



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service
 Family and Consumer Sciences

LYON COUNTY HOMEMAKERS

DECEMBER
 2024

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Hello Homemakers,

It's the happiest of seasons and I hope you have a great few weeks planned with family and friends. Take steps now to make sure you don't get stressed before the company comes or before the meal is to be served.

- 1. Plan Ahead: make a list and a schedule and stick to it as best you can, while always remembering surprises will pop up. Take a deep breath when they do.**
- 2. Delegate Responsibilities: It can be hard to let go of some holiday tasks because we want things done "our way." But, finding a chore or two to pass along to family and friends can cut your stress level tremendously.**
- 3. Practice Self-Care: make sure to find time for meditation, a walk, or even a little time working on a hobby so you feel energized and ready to take on the holiday fun.**

That being said, Christmas will be a little different for my family this year. Many of you have followed the journey of Mr. York's health issues over the past four years. He will be having an extensive surgery a few days before Christmas. The recovery and healing will be long and we are unsure of how many days I will be away from the office. That being said, I will be checking e-mail and texts when possible, but do expect delays in response as we navigate the days ahead. Wishing you all the Happiest of Holidays!

-Angie

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January Leader Lesson

Everyone is welcome to attend the leader lesson at the Lyon County Extension Office. If the topic interests you, come join us for these fun and educational sessions.



WHEN: JANUARY 3, 2024
WHERE: LYON COUNTY EXTENSION OFFICE
WHAT TIME: 10:00 AM

This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

Marble Maze Volunteer Project

Thank you to those of you who helped with the marble maze project. They have been dropped off at our local nursing homes and both were very appreciative of the gift. A big shoutout and **THANK YOU** to Sharon Gates for organizing this volunteer opportunity!



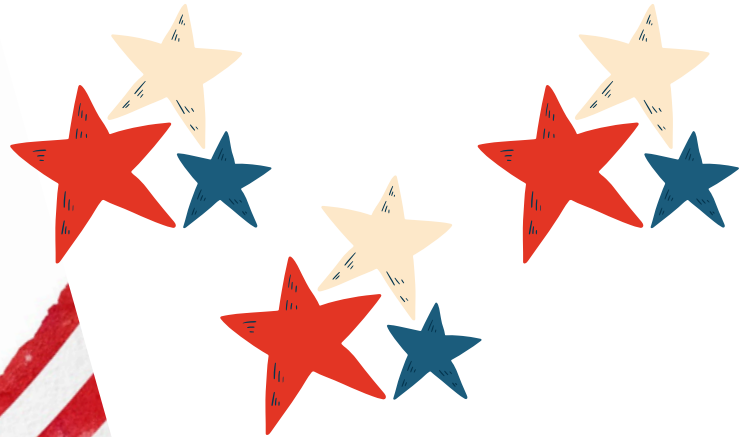
Crafting With Christy

Crafting with Christy
will not meet in January.



★ ★ ★ ★ ★
**QUILTS FOR
COURAGE WORK DAY**
JANUARY 15, 2024
9:00 AM TO 3:00 PM

BRING A SACK LUNCH. IF YOU DON'T SEW
WE STILL NEED YOU TO IRON, SORT, OR BE
A RUNNER. WE NEED EVERYONE'S HELP!



The Spring Seminar and Cultural Arts event is set for March 14, 2025 at the Christian County Extension Office. Mark your calendars now and plan on getting those beautiful craft products finished!

Senior Citizen's Nutrition Class



JOIN ME DECEMBER 19, 2024 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.

**Did you know:
Sewing boosts
your self-esteem
by providing a
sense of
accomplishment.**



Quilting
WITHOUT A PATTERN

Quilting without a pattern is not as hard as you think. Join me to make this beautiful star quilt with no pattern in sight. You will learn many tips and techniques along the way. Supply list will be provided when you call to sign-up. Space is limited.

TIME
9:00-3:00 PM

DATE
January 24, 2025

**TO REGISTER CALL
270-388-2341**





LYON COUNTY FCS EXTENSION PRESENTS

BEGINNER ADULT SEWING SERIES

HAVE YOU BEEN WANTING TO LEARN TO SEW, BUT NOT SURE WHERE TO START? THIS IS THE CLASS FOR YOU!

Bring your sewing machine if you have one or use mine if you don't. All Supplies will be provided

1:00 PM -4:30 PM
Each Sunday

SPACE IS LIMITED

FEBRUARY 2, 2025
FEBRUARY 9, 2025
FEBRUARY 16, 2025

Book your seat by calling 270-388-2341

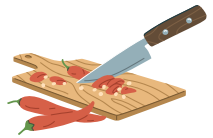





**Did you know:
learning a new skill
improves cognitive
function and
memory.**



**Did you know:
Repetitive motion
like chopping
vegetables and
stirring a pot help to
lower stress and
anxiety?**



One Pot Wonders

COOKING WORKSHOPS

Join me for a 3-session cooking series to help you get the most out of your time in the kitchen. Each class will offer lessons on a different topic and will have taste testing of each demonstrated recipe.

CLASSES ARE FREE

Space is limited. Please call the office at 270-388-2341 to register.



All classes will be at the Lyon County Extension Office and will begin at 6:00 PM.

- February 20, 2025-One Pot Meals
- February 27, 2025-Crock Pot Meals
- March 6, 2025-Pressure Cooker Meals



Twice-Baked Acorn Squash

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan cheese
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 350 degrees F. Cut squash in half; discard seeds. Place squash flesh side down on a baking sheet coated with nonstick cooking spray. Bake for 50 to 55 minutes or until tender. Carefully scoop out squash, leaving a 1/4-inch-thick shell. In a large bowl, combine the squash pulp with the remaining ingredients. Spoon into shells. Bake at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. Store leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.



It's Winter Vegetable Season, ya'll, and here's your reason to try winter squash.



Fun Fact: We typically see green acorn squash but they can also be grown in orange and white.

Kentucky Winter Squash

SEASON: August through October

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is high in vitamins A and C and is a good source of potassium and vitamins B6, K, and folate.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place, and use it within 1 month. Once sliced, wrap dry pieces in plastic wrap and refrigerate for up to 5 days.

PREPARATION:

To steam: Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the

pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30 to 40 minutes or until tender.

To microwave:

Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:**
1/2 squash, 5 to 8 minutes;
1 squash, 8 1/2 to 11 1/2 minutes.
- **Butternut squash:**
2 pieces, 3 to 4 1/2 minutes.
- **Hubbard squash:** (1/2-pound pieces) 2 pieces, 4 to 6 1/2 minutes.

To bake:

Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students
Source: FruitsAndVeggies.org

August 2022

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
PlateItUp.ca.uky.edu



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Winter Weather Policy

With winter approaching quickly, please be reminded that any scheduled programming at the Lyon County Extension Office will be canceled if the Lyon County Schools are canceled. Please check WPSD Snowman 6 or the Lyon County Family and Consumer Sciences Facebook page for further information in the event of severe weather.



Seasonal CRD Preparedness Tips

December: Online Safety Preparedness

This holiday season is a time for gift buying and gift wrapping for loved ones. Make sure you are up to date on the latest online safety for purchases made online. See the tips below for decide, password, privacy, and credit card safety:



Tip #1: Check Your Devices:

- **Ensure software is up-to-date (includes: phones, electronics, toys, etc.)**
 - Enable auto-updates
- **Change the default password on devices**
 - Use different and complex passwords, along with two-factor authentication
- **Check your device's privacy and security**
 - Know how your information is used/stored,
 - Check if you are sharing more information than you want to provide

Tip #2: Only Shop Through Trusted Sources

- **Don't connect to unsecure public Wi-Fi**
 - ESPECIALLY when online shopping or banking
- **Ensure your website is a reputable, established vendor before making purchases**
 - Always verify the legitimacy before supplying any information

• **Phishing emails are common around the holidays**

- These emails look like they are from retailers (see picture attached)
 - Don't click links, download attachments, or provide personal information

• **Make sure your information is being encrypted.**

- Many sites use a secure sockets layer (SSL) to encrypt information.
- Your information is encrypted by using the URL "https:" instead of "http:"
 - This will also include a closed padlock (encrypted information)

Tip #3: Use Safe Methods For Purchases

• **Use a credit card as opposed to a debit card**

- There are laws to limit your liability for fraudulent credit card charges,
 - Debit cards may not have the same level of protection
- Debit cards draw money directly from your bank
 - Unauthorized charges could leave you with insufficient funds to pay bills

• **Check your credit card and bank statements for any fraudulent charges**

- **If you receive a suspicious email may be a phishing scam, you can report it:** • <https://www.us-cert.gov/report-phishing>

Source:

https://www.cisa.gov/sites/default/files/publications/Holiday%2520Online%2520Safety_tip%2520sheets_2020-v5-DW_508%2520pobs.pdf