

It's Fair Time!

July 2015

There's something for everyone at the Geary County Free Fair! The Open Rodeo gets things rolling with events for all ages! Whether you want to show off your riding and roping skills or simply watch others in the competition, families are sure to have fun at this event on July 17 & 18 that begins at 8:00 p.m.

Ask the Agent

Q: How do I clean my steam iron?

A: That depends on where it is dirty. The soleplate, or the flat heated element that you run the iron over the fabric with, can sometimes accumulate a sticky residue. The residue can turn dark over time and leave stains on future ironing projects. In this case, disconnect the iron, clean the cooled soleplate with a cloth dampened with rubbing alcohol, buff it with extra fine steel wool, and wipe it clean with a soft cloth. If you have an iron coated with non-stick surface **DO NOT** use this method! Instead, use an iron-cleaner paste that you can pick up at a fabric store or in the fabric section of a department store. Read the directions carefully to avoid damage to the iron or clothing.

Our Kansas tap water is hard on steam irons. The lime and other water residue can clog up the steam holes and discolor the water in the iron's water reservoir. Always make sure you drain the iron after every use. If problems persist, disconnect the iron, place a solution of half distilled water and half white vinegar in the water reservoir, heat the iron to steaming until the liquid is gone. You may need to do this more than once.

The Free Fair begins on July 20th as entries are accepted for adult and youth Open Class Photography, Textiles, Arts & Crafts, Floriculture, Horticulture and Agriculture. You don't have to be a professional to be successful at fair. It's a fun way to show off your hobbies or your livelihood in any one of these events. Bring in a 6" flake or slice from a rectangle bale or a 10" section cut from a round bale to show others the fruit of your hard work. If you are a gardener, you can bring in a plate of five small vegetables to be judged on their quality and condition. The squash and cantaloupe classes are just two of the many other vegetable classes you can enter produce. The variety of plants and flowers brought in entered are always a welcome sight—adding color and fragrance to the displays! Pick out a couple of your favorite photo shots from this past year to enter in Photography. Black and White or Color will work for you 8 x 10 picture. If you don't have anything you want to enter yourself, come check out the beautiful craftsmanship of the Arts & Crafts entries and the construction skills from area quilters and knitters in the Textiles division!



On Tuesday, July 21st, you can enter Food Preservation and Food Preparation entries. Yeast breads, pies, cookies, candy, snacks and more is what you will see in the Food Preparation entries. Perhaps that wonderful quick bread recipe that has been handed down in your family for generations deserves a chance at getting the grand champion ribbon this year! If you make a favorite snack mix for the kiddos every summer to travel with, maybe this is your year to let it shine at the fair, too! We even have a special baking contest this year— Quick Bread Coffee Cake. Come check out the prizes offered to our top three placings!

Perhaps your not interesting in entering anything this year. That's okay, there are plenty of other things you can enjoy at the Geary County Free Fair! You can walk through the 4-H exhibits and marvel at the skills and knowledge of our area youth. Bring your family out to see the various 4-H livestock shows including cattle, hogs, sheep, and goats. Young and old alike enjoy the wide variety of rabbit breeds our 4-H kids raise.

The outdoor movie is always a hit for young and old alike and the kids especially enjoy the inflatable amusements and money pit! From free horse-drawn carriage rides to homemade ice cream, you'll find the fair a sweet place to be this year! Stop by the Geary County Extension office to pick up a fair book or brochure that outlines all the activities for the 2015 Geary County Free Fair!

What's Bugging You? - Repellant Safety

As I was packing my children's duffle bags for camp, I came to an item on their list that I didn't have enough of on hand—insect repellent.

At the store, I look at every label and every brand only to find "Keep out of reach of children" plastered across the front. Hmmmm.... how am I supposed to send insect repellent to camp when they are supposed to touch it?

Perhaps the best thing parents can do is to review the safety practices with their children and hope they follow them! Here's a recap offered by the Environmental Protection Agency for using repellents safely:

Applying the Product

- Follow the label directions to ensure proper use.
- Apply repellents only to exposed skin and/or clothing. Do not use under clothing.



- Do not apply near eyes and mouth, and apply sparingly around ears.
- When using sprays, do not spray directly into face; spray on hands first and then apply to face.
- Never use repellents over cuts, wounds, or irritated skin.
- Do not spray in enclosed areas.
- Avoid breathing a spray product.
- Do not use it near food.

Other Safety Tips

- After returning indoors, wash treated skin and clothes with soap and water.
- Do not use any product on pets or other animals unless the label clearly states it is for animals.
- Most insect repellents do not work against lice or fleas.
- Store insect repellents safely out of the reach of children, in a locked utility cabinet or garden shed.

Credit, Debit, and ATM Card Fraud

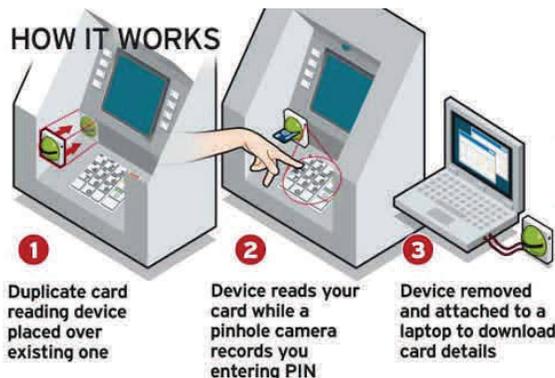
No one wants to be the victim of a scam, but it seems the thieves are always one step ahead of us. One trick is to place a skimmer of the top of the card reader. The skimmer attaches directly to the faceplate of the existing reader. Some criminals even attach a pin camera above the screen so they can capture the PIN number as it is entered by the user.

If you use an ATM to withdraw cash from your bank account, make sure you look it over carefully. If it looks suspicious, don't use it and call your bank. If you use the same ATMs, it will be easier for you to pick up on something that doesn't look right. Using ATMs that are off bank property may increase risk for skimmers to be added without notice.

Another way criminals can access your data is by swapping out the entire unit at a retail store. If the unit is mobile and can be moved around on the counter, this is an easier task than you might believe. The criminal creates a distraction that takes the clerk away from the register area and swaps a look alike card scanner for the one owned by the store. They may leave it there for a day or longer—collecting your data and card information

as well as drawing on the funds you spend at that store. The criminal often returns later to replace the unit with the original to minimize detection and use the illegal scanner at another location.

Avoid using your card on scanners that are not more permanently attached to the counter.



Additional security tips:

- ◇ Never lend your card to anyone.
- ◇ Never sign a blank charge slip. This would allow someone to add numbers to your charge slip. Cross out lines that you don't want to add numbers to. For example, if you are paying with a credit card but tipping the staff with cash, draw a line through the tip section of the charge slip.
- ◇ Never put your account number on the outside of an envelope or a postcard.
- ◇ Reconcile the charges on your statement. Compare your receipts to what you were billed.
- ◇ Keep a record of your account numbers, expiration dates, and phone numbers in a safe location separate from your cards to use in the event of loss or theft of your card.

Healthy Habits

Salad Bar Etiquette

I love a fresh salad! When my family chooses to dine out, I often pick a restaurant that has a salad buffet so that I can create my own masterpiece of crunchy, flavorful, colorful fruits and vegetables. My love of salads is shared with my children by always reminding them "Salad first!" as they serve themselves from a buffet.

You can never assume that kids figure out the rules and accepted behaviors in a given public setting. My kids need occasional reminders of what is acceptable at a buffet restaurant the same as any other place they need a quick etiquette primer. Reviewing the following Salad Bar Etiquette** with them will be part of our next trip to the buffet. I hope you find it useful, as well:

- 1) Always wash your hands first.
- 2) Use utensils. NEVER USE YOUR FINGERS.
- 3) If a utensil or plate falls on the floor, don't put it back. Tell a cafeteria person or restaurant employee.
- 4) Don't taste food items at the salad bar.
- 5) Take a small amount of new foods to try.
- 6) Take only what you can eat.
- 7) Don't bring food back to the salad bar.
- 8) DON'T PUT YOUR HEAD UNDER THE SNEEZE GUARD OR FOOD SHIELD. Ask a friend, family member or restaurant employee to help if you can't reach.
- 9) Always be polite in line. Wait your turn.
- 10) Always use a clean plate for seconds.

***Source: USDA Food and Nutrition Service "Fruits & Vegetables Galore: Helping Kids Eat More", p. 6*

Connecting with Kids

Mommy, Can I Have a Puppy?

Maybe you have never heard that exact question, but I would wager that you have heard some variation of it. Just exchange puppy to pony, gerbil, fish, or my personal least favorite—snake.

Although you may tremor or tense at the thought of adding to the family household with a new pet, there are some advantages to having one.

- 1) Children who bond with a pet often develop a more positive self-esteem and gain confidence from the experience.
- 2) Children's ability to build trusting relationships with others is reinforced.
- 3) Fosters the child's ability to develop and demonstrate compassion and empathy.
- 4) Provides a safe outlet for secrets and private thoughts as children often talk to their pets and share their emotions.
- 5) Teaches the child lessons about the life cycle.
- 6) Can help build responsible behavior in children who care for a pet.
- 7) Helps them develop and share a stronger respect for other living things.

There are other factors to consider, as well:

- Very young children do not have the maturity to control aggressive and angry impulses and thus require close supervision with pets.
- Children under the age of 10 are likely unable to care for a large animal by themselves. Parents or guardians need to feel comfortable about large pets in order to assist the child.
- Parents are the safety net for the proper care of the pet, even if they believe their child is old enough to handle the responsibility. If children become lax in taking care of the pet, the parent is likely going to be the caregiver.
- Parents are role models to their children. Children learn how to take care of pets by observing how the parents interact with the pet and ensure for its well care.

Taking on a pet is a significant family decision. Because of that, weighting the pros and cons is a great place to start the decision-making process. Source: American Academy of Child & Adolescent Psychiatry, Facts for Families No. 75



Upcoming Geary County Extension Programs

**Requires pre-registration.

July

19-23 — 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.

August

25— MPI Parenting Class**—12th Street Community Center at 1002 W. 12th Street, Junction City, is 6-session class open to any parents with children ages toddler to teens 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. The class consists of 6 consecutive sessions held from 6-8 p.m. held Tuesday nights. 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 support person. The class continues through September 29.

Fair books are available at the Geary County Extension office Monday—Friday from 8:00—5:00. Open class books will also be distributed to area businesses and community centers. Pick one up today and find out how you can be involved in this year's Geary County Free Fair!

‘Like’ us on Facebook for the latest news from **Geary County**

K-State Research and Extension, including health, wellness, and financial tips.

www.facebook.com/gearycountyextension

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

K-State, County Extension Councils, Extension Districts, and US Department of Agriculture Cooperating.

K-State Research and Extension is an equal opportunity provider and employer.

