

VOL. 10 No. 3

MARCH 2011

NATIONAL NUTRITION MONTH – “EAT RIGHT WITH COLOR!”

by Janet Hackert, Regional Health and Nutrition Specialist

March is National Nutrition Month® and this year’s theme is “Eat Right with Color.” This is the American Dietetic Association (ADA)’s way of reminding us to make healthier choices.

“Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal,” says registered dietitian and ADA Spokesperson Karen Ansel. “A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan.”

There are two of ways to look at this “eat right with color” advice. One is to look at it from the perspective of MyPyramid. The other is to actually eat foods from every color of the rainbow.

MyPyramid is the symbol that represents the 2005 Dietary Guidelines for Americans’ recommendations. It is a triangle with vertical stripes of orange, green, red, yellow, blue and purple. These represent the five food groups, plus a very small yellow stripe to represent the small amount of fats/oils our bodies need to be healthy.

The orange stripe represents the grain group. For the best nutrition, try to eat at least half of the grains you need in the form of whole grains. These foods, such as whole wheat bread, brown rice and popcorn, include the entire grain and so provide fiber, an assortment of B vitamins, and plenty of carbohydrates to fuel our bodies.

The green stripe is the vegetable group and the red is the fruit group. Generally speaking, these two groups offer a similar “salad” of nutrients, including fiber, vitamins A and C, and then other vitamins, minerals and phytonutrients, depending on their specific color.

The blue stripe stands for milk and foods made from milk. These items provide protein, calcium, vitamin A and for milk itself, added vitamin D.

The purple stripe represents foods from the meat and beans group. These foods are great sources of protein and iron. Some also have vitamin B-12, and some beans and dried peas also have a bonus of fiber.

We can also look at this from the perspective of actually eating foods from every color of the rainbow. By doing so,

we get the variety of nutrients that are needed for healthy body function.

Many red fruits and vegetables, such as beets, cherries, cranberries, rhubarb, tomatoes (whole or as sauce or soup), and watermelons, contain lycopene and may help promote healthy heart, vision, immunity and may reduce some cancer risks.

Orange and deep yellow fruits and vegetables, including carrots, pumpkins, butternut squash, mangos, apricots, and cantaloupe, contain alpha- and beta-carotene (the precursor of vitamin A), and other nutrients and may help promote healthy vision, immunity, and reduce the risk of some cancers. Other orange/yellow produce contain vitamin C and health-boosting flavinoids. Such fruits and vegetables include

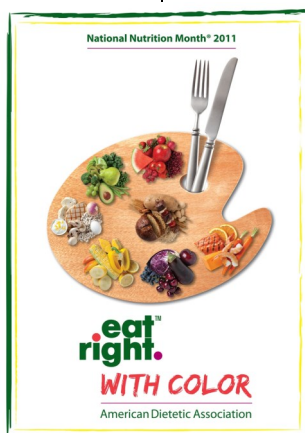
oranges and orange juice, yellow grapefruit, peaches, lemons, papaya, pineapple, and nectarines.

Green produce indicates antioxidant potential and that means nutrients like lutein and zeaxanthin. These may help promote healthy vision and reduce risk of some cancers. These include artichoke, asparagus, avocado, broccoli, green beans, green peppers, leafy greens like spinach, honeydew, and kiwi.

Blue and purple produce is a little harder to come by, but it does have a powerful nutrient punch. The anthocyanins and other nutrients offer antioxidant and anti-aging benefits. They may also help with memory, urinary tract health and reduced cancer risks. Examples include black-berries, blueberries, eggplant, plums, purple cabbage, and raisins.

Although we do not usually think of white, tan and brown as being very colorful, produce of these colors can contain allyl sulfides and other sulfur compounds that may help maintain heart health and lower cancer risks. Foods in this category include bananas, cauliflower, dates, figs, garlic, mushrooms, onions, and parsnips.

There are lots and lots of colorful choices to choose from. Start in March with a few and then decide to make “eating right with color” a healthy habit throughout the year. For more ideas on eating right with color, visit <http://www.eatright.org>



SHOW-ME-SELECT AND HIGH QUALITY BEEF

by Amie Schleicher, Livestock Specialist

It was a hard decision to have to make, but in January we had to cancel our 27th annual 4-State Beef Conference due to the weather. However, the educational value of the program is not lost. The proceedings with copies of each of the speakers' presentations were printed and are available from your local Extension livestock specialist.

The four topics included: Show-Me-Select multi-year selection impact, benefitting from feeding on pasture, understanding and addressing threats to the industry, and low input heifer development.

I'd like to share with you some of the exciting information that Dr. Dave Patterson from the University of Missouri would have shared with you about the impacts of the Show-Me-Select program. It's something to be proud of and, even if you haven't participated in the heifer program, there are implications for the entire beef industry in the state.

The beef industry is very significant to Missouri's economy—to the tune of \$1 billion—but it is not without its challenges. Being steeped in tradition, segmented, lacking incentives, and slow to adopt technology have been obstacles to progress in some ways.

The US has lagged behind other countries in its adoption of reproductive technologies that impact genetic progress in the beef cattle population. One of the major ways we can make those reproductive improvements is to change how we manage and develop heifers retained as replacements in the cow herd.

The Show-Me-Select program, through its guidelines for heifer management, has encouraged the use of those reproductive technologies I mentioned earlier, and has increased the use of estrus synchronization and AI which has many benefits including reproductive success and genetic improvement.

Despite the success of the Show-Me-Select program, there are producers—maybe including

yourself—who have been resistant to use AI. Field trials done across the state of Missouri using fixed-time AI, which allows you to breed the cow herd at a set time versus breeding based on heat, have shown an average pregnancy rate of 62%.

Some of the work done at the MU Thompson Farm has shown that high accuracy bulls, versus natural service bulls, result in higher percentages of progeny achieving Certified Angus Beef® (CAB) and prime.

Those extra cattle grading CAB and prime mean more premiums. Dr. Patterson shares a story of a family in southeast Missouri that has participated in Show-Me-Select since 1998. Over the past 10 years they have fed out 992 head of cattle and received

\$90,000 in premiums! Their cattle averaged 67% CAB and prime with only four discounts.

If you think you can't afford to AI, here's another example he shares. The average price of a low accuracy Angus bull is \$3000. Over his lifetime, you can expect him to average 42 progeny. Let's compare that to the AI scenario. Semen from a high accuracy bull costs \$25, and \$20 will cover the cost of estrus synchronization and AI. Remember that \$3000 low-

accuracy bull? That same \$3000 could be spent on breeding 67 cows via fixed-time AI to a high-accuracy sire. Remember his average of 42 progeny over his lifetime? You could expect 40 cows to conceive to fixed-time AI in one breeding season.

From his perspective, Dr. Patterson suggests that the US beef industry cannot compete globally on a commodity basis. Right now, the US produces 82-84% of the high-quality beef traded globally. Missouri may be positioned best to capitalize on that opportunity. After all, according to CAB data, Missouri-source calves represent 10% of the total CAB supplies, and perhaps even a higher share of CAB prime. Demand is expected to continue. The question is, can we respond to that growing demand, and will it eventually become that economics will be the driver of the adoption of technologies that help produce that quality beef?



WHAT CAN I DO WITH MY SMALL FARM?

So you have purchased land...now what? It is not uncommon for people to purchase a parcel of land to build a house and they dream of having a big yard, garden, and farm animals on the remainder of the land. They may also dream of producing enough off their land to be able to sell their product and make a profit. However, the majority of Americans are three or more generations removed from the farm so it is important that the new farmers do their homework and are prepared before they begin farming.

When it comes time to begin making decisions about how to operate the land, small farmers should consider: goals for their farm; physical resources available; type of enterprise and crop produced; and family resources and skills. There have been instances that families have jumped into an enterprise, not aware of what it really entailed to produce that crop or how they are going to market it. They may have not been as successful as they could have been if they planned ahead.

First, goals should consider all family members, financial situations, and talents of the family. Another consideration should be if the farm is a "hobby" farm or if it is being operated to supply supplemental, or even, full income for the family. A "hobby" farm's goals may be simply to provide fresh foods for the family. A farm that is expected to provide a source of family income must be looked at more seriously. Several factors should be considered: amount of income expected; who will do the work; do they have the business skills needed to help the farm succeed.

Physical resources should also be considered, because not all farms are created equal. Soils, access to water, and climate are not the same on all farms. Some soils are suitable for certain crops, others are not. Water is also a very important factor in some crops. Most high value crops need irrigation.

The type of enterprise and crop produced is probably something the family had in mind from the beginning. However, there is a lot more to consider before planting the first seed or buying the first animal. What type of production technique will be used? Products can be produced conventionally, organically, or a hybrid of the two. It is also important to consider if specialty or traditional crops will be produced. Diversity should also be considered, because it can spread the risk of crop failure and market price fluctuations to several crops. Before investing a significant amount of money into a crop, it is important to know the crop's biology, production

technology, and marketing options. They should also prepare a budget and cash flow for each enterprise. Marketing is just as important as production. It is important to know how the crop will be sold, especially if it is a perishable product. It may be a roadside stand, farmers market, community supported agriculture, restaurant, or website.



*Randa Doty
Ag Business Specialist*

Family financial resources and skills are a final factor to consider. Farming involves financial risk. All crops require money to be spent to establish, whether it's a field crop or a garden. As that crop grows and matures there is a lot of risk. A producer should ask themselves: how much they are willing to invest; how long they can wait for a return on their investment; how much they can afford to risk with market fluctuations; how much money and time they can allocate toward selling the crop; and what financial obligations are taken on with the farm. In most cases, credit is not readily available for new small farms. Banks usually would like a couple years of successful experience, before making a loan. This would include keeping good crop and financial records. The family must also consider what they enjoy and have skills to do. If a family does not enjoy their time on the farm, it will likely not succeed. It would be important to be aware of how the family wants to live. If they would like to take a vacation every summer, a large garden may not be a good choice for that family.

A class called "Reap what you sow: a series on cultivating success and capturing the value of products grown on your small farm", will be offered in Maryville beginning Monday, April 11. This six session program is targeted at new and experienced land owners. Many people have land resources, but are not sure how to utilize them effectively. This course will help land owners set goals, develop a plan, and learn about ways to succeed on their farm. Topics covered include: resources for land owners and developing a plan for your acreage; pond development and management; wildlife management; forages; fencing; poultry management; vegetable production; horses; livestock production; bee keeping; and marketing your products.

SMALL BUSINESS ADMINISTRATION TO IMPLEMENT WOMAN-OWNED SMALL BUSINESS PROGRAM

by Clinton Dougherty, Business Procurement Specialist

Beginning February 4th, small businesses owned by women will be able to start the self-certification process for the SBA Woman-Owned Small Business (WOSB) program. This program will allow federal contracting officers to set aside contracts for certified woman-owned businesses that fall into one of 83 defined NAICS industry codes. The goal for the WOSB program is to award 5% of federal contracts to WOSB certified businesses.

The SBA has designated two certifications under the WOSB program. The first, simply WOSB, cover NAICS codes where WOSB are significantly underrepresented. The other, Economically Disadvantaged WOSB (EDWOSB) relates to NAICS codes where WOSB are underrepresented. To be eligible for either certification, a business must be small as determined by SBA size standards for the appropriate NAICS code and 51% unconditionally owned and operated by a woman who is an American Citizen. The woman owner must hold the highest officer position in the company and make the day-to-day decisions for the business. For further consideration as a certified EDWOSB, the owner must have a personal net worth of less than \$750,000 and an adjusted gross income average of less than \$350,000 over three years. Joint ventures will be allowed under this program as long as the certified WOSB is joining with another small business.

A small business has two options to obtain certification. The first is self-certification through Central Contractor

Registration and by uploading supporting documentation to the WOSB Program Repository. The other option is third-party certification. This method still requires certification through Central Contractor Registration and the uploading of the third-party certification to the repository. As of yet, the SBA has not approved any third-party agencies to certify WOSB. The self-certification process is free and relatively simple to accomplish. The third-party method may require that fees be paid to the certifying agency.

Additional information about the Woman-Owned Small Business Program is available through SBA at the program website www.sba.gov/wosb or by contacting the Procurement Technical Assistance Center in St. Joseph at (816) 279-1691 or doughertycb@missouri.edu.



THE GREAT CENTRAL U.S. SHAKE OUT

In 1811, a series of earthquakes centered in the southeast Missouri town of New Madrid caused widespread devastation, and even altered the landscape “as far as the way the land looked, the way the rivers flowed,” according to Steve Besemer, Earthquake Program Manager for the State Emergency Management Agency.

2011 marks the 200th anniversary of the “Great New Madrid Earthquakes”, and Missourians will be asked to take part in unprecedented quake preparedness events, including a statewide “ShakeOut” drive in late April. Besemer says during the ShakeOut, residents should practice the “Drop, Cover, Hold On” technique for at least one minute.

He adds that it pays to be prepared, since another major quake in the New Madrid Seismic Zone is a matter of “when”, not “if”.

“A basic first step is to think about some emergency planning,” according to Besemer. “Think about communication plans for your family, how you would communicate if the power was out, the phones were out, the roads were closed.”

At precisely 10:15 am on April 28th, thousands of citizens throughout the Midwest will:

- DROP to the ground
- Take COVER under a sturdy desk or table
- HOLD ON to it until the shaking stops

All Missourians are urged to participate in the practice drill. To register for the Shakeout, go to: <http://www.shakeout.org/centralus/register/> Additional information about earthquake preparedness is also available on this site.

2010 DIETARY GUIDELINES FOR AMERICANS

by Janet Hackert, Regional Nutrition and Health Education Specialist

Every five years, the US Department of Agriculture and the Department of Health and Human Services are mandated to review the most current research in nutrition, physical fitness and food safety and, based on their findings, make recommendations for the people of this country. On January 31, 2011, the new 2010 Dietary Guidelines for Americans were released.

This time the guidelines focus on calorie consumption and physical activity. Agricultural Secretary Tom Vilsack said, "The majority of adults and one in three children are overweight or obese and this is a crisis that we can no longer ignore." These recommendations provide the information people need to make educated decisions so as to choose healthy foods in healthy quantities to help prevent food-related chronic illnesses. Vilsack added, "Improving our eating habits is not only good for every individual and family, but also for our country."

The Dietary Guidelines include 23 Key Recommendations for the general public, aged 2 years and older, and an additional six recommendations for specific groups, such as women who are pregnant or breastfeeding.

These 23 Key Recommendations are divided into four categories. One is balancing calories to manage weight, say, by enjoying food but eating less of it and avoiding oversized portions. They also suggest foods to eat more of, for example, by filling half your plate with fruits and vegetables and switching to fat-free or low-fat

(1%) milk. The guidelines recommend we eat less of other foods. For example, they suggest we compare sodium in foods like soup, bread, and frozen meals and choose foods with lower numbers. For optimal health, they also recommend choosing healthy eating patterns, such as drinking water instead of sugary drinks.

Another interesting change in the guidelines this time is that there is also a discussion of "the influence of the broader food and physical activity environment on Americans' daily food, beverage and physical activity choices."

For more specific information on what the 2010 Dietary Guidelines for Americans recommend, go to <http://www.cnpp.usda.gov/dietaryguidelines.htm> or contact Janet Hackert at (660) 425-6434.



COMMEMORATIVE BOOK TO FEATURE MISSOURI CENTURY FARMS

The Missouri Century Farm program recognizes family farms as a treasure of our state. Missouri farms that have stayed in families for more than 100 years are given special recognition through the program. This year, to celebrate the program's 35th anniversary, the University of Missouri and the Missouri Farm Bureau are releasing a commemorative book showcasing Missouri Century Farms.

The one-of-a-kind volume will celebrate the historical and educational value of Missouri Century Farms. Century farm owners are invited to submit their materials for inclusion in this

anniversary book. In addition to the biographical sketches, the book will include regional histories, a special feature on how agriculture has changed through the years, including technology, crops and equipment, and the 35-year history of the Missouri Century Farm program.

You can reserve a deluxe edition of the book for \$49.95 and a leather collector's edition for \$79.95. For more information, visit the Missouri Century Farm website at <http://extension.missouri.edu/centuryfarm> or call Acclaim Press toll-free at 1-877-427-2665.

MARCH IS POISON AWARENESS MONTH

by Meridith Berry, Regional Information Technology Specialist

According to the Center for Disease Control, every day 82 people die from accidental poisoning and 1,941 people are treated in an emergency room. While we may think children are the most likely to die from accidental poisoning, it is in fact adults who account for the larger number of fatalities. Men are two times more likely to die from accidental poisoning than are women. For the age group of 35-49 year olds, more will die from poison than from automobile accidents.

There are four ways to be poisoned: ingestion – eating or drinking something; absorption – through the eyes or skin; inhalation – breathing dangerous or irritating fumes; and injection – use of a needle and syringe or an animal/insect bite or sting.

Most poisonings happen because products are improperly stored, either in places where children can easily reach, or in food containers. Improper ventilation while using a product or combining products is a source of poisoning, ingesting the improper medication, and misdirection of aerosol spray.

Millions of calls are answered each year by the National Poison Center Hotline. Seventy nine percent of all the cases involve children, 64% occur in children under the age of five. While more children are poisoned, they have the lowest mortality rate. One in five children will be exposed to poison before age of five. Seventy percent of these poisonings are preventable.

Most poisonings happen in the kitchen (41%) followed by the bathroom (21%). Poisonings are more likely to happen when the routine is changed, such as a holiday, moving, or a celebration, when the product is being used, when the product is carelessly stored, when product use directions are not followed, when there is a visitor in the home, when a child is hungry or thirsty, when teens or adults become angry or depressed, and when someone becomes confused or disoriented.

While it seems like common sense to keep poisonous substances out of reach of children, clearly there is more to this strategy. Today's marketing methods use attractive colors, pictures of fruit, and fun shapes to draw consumers to their product. The look-alikes are frightening. Disinfectants look like apple juice, vitamins are made to look and taste like gummy candy, cold remedies have pictures of fruit on the label and have a grape or cherry flavor. Keeping children safe from these harmful products requires meaningful action on the part of the adult. Awareness is the key to preventing accidental poisonings.

Children are naturally curious and they explore their environment. Putting things up high sometimes means

the child will figure out how to climb to reach his goal. Child locks on cabinets are not 100% secure. A series of strong tugs from a 4 year old can pop the locks (I write from first-hand knowledge). Child resistant does not necessarily mean child proof. Take the mystery out of poison. When you purchase a product, show it to your child and with a dark magic marker draw a "Yuk" face on it. Explain to the child this means that the product is dangerous and not for them to use. If the child is old enough, let him draw the face on the package. Continue to put it out of reach, but let them know it is not for them to use. Children like to mimic adult behavior. They don't understand how mouthwash can be dangerous to them.

Marking products as poisonous is also a good strategy with adults, particularly those with poor eyesight or dementia. No age group is immune from accidents. Sometimes common products such as nail glue and eye drops are mistaken one for the other and disaster results. You might think a 30 year old could discern a poison from food or safe product, but the statistics prove different. Rushed, tired or confused adults can easily poison themselves and others.

For young and middle age adults, poisoning is the number one cause of home injury death. Over medicating and mixing over the counter drugs together or with alcohol can be a deadly combination. Unlike children, adults rarely leave evidence of the overdose until it is too late.

Poison prevention programs are available for all age groups. Contact your local Extension office or Meridith Berry at berrym@mssouri.edu or 816-279-1691.

Signs of Poisoning

Suspect poisoning if you find your child with or near an empty container of any toxic substance, especially if the child is acting strangely. Other signs to look for:

- Unexplained stains on clothing
- Burns on lips or mouth
- Unusual drooling
- Unusual breath odor
- Unexplained nausea or vomiting
- Abdominal cramps without fever
- Difficulty breathing
- Sudden behavior changes
- Convulsions
- Unconsciousness.

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What To Do if You Suspect Poisoning

If the victim is unconscious, has trouble breathing or is having a seizure, call 911 immediately. Administer rescue breathing if the victim is not breathing and continue until help arrives. Do not induce vomiting until you check with the Poison Control Center. If these symptoms are not present, remain calm and call the poison control center 1-800-222-1222. Have the following information available:

- Name of the product (and the product container) ingested
- Amount of product ingested
- Time of the poisoning
- Age and weight of the victim
- Your name and telephone number

Prevention Is the Key

- Post the Poison Center number on all phones and program the number in your cell phones.
- Never refer to medicine as candy.
- Keep products in their original containers. The labels have important information about accidental poisoning.
- Store food and household chemicals separately.
- Do not mix products.
- Store toxic products in a locked cabinet out of a child's reach.
- Return product to storage cabinet immediately after use.
- Wear protective clothing when using dangerous products.
- Avoid areas where pesticides have been used recently (keep pets away, they can carry chemicals to people on their fur).
- Discard old and outdated products. Check with your region's recycling and waste management division about proper removal.
- Never flush unused medication. Consult your pharmacist about disposal.

“CATCH” YOUR CHILD DOING GOOD

By Don Miller, Human Development Specialist

We all know that parenting is hard work! We also know that being a parent can be very rewarding. Still, it seems that we are always struggling with how to help children behave the way we want them to. One thing that we might think about is when do we give our children attention?

It is common to give children attention (usually negative attention in their view) when they are misbehaving or doing something we don't like. This does not mean we are bad parents. The problem is that even though it is good to correct children when they are misbehaving is this all that we are doing? Children are like adults – they want to belong. If they are getting our attention only or mainly when they are doing things we don't like, then they are more likely to misbehave to get our attention if they are not receiving positive guidance also.

Many times we don't give our children positive attention when they are doing what we want them to because they are not bothering us. The old squeaky wheel gets the grease concept. Out of sight out of mind

and we are just happy that we can do the things we need to do. It would not be good either to be looking over our children's shoulders all the time telling them every few seconds that they were doing a good job. We need a balance and usually that means that our children need more positives from us than negatives. Reality is that it is generally easier for us to give them what they see as negative interaction. If we would like them to do the things we want them to do then we need to reinforce those things as much or more than just disciplining them for those behaviors we want changed.



(Continued on page 10)

4-H FOUNDATION SCHOLARSHIPS

by Alison Copeland



College is expensive but 4-H can help! 4-H participation and involvement leads young people to explore various careers and educational options. The Missouri 4-H Foundation offers college scholarships that help 4-H members pursue their educational dreams.

In 2011, thanks to generous donor support, the Missouri 4-H Foundation will offer 58 college scholarships (\$500 - \$2,500/scholarship). 4-Hers who are current high school seniors and former 4-Hers who are college students are eligible to apply. The scholarship guidelines and application are available on the Missouri 4-H website at <http://www.4h.missouri.edu/recognition/>. Check with your local Extension office for the local application due date.

Applications are due in the state 4-H office by April 1, 2011.

Check out the list of scholarships on the 4-H scholarship website and apply! The scholarship application format is almost identical to the 4-H Missouri Recognition Form (MRF) format. If you complete the MRF form, you've completed most of the narrative for the scholarship application, too. Complete and return by March 15th.

NORTHWEST REGIONAL 4-H CAMP COUNSELORS

Applications are due March 15th to the Livingston County Extension office.

The application and selection process is different this year: all applicants must attend one of two Counselor Selection Workshops at Camp Crowder. This will be a chance to learn leadership skills, team build and work on a Crowder improvement project. After the workshop, applicants will be judged on 3 equally weighted components; written application, local 4-Hstaff recommendation, and interactions at the counselor selection workshop.

The first step to becoming a camp counselor is to get your application in on TIME.

Due March 15th.

SUMMERS AT MIZZOU

by Teresa Bishop

Do you have an idea you want to turn into your own business? Do you want to move from a seat in the audience to the Director's Chair? Do you want to learn how to be fit? Do you like helping people? Do you like maps? Do you enjoy helping animals? Are you interested in plants? If any of these apply to you, Summers @ Mizzou is where you should be the week of July 24-28.

Summers @ Mizzou offers seven different camps: Director's Cut, Scrub-In to a Health Career, Build-a-Business, Dog Days of Summer, Fit for Action, Plants and You- on YouTube and GeoTech. These camps are offered as residential or day camps. Camps are available for a wide range of ages beginning with 12 year olds; check the registration information for the age range of each camp.

Early registration is due by May 6. For registration and available scholarships see <http://4h.missouri.edu/programs/summers> For those without internet access call your local Extension Office or Teresa Bishop at (573) 884-0554 for a brochure.



What:
State 4-H Congress

When:
June 1-3, 2011

Who:
YOU (Age 14-18)

Come One, Come All! In the month to come be looking for your congress packet to fill out so you can experience Congress like you've never experienced it before.



Come & enjoy the fun filled three-day adventure that Congress offers!

Where:
University of Missouri, Columbia

Deadline:
April 8th, 2011

Vote for next years State 4-H Council!

10TH ANNUAL 4-H DAY WITH THE ST. LOUIS CARDINALS

by David Hileman

Missouri and Illinois 4-H members, parents, volunteers and alumni will gather at Busch Stadium on **Saturday, May 7, 2011** for the 10th annual 4-H Day with the Cardinals. The Cardinals will be playing the Milwaukee Brewers in a 3:10 p.m. game. Tickets for the game will be \$24.00 each which includes a specially designed t-shirt featuring the 4-H Clover on the back and the Cardinals emblem on the front.

4-H members, leaders, alumni, and their families who purchase 4-H Day with the Cardinals tickets will have the opportunity to participate in a parade around the Busch Stadium outfield. Families can also take part in a raffle for great prizes including the chance to throw out the first pitch, autographed baseballs, and tickets to Cardinals baseball games provided by the St. Louis Cardinals. Pre-game ceremonies will include a recitation of the 4-H pledge and ceremonial first pitches by an Illinois and Missouri

4-H member.

Tickets for the event must be ordered on the 4-H Day with the Cardinals order form. Ticket order forms are available at the University of Missouri Extension center, or on the Missouri 4-H web at <http://4h.missouri.edu/events/cardinals/>.

Ticket orders must be postmarked by March 28, 2011. Tickets usually sell out before the order deadline so families are encouraged to order early. 4-H Clubs, counties, or groups of families who would like to be seated together must send their orders in the same envelope.



Families can also participate in the 4-H Day with the Cardinals raffle to win prizes such as throwing out the first pitch, autographed baseballs, and tickets to other Cardinal baseball games. Funds raised through the raffle are used to support Missouri and Illinois 4-H programs. Complete information about the 4-H Day with the Cardinals raffle is on the ticket order form.

REGIONAL PROGRAM & ACTIVITY CALENDAR

MARCH 2011

- 7 Stay Strong, Stay Healthy—Gallatin, March-May**, Monday, March 7 (1st of 19 sessions), 1:30 pm to 2:30 pm, Access II, 101 Industrial Park, Gallatin. Stay Strong, Stay Healthy is a six week strength training program for middle-aged and older adults. The program's goal is to improve health and quality of life. We will incorporate warm-up exercises; simple strengthening exercises, with or without weights; and cool down stretches. Weights are provided for the class. Wear comfortable clothes and shoes. Bring water bottle and towel. Mondays will be training; Wednesdays will be practices. Cost is \$35.00. Call Janet Hackert at the Harrison County Extension office, (660) 425-6434 to register.
- 10 The Basics of Writing a Business Plan**, Thursday, March 10, 9 am to noon, Holt County Courthouse Annex, 101 E. Missouri St., Oregon. This class is for business owners and managers who need to know how to create a business plan. During this course, participants will learn the importance of business plans, the key required elements of a plan and data that must be included. . Cost is \$35.00. Contact Holt County Extension at (660) 446-3724 to register.
- 15 Annie's Project (Session 1 of 6)**, Tuesday, March 15, 6 pm to 9 pm, FCS Financial building north of Chillicothe on Hwy 65. Meeting room is located on back side in basement. Discussion of areas of risk management and the tools for everyone to use to minimize risk. Registration deadline: 3/8/2011, cost is \$50.00 Contact Livingston County Extension Office at (660) 646-0811 or Kevin Hansen at hansenk@missouri.edu
- 21 Annie's Project (Session 1 of 6)**, Monday, March 21, 6 pm to 9 pm, North Platte High School, 212 W 6th St, Dearborn. Discussion of areas of risk management and the tools for everyone to use to minimize risk. Classes will be Monday and Wednesday evenings through April 6. Registration deadline: 3/17/2011, cost is \$50.00 Contact Buchanan County Extension Office at (816) 279-1691 or Bob Kelly at kellyr@umsystem.edu
- 22 Annie's Project (Session 1 of 6)**, Tuesday, March 22, 6 pm to 9 pm, Fair Building, 211 N Boder St, Troy KS. Discussion of areas of risk management and the tools for everyone to use to minimize risk. Classes will be Tuesday and Thursday evenings through April 7. Registration deadline: 3/17/2011, cost is \$50.00 Contact Buchanan County Extension Office at (816) 279-1691 or Bob Kelly at kellyr@umsystem.edu

APRIL 2011

- 11 Reap What You Sow: A Series on Cultivating Success and Capturing the Value of Products Grown on Your Small Farm (Session 1 of 6)**, Monday, April 11, 5:30 pm to 8 pm, Nodaway County Administration Center Meeting Room, 403 N. Market, Maryville. This 6 session program is targeted at new and experienced land owners. This course will help land owners set goals, develop a plan, and learn about ways to succeed on their farm. Topics covered include: resources for land owners and developing a plan for your acreage; pond development and management; wildlife management; forages; fencing; poultry management; vegetable production; horses; livestock production; bee keeping; and marketing your products. A light meal will be provided at each session. Session 1 will focus on resources for small acreage owners and evaluating resources for developing your small acreage. Course Fee is: \$60 per person or \$90 per couple, sharing materials. Contact Randa Doty at (660) 582-8101 or dotyr@missouri.edu to register.
- 19 4-H Shooting Sports Safety Course**, Saturday, March 19, 8 am to 4 pm, Lance Construction, 12795 CR 332, Savannah. No charge. Contact Carol Williams at (816) 324-3147 williamscarol@missouri.edu.

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Several examples might help illustrate this point. It is normal for some young children to bite. This does not mean we accept this behavior. But notice next time what usually happens when one child bites another. Who gets most of the attention? Usually the child that bites! Yes, separate the children, attend to the child that was bitten first and then discipline the other child. Don't give the majority of the attention to the child that did the biting, this will just generally make the behavior worse. I used to teach pre-school. When we had story time with twenty 4 and 5 year olds we found it worked better to give attention to a child that was behaving in the way we wanted (I like the way Sally is sitting today) than to give attention to a child that

was not doing what we wanted. It did not always work to do this but it was far more effective than the other way.

Parenting isn't easy but try catching your child doing what you want them to do and give them attention for that and see if that doesn't help reduce some of the parental workload. This strategy can work for all ages of children, even teens!



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[2010 Dietary Guidelines for Americans](#)

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["Catch" Your Child Doing Good](#)

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[Show-Me Select and High Quality Beef](#)

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[10th Annual 4-H Day With the St. Louis Cardinals](#)

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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