

# FCS Extension News

Hickman County  
329 James H. Phillips Dr  
Clinton, KY 42031  
270-653-2231  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



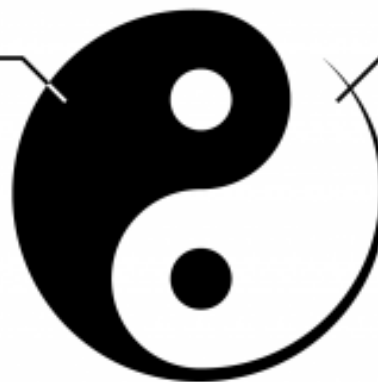
## November/December

Yin and Yang is a concept most people have heard of but like many things, its true meaning may be lost to some. Many have heard that it deal with dark and light or weakness and strength, bringing all into balance. The “goal” of the idea of Yin Yang is balance achieved through accepting Yin (dark/weakness) is a part of Yang (light/strength). Similarly, we all have our own strengths and weaknesses. Personally, cooking is a personal strength, one that I lean on frequently. A personal weakness is public speaking and the anxiety it brings on. Before a recent food demo I admitted to my fellow agents how nervous I was and they supported me. Admitting a weakness is not a weakness, but a strength in and of itself. Find you balance, and I am always here to help.

### Yin Yang Symbol Mean?

#### Black

- Yin
- Dark
- Night
- Cold
- Weak
- Retreating
- Winter
- Passive



#### White

- Yang
- Light
- Day
- Hot
- Strong
- Advancing
- Summer
- Active

Source: Lovetoknow.com

### Upcoming Dates

- 11/9 Women in Ag Seminar
- 11/11 Arts, Crafts, and Book Fair
- 11/14 Family Math Night @ Hickman County Elementary
- 11/17 Legislative Breakfast @ the Beehive
- 11/21 Self Defense Workshop
- 11/23 & 11/24 Office Closed
- 11/28 Time Well Spent Lesson
- 12/1 Homemaker Membership Club Dues Deadline
- 12/2 Christmas Parade
- 12/3 Cookies with Santa @ Young Center
- 12/5 Christmas Grow Event @ Hickman County Elementary
- 12/21 Laugh and Learn
- 12/25-1/1 Office Closed

# Upcoming Lessons!!



## Jan - Time Well Spent: Organizing Tips for Increased

### Productivity

*With Denise Wooley - Graves County FCS Agent*

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

Graves County - 12/1    Marshall County - 11/29

Hickman County - 11/28    McCracken County - 11/30

## Feb - Elements and Principles of Art

*With Vicki Wynn - Marshall County FCS Agent*

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional "work of art" visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects.

Graves County - 1/30    Marshall County - 2/1

Hickman County - 1/29    McCracken County - 1/31

## Mar - Handy to Have: Emergency Health Information Cards

*With Debbie Hixon - Calloway County FCS Agent*

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI Card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card

Graves County - 2/26    Marshall County - 2/28

Hickman County - 2/27    McCracken County - 2/29

**A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.**

# PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Cosmetics				
<b>SEPT</b>	Sarah Drysdale	8/30	8/29	9/1	8/31
<b>Lesson</b>	Planning Thrifty and Healthy Holiday Meals				
<b>OCT</b>	Kelly Alsip	9/26	9/27	9/28	9/29
<b>Lesson</b>	Self-Care and Self-Pampering				
<b>NOV</b>	Brooke Hogancamp	10/25	10/24	10/27	10/26
<b>Lesson</b>	Time Well Spent: Organizing Tips for Increased Productivity				
<b>JAN</b>	Denise Wooley	12/1	11/28	11/29	11/30
<b>Lesson</b>	Elements and Principles of Art				
<b>FEB</b>	Vicki Wynn	1/30	1/29	2/1	1/31
<b>Lesson</b>	Handy to Have: Emergency Health Information Cards				
<b>MAR</b>	Debbie Hixon	2/26	2/27	2/28	2/29
<b>Lesson</b>	Savor the Flavor: Seasoning with Spices				
<b>APR</b>	Mike Keller	3/26	3/25	3/27	3/29
<b>Lesson</b>	Strong Bones for Life: Prevent Osteoporosis				
<b>MAY</b>	Anna Morgan	5/1	4/30	5/2	5/3
<b>Lesson</b>	Radon: A Silent Killer				
<b>JUNE</b>	Mail Out				



# REMINDER

Dues are due **DECEMBER 1st!** Don't forget to renew!  
Encourage a friend to join!! Lets GROW Homemakers!!!

## Is KEHA for me?

**Home. Family. Community. Tradition.**

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

Join the time honored organization that values **QUALITY OF LIFE** above all.

**Annual Dues \$1 0.00**

**Flexible Membership options for Homemakers in all walks of life!**

### REGULAR CLUB MEMBERSHIP

- Attend monthly meetings
- Participate in club and county activities
- Educational lesson each meeting
  - Receive newsletters and information about programs
  - Leadership opportunities
  - Awards and recognition
  - Community Support

### MAILBOX MEMBERSHIP

Mailbox Members enjoy the privileges of regular Extension Homemaker Club membership, but choose to not attend a regularly-scheduled club meeting. Ideal for those who wish to stay connected but have less time to regularly commit.

**Fellowship. Knowledge. Service. Love.**

**HOMEMAKERS**

For membership information, call the Hickman County Extension  
Office 270-653-2231

# Hickman County Extension Homemakers Association



## Member Form

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I. \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: KY Zip: \_\_\_\_\_  
Gender: Male or Female Birthday (optional): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ *year optional*  
E-mail: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Cell: \_\_\_\_\_ (text Y or N)

Ethnic Background (circle all that apply): 1) White 2) Black 3) Alaskan/Am. Incl.  
(Optional) 4) Asian 5) Hawaiian/Pac. Island

Residence (check one):  Farm  In Country, but not on farm  Town under 2,500  4) Town over 2,500

Age Group (check one):  15-19  20-24  25-34  35-39  40-44  45-64  65+

Number of years in club membership:  Less than two years  2-5 years  6-10 years  11-15 years  
 16-20 years  21-35 years  36-49 years  50+ years

Club Affiliation (Check One):  Mailbox Member  Crossroads  Town and Country  
 Would like to start a new club  Would like to become a member of an existing meeting club

Would you be interested in serving on the →

County Extension Homemaker Advisory Council or  Yes  No  
Family and Consumer Science County Council (quarterly meetings)?  Yes  No

Would you prefer the newsletter sent through mail or e-mail?  Mail  E-Mail

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### Photo Release Authorization

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- ✓ Local/regional/national news media (w/permission of the University of Kentucky)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# SELF DEFENSE WORKSHOP

**TUESDAY, NOV 21, 2023**

**6PM-8PM**

**Hickman County  
Extension Office**

WHAT IS SELF DEFENSE?

Join us Tuesday evening for a brief in depth look at what self defense actually is and why it is important. A hands on workshop will follow to demonstrate some basic maneuvers Participants must be 18 or older, or 16 with a parent or guardian. Cost is \$5.00 per participant in the active portion, no charge for the speaking portion.

**FOR MORE INFORMATION OR TO REGISTER**

MIKE KELLER

270-653-2231

MIKE.KELLER@UKY.EDU

**Space is limited!!**

**Last day to register is  
Monday November 20th**



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

Hickman County Extension Office  
329 James H Phillips Dr  
Clinton, KY 42031

# 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 Simmss | Designed by: Kelli Thompson | Images by: 123RF.com

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



# RECIPE CALENDAR

Nutrition Education Program  
University of Kentucky Cooperative Extension Service

## Loaded Beef Stroganoff

- 12 ounces egg noodles (choose whole-wheat if available)
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 tablespoons garlic powder
- 8 ounces sliced white mushrooms
- 1/4 cup all-purpose flour
- 32 ounces (or 4 cups) low-sodium beef broth
- 1 can (14.5 ounces) no-salt-added peas, drained
- 1 can (14.5 ounces) no-salt-added sliced carrots, drained
- 1 1/2 cups plain nonfat Greek yogurt or light sour cream
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
3. Cook egg noodles according to package directions while preparing the other steps. Drain.
4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
5. Wash hands after handling raw meat.
6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms

- are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
  9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
  10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
  11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
  12. Refrigerate leftovers within 2 hours.

**Note:** To reheat leftovers, add a little beef broth or milk before warming.

**Makes: 10 servings**  
**Serving size: 2 cups**  
**Cost per recipe: \$13.87**  
**Cost per serving: \$1.39**

Nutrition facts per serving: 270 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

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



## 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. Rinse 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. When chicken is fully cooked, remove it from the slow cooker and shred it.
9. 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.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

**Note:** To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 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: 210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



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# Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well. They can be difficult but rewarding.

	8		5			7	4	
	2		8			6	3	1
	6			1		2		
6	9			8			5	
2			3		7			6
	4			6			2	3
		2		3			6	
1	7	9			8		4	
8	3				2		1	

Easy

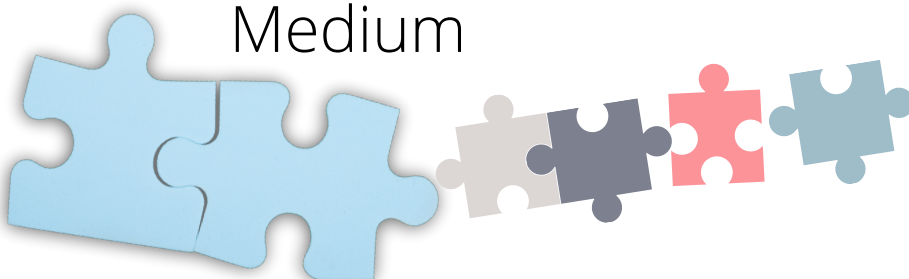


		9		7		5		
			3			4	1	
3	7			2	5		6	
		1						
2	3						5	6
						1		
	4		9	1			7	2
	1	7			3			
		3		4		8		

Medium

				8		6	7	
			7		6			
7	4			2		3		
			5			9	2	
		5				8		
	2	9			4			
		3		9			4	5
			1		7			
5	1		8					

Hard



# Stay Connected

## Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

## Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

## Contact Us

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If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at [mike.keller@uky.edu](mailto:mike.keller@uky.edu). Your input is very important.



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RETURN SERVICE REQUESTED

**Healthy Homes.**

**Healthy Families.**

**Healthy Communities.**

*It starts with us*