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Geary County

K-State Research and Extension News

Knowledge for Life

Ask the Agent

Q: My toddler is such a very picky eater. Do you have any tips to help me get him to try new foods?

A: Children simply have an evolving palate – some foods taste good one day but not the next. Keep in mind that all foods are new to them at some point. Children are not being “stubborn”, but rather developing their uniqueness in what foods they prefer. “Choosy” eating and food preferences change over time. Be a positive influence on your child’s food preference by encouraging them to try new things. The parent is a child’s first teacher. By showing them that you eat a wide variety of foods, they are more likely to appreciate a broader palate, themselves.



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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Cool It!: Part I

July 2016

It goes without saying that air conditioning has become more of a necessity than a luxury in our world these days. Gone are the days of just a few select homes and businesses being equipped with air conditioning! It makes it harder on our bodies to go places without air conditioning now that most of us work and live in a more climate-controlled environment. Recognizing that your body can’t “tough out” the heat like it once could is the first step to ensuring you don’t get heat stroke or other heat related illnesses. To help you identify the symptoms and dangers of heat related illnesses, read what the Centers for Disease Control (CDC) shares about these dangerous conditions:



Heat Stroke occurs when the body becomes unable to control its temperature. The body’s temperature rises quickly and the body’s cooling system, i.e. sweating, fails to work. When this happens the body cannot regulate its temperature and is unable to cool down properly. Heat stroke is the most serious heat-related illness and can result in permanent disability or even death, if immediate treatment is not given. Some of the symptoms that accompany heat stroke include: confusion, loss of consciousness, hot and dry skin, seizures, or very high body temperatures (106°F or higher). Heat stroke is fatal if not treated immediately.

Heat Exhaustion results from the body’s response to an excessive loss of water and salt; usually through excessive sweating. Populations that are more prone to heat exhaustion are those who have high blood pressure, work in a hot environment, or are elderly. Symptoms of heat exhaustion include: headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating, among others.

Rhabdomyolysis is another heat-related illness that is a medical condition associated with heat stress and prolonged physical exertion that results in the rapid breakdown, rupture, and death of muscle. When this occurs, electrolytes and large proteins are released into the bloodstream and can cause irregular heart rhythms and seizures as well as damage to the kidneys. Symptoms of Rhabdomyolysis include: muscle cramps/pains, abnormally dark colored urine, weakness, exercise intolerance and asymptomatic (i.e. showing no symptoms at all.)

Heat Syncope is a fainting episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. When your body has not had much time to acclimate to a temperature change or you experience dehydration, heat syncope can show the following symptoms: fainting (short duration), dizziness, or light-headedness.

Heat Cramps and Heat Rash are also common illnesses that accompany exposure to excessive heat. The symptoms for these two illnesses are more obvious to a person because they can either feel or see the effects more readily.

It is important that you don’t ignore what your body is saying to you. Be aware of your comfort level and look for ways to avoid too much exposure to excessive heat. If you are concerned that you are experiencing one of these heat-related illnesses, look at the article on the inside of this newsletter to see what action you should take to address the illness. As always, consult with your physician if you have serious concerns about your body’s reaction to heat. Awareness and treatment are key to helping you “Cool It!”



Having summer fun with the family is a great way to wrap up the summer vacation. Staying hydrated is one of the key factors in helping avoid getting sick in the summer heat. Buy what beverages are your best options? Many beverages contain added sugars and offer little or no nutrients while other may provide nutrients but too much fat and too many calories. Here are some tips from the United State Department of Agriculture to help you make better beverage choices:

Drink Water! Drink water instead of sugary drinks. Regular soda, energy or sports drinks and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Pay Attention to Thirst! Let your thirst be a guide to your water consumption. Water is an important nutrient but everyone needs a different amount. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

Go Cheap! Water is usually easier on the wallet than other beverage options. You can save money by drinking water from the tap at home, by taking home tap water with you to the ball field or other activity, and less expensive (or no expense) when eating out.

Manage Your Calories! Drink water with and between meals. Adults and children take in about 400 calories per day as beverages – drinking water can help you manage your calories.

Enjoy Your Beverage! When water just won't do – enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

Source: DG TipSheet No. 19 "Make Better Beverage Choices"

As energy use and expenses continue to rise, we are often challenged to find ways to reduce the monthly utility bill. What are the best ways to save money on our household energy bill? Here are a few of the myths and truths about energy conservation offered on a University of Oregon website:

<https://campusops.uoregon.edu/utilities-services/energy-conservation-myths>

Myth #1: Leaving a light on uses less energy than turning it off and on several times. **Truth:** Leaving an incandescent or fluorescent lamp on uses more energy than turning it on and off as needed. Tips:

- Get into the habit of turning off lights when you leave a room.
- Use natural day lighting when possible and reduce or eliminate artificial lighting. Day lighting has been proven to have many benefits.

Myth #2: Setting your air-conditioner thermostat to its lowest setting when you start it will cool your room faster. **Truth:** This won't cool your room any faster, it'll just use more energy. Tips:

- Use a personal fan or ceiling fan to cool you directly. A fan can make it feel several degrees cooler while using much less energy. These fans create air movement across the skin, lowering skin temperature through evaporation.
- Dress appropriately for the seasons and the comfort level of your work area.
- Don't set your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool faster. It will cool to a lower temperature than you need and use more energy.
- Do not position heat-producing appliances, such as televisions or lamps, near the thermostat that controls your air conditioner. The heat they produce "fools" the thermostat and causes the air conditioner to run longer than necessary.
- Take advantage of natural ventilation during the times of the year when this is feasible to reduce air conditioning usage. Opening and closing windows can ventilate different parts of a building. In the cooling season, draw draperies, blinds, and shades indoors to keep out direct sunlight.

Myth #3: It uses less energy to boil water if you start with hot water from the tap. **Truth:** It uses the same amount of energy to boil water regardless of where the energy is from. If the water heater preheats it, you pay for that energy as well as any losses in the pipes and heater itself. Tips:

- Water boils faster in a covered pot and uses less energy.
- Use the least amount of water you can get away with. It will take less time and energy to bring it to a boil. Use the lowest possible heat setting to keep the water boiling, steaming, simmering, or whatever your recipe calls for.

Myth #4: It is more energy efficient to leave your computer running when not in use. **Truth:** Any time you can turn off your computer it will save energy. Many computers now have energy saving "sleep" features that save energy when the computer is not being used. Tips:

- Turn off computers and monitors at night and on weekends. Remember that these machines generate a lot of heat - they can cause an air conditioner to run more.
- Configure the system so the monitor will go into power saving or "sleep" mode instead of flashing a fancy screen saver.



Healthy Habits

Cool It: Part II

Heat-Related Illness	First Aid Treatment
Heat Stroke	Call 911 IMMEDIATELY! If assisting, stay with the affected person until medical services arrive and circulate the air around them Move to a shaded, cool area Remove outer clothing Cool with cold water or ice bath, if possible; wet the skin, place cold wet towels on the skin, or soak clothing with cool water
Heat Exhaustion	Seek medical help - Go to the ER or a clinic for evaluation as soon as possible or call 911 if necessary If assisting, stay with the person until more help arrives Remove unnecessary clothing including socks and shoes Cool off with cold compresses or wash down with cool wet towels Take frequent sips of cool water
Rhabdomyolysis	Stop all activity Increase water consumption Seek immediate care at the nearest medical facility Request blood test for rhabdomyolysis (checking for creatine kinase)
Heat Syncope	Sit or lie down in a cool place Slowly drink water, clear juice, or a sports drink with electrolytes
Heat Cramps	Drink water and have a snack or carbohydrate-electrolyte replacement liquid (sports drink) every 15-20 minutes Avoid salt If cramps do not subside within 1 hour, seek medical help
Heat Rash	Move to a cooler, less humid environment Keep rash area dry and apply powder for increased comfort Avoid use of ointments and creams

Source: Center for Disease Control and Prevention; NIOSH Types of Heat-Related Illnesses

Connecting with Kids

Looking for a quick, easy, and kid-friendly summer snack? Watermelon is at its best in late summer; enjoy it cubed on a skewer with blueberries and green grapes. Add a zesty finish with a drizzle of syrup made from lime juice and sugar. Kids love to build their own kabobs, so enjoy this Watermelon Kabob recipe with your children or grandchildren:

Watermelon Kabobs

Ingredients:

- ½ small seedless watermelon (rind removed, about 7 lbs)
- 3 cups large seedless grapes (removed from stems and halved for younger children)
- 2 cups blueberries
- 1 lime
- 2 tablespoons sugar

Directions:

1. Have ready sixteen 6 – 8 in. wooden skewers, and line a rimmed baking sheet with plastic wrap.
2. Cut watermelon in bite-sized chunks. Alternating fruits, thread on skewers. Arrange on baking sheet, cover with plastic wrap and refrigerate until serving.
3. Grate zest and squeeze juice from lime. Put zest, lime juice and sugar in a small bowl, let stand for 10 minutes, then stir until sugar dissolves.
4. Just before serving, drizzle or brush kabobs with lime syrup. Transfer to serving platter.

Note: Steps 1 & 2 can be done 1 day ahead



Source: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/watermelon-kabobs>

Upcoming Geary County Extension Programs

**Requires pre-registration.

August

- 30 MPI Parenting Class**—Junction City YMCA, 1703 McFarland Road, Junction City, is a 6-session class open to any parents with children ages toddler to teen to help support and equip parents with the challenging task of raising children. Please call the Geary County Extension Office to register for the program—785-238-4161. The class consists of 6 consecutive sessions held from 5:30—7:30 p.m. on Tuesday evenings. A \$10/session registration fee is required before the class begins. The total cost for the class is \$60.00 per individual or \$90.00 for the parent and a partner/support person. The class continues through October 4.

September

- 6—27 MPI Parenting Class**— See information above. This class continues through October 4.
- 8 Knowledge at Noon**— Keys to Embracing Aging: Social Activity, Valley View Estates, 1440 Pearl Drive, Junction City, KS. Discover the health benefits of eating a balanced diet and increasing physical activity. This free program begins at noon and is open to the public. Call the Extension Office by September 2, 2016 to reserve your seat. 785-238-4161.
- 20 EEU Fall Festival— 4-H/Senior Citizens Building, 1025 S. Spring Valley Road, Junction City; Time TBD
- 22 Medicare Basics for Boomers and Beyond**—4-H/Senior Citizens Building at 1002 S. Spring Valley Road. This class will help you gain the knowledge you need to make informed decisions about your Medicare options. The free program will run from 5:30—7:30 p.m. Call the Extension Office to reserve your seat. 785-238-4161.

October

- 15 Medicare Part D Open Enrollment Begins—Call the Geary County Extension by October 15 to make your appointment.

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Geary County Office information: <http://www.geary.ksu.edu/>
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