

Family & Consumer Sciences



Cooperative Extension Service
Carroll County
500 Floyd Drive, Carrollton, KY 41008
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

June 2025



CHRISTY'S CORNER

June bursts onto the scene with the warmth of summer and a lineup of quirky, meaningful celebrations. It kicks off with **National Olive Day** and **National Heimlich Maneuver Day** on June 1—so whether you're savoring a salty snack or brushing up on life-saving skills, it's a day to remember! Just two days later, June 3 cracks open **National Egg Day**, reminding us of the simple joys of breakfast and baking. June 8 is all about friendship, as **National Best Friends Day** gives us the perfect excuse to celebrate those who make life brighter. Sewing enthusiasts get their moment on June 13 for **National Sewing Machine Day**, followed by a patriotic salute on June 14 for **National Flag Day**. **Father's Day** arrives on June 15, honoring dads and father figures with love and appreciation. Then, June 17 nudges us toward healthier habits with **National Eat Your Vegetables Day**—time to give broccoli the spotlight! Finally, the month winds down with **National PTSD Awareness Day** on June 27, a time to reflect, support, and spread awareness for those impacted by post-traumatic stress disorder. With so many unique observances, June is anything but ordinary! A big thanks to the volunteers who worked at the county fair. We appreciate all the help and congratulations to the 4-H members and open exhibitors on receiving ribbons for their hard work. Take time during the month of June to enjoy the sunshine and start eating those vegetables out of the garden! Canning season will begin soon, so come in and get your canning lid calibrated.

Sincerely, Christy

*"I like the dreams of
the future better than
the history of the past".*

Thomas Jefferson



Christy Eastwood

Christy Eastwood, Carroll County Extension Agent for
Family & Consumer Sciences Education



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Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Dates to Remember

June 2025

Remember to call the office at (502) 732-7030 to sign up!

June 2		Release of Open Exhibit Entries	
June 4	10am	QPR Institute	CCES
June 5	5:30pm	Wire Tree Sculpture	CCES
June 18	10am	Money Habitudes	CCES
June 19		Office Closed for Holiday	
June 20	noon-1pm	Lunch and Learn	CCES
June 27		Annual Homemaker Reports due	
July 4		Office Closed for Holiday	
July 11	noon-1pm	Lunch and Learn	CCES
Week of July 14-18		4-H Cooking	
July 23 noon		Area Homemaker Mtg.	Gallatin Co. Extension Office



Homemaker News!

- Please save your plastic bags for a project to make mats for the homeless.
- The Homemakers are collecting prescription bottles. Please remove the labels from the bottles.
- Congratulations to all the Open Exhibit participants from the county fair who won ribbons.
- Thanks to participants who worked at the Open Exhibit building at the county fair.
- Don't forget to register for upcoming classes.
- Volunteer Service Unit Hours Forms are due to the Extension Office by **June 27, 2025!**
- Five Carroll County Homemakers attended the 2025 Annual KEHA meeting in Lexington in May. Also, congratulations to Ken Stangle for having a cultural arts entry.
 - ≈ Total attendance was 500, reaching capacity. There were 106 first-time attendees.
 - ≈ The Business Meeting included bylaws changes.
 - ≈ Cultural Arts included 741 entries.
 - ≈ More than \$8,000 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction.
 - ≈ A check for \$43,077.40 was presented to the UK Ovarian Cancer Research and Screening Program.
 - ≈ Attendees enjoyed 30 workshops, 11 craft classes, and training for state officers and educational chairs.
- Next year's KEHA State Meeting will take place **May 12-14, 2026**, at the Hyatt Regency in Lexington, Ky.

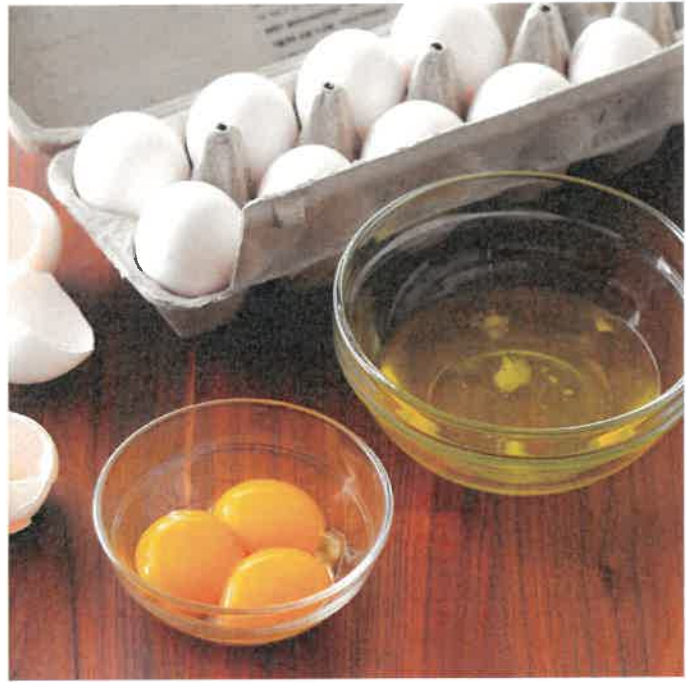


Food Thought for the Month

Eggs

Eggs are a nutritious and versatile food packed with protein, vitamins, and minerals. They are a complete protein, meaning they contain all nine essential amino acids. Additionally, eggs are a good source of choline, which supports brain health, and are naturally rich in vitamin D.

Both the egg white and yolk are rich in nutrients. The yolk contains fat-soluble vitamins, including vitamins A, D and E as well as fats including essential omega-3 fatty acids, while most of the protein is found in the egg white. Eggs are an important and versatile ingredient.



Baked Egg Cups

Servings:6 Serving Size:1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50

Who says you can only eat these at breakfast? They're so good, you may find yourself craving them for dinner.

Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

Directions:

- Preheat oven to 350°F.
- Spray 6 muffin tin cups with cooking spray.
- Arrange meat slices so they line the muffin cup.
- Break an egg into each cup, gently breaking the yolk with a sharp knife.
- Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
- Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
- Remove from oven and quickly sprinkle with shredded cheese. Serve right away.



Make it a Meal

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer



Congratulations to all the participants who attended 20 sessions of Bingocize at the Carroll County Senior Center and the Carroll County Extension Office!

Senior Center Participants

Barb Hake
Tina Hardin
Charlotte Clayton
Roger Kinman
Joe xxx

Carroll County Extension Office

Louise Supplee
Louise Stratton
Marie Vandiver
Patty Kemper
Robin Hoffman
Joyce Doyle
Debbie Allen
Barbara Carter
Pat Lucas



Pico de Gallo Fruit Salad

This is a classic Mexican dish that might sound strange: fresh fruit with chili powder and salt? All we can say, as we've said so many times before, is try it and see how delicious and refreshing it is! Pico de gallo (pronounced PEE-ko day GUY-o) can refer to various Mexican salads, including a salsa made from chopped tomatoes, onions, and cilantro. Obviously, this recipe isn't that kind of salad!

.....
ACTIVE TIME: 20 MIN | TOTAL TIME: 20 MIN | SERVINGS: 4
.....

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Peeler, if you like
Measuring cups
Measuring spoons
Platter

INGREDIENTS

4 cups watermelon, mango, papaya,
pineapple, cucumber, and jicama spears
1 lime, quartered
1 teaspoon chili powder or 1/2 teaspoon
cayenne pepper
1/4 teaspoon kosher salt

INSTRUCTIONS

1. Arrange the fruit and vegetable spears on the platter.
2. Squeeze the lime juice all over and sprinkle with the chili powder and salt. Serve right away.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 6

Carroll County Extension Office | 500 Floyd Drive | Carrollton, KY | 41008 | (502) 732-7030

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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Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____
 County: _____ Phone: _____ Email: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.

Appendix 18
June 2023

Money Habitudes®

*Habitudes are our habits (actions)
and attitudes (thoughts).*

**Wednesday, June 18, 2025
10:00 - 11:00 a.m.**

**Carroll County Extension Office
500 Floyd Drive, Carrollton
(502) 732-7030**



- A card game played to help people discover their personal money styles.
- The Money Personality Profile that makes sense of Financial Behavior.

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Nutrition for Older Adults



Tuesday, October 21, 2025
10:00 a.m. - 11:30 a.m.

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500 Floyd Drive, Carrollton
(502) 732-7030

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Hands-On Class

Gifts in a Jar

Wednesday, November 5, 2025

10:00 a.m. - 11:30 a.m.

Carroll County Extension Service
500 Floyd Drive, Carrollton
(502) 732-7030



Must register by October
31, 2025

Space is limited

(502) 732-7030

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***Must register by Nov. 14th
Space is limited***



All About Cookies

Wednesday, November 19, 2025

1:00 - 3:00 p.m.

***Carroll County Extension Office
500 Floyd Drive, Carrollton
(502) 732-7030***

****Please bring 4 dozen homemade cookies for a cookie exchange.***

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