



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



# LYON COUNTY HOMEMAKERS

OCTOBER/NOVEMBER  
2024

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Hello Homemakers,

The holidays are upon us and cooler days are here. Make sure to read all the way to the end of the newsletter because we have many classes and volunteer opportunities coming in the next few weeks. It's time to start gearing up for Pretend Store. If you are new to Homemakers and don't know about Pretend Store, make sure to ask a fellow club member or give me a call. It is such a fun time for Homemakers and kids alike, but it takes all hands on deck. Please mark your calendars and plan to help. If you are starting the menu planning process for Thanksgiving, attending the "Mealtime Rut" class might give you some ideas to help making those holiday dishes new and exciting. Looking forward to seeing you for all the fun classes ahead! -Angie

## Apple Sage Pork Chops

- 1 **tablespoon** flour
- 1 **teaspoon** dried sage
- 2 **tablespoons** garlic powder
- 1/2 **teaspoon** ground thyme
- 1 **teaspoon** salt
- 4 boneless center cut pork chops
- 2 **tablespoons** oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 **cup** unsweetened apple juice
- 2 **tablespoons** brown sugar (optional)

**Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

**Yield:** 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

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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.



If you can't think of the last time you were excited about cooking, you may be in a cooking rut. Join us for creative strategies that can be used to prepare delicious meals at home.

OCTOBER 28, 2024

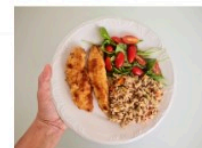
2:00 PM

LYON COUNTY EXTENSION OFFICE

For more information contact Angie York at 270-388-2341 or by e-mail at [angie.york@uky.edu](mailto:angie.york@uky.edu).



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## It's Time to Pay Dues



Each Fall we collect dues for your Homemaker membership. It is imperative that we receive your dues by December 1st. If your money comes in after that date, you will be not be eligible for any state or area activities such as Cultural Arts competitions or Area Annual Day.

**Members-At-Large:** Your dues are payable to the Lyon County Homemakers and must be paid to Miranda or Stacy at the office. The cost for the year is \$12.

**Club Members:** Your dues are payable to your club treasurer and amounts may vary. \$12 is due to the county and each club sets an amount beyond that for their own purposes.

**Note:** If you attend a club meeting each month, but you want to be labeled as a Member-at-Large, your dues must be paid to Miranda or Stacy at the office. MALs cannot pay to a club treasurer.

# Crafting With Christy



When: November 4, 2024  
Where: Lyon County Extension Office  
Time: 1:00  
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.

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

Bring your sewing machine and basic sewing supplies.

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

SPACE IS LIMITED

Don't forget to pack a lunch!

Book your seat by calling 270-388-2341



## Using the Dollar General APP to Lower Your Shopping Costs

We live in a food and supply desert meaning there are few places locally to purchase supplies at a low cost. But in our area there is a Dollar General every 5-6 miles. Are you using their in store app to make your dollars stretch? Join us to learn more about putting your phone to work for your wallet!

October 31, 2024  
Lyon County Extension Office  
10:00 AM



## Senior Citizen's Nutrition Class



JOIN ME NOVEMBER 19, 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.



# Your Help is Needed

Homemaker, Sharon Gates, has orchestrated a cool volunteer project and we need your help. Marble mazes are a great “fidget” item for those in nursing facilities to keep their hands busy. There are kits with printed instructions at the Lyon County Extension Office. If you need a cold weather sewing project to help keep you warm and busy, stop by the office and grab some kits. Finished mazes will be distributed to nursing homes in Lyon County.



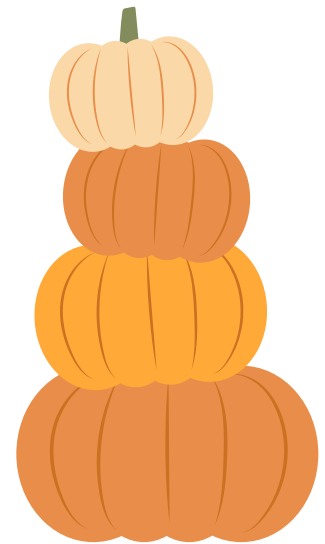
## OH, FUDGE CANDY MAKING CLASS

Join us for a fun and tasty candy making class to learn all about making fudge. There will be recipes for those who can't boil water all the way up to our amateur chefs. Be ready to try all the different flavors.

November 15, 2024  
2:00 PM  
Lyon County Extension Office

To hold your spot in the class call 270-388-2341 and sign up today. Spots are limited so don't wait!

KENTUCKY COOPERATIVE EXTENSION  
A MARTHAN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
AND COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES



### The best way to protect yourself from the flu is by getting the flu shot.

**GET YOUR FLU SHOT TODAY!**

Getting a flu shot can reduce:

- ✓ FLU ILLNESS
- ✓ DOCTOR'S VISITS
- ✓ MISSED WORK
- ✓ FLU-RELATED HOSPITALIZATIONS

You can get your flu shot at your local pharmacy, doctor's office or health department.

**LEARN MORE:**  
[www.CoverYourCough.ky.gov](http://www.CoverYourCough.ky.gov)

Kentucky Public Health  
Prevent. Promote. Protect.





Lyon County 4-H  
Presents  
**POINSETTIA FUNDRAISER**

POINSETTIAS AVAILABLE IN RED,  
PINK OR WHITE

**\$10-6.5 inch**  
**\$15-8 inch**  
**\$20-10 inch**

Order must be placed by **November 14th.**  
Stop by the Extension Office to order!  
Poinsettias will be ready for pick up at  
the Extension Office on Friday, **November**  
**22nd** from 3:00 pm-5:30 pm  
*(Times may vary)*

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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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!



Our office will be closed November 28-29 for the Thanksgiving holiday.



Kentucky Extension  
Master Gardener

Join us for some  
holiday season fun!

COOPERATIVE  
EXTENSION  
SERVICE



UNIVERSITY OF  
**KENTUCKY**  
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Food and Environment

**2024**  
**DESIGN YOUR OWN**  
**CHRISTMAS WREATH**  
**THURSDAY, DECEMBER 5**  
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 18TH ~ \$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 INCLUDING GREENERY AND BOWS.**  
**LIGHT REFRESHMENTS PROVIDED AND DOOR PRIZES.**  
**ENJOY GOOD COMPANY AND CHRISTMAS MUSIC!**

**ORGANIZED BY THE LYON COUNTY MASTER GARDENERS**  
[HTTP://LCMGA.YOLASITE.COM/](http://LCMGA.YOLASITE.COM/)

- **OPTIONAL: BRING YOUR OWN GARDEN GLOVES, PRUNERS.**
- **ANY PERSONALIZED ITEMS/DECORATIONS.**
- **BRING A CANNED FOOD DONATION FOR THE FOOD BANK**
- **BRING BACK LAST YEAR'S WREATH FRAME FOR A \$4 REFUND**

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.



Disabilities accommodated with prior notification.

# Pretend Store

IT'S TIME FOR US TO BEGIN PREPERATION FOR PRETEND STORE 2024. IF YOU ARE NEW TO HOMEMAKERS PLEASE SAVE THE DATES FOR ONE OF THE MOST SPECIAL EVENTS OF THE YEAR. 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 FIVE PRESCHOOL CLASSES AT LYON COUNTY ELEMENTARY SCHOOL WHO WILL HAVE THE OPPORTUNITY TO COME TO THE LYON COUNTY EXTENSION OFFICE ON DECEMBER 12, 2024 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 11, 2024 STARTING AT 1:00 PM.

I NEED MANY OF YOU TO COME TO THE OFFICE 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 12, 2024 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 40-50 STUDENTS WHO WILL COME AND SHOP IN THE MORNING AND THEN A SECOND GROUP OF 40-50 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 OFFICE.

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](mailto:ANGIE.YORK@UKY.EDU) OR BY PHONE AT 270-388-2341. ANY ITEMS YOU HAVE COLLECTED CAN BE DROPPED OFF AT THE EXTENSION OFFICE BETWEEN 11:00 AM AND 1:00 PM ON WEDNESDAY, DECEMBER 11, 2024. IF YOU PREFER TO MAKE A MONETARY DONATION TO SUPPORT THE PROGRAM, PLEASE DROP THOSE OFF WITH MIRANDA OR STACY 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 AND LET US KNOW WHEN YOU PLAN TO HELP.

LAST YEAR WE DID NOT HAVE ENOUGH HELPERS FOR WRAPPING. IN FACT, WE HAD TO ASK PEOPLE WHO AREN'T EVEN HOMEMAKERS TO COME HELP AND WE WERE STILL SHORT ON VOLUNTEERS. PLEASE CONSIDER VOLUNTEERING AND HELPING PUT SMILES ON THE FACES OF THESE PRESCHOOLERS THIS CHRISTMAS SEASON.