

Upcoming Geary County Extension Programs
****Requires pre-registration. Call 238-4161 to pre-register****

May

****22** — Food Allergies—6:30 PM; Dorothy Bramlage Library Classroom; this free program will take a look at the causes and symptoms of food allergies and how to adapt menus and recipes for a variety of food allergies.

June

7 — Geary County 4-H Auction Concession Stand; We encourage you to support the 4-H concession stand at Glessner Excavation located at 8897 Glessner Lane of rural Junction City. We will begin serving around 9 AM through 3:00 PM. All proceeds go to Geary County 4-H.

****13** — Preserving The Harvest—Karen Blakeslee, K-State Rapid Response Center Coordinator, food safety and food preservation expert, will present this interactive workshop which will include a pressure canner lab, water bath lab, and jelly lab. This all day program is located at the Junction City Church of the Nazarene, 1022 Washington Street; registration form for this event is enclosed with this newsletter

July

20-24 — Geary County Free Fair, exhibits accepted from active 4-H members and community members alike; fun for the entire family; stop by the Extension Office to pick up the 4-H Fair Book or the Open Class Fair book for more details.



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

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Ask the Agent

From Kathy: **Q**—How do I know if I have mold in my home and how do I test for it?

A—As a general rule of thumb, if you have mold, you would be able to see it and/or smell it. Having your home tested for its presence is not usually a wise choice for your financial resources.

If you find mold in your home, your first step is to remove the conditions that allow it to grow. Typically, this means you need to get rid of a water leak somewhere in your home. This would be in areas of high moisture or humidity. It can sometimes be seen on damp walls or musty-smelling textiles.

Generally speaking, it is not important to test for the type of mold you have in your home. In fact, the Center for Disease Control does NOT recommend routine sampling. Based on current research findings, allergies are the most common type of disease associated with mold. However, the impact mold has on a person is unique to each individual. Sampling the mold to determine the type and amount is inconclusive in determining the health risk posed to the various members of a family. Additionally, having the quantity and type of mold tested can become costly.

Because mold is a naturally occurring phenomena in our environment, you cannot completely get rid of mold spores in your home. However, mold destroys anything it grows on, so the longer it is left unattended, the more damage it can do to your home. Once you have identified and removed the source of moisture in your home (such as a leaky faucet or a loose washing machine water line), it is important that you clean up the mold as soon as possible. If the area effected is small (less than 10 ft²), you can clean the mold up yourself. For more extensive mold issues, you will want to hire a professional service to clean out the area. Call the extension office if you have more specific questions about mold in your home.

Expect the Unexpected

Kansas is known for its unpredictable weather and this spring has been no exception. The temperature fluctuations have been extreme and the instability in the weather provides the ideal conditions for severe storms. Additionally, we live in a society where not everyone makes good choices and we can fall victim to theft of personal property or identity.

This translates into the importance of awareness and preparedness as we acknowledge the idea we should expect the unexpected in our lives.

Here are a few quick steps you can take to get your home and family prepared in the event of an unexpected crisis.

1) Personal Papers: Make sure you have your personal papers, such as insurance information, account numbers, and contact numbers located in a centralized and specific location. Make sure someone you trust knows where this information is located in the event that you are unable to get it yourself.

2) Natural Disaster Plan: Regardless of where you live, there is a risk of floods, fires, and storms. Create an evacuation plan that the entire family is familiar with. Keep batteries, flashlights, radio, bottled water and shelf-safe food in your storm shelter. Check these supplies quarterly to make sure they are still working and/or the dates have not expired.

3) Credit Card File: Purses or wallets can be taken in an instant. Keeping a list of your credit card account numbers and the company’s contact information in a secured location is important so that you can close the accounts quickly after a theft occurs.

4) Contingency Plans: Create a contingency plan for how your affairs would be handled in the event of unexpected illness or a debilitating injury resulting from an accident. Identify someone who can handle your affairs until you are back in good health. Consider giving a trusted family member or friend durable power of attorney to act on your behalf. Make these plans before crisis strikes.



Food Allergies Program—May 22
Dorothy Bramlage Public Library Classroom

Living with food allergies is challenging, requiring adults to manage their health and avoid trigger foods, and parents to recognize symptoms and find helpful resources and professionals. It also means finding ways to manage you or your child’s health and well-being without hardship, stress, or illness. In this program you’ll learn about food allergies and intolerances, and the differences between the two. You will become familiar with symptoms of food allergies and intolerances. Resources for managing food allergies and diets will also be shared.

Call the Geary County Extension office at 238-4161 by May 21 to register. Pre-registration is required to ensure there are enough materials for everyone. The program is free to the public.

Do we really have the ability to manage time? Isn't time a finite resource? We have only 24 hours a day to work with and once it is gone, we start over with the next 24 hour block of time. We actually have to manage the events that we work into our time rather than managing time itself. With family and a full time career, I need all the help I can get for managing events in our lives. I came across an extension resource that offered me some new pointers:

- 1) Know how you spend your time. Keep a time journal to see where you are investing your time and adjust as needed.
- 2) Set priorities. Determine what is important and what is critical. These are two different things and will help you set priorities.
- 3) Use a planning tool. This could be a wall calendar, an electronic planning tool, or a simple notebook.
- 4) Get organized. Reducing the clutter in your home or work can help you manage your time more efficiently.
- 5) Schedule your time intentionally. You obviously need to schedule the important and

- critical tasks, but schedule in time for yourself and for things you want to do, as well.
- 6) Delegate. Don't be afraid to ask for help or assign tasks as needed. Managing the household should be a time investment from *everyone* in the family, not just you.
- 7) Stop procrastinating. This is a common response to overwhelming or unpleasant tasks. The sooner you tackle them, the better.
- 8) Decrease time wasters. Sources of time wasters include the telephone, unexpected visitors, meetings, mail or email, social media, among others.
- 9) Avoid multi-tasking. Research shows that it is impossible for the brain to engage in multiple tasks effectively. Focus, tackle, and move on.
- 10) Stay healthy. You remain productive when you are healthy so take time to take care of yourself—physically, emotionally, and spiritually.

Source: Time Management: 10 Strategies for Better Time Management, by Sue Chapman and Michael Rupured University of Georgia Cooperative Extension http://spock.fcs.uga.edu/ext/pubs/time_management.pdf

Organizing Important Records

Last month, I shared information about keeping tax records. However, these aren't the only important records that we should keep organized.

At least once a year, you should review your important papers. Looking this information over when you have a life change (retirement, birth of a child, launching kids after high school graduation) is also an important time to review them.

Financial planners recommend that you view your household as a mini-business since it functions in the planning, purchasing, and record keeping for the family.

Record keeping may seem like a daunting task, but it is important for both legal and safety reasons. Many records can be kept at home while other documents should be stored with your attorney, in a safe-deposit box, or in a fireproof, waterproof, and burglar proof home safe.

As a rule of thumb, keep the item in your home filing system *unless* it is a legal document (such as birth certificate, marriage record, adoption papers) or it is difficult to replace or duplicate. In those cases, you should keep them in a safe-deposit box or with your attorney.

Organizing your papers is an essential step as you review your important papers. The system doesn't need to be elaborate. In fact, the easier it is to use and access, the more likely you will be to maintain it efficiently. You can create a space in the corner of a room where you can store a cardboard or metal box for storing bills and family papers. Planning how you will use the storage container should be based on your unique family dynamics and needs. In my home, we have two places we keep our records—one area for household and family records and one area for the farm records.

Keeping duplicates of some documents will prove helpful, as well. For example, store original birth certificates in your safe deposit box and keep a copy of them in your home. It is also important to keep a list of your medications in a file at home and keep that same information in your wallet or purse. In the event that you are in an accident or have some other medical emergency, this list becomes critical for use by the health professionals giving you treatment. Extension has many excellent resources for helping you organize your records. Give me a call if you want more information.

Healthy Habits

Gearing Up for Graduations

What an exciting time of year. Our kindergarteners are getting exposed to the ceremonial "graduation walk" and the seniors are eagerly waiting for the freedom that comes with the next stage of their lives. As family members, we have various events being celebrated in our families with parties, receptions, and cookouts. As you plan and participate in these events, I encourage you to remember some basic food safety to keep everyone healthy and safe. After all, no one wants to leave the festive events only to go home with an upset stomach and fever.



Keep Cold Food Cold and Hot Foods Hot—limit holding time to two hours or less and monitor the temperature of the food, if possible. Use a food thermometer to test

Celebrating With Safe Food

doneness on grilled meats and poultry. Grill hamburgers to 160 degrees F and chicken to 165° F. Maintain a holding temperature of at least 140° F for no more than 2 hours. Plan ahead with storage containers to put leftovers after the meal. Place in an iced down cooler if a refrigerator is not available.

Avoid Cross Contamination—keep raw foods separate from cooked foods and make sure you wash and sanitize surfaces between every use for those that are used for both cooked and raw foods. Cross contamination is common with the use of cutting boards. Always use a clean cutting board when introducing a new food to the surface.

Wash hands frequently—Use soap and warm water to wash your hands for at least 20 seconds. Wash before and after handling raw or cooked food, playing with outdoor yard games, petting animals, or using the restroom. If warm water and soap are unavailable, use hand sanitizer.

Connecting with Kids

One of my clients shared with me that she really missed seeing recipes in the FCS Connection newsletter so I thought I would share a quick recipe I found that uses frozen bread dough. Frozen bread dough recipes are good to use with kids so that they become comfortable with manipulating dough into shapes. Of course, they will need to learn how to make their own dough from scratch, but for the younger kids, this is a good place to start! In the spirit of graduation season, I hope you enjoy:

Diploma Rolls

12—large sized frozen rolls; thawed but still cold
 12 slices of turkey or ham
 12 slices of cheese
 Preheat oven to 350° F. Spray counter lightly with non-stick cooking spray. Roll each roll into a 4x6" rectangle. Cut off a 1/4" strip from the 6-

inch side and set aside. Place one slice of meat and one slice of cheese on each roll. Meat and cheese should be no larger than roll. Roll up in jelly-roll fashion. Tie with the 1/4" strip of dough. Place rolls on baking sheet sprayed with non-stick cooking spray. Cover with sprayed plastic wrap.

Let rise 30 minutes. Remove wrap and bake at 350° F for 15-20 minutes.

For pictures of each step for this recipe, go to: <http://www.rhodesbread.com/blog/blog/featured-recipe-diploma-rolls>

Recipe Source: *Fresh Ides with Frozen Dough*, ©1998 by Rhodes International, pg. 49 (ISBN#096548842-X)

