



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

LYON COUNTY HOMEMAKERS NOVEMBER 2023



In this newsletter:

A Note from Angie
 Page 01

New Homemaker
 Fundraiser
 Page 02

Pretend Store Information
 Page 03

Mark Your Calendars
 Page 04

And so much more.....

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Sincerely,
 Angie York
 County Extension Agent for Family & Consumer Sciences

HELLO HOMEMAKERS,

I NEVER LIKE TO START A LETTER ON A SAD NOTE, BUT I MUST SHARE WITH YOU THAT OLIVIA HAS RESIGNED FROM HER STAFF SUPPORT POSITION AT THE EXTENSION OFFICE. WE WISH HER WELL, BUT WE WILL MISS HER AND I KNOW YOU WILL TOO. WE WILL BE FILLING THAT POSITION AND THERE IS A LINK TO THE APPLICATION AVAILABLE. IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN WORKING WITH US, PLEASE REACH OUT FOR THE APPLICATION INFORMATION. THE JOB LISTING WILL REMAIN OPEN UNTIL THANKSGIVING WEEK. I HOPE YOU ARE PREPARING FOR A WONDERFUL TIME OF FOOD AND FELLOWSHIP THROUGH THE THANKSGIVING HOLIDAY. OUR OFFICE WILL BE CLOSED ON NOVEMBER 23 AND 24, 2023, BUT WE LOOK FORWARD TO SERVING YOU WHEN WE REOPEN ON NOVEMBER 27, 2023. WISHING YOU A VERY HAPPY THANKSGIVING!

-ANGIE

Homemaker Sign Fundraiser

It's time for a new and fun Homemaker fundraiser. You may have noticed when you are traveling through town that we have a digital sign at the Extension Office. Starting January 2, 2024, you can rent a slide on that sign to show your pride for a loved one or friend and all proceeds will go the Lyon County Homemaker general fund. For example, if I wanted to recognize my granddaughter on her birthday, I would stop by the Extension Office and ask Miranda to complete a fundraiser form. I would have them check the calendar to see if February 11th is available, and if so I would complete the form with my message to be played on the screen on February 11. My message would say "Happy Birthday Ophelia." You might want to say "Happy Anniversary Dixie and Pete," or "Congratulations on Retirement Paula." The cost to rent the sign will be \$25 and your message will run for 24 hours. Only one message per day will run so you must call early to get the days you want. This is an easy way to support Homemakers and get your message out to those in town. Call 270-388-2341 to reserve your date and pay by phone, or stop by and sign-up in person. Can't wait to see all your sweet messages encouraging the folks of Lyon County!



Holiday Shopping Savvy

THE HOLIDAY SEASON IS QUICKLY APPROACHING AND MANY OF US WILL SHOP ONLINE FOR AT LEAST SOME OF OUR HOLIDAY PURCHASES. BEING SMART ABOUT WHEN AND WHERE YOU SHOP ONLINE CAN HELP KEEP YOU FROM FALLING VICTIM TO CYBERCRIME. ONLY SHOP ONLINE WHEN YOU KNOW YOU HAVE A SECURE INTERNET CONNECTION. SHOPPING WITH AN UNSECURE CONNECTION MAY MAKE YOU AN EASY TARGET FOR CYBER THIEVES WHO CAN STEAL YOUR CREDIT CARD INFORMATION. REMEMBER PUBLIC INTERNET CONNECTIONS ARE NOT ALWAYS SECURE, EVEN IF YOU ARE ON YOUR OWN DEVICE, AND THE PUBLIC NETWORK'S SECURITY SOFTWARE MAY NOT ALWAYS BE UP-TO-DATE.

WHEN BUYING ONLINE, LOOK FOR A PADLOCK SYMBOL ON THE PAGE AND SHOP FROM SITES THAT START WITH HTTPS:// WEB ADDRESS. THE "S" AFTER "HTTP" SHOWS THAT THE WEBSITE ENCRYPTS YOUR INFORMATION AS IT PROCESSES THE TRANSACTION.

USE CREDIT CARDS INSTEAD OF DEBIT CARDS TO MAKE ONLINE PURCHASES. THE FAIR CREDIT BILLING ACT LIMITS YOUR RESPONSIBILITY TO THE FIRST \$50 IN CHARGES IF YOUR CREDIT CARD IS USED FRAUDULENTLY, AND MANY CREDIT CARD COMPANIES WILL NOT HOLD YOU RESPONSIBLE FOR ANY FRAUDULENT ONLINE CHARGES. REVIEW YOUR STATEMENTS AND REPORT ANY SUSPICIOUS TRANSACTIONS TO YOUR CREDIT CARD COMPANY. YOU MAY ALSO REQUEST A FREE CREDIT REPORT FROM THE THREE CREDIT REPORTING AGENCIES EXPERIAN, TRANSUNION AND EQUifax.

CREATE STRONG PASSWORDS AND PIN NUMBERS. USE DIFFERENT COMBINATIONS OF UPPER AND LOWERCASE LETTERS, NUMBERS AND SYMBOLS TO MAKE YOUR PASSWORDS HARD TO CRACK. DO NOT USE PERSONALLY IDENTIFIABLE PASSWORDS SUCH AS YOUR ADDRESS, BIRTHDAY OR NAME IN YOUR PASSWORDS, AS THESE ARE EASY FOR THIEVES TO FIGURE OUT. KEEP YOUR PASSWORDS PRIVATE. DO NOT SHARE THEM WITH OTHERS OR KEEP THEM IN YOUR WALLET OR PURSE AS THESE CAN BE STOLEN. TRY TO USE DIFFERENT PASSWORDS FOR EACH OF YOUR ONLINE ACCOUNTS.

AUTOMATICALLY SET UPDATES ON YOUR DEVICE, APPS, BROWSERS AND COMPUTER OPERATING SYSTEMS TO KEEP THEM CURRENT WITH THE LATEST SECURITY FEATURES. PASSWORD PROTECT YOUR HOME INTERNET CONNECTION TO KEEP YOUR PERSONAL NETWORK SECURE. -BY KELLY MAY

Pretend Store

In preparing for us to return to the original way Pretend Store was offered, pre-Covid, it occurred to me along the way that we have many new members-at-large and club members who don't even really know about Pretend Store and how it works. Here are the key things you need to know, but mostly be prepared to come and be blessed by the preschoolers. We have so much fun serving them.

There are four preschool classes at Lyon County Elementary school who will have the opportunity to come to the Lee S. Jones building on December 6, 2023 to "shop" for gifts for the family members who live in the house with them. The teachers in each class give me the names and information of each family member ahead of time so we are prepared when the children come through to shop.

The first volunteer opportunity will be on December 5, 2023 starting at 1:00 PM. I need many of you to come to the Convention Center to help set up tables and sort through the donated items and set up the "store" for our little shoppers. We will also set up the wrapping room where students will bring the items they picked for our elves to wrap.

The second volunteer opportunity will be on December 6, 2023 starting at 8:00 AM. Students will arrive by bus and we need all hands on deck to help with shopping, wrapping, and entertaining the children while they wait their turn to shop. There will be a group of 35-40 students who will come and shop in the morning and then a second group of 35-40 students who will come in the afternoon to shop, just after 1:00. Then after the students leave, we will need volunteers to box up what's left and clean up the Convention Center.

But first, we need you to be picking up items to donate to the Pretend Store. These items can be gently used, but please make sure they are clean and not broken. Here is a list of items that work great as Pretend Store gifts:

Gloves, socks, flashlights (please provide the batteries), screwdriver sets, coffee mugs, and hats are all great items for the men and boys. Please remember no knives or toy guns. Scarves, gloves, purses, bags, jewelry, mugs, candles, etc are all great ideas for the moms. We will need toys, games, gloves, socks, fun school supplies, for all ages-infants through high school. Please be looking for a variety of all these items. Additionally, we need Christmas gift bags, tape dispenser tape, ribbon, bows, etc for wrapping the items. We can use a few boxes and even fewer rolls of wrapping paper, as it takes so long to wrap boxes. We try to do gift bags for ease of wrapping as often as we can.

If you are new to Homemakers and have questions about any of this, please reach out to me by e-mail at angie.york@uky.edu or by phone at 270-388-2341. Any items you have collected can be dropped off at the Convention Center between 11:00 AM and 1:00 PM on Tuesday, December 5, 2023. If you prefer to make a monetary donation to support the program, please drop those off with Miranda at the office. We will take the donations and purchase items to fill any holes on the tables as needed. The volunteer sign-up sheet is at the office, please call Miranda and let her know when you plan to help. It is perfectly ok to help both days. I hope you all are as excited about getting back to the "real" Pretend Store as I am. I look forward to working with you on this project!

Crafting With Christy

When: December 4, 2023

Where: Lee S Jones Convention Center

Time: 1:00 PM

Cost: \$10

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.



Kentucky Extension
Master Gardener

Join us for some
holiday season fun!

COOPERATIVE
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2023 DESIGN YOUR OWN CHRISTMAS WREATH THURSDAY, NOVEMBER 30



LEE S. JONES PARK
LYON COUNTY CONVENTION CENTER
HWY 93 S. EDDYVILLE, KY
10 A.M.—12 P.M. CLASS SIZE LIMITED

COST \$25.00 PER WREATH ~ \$25.00 PER SWAG
EARLY BIRD REGISTRATION BY NOVEMBER 10TH ~ \$20
PREREGISTRATION REQUIRED, PAYMENT DUE AT REGISTRATION
PHONE 388-2341 OR VISIT LYON COUNTY COOPERATIVE EXTENSION
231 MAIN ST., EDDYVILLE, KY 42038

ALL SUPPLIES PROVIDED.
ENJOY GOOD COMPANY AND CHRISTMAS MUSIC!
ORGANIZED BY THE LYON COUNTY MASTER GARDENERS
[HTTP://LCMGA.YOLASITE.COM/](http://LCMGA.YOLASITE.COM/)

- BRING YOUR OWN GARDEN GLOVES, PRUNERS,
- ANY PERSONALIZED ITEMS/DECORATIONS.
- BRING A CANNED FOOD DONATION FOR THE FOOD BANK

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Disabilities accommodated
with prior notification.



JOIN ME NOVEMBER 21, 2023 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.



Seasonal CRD Preparedness Tips

November: Home Fire Preparedness

This holiday season is a time for family, friends and feasts. This may mean you will be spending more time than usual in the kitchen. Cooking is the main cause of home fires any time of the year, but it is especially common on Thanksgiving. The average number of home fires in residential buildings on this day is often double the number of home fires throughout the rest of the year.

Home Fires:

Be aware and prepare for home fires in the 4 tips below:

1. Fire is FAST!: In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
2. Fire is HOT!: Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
3. Fire is DARK!: Fire starts bright, but quickly produces black smoke and complete darkness.
4. Fire is DEADLY: Smoke and toxic gasses kill more people than flames do. Fire produces poisonous gasses that make you disoriented and drowsy.

Fires: Before / During / After

Before: Create and Practice a Fire Escape Plan. Practice your home fire escape plan twice each year.

- Tips: find two ways to get out of each room, make sure windows aren't stuck, and practice getting out of the house with your eyes closed.

During: Drop down to the floor and crawl low, under any smoke, to your exit. First, feel the doorknob and door. Open doors slowly if they aren't hot. Proceed to your 2nd escape plan if hot. Call 9-11 if you can't get to someone. If you can't get out, then cover vents/cracks in/around doors and signal fire fighters with a flashlight.

- If YOU catch on fire, then Stop, Drop, and Roll!

After: Check with the local red-cross if you need temporary housing, food, and/or medication. Check with the fire department if your home is safe to enter. Conduct an inventory and document damaged property and items.



Prevention when cooking:

- Stay in the kitchen when you are frying, grilling or broiling food. Turn off the stove if you leave the kitchen for even a short period of time.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Position barbecue grills and turkey fryers at least 10 feet away from siding and deck railings, and out from under leaves and overhanging branches.
- Keep a fire extinguisher available.
- If there is an oven fire - keep the door closed
- Check smoke alarms

Sources:

- <https://www.ready.gov/home-fires> - <https://www.fema.gov/blog/10-ways-prevent-home-fires-thanksgiving>

Food Safety tips for Thanksgiving

1. TURKEY PREP

Cook the turkey to a proper internal temperature of 165 degrees F. Check the temperature at the thickest part of the breast and the innermost portions of the wings and thighs.

2. QUICK CLEAN-UP

After dinner, immediately refrigerate leftovers. Leftovers should be refrigerated within two hours after cooking is finished for optimum food safety.

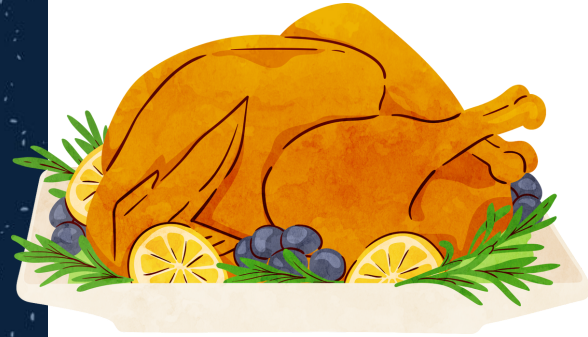
3. TURKEY STORAGE

For turkey you plan to eat within 3-4 days, place sliced meat in shallow containers or small zipper bags and store in the refrigerator. If it will be longer than 4 days before the turkey is consumed, freeze the meat. For best quality, use the meat within 6 months.



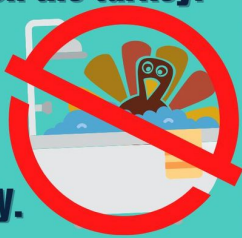
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Don't wash the turkey!

**Wash
your
hands
frequently.**



CLEAN



SEPARATE



COOK



CHILL

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Turkey Tips



For many, Thanksgiving dinner is the largest meal we prepare all year, so much time and effort goes into planning. Follow these tips to ensure a safe and delicious turkey at your Thanksgiving dinner.

TURKEY PREP

- **Don't wash that turkey!** It is not recommended to rinse and/or soak raw beef, poultry, pork, lamb or veal. Bacteria in raw meat products and their juices can spread to other foods and surfaces in the kitchen when you rinse them leading to cross-contamination.
- **Separate.** Store turkey on lower shelves in the refrigerator to avoid cross-contamination of other foods. Never place cooked food on a plate that held raw turkey.

THAWING the TURKEY

- When thawing in the refrigerator, allow adequate time. Allow 24 hours for each 4 to 5 pounds of turkey in a refrigerator set at 40 degrees F. (A 15 lb. turkey will thaw in approximately three days.) Place the frozen turkey on a tray to collect any drippings as it thaws.
- To thaw using the cold-water method, thoroughly submerge the frozen turkey in a cold water. Change the water every 30 minutes. Allow about 30 minutes for each pound of turkey. (A 15 lb. turkey will thaw in approximately 7-8 hours.)

COOKING the TURKEY

- **Cook the turkey until it reaches 165 degrees F,** measured with a metal-stem thermometer. Check the temperature in three places: the thickest part of the breast, the innermost part of the wing, and the innermost part of the thigh.
- **It is always safer to cook the stuffing separately.** However, if you choose to stuff your bird the center of the cooked stuffing should reach at least 165 degrees F.

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