

JUNE

2025 NEWSLETTER

Jessamine County
 95 Park Drive
 Nicholasville, KY 40356
 (859) 885-4811
 jessamine.ca@uky.edu

Calendar of Events

June 3	530pm– 730pm	Homemade Greeting Card Class
June 16–20		Jessamine County 4–H Camp
June 23	10am – 11am	Laugh N Learn
June 23		Heritage Craft Camp Instructor Applications are DUE!
June 23	5pm	Homemaker Council Meeting
June 24	12pm	Lunch N Learn
July 4	All Day	Office Closed: 4 th of July
July 6–13	All Week!	Jessamine County FAIR!
July 6	2pm – 4pm	Fair Entry Check-in
July 7	9am – 1130am	Fair Entry Check- in
July 12	10am –12pm	Pick up Checks
July 15	12pm	Lunch N Learn
July 28	10am – 11am	Laugh N Learn

Jessamine County Extension Homemaker Clubs

Hearts N' Hands
 First Tuesday of the month, 11 a.m. at the Extension Office
Happy
 Second Tuesday of the month, 6 p.m. in a member's home
Garden Club
 Third Monday of the month, 1 p.m. at the Extension Office
4-HMothers
 Third Wednesday of the month, 9:30 a.m. in a member's home
Edgewood Evening
 Fourth Monday of the month, 6:00 p.m. at the Extension Office
Piece Quilters
 Every Tuesday, 9:30 a.m., Ag Center RoomA

Follow us Online!

****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**

Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamIneCountyFCS/>



Check out our county website for information for all program areas! <https://jessamine.ca.uky.edu/>



Dear Homemakers,

Happy Summer!! The craziness of the summer is in full swing! Lots happening so please read!

Please continue to advertise “Its SEW Fine” and Heritage Craft Camp! We are in need of instructors for Heritage Craft Camp! It is not too late to sign up! The Heritage Craft Camp instructor application deadline is June 23rd. “Its SEW Fine” applications are available at this link: <https://form.platoforms.com/fr32zdhwr7e> or you can scan the QR code on the flyer on the next page. Heritage Craft Camp applications are available for pick up at the extension office and we ask that you return them back to your extension office once they have been completed. We would love to see a huge turnout at both programs!

If you know of anyone interested in becoming a Homemaker, please advise them to contact us via email at sara.haag@uky.edu or (859)885-4811 and let us know their Name, Address, Email, Phone #, and what type of club they are interested in joining.

Sincerely, Sara Haag

Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences

Homemaker Scholarship Winners

Congratulations to our Homemaker Scholarship recipients! Two \$750 scholarships were awarded to
Katy Barkley and Colton Cox.

Thank you to all Extension Homemakers for making this scholarship happen. Without your help in the Farmer's Bank Christmas baskets and your donation of time, this would not have been able to be possible.

Jessamine County Fair

July 6th - 13th

Jessamine County Fair is right around the corner!

<https://jessamine.ca.uky.edu/jessamine-county-fair>

Check in for entry items will be Sunday, July 6th from 2pm-4pm and Monday Morning July 7th from 9am-1130am. Check in will close right at 1130am. Judging will begin promptly at 12pm.

Volunteers are needed to sit at the exhibit tables on July 7th July 9th and July 10th from 6pm-8pm.

Please call (859) 885-4811 if you are able to help!



Save the date

 Cooperative
Extension Service

FORT HARROD AREA

2025 HERITAGE CRAFT CAMP

OCTOBER 24TH AND 25TH

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422

Instructors Needed!

Please visit your county extension office for a hard copy of the instructor application.

Instructor applications are DUE ON June 23rd and should be turned back in at your county extension office.

Applicants will be asked to bring in samples of their desired craft camp project to the Craft Camp planning committee meeting at the Jessamine County Extension Office on June 30th at 1pm.

Fort Harrod Area looks forward to seeing you at the 2025 Heritage Craft Camp!



Shop Local, Visit the Farmer's Market!

April 24th was the opening day for the Farmer's Market, here in Nicholasville!

Go support our local farmers for some delicious produce! Saturdays 9am-1pm at the Jessamine Co Health Department Parking Lot!

Scan the QR code below for more Farmer's Market information, or visit

<https://www.nicholasvillefarmersmarketky.com/>



COOPERATIVE
EXTENSION IS
A PROUD
PARTNER OF



Do you ever end up with more garden produce than you can use? You're not alone—and your extra harvest could help feed families right here in Jessamine County. The **WiN-WiN** program makes it easy to share excess fruits and vegetables by connecting home gardeners and local growers with community partners working to reduce food insecurity. **Here's how to get involved:**

DONATE GROW FOOD? HAVE EXTRAS? SHARE THE BOUNTY!

Donate your surplus fruits and veggies at any of our drop-off sites throughout the county. We offer multiple sites and flexible drop-off times to make it easy to participate.

SCAN THE CODE OR [CLICK HERE](#)
TO LEARN MORE ABOUT OUR
DONATION PROGRAM:



VOLUNTEER WE OFFER MANY WAYS TO GET INVOLVED!

Volunteers help collect, sort, and deliver produce to our food access partners throughout the county.

Opportunities include:

- Assisting with **produce collection** at drop-off sites
- **Delivering donations** to local nonprofits
- Helping with materials and supplies (crates, boxes, etc.)

Email win.win@uky.edu or visit winwin.ca.uky.edu to learn more

TOGETHER, WE CAN REDUCE WASTE AND FEED OUR COMMUNITY!



DEPARTMENT OF
DIETETICS AND HUMAN NUTRITION



Support for this program is provided by USDA NIFA sponsorship award # 2023-38640-39572 to Sustainable Agriculture Research and Education (SARE).



The Jessamine County Extension Office is proud to partner with WiN-WiN which gives farmers a place to donate your extra harvest. Please take a look at this flyer to see how you can get involved either by donating or volunteering!



Don't forget about our awesome online **FREE** resources from our website, "Plan Eat Move"! Find some nutritious and yummy recipes at planeatmove.com



Glazed Cantaloupe Bread

3 eggs	1½ cups all-purpose flour	½ teaspoon ground ginger
1 cup unsweetened applesauce	1 teaspoon salt	
1 cup sugar	1 teaspoon baking soda	Glaze:
1 tablespoon vanilla extract	¼ teaspoon baking powder	½ cup butter
2 cups pureed cantaloupe (about one 5-inch round melon)	2 teaspoons ground cinnamon	¾ cup brown sugar
1½ cups whole wheat flour		½ cup chopped pecans

Preheat oven to 325 degrees F. Lightly grease and flour two, 9 x 5-inch loaf pans. In a large mixing bowl beat together eggs, applesauce, sugar, vanilla and pureed cantaloupe. In a separate bowl, sift together flours, salt, baking soda, baking powder, cinnamon and ginger. Add flour mixture to cantaloupe mixture; mix just until combined, then pour batter into prepared pans. Bake in the center of a preheated oven for 60 to 70 minutes, until a toothpick inserted into center of loaf comes out clean and top of loaf springs back when pressed. Let loaves cool in pans for 10 minutes, run a knife around edge

then turn out of pans to a cooling rack.

For Glaze: Combine butter and brown sugar in a microwave safe bowl. Microwave on high 3 minutes, stirring well at 1 minute intervals, until smooth and sugar is melted; add pecans to the glaze. Pour glaze over warm loaves. Allow glazed loaves to cool one hour before serving.

Yield: 20 slices

Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 45 mg cholesterol, 20 mg sodium, 32 g carbohydrate, 2 g fiber, 17 g sugars, 4 g protein.



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

Lunch N Learn

Join us at the Jessamine County Ag Center for
Lunch N Learn!

We will be making the June recipe from the Nutrition
Education Program Yearly Recipe Calendar,
Rice and Bean Salad

**June 24, 2025
12pm - 1pm**

Please call the Jessamine County Extension
Office at 859-885-4811 by June 12th to register.



**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.

Lunch N Learn

Join us at the Jessamine County Ag Center once a month for
Lunch N Learn as we prepare recipes from the Nutrition
Education Program Yearly Recipe Calendar!

2025 Dates:
It will always be from 12pm - 1pm

January 15

February 18

March 11

April 8

May 20

June 24

July 15

August 12

September 9

October 14

November 11

December 9

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Laugh and Learn



Join our 2025 Laugh and Learn Playdate Program
that targets Kindergarten readiness objectives!
Each month offers learning activities that are
relevant to children's development and will
coincide to help celebrate holidays or seasonal
festivities. FREE for all children ages 3 to 5 and
all children must be accompanied by an adult the
entire time. Lessons include a healthy snack,
book, craft, music activity, fine motor and large
motor activities, and free play.

The 2025 Dates:

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 10
June 23	December 8

10am- 11am

Each lesson will be at
the Jessamine
County Extension
Office in the Ag
Center. Please call
the extension office
at (859)885-4811
monthly to register
your child/children!



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**WELCOME
TO ALL**

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)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

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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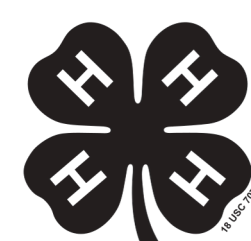
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If you get caught in a rip current,

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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Lexington, KY 40506



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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>

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



Jessamine County Extension Office
95 Park Drive
Nicholasville KY 40356