



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

LYON COUNTY HOMEMAKERS

JANUARY
 2024



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Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences

Hello Homemakers,
 Happy New Year! Those are the words that I am taking to heart as we start 2024. I hope this is a happy new year. We have seen many struggles in 2023 at the Lyon County Extension Office, but we are moving forward with optimism and enthusiasm for all the good days that are to come. Just to keep you in the loop on recent events, the construction process was moving along until the discovery of mold in the back of the facility. We are now in a holding pattern until that is remediated and we can safely continue. That being said, this will push completion date even further down the road. Please know you are welcome to meet here, but everything is still a mess and noisy. Please be patient for just a few more months. Additionally, we are in the process of hiring a new staff support and a new ANR agent. We look forward to completing this and introducing you to our new employees. As always, please reach out if you need me and stop by when you can. I feel disconnected with your meetings not being at the office and I miss seeing your smiling faces. Here's to a happier and healthier 2024!

-Angie

SAVE THE DATE

Homemaker Spring Seminar and Combined Cultural Arts

March 8, 2024 (with snow date April 19, 2024)
Christian County Extension Office

In years past we have presented these two events on separate days. This year you will get a day of learning and tasting the foods of Italy while getting to view all the beautiful Cultural Arts entries. Pricing and final details will be in the February newsletter. Make sure to Save the Date!



Crafting With Christy

When: February 5, 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.



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.

Gluten Free Baking

February 1, 2024 5:30 PM
at the Lyon County Extension Office



If you have Celiacs, gluten or wheat allergies, or need a restricted gluten diet, join us to learn tips and tricks for making better gluten-free breads. Please call the Lyon County Extension Office at 270-388-2341 to sign-up. Baking demonstrations and taste-testing will be included.

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.



Seasonal CRD Preparedness Tips

January: Extreme Weather Preparedness

As winter storms are becoming more prevalent within this season, there is higher risk for car accidents and extreme cold. Blizzards can bring extreme temperatures, high winds, and freezing rain/snow. See the following tips to stay safe in this winter season:

1. Learn the types of winter storms

Winter Weather Advisory:

- Issued during snow, freezing rain, freezing drizzle, and sleet

Could lead to life-threatening situations if ignored

Winter Storm Watch:

- Are usually issued 12 to 48 hours before the beginning of a Winter Storm
- Issued for: blizzard, heavy snow, heavy freezing rain, or heavy sleet

Winter Storm Warning:

- Issued typically 12 to 24 hours before the event is expected
- Issued for: heavy snow, heavy freezing rain, or heavy sleet



2. Practice car safety during winter storms

Stay off roads if at all possible

If you must go out, then let someone know your route and times

If your car skids:

Remain calm, ease your foot off the gas and turn your wheels in the direction you want the front of the car to go

If trapped in your car, then stay inside:

Run the motor about 10 minutes each hour for heat. While running the motor, open the window a little for fresh air to avoid carbon monoxide poisoning.

Be visible to rescuers by turning on your dome light at night, tie a bright colored cloth to your antenna/door, and raise your hood (after snow stops)

3. How to handle extreme temperatures

Limit your time outside: If you need to go outside, then wear layers of warm clothing and watch for frostbite and hypothermia

Frostbite: causes loss of feeling and color around the face, fingers and toes

- Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room, soak the area in warm water, use body heat to warm, and do not massage or use a heating pad.

Hypothermia: An unusually low body temperature

A body temperature below 95 degrees is an emergency

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- Actions: Go to a warm room. Warm the center of the body first (chest, neck, head and groin). Keep dry and wrapped up in warm blankets, including the head and neck.

Reduce the risk of a heart attack:

- Avoid overexertion when shoveling snow and walking in the snow
- Passing out in the snow (without help) is deadly

Sources:

<https://www.ready.gov/winter-weather>

<https://www.weather.gov/safety/winter-during>

<https://canva.com>



JOIN ME JANUARY 23, 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. 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.)
 - 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)

* 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.



CARBON MONOXIDE: EXPOSURE AND PREVENTION

WHAT IS CARBON MONOXIDE?

The Centers for Disease Control and Prevention (CDC) defines carbon monoxide (CO) as:

Carbon monoxide is an odorless, colorless, poisonous gas, often called the invisible killer. The greatest sources of CO to outdoor air are cars, trucks and other vehicles or machinery that burn fuels. A variety of items in your home such as unvented kerosene and gas space heaters, leaking chimneys and furnaces, and gas stoves also release CO and can affect air quality indoors.

Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

By being aware of carbon monoxide exposure and knowing the steps to prevent it, you can save lives.

WHERE DOES CARBON MONOXIDE COME FROM?

Carbon monoxide is produced whenever you burn fuel of any type whether in engines, furnaces, fireplaces, grills, stoves, or gas ranges. Since you can't see, taste, or smell carbon monoxide, the gas can reach dangerous levels undetected, especially in enclosed spaces. This is the reason you should never leave your vehicle running in the garage or try to heat your home with a grill or a portable gas stove when your electricity is out. Each year, exposure to carbon monoxide gas causes hundreds of accidental deaths and makes thousands more ill.



SYMPTOMS OF CARBON MONOXIDE EXPOSURE

The CDC reports the most common symptoms of carbon monoxide poisoning are:

- Headache
- Dizziness
- Weakness
- Upset stomach
- Vomiting
- Chest pain
- Confusion
- Flu-like symptoms

High levels of exposure can lead to passing out or death, especially if you are asleep or drunk.

If you think you are suffering from carbon monoxide exposure, get into fresh air at once, contact emergency personnel, and seek medical help.

STEPS OF PREVENTION

What steps can you take to prevent your exposure to carbon monoxide?

1. Install a carbon monoxide detector in your indoor space.
2. Each year, have a qualified technician service your heating system, water heater, and other appliances fueled by gas, oil, or coal.
3. Have your chimney serviced each year by a qualified technician to prevent CO buildup.
4. Never use a charcoal grill or portable gas stove indoors.
5. Never use a gas range or oven for indoor heating.
6. Don't use a generator inside your home, basement, garage, or less than 20 feet from any window, door, or vent. Experts recommend using an extension cord that is longer than 20 feet to keep the generator at a safe distance.
7. Never leave a gas-powered motor running (car, truck, motorcycle, lawn mower, etc.) running in the garage even if the garage door is open.

CARBON MONOXIDE DETECTORS USAGE AND PLACEMENT

Carbon monoxide detectors are very similar to smoke detectors in appearance but serve a different purpose. They give warning of carbon monoxide rather than indicating the presence of smoke or fire. As with smoke detectors, a good rule of thumb is to change carbon monoxide detector batteries when you change your clocks each year. Test your detectors monthly and follow all manufacturer's instructions regarding the installation and maintenance of your detector.

Hardin Stevens
Senior Extension Associate, Family & Consumer Sciences Extension

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The Environmental Protection Agency (EPA) recommends placing a detector on each floor of your home. Place an alarm near your sleeping areas with the alarm loud enough to wake you up when sleeping.

Carbon Monoxide exposure causes many accidental deaths and hospitalizations each year. It is important for all Kentuckians to be aware, knowledgeable, and ready to take action to reduce carbon monoxide exposure in their homes and indoor living spaces. By reducing exposure to carbon monoxide, you and your loved ones can breathe easier.

REFERENCES:

- <https://www.cdc.gov/co/faqs.htm#:~:text=CO%20is%20found%20in%20fumes,and%20animals%20who%20breathe%20it.>
- <https://www.cdc.gov/co/guidelines.htm>
- <https://www.epa.gov/indoor-air-quality-iaq/where-should-i-place-carbon-monoxide-detector>
- <https://www.cdc.gov/co/guidelines.htm>