Christmas Lesson

Christmas is a special time
To give, to serve, to love
It isn’t just about yourself
But others that you think of

The presents, the trees, the glowing lights
Are fun but have no part
In that the real meaning of Christmas is…
That is in your heart.

Even if other people don’t
You should try to do
The things that you would want
Them to do to you

The holidays are a busy time
But they are sometimes good
Because they keep you thinking
About others like you should

So this year, try not to think about yourself
But think of the things you can do
To help others have a wonderful Christmas
And you will find that you will be happy too.

Written by: Julesies
Poem copied from:
https://www.familyfriendpoems.com/poem/christmas-lesson

Pretend Store

The set up day for Pretend Store will be Friday,
December 7, 2018 beginning at 9:00 am. Pretend Store itself will be on Monday, December 10, 2018 with helpers needing to arrive about 7:50 am. We will be serving about the same number of students as last year, which is currently 65. There will be two classes in the morning and two in the afternoon. Please call us at 270-388-2341 to let us know when you want to help. I have a space carved out to store donations so feel free to go ahead and bring your items as you purchase. Looking forward to working another fun and rewarding event with you this year!

Local Traveler

Local Traveler participants will travel to towns throughout the Purchase and Pennyrile areas of Kentucky and explore fun and interesting places that you may not even know are right under your nose.

To be a part of this program you will have to supply your medical information and your insurance card, just as with any traveling program we do through UK.

Every other month for the next year I will share the itinerary with you. For this series, you will need to provide your own transportation. I will not be renting buses or vans. I promise to offer you fun exploration and food, but you will have to call up your friends and plan your carpool. Please don’t let transportation keep you from being a part of this program. Let us know if you need a ride and we will
connect you with others that are going. Also, if you need help learning how to use the GPS on your smart phones, please let me know. They are great tools and will help you get to our Local Traveler locations quickly and easily.

Local Traveler 3.0 will make its way to Paducah, KY on December 17, 2018. Cost for the outing will be $5.30. I would also plan to bring spending money for any last minute Christmas gifts. We are going to visit some beautiful and historic places in downtown Paducah.

We will meet at the gazebo directly across from Doe’s Eat Place in downtown Paducah at 9:45 AM.

10:00: Tour the River Discovery Center located at 117 S. Water Street, Paducah, Kentucky, 42001. We will learn more about the importance of the river in our area.

11:15: Tour the 1857. The 1857 Hotel has recently been remodeled and we will get all the scoop on the history of the building as well as a sneak peek of a room or two. Paul, the owner, will be our personal tour guide. The hotel is located at 210 Kentucky Ave, Paducah, KY 42001.

12:30: Lunch at Doe’s Eat Place. Doe’s will be a Christmas treat. We will be eating from their lunch menu with prices ranging from $8 to $20. You will be paying on your own for lunch and because we are a large group, gratuity will be added to the check. We will be seated as a group in their back room. The restaurant is located at 136 Broadway St, Paducah, KY 42001.

2:00: Enjoy the downtown shops and pick up last minute gifts from local merchants. You will be a stone’s throw from Kirchoff’s Bakery, the Must Stitch Emporium, the Yeiser Art Center, and other fun shops. The rest of the afternoon feel free to partake in Paducah!

Unless you have extreme trouble walking, I would plan on parking in one place in the morning and walking to each of the spots on our tour. They are located very close in proximity. You are certainly welcome to drive to each stop but with parking in Paducah, you will likely be better off to find one spot and stay in it. Also remember that in December the weather can be unpredictable so plan to dress in layers and wear coat, scarf, and gloves for our outdoor walk in between each tour. The last day to sign up for this event is December 13, 2018. Don’t miss out!

Help Needed in our Community

Word is out that the Lyon County Homemakers are caring and giving. That is why I was contacted by the Christian Care Center (CCC) of Kuttawa to see if the Homemakers would help to fill the gap in some projects that are being done at the facility. The first project has a quick turnaround. The facility would like to fill a stocking for each resident to open on Christmas morning. At capacity, they will need to fill 65 stockings. Between now and December 14, please pick up a couple of boxes of little Debbie cakes, candy canes, chocolate snowmen, or other fun items that could be put in the stockings. Anything you bring would be appreciated. More long term, CCC is looking for volunteers who would be willing to come into the facility for an hour or two each week to read to the residents. This will be one on one reading to the residents who are bound to their rooms. You can read the Bible, the newspaper, a novel, anything you want as long as the content is appropriate. If you are interested in working with CCC to help the residents (most of these residents have no family and no visitors) please call or e-mail to let me know. I will get your information sent over so times can be scheduled for you to help. Of course, all these hours can be counted as volunteer hours on your REACH forms.

Cultural Arts

Mark your calendars and finish those projects. Cultural Arts 2019 will soon be here. We will travel to Christian County Extension Office in Hopkinsville, KY on March 1, 2019 for the competition. This year’s learning project will be centered around Swedish Weaving. Please plan on having your completed projects in the Lyon County Extension Office by February 26, 2019 so
they can be tagged and packaged for delivery to the event. If you are free for the day plan to go with us to enjoy all the beautiful items presented for judging. I know you will be amazed at all the talent we have in the Pennyrile Area. Make sure to look at the attached list of acceptable items so you can plan your projects accordingly. Looking forward to seeing all that you create!

To keep you in the Loop

In recent weeks I have had questions about how my schedule works and why I have so little time in the office. In order to help everyone better understand my schedule I thought it would be good to explain the basic guidelines for a Family and Consumer Sciences agent. These are guidelines set forth by the University of Kentucky. Hopefully this will help to clarify why I am not often at my desk, but if you have questions about my schedule, please feel free to ask.

A normal work week is usually about 50 hours per week, often more, depending on that week’s agenda and travels. Of those 50 hours, 25% of the time is spent doing administrative work that is required by the University of Kentucky. This includes paperwork, per diem reimbursement, receipts, and inputting information into a computerized program that requires me to type in every task that I complete each day in 1 hour increments. This also encompasses work that has to be done on the budget for the Extension Office as well as having to lead the District Board and the FCS advisory council. Those tasks are allotted 12.5 hours per week. I also have to spend 4 hours per week working toward a special grant called SNAP Ed. SNAP hours have to be spent working with families in Lyon County that are low income, at risk, or elderly low income. Next comes the largest chunk of my time, about 55%, which must be spent on programming. Within these hours I have to attend curriculum trainings, offer programs, study and prepare to teach programs both at the Extension office as well as other places in our area, do any related shopping for programs, as well as attend UK mandatory trainings. I also must use this time for meetings with other agents to plan programming or attend staff meetings. This piece of my job is allotted 25 hours per week. Lastly, 20% of my work time must be spent on leadership development. This is the portion of my week that works directly with Homemakers as well as local community partners such as the food bank, Rainbow after School Program, Lyon County Preschool Programs and any other opportunities that allow me to work with clients to hone their leadership skills while serving their community. This portion of my work week is allotted 8.5 hours.

So while it may seem as if I am not often sitting at my desk, my job is not meant to be sedentary. Just because I am not in the office doesn’t mean I am not serving the people of Lyon County. If you stop by and don’t catch me in the office, please let Olivia and Miranda know. They always know where I am and will be glad to get in touch with me by cell phone when appropriate. My sincerest hope is that everyone knows how much I love my job and truly enjoy serving the people of Lyon County.

Safely Saving those Holiday Leftovers

Source: Annhall Norris, extension associate

One of the best things about the holidays is all the food. Oftentimes, the abundance of food results in many, many leftovers. Just like uncooked food, leftovers can cause a food-borne illness if you don’t properly handle them. Taking proper food safety precautions will help you get the most from leftovers.

Have a plan for how you are going to use those leftovers and stock up on grocery items like noodles, broth and relishes, which can help you reuse your leftovers in new ways. Refrigerate any leftovers within two hours after preparation. Discard any perishable food that has sat at room temperature for more than two hours.
Although you can safely store hot food in a refrigerator, you can help the food cool quicker by dividing it into small containers. For turkey and other meat leftovers, it is best to remove all the meat from the bone and place it in shallow containers or small zipper bags. You can leave the legs and wings whole. Store the meat in the refrigerator if you plan to eat it within the next three or four days. Freeze the meat if you are unsure about how soon you will eat it. Store leftover stuffing and gravy separately from the meat.

Eat refrigerated leftovers within three or four days. Consume frozen leftovers within four months.

When you are ready to eat the leftovers, use a food thermometer to make sure you reheat the food to an internal temperature of 165 degrees Fahrenheit. Use a food thermometer to ensure the food reaches this temperature. When reheating sauces, soups and gravies, make sure they come to a full rolling boil. If you are reheating your leftovers with a microwave, check to make sure there are no cold spots in the food where bacteria could have survived. Cover, stir and rotate the food for even heating in the microwave.

For more food safety information, contact the Lyon County Extension office.

Calendar of Events

Paper Crafters and Pinterest Interest will not meet in December.

The Lyon County Extension Office will be closed from December 23, 2018 thru January 1, 2019. We will reopen on January 2, 2019 at 8:00 AM.

Paper Crafters
Date: January 14, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: January 11, 2019

Start the new year off with a bang and come to our paper crafters class. We always have cute projects and lots of fun!

Pinterest Interest
Date: January 15, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: January 11, 2019

Let it snow, snow, snow as we learn how to paint cute snowmen. Don’t worry if you are not an artist, teacher Joyce Kastas will be on hand to help make our snowmen jolly happy souls!

Winter Weather Policy

While the weather has been mild so far, I always want to err on the side of caution this time of year. If school is closed in Marshall or Lyon County, FCS programs at the Lyon County Extension Office will be cancelled. Please listen to local news or radio for a list of school cancellations.

Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences