

**OCTOBER 2023  
EDITION**

# Monthly Russell County FCS Newsletter

## Successful Open House



The Russell County Extension Office hosted an open house on Saturday, October 21st. The three agents hosted a pumpkin giveaway while the agent's clubs and associations showcased what their areas were about.

The 4-H Agent, Christy Martin, offered the children an engagement activity while the Shooting Sports instructor assisted the children in shooting bows.

The Agricultural and Natural Resource Agent gave away homegrown pumpkins from the office's garden and had the Russell County Sheep and Goat Association in attendance to talk about local small ruminant production in the area.

The FCS Agent assisted the Russell County Homemakers with their bake sale, where all proceeds went to their scholarship fund.

## Healthy Eating for Kids

The FCS Agent visited the high school and Head Start programs in October to talk about healthy eating. The book *Smelly Ghost* by Isabel Atherton was read, and the agent discussed healthy snack options with the students.

## Know Your Money Spending Habits

The FCS Agent talked with the Lake Cumberland Community Actions Agency and Prevent Child Abuse Kentucky's Parenting Meeting on October 16th. The discussion revolved around learning your spending habits and attitudes to better understand how your money is spent.



# Holidays are around the Corner

MAKE THE HOLIDAYS EASIER BY PLANNING IN ADVANCE!

The holidays are always a stressful time of year. One way to reduce stress is to plan the holidays and stretch your budget, you can save money weekly to better afford holiday meals and gifts. Contact the FCS Agent, Megan Gullett, for ideas on how to make the holidays less stressful! .



## Coming Up

RUSSELL COUNTY  
WORKSHOPS THIS MONTH

Click the link to access the Russell County Extension Office's events page for more information on upcoming events!

[FIND OUT MORE](#)



## Free Resources

UNIVERSITY OF KENTUCKY  
PUBLICATIONS

Click the below link to access UK's publications in the area of Family & Consumer Sciences!

[PUBLICATIONS](#)

# Upcoming Workshops

- Nov. 6th: Gifts in a Jar @ 10 AM & 5 PM
- Nov. 13th: Winter Gathering Sides @ 4:30 PM (RCPL)
- Nov. 14th: Laugh & Learn 6 PM (RCPL)
- Nov. 20th: Cooking through the Calendar @ 5 PM



**For all workshops, please call 270-866-4477 to RSVP**

RSVPING ALLOWS THE AGENT TO BETTER PLAN  
FOR YOUR ATTENDANCE

You can also find these events on our Facebook  
Page.

[FACEBOOK](#)

Office: 270-866-44777 OR [russell.ext@uky.edu](mailto:russell.ext@uky.edu)

WEBSITE: [RUSSELL.CA.UKY.EDU](http://RUSSELL.CA.UKY.EDU)

**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**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## 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 40 to 50 minutes.
8. 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.

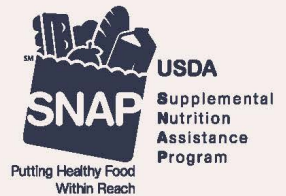
**Note:** To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

**Makes 6 servings**

**Serving size: 1 potato with chicken**

**Cost per recipe: \$8.82**

**Cost per serving: \$1.47**



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

### 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



# 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>

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## THIS MONTH'S TOPIC:

# KNOW YOUR FAMILY HEALTH HISTORY



**N**ov. 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.

**Continued on the next page** ➔





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2023

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## THIS MONTH'S TOPIC: MONEY TRANSFER APPS

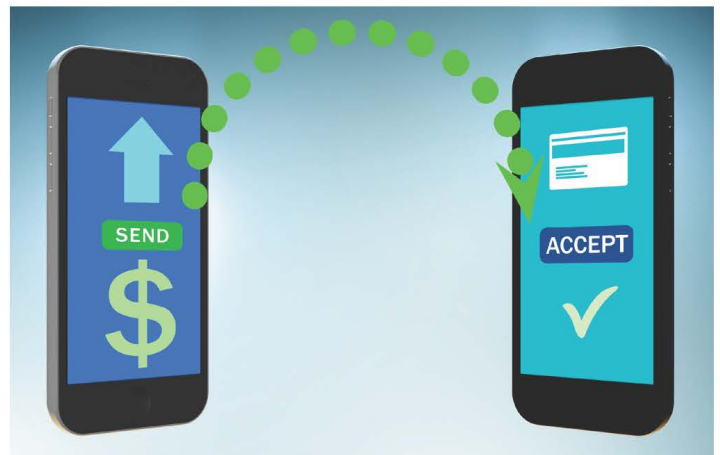
Money transfer apps are a convenient way to send money to others. Despite the benefit of convenience, there are tax implications and risks to using money transfer apps. When using these services, be careful to avoid payment mishaps and scams. Always research money transfer apps before using them to ensure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



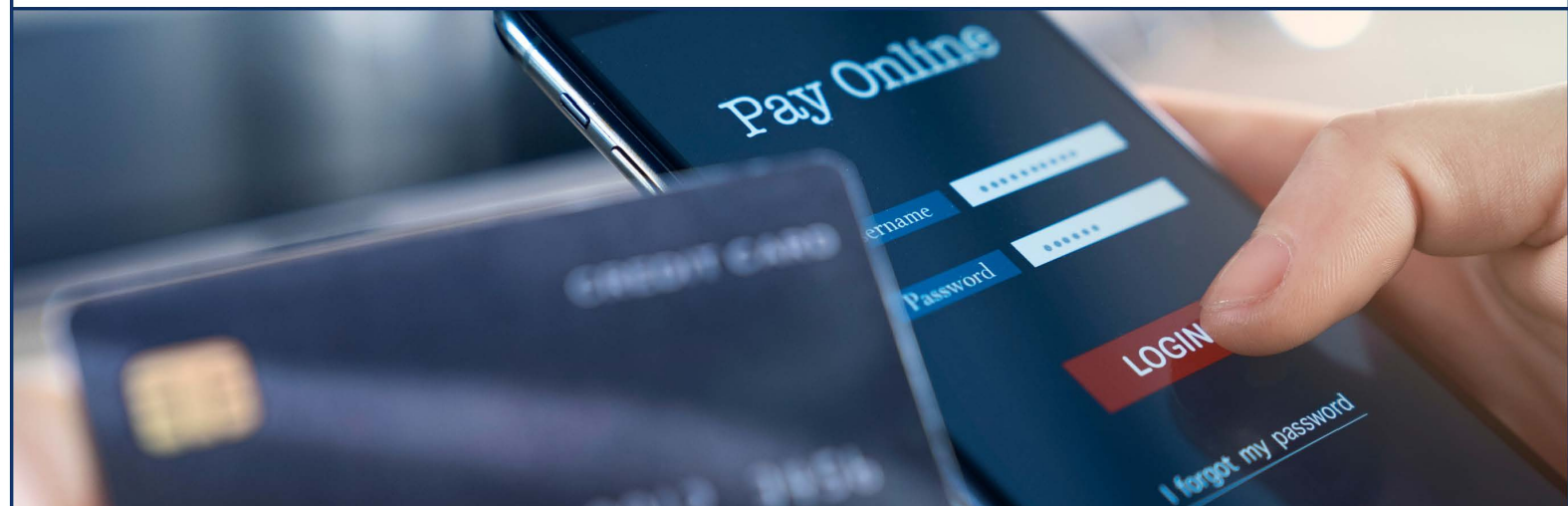
### PAYMENT MISHAPS

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/>

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