

JANUARY 2024

FCS NEWS & NOTES

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www.ca.uky.edu/casey

MAIN TOPIC

January is radon action month

Radon is a naturally occurring radioactive gas 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 U.S. Radon levels vary widely by geographic area.

Test your home: The EPA and the U.S. surgeon general recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive. Learn more about testing your home, including how to obtain an easy-to-use test kit by visiting <https://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).

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>.

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

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

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment

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.



HEALTHY RECIPE

Country Ham and Broccoli Grits

- 1 *tablespoon olive oil*
- 1 *pound fresh broccoli florets*
- 1/2 *cup minced onion*
- 3/4 *teaspoon crushed red pepper flakes*
- 2 *cloves minced garlic*
- 4 *cups 1% milk*
- 1 *cup uncooked quick grits*
- 1 *cup 2% shredded cheddar cheese*
- 6 *ounces country ham, cut into 1/2-inch pieces*
- 1 *large egg, beaten*
- *Salt and pepper to taste*

Yield: 16, 1/2-cup servings

1. Preheat oven to 375 degrees F. Coat 13-by-9-by-2-inch baking dish with cooking spray. Heat olive oil in a frying pan. Sauté broccoli, onion, garlic, and red pepper flakes until vegetables are tender. About 5 minutes. Set aside.
2. Heat milk to a boil in a large saucepan. Slowly, whisk in grits. Reduce heat and stir continuously until thickened. Reserve 2 tablespoons of the cheese.
3. Remove from heat, stir in ham, broccoli mixture, cheese, egg, salt, and pepper. Mix until well blended. Pour into prepared baking dish.
4. Sprinkle with reserved cheese. Bake uncovered for 30 minutes or until top is set and lightly puffed.

Nutritional analysis: 120 calories; 3.5 g fat; 1 g saturated fat; 25 mg cholesterol; 370 mg sodium; 13 g carbohydrate; 1 g fiber; 4 g sugar; 9 g protein

Sources:

- Kentucky Proud Project, County Extension Agents for Family and Consumer Sciences
- University of Kentucky, Dietetics and Human Nutrition Students, March, 2013

**SCAN
TO DOWNLOAD
RECIPE CARD**



KEHA Updates

Looking for state board candidates

Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chair positions will be open for election in spring of 2024:

- President-elect
- Second Vice President
- Cultural Arts and Heritage Chair
- Family and Individual Development Chair
- International Chair

These positions will be elected for three-year terms from July 1, 2024, to June 30, 2027, with the exception of president-elect. The president-elect serves a one-year term from July 1, 2024, to June 30, 2025, at which time she or he will transition to president for a three-year term. Qualifications for nominees are listed on page 12 of the Manual. The postmark deadline for credentials is April 5, 2024. They can be found in the Appendix, pages 6-9.

Deadlines

The deadline for most KEHA contests, scholarships, and grants is March 1. Please see the KEHA Manual Appendix page 2-3 for a summary and references for more information. KEHA development grant proposals and mini-grant applications can be found in the KEHA Manual, pages 104-111.

Reports

County Membership Recognition Reports should have already been turned in to the Area President or Vice-President. Now the areas should send compiled results in one form to the KEHA 2nd Vice President Julie Hook by Jan. 31. These reports include the 50-year member and deceased member lists. For membership tenure recognition, please only include those reaching the denoted milestone. The form is in KEHA Manual Appendix page 17.

LOCAL EVENTS

Casey County



MARTIN LUTHER KING, JR. DAY
I HAVE A DREAM

BIG BLUE BOOK CLUB

April 11, 18, and 25, 2024

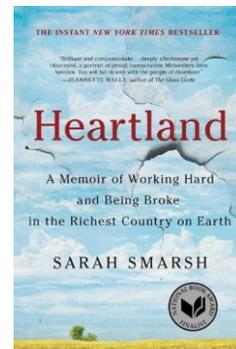
Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth* by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

We are excited to read with you this year!

The first 200 registered participants will receive a free copy of the book.



Connect with us!

-  FCS.uky.edu
-  Facebook.com/UKFCSExt
-  Instagram.com/UKFCSExt
-  UKFCSExt.podbean.com
-  YouTube.com/UKFCSExtension



PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit PlanEatMove.com/free-classes to learn more.

Pork Burger Sale!

Friday, January 12th, 2024

in the IGA Parking Lot starting at 12:00pm EST

PORK BURGER ONLY - \$5

PORK BURGER MEAL (INCLUDES CHIPS & DRINK) - \$6

WANT TO PLACE AN ORDER??

PLEASE CALL 606-787-7384 TO PLACE YOUR ORDER & PICK UP TIME.

ORDERS WILL BE ACCEPTED NO LATER THAN FRIDAY, JANUARY 5TH.

All proceeds will go to provide financial



support and scholarships to



Casey County 4-H Campers.



PROVIDED THROUGH PARTNERSHIP
WITH THE CASEY COUNTY VFW.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2024

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THIS MONTH'S TOPIC: UNDERSTANDING THE COST OF CONVENIENCE

Our society moves at a fast pace. Most any purchase is available at the push of a button, making delayed gratification a concept of the past. The question is ... what does all this convenience really cost?

SPENDING LEAKS

Benjamin Franklin is noted for saying, "Beware of little expenses. A small leak will sink a great ship." Spending leaks are small, seemingly innocent purchases that add up over time. These spending habits have the potential to drain our budgets if gone unchecked. Spending leaks can be part of our normal routines, which can make them difficult to spot.

Examples of common spending leaks include specialty coffees, takeout food, delivery services, impulse and "one-click" buys, digital downloads, streaming services, alcohol, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

CONVENIENCE IS COSTLY

Examples of spending leaks common to many individuals and families are food and grocery



deliveries. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery, have become household staples. Using these "convenient" services significantly increases the final bill when you consider additional charges such as service and delivery fees and driver tips.

OTHER COMMON LEAKS

Other common convenient spending leaks include unused auto-drafted memberships and subscriptions. For example, streaming or cable services. You could save \$150 to \$200 a year by cutting one rarely used streaming service with an average cost of \$15 a month. Or maybe you joined a gym but never go. If monthly membership is \$55, that's \$660 automatically deducted from your account each year.



WHAT IS CONVENIENCE COSTING YOU?

Delivery Service	Base Cost for Order	Added Fees, Delivery Cost, & Driver Tip	Total Cost for Delivery	Total Cost for Convenience	Annual Cost for Convenience if Only Ordered Weekly
To-go meal dashed to your house	\$25.57	<i>Service Fee</i> \$ 2.56 <i>Delivery</i> \$ 5.99 <i>15% Tip</i> \$ 5.12	\$ 39.24	Extra \$13.67 (35% of bill)	\$ 710.84
Groceries instantly delivered	\$78.03	<i>Service Fee</i> \$ 3.90 <i>Delivery</i> \$ 8.49 <i>15% Tip</i> \$13.56	\$103.98	Extra \$25.95 (25% of bill)	\$1,349.40
Pizza store delivery for Friday night	\$37.79	<i>Delivery</i> \$ 4.99 <i>15% Tip</i> \$ 6.42	\$ 49.20	Extra \$11.41 (23% of bill)	\$ 593.32

Use the chart above to take a closer look at a few estimated costs of convenience and what you could save annually by choosing pickup versus delivery.

PLUG SPENDING LEAKS

Track purchases. Keep a spending diary to become more mindful of your spending habits. Track every purchase regardless of size, including recurring bills, and note your method of payment (e.g., cash, debit card, credit card, app, online payment check). Look for possible “leaks” among frequent purchases.

Examine receipts. If deliveries are common in your household, use app or email receipts to review past orders. Then determine how much extra you paid in recent service and delivery charges. What could you have done with this money instead?

Analyze auto-drafts. List monthly and annual auto-drafts, then assess how frequently you use each service. Be wary of sneaky online subscriptions that “hide” in other accounts, such as through PayPal, Apple settings, or Amazon Prime. Or they may include “free” trials you forgot to cancel. Review monthly bank, credit card, and/or money transfer app statements to help you identify any unused auto-draft service, subscription, or membership that you should cancel.

Say “No” to Easy Pay. Disable one-click purchase options that save your financial information. Instead, enter your information at checkout. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

Written by: Nichole Huff | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

Russell and Casey County Extension Vegetable Production Workshops 3-Part Series

Feb. 1: Vegetable Diseases and Control Methods with Dr. Gauthier
Location: Russell Co. Extension Office at 6:00pm EST

Feb. 8: Vegetable Pest and Control Methods with Dr. Bessin
Location: Russell Co. Extension Office at 6:00pm EST

Feb. 22: Vegetable Production Considerations with Dr. Rudolph
Location: Zoom at Casey Co. Extension Office at 6:00pm EST

All meetings qualify for CAIP educational credit.

Please call your local Extension office to register by the Monday before each meeting. This helps us to plan for handouts and meal numbers.

Casey: 606-787-7384

Russell: 270-866-4477

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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.

What's happening at the Casey County Public Library!

Uncover Your Past

Saturday, January 6
10:00 AM - 12:00 PM

Join us for a walk through on our Ancestry- Library Ed. along with our in-house databases.



CHAIR YOGA

STARTING JANUARY 22

10 - 11 AM
AGES 16+

JOIN US ON THE 4TH MONDAY EACH MONTH FOR EASY AND RELAXING CHAIR YOGA. WEAR COMFORTABLE CLOTHES. ALL MATERIALS PROVIDED.



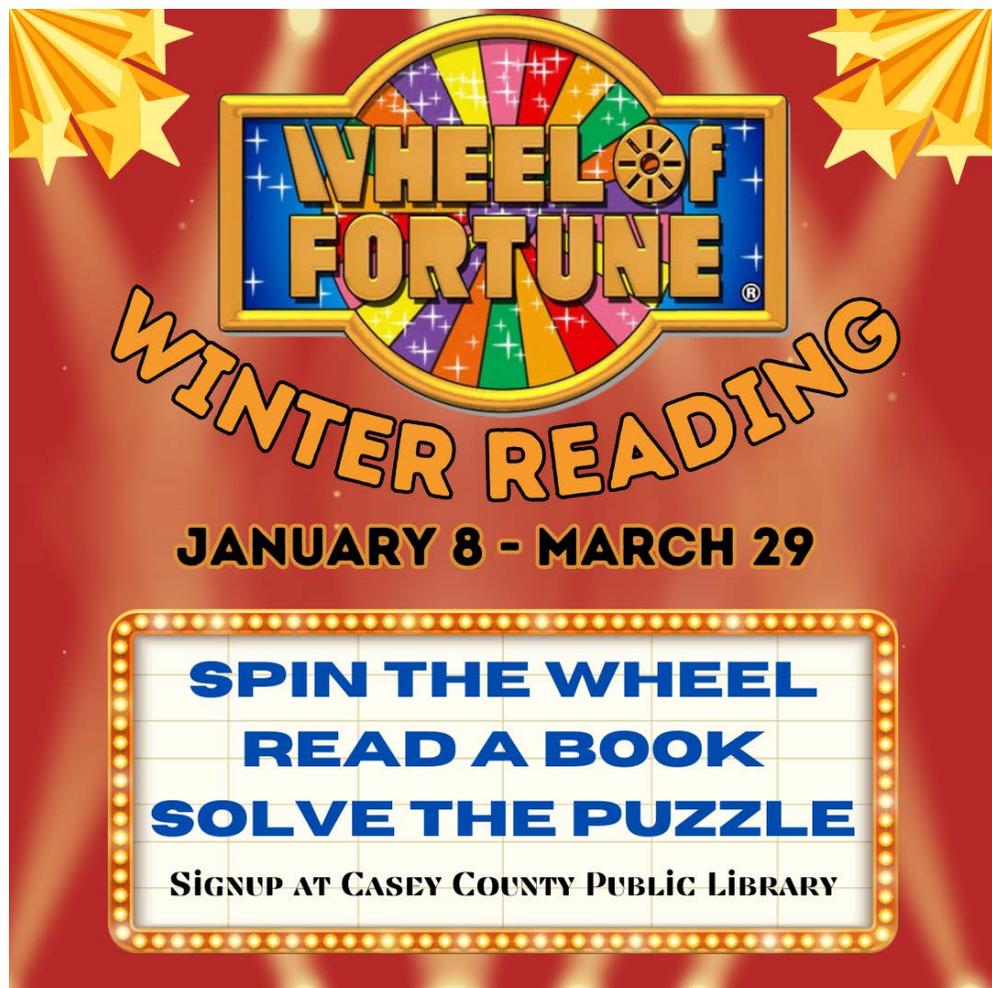
WHEEL OF FORTUNE

WINTER READING

JANUARY 8 - MARCH 29

SPIN THE WHEEL
READ A BOOK
SOLVE THE PUZZLE

SIGNUP AT CASEY COUNTY PUBLIC LIBRARY



Technology 101
Adult Skillbuilding

Tues, Jan 30
5-6 PM

@ Casey Co. High School

LEARN HOW TO USE TECHNOLOGY TO SUPPORT THE SUCCESS OF YOUR STUDENT

In partnership with Casey County Public Library and 21st Century Grant

