

Family & Consumer Sciences Newsletter



Happy New Year!

As we welcome the new year, many people make resolutions to improve their lives in some way. Common New Year's resolutions include goals related to health, finances, career, and personal development. However, setting these goals is often easier than actually achieving them. Remember to be kind to yourself and celebrate small victories as you work towards your resolutions. And if you experience setbacks or obstacles, don't give up!

January is national Radon Action Month. This Month's newsletter highlights how to reduce radon in your home and an easy crockpot recipe. This month, Yadkin FCS invites you to a Relaxation Workshop on January 31st. Make your New Year resolution about self-care and learn how to make scrubs, soaks, and milk baths!

Do you want to know what is happening with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send your email or mailing address to cpjohns5@ncsu.edu.

In this Issue

Happy New Year!

Reducing Radon
at Home

In the Kitchen

Community
Events

Safe at Home: Preventing Lung Cancer

BY REDUCING RADON IN THE HOME

What is radon?

Radon is a gas that you cannot see, smell or taste. It comes from the decay of radioactive elements (such as uranium, thorium and radium) in soil and groundwater.



Why should I be concerned about radon?

Breathing in radon is the second leading cause of lung cancer after smoking. Radon is the likely cause of more than 21,000 lung cancer deaths each year in the US. In 2020, lung cancer was the leading cause of cancer deaths in NC.

What are your chances for getting lung cancer from radon?

Each one of the following influences your risk:

- 1. Level of radon in your home;**
- 2. The amount of time you spend in your home;**
- 3. If you are a smoker of tobacco or have ever smoked tobacco; and**
- 4. If you are exposed to secondhand smoke.**



How does radon cause lung cancer?

Radon gas decays into radioactive particles that can get trapped in your lungs when you breathe. These particles break down and release small bursts of energy. This can damage lung tissue and lead to lung cancer over the course of your lifetime. Not everyone exposed to high levels of radon will develop lung cancer, however the risk for lung cancer is increased.

How does radon get into a home?

Radon can rise from the rocks in the ground, through the soil, and to the air above. It comes into your home through cracks and holes in the foundation. The radon becomes trapped in your home. This can happen in new and old homes, homes with or without basements, and in high-rise and multi-family buildings. Underground well water can transport radon from the soil into the house.



Where is radon found in NC?

Nearly one out of every 15 homes in the US is likely to have a high level of radon. Homes in all 100 counties of NC have tested at high levels for radon. The only way to know if your home has a radon problem is to test it.

Is radon only in homes?

No. Radon can get into any type of building. You and your family are most likely to be exposed at home because you spend most of your time there.

What is considered a high level of radon in the home?

The amount of radon in the air is measured in "picocuries per liter of air," or "pCi/L." A radon level in the home between **2 and 4 pCi/L** is considered moderate risk and over **4 pCi/L** is considered high risk for your health.

I am buying/selling a home. How do I get a property tested for radon?

There are no laws in NC regarding radon testing. The NC Radon Program recommends that you hire a certified radon contractor. This will give you reliable test results quickly. If you get your water from a well, you can test your groundwater for radon with a certified laboratory. Visit www.ncradon.org to find a certified radon tester.

What if the radon levels are high in my home? Can my home be fixed?

The EPA (US Environmental Protection Agency) recommends fixing homes that have an average radon level **over 4 pCi/L**. The EPA suggests you consider fixing your home if it tests between **2 and 4 pCi/L**. Most homes can easily be fixed to bring the radon levels below 4 pCi/L. Lowering high radon levels requires special knowledge and skills. Pick a contractor who is trained to fix radon problems. The National Radon Proficiency Program or the National Radon Safety Board certifies trained contractors. Visit www.ncradon.org for links.

How do I fix my home if the test shows there is a high level of radon in water?

The NC Radon Program recommends testing well water for radon. Experts say you should fix well water that tests over 10,000 pCi/L. If the radon level is high in the well water, a second test for other types of radioactive particles like uranium and radium should be done. Select a contractor who is trained to fix radon problems. Contact your county health department's environmental health program for more information.

What will fixing my home cost me?

In 2017, the average cost for fixing a radon problem in an existing home was \$1,500. The average cost to include a radon reduction system when building a new home was \$800. The cost for a private well water radon treatment system ranges between \$5,500 - \$7,500. Visit www.ncradon.org to learn more about building Radon Resistant New Construction.


Will a radon reduction system impact the sale of my home?

Builders are installing radon mitigation systems in new homes throughout North Carolina. Radon reduction systems are considered an asset during home sales as it assists in lowering radon levels in the home. Always be sure to test for radon to verify the system is operating properly.



Easy Crockpot Mississippi Pot-roast

Mississippi pot roast is the perfect dish to make in the slow cooker with a chuck roast, gravy, and pepperoncini peppers.

 Total Time
8 hrs 5 mins

 Makes
8 servings

Ingredients

- 1 (3 pound) chuck roast
- ½ (12 ounce) jar pepperoncini
- ½ (12 ounce) jar pepperoncini juice
- ½ cup unsalted butter
- 1 (1 ounce) packet au jus gravy mix
- 1 (0.4 oz) package buttermilk ranch dressing mix
- salt and ground black pepper to taste

Directions

1. Combine chuck roast, pepperoncini, pepperoncini juice, butter, au jus mix, ranch dressing mix, salt, and pepper in a slow cooker. Cover and cook on Low until roast is fork-tender, about 8 hours.
2. Remove chuck from slow cooker; shred with 2 forks and serve with gravy.



From allrecipes

Nutrition Facts (per serving)
553 - Cal
46g - Fat
3g - Carbs
29g - Protein

FREE

Winter Fermentation

WORKSHOP WITH
Jill Cockerham

This workshop offers a broad overview of fermentation, covering basic concepts, history, and techniques. Demonstrations will be given on sourdough bread, vegetable fermentation, and making kombucha. Details will be provided for food business startups focused on fermented products, and participants will get to take home a sourdough and kombucha starter for home projects.

Jan. 13, 2024
SNOW DATE – JAN. 20TH
10 am – 12:30 pm

LOCATION: WILKES
AGRICULTURAL CENTER



Scan the
QR code
to register!

For more information:
lsbrintle336@wilkescc.edu
336-838-6166



NC COOPERATIVE
EXTENSION

Pamper Yourself

Come join Yadkin County FCS for an hour of relaxation while creating homemade scrubs, soaks, and milk baths.

January 31st

1pm- 2pm

Yadkin County Agricultural
Building

2051 Agricultural Way, Yadkinville,

NC 27055

Cost - \$10

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NC

**COOPERATIVE
EXTENSION**

COMMUNITY EVENTS



Extension At Home

Helping You Improve Your Life!



Lunch & Learn
2nd Tuesday of the Month
12:00 pm EDT/EST



Come join us and empower yourself with information that is important to you.

January 9th	Meal Prep 101
February 13th	Happy Heart Habits: Steps to Better Cardio Health
March 12th	Cook with Ease: Tips, Tools & Gadgets
April 9th	Become A Scam Detective
May 14th	Embracing Wellness: Tips For Healthy Aging
June 11th	Eat A Rainbow

MORE INFORMATION AND REGISTRATION AT
GO.NCSU.EDU/EXTENSIONATHOME OR USE THE QR CODE

NC Cooperative Extension is an equal opportunity provider.

Yadkin County Cooperative Extension
2051 Agricultural Way, Suite 201
Yadkinville, NC 27055
336-849-7908
Monday - Friday ~ 8AM - 5PM

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@YadkinCooperative

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