

Marion County FCS Extension

Newsletter

I hope everyone had a wonderful Thanksgiving and is looking forward to the Christmas season! The Christmas season can be a very busy time of year. I want to remind everyone to take time to enjoy and cherish the moments with family and friends. Don't let the hustle and bustle drag you down, find something to make you smile in all the mess! I want to wish everyone a Merry Christmas and Happy New Year!

Rachel Mattingly
Family & Consumer Science Agent

Upcoming Events:

4-H Craft Show on 12/7 from 9am-3pm
@ Extension Office

Holiday Charcuterie Board Workshop
with Morgan on 12/11 or 12/12 from
6:00-7:30pm. RSVP to reserve a spot
(270-692-2421).

Wreath Making with Chelsea on 12/17
from 9-11am or 12/19 from 6-8pm.
RSVP to reserve a spot (270-692-2421).
Cost: \$20

Homemaker meeting: 1/7 at 3:30pm

Homemaker Leader Lesson on
Osteoporosis: 1/22 at 10:30am

Homemaker Leader Lesson:
Grandchildren, Grand Cooks with
Danya Fentress, Hardin County FCS
agent on 1/28 at 10:30am

Marion County Extension Office
will be closed December 25th -
January 1st in observance of the
Holidays

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2025 KEHA State Meeting Room Block Open - Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

MERRY CHRISTMAS

K F A M I L Y T R N K B J L H
 Y M U T J C O R B S X G O J H
 Y U P L R C A R O L S I Y I F
 Y C M R R E Q N W E E V E N N
 L H F E E P E H D N D I J G O
 S R B T D S C S S Y W N G L R
 Y I Q M T Y E R C M C G S E T
 U S T O C K I N G S J A E I H
 U T L I G H T S T G S D N W P
 L M F L I O V S M S N J S E O
 K A V F X B I Z G I I G D T L
 B S R E B Z S L E I G H X C E
 F K Y O L Q H R N S N O W R U
 X N L R J F Z C D N D E X X V
 H S T A R W S A N T A T L V M

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

FREE FOR PERSONAL USE





Slow Cooker Chicken Santa Fe Soup

Servings:8 **Serving Size:**2 cups



Love crock pot soup recipes that are packed full of Mexican flavors? Then this easy chicken Sante Fe soup is sure to become a favorite of the whole family.

Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

Directions:

1. Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.
2. Remove cooked chicken and shred with two forks.
3. Return chicken to soup and it is ready-to-serve.



Make it a Meal

- Slow Cooker Santa Fe Soup
- Fresh orange
- Crusty French bread
- Low-fat milk

Source: Connie Duncan, Fayette County Extension Volunteer

Tips

- Eat about 5 cups of red, orange and dark-green vegetables each week. Tomatoes, carrots, sweet potatoes, broccoli and leafy dark green vegetables, such as kale and spinach, are good choices.
- Vegetable broth can be replaced with chicken broth.

Nutrition facts per serving: 180 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 35mg cholesterol; 740mg sodium; 23g carbohydrate; 4g fiber; 6g sugar; 17g protein; 10% Daily Value of vitamin A; 15% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

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THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

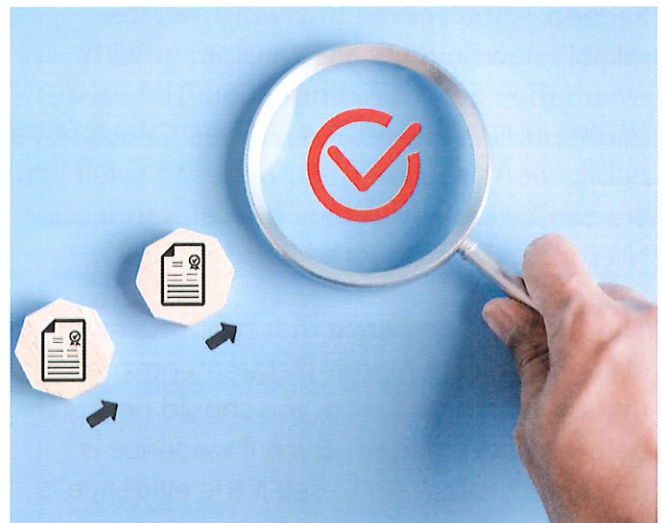
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has

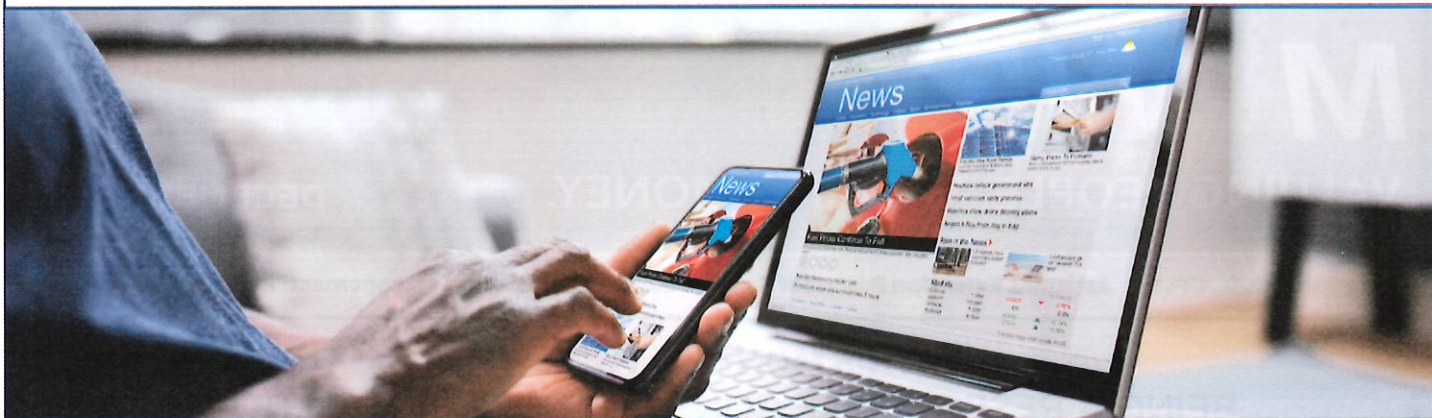


identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.



“IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWI\$E newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

RESOURCES

American Psychological Association. <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

News Literacy Project. <https://newslit.org/>

The Role of Consumer Protection Agencies. https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf

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4-H CRAFT & GIFT BAZAAR

CRAFT AND GIFT BOOTHS WILL BE
SET UP. CONSESSIONS WILL BE
AVAILABLE. ALL PROCEEDS WILL
BENEFIT MARION COUNTY 4-H.
QUESTIONS: CALL- (270)692-2421

DECEMBER 7TH 9-3

MARION COUNTY EXTENSION OFFICE
416 FAIRGROUNDS RD.
LEBANON, KY. 40033

Join us for:
Winter Wreath Making Workshops

Tuesday, December 17th

9am-11am

Thursday, December 19th

6pm-8pm

Class fee: \$ 20 per person

(Cash or check only. No large bills)

Fee covers all materials

Call 270-692-2421 to sign up

Payment can be made at the Marion County Extension Office



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