WE NEED YOUR HELP!!!

The Reno County 4-H Junior Leaders will be collecting personal hygiene products (shampoo, conditioner, toothpaste, toothbrushes, deodorant, bar soap, body wash, dish soap, laundry soap, feminine products, and toilet paper) at the Reno County Fair July 23-28th in the Pride of Kansas building. All donations will be donated to First Call for Help. Please drop by the fair and bring your donations for this worthy service project.

INVEST AN ACRE FOOD DRIVE

The 4-H Invest an Acre project will once again be holding a canned food drive at the Reno County Fair July 23-28th in the Pride of Kansas building. Please drop you donations by when you come to the fair. All donations will be given to the Reno County Food Bank. The Four Leaf Clover 4-H club has thrown out a challenge to the other 10 4-H clubs in Reno County to be the club with the most donations. The winner will be announced at the awards program on Monday, July 28th.

Dairy Tour August 14th 2014

We will be leaving Carriage Crossing at 7:45 and Dutch Kitchen at 8:15. We hope to have two stops on the tour. The first stop will be Hildebrand Farms Dairy near Junction City and the second stop still in the works. The prices are $25 per person or $65 per family and lunch will be provided on the trip.

Please RSVP and mail checks to K-State Research and Extension 2 West 10th Avenue South Hutchinson, KS 67505.
Hello,

My name is Darren Busick. I am very excited to be moving back home to Reno County. I graduated high school from Pretty Prairie in 2001. I started working for a farmer in the Pretty Prairie area while I was an eighth grader. When I was a junior at Pretty Prairie I started working for a different farmer closer to my home. After high school I went to Hutchinson Community College for one year before starting to work full time building golf courses. That career took me to Manhattan where I met my wife Jocelyn. Jocelyn was raised on a farm and ranch near Hillsboro. We got married in 2008 and moved back to Reno County where I worked for a local seed company. It was while working for that company that I started to see I wanted a career in agriculture. While I worked there I decided to go back to school and get my degree. Initially, after high school, I wanted to go into animal science, but when I went back to school in 2011, I decided to pursue an agronomy degree. I graduated from Fort Hays State University in May with my Bachelor of Science degree in Agriculture. For one of my courses during my senior year at Fort Hays State University I did a learning service project involving work with the Ellis County Extension, teaching kindergarteners about wheat and how bread is made. Throughout my college career I completed several learning service projects but it was after this project that I knew I had developed a passion for educating others. During our time in Hays, our family expanded when our daughter Abilene was born in March of last year. Before we moved to Hays we lived in Buhler and enjoyed the community there and we look forward to moving back to the Buhler area. I am honored to be your Agriculture and Natural Resources Agent. Please come by and visit me at my office and get to know me anytime. I look forward to getting to know all of you. Please call me if you have any questions.

Thanks,

Darren
MEDICARE 101

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering older Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your struggle through the Medicare maze.

Our volunteers at SHICK know their stuff! The role of the volunteer counselor is to help people stay informed on changing conditions in health care insurance and to cut through the confusion.

Our volunteer counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans.

Our volunteer counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on what's best for them.

When: Second Wednesday of the Month beginning August 13th
Where: Hutchinson Public Library Basement Computer Lab
Time: 10:00 am to 11:00 am

Please RSVP with the Reno County Extension Office at (620) 662-2371. Limited number of computers are available.

REMEMBER TO BRING YOUR MEDICARE CARD
GET THE FACTS FROM JENNIFER SCHROEDER,
Family & Consumer Science Agent

Freezing Foods at Home
Freezing food is easy and convenient. Using proper preparation of the food can result in high quality, nutritious foods.

Vegetables must be water or steam blanched to stop enzymes in the food from changing texture, flavor, color and nutrition. Blanching also helps kill bacteria.

Fruits also contain enzymes that cause browning and vitamin C loss. Ascorbic acid is an effective treatment to stop enzymes changes in fruit.

Because fruits and vegetables are over 90 percent water, freezing will cause cell walls holding the water to break. This results in softer produce when thawed. Serving frozen produce partially thawed can reduce this liquid loss.

Freeze foods quickly for better quality. Set freezer temperature to the lowest setting. Use a freezer thermometer to monitor the temperature. Freeze foods in small batches for faster freezing.

Saving Food During a Power Outage
When the power goes out, saving food is possible but it depends on many factors. Here are some tips.

- Keep the door closed on refrigerators and freezers.
- The refrigerator should stay cold about 4 hours when kept closed.
- Keep a refrigerator thermometer inside the appliance. If the temperatures is 40° F or below, food can be saved.
- Discard any food (such as meats, eggs, leftovers, etc.) that has been above 40° F for two or more hours.

Learn more at www.kere.ksu.edu/FoodSafety/p.aspx?tabid=20

Concerns about Raw Milk
Since the 1920s, milk has been pasteurized to kill disease-causing bacteria. But many consumers choose to consume raw milk.

Illnesses from raw milk are 2.2 times higher in states that legally sell raw milk. In Kansas, it is legal to sell raw milk directly from the farm. From 2007 to 2012, outbreaks has increased nationwide.

- 81 outbreaks resulted in 979 illnesses, 73 hospitalizations, no deaths.
- Most infections were from cattle that appeared healthy.
- 81 percent of outbreaks were in states that legally sell raw milk.
- 59 percent of illnesses from raw milk were in children aged <5.
- For every outbreak reported, many go unreported.

Learn more at http://1.usa.gov/1xdMc5v

Warning Signs and Symptoms of Heat-Related Illness
Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

**Heat Exhaustion**
- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

**What You Should Do:**
- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

**Heat Stroke**
- High body temperature (above 103° F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

**What You Should Do:**
- Call 911 immediately — this is a medical emergency.
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

http://www.cdc.gov/extremeheat/warning.html
Ten tips for back-to-school success

It's back-to-school time! As the summer draws to a close, take some time to plan ahead and help your children be ready to succeed this school year.

As the summer draws to a close, Michigan State University (MSU) Extension educators are urging parents and caregivers to address back-to-school basics now to help their children get the school year off to a good start.

“Back-to-school time is an exciting time for most children – it’s a time to make new friends, reconnect with old friends and meet new teachers,” said Carrie Shrier, MSU Extension children and youth educator. “As exciting as school can be, however, it often is a source of anxiety for children. As the summer winds down, take time to plan ahead for the start of school to avoid complications and reduce anxiety.”

Ten tips to help your child be ready for the school year:

1. **Visit school**
   - Most school buildings open a few weeks before the first day. Take your children to school for a tour. Where is the lunchroom? The playground? Where do they hang their coats? Where are their classrooms? How do they get from the front door to the classroom? Many schools offer a special open house or picnic, a time to meet up with old friends and make new ones. Be sure to take advantage of this opportunity.

2. **Meet the teacher**
   - Once the coveted teacher assignment arrives in the mail, plan a meet-the-teacher visit. Call ahead to see if you can make an appointment to stop in and say “hello.” Help your child find his/her coat hook, locker, desk, etc. Talk with the teacher about any concerns you may have and any special needs, allergies or other issues that may arise.

3. **Make new friends**
   - If your child is new to the building, see if you can arrange for a play date with other children going into the same grade or in the same class. Having a few familiar faces that first day can help your child feel much more confident and comfortable.

4. **Be prepared**
   - Include your child in back-to-school shopping. Even kindergarteners have strong opinions about what they would like on their backpacks or what they want to wear to school the first day. If the teacher has provided a supply list, take your child shopping to help select those special items.

5. **Adjust the schedule**
   - As the final days of summer draw to a close, start moving your child onto the school schedule. Those late bedtimes have been fun all summer but not so much when kids have to get up and moving early. Begin by moving up bedtime 10 to 20 minutes a day until you have adjusted children to their normal school-day bedtime and wake-up time. Remember, elementary-school-aged children should be getting 10 to 11 hours of sleep a night.

6. **Practice the routine**
   - In the last few days before school starts, take time to run through a typical school morning. Get your child up and dressed as if he/she were headed to school. After a healthy breakfast, head out to the bus stop or the car on time. Look for potential glitches in your routine and plan ahead to avoid “morning madness.”

7. **Think safety**
   - As you plan for your child’s day, be sure to think about safety coming and going from school. Walking, carpooling and riding the bus present different potential safety risks. Be sure to talk to your children about their specific situation and make sure they know how to cross streets safely, are using an appropriate booster seat in a car, if needed, or that they understand bus rules. More back-to-school safety information can be found at SafeKids.org.

8. **Immunizations and physicals**
   - Check with your child’s pediatrician to be sure immunizations are up to date. Back-to-school time is a good time to schedule annual well-child exams. An exam may be required if your child is planning to participate in a sport. More information about the Michigan school vaccine requirements, as well as contact information for your local health department, can be found online at the Michigan Department of Community Health website.

9. **Plan for healthy meals**
   - Research has shown that kids who eat a healthy breakfast and lunch get better grades and are more attentive at school. Talk with your children about what they would like to eat and help them choose a well-balanced selection of “brain foods.” More information on children’s nutrition can be found at the U.S. Department of Agriculture’s MyPlate website.

10. **Assistance is available**
    - Your family may qualify for nutrition assistance through the National School Lunch Program. This federal program provides for free or reduced-price school lunches and in some cases breakfast as well. Contact your school’s nutrition program for an application. Some districts make this application available online. Many community agencies also offer additional back-to-school support, such as free backpack events and discounted or free school supplies and clothes. If you are in need of support to help get your children ready for school, be sure to contact your local community service agencies for more information on events in your area.

“For most families, spending only a few minutes to plan for back-to-school basics can help make the transition easier on everyone.”

“Taking time to plan ahead for the new school year is well worth the effort,” Shrier said. “Confident, calm, well-rested children are more likely to have an excellent first day and a fabulous year ahead!”

For more information on childhood development and resources for families, see the Family webpage on the MSU Extension website.

This article was published by Michigan State University Extension. For more information, visit http://www.msue.msu.edu
Walnut Caterpillars
If you notice leaves disappearing from walnut trees, it may be walnut caterpillars. Walnut caterpillars attack primarily black walnut, pecan, and several species of hickory trees, but may also attack birch, oak, willow, honey locust, and apple trees.

Walnut caterpillars overwinter as pupae underground beneath host trees. In late spring, moths emerge and deposit egg clusters on lower leaves. By the end of June, newly emerged and gregarious larvae skeletonize leaves. Larger hairy, brick-red larvae consume greater amounts of leaf tissue, and nearly matured gray larvae devour entire leaves, including petioles. As mentioned earlier, walnut caterpillars are gregarious. In other words, they feed in groups. A single tree may contain several groups.

When disturbed, larvae arch their bodies in what looks like a defensive move. Larvae crowd together on the lower parts of trees to molt and leave an ugly patch of hairy skins. Mature larvae, 2 inches long, descend or drop to the ground where they enter the soil to pupate. A second generation occurs soon, creating the overwintering pupae.

Removing leaves with egg masses is an effective way to control walnut caterpillars. This may be impractical with large trees or when too many infested leaves are present. Bands of Tree Tanglefoot pest barrier may be used to snare larvae as they migrate to main branches or the trunk to molt. Insecticides such as spinosad (Conserve; Captain Jack's Dead Bug Brew; Borer, Bagworm, Leafminer and Tent Caterpillar Spray) permethrin (numerous trade names) malathion or cyfluthrin (Tempo, Bayer Multi-Insect Killer) may provide the most practical means of control.

Tomato Cracking
Tomatoes often have problems with cracking caused by pressure inside the fruit that is more than the skin can handle. Cracks are usually on the upper part of the fruit and can be concentric (in concentric circles around the stem) or radial (radiating from the stem). We don’t know everything about cracking but here is what we do know.

Tomatoes have a root system that is very dense and fibrous and is quite efficient in picking up water. Unfortunately, the root system can become unbalanced with the top of the plant. Early in the season it may be small in relation to the top growth resulting in blossom-end rot during hot dry weather. Later it may be so efficient that it provides too much water when we get rain or irrigate heavily after a dry spell. This quick influx of water can cause the tomato fruit to crack. Therefore, even, consistent watering can help with cracking. Mulching will also help because it moderates moisture levels in the soil. However, you can do everything right and still have problems with cracking in some years.

We have evaluated varieties for cracking during our tomato trials at K-State. It takes several years worth of data to get a good feel for crack-resistant varieties but we have found some real differences. Some varieties crack under about any condition and others are much more resistant. The difference seems to be pliability of skin rather than thickness — the more pliable the skin the more resistance to cracking.

The old variety Jet Star has been the most crack resistant of any we have tested including the newer types. Unfortunately, Jet Star is an indeterminate variety that puts out rampant growth. Newer varieties with more controlled growth are often more attractive to gardeners. Mountain Spring, Mountain Pride, Mountain Fresh, Floralina and Sun Leaper are smaller-vined types that have shown good resistance to cracking.

Fall Gardening: Cole Crops
Probably the last thing most gardeners are thinking of now is planting vegetables. However, for those hardy few, now is the time to start the cole crops such as cabbage, broccoli, and cauliflower. These members of the cabbage family can be either seeded directly
in the garden or started in pots for transplanting about mid-August.

Plant slightly deeper than you would in the spring so the seed stays cooler and the soil around the seed stays moist longer. Plant more thickly and thin later. The plants may need to be protected from rabbits through the use of fencing.

Use light amounts of fertilizer before planting. For example, apply 1/4 cup of a low-analysis fertilizer (6-7-7) per 10 feet of row. Sidedress two weeks after transplanting or four weeks after sowing seed by applying 2 tablespoons of a 16-0-0 or 1 tablespoon of a 27-3-3, 30-3-4 fertilizer, or something similar per plant.

Watering must occur more frequently because seed should not be allowed to dry out. Overhead watering often causes soil to crust, making it more difficult for young, tender plants to emerge. Prevent this by applying a light sprinkling of peat moss, vermiculite or compost directly over the row after seeding. Even better, use a soaker hose right next to the row to allow water to slowly seep into the ground.

Plants should be ready for harvest in late September to early October, with broccoli side shoots developing well into November, weather permitting.

**Fireblight**

*Erwinia amylovora*

Fireblight has been showing up on pear trees across the state recently. Fireblight is a bacterial disease that affects a wide range of rosaceous plants including apple, flowering crab, pear, firethorn, hawthorn, cotoneaster, quince and mountain ash. Although fireblight can be a devastating disease, it is not as common in Kansas as scab and cedar-apple rust.

Symptoms of fireblight are most noticeable in the spring on blossoms and succulent new growth. Infected blossoms become water-soaked and turn dark-green or brown. Young, infected shoots rapidly wilt as if scorched by fire. The terminal end of the diseased shoot becomes hooked and is commonly referred to as a shepherd's crook. During wet weather, small droplets of amber-colored ooze containing millions of bacteria can be seen leaking from infected tissue. After initial infection of the shoots, the bacterium may move long distances within the living tissue and kill large portions of the tree. Infected areas of the bark on branches and trunks become slightly depressed and darker in color than surrounding healthy bark. When the outer bark is peeled away, the inner tissues appear red and water-soaked.

The bacteria overwinter in dead portions of the trunk or scaffold branches called holdover cankers. During wet weather in the spring, bacteria ooze from canker margins in gelatinous strands. The bacteria in the strands are splashed to flowers by rainfall or carried to the flowers by insects. The bacteria enter through natural openings in the floral parts. Infection is favored by wet weather and temperatures between 65 and 86 F. Honeybees visiting diseased flowers become contaminated with the bacteria and spread them to adjacent healthy flowers. Shoot infection may also occur at wounds caused by pruning cuts or hail injury.

**Recommendations:** Several cultural practices will reduce or prevent the occurrence of fireblight on both apple and flowering crab. During the winter, remove all dead shoots, infected spurs, and larger holdover cankers which harbor the fireblight bacterium. Pruning cuts should be made at least 6 inches below the margin of dead tissue. Pruning tools should be disinfected in a 10% bleach solution (1 part household bleach to 9 parts water) or in a 70% ethanol solution. Household bleach is corrosive, so pruning tools should be cleaned thoroughly and oiled after use. During the summer, periodically inspect the trees for symptoms of fireblight. Diseased areas may be pruned out during the summer provided a few precautions are taken. Never prune during wet weather. Pruning cuts in the summer should be made 8-10 inches below diseased tissue, and pruning tools should be disinfected between each cut.

Fireblight is most severe on trees and shrubs which have an abundance of succulent shoot growth. Avoid over-fertilization, fertilizing late in the growing season, and over pruning, which leads to the formation of numerous adventitious sprouts. Do not plant susceptible cultivars of flowering crab or apples in areas where fireblight has been a problem.
Twitter – Rules of Engagement

Twitter is a lot like caring for a goldfish. It doesn’t require the same level of commitment required for a child — or a dog, for that matter — but building a strong Twitter presence requires some commitment, even a daily commitment, if you plan to establish an exceptionally strong presence. How far you want to pursue this commitment is entirely your call.

What follows is not intended to be a comprehensive guide to Twitter, only a few rules — a few rules of engagement that hopefully will help you articulate your commitment, and along the way to make this initiation into the rather arcane world of Twitter a little easier.

Rule of Engagement #1: You Don’t Have to Engage

Lots of people lurk on Twitter. In other words, they only read other people’s tweets without tweeting themselves.

That’s okay. Some people find Twitter interesting solely for the enormous amounts of dialogue and graphic- and link-sharing that occurs. Twitter has proven to be a great source for professionals and hobbyists who simply want to enhance or refine their knowledge.

Rule of Engagement #2: Find Your Center of Gravity

On the other hand, if you have signed onto Twitter with the goal of building a presence, your first priority should be finding your center of gravity. By center of gravity, we mean the traits that define your place in the Twittersphere — those special passions, interests, insights and skills you bring to the table and that will help you grow your Twitter presence. Likewise, you should reflect on the audience you wish to reach. What is the best way to connect your messages with your audiences? To put it another way, how do you package your tweets? What is the best way to phrase your tweets and what kind of graphics should you use to enhance some of them?

Rule of Engagement #3: Share, Share and Share

Twitter is built on a foundation of reciprocity. You build a successful Twitter presence not only by providing your followers with interesting tweets, but also by retweeting the best of theirs. There’s a knack to this, one that can be gained only by close observation. Spend some time lurking and observing how others tweet and retweet before you wade in yourself.

Rule of Engagement #4: Build Lists

These aren’t lists of enemies — of people who have snubbed or insulted you — far from it. Lists are essential for managing the immense volumes of tweets generated daily on Twitter. Building lists will help you identify and learn from those on Twitter who are also building interesting and engaging presences. Learn from them. Equally important, use these lists to identify the best daily tweets and retweet them. You will be surprised how quickly your own Twitter presence grows.

Free applications such as Hootsuite and TweetDeck provide convenient means for building these lists.

Rule of Engagement #4: Make as Much Hash as You Can

You can extend the reach of your tweets using hashtags — in other words, marking key words or topics with the #symbol. Popular hashtags include #followme #happy #picoftheday and #funny.

While it’s important not to get carried away with hashtags, they increase the likelihood that you will connect with the audiences you’re trying to reach. (Note: The Network Literacy Community of Practice uses the hashtag #netlit to tag tweets and other social media posts related to network literacy.)

Rule of Engagement #5: Mix It Up!

It’s a good idea to stick to a general theme on Twitter. But don’t get too set in one’s ways. Mix it up every now and then. Don’t hesitate to venture off topic occasionally. Weave humor and other unexpected elements into your tweets. Other Twitter users appreciate you more when they realize you are a normal human being with
genuine interests and passions.

Rules of Engagement #6: There are No Hard and Fast Rules.
Building an effective Twitter presence is an art, not a science.
Any experienced twitter user will concede that there is no Magic Book of Twitter, no proven way to ensure that what you tweet will gain traction. A lot of success comes from closely observing others and learning from experience. It calls for developing a sixth sense. That comes with time — not to mention, practice and patience.

Source: eXtension.org - Author: Jim Langcuster (@extensionguy)

URL (Website Address) Shorteners for Sharing Links
If you share website addresses via e-mail, Facebook, or some other online method, having a long link that readers can easily click on is no big deal. What if your audience accesses your information in physical print formats such as brochures or newsletters? Here is an example of a web address about food safety from the USDA:
And here is that same website address using a URL shortener:
http://ow.ly/yRySQ
Both addresses go to the same place, but the shortened link takes less time to type, and there is less chance for error and frustration when trying to input that long string of characters manually.
There are several free URL shorteners available online, a few of which are:
Bit.ly
Goo.gl
Ow.ly
Copy and paste the website address you wish to shorten in the appropriate box on any of these sites. You will be assigned with a shortened address you can now share with anyone you wish. Note that the addresses are case sensitive, so please be sure to communicate that with your readers, otherwise they may end up on a completely different website.

Park Quest Update
As of this newsletter we have a total of 21 teams geocaching their way around Reno County. You can see teams reporting in with pictures and updates on the Reno County Park Quest Facebook page: http://goo.gl/tqcC9t (address is case sensitive). The season comes to a close in August, but there’s still time to register so you can visit the six communities and go geocaching. Go to http://renoparkquest.eventbrite.com – registration is free.

Rural Grocery Tool Kit
If you’re thinking of starting a grocery store in a rural community, or you already operate one, K-State Research & Extension has a collection of tools and information you may find useful. For those considering establishing a rural grocery store, resources are categorized into five different steps: Assessing the Market, Getting Started, Legal Requirements and Licensing, Financing, and Marketing Your Business. Current store owners will find six categories: Market Assessment, Business Organization, Financial, Business Management, Food Suppliers, and Marketing.
The Rural Grocery Toolkit is a collaborative effort of K-State Research & Extension, Kansas State University’s Center for Engagement and Community Development, Center for Rural Affairs, and Kansas Rural Center. For more information, and to access the toolkit, visit www.ruralgrocery.org/resources
2014 Extension Master Gardener Classes to Begin in September

If you enjoy gardening, want to learn more about it and have some spare time on your hands for volunteer work, then the Master Gardener program might be for you. The Reno County Extension Master Gardener program is currently in need of new volunteers for the 2014-2015 season. Training for new volunteers will begin on September 11. Classes will be held every Thursday until December 11 except on Thanksgiving Day. Class time will be from 9:00 a.m. to 3:30 p.m. A one-time fee of $110.00 will be charged to cover the cost of a class reference book and other materials.

The Master Gardener Program is for those individuals who are interested in plants and gardening and enjoy sharing their knowledge for the benefit of others. Prior knowledge of gardening is not necessary to be in the Master Gardening Program. Volunteers will be given approximately 40 hours of college level training in home horticulture. Class subjects include landscaping, soil fertility, insects and diseases, plant problem diagnosis, fruits and vegetables, annual and perennial flowers, native plants, herbs, trees, shrubs, turf and plant propagation. Classes will be taught by Kansas State University faculty and local horticulture industry experts. In return for the training, Master Gardeners are asked to volunteer a minimum of 40 hours to Reno County Extension Master Gardener educational programs during the following growing season.

Anyone interested in becoming a Master Gardener can pick up an application at the Reno County Extension Office, located at 2 W. 10th in South Hutchinson, by calling 620-662-2371, or on the internet at www.reno.ksu.edu. Deadline to submit an application is August 25.