

# FAMILY & CONSUMER SCIENCES

## Anderson County Extension Family & Consumer Sciences Newsletter November 2023 Building Strong Families



**Cooperative Extension Service**  
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### Important Dates:

**November 4**—Basket Guild, 10—3 p.m.  
**November 6**—Quilt Guild, 6 p.m.  
**November 9**—EH Project Day, 9—4 p.m.  
**November 11**—2nd Saturday Sew, 10—4 p.m.  
**November 13**—Little Circle, 12:00 p.m.  
Friendship Circle, 5 p.m.  
**November 16**—Tastefully Thursday, 11—1 p.m.  
**November 23-24** Extension Office Closed for  
the Thanksgiving Holiday!

Dear Homemakers,

Just wanted to let everyone know that if you would like to make a donation to the Anderson Senior Center in honor/memory of Linda Mearan, you can give your donation to your club leader and they will see that the Center receives it. Thank you!

*Donna Nicolette*  
Anderson County Homemaker  
President

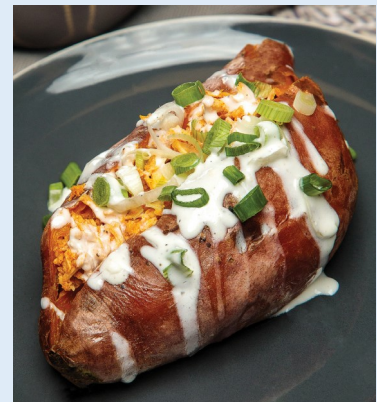


### Tastefully Thursday

November 16, 11—1 p.m.

RSVP by November 13th

**FREE!!**



Join the homemakers as club members demonstrate recipes from the 2023 Food and Nutrition Recipe Calendar! They will be sharing “Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes.”

### 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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Disabilities  
accommodated  
with prior notification.

Lexington, KY 40506



**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: [keha.ca.uky.edu](http://keha.ca.uky.edu)

### **Leader Training for November: Cast Iron Cooking**

Learn the basics about cooking outdoors (and indoors) with cast iron! This session will focus on learning techniques for enjoying outdoor cooking in a safe and healthy way. Learn more about a basic outdoor cooking kit as well as improvised low-cost cooking methods. Outdoor cooking is great for recreation but is also useful in emergency preparedness situations such as the recent floods in eastern Kentucky and tornados in west Kentucky.

The link to the YouTube video will be sent to all homemakers by email when it is received by the extension office.



### **Holiday Online Shopping Savvy**

*Source: Kelly May, Senior Extension Associate*

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.

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

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

A handwritten signature in black ink that reads "Susan Campbell".

Susan Campbell, Anderson County  
Extension Agent for 4-H/Youth Development