

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE

JUNE 2025

LETTER FROM YOUR AGENT

*Rosa Smith*

Rosa Smith, Owsley CEA for
Family & Consumer Sciences Ed.
rosa.smith@uky.edu
(606)593-5109

As we step into June, it's hard to believe we're already halfway through 2025. This time of year brings more than just sunshine—it brings warmth, growth, and the beauty of everything in bloom. Our local farmers market is preparing for a vibrant season, filled with the goodness of homegrown produce and handcrafted treasures made with care. Across our county, excitement is building as we look ahead to cherished festivals and joyful summer gatherings. And here at the Extension Office, our hearts are full as we plan meaningful programs for families, homes, and our whole community. From getting active together through our Walk Your Way program, to the joy of our Laugh and Learn lessons, to the thoughtful conversations of our book club—there's something special for everyone. We're also thrilled to soon offer food preservation workshops, helping you savor the season long after summer fades. I'm truly excited to share all that's ahead. May this summer bring you unforgettable memories, new friendships, and skills that inspire you for seasons to come. To stay up to date on everything we're offering, visit our county website at owsley.ca.uky.edu or follow us on Facebook! We hope to see you at the office soon.

Warm regards,
Rosa Smith
Owsley County FCS Agent

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.

FCS Focus



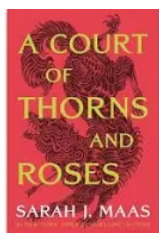
Rosa Smith

Rosa Smith, Owsley CEA for
Family & Consumer Sciences Ed.
rosa.smith@uky.edu
(606)593-5109

Owsley County Book Club

5:00pm

June 26th- A Court Of Thorns
and Roses
August 21



Owsley County Homemakers

Homemaker Council Meeting June 18th @ 12

Dining with Diabetes

each session 10am-2pm

July 2nd
July 9th
July 16
July 30th



Diabetes Support Group

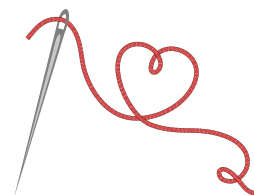
Hybrid Session

July 29th @ 6



Cooking Through the Calendar

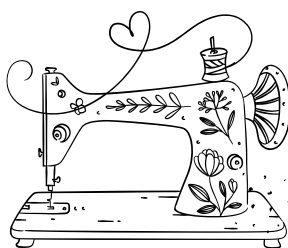
All sessions held at 4:00pm
June 16th- Rice and Bean Salad
July 21st- Chicken Burgers



Come Sew With Us

Must register before May 9th

June 11th Breathitt County
June 12th Perry County



Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley Co. Public Library at 3:30pm

June 17th: Theme: The Beach
July 8th- Theme: Water



Walk Your Way

Held from 3pm-4pm

June 2nd	July 7th
June 9th	July 14th
June 16th	July 21 st
June 23rd	
June 30th	

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.

FCS Program Updates



Healthy Happenings: Meal Kit

On May 28th, the Owsley County Extension Office hosted a Meal Kit Workshop with 50 participants. Volunteers and partners from Mercy Health, Elk Hollow Farms, Brandenburg Farm Fresh, Owsley County Action Team, and KRDHD came together to share resources and provide each attendee with a full meal kit to prepare the SNAP recipe, Lemon Broccoli Pasta.



Bingocize Celebration

We wrapped up the Bingocize Fall Prevention program in May, celebrating four participants for their outstanding attendance and engagement. Each was recognized for their dedication to learning strategies to reduce fall risks in their daily environments. Congratulations to Cheryl McCauley, Connie Sams, Pam Dooley, and Sandy Hamilton.

Owsley Co Junior Homemakers

Owsley County Homemakers enjoyed two leader lessons this month as we got caught up on rescheduled lessons. Members participated in "Entertaining Little Ones" lead by FCS Agent Rosa Smith & "Getting out of Meal Time Rut" lead by FCS Agent Vickie Boggs.



Book Club

During our May Book Club meeting, we explored Kristen Hannah's *Waiting for the Moon*, sharing thoughts and personal interpretations of the story. Participants enjoyed a lively discussion and different perspectives. Next month, we'll begin reading *A Court of Thorns and Roses* and plan to discuss it in August.

Owsley County Homemakers

During our May Lunch-n-Learn, Homemakers learned about osteoporosis, including prevention, early detection, and tips for building strong bones for life. Participants also enjoyed sampling delicious and calcium-rich ricotta pancakes.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

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.

**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



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>

Contributing Author: Paul Reese, Family Financial Counseling Student, University of Kentucky
Edited by: Kelly May, Nichole Huff, and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Easy Summer Salad

Servings: 6

Recipe Cost: \$3.89

Cost Per Serving: \$0.65

Ingredients:

- 1 cucumber, peeled and cubed
- 1 red onion, diced
- 2 tomatoes, diced
- 1 garlic clove, minced
- 1/4 cup lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

45 calories; 2.5 total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 100mg sodium; 6g total carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 1g protein; 0% Daily Value vitamin d; 2% Daily Value calcium; 0% Daily Value iron; 2% Daily Value potassium.

Directions:

1. Mix cucumber, onions, tomato, and garlic in a large bowl.
2. Stir in lemon juice, oil, salt and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

Make it a Meal












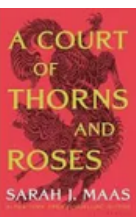

Pair this salad with a turkey burger with cheese on whole wheat bun, baked apples and water for an easy lunch or dinner!

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.
www.usda.gov/whatscooking



June

FAMILY & CONSUMER SCIENCES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Walk Your Way 3pm-4pm	3	4	5	6	7
8	9  Walk Your Way 3pm-4pm	10  MCV Set Up- Breathitt @10am	11  Come Sew With Us- Breathitt @ 10am	12  Come Sew With Us- Perry@ 10am	13 /	14
15	16  Walk Your Way 3pm-4pm  Cooking Through the Calendar @ 4	17 Laugh & Learn @ 3:30pm OC Library 	18 Homemaker Council Meeting @ 12 	19 	20	21
22	23  Walk Your Way 3pm-4pm	24	25	26 Book Club @ 5pm 	27	28
29	30  Walk Your Way 3pm-4pm					