



McCracken County
Extension Homemaker Newsletter
Family and Consumer Sciences
JUNE 2023



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

Cooperative Extension Service

McCracken County
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 extension.ca.uky.edu

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

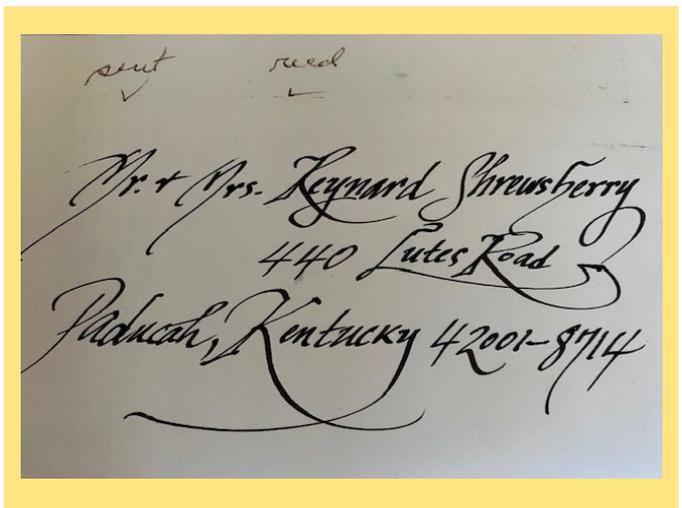
Beautiful penmanship is truly becoming a lost art! We type in front of the computer and do spell check. My handwriting is not good. My grandchildren struggle to read anything but printing. So, I look back at the letters my parents wrote to each other. The letters my in laws penned. It was written with a flourish and heartfelt emotions. We have lost that in the computer typewritten words. When I used to pen a letter, I thought about what and how it was written. Now, it's just a "dash off" to say what needs to be said.

My husbands Aunt Reva has always impressed me with her handwriting. Christmas cards, birthday cards or a simply I miss seeing you card as she lives far away from us brings me happiness to see the heavily scrolled writing. Before I even glance at the return address, I know Aunt Reva has posted a letter to us. Occasionally when the elderly aunts can visit us, I know that they enjoy the good china, the silver which they will examine, the nice coffee and tea set. Fresh flowers and the good linen napkins to complete a nice table setting. I don't mind. They too are the Baldwin sisters from the tv series, "The Waltons." Much of these are gifts given and expected to be used. As a young bride I would visit my husband's family in St. Louis to find dinner was a formal affair. Coat and tie. Dinner was served by a foot press on the floor to call the servants to bring in food. I was a farm girl. So I was intimated to begin with but came to love this family. Uncle Louie who was Bolivian would always greet me with the statement, 'You are part of my family.' And so, tradition lives on.

I think how often I neglect to say the proper words. Somehow I remember that whispering tales of long ago stories echo down through the ages, and many storied tale is hand written in a beautiful scroll. I so enjoyed reading the art of script, lovingly penned by one lover to another. As a young girl, I could dream away being in a place where fair maidens trip along paths laden with beautiful flowers and a knight would find her and woo her with his beautiful words. Reading these poetic verses and books made me think life could be such. Until my grandmother would say, "Girl, keep your head where your feet are." Followed by, "We've peas to shell." Reality.

However, I will submit this beautiful scrolled envelope compliments of Aunt Reva. Turning 90, and still very meticulous with her penmanship.

Enjoy your June. May the sun shine on you.



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 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.

In the Spotlight



JEAN AMONETT ABANATHA

Jean is a member of Hearthside Homemakers Club. She has been married 58 years to her husband Johnnie, a retired teacher. She has 2 daughters, Robin and Melissa, that both live here, and close to her nine grandchildren and one great grandchild although they are growing up and moving off.

Her first job out of college, where she majored in Home Economics at MSU, was an Extension Agent in Meade County, Kentucky. Later, she got her masters in Guidance Counseling and worked as a Vocational Rehab Counselor.

Growing up, Jean lived on a farm adjoining Barkley Airport. Currently, her and her husband lease the land for crops and only have one outdoor dog.

Jean's priorities since retiring are:

1. Her Faith
2. Her Health
3. Her Family

She loves reading, water aerobics, flowers, and decorating her home. She likes to support the Homemaker Scholarship Program. Her mother, Juanita Amonett, would be proud that five of her great grandkids have qualified for it.

Jean has been in Homemakers for 50 years and has learned so much and made many good friends.

Club Presidents....

It's that time of year!
Please start filling out the necessary year end forms and compiling VSU hours.

All presidents need to compile their clubs hours and forms onto one for each club rather than submitting every members information separately.
PLEASE TURN IN BEFORE JULY 1ST.



June Tech Class: *Photo Editing for Beginners*



Wednesday, June 14th
10:00 a.m.

Most digital/phone cameras have places to store your photos online and have easy ways to edit your pictures. A few simple steps like cropping or creating a collage can make a big difference. Calling (270) 554-9520 to reserve a spot is preferred.

JOIN THE FUN!



Like to play games? Socialize with others? We have many different games available!

Come on out to the extension office on the **THIRD THURSDAY** of the month!

**THE NEXT GAME DAY WILL BE
ON JUNE 15TH**

9:00 am – 12:00 pm

No registration required



MAKE A BEE BATH AND SEASHELL FAIRY LIGHT JAR



Friday, June 9th at 9:30. \$5 for both crafts. Pre-register by calling (270) 554-9520 by June 6th.



COMING IN JULY NEEDLE FELTING

Friday, July 14th at 9:30
Pre-Registration and class fee of \$17 (cost of kit) is required by June 9th.



Congratulations to State Cultural Arts Winners!

Theresa Thurston - 2 Blue Ribbons
Brenda Gamblin - 2 Blue Ribbons
Jeanie Grief - 1 Blue Ribbon
Diane Shrewsberry - 2nd Place for creative writing under short story category.

RADON What is?



Radon is a cancer-causing, radioactive gas that comes from the natural breakdown of uranium in soil, rock and water. Radon gets into the air

you breathe through cracks, crevices and openings in the foundation. Radon gas is not visible and has no odor or taste. It is the second-leading cause of lung cancer in the United States, estimated to cause thousands of deaths annually. Only smoking causes more lung cancer deaths.

Any home not constructed to be radon resistant may have a radon problem. Nearly one in 15 homes in the U.S. has elevated radon levels. Testing the home is the only way to determine the radon level. Depending on the level of radon in the home, additional action may be needed. According to the EPA there is no known safe level of exposure to radon. The EPA strongly recommends immediate radon mitigation of the home if the test shows 4 picocuries (pCi/L) or more. If the radon test shows between 2 and 4 pCi/L, the owner should consider radon mitigation. Radon can also enter the home through well water but usually carries little risk in Kentucky. For more information about [radon in drinking water](#) please call the state radon office or the Safe Drinking Water Hotline at (800) 426-4791.



MCCRACKEN COUNTY FAIR Each club needs 2 workers to volunteer

Fair Volunteer Training and Set-Up -

Friday, June 16th - 10:00 a.m.

Fair Entries -

Saturday, June 17th - 7:30 a.m. at Floral Hall

*If you haven't signed up to help yet, go to this weblink: volunteersignup.org/7QPRQ We need numerous volunteers to make it successful. More info will be coming out next week.

*All McCracken County residents are eligible to enter the fair. There is a list of exhibit categories at: <https://mccracken.ca.uky.edu/fair-exhibit-categories-rules>.

SUPER STAR CHEF CAMP Volunteers needed

June 27 - 29
9 am to Noon

You do not have to be a great cook! Helpers needed for registration, test grading, an extra pair of hands, etc.

Spots still available for 9 - 12 year olds.

Questions?

Call Kelly at (270) 554-9520

McCracken County Extension Master Gardeners

present
the 8th 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.

8th ANNUAL

"Herb Appeal"

A SUMMER SAMPLER

hear featured speaker

Ginny Hutson, Owner of Frenchtown Station

"Frenchtown Urban Garden"

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

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

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

McCracken County Extension Office
2025 New Holt Road

Save the Date

- ♦ **June 27th - Advisory Council Meeting 5:00**
(Bring favorite Salad)
- ♦ **August 27th - County Annual Day 6:00 p.m.**
- ♦ **September 19th - Purchase Area Annual Day 10:00 a.m.**

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 1) \$45.00 after July 1.
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



Kelly Alsip
Agent for
Family & Consumer
Sciences

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

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UPCOMING EVENTS

Adult Sewing - Tuesdays in June @ 9am - 12 pm	
June 1 & 15	Needlework Club, 10 am
June 1 & 15	Crochet & Knit Club, 1 pm - 3 pm
June 7	Homemaker Annual Day Planning Meeting, 9:30 a.m.
June 8	Advanced Cake Decorating (9-12) Beginner Cake Decorating (1-4)
June 9	Arts & Crafts, 9:30 am
June 12	Quilting Club, 10 am
June 12	Fair Judge Training 5:30 pm
June 13	Golden Days Club, 10:00 am
June 14	Tech Class-Photo Editing, 10:00 am
June 15	Game Day, 9 am - 12 pm
June 16	Fair Training and Set up, 10 am
June 19	Office Closed - Juneteenth
June 20	Bags of Love, 9:30 am - 1:30 pm
June 21	Scrapbooking 9 am - 3 pm
June 23	MFV Meeting, 10 pm
June 26	Homemaker Garden Club, 9:30 am
June 26	Super Star Chef Volunteer Training 1 pm - 3 pm
June 27	Homemaker Advisory Council Meeting 5:00 pm



McCracken County Cooperative Extension Service