

FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



A note from your FCS Agent:

Happy Summer!

Last month, 10 Pike County Homemakers, along with your FCS Team, attended the KEHA State Meeting. It was a fantastic experience filled with engaging seminars, hands-on creative workshops, cultural arts showcase, networking opportunities, and so much more. We are proud to share that it was a successful event!

As we dive into summer, we are looking forward to all the fun, learning, and community activities the season brings. Be sure to check out this newsletter for upcoming classes at the Extension Office—and keep an eye out for us at local events throughout the community!

Stay cool, stay connected, and enjoy your summer!

Best wishes,



Chelsea Workman
County Extension Agent
for Family & Consumer Sciences Education
chelsea.workman@uky.edu



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Dates to Remember:

June 4: Brush & Brunch

June 11: Wits Workout

June 24: Cooking Through the Calendar

June 26: Diabetes Support Group at Tug Valley ARH

June 30: Homemaker Report Day and Ice Cream Social

Martin-Gatton
College of Agriculture,
Food and Environment
Cooperative Extension Service

PIKE

FCS



Follow us on our
Facebook page!
"UK Pike County
FCS"



Save the Date:

- Northeast Area Homemaker Annual Meeting: October 18th
- Homemaking in the Mountains: October 11th

Visit our website!

Search up <https://pike.ca.uky.edu/> or scan the QR code!



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)

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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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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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,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



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.

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Disabilities
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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.

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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Edited by: Kelly May, Nichole Huff, and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

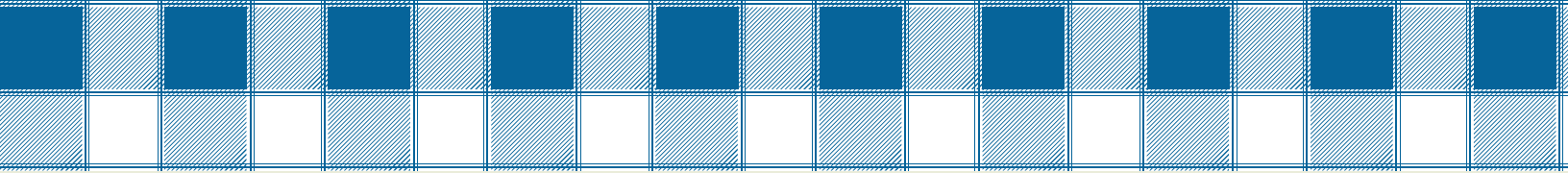


It's Grilling Season! Grill Safely this Season and Beyond...

Grilling is a summer activity everyone enjoys. It is a healthy way of cooking, and you can grill pretty much anything. Burgers, chicken, seafood, and even fruits and vegetables are all delicious when cooked on the grill. No matter what you're cooking, though, follow the tips below to prevent foodborne illness and keep your family healthy.

Thaw Safely: Never allow food to thaw on the counter at room temperature. If you are starting with frozen meat or chicken, thaw it completely for more even cooking. Place your frozen product in the refrigerator for a nice safe, slow thaw. This may take a day or two, so plan accordingly. For faster thawing, place the frozen product under cold running water, or in a sink of cold water that is changed frequently. You also can thaw your frozen product in the microwave as long as you placed it on the grill immediately.

Marinating: Always marinate food in the refrigerator, not on the counter at room temperature. You can marinate chicken and stew meat up to two days. Beef, steaks, tenderloins, roasts, and chops can be marinated up to five days. Throw away the marinade after soaking. You should not eat marinade that has been in contact with raw meat or chicken as a sauce on cooked food.



Cook Thoroughly: Always use a meat thermometer to check for doneness. Meat and chicken cooked on a grill will appear done because of quick browning on the outside. However, just because it looks done, doesn't mean it's safe to eat. Cuts of beef, pork, lamb, and veal including steaks, chops, and roasts should reach an internal temperature of 145 degrees F with a three-minute rest time. Ground meats (beef, pork, lamb, and veal) should be cooked to an internal temperature of 160 degrees F. All chicken and poultry should reach an internal temperature of 165 degrees F.

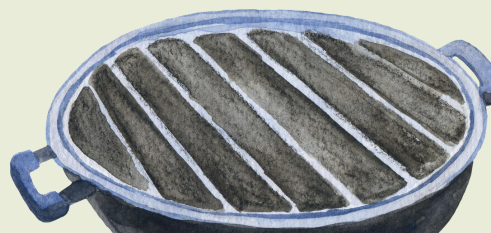
Keep it Clean: Start with clean hands, and make sure there are plenty of clean plates and utensils. Never use the same platter or utensils for both raw and cooked meat and chicken. Always use a clean platter when removing food from the grill. Bacteria in the raw meat juices can contaminate food that you have safely cooked.



Keep it Hot: After cooking, keep food hot at 140 degrees F or warmer until served. Place food to the side of the grill, where there is no direct heat, or on the small rack above the grill, if there is one. You can also place food in an oven set at 200 degrees F or a warming tray until eaten. Once you serve the food, it should not sit out for more than two hours. If the day is above 90 degrees F, food should not sit out for more than one hour.

Reference: FoodSafety.gov

Source: Annhall Norris, University of Kentucky Cooperative Extension Service specialist, Food Preservation and Food Safety

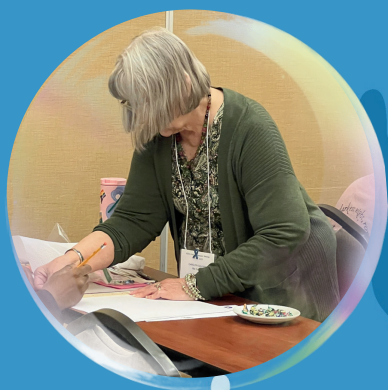


The KEHA State
Logo was drawn
by Garlene
Abshire!



Pike County
Homemakers crafted
550 gift card
holders for the
hospitality bags!

Pike County had
10 Homemakers
in attendance at
the KEHA State
Meeting!



KEHA State Meeting

Pike County
Homemakers
taught two
hands on classes
at this year's
KEHA State
Meeting!



There were 741
total entries for
Cultural Arts!





Five Pike County Homemakers were awarded a blue ribbon for their cultural arts submissions!



Cathy Harville gave the inspiration for the award lunch!



Pike County had one State Choir attendee!

The North East Area Homemaker Clubs hosted this year's KEHA State Annual Meeting! Pike, Floyd, Magoffin, Johnson, Martin, Lawrence, Elliot, Carter, Boyd, and Greenup!



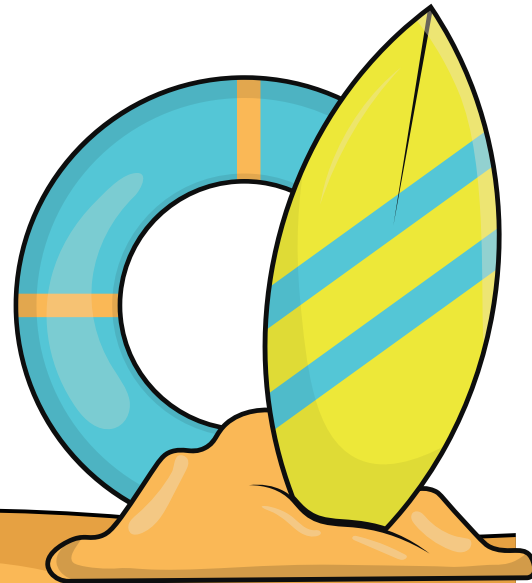
There were 301 total Quilt Squares made for the silent auction!

CRYPTOGRAM

How to find the hidden message.

- Each letter has been replaced by a number.
- Once you figure out the letter a number represents, write it in the table below. Some letters have been added.

H			E								I	
8	23	2	14								19	1
				E				E		K		
7	9	15	15	14	21			14	23	24		
	I			E				I		H		
3	19	4	4	14	5			19	18	8		
						E				E		!
20	3				14	10	18	9	21	14	7	

[illegible]



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Brush n Brunch @11	5	6	7
8	9	10	11 Wits Workout @1	12	13	14
15	16	17	18	19	20	21
22	23	24 Cooking Through the Calendar @12	25	26 Diabetes Support Group @Tug Valley ARH	27	28
29	30 Homemaker Reports Day @1	31				

Brush & Brunch

Pike Co. Extension Office
148 Trivette Dr. Pikeville, KY

Wednesday,
June 4th, at
11:00am



What's better than art and food? Both at the same time!

Class is FREE and you'll leave with a finished painting and a full belly!

RSVP at 606-432-2534
Space is limited

Pike Arts

Martin-Gatton
College of Agriculture,
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Cooperative Extension Service

PIKE

FCS



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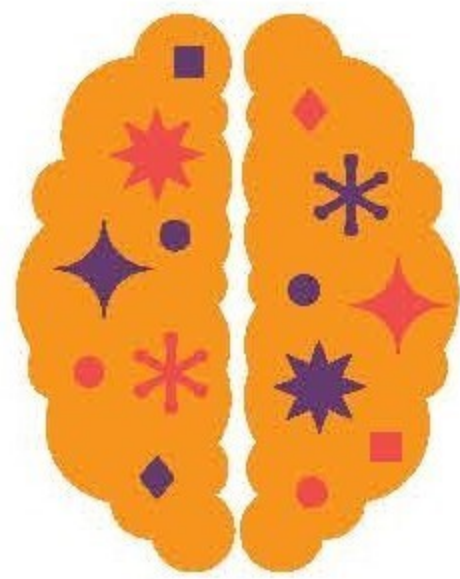
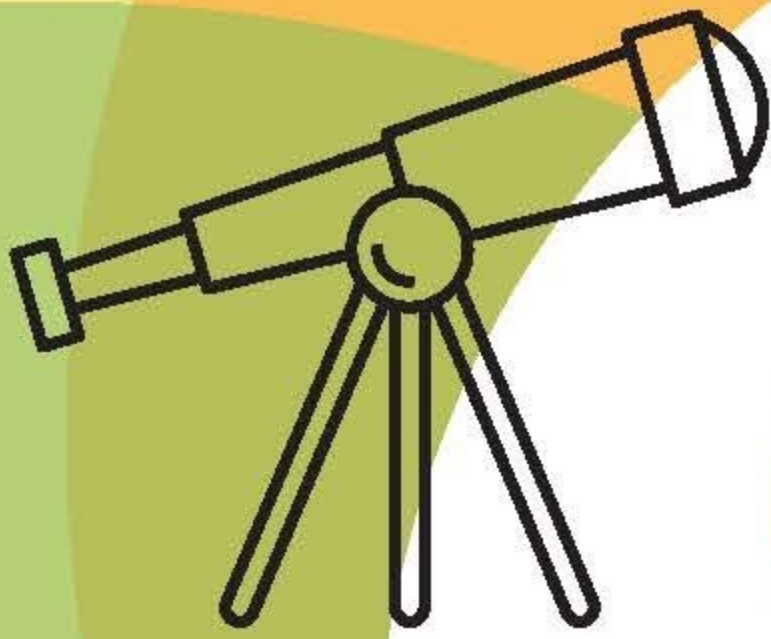


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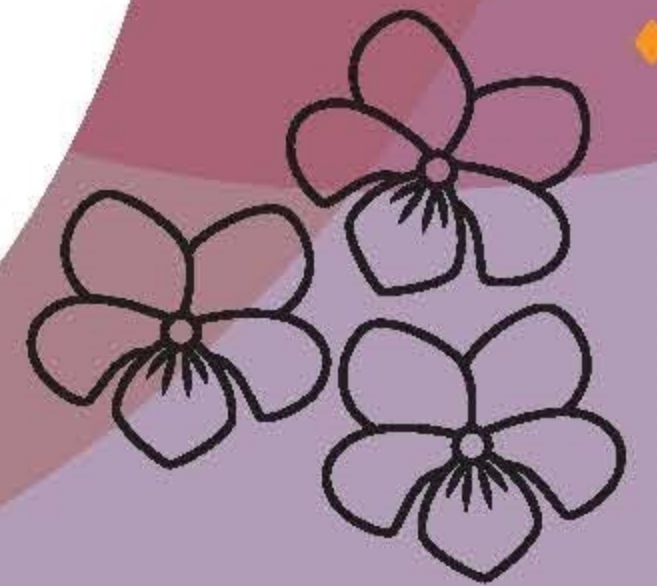
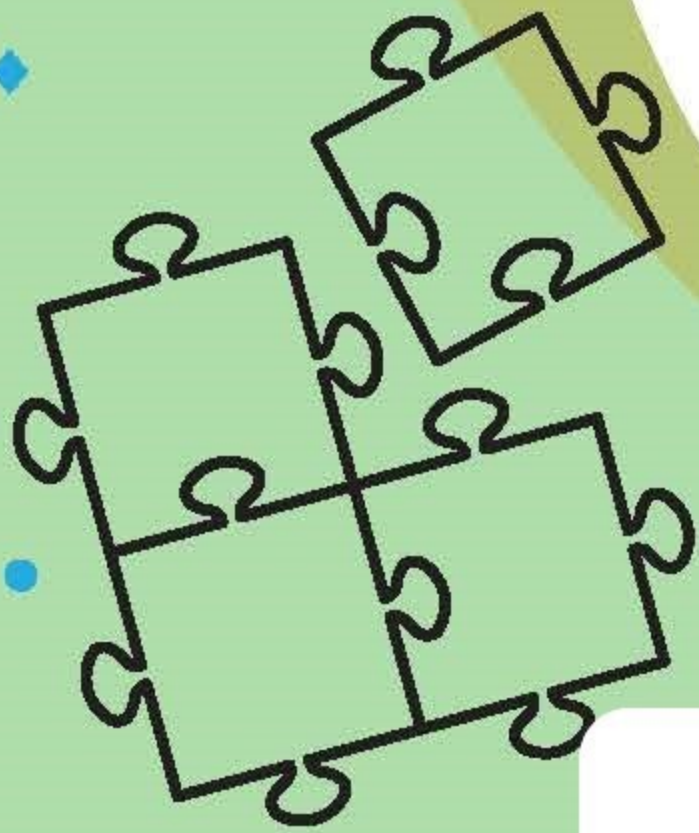
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WITS WORKOUT



An engaging, interactive,
and educational
brain health program



Date: June 11th

Time: 1pm

Location: Pike County Cooperative
Extension Office

Registration: Call 606-432-2534 to
register

Come put your mind to the test by
completing fun brain teasers that
everyone is sure to enjoy!

I
ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
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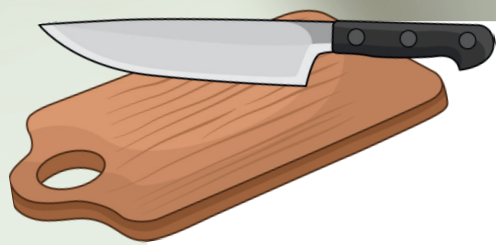
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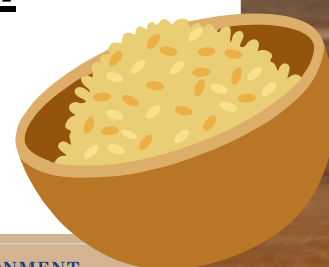
COOKING THROUGH THE CALENDAR

We will be making Rice and
Bean Salad!

Tuesday, June 24th 12pm-1pm

**Location: Pike County
Cooperative Extension Office**

Call (606)432-2534 to sign up!



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DIABETES

Connection

2025



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

JUNE 26

TWO CONVENIENT
LOCATIONS

Mid-Year *Celebration*

We will have door prizes, awards, and
a celebration of accomplishments!

10AM Floyd County UK Extension Office
at 3490 KY-321 in Prestonsburg

2PM Tug Valley ARH Admin Conference Room
at 260 Hospital Road in South Williamson

*Join us at 10am via Zoom
from anywhere!*



[https://arh-org.zoom.us
/my/arhdiabetessupport](https://arh-org.zoom.us/j/91234567890)

FOR MORE INFO:



606.789.3511
ext. 1229



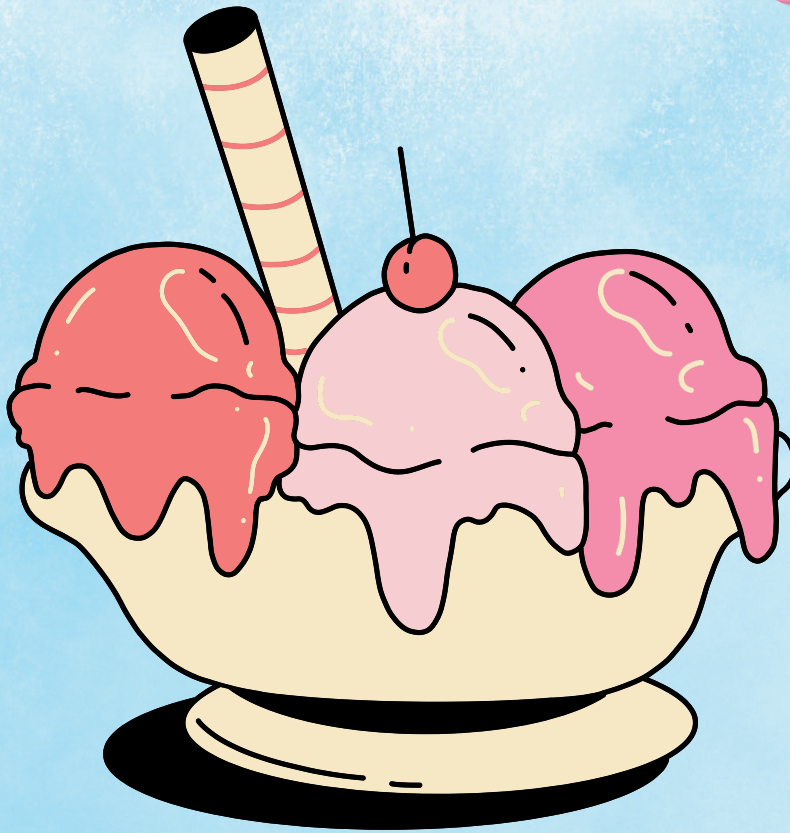
diabetesarh1@arh.org

UNDERSTANDING DIABETES TOGETHER!

Family members and caregivers encouraged to attend!

PIKE COUNTY
HOMEMAKERS REPORTS
AND

Ice Cream Social



June 30th 1pm-3pm

Call (606) 432-2534 to sign up!

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SUMMER BREAK

CRYPTOGRAM

ANSWER KEY

H	A	V	E
8	23	2	14

A
23

F	A	N	T	A	S	T	I	C
3	23	10	18	23	7	18	19	1

S	U	M	M	E	R
7	9	15	15	14	21

B	R	E	A	K
22	21	14	23	24

F	I	L	L	E	D
3	19	4	4	14	5

W	I	T	H
13	19	18	8

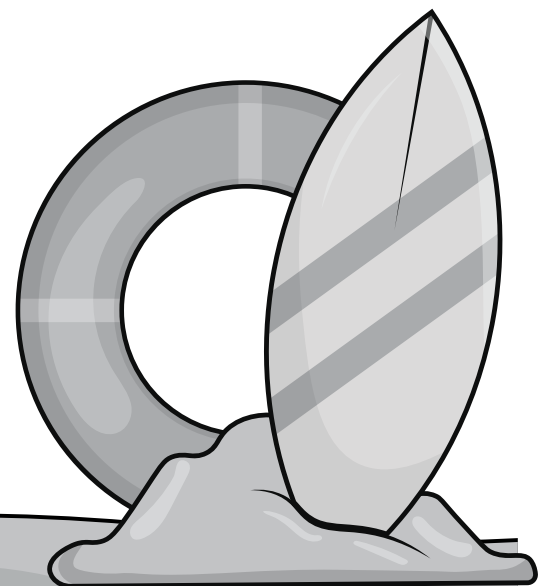
L	O	T	S
4	20	18	7

O	F
20	3

A	D	V	E	N	T	U	R	E	S	!
23	5	2	14	10	18	9	21	14	7	

A	B	C	D	E	F	G	H	I	J	K	L	M
23	22	1	5	14	3	25	8	19	17	24	4	15

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	20	11	16	21	7	18	9	2	13	6	12	26





Triple Berry Crisp

Cooking spray	3 tablespoons white sugar	¾ teaspoon cinnamon
1¾ cup fresh blackberries	¾ cup brown sugar	½ teaspoon nutmeg
1¾ cup fresh blueberries	½ cup flour	½ cup butter
1¾ cup fresh strawberries	½ cup oats	

Preheat oven to 375 degrees F. Spray the bottom and sides of an 8-by-8 inch baking pan with nonstick cooking spray. **Wash** berries. Do not let berries soak in water. Hull strawberries by removing the stems and green tops. **Place** blueberries, blackberries and strawberries in a mixing bowl. **Sprinkle** berries with white sugar and **stir**. **Set** aside. In a separate, large bowl, **mix** the brown sugar, flour, oats, cinnamon and nutmeg. **Cut** in the butter until crumbly.

Pour berry mixture into baking pan. **Sprinkle** crumbly mixture over the berries. **Bake** for 30 minutes or until the top is golden brown.

Yield: 12, ½ cup servings

Nutritional Analysis: 160 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 3 g fiber, 19 g sugars, 2 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A ½ cup serving of raw berries contains 35 calories, has no fat, and is a good source of potassium, vitamin C and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Avoid berries that contain extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing. They can be made into jellies or jam. For more information, contact your local County Extension Office.

KENTUCKY BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

August 2014

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Source: www.fruitsandveggiesmatter.gov