

Hancock County Homemakers

Hancock County

Building Strong Families for Kentucky

January 2023

Roll Call

January rings in the new year. Share one goal you have for the new year.

Thought for the Day

"I like the dreams of the future better than the history of the past." -Thomas Jefferson

Monthly Meetings

Hawesville Homemakers will be meeting Monday, January 9th, at 6 pm. The lesson will be Move Your Way taught by Carolyn McCarty.

Sunshine Circle Homemakers will be meeting Tuesday, January 10th at 5:30 pm. The lesson will be Move Your Way taught by Paula Mason.

International Project Sew Day

All Homemakers are invited to help with the peasant dress project on January 31, 5:30 pm at the Hancock County Development Complex. Bring a sewing machine,



Cooperative Extension Service

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Leader Trainings

February's Lesson will be Transferring Cherished Possessions: Estate Planning for Non-Titled Property.

March's Lesson will be Elements & Principals of Art.

Both February and March Leader Lesson trainings will be in Daviess County on January 17th and Henderson County January 18th. The February Lesson is at 10 am. and the March Lesson is at 11 am. both days.



The Hancock County Extension Office will be closed January 16, 2023 for Martin Luther King, Jr Day.



Stay Safe From Radon!



Radon is a naturally occurring radioactive gas that you can't see, taste, or smell. Radon exposure is harmful to your health. It is the second leading cause of lung cancer. 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 comes from the breakdown of uranium in the soil, in rock, and water. Radon is found in every region of the country, but levels vary widely by geographic area.

The Environmental Protection Agency lists radon as the No. 1 cause of lung cancer among nonsmokers. The gas is responsible for about 21,000 deaths from lung cancer every year.

How To Stay Safe From Radon

Test your home

The EPA and the U.S. surgeon general recommend you test your home for radon. Testing is easy and inexpensive. Learn more about testing your home, including how to get an easy-to-use test kit at www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional. There is no known safe level of radon, and you should always aim to have the lowest level. The EPA recommends fixing your home if radon levels are above 4 picocuries per liter of air (pCi/L).

Spread the word

Use National Radon Action Month to encourage others to learn about radon and to test their homes, schools, and workspaces. Tell your family and friends about the health risk of radon.

Other possibilities are:

- Write a letter to the editor of your local newspaper about radon.
- Use social media to spread the word about radon and its dangers.
- Work with others in your community (local officials, health departments, schools, builders, etc.) to raise radon awareness.

Mitigate (fix) your home

Lowering high radon levels requires technical knowledge and special skills. To find a qualified contractor in your area, visit [https:// certifiedradonpros.org/ky.html](https://certifiedradonpros.org/ky.html).

Radon is a preventable cause of death in Kentucky, and these steps can make your home and indoor environment easier to breathe in.

Resources: <https://www.uky.edu/KGS/radon> <https://www.epa.gov/radon> <https://www.cdc.gov/radon>

Source: Hardin Stevens, Senior Extension Associate, University of Kentucky, College of Agriculture, Food and Environment, March 2022

Chicken and Dumpling Soup

Here's a healthier version of your mom's classic. Serve it anytime you need a little home lovin'.

2/3 cup cooked chicken, cubed
4 carrots
3 stalks of celery
3 medium potatoes
1/2 yellow onion
1 clove garlic
2 tablespoons olive oil
2 (32 ounce) boxes of low-sodium chicken broth
2 cups frozen peas
1 (12 ounce) package frozen dumplings
Salt and pepper, optional



Chop vegetables into bite sized cubes; chop onion and garlic finely. In a large soup pot, heat olive oil over medium-high heat and sauté the onion and garlic until tender. Add the carrots, celery, and potatoes and stir for a few minutes, being careful not to burn them. Pour in the broth and bring to a boil. Add dumplings, a few at a time. Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened. Add chicken and raise heat to medium-low for 10 minutes. Add frozen peas during the last five minutes. Add salt and pepper to taste.

Make it a Meal

Chicken and Dumpling Soup
 Apple wedges
 Low-fat milk

Tips

Save money by cooking the chicken at home and making your own broth. Pay attention to hunger and fullness cues before, during, and after meals. Use them to know when to eat and when you have had enough.



**2023 KEHA
 State Meeting
 May 9-11, 2023
 Crowne Plaza
 Louisville Ky**

Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Please go to this link to register: <https://ukfcs.net/BBBC23Book1>

Building strong families. Building Kentucky. It starts with us. #UKFCSExt #BigBlueBookClub

BIG BLUE BOOK CLUB

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

IS BUTTER A CARB?

UNPIKING FACT FROM FICTION
IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**

BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

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

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LEXINGTON, KY 40546

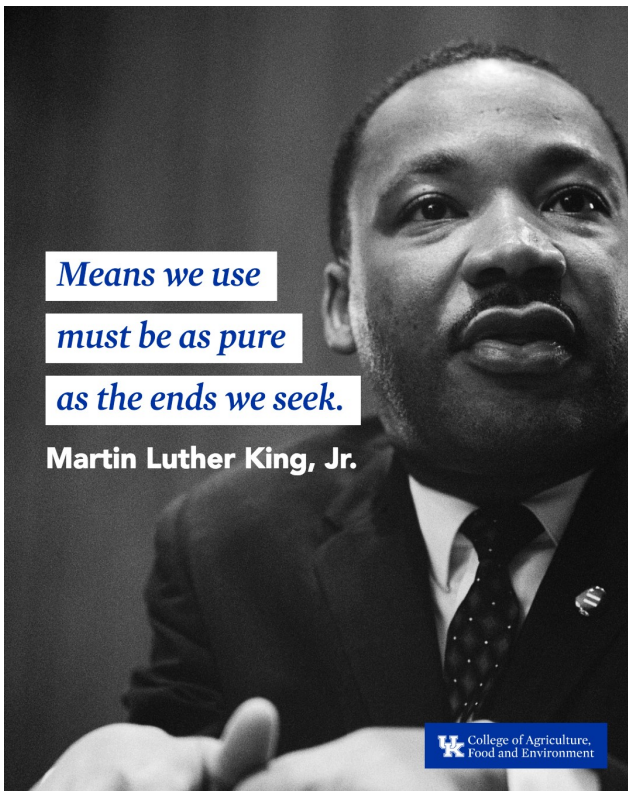
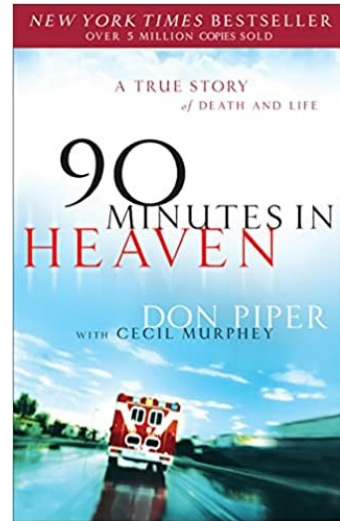
Disabilities
accommodated
with prior notification.

Book Corner

90 Minutes in Heaven

by Don Piper with Cecil Murphey (2004)

This autobiography details the aftermath of a Baptist Minister Don Piper's serious 1989 car accident. With no signs of life, he was presumed dead by paramedics at the scene, and Piper has left undisturbed while first responders tended to others. During this time Piper had a 90-minute spiritual experience that culminated when he awoke to find a fellow pastor praying over his body at the scene. Piper recounts his grueling recovery process filled with pain and hopelessness, that ultimately made him a stronger, more thankful person.



thank you!

Thank you to Maggie Craig who donated 2 totes of fabric to the Sunshine Circle Homemakers Club.



Contact us for more information at 270-927-6618.

Lisa Hagman

Lisa Hagman, Extension Agent for 4-H Youth Development Education— Hancock County