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Lookin' at Cookin'?

Locally sourced, step-by-step recipes

Beth Day

Mad kitchen experimenter extraordinaire

No motivation needed dinner

This is one of those weeks when it's truly hard to get motivated in the kitchen. We served up a couple of special meals over the weekend, then Monday was sandwiches (because you know, other stuff got in the way).

So I'm writing this on Tuesday, knowing I have my column to do, yet I'm not in the least bit inspired.

However, I do have a new kitchen gadget – I upgraded my rice cooker, so I definitely decided rice is on the menu.

Then I poked around in the fridge and freezer. Ah ha! I found a mistake. I had asked for sliced beef, got shredded. Now, what to do with shredded beef and rice? Why Korean BBQ of course! (Because, you know, the sauce is in the refrigerator too!).

Prep time? Less than 10 minutes. Perfect, because – stuff gets in the way!

Quick Korean BBQ

Ingredients

2 pounds shredded beef
1 cup shredded carrots
1 cup thinly sliced onion
2 cups cole slaw mix
Rice
Korean BBQ sauce
Corn Starch
Chinese 5 spice

Directions

1. Dust the meat in corn starch and 5 spice. Let sit an hour (or overnight).

2. Rinse rice and cook. When it's done, set it aside to keep warm.

3. Brown the meat, and remove from pan.

4. Lightly saute the vegetables. Start with the onions, cook a few minutes, then carrots. Reserve cole slaw.

5. Return meat to the pan, add BBQ sauce. Warm through.

5. Layer rice, cole slaw mix, and then meat mixture on a plate for serving.

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OPINION

We're making Measles great again.



Kearney 25
THE TIMES
OF POTTAWATOMIE COUNTY

Ten measles cases identified in Kansas children, teens.

Storms

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deal. A foundation for information. Hear the sirens, then turn on the TV. These days we're so fragmented, and we can be oblivious to what's going on. It's very important to have a source of information, delivered to you on your mobile device."

That information is radar ... and there are many good phone apps out there for free. They are the best way of keeping people informed of bad weather and Omitt says the one he uses is RadarScope.

"I really don't care what one you use," he added, "but the important part is to have something. The Red Cross even has a free app, and here (Pottawatomie County) Everbridge is offered."

Additionally, the National Weather Service's Storm Prediction Center puts out long term forecasts. "Their primary job is to look at the risk of severe weather within 25 miles and the probability of what will happen,"

Omitt said. "Based off of that they will use colors and words to describe the risks."

Spring, typically April, May and June, can generate the most severe weather. Olmitt said three things are needed to generate the storms – instability, lift and moisture. It's the moisture which arrives in the spring. Also, in Kansas, most tornadoes come in the late afternoon or early evening, dying out as the evening progresses.

After general weather information, Omitt focused on super cell storms.

"Super cells have a rotating updraft that makes the storms unique," he said. "They are prolific hail producers. Even if they don't produce tornadoes, and most don't, they can have up to tennis ball size hail."

He showed the audience how to identify the storms on radar and what to look for in the cloud formations. He explained how inflow and outflow work together to form the massive storms which can spawn tornadoes. However, he also

noted that only about 25 percent of super cell storms actually do.

"The ones you need to really watch for are the ones which merge or go divergent paths," he said, "while the others are going northeast, one might break off and head south."

He also noted that small tornadoes can be just as dangerous, if not more so, than large ones, citing last year's Westmoreland twister as an example.

"Westmoreland was a very unique case," he said. "It was a very interesting looking funnel. For those who went through it it was almost a horizontal spin out of the vortex."

Omitt said that tornadoes were actually not the biggest killers from storms, flooding is.

"In both Kansas and nationwide, flooding kills more people than tornadoes do," he said. "It's the number one cause of fatalities."

Most of the time, Omitt said the deaths were caused by people trying to drive through flooded streets, especially at night. It only

takes six inches for a vehicle to become buoyant and float away.

For more information on storm safety, contact Pottawatomie County Emergency Management at 785-457-3358 or on line at pottcounty.org/150/Emergency-Management.

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Don't lose track of financial accounts

For years, people save and invest in 401(k) plans, IRAs and other financial accounts. They wouldn't lose track of this money, would they?

You might be surprised. About 1 in 7 people has unclaimed cash or property, totaling billions of dollars, according to the National Association of Unclaimed Property Administrators.

People lose track of their money for a variety of reasons: They change jobs and forget about their retirement accounts; they move and leave no forwarding address; they change names and don't notify former employers; or their employers go out of business or merge with another company.

Whatever the reason, losing tabs on accounts that could be worth thousands of dollars is never a good thing. What can you do to avoid suffering this type of loss? Here are a few suggestions:

- **Maintain good records.** Keep records of all your financial, investment and retirement accounts — and let a family member know where these records are kept.
- **Keep a manageable number of financial accounts.** The fewer bank and brokerage accounts you have, the easier it will be to keep track of everything. You might even want to consolidate accounts when possible.
- **Report your change of address.** Whenever you move, contact your financial services providers and any former employers with whom you may have retirement accounts.
- **Report name changes.** If you change your name, notify new and old 401(k) plan administrators, banks, brokerages and any other institution connected to your money.
- **Manage retirement accounts when you change jobs.** If you leave your job, you might be able to leave your 401(k) behind with your old employer. But if you do, keep track of it. On the other hand, you could roll your old plan into your new employer's plan or into an IRA.
- **Inform your financial professional about all your accounts.** If you work with a financial professional, they can help you track your accounts, so inform them of all past and present IRAs and 401(k)s or similar employer-sponsored plans.

So far, we've looked at ways you can prevent losing track of financial accounts. But can you do anything if you suspect you've already left some money behind?

If you think you've lost tabs on an IRA, you can check old tax returns and bank statements to help you track your contributions and find the name of the financial provider that held your account. If it's a 401(k), you can contact your old employer's plan administrator.

You can get some help from other sources, too. The Department of Labor recently launched a retirement savings lost-and-found database (lostandfound.dol.gov) that can help you find pension or 401(k) plans connected to your Social Security number. For a stray IRA, you can check unclaimed.org, the website of the National Association of Unclaimed Property Administrators. And for various other sources of money — including uncashed checks from corporations and financial institutions, inactive brokerage accounts and unclaimed safe deposit boxes — you can check MissingMoney.com, the unclaimed property website of the National Association of State Treasurers.

These sites offer no guarantees of finding your lost or missing accounts or other sources of money, so you still may have to do your own sleuthing. But as the old saying goes, "an ounce of prevention is worth a pound of cure" — which, in this case, means you'll help yourself greatly by tracking your accounts from beginning to end.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.