

Allen County Homemakers Newsletter

June 2025

Cooperative Extension Service
Allen County
200 East Main Street
Scottsville, KY 42164
(270) 237-3146
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www.ca.uky.edu/ces



Summer is a season filled with sunshine, adventure, and togetherness. It's a time when families slow down, kids take a break from school, and long days invite us to explore and create memories. Whether it's backyard cookouts, trips to the lake, or simple joys that bring people closer. It's also a perfect opportunity to rest, recharge, and reconnect with nature, our loved ones, and ourselves.

This summer, I will be partnering with the library for the Adult Summer Reading Program. On June 3rd, we will explore Greek cuisine, and on June 10th, we will delve into the flavors of Germany. If you have a 4-H member, I will also be collaborating with Allen County 4-H to teach a water bath canning class for State Fair entries. Don't forget about club officer training on June 24th at 5:30 PM.

Special Points of Interest

Important
Dates

Flyers

MoneyWise

Homemakers Club Meeting Dates

Trammel Creek - 3rd Monday @ 5:30 PM

Twilighters - 2nd Thursday @ 12:30 PM

Unionettes - 3rd Monday @ 3:00 PM



Allen County Extension Office

Office Hours

Monday-Friday

8 AM - 4:30 AM

(with the exception of Holidays)

Sincerely,

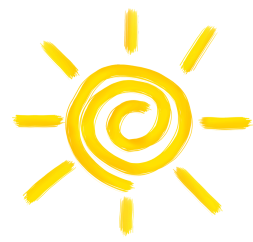
Nan Montgomery

Family and Consumer Sciences Agent





JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Plan of Work 5:30PM	3	4	5	6	7 Farmers Market open 8:00- 12:00
8	9	10	11	12	13	14
15	16 Laugh & Learn preschoolers 10:00 AM	17	18	19 Closed Juneteenth	20	21
22	23	24 Club/Officer Leader Training 5:30	25 Sewing Class (coaster) 3:00 PM	26 Club Leader Lesson 10:00	27	28
29	30					

Up Coming Dates

July 4th -Closed

July 21st- Grape Jelly Canning 9:00 AM or 3:00 PM

July 22nd- Canning Green Beans 9:00 AM

July 23rd- Canning Green Beans 2:00 PM

BEGINNER SEWING WORKSHOP

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



June 25th



3:00 PM to 4:30 pm



Allen Co Extension Office

CALL 270-237-3146

LIMITED
SPOTS!



**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 receipt of public benefits. 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



CANNING GRAPE JELLY

July 21st



Allen Co Extension Office

Class 1: 9:00 AM

or

Class 2: 3:00 PM

Call 270-237-3146

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PRESSURE CANNING WORKSHOP

Participants will learn safe canning practices and gain hands-on
experience canning green beans

July 22nd 9:00 AM

or

July 23rd 2:00 PM

Allen Co Extension Office

RSVP 270-237-3146



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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.



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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Disabilities
accommodated
with prior notification

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.

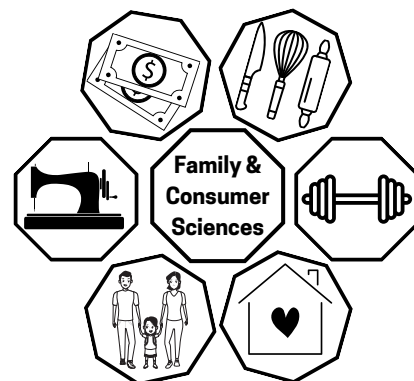
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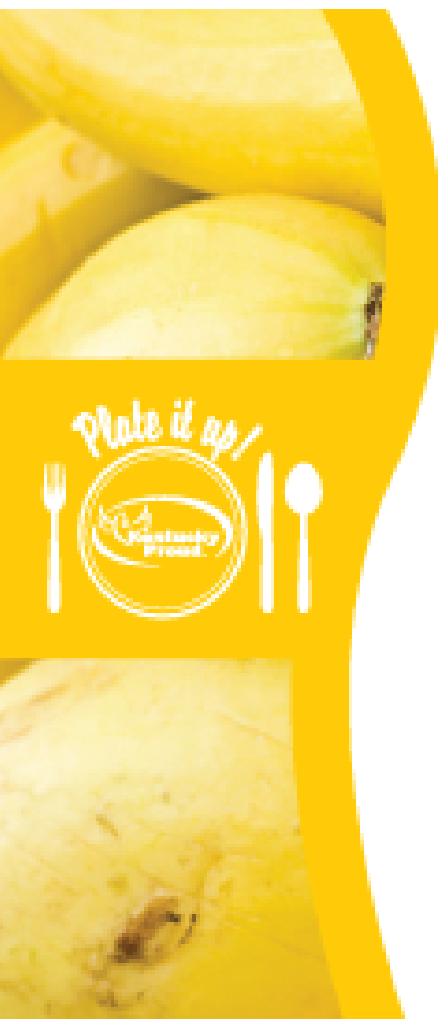
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Cooperative Extension Services
University of Kentucky
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200 East Main Street
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Farmers Market Squash Sauté



2 cups whole grain rotini pasta
3 boneless chicken breasts
1 tablespoon olive oil
2 medium zucchini, diced
4 medium carrots, peeled
and diced

2 medium yellow squash, diced
2 garlic cloves, minced
2 tablespoons fresh chopped basil
 $\frac{3}{4}$ cup light Alfredo sauce
2 tablespoons shredded
Parmesan cheese

Cook pasta according to package directions. **Roast** chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes. **Dice** chicken into bite sized pieces. In a large sauté pan, **add** olive oil, zucchini and carrots. **Sauté** until slightly cooked. **Add** yellow squash and garlic and **sauté** until all vegetables are tender. **Remove** from heat and **stir** in basil, diced chicken and pasta. **Add** Alfredo

sauce and **toss** until ingredients are evenly coated. **Reheat** by **tossing** the ingredients in the sauté pan for 3-5 minutes over medium heat. **Sprinkle** with Parmesan cheese and **serve**.

Yield: 8, 1 cup servings

Nutritional Analysis: 230 calories, 7 g fat, 2.5 g saturated fat, 40 mg cholesterol, 210 mg sodium, 27 g carbohydrate, 4 g sugars, 18 g protein.