rosemary, thyme, black pepper and one large bay leaf whole
- * 1 cup medium egg noodles

Mix all ingredients into a crock pot except egg noodles. Simmer all day. Last half hour, add the noodles. Remove bay and serve piping hot with cornbread.

Snowy weather? Schools closed?

Then we may not be having classes.

Our policy is that if McCracken County schools are closed due to weather, we cancel our classes/meetings.



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Disabilities accommodated with prior notification.



MEET DR. BEVERLY LARGENT.....



This month's spotlight is on Beverly Largent, a member of the St. John Homemakers Club. November marks one year membership in the homemakers.

Beverly has retired from 47 years in Dentistry. She practiced Pediatric Dentistry for 37 years in Paducah. Dr. Largent is a graduate of the University of Kentucky where she received a Doctor of Medical Dentistry degree, and a Certificate in Pediatric Dentistry. During her career, she held offices in State and National organizations, most recently serving as Editor of the Kentucky Dental Association Journal, the KDA TODAY.

Beverly resides in McCracken County with her husband of 56 years, Tom. They share two children, 6 grandchildren, and 2 great grandchildren. She enjoys sewing, cooking, crafts and homemakers. She is currently President of St. John Homemakers.

SAVE THE DATE

Cultural Arts Day

Make plans to attend Cultural Arts Day at the Graves County Cooperative Extension Office on **March 3rd from 9 a.m. - 2 p.m.**

(Set up will be on March 2nd at 2 pm.)

International Day

All Homemakers are invited to listen to guest speaker, Victoria Noe, from Russia.

February 28th at 11:30 am

2023 KEHA State Meeting

May 9 - 11, 2023

Crown Plaza

Louisville, KY

More information enclosed



Bingo + Exercise = Bingocize®

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercises.

DATE TBD

COOKING THROUGH THE CALENDAR

Preparing recipes from the 2023 SNAP-ED Calendar

Date TBD



A great time was had by all at the Christmas Open House hosted by Diane Shrewsberry, President, Dr. Beverly Largent, President of St. John Club, and Sue Cash, Secretary. Thank you to all that attended.



Grandchildren, Nieces, Nephews?

“Helping Parents Help Children”

This one hour laugh and learn playdate is designed to help parents prepare their 3 - 5 year old children for kindergarten.

The first playdate will be held on January, 18th and continue to meet on the 3rd Monday of the month at the McCracken County Library from 11-12 a.m. Call 270-554-9520 to register.



“Finish your Project/Fun Day”

February 24th

10:00 am

Suggested projects include: sewing knitting, crochet, embroidery, drawings, painted pictures, jewelry making, beading, needlepoint, quilting weaving, holiday decorations, and other items from the KEHA Cultural Arts and Heritage Skills entry list for judging.

Homemakers also need to form a group to discuss books read and a discussion on starting a Book Club from the KEHA Reading List.

McCracken County will need to provide 1 judge and 2 workers to help with Area Cultural Arts Day set up and judging.

More details will follow in February Newsletter.

Juanita Amonett Scholarship

Deadline - February 28

Application is available through the extension office or by typing this link in your web browser:

<https://mccracken.ca.uky.edu/juanitaamonett-scholarship>



NEED SOME EXTRA HELP WITH SMARTPHONES OR TABLETS?

We will be having another class on Smartphones and Tablets on January 11th at 10am at the extension office.

In this class, we'll talk about apps and device settings that will make using your phone or tablet easier. You can bring your own device.

Please call (270) 554-9520 to register as class size is limited.

SAVE THE DATE:

The next TECH Class will be about Google Docs on February 8th at 10:00 am. This beginner computer class will walk you through setting up a Google account and give an overview of the different apps that you can use with it, such as Gmail.

BIG BLUE BOOK CLUB

Register for our upcoming book club as we read

IS BUTTER A CARB?

by Rosie Saunt & Helen West

The first 200 registered participants will receive a free book.



SCAN ME

College of Agriculture, Food and Environment
Family and Consumer Sciences Extension

Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Please go to this link to register: <https://ukfcs.net/BBBC23Book1>

“Winter Wonderland of Health”

Friday, January 13th

10:00 am - 2:00 pm

McCracken County Extension Service
Over 30 healthcare vendors

Hosted by Retired & Senior Volunteer Program of Paducah-McCracken County and Senior Center

For More Info call (270)442-8993

UPCOMING EVENTS

Adult Sewing - Tuesdays in January @ 9 - 12 am

Jan. 5 & 19 Needlework Club, 10 am

Jan. 5 & 19 Knitting & Crochet Club, 1 pm

Jan. 9 Quilting Club, 10 am

Jan. 10 Golden Days Club, 9:30 am

Jan. 11 Smartphone Tech Class, 10 am Open to Public—Limited Class Size

Jan. 12 Concord Club, 10:00 am

Jan. 13 Winter Wonderland of Health (RSVP) 10 - 2

Jan 16 Office Closed - MLK Day

Jan. 17 Bags of Love, 9:30 am

Jan. 18 Scrapbook Club, 9 am - 3 pm

Jan. 23 Homemaker Lesson, Mail out for February—Heart Health

Jan. 23 Garden Club, 10 am

Jan. 24 Homemaker Advisory Council, 9:30 am

Arts and Crafts
for January is
cancelled.

Hope to resume again in February.

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

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A handwritten signature in black ink that reads 'Kelly Alsip'.

Kelly Alsip
Agent for Family &
Consumer Sciences