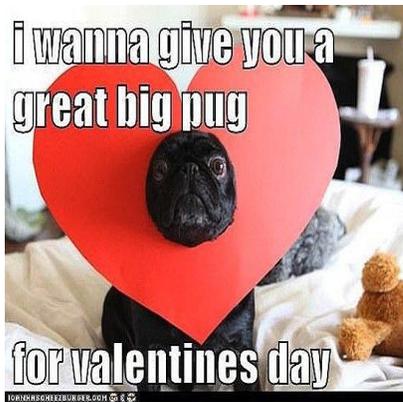


FAMILY & CONSUMER SCIENCES

Lyon County Extension Homemaker Newsletter

**Cooperative
Extension Service**
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February 2017



<https://images.search.yahoo.com>

Exciting Opportunity for Lyon County

Have you ever read in a magazine or seen on TV where a product, drug, or item makes a statement like, “according to the research, such and such item lowers the risk of _____?” Have you ever thought to yourself, “who participates in that research,” or “how do you get an opportunity to be in a study like that?” Well, as luck would have it, you have an opportunity in your own back yard. That’s right, at the Lyon County Extension Office we will be testing factors that could help you age more gracefully and with purpose. This study is for anyone over the age of 18 and will last for one year. Starting in April of 2017 participants will be asked to attend one meeting per month for 12 months. Each meeting will cover a topic included in the “Keys to Embracing Aging Curriculum” designed by researchers at the University of Kentucky. Evaluations completed by participants will be included in a joint study being completed by the University of Kentucky and Kansas

State University. This project will be taken very seriously and those wishing to participate will need to commit to being available at each of the 12 meetings and completing the tasks each month. Without full cooperation and participation the results of the study will not be as comprehensive. The lessons taught each month are fun, interactive, and will allow participants to take away information (and goodies) that will help them learn how to “embrace life as you age.” This project is being funded by USDA. If you are interested in being a part of this unique opportunity, please contact the Lyon County Extension Office by March 31, 2017 to sign up. The meeting dates are:

- | | |
|--------------------|-------------------|
| April 25, 2017 | October 24, 2017 |
| May 23, 2017 | November 17, 2017 |
| June 27, 2017 | December 15, 2017 |
| July 25, 2017 | January 23, 2018 |
| August 22, 2017 | February 27, 2018 |
| September 26, 2017 | March 27, 2018 |

The classes will meet from 4:15 until 5:45 each month at the Lyon County Extension Office. Please make sure you are available on all the dates before signing up for the research study. Light refreshments will be provided each meeting. For more information please contact Angie York, Extension Agent for Family and Consumer Sciences, at 270-388-2341.

Genealogy Club to Meet

If you are interested in exploring your family history, please contact the office at 270-388-2341 and sign up to meet with the new Genealogy Club. The next

meeting will be **February 21, 2017 at 5:30 pm** and Carole Green will be leading the discussion and activities. You will need to bring a laptop and any info you have on your parents and grandparents for the events planned at the next meeting. You don't have to have any prior experience before joining the group. This will be a "learn as you go" club. Please feel free to invite others who may not be Homemaker members. If you know someone who is interested in the topic, please spread the word about the club meeting. Please join us!

Report Corner

- Don't forget to keep up with your volunteer hours for this month.
- If you attended a quilting class or other heritage art class please count toward your Cultural Arts Club Report.
- If you read any books ***from the book list*** this month, please list the name of the books and turn into your club President to be added toward the Cultural Arts Club report.
- If you attended a leader lesson on "social media," please note that on your Leadership Development report.

Opportunity Quilt Sales

The drawing for the opportunity quilt will be at 10:00 on Valentine's Day, February 14, 2017. Please join us at the office to witness the drawing and for photo opportunities. Wouldn't that "BEE" a lovely gift for your "HONEY." The winner will be notified on that day.



March 7-Cultural Arts 2017

Time is flying by and Cultural Arts is quickly approaching. I hope you are close to completing

your project for entry into this year's contest. There are a couple of ways you can enter. One, you may drop your items by the Lyon County Extension Office by end of business on March 2, 2017. I will then transport and enter your items into the contest. The second option is you bringing the items to the UK Research Center on the day of the event. You must see me ahead of time to get the tags you will need to enter your item. It is going to be a great day and I would encourage you to think about attending. If you bring your item on the day of the event it must be tagged and entered by 11:00am. New this year, there will be a food truck on site for lunch. Please read all the details on the flyer below. Can't wait to take the class, enjoy lunch, and see all the beautiful items displayed at this year's event. Oh, and by the way, you don't have to enter a project to come enjoy the day!

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

Pennyriple Area Cultural Arts Day
Tuesday, March 7, 2017
10:00 a.m. - 1:30 p.m.
Princeton Research and Education Center

Join us for a day celebrating the arts!

There will be Cultural Arts judging, as well as a hands-on wire-wrap bangle making class taught by Kelsey Braden, owner of Silver Linings Accessories.

- The bangle making kit will cost \$8. There is no charge to attend the class. Bring cash.
- The Chef to Go Food Truck will be on-site so you may purchase lunch at the REC. Bring cash.
- Contact your county's Family and Consumer Sciences Agent prior to the event to obtain entry tags for Cultural Arts judging.
- Copies of entry categories and subcategories are available on the KEHA website, or at your local Extension Office.

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

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LEXINGTON, KY 40546

Disability accommodations with prior notification.

Sewing Machine Protocol

Because of high demand on Extension owned sewing machines, you will now have to call ahead when needing to borrow a machine for a quilting or sewing class or during quilt club. The office only has a few machines and it has come to my attention there have been some issues recently when those have needed to be borrowed. If you don't have a machine or cannot transport your machine, please call the office at 270-388-2341 and let staff support know the date and class for which you will be needing to use ours. We will log those calls first come first serve. I apologize for any inconvenience this may cause and I will continue to purchase more for us to use when possible.

Homemaker Spring Seminar

Mark your calendars and prepare to join us for another exciting Spring Seminar. This year we will be traveling the globe and learning more about the Countries of China, Czech Republic, Haiti, Ghana, and Germany. Please see the flyer below for all the needed information. The last day to sign up for the event is **April 7, 2017**. No late registrations will be accepted. The cost is \$12.



CATERED PASTA LUNCH & TACKY TOURIST CONTEST
HELD AT UK RESEARCH CENTER IN PRINCETON, KY

Homemaker History Project

Have you been in the Lyon County Homemakers for a few years? If so, we need your help. Kristy Dunn and crew have taken on the task of sorting through a few boxes of Homemaker pictures, some dating back into the 1950's. Many of the people in the photographs have not yet been identified. If you would be willing to help figure out our mystery Homemakers, please call the office and let us know. A date will be set for a workday and all those interested can get together to reminisce and look through years of Homemaker history. If you have pictures, newspaper articles, or other Homemaker memorabilia you would like to donate for the historical album that is being created, we would love to have that as well. Looking forward to getting together and looking into our past. Please call 270-388-2341 to let us know if you are interested.

Make Your Next Homemaker Meeting Healthier

Source: Heather Norman-Burgdolf, UK extension specialist in food and nutrition

It seems like we see the typical donuts and pastries at every meeting we attend. This can be trouble for individuals trying to maintain a healthy diet, considering a single donut or pastry could contain 300 calories or more. Next time, try serving some healthier food options. Below are some suggestions for healthier snacks for any time of day.

- Pass the water. Be sure to have cups on hand for a water fountain or bottled water as a beverage option. Bypass the sugar-sweetened beverages including soda and fruit juices.
- Washed, fresh fruit such as apples, bananas and grapes require very little preparation. Fruit trays with sliced fruit and dip are easy, great for any time of day and can satisfy any sweet tooth.
- Veggie trays, including raw carrots, celery, cucumbers, broccoli or tomatoes, are great for a meeting over lunch and can be served with a low-fat dip or hummus.
- Nuts, such as walnuts and almonds, are easy to store, prepare and have a variety of health

benefits. Although they are very nutritious, be mindful they have high caloric content so providing nuts in an individual serving may be helpful in controlling portion size. Keep in mind, nut allergies are common.

- Whole-grain crackers are great with hummus or low-fat cheeses and are a hearty option for lunch or afternoon meetings.
- Look for creative ways to make your meetings more physically active, such as taking a “walking meeting” or building in stretch/walk breaks for participants.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Sincerely,



Angie York County Extension Agent for Family & Consumer Sciences

Calendar of Events

Paper Crafters

Date: February 13, 2017 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: February 10, 2017

Don't miss out on our monthly paper craft project. You just never know what we might get into, but I can guarantee it will be cute. Join us the second Monday night of every month!

Homemaker Leader Lesson: Mediterranean Diet

Date: March 3, 2017

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: March 2, 2017

Agent Jill Harris will be joining us to talk more about the Mediterranean Diet. Explore the flavors of the Mediterranean as you learn how their lifestyle and culture affects chronic disease. You do not have to be the lesson leader to attend this class. If the topic interests you, come on over and join us!

Paper Crafters

Date: March 13, 2017 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: March 10, 2017

Don't miss out on our monthly paper craft project. You just never know what we might get into, but I can guarantee it will be cute. Join us the second Monday night of every month!

Winter Weather Policy

If school is closed in Marshall or Lyon County, FCS programs at the Lyon County Extension Office will be cancelled. In the past, we have included Livingston in this (as I drive through Livingston to get to the office), but I have found they often cancel when roads are passable for me. Please be watching for Marshall or Lyon counties, and if they are closed, FCS programs will be canceled.

