



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

LYON COUNTY HOMEMAKERS

MARCH
 2025

In this newsletter:

A Note from Angie

[Page 01](#)

Leader Lesson Information

[Page 02](#)

Upcoming Classes

[Page 03](#)

Walk Your Way Challenge

[Page 04](#)

[And so much more.....](#)



Hello Homemakers,

It's March Madness season but also madness that it's already March. I hope you are looking ahead to all the fun things coming your way in the next few weeks. One thing I am particularly excited about is the "Biscuits and Gravy" class. People often tell me they have never made biscuits or never had chocolate gravy so it is my mission to introduce these southern favorites to everyone in hopes you will learn to make them on your own. Remember though, spots are limited so call quickly to sign-up. We have many new Homemakers and some may not be aware that each year we give a \$1000 scholarship to a student picked by our application team. This year, Scholarship Committee Chair, Nancy O'Brien, will be working with a member from the Eddyville Club and a member of the Fairview Club to choose the applicant they see best fits the criteria set forth. Next year we will need a member from Lake Barkley Club and a Member-at-Large to help Nancy choose the winning applicant. If serving students in this capacity is your strength, please make sure to let me or a council member know so you can volunteer where you know you will shine. It takes many volunteers to keep our village running and the Lyon County Homemakers are always up to the task. Thank you for all you do!

-Angie

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

April Leader Lesson

April 7, 2025 - 10:00 AM
Lyon County Extension Office

Transferring Cherished Possessions

Taught by: Tiffany Bolinger

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.

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your "estate."

Winter Weather Policy

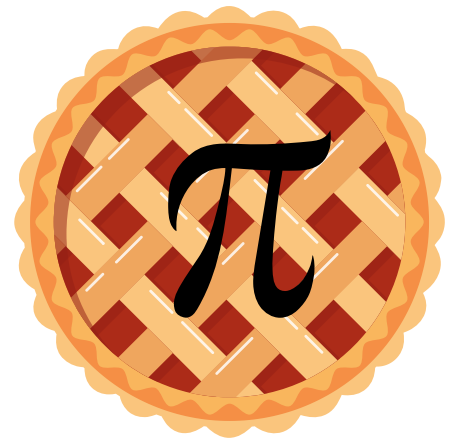
Any scheduled programming at the Lyon County Extension Office will be canceled if the Lyon County Schools are canceled for snow or unsafe weather conditions. Please check WPSD Snowman 6 or the Lyon County Family and Consumer Sciences Facebook page for further information in the event of severe weather.

Lost and Found

OUR LOST AND FOUND BOX HAS SEVERAL ITEMS THAT HAVE BEEN HERE FOR YEARS. PLEASE LOOK CLOSELY TO SEE IF THESE BELONG TO YOU. ALL UNCLAIMED ITEMS WILL BE DONATED ON APRIL 1, 2025.



3-14 is
national π
day.



Will you
celebrate
with pie?

Crafting With Christy



April 7, 2025
1:00 PM Cost: \$10



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

biscuits AND GRAVY

Celebrate a southern favorite by learning how to make different types of biscuits and gravy. The best part...the taste testing. Please call 270-388-2341 to reserve your spot at the table.

WHEN: APRIL 15, 2025

WHERE: LYON COUNTY EXTENSION OFFICE

WHAT TIME: 6:00 PM

SPACE IS LIMITED. CALL QUICKLY TO MAKE SURE YOU GET A SPOT.



Barn Quilt Painting

Taught by: Shirley McDowell

When: March 25, 2025

Where: Lyon County Extension Office

What time: 9:00 AM

Cost to attend is \$75.

Class space is limited.

Stop by the office and pay to hold your spot. For questions call 270-388-2341.

All supplies will be furnished.



Senior Citizen's Nutrition Class



JOIN ME MARCH 13, 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>

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people, regardless of economic or social status and will not discriminate on the basis of race, sex, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or registered or unregistered prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



Disability accommodations 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.

Finding Motivation to Stick to your Exercise Resolutions

Source: Katherine Jury, extension specialist for family health

You may have a goal of becoming more active this year but might be finding it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic. Physical activity has a ton of benefits including aiding in weight loss, boosting your immune system, relieving stress and helping to lower your blood pressure. The goal is to get 150 minutes of physical activity each week.

While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.

-Make it manageable. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day.

-Make a plan. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit in. Once you have an exercise schedule, develop a backup plan to help you catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.

-Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Your activity does not have to be difficult. It could be as simple as walking around your neighborhood or dancing to music each day.

Find ways to make it social. Some people find it helpful to have an exercise partner or join a gym class for motivation. Get a workout buddy while you are doing the activity find a virtual exercise class. You can also make it a family activity by encouraging them to be active with you.



Spring Harvest Salad

5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9g fat, 1.5g sat fat, 240mg sodium, 12g carbohydrates, 3g fiber, 7g sugar, 3g protein.

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



Sewing Retreat

March 27th & 28th, 2025

9 a.m. - 2 p.m.

Livingston County Extension Office

803 U.S. 60 East, Smithland

Cost:

Day 1 - \$15.00

Day 2 - \$15.00

Both days - \$30.00

Snacks, Lunch & Drinks provided

Limited to 20 participants

Call the Livingston County Extension Office at 270-928-2168 to register, or by email at jkbarr3@uky.edu.

MUST RSVP by March 20, 2025.

Taught by Angie York; Lyon County Family & Consumer Science Agent



Day 1 - Quilt Pattern
"Working on the Chain Gang"
Beginner friendly pattern



Day 2 - "Putting the Pieces Together":
Learning how to paper piece.
This is an intermediate pattern.