



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

LYON COUNTY HOMEMAKERS

SEPTEMBER
 2024

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Hello Homemakers,

It's harvest season and time to watch for our farmers as they often have to move their equipment from one field to another. Please be a considerate motorist by following these suggestions offered by Kentucky Farm Bureau!

- Watch for road signs. Many roads next to farms will have a yellow sign with the silhouette of a farmer on a tractor posted to warn drivers that they are entering an area where slow-moving vehicles are likely to be on the road.
- Don't assume the farmer knows you are there. While most farmers check frequently for vehicles approaching from behind them, their focus must remain on the road ahead. Also remember that farm machinery is very loud and may prevent the operator from hearing your vehicle's approach.
- Keep your distance to ensure farmers can see your vehicle in their mirrors.
- Stay back and don't tailgate. The triangular slow-moving vehicle emblem displayed on the back of farm equipment signifies that the machinery will not be traveling at high speeds and maneuverability is limited. Additionally, if the farm equipment you are following pulls to the right side of the road, it does not necessarily mean it is making room for you to pass. It is quite possible that the farmer is slowing down and drifting right to gain extra room for a wide left turn.
- Use extreme caution when passing. If you cannot clearly see what lies ahead of both your vehicle and the equipment you intend to get ahead of, do not pass. Never pass farm equipment when approaching a hill or curve, and do not attempt to pass when you are within 100 yards of an intersection, bridge, railroad crossing or tunnel. Additionally, turbulence created by speeding past machinery may cause it to sway and become unstable.
- Exhibit patience and slow down as soon as you spot a piece of farm equipment. Those tractors don't want to be on the road any more than you want them to be. You are not the only one eager to get the farm equipment off the road and out of the way. Farmers must move their machinery carefully along roadways and have lower maximum speeds by which they can travel. When traveling behind these slow-moving vehicles, patiently wait for the operator to find an appropriate time to let you pass. Don't assume this can be done at any time. The farmer must survey the shoulder of the road for an area that is not soft, wet or steep and can support the weight of the equipment without causing it to tip.

Happy Harvest!


-Angie

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October 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.



 Cooperative Extension Service



Self-care: Social Connections

Learn how social connections contribute to self-care and improve quality of life.

*Tuesday, October 1, 10:00 a.m.
at your local Extension Office*

-or-

*Tuesday, October 1, 5:30 p.m.
on Zoom*

*Contact your local Extension Office
for more information.*



An Equal Opportunity Organization

Save the Date

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!

Crafting With Christy



When: October 7, 2024
Where: Lyon County Extension Office
Time: 9:30 AM to 3:30 PM
Cost: \$45



Lunch is included with this all day class.
Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 270-388-2341.

Quilty Pleasures Quilt Retreat

September 26 and September 27, 2024

LAST DAY TO SIGN UP FOR THE RETREAT IS SEPTEMBER 20, 2024. NO LATE SIGN-UPS WILL BE ACCEPTED.

September 26 Hanging from the Chandelier	September 27 Pumpkin Patch
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Classes will be from 9 AM to 4 PM daily.



Lyon County Extension Office
231 Main Street, Eddyville, KY 42038

Lunch is Provided - registration for each day is \$15 - Door Prizes and Fun included in the price. Reserve your spot by calling 270-388-2341

Must pay to reserve spot - Supply list will be given upon payment

There's only one slot left in each class. Come by ASAP to grab the last seats.

LYON COUNTY FCS EXTENSION PRESENTS

SCRAP HAPPY SEWING SERIES

JOIN ME EACH MONTH FOR A DIFFERENT WAY TO USE UP THOSE SCRAPS!

10:00 AM - 2:00 PM
Each Month

JULY 18, 2024
AUGUST 22, 2024
SEPTEMBER 12, 2024
OCTOBER 10, 2024
NOVEMBER 14, 2024

Bring your sewing machine and basic sewing supplies.

SPACE IS LIMITED

Don't forget to pack a lunch!

Book your seat by calling 270-388-2341

Senior Citizen's Nutrition Class



JOIN ME SEPTEMBER 24, 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.



Between the Rivers



Pennyryle Area Extension Homemakers Annual Meeting

Save the Date



October 18, 2024

155 W Cumberland Ave,
Grand Rivers, KY 42045

Guest Speaker: Bobbie Foust

Cost: \$18.00 Due before September 30th to your County Office.

Entertainment: Liberty Boys



Cooperative Extension Service

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.

It's time to sign up for Area Annual day and this year it is just down the road in Grand Rivers. Please note, the last day to sign-up is September 30, 2024. No late registrations will be accepted. You will need to have your payment to the Lyon County Extension Office by that date.

ADULT HEALTH BULLETIN



SEPTEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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**Take care of your body and mind by trying grounding.
Stand barefoot on a natural ground surface
like grass, soil, or rock, in open air.**



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grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

**ADULT
HEALTH BULLETIN**

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