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Geary County

K-State Research and Extension News

Knowledge for Life

Ask the Agent

Q: Why do many potato salad recipes suggest you pour vinegar on potatoes before you make potato salad?

A: I did a considerable amount of searching to find an answer – any answer – to this question. Several recipes I looked at did indeed make this suggestion, but there weren't any that gave a reason why. Finally, in a research article posted on the Food & Drug Administration website, I found a scientific reason: To reduce or remove bacteria from the outside surfaces of produce. I also found a couple of culinary reasons: Pour vinegar on unpeeled whole potatoes after boiling for the purpose of adding flavor and setting the skin so it won't slide off during mixing. When potatoes cook, the cells open up and will absorb the vinegar more readily. How much and when you use vinegar will depend on how strong you want the vinegar flavor in your potato salad.



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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Prepare Kansas Month

September 2016

Did you feel the earthquake at your house on September 3? If you did, it is likely an experience that you will not soon forget. The jingle of figurines and keepsakes in my china hutch and the deep feeling thunderous "rhythm" to the brief but mighty jarring caught everyone's attention in my house. What if it had been more serious? What if you had lost power or had windows break. What damage can this ground shaking event cause to your home or storage buildings? According to the New Zealand based Seismic Resilience group, the amount of damage to structures is based on several factors such as:



- *the age and state of repair of the structure
- *the inherent strength, rigidity and stability of the structure's design
- *design characteristics intended to reduce the damaging effects of shaking
- *the properties of the materials used to build the structure (concrete, steel, timber and so on)
- *the quality of building construction
- *any seismic resilience devices that have been added to isolate, dampen or transfer damaging effects
- *the size of earthquake that the building was originally designed to withstand.

Earthquakes are not nearly as common in Kansas as other natural disasters like tornadoes, grass fires, and flooding. Regardless of the natural disaster, families should take measures to "prepare for the worst and hope for the best!" The following is an excerpt from the Prepare Kansas K-State Research and Extension Facebook blog which you can turn to for important information on how to prepare for disasters Kansans may face.

September is National Preparedness Month. It is also the month of the K-State Research and Extension annual Prepare Kansas online challenge. Prepare Kansas 2016 focuses on keeping food safe in emergency situations. This year's program will be conducted through the K-State Research and Extension Facebook page: <https://blogs.k-state.edu/preparekansas/>

No registration is required, so Kansans and anyone interested in planning ahead for emergencies can follow on Facebook and the Prepare Kansas blog at any time during September, pick up handy information and interact with K-State extension specialists and agents.

BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.



Ad Ready

READY.GOV/MYPLAN

Get Prepared – Build a Kit! Get prepared by building a kit that includes food, water, and medical supplies for at least 3 days. Click on the graphic or go to the web address to link to information on building an emergency food kit. Be sure to include a manual can opener and eating utensils!

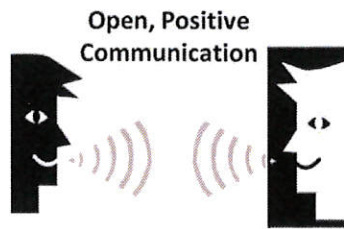
BUILDING PARENT-TEACHER RELATIONSHIPS

It can be said that effective communication is the foundation to healthy relationships. This is true within the family unit as well as the communication needed between family members and those they interact with outside of the family. With fall parent-teacher conferences right around the corner, the “parent-Teacher Conferences: A Tip Sheet for Parents” published by the Harvard Family Research Project might be a helpful tool in helping ensure that positive communication is shared between parents, children and their teachers.

Here is the pre-conference parent checklist recommended in the tip sheet:

- ⇒ Schedule a time to meet. If you can't go at the scheduled time, ask the teacher about other times.
- ⇒ Review your child's work, grades, and progress reports.
- ⇒ Talk with your child about his or her progress in school.
- ⇒ Talk with others—family members, after school staff, mentors, etc.—about your child's strengths and needs.
- ⇒ Make a list of questions to ask during the conference.
- ⇒ Think about ways you would like to be involved in your child's learning so that you can discuss them with the teacher.

What makes a positive parent-teacher conference?



A two-way conversation. Like all good conversations, parent-teacher conferences are best when both people talk *and* listen. The conference is a time for you to learn about your child's progress in school: Ask to see data about your child's attendance, grades, and test scores. Find out whether your child is meeting school expectations and academic standards. This is also a time for the teacher to learn about what your child is like at home. When you tell the teacher about your child's skills, interests, needs, and dreams, the teacher can help your child more.

Emphasis on learning. Good parent-teacher conferences focus on how well the child is doing in school. They also talk about how the child can do even better. To get ready for the conversation, look at your child's homework, tests, and notices before the conference. Be sure to bring a list of questions that you would like to ask the teacher.

Opportunities and challenges. Just like you, teachers want your child to succeed. You will probably hear positive feedback about your child's progress *and* areas for improvement. Be prepared by thinking about your child's strengths and challenges beforehand. Be ready to ask questions about ways you and the teacher can help your child with some of his or her challenges.

Learn more about the Prepare Kansas challenge

Posted on 2016-08-26 by D. Elizabeth Kiss

K-State Research and Extension Agent, Jamie Rathbun, explains how you can participate in the 2016 Prepare Kansas challenge.



The K-State Research and Extension Prepare Kansas website provides you with information to consider and tools to use in making sure your family is prepared for a disaster. Check out this 14 minute video on steps you can take NOW to prepare for the potential of a disaster in your community or home and to join Kansans across the state in participating in the 2016 Prepare Kansas Challenge. Follow this link to the video:

<https://blogs.k-state.edu/preparekansas/learn-more-about-the-prepare-kansas-challenge/>

Consumer Corner

To Swipe or Not to Swipe... Chip Card Q&A



I recently wrote a newspaper article about "chip cards" or EMV cards. On the EMV-Connection website I used in my research for that article, they offer a FAQ section that

provided some insight to the necessary but challenging transition the United States has been making. Here is a sampling of some the information I found about chip cards and the security benefits they offer:

Q: What is EMV?

A: It is the abbreviation for Europay, Mastercard, and Visa. These were the three organizations that developed the initial specifications for the EMV card and the readers used with these cards. EMV cards contain an embedded microprocessor (the silver or gold square chip you see in the middle of the left side of the card) that provides a stronger security in transactions using this system. These three organizations have now turned over the management of EMV card specifications to EMVCo – an organization/business owned by American Express, Discover, JCB, MasterCard, UnionPay, and Visa – as well as other organizations from the payments industry.

Q: Who uses EMV technology?

A: This technology has been used worldwide for many year. It is only recently, however, that the United States has begun making this transition. As of the end of 2015, EMVCo reports

that approximately 400 million EMV chip cards have been issued in America and 675,000 merchant locations accept EMV chip transactions.

Q: Why use EMV chip cards?

A: Simply stated: SECURITY. The benefit that has the greatest impact is a reduction in card-present fraud via counterfeit, lost, and stolen cards. It also allows for better consumer and business operability on a global level. Consumers with EMV chip cards can use their card on any EMV-compatible payment terminal. Additionally, these cards support enhanced cardholder verification processes.

Q: Why do I have to wait longer for a chip card transaction to take place?

A: As noted in the last Q&A, there is a higher level of cardholder verification that takes place with chip cards. Each transaction has a unique code assigned to it. This makes it more difficult to counterfeit or copy the card's information. If the card data and the one-time code are stolen, the information it contains becomes worthless to the criminal who stole it. With chip cards there are three areas of security: card authentication, cardholder verification, and transaction authorization.

Q: Where can I learn more about EMV chip cards?

A: <https://www.fdic.gov/consumers/consumer/news/csum14/chipcards.html> - This is an excellent source of information on chip card basics and general precautions you should use when using a credit or bank card.

The American Heart Association (AHA) has released new recommendations for the amount of sugar children should consume daily. The limit of **6 teaspoons** targets youth ages 2–18 years of age. The average child in this age-range consumes 19 teaspoons.

Backing their recommendation with strong scientific evidence, the AHA believes the 6 teaspoon recommended limit can help parents in their food purchasing and preparation decisions. Their research has revealed that there is an association between added sugars and increased cardiovascular disease risk factors in U.S. children at levels that are far below the average 19 teaspoon consumption for this age group.

The American Heart Association makes three specific recommendations related to this research:

- Children over age 2 years should consume no more than 6 teaspoons (25 grams) of added sugar each day.
- Children should not drink more than one 8-ounce sugar-sweetened beverage per week.
- Children under 2 years should avoid consuming any added sugar since they need nutrient-rich diets and are developing taste preferences.

A good place to start reducing sugar consumption would be reducing soda, fruit-flavored drinks, sports drinks, cake, and cookie consumption. Fresh fruit and unsweetened juices provide a healthy alternative to satisfy the sweet tooth children (and adults!) have and help you resist foods that have added sugars.



Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

The major food and beverage sources of added sugars for Americans are:

- ◇ regular soft drinks, energy drinks, and sports drinks
- ◇ candy
- ◇ cakes
- ◇ cookies
- ◇ pies and cobblers
- ◇ sweet rolls, pastries, and donuts
- ◇ fruit drinks, such as fruitades and fruit punch
- ◇ dairy desserts, such as ice cream

Source: <https://www.choosemyplate.gov/what-are-added-sugars>



K-STATE

Research and Extension

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Upcoming Geary County Extension Programs

**Requires pre-registration.

September

- 6—27** MPI Parenting Class** — Call the Extension office at 785-238-4161 for more information. This class continues through October 4.
- 8** Knowledge at Noon** — Keys to Embracing Aging: Social Activity, Valley View Estates, 1440 Pearl Drive, Junction City, KS. Discover the health benefits of eating a balanced diet and increasing physical activity. This free program begins at noon and is open to the public. Call the Extension Office by September 2, 2016 to reserve your seat. 785-238-4161.
- 20** EEU Fall Festival— 4-H/Senior Citizens Building, 1025 S. Spring Valley Road, Junction City; Time TBD
- 22** Medicare Basics for Boomers and Beyond**—4-H/Senior Citizens Building at 1025 S. Spring Valley Road. This class will help you gain the knowledge you need to make informed decisions about your Medicare options. The free program will run from 5:30—7:30 p.m. Call the Extension Office to reserve your seat. 785-238-4161.

October

- 15** Medicare Part D Open Enrollment Begins—Call the Geary County Extension by October 15 to make your appointment.
- 15** LWGC (Live Well Geary County) FEAST Event—by invitation only.

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www.facebook.com/gearycountyextension

Geary County Office information: <http://www.geary.ksu.edu/>
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