

FAMILY & CONSUMER SCIENCES



Clinton County

**Cooperative
Extension Service**
Clinton County
2601 North Hwy 127
Albany, KY 42602
(606) 387-5404
Fax: (606) 387-4380
www.ca.uky.edu/ces

Family & Consumer Sciences Extension Newsletter December 2011/January 2012

Christy's Comments

December has been full of activity—a very successful Truth & Consequences event, one of our best Christmas Village events to date, Homemaker club meetings and outings, and recognizing 137 pounds lost by Big Blue Shape Up participants over the past 10 weeks. What a month it has been!

It's hard to believe that another year has almost past. I hope you take time this holiday season to reflect upon those people and events that have been most meaningful to you over the last 12 months. Enjoy the time you spend with friends and loved ones over the next few days!

Happy Holidays,



Christy Nuetzman
Clinton County Extension Agent for Family
and Consumer Sciences

**Email me at christy.nuetzman@uky.edu or
find us online at <http://uky.ag/clinton>**



January is National Radon Action Month

The U.S. Environmental Protection Agency has designated January as National Radon Action Month. Radon is a radioactive gas produced from the natural breakdown of uranium, which is found in soil, rock and water. Radon can move up through the soil and enter homes through cracks in the foundation, floors and walls, gaps around service pipes and by way of construction joints. Once inside radon can build up. Any home, whether new or old, well-sealed or drafty, with a basement or without, can have radon problems. Breathing air containing radon can be harmful to your health. According to the Surgeon General, radon is the second leading cause of lung cancer in the United States. Take action this January by testing your home for radon. Many county health departments throughout Kentucky provide free radon test kits to residents. If your county does not offer free test kits contact the Kentucky Radon Program at (502)564-4856 to request a free test kit.

References:

KY Cabinet for Health and Family Services: KY Radon Program. 2011. Available at <http://chfs.ky.gov/dph/info/phps/radongas/> (accessed September 28, 2011).
United States Environmental Protection Agency. 2010. A Citizen's Guide to Radon. Available at <http://www.epa.gov/radon/pubs/citguide.html> (accessed September 28, 2011).
United States Environmental Protection Agency. 2011. National Radon Action Month. Available at <http://www.epa.gov/radon/nram/index.html> (accessed September 28, 2011).

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture



**Kentucky Extension
Homemakers Association**

Clinton County Homemaker Membership 2011-2012

Ginny Bertram
Pam Shultz
Gay Latham
Carol Brown
Jackie Ray
Rachel Butler
Elsie Brummett
Clara McFall
Sherry Garner
Rae Williams
Julia Caple
Eli Mackewich
Amanda Johnson
Shirley Slaughter
Cora Collins
Franchesca Buster
Dorlese Shelley
Tatum Harlan (Our Youngest New Member!)

Debbie Jones
Nannie Reneau
Reba Brauner
Jennifer Harlan
Sarah Engle
Becky Smith
Judy Thrasher
Penny Dalton
Nancy Mims
Virginia Wilson
Debbie Claywell
Jean Boswell
Rita Sparks
Jane Shoemaker
Mary Briggs
J.J. Ray

Debbie Craft
Ruth Ramsey
Renea Wells
Helen Craft
Anna Norris
Sue Rappelle
Margaret Asberry
Joan Talbott
Kathleen Fuller
Carol McWhorter
Debbie Brown
Megan Norris
Erika Nagel
Kathy Thrasher
Brenda Tallent
Barb McClendon

Christmas Village 2011

On December 8th, 118 youth and 78 adults participated in Christmas Village at Clinton County High School. It was certainly one of the best crowds in recent years!

We rolled with the punches and got as much accomplished in one night as possible. Definitely lots to think about for next year. Thanks to all who volunteered to help with Christmas Village. Santa's elves were busier than ever!

Approximately \$1,600 was raised during Christmas Village to support the Homemaker Scholarship and other activities. Funds raised from wreath sales and Santa letters will be shared in the next newsletter.

From stories children shared about what buying gifts meant to them, it was well worth the hectic pace. Thanks for the part you played in making the holidays brighter for many families!



JANUARY

Roll Call: Name your favorite thing to do on a snowy day.

Thought for the Month: If winter comes, can spring be far behind?

Percy Bysshe Shelley, English Poet



**Evolving Leaders Forum
January 21, 2012
Taylor County Extension Office
All times Eastern**



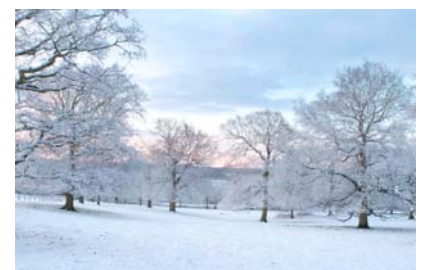
Registration, light refreshments	9:00-10:00 a.m.
Welcome, introductions, directions	10:15 a.m.
Class Session I (leaders pick one class each session) Gluten Free Preserving Photographs Spring Green Cleaning Social Networking	10:30 a.m.-11:00 a.m.
Class Session II - Above repeated	11:00-11:30 a.m.
Lunch	11:30 a.m.-12:15 p.m.
Class Session III Breathe, Meditate, Stretch Women of the World Truth and Consequences: The Choice Is Yours Omega 3's	12:30-1:00 p.m.
Class Session IV – Above repeated	1:00-1:30 p.m.
Wrap-up	1:30-2:00 p.m.

Additional registration information will be mailed after the holidays, but mark your calendars now! A great day of learning, fun, and fellowship with Homemaker members from other counties!

Don't Let a Winter Fall Cause Winter Blues

With snow covered sidewalks or ice that is hard to see, it is very easy to slip and fall in the winter. To lower the odds of a fall:

- Carefully shovel steps and walkways to your home or hire someone to shovel for you.
- Do not walk on icy or snowy sidewalks; look for sidewalks that are dry and have been cleared.
- Wear boots with non-skid soles so you do not slip when you walk.
- If you use a cane, replace the rubber tip before it is worn smooth. You might also buy an ice pick-like attachment that fits onto the end of the cane to help keep you from slipping when you walk with the cane. (You can find these at medical supply stores.)
- Ask your healthcare provider whether it is safe for you to shovel snow or do other hard work in the cold.



Resource: The American Geriatrics Society (AGS) Foundation for Health in Aging. (2011). Winter Safety Tips for Older Adults.

Source: Amy Hosier, Extension Family Life Specialist, University of Kentucky College of Agriculture

HOLIDAY APPLE SALAD



- ¼ cup lemon juice
- 2 tablespoons sugar
- 2 large firm red apples, such as Gala or Cameo
- 2 large green apples, such as Granny Smith or Crispin
- ½ cup dried cranberries or raisins
- ½ cup reduced fat mayonnaise

1. In a large salad bowl, mix together lemon juice and sugar until sugar is dissolved.
2. Wash apples and dice into ½ inch cubes.
3. Stir apples in sweetened lemon juice to coat.
4. Drain excess lemon juice mixture from apples.
5. Add cranberries or raisins and mayonnaise.
6. Mix together and refrigerate until serving time.

OPTION: Boost the protein and flavor of the recipe by adding walnuts, hickory nuts, or pecans. Save some of the dried cranberries to sprinkle on top for garnish.

SERVING SIZE 1/2 CUP. MAKES 16 SERVINGS

SOURCE: Jackie Walters, Extension Specialist, University of Kentucky Cooperative Extension Service

NUTRITION FACTS PER SERVING: 60 calories; 1 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 65 mg sodium; 12 g carbohydrate; 1 g fiber; 0 g protein; 0% Daily Value of vitamin A; 6% Daily Value of vitamin C; 0% Daily Value of calcium; 0% Daily Value of iron

Dates to Remember

(more will be announced in the Jan./Feb. newsletter)

December 26th-January 2nd	Extension Office Closed
January 10th	Brown Baggers at Eli's, 11:30 a.m.
January 12th	Homemakers Council Meeting, 4:45 p.m.
January 13th	Quilt Guild, 8:30 a.m. Nursing Home, 11:00 a.m.
January 16th	Extension Office Closed
January 17th	Lee's Chapel at Eli's, 12:00 noon Weigh-In for Fall Big Blue Shape Up Participants
January 21st	Homemakers Evolving Leaders Forum Registration 8-9 a.m. CST, Campbellsville