

Homemaker Newsletter

August 2025

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
(270) 866-4477
FAX: (270) 866-8645
RUSSELL.CA.UKY.EDU

Thought of the Month:

"Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn't going to get the job done." – Jim Rohn

Roll Call:

August is National Wellness Month. What is your favorite healthy food?

Homemaker Council News

The Russell County Extension Homemakers have started the new fiscal year strong. We now have 6 clubs (See page 2).

The Russell County Extension Homemakers have a new Facebook page! Please like this page to get the most up-to-date information from Facebook.



The Russell County Extension Homemakers will have their first meeting of the new year on August 25th at 5 PM. County and Club officer training will follow at 6:30 PM.

The Russell County Extension Office will be offering a class titled "Radon, What You Need To Know" on August 25th at 4 PM. Please join us for this important topic. You can RSVP by calling 270-866-4477 by August 18th.



Club Meeting Information

Homemakers On the Go

The Homemakers On the Go will meet at the Extension Office on **Thursday, August 14th**, at 10 a.m. Club members will plan a schedule for the year, and FCS Agent Megan Gullet will offer a class on Food Safety. This class is required for those who want to participate in future potlucks. Please call to RSVP by **August 11th**.

Crafty Bees

The Crafty Bees are tentatively set to meet on **Tuesday, August 26th**, at **5:30 pm**. Please reach out to Melonie Eubank for more information.

The Piecemakers Quilt Guild

The Quilt Guild will meet on Wednesday, August 13th, from 10 a.m. to 3 p.m. and **August 25th** from noon to 3 PM at the Extension Office. They plan to have Sit & Sew and to work on donation blankets. Please reach out to Cindy Mills if you have any questions.

Sunset Club

The Sunset Club will meet on **Tuesday, September 9th, 6 p.m.**, at the Extension Office. Please reach out to Susan Adams for more information.

Magic Circle

Magic Circle is one of our newest clubs! They meet each Tuesday at 9 a.m. at the Extension Office to work on crochet projects. They are currently working on a granny square bag. Please contact Connie Mann-Polston for more information.

Book Club

We have a new club interested in books! Please call to let us know what days you would like to meet, and if you have a good name for the club. The club president will be Glenda York.

Steps to Safeguard Your Privacy Online

SOURCE: PAUL REESE, FAMILY FINANCIAL COUNSELING STUDENT, AND KELLY MAY, SENIOR EXTENSION ASSOCIATE FOR FAMILY FINANCE AND RESOURCE MANAGEMENT

Digital devices give us information and services that make daily lives easier. However, it is important to secure those devices to make sure your personal information is protected from hackers, thieves, or those who collect data to sell.

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. You should be wary, as these devices have the capability to collect personal information and share it. They are limited only by their privacy agreements.

Data that devices might collect include:

- your location data,
- the apps you use,
- your contacts,
- your call logs,
- messages sent and received,
- browsing history,
- personal health and fitness data
- internet search history,
- media files viewed or downloaded,
- payment information,
- advertising targeting data,
- facial recognition, and
- audio conversations.

Some of this information might seem harmless. Other information may have personal and financial implications, such as your bank account username and password. Personal data also can be used to influence your buying choices without you knowing it. For example, as you browse the Internet, software algorithms are watching the things you look at so they can sell this information to advertisers and others who are interested in it. Soon you might start noticing products for sale or articles on the Internet that relate to what you were recently browsing.

Take the following steps to guard your personal financial information, keeping it private on your computer, tablet, and phone.

1. Use strong, unique passwords on each of your devices and websites. A strong password is 10 or more characters with 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. If you don't want to try to remember dozens of passwords, get a trusted and secure password manager added to your phone, tablet, and computer. Some of these are free, while others charge a monthly or annual fee.
2. Enable two-factor authentication for logging in when available. With this, you need another form of identification, not just your username and password. Even if your username and password are stolen, the thief won't be able to access your account without this extra piece of information.
3. Don't use public Wi-Fi networks at the coffee shop, library, or airport if you are going to access anything personal or financial. If you must use public networks, be sure to use Virtual Private Network (VPN) software which can give you some online privacy. Some VPNs are free, and others charge a fee to secure your online activity.

Don't become a victim of loose online security. Control what personal information you share with others. Secure your phone, tablet, and computer today to avoid a major financial setback that could take years to correct.

References

Government Accounting Office (2022, September 13). Consumer Data: Increasing Use Poses Risks to Privacy. GAO-22-106096. <https://www.gao.gov/products/gao-22-106096>

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>



Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours (depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
 - 2 tablespoons white vinegar
 - 1 tablespoon honey
 - 1 tablespoon low-sodium soy sauce
 - 1 bag (12 ounces) coleslaw or broccoli slaw
 - 1/2 cup dry roasted unsalted peanuts, chopped (optional)
 - 2 green onions, chopped
 - 1 cup cilantro, chopped
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
 3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings

Serving Size: 1 taco

(1/3 cup pork on tortilla with 1/3 cup slaw)

Cost per recipe: \$10.44

Cost per serving: \$0.87



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

Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension



August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Magic Circle 9 AM	6 New 4-H Agent Reception 11 AM	7	8	9
10	11	12 Diabetes Class 11 AM	13 Sit & Sew 10 AM	14 Homemakers On The Go 10 AM	15	16
17	18	19 Magic Circle 9 AM Diabetes Class 11 AM	20	21	22	23
24	25 Sit & Sew 12 PM Radon Class 4 PM HIM Council 5 PM Officer Training 6 PM	26 Magic Circle 9 AM Diabetes Class 11 AM Crafty Bees 5:30 PM	27 Canning BBQ Class 10 AM	28	29	30
31						



RUSSELL COUNTY

Megan Gullett, Family and Consumer Science agent with the Russell County Extension Office, will join us each session to make a presentation .

HEALTHY LIVING WITH DIABETES

In-Person on Tuesdays
August 5th, 12th, 19th, 26th
11:00AM to 1:30PM CST

at Russell County Health Dept.
 211 Fruit of the Loom Drive
 Jamestown, KY

FREE GIFTS

 Cooperative Extension Service

Register now at: www.LCDHD.org
 Or call to inquire at:
 800-928-4416 Option 4 Or Scan QR Code 



 Cooperative Extension Service

EVOLVING LEADERS FORUM

SEPTEMBER 25, 2025
 Taylor County Extension Office
 1143 S Columbia Ave, Campbellsville

EASTERN TIME
 9:30-10:00 a.m. Registration
 10:00 a.m. Program Begins
 1:30 p.m. Closing Remarks

• Enhance Your Leadership Skills
 • KEHA Leader Lesson Training

Register with your local Extension Office by September 10th





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
 Martin Gatton College of Agriculture, Food and Environment is an equal opportunity institution. No person shall be excluded from participation in, or denied the benefits of, any program or activity operated by the college on the basis of race, color, sex, age, marital status, religion, national origin, disability, or sexual orientation. The college is committed to providing a safe and healthy environment for all students, faculty, and staff. The college is also committed to providing a safe and healthy environment for all students, faculty, and staff. The college is also committed to providing a safe and healthy environment for all students, faculty, and staff.



 Cooperative Extension Service

Class: Monday, August 25th

Time: 4:00 PM

Location: Russell County Extension Office

Please call to RSVP by August 18th.

Join us on August 25th to learn more about radon.

Radon is a naturally occurring radioactive gas that you can't see, taste, or smell.

Radon exposure is harmful to your health. It is the second leading cause of lung cancer.

RADON

WHAT YOU NEED TO KNOW








CONTACT US

 270-866-4477

To An Equal Opportunity Employer.



JOIN US FOR BBQ BASICS

LEARN ABOUT THE BASICS OF SEASONING AND SMOKING YOUR FAVORITE CUTS OF MEAT FOR BARBECUE IN THIS TWO-CLASS SERIES AT THE RUSSELL COUNTY EXTENSION OFFICE.

BBQ SEASONINGS: DISCOVER THE BEST SEASONINGS FOR DIFFERENT TYPES OF BBQ AND CREATE YOUR OWN DRY RUB.

MONDAY, SEPTEMBER 15, 5 PM

BBQ BASICS: LEARN THE DIFFERENT CUTS OF MEAT FOR BBQ AND HOW TO USE A SMOKER.

THURSDAY, SEPTEMBER 18, 5 PM

CALL THE RUSSELL COUNTY EXTENSION OFFICE AT 270-866-4477 TO REGISTER BY SEPTEMBER 4TH!