



Family & Consumer Science News

Summer 2020

Good Bye to Kathy McEwan

Dear FCE Ladies,

I wanted to share my good news - I will be retiring from Southwind Extension and KSRE effective September 4, 2020. I will not be retiring from work, as I have accepted a position with Feuerborn Family Funeral Services in lola to work as their Office Administrator. I am looking forward to the opportunity to continue to serve people in the area, though in a different way.

This job opportunity came along somewhat unexpectedly, but after a lot of prayer and conversation with my husband, I know it is the right move and time to do it. I have been feeling a call to devote more time and energy into some other areas of my life and making this change will allow me to do those things. One of the things I want to do is develop a women's ministry at our church and build on the couples classes that Mike and I have been facilitating for awhile.



I want to thank each of you for your commitment and service to KSRE and the Southwind District as an FCE Officer or member, especially during these challenging times. You all have a great mission of service to our communities that provides education and hope. Keep up the great work!

I value the friendships, both professional and personal, I have made during my 22 years in Extension and I will carry those with me always.

Warmest Regards,
Kathy

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Safety First When Canning at Home

Americans have been canning foods at home for more than 100 years. Yet still, says Kansas State University food safety specialist Karen Blakeslee, there's always something new to learn.

"There are many older methods that are not safe to use," Blakeslee said. "So, it's important to stay up to date."

"There are a variety of mistakes that can lead to serious food safety problems when preserving food at home by canning. A vast majority of canning or sealing failures are due to user error. Just because the jar is sealed, that doesn't mean the food is safe."

Some common mistakes that Blakeslee listed include:

- Following old and unsafe recipes, some of which may have been passed down through generations of families.
- Following recipes that have not been tested and approved, or adhere to current USDA guidelines. The Internet is full of untested and unapproved recipes.
- Using an incorrect jar size.
- Using improper processing methods.
- Storing food in an unsafe location, such as a place where it is too hot, cold or moist.
- Adjusting the band too tightly.
- Not adjusting processing times for altitude.



Blakeslee, coordinator of K-State's Rapid Response Center for Food Safety, maintains a website, [Preserve it Fresh, Preserve it Safe](#), with current guidelines for canning.

"In canning, the goal is to produce a safe product and reduce risks of botulism," Blakeslee said. "Instances of botulism occur most often in home canned foods. Before canning any food, be sure to have all equipment ready to go."

Some examples of preparing for home canning include examining canning jars so that they are clean and free of cracks or chips; ensuring that you have new lids – "never re-use canning lids as they may not seal," Blakeslee said – and if using a dial gauge pressure canner, get it tested every year.

[Contact your local extension office](#) to ask about testing a dial gauge pressure canner. Blakeslee said local offices can test four brands: National, Presto, Magic Seal and Maid of Honor pressure canners.

"Be sure that canning equipment is maintained and ready to use," Blakeslee said. "Use the correct processing method for the type of food. Water bath canning (a lower-temperature process) will safely process high acid foods, such as jelly and fruit. Pressure canning (temperatures of 240 degrees Fahrenheit or higher) must be used for plain vegetables and all meats."

"Along with using the correct processing method, be sure to adjust processing for your elevation," she added. More information can be found in the publication, [What's Your Elevation](#).

[According to Newell Brands, Inc.](#), a parent company of Ball brands, 35.1% of Americans who can foods do so one to two times per year, while 27.3% can seven or more times per year. "Most canning occurs between June and October, and picks up again during the holiday season," Blakeslee said.

"Food preservation is a great family activity and can be very rewarding," she added. It is a great way to preserve home grown food or food from a farmers market and then share the bounty with family and friends. Be smart about home canning for success."

Stress and the Pandemic

Since the onset of the pandemic, we have been physically separated from each other, yet we all share in similar worries and anxieties. Things that we don't have control over will often create greater concerns creating stress. This can be especially true when those worries linger on. Some of us may have thought this Covid thing would surely be winding down by now. In a few ways it has, but it looks like we may be needing to keep our guard up and safety protocol in place for some additional length of time.

Whether we have children heading back to school or aging family members (maybe both) that may be augmenting our Covid related concerns, we need to keep a check on our stress levels in general. While everyone deals with stress differently, symptoms of stress can be reflected in an upset stomach, headache, chest pain, skin changes (such as eczema), difficulty sleeping, sadness or depression. Experiencing any of these symptoms can be a warning sign, and in the short term, can be managed. If, however, they are allowed to hang around, they may lead to more permanent health issues.

If we cannot rid ourselves of certain stresses, we can learn how to manage them. Ask yourself: Is there a situation that I can change? Can I avoid that stressor or alter the stressor? If you really want to avoid people when shopping, for example, call your order in ahead of time and pick it up curbside. Or, find a time when the store is least busy to shop.

Changing our reactions to things that stress us can also relieve our stress level. 1. Laugh, don't cry. Some things we just can't change. 2. Compromise. We may need to be willing to give a little when others are involved. 3. Let it Go. Pick the important battles to confront--let the little things go.

Make sure to take care of yourself. Set aside relaxation time in your daily schedule. If necessary, put it on your daily calendar. The same goes for making sure to get physical activity of some kind every day. It may need to go on the calendar. Take some time to connect with others by phone or electronically if you can't meet face-to-face. Do something you enjoy every day. Most importantly, keep your sense of humor. Finding a good laugh everyday can lighten whatever the stress load may be.

Got Extra Zucchini? Try This!

Baked Parmesan Zucchini Rounds

A simple summer side dish that comes together quickly using only two ingredients...and will disappear from the table even faster!

Ingredients: 2 medium-sized zucchini, 1/2 cup freshly grated Parmesan cheese

Place oven rack in center of oven and preheat to 425°. Line a baking sheet with foil (lightly misted with baking spray) OR parchment paper.

Wash and dry zucchini, and cut into 1/4-inch slices. Arrange rounds on prepared pan, with little to no space between them. If desired, lightly sprinkle with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of parmesan cheese on each slice of zucchini. Bake for 15 to 20 minutes, or until Parmesan turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes.) Serve immediately.



National Family Day - Sept. 27

On the fourth Tuesday in September, National Family Day encourages everyone to gather around the table and enjoy a meal together.

The old saying goes, "Families who eat together, stay together," but did you know they may also be reducing the risk of addiction? According to the National Center on Addiction, families who eat three or more meals a week together reduce a teen's risk of using tobacco, alcohol, and other drugs.

That's a fantastic outcome on its own. Family bonding is just a bonus. However, there are more benefits. For example, families who eat together also learn healthy eating habits, eat smaller portions, and are less likely to stress about food.

And back to the bonding – when parents engage with their children over a meal, their relationships are better. They learn responsibility while helping to prepare the meal and cleaning up. Children feel like they are a part of a unit, a team. They connect with the people who mean the most to them and who know them the best. Parents become and remain the people they turn to when the significant problems crop up.

Look forward to conversations about grades, dating, borrowing the car, and moving away. Don't forget the debates about politics. Our children won't always agree with us – and that's ok. Why? Because we raise them to be independent thinkers and to express themselves effectively. These conversations start at a dinner table. They shouldn't begin when our children's world turns upside down.



HOW TO OBSERVE #NationalFamilyDay - Have a meal with your family. It doesn't have to be fancy. But it does have to include food and your family. Gather everyone and set the table. Talk to each other. Find out about everyone's day. Then, commit to having another meal together before the week is out. Take a family photo and share it using #NationalFamilyDay.

NATIONAL FAMILY DAY HISTORY - The [National Center on Addiction](#) declared National Family Day in 2001 as a way to combat substance abuse among teens. Their research showed that teens who ate meals with their families were less likely to fall into substance abuse. They also tend to do better in school and eat healthier.

Covid-19 Resources

The Covid-19 pandemic just won't go away! And neither will K-State Research and Extension specialists, who continue to provide unbiased, fact-based help in a number of subject areas for the benefit of everyone in Kansas.



As our society faces the challenges of maintaining health-oriented practices, social isolation, school closures, financial pressures and more, their resources can help as we navigate through this challenging situation.

Check out the list of resources on the Southwind Extension District website: https://www.southwind.k-state.edu/covid_19_resources/index.html or on the K-State Research and Extension website: <https://www.ksre.k-state.edu/news/stories/about-us/covid-19-extension.html>

1 in 3 Kansans haven't responded to the census

The 2020 census response deadline has been shortened by a month and all field activity and self-responses are due September 30th. This may result in a dramatic undercount of hard-to-count census populations, including rural areas. This undercount means fewer dollars coming back to our state for essential programs for Kansans. These dollars will help every Kansan for years to come. The census determines the amount of federal funds our state, county, and city will receive and is important for community health efforts, safety, and infrastructure.

Fill out your census NOW by phone, online, or mail. Remember 10 minutes of your time results in 10 years of funding for your community. Online: my2020census.gov By Phone: 844-330-2020.

9 Things to Budget for in September

Fall is around the corner, a favorite season for many. The temperatures are cooler, holidays are getting closer, and clothes are more comfortable. Here are nine expenses to work into your budget so you can enjoy them all.

1. Pumpkin. Spice. Lattes. You know you want one. Or five. It's okay, as long as you set aside money before going through the drive-through.
2. Fall clothes and shoes. Last year's clothes fit just fine, but you are itching to freshen up your wardrobe with a new pair of boots. Bulk up your clothing budget by consigning a few summer pieces. You'll get more closet space too!
3. School Stuff. Back to school shopping may be over, but *back-in-school* spending has just begun. We're talking about field trips, snacks, homecoming dances and football games. Budget now before the kids steal all your lunch money.
4. Labor Day Getaway. Your family vacation to Disney was magical but not very restful. Now's your chance for a relaxing grown-up getaway. Imagine a whole weekend without Elsa or Ana singing to you. That's money well-spent.
5. Tailgating. Whether you're tailgating at home or at the stadium, make room in your bank account for nachos, wings, dips and sodas. It's perfectly acceptable to enjoy football for the food. Go team!
6. Gym Membership. September is usually the time of year we get our heads back in the game when it comes to physical fitness. Find a nearby gym within your price range- and make an effort to actually use it this time.
7. Home Projects. Now that it's not so hot outside, you can finally do some DIY projects around the house, like painting the shed. It's also a good time to hire someone to do preventive maintenance on your air conditioner and heater. Better to maintain now than to pay for a new one mid-winter.
8. Weddings. Did you know that September is one of the most popular months for weddings? If you're RSVP'd to any upcoming nuptials, budget for the gifts ASAP.
9. Christmas. You've got about three solid months before the mall becomes a zoo. So, if you haven't started saving yet, start now. An auto draft of just \$200-\$300 each month can make for a stress-free holiday shopping season (well, mostly).



Source: <https://www.daveramsey.com/blog/september-budget-items>

Message from KAFCE President, Nancy Kernick

The August mailing will be emailed to County Council Presidents, Independent Members, Extension Agents with FCE members in their county, and KAFCE Board members with much information for the 2021 FCE year.

DEADLINES - BY OCTOBER 1 - Membership dues to your County Council Treasurer: Individual \$40; Family \$60; Senior (80+ years) and Youth (under 18 years) - \$36.50. **Heart of FCE** nomination is due to Jeanine Marrone, SE Area Director, by October 1 as well.

"SAVE THE INK CARTRIDGE" for the KAFCE scholarship funding. Bring your used, empty cartridges to your FCE meetings or take them to your Extension office. We receive a check for them that helps with the scholarship funding.

Even with the challenges and changes to our FCE program, many people still help one another with FCE. With the unexpected daily changes this year has brought, the FCE has had an opportunity to refocus and remember yet again the importance of community and supporting and encouraging the next generation.



Our return to face-to-face meetings is slowly happening, and still some meetings may continue to be in digital format. There is discussion of always having a digital option to boost meeting attendance for members and some community. Zoom meetings have been set up with assistance from some Extension Agents and may continue until the end of the year. Whatever normal may be, we will adapt and program plans will continue for full face-to-face, full virtual, or a combination of both.

I appreciate everyone for their understanding of not being able to meet because of Covid-19, and how it has affected their family and time to spend together. The cancellation of National FCE Conference in July in Portland, Oregon affected many people in our membership. The State Conference in Liberal planned for October 5-7 has also been cancelled, so we will make plans to attend the 2021 in Topeka, and hopefully will be a great time to renew our friendships, work together, and have fun.

We have lost our member Virginia Pringle of Osage County who died June 12, 2020. Virginia was an Independent Member and very active in all of FCE and was in attendance at State Conference in Ft. Scott with her caregiver. As Neosho County FCE Council President and Members, we want to take this opportunity to highlight and most importantly thank all four of our Southwind District Fair Board Association Members for making the fair happen. Within a very short amount of time, all of the Fair Board Members went from the realization that the fair may have to host virtual options to implementing multiple safety protocols to ensure families have a safe, fun, and normal experience.

It was great that Neosho County FCE members could have open-class entries at the County Fair. Procedure changes were acceptable and although participation and attendance was smaller than past years, it was still a good fair. A special thanks to Vera Bell on her retirement, for having served as Craft Department Superintendent for many years, so now we are looking for a replacement. A BIG THANKS TO THE NEOSHO COUNTY FAIR BOARD ON THE NEW EXHIBIT BUILDING.

We appreciate and want to thank the K-State Research and Extension Staff, Volunteers, Superintendents, Sponsors, and all 4-H Families who work tirelessly for their communities in Allen, Bourbon, Neosho, and Woodson Counties. Memories and friendships are things that you take home with you at the end of the fair and you will never forget the time you won your first Grand Champion ribbon, or the friends that help you with your daily tasks at the fair. We all remember the lessons learned regardless of our age.



Remember, being happy doesn't mean you have it all.
It simply means you're thankful for all you have.



"Remembering importance of Community and Encouraging the next generation"

FCE Friends News and Information

From **Jennine Marrone, Area Director**

Welcome to a New Year and a New Decade and a great time for FCE to continue to move forward during the COVID-19 Pandemic.

The Fall Workshop and Area Meeting is scheduled for Thursday, November 5, 2020 in Parsons at the KSRE Southeast Area Office. We will start off the morning with the Spring Area Recognition that was originally scheduled for Wednesday, May 6 in Cherokee, and was cancelled. In May we should have elected a new Area Director and appointed someone to serve on the PDC for the next three (3) years. Both jobs are a great way to get to know your members as well as look at what other groups in the area have for projects. **EVERYONE SHOULD BRING THEIR OWN LUNCH.** We may have a speaker during lunch. The lessons will be given in the afternoon. More details will follow.



When asked if my cup is half-full or half-empty,
my only response is that
I am thankful I have a cup.

-Sam Lefkowitz

Notes from **Linda Leonard, State EPC Committee member and Allen County FCE Council President**

Our original EPC training for the 2021 lessons which was to take place August 31 and September 1 has been canceled due to the pandemic. We are currently going to have a training on how to navigate Zoom at the end of August. It is possible that we will be having our training via Zoom in mid-October.

We are still planning our Fall Workshop in Parsons with lesson training on November 5. Allen County is responsible for Registration at this meeting. Our area EPC members (Carol Stephens, Linda Dunekack and Janie Williams) will present the 2021 lessons, as well as train local FCE members how to fill out the new 2021 EPC forms.

Don't forget to have your membership dues to your County Council Treasurer by October 1, and your Standard of Excellence Report, Accomplishment Report, Unit Membership and Officer List turned in by December 1. Your Heart of FCE nominee forms need to be sent to Jennine Marrone, SE Area Director, by October 1.

SAVE THE DATE!
2021 KAFCE State Conference
October 4, 5, 6, 2021
Ramada Inn, Topeka

Check out the Kansas FCE website: www.kafce.org

Register
Today

Join us virtually for:

Powerful Tools for Caregivers



Wednesday

1:30-3:00pm

Sept. 2 - Oct. 7, 2020

FREE Zoom Class
Grant funded
valued at \$40

Powerful Tools for Caregivers is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country.

This class will give you, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

This online class includes the Caregiver help book which covers topics such as: hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression, and making decisions about driving.

Register online at: <https://conta.cc/39kYP62> or johnson.k-state.edu

Or Call: 913-715-7000

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