

Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

centralkansas.ksu.edu

February 2018

*District Extension
Agents:*

Debra Wood

Family Resource
Management

Leah Robinson

Nutrition, Food Safety
and Health



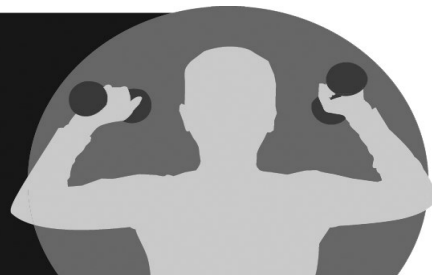
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Stay Strong, Stay Healthy



Central Kansas Extension District has some exciting news! We are teaming up with the Ottawa County Wellness Center to offer our popular Stay Strong, Stay Healthy fitness class at their facility in Minneapolis. For those of you unfamiliar with the program, it is a light weight training course designed to improve balance, flexibility, build lean muscle, and burn calories.

What's special about this program? Stay Strong, Stay Healthy (SSSH) is a highly effective, research-based, strength training course created by the University of Missouri. It provides measurable results that can help reverse many of the physical changes associated with growing older. Starting as early as age 30, muscle mass begins to decline by about 1 percent - roughly 1/3 of a pound – a year. The loss of muscle mass is usually accompanied by an equal amount of fat gain, *even* if body weight stays the same. The adage “use it or lose it” has plenty of evidence behind it. However, even if you do lose it, there is hope for getting some of it back. This strength training class can help you achieve that.

Stay Strong, Stay Healthy is designed for individuals of any age or fitness level. The exercises you will learn are simple, yet extremely effective for improving muscle areas of the entire body. Whether you are wanting a trimmer figure, increased strength abilities, or better balance and flexibility, every age and ability level will find benefits from this class.

Stay Strong, Stay Healthy will be held on Tuesdays and Thursdays, 10:00 – 10:45 a.m. at the Ottawa County Wellness Center. Class will begin April 3 and run through May 31. Leah Robinson, extension agent and certified SSSH instructor, will be teaching this course. This class is offered free of charge to Wellness Center members, for non-members cost to attend is \$20 per person. We will be using light hand and ankle weights, which will be provided.

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Continued from page one Stay Strong Stay Healthy

Registration paperwork can be picked up from the Minneapolis Extension Office beginning March 2. Class size is limited to 15 participants. Completed registration forms and payment will be due back to the Extension Office by March 27 on a first-come-first-serve basis. The first 15 individuals with completed forms and payment will be enrolled.

This is a great way to connect with others while doing something fabulous for your body! For more information, contact Leah Robinson in the Minneapolis office, 785-392-2147.



It is almost that time of year again! Walk Kansas preparations are underway! This year's program starts March 18 and runs through May 12, so start rounding up your friends.

Walk Kansas is an eight-week, team-based fitness challenge that works by having individuals keep track of their weekly minutes of physical activity. Minutes can be reported individually online, or can be given to the team captain and reported by them.

Although the name of the program implies walking, many forms of physical activity counts towards Walk Kansas minutes/miles. Swimming, jogging, biking, basketball, or any other activity that is performed at a moderate to vigorous level for at least ten consecutive minutes. If you wear an activity tracker you can count any steps you take after you reach 6,000 for that day. You get

15 minutes of activity for every 2,000 steps you take above 6,000.

This year's virtual challenge trails have been revised. There are still 3 challenge options based on how ambitious your team is. The routes are still trekking through Kansas, but completely different. Be on the lookout for more details in next month's newsletter!

Teams must consist of 4-6 individuals. This year, registration for the entire team will be completed online by whoever your team captain is. Payment for the entire team registration (and any t-shirt orders) must be received at the Salina and Minneapolis extension offices by March 15 to complete the registration process. Registration and payment options are different this year, so be sure to check next month's newsletter for more details on that process.

Until then, be dreaming of warmer weather and get ready to start walking March 18th!

Dates: March 18-May 12

Cost: \$8.00 per person (program only)


\$17.00 per person (program plus t-shirt)

\$22.00 per person (program plus baseball tee, ¾ sleeve)

REGISTRATION DEADLINE: payment received in Salina or Minneapolis Extension office by 5 p.m., March 15th.



Tax Preparation

VITA, a program of the Internal Revenue Service,  provides free tax return preparation and filing for low to moderate-income households. Most households with up to \$54,000 in annual income qualify for the service. All the volunteer tax-preparers are trained and certified by the IRS and provide friendly, qualified assistance. VITA volunteers will prepare both state and federal tax returns, as well as helping filers claim any tax credits they're entitled to, including the Earned Income Tax Credit, and the Homestead Tax Credit.

This year's location for VITA services is 145B S. Santa Fe Avenue in Salina. The site can be reached at 785-829-8135. The location will open for business at 10:00 a.m. on Monday, January 29, and continue to provide services through Tuesday, April 17 on the following schedule:

Mondays: 10:00 a.m. - 4:00 p.m.

Tuesdays: 1:00 p.m. - 6:00 p.m.

Thursdays: 1:00 p.m. - 6:00 p.m.

Saturdays: 9:00 a.m. - 2:00 p.m.

Services are provided on a walk-in basis. Remember to bring:

- Government-issued photo ID
- Social Security Cards or Social Security Number Verification Letters or Individual Taxpayer Identification Number letters for you, your spouse and any dependents born on or before Dec. 31, 2017
- Birth dates for all individuals listed on the tax return
- All 2017 wage and earning statements (Forms W-2, W-2G, 1099-R, 1099-Misc) from all employers
- All 2017 interest and dividend statements

(Forms 1099)

- Forms 1095 -A, B or C (Health insurance verification statements)
- A copy of last year's federal and state returns, if available
- Total paid for daycare, and provider's tax identifying number, i.e. Social Security or Employer ID number
- 2017 Property Tax bills if claiming the Homestead Tax Credit
- Bank account routing and account numbers for direct deposit of your refund (a blank check or bank card)

America Saves

America Saves Week, February 26 – March 3, 2018, is a national effort to set a savings goal, make a savings plan, and save automatically. Join millions of others who are taking time this month to start or grow their savings.

It all starts when you make a commitment to yourself to save. Let us help by taking the pledge at KansasSaves.org to save money, reduce debt, and build wealth over time. America Saves, through our Kansas affiliate, will keep you motivated with information, tips, and reminders to help you reach your savings goal. Think of it as your own personal support system.

Three Savings Hacks

- **Save 15%** - Aim to set aside at least 15% of your monthly pay.
- **Budget for it** - Think of savings as a fixed part of your budget, like rent or bills.
- **Automate** – For short-term goals, open an additional savings account, label it, and automatically divert part of each paycheck into it.



Senior Food Box Program to Begin in Salina

The Kansas Food Bank and Salina Emergency Aid Food Bank are introducing a U.S. Department of Agriculture program to help provide monthly food boxes to low-income seniors.

The Commodity Supplemental Food Program will be available in Saline County to people 60 and older who meet income requirements. Distribution will start in February.

Interested seniors must fill out an application and provide proof of identification, proof of income (Social Security statement) and proof of address. Once approved, they will receive a monthly box of food. Participants must re-certify in six months.

Income guidelines are as follows: A gross income of \$1,307 a month or less for a household of one; \$1,760 for two; \$2,213 for three; and \$2,665 for four.

Seniors may call Debi at the Kansas Food Bank, at (316) 265-3663, to register for the program. She will mail out an application which can be completed, then returned to them along with proof of income (i.e., Social Security benefit statement), and a copy of your ID.

Food packages include nonfat dry and ultra-high temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry or fish, and canned fruits and vegetables.

Low-income Utility Assistance

The Low Income Energy Assistance Program (LIEAP) is a federally funded utility assistance program. The application period began January 16 and ends March 31, 2018.

To qualify for LIEAP, applicants must be living at the address, be personally responsible for the health and cooling costs, and have a combined gross income that does not exceed 130% of the federal poverty level (see chart below).

Maximum Gross Monthly Income (before taxes)

1 person	\$1,307
2 people	\$1,760
3 people	\$2,213
4 people	\$2,665
5 people	\$3,118
6 people	\$3,571
7 people	\$4,024

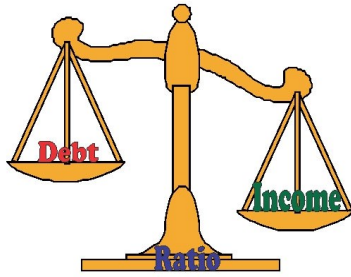
*** add \$453 for each additional person ***

Applications (available in English and Spanish) can be submitted online through the Kansas Department for Children and Families website at <http://oapub1.dcf.ks.gov/OAWeb/initIntro.ola?method=English>.



Debt to Income Ratio

Ever wonder how much debt is too much? Many financial advisors suggest that your total consumer debt load (not including housing debt) should be less than 20 percent of your annual net (after-tax) income.



The debt-to-income ratio looks only at your consumer debt and does not include money spent on a mortgage, rent, utilities or taxes. Consumer debt does include credit card payments, car loans, student loans, and any other debts that you repay monthly including repaying friends and family members.

To calculate your debt-to-income ratio, divide your monthly consumer debt payments by your net (after-tax) monthly income. Move the decimal point two places to the right to get the percentage.

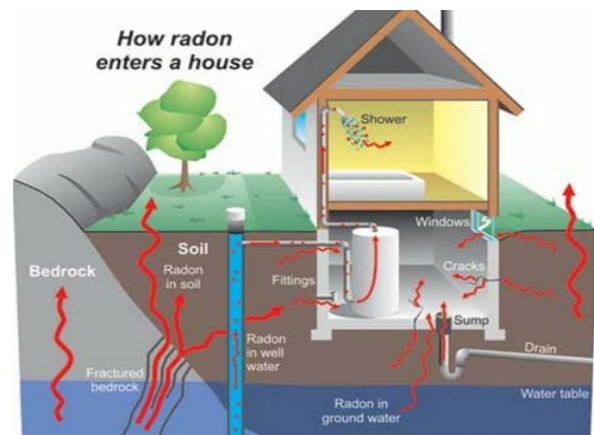
Radon Test Kits

January was both Kansas Radon Action Month and National Radon Action Month. Radon is a naturally occurring radioactive gas released in rock, soil, and water from the natural decay of uranium. While levels in outdoor air pose a relatively low threat to human health, radon can accumulate to dangerous levels inside buildings. You can't see, smell, or taste it, but an elevated radon level in your home may be affecting the health of your family.

The U.S. Surgeon General recommends that all homes in the U.S. be tested for radon. Winter is an excellent time to test your home. Testing for

radon is easy to do. If your house has a radon problem, you can take steps to fix it to protect yourself and your family. You can find out if your home has an elevated radon level by conducting a simple test. It's as easy as opening a package, placing a radon detector in a designated area, and, after a set number of days, sending the detector back to a lab for analysis. The lab will then inform you of your radon test results.

Radon test kits are available at the Salina or Minneapolis extension office for \$6.00 payable by cash or check.



Why is Vanilla so Expensive?

Shopping for pure vanilla extract can cost you a pretty penny, depending on the brand. Prices can vary from \$12.00—\$25.00 for a 4 fl. oz. bottle! Producing vanilla is very labor and time intensive. Most of the vanilla used to make vanilla extract is grown in Madagascar. A cyclone hit that region a year or so ago which destroyed many vanilla fields and facilities.

Therefore, the supply is reduced and it takes time to get the fields of orchids growing again.

Imitation vanilla extract is an economical option for many baked goods. For non-baked goods or products needing low heat treatment, pure vanilla extract is best for optimum vanilla flavor.

Using Expired Yeast for Bread

Bread yeast is a living organism. Over time, it loses its potency and ability to make dough rise. Yeast packaging has an expiration date and it is best to use it prior to this date.

If dough is made with expired yeast, it is possible to rescue the slow rising dough by using a new package of yeast. These tips are from Fleischmann's Yeast for each packet of yeast in the recipe.

1. In a large bowl, combine $\frac{1}{4}$ cup lukewarm water (100° - 110° F), 1 teaspoon sugar and one packet (2 $\frac{1}{4}$ teaspoons) of yeast. Stir to dissolve.
2. Using an electric mixer, slowly beat in small (walnut size) pieces of dough until about $\frac{1}{2}$ of dough is mixed into the new yeast.
3. With a spoon, stir in remaining dough. Knead in extra flour so dough is not sticky.
4. Let rise, shape and bake as directed.

Skimming the Fat

While fat carries some flavor, it also makes a food mixture unappealing and greasy. If you are making soup, broth or sauce and need an easy way to skim off excess fat, here's some tips.



Place a metal spoon in ice cold water. Touch the cold spoon to the hot food and the fat should coagulate on the spoon for easy removal. In place of a spoon, use a cold lettuce leaf or an ice cube. Avoid stirring the food too much so fat rises to the top.

If you have more time, chill the food and the fat will rise to the top. Use a spoon or spatula to remove the hardened fat.

What is Sous Vide Cooking?

Sous vide cooking is gaining momentum in food service operations and in home kitchens. When compared to traditional cooking, there are two differences. In sous vide cooking, raw food is vacuum packed in heat stable, food grade plastic bags. Then it is cooked at a precisely controlled temperature inside a bag.

The vacuum package protects the food from contamination, eliminates off-flavors, and prevents moisture loss during cooking. The bag of food is cooked in a water bath at a specific temperature which converts collagen into gelatin, reduces toughness, and reduces overcooking.

Limitations include lack of browning and those flavors developed by browning. Therefore, the food must be browned after sous vide cooking to make it more visually appealing. Food safety is a concern because of initial microbial content in the food; the cooking time and temperature; the cooling process after cooking; and storage. And, with vacuum packaging, a major concern is the growth of *Clostridium botulinum*.

Sous vide cooking is done with equipment designed for this type of cooking. This method of cooking is not recommended for anyone who is immune-compromised, any pregnant women, or young children.

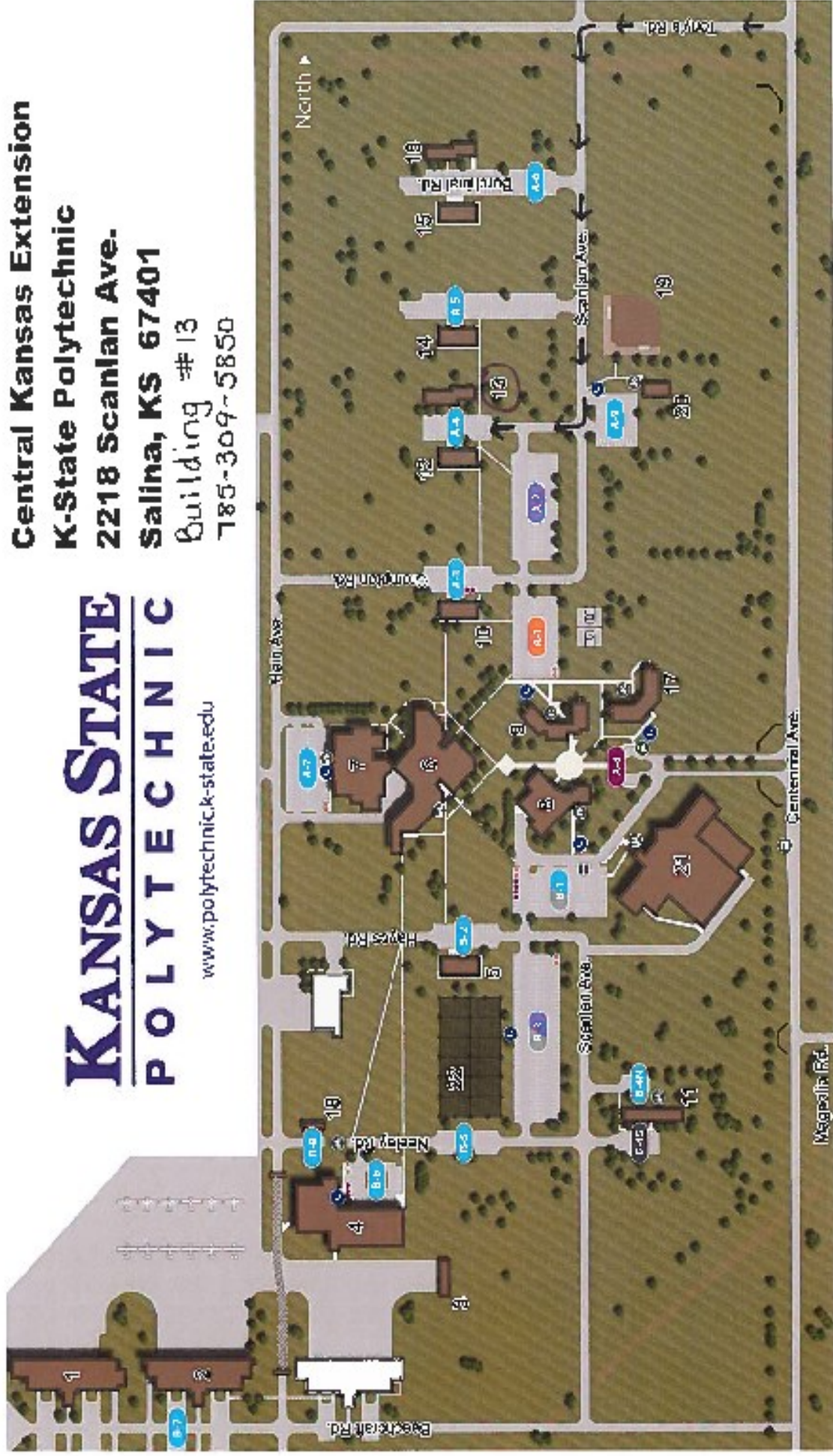
The Salina Office has moved

The Salina Office is located on the Kansas State University, Polytechnic Campus. On the next page you will find a map of the campus. We are located in building #13—Science Center. Client parking is available in parking lot A-4. Our mailing address is : Central Kansas Extension, K-State Polytechnic, 2218 Scanlan Ave. , Salina, Kansas 67401-8196.

KANSAS STATE POLYTECHNIC

www.polytechnick-state.edu

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|----------------------------|--------------------------------------|--------------------------------|
| 1 Aeronautical West Hangar | 9 Schilling Hall | 17 Harbin Hall |
| 2 Aeronautical East Hangar | 10 Tullis Building | 18 Building Eight Twenty |
| 3 Composite Building | 11 Welcome Center | 19 Thawmeyer Park/Sports Field |
| 4 Aviation Center | 12 Outreach Center | 20 Sports Support Facility |
| 5 U.S. Laboratory | 13 Science Center—Ext. Office | 21 Student Life Center |
| 6 Technology Center | 14 Construction Lab | 22 U.S. Flight Pavilion |
| 7 Technology Center West | 15 Facilities Maintenance Shop | |
| 8 College Center | 16 Facilities Maintenance Office | |

DIRECTIONS TO CAMPUS

If you are traveling east on I-70, take exit 220 at the I-70/US-166 interchange. Travel south on I-70 to the Waggoner exit (166-911). Go west on Waggoner to Central Ave. Turn right and proceed to the K-State Polytechnic Campus.

If you are traveling north on I-70, take exit 220 at the I-70/US-166 interchange. Travel south on I-70 to the Waggoner exit (166-911). Go west on Waggoner to Central Ave. Turn right and proceed to the K-State Polytechnic Campus.

Central Kansas Extension District

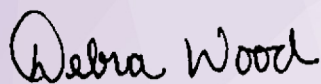
Salina Office

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Salina, KS 67401-8196

Address Service Requested

The enclosed material is for your information. If we can be of further assistance, feel free to call or drop by the Extension Office.

Sincerely,



Debra Wood
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Family Resource Management
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