



# ADAIR COUNTY EXTENSION HOMEMAKERS

# November 2023



Mayor Pam Hoots proclaiming KEHA week at the October 11, 2023 celebration.



County Judge-Executive Larry R Bryant proclaiming KEHA Week in Adair County for the week of October 9-11, 2023.



Shannon Steveson talks with County Judge-Executive Larry Bryant at the Breast Cancer Awareness Booth during the KEHA Week Celebration.

I'm a big fan of calendar countdowns. I have an app on my phone that displays how many days are left until important events that I look forward to. On my list of upcoming events, you'll find a hockey game I'm attending with friends, July 4th (which has become my favorite holiday), and my birthday. However, when I was a kid, the most significant countdown was always how many days were left until Christmas. For those keeping track, there are just 54 days from November 1st until Christmas. What felt like an eternity to me as a child will now pass by quicker than I can grasp. As we approach the holiday season, my challenge to you is to be fully present in the moment. Embrace the challenge of maximizing your time during the fast-paced holiday season, recognizing that time seems to slip away quickly, and making meaningful memories that will endure.

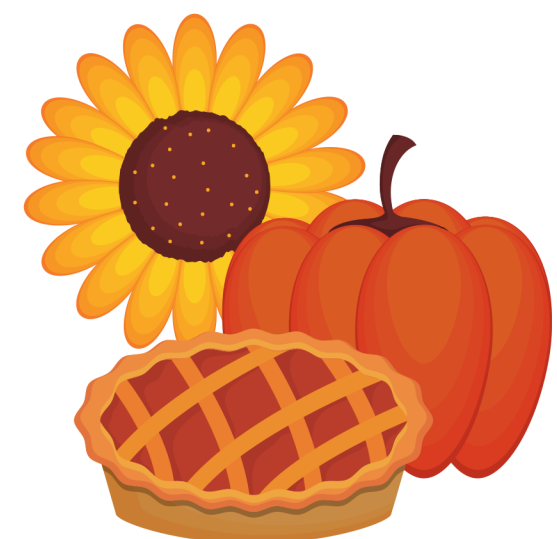
The November edition of our newsletter includes reminder information for the soon-approaching Bazaar. Our expectation is that this year's event will be one of the best-attended. There is still time to register for the Miniature Village Competition and to be a vendor. However, spots are filling up quickly. Come by the Extension Office to reserve your spot today.

Just in time for the Holidays! On November 30th, at 10:00 am and 5:00 pm CST, our always-looked-forward-to wreath-making class will return. The classes are free, but participants must bring your own greenery. Look for more info. in this newsletter.

A highly requested class on Instapots has been scheduled for December 19th at 12:00 noon CST. An Instapot is a popular kitchen appliance that combines several cooking methods in one device, including pressure cooking, slow cooking, rice cooking, sautéing, steaming, and more. This will serve as the optional Homemaker Leader lesson for January.

There are a couple other important dates already scheduled for the new year. The first is our Heart Health Month workshop. The class will feature a speaker with expertise in heart health. The seminar will be held in the evening on Monday, February 12th, and be Valentine's Day themed. The next date is for our county Cultural Arts contest. Our county contest will begin with an entry check-in day on February 15th. Then competition and viewing will be held on February 16th. A full list of competition categories and details will be available soon. Lastly, the February Homemaker Council Meeting was rescheduled due to scheduling conflicts. The February Council Meeting will be held on January 23rd at 5:00 pm CST at the Extension Office.

I hope to see each of you at the Bazaar. Until then, Happy Fall Y'all!





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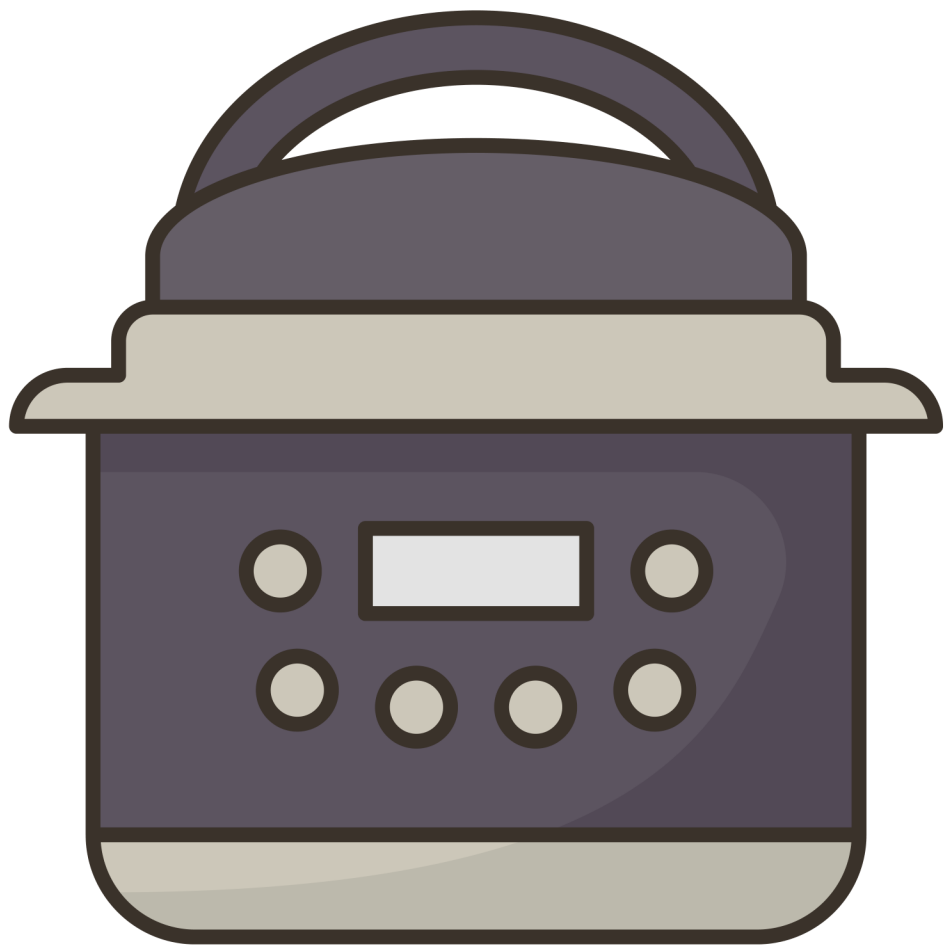
# INSTAPOT CLASS

**Tuesday, December 19 - 12:00 Noon CST**

Join us for a fun session learning how to use a popular appliance around the holidays, the Instapot. Instapots are very versatile appliances that can be used to slow cook, dehydrate, and make soup, amongst other functions for large quantities. An Instapot is a particular type of pressure cooker which uses built-up pressure to quickly cook dishes. Since the Instapot uses pressure to cook, some may worry about the safety of the product. In this course we will cover all the safety essentials plus make a tasty recipe sure to please your guests this Holiday season. Class is FREE!

You must Pre-Register. Call 270-384-2317.

Instructor will be: Dylan Gentry, Adair FCS Agent  
Adair County Extension Office  
409 Fairground Street  
Columbia, KY 42728



## Wreath Making Class

Just in-time for the Holidays!  
On November 30  
at 10:00 am and 5:00 pm CST  
our always looked-forward-to  
Wreath Making classes will return.

These wreaths make the perfect holiday door decorations. The classes will be held at the Extension Office led by Sharon Harris and Betty Knifley. Participants are asked to bring your own greenery and any specific decorations you would like to use. However, some decorations will be available. Additionally, the wreath wiring will be provided at no cost. We ask that you RSVP by calling the Extension Office at (270) 384-2317.



**Thursday, November 30th**  
**10:00 am & 5:00 pm CST**

You choose the session that fits your schedule!

Adair County Extension Office  
409 Fairground Street  
Columbia, KY 42728

Class is **FREE!**

**Participants must bring their own greenery.**



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Disabilities accommodated with prior notification.



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# HOMEMAKER FUNDRAISER



**Pecans have been ordered!!**  
 We have ordered fresh pecans from this year's crop!  
 Announcements will be made as soon as they arrive.  
 We anticipate them being available at the Holiday Bazaar.

**FOR MORE INFO, CONTACT US!**



**(270) 384-2317**

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JOIN US AT THE



# Holiday Bazaar

**Saturday - November 18, 2023**  
**8:00 am - 2:00 pm CST**

Adair County Extension Office  
409 Fairground Street  
Columbia, KY 42728

**Coffee Bar, jams, jellies, relishes, pickles, cookies,  
candies, pies, handmade holiday decorations,  
wood working items, fresh produce, and more.  
The perfect stop for locally made holiday gifts!**

Vendor applications are now available.

Call (270) 384-2317

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# HOLIDAY BAZAAR VENDOR APPLICATION

## 2023 Vendor Rules

### What, When, Where

The Holiday Bazaar is a local craft market organized by the Adair County Extension Homemakers. Money generated from the Bazaar supports scholarships and educational programs of the Homemakers. The Bazaar will take place on Saturday, November 18th from 8:00 am to 2:00 pm CST at the Extension Office.

### Register

Registration for the Bazaar is due by Wednesday, November 15th at 4:30 pm CST. To register, return this signed vendor sheet to the Extension Office. The Office is located at 409 Fairground Street, Columbia KY 42728. While anyone may be a vendor, Homemaker membership is required in addition to the vendor fee. Cost is explained more in the next section. Registered participants will be notified of any changes.

### Cost

The cost to setup at the Bazaar is comprised of two components.

- The first component is to be a paid Homemaker member. Membership costs \$12 and must be paid when you turn in this form, if it has not been done already. If the vendor has paid for homemaker membership already this year this cost is already covered. Homemaker membership is non-refundable.
- The second component consists of a non-refundable \$15 vendor fee, due per vendor. The \$15 fee is due when you turn in this form. You can pay for the Homemaker membership and vendor fee simultaneously. Total cost for both membership and vendor fee is \$27 dollars.

### Types of Vendors

The bazaar is intended for vendors who are profit seeking. However, non-profit vendors will be allowed on a case by case basis. Please speak to Dylan Gentry or Sharon Harris for more information.

### Items Not Allowed

The Bazaar is limited to handmade/locally sourced items only. Re-sell items are not allowed. The bazaar is a family friendly event. Yard sale items, junk, obscene material, illegal items, etc are not allowed.

### Setup

Setup for the Bazaar will begin at 3:00 pm on Friday, November 17th and conclude at 6:00 pm. Setup will then resume the day of the Holiday Bazaar beginning at 6:45 am on November 18th and conclude at 8:00 am.

Vendors will be supplied a table and two chairs, the measurements of the rectangular table is 72x30 inches. Vendors may have access to two tables, this determination will be made the day of the Bazaar based on space and availability.

### Electricity

Electricity for vendors will be very scarce, but a limited number of outlets will be available on a first-come first-serve basis. It is recommended that participants arrive early to setup and grab the spots closest to outlets. Accessories powered by batteries are the safest bets. Unsafe use of electricity, such as plugging multiple extension cords into one, overloading frayed or exposed electrical wires, and tripping hazards are not allowed.

### Wifi

Wifi is available for vendors. However, there are no assurances that wifi is secure. Caution should be exercised when executing credit card payments.

### Takedown

You may begin packing up your table at 2:00 pm on Bazaar day. If the crowd begins to dwindle at an earlier time, you may pack up earlier.

### Door Prizes

The Homemakers will give out door prizes to guests that attend. Vendors are asked to provide a door prize of approximately \$15 in value. Make sure to add a tag so the recipient can thank you for your donation.

**First & Last Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**I agree to follow the vendor rules:**

**Signature** \_\_\_\_\_





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Adair County Homemakers Present:

# HOLIDAY MINIATURE VILLAGE COMPETITION

Design your own holiday village display,  
win real prize money!

The competition will take place in coordination with the Holiday Bazaar.  
Winners will be determined by popular vote of Bazaar visitors.  
1st place will win \$50; 2nd place will win \$30; and 3rd \$20.

For full competition details, such as maximum display dimensions,  
contact the Adair County Extension Office at (270) 384-2317.  
Deadline to register is Friday, November 3rd.



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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.





# HOLIDAY MINIATURE VILLAGE COMPETITION

## 2023 Competition Rules

### What, When, Where

The Holiday Miniature Village Competition will coincide with the Homemakers Holiday Bazaar on Saturday, November 18th at the Extension Office. Participants are tasked with creating a dazzling display of miniature holiday figurines and tiny buildings, similar to how some may decorate their homes during the holidays. Anyone can participate, the competition is free.

### Register

Registration for the competition is due by Friday, November 3rd at 4:30 pm CST. To register, return this signed competition sheet to the Extension Office. The Office is located at 409 Fairground Street, Columbia KY 42728. Depending on participation numbers, the Homemakers may decide to alter or cancel the competition. Registered participants will be notified of any changes.

### Display

Competition displays are limited to a single table, the measurements of the rectangular table is 72x30 inches. Participants are asked to fill as much of the table as possible. Participants may be able to use two tables depending on how many people sign-up for the competition.

### Setup

Setup for the village competition will begin at 3:00 pm on Friday, November 17th and conclude at 6:00 pm. Setup will then resume the day of the Holiday Bazaar beginning at 6:45 am on November 18th and conclude at 8:00 am.

### Competition Time

Competition will begin at 8:00 am when the Bazaar opens. The competition will conclude at 12:45, and a winner will be announced at 1:00 pm when the Bazaar concludes.

### Takedown

You may begin packing up your display at 12:45 pm on competition day.

### Electricity

The Homemakers will try their best to ensure each participant has access to electricity for their display. However, electricity access cannot be guaranteed and outlets are limited. It is recommend that participants arrive early to setup to grab the spots closest to outlets. Accessories powered by batteries are the safest bets. Unsafe use of electricity, such as plugging in multiple extension cords into one, frayed or exposed electrical wires, and tripping hazards are not allowed.

### Judging

Winners will be determined by popular vote of the public. As the public signs in to visit the Bazaar, voting will be explained. Each visitor receives one vote. At 12:45 p.m. Homemaker volunteers will count the votes. A winner will then be announced and notified.

### Care of Items

“Do Not Touch” signs will be displayed throughout the competition room to discourage tampering by the public. The use of bubble wrap or other protective methods is recommended during the transportation of displays items to the competition. The Extension Homemakers, the Extension Office, and its members and employees are not responsible for broken or lost items. Family heirlooms of great significance are not recommended to be used.

**First & Last Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**I agree to follow the competition rules:**

\_\_\_\_\_  
*Signature*



# 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

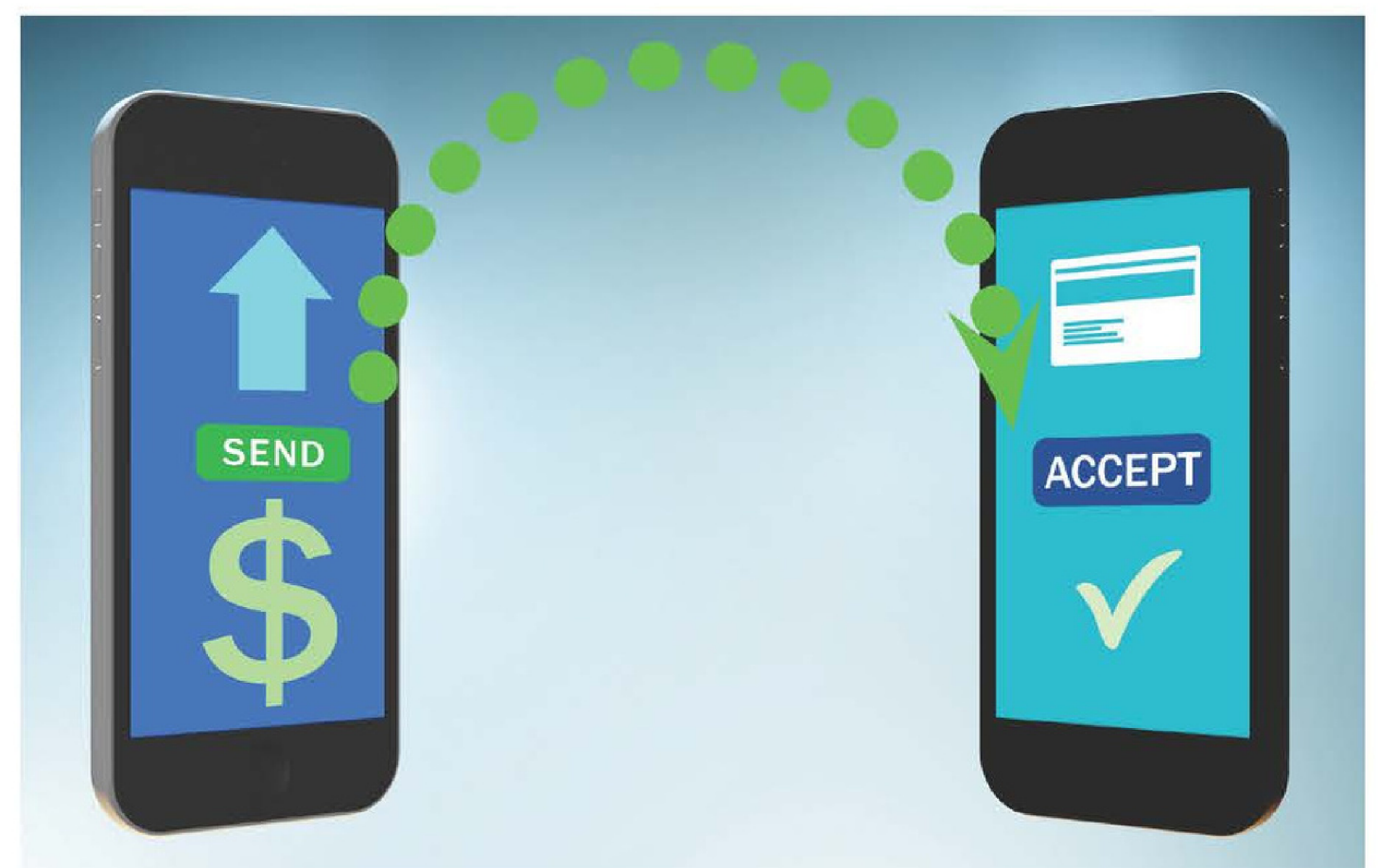
Money transfer apps are a convenient way to send money to others. Despite the benefit of convenience, there are tax implications and risks to using money transfer apps. When using these services, be careful to avoid payment mishaps and scams. Always research money transfer apps before using them to ensure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

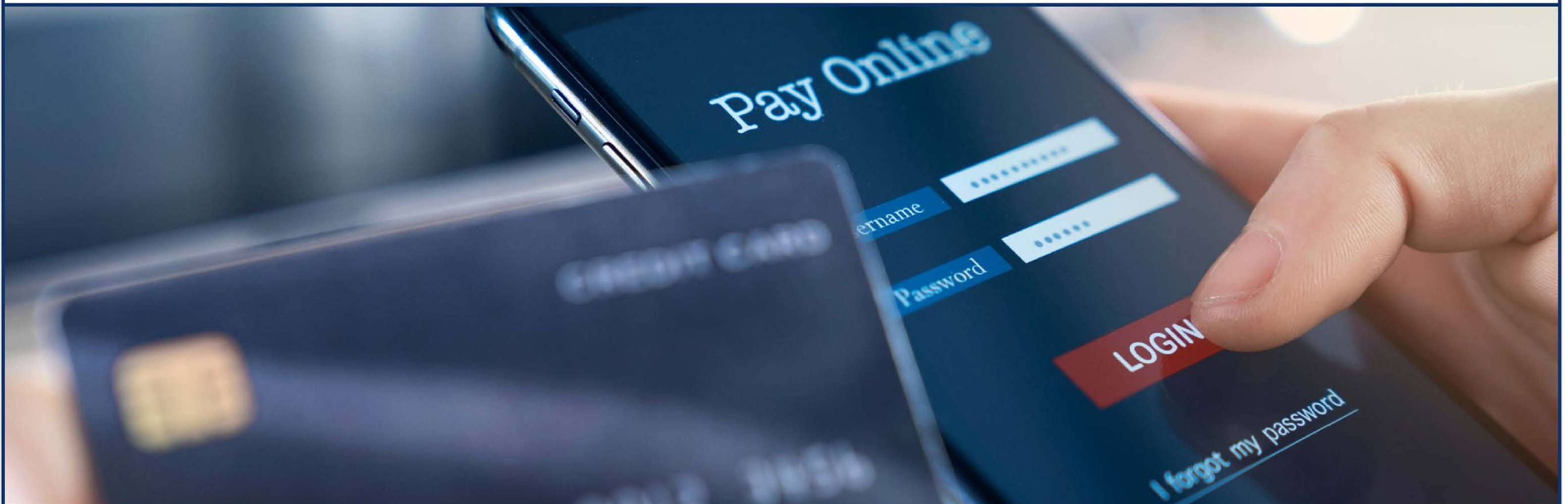
Have you ever sent an email or text message to the wrong person? This mistake can happen with money transfer apps too, but with your money! Only use money transfer apps for people you know well and can verify their identity.

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>

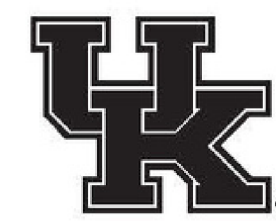
Taxpayer Advocate Service. <https://www.taxpayeradvocate.irs.gov/news/tas-tax-tip-use-caution-when-paying-or-receiving-payments-from-friends-or-family-members-using-cash-payment-apps/>

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## 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

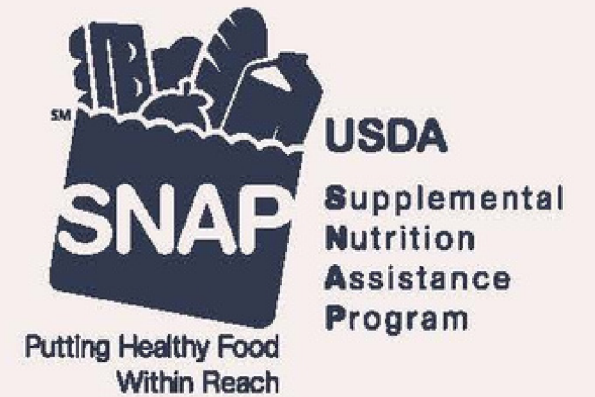
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker 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

