



Family & Consumer SCIENCE S

January/February 2018

Family & Consumer Science News Ford County

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1:00 pm - 5:00 pm

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The mission of KSU Cooperative Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities

*“Knowledge
for Life”*

2018 Extension Council Executive Board Elected

At the annual meeting of our 24 Program Development Committee Members, a new Extension Council Executive Board was elected. Congratulations to those elected: Jon Gleason - Chairman; Kelene McCollum - Vice-Chair; Shauna Rumbaugh - Secretary; Maybell Inghland - Treasurer; Members – Rosalita Cummins, Kim Eaton, Travis Goetz, Brandon Hines and Julie Pinkerton.

FCS Program Development Committee members are Rosalita Cummins, Maybell Inghland, Judy Kregar, Sandy Halling, Daniela Lara and Beth Vogel. Thanks for being willing to serve!

2018 Ford County Fair

The 2018 Ford County Fair dates have been set for Thursday, July 19 through Monday, July 23. Fair set up date is Tuesday evening, July 17 and Fair clean up after the Fair is Tuesday evening, July 24. Please put these dates on your calendar. We would love to see an increase in our community exhibits and participation for 2018. Consider helping as a superintendent for open class or 4-H.

2018 FCE Council

Ellie Elsen is the FCE Council President; Mary Stukenholtz is Vice President; Jewell Perkins is Secretary; Ethel Schneweis is Treasurer; Members – Maybell Inghland, Bonnie Powers, and Marcy Price. Next meeting is January 22 starting at noon. This is our Holiday Luncheon.

THANKS FOR YOUR SUPPORT

We appreciate your support for all our Extension Programs in the past year.

As we start the new year, we hope you will have a fantastic 2018 and your family will be safe and healthy.



Barn Quilt Painting Workshop

Have you seen the colorful barn quilts displayed at the county fair the last

couple of years? Or maybe you had a chance to see them at the State Fair.

Well here is your chance to actually paint a barn quilt and learn more about barn quilts in general. Mary Harden, Bucklin, will be the guest presenter for the Saturday, January 20 workshop. Workshop will start at 9:00 a.m. at the Ford County Fair Building and will conclude sometime in the afternoon.

Registration and barn quilt pattern is due by Monday, January 8 to the Extension Office.

Registration fee is \$60 and includes the board, pattern drawn on the board, paints, brushes and all other supplies. You just need to come and enjoy yourself.

Call the Extension if you have questions or email me at eschnewe@ksu.edu for more information.

Test for Radon During Winter

This is the ideal time to test your home for radon, a colorless, odorless radioactive soil gas which enters homes through cracks in the foundation. Radon is a leading cause of lung cancer in the US. A simple radon test kit is available at the Extension Office for \$6.00. To learn more about Radon plan to come to the January Knowledge at Noon program when Brian Hanson, Kansas Radon Program Coordinator will be the speaker. January is National Radon Month so become more informed about this gas which can be in your home.

Freezer Ready Slow Cooker Meals

Gray County and Edwards County FCS Agents are both offering "Freezer Ready Slow Cooker Meals" Workshops on Saturday, January 20 in their respective Counties. If you are interested in attending either workshop, please give me a call and I can give you more complete details.

Knowledge at Noon Programs

The Knowledge at Noon programs began in October and will run through April. All programs start at approximately 12:10 p.m. and conclude around 12:50 p.m. Coffee and water will be available, bring your own lunch. These programs are co-sponsored by the Extension Office and the Dodge City Public Library. We appreciate the library working with us on this program.

***January 11 – "Radon".** Brian Hanson, Kansas Radon Program Coordinator. Radon is an odorless, tasteless and colorless gas which is produced by the decay of natural radioactive materials in the soil. It is the leading cause of cancer in nonsmokers. Learn more about tests, detectors and mitigation.

***February 8 – Essential Oils.** What are essential oils and why do they matter to you? Whitney Kregar, will be discussing the power of oils, how they will impact your family's health, and how to begin living toxin-free.

***March 8 –Hospice.** Julie Pinkerton, Hospice Executive Director will discuss Hospice. At Hospice of the Prairie, "enhancing the quality of life" means providing a wide range of safe, quality medical, nursing, therapeutic, social and supportive care services, delivered with respect and compassion. This program will offer advise on how to support a family member or friend that has a life-limiting illness.

***April 12 – "Aging Pet Care and Health Issues".** Dodge City Vet Clinic representative. Our pets are like family. You want what's best for them, but do you know what that may be? One of the veterinary staff will provide information on possible health concerns and care options for your pets as they age.

The programs will be held at the Dodge City Public Library, 1001 N. Second.

Walk Kansas 2018 -- March 18 – May 12

Again this year we will be registering Walk Kansas teams using an online system. Revisions have been made which incorporated many suggestions from the program last year. We will also have paper registration for those that prefer to complete the registration by paper and then bring to the office.

Registration deadline will be in March. Captain packets will be available late February or early March.

More information is coming soon and will be posted on our website, Facebook page and emailed to past participants.

Who Gets Grandma's Yellow Pie Plate?™

Personal belongings often have special meaning for individuals and family members. Planning to pass on such items — treasured wedding photo, Grandpa's fishing tackle box, or a well-used yellow pie plate — can be challenging, and may lead to family conflict.

Who Gets Grandma's Yellow Pie Plate?™ program provides people with practical information about the inheritance and transfer of non-titled personal property. Resources with the program help families communicate, make decisions, and lessen conflict.

The program will offer suggestions on how to:

- Bring up inheritance issues for discussion.
- Prepare a legally appropriate list of non-titled property.
- Decide what fair means.
- Ask others what objects they would like and why.
- Identify transfer goals.
- Select distribution and transfer methods that fit goals.
- Consider how to deal with conflicts before they arise.

This program will be held on Tuesday, January 23 at 1:30 – 3:00 p.m. at the Dodge City Public Library. The program will include discussion time.

4-H Flea Market

The 4-H Exchange Annual Spring Flea Market will be held on **Saturday, March 23** at the Ford County Fair Building. Hours are 9 a.m. to 1 p.m. Concession Stand will be available with rolls for breakfast and various lunch items. Come down and support the exchange group by having something from the concession stand and also check out merchandise from many of the various vendors.

Dining With Diabetes

I will be holding a Dining With Diabetes Series on Tuesday afternoons starting on February 27 and running through March 20. These will be held in the Extension Office meeting room and will be from 1:30 -3:00 p.m.

You will learn about:

- ◆ reading food labels
- ◆ using a variety of sweeteners
- ◆ using seasoning to replace salt
- ◆ the role of fiber in the diet
- ◆ the difference between various types of fat
- ◆ the importance of exercise
- ◆ setting personal goals to manage your diabetes
- ◆ ...and more!

Cost is \$25.00 per person. To register and for more information, contact me by emailing me at eschnew@ksu.edu or by calling the Extension Office at 620-227-4542.

Ford County 4-H Foundation

The Ford County 4-H Foundation's Annual Meeting will be held on Wednesday, January 17 at the Ford County Extension Office at 6 p.m. This is a public meeting and any Ford County resident is invited to attend. Foundation membership is obtained through a \$5.00 donation, please send checks to: The Ford County 4-H Foundation, Inc.,100 Gunsmoke, Dodge City, KS 67801

Electric Pressure Cooking

If Santa put an electric pressure cooker under your tree, you may be wondering how to use it and what can be cooked in the appliance.

How Pressure Cookers Work

The pressure cooker works by creating steam to build pressure. A small amount of water or other liquid is placed in the bottom of the pot and heated to boiling. The boiling liquid produces steam, which is trapped under a tightly sealed lid. This raises the pressure and temperature to very high levels so that food cooks thoroughly in just minutes. Most pressure cookers have a pressure gauge that allows you to adjust the pressure within the cooker. They also contain a release valve for releasing the pressure. The newest generations of pressure cookers have a spring loaded valve that pops up when the correct pressure is reached within the cooker. There are many different pressure cookers on the market so be sure to refer to your owner's manual before using your model.



The Benefits of Pressure Cooking

The following benefits make learning how to use a pressure cooker worth it!

- **Cook meals in less time.** While meals prepared in crock pots or ovens can take hours to cook, pressure cooked meals are usually ready in a half hour or less.
- **Save money.** With shorter cooking times, families can save money on their energy bills every month. Grocery bills can also drop since cheaper cuts of meat can be used in pressure cooker recipes. This can lead to big savings over the year!
- **Make healthier meals.** Certain traditional cooking methods can destroy some of the vitamins and minerals in food. Pressure cooking preserves these nutrients because the food is cooked quickly in a sealed environment. This results in healthier meals.

Not every pressure cooker operates exactly the same way, so before using your pressure cooker, read the owner's manual for specific instructions and follow them carefully. Here's some general tips:

- Make sure the vent pipe is free of any bits of food or other blockage. A blocked vent can result in unsafe pressure levels.
- Lock the lid properly so that it does not come open during use. Check the lid locking mechanism thoroughly.
- Always use cooking liquid when you are using pressure to cook the food. Although you can brown meats in the bottom of the cooker first, you must then add liquid before sealing the lid and building pressure. Operating the pressure cooker without liquid or allowing the cooker to boil dry will damage the unit and can be dangerous.
- Never fill the cooker more than two-thirds full of liquid. You need enough head space for the pressure cooker to function properly and safely. Leaving adequate space helps prevent boiling liquid from seeping out of the pot.
- Brown meats before adding liquid or other ingredients to develop good flavor. Do NOT open the lid of the device until the pressure has completely dropped.
- Do not leave the pressure cooker unattended during use. Check the pressure gauge occasionally to be sure everything is working well.

Source: University of Florida IFAS Extension, <http://edis.ifas.ufl.edu/fy1270>

What's New with the Flu?

December 2017 Update: According to the CDC, flu activity is increasing in the United States (flu season in the US usually starts around October and can last through May).

To minimize your chances of getting the flu from sick friends, co-workers, students or fellow commuters, make sure you practice proper handwashing habits.

Cold & Flu Prevention Steps

Important steps to protecting you and your family from the spread of cold or flu germs.

1. Avoid touching your eyes, nose or mouth. Germs spread this way.
2. Cover your nose and mouth with a tissue when you cough or sneeze.
3. Cough or sneeze into your sleeve if you don't have a tissue.
4. Throw the tissue in the trash after you use it.
5. Wash your hands often with soap and water, especially after you cough or sneeze. Hand sanitizers are also effective.
6. Disinfect frequently touched surfaces.
7. Avoid contact with sick people.
8. If you get sick, stay home from work or school except to seek medical care and limit contact with others.

Clean Living at Work

The workplace has its share of germs! A [2002](#) study conducted by University of Arizona researchers found that the workplace does indeed host its share of germs: phones have up to 25,127 germs per square inch, keyboards 3,295 per square inch and computer mice 1,676 per square inch. Mindful of this fact, the American Cleaning Institute offers employers and employees several tips to help keep healthy at the workplace.

Hands-On Tips for Employees:

- Routinely wash your hands with soap as soon as you arrive at the office and several times throughout the day, including before and after lunch, after using the restroom, and in between meetings. Wash your hands vigorously for at least 20 seconds.
- Because germs can be transmitted from virtually anything you come in contact with, keep a surface cleaner or disinfecting spray or wipes handy for daily wipe-down of the two most common items you touch each day, your desktop and telephone. Some products are designed to kill the germs that lead to cold and flu suffering — read the product label to be sure.
- Clean your office and restroom doorknobs regularly. Wipes are great for this task.
- Use a disinfectant spray in your office garbage can. Has it ever been disinfected?
- Subway, bus or train commuters should carry (and use) a hand sanitizer or antibacterial hand wipes following their commutes. This can prevent germ transmission when you stop to get your morning coffee or breakfast.
- If you're sick, stay home!

Hands-On Tips for Employers:

- Consider providing each of your employees (or each floor or section) with personal cleaning supplies such as wipes, sprays and disinfectants to keep their personal environments clean and healthy.
- Post signs encouraging frequent hand washing. A 2001 survey found nearly three-quarters of offices and customer service facilities do not post signs reminding their employees to wash their hands.
- Send an office-wide e-mail encouraging hygienic activities at work and at home, to help prevent sickness for themselves and others.
- Always ensure restrooms and kitchen areas are supplied with enough and proper cleaning products for hands and surfaces, including disinfectants and multi-surface cleaners.

Source: American Cleaning Institute

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Dear Friends,

We have several programs/activities scheduled for the beginning of 2018 and I hope you will be able to join me for one or more of them. With the start of a new year, consider trying something new or different. Consider coming to the Knowledge at Noon programs or any of our other activities or programs. Be more active -- consider getting a team for Walk Kansas or learn something new – K-State Research and Extension- Ford County provides “*Knowledge for Life*” with a variety of programs. Look inside this newsletter for more details.

Sincerely,



Ethel Schneweis
County Extension Agent, Family and Consumer Sciences



**K-State Research and
Extension**

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K-State, County Extension
Council, Extension Districts,
and U.S. Department of
Agriculture Cooperating

K-State Research and
Extension is an equal
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*“Knowledge
for Life”*