



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

# LYON COUNTY HOMEMAKERS

FEBRUARY  
 2024

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Sincerely,

Angie York  
 County Extension Agent for Family & Consumer Sciences



Hello Homemakers,

Lots of things to love about the days ahead. There are many fun and educational classes coming your way in the next few weeks. Several of them have only a few available spots so make sure to sign-up early. I am also excited to announce that we have a new ANR agent. Jay Stone will officially start with us on March 1, 2024. He has 26 years experience in Extension and will be a wealth of knowledge for you. Please hold the date of March 18, 2024 for a meet and greet with Jay. He will be a great partner for FCS programming and we have already talked about ideas that we will do together in the near future. Since Covid, class sizes are declining, not only in Lyon County, but across the Pennyriple. We have so many great opportunities for you to learn, meet new people, and have a great time. Please consider attending a class or activity soon! Lots of Love!

-Angie



*Jay Stone  
 Lyon County ANR agent*



# Pizza Party A' More



## Crafting With Christy

**When:**  
March 8, 2024

**Where:**  
Christian County Extension Office  
2850 Pembroke Road, Hopkinsville, KY 42240

**COST: \$15.00**

**CULTURAL ARTS EXHIBIT CHECK-IN: 9:00 AM - 9:30 AM**  
(At Christian County Expo Center)

**DOORS OPEN FOR PROGRAM: 9:30 AM**  
(At Christian County Meeting Room)

**PROGRAM BEGINS: 10:00 AM**

Join us for a fun-filled day learning all about  
Pizza, Pasta, Oils and so much more!

**Door Prizes and lunch provided!**

### Pennyriple Area Spring Seminar Cultural Arts Day 2024

Four Seasons Catering will be catering the meal.  
Please plan accordingly.

**MENU:**

- LASAGNA
- SALAD
- BREAD
- DESSERT
- Tea, Lemonade, & Water

*When: March 4, 2024  
Where: TBA  
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.*

## Inclement Weather Policy

If Lyon County Schools are closed due to bad weather, Lyon County Extension Homemaker programs and/or meetings will be cancelled. Follow the Lyon County Extension Facebook page for updates.

**REGISTER AT YOUR LOCAL EXTENSION OFFICE  
BY FEBRUARY 28, 2024**



**SCAM  
RED  
FLAGS**

**AND  
AVOIDING  
FRAUD**

**Tuesday, March 5  
10:00 a.m.**

(Interactive Zoom at Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, and Trigg County Extension Offices).  
Contact your local Extension Office for more information.)

**5:00 p.m. Zoom only**

**Protect yourself from scams.**

Keep your money in your own wallet and out of the hands of scammers. Join us for this class to learn how to recognize con artist tactics and red flag promises, which can help keep you safe from fraud. Contact the Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, or Trigg Co. Extension Office for the Zoom link.

**Local shelters are in need of dog beds  
so we need your help!**



**IF YOU SEW OR CRAFT, PLEASE KEEP YOUR SCRAPS AND DROP THEM OFF AT THE OFFICE. CLEANING OUT CLOSETS AND HAVE OLD T-SHIRTS THAT CAN BE CUT INTO SCRAPS? WE CAN USE THOSE TOO.**

# FOUNDATION PAPER PIECING

## PINEAPPLE BLOCKS

Join me at the Lyon County Extension Office on February 16, 2024 at 10:00 AM to have fun paper piecing. We will be learning tips and tricks for this fun technique. Best part, all you need is your machine, basic sewing supplies and a sack lunch. Handouts and fabric for the sample blocks will be provided.

CALL 270-388-2341  
TO SIGN-UP



# Savor the Flavor

The *Savor the Flavor* program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

*Welcome to a 5-part series where you will learn tips and tricks for creating restaurant quality foods at home.*



**MARCH 12, 2024**

**MARCH 26, 2024**

**APRIL 9, 2024**

**APRIL 23, 2024**

**MAY 6, 2024**

Cooperative Extension Service  
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LEXINGTON, KY 40546



MAKE YOUR OWN UMBRELLA



**-MARCH 15, 2024**  
**-LYON COUNTY EXTENSION OFFICE**  
**-9:00 AM UNTIL 4:00 PM**  
**-STOP BY THE OFFICE AT 231 MAIN STREET, EDDYVILLE, KY TO PAY AND RESERVE YOUR SPOT**

**COST OF THE CLASS IS \$25.00 THIS MUST BE PAID BEFORE YOUR NAME WILL BE ADDED TO THE ROSTER. THERE ARE ONLY 15 SPOTS AVAILABLE, SO DON'T WAIT! SUPPLY LIST WILL BE GIVEN WHEN PAID.**



**All Savor the Flavor Classes are at 6:00 PM at the Lyon County Extension Office. Please call 270-388-2341 to register.**



**JOIN ME FEBRUARY 20, 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.**

Categories and Subcategories

- 1. APPAREL**
  - a. Accessory
  - b. Appliqued
  - c. Basic Sewing
  - d. Quilted
  - e. Specialty
- 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. Miscellaneous
- 13. FELTING\***
  - a. Needle Method
  - b. Wet Method
- 14. HOLIDAY DECORATIONS**
  - a. Autumn
  - b. Spring
  - c. Summer
  - d. Winter



It's one of my most favorite times of the year! Time for you to finish up your cultural arts projects for this year's competition. Please read through all the categories as some have been changed for 2024. The Spring Seminar and Cultural Arts day are being combined. As in year's past, I will be happy to take your projects, but you will have an opportunity to drop them off yourself if you want to attend the seminar. Can't wait to see all the great things you have made!

2023-2024 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)
- 23. QUILTS\*\*\* (continued)**
  - 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
  - d. Scrapbooking\*\*\*\*
- 24. RUG MAKING**
  - a. Braided
  - b. Hooked
  - c. Punch Needle
  - d. Woven
- 25. WALL or DOOR HANGING**
  - a. Fabric
  - b. Other
- 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.

## MONEYWISE

VALUING PEOPLE. VALUING MONEY.

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### TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

#### THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

1. **Clear the clutter.** Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.
2. **Group like-items.** Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



3. **Give everything a "home."** After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

#### THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.

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Disabilities accommodated with prior notification.

## REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, “*What’s for dinner?*” It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

### THE POWER OF PROFESSIONAL ROUTINES

As you consider “professional” routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P’s:

- **Prep.** Develop the routine of prepping for the next “work” day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create “production” routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for *you*. Take time to explore what works — and what doesn’t — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your “sleep” routine might include tidying up before bed.

### TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

### REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

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**I WAS RECENTLY TOLD THAT NOT EVERYONE READS PAST THE FIRST PAGE OR TWO OF THE NEWSLETTER. CREATING AND MAILING THESE TAKES A TREMENDOUS AMOUNT OF TIME AND MONEY. TO REWARD THOSE OF YOU WHO READ TO THE END, IF YOU HAVE GOTTEN THIS FAR, CALL 270-388-2341 AND LET MIRANDA KNOW OR E-MAIL ME AT [ANGIE.YORK@UKY.EDU](mailto:ANGIE.YORK@UKY.EDU) AND YOU WILL BE ENTERED INTO A DRAWING FOR SOME FUN INCENTIVES. IT PAYS TO READ TO THE END!**