

Living Well



Raising Kids, Spending Smart, Eating Right, and Living Well

This Newsletter was created by K-State Research and Extension in Marshall County.



"The Mission of the K-State Research and Extension Service is dedicated to a safe, sustainable, competitive food and fiber system and to strong, healthy communities, families, and youth through integrated research, analysis, and education."

May, June, and July, 2017

WHY NOT ENTER AN EXHIBIT AT THE MARSHALL COUNTY FAIR?

Anyone, no matter your age, is encouraged to bring an exhibit to the 2017 Marshall County Fair. There are classes for just about any type of item, photography to jams, or even something that's been recycled. Bring those pickles you canned, that afghan you crocheted this winter, or that wonderful bread you bake. Other items, such as historical treasures, paintings, needle point, and quilts can also be entered. Don't forget about your garden produce, or those beautiful plants and flowers you have cultivated. All these things and others can be entered in the open class division at the fair. Open class exhibits can be entered on Friday evening, July 14 from 6:00-8:00 P.M., or by 9:00 A.M. Saturday, July 15. They would like open class items to be pre-registered. Premiums are paid to the 1st, 2nd, and 3rd class placings. Come to the Marshall County Fair July 14-18.



VOLUNTEERS NEEDED TO MAKE FUNNEL CAKES

Are you wanting to help at the fair but not sure what to do? Then come down and help us make funnel cakes. We are asking volunteers to be at least 17 years old. To inquire about helping, contact the Extension Office at 785-562-3531 or email Susie at slatta@ksu.edu.

WOULD YOU LIKE MONEY TO BUY FRESH FRUITS AND VEGETABLE? FIND OUT IF YOU ARE ELIGIBLE

Kansas Senior Farmer's Market's Market Nutrition Program checks will be available at the Marshall County Extension Office starting on **June 1, 2017**.

You will receive \$30 in checks to purchase fresh fruits, vegetables, herbs, or honey from authorized farmers at local participating farmers' markets May 1, 2017 through November 1, 2017. Checks are available in \$5 increments. To be eligible to receive KFSMNP checks, seniors must meet the following criteria:

1. Age: 60 years old or older on the day the check is issued.
2. Income level: Individual annual gross income (before taxes are withheld must be at or below \$21,978 (\$1,832/month).

The KFSMNP is a project of the US Department of Agriculture. The program is coordinated by the Kansas Department of Health and Environment who is collaborating with local partners to identify and distribute checks to eligible seniors.



HABITAT FOR HUMANITY THRIFT SHOP

Summer is fast approaching and we are excited to have a whole summer of air conditioning. The cool indoor temps will make way for some "HOT" summer sales! Remember to check our Facebook page, Habitat Thrift Shop, for our daily specials and announcements, as well as pictures of current merchandise.

The summer season is a time of extremely high donations; we really appreciate everyone for bringing us their treasures. We would like to remind everyone that we do not accept mattresses, box springs, tires, broken appliances, older baby cribs and car seats. We welcome all items that are not broken, stained, or ripped. Thanks so much for sharing you goodies with us! Without all of you, there would not be a Habitat Thrift Shop, thanks for making all this possible.

We are always in need of volunteers; give us a call at (785) 562-1070 to find out about volunteering.

FIVE SIMPLE WAYS TO IMPROVE YOUR MOOD

Are you having a rough day? Maybe it's the weather or some disappointing news that has you down. Maybe it's a disagreement with a family member or work colleague, did you have a rough night and not sleep very well? Whatever has you feeling blue, there are at least five no-fail ways to brighten your day:

- * Give a little something back. Maybe you don't feel the best right now, but it's been proven that moods can improve with random acts of kindness. Help someone with a chore, write a quick cheery note of appreciation, or surprise a loved one by doing something special for them.
- * Get moving! Whether it's a brisk walk around the neighborhood, trimming a bush or pulling a few weeds, exercising will improve your physical and mental well-being.
- * Remove that frown. Even if you're faking it, a smile will improve your mood, confidence and the way others see you.
- * Stay positive. Instead of dwelling on what's wrong, get into the habit of positive self-talk. Remember, the way you think affects the way you feel.
- * Give yourself some credit. Just because you're having a tough day, or you've run into a string of bad luck, it doesn't mean it's always going to be that way. Think about your blessings and what you have accomplished. Be proud of what you have done!

RECYCLING DROP OFF



The Marshall County Recycling Drop Off Day in Marysville will be held on **Saturday, June 10, July 8, and August 12**. Recycling will be held from **9:00 to 10:30 A.M.**

The drop off point in Marysville is located on the East side of 20th Street. **Customers need to enter the drive by the entrance to Lakeview Sports Complex, and drive south toward Hedstrom Hall.**

The Valley Heights recycling drop off day will be held in Waterville on the South side of maintenance buildings on June 17. They recycle on the third Saturday of the month from 9:30 to 11:00 A.M. The next recycling days will be July 15, August 19, and September 16 at Waterville on the South side of maintenance buildings. For more information about this drop off site contact Phil Osborne.

Items need to be brought to the recycling facility in an organized fashion, either in boxes or sacks. It is extremely important that items come to the recycling facility CLEAN and SORTED. It is important that people remove lids from all plastic containers and glass jars. Metal lids can be recycled with the tin.

If you have any questions about any of the Marshall County Recycling Programs, please contact the Extension Office, or the Marshall County Public Works Office.

HOW GREEN IS YOUR GRASS?

It's been said that 'in marriage, the grass grows greener on the side of the fence you water the most'. Like a nice lawn, marriages needs to be consistently and conscientiously nourished. That is not to say that there will never be problems—all couples experience challenges. What makes the difference are the choices each partner in the relationship makes when faced with challenges. Consistent and conscientious choices to strengthen, prioritize, and protect a relationship will help couples weather the inevitable storms and droughts while promoting healthy, stable, and satisfying unions.

(The National Extension Relationship and Marriage Education Model, 2013, p. 16.)

MAYBE;
WE WERE MADE FOR EACH OTHER



MARKETPLACE INSURANCE OPEN ENROLLMENT

If you don't have health insurance you might be eligible for a special enrollment period. Not sure if you might qualify for a special enrollment period? Log on to the Health Insurance Marketplace at www.healthcare.gov and see you are eligible. You can also contact the Extension Office to assist you in identifying your eligibility. Unfortunately you can not sign up because you lost insurance for missed payments or just because you moved, but if you are losing health coverage from an employer or had to change health insurance because you moved this does give you a special enrollment period. Getting married, having a baby, and getting released from jail are other special enrollment periods. Also if you lose medicaid or medicare coverage you are also entitled to a special enrollment period. The special enrollment period only lasts 60 days so you need to act quickly to qualify.

So if you have questions about Marketplace coverage, contact the Marshall County Extension Office and we will help you find the answers.



HAS YOUR HOME BEEN TESTED?

Radon. Yes, it's still around. Yes, it's still a problem in northcentral Kansas and still the 2nd leading cause of lung cancer after smoking. It doesn't matter if your home is old or new. What matters is what kind of soil is beneath the foundation and how it was constructed.

We usually promote radon testing when the home is closed up and furnace running. Summer is also a good time to test if the home is closed and air-conditioner running. Test kits are easy to use, inexpensive (\$5) and available the Marshall County Extension Office.

Once your home's been tested and it had a score of 4.0 pi/C or lower, you do not need to test again. (The exception is if you've had work done on or around your home's foundation or if the land has shifted as in an earthquake.)

Q: With all the family outings, ballgames, picnics etc. this summer, how do I remove the stains that go along with these activities?

A: Pack a stain remover stick when going out to treat stains until you get home.

STAIN REMOVAL FOR WASHABLE FABRICS

Grass: Sponge with solvent until the stain is removed. Rinse and dry. Spray on wet spotter and several drops of white vinegar. Rinse. If stain remains, sponge with alcohol and thoroughly rinse. Apply detergent to stain and launder. Add chlorine bleach if safe for fabric.

Fruit or Berries: Soak in 1 quart warm water, 1 teaspoon liquid dish detergent and 1 tablespoon white vinegar for 15 minutes. Rinse. If stain remains, sponge with alcohol, rinse and launder. If color stain remains, launder using chlorine bleach if safe for fabric or use an oxygen bleach.

Perspiration: Pre-treat with an enzyme pre-soak. Apply detergent to stain and launder. Fresh stains: To restore color, apply ammonia. Rinse with water and launder. Old stains: to restore color, apply white vinegar. Rinse with water and launder.

Catsup: remove excess with a dull knife. Soak in cool water for 30 minutes. Work liquid dish detergent into the stain and launder in warm or hot water and chlorine bleach if safe for fabric. If stain remains, soak 30 minutes in enzyme pre-soak. Rinse and launder.

Chocolate: Sponge with solvent or treat with pre-wash stain remover. Rinse. Apply liquid dish detergent to stain. Launder using hot water and chlorine bleach if safe for fabric. If stain remains, soak for 30 minutes in enzyme pre-soak. Rinse and launder. OR bleach chocolate stains with hydrogen peroxide. Rinse with water and wash as usual.

Remember to always read the care labels, follow laundry instructions and test removal products in an inconspicuous area before laundering.



Happy 4th of July - Have a safe and enjoyable day

FOOD FOR FITNESS AND FUN

NEW FOOD PRESERVATION PUBLICATIONS

It's hard to believe that it is time to start thinking about food preservation already! Many gardens are started and before long we will be benefitting either from our own garden or the wonderful fresh produce at farmers markets.



You may have been canning and freezing for years, but it never hurts to make sure that you are doing things correctly.

Methods change to ensure that the food will be safe for you and your family to enjoy next winter. K-State Research and Extension has updated their publications to ensure that all of the information is timely and research based. These publications can help you ensure safe preserving and maybe give you some new ideas on things to do with some of your extra produce. Contact the Marshall County Extension Office to get a copy of these new publications or go online at www.rrc.k-state.edu/preservation/index.html

NOT ALL COLORED PEPPERS ALIKE

Bell peppers can add a variety of color to many recipes, but they also add different amounts of nutrition. Red, yellow and orange peppers are the ripe versions of the green pepper. Therefore, they cost more. They are all equal in the macronutrients of protein, fat, and carbohydrate. The differences are found in the vitamin, mineral and phytonutrient content. In the case of vitamin C, green peppers contain 80 mg per 3 ounce serving. Yellow peppers have 184 mg per serving.

The Recommended Daily Allowance is 75-90 mg per day so either pepper is a good choice. Different colors of peppers have different amounts of carotenoids. Red peppers are bursting with beta-carotene. Yellow peppers have very little beta carotene. Orange peppers have 10 times the amount of lutein and zeaxanthin. Carotenoids are beneficial for eye health. Bottom line, don't skimp on peppers and add color to your meals!

Tufts Health & Nutrition Letter, Jan 2016

SUMMER GRILLING AND FOOD SAFETY

Grilling season is here and we are all excited to hit the patio and enjoy the beautiful weather. Unfortunately, barbecues can also be a great source of food borne illness if proper precautions are not taken. Keep your family healthy this summer by following some basic food safety tips.

1. Keep it clean. Wash your hands with soap and water for at least 20 seconds both before and after handling food. If you don't have a source of clean water plan to bring some with you or have hand sanitizing wipes available.
2. Marinate food in the refrigerator. **DO NOT DO THIS ON THE COUNTER!** This will allow bacteria to grow at a much faster pace. **DO NOT** use the marinade as a sauce on the finished product. This will cause cross contamination. If you want to use the marinade as a sauce you should save some separate from the raw meat or cook the used marinade until it comes to a boil.
3. Keep raw food separate. Keep raw meat in a separate cooler from foods that are cooked or will be served raw. Do not use a plate or utensils that previously held raw meat unless they have been washed in hot soapy water in between.
4. Seeing isn't believing. Just because it looks done doesn't mean that the inside has reached the proper temperature to kill bacteria. The only way to do that is to use a meat thermometer. Hamburgers must reach 160 degrees F before they are safe to eat.
5. Keep hot food hot and cold food cold. Hot foods need to be held at a temp of 140 degrees F or above until served. Cooked meats can be kept to one side of the grill or wrapped in an insulated container. Cold foods need to be held at 40 degrees or less until served. Keep them in a cooler, out of the sun, and avoid opening the lid too often to keep the temperature low.

If you want more food safety information then go to www.rrc.k-state.edu.



TO KEEP A BBQ GRILL CLEAN AND GUNK-FREE

Leave the grill on until you've burned off any cooked food residue. Let the grill cool slightly. While it's still warm, use a small wire brush to clean off any food particles that remain on the cooking grates. If the grates are removable, take them out and soak them in warm, soapy water. Remove them from the water and brush clean with a wire brush. If other parts of the grill require cleaning (for example, around the burner or on the inside surfaces), check the manual for your grill. When you've finished cleaning, reassemble the grill and let it air-dry. The next time you use it, preheat it for an extra five minutes to be sure you burn off any cleaning residue.

GRILL CARE

The time of year for grilling outside is here. Keeping the grill clean is sometimes the biggest challenge of all. Many people seem to forget this important aspect of grilling and food safety.

If the grates are removable, take them out and soak them in warm water and dish soap. Brush clean with a wire brush and then reassemble the grill and let it air-dry. If other parts require cleaning, check the manual and follow directions.

The key to a clean grill is to be diligent about cleaning it immediately after each use, rather than waiting until you're ready to start cooking. So, the next time you take the steaks off the grill, let any cooked-food residue burn away before turning it off. This is a simple thing to do while the meat "rests." Then turn off the grill, but while it's still warm, use a small wire brush to clean any food particles that remain on the cooking grates.

FROZEN FRUIT SOFT-SERVE (Serves 8)

4 bananas, sliced and frozen
4 cups fruit chunks or berries, frozen
2 tablespoons granulated sugar (optional)

Mix frozen fruit chunks (or berries) with sugar in a microwave safe bowl and microwave for 30 seconds. Continue microwaving in 30 second intervals until the

BBQ CHICKEN PIZZA

6 English Muffins
 $\frac{3}{4}$ cup BBQ sauce
1 $\frac{1}{2}$ cups chicken (cooked and diced)
 $\frac{3}{4}$ cup shredded cheese
1 chopped bell pepper



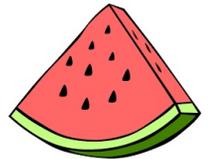
Preheat oven to 450°F. Measure out all ingredients. Slice English muffins in half and place on an ungreased cookie sheet. Spread BBQ sauce on English muffins. Top with remaining ingredients. Bake 450°F for 7–12 minutes (or until cheese is melted). Enjoy!

Recipe source:

<http://recipefinder.nal.usda.gov/recipes/bbq-chicken-pizza>

WATERMELON KABOBS

$\frac{1}{2}$ small seedless watermelon (rind removed, about 7 lbs)
3 cups large seedless grapes (removed from stems and halved for younger children)
2 cups blueberries
1 lime
2 tablespoons sugar



Have ready sixteen 6-8 in. Wooden skewers, and line a rimmed baking sheet with plastic wrap. Cut watermelon in bite-sized chunks. Alternating fruits, thread on skewers. Arrange on baking sheet, cover with plastic wrap and refrigerate until serving. Grate zest and squeeze juice from lime. Put zest, lime juice, and sugar in a small bowl, let stand for 10 minutes, then stir until sugar dissolves. Just before serving, drizzle or brush kabobs with lime syrup. Transfer to serving platter.

fruit is slightly soft and the sugar has dissolved. Use blender to combine bananas and fruit with sugar until the desired consistency is reached, about 2–3 minutes for soft-serve consistency. Enjoy! Mixture may be frozen in a freezer-safe container and then allowed to thaw at room temperature for about 15 minutes before serving.



MONEY SMARTS



PREPARED KEY TO FINANCIAL FUTURE

At Social Security, we know that preparedness is the key to a secured financial future. The steps you take today will shape your life when you're no longer working. For women, it's especially important to be ready when retirement comes knocking.

In 2014, the Census Bureau reported that women usually earn 79 cents for every dollar earned by men. In addition to this wide pay gap, women are also shown to have less saved for retirement than their male counterparts. Pair these statistics with women living longer and it drives home an urgency message. Your preparation for the future must begin today.

Social Security is here to help with benefits, information, and tools to help you secure today and tomorrow. Here's how you get started:

Sign up for a my Social Security A personal, my Social Security account is the portal to your retirement. You can review your earnings, get your Social Security Statement to see how much you're slated to get as retirement, disability, and Medicare benefits. Go to socialsecurity.gov, click on Sign in/Up, and follow the steps to create your secure account. It's easy!

Visit our Retirement Estimator to get a projected snapshot of what your retirement future looks like based on your actual Social Security earnings record. You can plug in some basic information to get an instant, personalized estimate of your future benefits.

If you don't have a retirement account, consider signing up for the U.S. Treasury Department's myRA. It's a simple, safe, and affordable starter retirement account that helps Americans without access to employer-based retirement plans save for their financial future. It's free to open an account, there are no annual fees, and myRA carries no risk of losing money. With myRA, you can fund your account via payroll deduction, or from your checking or savings account. Visit myRA.gov to get started today.

Social Security wants every woman to have control of her financial future. Follow these simple steps today and you'll be well on your way.



K-STATE RESEARCH AND EXTENSION - YOUR ANSWER TO MEDICARE QUESTIONS

Are you turning 65 or going onto Medicare due to Social Security Disability and have questions about Medicare? Then you will want to contact the Marshall County Extension Office at 785-562-3531 for an unbiased research based answer. We want to help you understand Medicare and your options.

VOLUNTEER ASSISTANCE NEEDED

If you would be interested in becoming a volunteer to help uninsured residents in Marshall County become insured, contact Susie at the Marshall County Extension Office.

ARE YOU A K-STATE STUDENT OR AN ALUMNI OF KSU?

Powercat Financial is a great resource that provide students and alumni with free financial education for their current situation and for the future. Trained peer financial counselors provide individual session, online help sessions and educational workshops for student groups.

They offer information and education in many financial areas, including:

- ☆ Preparing a step by step college financial plan to reduce debt
- ☆ Determining long and short term financial goals
- ☆ Preparing a spending plan.
- ☆ Organizing your finances and spending
- ☆ Exploring the importance and use of credit
- ☆ Obtaining and reviewing your credit report
- ☆ Analyzing your options for student loan repayment
- ☆ Reviewing your job offer and employee benefits
- ☆ Avoiding Identity theft.

Powercat Financial works closely with the nonprofit SALT, offering you free access to another financial resource. SALT provides these benefits: Advice about student loans, information about scholarship, internships or jobs, money saving deals, how to take control of your money and free online financial courses. Need help? Saltmoney.org/livechat

Powercat Financial is located in the KSU Union Third Floor 785-532-2889 or k-state.edu/powercat financial

2017 MARSHALL COUNTY FAIR SCHEDULE

Wednesday, June 28 - Cat Show

Friday, July 7 - 8:30 am - 4-H Pre-Fair Judging

Saturday, July 8 - 8:00 am - Softball Tournament

Sunday, July 9 - 4:00 pm - Clean up, set up

Thursday, July 13 - Horse Show

9:00 am - Halter Events

Equestrian Events

Costume Class

Trail Class

Horse Speed Events

Rain date for everything except halter events TBA

Friday, July 14

4:00 - 8:00 pm - All 4-H and Open entries accepted

4:00 pm - All Beef, Sheep, and Swine are to be on the Fairgrounds in place. No livestock will be accepted after that time.

4:00 - 6:00 pm - Livestock Weigh-In

7:00 pm - Figure 8 Race

Saturday, July 15

8:00 am - Beef Show, bucket calf practice immediately following beef show

9:00 am - All entries in place, this includes horticulture

9:00 am - Judging of entries: 4-H (this includes Foods) and Open Class, except livestock

1:00 pm - Senior Scholarship Quiz-Off

2:00 - 4:00 pm Dog Agility Show

5:30 pm - Bucket Calf Show

6:00 pm - PAT Kiddieland/Carnival (Wristband Night)

7:00 pm - Demolition Derby (Arena)

8:00 pm - "Rewind" Band

Sunday, July 16

8:00 am - 10K Run (Barnyard Boogie)

8:00 am - Swine Show

10:00 am - Poultry Show

1:00 pm - Story Time by MS Co. Infant Toddler Services @ Fairgrounds

2:00 pm - Model Rocket Shoot off

4:00 pm - Christian Music Concert on the Square "House of the Rising Son"

6:00 pm - Parade (entries contact Janice - 785-363-7384)

6:00 pm - PAT Kiddieland/Carnival

8:00 pm - Farm Bureau and Kan Equip Pedal Tractor Pull and Watermelon Feed sponsored by Farm Bureau

Monday, July 17

8:00 am - Sheep Show followed by Meat Goat Show

9:00 am - Rabbit Show

10:30 am - Dairy and Dairy Goat Show

5:00 pm - Round Robin

6:00 pm - Vopata Memorial Watermelon Feed

6:00 pm - PAT Kiddieland/Carnival (Wristband Night)

8:00 pm - Entertainment to be announced

Tuesday, July 18

8:30 am - Decorated Cake Judging

10:30 am - Livestock Judging Contest

5:00 pm - 4-H Fashion Revue/Cake Auction

Outstanding Volunteer Award and Scholarship Recipient
6:00 pm

Fair Supper catered by Ricky's Café. Open to the Public - Meal may be purchase at the event

Livestock Buyers Dinner sponsored by Marysville Livestock Exchange.

Previous Year's Cake buyers Dinner sponsored by Wagon Wheel Café.

6:00 pm - PAT Kiddieland/Carnival (Wristband Night)

7:30 pm - Livestock Auction

7:00 - 9:00 pm - 4-H and Open Class Exhibits released except for livestock sale animals

9:00 pm

Fair Clean Up

Load Sheep

Load Hogs

Load Beef

After 9:00 pm exhibits will be at the Extension Office. You may pick the exhibits up on Friday, July 21

Wednesday, July 19 - 9:00 am - Fair Clean Up