


KNOTT COUNTY EXTENSION SERVICE

FAMILY & CONSUMER SCIENCES

Newsletter

June 2025



 Cooperative
Extension Service

149 Parks Branch | PO Box 462
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606-785-5329

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Lorie Adams

Lorie Adams

Knott County Extension Agent for
Family & Consumer Sciences

HELLO
June



JUNE BLOOMS

It's hard to believe that we are already halfway through the year! As summer begins, we will be seeing more sunshine and the opening of our farmers' market, marking the start of our gardening and canning season.

As summer brings more time to do projects we enjoy, don't forget about our Extension office. We have two new book clubs, Diamond Art Club, Come Sew with Us, and homemaker meetings. We also have educational programs on diabetes support, cooking, and the Bingocize fall prevention program. I hope each of you finds a way to enjoy summer.

Before long, we will be offering food preservation workshops to help you keep summer a little longer. Don't forget, you can always keep up with our current events by visiting our website at knott.ca.uky.edu or our Facebook page.

Have a great summer!

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



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2025 June

Family & Consumer Sciences

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13 Knot Co Farmers Market @ 10 am - Noon (Settlement School) 	14
15	16 	17 Creekside Crafters Homemakers @ 6 pm (Settlement School) Knot Co Farmers Market @ 4 - 6 pm (Settlement School) 	18	19	20 Knot Co Farmers Market @ 10 am - Noon (Settlement School) Knot Ext Board Meeting @ Noon	21
22	23 Diamond Art Club ~ @ 2 pm 	24 High Noon Book Club @ Noon The Dinner Bell Book Club @ 6pm Knot Co Farmers Market @ 4 - 6 pm (Settlement School) 	25	26 Diabetes Support Group @ 10 am 	27 Knot Co Farmers Market @ 10 am - Noon (Settlement School) Cook the Calendar @ 2 pm 	28
29	30					



FCS HAPPENINGS

Diamond Art Club



June 23rd @ 2 pm

*Bring your current project to work on during club meeting

Book Clubs

*High Noon Club @ Noon

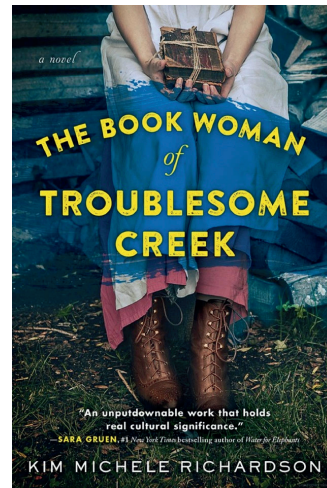
*The Dinner Bell Book Club @ 6:00 pm

*Discuss The Book
Woman of Troublesome
Creek

Diabetes Support Group

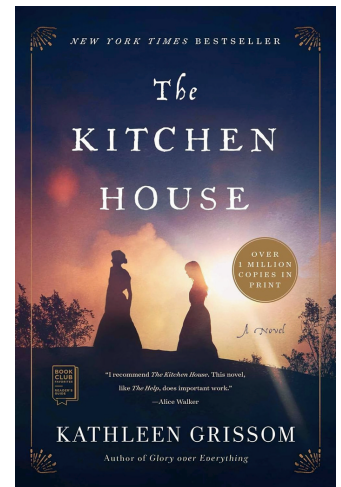


*Mid-year Celebration
June 26 @10 am -
Knott Co Extension
Office



June Book

July Book



Rice and Bean Salad



Cook the Calendar

June 27th @ 2:00 pm ~
Knott Co Extension Office
"Rice and Bean Salad"

HOMEMAKER HAPPENINGS



Knott County Homemakers Club Meetings

***Hindman Homemakers** - June 10th @ noon; Making Diamond Art key chains. Contact Hindman Homemakers message group to sign up for food.

***Creekside Crafters Homemakers** - June 17th @ 6pm at Carrie Community Center; Tye dying shirts for 4th of July. Bring your own shirt. Contact Shana Craft for more information.

***Knotty Krafters** - TBA ~ Contact Gail Reynolds for more information.

***Knott Your Average Homemakers** - No June Meeting ~ Contact Pam Conn for more information.

***Keenagers Homemakers** - No June Meeting ~ Contact Alma Back / Etta Jo Gayheart for more information.



HOMEMAKER DEADLINES:

DUE ~ JULY 1st



***Passport Books**



***Volunteer Service Units (VSU) Logs**



FCS PROGRAM UPDATES

Book Clubs

Extension welcomed two new book clubs in May. Both clubs meet on the last Tuesday of the month. The High Noon Book Club meets at noon, and The Dinner Bell Book Club meets at 6 pm. We will be talking about our latest book, *The Book Woman of Troublesome Creek* at our next meeting.



KEHA Meeting

Three Knott County Extension Homemakers were able to attend the state meeting in Lexington. They were able to represent Knott County as voting delegates and attend workshops to bring information back to our clubs. The newly elected state president is from our Quicksand Area. Our county even came back from state with two "Blue Ribbons" in the categories of Doll Making and Chicken Scratch.



Creekside Crafters Club

A new Homemaker's Club was formed in Knott County, the Creekside Crafters. Last month, they played bingo and learned about the importance of sun safety!



Diabetes Support Group

Our Diabetes Support group has been working on a yearly health challenge. They were able to get their A1C rechecked after six months. 88% of the group had a better A1C number than in January. In July, we will be having a celebration for all the hard work on the challenge.

Diamond Art Club

In May, Knott Extension held a diamond art lesson. As a result of this workshop, we are creating a Diamond Art Club. They will meet each month to work on projects. This is a great way to learn a new hobby and complete a project for Homemaker Cultural Arts. This is also a great way to work your brain. Anyone is welcome to join. Call our office if you are interested.

FCS PROGRAM UPDATES



Homemakers Spring Tea Party

Our Extension Homemakers held their annual spring meeting in May. They enjoyed a Spring Tea and were also able to learn about different teas and its health benefits.



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>

Knott County
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149 Parks Branch
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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

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Cooperative Extension Service

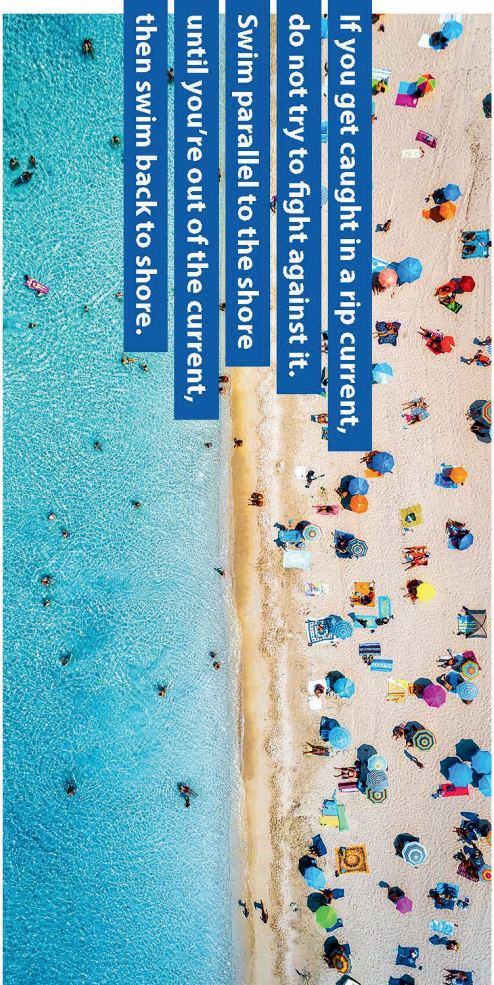
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If you get caught in a rip current, do not try to fight against it.

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.readycross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

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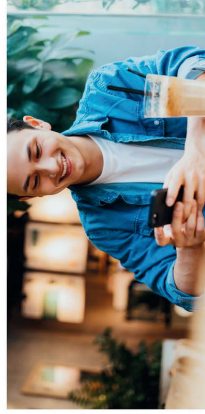
THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

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.



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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Banana Pancakes



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes

Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 2 pancakes

Cost per recipe: \$9.03

Cost per serving: \$1.13

Nutrition facts per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source:

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and Bethany Pratt,
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for Food Systems,
University of Kentucky
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Very Berry Salsa

4 cups apples,
finely diced
1 cup blueberries
1 cup strawberries,
diced

1 cup raspberries,
halved
1 cup blackberries,
halved

1 tablespoon fruit preserves
½ tablespoon sugar
½ tablespoon brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings

Nutritional Analysis: 20 calories,
0 g fat, 0 mg cholesterol, 0 mg sodium,
5 g carbohydrate, 1 g fiber, 4 g sugar,
0 g protein



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at your grocery store, farmers' market, or roadside stand.