

Logan County Homemakers

March 2025

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Family & Consumer Sciences Agent for Logan County



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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Mark Your Calendars!

- Logan County Homemaker Plan of Work meeting for 2025-2026 program year will be March 17, 2025 at 10 AM.
- Mammoth Cave Area Annual Day 2025 planning committee meeting will be March 17, 2025 at 1 PM at the Logan County Extension Office.
- Logan County Homemaker Council and International Day will be March 19, 2025 beginning at 10 AM.

Executive Committee Meeting

Anyone interested in having input into the plan of work for the 2025-2026 program year is invited to attend the planning meeting scheduled for March 17, 2025 at 10 AM at the Logan County Extension Office. We will discuss any programs, activities and fundraisers that we want to do next year at this meeting. I hope you will plan to attend.

Annual Planning Day

Logan County is the host county for the 2025 Mammoth Cave Area Homemaker Annual Meeting. We will have a planning committee meeting on March 17, 2025 at 1 PM at the Logan County Extension Office. The planning committee will consist of homemakers and agents from Logan as well as Hart and Metcalfe counties. Anyone interested in having input into the plans for the area annual meeting is encouraged to attend this meeting.

Homemaker Council and International Day

The Logan County Homemaker spring council meeting and International Day is scheduled for March 19, 2025 beginning at 10 AM at the Logan County Extension Office. We will have our International presentation at 10 AM followed by our council meeting. Light refreshments will be provided.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.



April Leader Training
“House Plant Propagation and
House Plant Exchange”

NEW DATE

April 1, 2025 @ 10 AM

May Leader Training
“Travel Safety and Emergency Kit”

NEW DATE

April 30, 2025 @ 10 AM

June Leader Training
“Jewelry Making”

June 4, 2025 @ 10 AM



Homemaker Club Meetings

Sew Fun Quilting Homemakers
President Sue Jordan
270-542-6403
Meets 3rd Saturday 9 AM—3 PM

South Union
Meets 2nd Wednesday @
NOON

O & H Homemakers
President Donna Washington
270-893-1467
Meets 3rd Monday @ 2:30 PM

Corinth
President Sharon Travis
270-539-4604
Meets 3rd Thursday @ 10 AM

Neighbors
President Emily Hayes
270-542-4287
Meets 4th Tuesday @ 11 AM



**ATTENTION ALL MEMBERS
AT LARGE AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.

*Any changes in leader trainings
will be announced!*



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**



MARCH 2025

HOMEMAKER

HIGHLIGHTS

KEHA STATE MEETING MAY 6-8, 2025

Make plans to attend the 2025 State Meeting May 6-8, 2025 at the Hyatt Regency Lexington. Address: 401 West High Street, Lexington, Kentucky 40507.

 *Learning, Leading, Serving* 



NEIGHBORS CLUB

Neighbors Club met and enjoyed time making a winter wreath decoration!

If your club has participated in an outing, event or activity that you would like to highlight in our monthly newsletter please feel free to send me information and pictures!

DISCOVER KEHA - A HIDDEN TREASURE

Watch for the 2025 State Newsletter, which will be mailed to KEHA member households in February. It will be posted online at www.keha.org once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more.



PROTECT YOUR TECH



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.

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.

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 or 877-FTC-HELP. Report cybercrime and phishing to the Internet Crime Complaint Center at 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



Cold Water Laundry In Winter Months

Winter weather brings snow and ice that can change our daily actions as we try to stay warm. But did you know the cold weather can also affect our laundry? When we wash our clothing in cold water during this time, sometimes the water going into the washer is too cold because of freezing ground temperatures. This can make some laundry detergents less effective.

WATER TEMPERAURE and LAUNDRY

Water temperatures on clothing care labels are based on the item's fiber content and fabric construction. In general, you can wash most items in warm water (90 degrees F to 110 degrees F). Hot water (120 degrees F to 140 degrees F) is best for heavily soiled clothing and bed linens. Cold water (65 degrees F to 85 degrees F) is good for delicate or brightly colored fabrics. And to save energy and lower utility bills, some people choose to launder everything in cold water. This is often OK because many laundry products perform well in cold water. But, when washing clothing and linens used by someone who was sick, you should use hot water.

For those who choose to wash all their laundry in cold water, know that detergents may not dissolve or work well in cold-water temperatures below 60 degrees F. So, if you choose to launder on a very, very cold day, don't use the "tap cold" setting (if your washer has one). Set your washer's water setting to "warm" to adjust for the outside cold. If your washer has a setting to control your rinse water, it's fine to use cold water here. Also, read the machine's manual, check the water inlet hoses on your washer, and check your water heater to make sure the washer can do its job.

BEST LAUNDRY PRACTICES

Read the item's care label for laundering advice. "Best results" also come when you sort laundry by color, fabric type, and soil level before washing. Laundry soaps or detergents are needed (as well as the washer agitation) to clean our items. Use detergents as stated by the directions and don't use too much.

Reference :<https://coldwatersaves.org/>

Source: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment





Crunchy Air Fryer Fish

Prep time: 10 minutes
Rest 10 minutes
Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



6. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.
- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Refrigerate leftovers within 2 hours.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts per serving:
230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:
Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service





Make a Family Preparedness Plan

A family preparedness plan is essential for ensuring the safety and well-being of loved ones during emergencies and disasters. This proactive approach provides clear guidance on communication, evacuation, and accessing essential resources, alleviating anxiety and mitigating risks when crisis strikes. By creating and practicing a plan together, families feel empowered and confident in their ability to respond effectively.

The following tips can help you create your own.



Discuss the following questions with your family:-

- How will I receive emergency alerts and warnings?
 - Some options include Wireless emergency alerts, NOAA weather radio, Public alert and warning system (IPAWS - FEMA's national warning system), FEMA mobile app
- What is my shelter plan? (I.e.: storm tornadoes, pandemic, etc.)
 - Shelter in place (i.e.: home, work, etc.) to avoid contamination outside, go to an interior room with few windows, seal all windows/doors/gaps, and turn off fans, AC, and air heating systems
 - Mass care shelters provide food, water, medicine, sanitation to a large population
 - Still bring your Emergency Supply Kit
 - Many do not allow pets
 - Search for open shelters: by texting "SHELTER" and your ZIP code to 43362
 - *Example: Shelter 01234*
- What is my evacuation route?
 - Know your local disaster plans and identify evacuation routes and destinations before evacuating
 - Keep informed with a battery-powered radio, pack essential supplies, and secure your home before leaving
 - After evacuation, check with officials, inform loved ones of your whereabouts, and avoid hazards when returning home

Consider specific needs in your household:-

- Discuss your individual family member living needs and responsibilities
- Decide how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment
- Keep these factors in mind when creating the plan:
 - Household ages
 - Responsibilities for assisting others
 - Locations frequented
 - Dietary and Medical needs including prescriptions and equipment
 - Disabilities / functional needs (devices and equipment)
 - Languages spoken Cultural and religious considerations
 - Pets or service animals

Create the Family Emergency Plan (FEP) and practice regularly:-

- Visit the following website to learn more about creating your own plan and use the fillable form to create and print a Household Emergency Communication Plan:
<https://www.ready.gov/plan-form>
- Be sure to periodically review and update your plan along with your emergency kit



Source: Cameron Sellers Community Resource Development - Disaster Educator, Kentucky State University
Reference: <https://www.ready.gov/plan>

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