



# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

[geary.k-state.edu](http://geary.k-state.edu)

May 2019

## Ask the Agent

**Q:** Can I substitute olive oil for vegetable oil in my baked goods?

**A:** The two oils are equally interchangeable. However, you will want to consider the impact this substitution may have on the flavor of your baked good. Vegetable oil has little, if any, flavor to it. Extra Virgin Olive Oils (EVOO) have unique aromas and flavors that can impact the taste of your baked product. If you want to switch oils without changing flavor, I suggest you use pure light olive oil rather than the more robust-flavored EVOO.

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

**K-STATE**  
Research and Extension

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

[ksre.k-state.edu](http://ksre.k-state.edu)

## A Healthy Plan for Vacation

May 2019

Now that most area schools have dismissed for the summer months, many families are planning extended weekend retreats or longer trips away from home. Regardless of where you are going or what you plan to do, your decisions can support or compromise your efforts toward maintaining a healthy lifestyle.

Perhaps one of the most significant challenges you will face is a change in your eating habits. You are thinking about where to go, what to do, and where to stay, but have you thought about what to eat? As you plan for your vacation, strive to keep a healthy diet and consider how you can incorporate fruits and vegetables. The amount you need each day depends on your age and gender. Check out the recommendations for your daily fruit and vegetable intake provided on the charts found inside this newsletter.--

Have you planned for daily physical activity? Incorporate a variety of physical activities into your vacation or extended weekend. Go for hikes, go swimming, or play beach volleyball as a family. Active children are much more likely to grow into active adults so it helps to develop that habit at an early age. The US Department of Health and Human Services recommends at least 150 minutes (or 2.5 hours) of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, or a combination of moderate and vigorous activity for most healthy adults. If you are not already getting this level of weekly activity, your vacation time is a great place to start making the change toward a more active lifestyle.



Consuming healthy grains is another thing to consider as you plan your vacation meals. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Additionally, how will you work water consumption into your travel plans. Many people reduce their fluid intake when traveling long distances so they don't have to make as many stops. This can compound the negative impact long-distance traveling can have on of your body. For example, it is easy to dehydrate quickly in the summer sun even when you are out of direct sunlight or traveling in an air-conditioned vehicle. You are also at risk of developing deep vein thrombosis (DVT, blood clots) during long distance travel. Drinking ample water will force you to stop to get your body moving. Stopping every 2-3 hours to allow for a walk and stretch can help reduce the risk of DVT. If you're wondering how much water you should drink, speak with your doctor, but a general rule of thumb for healthy people is to drink two to three cups of water per hour, or more if you're sweating heavily.

When you plan for a physically active vacation that incorporates healthy eating and ample water consumption, you are not only providing your body with a much needed change of pace, but also a jump start for a healthier, happier you!



# Serving Recommendations for Fruits & Vegetables

# Families and Food

| DAILY FRUIT TABLE     |                 |               |
|-----------------------|-----------------|---------------|
| DAILY RECOMMENDATION* |                 |               |
| CHILDREN              | 2-3 years old   | 1 cup         |
|                       | 4-8 years old   | 1 to 1 ½ cups |
| GIRLS                 | 9-13 years old  | 1 ½ cups      |
|                       | 14-18 years old | 1 ½ cups      |
| BOYS                  | 9-13 years old  | 1 ½ cups      |
|                       | 14-18 years old | 2 cups        |
| WOMEN                 | 19-30 years old | 2 cups        |
|                       | 31-50 years old | 1 ½ cups      |
|                       | 51+ years old   | 1 ½ cups      |
| MEN                   | 19-30 years old | 2 cups        |
|                       | 31-50 years old | 2 cups        |
|                       | 51+ years old   | 2 cups        |

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

| DAILY VEGETABLE TABLE |                 |          |
|-----------------------|-----------------|----------|
| Daily Recommendation* |                 |          |
| CHILDREN              | 2-3 years old   | 1 cup    |
|                       | 4-8 years old   | 1 ½ cups |
| GIRLS                 | 9-13 years old  | 2 cups   |
|                       | 14-18 years old | 2 ½ cups |
| BOYS                  | 9-13 years old  | 2 ½ cups |
|                       | 14-18 years old | 3 cups   |
| WOMEN                 | 19-30 years old | 2 ½ cups |
|                       | 31-50 years old | 2 ½ cups |
|                       | 51+ years old   | 2 cups   |
| MEN                   | 19-30 years old | 3 cups   |
|                       | 31-50 years old | 3 cups   |
|                       | 51+ years old   | 2 ½ cups |

Source: MyPlate.gov

## National Festival of Breads

As fair season nears, the National Festival of Breads is a perfect event for 4-H youth, leaders, parents, and judges to attend on Saturday, June 8, at the Hilton Garden Inn Convention Center and Blue Earth Plaza in downtown Manhattan. Doors open at 8:30 a.m. with live judging and awards program at 3 p.m.



Watch the eight finalists from across the U.S. bake their winning yeast bread recipes. Sample each bread and vote for your favorite! If you want to learn how to make a purple ribbon yeast bread, come listen to national cookbook authors, chefs, and baking instructors who will demonstrate baking techniques. There will be plenty of bread samples, children's activities, vendors and food trucks. Register to win a red, KitchenAid Professional Mixer or John Deere toy harvesting set. Admission is FREE with a non-perishable food donation at the door.

Military appreciation gifts of homemade bread and honey will be given to the first 200 families with military ID. For more information and a detailed schedule, visit [www.NationalFestivalofBreads.com](http://www.NationalFestivalofBreads.com) and @NationalFestivalofBreads on Facebook.

Social Media popular choice voting for your favorite finalist's bread recipe runs May 24 – June 7. The National Festival of Breads title sponsors are the Kansas Wheat Commission, King Arthur Flour and Red Star Yeast.

## 2019 Geary County Free Fair Special Baking Contest Homemade Cupcakes!

Wednesday, July 24, 2019

Entry 4:30 - 5:30 p.m.; Judged 5:30 p.m.

Stop by the Geary County K-State Research & Extension Office for your copy of the Geary County Free Fair Open Class book to see the contest guidelines!

## A Case for a Cause - Pillowcase Project Directions

Here are some easy directions for sewing a pillowcase. You can also find directions on web. Just search for "hot dog sewing method". If you choose to use an alternative pattern, please use the basic fabric amounts and dimensions provided below.

### Fabric

7/8 yard 100% cotton (**no flannel**) for the pillowcase body  
1/4 yard 100% cotton for the border

### Cut Your Fabric

42 x 31.5" (or 7/8 yard) for the body  
42 x 9" for the border

### Assembly

You can use any method you like to sew your pillowcase, however, using the "hot dog" method and "French seams" hides the seams and eliminates all raw edges. Check out this video for quick and easy instructions for making a standard size pillowcase with French seams: <https://www.youtube.com/watch?v=TAomYjHzUQk>

Otherwise, use a serger, zig zag stitch or pinking shears to prevent raveling. You can watch this video from Missouri Star Quilts: <https://www.youtube.com/watch?v=3mXaYrSMk8c> for a pillowcase without French seams.

### Hot Dog Method

- Lay your border strip right side up.
- Put your pillowcase body piece on top of the border wrong side up facing you. The two right sides of the fabric will be facing each other.
- Pin these 2 pieces together at the top.
- Roll up the body fabric tightly to about 2 inches from the pinned top.
- Wrap the bottom of the border strip up and over the rolled "hotdog" to meet the top edge.
- You should have the wrong side of the border strip facing you.
- Re-pin the 3 edges together. You have now formed the "bun".
- Sew with a 1/2 inch seam.
- Reach inside and gently pull the rolled body of the pillowcase out.
- Your border is now attached to the pillowcase body with all raw edges enclosed.
- Press the border.
- To finish the pillowcase using French Seams, fold the pillowcase with wrong sides together and stitch a 1/4 inch side seam.
- Press.
- Turn the pillowcase inside out so that the right sides are together and stitch a 3/8 inch seam encasing the previous seam.
- Press.
- Repeat this same process for the bottom seam making sure your corners are squared before you see the 3/8" seam.

Your pillowcase is now complete! You do not need to wash the pillowcase, but please put it in a 1-gallon sealable plastic bag.



## **Be creative**

Consider making a pillowcase for an adult or child, male or female. You can insert a bit of lace, rickrack, piping or even a flange (a 2 x 42" strip of accent fabric) into the seam between the right side of the border and wrong side of the body of the pillowcase. You could also applique pieces of decorative fabric along the accent piece of the pillowcase. Avoid embellishments that would be uncomfortable to lay your head on or might snag long hair. Smooth, soft surfaces are desired.

## **Judges Criteria**

Your judge will be asked to evaluate the pillowcase on the following characteristics:

- ✓ Basic construction techniques (straight seams, for example)
- ✓ Visual appeal (colorful, fun for example)
- ✓ Durable fabric
- ✓ Fits Standard 20"W x 30"L, or Queen 20"W x 34"L size pillow
- ✓ Finished seams (so they don't ravel)

*This contest was adapted from a project of the DuPage County Fair Wheaton, IL*

**2019 Special Baking Contest**  
**Wednesday, July 24, 2019**  
**Entry 4:30 - 5:30 p.m.; Judged 5:30 p.m.**  
**Homemade Cupcakes**

- ◆ Each entry must contain 4 individual cupcakes made from the same batch of batter.
- ◆ Entries must be presented on a plain white disposable plate in a sealable clear food grade plastic bag OR participants can purchase a disposable plastic food grade cupcake container at the Extension office (\$.80) in advance or at the Geary County Free Fair Grounds prior to when entries are accepted.
- ◆ The cupcakes are NOT required to be decorated. However, those cupcakes that are decorated will be considered for a separate "Best of Show" award at the conclusion of the judging.
- ◆ Each entry must be prepared from scratch and baked by the person whose name is on the entry form. No box mixes of any kind are allowed in the recipe (no cake mixes, no pudding mixes, etc.)
- ◆ Cupcake recipe must contain only non-perishable food ingredients. Decorated cupcakes cannot use cream cheese frosting.
- ◆ The recipe for both the cupcake and frosting must accompany each entry. Recipe must list all ingredients, quantities, and the preparation instructions, and should NOT contain the name of the baker. Contest recipes will be returned to the contestant after the contest.
- ◆ Cupcakes will be judged on texture, flavor, aroma and visual appearance.
- ◆ BEST of SHOW - Cupcakes entered for the contest that are also decorated for Best of Show, will be judged on appearance, creativity and consistency among the 4 cupcakes presented.
- ◆ Three separate cupcake entries are allowed per person but each entry must have a different recipe.
- ◆ Contest is open to youth and adults and will be judged in two divisions: Youth (age 4 – 17) and Adult (age 18 and over.) There will be three placings in each division: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. One Youth entry and one Adult entry will be recognized for Best of Show.
- ◆ Professional bakers are not allowed to enter meaning that entries are not allowed from those who make cupcakes for sale as part of their work.

Entries will be accepted at the 4-H/Sr. Citizens Center between 4:30 - 5:30 p.m. on Wednesday, July 24th.

Cupcakes will be sold after judging. One cupcake of the first, second, and third place entries, as well as Best of Show awards, will be displayed in the Open Class Food showcase. Prizes will be awarded for the top three placings in each age division.

Entries in the Baking Contest are not eligible for awards in the Open Class or 4-H baking events at the fair. However, cupcakes made from the same recipe or the same batch may be entered in 4-H or Open Class.

# Family Health

## Adolescent Mental Health

The American Psychological Association recently released information about a research study that found the percentage of young adults in the United States experiencing certain types of mental health disorders has been on the rise in a significant way over the past decade while older adults showed no significant change over the same period of time. The researchers point to the increased use of electronic communication and digital media may be partially to blame. Youth have changed the way they socially interact which can lead to having a greater impact on mood disorders. They also noted that research shows that American youth are getting less sleep than they did in previous generations.

In generations past, mental health has been a topic that was swept to the corners and crevasses of our family and friend conversations. In many circles, mental illness is still a taboo topic. Many times, stereotypes and the lack of understanding and knowledge compound challenges that those with mental illness must face. Yet, as our young adults experience an increase in mental health disorders, the adults in their life cannot afford to remain uninformed.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Our mental health is important through every stage of our life. Adults, who typically have greater access to finding support and services, may find it easier to equip themselves with tools to help cope with the challenges they face. They are more likely to have close family and friends to whom they can turn for support. Adolescents, on the other hand, may lack the knowledge and understanding necessary to advocate for themselves or their peers. They are still establishing strong, supportive, and loyal friendships that can help provide positive support for the challenges they face.

Most adolescents have a positive mental health, but one in five has had a serious mental health disorder at some

point in their life. According to the U.S. Department of Health and Human Services, problems with mental health often start early in life. In fact, half of all mental health problems begin by age 14. An environment in which positive mental health is promoted helps avoid some mental health problems.

What else can adults do to support adolescent mental health? Early comprehensive intervention is key. Research shows that coordinated, early intervention can produce successful outcomes for people with mental illness.

The US Department of Health and Human Services (HHS) emphasizes this point. *"The most effective treatment varies by mental health disorder and individual. Depression is usually treated by medications, psychotherapy, or a combination of the two. Mindfulness exercises may be effective for someone with an anxiety disorder, while people who have experienced trauma may find exposure therapy most helpful."*

If left untreated, mental health disorders can lead to serious – even life-threatening – consequences. *Depression, other mental health disorders, and substance use disorders are major risk factors for suicide. Suicide is the second leading cause of death for 15- to 24-year-olds. In 2013 and 2014, children ages 10 to 14 were more likely to die from suicide than in a motor vehicle accident. Any concerns that family members or healthcare providers have about an adolescent's mental health should be promptly addressed. – HHS*

Awareness and early intervention are essential to supporting adolescent youth mental health. There are several mental health service clinics and private therapists in Geary County who can help assist families in this area of need. Don't wait to pick up the phone and call for help if you find your family in need of support and services.

## Mindfulness for Mental Health

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us." [Mindful.org](http://Mindful.org)

Mindfulness is beneficial to overall health, but especially to our mental health and well-being. It is beneficial to our productivity, gives clarity to solve problems, helps in building our patience, promotes self-awareness, improves our memory, and helps us to focus. It gives us more energy to respond rather react to stressful situations.

Mindfulness requires limited time commitment, no special equipment, and no membership to a club. It DOES require your mind, your body, and your attention. You can start your day with this simple process when you wake up in the morning: 1) Take 3 long breaths in through your nose and out through your mouth. Notice your body as you breathe. Repeat 3—5 times. 2) Set your intention for the day. What do you feel is important. For example, being kind to yourself, remaining patient, or having fun.

## More Family Health

**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\*\***

#### May

31\* **\*\*Foods Judging Training**— This 4 hour training teaches participants how to evaluate and recognize the standards in a wide variety of baked and preserved foods. There is limited seating available. Registration cost is \$3.00 per person. For more information call 785-238-4161.

#### June

**GCH Farmer's Market\*\***— The Geary Community Hospital's Farmer's Market is a great place to pick up locally grown and produced products such as vegetables, fruits, honey, and more. Look for the Geary County K-State Research & Extension SNAP-Ed tent the first Thursday of each month. Open from 4p.m.—7 p.m. every Thursday night, this is fun way to spend an early evening shopping local!

#### July

22-25 **Geary County Free Fair**— This FREE community event celebrates all that is Geary County! Enjoy walking through the food, crafts, photography, and woodworking exhibits, visiting with area businesses and vendors, and seeing our local youth demonstrate the skills they have learned through the 4-H Youth Development program. There is something for everyone at the Geary County Free Fair!

Check out this month's newsletter for information about our special Open Class events at this year's Geary County Free Fair which runs Monday, July 22 thru July 25, 2019. Mark your calendars and bring the whole family!



'Like' us on Facebook for the latest news from **Geary County K-State Research and Extension**, including health, wellness, and financial tips. <https://www.facebook.com/gearycountyextension/>