



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

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

UPCOMING EVENTS

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

Adult Sewing - Weekly on Tuesdays 9 - Noon	
3rd	Food as Health 10:30 am–12:30 pm Registration Required
4th	Annual Day Committee Meeting, 10 am
4th & 20th	Game Day, 9 am–Noon
6th & 20th	Needlework, 10 am - Noon
6th & 20th	Crochet Alley and Knitting Row, 1 - 3 pm
10th	Called Homemaker Advisory Council Mtg, 9:30 am
11th	Golden Days Homemaker Club, 10 am
11th	Food as Health 10:30 am–12:30 pm Registration Required
12th	Tech Class: Online Scams, 10 am
18th	Bags of Love, 9:30 am–1:30 pm
18th	Fair Judge Training at Office, 10 am or 6 pm
18th	Laugh & Learn @McCracken County Library 11:00– 12:00 (Kindergarten Readiness)
19th	Office Closed Juneteenth
20th	Food as Health, 10:30 am - 12:30 pm Registration Required
21st	County Fair Set-Up and Training at Floral Hall, 2 pm
25th	Extension Quilt Club, 10 am – 4 pm
25th	Food as Health, 10:30 am – 12:30 pm Registration Required
28th	Champion Food Volunteer Mtg, 9 am Come Join Us! Need New Members!



PLEASE HELP! We are still needing
 volunteers to help with registration
 and judging. We need numerous
 volunteers to make it successful!

**Fair Volunteer Training following
 Set-Up - Friday, June 21st 2:00 pm**
 Carson Park-Floral Hall,
 300 N. 30th Street

**Fair Judges training at the
 extension office-**
Tuesday, June 18th 10 am or 6 pm

Get your fair entries ready!

Fair Exhibit Entry Drop-Off

Saturday, June 22nd 7:30 A.M.

**Carson Park-Floral Hall,
 300 N. 30th Street**

All McCracken County residents, not
 just homemakers, are eligible to enter
 the fair. There is list of exhibit
 categories available at the office and
 by clicking on the link below:

<https://mccracken.ca.uky.edu/2024-culinary-crafts-and-textiles-division>

Notes from President Diane Shrewsberry....

Several of us attended the state meeting held in Bowling Green. Informative, educational and fun! It is worth it for every homemaker to get that opportunity.

Carmela Ballard and I rode together. We took an unexpected 'detour' coming home, but we made it safe and sound. My husband says I can get lost in a cardboard box, so if you need to be on time, don't ride with me!!

Congratulations to several of our members on the awards received from the cultural arts division at the state meeting:



Brenda Gamblin, Purple and Blue



Chelsea Stevens, Blue

Jeannie Grief, Blue



Liz Hudson, Blue



Rachel Vaughn, Blue

Diane Shrewsberry Second place, creative writing short story

Enjoy your summer fellow homemakers, and plan to attend the annual day meeting in August.

Diane Shrewsberry



Rebecca Harned is a delightful person that has lived in Paducah for 80 years, along with her husband of 53 years.

Since their retirement, they have been busy enjoying the immediate area. They have enjoyed volunteering in several different areas, always enjoying themselves.

In 1986, Rebecca became a homemaker because of Doris Baumer's (past homemaker) love of the organization. Rebecca and her husband are the parents of 2 young men and two ladies who together gave them 6 grandchildren and 4 great grandchildren.

She loves going to painting class, taught by Tommy Fletcher, and enjoys her friends there. Rebecca also enjoys going to church and working in different areas for the past 70 years.

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FOOD AS HEALTH

SERIES

<p>June 3rd: What is Food as Health?</p>	<p>June 11th: Food and Heart Health</p>
<p>June 20th: Food and High Blood Pressure</p>	<p>June 25th: Diabetes Prevention through Healthy Food Choices</p>

MCCRACKEN COUNTY COOPERATIVE EXTENSION SERVICE
10:30 A.M. - 12:30 P.M.
REGISTRATION REQUIRED FOR EACH SESSION
COME TO ONE, OR COME TO ALL SESSIONS!




Taste of McCracken
 September 27, 2024
 5 - 7 P.M.

Tickets are available at the office for \$10.

- ◆ Great Food
- ◆ Recipe Book
- ◆ Door Prizes

All proceeds benefit the Juanita Amonett Scholarship Fund




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



4 - H is looking for current or retired nurses or hairdressers to help with required lice checks before 4-H Camp.
July 29th from 7 - 9 am

Please call (270) 554-9520 or email Haley Martin at haleymartin@uky.edu if you are able to volunteer.



Don't forget! There are 4-H and Horticulture/ Agriculture Divisions at the County Fair. Go to links below for more information on these divisions.

<https://mccracken.ca.uky.edu/program-areas/horticulture/mccracken-co-fair-2023>

<https://mccracken.ca.uky.edu/4-h-division>



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It's A SCAM

Protect yourself from online scams!

Learn how to identify and protect your personal information from online scammers.

Wednesday, June 12th
10:00 A.M.

Call (270) 554-9520 to sign up!



Kelly's Korner.....

Hey everyone, Happy Summer! This month is packed with exciting programs at the Extension office. Keep an eye out in this newsletter for upcoming events where we could really use your help. Don't forget, we need 2 volunteers from each club to assist at the county fair. If you're knowledgeable in a fair category, we'd love to have new faces as judges. Check the first page for details. Take a look at the fair divisions – you might be surprised at what you can submit, from photos you take to clothes you make. Remember, youth can also submit entries for the 4-H Division, and both adults and youth can enter exhibits in the Horticulture/Ag Division.

Another major program, "Food as Health" classes, will be held once a week all month. We'll be covering topics like cholesterol, diabetes, high blood pressure, and eating on a budget. Each topic has its own class. You can come to one or come to all. Call (270) 554-9520 to register.

Please consider sharing your knowledge and talents to help the community. You could lead a class or know someone talented who would be open to teaching the community. The possibilities are endless, from cultural cooking to wreath making to woodworking. The class can be a one-time event or a series – whatever works best for you.

I can't wait to see all of your smiling faces in the office soon!



Kelly Alsip,
Agent for Family and
Consumer Sciences, McCracken County

kelly.alsip@uky.edu



Broccoli Grape Pasta Salad

¾ cup diced pecans	2 cups seedless red grapes	¾ cup low-fat mayonnaise
8 ounces whole grain pasta (bow tie or other type)	1 pound fresh broccoli	¼ cup honey
5 slices turkey bacon		½ cup diced red onion
		½ cup red wine vinegar

Preheat oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

Yield: 16, ½ cup servings

Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



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

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

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