

**McCracken County  
Extension Homemaker  
Newsletter  
Family and Consumer  
Sciences  
JULY 2023**



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

Cooperative Extension Service  
McCracken County  
2025 New Holt Rd  
Paducah, KY 42001  
(270) 554-9520  
Fax: (270) 554-8283  
extension.ca.uky.edu

**Reflections From  
President Diane Shrewsberry...**

Once a hearth anchored the main room and reading a leather bound book was the main entertainment. Books are a piece of time passages. Their faithful presence on a bookshelf gives us the advantage of knowing a story is waiting. A poem by Poe. The perils of "Moby Dick". "The Adventures of Tom Sawyer" to sweeten the day. I have no hearth with a bookshelf but books fill my rooms. Some signed by authors. Some sadly purchased but sit unread.

After visiting the Hemmingway house, I embarked on a personal goal to read all of his books. After 3, I have decided that was not a worthy goal for me.

When my aunt passed away I discovered volumes of the classics. Three dozen of these beautiful books with the red bound covers and gold labels, waiting to fill a bookshelf. Have I read the "Works of Hawthorne?" Admittedly no. "War and Peace" by Tolstoy? I stumbled through it on a snowy cold January." Little Women and A tree Grows in Brooklyn" are two I would read over and over.

However I think we are easily wooed by the Kendall. I too read on one, but there's nothing like the remembrance of excitement when my mom would tell me "We are going to Readmore Books"!! This brings me all the way around to the smell which I so loved upon entering this book store. I adored Nancy Drew mysteries. The smell of the book. The pages to turn. The feel of the paper in my hands. Plus the lovely placement of an hand embroidered bookmark my grandmother would make to encourage reading.

My favorite Christmas gift was a book. I would peruse the Nancy Drew section and point out a book I had not read. One Christmas I got "Phantom of the Hill". Then my childless widowed aunt took it upon herself to add to a collection of Nancy Drew books. I do not have them all, but the ones I received I still own. As I outgrew Nancy Drew, I still visited Readmore Book Store. Often I admit, to buy Cliff notes on difficult books required in Senior lit.

Books in one sense bring us to the present yet on the other hand they take us back on journeys we only imagine.

Enjoy your summer. Find a quiet place be it a hammock or the solitude of a favorite room. Read a real book. Turn the pages, and never dog-ear one! Words are the spice of life and as Grouch Marx said, "Outside of a dog, a book is man's best Friend!"

Diane Shrewsberry

President and lover of books!



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## In the Spotlight

### ANGIE RIKEL LOYD



In 1970, a friend ask Angie if she would help several young ladies to form a new homemaker club as she knew her mother, Evelyn Rikel Vannerson, was an active member. Meeting with 8 other young mothers, they began the Happy Club.

She became actively involved in several homemaker activities and thru the years has served her club and country as President, Secretary, & V. President. She has learned a lot in various areas the Homemakers offer, from lessons & other specialty classes, as Arts and Crafts, Garden Club & a past Master Food Volunteer.

The mother of two sons & two daughters, grandmother of five grandchildren, she & her husband, Alan, will celebrate their 56 year Wedding Anniversary in August.

Growing up in the country with gardening & lots of flowers, she loves piddling outside. She also enjoys Birdwatching which is a favorite pastime, especially Cardinals & first timers.

Homemakers has been a very big part of my life and I wouldn't trade anything for making new friends, learning & trying new activities & food, and how to really appreciate life and the many blessings it has given me.

Ask a friend to join you in being a Homemaker. Never too late to learn and make new friends. Take care always!

- ◆ Do you enjoy cooking?
- ◆ Do you have time to volunteer?
- ◆ Do you enjoy working with people?
- ◆ Would you like to sharpen your culinary skills?

Join us for a Champion Food Volunteer Interest meeting on Monday, July 17th at 3:30 at the extension office to learn more about this great program.



## TWO DAY SCRAPBOOKING CROP WITH SUE CASH

TO BENEFIT JUANITA  
AMONETT SCHOLARSHIP  
FUND

*(Two Higher Education Scholarships awarded yearly)*

**Who:** Anyone 18 years or older

**When:** Friday, August 18, 2023 9:00 a.m. to 9:00 p.m.  
Doors open 8:45 a.m.  
Saturday, August 19, 2023 9:00 a.m. to 6:00 p.m.  
Doors open 8:45 a.m.

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

**Fee:** \$40.00 (if paid by July 15) \$45.00 after July 15.  
Includes: Brunch, Dinner both days.

**Registration:** Opens June 15th. Call office  
(270) 554-9520 to register.

**Payment:** Bring or mail payment to office:  
McCracken County CES  
Attn: Sue Rice  
2025 New Holt Rd  
Paducah, KY 42001

**Need more information? Contact Sue Cash at  
(270) 210-1501 - call, text, email  
cscash@comcast.net**



**Like to play  
games?  
Socialize  
with others?**

We have many different games available or bring you favorite game! Come on out to the extension office on the **THIRD THURSDAY** of the month!

**THE NEXT GAME DAY WILL BE  
THURSDAY, JULY 20TH**

**9:00 am – 12:00 pm**

*No registration required! Just show up!  
Bring a friend!*



THANK YOU!

A huge thank you to everyone that came out and helped with fair exhibits. Your help was greatly appreciated and made things go much smoother!



There is still time to purchase a ticket!  
Tickets go fast, so come in soon!

McCracken County Extension Master Gardeners  
present  
the 8<sup>th</sup> Annual Herb Appeal as a  
Fundraiser for the education of the gardening public.



Enjoy a delicious luncheon featuring the herb of the year 2023.  
Menu created by Master Gardeners



In Memory of Sherry Dorris,  
always bright as a sunflower.

8<sup>th</sup> ANNUAL  
"Herb Appeal"

A SUMMER SAMPLER

hear featured speaker

Ginny Hutson, Owner of Frenchtown Station

"Frenchtown Urban Garden"

NOON Luncheon  
Doors Open @ 11:00 a.m.  
Speaker @ 11:30 a.m.  
Thursday, July 27, 2023

McCracken County Extension Office  
2025 New Holt Road

Call the Extension Office  
(270) 554-9520 for information

Only 78 seats available  
Advance registration required-  
\$25.00 per person

July Tech Class:  
Power Point  
Presentation Slide  
Shows



Wednesday, July 12th  
10:00 a.m.

Learn how to prepare a basic power point slide show. Beginner level.

Calling (270) 554-9520 to reserve a spot is preferred.

Asparagus Salad

- \* 2 packages of Knox gelatin
- \* 1 and 1/2 cups water, boiling
- \* 1 cup sugar
- \* 1/2 cup white vinegar
- \* 2 teaspoons lemon juice

Bring lemon juice, water, and sugar to a boil. Stir in gelatin until dissolved.

One can of asparagus with the juice. Cut asparagus in half, removing any woody tough sections. 1/2 teaspoon salt, 1 cup of chopped celery, 1/2 cup chopped pecans, 6 oz jar of diced pimento. Add these ingredients to the gelatin. Allow to congeal, dab either mayo or sour cream on the top of each slice to serve.

This recipe is one my friend Carol Baugh used to make. Many of you would remember Bill and Carol from Master Gardeners. Bill is 94 and still going strong. Carol is deceased.

Diane Shrewsberry

## Traveling through Times



is the theme for this years Homemaker County Annual Day. The event will be on Tuesday, August 22nd. Registration begins at 5:30 p.m. and the program will start at 6:00 p.m. The guest speaker this year will be the Mayor of Mayfield, Kathy O’Nan.

Tickets will be available on July 24th. More information will follow later in July on a flyer that will be emailed and mailed out to all members.



## Hot Summer Health Fair

Join the Retired & Senior Volunteer Program (RSVP) and The PADUCAH-MCCRACKEN County Senior Citizen Center for our FREE Health Fair for our local Senior Citizens

*Sponsored by Humana of Western KY*

The Health Fair will take place on  
Friday, July 7

8:30am – 11:30 am

UK McCracken Co. Extension Office

2025 New Holt Rd. Paducah, KY 42001

For more information, please contact Rhoni or Mary  
at (270) 442-8993.

*Kelley Alsip*

**Kelley Alsip**  
Agent for  
Family & Consumer

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

McCracken County CES  
2025 New Holt Road  
Paducah, KY 42001  
mccracken.ca.uky.edu

## UPCOMING EVENTS

Adult Sewing - Tuesdays in July @ 9 am - 12 pm

July 6 & 20 Needlework Club, 10 am

July 6 & 20 Crochet & Knit Club, 1 pm - 3 pm

July 7 **RSVP HEALTH FAIR**

July 10 Quilting Club, 10 am

July 12 Tech Class  
(Power Point Slide Show), 10 am

July 14 Arts & Crafts (**Class Full**), 10 am

July 17 Champion Food Volunter-Interest  
Meeting, 3 pm

July 19 Scrapbooking 9 am - 3 pm

July 20 Game Day, 10 am

July 31 **OFFICE CLOSED - TRAINING**



- ◆ **August 28th** - Officer and Educational Chairman Training, 1:00 pm
- ◆ **September 19th** - Purchase Area Annual Day, Graves County, 10:00 a.m.



McCracken County Cooperative Extension Service