

# GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWS-

Cooperative Extension Service  
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Lora Pullin, Greenup County Family  
& Consumer Sciences Agent

## NORTHEAST AREA HOMEMAKERS MEETING IS A GREAT SUCCESS

Twelve Greenup County Homemaker members and traveled to the Lawrence County Community Center in Louisa, KY, on Saturday, October 12, 2024, to attend the Northeast Area Annual Homemakers Meeting. An afternoon of fun and fellowship was enjoyed with great food and wonderful entertainment and speakers who celebrated the vast tourism opportunities in Eastern Kentucky. Greenup County Homemakers were awarded nineteen blue ribbons at the area meeting, the most of any county in attendance!

Congrats on a job well done Lawrence County Homemakers!

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Greenup County Homemakers enjoying a day of fellowship at the Northeast Area Annual Homemakers Meeting at the Community Center in Louisa, KY.



# December 2024

## SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- Dec 1: Club Dues are due
- Dec 3: Greenbo Decorating Day
- Dec 5-7: Live Wreath Class—  
Call to register
- Dec 7 & 8: Greenbo Open House
- Dec 25—Jan 1: EXTENSION OFFICE CLOSED FOR HOLIDAYS

Looking ahead:

NEA Homemakers Enrichment Camp Date Change:

NEW DATES-

September 9-11, 2025

## ROLL CALL

What is your dream for this holiday season?



*Sounds of the Season*



## THOUGHT FOR THE MONTH

“Workin on a mystery, goin wherever it leads runnin down a dream.”

- Tom Petty & the Heartbreakers

# January 2025

## SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- Jan 2: EXTENSION OFFICE RE-OPENS FROM BREAK
- Jan 2: Remove decorations at Greenbo
- Jan 8: Quilt Guild Sit N Sew—9:00am @ Extension Office
- Jan 15: HM Executive Council Meeting—9:00am @ Extension Office
- Jan 15: HM Council Meeting—10:00am @ Extension Office
- Jan 20: EXTENSION OFFICE CLOSED—MLK DAY
- Jan 22: Quilt Guild Meeting—10:00am @ Extension Office

## ROLL CALL

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

## THOUGHT FOR THE MONTH

“Lookin for adventure and whatever comes our way.”  
  
-Steppenwolf

### Looking ahead:

- May 6-8: KEHA State Meeting at Hyatt in Lexington—The block of rooms is currently open for Homemaker pricing—Please call to make your reservations as soon as you know you’ll be attending.
- Northeast Area Homemakers are the Host for the KEHA State Meeting. We will need extra help to keep things running smoothly. Please consider attending if you can, reach out to Lora or Sharon with any questions.



## FOOD DRIVE FOR HELPING HANDS

We were informed of a need by our friends at Helping Hands in Greenup, KY to replenish the stock of their pantry for clients. The Greenup County Extension clubs/volunteer groups have divided up the list to help meet that need. We are asking any homemaker clubs who would like to participate to collect the following items:

- \*Spaghetti Sauce
- \*Spaghetti Noodles
- \*Cornbread Mix

These items can be dropped off at the Greenup County Extension Office anytime before December 16, 2024. If you need Lora's assistance with picking up/transporting items from your club meeting location, please let her know in advance. We appreciate any help with this project, even if it is just a few items it will add up if we are all working together! Thank you!

## HOMEMAKER DUES

Remember, Homemaker dues and enrollment cards are due at the Extension Office no later than December 1, 2024. (Please write one check for all members of your club)

## JANUARY LEADER LESSON

Our January Leader Lesson is focused on the topic of Indoor Air Quality. This is a mailout lesson format and is included on pages 11-13 of this newsletter.

Consider having a discussion at your January club meeting and asking members to think of at least one way they could improve the indoor air quality of their living space.

## GREENBO DECORATING DECEMBER 3, 2024

We are excited to be decorating the Jesse Stuart Lodge at Greenbo Lake State Resort Park!

Make plans to arrive anytime after 9am to begin decorating your clubs tree. Greenbo Lake State Park has graciously offered to provide lunch to us on decorating day. Please make sure your club has RSVP'd to the office for lunch. We need to give Greenbo a count for the kitchen staff to be prepared.

Please note the Open House will be on Saturday, December 7, from 10am-4pm and Sunday, December 8, from 1pm-4pm. The Ashland Area Music Educators have a full line-up of music on Saturday. On Sunday we will have various community groups performing including the Rail City Dulcimers and Advanced Methodist Hand Bell Choir. The buffet will be open during the weekend and available for purchasing lunches and/or dinners.

We look forward to seeing all the beautiful decorations and delicious food covering the groaning board!

## HOMEMAKERS COUNCIL TO MEET JANUARY 15

The Homemakers Executive Council will meet at 9:00am at the Extension Office on Wednesday, January 15, 2025. The Homemakers Council will meet at 10:00am following the Executive Council meeting.



# MONEYWISE

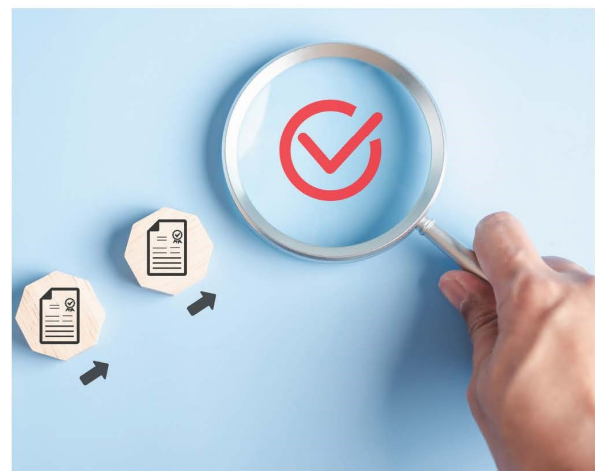
VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## 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.

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**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

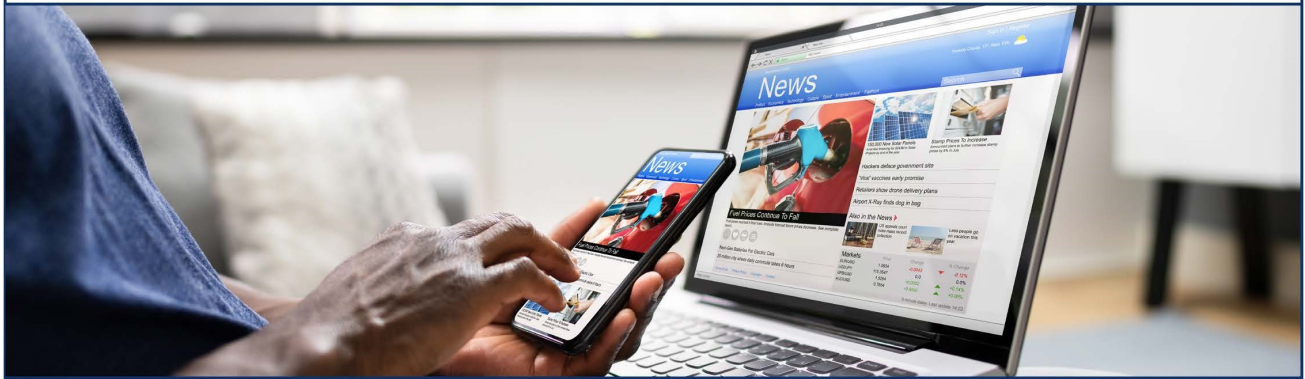
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Lexington, KY 40506



Disabilities accommodated with prior notification.

## “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 MONEYWISE 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](https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf)

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# ADULT

# HEALTH BULLETIN



**DECEMBER 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Greenup County Extension Office  
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## THIS MONTH'S TOPIC

# AVOID WINTER HEALTH RISKS



**A**s winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

**Continued on the next page** →



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 Disabilities accommodated with prior notification.

**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



**→ Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT  
HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock





# THANKSGIVING

## MENU CALORIE COMPARISON



**Main Dish** 3 1/2 oz. Roasted Turkey **240 calories per serving**  
**Main Dish** 3 1/2 oz. Baked Ham **308 calories per serving**

### Standard Recipes

Sides                      Calories per serving

Clam Chowder                      **504**  
 Sweet Potato Casserole           **438**  
 Green Bean Casserole           **264**  
 Mashed Potatoes                   **212**  
 Cranberry Salad                   **293**  
 Macaroni & Cheese                **421**  
 Corn Pudding                       **257**

Roll with butter                    **150**

Pumpkin Pie                        **374**

TOTAL                                **3,461**

TOTAL with turkey alone       **3,153**

### Plate it up! KY Proud Recipes

Sides                      Calories per serving

Broccoli Chowder                **180**  
 Sweet Potato Crisp               **240**  
 Green Bean Medley               **150**  
 Turnip Tater Mash               **50**  
 Very Berry Salsa                 **40**  
 Noodles Florentine               **206**  
 Country Ham & Broccoli Grits   **120**

Sweet Potato Biscuit            **100**

Cushaw Pie                        **250**

TOTAL                                **1,884**

TOTAL with turkey alone       **1,576**



# Plate it up! Kentucky Proud Recipes

Broccoli Chowder

[ukfcs.net/BroccoliChow](http://ukfcs.net/BroccoliChow)

Sweet Potato Crisp

[ukfcs.net/SPotatoCrisp](http://ukfcs.net/SPotatoCrisp)

Green Bean Medley

[ukfcs.net/GBMedley](http://ukfcs.net/GBMedley)

Turnip Tater Mash

[ukfcs.net/TurnipMash](http://ukfcs.net/TurnipMash)

Very Berry Salsa

[ukfcs.net/VeryBerry](http://ukfcs.net/VeryBerry)

Noodles Florentine

[ukfcs.net/NoodlesFlorentine](http://ukfcs.net/NoodlesFlorentine)

Country Ham & Broccoli Grits

[ukfcs.net/BroccoliGrits](http://ukfcs.net/BroccoliGrits)

Nutty Sweet Potato Biscuit

[ukfcs.net/SPotatoBiscuits](http://ukfcs.net/SPotatoBiscuits)

Cushaw Pie

[ukfcs.net/CushawPie](http://ukfcs.net/CushawPie)

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# Indoor Air Quality:

## Sources and Effects on Our Health



### Hardin Stevens

Senior Extension Associate  
Family and Consumer Sciences Extension

The EPA estimates that we spend 90% of our time indoors, in homes, schools, workplaces, places of worship, or gyms. Research shows that indoor air pollution is increasing. Our air quality is affected by chemicals, gases, and particles from products used or naturally found inside buildings, inadequate ventilation, and moisture and humidity problems. The home is the most likely place you are exposed to indoor air pollution.

Developing an understanding of indoor air quality (IAQ) and identifying factors that impact the air you breathe while indoors will empower you to make decisions about how you can improve your indoor home environment.

### What do you think of when you hear the term “air quality”?

Many people think of outdoor air pollution such as smog, smoke, and vehicle exhaust. But what about indoor air quality?

According to the Environmental Protection Agency (EPA), “Indoor Air Quality refers to the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants.”



### Indoor Air Quality Problems

The main causes of indoor air quality problems are contaminants that release gases or particles into the air:

- Tobacco products and secondhand smoke,
- Radon,
- Burning wood,
- Mold,
- Dust, pet dander, and hair,
- Volatile organic compounds (VOC) found in household cleaners, dry cleaning, hobby supplies, etc., and
- Pesticides.

Household items that may impact your indoor air quality:

- Heating and cooling systems, air conditioning units, gasoline-powered heaters, and other appliances,
- Fireplaces and woodstoves,
- Cooking appliances, and
- Building materials and furnishings.

## Impacts of Poor Air Quality on Health

Indoor air pollution can cause symptoms such as irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. It might also cause, aggravate, or worsen asthma and allergies. It can also make it more difficult to fight off infections. Air pollution can also cause long-term health problems such as respiratory diseases, heart disease, and cancer.

## How Can We Improve Indoor Air Quality?

To improve or avoid any health symptoms, work to improve your indoor air quality. Controlling the source of pollution is the most efficient way to do that. An easy way to do this is to make sure your home has proper ventilation. Increasing the amount of air that exchanges between inside and outside will keep your air cleaner.

Here are some ways to make sure your home gets proper ventilation:

- Open windows and doors (weather permitting). Keep windows and doors closed when outdoor air quality is an issue (wildfires, other health hazards, etc.).
- Use window and attic fans (weather permitting).
- Use bathroom and kitchen fans, especially if they are vented outside.
- Consider an air cleaner. They come in different types and sizes ranging from tabletop models to whole-house systems. Do some research to see if one is right for you.



To keep the air inside your home or office cleaner:

- Vacuum and dust often.
- Wash bedding regularly.
- Do not allow anyone to smoke or vape indoors. Adopt a smoke-free home and car. Ask people who use tobacco to go outside at least 20 feet from entryways, windows, and vents.
- Safely store chemicals away from children and pets.
- When taking a shower, use a ventilation fan.
- Dry any damp surfaces.
- Maintain and ventilate appliances and heating or cooling units. Change your air filters regularly especially in times of outdoor smoke events (e.g., wildfires).
- Use nonchemical products when possible.
- Seal all cracks in basements.
- Test for radon every two years. If your radon number is at or above 4.0 pCi/L, contact a certified radon measurement and mitigation professional to lower exposure to radon.

New home designs are adding features to bring outdoor air through the HVAC system.

## Do House Plants Improve Air Quality?

There is no direct evidence that having houseplants cleans indoor air. In fact, houseplants may contribute to indoor air pollution by releasing VOCs into the air. Additionally, the plant's soil may have bacteria, pesticides, or other contaminants. Overwatering plants can cause microorganisms to grow, which can affect people with allergies.

There is no way to totally rid your indoor air of pollutants, but by following these steps, you can reduce potential exposure to these risks.

Improving indoor air quality requires an understanding of what contaminants are affecting the air you breathe in your home. Once you have identified the contaminant source, take appropriate action to eliminate or mitigate the source.

Sometimes, improving air quality is as simple as opening windows or doors. Sometimes, you need expert assistance to effectively improve the air quality.

### Sources:

Referenced 6/6/23

[https://www.epa.gov/indoor-air-quality-iaq/introduction-indoor-air-quality#:~:text=Indoor%20Air%20Quality%20\(IAQ\)%20refers,and%20comfort%20of%20building%20occupants.](https://www.epa.gov/indoor-air-quality-iaq/introduction-indoor-air-quality#:~:text=Indoor%20Air%20Quality%20(IAQ)%20refers,and%20comfort%20of%20building%20occupants.)

Referenced 6/6/23

<https://www.epa.gov/indoor-air-quality-iaq/improving-your-indoor-environment>

Referenced 6/7/23

<https://www.niehs.nih.gov/health/topics/agents/indoor-air/index.cfm>

Referenced 10/23/23

<https://www.epa.gov/indoor-air-quality-iaq/text-version-indoor-air-quality-house-tour>

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Sincerely,

A handwritten signature in cursive script that reads 'Lora B. Pullin'.

Lora Pullin,  
Greenup County  
Extension Agent for  
Family and Consumer  
Sciences

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