

# Sunset Homemaker Club

The Sunset Homemaker Club met on Thursday, May 9, 2019 5:00 pm Wendy's. President Barbara Jackson called the meeting to order.

Our lesson for this month was "The Gluten-Free Choice- is is for me?" The gluten-free diet is emerging as one of the most popular trends on the market, but gluten seems to be widely misunderstood. This lesson defines gluten, describes a gluten-free diet, and discusses who should follow this diet. Gluten is a protein found in wheat, barley and rye. Also frequently found in cereals, breads, pastas, and other bakery items. It is estimated that 1 in 133 people exhibit symptoms of gluten sensitivity. Those who have celiac disease cannot tolerate even the smallest amounts of gluten. Celiac disease is a genetic auto-immune disorder, now known to be hereditary, which causes a negative reaction to gluten in the gastrointestinal tract. A gluten-free diet is specifically meant for people who cannot digest gluten. If you wish a copy of the entire lesson, please contact the Extension Office.

Business meeting was conducted as usual thought for the month: "Learn from the mistakes of others. You

can't live long enough to make them all your- self" -Eleanor Roosevelt. Members roll call was to answer what is your Mom's favorite recipe or cleaning tip?

Sharon Bunch gave our devotional for this month entitled "My Grandma's Hand:. Also Diane Haney read a story entitled, "Meanest Mother".

This years homemaker club is over and next year's club will begin in September 2019 and run through June 2020. we welcome new members and/or visitors. For more info you may call 270-343-3646



The City of Russell Springs has updated all of the "Welcome" signs in time for warm weather and tourist traffic.

## FAMILY

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gone are the Ritz crackers, creamy Jif peanut butter, banana popsicles, clam chowder, Fig Newton bars, Beanie Weenies, A&W Root Beer, Frosty Flakes, and Hostess cupcakes that David enjoyed. I still notice them on the grocery shelves, but there's no reason to buy them anymore. And that, of course, reminds me of David. Lots of adjustments to make, and we're doing it. No other choice.

Barney Cat says, "How far you go in life depends on your being tender with the young, compassionate with the aging, sympathetic with the striving, and tolerant of the weak and the strong, ---- because some day you will have been all of these." "We" thank you for reading "our" column. Till next week.



## Memorial Day

Deadline for the May 30th edition will be Thursday, May 23 at 4 PM



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