

BE ACTIVE WITH YOUR COMMUTE

Coming Up

Oct. 2nd 4:30 p.m.	Deadline to Turn in Funny Money Log
Oct. 5th 8:30-4:00	Cultural Arts & Mary Breckinridge Displays
Oct. 6th 12:00-2:00	Cultural Arts & Mary Breckinridge Displays
Oct. 8th 12:30 p.m.	Cutshin Homemakers Club Meeting
Oct. 8th 5:00 p.m.	County Homemakers Annual Meeting
Oct. 9th 1:00 p.m.	Stinnett Homemakers Club Meeting
Oct. 18th 3:00 p.m.	Annual Area Home- maker Mtg. -RCARS
Oct. 19th 10:00 a.m.	Fun Fridays Playdate Program
Oct. 23rd 3:00 p.m.	Barrel Head Workshop

An active commute can make a big contribution to your health, save on fuel costs and reduce environmental pollutants. The average American driver may spend over 450 hours each year behind the wheel. That comes out to nearly 11 workweeks behind the wheel, according to the Center for Transportation Excellence. In addition to the physical benefits from an active commute, people enjoy mental health benefits, including reduced stress and increased social interactions.

Creating a habit of active commuting boosts not only your fitness level, but can also protect you from heart disease, obesity and excessive stress. Walking or bicycling for all or part of your commute has substantial mental benefits. Recent studies show that those who walked, biked or took transit to work had a greater sense of well-being than those who drove. It is not surprising to hear that bicycling and walking are better exercise than sitting in a car in traffic. However, research shows that every additional hour per day you spend driving puts you at a 6 percent greater risk of obesity, while every hour you spend walking reduces that risk by 4.8 percent.

Getting started Many employers support active commuting by offering bicycle parking and storage, onsite showers and subsidized public transportation passes. Taking public transit may not sound like an active way to commute, but public transit users walk more to get to the bus stop, bus platform and their final

destination. Whether or not you have workplace support for an active commute, you can take steps toward making your commute a healthier one. Ask around. Chances are, someone in your workplace already bikes, walks, runs or rides the bus to work.

Share-the-road tips for motorists • Bicyclists have a legal right to use the road. • Be patient — wait until it is safe to pass and give at least 3 feet of space. • Cyclists may use the full lane to be more visible or when hazards, road width or traffic speeds dictate. • Make eye contact so bicyclists and pedestrians know they are seen. • Stay behind cyclists when turning right. • Yield to pedestrians in crosswalks.

Share-the-road tips for bicyclists and pedestrians • Obey traffic rules for safety and to gain respect from motorists. • Never ride against traffic. It is illegal and unsafe. • Be predictable and make eye contact with drivers to be sure you are seen. • Use front and rear lights, wear bright clothing and always wear a helmet. • Pedestrians must use crosswalks if available. • Know the dangers of sidewalk riding. Bicycling on downtown sidewalks is illegal. • When passing other bikers or people on the street, always pass to their left side, and call out “On your left!” so they know that you are coming. • When turning or changing lanes, always use the correct hand signals. Left turn: Hold your left arm straight out to your left side. Right turn: Hold your right arm straight out from your right side. For more information contact Brittany Bowling, Leslie County Agent for Family and Consumer Sciences Education at (606) 672-2154. *REFERENCE:* www.ca.uky.edu/HEEL/BulletinsOctober2018

What's Coming up in Extension?

Funny Money

October 2nd - 4:00 p.m.

Attention homemakers, you will need to turn in all volunteer hours, recycle log, and walking log in order to receive “funny money” for these items. This money can be used at the annual meeting which will be held October 8th.

Cultural Arts & Mary Breckinridge

Festival Displays

October 5th - 8:30 a.m. - 4:00 p.m.

October 6th - 12:00 p.m. – 2:00 p.m.

Mary Breckinridge entries and cultural arts will be on display in the 1st floor meeting room. Volunteers are needed for Saturday afternoon shift from 12:00 – 2:00 p.m. Please call the office (606) 672-2154 if you are interested in volunteering.

Leslie County Extension

Homemakers' Annual Meeting

October 8th - 5:00 p.m.

Please call 672-2154 and pre-register by **October 2nd** for this meeting to ensure enough food is made for everyone attending. Remember to turn in your \$10 dues by October 8th to receive your new KEHA shirt!

Annual Area Homemaker Meeting - RCARS

October 18, 2018 – 3:00 p.m.

This year, our meeting will be at RCARS in Breathitt County. Registration begins at 4:00 p.m. We will be leaving the Leslie County Extension Office by 3:00 p.m. **Fifteen dollar registration is due by October 11th.**

Fun Fridays Playdate Program

October 19th - 10:00 a.m. - 12:00 p.m.

Join us for our first Fun Friday Playdate. We will be reading “Smelly Ghost” and making Pumpkin Fluff. Kids can dress in their costumes. Free for all children birth to five. All children must be accompanied by an adult. Most lessons include snack, book, craft, music activity, fine motor and large motor activities, and free play. Call the Leslie County Extension office to reserve your spot (606)672-2154.

Barrel Head Workshop

October 23rd - 3:00 p.m.

Cost \$25 must be paid by October 8th. Choose 1 of 3 options

Option 1



Option 2



Option 3



Homemakers' Meetings

Cutshin Homemakers Club Meeting
October 8th – 12:30 p.m.
Stinnett Homemakers Club Meeting
October 9th – 1:00 p.m.

2018 State Homemakers Cultural Arts Blue Ribbon Winners

- Blue/Purple—Art –3 Dimensional/Carving - Lucy Scott - Dulcimer
- Blue - Art – Natural/Other - Lucy Scott - Dove
- Blue - Basketry – Dyed Material - Lucy Scott - Oval Egg Basket
- Blue - Basketry – Novelty - Lucy Scott - Kentucky Basket
- Blue - Basketry – Miniature -Lucy Scott - Miniature Basket
- Blue - Crochet –Thread - Rosetta Pennington - Blue Dish Cloth
- Blue - Jewelry – Mixed Media - Lucy Scott - Bracelet
- Blue - Knitting –Hand - Charlotte Napier - Socks
- Blue/Purple - Photography – Color (mounted/framed) - Lucy Scott - Milkweed
- Blue - Pillows – Patchwork, Quilted, etc. - Marie Muncy - Eagle Flag
- Blue - Quilts- Machine Pieced (Machine quilted) - Rhonda Brashear - Broken Log Cabin
- Blue - Quilts- Novelty (Machine quilted) - Marie Muncy - Basket Quilt
- Blue - Quilts-Miscellaneous (hand or machine quilted) - Lucy Scott - Masks (Yellow)
- Blue - Wall or Door Hanging- Fabric - Rhonda Brashear - Vintage Hearts
- Blue - Wall or Door Hanging- Other - Darlene Gibson - Butterfly



Exploring
OUR MOUNTAIN
HERITAGE

2018 QUICKSAND AREA
HOMEMAKER MEETING

DATE: OCTOBER 18TH
PLACE: RCARS AUDITORIUM
REGISTRATION: 4:00 PM
MEETING/MEAL: 5:00 PM
COST: \$15.00

SILENT AUCTION TO BENEFIT
THE BREATHITT COUNTY
HOMEMAKER SCHOLARSHIP
FUND



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