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PUBLIC NOTICE
ANNUAL MEETING
Reno COUNTY
EXTENSION COUNCIL

PUBLIC NOTICE is hereby given in accordance with K.S.A. 2-611, as amended, State of Kansas, that on November 12th, 2015 at Grace Episcopal Church, 2 Hyde Park Dr, Hutchinson, KS beginning at 6:30 PM, the members of the Reno County Extension Council shall meet for the purpose of: (1) electing from among their members an Executive Board consisting of a chairman, a vice chairman, a secretary, a treasurer and five additional members; (2) organizing the Program Development Committee for Agricultural Pursuits, Home Economics Work, 4-H Club and Youth Work, and Economic Development initiatives; (3) consideration of the County Extension Education Program.

All County Extension Council representatives of Agricultural Pursuits, Home Economics Work, 4-H Club and Youth Work, and Economic Development Initiatives are urged to attend.

PUBLIC NOTICE
EXTENSION COUNCIL ELECTION
RENO COUNTY
EXTENSION COUNCIL

TO: The Voters of RENO County, State of Kansas, Election at Large.

PUBLIC NOTICE is hereby given in accordance with K.S.A. 2-611, as amended, State of Kansas, that on the date at the time and place mentioned below, the citizens of voting age of RENO County shall meet for the purpose of electing twelve members, three members for Agricultural Pursuits, three members for Home Economics Work, three members for 4-H Club and Youth Work, and three members for Economic Development Initiatives, as representatives to the RENO County Extension Council.

RENO County 10/9/2016 (Thu.) 8 AM - 8PM (Place)
County, State of Kansas, Election at Large.

Consideration shall be given to the Extension Program for RENO County.

“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.”
The World of Falconry
To Descend on Hutchinson, KS
November 8 - 13th 2015

North American Falconers Associations is excited to enjoy what Hutchinson has to offer.
Since 1961 falconers have met every year during November to celebrate falconry, fly their birds, greet old friends, and make new friends. We are delighted to make Hutchinson our headquarters this year.

Falconry almost disappeared with the invention of the gun!
Last year 300 falconers hunted for a week in western Texas. That is over 1700 hunter-days. Seventy five falconers caught nothing, and the rest averaged one head of quarry each during the week... almost all rabbits.

Falconry is a hunting sport in the purest sense and a very inefficient way to harvest game. Nonetheless, good game populations and access to game are vitally important for a successful meeting and one of the reasons that central Kansas was selected as the location for the 2015 meet.

Ducks and rabbits will be the most sought after species during the week. There will be a few falconers who would like to try to find black-tailed jackrabbits or quail (very difficult quarry) or pheasants.

Having areas to hunt is critical to a successful meet.

If you have rabbits, jackrabbits, quail, pheasants, or small duck ponds and would allow falconers access, we would like you to sign up. Please contact Chris Ly at 620-388-3671 or via email at christopher.vly@gmail.com.

Meet Chairmen:
Sheldon Nicole 214-288-0670
Robert Huher at 405-334-9534

Photos courtesy of www.falconphotos.com
Registration
2016 K-State
“Using Excel Spreadsheets” Workshop
January 15, 2016
Hutchinson, Kansas

Name: __________________________
Address: __________________________
City: ___________ State/Zip: _________
Phone: _________________________
Email: __________________________

Cost: $15.00
Registration deadline:
January 8, 2016

To Register:
Darren Busick
Reno County Extension
2 W. 10th St.
Hutchinson, KS 67505
Phone: 620-662-2371
Fax: 620-662-0313
Email: darrenbusick@ksu.edu

WORKSHOP SCHEDULE

9:30 a.m. Registration
10:00 a.m. Intro To Excel
10:15 a.m. Spreadsheet 1:
Estimating Machinery Costs
11:00 a.m. Break
11:15 a.m. Spreadsheet 2:
Crop Budgets
12:00 p.m. Lunch
12:45 p.m. Spreadsheet 3:
Principal/Interest Payments
1:30 p.m. Spreadsheet 4:
Livestock Economics
2:15 p.m. AgManager Excel Tools
2:30 p.m. Adjourn

Kansas State University
Agricultural Experiment Station and
Cooperative Extension Service

Using Excel for:
- Estimating Machinery Costs
- Budgeting and Enterprise Analysis
- Calculating Principal and Interest Payments
- Analysis of Livestock Economics
- Macros, Graphing, What-If Analysis

As well as:
- Tips and Tricks for Using Excel
- Other Decision Tools on AgManager.info

Kansas State University
Department of Agricultural Economics
HUTCHINSON
2 W. 10th St.
Meeting Room
Extension Office
Reno County

AgManagerInfo
* Other Decision Tools on
* Tips and Tricks for Using Excel
* As well as:
  * Analysis of Livestock Economics
  * Interest Payments
  * Calculating Principal and
    Interest
  * Budgeting and Enterprise
  * Estimating Machinery Costs
* Using Excel for:

Using Excel Spreadsheets
Hutchinson, Kansas
January 15, 2016

"Knowledge for Life"

Department of Agricultural Economics
Kansas State University

Sponsors:
* Excel tools on AgManagerInfo
* Create and use look-up tables
* Use "IF" functions
* Use "SUM" functions
* Link information from other sheets
* "SUMIF" and "SUMPRODUCT" functions
* Mathematical calculations

Skills to be learned:

Rich Lewelyn
INSTRUCTOR

K-State Research and Extension
Reno County Extension

K-State Research and Extension

Manager.Info
K-State Extension

Kansas State University

darrenmusk@yahoo.com
620.662.4371

Reno County Extension
The South Central Kansas Residue Alliance Presents: COMBATING HERBICIDE RESISTANT WEEDS
Part of our “Coffee Shop Talk” Series

Thursday, November 5, 2015 9:00 A.M.
Jeri’s Kitchen 312 N. Main Street Kingman, KS 67068

Featuring KEVIN SCHOENHALS CROP CONSULTANT & AGRONOMIST CURTIS THOMPSON PROFESSOR & KSU EXTENSION WEED SCIENTIST

Join us for Coffee and Donuts, speaker presentations, and informal discussion about managing challenging weeds

Seating Limited to 35 First Come First Served
The “Added Sugars” Labeling Challenge

Sugar plays a vital functional role in many foods. The Food and Drug Administration is proposing mandatory labeling of added sugars on the Nutrition Facts Panel. Will this benefit consumers?

Functionally, sugar plays five primary roles in foods. First, sugar adds sweetness and increased palatability. The sugar could be naturally within an ingredient, such as fruit, or added. It can also enhance other flavors that would otherwise be bland.

Sugar contributes to color and flavor through caramelization and the Maillard browning reaction. When sugar is heated about its melting point, it begins to degrade and caramelize. The Maillard reaction works with amino acid and sugar in a complex reaction to create color and flavor. This reaction could also give undesirable color and flavor.

Sugar adds bulk and affects the texture of many foods. This helps improve mouthfeel more than contributing sweetness.

Fermentation occurs with sugar to help yeast produce carbohydrate gas and helps bread dough rise. Fermenting lactose in dairy foods produces sour cream, yogurt and cheese.

For more information on added sugars and FDA labeling, see http://onlinelibrary.wiley.com/doi/10.1111/1541-4337.12151/full.

What’s Your Heart Age?

For most Americans, aged 30-74, their heart age is at least five years older than their actual age. This is according to Framingham Heart Study data and state health data.

- 1 in 2 men have a heart age 5 or more years older than their actual age.
- 2 in 5 women have a heart age 5 or more years older than their actual age.
- About 3 in 4 heart attacks and strokes are due to risk factors that increase heart age.

The most common reasons for a higher heart age that can be changed or managed are: high blood pressure, high cholesterol, smoking, obesity, unhealthy diet, physical inactivity, and diabetes. At any age, you can make your heart younger by making changes that reduce your risk.

Source: www.cdc.gov/vitalsigns/heartage/index.html

Calculate your heart age at: www.cdc.gov/vitalsigns/cardiovasculardisease/heartage.html

Sugar and Food Preservation

In food preservation, sugar helps reduce water activity by binding with moisture within the food and making it unavailable for bacteria to use. This reduces food spoilage and helps extend shelf life. An example is making jelly.

In bread, sugar is a humectant to prevent bread from drying out and staleness. In freezing light colored fruit, such as apples or peaches, sugar helps protect the color from turning brown by enzymatic browning.


Safe and Healthy International Travel

CDC’s TravWell app helps you plan for safe and healthy international travel. Build a trip to get destination-specific vaccine recommendations, a checklist of what you need to do to prepare for
travel, and a customizable healthy travel packing list. The app also lets you store travel documents, keep a record of your medications and immunizations, and set reminders to get vaccine booster doses or take medicines while you’re traveling.

Learn more at http://wwwnc.cdc.gov/travel/page/apps-about

Including Food Safety in Recipes
Cooking is fun, but foodborne illness can ruin that fun quickly. To help consumers cook food safely, an online recipe tool can help incorporate food safety directly into recipes.

The USDA, along with the FDA and CDC, have an online tool to copy and paste a recipe and it will add the relevant food safety tips based on the ingredients. Another option is to simply put the website address of a specific recipe from popular cooking websites, and it will add food handling reminders.

This tool is designed to raise awareness about the risks of food poisoning and motivate consumers, especially parents to take specific actions to reduce their risk and keep their families safe.

www.foodsafety.gov/keep/basics/recipe tool/index.html

Beyond Halloween Candy
The holiday Halloween is tightly associated with candy treats. But what alternatives could you hand out to goblins this year?

For food, small packages of crackers or pretzels, apple slices, raisins, or granola bars would be a healthier choice.

Non-food items include fun stickers, pencils, plastic jewelry, or temporary tattoos.

As always, safety first when out and about. Take flashlights and wear reflective costumes to spot those ghostly creatures in the night!

Egg Producers on Road to Recovery
Preventing disease and biosecurity are two high priority goals for any poultry producer. This year has been extra challenging with the outbreaks of avian influenza (AI). With determination and diligence, progress to recovery is happening.

It will take 12-18 months for egg producers to get back to full production from the first AI outbreak. Producers must also meet stringent disinfecting and cleaning requirements set by the USDA Animal and Plant Health Inspection Service. Other areas of improvement include vehicle access regulations and employee training.

For more information about the affects of AI in Kansas, see www.asi.k-state.edu/species/poultry/re search-and-extension/avian-influenza/index.html. Biosecurity for Birds

http://1.usa.gov/1Ot7lzH

October is Apple Month!
Did you know that there are around 100 varieties of apples grown commercially in the United States? Only 15 varieties of apples make up the majority of apple productions. Ever wondered about which apple to use for which recipe or when apples are in season? Check out this Apple Variety Guide from the U.S. Apple Association.

To preserve that bountiful apple harvest, see Preserving Apples at www.bookstore.ksre.ksu.edu/pubs/ MF1187.PDF.

Medicare Part D (Prescriptions) Open Enrollment

October 15th through December 7th.
Call Jennifer at the Extension Office for an appointment
(620) 662-2371.
Help Your Community Have a Safe Halloween

It’s that time of year again – time for little ghosts and goblins to go door-to-door on a quest for fun and candy. You’ve likely seen the safety tips before – make sure kids can see out of their masks, costumes should be made of light colored materials or have reflective tape. You can view a full list of the common safety tips here: http://tinyurl.com/ksre-halloween

For those of us not going out with the kids, there are tips to keep in mind as well. If you’re driving on Halloween night, keep an eye out for children. They are excited and might move unpredictably. Be on the lookout for kids, usually between 5:30 PM and 9:30 PM. Turn on your headlights, avoid distractions (no texting or checking social media while driving!), and pay close attention to the road.

Make your home safe for trick-or-treating by creating a clear and safe walking path. Put away garden hoses, toys, and lawn decorations. Sweep away any wet leaves or grass from your sidewalk and porch. Also remember to turn on your porch lights and any walkway lights to help make the path more visible. It’s a good idea to also keep pets in another room, away from the door, to prevent them from getting frightened, or from frightening someone themselves. Pets have opportunities to escape if the door is constantly being opened to distribute candy.

Adapted from Michigan State University Extension, University of Illinois Extension

Useful Apps

**Winter Survival Kit**: Developed by North Dakota State University Extension, the Winter Survival Kit smartphone app can be as critical as a physical winter survival kit if you find yourself stuck or stranded in severe weather conditions. This app is available for free for Android and iPhone smartphones. Winter Survival Kit will help you find your current location, call 911, notify your friends and family, calculate how long you can run your engine to keep warm and stay safe from carbon monoxide poisoning.

You can use the Winter Survival Kit app to store important phone and policy numbers for insurance or roadside assistance. You also can designate emergency contacts you want to alert when you become stranded. If you become stranded, the Winter Survival Kit app will help you determine your geographic location and contact emergency services. The app’s “gas calculator” will help you estimate how long you can run your engine on your remaining fuel.

Winter Survival Kit will alert you every 30 minutes to remind you to periodically turn off your engine and to check your exhaust pipe for snow buildup. These alerts are critical in helping you avoid deadly carbon monoxide poisoning.

Winter Survival Kit also provides NDSU Extension Service information on how to put together a physical winter survival kit and prepare your vehicle for winter driving, and how to stay safe when stranded in a winter storm.

**Fish4Health**: Developed by Purdue University and available for Apple iOS, this free app provides advice for pregnant or nursing women, women that may become pregnant, and young children in regards to healthful seafood consumption. Women can choose to
eat commercial fish, which will minimize their intake of mercury and PCBs while optimizing their intake of healthy fats. Healthy choices will benefit your baby by providing healthy fats for optimal brain and eye development while avoiding pollutants that can harm your baby's brain.

Features:
- Fish listed by category and alphabetically
- Advice provided in English, Spanish, Chinese (Traditional and Simplified)
- MyLog: allows you to keep a log of your seafood consumption and then view a report with your past seafood consumption and your omega-3 fatty acid, mercury and PCB intake.
- Daily notifications (able to be turned on or off) to remind you to add fish that you have eaten.
- Recipes for the best fish choices
- Link to our (Purdue) popular website, Fish4Health.net, which provides consumption advice for recreationally caught fish from health departments across the U.S.

**BusinessUSA:**
Free for Apple iOS and Android devices, BusinessUSA is an app from the Department of Commerce, designed to help you solve business challenges, from financing to exporting.

The brand-new BusinessUSA mobile application consolidates a wide-ranging amount of business information and resources from across the US federal government, whether you're a potential entrepreneur interested in launching a startup, or you're the CEO of an existing small business needing help growing that enterprise or with specific issues like healthcare.

Those tools are created to help small businesses as well as more established businesses navigate regulatory hurdles and gain revenue in an increasingly competitive global economy.

The mobile app is based on the desktop version of the BusinessUSA.gov business portal, both of which are created and managed by BusinessUSA, a federal agency managed jointly by the U.S. Department of Commerce and the Small Business Administration.

**CONTENT:**
- Information, news and tools for a wide range of businesses, industries and sizes
- Resources geared specifically to companies that export, or want to export
- Guides on how to set up appointments with business resource centers
- Information and resources for women, minority and veteran-owned businesses
- Information on government loans and other forms of financial assistance
- Business-related news and blogs
- FAQs on how to start or expand an enterprise, especially small businesses
- Information on upcoming trade shows and other business-related events

**FEATURES:**
- Content tailored to users’ business interests and needs, including the use of “Wizards” that help users find the business and financial information most relevant to them, organized according to categories like Financing, Taxes and Credits, and Starting a Business
- The ability to access information on local business shows and events, and add those events to the your calendar
- Access to information on local business resource centers, and request meetings with center officials directly from the mobile app
- Push notifications that allows users to stay informed on upcoming news and events

**COMING:**
- Additional functionality will be added to this first version of the BusinessUSA mobile app to give existing and new business owners new tools to start, expand and grow their business! Stay tuned!