



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

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



October, November, December, 2016

"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."

2016 MARSHALL COUNTY EXTENSION COUNCIL ELECTIONS

Every year, Marshall County elects 12 members to the 24 member Extension Council. These are important positions, as they direct the future of the Marshall County Extension Program. Persons are elected in the areas of Agriculture, Family and Consumer Science, 4-H & Youth, and Economic Development.

Anyone who resides in Marshall County and is 18 years of age or older, is welcome to vote for these elected officials. The election begins on Monday, October 24 and runs through Sunday, October 30 in the Marshall County Extension Office. Persons can only vote for representatives in their commissioner district, either 1, 2, or 3. We would like to encourage you to vote during this week.

You will be voting for the following people:

District 1

Agriculture

Anthony Ring

Family and Consumer Science

Tracy Vering

4-H and Youth

Sue Rowland

Economic Development

Steve Vering

District 2

Agriculture

Wayne Holle

Family and Consumer Science

Susan Steinfort

4-H and Youth

Austin Schotte

Economic Development

Georgena Lindquist

District 3

Agriculture

Rachel Stowell

Family and Consumer Science

Jeanne Jacobson

4-H and Youth

Wendy Johll

Economic Development

Shawn Schneider



ATTENTION RECYCLERS

24/7 Recycling has changed it's look.

The Marshall County Recycling Drop Off Day in Marysville will be held on **Saturday, November 12 and Saturday, December 10.**

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. They recycle on the third Saturday of the month from 9:30 to 11:00 A.M. The next recycling days will be November 19 and *December 17 at Blue Rapids.* For more information about this drop off site contact Phil Osborne.

24/7 recycling is located at the 744 Pony Express Highway west of Marysville. There is a sign marking the location. There are labeled slots on the side of the recycling trailer to sort the recyclables. Items accepted at the 24/7 recycling include cardboard, paper, books, newspapers, tin cans, aluminum, Number 1 and 2 plastics. Do not leave any other products/trash at this site, you can be charged for littering, and we don't want to lose this privilege of 24/7 recycling. If you have questions concerning this location, please call the Marshall County Public Works office at 785-562-5349.

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.

Curbside service is available by the Marysville Boy Scouts for people who are unable to take their items to the drop off point, or for those who have to work on Saturday morning. To receive curbside pick up, please contact Kay Richardson at 562-2716. Please call Kay by 6:00 P.M. on Friday prior to the drop off day. The Boy Scouts would like to have the items set on the curb by 8:30 A.M. on the morning of the drop off day.

For more information about what kind of items can be recycled and how they need to be sorted, please contact the Extension Office.



HABITAT FOR HUMANITY ANNIVERSARY

We will be celebrating our anniversary in a different, grander fashion this year. We will be hosting the Marysville Chamber of Commerce Mixer, Wednesday November 9, 5:00 PM. This will be an exciting event for us because we will not only be celebrating our 18th Anniversary, but also we are celebrating the purchase of our building. We will offer hor d'oeuvres, drinks and cupcakes! The store will be decorated for Christmas, showing off our thousands of holiday decorations! All of us here at Habitat look forward to seeing everyone that night to celebrate all the changes that have happened this year!

Habitat would like to remind everyone that if you need it, we have it and for less than others. Shop here first and save! We carry just about everything you can think of...clothes, shoes, furniture, hardware, lighting, electronics, books, household decorations, pictures, picture frames, jewelry...the list goes on and on. Come out and give us a try! Remember to check our Facebook page, Habitat Thrift Shop, for our daily sales and promotions. We can't wait to see you!

If anyone has questions regarding donations or volunteering please give either Paula or Rhonda a call at (785) 562-1070.

Happy Thanksgiving and Merry Christmas from all of us at Habitat!

DAYLIGHT SAVINGS TIME ENDS



Daylight Savings Time ends Sunday, November 6. Turn your clock back one hour, and change your batteries in your smoke detector!

HAPPY HOLIDAYS

The Marshall County Extension Office will be closed on the following days:

November 24 & 25
December 23- January 2



MARSHALL COUNTY EMERGENCY NOTIFICATION SYSTEM

The Marshall County Emergency Notification System is a vital information tool. If you would like to receive weather alerts like severe thunderstorm watch, tornado watch, or important Marshall County information please go to the following link: <https://member.everbridge.net/index/453003085612434#/login> **or** contact the Marshall County Emergency Management Office at 785-562-4550, or visit them at 1201 Broadway, B4, Marysville, KS 66508.

2016 KANSAS WHEAT COMMISSION BOOKS

The 2016 Kansas Wheat Commission books are available at the Extension Office. Stop by to get your copy.



The Marshall County Salvation Army is looking for people to help ring bells this holiday season if you, your family or an organization you are involved in would be willing to give an hour or two of your time please contact Cindy Scarbrough at 785-629-8300 or contact her through FaceBook.

RELATIONSHIP TIP OF THE SEASON

Coping with holiday stress often begins with healthy communication and conflict resolution. Here are tips to maintain positive relationships during this busy time of year.

- Avoid accusatory statements so that the listener is more willing to respond positively.
- When stress levels rise, practice calming techniques such as time-outs, soft voices, humor, or smiling.
- Avoid hot-button topics and focus on keeping the conversation light and cordial.
- Accept your differences and work towards a compromise. While conflict can be stressful, forgiveness can strengthen your family and your relationship.

TIPS FOR HANDLING STRESS AND CRISIS

All families experience stress at one time or another. Dr John DeFrain, from the University of Nebraska - Lincoln has determined some useful approaches families can use when dealt with a crisis.

- * They look for something positive and focus on that positive element in the difficult situation.
- * They avoid seeing the problem as one individual's dilemma but instead see it as a challenge for the whole family.
- * They communicate about the issue.
- * They keep things in perspective and realize that 'this too shall pass'.
- * They focus on what's most important and downplay the rest.
- * They continue to eat well, love one another, and get enough sleep. In times of stress, human beings tend to forget they are biological beings. Like young children, they still need to eat, be shown affection, play, and get enough sleep.

GETTING GOOD SLEEP

If you have difficulty sleeping, it might be time to examine your sleep behaviors. Each person is a little different, but the following tips can improve the quality of your sleep.

- ◆ Try to go to bed and get up at the same time every day, even on weekends.
- ◆ Practice a relaxing bedtime ritual to 'wind down' and prepare your body for rest.

- ◆ Evaluate your bedroom for 'sleep friendly' conditions in terms of the temperature, sound and light, including light emitted from electronics.
- ◆ Avoid heavy meals prior to bedtime, as well as alcohol and caffeine for several hours before going to bed.
- ◆ Regular exercise, though not right before bedtime, can also contribute to restful sleep.

FOOD FOR FITNESS AND FUN

HOLIDAY EATING SECRETS

The holidays are here and with the festivities comes lots of food to enjoy. Here's some interesting research findings on holiday eating.

- ✧ Each guest adds 35 calories to your own food intake.
- ✧ Enjoy holiday music? Those festive tunes can add 100 calories to your food intake.
- ✧ It's game time! Eating during the game adds another 140 calories.

Needless to say, it all adds up. And skipping meals prior to the big feast will only make you eat more. So

try these tricks to minimize over-eating.

- ✧ Slow down! Put your fork down between bites.
- ✧ Nibble on holiday treats along with low-calorie foods.
- ✧ Don't feel obligated to eat every food. Save room for the special treats and avoid the mundane foods.
- ✧ Planning the menu? Fill half of the menu with low-calorie fruits and vegetable dishes.
- ✧ After eating, go take a walk! That will help burn off those extra bites.

COOKIES

MYTH: Raw cookie dough is always safe to eat if you use pasteurized eggs.

Answer: BUSTED!

Many Americans love to bake and eat cookies during the holiday season, as well as throughout the year. I know I am not alone in that I also love to pop some of the raw dough into my mouth when I am baking. In the past, the general thinking was that if one would just use pasteurized eggs in making the cookies or just buy refrigerated cookie dough, any harmful organisms that might be present in the eggs would be eliminated and thus the dough would be safe to eat raw.

However, an outbreak of E. Coli in 2009 that was linked to purchased ready to bake cookie dough changed this thinking. This dough used pasteurized eggs which appeared to be handled correctly. So what ingredient was making people sick? Although investigators were not able to definitely identify the

problem ingredient, it appears that the flour may have been contaminated with E.coli. Many manufacturers of commercial cookie dough now use heat-treated flour, which will reduce the risk of foodborne illness; however, it is still safest to bake the cookies before eating them, as the package clearly states.

Most home bakers do not use heat-treated flour, so if you are making cookies at home this holiday season, it is safest to bake them before eating. I have found that you also end up with more cookies if you don't eat the dough. If you have a hankering for cookie dough, you can safely consume cookie dough ice cream or similar products where the cookie dough has been heat treated for safe consumption.

Enjoy the holiday season safely! NO one wants to have foodborne illness over the holidays, so following some simple food safety practices can help ensure that.

COOKIES WITH A TWIST

There are thousands of cookie recipes in a variety of shapes, sizes, textures, and flavors. During the holidays, cookies are a special treat and everyone has a favorite. Let's see how a traditional chocolate chip cookie can be altered for a different look.

Chocolate chips come in special holiday shapes, colors, and flavors. Simply replace the regular chips with these fancy chips. Try adding some colored sprinkles or sugar for extra sparkle.

Here are some cookie making tips.

For More Spread

- ☞ Use butter
- ☞ Increase liquid 1 - 2 tablespoons

- ☞ Increase sugar 1 - 2 tablespoons
- ☞ Warm cold ingredients to room temperature, don't refrigerate dough.

For More Puff

- ☞ Use shortening
- ☞ Use cake flour
- ☞ Reduce sugar a couple of tablespoons
- ☞ Use all baking powder
- ☞ Use cold ingredients or refrigerate dough

For More Tenderness

- Use cake flour
- Add a few tablespoons fat or sugar



Money Sense



THE ONLY THING CERTAIN IN LIFE IS CHANGE - OPEN ENROLLMENT 2017

State of Kansas Employee and Non Employee Health Insurance Options

Options Plan A and C with coverage through Aetna and Blue Cross Blue Shield Plan C is a high deductible option with an HSA or HRA. Take time to look at the different options and see what is best for your situation. Check out changes in premium, deductibles, co-pays, as well as amount contributed to your HSA.

Vision Insurer - Surency Vision

State of Kansas Retirees and Direct Bill Members

New Open Enrollment Dates from October 16 - November 15.

Online Enrollment each year is now required. If you do not choose to enroll you will automatically be placed in the Blue Cross Blue Shield Senior Plan C without drug coverage option.

Health Insurance Market Place Open Enrollment Time Line

November 1 - 2017 plans and prices will be available for preview

November 1, 2016: Open Enrollment starts for 2017 Marketplace plan.

December 15, 2016: Last day to enroll in or change plans for new coverage to start January 1, 2017.

January 1, 2017: 2017 coverage starts for those who enroll or change plans by December 15.

January 15, 2017: Last day to enroll in or change plans for new coverage to start February 1, 2017

January 31, 2017: 2017 Open Enrollment ends. Enrollments or changes between January 16 and January 31 take effect March 1, 2016.

MEDICARE PART D PRESCRIPTION DRUG OPEN ENROLLMENT

The 2017 Medicare Open Enrollment period will take place between October 15 and December 7. This is the period of time to review your prescription drug plan (Part D) and make changes for 2017. These changes will take place on January 1.

Why shop and compare plans each year? Beneficiaries may be able to lower their co-pays and out-of-pocket costs for the entire year by switching to another prescription drug plan. They may also need to change to find a plan that covers all of their medication. Please don't assume just because your Part D plan was good last year it will be the same in 2017.

Please take a few minutes out of your life to shop for a plan. **There are many people out there to help and I think you will feel good about taking a few minutes to evaluate your prescription plan.**

Susie will provide free, unbiased, and confidential counseling during the open enrollment period.

During last year's Medicare Part D open enrollment season, K-State Research and Extension in Marshall County served 833 Seniors and SSD recipients.

Because of these counseling sessions:

- ✓ 346 were enrolled in a new prescription drug plan
- ✓ 41% of beneficiaries switched plans saving \$315,017 which would be an average saving of \$910 per year for those that switched.
- ✓ 35 people were assisted in applying for the Medicare Savings Program and Extra Help and 28 reported that they were eligible.

Summary of 2017 Prescription Drug Plans:

- 22 plans in Kansas. 2 Sanctioned
- Lowest Premium Plan available \$17.00/month
- Highest Premium Plan available \$151.30/month
- Highest Possible Deductible \$400

For these reasons, please shop for a plan for 2017.

It is in your best interest financially and medically to make sure you are enrolled in the best plan for you.

Susie has begun to take appointments at her office and is willing to meet with you. Please call the Marshall County Extension Office at **785-562-3531** to schedule an appointment with Susie.



LOCATIONS AVAILABLE FOR MEDICARE COUNSELING BESIDES THE EXTENSION OFFICE

★ Blue Rapids

Yungeberg Drug

Thursday, October 20 from 8:30 A.M. to 5:00 P.M.

Thursday, November 15 from 8:30 A.M. to 5:00 P.M.

Blue Valley Nursing Home – Tuesday, November 29 from 9:00 A.M. to 5:00 P.M.

★ Frankfort

Frankfort Public Library

Wednesday November 1 from 1:00 to 8:00 P.M.

Monday, November 14 from 9:00 A.M. to 5:00 P.M.

★ Marysville

Extension Office – call for dates and times

Elm Street Apartments – Monday, November 21

Country Place Living - Wednesday, October 29 from 1:00 to 3:00 P.M.



SAY YES TO SOFT LIPS

Because lips lack oil glands, they tend to dry out easily. To keep your lips kissable, take these tips:

1. Drink more fluids, especially when the air is dry.
2. Keep your home moist by using a humidifier. Remember to clean it regularly and to keep it out of the reach of small children.
3. Make sure your lip balm contains sunscreen with a sun protection factor, or SPF, of at least 15. Sunlight dries your lips and can make already chapped lips worse.
4. If your lips tingle, burn, or sting after applying balm, find a milder substitute. Irritants that could affect sensitive skin may include alcohol, fragrance, retinoids, or alpha hydroxy acid.
8. Before bed, apply a lip balm containing beeswax, petroleum jelly, or mineral oil.

SHOPPING ON THE INTERNET

With the holidays approaching, many of us will be doing some shopping on the internet. If you find yourself doing that, be sure to protect your privacy.

Make sure you are on a secure website. This is indicated by a screen notice that you're visiting a secure site or a closed lock or unbroken key in the bottom center of your screen or in the right corner of the address bar. Another indicator is the first letters of the internet address you are viewing changes from 'http' to 'https'. Remember to never put credit card or debit card information into a website unless you absolutely know that it is secure.

CHOOSE APPROPRIATE GIFTS FOR CHILDREN

The best advice for selecting a present for a young child is to choose something that is 10% toy and 90% child. The more a toy requires creativity, the better it is. Classic toys such as dolls, blocks, construction sets, dress-up clothes, and art supplies have this characteristic and will stand the test of time, while appealing to children at more than one age or level of development. For example, rather than a robot that runs on batteries and performs a specific function, consider buying a set of connecting gears that would allow a child to build his or her own robot, or house, or hundreds of other things.

VOLUNTEERS NEEDED

The 2016 Tax year will soon be here. Are you interested in computers, or do you enjoy math or accounting? Maybe you like to greet people and help others. If you are interested in any of the above, you could help us have a successful tax season.

VITA tax preparation services would not be possible without various volunteers. We are needing additional volunteers for the 2016 Tax Year. Whether it is a couple hours a week or more, you could help our VITA Team have a fun, efficient, and effective tax year.

If you are interested in joining our VITA tax team, contact Joni Spellmeier at RSVP of NE KS or contact me at the Extension Office. We would enjoy having you be a part of our awesome VITA team.