



Greetings From your FCS Agent

How is it possible that this is my last newsletter of 2023? I hope all of you had a nice Thanksgiving.

November was busy with our Lunch and Learn, Homemaker Council meeting, my state association meeting in Lexington, a Homemaker trip to Festival of the Trees, and the Homemaker tradition of Decorating Carter Caves Lodge!

The biggest success this month was obviously the annual Holiday Craft Fair! With 50 booth, over 300 shoppers, and over \$10K in sales to local artists! Carter Caves club also did well selling concessions. They use their profit to give back to their community! I think it's safe to say this was the most successful this event has been in years! Dance with Hope Studio, FBC Olive Hill Children's choir, and Wilma's Dress Shop provided us with wonderful entertainment throughout the day! This event would not have been possible without the hard work of the committee, East Carter High School, and of course Sue Tackett! Sue has lead this event for over 40 years. Not only is it a fun holiday tradition for many, but a multifaceted event that promotes our local tourism, artist, small businesses, economic development!

I hope you have a blessed Holiday season and a Happy New Year!

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Mark Your Calendars

- December 1, 9-3-Sit and Sew
- December 2, Hometown Holidays
 - 9-11:30 Cook Together, Eat Together *Extension Office*
 - 1:00 Gingerbread Baby Storytime and Craft *Inflation Station*
 - 1:30-2:00 Dessert Contest entry *Blue Goose*
 - 3:30-4:30 Dessert Silent Auction
 - 5:00 Winners announced *Gazebo*
- December 7, 11:30am-Lindsey Pactolus Club
- December 8, 10am-Grayson Day Club
- December 9, 10am-Book Giveaway
- December 12, 10am -District Board Meeting
- December 15, 9-3-Sit and Sew
- December 20, 1pm-Wilson Stinson Meeting
- December 20, 11am_Thrifty Holiday Meals @ Chapel House
- December 22, 10-12 Laugh and Learn Pajama Party!
- December 25-January 1 Extension Office Closed. Happy Holidays!

- Every Monday-Quilts for Veterans Sew Days 9-3

*Note: I have only included the Homemaker Clubs meetings days and times for those that meet at the Extension Office. If you would like information on other club meetings, please contact the office.

For more information or to register for any of these programs, please call 474-6686




Families in the Kitchen...

Cook Together Eat Together





Carter County Extension Office

 December 2, 2023

 9-11:30 am

 94 Fairground Drive

**Prepare a breakfast recipe together
with your Kid(s) !**

-  Must Call to register 474-6686
-  Prepay Registration fee. Cash or Check Only
-  Deadline to register is November 30th
-  Spots are limited!

*Featuring
Special Guest Instructor,
Sabrina McWhorter
Eat Wild Appalachia*

Per Family

\$10

 **Cooperative
Extension Service**

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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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.



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



HOMETOWN HOLIDAYS

LUNCH AND LEARN

Bake Off

DESSERTS

All desserts are welcome!

PRIZES

Prizes will be awarded to the 1st through 3rd place overall desserts at 5:00pm at the gazebo!

WHEN?

December 2nd, 2023

Blue Goose

Entry Time: 1:30pm-2:00pm

Silent Auction: 3:30pm-4:30pm

Benefits go to the 4-H Summer Camp scholarship fund!

Call
606-474-6686
for more
information!

Cooperative Extension Service

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Disabilities
accommodated
with prior notification.

Pecans for Sale!

Fresh Mascot Pecans \$9

Pickup at Carter County

Extension office 8-4:30

No holds

Proceeds support Carter County Homemakers



**Kids 1-5 and
supervising adult**

UK Cooperative
Extension Service

LAUGH AND LEARN PLAYDATE

PAJAMA PARTY!

DECEMBER

22

10-NOON



Story: Gingerbread Baby

Craft: Gingerbread Crafts

Snack: Gingerbread Waffles

Call 474-6686 to register

86
Rn
Radon
(222)

RADON IN KY

**KEEP YOUR FAMILY SAFE:
TEST YOUR HOUSE FOR RADON**

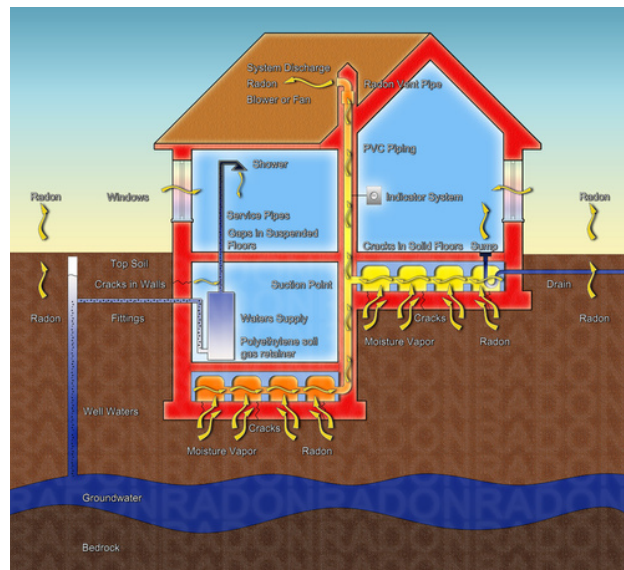
Can you name which cancer is the nation’s leading cause of deaths? It may surprise you. The answer is lung cancer. Why should that concern you? Because Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky’s high smoking rates but also because of Kentucky’s high radon levels. Radon is more than an element on a chemical chart. Now let’s learn more about radon, its effects on Kentuckians health, and what steps you can take to address those effects.

WHAT IS RADON?

The Environmental Protection Agency (EPA) identifies radon as a naturally occurring radioactive gas and the second leading cause of lung cancer. Radon can’t be seen, smelled, or tasted. Testing is the only way to know the level of radon in your indoor living spaces, work areas, and buildings.

WHERE DOES RADON COME FROM?

Radon comes from uranium which is naturally present in soil, rocks, and groundwater. When uranium breaks down into radium, it then becomes radon, a gas that can then easily move through small spaces. Radon can move between rocks and soil to reach the surface and then enter your home. Since radon is considered moderately soluble, groundwater will absorb it, creating another possible entry point. According to the EPA, radon is quickly dispersed outdoors.



RADON AND SMOKING

Radon causes an estimated 21,000 deaths each year in the U.S. from lung cancer. Additionally, people who are exposed to both radon and tobacco smoke are 10 times more likely to develop lung cancer. Kentucky leads the nation in the number of new lung cancer cases and lung cancer deaths.

RADON IN KENTUCKY

Kentucky has rock deposits of black shale, phosphatic limestone, and other geology that contain uranium and radium where radon can be found. Radon levels can vary greatly, even for homes sitting side by side. The only way to know the radon level in your home or workplace is by testing for it.

WHAT HAPPENS WHEN WE BREATHE IN RADON?

Much of the radon you breathe in and out causes no harm to your lungs. However indoors, it builds up and continues further radioactive decay. Through this decay, it releases ionizing radiation and forms “daughter” elements. Radon daughters are particles that can attach themselves to items in your home and to dust and other particles in the air. When you inhale radon daughters, whether free floating or attached to particles, they can embed in your lungs. As the radioactive decay process continues, alpha particles are released which can damage your lungs and possibly lead to lung cancer. The more time you spend in a space with a high concentration of radon daughters, the higher your chances of lung damage.

HOW DOES RADON GET INSIDE STRUCTURES?

Since radon is a gas, it can easily move from the soil and rock underneath homes and buildings into them. Radon can enter through cracks in the foundation, basements, crawl spaces, joints, floor drains, and other openings. Radon can also be drawn into the house with the use of fans and dryers. The weather can be a factor with indoor radon levels as well. It is recommended when testing for radon to start at the lowest level of the home, such as the basement or first floor.

HOW IS RADON MEASURED?

Radon is measured in picocuries per liter of air (pCi/L). A picocurie is a measure of the rate of radioactive decay of radon. The EPA has set up a guideline of 4 pCi/L of annual average radon exposure as an acceptable health risk, even though any amount of exposure carries risk.

TESTING FOR RADON IN YOUR HOME

There are several options to test for radon. You can find test kits at home improvement stores or online. Use an EPA-approved test kit for accuracy. The kits usually have a label that says, “Meets EPA Requirements.”

The Kentucky Department for Public Health’s Radon Program recommends three testing methods:

- a. You can use a short-term kit which is for tests lasting two to 90 days. Most commonly, people test for two days to one week, but it is important to understand that radon levels do change throughout the year.
- b. The EPA recommends you test your home for one full calendar year when possible. Long-term kits range from 90 days up to a year. You can find long-term radon kits online and at home improvement stores. These tests will record the average radon level during the period you choose to test and provide a better sign of year-round radon exposure in the home than a short-term test.
- c. You can hire a certified testing and mitigation specialist to test your home or building. If you want to hire a professional, find someone who has the technical knowledge and special skills to test then install a radon mitigation system, if necessary.

When you test your home, it is important to find the right testing location.

1. Test the lowest level of the home that is used on a regular basis and where you or a household member spend at least eight hours per week.
2. Place the test kit in a general breathing zone, between two and seven feet above the floor.
3. Place the test kit at least six inches from any walls and five feet from exterior windows and doors.
4. Keep the test kit away from vents or other places where there is frequently moving air.
5. Do not place the test kit in direct sunlight or near areas of high moisture.
6. Keep out of reach of pets and children.
7. Do not move the test kit during testing.

REMOVING RADON FROM YOUR HOME

If your home has tested high for radon (4 pCi/L or higher), experts recommend you have a professional install a radon mitigation system. The mitigation system reduces radon inside your home by either preventing radon from entering or by venting it outside after it had entered. Lowering high radon levels requires technical knowledge and special skills. Contractors who do not specialize in radon reduction could make the problem worse. There are several ways to find a certified contractor.

- a. Search the National Radon Proficiency Program website and enter your zip code at <https://nrpp.info/pro-search/>.
- b. Contact the Kentucky Radon Program at <https://chfs.ky.gov/agencies/dph/dphps/emb/Pages/radon.aspx>.
- c. Check out the Kentucky Association of Radon Professionals website at <https://kentuckyradon.org/>.

There are several proven methods to reduce radon in your home. The most-used method has a vent pipe system and fan, which pulls radon from beneath the house and vents it to the outside. This system does not require major changes to your home. Sealing foundation cracks and other openings makes this kind of system more effective and cost-efficient. Similar systems can also be installed in houses with crawl spaces. The right system depends on the design of your home and other factors such as whether your home has a basement.

After installing a radon mitigation system, test your home again to make sure the system is working. It is strongly advised to retest your home every two years to be sure radon levels remain low. You should also retest your home after any home remodeling projects.

Hardin Stevens
Senior Extension Associate, Family & Consumer Sciences Extension



Photo courtesy of UK College of Nursing BREATHE Program

Given Kentucky's high smoking rates, the large number of lung cancer cases and deaths, and the state's geological features, it is important for all Kentuckians to be aware, knowledgeable, and ready to take action to reduce radon in homes and indoor living spaces. By reducing exposure to radon and its effects on your health, you and your loved ones can breathe easier.

REFERENCES:

- <https://www.lung.org/media/press-releases/2022-lung-health-barometer>
- <https://www.epa.gov/radon>
- <https://pubchem.ncbi.nlm.nih.gov/compound/Radon-222>
- <https://semspub.epa.gov/work/HQ/176336.pdf>
- <http://www2.ca.uky.edu/agcomm/pubs/4ia/4ia01oo/4ia01oo.pdf>
- https://www.epa.gov/sites/default/files/2016-12/documents/2016_a_citizens_guide_to_radon.pdf – Page 2
- <https://www.uky.edu/KGS/radon/>
- https://www.epa.gov/sites/default/files/2016-12/documents/2016_a_citizens_guide_to_radon.pdf
- <https://sosradon.org/Radon%20Basics>
- <https://chfs.ky.gov/agencies/dph/dphps/emb/Pages/radon.aspx>
- <https://aarst.org/Report-Cards/KY-Report-Card.html>



RESOURCE LIST FOR MEETING WITH RADON CONTRACTORS

After testing your home for radon and receiving a result of 4 picocuries per liter of air (pCi/L) or higher, it is time for a radon mitigation system.

Some points to think about when talking about a radon mitigation system with a contractor:

1. Is the contractor certified through the National Radon Proficiency Program, www.nrpp.info?
2. Is the contractor a member of American Association of Radon Scientists and Technologists (AARST), www.aarst.org?
3. The CDC and EPA recommends if you are buying a new home, ask about including <https://www.epa.gov/radon/radon-resistant-construction-basics-and-techniques> to help prevent or minimize radon entering your home and the need to install a more costly system in the future.
<https://www.cdc.gov/radon/radon-action.html>
4. How much will the installation and labor of the radon mitigation system cost?
 - a. According to the CDC, the cost of reducing radon in your home depends on how your home was built and the extent of the radon problem, so the cost to fix it can vary widely. However, most homes can be fixed for about the same cost as other common home repairs.
<https://www.cdc.gov/radon/radon-action.html>
5. How long will it take to install the radon mitigation system in my home?
6. What steps will be involved in the upkeep and maintenance of the mitigation system?

*Point to consider: If you want a professional radon test completed before having a radon mitigation system installed, you may want to consider having a separate radon professional conduct the testing so there isn't a conflict of interest for the installer.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

THRIFTY FOOD HACKS

Use what you have. Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

Browse a cookbook. Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

Meatless Mondays. The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.



DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



THRIFTY SHOPPING HACKS

Make a list. A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

Clip coupons. Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

Buy in bulk. Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

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Cooperative Extension Service

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RETURN SERVICE REQUESTED



Sweet Potato Crisp

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

½ cup all-purpose flour

¾ cup quick cooking oats

3 tablespoons butter

¼ cup chopped pecans

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, ¾ 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 ½ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **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.

Yield: 16, ¾ cup servings.

Nutritional Analysis:

240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

