Hold on to Your Hats

Hope you have your running shoes on, folks. Things are about to get busy. Most of this newsletter will be save the date flyers for many upcoming events in our Homemaker world. I hope you took the opportunity last month to “make a little more space” in 2019, because we are being offered a whirlwind of fun activities and I know everyone will want to get involved. Now, after saying all that I must share with everyone that Wanda has turned in her letter of retirement and will be leaving Extension in April. While I am so excited for her to begin a new chapter, it will mean many changes for my schedule over the next 2-3 years while we wait for that position to be filled. From April on I will have to take on Wanda’s administrative duties as well as half of the 4-H program activities (Susan will assume the other half of the program activities). I just wanted to let everyone know ahead of time that my number of administrative hours will increase and my number of programs will decrease. This is a great opportunity for those of you who have been thinking about teaching a class to step up and show your stuff. I will need all the help I can get to continue FCS programming and 4-H programming. Please be patient through this process and we will navigate these new waters as best we can. - Angie

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 rug making. 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 flyer from last month’s newsletter for a list of acceptable items so you can plan your projects accordingly. Looking forward to seeing all that you create!
Cancer Hats Needed

Sara Logue of Vine 155 is working to complete 70 bags for cancer patients who are undergoing chemotherapy. She contacted me to see if the Lyon County Homemakers would be interested in crocheting or knitting hats, one for each of the care packages she is creating. Because you all made more than 250 preemie hats last year, I was more than sure you could handle 70 adult hats so I agreed! Now, I need your help to make that happen. The hats need only be made to an adult size and can be made in a variety of colors. I have PLENTY of yarn. If you are having trouble deciding on a pattern, I will leave a couple of options printed here at the office for you to use. The deadline to have the hats to the office is February 8, 2019. I can’t wait to see all of your beautiful creations! Update: we currently have 26 hats completed. Please stop by for patterns and instructions and help us reach our goal of 70.

Save the Date
**Spring Seminar**

The photo above has all the pertinent information you need for the upcoming Homemaker Spring Seminar, except for the fun contest that will go along with the seminar this year. If you have ever seen the show “Chopped” on Food Network, you will be ready to help with this competition. For the seminar, each county is charged with creating a side dish using dill, quinoa, jicama, and Funyuns. To create our recipe and practice our dish we will be meeting on March 4, 2019 at 10:00. After the recipe is finalized, I will remake the dish on the day of the event where the guest speaker for the day will judge and crown the winner of the contest. The county who wins best dish will receive a $25 donation to their county Homemaker treasury. I will have all the ingredients on hand on our workday. Just bring your creative thinking and your willingness to wash a few dishes! Please call to let us know if you plan to help with recipe development. 270-388-2341.

A great opportunity to support Imagination Library!

**County Annual Day 2019**

If you thought last year’s County Annual Day Hootenany was fun, then make sure to mark your calendars for this year’s Hoe Down. The event will be held on June 25th, 2019 at the Lee S. Jones Convention Center. More details to come, but go ahead and be shining up those dancing boots and practice your yee haw!

**Physical Activity During Cold Weather is Achievable**

Source: Natalie Jones, family health extension specialist

Old man winter has finally made his appearance in the Bluegrass. And while his return may have you spending more time indoors, it does not mean you have to give up physical activity until warmer weather returns.

Exercising outdoors during the winter can have benefits in addition to the burned calories. It exposes you to sunlight, which will give you
some vitamin D and can help improve your mood. It can boost your immune system, which is important during flu and cold season. Plus, there is no heat and humidity.

With a little preparation, precaution and attention, most people can safely work out in cold weather. However, some medical conditions such as asthma or heart problems, may not allow you to exercise outdoors during cold weather. Always check with your doctor first.

Check the forecast before venturing outdoors. Remember to check for actual temperature as well as wind chill. Windier days make the actual temperature feel colder. If the weather is calling for a cold rain, ice or snow, consider exercising indoors or waiting to exercise until the system passes.

When exercising outside on cold days, make sure you wear light layers. The layer closest to your skin should be some type of moisture-wicking fabric to keep sweat to a minimum as it is going to make you feel colder. Avoid cotton fabrics as they tend to trap moisture. Try to cover as much of your skin as possible. Wear a toboggan or hat, scarf and gloves. You may also want to consider wearing thermal or double layers of socks to keep your feet warm. Wear shoes with good traction and avoid walking or running over areas that appear slick. Know the signs of frost bite and hyperthermia.

Even though it’s cold, you need to keep your body hydrated. Dry, cold air can cause you to become dehydrated and because it is cold, symptoms of dehydration are even harder to recognize. Drink even if you are not thirsty.

If it’s too cold or wet to exercise outside, you can still work out indoors. Dancing is a great way to burn calories in your home. So turn up the tunes and let loose. Climbing stairs and active housework like vacuuming or sweeping are also some good ways to burn some calories.

Many communities may offer indoor walking facilities that you can access for little to no cost. If not, walking through a mall or big box store is also an opportunity to get in some steps.

**Let’s Van Gogh to the Women’s Show**

Several of you have asked over the past year if we could go again to the Southern Women’s Show in Nashville. After looking at the information and talking with Cecelia from Trigg County, whose group also loves the Women’s Show, we decided to try and make this work even though we are on a short turnaround. Because of the time frame we are limited in several options. First of all, we could not locate a large bus on such short notice so we will have to share a 40 passenger bus. Secondly, because there will only be 19 seats available on that bus for Lyon County (one of the 20 has to be for me), we will have to have an official sign up day with first come first serve seating where you will be able to pay only for one person per transaction. If someone else sends you money you will have to get back in line and wait again for an additional seat. Here’s what you need to know:

Cost for the day is $70:

Transportation-$48
Southern Women’s Show-$10
Frist Museum-$12
For a total of $70

**Itinerary Lyon County and Trigg County Homemaker Trip**

March 9. 2019 (please note this is a Saturday)

7:00 a.m. Depart – Lyon County Extension Office for Trigg County Extension Office
7:35 a.m. Arrive – Trigg County Extension Office for Homemaker pick-up
7:45 a.m. Depart Trigg County Extension Office
8:30 a.m.   Arrive Chik-fil-A Clarksville for bathroom break and breakfast
9:10 a.m.   Depart Chik-fil-A
10:10 a.m.  Arrive at the Southern Women’s Show, Nashville TN
1:30 p.m.   Load Bus for Nashville Farmer’s Market
1:50 p.m.   Arrive at the Nashville Farmer’s Market for lunch and shopping
3:00 p.m.   Load Bus for Frist Museum
3:15 p.m.   Arrive at the Frist Museum
5:30 p.m.   Load Bus for return trip to Extension offices.
7:00 p.m.   Arrive at Trigg County Extension Office
7:35 p.m.   Arrive at the Lyon County Extension Office

We will be eating a late lunch/early dinner at the Nashville Farmer’s Market. There are 10 or 12 different restaurants inside with common seating. Everyone can choose your favorite and then meet in the middle to eat. No meals are included in the cost of the trip. You will be responsible for food on your own. The Frist museum is offering a collection of Van Gogh, Monet, and Degas paintings. This is a rare and interesting opportunity for those of us in rural areas to experience a very different type of art and culture.

The sign up day will be Friday, February 8, 2019 beginning at 8:15 AM. If there is a line, please allow Olivia and Miranda to get inside the building and get settled before they begin taking registrations. As usual you will have to fill out the health forms if I don’t already have them on file.

If for some reason Trigg County is unable to sell all 20 of their tickets, we will be able to purchase what they have left. Those who are in line and do not get a spot will go on a waiting list for cancellations or spare tickets and will receive priority in the order in which they were in line.

Looking forward to a fun Spring trip!

---

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 11, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: February 8, 2019

Come join the fun and see what you can make with a little paper and lots of friends. Each month is a new surprise but you are always guaranteed to take home a great project!

---

**Pinterest Interest**
Date: February 12, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: February 8, 2019

The specifics are still in the works for February Pinterest Interest, but one thing is for sure, you will **LOVE** this project. Go ahead and sign-up and mark your calendars!
Cooking through the Calendar
Date: February 22, 2019 (12:00 noon)
Class size: 15
Cost: Three cans of food to be donated to the food bank (food must not be out of date (it can’t be used at the food bank if it is out of date) and will be checked when brought to class)
Supplies: Supplies will be provided.
Last Day to Sign Up: February 18, 2019

Are you tired of the same old foods you fix every week? Broaden your cooking horizons by joining us for the yearlong cooking class where each month we will meet at lunch time to learn a cooking skill while tasting something new and exciting from the 2019 SNAP calendar. Seating is limited so don’t wait to get your name on the list for this fun new program. You must sign up each month for the class.

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.