

THIS 'N THAT

Williams County Extension Homemakers
and Friends Newsletter



FEBRUARY 2010

Williams County
Courthouse, 205 E Broadway
P.O. Box 1109
Williston ND 58802-1109
Phone: 701-577-4595
Fax: 701-577-4597
maryf@co.williams.nd.us

INSIDE THIS ISSUE:

**TAX TIME IS
COMING** 2

**VITAMIN D MAY
INCREASE
HEART HEALTH** 3

**PACE THE
PERIMETER,
ACE THE AISLES** 3

**READY FOR
REBATES** 3

**HEART HEALTHY
LEAN BEEF** 4

**T-BONES FOR
VALENTINES
DAY** 4

TIDBITS

February is Valentine's Day and National Heart Month.

I am busy with the Go Red for Women committee once again planning for Williston's Go Red for Women heart health education program. Our kick-off event will be held March 23rd and we will again feature grocery store tours and walking events during the month of April. I will have the full schedule for you next month. Remember- Heart disease kills one of every three North Dakota women. But- we have the power to prevent it!

January has been a busy time in our office. Planning and preparing for the Wheat Show is a major undertaking for us. As usual the 5th grade bread fair was a fun and educational experience for close to 300 area students. We also saw about that number of 4th graders during the two day Living Ag Classroom. Our booth there is always fun- we have the vegetable booth where they identify seeds and feel 'mystery' vegetables in boxes.

On January 19th a dozen 11-15 year olds spent their day off school with me to become Red Cross Certified Babysitters. I have another waiting list to hold about 4 more classes. Red Cross limits the number that I can train at one time to 12. It is a very popular class. The hardest part is scheduling since everyone is so busy and different schools have different schedules.

I am sorry to report that I have to miss the Valentine's Day party at the Kensington that the Bakers Dozen Homemakers Club will be holding on the 10th. They are going to display teapots and serve pie to the residents. Unfortunately, that is the afternoon that I will be holding the 5th grade bread fair in Tioga. I know it will be fun. I hope to have photos to share in next month's newsletter.

Next week I will be presenting a nutrition lesson at the Heritage Center during their dinner hour, so better get to work on that!

For Valentine's Day, why not dress up and stay in? Make the steaks on the back page and set the mood with music, candles and nice dinnerware.

Mary E

CALENDAR

- **March 16-17 Farm & Ranch Show**
- **March 23 Go Red Kick-off Event**
- **March 24-April 6 JC Penney Round-Up for 4-H**
- **March 30-April 1 Extension conference**

Bread Fair Fun! The lost art of making bread from scratch... Imagine 300 kids having this much fun



County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, Vietnam Era Veterans status, sexual orientation, marital status, or public assistance status. Direct inquiries to the Executive Director and Chief Diversity Officer, 202 Old Main, (701) 231-7708. This publication will be made available in alternative format to people with disabilities upon request, 701-577-4595.

TAX TIME IS COMING...

Employees and the self-employed. Rural and urban residents. One personal responsibility many of these people share is their role as taxpayers. Here's another: Regardless of how or where North Dakotans earn their incomes, they should be thinking about state and federal taxes year-round, not just on the days leading up to the filing deadline, says a tax professor at North Dakota State University.

GET ORGANIZED

A great organizing tool to help you gather all of the documents that you will need to prepare your taxes can be found at: http://www.hrblock.com/taxes/tax_tips/tax_planning/tax_checklist.html. You will answer questions and end up with a list of documents that your family needs to do your taxes.

Create a folder for specific tax documents for each year. Throughout the year, as you find papers that are directly related to your taxes you can put them right into the tax folder. When your tax return is complete, file it back into the same folder for safe-keeping. If your folder is really large, you may want to make sub-folders of income, donations, expense receipts, mileage, etc.

HOW LONG TO KEEP DOCUMENTS

Keep tax records a minimum of 3 years.

Keep tax records 6 years if you think the IRS might question the amount of gross income reported.

Tax returns are the actual forms that were filed with the IRS. Many experts recommend that you keep them indefinitely.

Supporting documents are those documents required to complete your tax return. These are the year-end summaries, year-end statements, W-2's and other reports that you need to fill in the numbers on the return itself. Save these with your tax returns.

Tax-supporting documents are the papers that support the summarized information. Your bank statements are examples of such documents. You can file these apart from your tax documents. In most cases these supporting these supporting documents can be shredded and disposed of after 7 years. ALWAYS check with an attorney or accountant regarding your particular situation!

PUBLICATIONS AVAILABLE IN OUR OFFICE TO HELP YOU

Fe-445 Family Records: What to Keep, Where and for How Long

FE-446 Inventory of Important Family Records

FE-223 Household Inventory

Smart Uses for Your Tax Refund

Generally, the **IRS has three years** – from the date a taxpayer files a return – to complete an audit and assess taxes. However, if a taxpayer omits gross income from their return and the amount omitted is greater than 25 percent of the gross income reported, the **IRS has six years** to complete an audit and assess taxes. If a taxpayer files a fraudulent or false return with the intent to evade taxes, there is no limitation at all.

VITAMIN D MAY INCREASE HEART HEALTH

We have been taught for years about the importance of vitamin D for bone health.

However, preliminary research shows that adequate vitamin D levels also may be linked with a lower risk of stroke, coronary artery disease and heart failure.

Many studies have shown a connection between heart disease and vitamin D deficiency. The Framingham Heart Study has followed more than 12,000 people to learn more about cardiovascular disease. The researchers have reported that those lacking vitamin D had an increased risk of heart disease.

Another study looked at adults who were known to have vitamin D deficiency. Within two years of starting the study, the individuals with extremely low levels of vitamin D showed more risk of strokes, coronary artery disease and heart failure when compared with those who had adequate vitamin D.

Other studies have found similar correlations amongst adolescents, men, women and the elderly. So what does all this research mean?

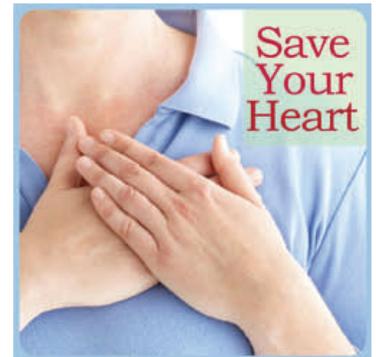
Although much research shows that vitamin D deficiency is connected to a variety of diseases, little research has been conducted showing that it can cause or stop diseases already developed. Therefore at this point, the evidence suggests that an ounce of prevention is worth a pound of cure:

Maintain vitamin D levels no matter your stage of life.

The current minimum recommendation for vitamin D is 400 International Units (IU) per day. These are some of the best food sources of Vitamin D:

- * Salmon (794 IU in 3 ounces)
- * Tuna (154 IU in 3 ounces)
- * Milk (115 IU in 8 ounces)
- * Fortified orange juice (100 IU in 8 ounces)
- * Yogurt (80 IU in 6 ounces)
- * Cereals (the amount varies; on average, 40 IU in 1 cup)
- * Eggs (25 IU per egg)

Some people cannot use vitamin D from food sources very well, or they may not be able to get enough from their diet or through natural exposure to sunlight. In these cases, a vitamin D supplement may be necessary to reach optimum D levels. Check with your health-care provider for more information about vitamin D.



The current minimum recommendation for vitamin D is 400 International Units (IU) per day.

Ready for Rebates Chances are you purchased at least one item with a mail-in rebate this holiday season. Did you know that on average, more than \$500 million in rebates are unfilled each year? Don't miss the boat on rebate savings; replenish those post-holiday pockets by gathering all paperwork needed and following the instructions exactly. One minor misstep and you could be denied your rebate! Be sure to follow-up if your check doesn't arrive



Grilled T-Bone Steak for Two

Total recipe time: 25 to 50 minutes

Makes: 2 servings

Serving Size: about 3 Tbl.

Ingredients

1 T-Bone steak, cut 1 inch thick (about 1 pound)

1 tsp. steak seasoning

Sauces: Wasabi, Citrus, Coffee and Mole Sauces (recipes follow)



INSTRUCTIONS

1. Prepare desired Sauce(s); set aside.
2. Press steak seasoning evenly onto beef steak. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 14 to 16 minutes (over medium heat on preheated gas grill, covered, 15 to 19 minutes) for medium-rare (145° F) to medium (160° F) doneness, turning occasionally. Remove bone; carve steak crosswise into slices. Serve with sauce(s).

Mole Sauce (Spring): Combine 1 can (8 ounces) tomato sauce, 1/4 cup water, 1/4 cup raisins, 1 tablespoon unsweetened cocoa powder, 2 teaspoons packed brown sugar, 1 teaspoon minced garlic, 3/4 teaspoon ground ancho chile powder and 1/4 teaspoon salt in small saucepan; bring to a boil. Reduce heat; simmer 10 minutes to blend flavors, stirring occasionally. Carefully pour hot sauce in food processor or blender container. Cover; process 30 seconds or until smooth, adding 1 to 2 tablespoons water to thin sauce, if necessary. Return to saucepan; keep warm until ready to use. **Makes 1 cup**

Lemon-Pesto Sauce (Summer): Combine 3 tablespoons basil pesto sauce, 1 tablespoon fresh lemon juice, 1 teaspoon grated lemon peel and 1/4 teaspoon coarse grind black pepper in small bowl. **Makes 1/4 cup**

Wasabi Sauce (Fall): Combine 3 tablespoons maple syrup, 2 tablespoons reduced-sodium soy sauce, 1-1/2 teaspoons wasabi paste and 1 teaspoon minced fresh ginger in small bowl. **Makes about 1/3 cup**

Coffee Sauce (Winter): Combine 1/2 cup strong brewed coffee, 1-1/2 tablespoons packed brown sugar, 1 tablespoon balsamic vinegar, 1-1/2 teaspoons cornstarch and 1 teaspoon smoked paprika in small saucepan; bring to a boil. Reduce heat; simmer 4 to 5 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in 1 tablespoon butter, 1/4 teaspoon salt and 1/8 teaspoon pepper; keep warm until ready to use. **Makes about 1/2 cup**

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc; and a good source of fiber and sele-

America's favorite beef cuts are leaner than ever before.

Now 29 cuts of beef meet government guidelines for lean.

Look for these naturally nutrient-rich lean beef cuts:

Eye Round Roast and Steak	Round Tip Roast and Steak	Top Loin (Strip) Steak
Sirloin Tip Side Steak	Round Steak	Shoulder Petite Tender and Medallions
Top Round Roast and Steak	Shank Cross Cuts 4	Flank Steak
Bottom Round Roast and Steak	Chuck Shoulder Pot Roast	Shoulder Center (Ranch) Steak
Top Sirloin Steak	Sirloin Tip Center Roast and Steak	Tri-Tip Roast and Steak
Brisket, Flat Half	Chuck Shoulder Steak	Tenderloin Roast and Steak
95% Lean Ground Beef	Bottom Round (Western Griller) Steak	T-Bone Steak

According to government guidelines, a serving qualifies as "extra lean" if it has less than 5g total fat, 2g or less saturated fat and less than 95mg cholesterol per 3.5 oz. serving. A serving qualifies as "lean" if it has less than 10g total fat, 4.5g or less saturated fat and less than 95mg cholesterol per 3.5 oz. serving.

