

# Extension Connection

JANUARY 2020

## Finney County 4-H Club Days

Finney County Club Days will be held on **Saturday, February 8th, 2019** at the Horace Good Middle School starting at 8am. 4-H Club Days is an opportunity for youth to showcase their talents for the public. It is a time for 4-H members to share what they know with others! Youth may take part in several different events, including public speaking, project talks, extemporaneous speaking, demonstrations, illustrated talks, digital presentations, reading, show & tell, musical events including choral, vocal, & instrumental, dance events including square & folk, and talent events such as skits and plays. Those receiving the Top Blue Awards will have the opportunity to advance to Regional Club Days that will be held in Dodge City on March 7th. We have a variety of resources available at the Extension Office to help you prepare for Club Days. They can also be found on the Finney County Website under the 4-H Youth Development tab.

**Entries will be due Monday, January 27th. Paper entry forms are available on the Finney County Extension webpage.**



## VERY IMPORTANT ANNOUNCEMENT!

Please take notice that at the regular monthly meeting of the Finney County Fair Board on Monday, November 11th, the board voted to make a change/addition to the requirements of 4-H'ers at the fair, as follows:

**It has been agreed that the attendance for 4-H is mandatory and they must attend 4 meetings per year to be eligible to participate in the fair.**

This change/addition to the requirements is to become effective beginning with the 2020 County Fair (the October 1, 2019 through September 30, 2020 4-H Year). All attendance requirements must be verified by the 4-H Club Leaders.

Note: If they do not meet attendance requirement, this will NOT disqualify youth from participating at the fair, they can participate as open class.

## 4-H Enrollment

If you have not re-enrolled for 4-H, please do so ASAP.

If you have re-enrolled and have not paid your fees, please do so ASAP. Checks can be made payable to 4-H Council.



Dates to Remember

1/12	Kourageous Kids Club Meeting
1/13	Wide Awake Club Meeting
1/19	Ambassador Meeting
1/20	Extension Office Closed
1/23	Extension Office Closed for training
1/27	Beacon Boosters Club Meeting Cloverbuds 4-H Council Meeting
1/27	Club Days Registrations Due
2/2	Finney Flyers Club Meeting Happy Hustlers Club Meeting Sherlock Strivers Club Meeting
2/8	Club Days
2/9	Kourageous Kids Club Meeting
2/10	Wide Awake Club Meeting

The December meeting of the Wide Awake 4-H Club was called to order at 6:30 PM at Garden Bowl. Roll call was answered followed by a short meeting. Lauren Lightner presented possible fair themes from 4-H Council and members marked which one they liked. Leaders informed the club of the Honor Flight Bake Sale on January 18 2020. Sign up sheet was available. It was reported that the Morales Family collected coloring books and crayons for hospitalized children and Emma Lightner reported that 11 boxes of gifts for Operation Christmas were packed sent off by Emma and Lauren Lightner and the Lobmeyer Family. Members brought items to donate to Homestead. Meeting was adjourned and members bowled and had a pizza party. Next meeting will be held at 7PM January 13, 2020 at Plymell Elementary.

Jaylee Speer

Reporter

Wide-A-Wake 4-H Club



In order to meet the club seal requirements for publishing club reports, we will be publishing them in the Extension Connection. Your club is encouraged to continue to submit them to the Telegram and submit them to the Extension Office via email to [steph66@ksu.edu](mailto:steph66@ksu.edu).



## Club Reports

The Beacon Boosters has their first meeting of the 2019-2020 4-H year on October 28. The following 4-Hers were elected as officers: President- Baylee Hutcheson, VP/Parliamentarian- Kiley Kilgore, Secretary/Reporter- Jarica Hutcheson, Treasurer- Brogan Sperry, Historians- Kiley Kilgore and Kaylei Marez, Song Leader- Kaylei Marez, Recreation Leaders- Kolter Kilgore and Maggie Deal.

The club met again on November 18. The club picked their Club Project for the year: People To People. The plan is to Thank First Responders.

The club also joined the Kansas 4-H Foundation and made plans for the December meeting. Club members will meet on December 16 at 6pm at the south entrance of Garden Valley Retirement Village to sing carols and hand out flowers. The club will wrap up the night with a spaghetti supper and gift exchange.



## District & State 4-H Events

If your 4-H'er is interested in attending a district or state 4-H event, please contact the Extension Office prior to registering. By doing so allows us to know who is interested in participating and whether or not we are able to provide transportation

## Extension Bulletin Board

Schedule for clubs to decorate the Extension bulletin board is as follows:

February	Sherlock Strivers
March	Kourageous Kids
April	Happy Hustlers
May	Wide Awake

## Extension Office Hours

Normal office hours are Monday-Friday 8am to 5pm. However, since there is only 2 of us in the office, there may be times that the office is closed. If you need to stop by the office, we suggest calling and making sure one of us will be in the office. Thank you for your patience and understanding.

# CORNER

## FACS

A New Year a New You. Did you make a new year's resolution? Was it to lose weight, exercise more, eat healthy or quit a bad habit. Whatever your resolution was, I hope you are sticking to it and being successful. My resolution was to cut back on added or refined sugar.

Did you know that an average American consumes 22 teaspoons of added sugar a day? That is 335 calories and 152 pounds of sugar a year. According to the American Heart Association, men should consume 36 grams or 9 teaspoons and women should consume 24 grams or 6 teaspoons of sugar a day. Many Americans are getting three times the recommended amounts of added sugar. No wonder there is a raise in obesity and Type 2 Diabetes.

Sugar can occur naturally or be added to foods. Natural sugars are sugars that are found naturally in foods; such as fruit and milk. The sweet taste you experience when you bite into an orange comes from natural sugar. Sugar is not added to an orange to make it taste sweet. Even though these foods have sugar, they also contain valuable nutrients that help keep our bodies healthy.

Refined or added sugars are sugars or syrups that are added to food or beverages when they are processed or prepared. These foods generally have very little nutritional value. Foods high in refined sugar are: beverages, breakfast foods, sweets and baked goods, jams and jellies, sauces, and readymade meals.

There are over 200 types of added sugars in processed foods and drinks. Added sugars are included in 75% of products in the supermarket. Read the nutritional fact label and look for these sugar names.

- |                            |                            |
|----------------------------|----------------------------|
| • Fructose: fruit          | • Lactose: milk            |
| • Sucrose: table sugar     | • Maltose                  |
| • Dextrose                 | • Malt Syrup               |
| • Honey                    | • Agave                    |
| • Syrup                    | • Fruit Juice Concentrates |
| • High Fructose Corn Syrup | • Corn Syrup               |
| • Brown Sugar              |                            |

Be aware of some healthy foods. 100% orange juice has 24 grams of sugar and yogurt can have 18 grams of sugar. Look out for barbeque sauce, pasta sauce, and ketchup. They all have a high sugar content. Again, read the nutritional fact label and learn the amount of sugar in these foods.

If visualizing sugar in grams is difficult to fathom, try measuring it out in teaspoons. Here is the formula

**4 grams of sugar = 1 teaspoon**

**Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.**



Why should we be aware of our intake of sugar? Because, there are many scary side effects that can be harmful to our health. Too much sugar contributes to obesity, type 2 diabetes, heart disease, tooth decay, depression, inflammation, brain fog, acne, and fatty liver.

Limit your intake of added sugar by following these tips

- Don't drink your calories
- Don't eat it for breakfast
- Use cinnamon or nutmeg to add flavor
- Limit the amount of sweet treats
- Be a food label reader.

Sugar is in all types of foods. To have a healthy life-style, limit the amount of added sugar in your diet.

### Everything in Moderation!!!

Wondering how my resolution is going? I threw away all the holiday cookies and candies and have cut back on the added sugar. It is a daily chore and I hope I can continue and adopt it into my lifestyle.

## Food for Thought

One 12 oz. can of cola contains **39 grams** of added sugar. If you had just **1** cola a day, that would add up to over **30 pounds** of sugar in just one year.

### Ask the Agent

If you have any questions, concerns, or topics that you would like me to address, please feel free to contact me via e-mail at [jlalle@ksu.edu](mailto:jlalle@ksu.edu) or call the Finney County Extension Office at



# Recipe of the Month

## Spinach Strawberry Salad with Chicken

### Ingredients:

- |  |                                      |
|--|--------------------------------------|
| 1 tablespoon olive or canola oil               | 2 cups halved strawberries           |
| 1 tablespoon white balsamic vinegar            | ¼ cup thinly sliced red onion        |
| 1 teaspoon honey                               | 4 cups fresh spinach                 |
| ½ teaspoon chopped fresh thyme                 | 2 cooked and chilled chicken breast  |
| ¼ teaspoon ground black pepper                 | 2 tablespoon chopped pecans, toasted |
| Dash salt                                      |                                      |
| 2 tablespoons reduce-fat feta cheese, crumbled |                                      |



### Directions:

1. Wash hands with soap and water.
2. To make the dressing combine oil, vinegar, honey, thyme, pepper and salt in a medium bowl, stir with a whisk. Set aside.
3. Prepare strawberries and vegetables. Wash strawberries in a basin of cool water and then remove the hull and stem. Don't soak berries in water or wash them after removing the hull and stem as this allows them to soak up too much water. Rub onion gently under cool running water. If you are using bagged spinach and the package states the contents have been washed, do not re-wash. If not, wash under running water and dry the spinach.
4. Add 1 cup strawberries to dressing, tossing to coat and let stand at room temperature for 10 minutes.
5. Cut chicken into bite-sized slices/pieces.
6. Divide spinach, remaining 1 cup strawberries, and onion between two plates. Top evenly with chicken slices and strawberry-balsamic mixture. Top each serving with 1 tablespoon toasted pecans and 1 tablespoon feta cheese,

*360 calories; 16 g fat (0 trans-fat, 3 g saturated fat) 24 g carbohydrates; 29 g protein; 7 g fiber; 410 mg sodium*



**Do you have questions about food?  
Check out the Rapid Response  
Center @**

**<https://www.rrc.k-state.edu>**