**It's Hot**

It's hot out there folks. Not even too much fun to go outside when the weather is this bad. What a great time to stay in the AC keeping cool and thinking about all the ways you can “be the good” throughout the next few weeks. As you read the newsletter, don’t miss out on opportunities you may have to help others along the way. In the meantime, here are some funnies that let you know it is summer in the south. Welcome to Kentucky!

- It's not the heat—it's the humidity.
- It’s hotter’n blue blazes.
- Is it hot enough for ya?
- Man, it’s hot as all get-out!
- It must be 90 in the shade.
- This one's gonna be a scorcher.
- You could fry an egg on the sidewalk.
- You could fry an egg on the hood of that car.
- It’s so hot the swimming pool is boiling.
- It’s so hot the ice cream truck melted.
- It’s like a steam bath out here.
- It’s like walking through soup out here.
- If it gets any hotter, I'll have to take off stuff I really ought to keep on.

Source: https://www.southernliving.com/culture/southern-says-heat-humidity

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**County Annual Day**

While the turnout for County Annual Day was disappointing, the Hootenanny certainly was not! What a fun day of games, food, and entertainment. We laughed, we joked, and we celebrated another great year with the Lyon County Homemakers. We also welcomed our new county president, Kathy Hilkey and reinstated our current treasurer, Judy Garrett, for another term. I urge you as a Homemaker, whether you are in a club, member-at-large, or in a specialty club, to get involved in all of our activities and classes. We really have a HOOT!

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**Vision for Kenya**

**An International Project**

UPDATE! We currently have 1109 eye glass cases made. WOW! If you would like to sew at home, patterns and fabrics are available at the Extension office. Please consider helping us to reach the goal of making 2000 eye glass cases. Please look through your fabric stashes at home. If you have fleece fabric that are at least 7 inches square you could donate, we can use that to make the cases really quickly. If you have questions about the project please call the office at 270-388-2341.
Save the Date

The Kindness Map

As I was checking into the hotel for the Homemaker State Meeting in May, a Homemaker from a different part of Kentucky walked up to me and handed me the cutest post card to pass along to someone I saw doing an act of kindness. As I read more about the program, it was quickly obvious that not only did I want to recognize acts of kindness at the state meeting, but I wanted to share this activity with Lyon County Homemakers and see how far we can spread the kindness. Here’s how this works:

- You see someone doing an act of kindness and you pass along one of the cards provided in your newsletter.
- You log that act of kindness on the Kindness Map by dropping a heart on the part of the world where you saw that kindness occur. You can type a line or two to describe to others what you saw. This is located at www.kindness-map.com.
- If you don’t have a computer then you contact me, Miranda, or Olivia at 270-388-2341 and we will enter the act of kindness for you.
- Please look at the Kindness Map website and read through all the wonderful acts of kindness that have been logged from all over the world.

So why is this important? It is increasingly hard to find anything positive on the news or social media. In general it is easy for us to be hurtful or unpleasant to others around us, but it is really hard to identify and appreciate the little acts of good. Even if other parts of our world near and far are negative, I would like to think that our little nook in Lyon County will be the leaders who show kindness and promote “being the good” to those around us!
Keep Cool in the Summer Heat

Source: Amy Kostelic, associate extension professor

In the midst of summer, Kentucky’s extreme temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, it’s important for you to know the signs and symptoms and prevent heat-related illnesses, such as heat exhaustion, heat cramps and the most serious heat-related illness, heat stroke (also known as sun stroke).

Heat-related illnesses occur when a person’s body cannot properly cool itself. These illnesses can occur at any age, but people who are old, young and obese, and those who have compromised immune systems or abuse alcohol and drugs are at increased risk. Even people on certain medications, such as antihistamines and antipsychotics are more susceptible to heat-related illnesses.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys, and some medications can also increase older adults’ risk of heat-related illness.

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast, and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter, if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the heat of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- To keep your house cooler, refrain from using your oven and cover windows that receive direct sunlight.
- Take cool showers or baths to help yourself cool down.

Know the signs of overheating—dizziness, fatigue, lack of coordination, cold and clammy skin, thirst, headache, nausea, muscle spasms and/or cramps and ankle swelling. Seek immediate medical attention if you experience signs of heatstroke. Heat stroke is a potentially life-threatening condition that requires medical attention. Signs of heat stroke include high body temperature, confusion, changes in behavior, fainting (or feeling faint), staggering, rapid or weak pulse, dry or flushed skin and lack of sweating despite the heat.

If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to make sure they are staying cool, hydrated and that they have access to air conditioning. Seek immediate medical attention if you think someone has signs of a heat-related illness.
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

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**Calendar of Events**

**Adult Beginner Sewing: Part 1**
Date: July 10, 2018 (5:00 PM-8:00 PM)
Class size: 10
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: July 6, 2018**

If you have always wanted to learn to sew but just don’t know where to start, this is the class for you. This will be a two part series. In part one we will learn the workings of the sewing machine and try out some basic stitching. We will also learn about cutting patterns. Feel free to bring a newer plastic sewing machine to class or use one that I have available if haven’t yet purchased a machine. Don’t be intimidated by all those buttons. Come and learn all the fun there is to be had while sewing!

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**Pressure Canning**
Date: July 16, 2018 (10:00 AM)
Class size: 10
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: July 11, 2018**

All those vegetables are ready to be picked, now what are you going to do with them? Join us for a lesson on pressure canning. We will walk through the canning process from start to finish and you will learn researched best practices for preserving your home grown foods and keeping your family safe from food borne illness.

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**Water Bath Canning**
Date: August 2, 2018 (10:00 AM)
Class size: 10
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: July 30, 2018**

All those fruits are ready to be picked, now what are you going to do with them? Join us for a lesson on pressure canning. We will walk through the canning process from start to finish and you will learn researched best practices for preserving your home grown foods and keeping your family safe from food borne illness.

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**Adult Beginner Sewing: Part 2**
Date: July 17, 2018 (5:00 PM-8:00 PM)
Class size: 10
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: July 6, 2018**

Part 2 of the beginner sewing class will teach the basic of pattern construction. We will learn about reading patterns and following instructions in sewing. We will complete a sewing project in class.

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**Adult Beginner Sewing: Part 2**
Date: July 17, 2018 (5:00 PM-8:00 PM)
Class size: 10
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: July 6, 2018**

Part 2 of the beginner sewing class will teach the basic of pattern construction. We will learn about reading patterns and following instructions in sewing. We will complete a sewing project in class.