

TEACHING KINDNESS AND CARING IN OUR CHILDREN*by Jessica Trussell, Human Development Specialist*

When we consider when and how to teach children about kindness and caring, it really begins in infancy. The quality of care an infant receives can greatly influence their later development. If babies learn that the adults around them are kind and dependable, they will learn to trust the world and themselves. When caregivers respond sensitively to babies' needs, they feel valued and important. When infants feel loved and valued by those who care for them, the foundation of kindness toward others is being established.

If we are consistent in what we expect of children, then they are able to develop predictable views of the world. When guiding young children, we should be consistent and clear with directions and explanations. If our requests and reasons are inconsistent, then children often become confused about what is really expected of them. The opposite also holds true, when we are consistent with requests and reasons, children feel safe in exploring the world around them and trying new things. Children feel secure that the adults around them will consistently guide and teach them.

Luckily, children are born with the capacity to act kindly toward others. Adults do play an important role in whether or not children continue to act in kind ways. If children experience supportive behaviors, have reasonable expectations and rules are consistently enforced, they are more likely to show caring and compassionate behaviors. Here are some suggestions for developing kindness and caring in children:

- Set a good example by acting respectfully toward others.
- Communicate the importance of helpfulness and generosity.
- Use consistent rules and reasons for guiding children.
- Talk with children about the feelings of others and the consequences of children's unkind behavior.
- Create opportunities for children to be empathic.
- Express appreciation when children behave kindly toward others.



Encouraging kindness in children is an important responsibility for all adults who care for children in any aspect. Kind and caring behavior appears early in life and continues to develop across the lifespan. Examples of caring behavior include:

- A toddler sharing blocks with another child
- School-age children collecting canned goods for a food bank
- An adolescent volunteering to shovel snow for an elderly neighbor

Children are learning constantly from the words and actions of adults around them. The best way we can teach children is by example. Even with our busy schedule, we can easily involve children in acts of kindness. By helping an elderly neighbor or giving items to a local women's shelter, adults can demonstrate concern for others. Then, we can

reinforce kindness by explaining why it is important to be kind and help others.

To be an effective role model, we must match our words with our actions. For example, if children see someone compliment another person's new clothes, but make fun of the way the clothes look when the person is gone, children receive a powerful message. They learn that saying one thing and doing another is acceptable

behavior.

Expressing appreciation for kind and thoughtful behavior is another way to set a good example for children. These actions help children to experience the positive feelings of being kind to others. By reinforcing children's kind behavior, it helps them to understand that their kindness makes a positive difference.

There are many things we can do to increase kindness and caring in the children, and adults, around us. Taking the time to set a good example by lending a hand, thanking someone for the help that they provide and creating opportunities for children to help are just a few of the things we can do. What is something you can do today, to show kindness and caring for the people around you?

IT'S GRILLING SEASON. MAKE WAY FOR THE FRUITS AND VEGETABLES.

by Kelli Wilmes, Nutrition and Health Education Specialist

Grilling season is upon us with the arrival of warmer temperatures and longer days. People tend to think of hamburgers, steaks, brats, and hot dogs for grill entrees. Why not try zucchini, eggplant, asparagus, or portabella mushrooms? Move over meat and make room for the fruits and vegetables.

Research has shown that Americans do not consume enough fruits and vegetables each day. The USDA's Dietary Guidelines for 2010 provides three key reasons why people should increase their fruit and vegetable consumption. First, fruits and vegetables provide important nutrients that are missing in many of our diets including dietary fiber, potassium, folate, magnesium, and vitamins A, C, and K. Secondly, eating fruits and vegetables reduces the risk of many chronic diseases. It has been shown that intake of at least 2 ½ cups of fruits and vegetables daily reduces the risk of suffering a heart attack or stroke. Finally, fruits and vegetables are low in calories if prepared in a healthy way without added fats and sugars. Eating fruits and vegetables instead of high calorie foods may help with weight loss or maintenance of an already healthy weight.

Grilling provides us with another opportunity to prepare these healthy fruits and vegetables in a quick and different way. Sometimes people comment, "Everything tastes better on the grill" which can hold true for fruits and vegetables also. Many times people do not like eggplant, zucchini, or asparagus until they try it grilled. Taste is not the only benefit. Vegetables and fruit cook so quickly on the grill that they retain much of their vitamin and nutrient content which is another bonus.

For preparation it is best to have the grill warm but not as hot as you would for grilling meat. Lightly brush the

vegetables with olive oil and put directly on the grill, turning until tender. Try larger hunks like half of a green pepper, large slices of squash, or portabella mushroom caps which are large enough to sit on the grates without falling through. A grill basket, aluminum foil pan, or kabobs can also be used. If you prefer steamed veggies, wrap the vegetables in aluminum foil with a little olive oil and your favorite marinade or spices. Seal and place on grill, turning occasionally, for 10-12 minutes or until veggies are tender.

Experiment with different spices, marinades, and sauces when preparing fruits and vegetables. Don't be afraid to try out various flavors. Store bought mixes and marinades may have extra sodium, sugar, and calories compared to your specialized homemade version. Balsamic vinegar or other flavored vinegars are great to use to drizzle over grilled vegetables or to use in a marinade.

Let's not forget about dessert. Fruits on the grill make a sweet treat. Firmer fruits like apples, pears, and pineapple are perfect for grilling. However, other fruits like peaches and mangoes can also be delicious, but need to be monitored more closely when grilling to prevent overcooking which causes them to be mushy. Try cutting fresh peaches in half, remove the pit, brush lightly with olive oil, and grill for 2-3 minutes on each side. Sprinkle with cinnamon and add a dollop of light whipped topping or lowfat frozen yogurt for a yummy treat.

Remember to always practice safe grilling techniques and food safety when preparing any food. Now go grab your fruits, vegetables, and a sense of adventure and head outside to enjoy some great grilled dishes. For more information on this or any other nutrition or health topic please contact Kelli Wilmes at wilmesk@missouri.edu or call (660) 582-8101.



2011 PROCUREMENT CONFERENCE ANNOUNCED

by Clinton Dougherty, PTAC Business Specialist

The annual small business Federal Procurement Conference will be held at the University of Central Missouri in Warrensburg, Missouri on Thursday, June 2, 2011. This is the 23rd year for this event, and Senator Claire McCaskill will be cosponsoring the event for the first time. The purpose of the conference is to help small businesses learn how to compete for government business by giving them the opportunity to meet and talk with government and business representatives.

Small businesses are the engine of the American economy and are key to creating new jobs. That is why a distinguished list of representatives from both industry and government has been assembled to connect with Missouri small businesses. They will provide resources and information about government purchasing practices and will offer advice for potential contractors.

General Duncan J. McNabb will be the luncheon speaker. General McNabb is Commander, United States Transportation Command (USTRANS-COM), Scott Air Force Base, IL. He has held command and staff positions at squadron, group, wing, major command and Department of Defense levels. Most recently, General McNabb served as the Air Force Vice Chief of Staff. He also served as the Director for Logistics on the Joint Staff where he was responsible for operational logistics and strategic mobility support to the chairman of the Joint Chiefs of Staff and the Secretary of Defense.

Rear Admiral Baucom will speak on government procurement. Baucom received his commission through the Naval Reserve Officer Training Corps program at Auburn University in 1981. He holds a bachelor's degree in industrial management and fulfilled all requisites for a second bachelor's degree in personnel management and industrial relations from Auburn University. He earned a master's degree in acquisition and contract management from the Naval Postgraduate School in Monterey, CA, and a second master's degree in national resource strategy from the Industrial College of the Armed Forces at the National Defense University in Washington.

The cost for the conference will be \$50, and is due no later than May 27, 2011. For more information or to register for the procurement conference, you may go online at www.ucmo.edu/sbt/dc, call University of Central Missouri at (660) 543-4402, or contact them by email at sbt/dc@ucmo.edu.



MAY IS NATIONAL OSTEOPOROSIS PREVENTION MONTH: DIET AND LIFESTYLE CHANGES CAN HELP PREVENT OSTEOPOROSIS



Osteoporosis is a disease that causes a person's bones to become weak and brittle and break more easily. According to the United States Surgeon General, by 2020 half of all Americans over 50 will have weak bones unless we take some preventative measures. Some of these measures include:

- Get adequate amounts of calcium and vitamin D: adults under age 50 and men up until age 71 need 1,000 milligrams (mg) of calcium; women age 51 to 70 and all adults age 71 and older need 1,200 mg.
- Be physically active. Try to do at least 30 minutes of weight-bearing exercise, such as jogging, hiking, or

fast walking, most days of the week. Strength training should be done two to three days a week.

- Maintain a healthy weight. People who are underweight are more likely to suffer from bone loss and fractures.
- Don't smoke. Smoking can weaken bones and increase risk of breakage.
- Limit alcohol intake. Excessive alcohol consumption decreases bone mass and raises the risk for broken bones.
- Talk with your doctor about medications. Some medicines, such as those for thyroid issues and arthritis, may contribute to osteoporosis, so be sure to discuss how to keep bones healthy while using them.

For more information on nutrition issues, go online to <http://extension.missouri.edu> or contact one of the nutrition and health education specialists for the Northwest Region: Janet Hackert, Harrison County, (660) 425-6434, or Kelli Wilmes, Nodaway County, (660) 582-8101.

BLACK CUTWORM FLIGHTS INDICATE NEED FOR SCOUTING

by Wayne Flanary, Regional Agronomy Specialist

Corn growers should start scouting corn fields May 4 and May 13 for Black Cutworm. There have been two intensive moth flights and given the dates of flights, these are suggested dates to scout for black cutworm in corn fields.

One trap is located north of St. Joseph on the 102 River Bottom and the other is south of Oregon on the Missouri River bottom. The catching of moths indicates when growers should examine fields but does not mean that we will have widespread cutting. Both traps picked up the two moth flights during the same time period. Also, statewide trapping of insect pests can be viewed on MU IPM Pest Monitoring Network website.

Black cutworm do not over winter in northwest Missouri but migrate from the Gulf of Mexico on strong spring winds northward. Typically, injury occurs from April to May as corn emerges.

Black cutworm passes through six to seven larval stages or instars. Larvae must be at the fourth instar to be large enough to feed on corn. Black cutworm can cut from the fourth instar to pupation which may last

from two and one half to three weeks. Corn can be cut through the 5-leaf growth stage. Rarely, corn can be injured past this stage as they will feed into the base of the stalk damaging the growing point.

For more information, contact Wayne Flanary at (660) 446-3724 or Heather Benedict at (660) 425-6434, Regional Agronomists, University of Missouri Extension.



ASSESSING FROST INJURY OF CORN

Growers facing frost injury to corn express concerns whether the corn will recover. When considering frost, it's important to consider how low the temperatures dropped. The growing point of the corn plant remains below soil surface until the 5-leaf stage. The location of the growing point provides protection from above ground frost. Corn can easily recover from damage and injury is often limited to the death of the above ground tissue. There should be no yield loss.

However, when air temperatures drop below 28 degrees or less, the growing point can be injured or killed even if the growing point is below ground. It is important to understand how low temperatures dropped with the frost.

It is important to assess frost damage by waiting to allow plants to recover. Initially, corn leaves become water-soaked then blackened. Wait three to five days to see if the plants start to regrow. Be aware, if temperatures remain cool, this will delay your ability to assess injury. New tissue should be growing out of the whorls.

If you have additional acres to plant, continue planting and then after a period of time, determine the extent of injury. The dead tissue of the damaged part of the whorl may cause some problems with leaf growth but, leaves will push on through.

If plants recover, then replanting is not justified. If there are areas of dead plants, then replanting may be justified.

For more information, contact Wayne Flanary at (660) 446-3724 or Heather Benedict at (660) 425-6434, Regional Agronomists, University of Missouri Extension.



Wayne Flanary
Agronomy Specialist

HAYING SEASON IS FAST APPROACHING

by Shawn Deering, Livestock Specialist



We all know how important it is for us to have a good hay crop this year as most all of the carry-over hay in this area was shipped south. It is amazing how much hay is lost due to storage. The following are some information “nuggets” taken from the Canadian Forage Beef Industry on storage.

- Even the best shed or covered storage conditions allow about 5 percent of the hay's dry matter to be lost after one year. Most nutrients maintain nearly constant concentrations when hay is properly stored, although carotene (provitamin A) concentration declines rapidly.
- Losses of dry matter and quality can be considerable when hay is stored too wet. These losses are caused by heating from moisture above 20 to 22 percent. Grass hay can be baled at higher moisture than legume hay.
- Hay stored outdoors is subject to dry matter losses from weathering as well as reductions in feeding value by 15 to 25 percent.
- Research has shown that storing bales on a well drained, 4-6 in. coarse rock base versus the ground reduces the weathered portion from 23 to 11 percent of the original bale weight.
- Weathering losses are greatly influenced by rainfall. Higher rainfall causes more weathering loss than in the drier areas.
- To reduce storage losses, be sure the bales are dense and evenly formed. This allows rainfall to run off rather than settle in depressions and soak into the stack. Store bales with air spaces between bales to allow drying after rain.
- A dense bale will sag less and have less surface area in contact with the ground. A dense surface layer will shed more water.
- Ample twine reduces bale sag and provides a tight, smooth surface. Plastic twine resists weathering, insects, and rodents better than natural fiber twines. Twine should be wound tight and spaced six to 10 inches apart for best bale storage.
- Position large round bales end-to-end in long lines with breathing space between bales. Orient the line northwest to southeast to allow prevailing winds to blow snow past the bales and minimize drifting and resulting moisture soaking into the bales. Put the stem-down side of the bale to the north side of the line. The stem-down side tends to shed rain and snow better than the stem-up side. The stem-up side will then receive more sun to provide some melting and drying to lessen spoilage.
- If more than one line of bales is needed, space adjacent lines at least 10 ft. apart. This will minimize snow buildup between rows and allow the sun to reach the back row.
- Stacking large round bales without covering usually increases losses. Stacking uncovered bales tends to trap moisture and limits drying action from exposure to the sun and wind. Be sure to cover bales that you have stacked.
- Studies have shown outdoor storage losses range between five and 35 percent depending on the amount of precipitation, storage site location, and original condition of the bale. Storage losses are usually reduced by approximately two-thirds with indoor storage and by one-half with good plastic covering outdoors.

THREE SIGNS OF FINANCIAL HEALTH

by Bob Kelly, Ag Business Specialist

Farmers understand that debt is a necessary part of doing business. Therefore they need to know about handling debt. They also need to be able to determine if additional debt is going to benefit or harm their operations.

There are a few indicators that are easily figured that can tell the financial health of your operation. Before you sign your name to the financial statements required by the bank you might want to figure these for yourself.

The first indicator is working capital. Working capital is figured by subtracting current liabilities from your current assets. Both of these figures can be obtained from your balance sheet. The number had better be larger than zero. Working capital is the amount left over after paying all of your current financial obligations. If the working capital is less than zero you are borrowing to pay debts. This leaves little room for error.

The next indicator is the debt to asset ratio. To figure this ratio, divide the total debt by the total assets. This ratio measures how much debt your operation is carrying. This ration needs to be carefully monitored but ratios of 40% or greater need to be constantly

monitored.

The last indicator to watch is net worth. Net worth is the equity you have in your operation. It is determined by subtracting all of your liabilities from your total assets. It is what would be left over if you had to totally liquidate your operation. It helps to monitor net worth from year to year. This is one reason to religiously prepare balance sheets. It is not necessarily bad if net worth goes down a little bit due to inventory changes but the hope is that your net worth increases from year to year.

If you monitor these ratios on a yearly basis and keep track of them, you can spot trends. Trends usually point out that you are doing things right or that there are impending problems. I have a sheet that will allow you to keep track of these and some other ratios and be able to track the trends.

Knowing the financial health of your farming operation will help you gain confidence that you can handle debt or be able to question if additional debt is a bad idea.

If you would like a copy of these forms contact the Buchanan County Extension Center at (816) 279-1691 or via email at kellyr@umsystem.edu

PRODUCE AND GREENHOUSE TOUR

by Tim Baker, Horticulture Specialist

University of Missouri Extension is planning a tour of two farms in Northwest Missouri, to be held on Thursday, June 2, 2011. The tour will be held in Atchison County and will feature a mixed vegetable farm and a greenhouse.

The tour will begin with registration at 10 AM. We will meet at the Atchison County Extension Center, 201 Highway 136 East, Rock Port, Missouri.

Our first stop will be at the farm of Terry and Cathy Leshner. The Leshners have a very diversified farm which includes vegetables, corn, soybeans, alfalfa, and also a cow herd.

For vegetables, the Leshner Family Farm specializes in growing tomatoes, sweet corn, asparagus as well as a variety of other crops. They make use of high tunnels to lengthen the growing season. One of their high tunnel crops is strawberries, which gives them several weeks to almost a month of advanced berry picking compared to outdoor strawberries.

Fall is a busy time for the Leshners, with their Pumpkin Patch and related activities. In addition to U-pick pumpkins, they have a corn maze and a children's barnyard.

Our second stop will be at Hurst Greenery, a farm featuring greenhouses near Westboro, MO. The Hurst family started this operation in 1982. Today, they have over 2 acres under greenhouses, and produce annual flowers, vegetables, potted plants, baskets, and perennials.

Some of the greenhouses are fairly large, including a multiple-bay, gutter-connected range. They employ up to 15 people, depending on the season. With a business this large, they have developed a customer base over a four state area, with their own truck fleet.

After touring these farms, we will return to the Atchison County Extension Center for lunch. In the afternoon, we will have a short educational meeting, featuring presentations from specialists such as Dr. Sanjun Gu, Missouri State Extension Vegetable Specialist.

Registrations may be made by calling the Atchison County Extension Center at (660) 744-6231. Further information and registrations may also be made by calling Tom Fowler at (816) 279-1691, or Tim Baker at (660) 663-3232.

PHENOLOGY THIS SPRING

Last month, my column discussed phenology, the study of the influence of climate on biological events such as animal migrations and flowering in plants. This month, I thought I would make a few observations on how things are progressing this spring.

First of all, weather is what drives the progression of spring. While we did experience warm temperatures a few times, it seems that over the past few weeks, the temperatures have remained on the cool side. This has slowed down blooms, which is to our advantage for several reasons.

First, delayed blossoms are often less subject to frost damage. Warm temperatures that make buds pop out early are not good... Just remember the Easter freeze of 2007, for example. The longer blooms are delayed, the less risk you run of freeze damage.

Secondly, cool temperatures sometimes result in a great spring flower show. Our redbud trees were in prime condition in Daviess County the week of April 18. Because the temperatures remained cool, those blooms have lasted for a long time. In really warm years, the trees can bloom and the blossoms drop relatively quickly. So cooler temperatures prolong the show.

As I write this on April 21st, the few dogwoods in my area are getting ready to bloom. Flowering dogwoods have a hard time making it this far north. It's just too cold for them. I have noticed that there are a few dogwoods at Crowder State Park, near Trenton, and they are almost open. They should provide a good show this year.

So, are we past the danger point for frost damage in

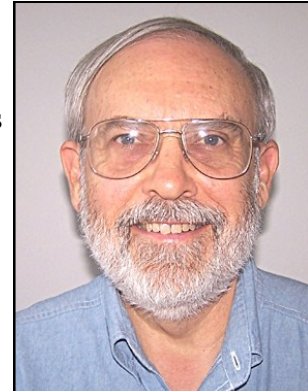
our orchards yet? Is it safe to plant your warm-season, tender vegetables?

The average date of the last spring frost (32 degrees or less) runs from April 15 to April 20, in northwest Missouri. Those dates reflect the averages from 1971 to 2000. But remember, that's just the average last frost. Last frosts can and will occur before and after those dates. Caution is still advised.

Dr. Pat Guinan, Missouri State Climatologist, has been contacted by the National Weather Service asking for information on bloom progression in order to more accurately issue frost warnings. Dr. Guinan contacted several Extension Horticulture Specialists around the state, asking for help. I have given him reports on what stage our apple blossoms were at on several dates.

Right now, our apples are blooming. If we were to get lows around 28 degrees, temperatures that low would kill approximately 10% of the crop. If it dipped as low as 25 degrees, it would take out 90% of the crop.

Fortunately, I don't see anything even close to that in the forecast right now. Let's hope it stays that way, so we can enjoy an apple pie made from fresh, local apples this year.



Tim Baker
Horticulture Specialist



2011 STATE FAIR 4-H EVENT SCHEDULE

Thursday, August 11

Pork Specialty Demonstration Contest

Friday, August 12

Soyfoods Specialty Demonstration Contest

Saturday, August 13

*International Topic Demonstrations
International Day*

Science, Science, Science – Hands-on experiments in the 4-H Building

Missouri Beef Cooking Demonstration Contest – Beef Showcase located next to the Beef House Restaurant

Sunday, August 14

Egg Demonstrations Contest

Home Grown Heroes Day – activities for military children in the 4-H Building

Clover Kid Day - Clover Kids are encouraged to bring their projects to the 4-H Building any time on Sunday. There will be opportunity to visit with someone about their project and leave it for display throughout the day. Projects are then picked up any time on Sunday. In addition to activities designed for the younger fair-goers, Clover kids are invited to present demonstrations in the building.

Monday, August 15

Chicken BBQ Contest (a.m. only)

Tuesday, August 16

4-H Dog Show – Mathewson Arena
Outdoor Adventures activities

Wednesday, August 17

4-H Robots

Thursday, August 18

You can be the "E" (Entrepreneur)

Friday, August 19

4-H'ers Cupcake Challenge

Saturday, August 20

Agri-Missouri Foods Demonstration Conte

Welcome to the
2011 MISSOURI STATE FAIR
AUGUST 11-21 SEDALIA IT'S A
Show Me THING!

ANNUAL STATE CONGRESS LIVESTOCK JUDGING CONTEST/CLINIC IS JUNE 2, 2011

**Annual State Congress Livestock Judging
Contest/ Clinic is June 2, 2011.**

- Open to both the Congress Delegates and any other 4-H youth, age 8 - 18.
- Cost is \$2.00 per youth individual. (No cost for those attending Congress) Adults do not compete but may participate and help as needed.
- A 4-H staff person or volunteer coach needs to attend with the 4-H members.
- Members and adult helpers must bring a sack lunch and drinks.
- Check with county office for registration information or go to state 4-H website.

GARDEN N GROW BEGINS MAY 23RD



This Extension program is lead by Master Gardeners and is for youth 9-13 years of age. It is a 10 week program that begins May 23rd. Youth will partner up to plant a vegetable plot at the Buchanan County Extension office. They will learn about vegetable gardening from propagation, care, and insect control through harvesting. Youth will explore science and math along with working with others and having fun.

Contact the Buchanan County Extension office for an application at (816) 279-1691. Applications are needed by the 1st week in May so that preparations can be made. Most meetings will be Mondays and Thursdays, 9:30-11 am, beginning May 23rd and lasting through July. This program is open to 4-H and non 4-H Youth. There is no cost.

4-H youth may complete the program as a gardening project with many activities that could be brought to achievement day.

WILLIAM D KEMPER FOUNDATION PROVIDES FUNDING FOR NEW 4-H AMPHITHEATRE

by Ron Walker, 4-H Youth Specialist

On two consecutive Saturdays in April 2011, 33 4-H camp counselor hopefuls traveled to Crowder State Park near Trenton, MO to build a permanent amphitheatre around the campfire. The funds for this extensive project were provided by the William D. Kemper Foundation via the Missouri 4-H Foundation.

All the youth who worked this project are from the 15 NW University of Missouri Extension region counties plus Linn County. This project was in cooperation with the Missouri Department of Conservation and the University of Missouri Extension Service.

This new facility at Crowder State Park will greatly add to the programming opportunities not only for the 4-H residential camping program but also to church groups and other users of the group facility at Crowder

State Park. The project director was Ron Walker, 4-H Youth Specialist and 4-H Camp Director from the Buchanan County 4-H office. A special thanks goes to Ana and her staff at Crowder State Park! This was a team effort that combined the Kemper Foundation funds (\$1,000) with Missouri Department of Conservation and Parks staff and the University of Missouri Extension staff and 4-H teens. The 33 4-H teens learned what community service really means! 4-H Youth from Buchanan, Andrew, Clinton, Dekalb, Daviess, Caldwell, Holt, Nodaway, Mercer, Livingston, Gentry, Grundy, Harrison, Worth, Linn and Atchison counties attend Summer 4-H camp At Crowder State Park each summer.



REGIONAL PROGRAM & ACTIVITY CALENDAR

MAY 2011

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- 12 The Basics of Writing a Business Plan**, Thursday, May 12, 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 a business plans, the key required elements of the plan, and professional writing style. Registration deadline: 5/12/2011, cost is \$35.00. Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu
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- 14 Missouri Beef Industry Council /Show-Me State Games Fun Run**, Saturday, May 14, 10 am to noon, Andrew County Fairgrounds, Savannah. This family-friendly 5K or 1 mile run will include a mud pit, hay stacks and trivia along the way. Runners will receive a free t-shirt. \$25 if pre-registered. \$30 if registering the day of the race. Kids 12 and under are \$10. All athletes must check-in 30 minutes prior to the race at the site. Register online at <http://smsg.org/registration.php?entrytodisplay=148>
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- 24 Marketing Your Business**, Tuesday, May 24, 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: 5/24/2011, cost is \$35.00. Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu
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- 25 Safety Makes Sense Fairs (Trenton, 5/25/11; Maryville, 6/24/11)**, Wednesday, May 25, 9 am to 12:30 pm, North 65 Center, 2901 Hoover Drive, Trenton. Safety information and resources for older adults. No cost. Contact Janet Hackert at (660) 425-6434 or HackertJ@missouri.edu
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- 31 Understanding Financial Statements**, Tuesday, May 31, 9 am to noon, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. During this class, you will learn how to identify key business information that is captured on the income statement & balance sheet. You will learn to calculate several ratios & understand what those ratios mean in terms of business productivity & success. Registration deadline: 5/31/2011, cost is \$59.00. Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu
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JUNE 2011

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- 1 Winning Government Contracts: The First Steps**, Wednesday, June 1, 1 pm to 4 pm, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. Gain the knowledge and skills necessary to propel your business into the realm of government contracting. Learn about required registrations, the different agencies and their buying practices, and how to effectively market your business to get the winning edge in contract bidding. Registration deadline: 5/27/2011, cost is \$50.00. Contact Buchanan County Extension Office at (816) 279-1691 or Clint Dougherty at doughertycb@missouri.edu to register.
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- 2 2011 NW Missouri Horticulture Tour**, Thursday, June 2, 10 am to 3 pm, Atchison County Extension Office, 201 Hwy 136 East, Rock Port. University of Missouri Extension is planning a tour of two farms in Northwest Missouri. The tour will be held in Atchison County, and will feature a mixed vegetable garden and a greenhouse. Registration deadline: 5/31/11, no cost. Registrations may be made by calling the Atchison County Extension Center at (660) 744-6231. Further information and registrations may also be made by calling Tom Fowler at (816) 279-1691, or Tim Baker at (660) 663-3232.
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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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- 24 Safety Makes Sense Fairs (Trenton, 5/25/11; Maryville, 6/24/11)**, 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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NORTHWEST REGION EXTENSION SPECIALISTS

<u>REGIONAL DIRECTOR</u>		<i>Regional Administrative Associate</i>	
Karma Metzgar, St. Joseph	(816) 279-6064	Jill Knadler, St. Joseph	(816) 279-6064
<u>HUMAN ENVIRONMENTAL SCIENCES</u>			
<i>Family Financial Education</i>		<i>Nutrition & Health Education</i>	
Rebecca J. Travnichek, Savannah	(816) 324-3147	Janet Hackert, Bethany	(660) 425-6434
		Kelli Wilmes, Maryville	(660) 582-8101
<i>Housing and Environmental Design</i>		-----	
Connie Neal, Trenton	(660) 359-4040	<i>Nutrition Program Associates</i>	
<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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Regional Program & Activity Calendar

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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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