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“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.”
Join us for the 2017 Kansas Cattle Drive

Feb. 18, 2017  Buhler, KS

Live Entertainment!  New Speakers!
New Vendors! Demo Arena!

Contact us for more information:
(620) 662-2371 or via email at darrenbusick@ksu.edu
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 4th 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.

Z. W. 10th Ave.
South Hutchinson, KS 67505
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Knowledge for Life

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, motor, hearing, or visual disability, contact J. H. Winn, Kansas State University, 1257 Kedzie Hall, P.O. Box 657011, Manhattan, KS 66506-7011. Kansas State University is an equal opportunity provider and employer.
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 countdown tension for your Thanksgiving meal.

A good resource to plan for the holiday meal is 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/ 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.
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 and for colds, see www.cdc.gov/Features/ Rhinoviruses/index.html

Source: Tufts Health & Nutrition Letter, October 2016
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.

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### 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.

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**What will your user be able to do with the app?**

- **Can they do this well without an app?**
  - Yes
  - **Don’t make the app.**
  - No
  - **BUT** An app would make it better.
    - **Is there already an app that does that?**
      - Yes
      - **How could this app make it better?**
        - **Design an app that does that.**
      - No
      - **Establish design outcomes**
        - Where will it be used? Will users have WiFi?
        - Who will use it and when? Everyday? Sporadically?
        - How will this fit into their life & work?

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**Can you…**

- Go through a 3-12 month design process?
- Commit to frequent updates after delivery?
- Promote to specific audiences (they will not just find the app)
- Fund it up front ($10,000 - $30,000 for a basic app)*

**Based on design outcome**

- Choose device for delivery
- Create a paper or wire-frame prototype

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**Now you are ready to begin making the app.**

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* 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 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 (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 to have your community’s website listed or the current link updated.