Milestone Ahead

Five years ago on October 1, 2012, a very special event occurred. Think back. Do you remember what it was? In case you can’t remember that far back, it was my first day on the job as the Family and Consumer Sciences Extension Agent in Lyon County. That was one of the greatest days of my life and one that has started an awesome journey. While not everything in my job is honey and roses, the good far outweighs the bad. After five years, I just wanted to say a huge thank you to all of you for your support and encouragement in the hard times and for your friendship in the good times. While the road will likely be rocky over the next few years (I know there are many, many changes coming to Extension that are far beyond my control) I look forward to weathering the storm with you and helping to show our community all the wonderful things that are happening in Extension. -Angie

Pinterest Interest October Meeting

The Lyon County Homemakers continue to grow and change and in that spirit we will be starting a new Homemaker club this year. We will be starting our newest special interest club called, Pinterest Interest, on Tuesday night October 10, 2017, from 5:00-6:15. Our “as seen on Pinterest” idea for this month will these super cute cheesecloth ghosts. This is a versatile project that can be used in a variety of ways. Because of the nature of this type of club many supplies will have to be purchased or gathered each month. We want everyone to join in but you must RSVP each month individually. The last day to sign up for October is October 4, 2017 by noon. No late registrations will be taken. We have to purchase supplies ahead of time.

Save the Date

Mark your calendars now for some important dates. Please make plans to attend as all our programs are better when we work together as a team for those in our community!

Area Annual Day 2017

Area Annual Day will be hosted this year by Todd County. We will travel to Elkton, Kentucky on October 26, 2017 to spend the day with our fellow Homemakers. Cost for the event is $10 and is due to the Lyon County Extension Office by October 6, 2017. Please make note of this on your calendar and pay accordingly as no late payments will be accepted. You just have a few short days to get in your registration. Don’t miss out on a fun day of “making your dreams come true.”
Homemaker Holiday Trip 2017:

Save the date of December 1, 2017 and plan to road trip with us to Henderson and Owensboro for tours, shopping, and fun. On our adventure we will be visiting the Audubon Museum for a tour as well as touring the Bluegrass Museum in Owensboro. We will be having lunch at the famous Moonlight Bar-B-Que. The cost of the tours and lunch is included in your fee of only $72.00. Of course, there will be a little time for shopping so make sure to have your Christmas list with you. Sign-ups are now open. Don’t miss the bus!

Lyon County Homemakers Holiday Trip to Owensboro
Friday, December 1, 2017
Tour Cost: $72 per person
Sign-Up September 26 @ 8:15

Itinerary:
8:30 a.m. Depart - Extension Office To Henderson, KY
10:00 a.m. Arrive – Audubon Museum for Tour
12:00 Noon Depart Audubon
12:45 p.m. Arrive Moonlite Bar-B-Que – Owensboro Lunch Included
1:45 p.m. Depart Moonlite Encroute To See The World’s Largest Sassafras Tree
2:00 p.m. Arrive - International Bluegrass Museum for Tour
3:30 p.m. Depart - Bluegrass Independent Shopping Time at Town Square Mall
5:00 p.m. Depart Town Square Mall
6:30 p.m. Return – Extension Office

Now is the time to be buying items to donate for Pretend Store. Suggestions to purchase are:

- Girl toys any age
- Boy toys any age
- Infant toys from 0 to age 3
- Teenage girl gifts (nail polish, notebooks, stickers, socks, toboggans, etc)
- Teenage boy gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)
- Female gifts (gloves, perfumes, purses, jewelry, notebooks, etc)
- Men gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)

Cultural Arts 2018:
Please start your projects now so we will have plenty of entries from Lyon County for our Cultural Arts event. 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 9, 2018 and make plans to finish up those wonderful projects you have started. Please note that the UKREC in Princeton where most area Homemaker events are held is now under renovation and unavailable for use for the next couple of years. For that reason, Cultural Arts Competition will be held at the Christian County Extension Office in Hopkinsville, KY this year.

Homemaker Nametags

The University of Kentucky is now offering nametags for Homemakers complete with the UK logo and the state KEHA logo. The cost of the nametag is $13.00 plus shipping and handling. If you are interested in having a current name tag, please call the office at 270-388-2341.

Pretend Store 2017:
Pretend store 2017 will be held on December 12, 2017. Set-up day will be held on December 11, 2017. To sign up to help with this event please call the office at 270-388-2341 or sign-up when the sheet is passed through your club meetings this fall. I met all these precious kiddos last week and boy are there alot of them. There are 4 classes this year with a total of just under 80 children. Many of them are barely three years old. They are a young bunch so we will need several hands to help with the children. It takes a village to make this project work and I look forward to seeing you all in action again this year.
Help Send Our Kids To 4H Camp
Saratoga Homemakers’
Charity Yard Sale

October 6-7, 2017
7 AM-???

UK Extension Office
231 Main St., Eddyville, Ky
All Proceeds Donated To Charity

CHINESE COIN QUILT

COST FOR SEW SIMPLE IS $10. YOUR MONEY IS DUE TO YOUR LOCAL EXTENSION OFFICE BY NOVEMBER 3, 2017. FOR THIS CLASS YOU WILL BE RESPONSIBLE FOR BRINGING YOUR OWN SUPPLIES. PLEASE BRING ONE JELLY ROLL (MAKE SURE THERE ARE 40 IN YOUR JELLY ROLL) OR 40 WOF STRIPS. YOU WILL ALSO NEED 21/2 YARDS OF COORDINATING BACKGROUND FABRIC. IN ADDITION, YOU WILL NEED BASIC SEWING SKILLS, SEWING SUPPLIES, A SEWING MACHINE, ROTARY CUTTER, MAT, RULER, AND A SACK LUNCH.

Sew Simple

Friday, November 10, 2017 9:00-2:00
Caldwell County Extension Office

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.
Appreciating the Arts

Alert! Alert! Proud mom moment! I know many of you appreciate the arts and I wanted to extend an opportunity to you. Dalton York has landed the lead role in his high school play. This year they will be doing a three night run of “Chicago” at the Kenneth Shadowen Performing Arts Center located at 416 High School Road, Benton, KY 42025 on the campus of Marshall County High School. Because he just auditioned and I just got the dates, my calendar was already full for the days of his performances. I would have loved to have organized a group outing to the event, but alas, my calendar is crazy and things just didn’t work out. If you would like to form your own groups or attend on your own the performance dates are November 16, 17, and 18 with each performance to begin at 7:00 PM. Tickets for the event are $10 and available at the door. I know he would love to have your support and I think everyone would have a great time. This is our first venture into the world of drama, theatre, and musicals in the York household. Should be fun and exciting!

Socializing is important for your health

Source: Amy Hosier, associate extension professor for family life education

Just as we need food and water to survive, we also need meaningful social relationships and connections. Because we are wired for social contact, going without it increases the risks to jeopardize our overall health, well-being and life quality. While it is okay to feel lonely and to be alone at times, chronic loneliness can cause serious health concerns. Researchers continue to demonstrate how important meaningful relationships with others are to our mental, emotional and physical health.

Loneliness, if not addressed, can lead to social isolation, physical and mental decline and depression. Recent studies have shown that social isolation can also lead to a number of negative health impacts, including poor sleeping patterns, a disrupted immune system, poor nutrition, destruction of arteries and high blood pressure. When the need for socialization is not met, it can also negatively affect learning, memory and motivation.

Loneliness can occur at any age and can be a normal feeling—especially after a break-up, a move to a new location, loss of a loved one or exclusion from a group. But chronic loneliness—feeling lonely, isolated or not to close to people for an extended period of time, can bring about discomfort and distress, including feeling sad, empty, isolated, distanced from others, deprived and filled with longing. These feelings lead to many problems. Children and teens, for example, are more likely to adopt an outcast status, have problems in or drop out of school or even become delinquent. Lonely adults are at greater risk of alcoholism and depression. Those living alone are at greater risk of suicide.

Loneliness is particularly prevalent among older adults. As we age, our social circle shrinks, which makes it more difficult to have meaningful interactions with others. According to a 2013 AARP study, the percentage of adults who say they are lonely has doubled since the 1980s from 20 to 40 percent. About 30 percent of adults older than 65 live alone. That number jumps to 50 percent in adults over 85.

If you are experiencing loneliness, you are not alone, and you don’t have to be as there are many ways to increase your social interactions.

Find a cause to be passionate about and donate your time. Chances are there are many community organizations in your area in need of volunteers. Not only will you get to interact with others, but you will also get satisfaction from giving back.

Don’t miss opportunities to interact with your family. Attend family events, such as reunions and weddings. If you have grandkids who live close, consider attending one of their extracurricular activities, such as a ballgame or a dance recital.
Take up a hobby. Find something you are passionate about or learn more about something you already enjoy.

The Cooperative Extension Service offers many opportunities for social interaction including Extension Homemaker clubs, Master Gardener programs, Master Clothing Volunteers, Master Cattleman, 4-H volunteer opportunities and all kinds of classes on various subjects. To find out more about local extension events or for more information on combating loneliness contact the Lyon County Extension office at 270-388-2341.

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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**

**Homemaker Leader Lesson: Creating and Maintaining Family Traditions**

Date: October 4, 2017 (1:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: October 2, 2017**

This lesson will reinforce the importance of family traditions, emphasize habits to preserve and respect traditions, and provide practical ways to establish new traditions. Tiffany Bolinger, FCS Agent in Christian County, will be teaching the lesson. You do not have to be the leader of this month’s lesson to attend. If the topic interests you, please feel free to join us.

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**Paper Crafters**

Date: October 9, 2017 (5:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: October 6, 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!

**Paper Crafters for October has been cancelled.**

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**Pinterest Interest**

Date: October 10, 2017 (5:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: October 4, 2017 by noon**

Join us in October for our second Pinterest Interest meeting where each month we make an “as seen on Pinterest” item. This month it will be these super friendly ghosts. Don’t spook out and miss this fun opportunity!
Part seven of the 12 month series, Keys to Embracing Aging, will cover “Practice Being Safe.” Participants will be challenged to look for safety issues in all aspects of your life. You do not have to be present at all 12 classes for your information to be counted in the research study. Hope to see you in October!

Homemaker Leader Lesson: Cooking for One or Two or a Few

Date: October 30, 2017 (10:00am)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: October 27, 2017

Cooking for One, Two, or a Few - Creating and adapting recipes for quality, tasty baked goods can be fun, challenging and rewarding. Learn when you can reduce a recipe size or when it’s best to leave it alone, what equipment to have for the job, and then practice recipe reduction techniques. Mary Beth Riley, Muhlenberg FCS Agent, will be on hand to teach us old cooks some new tricks. You don’t have to be the lesson leader to attend this training. If you are interested in the topic, please feel free to join us!

Lyon County Master Gardeners invite you to Save the Date

Thursday November 10, 2017 from 10:00 AM to 12PM the Lyon County Master Gardeners invite you to come make your own fresh green Christmas wreath. Cost for the day is $20 and all supplies will be provided. This includes frames, fresh greenery, ribbon, and also refreshments. Must bring your own gloves and ornaments. Registration for the event is required. Please stop by the Lyon County Extension Office to pay and sign-up for the event.