



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...

"Spring comes to us wearing morning mist, often carrying an arm full of forsythia and dandelion." A quote from a poet, but I can no longer find who said that!

The problem with Spring is sometimes she gets sidetracked, lying down on the job and falling asleep once again. As we wait with anticipation for the change of seasons, the last of ole man Winter continues to keep us under his spell of cold and dampness. A robin preening around on my almost green grass sits by a crocus doing it's best to fight off a chill . Cool breezes with the promise of warmth prickle my arms, brushing it's fingers through my hair. I smell rain. Can Spring just go ahead and wake up, continue on her journey to our little corner of the world? She will, when it's time. Time, I assume is not yet. Opening a window, the rain comes down as gentle as the flutter of moth wings. Staring through the window at the leafless trees, gray sky and still too early darkness makes me want to put on a pot of soup. Hoping if I do this it will be my last soup cooking for this season, chasing Winter back to his place of slumber for a long Winters nap.

**HOMEMAKER CRAFT
SPRING CLEANING YARD SALE**

April 25th and 26th

While you are doing your spring cleaning, sort through your excess craft items, sewing stuff, material, yarn, etc. to contribute to the yard sale. The proceeds will be donated to the Juanita Amonett Scholarship fund.

***Drop Off Date is April 24th from 3pm-6pm
at the extension office***

More information to follow. Contact Elaine Stevens if you have any questions: (270) 210-4013 or mesteven@comcast.net

**VOLUNTEERS
NEEDED**

**June 27- 29
9 am - Noon**

**SUPER STAR CHEF CAMP
for 9 - 12 year olds.**

**Please call the office
to volunteer.
(270) 554-9520**

Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



CONGRATULATIONS

ROBBIE WALLACE 65 YEAR MEMBER OF HOMEMAKERS!

Robbie joined the Concord Homemakers in her early twenties. Her mother, Dorothy King, and several neighbors organized the club at her home where she now lives and where the club meets.

She enjoys entertaining, working puzzles and spending time with her family. Robbie joined homemakers for herself but her family benefited from it as well.

ARTS AND CRAFTS

**FRIDAY, MARCH 10TH
9:30**

Call (270) 554-9520 to
pre-register by March 8th

**Make a Shamrock (\$3.00) or a Spring Tulip
Hanger(\$7.00) or both!**



Pre-payment is encouraged
but payment can be made at door.

**Project will be similar to picture but you can
add your own touches**

COMING APRIL 19TH Flower Painting on Canvas

You choose the color of your flower. Red,
purple, teal, pink or whatever color you
choose! *Cost should be under \$10 - TBD Soon*



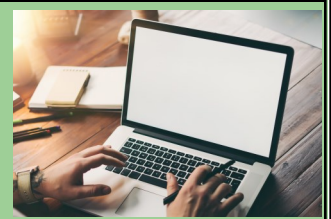
**Do you like to play games?
Board games, cards, etc.? In-
terested in participating in
game club?** Please contact
your club president or the of-
fice if you would be interested in participating
in a monthly gaming club.



March Tech Class:

**Basic Computer
Troubleshooting**

**Wednesday,
March 8th at 10 am**



This class will go over some easy things to
try if your computer is acting up. We can't
teach computer repair, but we'll talk a lit-
tle about when to restart, what are dead
links, and using file explorer.

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

Cast Iron Skillet Cooking Presentation w/Brad Edwards



Friday, March 24th 11-12

Free

Please register for food count



The Valentine Sweet Treat and Soup Day was enjoyed by a large group of Homemakers. There was a big variety of soup and LOTS of sweet eats! A big thank you to Joy Knaus for bringing and setting up the lovely Valentine decorations. If you missed it, you missed a fun day!



LOOKING FOR A FUN NEW WAY TO BE ACTIVE?

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

**Held at the Paducah Sr. Center
Beginning April 4th
12:30 pm**

April Dates: 4, 6, 18, 21, 25, 27

April 25th session will be at 11 am -

Time Management Talk

May Dates: 2, 4, 16, 19, 23, 25

Questions? Call (270) 443-8579.

CULTURAL ARTS UPDATE.....

If you should have any questions regarding Cultural Arts, please contact Elaine Stevens. Elaine has volunteered to take over the Cultural Arts Chairman position.

All aboard...



DON'T FORGET TO PICK UP A PASSPORT!

Travel Kentucky

Zuppa Italian Soup

(Served at the Valentine Sweet Treats and Soup Day)

Brown and drain one pound of sweet Italian Sausage

1 box of chicken stock plus one cup of water

1 cup sliced carrots

1 cup chopped potatoes

1/2 cup chopped sweet onion

1 small can mild Rotel tomatoes with chilies

1 small can of chopped tomatoes

1 lg can or two small cans of navy beans drained

1 hand full of spinach

1 small carton of half and half

1 Tablespoon Italian seasoning or a mix of basil and paprika, parsley

1 Teaspoon cumin

Salt and black pepper to taste

Mix all ingredients in a stock pot except the half and half and spinach.

Cook till carrots are tender and all flavors blended.

Last half hour add spinach. Turn off heat and pour in the half and half.

Thin with water if needed.

Happy eating!

COOKING THROUGH THE CALENDAR

Each month Kelly and Stephanie will be recording a cooking demo (via Facebook Live) featuring recipes from the 2023 SNAP-ED Calendar.

The monthly demo will be available to view after the last Monday of the month on Facebook and the website. Also, a link will be sent out via email.

UPCOMING EVENTS AT OFFICE

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

Mar. 1 Homemaker Lesson-Transferring Cherished Possessions, 10 am

Mar. 2 & 16 Needlework Club, 10 am

Mar. 2 & 16 Knitting & Crochet Club, 1 pm

Mar. 3 Area Cultural Arts Day—Graves County

Mar. 8 Tech Class (Basic Computer Troubleshooting) 10 am - 12 pm
(Limited Class Size)

Mar. 10 Arts and Crafts, 9:30 am

Mar. 13 Quilting Club, 10 am

Mar. 14 Golden Days Club, 10:00 am

Mar. 15 Scrapbook Club, 9 am - 3 pm

Mar. 21 Bags of Love, 9:30 am

Mar. 24 Cast Iron Skillet Cooking w/Brad Edwards 10:00 am

Mar. 27 Garden Club, Office - "Container Gardening" 9:30 am

Mar. 28 Homemaker Board Meeting, 9:30 am

Mar. 31 Homemaker Lesson-Entertaining Little Ones, 10 am

MESSAGE FROM KELLY....

- ◆ Are there any programs you would like to see?
- ◆ Do you have any unique skills you would like to volunteer to help teach?
- ◆ Do you have some extra time to help volunteer for any programming?

We need volunteers especially this summer during the day to help with programs for school age children.

If you are interested or have any questions, please call the office at (270) 554-9520 or email kelly.alsip@uky.edu.



Kelly Alsip
Agent for
Family & Consumer
Sciences

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

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