



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



LYON COUNTY HOMEMAKERS

FEBRUARY
 2025

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Hello Homemakers,

While temperatures are still chilly out it's a good time to stay in and work on getting your check-up appointments scheduled for this year. February is dental health month. Have you got your every 6-month teeth cleanings on your schedule? It is also American Heart Month. Have you had a check up on your ticker lately? It's a great idea to have your cholesterol, blood pressure, and other heart related numbers checked with your doctor. Don't forget about Valentines day. That's also a great time to work on your mental health by sending a card or note to someone you know. Sharing the love increases those endorphins that make you feel better while also putting a smile on the face of a family member or friend. There are several county and area activities happening soon. Make sure to check the deadlines so you don't miss out on the fun. Happy Valentines Day!

-Angie

Winter Weather Policy

Any scheduled programming at the Lyon County Extension Office will be canceled if the Lyon County Schools are canceled for snow or unsafe weather conditions. Please check WPSD Snowman 6 or the Lyon County Family and Consumer Sciences Facebook page for further information in the event of severe weather.

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Crafting With Christy

march 3, 2025
1:00 PM Cost: \$10



MUST PAY CLASS FEE TO BE ADDED TO THE REGISTRATION LIST.



An Equal Opportunity Organization

Pennyrile Area Homemakers Spring Seminar

Culinary Journey Across the Bluegrass

March 14, 2025

Registration: 9:30 a.m.

Program begins: 10:00 a.m.

Christian County Extension Office
2850 Pembroke Rd, Hopkinsville, KY 42240

RSVP by February 28th to
your local extension office.

Cost: \$18.00

Meal catered by Bar-B-Q Shack



It's time to sign up for Spring Seminar. Please be aware the last date to sign up is **February 28, 2025**. If you are turning in entries for Cultural Arts, they need to be dropped off at the Lyon County Extension Office by **Monday, March 10, 2025** if you want me to take them **OR** you can bring them and attend the seminar on **March 14th**. If you take your own entries you must stop by the office ahead of time to have tags filled out and attached. See schedule for drop off times for the day of the event.



Cultural Arts

Check-In at the Christian County Extension Expo Hall

- o 9:00: Todd, Christian, Trigg
- o 9:15: Muhlenberg, Hopkins, Lyon
- o 9:30: Caldwell, Livingston, Crittenden

Tags must be completed before check-in.

Contact your county extension office to obtain check-in tags and more information.

Senior Citizen's Nutrition Class



JOIN ME FEBRUARY 20, 2025 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.

WALK YOUR WAY CHALLENGE



MARCH 10 - MAY 25, 2025

Have you decided it's time to get off the couch, but are not sure how to start?

Start Slow, Start Smart, Start with Us!

This 12-week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU.



Walk your Way Lyon County Challenge
Time: 8:30 AM
When: 5 Mondays-March 24, 31, April 7, April 14, April 21
Where: Lyon County Extension Office

Register at your local
Extension Office or online at
<https://bit.ly/WalkYourWay2025>

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension.
Lexington, KY 40506



Disability
accommodated
with prior notification.

Steps to enter the Walk your Way Challenge:

- Before March 10th, use the link above to sign up or stop by the office and we will sign you up.
- Make a plan for how you want to collect your steps/exercise data during the challenge.
- Call 270-388-2341 if you want to do the Monday workouts with Angie at the office or if you want more details about the program.

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include *applied and quilted*.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

Handbook 40
June 2024

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.