



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



LYON COUNTY HOMEMAKERS

JANUARY 2023

In this newsletter:

A Note from Angie
 Page 01

Leader Lesson Information
 Page 02

Cultural Arts
 Page 03

What's Happening
 Page 04

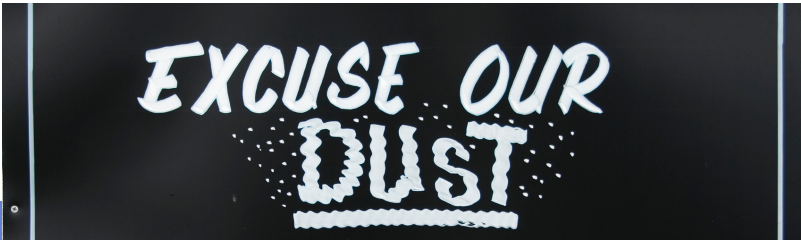
And so much more.....

Educational programs of Kentucky Cooperative Extension serve all people regardless of 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences

Hello Homemakers.
 The long awaited moment has arrived. The office remodel is underway and each day brings new changes and updates. Please excuse our mess while we make the office a much better space for you to use and enjoy all of our educational programs. Because the meeting rooms will soon be unavailable, please look for most classes to be on Zoom or at other locations around Lyon County. All clubs should have alternative meeting plans arranged for meetings starting in February. Change is never fun, but the changes we are making for you, our clientele, will be worth it. Make sure to stop by and see the transformations. Through it all, we are still available by phone and e-mail. Please reach out if you need us!
 -Angie



February Homemaker Leader Lesson

Elements and Principles of Art

February 6, 2023

10:00 AM

Zoom Meeting

Lesson taught by Extension Specialist:

Melissa Bond

With the ongoing construction at the Extension Office, the February leader lesson will only be offered on Zoom. If you need help setting up Zoom on your device, please contact Angie at 270-388-2341.

LYON COUNTY VETERANS QUILTS FOR COURAGE

The Lyon County Homemaker Council would like to introduce a new program to benefit those who have served our country in the armed forces. There are several ways you can help to get this program up and running. The program aims to give veterans a quilt for their courage.

You can help by:

- Completing the form to nominate a veteran. The form can be picked up from the Extension Office. The nominated veteran must meet the following stipulations: "Veterans to receive quilts MUST be a full time Lyon County resident who has never received a quilt of recognition from any other organization. Recipients will be chosen by age. Health concerns will also be considered and therefore may be chosen over age. No posthumous quilts will be presented. "
- Donating red, white, blue, or patriotic themed fabrics for the quilts.
- Donating 80/20 Cotton/Poly Batting for the middle of the quilts.
- Donating money to the Homemaker Quilts for Courage project to be used to purchase fabric, batting, or thread as needed.

For a complete list of rules and regulations regarding the Quilts for Courage project, please e-mail angie.york@uky.edu.



SAVE THE DATE

The Pennyriple Area Cultural Arts Competition will be held at the Christian County Extension Office on Friday, March 17, 2023. Time to start working on those craft projects. Please note: this is a date change from the original post. It is one week earlier.

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. 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
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
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
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
13. FELTING*
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

15. JEWELRY
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
 - c. Original Design
16. KNITTING (HAND)
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
17. KNITTING (OTHER)
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
 - a. Black & White (mounted & framed)
 - b. Color (mounted & framed)
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)
 - 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
24. RUG MAKING
 - a. Braided
 - b. Hooked
 - d. Scrapbooking***
25. WALL or DOOR HANGING
 - a. Fabric
 - b. Other
26. WEAVING
 - a. Hand (macrame, caning)
 - b. Loom
27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

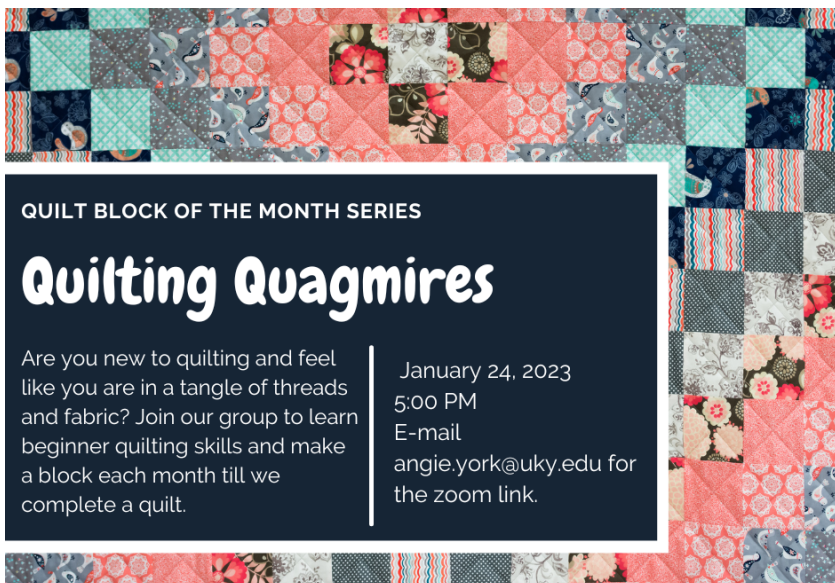
* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**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.



What's Happening



QUILT BLOCK OF THE MONTH SERIES

Quilting Quagmires

Are you new to quilting and feel like you are in a tangle of threads and fabric? Join our group to learn beginner quilting skills and make a block each month till we complete a quilt.

January 24, 2023
5:00 PM
E-mail
angie.york@uky.edu for
the zoom link.

Rescheduled date from last month.



Wok Smarter not Harder

January 31, 2023

Class will be offered on Zoom

10:00 AM or 6:00 PM

E-mail angie.york@uky.edu
for the zoom link.

Learn the basics of wok cooking and best practices for seasoning and keeping your wok usable for many years. You must call 270-388-2341 to sign up for the class. The last day to sign up is Friday, January 27, 2023.

Crafting with Christy

Feb 8.2023 1:00 Pm

Class will be held at the Lee S Jones Building (next to Convention Center)

Cost: \$10.00 for 3 Projects

Class limited to 14

JOIN CHRISTY FOR ANOTHER FUN CLASS LEARNING HOW TO USE PAPER NAPKINS TO MAKE MANY CRAFT PROJECTS. MUST PAY AND SIGN UP AT THE LYON COUNTY EXTENSION OFFICE TO RESERVE YOUR SPOT FOR THE CLASS. FOR MORE INFORMATION CALL 270-388-2341.

Donations Needed

COMMUNITY EDUCATION DIRECTOR, QUICHE MATCHEN, NEEDS HELP COLLECTING PERSONAL HYGIENE PRODUCTS FOR THE STUDENTS AT THE LYON COUNTY MIDDLE SCHOOL. PICTURED ARE THE BOXES KEPT IN THE BATHROOMS FOR STUDENTS TO GRAB WHAT THEY NEED IN PRIVATE WITH NO EMBARRASSMENT. PLEASE PICK-UP AN ITEM OR TWO FROM THE WISH LIST AND DROP OFF AT THE LYON COUNTY EXTENSION OFFICE BY FEBRUARY 17, 2023. SUGGESTED ITEMS TO PURCHASE ARE:

GIRLS:

- **TAMPONS (USUALLY A VARIETY PACK LIGHT, REGULAR, SUPER)**
- **PADS (OVERNIGHT, LIGHT, TEEN)**
- **DEODORANT (TRAVEL SIZE)**
- **HAND WIPES**

BOYS:

- **DEODORANT (TRAVEL SIZE)**
- **TOOTHPASTE (TRAVEL SIZE)**
- **TOOTHBRUSHES**
- **HAND WIPES**






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

LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

14

SUBMIT ENTRIES TO:

**MERCER COUNTY
EXTENSION OFFICE
1007 LEXINGTON ROAD
HARRODSBURG, KY, 40330
OR: TARA.DUTY@UKY.EDU**

March 2023



SCAN ME

Grab Your Book!

BIG BLUE
BOOK CLUB

The first 200 registered participants
will receive a free book!

Join us as we read

IS BUTTER A CARB?

by Rosie Saunt & Helen West



January is Radon Awareness Month

Be Aware of Potential Radon Problems

Sources: Linda Adler, Jerry Hash and Kentucky Department of Public Health

You can't see, smell or taste it, but radon might be in your home. Radon, a radioactive gas, is the second leading cause of lung cancer, causing about 22,000 deaths in the United States annually.

Although radon can get into any type of building, people are likely to have the greatest exposure at home because that's where they spend the most time.

Testing is the only way to determine if your home has an elevated radon level. This is an easy, inexpensive process. The Environmental Protection Agency and U.S. Surgeon General recommend testing all homes below the third floor. Activated charcoal kits provide a two-to-seven-day test period. They cost about \$10. An alpha tracking kit provides up to a one-year test period, and costs nearly \$30.

Since radon levels can dramatically vary over time, one short-term test might not indicate your real exposure. Initially, a series of charcoal tests over several months might be more convenient than continuous alpha track testing for the same time period. This is because a kit should not be disturbed or placed in air currents during testing, and the house should remain closed as much as possible. Completely follow the test kit instructions and promptly return the used kit to the indicated laboratory for analysis. A radon-positive home that uses well water should be tested for water-borne radon.

If the test results equal or exceed four Pico curies per liter of air, have a certified radon contractor assess the situation and advise you on the most suitable corrective action. You can find a list of certified radon contractor in telephone book advertisements or from the Kentucky Department of Public Health (502) 564-4856 or from your local health department.

It's simple and relatively inexpensive to fix radon problems. Even high levels can be reduced to acceptable levels. The costs range from \$800 to \$2,500 depending on the type and severity of the radon problem and how your home was built, among other factors.

Radon gas originates from the natural radioactive decay of uranium in soil, rocks and water. Radon typically moves up through the ground and can enter your home through cracks in poured foundation slabs and walls, hollow block walls and openings around floor drains, pipes and sump pumps. Your home traps radon inside where it can build up. Radon can be a problem in any home whether old or new, well-sealed or drafty and with or without a basement.



RADON