

Lyon County Extension Homemaker Newsletter

**Cooperative
Extension Service**
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July/August 2016

IT'S HOT. THAT IS ALL.

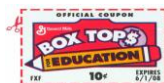
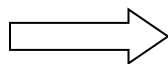
If you are from somewhere below the Mason/Dixon line then you have probably heard someone say it is hotter than the blue blazes. If you don't know what that means just take a walk outside. This heat? Crazy? I hope you have found fun activities to do inside where the air is cool. If you have to venture out be sure to remember:

- Using sunscreen is important.
- Wearing the right clothing will increase your protection from harmful rays. A day outside should include a hat that shades the neck, ears, and face.
- Medical experts believe that the sun causes most skin cancer, which is the most common form of cancer in this country.

Did you Know?

The Lyon County Homemakers work in many ways to support our community and beyond. Did you know we collect:

- **Coupons for Soldiers:** Bring your expired coupons (or those that have not expired), but please be aware of the following- **1.** The coupons must be clipped. We cannot accept them if they are still in the newspaper format. **2.** We cannot accept coupons that are for a specific store or restaurant. For example if the coupon says "redeemable only at Target" we could not accept that.
- **Box Tops:** Clip your box tops coupons and drop them by the office. We will get them delivered to the Lyon County Elementary School where they redeem the tops for items to be used in the school. The box tops look like this



- **Best Choice Labels:** If you purchase the "Best Choice" brand from Food Giant, save the barcode and the writing just beside it that declares the Best Choice Brand name. These are given to Hope

Food Bank who is able to redeem the labels with the company for money to be used at the Food Bank. The Best Choice labels can be from any Best Choice product whether it is frozen, canned or anything else. Those labels may look like this:



Please note we no longer accept plastic drink lids or empty pill bottles. We no longer have a place to use or distribute these items. Thanks to everyone who has been diligent in helping with this project. Again, we no longer accept plastic drink lids or empty pill bottles.

Homemaker Area Annual Day
Hosted by Muhlenberg County Homemakers
October 25, 2016
Last day to sign up is Friday October 14, 2016
No late registration will be taken

Muhlenberg County Homemakers cordially invite you to join them for Homemaker Area Annual Day to be held at the Second Baptist Church located at 217 W. Depot Street in Greenville, KY. The theme this year will be “laughter is like music for the soul.” In a community rich with music history, we are sure to have a great time and learn many new things about our neighbors across the Pennyrile. Save the date and plan to join me for the event. Cost and final details will be relayed in future newsletters.

December 2-Homemaker Holiday Trip

Do you hear the train a-coming? Rolling ‘round the bend? Don’t be the last one to get on board. Save the date and get ready to ride as we travel to Bardstown Kentucky to ride on My Old Kentucky Home Dinner Train. This will be a private ride as they will be opening up just for the Lyon County Homemakers. The cost for the day trip will be \$130. Mark your calendars now for sign-up day which will be **September 8, 2016 at 8:15 am**. Watch upcoming newsletters for all the details on this great holiday trip!



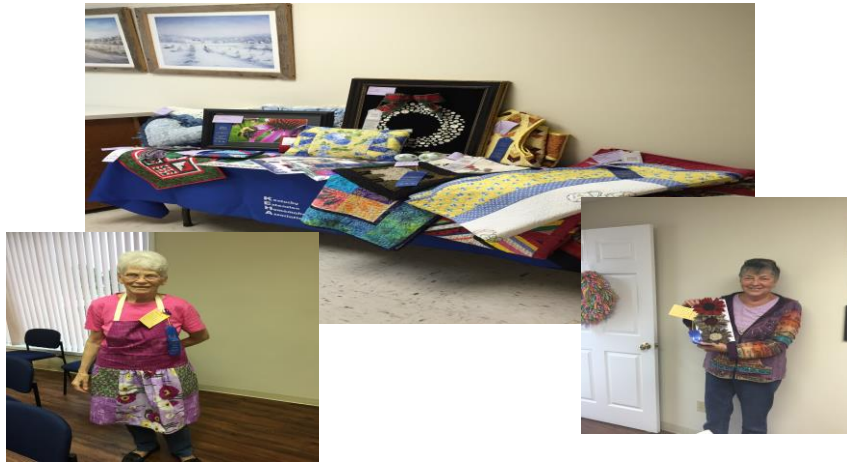
Pretend Store

Set-up Date December 7, 2016 - Pretend Store December 8, 2016 – Snow Day if needed December 10, 2016

Save the date for Pretend Store 2016. Be watching for more information in your club meetings and in the newsletters. As school gets back in session I will be able to pass along more information about the number of children and the amount of goodies we will need this year.

March 7-Cultural Arts 2017

Because numbers were down last year in entries from Lyon County, I am giving you ample time to get your projects completed and ready to be entered in to next year's Cultural Arts competition. Please mark your calendars for March 7, 2017 and make plans to finish up those wonderful projects you have started. Lyon County Homemakers is blessed with many talented members, and I am always so proud to display your work and see all the ribbons we bring home. Because of feedback from Homemakers across the Pennyrile, I think you will see the return of lunch being served during the day of the competition. Programs will still be offered while judging is taking place. Plan to spend the day with us. You won't be disappointed in the amount of talent on display. Can't wait to see all your beautiful creations for the 2017 event!



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 this month, please list the name of the books and turn into your club President to be added toward the Cultural Arts Club report.

Help Needed

As you know, we are well underway with selling tickets for the Opportunity Quilt with proceeds to fund the Lyon County Homemaker Scholarship for this year. We are in need of people to help sell tickets on Founder's Day. Remember, the more who sign up to help, the less hours you will have to work. We are hoping to have people work in short shifts on August 27, 2016 from 9:00 AM to 3:00 PM. Please contact the office at 270-388-2341 to let us know if you would be willing to help with a two hour shift. We really appreciate your willingness to serve.

New Year, New Leadership

Your new county president, Carole Green, is off to a running start. She is really trying to get a grasp on all the things we are asked to report and to do for state KEHA and for the University. Be looking in the days to come for her new reporting forms and trainings to help you better understand what each chairmanship is asked to do and how to make that process easier for club presidents. For this new year, let's have a new attitude about Homemakers. Let's marvel in all the good that we do for Lyon County and surrounding areas. Our outreach and work is phenomenal and we are gearing up to have another successful year!

Menu Labeling to Become a Reality in 2017

Source: Janet Mullins, extension specialist for food and nutrition

When the U.S. Food and Drug Administration released its final guidance on labeling in late April, it was the last step in a process to require convenience stores, take-out, retail establishments and supermarkets to disclose calorie content of their food on their menus.

Nutrition Facts	
Serving Size 1 jar (140g)	
Amount Per Serving	
Calories	110
Total Fat	
Sodium	0g
Total Carbohydrate	10mg
Dietary Fiber	27g
Sugars	4g
Protein	18g
% Daily Value	
Protein	0%
Vitamin C	45%
Iron	2%
Vitamin A	6%
Calcium	2%

menu
restaurants,
publish the

Some chain restaurants were already publishing this information on some items in anticipation of this announcement. Others have until May 2017 to implement the change.

As food consumers, this means that for the first time, we are able to make informed decisions on all of our dining out meal purchases based on the food's nutritional content. This is good news, as about 40 percent of the average Kentuckian's food budget is spent on meals outside of the home. Kentucky is also known to have high rates of childhood and adult obesity.

Choosing healthier items when dining out could help us stay within our daily caloric limit and reach our ideal weight. In the 2015-2020 Dietary Guidelines, this calorie limit varies based on age, gender and activity level. To learn what these limits are for you, visit <http://health.gov/dietaryguidelines/2015/guidelines/appendix-2/#footnote-3>.

A 2011 survey conducted by Janet Mullins, University of Kentucky extension professor, showed the need for menu labeling. She found that at least half of the nearly 1,000 survey participants, which were professionals in nutrition-related fields, could not identify menu items with the fewest calories on their own. Several factors can play into an item's calorie count including preparation methods, amount of fat or oil used and portion size.



Educational programs of the Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.

Sincerely,

Angie York County Extension Agent for Family & Consumer Sciences

Calendar of Events

Christmas Scrapbook

Date: August 5, 2016 (9:00am-4:00pm)

Class size: 10

Cost: **Early Bird Cost \$25.00 if you sign up by July 26th. Late Registration cost is \$30.00. The last day to sign up is July 29th. No late registrations will be taken.**

Supplies: All supplies will be provided.

Last Day to Sign Up: July 29, 2016

Join us and experience the wonders of Christy Stephens working her magic with paper and tape. You won't believe what she can do and she is willing to share her talent to show us how to make this cute Christmas photo and scrapbooking journal. All supplies will be provided. Participants should bring a sack lunch. There are only 10 spots available so don't wait to get signed up!



Canning Salsa

Date: August 10, 2016 (10:00am-2:00pm)

Class size: 14

Cost: **Early Bird Cost is \$5.00 if you sign up by August 5th. If you show up to class your \$5.00 will be returned. Late Registration cost is \$5.00 that will not be returned on the day of class. The last day to sign up is August 8th. No registrations will be taken after August 8, 2016.**

Supplies: Supplies will be provided.

Last Day to Sign Up: August 8, 2016

Are your tomato plants still producing? Don't know what to do with them all? Join us for a class on making salsa and canning produce. You will be surprised how easy it is to preserve. This winter, you will be glad you did!



Collapsible Thread Catcher Class

Date: August 12, 2016 (10:00am-2:00pm)

Class size: 14

Cost: **Early Bird Cost is \$5.00 if you sign up by August 5th. If you show up to class your \$5.00 will be returned. Late Registration cost is \$5.00 that will not be returned on the day of class. The last day to sign up is August 9th. No registrations will be taken after August 9, 2016.**

Supplies: Supplies will be provided.

Last Day to Sign Up: August 9, 2016

If you sew, there will be threads. It's what you do with those threads that make the difference. Join us to make this cute and handy collapsible thread catcher. It folds up and takes virtually no space in your sewing room or travel box. All supplies will be provided including sewing machines. Just bring yourself for this great project.



Homemaker Leader Training

Date: August 25, 2016 (10:00am-2:00pm)

Please mark your calendars for our upcoming leader training. This training will be for club presidents, county officers, and county chairman (who will soon be determined by new president Carole Green). Please make all reasonable efforts to attend this training as you will be getting all the information you need to be successful with your clubs throughout the next year. Lunch will be provided.

Homemaker Leader Lesson: The Buzz about Honey

Date: August 29, 2016 (10:00am)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: August 26, 2016



Cecelia Hostilo, FCS agent in Trigg County, will be joining us for a fun filled lesson all about honey. You do not have to be a lesson leader in your club to attend this program. If this topic interests you, feel free to join us for the class. Agents travel sometimes over an hour to give these lessons and many times we only have three or four people to attend. In order to keep Homemakers going as in the past, we need to support these agents by attending programs offered in our county. Please make plans to be there!

All Wrapped Up Christmas Quilt

Date: September 6, 2016 (5:00pm-9:00pm) or (not both, one or the other)

September 7, 2016 (9:00am-4:00pm)

Class Size: 12

Cost: **Early Bird Cost is \$5.00 if you sign up by August 31st. If you show up to class your \$5.00 will be returned.**

Late Registration cost is \$5.00 that will not be returned on the day of class. The last day to sign up is September 2nd. No registrations will be taken after September 2, 2016.

Supply list will be provided when you sign up.

Last Day to Sign Up: September 2, 2016

Don't wait till the last minute to start your holiday wrapping. This gorgeous quilt will make your gift giving a breeze this year. You won't believe how quick and easy this present goes together!



Paper Crafters

Date: September 12, 2016 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: September 9, 2016

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!