The Grow It, Eat It workshop to be held in Minneapolis has a change of date. The new date is **Monday, April 13, 6:30 p.m.** in the Ottawa County Courthouse. This workshop is co-taught by Jason Graves, CKD Horticulture Extension Agent and Leah Robinson, Nutrition, Health and Food Safety Extension Agent. Participants will learn how to grow sweet potatoes, watch food demonstrations, and sample delicious recipes. Class size is limited and has a $7 fee to attend. Call the Minneapolis extension office at 785-392-2147 to register.

Today, the average American eats about four pounds of sweet potatoes a year, down from an average of 30 pounds in 1920. Given the nutritional density of the affordable, easy-to-prepare sweet potato, our ancestors had the right idea: Sweet potatoes aren’t just for covering with marshmallows at the holidays.

At only 180 calories and a whopping 7 grams of fiber per one cup of cooked sweet potato, they are a satiate star. Regular white potatoes average just 2 grams of fiber per cup. No wonder adding sweet potato to a meal helps you feel full throughout the day!

Come learn how to grow & enjoy these nutritional power houses at the Grow It, Eat It workshop.
Women in Ag program

Saline County Women in Ag will offer ‘Growing Great Plants in the Kansas Climate’ at their spring meeting. Jason Graves, Central Kansas District Horticulture Agent will present the program.

Kansas is a unique place and its dynamic climate challenges our gardens and landscapes in many ways. Plant materials will thrive in Kansas when gardeners choose plants wisely and provide the correct conditions for optimal growth. Come learn how to avoid common mistakes and ensure your plants will perform at the top of their game. It really is possible to grow great plants in the land of Kansas. We’ll cover primarily trees and lawns, but flowers and gardens will also be addressed in the workshop. Bring your questions and plan to learn!

Date: Thursday, April 16
Time: 6:30 p.m. (registration begins at 6 p.m.)
Place: Redeemer Lutheran Church
743 E. Magnolia
Salina, KS

Call 785-309-5850 to register.

New to Medicare Workshops

Come learn the basics of Medicare, including eligibility, how and when to apply, what is covered by the various parts, and how to fill the gaps. Programs available to assist low income individuals will also be discussed. Anyone interested in learning more about the Medicare maze would benefit from the program, particularly those who are nearing age 65 or who help aging parents with insurance and financial matters.

Date: Saturday, April 18
Time: 10 a.m. to noon
Place: Salina Public Library
Prescott Meeting Room
301 W Elm, Salina, KS

Date: Monday, May 18
Time: 6:30-8:30 p.m.
Place: Minneapolis Public Library
519 Delia Ave., Minneapolis, KS

Advance registration is requested, but not required, to help with room setup and to ensure we have sufficient materials available. Register by calling 785-309-5850 or by e-mailing dwood@ksu.edu.

Shedding the Burdens of Resentment

In his book, The Seven Principles for Making Your Marriage Work, John Gottman says, “For a marriage to go forward happily, you need to pardon each other and give up past resentments. This can be hard to do, but it is well worth it. When you forgive your spouse, you both benefit. Bitterness is a heavy burden” (p. 153).

Resentment is a heavy burden. Why carry it? Maybe our complaints against our partners make us feel justified. But damage to the relationship is a terrible price to pay for a little self-justification. When we gladly accept that we’re all human and willingly grant forgiveness, we set ourselves free to enjoy being together.

In order for your relationship to flourish, you must let go of past offenses and pain. Dwelling on pain increases it! In contrast, when you remember the positive things about your partner, you open the door to loving connection. Think about the reasons you fell in love with your partner in the first place. Think of great times you have had together. Allow forgiveness to remove or soften the pains and disappointments.

Navigating Life’s Journey – University of Arkansas Research & Extension
Think Green When You Clean

To help prevent illness, keep your kitchen counters and sink clean and sanitized. Many commercial cleansers are toxic to the environment and decrease the quality of the air inside your home. Use “greener” cleaning products to reduce your exposure to toxic products, pad your bank account, and improve your overall quality of life.

Clean Safety Tips
- Store all cleaning solutions out of the reach of children.
- Never use chlorine bleach with other cleaning agents.
- When using harsh products, use rubber gloves to protect your skin and wear a mask to protect your lungs, so that you don’t absorb the chemicals.
- Rinse surfaces after using toxic substances.

Homemade Cleaning Products
You can easily make homemade cleansers that are less expensive and less harsh than commercial products. Follow these tips when making a homemade cleaning solution:
- Put it into a clean spray bottle or another clean container with a tight seal. To help prevent accidents, avoid using recycled food or beverage containers.
- Clearly label all containers with the date and the name of the product, such as “Baking Soda and Water Cleanser.”
- Mix cleaning solutions in a well-ventilated area.
- Mix a small amount and use it before making a new batch.

Three Easy-to-Make General Purpose Cleaners:
- Mix ½ cup white vinegar with 1 cup water.
- Mix 1 tablespoon washing soda or Borax with 2 cups warm water.
- Mix 1 tablespoon ammonia, 1 tablespoon liquid detergent and 2 cups water.

A Disinfectant to Kill Germs:
- Mix one capful (or almost 1 teaspoon) each of chlorine bleach and vinegar with 4 cups water.

Green Ways to Help Prevent Major Cleaning Problems and Odors:
- Wipe up spills immediately.
- Keep a jar of baking soda in odor-producing areas, such as the refrigerator or freezer, and sprinkle some in the trash compactor and garbage cans.
- Pour pickle juice or vinegar down drains.
- Grind lemon or orange rinds in a food disposal. Then flush with hot water.

Stuck in a Midday Slump
Boost your midday energy with these tips:
1. Skip the sugar and simple carbohydrates. Try some nuts or whole grain snacks.
2. Get up and walk! It will help you sleep better too.
3. Don’t skip breakfast. Without it, you are famished and grumpy by lunch.
4. Reduce caffeine intake. It may give a jolt, but you can crash just as fast!
5. Drink plenty of water to stay hydrated.

Food Allergies and Genes

A genetic link has been discovered that may indicate the development of food allergies, specifically peanut allergies. While an important finding, other molecular triggers may also contribute to the development of food allergies.

Researchers at the Johns Hopkins Bloomberg School of Public Health studied the DNA of 2,759 children and their parents. They found the genomic region on chromosome six is related to peanut allergies. But not everyone with these particular genes develops a peanut allergy. Some have epigenetic changes that alter the expression of a gene. The level of these changes regulates whether the peanut allergy actually occurs.

More research needs to take place to get a better understanding of genes and food allergies.
Take Charge!

Engaging in enough daily physical activity to burn about 100 calories can be the difference a high-risk sedentary lifestyle and being “moderately inactive.” Of course, you’ll want to aim for a greater level of activity over time, but just getting going can pay big dividends. Here are examples of activities that burn about 100 calories, depending on your weight, in about 20 minutes:

◊ Walking briskly
◊ Gardening
◊ Lawn mowing with a power mower
◊ Playing tennis doubles
◊ Dancing fast
◊ Hiking
◊ Ice-skating
◊ Lifting weights
◊ Using a push mower

◊ Raking Leaves
◊ Roller-skating
◊ Shooting baskets
◊ Washing and waxing a large car
◊ Splitting wood
◊ Treading water
◊ Walking uphill
◊ Using a stair-climber

Can’t spare 20 minutes? These more strenuous activities burn about 100 calories in 15 minutes:

◊ Ice-skating
◊ Shooting baskets
◊ Washing and waxing a large car
◊ Splitting wood
◊ Treading water
◊ Walking uphill
◊ Using a stair-climber

Caregiving Survival Tips

As a caregiver, you become involved in day-to-day efforts to keep things going. You tend to forget that each day can be an opportunity to try new approaches and activities that will make a positive difference in your life and the life of those you care for.

1. Plan ahead
2. Learn about available resources
3. Take one day at a time
4. Develop contingency plans
5. Accept help
6. Make YOUR health a priority
7. Get enough rest and eat properly
8. Make time for leisure
9. Be good to yourself
10. Share your feelings with others

Kansas Department on Aging – Kansas Caregiver Guide

Financial Literacy Month

April is the official National Financial Literacy Month. Thirty Steps to Financial Literacy at http://www.financialliteracymonth.com/ will give you steps to take each day to improve your financial wellness (hover over the circles on the site). There are also free ebooks, downloads and tools to help you along the path.

K-State Open House

Kansas State University’s Open House is an annual event filled with fun for the entire family. Open House takes place April 11 from 9 a.m. to 3 p.m. on the Manhattan campus, and from 9 a.m. to 2 p.m. on the Salina and Olathe campuses. At all campuses, Open House is an opportunity to experience tradition and be part of the university’s future.

Central Kansas Extension District agents will be on hand at the Salina campus. Be sure to drop by our booth and say hello. Other fun activities include taking part in wild and wacky chemistry demonstrations and seeing what it’s like to fly an aircraft, and checking out the university’s fleet. Be sure to keep an eye out for the dancing robot while you are walking around the campus.
Just Announced: Big Changes to the Credit Reporting Process

The top three Credit reporting Agencies (CRAs) Equifax, Transunion, and Experian have agreed to overhaul credit reporting practices. Known as the National Consumer Assistance Plan, the agreement is set to be rolled out over the next three years, but most changes will be carried out over the next six to 18 months. The changes contained in the plan have the potential to solve some of the irritating credit reporting problems faced by consumers.

Some of the changes in the agreement include:

- Medical expenses will not be reported as delinquent until after a 6-month waiting period. This will allow for the time required by insurance companies to process the medical claim. Some medical creditors “park” or report medical debts to the credit bureaus very quickly as a pressure tactic to get you to pay faster...even before your insurance company has processed the claim. This change should eliminate that problem entirely.

- The CRAs must make sweeping changes to the dispute resolution process. Currently, if you dispute something on your credit report, the creditor has the final say. If the creditor says you owe on a past due debt, you have no further recourse. With the changes just announced, the Credit reporting agencies must investigate your claim further.

- The Credit Reporting Agencies must take steps to make consumers aware that their credit reports are available free at least once a year from each of the credit agencies through annualcreditreport.com. The agreement also adds a second free credit report when the consumer’s credit is changed due to the dispute process or in cases of identity theft or fraud.

- Debt that did not originate from an agreement to pay or from a contract will not be entered onto your credit report at all. This means items like past due fines or tickets can no longer be included in your credit report.

The changes in the agreement will go a long ways toward leveling the field between consumers and creditors. However, the importance of regularly reviewing your credit report still stands. Reading your credit report gives you the opportunity to catch and dispute errors and helps to protect you from identity theft and fraud. You can review your credit report for free at www.annualcreditreport.com.

<table>
<thead>
<tr>
<th>TOP 5 THINGS TO AVOID THAT MAY DAMAGE YOUR CREDIT</th>
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<tbody>
<tr>
<td>✅ Do not miss payments.</td>
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<tr>
<td>Even if you have to pay only the minimum balance, do not miss payments to lenders.</td>
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<tr>
<td>✅ Do not overspend using credit.</td>
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<tr>
<td>Avoid using all of the credit available to you. Try to stay under 30% of your available credit limit.</td>
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<tr>
<td>✅ Think twice before closing credit cards that have a positive credit history.</td>
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<td>This can potentially shorten your credit history.</td>
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<tr>
<td>✅ Do not apply for credit too frequently.</td>
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<td>When a lender or business checks your credit, it causes a hard inquiry and a slight ding to your credit score.</td>
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<tr>
<td>✅ Do not rely only on credit cards or one form of credit to build your credit history.</td>
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<tr>
<td>The same is true for mortgages, student loans, car loans, etc.</td>
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Week of the Young Child

The Week of the Young Child is an annual celebration. The purpose is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

Please plan to come out to the Salina Central Mall on Saturday, April 18 from 11 a.m. – 1 p.m. Llama Llama in Red Pajamas will make an appearance and there will be many fun activity stations for you and your child to explore. Additionally, children that attend will receive a kit that will include a book, magnetic numbers or letters, and play dough.

Is Your Child Ready for Kindergarten?

Many parents will be attending Kindergarten round-up meetings soon. There are many resources available that offer ideas for helping you to teach your child the skills necessary to be successful in school. Some ideas are:

-Read to your child every day, including books about starting Kindergarten. The public library will be happy to help guide your book selection.
-Sing with your child.
-Repeat rhymes and encourage your child’s participation.
-Draw with your child.
-Tell your child stories and have them tell you their stories.
-Show your children you love them by snuggling with them, hugging them, and listening to them.
-Provide your child with age-appropriate materials such as crayons and paper.
-Encourage your child to write, no matter what this may look like.
-Make everyday routines and experiences part of “learning time.”

Kindergarten in Kansas-Kansas Parent Information Resource Center
Top 5 Tips for Teaching Your Child about Saving

1. Open a savings account for your child.
2. Take children to the bank to see how deposits work.
3. Help kids set savings goals and/or create family savings plans.
4. Start a family match program.
5. Use allowance as a learning tool.

April
11 – K-State Open House, Manhattan, Salina, and Olathe campuses
13 – Grow It, Eat It, Workshop, Minneapolis, Courthouse, 6:30 p.m.
16 – Women in Ag program, Redeemer Lutheran Church, Salina, 6:30 p. m.
18 – Medicare Workshop – Salina Public Library, 10 a.m.
18 – Week of Young Child Event, Salina Central Mall, 11 a.m.

May
18 – Medicare Workshop, Minneapolis, Public Library, 6:30 p.m.
21 – Medicare Workshop, K-State Salina, 6:30 p.m.