

# CUMBERLAND COUNTY

## *Homemakers*



### IN THIS ISSUE

CHRISTMAS VILLAGE

KEHA INFORMATION

VOLUNTEER  
OPPORTUNITIES

HOMEMAKER  
HIGHLIGHTS

UPCOMING CLASSES

SCAM RED FLAGS AND  
AVOIDING FRAUD

RECIPE

## CHRISTMAS VILLAGE

**December 14th, 2023 8am-9:30am**  
at the Cumberland County Extension Office

Our annual Christmas Village event is quickly approaching! If you would like to volunteer at this event, you must have a completed background check at the Cumberland County Extension office. If you are unsure if yours is complete, please call the office to check on the status of your background check. If you need to complete a background check, stop by the office for a packet. The deadline to turn in a background check for Christmas Village is November 30th.

### Things We Need for Christmas Village:

- Empty thread spools
- Small gift items - These items will be for the kids to shop and wrap for a family member.

## KEHA-WHAT IS OUR PURPOSE?

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. The organization was developed in cooperation with the University of Kentucky Cooperative Extension Service. Across the state, County Extension Agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

## 2024 STATE MEETING

2024 State Meeting – Next year’s KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is “Blazing the Way with KEHA.” Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the State Meeting webpage.

Point your phone camera at me to find out more information about the 2024 State meeting!



## RENEW YOUR MEMBERSHIP

Fall is membership drive time for KEHA. The current membership campaign says the “Keys to Membership” are the three Rs: Recruit – get a plus one, Retain – value members and engage, and Repeat – continue to grow. More information about the campaign and possible prizes is available on the membership campaign webpage.

Point your phone camera at me to find out more information about KEHA memberships!



## GIFT MEMBERSHIP

Did you know you could give the gift of KEHA membership? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member – and also let them know why KEHA is important to you!

Point your phone camera at me to find out more information about gifting a membership!



## HELPING HANDS NEEDED

**November 11th, 2023 9am**  
at the Burkesville First United  
Methodist Church

Volunteers are needed to help pack Operation Christmas Child shoeboxes. Soup and snacks provided. Don't miss out on the fun and fellowship!

## VOLUNTEER OPPORTUNITY

The Cumberland County Homemakers need volunteers who would be willing to be one of the chairmen for each of the 7 areas (see below) for homemakers to help plan and implement programs that support those areas. If you are interested, please contact the Extension office. areas (see below) for homemakers to help plan and implement programs that support those areas. If you are interested, please contact the Extension office.

- Environment, Housing and Energy
- Family and Individual Development
- Food, Nutrition, and Health
- Leadership Development
- Management and Safety
- International
- 4-H Youth Development

## OFFICE CLOSING DATES

- **Thanksgiving** -  
November 23rd-24th, 2023
- **Christmas Break** -  
December 25th-December 29th, 2023
- **New Year's Day** -  
January 1st, 2024
- **Martin Luther King Jr. Day** - January  
15th, 2024

*Happy Thanksgiving  
to you and your family*

## CASEY COUNTY TRIP



Cumberland County Homemakers enjoyed their adventure to Casey County! Lunch was at the Bread of Life Cafe.

## WELCOME SIGN CLASS

What a wonderful afternoon at the Cumberland County Extension office. A big shout out to Mrs. Barbara Booher for organizing and leading this program. The wonderful participants made the class even better!



Did you miss this class? This class was so popular, we are offering it again. We hope to see you there! See next page for details.



## HOLIDAY PORCH SIGN CLASS

November 10th, 2023 | 1:00pm CT  
at the Cumberland Co. Extension Office

Cost: \$15, includes all materials.  
Many designs to choose from. To  
**RSVP**, please contact the  
Cumberland County Extension  
Office at (270) 433-7700.



## FRIENDS OF BURKESVILLE MANOR

The Extension office  
is collecting the  
following items for  
the Friends of  
Burkesville Manor  
program:

- Boxes of Stove  
Top Stuffing
- Cans of Yams

Please have items to  
the Cumberland  
County Extension  
Office by November  
17th, 2023.

## SAVE THE DATE FOR CULTURAL ARTS

### County Cultural Arts:

- February 28th, 2024

### Area Cultural Arts:

- March 6th, 2024

**For a list of categories, visit**  
[keha.ca.uky.edu/content/cultural-arts-and-heritage](https://keha.ca.uky.edu/content/cultural-arts-and-heritage)

Paper copies of the categories  
are available at the Extension  
office and will be included with  
December's newsletter.

If you would like to volunteer at  
these events, please contact  
Kim Lohr.

# SCAM RED FLAGS AND AVOIDING FRAUD

By Kelly May  
Family Finance and Resource Management

## CON ARTIST TACTICS

You cannot tell if a person is a con artist by their appearance. Scam artists come in all ages, sizes, races, and genders. In fact, the “con” in con artist comes from the word “confidence.” The scammer inspires this confidence through their supposed credentials or experience. Also, they often play up their similarities to you to gain your trust.

- **SOURCE CREDIBILITY** is a tactic in which the con artist claims to be with a reputable company. Perhaps the scammer tells you about extensive past experience or may claim credentials, such as special certifications or education certificates. Some credentials take years of study to achieve, while others require little more than a processing fee. To help you research source credibility, FINRA offers a search tool to look up professional designations at <https://www.finra.org/investors/professional-designations>.
- **AFFINITY FRAUD** is a tactic based on trust. The con artist relies on personal similarities to become an accepted member of a group, such as a church, professional, or cultural group. Once they are accepted members, they begin to share their product offer or their supposed “good fortune” with others in the group. In some cases, the group’s leader may fall for the scam, and help spread the word not knowing it is a false offer.
- With the **SOCIAL CONSENSUS** tactic, the scammer makes it appear that you will miss out by not participating. Basically, the scammer tries to persuade you to join in because everyone else is doing it too.

- The **RECIPROCITY** tactic might make you feel like you are getting a bargain, or it might make you feel like you “owe” the seller something for his or her efforts on your behalf. In return for doing you a small favor, the con artist asks you for a bigger favor. Perhaps they will give you a discount if you buy now or buy a larger quantity. Other times they offer you something “free” in the hopes that you will provide your information or decide to participate later.
- The **SCARCITY** tactic is used to create a sense of urgency. The seller will say that supplies are limited, the opportunity is only open to select members, or the offer is for a limited time only. Perhaps the rush is really so you do not have time to research the facts.
- The **PHANTOM RICHES** tactic is when it truly is “too good to be true.” Examples are guarantees that cannot exist or winning contests without having to enter. The prospect of wealth can be very tempting bait.

Scam artists know how to use your emotions against you. They will ask personal questions until they find something you get emotional about. Then they play up that emotional trigger to get you “under the ether,” according to con artists interviewed in the AARP Publication, “The Con Artists Playbook.” Ether is a heightened emotional state that makes it hard to be rational or think logically. Triggers may include fear, greed, or urgency.

Financial fraud is known to law enforcement as white-collar crime. According to the FBI, it is a financially motivated, nonviolent crime committed by business and government professionals. What makes this crime different is that the con artist tricks you into participating through signing a contract or handing over your money. Through the scammer’s trickery, you agree to part with your money.

Fraud makes victims feel bad, not just because they lost money but because they “fell for it.” These negative feelings lead people to keep it a secret. Because of this, fraud is underreported and continues to grow. Reporting suspected fraud can help stop scams and keep others from becoming victims.

## SWEET POTATO CRISP

### Ingredients

- 3 large fresh sweet potatoes, cooked until tender.
- 8 ounces reduced fat cream cheese, softened
- 1 cup brown sugar, divided
- 1 teaspoon vanilla
- 1 tablespoon ground cinnamon
- 2 medium apples, chopped
- 1/2 cup all-purpose flour
- 2/3 cup quick cooking oats
- 3 tablespoons butter
- 1/4 cup chopped pecans

### Directions:

1. Preheat oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
2. Mash sweet potatoes. Add cream cheese, 2/3 cup brown sugar, vanilla and cinnamon. Mix until smooth.
3. Spread sweet potato mixture evenly into pan.
4. Top sweet potatoes with chopped apples.
5. In a small bowl, combine flour, oats, and 1/3 cup brown sugar. Cut in butter until mixture resembles coarse crumbs. Stir in pecans.
6. Sprinkle mixture over apples.
7. Bake uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Servings: 16 servings  
Serving Size: 3/4 cup

240 calories; 6g fat; 3g saturated fat; 5mg cholesterol; 200mg sodium; 44g carbohydrate; 4g fiber; 20g sugar; 4g protein

Source: Plate it up! Kentucky Proud Project.

## KENTUCKY SWEET POTATO

**SEASON:** All year—peak season is October through March.

**NUTRITION FACTS:** Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

**SELECTION:** Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

**STORAGE:** Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

**PREPARATION:** Scrub well. Leave whole or peel, then slice, dice or shred.

- **Baking:** Pierce skin in several places and rub with margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)
- **Boiling:** In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.
- **Microwaving:** Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

Source: Plate it up! Kentucky Proud Project.

**Debbie Messenger, agent for Family and Consumer Sciences**

90 Smith Grove Rd | Burkesville, KY 42717 | P: (270)433-7700 | cumberland.ca.uky.edu

*Debbie Messenger*

### 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

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.