

HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

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Wishing you a Happy Thanksgiving!

November's newsletter provides information on fall foods; money transfer phone applications; cyberbullying; and upcoming extension programming.

Brown Rice with Sizzling Chicken and Vegetables

Ingredients

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 1/2 tablespoons canola or corn oil
- 16 ounces boneless chicken breast (cut into 1-inch cubes)
- 2 cloves garlic (minced)
- 1 small white onion, cut into small wedges (about 1/8 inch thick)
- 3 medium carrots, peeled and thinly sliced (1 cup total)
- 1 1/2 cups small broccoli florets
- 1 medium red bell pepper (cut into 1 -inch pieces)

Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minutes until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients and at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Servings: 4 | Cook Time: 30 Minutes | Total Calories) 410

The latest on this month's issue:

Recipe of the Month

4 Fall Foods for Your Family

Money Transfer Apps

Cyberbullying

Extension Programming

Skill Up Tennessee

Dates To Remember

4 Fall Foods for Your Family

For many, fall means new classes, new activities and sports, new schedules and a shift to colder weather foods. Regardless of age, having the right fuel is key to helping kids function at their best.

Summer's bounty of tomatoes and peaches may be over, but harvest season has its own advantages such as an abundance of the following delicious fall foods. Here are some simple, kid-friendly ways to add them to your family's meals.

Pumpkin

Is anything more fall-like than a pumpkin? These famously orange winter squashes are chock-full of vitamin A and deliver 3 grams of fiber per ½-cup serving of cooked sugar pumpkin, plus they contribute towards potassium needs. Note that the pumpkins you carve into jack-o'-lanterns are not the same type of pumpkins you eat. Try pumpkin puree mixed into mac-and-cheese or with hummus for a seasonal spread. Looking for more options? Add pumpkin to pancake batter, oatmeal, smoothies or your kid's favorite chili.

And don't forget about roasting the seeds! Pumpkin seeds are a delicious and healthful snack and a source of several nutrients, including zinc, which is essential for many body processes including immune function.

To toast your pumpkin seeds, first rinse to remove pulp and strings. Spread seeds on a baking sheet that has been coated with cooking spray or drizzle a small amount of olive oil over seeds. Bake at 325° F for about 30 minutes or until lightly toasted. Stir occasionally during cooking. Take a look at your spice rack and try a seasoning on your toasted seeds such as garlic powder or Cajun seasoning.

Oats

Heart-healthy, oats are a good source of dietary fiber for slow-burning energy.

Warm oatmeal is an affordable and filling breakfast. Top oatmeal with nuts such as walnuts, almonds or pecans, seeds such as ground flaxseed or pumpkin seeds and fruit such as pears or cranberries for even more fiber, vitamins and minerals.

Apples

Apples pack a powerful nutrition punch and are a source of vitamin C and dietary fiber — eat the skins for the full fiber benefits.

Sprinkle apple slices with ground cinnamon or pair with cheese or peanut butter for an easy snack. Don't forget about dinner! Apples taste great when stewed and served with savory foods such as roasted pork.

Brussels Sprouts

They may be small, but Brussels sprouts are part of the powerhouse cruciferous veggie family. Each 1-cup serving of cooked Brussels sprouts provides 4 grams of dietary fiber, is an excellent source of vitamins A, C, K and folate and a good source of iron. They even have some protein.

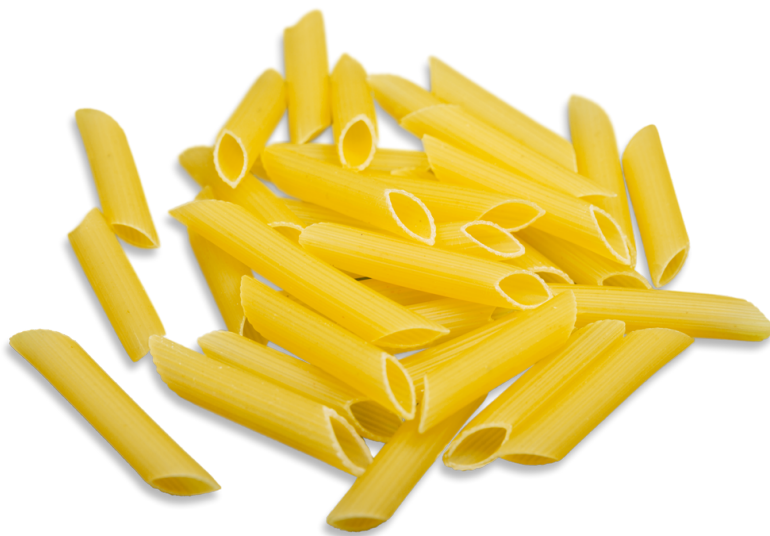
You can cut whole Brussels sprouts into kid-friendly quarters and toss with sea salt and olive oil and roast until crispy. If your kids are skeptical, serve the sprouts mixed with roasted sweet potato or butternut squash cubes. You also can shred them (or buy them pre-shredded) and sauté lightly in olive oil then toss with your kids' favorite pasta or rice dish.

Creamy Pumpkin Pasta

Yield: 6 servings

Ingredients:

- 12 ounces bow tie pasta
- 2 tablespoons olive oil
- 2 garlic cloves minced
- 1 cup mushrooms chopped coarsely
- 2 cups 2% milk
- 4 ounces fat free cream cheese cubed
- 1.5 cup pumpkin puree
- ½ teaspoon salt
- 1 teaspoon sage
- ½ teaspoon thyme
- 2 tablespoon fresh rosemary chopped



Directions:

1. Wash your hands and preparation area.
2. Cook pasta according to package directions.
3. In a large skillet heat up olive oil. Once heated add garlic and stir until aromatic. Add chopped mushrooms and stir until softened.
4. Add milk and cream cheese and stir until cream cheese is melted.
5. Add pumpkin and spices and stir until well combined, heated through, and aromatic.
6. Add pasta and stir until pasta is coated. Serve immediately.

Nutrition Information:

Calories 340 | Total Fat 8g | Saturated Fat 2g | Sodium 370mg | Total Carbohydrates 53g | Fiber 2g | Protein 14g

Note: Use whole wheat pasta for added fiber and nutrients.



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.

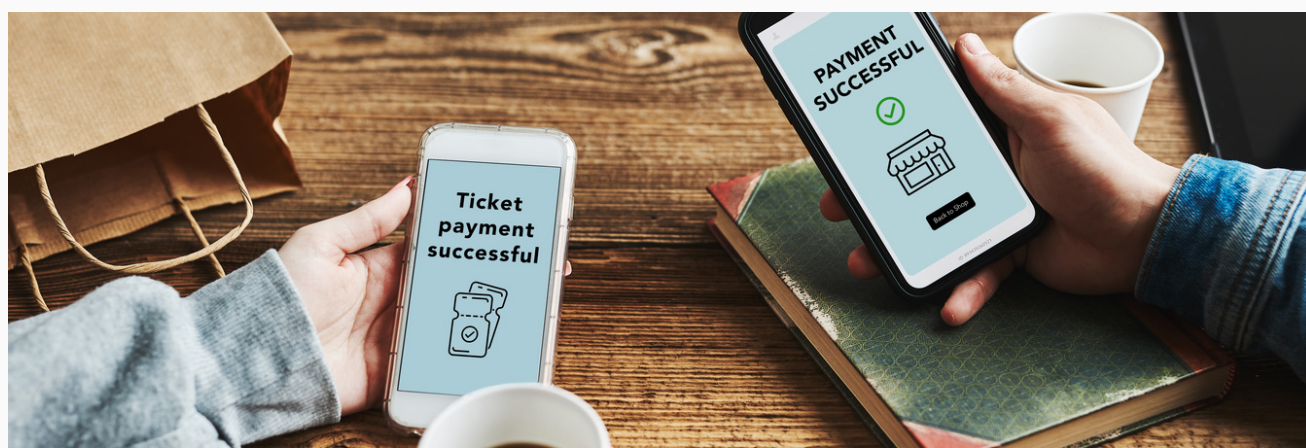
TAX IMPLICATIONS

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 on line 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-riskymistakes/>

National Credit Union Administration. <https://mycreditunion.gov/about-credit-unions/products-services/mobile-payments-wallets/person-toperson-payment-apps>

Taxpayer Advocate Service. <https://www.taxpayeradvocate.irs.gov/news/tas-tax-tip-usecaution-when-paying-or-receiving-payments-fromfriends-or-family-members-using-cash-paymentapps/>

Cyberbullying

Cyberbullying is bullying or harassment that happens online. It can happen in an email, a text message, an online game, or on a social networking site. It might involve rumors or images posted on someone's profile or circulated for others to see.

What can you do?

Help prevent cyberbullying.

◀ Talk to your kids about bullying. Tell your kids that they can't hide behind the words they type and the images they post or send. Bullying is a lose-lose situation: Hurtful messages make the target feel bad, and they make the sender look bad. Often they can bring scorn from peers and punishment from authorities.

◀ Tell your kids to talk to you about bullying, too. Ask your kids to let you know if an online message or image makes them feel threatened or hurt.

◀ Recognize the signs of a cyberbully. Cyberbullying often involves mean-spirited comments. Check out your kid's social networking pages from time to time to see what you find. Could your kid be the bully? Look for signs of bullying behavior, such as creating mean images of another kid.

◀ Help stop cyberbullying. Most kids don't bully, and there's no reason for anyone to put up with it. If your kids see cyberbullying happening to someone else, encourage them to try to stop it by telling the bully to stop, and by not engaging or forwarding anything. One way to help stop bullying online is to report it to the site or network where you see it.

What to do about a cyberbully.

◀ Don't react to the bully. If your child is targeted by a cyberbully, keep a cool head. Remind your child that most people realize bullying is wrong. Tell your child not to respond in kind. Instead, encourage your kid to work with you to save the evidence and talk to you about it. If the bullying persists, share the record with school officials or local law enforcement.

◀ Protect your child's profile. If your child finds a profile that was created or altered without their permission, contact the site to have it taken down.

◀ Block or delete the bully. Delete the bully from friends lists or block their user name, email address, and phone number.



Humphreys County Extension Programming



Tai Chi for Arthritis Classes in November

Waverly Senior Center
206 N Church Street
Waverly, TN 37185
\$48 for 8 classes

Contact Shirley at the Waverly Senior Center to register at (931) 296-2979.



Let's Walk For Health Together!

Humphreys Co. Extension Walking Club

Let us know you are attending here!

Dates:
November 28, 2023 - Waverly -
Waverly United Methodist Church @
5:00 PM





In Humphreys County, TN, the current unemployment rate is 7.4%. Based on the US Census Bureau, the state of Tennessee unemployment rate is 9.9%. About 315,000 Tennesseans are unemployed.

WHAT IS SKILL UP TENNESSEE?

Skill Up Tennessee provides SNAP Employment and Training. We help SNAP participants gain the training and skills needed to get a good job. Our goal is to help you prepare for employment.

If you're ready to move forward on your career path, we're here to help. To be eligible, participants must:

- Receive SNAP benefits
- Not receive TANF (Families First) cash assistance
- Be willing and able to work upon completion

HOW CAN WE HELP?

Things like training, testing, and uniforms cost money, and we can help. We focus on short-term training leading to credentials that are in demand. We will pair you with a Career Navigator who will work with you on your journey to help you meet your goals.

Supportive Services

Depending on need, participants may receive financial supports such as these for approved program activities:

- Gas Cards for Transportation
- Uniforms
- Testing Fees
- Textbooks

AVAILABLE AT NO COST TO PARTICIPANTS:

Take the NEXT step today.

- Help to find the training that's right for you and the support you need
- Access to adult education and vocational training
- Work Readiness Training to help you gain professional skills valuable for employment
- Support to help you get started in your new job

Sign Up Today!

Follow this link to see if you are eligible and preregister:



tiny.utk.edu/SkillUpTN

To learn more about Tennessee Association for Family and Community Education

TAFCE Webpage:
<https://www.tafce.org>

Central Region Webpage:
<https://tafcecrl.wixsite.com/2020crfce>

Eastern Region Webpage:
<https://eastern.tennessee.edu/eastern-region-fce/>

Western Region Webpage:
<https://western.tennessee.edu/family-and-community-education/>

Facebook Groups:

Tennessee Association for Family and Community Education (TAFCE)

TAFCE Masks of Love Volunteers

TAFCE, Central Region

Eastern Region FCE

Western Region Family & Community Education

Typically TAFCE designates an "issue or cause" to educate the members and to support at the local, county, region and/or state level. Most recently, members have become more knowledgeable about human trafficking awareness, the opioid epidemic, and suicide awareness and prevention.

If you are interested in becoming more involved in your community, learn new skills and make new friends.... check out FCE!

Tennessee Association for Family and Community Education is in partnership with the University of Tennessee Extension.



For information regarding local FCE Clubs, please contact:

Tennessee Association for Family and Community Education



What is TAFCE?

The Tennessee Association for Family and Community Education (TAFCE) is an organization of volunteers who work together to build strong families and communities. Local FCE clubs throughout the state of Tennessee are divided into three regions: western, central and eastern. Educational materials are created and utilized to strengthen knowledge and expertise. Resources are provided to develop leadership skills, enabling people to make a difference. Ultimately, FCE strives to make our homes and communities a better place in which to live!



Strengthening Families

TAFCE Mission: To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

To Learn

During hands-on workshops and monthly meetings, educational programs are presented. Topics are varied and relate to current issues, changes in technology, health, safety, nutrition, family economics, and more.

To Lead

Members have the opportunity to lead by serving as officers or on committees. Family and Community Leadership (FCL) training is offered to prepare members to contribute to public policy and decision making.



To Serve

Each year FCE offers projects designed to make a difference in the lives of families in the local or broader communities in which we live. FCE members have the opportunity to share and serve, working closely with other local organizations.

To Have Fun!

Fun, laughter, and friendship abound at every FCE gathering. Meetings, work sessions, camp or retreat, trips, conferences...all are occasions for fellowship and exploration of new places, activities, and new ideas!

State Projects

TAFCE encourages participation in state projects in the areas of education, community action and leadership. A long-time emphasis in education has been the support of literacy, libraries, and the Dolly Parton Imagination Library. There are countless opportunities for community service, often determined by specific, local community need. The leadership area has recently been added to encourage teaching, mentoring, and assisting with 4-H programs and the Family and Community Leadership (FCL) program.

A recent statewide community service project was Masks of Love. In response to covid-19, members from across the state of Tennessee made facemasks in their homes for Emergency Management Departments, hospitals, health and rehab centers, first responders, community workers, school students, family and friends.



TAFCE member, sewing facemasks.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

Holidays and Observances: 7: Election Day, 10: 'Veterans Day' day off, 11: Veterans Day, 23: Thanksgiving Day, 24: Black Friday

Homemade
SOFT MADE EASY

Dates to Remember

- 11/01/2023: SSSH @ 11:15 AM
- 11/02/2023: Tai Chi @ 11:00 AM
- 11/07/2023: Tai Chi @ 11:00 AM; Friendship FCE Club
- 11/08/2023: Buffalo FCE Club @ 11:30 AM
- 11/11/2023: Veteran's Day
- 11/14/2023: Tai Chi @ 11:00 AM
- 11/16/2023: Tai Chi @ 11:00 AM, Mystery Club Night
- 11/20/2023: Sewing Club
- 11/23-24/2023: Office Closed, Thanksgiving Day
- 11/28/2023" Tai Chi @ 11:00 AM, Walking Club
- 11/30.2023: Tai Chi @ 11:00 AM