

# McCracken County Extension Homemaker Newsletter

## Family and Consumer Sciences September 2023



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...

Back to school! Don't we all remember those first few days of returning to school after summer vacation? Appears to me it gets earlier all the time. When we started back it seems like it was already cooler and tobacco had been cut. Many times already hauled to the barn. Of course we don't see too many old fashioned work yourself to death tobacco patches any longer. I still bear a scar from a spike!

And the old Sears catalog! Paging through as a wish list, I usually got to pick out a dress or two, and a new pair of shoes. I remember getting "Gumdrops" one year. Seems like they were a lace up but not a saddle oxford. A new book satchel would sometimes show up in the mail as well. I remember how they smelled. All new and holding a couple of sharpened pencils and a couple of spiral notebooks.

I loved riding the school bus with Mrs. Dance as our driver. She always had one eye on the road and one on the mirror watching those 8th grade boys causing a ruckus in the back. Mrs. Sally Brame the third grade teacher rode the bus. She helped Mrs. Dance keep law and order!

My grandmother on my mom's side was the head cafeteria cook. Everyone loved her hot rolls. I cannot make them to save my life but they were the hit of the school. Recipe is included in this issue, and if any of you have success please tell me. The last batch I attempted, the grandkids used for baseballs. There was always peanut butter and cheese on the tables, I guess a government subsidy. Extra milk was two cents, and lunch was 1.25 a week.

Some afternoons I would get to snuggle under Grans desk in the very back of the cafeteria and wait for Mom to pick me up. That was on those days when no one was home or I felt bad. Too young to ride the bus and left by myself in the house. On those occasions I'd sneak across the hall to where the big walk in cooler was. I always wanted to go in, but there was the fear of the door slamming behind me and I'd be found frozen the next day.

School work was fairly easy until 3rd grade. I hated the multiplication table races. I finally learned  $7 \times 6$  is indeed 42 and it won't change. However, I also learned there is no humanity in perfection, so having a bit of time to think about that is ok.

Enjoy your September. Pumpkin season is around the corner, then we all know what is to follow!



Liz Hudson is the September's Homemaker Spotlight of the month and is secretary of the Happy Homemakers Club. She is a wife of 62 years, a mother of two daughters, and two great sons-in-law, a grandmother of four and a great grandmother. Liz works with Special Needs at Heartland Church where she is a member. She is also a charter member of The PAPA Gallery. Liz loves people and has met so many friends in Homemakers.

## JOIN US FOR ARTS & CRAFTS DAY!



BOTTLE CAP ART: \$3



MEMORY WIRE BRACELET: \$5

Sign up soon for the September Arts & Crafts Day on **Friday, September 8th at 9:30 am**. Make one project or both!

### Upcoming Projects:

**Friday, October 13th – OCTOBER FEST**

Jute Wreath (\$10), Bow Making (\$2), Oyster Shell Ornament (\$5), Colorful Trivet (\$5), Decorative Personalized Journal (\$3), Seasonal Decorative Milk Can (\$8), Fleece Dog Toy (\$2)

Pick a project(s) and sign up soon!

A big  
Thank  
You

A big thank you to Sue Cash for organizing and planning the Two Day Scrapbook Crop that was held on August 18 & 19. The crop was very successful, making almost \$3,000! The Juanita Amonett Scholarship fund received \$2,570 from registration fees and over \$400 was raised for the Backpack

Program thru a silent auction and raffle baskets. There were 65 ladies in attendance, along with five vendors and one person doing massages and deluxe foot baths. Sue had several volunteers and staff members help her to make this event so successful. A huge thank you to all that volunteered to help make this event a success!



## SEPTEMBER TECH CLASS:

### Getting Started with Google

**Wednesday, September 13th  
10:00 a.m.**

This beginner computer class will walk you through setting up a Google account and give an overview of the different apps that you can use with it, such as Gmail. If you don't want to use Google, you can still take the class because the info on setting up accounts and basic email use will transfer to other programs

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



# GAME DAY

**Meets on the third  
Thursday of every month  
9:00 - 12:00  
Next meeting is  
Friday, September 21st  
at the extension office**

 Like us on  
**Facebook**

McCracken County Cooperative Extension Service

## Traveling Through Times

was the theme of the 97th McCracken County Extension Homemakers Annual Meeting. Over 65 people attended the meeting. New officers were installed, Dianne Dicky as Vice-President, Phyllis Willett as Secretary and Elaine Stevens as Treasurer.



Guest Speaker, Mayor  
Kathy O'Nan of Mayfield



*Congratulations to Dr. Beverly Largent for winning the Homemaker of the Year Award!*

# SAVE THE DATE

22nd Annual

## PURCHASE AREA HEALTH EXPO

with DEA Drug Take Back Day

**SATURDAY, OCT. 28, 2023**

9:00 am - Noon

McCracken County Cooperative Extension  
(2025 New Holt Road, Paducah)



To register as a vendor, email [mischelle.dukes@anthem.com](mailto:mischelle.dukes@anthem.com)



## Tomato Zucchini Herb Bake

<b>2 tablespoons</b> olive oil	<b>2 tomatoes</b> , seeded and chopped	<b>½ teaspoon</b> ground black pepper
<b>1 small sweet</b> onion, diced	<b>½ teaspoon</b> dried basil	<b>1 cup</b> cooked long grain brown rice
<b>1 ½ pounds</b> zucchini, cubed	<b>½ teaspoon</b> paprika	<b>2 cups</b> shredded mozzarella cheese, divided
<b>1 clove</b> garlic, minced	<b>½ teaspoon</b> dried oregano	
	<b>½ teaspoon</b> salt	

**Preheat** oven to 350 degrees F. **Lightly grease** a shallow 1 ½-quart casserole dish. **Heat** oil in a large skillet or pot over medium heat. **Sauté** onion for 3 minutes until slightly softened. **Add** the zucchini and garlic and **cook** for 5 to 7 minutes, or until slightly tender. **Add** tomatoes and allow to **heat through**, about 2 minutes. **Add** basil, paprika, oregano, salt, pepper, and rice and **stir** to combine. **Turn off** heat, and **fold in** 1 cup of

cheese. **Transfer** to the prepared casserole dish, and **top** with the remaining cheese. **Bake** uncovered for 20 minutes, or until cheese is melted and bubbly.

**Yield:** 6, 1 ½ cup servings

**Nutritional Analysis:** 220 calories, 12g fat, 5g saturated fat, 0g trans fat, 20mg cholesterol, 450mg sodium, 17g carbohydrate, 3g fiber, 4g total sugars, 0g added sugars, 12g protein

Find more seasonal recipes at

<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>

# Open to all Purchase Area Counties

Join our New Homemaker Club

## Modern Homesteading

For an Organizing & Information Meeting

Learn about joining | help organize club | name new club

**Tuesday, September 26th**  
@ 6:30 pm

Extension Meeting Hall  
93 Extension Way  
Murray, KY 42071

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development  
Lexington, KY 40506

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**PLEASE NOTE THAT KELLY WILL BE OUT OF THE OFFICE THE WEEK OF SEPTEMBER 11–15. SHE WILL BE AT THE NEAFCS CONFERENCE IN RHODE ISLAND.**

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<b>UPCOMING EVENTS</b>	
Adult Sewing – Weekly on Tuesdays, 9 – 12	
Sept. 7 & 21	Needlework Club, 10 am – 12 pm
Sept. 7 & 21	Crochet & Knit Club, 1 – 3 pm
Sept. 8	Arts and Crafts Day, 9:30 am
Sept. 11	Quilting Club, 10 am
Sept. 12	Golden Days Club, 10 am
Sept. 13	Tech Class, 10 am
Sept. 19	Bags of Love, 9:30 am
Sept. 19	Purchase Area Annual Day (Ballard County)
Sept. 20	Scrapbooking 9 am–3 pm
Sept. 21	Game Day, 9 am
Sept. 25	Garden Club, 10 am
Sept. 26	Advisory Council Meeting, 9:30
Sept. 29	Homemaker Lesson, 10 am <i>Planning Thrifty Holiday Meals</i>



*Kelley Alsip*

**Kelley Alsip**  
Agent for  
Family & Consumer

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

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 Disabilities  
accommodated  
with prior notification.