



FCS Focus



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Midweek Stroll

JUNE 5TH	JULY 3RD
JUNE 12TH	JULY 10TH
JUNE 18TH	JULY 17TH
JUNE 26TH	JULY 24
	JULY 31



SENIOR CITIZEN'S CENTER

Lessons at the Senior Citizen's Center
Every Second Monday of the Month
JUNE 10TH @10:30
JULY 8TH @ 10:30

Owsley County Book Club

June 20th- The Great Alone-
Ext office @ 5:00pm
July 18th- A Flicker in The Dark
@ 5:00om



Owsley County Homemakers

June 6th- Come Sew With Us- Knott Co.
June 13th- Come Sew with Us- Breathitt
June 27th- Indian Creek Homemakers- Indian Creek
Church @ 6.
July 11th- Homemakers Meeting @ Ext. Office @
12:00pm



Cheese & Yogurt

July 8th- Ext Office- @ 5:30- Mandy Lindberg
will lead the class. \$5 Registration Fee

Child Development & Play (Ages 3-5)

June 14th- Preschool in the Park at Owsley County
Park @3:30
June 27th at Owsley County Public Library at 3:00
July 19th- Preschool in the Park @ 3:30
July 23rd- Laugh & Learn- Public Library @ 3:00



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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.





The Homemaker's Journal

June & July 2024

NEWS FROM STATE MEETING

- The State Homemaker's Meeting was held in Bowling Green this year.
- Attendance was 450. There were 61 first-time attendees.
- KEHA also celebrated 47 years of support for the UK Ovarian Cancer Research and Screening Program with the presentation of awards. Dr. Edward Pavlik, Ovarian Cancer Screening Research Director, was presented with a check for \$47,011.27.

QUICKSAND AREA TRAINING

The Quicksand Area hosted a Homemaker Training where participants learned about parliamentary procedures, played homemaker trivia bingo, completed several Wits Workouts, and created an upcycled craft item.



The Cultural Arts Viewer's Choice was "Girl in Frame" created by Paula Wade of Fort Harrod Area. She entered this creation in the winter subcategory of holiday decorations. In 2024, there were 677 entries displayed in Cultural Arts.

To learn more visit KEHA Official Website
<https://keha.ca.uky.edu/>

UPCOMING MEETING DATES

**June 27th- Indian Creek Homemakers @
Indian Creek Church 6:00pm**

**July 11th- Homemakers Meeting at Owsley
County Extension Office- 12:00pm**

**Cooperative
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

BE PREPARED FOR A THUNDERSTORM, LIGHTNING OR HAIL

Lightning is a leading
cause of injury
and death from
weather-related hazards.



FEMA

FEMA V-1009/May 2018

Thunderstorms are
dangerous storms that
include lightning.



Include powerful winds



Create lightning and hail



Cause flash flooding
and tornadoes

IF YOU ARE UNDER A THUNDERSTORM WARNING, FIND SAFE SHELTER RIGHT AWAY

When thunder roars,
go indoors.



Pay attention to alerts
and warnings.



Move from outdoors
into a building or car.



Unplug appliances.



Do not use landline phones.

HOW TO STAY SAFE WHEN A THUNDERSTORM THREATENS



Know your area's risk of thunderstorms. They can occur year-round and at any hour.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Identify sturdy buildings close to where you live, work, study, and play.

Cut down or trim trees that may be in danger of falling on your home.

Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

Secure outside furniture.



When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.

Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.

When you receive a thunderstorm warning or hear thunder, go inside immediately.

If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.

Protect your property. Unplug appliances and other electric devices.

If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.

If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.

Avoid flooded roadways. Turn Around Don't Drown. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.



Pay attention to authorities and weather forecasts to know whether it is safe to go outside and to get information regarding potential flash flooding.

Watch for fallen power lines and trees. Report them immediately.

Take an Active Role in Your Safety

Go to [Ready.gov/thunderstorms-lightning](https://www.ready.gov/thunderstorms-lightning). Download the **FEMA app** to get more information about preparing for **thunderstorm, lightning** or **hail**.





Prepare Your Pets for Disasters

Your pets are important member of your family! This is why they should be included in your family's emergency plan.


To prepare for the unexpected, keep your pets in mind as you follow these tips:

1. Make a plan.
2. Build an emergency kit.
3. Stay informed.

Make a Plan

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency.

THINGS TO INCLUDE IN YOUR PLAN:

-  **Know what to do with your pet during an evacuation** . Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- **Develop a buddy system.** Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- **Have copies of your pet's vaccination record, and make sure your pet is microchipped.** Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.
- **Keep contact information for your local emergency management office or animal control office and shelters on hand** in case you become separated from your pet.

Build a Kit for your Pet

Just as you do with your family's emergency supply kit, think first about the basics for survival.

Review your kit regularly to ensure that their contents are fresh.




HERE ARE SOME ITEMS TO INCLUDE IN AN EMERGENCY KIT FOR YOUR PET:

- **Food and Water.** Keep several days' supply of both.
- Keep food in an airtight, waterproof container, and have a water bowl to use.



Ready 



- **Medicine.** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Include items appropriate for your pet's emergency medical needs.
- **Backup collar with ID tag and a harness or leash.** Have copies of your pet's registration information in a waterproof container and available electronically. 
- **Traveling bag, crate or sturdy carrier** for each pet.
- **Grooming items.** Pet shampoo and other items, in case your pet needs some cleaning up. 
- **A picture of you and your pet together.** If you become separated from your pet, a picture will help you document ownership and allow others to assist you in identifying your pet.
- **Sanitation needs.** Include pet litter and litter box, trash bags and other items to provide for your pet's sanitation needs.
- **Familiar items.** Put favorite toys, treats or bedding in your kit to reduce stress for your pets. 

Stay Informed

Stay informed of current conditions and know how you will receive emergency alerts and warnings.

Download the FEMA app to get weather alerts for up to five different locations anywhere in the United States.

Always bring your pets indoors at the first sign or warning of a storm. For more information about how to prepare your pets, visit [Ready.gov/pets](https://www.ready.gov/pets).

Ready 



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

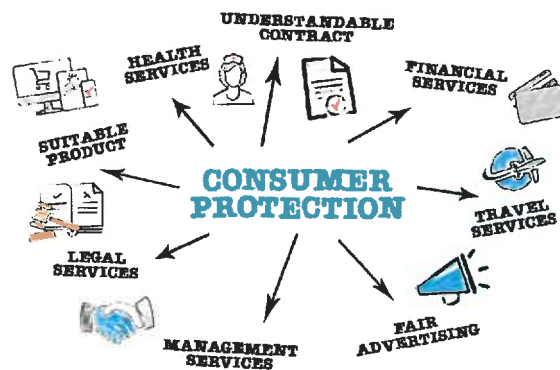
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FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

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Summer Garden Pie

Servings: Makes 6 servings Serving Size: 1/6 of pie Recipe Cost: \$5.85 Cost per Serving: \$0.98



Ingredients:

- 1 tablespoon butter
- 1 (14.5 ounce) can yellow corn, drained or 1 ½ cups fresh corn kernels
- ½ onion, diced
- 2 medium zucchinis, ends removed and thinly sliced
- 8 ounces fresh mushrooms, sliced
- 1 tablespoon dried basil or two tablespoons fresh, chopped basil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 6 ounces shredded mozzarella cheese
- 4 eggs, beaten

Directions:

1. Preheat oven to 375 degrees F.
2. Melt butter in a large skillet over medium heat. Add corn, onion, zucchini, and mushrooms. Sauté until vegetables are tender, approximately 5 minutes, stirring occasionally.
3. While vegetables are cooking, line an 11×7 baking dish with nonstick spray.
4. Remove vegetables from heat. Drain vegetables. Transfer vegetables to the baking pan.
5. In a medium bowl, stir together the basil, oregano, salt, cheese, and eggs. Pour egg mixture over the vegetables.
6. Cover with foil and bake for 20 minutes. Remove foil. Bake an additional 5 minutes to brown.
7. Let cool and then slice.

Source: Adapted from fruitsandveggies.org

210 calories; 12g total fat; 6g saturated fat; 0g trans fat; 130mg cholesterol; 570mg sodium; 11g carbohydrate; 3g fiber; 6g sugar; 0g added sugar; 14g protein; 6% Daily Value of vitamin D; 20% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.