

Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

January 2023

Ask the Agent

Q: If I am putting two small casseroles in the oven, should I increase the baking temperature?

A: Maybe. It depends on each recipe's instructions. If the recipe for each casserole has a different cooking temperature, then average the two and bake at that temperature. For example, casserole A bakes at 350 F for 60 minutes and casserole B bakes at 300 F for 60 minutes, you should set your oven to 325 F. If they require the same temperature, then you bake it at that temperature but add cooking time. Add about 15% more baking time any time you have more than one dish in the oven. Also, set the casseroles off center in the oven on two separate racks to allow for maximum circulation. Don't get them too close to the sides so that air can move all around them. Of course, if you have a convection oven, that's an entirely different situation. See the inside story for more information.

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

785-238-4161

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ksre.k-state.edu

LEAN IN TO 2023

January 2023

Some people get a thrill out of making New Year's Resolutions, but I'm more into improving my health and well-being throughout the year, not just in January!

Health and well-being is more than eating right and getting more exercise. While both of those efforts need to be present in maintaining optimum health, the importance of financial health, safety, emotional health, and social well-being shouldn't be overlooked.



The Robert Wood Johnson Foundation (RWJF) explains the broad scope health and well-being: *"Our health is inextricably tied to where we live, learn, work, and play. It is shaped by our access to stable housing, quality schools, clean and safe open spaces, and much more."*

So what does this mean on an individual, family and community level as we lean into 2023? It means that we have an opportunity (if not an obligation) to create and support an environment that provides for, and promotes, healthy choices.

We've already got a lot going on in Geary County in this effort. Here are but a few examples of non-profit organizations that focus in some way on this work:

- 1) Aging Well
- 2) Breaking Bread
- 3) Community Healthcare Workers
- 4) GC-3C (Geary County—Child Care Coalition)
- 5) Geary County Healthcare Foundation
- 6) Geary County K-State Research & Extension
- 7) I-C.A.R.E.
- 8) Live Well Geary County
- 9) LHEAT
- 10) Wheels of HOPE

If you are like me, and choose NOT to make new years resolutions, that doesn't get either of us off the hook of trying to create positive change for ourselves and others. What it should do is motivate us to get involved.

What skills and resources can you contribute to any one of the groups listed above? Do you have time that you can offer? Do you have creativity that can assist in the promotion of their activities? Do you have a passion for our aging population, our youth, or young families? Do you like preparing and serving meals? Can you offer some financial assistance? Can you provide transportation or run errands? Are you a good planner, organizer, or community champion? Do you like gardening? A quick search of the internet can point you in the right direction on how to reach out to any one of these groups and I know they would appreciate your contribution in whatever form it takes.

Sometimes the best way to improve our own health and well-being is to help others reach their goals in doing the same thing. Instead of making New Year's Resolutions that somehow quickly fade into the backdrop of our daily activities, consider leaning in to 2023 with a commitment to join the collective movement to live healthy and experience well-being in Geary County and the surrounding area!

K-STATE | Family & Consumer
Research and Extension | Sciences

Food & Nutrition

When we bought our new home a couple of years ago, it came with all the appliances. The kitchen appliances included an oven and microwave that have a convection feature. I had to do a bit of research to get me up to speed on these features!

A colleague from Michigan State University Extension, Saneya Moore, offers the following information about the difference between a convection and conduction oven.

“Knowing how a convection oven works can help you decide when to use it.

Convection ovens were created in 1967 by the Malleable Iron Range Company. When they first came on the scene they were thought to be a tool of a professional baker. Now with the many advances in technology, convection ovens can fit into most people’s budgets if they desire to own one. Using a convection oven is a personal matter of choice.

A convection oven uses a fan and exhaust to circulate and push air around the inside of the oven. A convection oven can be either gas or electric. Some newer ovens come with the convection option as a feature and others are simply countertop models. The fan and exhaust help keep temperatures inside the oven constant. This helps to reduce uneven cooking and hot spots within food. Bakers will also notice that a convection oven usually bakes their cakes at a faster rate and sometimes at a lower temperature than a regular oven. Cakes and roast do really well in a convection oven because they do not require moisture in the air like baking breads, cookies and certain cheesecakes.

A regular oven has air being blown and dispersed as well, however, it does allow for humidity to form within the oven.

Some Microwave ovens now offer a convection feature as well. These models use both microwaves and forced air to cook foods.”

Thanks to my coursework requirements at K-State, I knew the difference between a convection and conduction oven. However, I hadn’t had the opportunity to cook with either.

Here are some tips I have picked up when using the convection features on my oven:

- ◆ When using convection, lower the oven temperature by 25 degrees Fahrenheit.
- ◆ Foods cook faster on the convection setting, so check them often or use the oven light.
- ◆ Don’t over-crowd the oven. Air needs to circulate.
- ◆ Use pans with shallow sides to maximize the foods’ exposure to the hot circulating air.
- ◆ Use convection for: roasting meats, roasting vegetables, sheet-pan dinners, casseroles, cookies, braises, granola, cakes (sometimes)
- ◆ Convection NOT RECOMMENDED for: cakes (sometimes), quick breads, custards, souffles

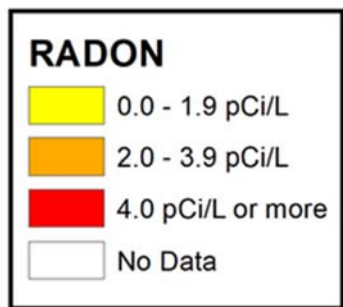
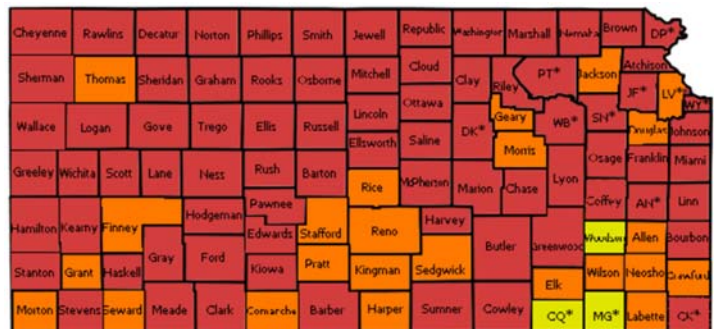
Home Safety

January is BOTH Kansas Radon Action Month and National Radon Action Month. Radon is a naturally occurring colorless, odorless, and tasteless radioactive gas created by the decay of uranium in the earth’s crust and present everywhere on the planet.

Long-term exposure to elevated levels of ionizing radiation produced by radon increases your lifetime risk for lung cancer. Testing is the only way to know radon levels in your home.

The primary concern associated with long-term exposure to elevated indoor radon levels is increased risk of developing lung cancer at some point in your life. Radon exposure in your home is the second overall cause of lung cancer death behind tobacco smoking in the United States, and the leading cause of lung cancer death for non-smokers. The Kansas Department of Health and Environment (KDHE) estimates that as many as 200 new cases of radon-related lung cancer occur each year in Kansas.

Surgeon General of the United States Health Advisory: “Indoor radon gas is a national health problem. Radon causes thousands of deaths each year. Millions of homes have elevated radon levels. Most homes should be tested for radon. When elevated radon levels are confirmed, the problem should be corrected.”



Tests results with numbers 4.0 pCi/L and above indicate that the building needs to have radon mitigation. Test results can vary from building to building.

NOTE: Although the average radon gas reading in Geyre County buildings

is 3.9 pCi/L, a maximum reading has been found at 77.4 pCi/L as of 2019. It is important to have your living and work spaces tested for radon.

Radon test kits can be purchased at the Geyre County K-State Research & Extension office for \$6.00. For more information on radon poisoning and mitigation, visit: <https://kansasradonprogram.org/home>.

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Deb Andres two weeks prior to the start of the event April 28, 2022 at 785-238-4161. Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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2023 Medicare Basics Workshop

For those nearing &/or
turning Medicare Age



Friday, February 10th
10:00am – 11:30am
Dorothy Bramlage Public Library
230 W 7th St, Junction City, KS

**Register by noon on
February 9, 2023**

**To register for this FREE educational program call
Geary County K-State Research & Extension at
785-238-4161**

Presented by:

Deb Andres, Family & Consumer
Sciences Agent, Geary County

K-STATE
Research and Extension

Family & Consumer
Sciences

DINING WITH DIABETES

LEARN NEW WAYS TO MAKE THE FOOD YOU LOVE!

LOCATION:

KONZA PRAIRIE COMMUNITY HEALTH CENTER
361 GRANT AVE. JUNCTION CITY, KS 66441

DATES:

MARCH 4, 14, 21, & 28
MAY 2

TIME:

4:00 - 6:00PM

CONTACT:

785-238-4711 EXT. 2082



Call or
Scan QR Code
to Register!

HOSTED BY:

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KONZA
PRAIRIE
Community Health
Center

FREE

for Geary County
Residents!

\$25

Returning & non-
Geary County



Family Life

By Lisa Moser, K-State Research and Extension news service

When sitting in the stands at a youth event, it is easy to pick up on a wide range of parenting approaches, as well as varied levels of interest shown by the children participating.

As the new year begins, Bradford Wiles, a K-State Research and Extension specialist in applied human sciences, encourages families to pause and reflect on ways that will best help develop children as they work through adolescence.

"This is a really good time to have conversations with kids about their routines and activities and allow the children the opportunity to share their likes and dislikes," Wiles said. "Parents should always have the final say, but it is important to listen to children to learn what their goals are. And where it is feasible, make adjustments."

Wiles said sometimes it is hard for parents to allow their children to drop an activity that the family is invested in.

"These transitions can be very hard for the adults who have invested large sums of money and time into activities that their children decided that they didn't want to do anymore," Wiles said.

He stressed the importance of really listening to the children.

"If we want to raise happy and healthy kids, we need to be open to the possibilities of what can happen when we give them the opportunity to tell us what will make them happy and healthy. And if those things aren't risky, then go for it," Wiles said. "But keep in mind this is not a democracy and parents are the final arbiters of what goes on in their households."

To help facilitate an openness where children feel safe to express their views, Wiles encourages parents to engage them in a daily dialog from a young age.

"The first step is to ask kids open-ended questions," Wiles

Communicating with Kids

said. "By doing so, parents are demonstrating that they are really interested in their children's lives."

It is by being present and responsive to their needs that parents can model life skills to their children, he said.

"One of the hallmarks of good parenting is you dislike the behavior but love the child. Children are going to do things wrong and make mistakes, but it is how we respond to mistakes that is important," Wiles said.

He gave the example of tenacity as a behavior that parents can model when a child has a misstep in life.

"Modeling encouragement and tenacity will help them get through difficulty," Wiles said.

Through regular conversations with children, parents are fostering bonds that will last a lifetime.

Wiles said: "If a child has been asked day after day how things are going, eventually they will share information with parents that will provide an opportunity to learn about themselves while gaining trust and building a resilience needed throughout life."



Photo by [CDC](#) on [Unsplash](#)

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Advance Health Care Planning in Kansas

Your health and well-being is important and you have the right to be informed and decide on your medical treatment. You never want to think about what might happen if you are unable to speak for yourself during a health care crisis, but it's a possible reality we all need to face.

Does your partner know your medication list? Do they know your medication schedule? Do they know your end of life decisions, should you be in a situation where you can tell the doctors yourself? If you don't have a partner, does one or more of your close loved ones have this information?

A proactive approach to ensuring your wishes are honored is to complete your Advance Directives forms in advance of this "worse-case" scenario. If you have these documents in

place, decisions can be made by those who you have shared your wishes with and can advocate for you when you are unable to do so for yourself. Many times people think that only the aging population needs to be concerned with Advance Directives documentation. However, even a young person can find themselves the victim of an unexpected car wreck or serious disease. The law in Kansas allows for any competent person age 18 years or older to plan for their health care in advance.

K-State Research & Extension has a great educational tool for you to use in getting these decisions recorded and allowing for a loved one to be your advocate. Drop by our office to pick up publication MF3280 to help you get started.

Geary County

P.O. Box 28
119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs

****Requires pre-registration. Call 238-4161 to pre-register****

February

1**
Registration opens for Dining With Diabetes Class facilitated by Deb Andres and hosted by Konza Community Health Clinic. First session of four is set for March 7, 2023. Contact Deb Andres at 785-238-4161 for more information or register online at: <https://forms.office.com/r/g77CJHQKyM> or refer to inside flyer.

10**
Practical L.I.F.E. Series: February class, Medicare Basics offered from 10:00—11:30 AM at the Dorothy Bramlage Public Library. Pre-registration is required, the class is free. Space is limited. Register by noon February 9, 2023 to secure your seat. See inside flyer.

March

7, 14, 21, 28**
Dining With Diabetes Class begins at 4:00PM and last until 6:00PM at the Konza Prairie Community Health Clinic. Pre-registration is required and are due by March 1, 2023. A follow-up session & celebration will be scheduled for May.

26*
Walk Kansas 2023 begins and will run (or walk) thru May 20, 2023! Start thinking about who you want to have on your team of 6. Registration for Geary County will open Wednesday, March 8, 2023. It will be here before you know it!



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