America Saves Week
February 23 - 28, 2015 is an annual opportunity for organizations to promote good savings behavior and a chance for individuals to assess their own saving status. Watch the Reno County Extension Facebook Page for more information on how you can save! http://americasavesweek.org

Tractor Safety Training
Saturday April 18, 2015
8:00 am—4:00 pm
Registrations due by April 13
Call 662-2371 for more information or stop by 2 West 10th South Hutchinson.

Hutchinson Horticulture Club
Gathering for Gardeners
Saturday, March 14
Our Redeemer Lutheran Church
Doors open at 8:30am
Free and Open to the Public

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
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<tbody>
<tr>
<td>9:00am</td>
<td>James Taylor</td>
<td>Fall Gardening – Vegetables and Flowers</td>
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<tr>
<td>10:00am</td>
<td>Dr. Charles Marr</td>
<td>Tomatoes – Something Old, Something New</td>
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<td>Professor Emeritus, Dept of Horticulture, Kansas State University</td>
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<tr>
<td>11:00am</td>
<td>Ward Upham, Dept. of Horticulture, Kansas State University</td>
<td>Pest Control in the Garden</td>
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<tr>
<td>Noon</td>
<td>Lunch on your own</td>
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<tr>
<td>1:00pm</td>
<td>Bob Neier, Horticulture Agent, K-State Research &amp; Extension – Sedgwick County</td>
<td>Raised Bed and Container Gardens</td>
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<tr>
<td>2:00pm</td>
<td>Pat McKernan, Landscape Supervisor, Botanica</td>
<td>Shade Gardening</td>
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<tr>
<td>3:00pm</td>
<td>Pam Paulsen, Horticulture Agent, K-State Research &amp; Extension – Reno County</td>
<td>New Prairie Star Annuals and More</td>
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</tbody>
</table>

“K-State Research and Extension is an equal opportunity provider and employer”

“K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Jan Steen by phone at (620) 662-2371 or by email at jmsteen@ksu.edu.”
MANHATTAN, Kan. – In theory, grain sorghum should yield just as much as corn in Kansas, given the same amount of fertilizer and with substantially less water, according to Kansas State University agronomist Tesfaye Tesso.

In practice, this has not yet happened consistently. New experimental lines in advanced testing at K-State are about to change that, however, said Tesso, who is a sorghum breeder with K-State Research and Extension. These advancements are thanks in large part to funding from the Kansas Grain Sorghum Commission.

“Sorghum has high yield potential, much higher than what we’re getting now. We know that,” Tesso said. “We have been working to find new compatible parental lines that will be able to produce hybrids that can come closer to realizing sorghum’s yield potential. At the same time, we need to make sure any new line has an acceptable maturity range, good standability, drought tolerance, good head exsertion, and other necessary agronomic traits.”

Tesso began developing promising seed parent lines in 2009, right after he became a member of the agronomy faculty at K-State. He and his team, along with Ramasamy Perumal, sorghum breeder at K-State’s Agricultural Research Center–Hays, have been selecting and testing the lines since then.

“There are many challenges to developing seed parent line for release (to seed companies). We have to find out if it will carry over its good traits into a hybrid once it is crossed with a male line. Then we need to find out if it can perform in different Kansas growing environments and in different types of growing seasons,” Tesso explained.

All this becomes a challenge in a breeding program with limited land and equipment resources. For that reason, one of Tesso’s main objectives is to work with private seed companies who are interested in some of his lines. The companies take the lines they like, cross them with their own male lines, and test the resulting hybrids at several locations.

In 2013, hybrids from some of Tesso’s experimental pollinator lines topped the 200-bushel per acre mark on dryland tests in Manhattan, yielding greater than the top commercial check hybrid there and proving that dryland sorghum can achieve yields comparable with that of dryland corn, Tesso said.

In K-State performance tests that year, dryland corn averaged 184 bushels per acre at Manhattan while dryland sorghum averaged 134 bushels per acre. Some of the new experimental hybrids in Tesso’s trials either bested or evened out that yield differential between dryland sorghum and corn.

Tests of the experimental lines in 2014 at Hays confirmed the higher yield potential of the new experimental lines compared with the commercial hybrids used as checks, and much higher than the yield of the highest-yielding dryland corn in Ellis County in the 2014 K-State Corn Performance Tests.

“We think these new experimental lines represent a real breakthrough in the yield potential of grain sorghum in the near future. According to our release policy, we will be offering these new pollinator and seed parent lines to commercial seed companies. Some of our new lines already have been released. If the seed companies are able to produce agronomically acceptable hybrids from these lines, there should be a new generation of higher-yielding grain sorghum hybrids coming to producers in the near future,” Tesso said.

Tesso’s team also has several promising new ALS-resistant lines in advanced stages of development. These lines are resistant to a newly-developed herbicide that inhibits acetolactate synthase (ALS), a plant enzyme.

“We cooperated with a private company to have our new ALS lines tested at one of the company’s test locations in Texas
in 2014. This was a test on poor ground, but 22 of the test hybrids using our new ALS-resistant seed parent lines outyielded all of the company’s hybrids in the test by an average of 33 bushels per acre. In addition, in 2013 one of the hybrids from our experimental ALS-resistant pollinator lines yielded more than 200 bushels per acre in Manhattan,” Tesso said.

From these results, Tesso is confident there will be no yield drag in ALS-resistant sorghum hybrids from his program. These experimental seed parent lines will be re-tested in 2015, and will be released to private seed companies if results continue to be good.

All this is very good news for sorghum producers, said Clayton Short, producer from Saline County and chairman of the Kansas Sorghum Commission.

“I’m excited about these new conventional and ALS-resistant experimental lines from the K-State program. This could help increase the acres of grain sorghum in Kansas,” he said.

Reno County Cattlemen’s Association
Scholarship Application
RCCA will be giving two scholarships’ a year to RCCA family members in the amount of $250 each. Each year two new students will be awarded the scholarship at the spring meeting.

Name ______________________________________
Parent’s Names __________________________________________
Home Address
________________________________________________________________________________________
________________________________________________________________________________________
Activities while in High School
________________________________________________________________________________________
________________________________________________________________________________________
High School attended __________________________________________
High School GPA  ______________
Year Graduated from High School _____________
College attending or plan to attend ________________________________
What is your planned career and why?
________________________________________________________________________________________
________________________________________________________________________________________
3 References

Name      Phone Number
______________________________________________________________
______________________________________________________________
______________________________________________________________

ATTACH A SEPARATE SHEET INDICATING WHY YOU BELIEVE THAT YOU SHOULD RECEIVE THIS SCHOLARSHIP
(350 to 500 words)

RETURN APPLICATION TO 2 WEST 10TH AVENUE SOUTH
HUTCHINSON, KS 67505 BY MARCH 15, 2015
Greetings:

The Reno County Cattlemen’s Association Annual Meeting is scheduled for Thursday, February 26th, at the Atrium (same place as last year), located at 1400 N Lorraine. Charcoaled Steaks with all the trimmings will be served at 6:00 p.m. Business will include the election of three (3) directors for 2015, discussion of the Association’s Going to Grass Sale, and other activities for the coming year. Everyone is welcome to attend.

| Lifetime Achievement Award | We will honor a worthy recipient for their achievements and involvement in the cattle industry. |

**Dr. Gregg Hazlicek** - As director of Production Animal Field Investigations, I assist private practitioners in investigating complex herd health problems. During the investigation process I work with the pathologists and microbiologists within the veterinary diagnostic laboratory. Additionally, senior students in the pathology rotation at the time of the investigation are involved in the planning, site-visit and subsequent write-up of our investigations. I also travel extensively throughout the state of Kansas presenting timely bovine health topics to veterinary practitioners and their clients. I frequently speak at regional and national veterinary and producer meetings on topics including research results, bovine health management and diagnostic strategies. I also serve on professional committees and task forces. Additionally, I am the editor of the bi-monthly Kansas State Veterinary Diagnostic Laboratory newsletter, Diagnostic Insights which targets present diagnostic laboratory clients and KSU-CVM alumni.

I am course coordinator and primary instructor for Cow-Calf Health Systems (CS 611). This course educates students on the prevention, recognition and intervention of common health concerns observed on cow-calf operations. I also am a guest lecturer on dairy cattle health in Principles in Animal Disease Control (AS 540) offered through the Department of Animal Science and Industry. Additionally, I was elected as an advisor to the Kansas State University Student Chapter of the American Association of Bovine.

Reservations, which include the meal and 2015 dues, are $20.00 for adults and $10 for youth (18 and under), these are due by Friday, February 20th. Payment received after the 10th or paid at the door will be $30 per person.

Please mark your calendar for Thursday, February 26th, and plan to join us for a very good meeting!

Jeff Smith
President, RCCA

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**Reno County Cattlemen’s Association Annual Meeting - Registration**

RCCA Membership, Meal, and Door Prizes $20 [ ]

Name ___________________________ Phone _______________________

Address ___________________________ City & Zip _______________________

(Please use street address: if you don't have one, use the rural route but include box number. Also city and zip code)

Guest Name(s) ___________________________

(Include guest address if you want them added to the RCCA mailing list)

Return by Friday, February 20th, 2014 to:

Reno County Extension Office
2 W 10th Ave
South Hutchinson, KS 67505

Checks payable to: Reno County Cattlemen’s Association
Soils 101
Thursday March 19
12:15pm – 1:00pm
Reno Co. Extension Office
2 W 10th, South Hutchinson
Pack a lunch and come learn about testing your lawn and garden soil and the best ways to improve your soil.

Soil and Art
Thursday March 19
1:30pm – 3:00pm
Reno Co. Extension Office
2 W 10th, South Hutchinson
Soil - is that the same as dirt? We need healthy soil for growing healthy crops and gardens, but it was also the pigment of choice for the paintings of the "old masters." Come and learn how to make your own paint out of soil. Bring a sample, or use those provided. Rhonda Janke, our instructor, has been a professional agronomist, horticulturist and soil scientist for over 25 years.
Cost $5     Register by March 16

Attracting Pollinators & Beneficial Insects
Tuesday, April 9
6:00pm pm – 8:00pm
Reno Co. Extension Office
2 W 10th, South Hutchinson
Did you know that about one out of every three mouthfuls of food we eat and of the beverages we drink is delivered to us by pollinators? Attracting pollinators and beneficial insects allows us to keep out bad pests and get better produce from our garden. Join us as Scott Vogt from Dyck Arboretum teaches us about pollinators and how to attract them to our yards and gardens.

Youth Lawnmower Clinic
Tuesday, Apr. 14
6:00-9:00pm
Dillon Nature Center
3002 E. 30th, Hutchinson
For youth in 4th-9th grades.
Topics covered: Lawnmower Safety & Maintenance
Types of Lawn Grasses and Their Care
Having a Lawn Care Business
Cost: Free but pre-registration by April 10 is required

Iris Walk in the Demo Garden
Tuesday, May 12
6:00pm
Master Gardener Demo Garden on the HCC Campus
Learn about all about irises from Reno County Extension Master Gardener, Judy Eckhoff. Judy will share information on iris varieties and how to grow them. She will also lead a tour of the irises growing in the demo garden, including a historic collection of irises dating back to the 1850’s.

Summer Garden Tour
Saturday, June 13
Hutchinson
Tour 5 Hutchinson gardens. Educational programs at each location. Tickets available at Hutchinson Dillons stores, Bornholdt Plantland, Stutzman’s Greenhouse, Benton’s Greenhouse, Dillon Nature Center and Reno County Extension Office.
Cost: $8 in advance   $10 on day of tour at each garden

Tea in the Garden
Tuesday, August 25
6:00pm
Master Gardener Demo Garden on the HCC Campus
Join the Reno County Master Gardeners in the demo garden and sample some teas made from herbs and flowers growing in the garden. You’ll learn about growing plants for tea and get some great recipes!

Ornamental Grasses in the Demo Garden
Monday, October 12
6:00pm
Master Gardener Demo Garden on the HCC Campus
Ornamental grasses are at their peak bloom this time of year. Tour the grasses in the demo garden and learn all about these great low maintenance additions to the landscape.

Please pre-register for each class by calling the Reno County Extension Office at 620-662-2371
Fertilizing Perennial Flowers
Most flowering perennials are not heavy feeders, and once established, may not need fertilizing every year. However, a soil test or visual symptoms will help determine plant needs. Weak plants with light green to yellowish foliage will probably benefit from a nitrogen-containing fertilizer. In the absence of a soil test, apply a 10-10-10 or similar fertilizer at the rate of 1 pound per 100 square feet. Fertilizer should be applied as growth begins in the spring.

Perennials that tend to need more fertilizer than the average perennials include astilbe, chrysanthemum, delphinium, lupines, and summer phlox. A second application during summer may be helpful for these plants.

Cut Back Ornamental Grasses
March is a good time to remove dead foliage from ornamental grasses. Grasses green up earlier if foliage is removed and are more attractive without a mixture of dead and live leaves. A number of tools can be used including hand clippers, weed whips (if the foliage is of a small enough diameter), weed whips with a circular blade, or even a chain saw. Use the top of the chainsaw bar to cut so the saw doesn’t pull in debris and clog. Also, it is often helpful to tie foliage together using heavy twine or duct tape before cutting so it doesn’t interfere and is easier to dispose of. Burning is another option — but only if it is safe and legal to do so. Note that these grasses may not burn long, but they burn extremely hot. Even so, the crown of the plant is not damaged and new growth appears relatively quickly. If the center of the clump shows little growth, the plant would benefit from division. Dig up the entire clump and separate. Then replant the vigorous growth found on the outer edge of the clump.

Frost Proof Vegetable Plants
Certain vegetable transplants can withstand cold spring temperatures as long as they have been toughened up by gradually exposing them to sunlight and outdoor temperatures. This “hardening off” process usually takes about a week. Reducing watering and temperature is the key to toughening up transplants. If possible, move transplants outside for a portion of each day. Start by placing them in a shady, protected location and gradually move them into a more exposed, sunny location as the week progresses. Hardened off cabbage, broccoli, cauliflower and onions can withstand temperatures near 20 F without being killed. Lettuce plants are not quite as tough but will be OK if exposed to temperatures in the mid 20s.

Don’t hesitate to put these plants out soon if extreme cold is not forecast and the plants are hardened off. As with other vegetables, be sure to fertilize before planting and work the fertilizer into the soil. It is best to have a soil test done to determine what is actually needed as many of our soils have enough fertility to only need a nitrogen-only fertilizer. If you don’t wish to use a soil test, use a vegetable fertilizer at the suggested rate.

Broccoli and cabbage are normally started from seed indoors and then transplanted outside at this time. Acclimated plants can take temperatures down to the mid- to lower-20s without damage. Plants that are coming out of a protected environment (not acclimated) will need to be gradually exposed to the wind and cold so they develop the toughness necessary to thrive in early spring conditions. This may take as long as a week if plants start out “soft.” When planting, use a “root stimulator” or transplant solution to water in after the plants are set.

About 1 cup of solution per plant is sufficient.

Onions are normally grown from either sets (small bulbs) or plants. Plants are more often labeled as to variety. Onions can be planted thickly if young plants are harvested for green onions so that the remaining onions are thinned. Those left to develop bulbs will need to be about 4 to 6 inches apart. Onions are shallow rooted, so be sure to water if the weather turns dry.

Rhubarb
Rhubarb is a perennial vegetable that can be a bit tricky to grow in Kansas. It is native to northern Asia (possibly Siberia) and so is adapted to cold winters and dry summers. However, it is susceptible to crown rot and should not be subjected to “wet feet” and therefore should be grown in a well-drained soil. The addition of organic matter can increase drainage as well as raise the soil level so that crown rot is less likely. Also, have a soil test done as rhubarb does best with a pH below 7.0.

Rhubarb should be planted from mid-March to early April in Kansas. Mix 5 to 10 pounds of well-rotted barnyard manure into the soil for each 10 square feet of bed before planting. Rhubarb is propagated from crowns (root sections) that contain one or two buds. Plants should be spaced 2 to 3 feet apart in the row with 4 to 5 feet between rows. The crowns are planted shallow so that the buds are just one-half to 1 inch below the soil surface. Firm soil around the crowns and make sure they are not in a depression that holds water. Recommended varieties include Canada...
Red, Crimson Red, McDonald and Valentine.

Rhubarb needs rejuvenated at least every 5 to 10 years and should be dug and divided in the same time period as new plantings are established. Use a cleaver or axe to cut crowns into sections that each contain one or two buds. Plant as described above.

Newly transplanted rhubarb should not be harvested the first year so the plant can recover from the transplant process. Only a few stalks should be harvested the second year to allow the plant to continue to build up its energy reserves. The harvest season for plants that are three years or older usually lasts about 8 weeks. Harvest only the largest and best stalks by pulling them slightly to the side so that they break away from the plant. Never harvest over one-third of the leaf stalks at one time. Only the leaf stalk (petiole) is eaten as the leaf blade contains oxalic acid and is poisonous.

Mulches can be used to reduce moisture loss, prevent weed growth and provide winter protection. However, it should be pulled away in the spring to allow the soil to warm so that early growth is encouraged.

**Controlling Weeds in Home Garden Asparagus Beds**

The best time to control weeds in asparagus is early spring before the asparagus emerges. A light tilling (or hoeing) that is shallow enough to avoid the crowns will eliminate existing weeds. Many gardeners like to mix in organic matter during the same operation.

Herbicides can be used before asparagus emerges. Glyphosate (Roundup, Killzall) will kill weeds that are actively growing, and the preemergence herbicide trifluralin can be used to kill weed seeds as they germinate. Trifluralin is found in several products, but not all of them list asparagus on the label. Those that do have asparagus on the label include Miracle-Gro Weed Preventer Granules and Monterey Vegetable and Ornamental Weeder. Mulch can also be used to keep weeds from invading.

No herbicides can be used during harvest. The end of harvest presents another opportunity. Remove all fern and spears and apply Roundup to control virtually all of the weeds present. Or you may wish to apply mulch if it hasn’t been already been applied.

Past the harvest season and after regrowth of the asparagus, options are limited. Products that contain sethoxydim can be applied to asparagus to kill grassy weeds. Sethoxydim has no effect on broadleaves including asparagus. Two sethoxydim products available to homeowners and labeled for asparagus are Monterey Grass Getter and Hi-Yield Grass Killer. With broadleaves, the only option is to pull them and look forward to next year.

**Remove Fern and Fertilize Asparagus**

If you haven’t removed last year’s growth from asparagus plants, now is the time. Asparagus comes up around the end of March in Hutchinson but will be earlier in southern Kansas and a bit later further north.

Asparagus benefits from a fertilizer application early spring. Fertilize according to a soil test or add 1 to 2 pounds of a 10-20-10 fertilizer per 20 feet of row before growth starts. If a soil test shows that only nitrogen is needed, apply 1 pound of a 16-0-0 product or ½ pound of a 30-4-5, 27-3-3 or similar fertilizer per 20 feet of row. Incorporate lightly with a tiller or rake in fertilizer before spears emerge. Fertilize again at the same rate after the last harvest.

**Mark Your Calendars for These Upcoming Gardening Events**

March 14 – Hutchinson Horticulture Club Gathering for Gardeners
March 19 – Soil Testing 101, 11:45am, Reno County Extension Office
March 19 – Art and Soil, 1:30pm, Reno County Extension Office
March 28-29 – Harvey County Garden Show, Newton
April 9 – Attracting Pollinators and Beneficial Insects, 6:00pm, Reno County Extension Office
April 11 – Tree Festival, Sedgwick County Extension Office, Wichita
April 14 – Youth Lawnmower Clinic, 6:00pm, Dillon Nature Center
April 18 – Hutchinson Horticulture Club Plant Sale, 7:30am, Dillon Nature Center
April 25 – Lesser Known Lovelies Plant Sale, 8:00am, Dillon Nature Center
April 25 – FloraKansas Plant Sale and Lectures, Dyck Arboretum, Hesston
May 2 – Herb Day, Sedgwick County Extension Office, Wichita
May 12 – Iris Walk in the Master Gardener Demo Garden, 6:00pm Hutchinson Community College

For more information on any of these events, please contact the Reno County Extension Office
Walk Tall, Walk Strong, Walk Kansas 2015

DATES: March 15-May 9

COST: $2 per person

1 team check payable to: Reno County Extension Office

New t-shirt colors available for purchase. Color choices will be sport grey, purple or coral.

REGISTRATION: Deadline is March 12th.

Walk Kansas is an 8 week, team based fitness challenge. You’ll be motivated to increase physical activity, try new exercise, and make better nutrition choices.

New Emphasis:
Walk Kansas has always promoted cardiovascular health and that continues to be the cornerstone of this program. For 2015, there is increased focus on:

Walking Tall: Emphasis on posture when standing, walking and sitting.

Walking Strong: Focus on adding strength training to regular physical activity routine.

Creating a Culture of Health: at work, at home, and in communities. Walk Kansas will help “make the healthy choice the easy choice.”

Walk Kansas is a simple and affordable program to be a part of. Organizing and registering your team is easy. Here’s what you need to do:

Choose a team captain and pick a name for your team. Pick up registration materials for your team at the extension office or print team and individual registration forms off the Reno County Extension Website, www.reno.ksu.edu. Have your team captain turn in registration materials to the extension office by March 12th.

Keep track of the minutes you walk, servings of fruits, and vegetables consumption (optional) for the week and report the team total online. Make sure you have shoes that are good for many miles of walking or exercising. Plan to have lots of fun!

Walk Kansas celebrates 14 years of success! There are three challenges for teams to choose from. Challenge #1 is the traditional Walk Kansas program where participants “walk” the distance across the state, 423 miles for the team, or 150 minutes of physical activity a week per individual. Challenge #2 consists of five hours of activity per week, enough to go across the state and back. For challenge #3, teams will travel 1200 miles, exercising for six hours a week per individual. This is the distance of the perimeter of the state.

You may substitute or combine other forms of exercise with the walking program. Walk Kansas will accept running, cycling, and other fitness activities for the accumulation of miles to “walk” Kansas. There are no limitations on who can participate. For more information contact the Reno County Extension Office 620-662-2371.

Little Change in Fast Food Nutrition

Fast food is a popular choice for a quick meal. But, over the years (1996-2013), little has changed in the nutritional content. Research published in Preventing Chronic Disease shows average calories, sodium and saturated fat have stayed constant. One exception is the decline in trans fat in fries. This may be due to legislation to reduce, or ban, trans fat in fried foods.

Fast foods studied included fries, cheeseburgers, grilled chicken sandwiches, sandwiches, and regular soda. They included various sizes of these foods. The foods came from three fast food chains.

Only minor fluctuations were found in calorie content, saturated fat, and sodium during this time period. Similar
items between chains could vary widely. For example, a small order of fries were 110 calories to 320 mg of sodium different between chains.

A cheeseburger meal from the three chains could fulfill 65-80 percent of a 2,000-calorie daily intake. Sodium content made up 63-91 percent of the recommended daily intake. Read more about these studies at: www.cdc.gov/pcd/issues/2014/14_0202.htm
www.cdc.gov/pcd/issues/2014/14_0335.htm

Healthy Recipes for the New Year
Need help in meeting your resolution to eat healthier? The American Institute for Cancer Research (AICR) has many tested recipes to help achieve your goals.

From appetizers to vegetables, these recipes guarantee they meet AICR recommendations; fit the New American Plate; are tasty and easy to make; and provide nutrition information. In addition, sign up for emails with weekly recipes. Start cooking at www.aicr.org/testkitchen/

SuperTracker is now Mobile
SuperTracker is a food and fitness program to help you track the foods you eat and your physical activity.

Now, there’s an App for that! SuperTracker is now available on your Apple phone. Create your own personal profile or use the general plan. The program has over 8,000 foods. It can also help you set personal goals and get support from a virtual coach.

For more information about SuperTracker see www.supertracker.usda.gov

Top Heart-Healthy Diets
If your New Year’s resolution is to eat healthier, where do you start? It seems everyone has their own opinion on this topic. If you need a diet plan, there are two that rank at the top.

In 2014, the U.S. News and World Report ranked several popular plans. The top two were the Dietary Approaches to Stop Hypertension (DASH) eating plan at number one and the Therapeutic Lifestyle Changes (TLC) diet as number two.

The DASH diet is for those with high blood pressure and can help prevent heart disease. It is designed to help reduce blood pressure levels with weight management, physical activity, and diet. The TLC diet helps control cholesterol through the food you eat.

February is American Heart Month. So take control of your heart health! Learn more about the diet plans above and more at www.womenshealth.gov/publications/ourpublications/fact-sheet/heart-healthy-eating.html.

ABCs of GMOs
Confused about GMOs? Are they beneficial or harmful? The University of Illinois has a four-part webinar to help answer those questions and more. The topics include:

1. What is biotechnology? How does genetic modification work?
2. What kinds of GMOs are commercially available?
3. Do GMOs cause pesticide and herbicide resistance?
4. Do other countries ban GMOs?

The webinars can be found on YouTube at www.youtube.com/channel/UCOXfvKhZ5jXGdsuGpBbQ

MEDICARE 101
Join us the second Wednesday of the month at the Hutchinson Public Library (basement computer lab) for the Medicare 101 session. Explanations of the different parts of Medicare and how they work will be discussed and Medicare Counselors will be on hand for specific questions.
Severe Weather Awareness Week

March 2-6 is Severe Weather Awareness Week here in Kansas, with March 3 (1:30 PM) being the statewide tornado drill. Do you know where to go or what to do in case of severe weather? The National Weather Service publishes safety information and the previous year’s weather statistics, which you can find here: http://1.usa.gov/1Cb09mC (address is case sensitive).

Avoid Installing Unwanted Software

If you have a computer you’ve probably downloaded free software before. A player, a reader, a plug-in to make your internet experience more productive, or at least more interactive. Free software is often “free” because the author or distributor partners with other software developers to bundle their software in with what you originally want to install. Using the “express” install option, or clicking through the installation dialogue quickly may result in you having an unexpected new toolbar, antivirus program, or computer optimizer.

Choosing the advanced or custom install option or reading through the express setup usually gives you the choice to not install this extra software. Not all of the third party programs you encounter are bad, but there is a potential that your computer’s performance may be affected. Toolbars reduce the amount of visible space available when browsing the web. Some toolbars also change your default search engine and homepage. If you already have an antivirus program installed, installing another one means your files and activity are scanned twice, which may sound like extra safety, but it really means slower operation and the potential for locked files. These are just examples of what you may encounter, so be observant when installing programs.

Spring Cleanup

It’s not too early to start planning a spring community or neighborhood cleanup project. The winter months are a great time to find volunteers, set goals and a scope for the project, and work with your local city and waste disposal representatives to procure dumpsters and related services. Cleanup projects can improve the appearance of your community, provide an opportunity for social fellowship, and create a good impression on prospective employers, and others visiting your community. Stop by the Extension Office for a free copy of our “Conducting a Community Clean-up Fix-up Campaign” publication, or download a copy online from our library: http://goo.gl/Jh2My (address is case sensitive)

APPS OF NOTE

PowerPay Debt Elimination

Developer: Utah State University Extension, New Mexico State University
Platform: Apple iOS

The PowerPay App will help you develop a personalized, self-directed debt elimination plan. Discover how quickly you can become debt free, and how much you can save in interest costs by following your debt reduction plan.
The Pesticide Recordkeeping App, or “PeRK”, is developed by the University of Nebraska-Extension Pesticide Safety Education Program. PeRK provides an easy, step-by-step data entry process to enter pesticide application data. Location is found by GPS or manually entered. Records can be exported via email.

The Weed ID Guide is produced by the University of Missouri’s College of Agriculture, Food, and Natural Resources’ Division of Plant Science. The Weed ID Guide allows you to search for weeds by their common or Latin name, view a list of weeds, or identify weeds based upon a number of different characteristics. Details about each weed are presented, along with photograph(s) of the weed specified.

Recipes for Diabetes is an app from University of Illinois Extension with over 140 recipes that are easily used to prepare meals for people with diabetes. Each recipe contains an approximate nutritional analysis for calories, protein, carbohydrates, fat, saturated fat, fiber, sodium, and cholesterol. For those using the carbohydrate counting method of meal planning, carbohydrate units are provided.

Ask Karen provides virtual assistance and tips on preventing foodborne illness, safe food handling and storage, and safe preparation. Using your mobile device, you can chat live with a food safety expert during set hours on weekdays.

We would like to thank these sponsors for their help and support to our 4-H and Extension programs.