

# Reno County Extension

## October-November 2016



K-State Research & Extension - Reno County 2 W 10th Ave South Hutchinson KS 67505

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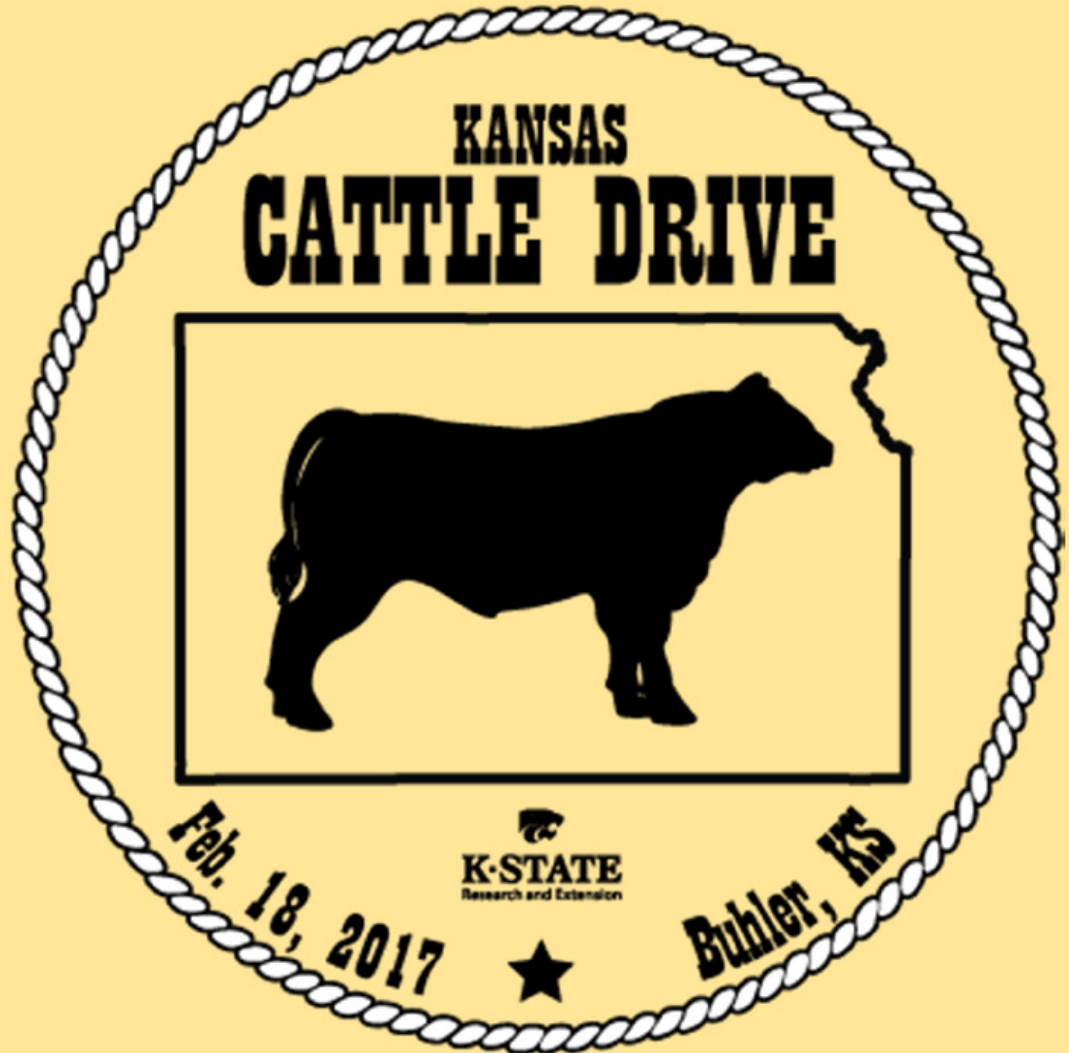
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With

**Ag Agent  
Darren  
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[facebook.com/kansascattledrive](https://www.facebook.com/kansascattledrive)

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# Residential Wildfire Awareness Public Meeting

**November 9, 2016 @ 6:30 PM**

The Sandhills, extending north and east from the City of Hutchinson, is scattered with homes and residential developments and also ripe with volatile, woody vegetation. The combination of these two identifies the area as a serious wildfire risk with high potential to threaten life and property. Hear from local experts on how you can take measures to reduce your risk of wildfire damage or loss.

- Natural vs. invasive land cover/fuel
- Land management practices - Grazing, Brush Management, and Prescribed Burning
- Fire Departments and wildfires in the wildland/urban interface
- Homeowner fire prevention recommendations
- The mission of prescribed burn associations

**Location: Hutchinson Fire Department Command & Training Center  
3201 E 4<sup>th</sup> Ave.**





GET THE *FACTS* FROM JENNIFER SCHROEDER,  
Family & Consumer Science Agent



K-State Research & Extension-Reno County

## Medicare Open Enrollment Day

Need help with your drug plan? Are you in the best drug plan for 2017? Not sure? Join us on November 16, 2016 from 9 am to 3 pm at the Reno County Extension Office. **Please call to reserve your spot at (620) 662-2371.** Please bring your Medicare Card and list of prescriptions.

**Space is limited**

**Park behind the  
building. Use  
west door.**



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## Happy Thanksgiving to You!



The Thanksgiving meal is the largest meal many cooks prepare each year. Getting it just right, especially the turkey, brings a fair amount of pressure whether or not a host is experienced with roasting one.

Plan your menu several weeks before the holiday. Shopping early will ease the count-down tension for your Thanksgiving meal.

A good resource to plan for the holiday meal is [www.foodsafety.gov/keep/events/thanksgiving/](http://www.foodsafety.gov/keep/events/thanksgiving/).

## Mailing Food Gifts

Food gifts are a tasty treat for loved ones far away from home. Consider foods that are healthy and easy to make.



- Non-perishable foods are best. You don't want to give the gift of foodborne illness!
- Choose firm and chewy cookies. Place them back-to-back and wrap with plastic wrap.
- Bar cookies ship well, but avoid recipes with cream cheese or other high amounts of dairy ingredients.
- Pack in a small box or tin. Place inside another box with packing material.

To ship internationally, check the [www.usps.com/](http://www.usps.com/) website for shipping deadlines.

## Fighting Colds and Flu

With reports of the flu already affecting people, it is time to do what you can to protect yourself from colds and flu. Here are some tips:

1. Get a flu shot. While no flu vaccine is 100% effective, it does reduce your risk flu related hospitalization.
2. Eat more fruits and vegetables. Five servings a day gives you many antioxidants, vitamins and minerals to boost your immune system. Fresh, frozen or canned varieties are all beneficial.
3. Get up and walk! Even a brisk 20 minute walk in cold weather every day can reduce cold and flu symptoms.
4. Vitamin E builds the immune system. It can help the body's response to the flu vaccine and risks of upper respiratory infections.
5. Consume foods rich in zinc which are found in meats and poultry, legumes, whole grains and nuts plus fortified cereals. Don't overdo it as too much can be harmful.
6. Lose weight. A reduction in weight can improve the immune response. Always follow your doctor's recommendations for best results.
7. Drink fluids. Water, or even green tea, is beneficial to reduce inflammation.
8. Wash your hands. This cannot be emphasized enough. Wash frequently and avoid rubbing your eyes and nose with dirty hands.
9. Sleep cures many things. Research has shown a link between a brain-specific protein and sleep that can fight flu symptoms.
10. Know your body. When you feel tired and run down, that stresses your immune system and increases your chance of illness.

What about vitamin C? While many think taking a lot of vitamin C can keep illness away, the science does not back this up. Vitamin C supplements will not prevent you from getting a cold, but might shorten the duration of illness.

If you are ill, stay home. This will help reduce the spread of colds and flu.

For more information on influenza, see [www.cdc.gov/flu/index.htm](http://www.cdc.gov/flu/index.htm) and for colds, see [www.cdc.gov/Features/Rhinoviruses/index.html](http://www.cdc.gov/Features/Rhinoviruses/index.html)

Source: Tufts Health & Nutrition Letter, October 2016



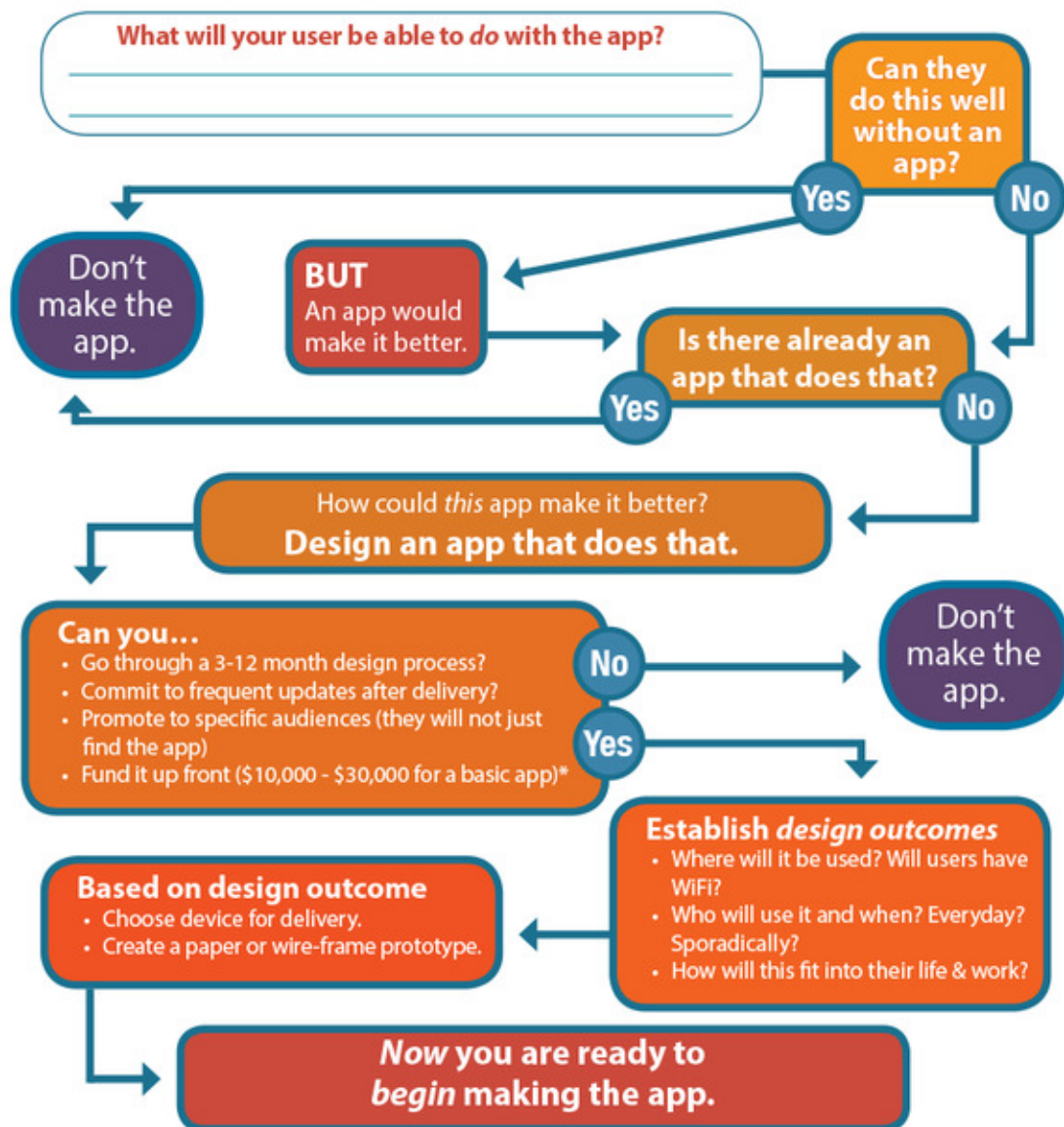
# COMMUNITY BITS AND BYTES WITH JAN STEEN

## So you want to make an app?

Someone in your company or organization has a great idea for an app, and why not? Hundreds of millions of people have smartphones and tablets – that’s a huge audience. Should what you’re trying to accomplish really be an app? App development can often be complicated and costly. New Mexico State University and Ohio State University have developed a flowchart to help you determine whether moving forward on developing an app is for you.

## So You Want to Make an App (Don't Make it Yet!)

Consider this: the idea is not nearly as important as the design process which enables a quality and essential app. First think of your user, and endeavor to transform, enable, facilitate, or coordinate.



\* The app store has over a million apps. Only the top 3000 make \$25k or more annually.

## Windows 10 Updates – Some Patience Required

Several calls regarding blank computer screens have come into the office recently. After a little information gathering, it was determined that right before the screens went blank, a Windows update had started. Once the computers came back on, the screens remained black, but eventually started showing a progress meter, then the Windows login screen itself.



Sometimes a Windows update takes a long time. Sometimes those updates involve video drivers, or related components, or even processes that must run before Windows fully loads, causing the screen to remain dark. The best piece of advice during an update is to remain patient. Make sure the computer is plugged in and not running on battery power. Depending on the power settings, a laptop may go to sleep to save power if it is unplugged, so it's wise to have it plugged in.

## Samsung Galaxy Note 7 – Recall Status



If you own a Samsung Galaxy Note 7, you may already be aware that there has been a recall. The lithium-ion battery can overheat and catch fire. Some who have participated in the recall have reported that the replacement phones have also overheated and caught fire.

Anyone owning a Samsung Galaxy Note 7 should contact their wireless carrier, place of phone purchase, or Samsung directly (844-365-6197) to find out how to get a refund or safer replacement. Customers can also go to [www.samsung.com](http://www.samsung.com) for more details.

Should you decide to continue using your Samsung Galaxy Note 7 phone and travel, the U.S. Department of Transportation has banned all Galaxy Note 7 phones from airplanes. The DOT realizes this may cause an inconvenience to some travelers, but the risk of even one inflight fire incident is too great to take a chance. You can learn more about this recall and what to expect at the airport should you have this phone by visiting the Department of Transportation website here: [goo.gl/d4eRww](http://goo.gl/d4eRww) (website address is case-sensitive).

## Community List



On the Reno County Extension Community Development page (<http://www.reno.k-state.edu/community>) we have a list of community websites. Is your community listed? Does your community have a more current website we should add to the list? We'd like to keep a list of links to communities that would highlight community information, events, and other items of note. We can also link to your community's Facebook or Twitter page if there's no separate website, so let us know about those, too!

Contact Jan Steen at [jmsteen@ksu.edu](mailto:jmsteen@ksu.edu) to have your community's website listed or the current link updated.