



FAMILY & CONSUMER SCIENCES NEWSLETTER

JUNE 2025

A MESSAGE FROM YOUR FCS AGENT:

 Cooperative Extension Service

Fleming County Office

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June is off to a great start in Fleming County, filled with positive attitudes, great fellowship, and community spirit! We kicked things off with a wonderful celebration at the Fleming County Homemakers Annual Meeting. It was a special evening full of laughter, connection, delicious food, and fun, and we missed those who couldn't join us. This month is packed with exciting programs, including Cooking Through the Calendar, Estate Planning, a Pressure Canning Workshop, 4-H Project Days, and the Ewing/Fleming County Fair. There's something for everyone, so take a look inside and see what's happening!

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Katie Fryman

ENJOY THE SUMMER



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemakers News

June Meetings:

- June 4th was our Annual Homemakers Meeting!



UPCOMING EVENTS!

August 5 - Neighborhood Kids Club Field Trip

August 9 - Donna Fryman Customer Appreciation Day/

Homemaker Soup Bean Fundraiser @ Fleming County Farmers Market

August 26 - 10:00am-12:00pm - Leader Lessons @ Montgomery CES

September 18, 2025 Cultural Arts Day, FCEO

Entries 9am-12pm; Judging 1pm-2pm

October 2025 - KEHA Week

November 1 - Homemaker Annual Dues Deadline

December 4 - Homemaker Christmas Meeting

December 6 - Homemaker Christmas Bazaar

May 12-14 - 2026 KEHA State Meeting, Hyatt Regency, Lexington, KY



Cooking Through the Calendar

JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON BALANCED
MEALS, SMART GROCERY SHOPPING, AND FOOD SAFETY!

JUNE 17TH

HILLSBORO CHRISTIAN CHURCH

11:00AM-12:00PM

RECIPE: RICE & BEAN SALAD



606-845-4641 or katie.fryman@uky.edu

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Basics of Estate Planning Series

This series will cover the basics of estate planning, led by Rhonda Curran Koth from Edward Jones. Participants in the first session will complete a survey to help shape the topics for the following two sessions. Lunch will be provided. Please use the QR code to register. For more information, contact Katie Fryman, katie.fryman@uky.edu (606.845.4641) or Crystal Ruark, crystal@flemingkychamber.com (606.845.1223) or Rhonda Curran Koth, rhonda.currankoth@edwardjones.com (606.845.1800)

DON'T MISS THE FINAL SESSION OF OUR ESTATE PLANNING SERIES!
JOIN US ON JUNE 18TH FOR THE LAST INSTALLMENT OF THE SERIES. AN ATTORNEY WILL BE ON HAND TO ANSWER YOUR QUESTIONS AND PROVIDE VALUABLE INSIGHTS—IT'S A GREAT OPPORTUNITY TO GET INFORMED AND FEEL MORE CONFIDENT ABOUT YOUR FUTURE PLANS!

✓ April 16th 11:30am-1:00pm

✓ May 21st 11:30am-1:00pm

📅 June 18th 11:00am-1:00pm

➤ REGISTER NOW



All sessions will be hosted at the Fleming County Extension Office.

1384 Elizaville Road, Flemingsburg, KY 41041

UK Cooperative Extension Service

Edward Jones

There's no time like now to plan your future.



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PRESSURE CANNING WORKSHOP

REGISTER NOW – LIMITED SPOTS

THIS CLASS INCLUDES PRESSURE CANNING 101 AND A
HANDS ON OPPORTUNITY TO CAN STEWED TOMATOES.



JUNE 25TH



11:00AM-2:00PM



FLEMING COUNTY EXTENSION OFFICE



USE THE QR CODE TO REGISTER OR CALL THE OFFICE
AT 606-845-4641

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The Ewing-Fleming County Fair will be here in no time! Floral Hall Entry Day for all 4-H, Cloverbud & Open Classes will be at 606 Sales & Events on July 9th!

NEW FOR 2025! You can pre-register your entries by setting up a fair entry account! You may call the extension office and ask for Katie or Staci for help

EWING/ FLEMING COUNTY FAIR

FLORAL HALL EXHIBITION

Join us at the Fleming County Fair Floral Hall to Display your crafts, food, art, projects, flowers and more!

WED

JULY 9TH
2025

9 AM - 12 PM

To view detail classes visit the
Fleming County Extension
Website

fleming.ca.uky.edu

Questions: 606-845-4641

Open Divisions

***Crafts
Canning
Garden
Vegetables
Flowers
Foods
Commercial***

4-H Cloverbud(8U)

***Crafts
Legos
Drawings
Cookies
Bible School Craft
and more!***

4-H (9-18)

***Arts
Sewing
Canning
Vegetables
Foods
Photography
Wood Science
Crops
and more!***

2025 baby quilt day dates

TIME: 9:00AM-4:00PM

LOCATION: FLEMING COUNTY EXTENSION OFFICE

FEBRUARY 19TH

MARCH 31ST

APRIL 30TH

MAY 20TH

JUNE 24TH

JULY 29TH

AUGUST 26TH

SEPTEMBER 30TH

OCTOBER 28TH

NOVEMBER 26TH



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 6

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THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.

Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.



PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

DO Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith_Family_Home or 2_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

DO Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

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CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.



DO Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

DO Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

DON'T Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

DO Secure your social media accounts as much as they will permit.

DON'T Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

DO Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

REFERENCES

U.S. Department of Defense (2021). The Identity Awareness, Protection, and Management (IAPM) Guide. Twelfth Edition. https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD_IAPM_Guide_March_2021.pdf?ver=FDvB5WW2UB_vxPVQBJuVww%3d%3d

United States Attorney's Office, Northern District of Georgia. (2025, January 30). Protecting Yourself While Using The Internet. <https://www.justice.gov/usao-ndga/protecting-yourself-while-using-internet>

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ADULT

HEALTH BULLETIN



JUNE 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC

WATER SAFETY IS FOR EVERYONE



Lots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

Continued on the next page ➔

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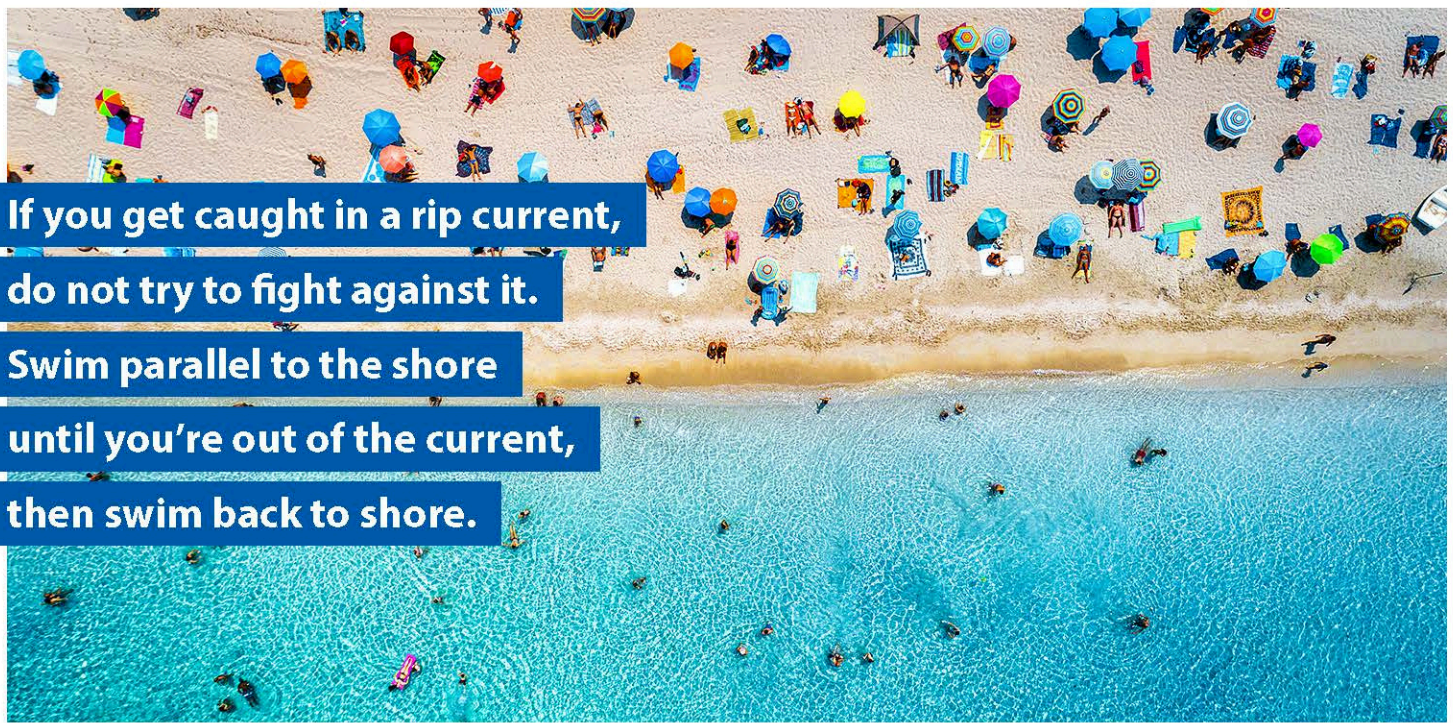
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If you get caught in a rip current,

do not try to fight against it.

Swim parallel to the shore

until you're out of the current,

then swim back to shore.

➔ Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.
- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

Written by: Katherine Jury,
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Blackberry and Basil Spritzer

2 cups lemon sparkling water	2 tablespoons honey
2 cups ice cubes (6-7 large cubes)	$\frac{1}{2}$ lime, juiced
2 cups blackberries	3 basil leaves

Put all ingredients, except basil, in a blender and **blend** on high speed until completely combined. **Strain** mixture through sieve to separate blackberry seeds. **Pour** in 3 glasses, **add** 1 basil leaf to each drink and **serve** with lime wedge.

Serves: 3, 16 oz. servings

Nutritional Analysis:

90 calories, 0 g fat, 0 g saturated fat,
0 mg cholesterol, 30 mg sodium,
22 g carbohydrate, 5 g fiber,
15 g sugar, 1 g protein