

NEWSLETTER

November 2023

LaRue County
P.O. Box 210
807 Old Elizabethtown Rd.
Hodgenville, KY 42748-0210

Marla Stillwell

Marla Stillwell

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HOLIDAY ONLINE SHOPPING SAVVY

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with <https://> web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

For more ways to protect your financial well-being, contact the LaRue County Extension Office.

Source: Kelly May, senior extension associate





HOMEMAKERS NEWS & NOTES

The theme for the 2023-2024 KEHA year is "Let's Take A Hike." Let's make this year a great one!

- Friends and Family Homemakers – 1st Thursdays at 1:00pm
- South Fork Homemakers – 3rd Tuesdays at 10:30am

upcoming fcs events

- **November 8** – 10am Quilt Club at the Extension Office
- **November 15** at 9am – Laugh and Learn
- **November 17** at 12:00 noon – Cooking Through the Calendar "Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes"
- **November 20** from 12-4 – Adult Beginner Sewing "Table Runner" Class
- **November 27** at 10:00am – Open Sewing at the Extension Office



The Quilt Club donated thirty quilts to Hosparus during their October meeting. This group meets at the Extension Office at 10am on the second Wednesday of each month.

COOKING THROUGH THE CALENDAR

Don't forget to join us for our monthly **Cooking through the Calendar** program on the 3rd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling and additional recipes!

Cooking through the calendar

Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch
- 1 tablespoon water

*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Slice sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about

8. 40 to 50 minutes.
9. When chicken is fully cooked, remove it from the slow cooker and shred it.
10. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
11. When sweet potatoes are done cooking, slice each one open and top with a portion of shredded buffalo chicken.
12. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
13. Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce rotolif plain Greek yogurt, 1/2 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings
Serving size: 1 potato with chicken
Cost per recipe: \$8.82
Cost per serving: \$1.47

Nutrition facts per serving: 200 calories. 8g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 10g total carbohydrates; 2g dietary fiber; 5g total sugars; 0g added sugars; 10g protein; 0% daily value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium.

Source: LaTosha Drake, Program Coordinator II, University of Kentucky Cooperative Extension Service

Rate this recipe

FRIDAY, NOVEMBER 17 at Noon

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE

**THIS MONTH:
SLOW COOKER BUFFALO CHICKEN
STUFFED SWEET POTATOES**

Larue County Homemakers Shirt Order Form



Name:

Phone:



size	quantity
XS	_____
S	_____
M	_____
L	_____
1X	_____
2X	_____
3X	_____
4X	_____



\$22.00

Make checks payable to
Larue County Extension.

Make checks payable to Larue County Extension
Submit orders to the Extension Office by December 1st.

SLOW COOKER BBQ TURKEY LEGS

INGREDIENTS:

- 2 wild turkey legs with thighs
- 1/4 teaspoon ground pepper
- 1/4 cup ketchup
- 1 8-ounce can no-salt-added tomato sauce
- 1/4 cup water
- 1/4 cup brown sugar
- 2 tablespoons prepared yellow mustard
- 3 tablespoons vinegar
- 2 teaspoons paprika



DIRECTIONS:

Wash, hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.

Season turkey meat with pepper and place in 6-quart slow cooker .

To make sauce, combine the remaining ingredients and stir well.

Pour sauce over turkey.

Cook, covered, in slow cooker on low for 7 hours, or until meat is tender and falls off the bone or has reached an internal temperature of 165 degrees F.

Source: Cook Wild Kentucky Project

370 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 170mg cholesterol; 470mg sodium; 12g total carbohydrate; 1g dietary fiber; 9g sugars; 7g added sugars; 72g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.



The Extension Office will be closed on November 23rd and 24th in observance of the Thanksgiving holiday.

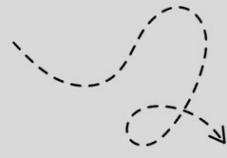
The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or 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 Institutional Equity and 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.



UK Cooperative Extension Service

Adult BEGINNER SEWING class

Project: 
TABLE RUNNER



FREE CLASS

Supplies are needed.

Scan code for supply list or get from the Extension Office at registration.



November 20TH
12 - 4 PM

SPACE IS LIMITED

REGISTER NOW

270-358-3401

LaRue County Extension Service
807 Old Elizabethtown Rd.
Hodgenville, KY 42748

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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.



College of Agriculture,
Food and Environment
Cooperative Extension Service

MONDAY, NOVEMBER 13, 2023
5:30–7:30 PM

Making Maple Syrup in Kentucky



Nelson County Cooperative Extension Office
317 S. 3rd St., Bardstown, KY

Join us for an introduction to making maple syrup in Kentucky.

We will cover tree identification, tapping, processing, equipment and marketing and utilization of maple syrup.

Call 502-348-9204 to register



Cooperative Extension Service

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

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accommodated
with prior notification.

ADULT HEALTH BULLETIN



NOVEMBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

LaRue County Extension Service
807 Old Elizabethtown Rd.
Hodgenville, KY 42748
(270) 358-3401

THIS MONTH'S TOPIC:

KNOW YOUR FAMILY HEALTH HISTORY



Nov. 23 is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.

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Cooperative Extension Service

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

→ Continued from the previous page

You may know a lot about your family health history or only a little. To get the complete picture, it can be helpful to use family gatherings as a time to talk to relatives about gaps in your knowledge. Collect information about your parents, siblings (whole and half), children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. If family members are no longer living, you may use legal records such as death certificates or medical records to help fill in those blanks. Be sure to update the information regularly and share what you've learned with your family and with your doctor.

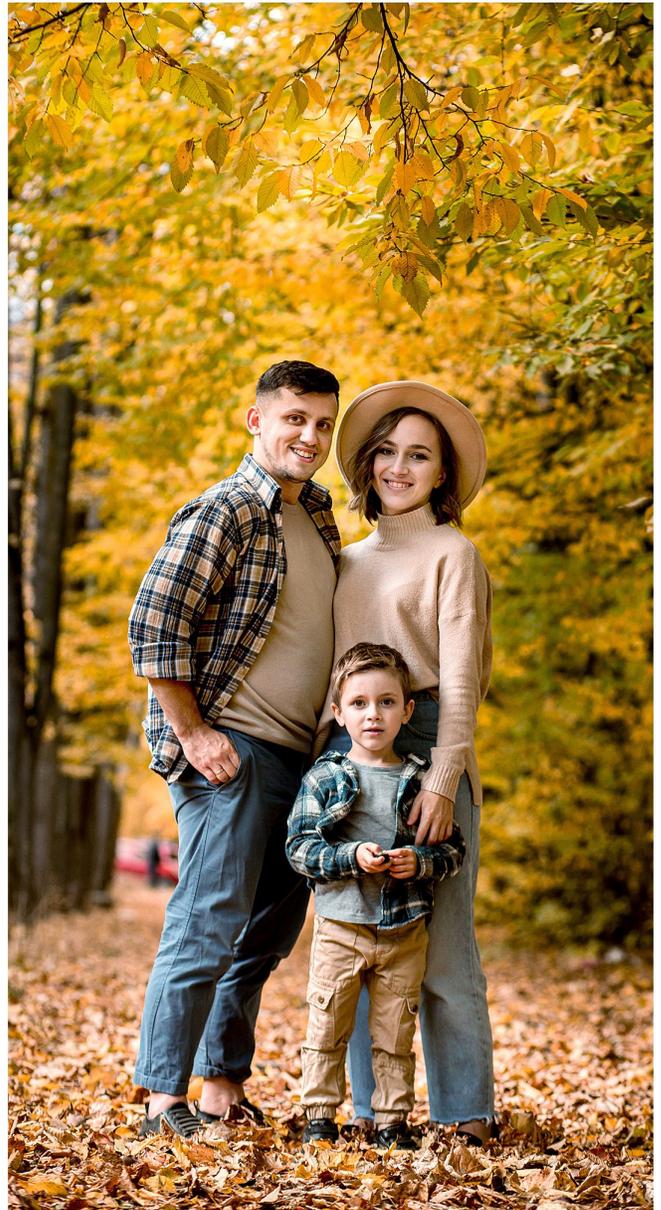
Most people have a family health history of at least one chronic disease, such as diabetes, cancer, or heart disease. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Even if you don't know all your family health history information, share what you do know with all your medical providers. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

Being aware of your family health history can also help you make healthy choices moving forward! You cannot change your genes, but you can change certain behaviors, such as smoking, activity level, and eating habits, and start participating in health screenings. Finding disease early can often mean better health in the long run, for you and your family members.

REFERENCE:

https://www.cdc.gov/genomics/famhistory/famhist_basics.htm



**ADULT
HEALTH BULLETIN**

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: MONEY TRANSFER APPS

Money transfer apps are a convenient way to send money to others. Despite the benefit of convenience, there are tax implications and risks to using money transfer apps. When using these services, be careful to avoid payment mishaps and scams. Always research money transfer apps before using them to ensure that the app you choose is reputable.

WHAT ARE MONEY TRANSFER APPS?

You may have heard of apps such as Venmo, Cash App, Zelle, or PayPal. These apps allow for person-to-person money transfers directly from your account to the recipient. Convenience is a large draw for these apps, as they make it easy to send money without having to carry cash or swipe a card. For example, you can easily repay a friend for covering your lunch if you forget your wallet, or you might pay a babysitter when you don't have cash on hand.

TAX IMPLICATIONS

Money transfer apps often allow you to make a note of what the payment is for or indicate if a transaction is personal or for business. The app might need to report transfers related to a business expense. So, labeling transfers can keep personal transactions from being counted as income, such as a friend paying you back for dinner.



PAYMENT MISHAPS

Have you ever sent an email or text message to the wrong person? This mistake can happen with money transfer apps too, but with your money! Only use money transfer apps for people you know well and can verify their identity.

Some apps have security measures built in to avoid paying the wrong person, such as with a recipient's phone number or email address. Always double check that the recipient is who you intend them to be before sending money. Some apps allow the recipient to send you a request for payment. Others will allow you to add friends or contacts. Consider sending a small "test" amount first, such as \$1, to ensure it goes to the correct person before sending larger sums.



MONEY TRANSFER APPS ARE AN EASY TARGET FOR SCAMMERS BECAUSE OF THE QUICK NATURE OF THE TRANSACTIONS



AVOIDING SCAMS

Money transfer apps are an easy target for scammers because of the quick nature of the transactions and the difficulty of getting money back once it has been sent. Common scams include promise of product, loved one in need, and fake customer support scams.

Promise of product scams are when a scammer requests payment and promises a product with no intention to deliver. Promised items might include concert tickets, puppies, or other items sold on online marketplaces. Always research a seller to ensure they are reputable or wait until you have the product in hand before transferring money.

Loved one in need scams involve a scammer pretending to be a loved one in crisis requesting you immediately send money. These scams prey on your emotions. Always take time to verify the situation before acting. For example, if you received a message on social media, their account may have been hacked. Call your loved one before you consider transferring money.

Fake customer support scams can be tricky to spot. Scammers pose as representatives from a money transfer app or company. They

send emails, texts, or make phone calls that seem legitimate, but they ask for your personal information or account details. Always seek customer support directly through the app or company website, and never disclose personal information if you receive unsolicited contact.

If you suspect a scam, report it to help stop the scammer. Visit <https://reportfraud.ftc.gov/> to file a report with the Federal Trade Commission.

REFERENCES:

Consumer Financial Protection Bureau. <https://www.consumerfinance.gov/about-us/blog/helpful-tips-using-mobile-payment-services-and-avoiding-risky-mistakes/>

National Credit Union Administration. <https://mycreditunion.gov/about-credit-unions/products-services/mobile-payments-wallets/person-to-person-payment-apps>

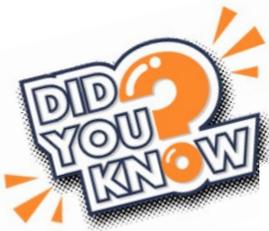
Taxpayer Advocate Service. <https://www.taxpayeradvocate.irs.gov/news/tas-tax-tip-use-caution-when-paying-or-receiving-payments-from-friends-or-family-members-using-cash-payment-apps/>

Written by: Miranda Bejda | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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KIDS KÖRNER

COOKING WITH KIDS

- **OBESITY RATES HAVE TRIPLED IN THE PAST 30 YEARS, IN PART BECAUSE AMERICANS ARE DEPENDING ON CONVENIENCE FOODS THAT HAVE MORE CALORIES THAN NUTRIENTS.**
- **AMERICAN CHILDREN MAY HAVE SHORTER EXPECTED LIFESPANS THAN THEIR PARENTS.**
- **YOU CAN BE OVERWEIGHT/OBESE AND MALNOURISHED.**
- **LEARNING HOW TO EAT RIGHT IN CHILDHOOD IS IMPORTANT FOR CREATING A FOUNDATION FOR A LIFETIME OF HEALTHY EATING.**



COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen



ENCOURAGE KIDS

to try new foods and flavors.



INVOLVE KIDS

in preparing food for their birthday or holiday party.



TRAIN KIDS

how to use kitchen tools and appliances safely.



GROW

a family fruit or vegetable garden for fresh produce.



TEACH KIDS

that cleaning up is a necessary part of the cooking process.



INTRODUCE

different dishes and spices from all over the world. Point out the countries on a globe or map.



SPEND TIME

with family doing a practical, hands-on activity with results kids can see and taste.

The kitchen is the perfect place to spend time with your kids while encouraging a lifelong passion for cooking and eating healthy.



THE GOOD NEWS IS THAT THERE IS A SIMPLE WAY TO HELP YOUR KIDS EAT HEALTHY FOR A LIFETIME...SIMPLY COOK WITH THEM.

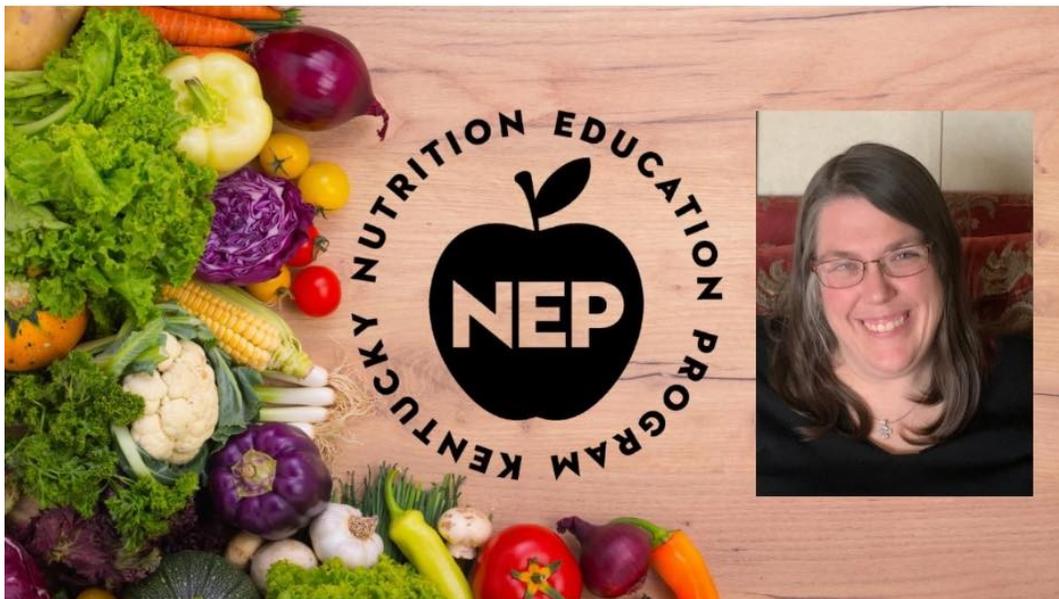
- **THE MORE FAMILIES EAT TOGETHER, THE HEALTHIER THEY EAT.**
- **KIDS WHO EAT WITH THEIR FAMILIES 3 OR MORE TIMES PER WEEK ARE LESS LIKELY TO BE OVERWEIGHT AND MORE LIKELY TO EAT HEALTHIER FOODS AND HAVE BETTER EATING PATTERNS**
- **KIDS WHO EAT WITH THEIR FAMILIES ARE MORE LIKELY TO GET BETTER GRADES IN SCHOOL.**
- **COOKING WITH YOUR KIDS CAN HELP THEM GET INTERESTED IN TRYING HEALTHY FOODS.**

BUILDING STRONG FAMILIES. BUILDING KENTUCKY. IT STARTS WITH US. #UKFCSEXT

LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED

LaRue County Welcomes **UK** Cooperative
Extension Service
LaRue County



Susan Riggs

Susan Riggs joined our staff last month as the LaRue County Nutrition Education Program Assistant.
Welcome, Susan!