



# McCracken County

## FAMILY AND CONSUMER SCIENCES NEWSLETTER

March 2024

 Cooperative  
Extension Service

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

(270) 554-9520  
Fax: (270) 554-8283  
mccracken.ca.uky.edu

### UPCOMING EVENTS

Adult Sewing - Weekly on Tuesdays 9 - Noon	
1st	Area Cultural Arts Day, Ballard County
5th & 21st	Game Day, 9 am - Noon
6th & 27th	Paint Fan Dance, 11 am - Noon
7th & 21st	Needlework, 10 am - Noon
7th & 21st	Crochet Alley and Knitting Row, 1 - 3 pm
8th	Arts and Crafts: Egg-Citing Eggs, 9:30 am
8, 15, 22 and 29th	Dining with Diabetes, 10 am - Noon
11th	Quilting Club, 10 am
12th	Golden Days Homemaker Club, 10 am
13th	Tech Class: Basics of Google Drive, 10 am
19th	Bags of Love, 9:30 am - 1:30 pm
20th	Scrapbooking Club, 9:00 - 3:00 pm
22nd	Homebased Micro processing Workshop, 9:30 am - 2:30 pm, Registration Required
22nd	Champion Food Volunteer Meeting, 10 am
25th	Homemaker Garden Club, 10am
25th	Baked by Caryn Cake Decorating, 1:00 - 2:30 or 5:30 - 7, Registration Required
26th	Homemaker Advisory Council Mtg, 9:30 am
28th	Sr Bingo Event, 1 - 3 pm
29th	Homemaker Lesson, Savor the Flavor, 10 am

**DINING WITH DIABETES**

NATIONAL EXTENSION WORKING GROUP

**LEARN THE BASICS ABOUT DIABETES.**

**MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.**

**LEARN NEW COOKING TECHNIQUES.**

**SAMPLE HEALTHY RECIPES.**

**FRIDAYS IN MARCH**  
10:00 AM - NOON

McCracken County Cooperative Extension Service  
March 8th March 15th March 22th March 29

Call to Register at (270) 554-9520

### Homebased Microprocessing Workshop



FRIDAY, MARCH 22, 2024  
9:30 AM - 2:30 PM  
McCracken County Cooperative Extension  
2025 New Holt Rd



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

For more information & to register:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call (270) 554-9520

Join our workshop!  
Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.

## Reflections from Homemaker President Diane Shrewsberry...

It's about now I begin to think about gardening and planning to once again fight the deer, squirrels, rabbits and squash bugs. I usually get out the "Wise Garden Encyclopedia" and begin reading about the "how to's and how not to's. This book belonged to my grandfather. It's 1380 pages in length, hard bound and yellowed with age. It is chocked full of everything you can imagine. Published in 1936, It appears he marked numerous pages with specific things he planted with the tags removed from the plants. He dated all these tags, and placed them in the page where the instructions are located in the book. Interested in Maianthemum's? I have you covered.

Unfortunately I did not inherit his green thumb. Mine isn't always brown, but somewhere in between the two. He passed away in the early 1980's. I did not get to know him very well as he lived in Tennessee and did not visit us very often. However, I have numerous books that belonged to him, many on gardening. Another favorite is "The Old Dirt Dobber's Garden Book." Published in 1943. Worn and tattered, it is inscribed with a note stating it was a gift from his brother. It too covers a host of tips, plantings and solid advise. Good reading on a cold windy March day.

Dream on fellow homemakers, spring is around the corner. The dogwoods will bloom and the lovely daffodils are already poking up. We've made it through another winter! Easter is early this year too. Tells me blue sky's and gentle winds will guide my path soon!

Diane Shrewsberry

## It's not too late to drop of quilts!

The McCracken County Library has asked us to provide quilts to display during the month of April. These can be wall hangings, placemats, quilts or anything quilted.

If you have any of these items that they can borrow please drop them off at the office between March 1st - 15th. Please be sure to pin a tag on the back of the item with your name on it.

Thank you for your help! Elaine Stevens

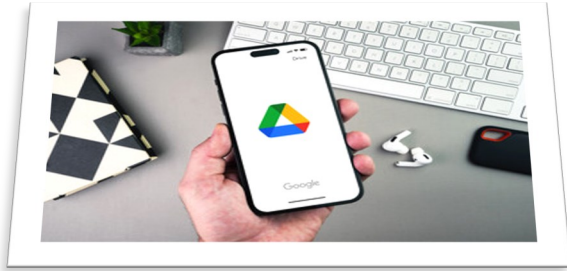


Felicia (Lissy) Stewart joined the Hearthside Homemaker Club in 2021 after she moved back to Paducah from Arkansas. She is now serving as President of Hearthside Club. She was a mailbox member for several years while living in Arkansas.

She enjoys cross stitch, adult coloring, bird watching, fishing, and some crafts as well as some of the activities at the extension office. She also enjoys activities at the Senior Center such as line dancing, making greeting cards, and doing jigsaw puzzles.

Felicia worked at Lourdes Hospital for 12 years before moving to Arkansas. She has 2 sisters, 1 brother, and many nieces and nephews. She remembers her grandmother and mother going to quilting bees. She has a quilt that her grandmother and friends quilted for a wedding gift. Felicia is a member of Concord United Methodist Church.

## MARCH TECH CLASS: LEARN THE BASICS OF GOOGLE DRIVE



**WEDNESDAY, MARCH 13TH**  
**10:00AM**

Get to know how to store and share files in Google Drive. Discover how Google Drive keeps files safe and secure. Practice using your Drive and get helpful tips about how to keep it organized. This workshop is designed for learners who are new to digital tools. Learn how to add files and folders to your Google Drive, move files and folders, search for files and folders, and share files and folders with other people.

\* April Tech Class: Computer Basics

### Other Upcoming Homemaker Events

(More details will be coming soon)

- ◆ Spring Craft Yard Sale - April 19 - 20
- ◆ KEHA - State Meeting May 7 - 9
- ◆ McCracken County Fair Entries - June 21
- ◆ County Annual Day - August 20
- ◆ Purchase Area Annual Day - September 10
- ◆ Taste of McCracken: September 27

## JOIN US FOR AN EGG-CITING EASTER EGG PAINTING EVENT!

**PYSANKY METHOD**



Let your imagination be your guide, and create a spring craft that you can enjoy for years!

**COST: \$7.00 FOR 2 EGGS**

Includes eggs, stylus, paint, and an instruction booklet

**TAKE HOME YOUR HANDMADE EASTER EGG CREATIONS.**

For ages 18+. Limited spots available, RSVP by March 5th

**PRESENTED BY MCCRACKEN COUNTY HOMEMAKERS**

Event held on March 8th 9:30 am - Noon



## FUNDAMENTALS OF CAKE DECORATING BY CARYN LYLES

JOIN OUR CLASS FOR TWO SESSIONS TO LEARN CAKE DECORATING BASICS

MONDAY, MARCH 25TH AND APRIL 22ND

1:00 - 2:30 PM OR 5:30 - 7:00 PM

COST: \$10 (PAY AT DOOR)

This beginner-friendly class will teach you everything you need to know about:

- Tools and Materials
- Buttercream Basics
- Color Theory
- Piping Techniques
- Finishing Touches



LIMITED SEATS AVAILABLE. REGISTER NOW BY CALLING (270) 554-9520



*Kelly Alsip*

**Kelly Alsip, Agent for Family and Consumer Sciences, McCracken County**  
kelly.alsip@uky.edu

 Like us on **Facebook**

PAMHAC Presents a  
FREE Senior Event

# ST. PATRICK'S LUCKY BINGO

**MARCH 28, 2024  
1 - 3 PM**

McCracken County  
Extension Office  
2025 New Holt Rd  
Paducah, KY 42001

RSVP to  
Krista Curlin - 270.519.9734  
Whitney Bladon - 270.540.1479

CHECK OUT THE NEW MCCRACKEN COUNTY  
EXTENSION MONTHLY EVENT CALENDAR AT:

<https://mccracken.ca.uky.edu/newsletters/mccracken-county-march-2024-event-calendar>

## ONE MORE CLASS AVAILABLE

### American Heart Association Heart saver CPR/AED Class



Join us for an exciting CPR/AED class at the McCracken County Extension Office. Learn life-saving techniques and gain the confidence to

handle emergency situations. Our experienced instructors will guide you through hands-on training and provide valuable tips to keep you prepared. Whether you're a concerned parent, a caregiver, or simply interested in acquiring essential skills, this **in-person event** is perfect for you. Don't miss this opportunity to become a hero in your community. Sign up now! Two class times to choose from:

**3/29/24 1:00 pm - 4 pm**

Register by going to:

<https://www.kyemt.com/collections/frontpage>

This class is open to the public free of charge!  
Only pay if you need a CPR card certification.



## Dijon Chicken Asparagus Roll Ups

<b>3 tablespoons</b> Dijon mustard	<b>2 teaspoons</b> dried thyme	<b>4</b> skinless, boneless chicken breast halves (about 5 ounces each)
<b>½ cup</b> low fat mayonnaise	<b>2 teaspoons</b> black pepper	<b>4</b> slices skimmed mozzarella cheese
<b>1</b> lemon, juiced (approximately 3 tablespoons)	<b>½ teaspoon</b> salt	<b>1 cup</b> panko bread crumbs
	<b>16</b> spears fresh asparagus, trimmed	

**Preheat** oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings  
**Nutritional Analysis:**  
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

## BIG BLUE BOOK CLUB

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



*It's not too late to register for the Big Blue Book Club Series.* Join others as they discuss **Heartland: A Memoir of Working Hard and Being Broke in the Richest County of Earth** by Sarah Smarsh. The first Big Blue Book Club series for 2024 will be held **on April 11, 18, and 25.** **Each Thursday morning session will be presented via Zoom at 10:00 am CST.** Each session will be recorded, so if you aren't available during the day, you are welcome to participate via the recording. (The extension office will have additional books available if registered.)

## Cooperative Extension Service

Agriculture and Natural Resources  
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Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
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with prior notification.