

TORNADOES 101

by Bev Maltzberger, Community Development Specialist

The devastating tornadoes that destroyed property and killed people in Southwest MO, Southeast Kansas, and northern Alabama are certainly nature at its worst. As people who live in “Tornado Alley” we must remain constantly aware of weather conditions and take appropriate actions. Please review these tornado safety reminders with your family and prepare yourself for unexpected weather.

A tornado is defined as a violently rotating column of air extending from a thunderstorm to the ground. In an average year, 800 tornadoes are reported nationwide, resulting in 80 deaths and over 1500 injuries. Tornadoes can occur anywhere at any time of the year. In the Midwestern states, peak tornado occurrence is mid March through late June. Missouri is considered at high risk from tornadoes and is in “tornado alley” which places the state in the top 5 for tornado activity.

Know what to listen for...

- A **Tornado Watch** is issued when tornadoes are possible in your area. Remain alert for approaching storms.
- A **Tornado Warning** is issued when a tornado has been sighted or indicated by weather radar. Move to your pre-designated place of safety.

Stay informed of weather conditions by tuning into local radio and television stations or by listening to NOAA Weather Radio for the latest tornado watches and warnings. Remember, tornadoes occasionally develop in areas in which a severe thunderstorm watch or warning is in effect, so listen for that information as well. Remain alert!

Know what to look for... Environmental Clues

- dark, often greenish sky
- wall cloud
- large hail
- loud roar, similar to a freight train
- some tornadoes appear as a visible funnel extending only partially to the ground.
- some tornadoes are clearly visible while other are obscured by rain or nearby low-hanging clouds.

Know what you can do... Tornado Safety

Before the Storm

- Develop a plan for you and your family for home, work, school, and when outdoors.
- Have frequent drills.
- Know the county in which you live, and keep a highway map nearby to follow storm movement from weather bulletins.
- Listen to radio and television for information.
- If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.
- Know who is most at risk: people in automobiles, the elderly, very young and the physically or mentally impaired, people in manufactured (mobile) homes or people who may not understand the warning due to a language barrier.

If a Warning is issued or if threatening weather approaches...

- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead, leave it immediately.
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression.
- Manufactured (mobile) homes, even if tied down, offer little protection from tornadoes and should be abandoned.

Each year, many people are killed or seriously injured by tornadoes despite advance warning. Some did not hear the warning while others received the warning but did not believe a tornado would actually affect them. After you have received the warning or observed threatening skies, YOU must make the decision to seek shelter before the storm arrives. *It could be the most important decision you will ever make.*

**For tips on assisting the Joplin relief effort, see pages 2 & 3*

REVISED CORN AND SOYBEAN REPLANTING GUIDELINES

by Wayne Flanary and Heather Benedick, Agronomy Specialists

The following tables are revised replanting guidelines from Dr. Bill Wiebold, Professor of Agronomy at the Plant Sciences Division, University of Missouri Extension. This data replaces data found in Guide 4091- "Corn and Soybean Replant Decisions."

Significant changes include two columns for corn population depending on yield potential. Secondly, soybeans also have two columns, one for narrow and the other for wide rows.

Estimated corn and soybean yield potentials at various plant populations (yield as % of normal)

Corn			Soybean		
	Yield Environment			Row Spacing	
Population	Normal	High ¹	Population	Wide ²	Narrow ³
36,000	100	100	140,000	100	100
34,000	100	99	130,000	100	100
32,000	100	98	120,000	100	99
30,000	100	96	110,000	99	98
28,000	99	93	100,000	97	95
26,000	98	90	90,000	93	92
24,000	95	87	80,000	90	89
22,000	92	82	70,000	85	86
20,000	88	77	60,000	81	82
18,000	83	72	50,000	76	79
16,000	78	67	40,000	70	76
14,000	73	62			
12,000	68	57			

Effect of planting date on corn and soybean yields in central and north Missouri.

Corn		Soybean	
Planting date	Yield as % of normal	Planting date	Yield as % of normal
May 1	94	May 1	100
May 6	92	May 10	99
May 11	89	May 20	96
May 16	86	May 30	93
May 21	83	June 10	86
May 26	80	June 20	78
May 31	77	June 30	67
June 5	75		
June 10	71		
June 15	65		

¹ High yield environments consistently produce yields of 200 bushels per acre. Soils are deep with excellent water holding capacity. Irrigation is common.

² Wide row spacings are greater than 20 inches.

³ Narrow row spacings are less than 20 inches.

TIPS FOR DONATING TO THE JOPLIN RELIEF EFFORT

The best thing people can do if they want to help is donate to either Red Cross, Salvation Army or through their own faith-based organization's relief fund. Authorities in Joplin do not want any more general volunteers showing up at this time. They are over-run with general volunteers wanting to help. It is not that they aren't appreciated, it is a security issue.

If someone wants to volunteer they need to do it through affiliation with an agency such as Red Cross, Salvation Army, recognized faith-based partners or other recognized volunteer organizations. These people have gone through training and background checks.

Here are some ways you can contribute or help:

(Continued on page 3)

WHEN THE BEES SWARM... NO CAUSE FOR ALARM

by Tim Baker, Horticulture Specialist

Extension offices receive a lot of calls this time of year from people that are concerned about honeybees. Perhaps the bees have established a colony in a building or other structure, and the caller would like them removed. Or maybe the caller has seen a swarm, and is wondering what to do.

Some Extension offices have contacts with local beekeepers, who can sometimes help. Whether the beekeeper can assist or not depends on the situation. There may be some reluctance on the beekeeper's part if the bees are in a structure. Swarms, however, are a relatively quick catch, and an easy way for the beekeeper to increase his number of colonies.

First, let's consider bees in a structure. In this case, the bees have established a hive, or colony. Deep within the walls of your building, you will find a complete beehive, with a queen, workers, brood, and guard bees at the entrance, protecting the colony. These bees pose a greater danger, since they are protecting their home. They could become aggressive, and you could get stung if the bees think you pose a danger to them.

While the beekeeper doesn't worry about stings, since he is protected in his bee suit, it can be quite a major undertaking to tear into a building or other structure. That is why beekeepers are usually reluctant to become involved in these situations. If you can't find a beekeeper willing to take a project like this on, you'll probably need to call an exterminator.

Remember, however, that this is a colony. That means that there is also honey in the colony. While you may kill the bees, the honey remains. This may attract new bees to the area. So after the bees are gone, you may still need to deal with the situation, to prevent reoccurrence.

Swarms are an entirely different matter. Bees swarm when a colony becomes too large or

overcrowded. The bees produce a new queen, and the old queen takes off with up to half the colony. The new queen and the remainder of the bees stay with the old colony.

The swarming bees move away and light on a branch or other object. It's pretty impressive, to see a big ball of bees. Once the scouting bees find a suitable location to set up a new home, the swarm will move on.

When the bees leave the old colony, they engorge themselves with honey for the trip. These bees are usually not aggressive. I'm not saying they won't sting, they can. It's just that they are full of honey and looking for a new home, and thus less likely to sting.

Since the swarm is relatively docile, it's best to leave them alone. Don't try to attempt to encourage them to move on, since they may become aggressive. If you leave a swarm alone, it will usually move on within 24 hours or so.

If you would like them out of the area, call your local beekeeper. Most beekeepers are usually looking for swarms. They will bring an empty hive, and put the swarm in it. If they successfully capture the queen, the bees will remain in the hive.

Capturing a swarm is a fascinating process. If you would like to see photos of this procedure, take a look at my web site: <http://extension.missouri.edu/nwregion/hort/bees/bees.shtml>

Please note that what I have discussed refers to honeybees. Other types of bees and wasps will be more aggressive, and if dealing with them is beyond your capabilities, be sure to call a qualified professional.



(Continued from page 2)

American Red Cross 800-733-2767
Red Cross (local) 417-832-9500
 Text REDCROSS to 50555 for \$10 donation, or
 online: <http://www.redcross-ozarks.org/donate>

Salvation Army (Joplin) 417-624-4528
 (Springfield) 417-862-5509
 Nonperishable food items & clothing, or online:
<https://secure20.salvationarmy.org/donation.jsp>

To volunteer or to access other resources in the Joplin, MO area

- Call 211 on a land line
- Call 800-427-4626 on a cell phone
- www.facebook.com/CityofJoplin

MU is also producing "One State. One Spirit. One Mizzou." Tornado Relief T-Shirts, and all proceeds from each shirt sale (\$14.95) will go to support the United Way's "United for Joplin campaign". For more information visit the web site at:
<http://advmo.us/21Jb>

PRICING GOODS FOR PROFIT

by Randa Doty, Ag Business Specialist

There are many small farm owners who would like to start a business on their farm. Before production has started, it is important to have a plan for marketing goods. When asked what is marketing, many people list marketing activities, such as: advertising, selling products, and delivering goods. Jay Levinson, author of *Guerrilla Marketing*, defines marketing as “everything you do to promote your business from the moment you think of the idea until the customers buy and begin to do so on a regular basis.” Marketing is probably the most important part of a business.

The most important part of Jay Levinson’s definition of marketing that many people forget, is the statement “begin to do so on a regular basis.” A good rule of thumb for businesses is that 80% of sales will come from 20% of customers. So how should a small business go about marketing their products to their customers? The first consideration is the customers’ needs and wants and then developing a product or service to meet those needs and wants. A business owner must also understand their competition and what they are offering. Finally, doing all of this with their number one goal in mind, PROFIT!

Price is the most visible element of all marketing efforts. If profit is the main goal of a business, pricing goods is an important step. A product priced too high in a market with competitors will likely not sell. On the other hand, a product priced too low will sell but may not be sustainable for the business owners. To price goods the cost of production and the break-even price must be determined.

Can you produce this product at a price that customers will spend? If consumers are used to paying \$5 for pumpkins but you cannot produce them for less than \$6 each, then it may not be a good business venture for your farm. However, if you can produce them for \$3 each and the demand in the market can support another supplier, pumpkins could be a profitable enterprise for your farm. To determine cost of production, a producer must know their fixed and variable costs. Break-even price takes in consideration projected sales to determine the per-unit cost of production.

There are several pricing strategies that could be used. Premium pricing should be used when the product is unique, high quality, and has no substitutes. This is typically short term because the competition sees the price margin and will enter the market. Value

pricing can be used when there is moderate competition, customers value the benefits provided by the product, and there are barriers for competitors to enter the market. If the objective is to develop market share and profit, then the cost/plus pricing strategy should be considered. This strategy uses break-even price plus a mark-up for each unit. The mark-up should be large enough to provide a significant profit, but not large enough to exceed what customers are willing to pay. The competitive pricing strategy is focused on cost reduction and to protect market share. In this strategy, competitors’ prices are determined and products are priced accordingly. A final strategy to consider is penetration pricing. This is typically used when a company launches a product in a market with several competitors. Price is set low to grow sales and attract new customers and then increases to market share.

Reaching the ultimate goal of profit in a business is easier to obtain when an appropriate price has been set and customers start purchasing goods. MU Extension Guides G648 “Break-Even Pricing, Revenue and Units” and G649 “Selecting and Appropriate Pricing Strategy” are great resources to assist business owners set prices. For more information contact Randa Doty, Ag Business Specialist, at the Nodaway County Extension office by calling (660) 582-8101.



OBSERVATIONS FROM A TRIP TO KANSAS

by Amie Schleicher, *Livestock Specialist*

A busload of folks from Missouri made a trek across Kansas in late April for a beef industry tour. The tour was organized by Dr. Dave Patterson, our state Extension beef reproduction specialist. He wanted to bring together people involved in the beef industry—producers, industry, university (campus and Extension), government—to think about and discuss the future of the industry in Missouri. I happened to be part of that tour and jotted a few things down as we traveled.

Our first stop was at the Kansas City Livestock Exchange building, where Mr. Bill Haw has an office. Bill's background includes banking, CEO of National Farms, and ranch owner in the Kansas Flint Hills. One of his main messages was the importance of embracing change. He suggests that agriculture may not be driven by the increasing world population alone; instead, it is the increase in the middle class in China, India, Thailand, South Korea, etc., where hundreds of millions of people can afford to eat the way they want to.

His vision would be that to improve the uniformity of beef, producers would buy similar, quality-focused genetics, perhaps with an emphasis on grading on grass. He doesn't think we can produce enough grain to feed enough animals to meet that demand for product in the world.

The next stop was Pratt Feeders in Pratt, Kansas. The general manager, Jerry Bohn, visited with us about the yard which opened in 1960. They market a lot of their cattle through US Premium Beef, and 47% of the American beef going to Japan goes through US Premium Beef. They feed some Mexican cattle which are discounted \$40 per head because of Country-of-Origin Labeling (COOL). Natural programs are too costly to be worth it right now, mainly because of corn price. The premium is around \$175 and the cost is around \$250. Age and source verification is still a marketing opportunity; at the time we were there, which is the high time for age and source verification, 40% of the cattle on the yard were age and source verified. The premium is \$35.

One neat technology they were testing was in the bunkline. As cattle stick their head in the bunk to eat, a reader inside a PVC pipe that runs the length of the bunk reads the radio frequency ear tag. The feedlot can use that information to help the

bunk reader help evaluate if he/she is ahead of or behind the cattle on delivering feed, and to help identify sick animals that aren't coming up to the bunk. Jerry explained that signs of illness don't typically show up until 48 hours after the illness starts, so this system could help identify and treat sick animals earlier, rather than relying completely on outward symptoms for the pen rider to spot.

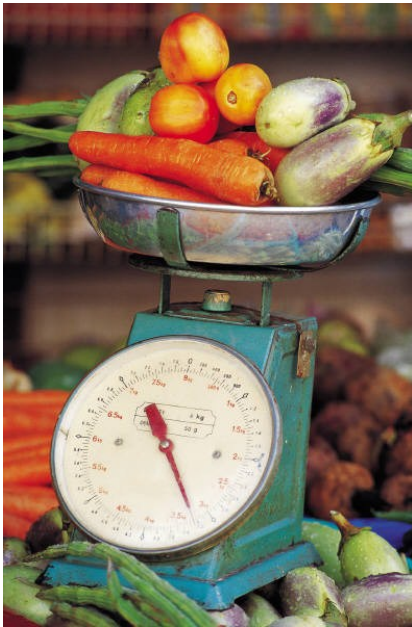
On the issue of cow size, he suggested that cows don't need to be much bigger. They feed a lot of yearlings and managing heavies is very difficult. The biggest challenge for them is the shrinking cowherd. Another issue is the challenge of finding employees that have knowledge of cattle and the ability to detect sickness. As a result, they've quit buying tough cattle.

We also had the opportunity to chat with Larry Corah, Vice President of Certified Angus Beef LLC. If you're not familiar with it, Certified Angus Beef (CAB) is a branding and marketing program where cattle have to meet certain carcass requirements to be marketed as CAB. He shared that Missouri, with 6.2% of the nation's cow herd, is supplying around 10% of the CAB product. The average CAB acceptance rate is 22-24%, but could be 35-40% as a realistic goal. Several producers from Missouri have achieved 76.3, 85.0, 86.7, and 100% acceptance rates recently. The quality of cattle being raised in the state, and the already above-average acceptance rate, could mean that Missouri producers have the potential of producing 15-20% of the CAB product needed. This is an impressive statistic and potential opportunity for producers.

These are just a few of the stops and discussions on the tour. The theme throughout was producing high-quality beef and it's obvious that there are many opportunities to add quality and value to your calf crop, whether it be through the Show-Me-Select replacement heifer program or retaining ownership and participating in the Missouri Steer Feedout. Producing high-quality beef is likely where the US beef industry will have to focus to remain competitive globally.

“SEE FOOD” DIET VERSUS MINDFUL EATING

by Janet Hackert, Nutrition and Health Education Specialist



Many people have claimed to be on the “see-food” diet – they say, “I see food, and I eat it!” What if there were another way, a way that might help avoid the extra and unwanted calories?

Mindful eating might be just the ticket.

In the May, 2011, issue of Nutrition Action

Healthletter,

Brian Wansink of Cornell University reports on studies that show the wide variety of ways we, in the United States, are unaware of what and how much we are eating. Most of the ways show how people fool themselves into eating more than they need. Most people eat more when they have food handy, like a candy bowl on the desk instead of across the room or office. They tend to eat faster and more if they are eating with someone who is eating quickly. They also eat more if the evidence of how much they have eaten, like chicken wing bones, have been removed. Serving

the food family style, leaving it on the table while they eat, also makes a difference. For example, men eat about 29% more and women eat about 10% more if the food stays on the table instead of being left on the counter during the meal.

It is so easy to not pay attention to what is being eaten and to let that mindlessness lead to added, unwanted calories and excess body weight. Mindful eating is just the opposite: being very aware of how much and what we are eating. Here are some ways to be more mindful:

- Measure the amount you eat before you eat it and set the rest out of reach.
- Pause before you begin to eat to get focused on enjoying the meal or snack.
- Make eating the sole event – avoid multi-tasking while eating so you can pay attention to what you eat.
- Focus on what you eat – notice the color and look of it, its smell, texture, taste, temperature, and flavor – and enjoy it!
- Slow down and chew food thoroughly.
- Pay attention to fullness cues—if you are still hungry, continue; but when you feel full, stop.

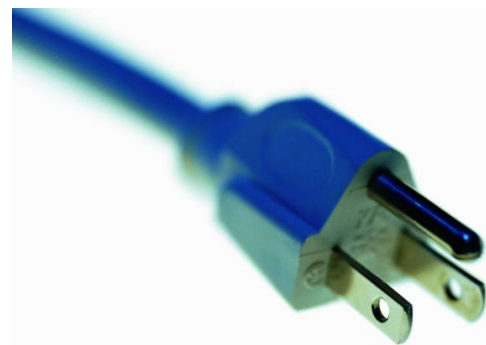
Without awareness, eating can become overeating and lead to decreased health. Mindful eating can increase the pleasure involved in eating and also reduce how much is eaten.

GSA TAKES “GREEN” TO THE STREETS

by Clinton Dougherty, PTAC Business Specialist

The General Services Administration has taken its first step toward reducing dependence on oil imports. In an effort to support President Obama’s goals of having 1 million advanced technology vehicles on the road, GSA has implemented the first Electric Vehicle Pilot Program. United States Department of Energy, Navy, and Treasury are just three of the 20 federal agencies set to receive 116 plug-in electric vehicles. The Chevy Volt, Nissan Leaf, and THINK City were the vehicles chosen for the program. The use of these plug-in electric vehicles is expected to save 29,000 gallons of gas annually, reduce greenhouse gas emissions by 257 metric tons, and save almost \$116,000 taxpayer dollars. To accommodate the new

vehicles, the federal government will integrate technology and charging infrastructure into federal facilities for supporting vehicle operation.



DEALING WITH STRESS – LOOKING BENEATH THE TIP OF THE ICEBERG OF HEALTH

By Janet Hackert, Nutrition and Health Education Specialist

As with many things in life, when we look at health there is the obvious, the observable, the “tip of the iceberg.” Also with health, there is the rest of the story that lies beneath the surface. Being more aware of all these layers can help a person deal with stress and improve overall health.

The tip of the iceberg of health represents the state of one’s well-being in the present moment. This is the part that others see, that is, the signs and symptoms displayed. When one is under stress, these outward manifestations of health can include increased susceptibility to illness such as colds and the flu, pain, fatigue, heartburn, tense muscles, eye twitch, headache, depressed mood, low energy levels, not smiling or laughing as easily, crying more easily, feeling nervous or anxious, and having trouble sleeping. These are the signs an individual is more likely to notice. They are a result of deeper underlying causes, just as the tip of the iceberg is supported by the rest of the huge block of ice that is underwater and not as easily noticed.

The top underwater layer in this model represents physical health. This aspect is a result of both a person’s genetics and lifestyle. Genetics is a done deal, but lifestyle is something a person can choose to adjust when needed. This aspect of health includes what one eats and how physically active one is. It also includes other choices related to substance use, sleeping patterns, and stress relief.

The next deeper level of health involves both mental health and social health. Mental health (as opposed to mental illness) is how a person is able to perform intellectual activities such as reading, communicating, learning new things, doing math, analyzing and solving difficult situations, being creative and planning. It also includes emotional health, such as dealing with difficult emotions in a healthy way, adapting to change and having a positive attitude most of the time. Social health is related to this, in that it means relating well with others intellectually and emotionally, listening to others and enjoying others’ company.

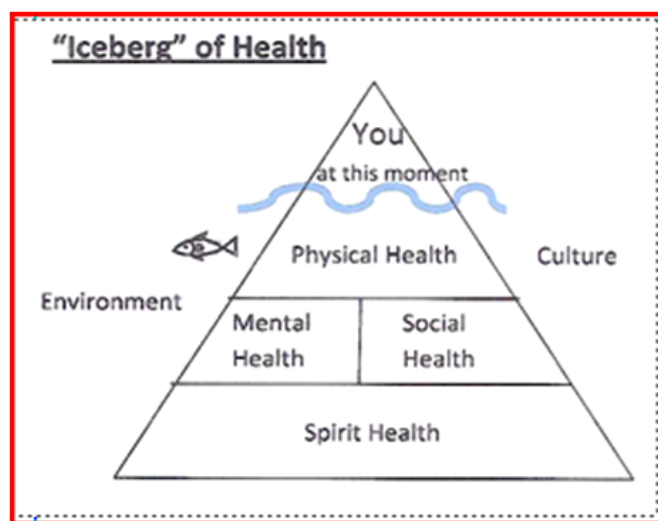
Deeper still in the iceberg of health is spiritual health. This entails living a life of purpose, living in such a way that goes along with one’s core values and

beliefs, and feeling good about taking care of one’s self and others.

All of these aspects of health are influenced by the environment in which one lives, and the culture of the people one is surrounded by. And good health is made more accessible when one is aware of not only the tip of the iceberg of health, but also its various layers lying beneath the surface. Ignoring these lower levels can result in ill effects at higher levels, and lead to poorer overall health.

There is a growing body of research to substantiate the statement that may seem obvious – negative emotions like stress are bad for us. In fact, in Rick Foster and Greg Hicks’ book, *Choosing Brilliant Health*, they conclude that, “science can also substantiate that happiness improves physical responses such as better heart attack survival rates, reduced incidence of stroke, enhanced natural killer-cell activity in cancer patients, less intense allergic reactions, and better resistance to colds.”

There are many techniques and practices that can help a person increase awareness of the various layers of the iceberg of health. Mindful eating (see article, page 5) is one such example. Watch for more ideas on how to improve health by taking care of yourself in next month’s issue.



4-H MISSIONS IN SPACE

by Don Nicholson



**U.S. Space & Rocket Center
Huntsville, Alabama
September 29, 2011 - October 2, 2011**

Participants are immersed in hands-on training for a space shuttle mission, experiencing both shuttle and space station simulators. Presentations are packed with interesting facts and trivia that students remember long after the adventure is over. This is a wonderful opportunity for youth in 6th grade through high school! First time applicants are given priority.

Open to all 4-H members and other youth who will be in 6th grade and older at the time of the trip. The “4-H Missions in Space” program is 3 days of non-stop activities exploring the history, present, and future of manned space flight.

Space is limited.

Registrations accepted on a first-come basis.

Pre-Registration with deposit is due June 17.

Cost of the trip for 4-H Members is \$465.00 and \$495 for non 4-H members. (\$200.00 due June 17 with pre-registration; balance due July 29.) Camp Registration will be open to parents/adults after July 27 if space permits.

Applications are available through your local Extension Office, plus on line at

<http://extension.missouri.edu/marion/SpaceCamp/>

We will travel by charter bus, leaving the evening of Thursday September 29, returning late on Sunday September 2. In addition to Space Camp, stops will be made at Russell Cave National Monument and a driving tour (and dinner) in Nashville TN.

Join 4-H specialists Melissa Scheer, John Nickler and Don Nicholson on this outstanding 4-H experience!

TURNER FAMILY ENDOWS MISSOURI 4-H PROGRAM

A \$60,000 endowment from Missouri 4-H supporters Nellie Mabel Jones Turner and her children, Ed Turner and Joan Hickman, will provide perpetual support for a Missouri 4-H delegation to the National 4-H Conference.

When 4-H history was being made, Nellie and her family were there. In 1927 Nellie attended the first National 4-H Conference—then called 4-H Club Camp—and took part in adopting the 4-H pledge and motto. Her son Ed Turner, presided over the dedication ceremony of the National 4-H Center near Washington, D.C. in 1959. Ed’s sister, Joan Hickman, was present at the dedication of the national center’s courtyard statue. The Turner family’s commitment to 4-H led them to fund the endowment.

“We know that young people participate more readily when they have a voice in how the program goes. It’s one of the basic tenets of 4-H, and on a national level, this is where that occurs,” Joan Hickman said.

Through the Turner endowment, three delegates will represent Missouri at the annual conference.

“It goes without saying that 4-H was very instrumental in shaping my life,” Ed Turner said. “Our mother was always very insistent that we take advantage of the many opportunities 4-H provided. Those lessons learned at a very young age have served me very well over the years. We hope this endowment will further enhance the 4-H learning experience for other young people.”

“Missouri has an important place in national 4-H, and we are committed to ensuring that our state sends delegates to the conference every year,” said Cheryl Reams, executive director of the Missouri 4-H Foundation. “The Turner family has made this possible through their generous gift.”



NORTHWEST REGION 4-H SHOOTING SPORTS CONTEST RESULTS

4-H members from the Northwest Region participated in a Regional 4-H Shooting Sports Contest, hosted by Nodaway County, at the Noel Miller Shooting Sports Range in Ravenwood, Missouri on Saturday, May 7. Ninety-three 4-Hers from the 15 county area, with a total of 141 entries participated in the contest, which offered Air Pistol, Archery, BB, Pellet, .22 Rifle, and Shotgun.

The contest was divided into three age divisions: Junior, Ages 8-10; Intermediate, Ages 11-13; and Senior, Ages 14-18. Juniors did not compete in Shotgun, and Seniors did not compete in BB. Archery was broken into three traditional categories: Compound Fingers with Release Aids, Compound Fingers no Releases, and Traditional Recurve/Longbow Instinctive no Accessories. New this year, FITA International /Olympic-style Archery was also offered in both Compound and Traditional Recurve divisions.

Participants pre-registered through the Nodaway County Extension Office in Maryville, MO and could pre-register for either one or two events. All 4-H members who participated in the contest had previously completed a minimum of ten hours of safety instruction, taught by a 4-H shooting sports leader certified in shooting sports safety.

Those participating from Buchanan County 4-H were Dalton Judah, Cody Black, Scott Grable, Zane Reagan, Joshua Porter, Keegan Budine, Hunter Crockett and Hayden Crockett. Scott Grable from Willing Workers 4-H Club placed 1st in the Intermediate division of Compound Release Archery. Keegan Budine from Number Five 4-H Club placed 1st in the senior division .22 rifle peep

Participating from Andrew County were Brandon Culver, Kenly Lance, Emalee Pittman, Conner Young, Sean Houston, Alex Smith, Montana Leonard, Caden Morris, Austin Barnhart, Mariah Lance, Shelby Huffman, Zachary Pittman, Cole Houston, Briley Krumme, Colton Graves, Lane Graves, Caleb Smith, Tyson Keller, Conrad Morris. Placing at the Nodaway shoot were: Cole Houston, 1st place Intermediate shotgun; Mariah Lance, 3rd place Intermediate shotgun; Montana Leonard, 1st place junior .22 rifle; Kenley Lance, 2nd place junior .22 rifle; Mariah Lance, intermediate 1st place .22 rifle; Cole Houston, intermediate 2nd place .22; Caleb Smith, intermediate 3rd place .22 rifle; Caden Morris, junior 3rd place BB; Conner Young, junior 1st place archery, compound release with aid; Kenley Lance, junior 2nd place archery compound release with aid; Shelby Huffman, intermediate 1st archery traditional recurve.

NOVEMBER IS SHAPING UP TO BE VOLUNTEER TRAINING MONTH



Save the date and explore the following volunteer options:

November 4 & 5, 2011
State Discover the Clover in Columbia, Mo

November 7, 17, & 22, 2011
E-Forum Dates

Join other volunteers in your community to learn cutting edge information from experts across the Northwest Region. Gain new knowledge you can share with your 4-H members throughout the year!

More information will be available in August.

REGIONAL PROGRAM & ACTIVITY CALENDAR

JUNE 2011

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- 8 Building Strong Families**, Wednesday, June 8, 1 pm to 3 pm, Grundy County Children's Division, 2926 Oklahoma Avenue, Trenton. Session 1 of 6, Family Strengths. This module presents information on the definition of the family, the function and roles of families, types of families, and nine characteristics of strong families identified by researchers. Registration deadline: 6/7/11, cost is \$20.00. Registrations may be made by calling Jessica Trussell or Joyce Hall at Livingston County Extension at (660) 646-0811 or trusselljl@missouri.edu
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- 9 Starting a Business: The First Steps**, Thursday, June 9, 9 am to noon, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. This class will provide you with an overview of the first steps associated with starting a business. Participants will assess their strengths, learn about the importance of planning, discuss legal and regulatory requirements & identify sources of funding. Registration deadline: 6/9/2011, cost is \$35.00 Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu
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- 17 Basic Computer Course**, Friday, June 17, 9:30 am to noon, ABCD Career Center, 301 South 7th Street, St. Joseph. This session focuses on the basic functions of the XP operating system, Students will learn basic navigation, file management and operational tasks. Students will have a chance to set up an email account and navigate the Career Center web page. Facilitated by Meridith Berry. No cost. Register through the Career Center at (816) 387-9675.
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- 23 Basics of Writing a Business Plan**, Thursday, June 23, 9 am to noon, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. For business owners & managers who need to know how to create a business plan to be used as a management tool. Participants will learn the importance of business plans, the key required elements of the plan, and professional writing style. Registration deadline: 6/23/2011, cost is \$35.00 Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu
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- 24 Safety Makes Sense Fairs**, Friday, June 24, 9 am to 12:30 pm, Nodaway County Senior Center, 1210 East 1st Street, Maryville. Safety information and resources for older adults. No cost. Contact Janet Hackert at (660) 425-6434 or HackertJ@missouri.edu
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- 30 Practical Marketing for Small Businesses**, Thursday, June 30, 9 am to noon, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. Educational offering to assist small businesses in their marketing and decision making. Covers various marketing ideas and concepts to help business owners make clear, education decisions with their marketing efforts. Registration deadline: 6/30/2011, cost is \$35.00 Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu
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JULY 2011

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- 6 Word for Beginners**, Wednesday and Thursday, July 6 & 7, 2 pm to 4 pm (Thursday's class will begin at 1:30), ABCD & Career Center, 301 South 7th Street, St. Joseph. Word for beginners is a 2 session program. Session one will cover the interface of Word 2007 and the formatting tools. Session Two will cover inserting graphic and tables. Users will have a chance to work with the templates and create a resume. Facilitated by Meridith Berry. No cost. Register through the Career Center at (816) 387-9675.
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- 11 Basic Computer Course**, Monday, July 11, 9:30 am to noon, ABCD Career Center, 301 South 7th Street, St. Joseph. This session focuses on the basic functions of the XP operating system, Students will learn basic navigation, file management and operational tasks. Students will have a chance to set up an email account and navigate the Career Center web page. Facilitated by Meridith Berry. No cost. Register through the Career Center at (816) 387-9675.
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- 12 Excel for Beginners**, Tuesday and Wednesday, July 12 & 13, 2 pm to 4 pm (Wednesday's class will begin at 1:30), ABCD & Career Center, 301 South 7th Street, St. Joseph. Excel for beginners is a 2 session program. Session one will cover the interface of Excel, navigation, editing, copy-paste functions, creating a series, Headers/Footers and creating charts. Session Two will cover the functions of Excel and linking worksheets. Facilitated by Meridith Berry. No cost. Register through the Career Center at (816) 387-9675.
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- 26 Livingston County Back to School Bonanza (3rd Annual)**, Tuesday, July 26, 3:30 pm to 6:30 pm, Grand River YMCA, 1725 Locust Street, Chillicothe. The event is designed to combat obesity by empowering parents and kids to learn to make healthy lifestyle choices in the areas of nutrition, physical activity, and screen time. Students will have the opportunity to receive free school supplies. In order to receive a free backpack and school supplies, each family must register by July 11th. No cost. For information, contact Jessica Trussell at (660) 646-0811 or trusselljl@missouri.edu
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NORTHWEST REGION EXTENSION SPECIALISTS

<u>REGIONAL DIRECTOR</u>		<i>Regional Administrative Associate</i>
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<i>Human Development</i>		Debbie Herrold, Maryville (660) 582-8101
Don L. Miller, St. Joseph	(816) 279-1691	Tracy Minnis, Maryville (660) 582-8101
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<i>Family Nutrition Education Program Manager</i>		Angie Rhoad, Maryville (660) 582-8101
Sara Brooke, Maryville	(660) 582-8101	Gina Ripley, Maryville (660) 582-8101
		Sue Robison, Maryville (660) 582-8101
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Jim Crawford, Rock Port	(660) 744-6231	
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Annette Deering (Nodaway, Worth, Atchison)	(660) 582-8101	Ron Walker (Buchanan, Andrew, Holt) (816) 279-1691
Shaun Murphy (Livingston, Mercer, Grundy)	(660) 646-0811	
<i>(Bolded county name indicates headquartered county.)</i>		
<i>Youth Program Assistants or Associates</i>		
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Dale Hunsburger (Clinton, DeKalb, Caldwell)	(888) 449-2201(ext 704)	Rick Smith (Buchanan 4-H LIFE) (660) 646-0811
Teresa Kurtz (Holt, Atchison)	(660) 446-3724	Kari Stock (Harrison) (660) 425-6434
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Elizabeth Richards (Livingston Reunification)	(660) 646-0811	Pat Wood (Livingston) (660) 646-0811
Janet Sager (Gentry)	(660) 726-5610	
<u>HUNDLEY WHALEY SUPERINTENDENT</u>		
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<u>INFORMATION TECHNOLOGY</u>		
Meridith Berry, St. Joseph	(816) 279-1691	
<u>NEWSLETTER EDITORS</u>		
Meridith Berry & Bob Kelly, St. Joseph		
<u>LAYOUT DESIGNER</u>		
Nicole Arn, St. Joseph		

Toll-Free Numbers:

Caldwell County
(888) 663-3232

DeKalb County
(888) 449-2101

Northwest Region's Small Business & Technology Development Centers

Northwest Missouri State University, Maryville
SBTDC Regional Office
Dr. Frank Veeman (660) 562-1701

St. Joseph Satellite Office
Rebecca Evans (816) 364-4105

Chillicothe Satellite Office
Steve Holt (660) 646-6920

FEATURE ARTICLES INSIDE THIS ISSUE:

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[Tips for Donating to the Joplin Relief Effort](#)

["See Food" Diet Versus Mindful Eating](#)

[Dealing with Stress: Looking Beneath the Tip of the Iceberg of Health](#)

Business Development

[GSA Takes "Green" to the Street](#)

Agriculture & Livestock

[Pricing Goods for Profit](#)

[Observations from a Trip to Kansas](#)

Agronomy & Horticulture

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4-H Youth Development

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[Northwest Region Shooting Sports Contest Results](#)

[November is Shaping Up to be Volunteer Training Month](#)

Regional Program & Activity Calendar

Northwest Region Extension Specialists & Staff

This is a publication that combines topics on Human Environmental Sciences, Horticulture, Agriculture, 4-H Youth Development, Business Development, and Community Development. It is published by extension specialists for individuals and families living in Northwest Missouri. Your local county extension council provides funding for this newsletter.

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