Baby Cries and Fall Skies

What am I looking forward to this month of September? Why baby cries and fall skies of course! As I write I am about 5 days away from being a Nana for the second time. While I impatiently wait to hold my new grandson, I am also anticipating cooler weather and fall colors. What are you looking forward to this month? Are you looking for opportunities to “be the good?”

-Angie

REACH your Homemaker Potential this Year

This year, as Lyon County Homemakers, we are going to strive to REACH a goal in each of these five areas: read, explore, action, community, and Homemakers. Look for details on how you can join the fun for great prizes in your September meeting. Can’t wait to watch you all REACH your Homemaker potential this year!

Bringing Joy in a Time of Loss

God’s Littlest Angels is an organization out of Owensboro who work together to supply burial gowns for children who pass away at birth. To see more about their story, please visit https://www.facebook.com/gotslittleangels/.

As a way to support this charity, who supplies gowns to hospitals local to our area, we will be collecting wedding, prom, and formal gowns at the Lyon County Extension Office. If you have a gown tucked back in your closet or if you purchase something at a yard sale or consignment sale, please bring those items to the office by September 28, 2018. After that date the donations will be taken to Owensboro and given to this special organization who truly help people at the most difficult time.
Vision for Kenya Update

UPDATE! We currently have 1658 eye glass cases made. WOW! We are so close. 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 fabrics 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.

Walking on Wednesdays

When the weather gets cooler, I get more excited about outdoor exercise. We are going to hope that September cooperates and gives us some cool morning air on Wednesdays throughout the month. If you are looking for a walking buddy, join us each Wednesday in September to walk and talk and get in a little extra physical activity. Our meeting dates are:

September 5, 2018-meet at the Extension Office
September 12, 2018-meet at the Extension Office
September 19, 2018-meet at the Old Kuttawa Park
September 26, 2018-meet at Lee S Jones Park

We will meet at 8:15 on each of those mornings. Bring your water bottle and be ready to burn a few calories.

Local Traveler

I am excited to introduce a new educational series called Local Traveler. Through this program, we 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 2.0 will make its way to Fairview, KY on October 15, 2018. Cost for the outing will be $6.00. I would also plan to bring spending money. We are going to visit some great Amish/Mennonite businesses. Here is our plan for the day.

10:00-Meet at the Jefferson Davis Monument located at 258 Pembero-Fairview Road, US HWY 68-80, Fairview, KY 42221. We will have a guided tour of the museum and the monument.

11:00-Visit Country Lane Quilts located at 10837 Jefferson Davis HWY, Pembroke, KY 42266. We will meet Mrs. Irene and explore the Mennonite quilting heritage. This great little shop has most fabrics for $3.00 per yard. Backing and specialty fabrics are a little higher. If you are a quilter this is a stop you don’t want to miss.

12:00-Dutch Kuntry Bulk Store located at 225 Vaughns Grove Fairview Rd, Pembroke, KY 42266. For lunch we will order deli sandwiches from the counter and while they are being made we can shop throughout the store. When everyone has finished their shopping, we will eat a picnic lunch at the pavilion on the Jefferson Davis Park grounds (weather permitting). We can eat at Dutch Kuntry if the weather does not cooperate.

1:30-Hoovers Farm Market located at 1045 Hoover Lane, Hopkinsville, KY 42240. We will end our tour by visiting Mr. Hoover and check out his great selection of fall pumpkins, gourds, and other winter vegetables. He also has a good selection of Amish products if you want to start thinking about Christmas gifts. There’s no better gift option than homemade jams and jellies.

The last day to sign up for the trip and pay the registration is October 11, 2018. Looking forward to another day of exploring with you!
Note to Club Treasurers

In order to make the office book keeping easier and more transparent for Miranda and our auditors, we need you to make one deposit in early December that includes your club dues, coins for change, or any other deposit that needs to be made. This will help to cut down on confusion and errors. Your cooperation is greatly appreciated. Thank you!

Reduce Stress through Mindfulness

Source: Kerri Ashurst, senior extension specialist and Janet Mullins, extension professor

Fingers holding cell phones; constant updates via social media; 24/7 news alerts; and demands from work and home help create a world that is full of noise, chaos and all kinds of stressors that bombard us each day. Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly stressful encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.

Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on breathing in and out, clearing your mind of thoughts. You can also focus on your physical self, your surroundings or your movements as you do a normal daily activity such as walking. Mindfulness helps you re-center, reduces external distractions and allows you to evaluate yourself and your reactions to the stressors around you.

Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown its effectiveness in stress reduction as well as other positive benefits including a decrease in anxiety and depression. Some studies have shown mindful eating can be a tool for weight management.

You can practice mindfulness anytime or anywhere as long as you turn your focus inward and allow distractions to fade away.

Participants in the Local Traveler Murray Trip

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Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences
Calendar of Events

**Paper Crafters**
Date: September 10, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: September 7, 2018**

Come join our group as we learn new and fun techniques to create works of art with paper. Each month is a new project. Don’t miss out on the latest one!

**Pinterest Interest: Chalking**
Date: September 11, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: September 7, 2018**

Save the date for our next Pinterest Interest class. Christy Stephens will be teaching us to make this cool project! If you are new to this technique, make sure to come check out the class. You won’t be disappointed!

**Homemaker Leader Lesson: Holiday Traditions around the World**
Date: October 2, 2018 (2:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: October 2, 2018**

Join us as we learn more about Holiday Traditions from around the world. Tiffany Bolinger, Christian County Agent, will be teaching this interesting lesson. Come and join us!

**Paper Crafters**
Date: October 8, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: October 5, 2018**

Come join our group as we learn new and fun techniques to create works of art with paper. Each month is a new project. Don’t miss out on the latest one!

**Pinterest Interest: Project TBA**
Date: October 9, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up: October 5, 2018**

Don’t miss out on the October Pinterest Interest project. Be looking in next month’s newsletter to find out what fun and trendy project we will be making.