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# Geary County

K-State Research and Extension News

## Knowledge for Life

### Ask the Agent

**Q:** Even though my clothes dryer isn't that old, it doesn't seem to dry as well as it used to? Do you have any tips for making it more efficient so that I don't have to buy a new one?

**A:** Leading dryer manufacturers offer these tips:

- ◇ Make sure the lint filter is clean—remove any build-up found in the filter compartment, as well
- ◇ Make sure your vent pipe is the proper length with no sharp bends or kinks
- ◇ Use 4" diameter solid venting pipe for best results (a 4" diameter metal flexible venting pipe works, too) - the plastic ones can collapse and restrict the airflow
- ◇ Check for obstructions in the ducting and double check the outside wall damper to ensure it is operating correctly.



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

**785-238-4161**



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## Make it a Win-Win Fall!

October 2016

Fall offers homeowners a win-win before winter! You might think it is too early to begin making preparations for winter, but if you don't start now, you might find yourself taking out the window unit air conditioner in the middle of a snow storm! Here is a quick checklist you can use to help save on your utility bills and protect your home from the wear and tear of winter:



- Get Heating System Tuned-up – Although this will cost you a service charge, the money you spend to look for and prevent problems can save you more money through lower utility bills and reduce the wait time as you wait in line for repairs in the middle of winter.
- Reverse Ceiling Fans – If your fans have this feature, you can switch the direction of the fan blades to a clockwise direction when you decide to use heat. This will produce an updraft and push down the heated air that rises to the ceiling. Rooms with high ceilings will benefit from making this change and help you feel warmer in the process!
- Inspect the Roof – You can do this best by climbing a ladder up to the roof to closely look for damaged, loose or missing shingles that may leak melting snow into your house. If you are unable to climb a ladder, use binoculars to look the roof over. Make sure the gutters and downspouts are clear of leaves and small twigs that will hold moisture and cause blockage.
- Caulk Around Windows and Doors – If there are gaps between the siding and window or door frames bigger than the width of a nickel, you need to apply exterior caulk. Using an outdoor silicone caulk is best for exterior use because it won't shrink and it resists damage from the extreme elements winter often brings.
- Disconnect Outdoor Water Sources – If you used a garden hose during the summer, drain the water from the hose coil it up to and place in dry storage for the winter. Outside faucets should also be drained to avoid frozen pipes this winter.
- Restock Cold-Weather Essentials – Purchase items such as salt or ice melt, ice scrapers for your car, or a snow shovel, if needed. If you wait until right before the first storm hits, you just may find the shelves empty.

Fall gives each of us time to transition from one extreme season to another. If we use the fall season to prepare, we can enjoy the outside fall temperatures while we get our house ready and enjoy the lower utility bills during winter. Sounds like a win-win to me!





## Family Night Fun

Building and maintaining strong family relationships is both challenging and rewarding. It is important that parents take the time to be intentional about building a strong relationship with each of the children and solidifying the relationships with the family as a whole.

One of the many ways parents can work to build the family unit is by making time for family nights. A family night is a protected scheduled "event" that every member of the family participates in. Whether you choose to stay IN or plan to go OUT—the key is committed family time offered by all members of the family.

**Family Night In:** This can be as simple as preparing and enjoying a meal at home and playing card or board games together. Put together a list of random objects and go on a scavenger hunt together in your home and yard. Take it outside—Enjoy a pile of raked leaves together or go for a walk!

**Family Night Out:** Look at your local newspaper or community cable TV station to find family-friendly community events. Geary County has a number of family-friendly events scheduled this fall. Check out the Harvest Block Party on Monday October 31st from 5:30—8:00 p.m. This free event is a great alternative for Halloween festivities. My family really enjoys the 4-H Foundation Soup Supper and Bingo (see insert). The boys love to have a chance to shout out BINGO and pick their own prize! Check out the Family Imagination Station held the 1st Tuesday of each month at the Dorothy Bramlage Library from 6-7 pm where the whole family can enjoy hands-on activities!

Whether you choose to stay in or go out— you can build stronger relationships by making family night a regular part of your monthly schedule!

**Geary County 4-H Foundation**

**Soup Supper**

**&**

**Bingo**

**November 6, 2016**

**5:30pm Supper, 6:15pm Bingo**

**4-H/Senior Citizens Center**

**1025 S. Spring Valley Road**

**Meal by Donation**  
 Chili, chicken noodle soup, crackers, carrots, cinnamon rolls  
**Bingo**  
 \$1 per card  
 (around 8 games will be played with fun prizes for the winners!)

## Corny Cornbread

### Ingredients:

- 2 cups whole-grain cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoons salt
- 2 tablespoons sugar
- 1 cup buttermilk
- 2 eggs
- 1 cup creamed corn

### Directions:

Preheat oven to 450°F.

In a medium bowl, stir together cornmeal, salt, sugar, baking powder, and baking soda and set aside. In large bowl, whisk together buttermilk, eggs, and creamed corn. Spray an iron skillet with cooking spray and set on a cooktop burner on low-medium heat to heat. Add dry ingredients to buttermilk mixture and stir gently to combine. Do not over stir. Take the skillet off the burner and pour the batter into the hot cast iron skillet. Spread to even out the surface. Bake for 20—25 minutes, until a toothpick or cake tester inserted in the center comes out clean.

Cornbread should be golden brown. Yield: 8 servings



My dad loved to cook in a cast iron skillet, so from a young age I have known how to cook and clean this heavy kitchen standby. However, until I purchased a new one for myself, I was not sure how to "season one." How to season a new cast iron skillet:

- 1) Preheat oven to 350°F.
- 2) Wash and dry skillet. (this made me cringe— as my dad said NEVER use soap on a cast iron skillet—but he meant on a seasoned skillet, not a new one!)
- 3) Place skillet on stovetop over low heat.
- 4) Pour one tablespoon oil (I use canola) into skillet

and spread oil over inside of pan with a clean paper towel.

- 5) Wipe up any excess oil.
- 6) Place skillet in oven and bake for one hour.
- 7) Turn oven off and leave skillet to cool.

Once a skillet is seasoned, you wash the skillet with hot water and a sponge or stiff brush—but don't let it sit in the water or wait to be dried as it will rust. To dry, set it on a hot stove burner for just a few minutes. After the skillet has cooled, rub just a dab of oil all over the inside of the pan with a paper towel. Store in a cool dry place—ready to use for next time!



# Consumer Corner

Habitudes are the combination of habits and attitudes – a habitual tendency or way of behaving. I like this term because it combines two words that each of us have individual power to control. In other words, our habitudes are what influence our most basic daily decisions.

In late 2007, the Great Recession hit hard and changed the spending habitudes of American consumers. They began to tighten their belts and guard their disposable income with fervor. Disposable income is the amount of net income a household or individual has available to invest, save, or spend after income taxes. It is one of several key indicators used to gage the health of our economy.

Although the U.S. economy experienced a 4.2% gain in the first quarter of 2016 in household purchases (i.e.

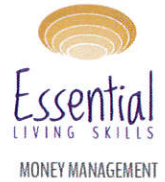
## Financial Habitudes

consumers using their disposable income), consumers are by no means in an economy where they can loosen their purse strings. The July 2016 report indicates that the disposable income was twice that of the August 2016 amount?

What does this mean for you, personally?

It means that your spending habitudes make a difference on you and your family's ability to live comfortably.

To help develop effective financial habitudes, there is a great new resource available at our office. "Essential Living Skills: Money Management" - pub no. S134G. Give Deb a call if you would like more information about this or other financial management resources.



# Healthy Habits

## Fruits and Vegetables for Adults—Are You Getting Enough?

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit [www.mypyramid.gov](http://www.mypyramid.gov).

When you think about your physical activity level, keep in mind that physical activity is moderate- to vigorous-intensity activity (such as brisk walking, jogging, bicycling, aerobics, or yard work) that you do in addition to your normal daily routine.

WOMEN				
DAILY PHYSICAL ACTIVITY	AGE	FRUITS	VEGETABLES	TOTAL
less than 30 minutes	19-25	2 cups	2½ cups	4½ cups
	26-50	1½ cups	2½ cups	4 cups
	51+	1½ cups	2 cups	3½ cups
30 to 60 minutes	19-25	2 cups	3 cups	5 cups
	26-50	2 cups	2½ cups	4½ cups
	51+	1½ cups	2½ cups	4 cups
more than 60 minutes	19-60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups

MEN				
DAILY PHYSICAL ACTIVITY	AGE	FRUITS	VEGETABLES	TOTAL
less than 30 minutes	19-20	2 cups	3½ cups	5½ cups
	21-60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups
30 to 60 minutes	19-25	2½ cups	3½ cups	6 cups
	26-45	2 cups	3½ cups	5½ cups
	46+	2 cups	3 cups	5 cups
more than 60 minutes	19-35	2½ cups	4 cups	6½ cups
	36-55	2½ cups	3½ cups	6 cups
	56-75	2 cups	3½ cups	5½ cups
	76+	2 cups	3 cups	5 cups



**K-STATE**  
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**Upcoming Geary County Extension Programs**

**\*\*Requires pre-registration.**

**October**

- 15**     Medicare Part D Open Enrollment Began—Call the Geary County Extension to make your appointment. Open enrollment ends December 7.
- 25...**     MPI Parenting Class\*\*— Call the Extension office at 785-238-4161 for more information. This class continues through November 29.

**November**

- 3**     Knowledge at Noon\*\*— Keys to Embracing Aging: Safety, Valley View Estates, 1440 Pearl Drive, Junction City, KS. Practicing safety is important because it helps keep you out of harm’s way. Learn what to consider when evaluating your environment for safety. This free program begins at noon and is open to the public. Call the Extension Office by October 28, 2016 to reserve your seat. 785-238-4161.
- 6**     Geary County 4-H Foundation Soup Supper & Bingo— Enjoy family fun at this annual event! Meal is by donation and the bingo cards are \$1 each. Supper starts at 5:30 with bingo to follow around 6:15 p.m. at the 4-H/Senior Citizens Building, 1025 S. Spring Valley Road. Proceeds go to support and promote the 4-H program in Geary County.
- 11**     Veteran’s Day —Geary County K-State Research and Extension office is closed.

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