

# ALLOWAY COUNTY COOPERATIVE EXTENSION

**FAMILY &  
CONSUMER  
SCIENCES**

**April 2025**

## Happy April!

As I begin my third year as the Calloway County Family and Consumer Sciences (FCS) agent, I can't help but reflect on the many wonderful people I have met along the way. My job is incredibly fulfilling, and I love having the opportunity to teach classes that make a positive impact on your daily lives.

This month's newsletter includes helpful information on spring cleaning- an excellent way to refresh your home while also being mindful of the rising costs of good. Additionally, I've included some budget-friendly recipes that can help stretch your grocery dollars.

April is also an exciting month for classes! Morgan Steinman will be teaching Sourdough 101, where we will learn how to create a sourdough starter from scratch and explore various recipes for delicious homemade breads. If you've ever wanted to try your hand at sourdough baking, this is the perfect opportunity to get started and it's FREE!

Don't forget to tune in to my monthly radio show on WNBS at 8:08 AM on April 17<sup>th</sup>, where I'll be sharing more helpful tips and insights. Also, mark your calendars for the wonderful Quilt Show in Paducah- and event you won't want to miss!

Thank you for your continued support, and I look forward to another fantastic year of learning and growing together!



## Reminders

- RSVP for Second Saturday Sewing Studio
- RSVP for Sourdough 101

## Upcoming Events

### APRIL

- 12** Second Saturday Sewing
- 14** Area Homemaker Council Meeting
- 18** Sourdough 101

## Office Info

93 Extension Way  
Murray, KY 42071  
270-753-1452  
8:00am-4:30pm  
[calloway.ca.uky.edu](http://calloway.ca.uky.edu)

FCS Agent: Debbie Hixon  
[debra.hixon@uky.edu](mailto:debra.hixon@uky.edu)



Calloway FCS

### 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

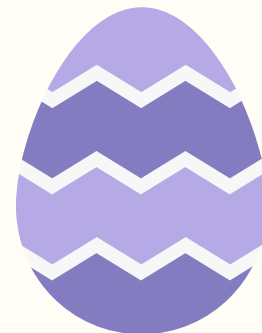
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Disabilities  
accommodated  
with prior notification.

# Calendar of Events

April 1	Cooking Through the Calendar	10:30 am	CCPL
April 2	County Homemaker Council	9:30am	Meeting Hall
April 4	Laugh and Learn	10am	CCPL
April 5	Shooting Sports meeting	9am	Range/MH
April 5	Creative Crafts Workshop	1pm	Meeting Hall
April 8	Modern Homesteaders mtg	6:30pm	Meeting Hall
April 9	Quilt Lovers Charity Sew	9am	Meeting Hall
April 9	Town and Country meeting	11am	Pagliai's
April 11	WITS Workout	10am	Senior Ctr
April 12	Second Saturday Sewing Studio	9am	Sewing Cabin
April 15	Quilt Lovers social hour	5pm	Meeting Hall
	Quilt Lovers meeting	6pm	Meeting Hall
April 18	Sourdough 101 Starter Class	1pm	Meeting Hall
April 20	<b>EASTER</b>		
April 22	Friendship meeting	6:30pm	Judy Stahler
April 24	Happy Hearts Meeting	11am	Meeting Hall
May 3	County Homemaker Bazaar and yard sale		
May 6-8	State KEHA meeting		
June 16	Fair Check in entries		
June 17-21	Murray-Calloway County Fair		
July 1	Homemaker Yearbook information due		
July 23	County Homemaker Tally Day	10am	Meeting Hall



Cooperative Extension Service

## Calloway County FCS Extension

# SOURDOUGH 101

Learn how to create your own sourdough starter!  
Call to reserve your spot \*FREE  
(270) 753-1452

<b>APRIL 18TH</b> 1 PM - 3 PM	<b>Calloway County Extension Office</b> 93 Extension Way, Murray
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Calloway Co. FCS & MCV Present

## Second Saturday SEWING STUDIO

**APRIL 12 2025**  
SATURDAY 9-11 AM

**LEE FURST SEWING CABIN**

\$5  
All materials provided  
April project is a zippered pouch

Call the Calloway Extension Office to register!  
270-753-1452

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PLEASE JOIN THE CALLOWAY CO. HOMEMAKERS FOR A

# Bazaar & YARD SALE

*Saturday, May 3, 8am-12pm*

VENDORS CAN SET UP FRIDAY FROM 10AM-4PM OR SATURDAY @ 7:30AM BY SPECIAL ARRANGEMENT WITH REBA HENSON. VENDOR BOOTHS ARE ONLY OPEN TO HOMEMAKERS OR HOMEMAKER CLUBS. CALL THE CALLOWAY COUNTY EXTENSION OFFICE AT 270-753-1452 FOR ANY QUESTIONS.

CALLOWAY CO. EXTENSION CAMPUS  
WHITE MEETING HALL  
93 EXTENSION WAY,  
MURRAY 42071

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Agriculture and Natural Resources  
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CARLISLE COUNTY EXTENSION HOMEMAKERS INVITE YOU TO CELEBRATE

KENTUCKY COOPERATIVE EXTENSION

PURCHASE AREA EXTENSION HOMEMAKERS

# AREA ANNUAL MEETING

**TUESDAY, SEPTEMBER 23, 2025**

THE FELLOWSHIP HALL OF  
BARDWELL BAPTIST CHURCH  
323 US-51,  
BARDWELL, KY 42023

Cooperative Extension Service

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# Homemakers Corner

## Wrapping Up the Year and Planning Ahead

As we wind down another successful Homemaker Club year, there's still plenty to do! Your help is essential in making sure we wrap up this year smoothly and prepare for the next.

- ◆ **Volunteer Hours Collection** – If you have been tracking volunteer hours, please ensure they are submitted to your president or Leadership committee chair in May or June. These will be compiled on **Tally Day, July 23rd**.
- ◆ **Activities & Volunteer Journal** – Club presidents, please have each member complete the **single-page Activities and Volunteer Journal**. This document provides valuable data for the year-end reports for various Educational Committees.
- ◆ **Slate of Officers for 2025-2026** – Each club should submit their list of officers **by July 1st**.
- ◆ **Yearbook Updates** – Please take a moment to check the contact information listed in the yearbook. We will be updating it and want to ensure accuracy.
- ◆ **Upcoming Events & Educational Trips** – If your club is planning any special educational trips or events and would like to invite members from other clubs, please share those details with me **by July 1st**.

I appreciate your help in making this transition as smooth and accurate as possible. Thank you for all you do!



	All classes start at 10am	Graves	Hickman		Marshall	McCracken
Lesson	Healthy Eating Around the World	Graves 270-257-2334	Hickman 270-653-2231			
MAY	Anna Morgan	4/30	4/29		5/1	5/2
Lesson	Carbon Monoxide	McCracken 270-544-9520			Marshall 270-527-3285	
JUNE	Mailout					

# *Club News & Announcements*

**Creative Crafts Workshop-** Krista Curlin from Charter Senior Living will host a "Paint and Sip" lesson on Saturday, April 5<sup>th</sup> in the Meeting Hall beginning at 1pm. Please reserve a spot by phoning the office, 270-753-1452.

**Friendship Club-** will meet on Tuesday, April 22<sup>nd</sup> at the home of Judy Stahler for a potluck at 6:30pm. FCS Agent Debbie Hixon will present the lesson, Gardening Safely.

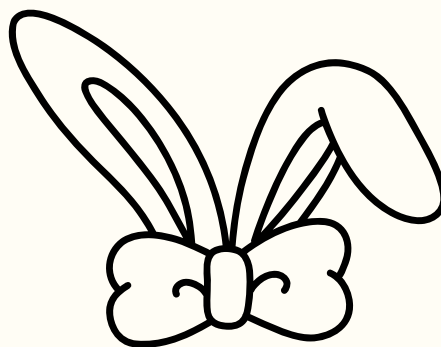
**Happy Hearts-** Debbie Hixon will present the Gardening Safely lesson Thursday, May 24<sup>th</sup> at 11:00am along with a Mexican themed potluck.

**Modern Homesteaders-** The meeting will be Tuesday April 8<sup>th</sup> at 6:30 pm in the Meeting Hall. The lesson will be Gardening Safely.

**Quilt Lovers-** The monthly meeting will be Tuesday, April 15 with social hours starting at 5pm and the meeting at 6pm. Vickie Jost will present the lesson 'Notions and Novelties'. The charity sew day is Wednesday, April 9, from 9am-4pm.

**Shooting Sports-** will meet Saturday, April 5<sup>th</sup> at 9am either on the range or the Meeting Hall for their meeting and practice.

**Town and Country-** Pagliai's is the location of the April 9<sup>th</sup> meeting and lunch beginning at 11am.



# Calloway County Shines at Homemaker Area Cultural Arts Event

The Homemaker Area Cultural Arts event was held on **March 31st** at the **Graves County Extension Office**, and Calloway County had an impressive showing! With **22 entries** submitted for the competition, we are thrilled to announce that **11 of those entries** have advanced to the **State Cultural Arts Competition in Lexington, May 5-8**.

Congratulations to our talented participants moving on to the next level: Vicki Jost with 6 entries, Pat Gill, Tammi Mitchell, Eve Adams, Myrna Vazquez, and Judi Little.

We are so proud of everyone who participated and showcased their creativity. Best of luck to those competing at the state level!





# **Yard Sale and Bazaar**

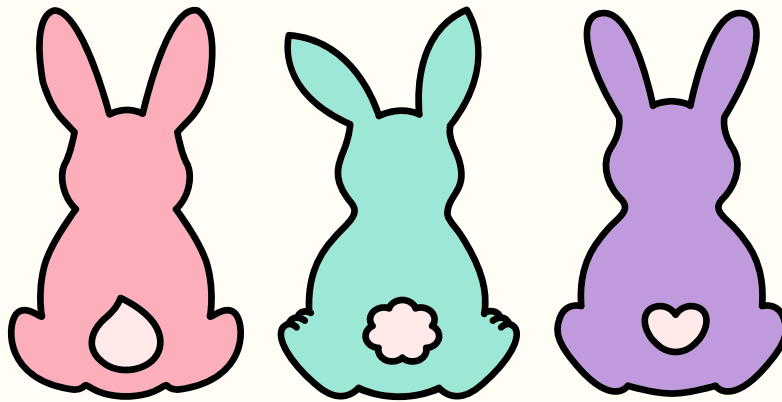
**Saturday, May 3<sup>rd</sup>, 2025**

**8:00am - 12:00pm**

**Meeting Hall and Pavillion**

**Bazaar Booths available**

We are offering Bazaar booth rentals to any Kentucky Homemaker or Homemaker Clubs for \$15. Vendors may set up Friday from 10am-4pm. Early Saturday set must be arranged in advance. Call Reba Henson, Connie Talent, or the Extension office for more details.



## *Share Your Favorite Mother's Day Memory!*

Mother's Day is just around the corner, and we want to hear from YOU! Do you have a special memory of celebrating your mother? Or maybe a heartfelt moment as a mother yourself? Whether it's a tradition, a surprise, or just a simple yet meaningful day, we'd love for you to share your favorite Mother's Day memory.

We'll select the top three stories to feature in our May newsletter- and yes, winners will receive a fabulous prize! (Maybe even that trip to Hawaii I keep promising... but let's be honest, it might be more like a coffee gift card!)

Send in your memory to me by April 25<sup>th</sup>- email ([debra.hixon@uky.edu](mailto:debra.hixon@uky.edu)) or USPS (93 Extension Way). We can't wait to read your stories!

Happy Mother's Day in advance!





# THE TRADITION OF SPRING CLEANING: A FRESH START

As the days grow longer and the sunshine streams in, many of us feel the urge to freshen up our homes—cue **Spring Cleaning!** But have you ever wondered why we associate deep cleaning with this season?

Historically, spring marked the perfect time to clear out winter's dust and grime. Before modern heating, homes were heated with wood or coal, leaving soot and residue on walls and furniture. Once warmer weather arrived, families could open their windows, shake out rugs, and scrub their homes from top to bottom. In many cultures, spring cleaning is also tied to traditions of renewal and preparation for new beginnings.

Whether you're tackling clutter or scrubbing floors, a clean home can bring a sense of refreshment and renewal. And what better way to do it than with **homemade, eco-friendly cleaners**? Check out these simple DIY cleaning recipes included in this issue!

Happy Spring Cleaning! 🌱 ✨

Home Maintenance: Protect Your Investment

## Green Cleaning

1

### ALL-PURPOSE CLEANER

- 3 tbsp. white vinegar
- ½ tsp. washing soda
- ½ tsp. vegetable oil based liquid soap
- 2 cups hot water

Mix ingredients in spray bottle or bucket. Apply and wipe clean.



Home Maintenance: Protect Your Investment

## Green Cleaning

2

### DISINFECTANT

- 2 tbsp. borax
- ¼ cup vinegar
- 2 cups hot water

Combine the borax and vinegar with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.



Home Maintenance: Protect Your Investment

## Green Cleaning

4

### LAMINATE FLOOR CLEANER

*For engineered wood and no-wax floors.*

- ½ cup white vinegar
- 1 gallon warm water

Mix ingredients. Avoid overwetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (microfiber mops work best).



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the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.