

# Newsletter

March 2025

Breckinridge County  
Cooperative Extension Service  
1377 S. Hwy 261, Hardinsburg, KY 40143  
P: (270) 756-2182  
F: 270-756-9016  
breckinridge.ca.uky.edu



## In This Issue:

- Homemaker Spotlight*
- Homemaker Happenings*
- Healthy Habits Challenge*
- Spring Bazaar*
- Wits Workout*
- Diabetes Support Group*
- Upcoming Extension Events*

*Happy St. Patrick's Day*

*Lynnette Allen*

Lynnette Allen,  
Extension Agent  
For Family & Consumer  
Sciences Education  
Breckinridge County  
Email: lallen@uky.edu

## Protect Your Tech: National Consumer Protection Week

Have you ever thought about how much personal information is on your phone? We wouldn't carry around binders full of paper documents with our critical information – that would be easy for someone to steal. Yet, a lot of that same information is in the files and apps on our phones. Think about the following ways to protect your phone and all your other devices this National Consumer Protection Week, March 2-8, 2025.

### Lock Screen / Password

Set your screen to lock when you aren't using it. A PIN or passcode will help keep your data safe if you step away or lose your phone or device. Some devices can unlock with a fingerprint, iris, or face scan. For others, use longer pins and passwords that are more difficult to crack.

Also, realize that password-protected Wi-Fi might be safer to surf than publicly available networks. Don't do your banking or shopping on wireless networks that aren't encrypted.

Continued on next page....



## Software Updates

Enable automatic updates for your operating system, as well as security software, browsers, and apps. Companies often push out free updates that may include security protections. Keep those up to date. Delete any apps you aren't using anymore.

## Backup Plan

Most people have lots of important photos, documents, and emails on their phones. Back that information up so that you can recover it if anything happens. Phones are portable, but that means they also can break or be lost. Also, a phone can be hacked, stolen, or infected with a virus. Back up your information to the cloud or an external drive so it can be recovered if needed. Some phones have a feature that you can turn on to track a lost or stolen phone.

## Help / Fraud Reports

Find tips on these steps for both Apple and Android from the Federal Trade Commission at <https://consumer.ftc.gov/articles/how-protect-your-phone-hackers>. You can report fraud to [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov) or 877-FTC-HELP. Report cybercrime and phishing to the Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov).

## Reference

How to Protect Your Phone from Hackers. (July 2022). Federal Trade Commission. <https://consumer.ftc.gov/articles/how-protect-your-phone-hackers>

**Source:** Kelly May, Senior Extension Associate for Family Finance and Resource Management



# 2025 Breckinridge County Fair

*June 18th - 21st*

Start planning now to enter items in the annual Family Living Exhibit. Contact the Extension Office for an updated Family Living Catalog

# Homemaker Spotlight



**Irene Scott**

Sunshine Sisters Homemakers

Sunshine Sisters proudly presents Irene Scott as homemaker of the month. Irene joined Extension Homemakers in 1992. She has held club, county, and area offices, chairmanships, served as activity event coordinator, as well as, attending state and area meetings. During these 33 years, you could always find her lending a hand or providing food and baked goods for events, such as, Relay for Life, County Fair/Family Living, Bake Sale (which she chaired for many years), Taste of Christmas, Spring Bazaar, and numerous other projects.

A long-standing member of Hudson Community Church, you will find Irene's smiling face helping Bible School, meals, and other activities. This busy lady also enjoys her time with the Historical Society.

Last, but certainly not least, is her devotion of family and friends. From helping out with great grandchildren, to fulfilling her love of gardening and using her Master Gardener skills in her granddaughters' greenhouse. "Mamaw Renie" is always available whatever the need. Irene truly has a servant's heart in the many ways she has served and continues to serve the Extension Homemaker Organization, her church, family, friends, and community.

Submitted by Lisa Carman, Sunshine Sisters Homemaker Club



# Homemaker Happenings



|            |   |
|------------|---|
| March 6th  | State Meeting Centerpiece Project Workday 11:00 a.m. CT |
| March 13th | Homemaker Council Meeting 10:00 a.m. CT                 |
| March 19th | Quilt Guild: Organizational Meeting 1:00 p.m. CT        |
| March 28th | Homemaker Lesson: Meal Time Rut 1:30 p.m. CT            |

## Extension Homemaker Club Meetings

### Cloverport

Monday, March 17th 1:00 pm CT  
Cloverport Methodist Church

### Countryside

Monday, March 24th 5:00 pm CT  
Extension Community Building

### Flower Rangers

Friday, March 28th 6:00 pm CT  
Extension Community Building

### Irvington

Tuesday, March 18th 11:30 am ET  
Lincoln Trail Christian Church

### New Heights

Monday, March 17th 10:00 am CT  
Extension Community Building

### Sunshine Sisters

Tuesday, March 25th 11:00 am CT  
Extension Community Building

## Homemaker Lesson: How to Get Out of a Mealtime Rut

**Friday, March 28th 1:30 p.m. CT  
Extension Office Basement Kitchen**

When you or a family member find out what is on the menu for dinner, is the typical response "Again?" If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut.

The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home.

*For more information contact us at (270) 756-2182*

## State Meeting Centerpiece Workday

There will be a special workday meeting on

**Thursday, March 6th at 11:00 a.m. CT  
Extension Farmers' Market Building**

Everyone is invited to come and lend a helping hand with this project of staining wood boxes for the state meeting table centerpieces.

## March Roll Call & Thought of the Day

Roll Call: What do you like to do for fun in the spring?

Thought for the Day:

"But you can come along with me 'Cause we gotta a lot of things to do now"  
Fun, Fun, Fun The Beach Boys · 1964



# 2025 HEALTHY HABITS CHALLENGE

*Join us each month for a challenge to create healthier habits in 2025. Small changes add up to make a difference!*

## March: Meal Plan, Eat Out Less

*Start small, if you or your family eats out most days, set a goal of cooking at home three (3) times a week. Support your new mealtime habit with the tips below.*



### Other meal planning resources

- [www.planeatmove.com/](http://www.planeatmove.com/)
- [www.myplate.gov/eat-healthy/healthy-eating-budget/make-plan](http://www.myplate.gov/eat-healthy/healthy-eating-budget/make-plan)
- [www.snaped.fns.usda.gov/resources/nutrition-education-materials/meal-planning-shopping-and-budgeting](http://www.snaped.fns.usda.gov/resources/nutrition-education-materials/meal-planning-shopping-and-budgeting)

### Previous Challenges

#### January

- Drink More Water Each Day

#### February

- Reduce Added Sugar



### Tips for Meal Planning

- Plan meals using the items you already have. Remember to use fresh food first to avoid waste
- Write down a meal plan for a week. The “*Create a Grocery Game Plan - Weekly Calendar*” is a great online guide at [myplate.gov](http://myplate.gov)
- Think “Time”! Consider simple family favorites for the busy days. Save more complicated meals for the weekends or when family members can help.
- Use the MyPlate model to ensure you are eating from all five (5) food groups.
- Leftovers - Cook large amounts to have leftovers for lunches or for quick reheated meals.
- Keep a running grocery list for an easy quick shopping trip. That helps you to stay on budget and equipped for healthy, home cooked meals.

Source: [www.myplate.gov/eat-healthy](http://www.myplate.gov/eat-healthy)



# QUILT GUILD

## Organizational Meeting

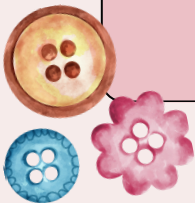
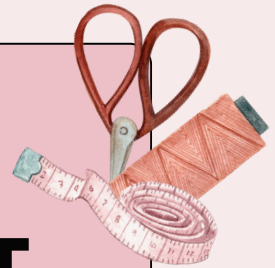


**Come learn about this new group and help them plan for upcoming meetings!**

**All levels of experience are welcome**

**Wednesday,  
March 19th 1 pm CT**


Breckinridge County  
Extension Community Building  
1377 S. Hwy 261 Hardinsburg, KY 40143



**Contact the Extension Office for more information at 270-756-2182**



# Upcoming Extension Events



**WITS  
WORKOUT**  
An interactive brain health program

**Cooperative  
Extension Service**

**Thursday, March 6th**  
**10 to 11 a.m. CT**  
**Breckinridge County Extension Community Building**  
**1377 S. Hwy 261 Hardinsburg, KY 40143**  
*For more information contact us at (270) 756-2182*

*An Equal Opportunity Organization*



## Diabetes Support Group

Tuesday, March 11th  
1:30 – 2:30 p.m. CT

**Cooperative  
Extension Service**

March Topic:  
Local Pharmacist will share  
medicine updates

1377 S Hwy 261, Hardinsburg, KY 40143  
Breckinridge County Extension Community Building

Call 270-756-0711 or 270-756-2182 for more information

*An equal opportunity organization*



**Cooperative  
Extension Service**

BRECKINRIDGE COUNTY EXTENSION OFFICE

## Cooking Through the Calendar

Join us for a cooking demo & sample delicious, healthy recipes

**WEDNESDAY, MARCH 26TH**  
**11:30 A.M. CT**  
EXTENSION OFFICE BASEMENT  
1377 S. HWY 261  
HARDINSBURG, KY 40143

**FOR MORE INFORMATION CALL**  
**270-756-2182**



*An equal opportunity Organization*



**Cooperative  
Extension Service**

BRECKINRIDGE COUNTY EXTENSION HOMEMAKERS

## SPRING BAZAAR

3rd Annual

**SAVE THE DATE**

**SATURDAY, MAY 10TH**

**BRECKINRIDGE COUNTY  
EXTENSION COMMUNITY BUILDING**

*An Equal Opportunity Organization*



BRECKINRIDGE COUNTY EXTENSION HOMEMAKERS

# SPRING BAZAAR



## CALL FOR VENDORS

*Saturday, May 10th 9 a.m. - 2 p.m. CT*

**We still have some air conditioned spots  
available in the Farmers' Market Building**

*Please contact the Extension office at  
270-756-2182 if you are interested in being a vendor.*

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.