

## CHECK AND DOUBLE-CHECK FOR BAGWORMS

by Tom Fowler, Horticulture Specialist

Whether you're a novice or an old pro at finding bagworms be sure and check your trees and shrubs now for this pest. They can do considerable damage and even kill numerous plants in the landscape but they are especially fond of junipers, arborvitae and spruce trees. They can also be found on black locust, maple and sycamore trees. If you haven't checked for bagworms you should and if you have checked you should do a double check for them.

The bagworm is a native moth and is thought to feed on 128 different plant species. Last season they seemed to be in high numbers and they are showing up in all parts of Northwest Missouri this summer. I've observed active bagworms from Buchanan County area to counties along the Iowa border. The cooler wet conditions this spring may have slowed them down some. We generally recommend controlling them while they are young, before they get  $\frac{3}{4}$  to an inch long. Although we nearly past the recommended time for spraying, the bagworms I've seen are still small so treating for them should be successful.

Some bagworm facts:

- The bagworm is a native plant pest that can be found feeding on plants in the landscape, especially coniferous (needled evergreen) plants.
- They generally start hatching the end of May to the first part of June and eggs will continue to hatch for 2-3 weeks or more.
- The young larvae (worm) starts forming a silk bag around its body as it starts feeding on the host plant. The females will remain in this bag their whole life. A male will pupate and emerge from the bag as a clear wing moth to mate with the female around mid September.
- After mating a female will lay from 500- 1,000 eggs in the bag. The eggs overwinter in the bag and will hatch the following spring (around the 1<sup>st</sup> part of June).
- They can hatch for a period of 2 to 3 weeks until about mid June in most years. There is 1 generation per year.

- They should be controlled after hatching is complete and while they are still young (less than an inch long).

Some species of birds such as the sapsucker and woodpeckers will feed on bagworms as will some insect predators. You can also pick the bagworms off the plant and destroy them by placing the bags in some soapy water. If this is not feasible there are several materials that be used for control. Materials labeled for bagworm control should be affective. The key for control is to spray when the worms are small and to get good coverage on the plant on the inside and outer edges of the plant.

(Continued on page 4)



Currently, observed bagworms in the NW Region are  $\frac{1}{2}$  inch or smaller in size. At this stage, you may treat them with the suggested insecticides. Once they get to  $\frac{3}{4}$  inch or more as shown in the picture above spray is not effective. At this point, you can try to pick off and destroy them.

# GRAVES - CHAPPLE FARM

## Crop Farmers' Tour

***Tuesday,  
August 25, 2009***

8:30 am First tours begin  
11:30 am Last tour leaves the building  
12:15 pm Free lunch



### 3 Field Tours with Topics Including:

The impact of different types of cyst nematode resistance  
Using PREs with glyphosate applications and new product update  
Insecticide corn and soybean seed treatments  
Fine tuning fertility management through the use of precision ag technologies  
Results of Graves-Chapple soil fertility demonstrations  
Managing supplemental nitrogen in wet springs  
Production Costs: Don't forget to count the machinery  
Fall marketing Outlook and Strategies  
Seed and Fertilizer Economics: Prices and Risks

Graves-Chapple Farm is located 3 miles north of Corning, MO on I-29 Exit 99 to the east Outer Road. For more information contact: Atchison County Extension Center (660) 744-6231 or Holt County Extension Center (660) 446-3724. Website: <http://extension.missouri.edu/atchison/Graves/Main%20page.htm>. If you have any disability that requires special materials or services, please contact Jim Crawford at (660) 744-6231 by August 17, 2009.

The Graves-Chapple Tour is sponsored by:

## MAKE PLANS TO ATTEND THE "FOCUS ON FORAGES" MEETING

by Shawn Deering, Livestock Specialist

UNIVERSITY OF MISSOURI  
**Extension &**  
**Agricultural Experiment Station**  
University of Missouri-Columbia College of Agriculture, Food and Natural Resources

Area producers should mark July 30th on their calendars and make plans to attend the "Focus on Forages" meeting at the Hundley-Whaley Learning Discovery Center in Albany. Topics to be covered by MU Regional Extension Specialists include: soil fertility, soil sampling, interpretation of soil test results, hay testing and result interpretation, fescue management, fescue and legume plot tours, review of economic analysis of nitrogen fertilization versus legume over-seeding, and fixed-time artificial insemination of beef cows. The program starts at 5:30 pm and the cost to attend is \$10 which includes an evening meal and copies of the presentations. Door prizes to be given away include free soil and forage tests. Producers are asked to RSVP to the Gentry County Extension Office at (660)-726-5610 if planning to attend by Friday, July 24<sup>th</sup> so that accurate meal preparations can be made. Those producers needing special accommodations are also encouraged to call by the 24<sup>th</sup> as well.

**UNIVERSITY OF MISSOURI**  
**Hundley Whaley Research Center**  
**ANNUAL TOUR**

**1109 S. Birch St, Albany, MO**

***Wednesday, August 26, 2009***

*Riding Tours Start at 9:00 am*

*Tours until Lunch at Noon*

**Grain Quality and Nitrogen Rate in Corn**

**Glyphosate Resistant Weeds**

**Improving Pastures and Hayground**

**New Herbicides in Corn & Soybeans**

**Foliar Fungicides in Corn**

**Nitrogen Use and Loss in Corn**

**2009 Weather Update**

**Non GMO Soybeans**

**And More!!**

**FREE BARBEQUE LUNCH**

For more information, Call: Hundley Whaley Research Center  
Gentry County Extension

660-726-3698  
660-726-5610

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## **THOUGHTS ON YOUR HAY/FORAGES**

*by Jim Humphrey, Livestock Specialist*

Hay/forages are one of the most versatile feeds available to Northwest Missouri Farms. When managed properly they provide quality nutrients to livestock. The ultimate test of hay/forage quality is how well animals perform. With this in mind, the hay/forages fed to livestock needs to be palatable for adequate consumption, digestible so livestock can convert for their needs, and free of harmful factors such as mold, toxins, etc, which are harmful to animals consuming them.

Once quality forages are harvested, losses can still occur in several ways such as dry matter, nutrient and refusal losses. Hay can be kept for extended periods of time with minimal loss of nutrients when stored properly. If stored outside and unprotected for several months, dry matter losses between baling and feeding can exceed 30%. A significant portion of this loss is result of unprotected hay being placed in direct contact with soil.

The best way to measure hay quality is to pull a representative sample from your hay supply and test its nutrient content. This is essential when looking at getting the most production out of your animals and optimizing feeding costs and feeding schemes for your operation. The costs start at around \$11 and can provide producers and nutritionist useful information in determining the most efficient way to utilize your forages throughout the year.

If you are interested in learning more or locating a hay probe for taking representative core samples contact the University of Missouri Extension Center in your area or me, Jim Humphrey, Andrew County Extension Center, (816)324-3147 [humphreyjr@missouri.edu](mailto:humphreyjr@missouri.edu).

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The ingredients of some of the insecticides labeled for control include: *Bacillus thuringiensis* (Dipel), this is a natural material that will make the worms sick and die, good coverage when they are small is essential, Cyfluthrin (Tempo), Acephate (Orthene), Spinosad (Conserve), Carbaryl (Sevin) and Trichlorfon (Dylox) are a few of the insecticides available. The word in the ( ) is a trade name. There are many other trade names available these are just a few examples. Be sure to check the product label and find bagworm on the insects controlled list and follow the directions for mixing and application.

Bagworms will congregate in the top of the tree but they can be found throughout the plant. Thorough coverage of the plant is important for bagworm control. The spray material will need to be directed to the inner and outer portions of the plant. A spray just on the outer of perimeter of the plant will not be very effective. You may want to consider hiring a professional for plantings with dense foliage and/or tall plants.

For more information contact your county MU Extension office and ask for guide G7250, *The Bagworm in Missouri*. You can also go the MU Extension online at <http://extension.missouri.edu> and search for the guide. Information for this article was obtained from MU and K-State Extension Entomologists.



## FALL VEGETABLE GARDENS

by Tim Baker, Horticulture Specialist

The traditional time for planting vegetable gardens is the spring, and rightly so. After a long winter, everyone is ready for garden-fresh vegetables. But after the freshness wears off, the temperatures climb, insects invade, diseases take their toll, and the weeds start outgrowing your crop, it's easy to lose interest in gardening. Many people have discovered, however, that gardening doesn't have to end in mid-summer. Fall vegetable gardens can offer much to the gardener, including high quality and fresh food until frost.

Plant selection and the time of planting are important. You will be planting in the midst of summer heat, so your crop must be able to withstand hot temperatures. Some vegetable varieties have been bred for growing well in hot weather and will probably be better for fall gardens. Also remember that since the plants will be small, with limited root systems, watering will be critical. And since weeds grow as well in hot weather as desirable plants, you'll need to make sure they don't get away from you. Mulching helps here, not only keeping the weeds down but keeping the soil cooler, and preventing excessive water loss. So if you have made a good plant selection, and manage your garden well, you'll soon be rewarded with strong, vigorously growing plants.

When do you plant for fall vegetables? One thing to keep in mind is that you want your crop to mature before frost. One easy way to calculate your planting date would be to take the average first frost date, count

backwards for the number of days it takes the crop to mature, and then add a little extra for the time you want the crop to be around for harvest. Of course, it would pay to add even more time to that figure to allow for an early frost.

Bush beans make a good fall crop. They tolerate heat well, as long as you keep them well watered and provide good fertility. Another good crop would be bush cucumbers. They also tolerate heat well.

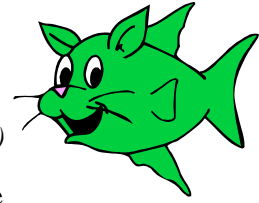
Some crops, such as lettuce, are more difficult to germinate in hot weather. Shade the soil and keep it slightly moist to improve germination. Most cool-weather crops will also work for fall gardens, like cabbage and broccoli.

These plants are less tolerant of hot weather, but can be grown with planning. If you start them from seed in small containers, you can move them to the shade when it gets excessively hot. After they have some size, transplant them into your garden, no later than mid August.



## SUMMERTIME WITH THE CATS, AND I DON'T MEAN THE KIND THAT MEOW

by Dr. Rebecca J. Travnicek, AFC<sup>®</sup>, Family Financial Education Specialist (and Hobby Fisherman)



August is National Catfish Month, so I decided to share with you a bit of my childhood summertime fun. I grew up in Kansas, spending nearly every weekend camping and fishing with my family. We had an over-the-cab pop-up camper on my dad's truck. We would load up food, clothes, and fishing equipment and off we would go. Most of the time, we went to the watershed pond/lake on my uncle's ranch in a neighboring county.

It was usually a family affair—aunts, uncles, cousins, etc. We would fish a bit during the morning, usually for bream (sunfish, blue gill), crappie, bass, and an occasional snapping turtle. Afternoons would mean going down to the creek (pronounced like the crick or kink you get in your neck) to swim and play in the water; as well as fishing too. Then it was back to the campers to fix supper and cook S'mores over the campfire. But the best part of the day was yet to come.

My dad usually didn't start fishing until dark. He would take three fishing poles, a tackle box, and a container of chicken livers. My two brothers and I would have to take turns fishing all night with Dad on the dam of



the watershed. We would take blankets or a sleeping bag to sit on and/or wrap up in while sitting on the dam, waiting for the catfish to bite.

Most nights it **was** a waiting game. Dad would bait-up the treble hooks on the three weighted fishing lines with chicken livers and cast the lines out into the water; where they sank to the bottom to entice the catfish to come out of hiding to eat. Now is when the waiting began. Sometimes it might take only a few minutes until the end of the fishing pole would start dancing. Other times it might be hours.

When I was young, it was hard to stay awake until we caught the first catfish. As I grew older, Dad would bait the hook, cast out the line, then hand the fishing pole to me to hold and watch. And watch I would. One time I almost lost the entire fishing pole. The end of

the pole had started dancing as the catfish (or sometimes a snapping turtle) start nibbling to get a taste of the chicken liver. Then the dancing stopped. I figured the chicken liver had been removed by a crafty catfish. As I was reaching for the fishing pole to reel-in and check the bait, the entire fishing pole jerked around about 90° and headed for the lake. I grabbed it quickly and started reeling. Dad had to help me. After about 15 minutes, we were able to haul in the 11 lb. catfish from the lake to the ground beside me. It was the biggest fish I had ever seen, especially up close like that—literally eye to eye. It was at that point I was hooked—hooked on fishing, not on the fish hook.

Even now, as I have reached the midpoint of my forties, I still love to camp and fish. The camper has

changed from one in the back of the pickup bed to one that is 25' long and pulled behind the truck. Fishing from a grassy bank or from our boat provides stress relief and the enjoyment of "getting away."

With a husband whose career revolves around fisheries research for the Missouri Department of Conservation, you

would think we would have or take more opportunities to wet a line. Life and work seem to get in the way. Whereas I enjoy fishing for crappie, bass, and trout (a new interest as of last year's vacation in the Branson area on Lake Taneycomo), catfish are, and will always be, my favorite fish to find wiggling at the end of my fishing line.

On the following page, I have included a couple of my family's favorite catfish recipes for you to try. Hope you like them too.

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### **Blackened Catfish (Serves 2)**

Margarine or butter, melted  
 1 t. onion powder  
 1 t. garlic powder  
 1 t. ground cayenne pepper  
 1 t. white pepper  
 1 t. black pepper  
 ½ t. dried thyme leaves  
 ½ t. dried oregano leaves  
 1T. sweet paprika  
 1-2 catfish filets (per serving)  
 Wild rice

Heat a large cast-iron skillet on an outdoor burner on high for 5 to 10 minutes, then add a small amount of butter/margarine to cover the pan with a thin film. NOTE: Butter/margarine may flame at such high temperatures.

Combine all seasonings, then dip fish fillets in melted margarine/butter and rub on a coating of the seasoning mixture. Place fish fillets in the hot skillet (be prepared for a lot of smoke and possible flames) and cook at high temperature until one side is blackened (about 3 minutes); then turn fillets and cook until blackened. Serve with wild rice.

*Recipe Source: Sea Fare Cookbook, Volume 1, American Fisheries Society.*

### **Fried Catfish**

Canola Oil  
 Cornmeal  
 Salt to taste  
 Pepper to taste  
 Cajun Seasoning to taste  
 Catfish filets (boneless or bone-in)

Mix cornmeal and seasonings and place in a dish or doubled plastic bags. Heat oil in cast-iron or non-stick skillet until hot enough to sizzle a bit of cornmeal flicked into the skillet. Partially dry catfish fillets (you want the cornmeal mixture to stick to the catfish, but not too much moisture to make the oil bubble up too high). Roll or shake (if using the plastic bags) catfish in cornmeal mixture. Place in hot skillet. Fry until golden brown on both sides. Serve with any side dishes your family enjoys.

*Recipe Source: Personal Recipe of Vince Travnichek*

### **Smoked Catfish**

Rub 1 to 1 ½ pounds of whole catfish heavily with salt inside and out. Let stand overnight. Rub salt off catfish (or rinse and dry thoroughly afterwards), hand dry or lay catfish in open air for 1 hour to dry.

Lay or hang dried catfish in smoker so that the catfish are over a concentrated source of heat and smoke. Catfish should not be closer than 1 foot to the fire and heat must be evenly maintained throughout the smoking, which should take 9 to 12 hours.

When done, the catfish should be a rich saffron yellow color. Allow the catfish to cool on the grill for an hour or two before removing.

### **Smoked Catfish Dip**

3 c. smoked catfish (recipe above)  
 1 T. lemon juice  
 1 t. horseradish  
 ¼ t. salt  
 2 T. chopped parsley  
 8 oz. cream cheese, softened  
 2 t. grated onion  
 Sour cream  
 Assorted crackers

Flake fish. Combine cream cheese, onion, horseradish, and smoked fish, mixing well. Chill for several hours. Add parsley. If mixture appears slightly dry or too flaky, add a small amount of sour cream until it reaches a creamy texture.

*Recipe Source: Crawford, L. (1991). The Catfish Book. Jackson, MS: University Press of Mississippi*



## MANAGING HOUSEHOLD MOLD: WARM WEATHER CAN TRIGGER GROWTH

by Michael Goldschmidt, Housing & Environmental Design Specialist

Outdoor allergens aren't the only cause of the sneezing, congestion, watery eyes and related symptoms that afflict many people this time of year. Moisture and rising temperatures can turn parts of your home into ideal sites for mold growth.

Mold is everywhere. The key is to avoid creating conditions where dormant mold spores can activate and begin multiplying. Mold can establish itself just about anywhere there is moisture and warm, stale air. Common sites for household mold growth include bathrooms, kitchens and leaky basements. Condensation in poorly ventilated attics also can foster mold growth. Left unchecked, mold can inflict major damage to your home, finishes and belongings. In rare instances, some molds may cause serious, even life-threatening, health problems.

It can be easy to miss mold growing in dark corners, under floor tiles or behind wallpaper. However, the musty smell of many molds often is a dead giveaway. That's why homeowners should take caution against using spray or plug-in air fresheners, which simply mask the telltale odor, knocking out a warning sign of mold growth.

Tests to detect and identify molds can be expensive and aren't that reliable. Regardless of the type of mold you have, you probably want to get rid of it.

If you think you have a mold problem but can't locate the source, you can contact an MU Extension regional or state environmental design specialist through your local extension center or by calling (573) 884-0905. Extension specialists can discuss your situation, review options and direct you to resources for addressing mold problems.

Consult a physician if you have health-related concerns about mold in your home. If you have mold, exercise care when removing it to avoid inhaling mold particles or spreading them throughout the home:

- If mold growth covers more than 100 square feet, the Environmental Protection Agency recommends hiring a professional to remove it. People sensitive to mold should not try to remove it themselves if the mold covers more than 10 square feet.
- Wear rubber gloves and a respirator mask with an N-95 rating from the National Institute of Occupational Safety and Health. Other face masks may not effectively filter airborne mold particles. Inexpensive N-95 masks often are available from hardware and home-

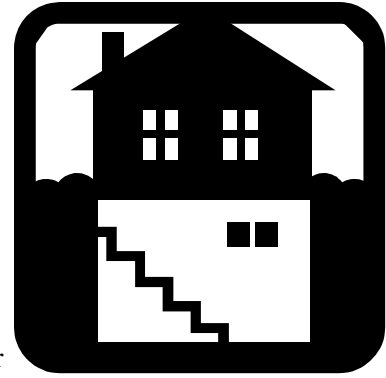
improvement stores.

- EPA recommends using a mild detergent rather than bleach. Like mold, bleach is a lung contaminant. People cleaning mold with bleach are getting both mold and bleach in their lungs and the two are doing double damage, even with a mask on.
- Scrub mold from surfaces with a stiff wire brush.
- Discard moldy textiles. It's virtually impossible to remove mold from porous materials. Steam-cleaning carpets and upholstery can actually worsen a mold problem by adding moisture to the material.

To prevent mold problems from returning or occurring in the first place, keep the interior spaces of your home dry and well ventilated:

- Use exhaust fans in the kitchen and bathroom. For 50 dollars and another \$100 in labor, it's worth getting a bath fan if you don't already have one.
- Keep indoor humidity at 30 percent to 50 percent. Use a dehumidifier where necessary. You can measure the humidity with a device called a hygrometer; simple models cost less than \$10.
- Make sure air is flowing properly through household heating, ventilation and air-conditioning systems.
- Keep water out of your basement or crawlspace by keeping gutters and downspouts clear and making sure the ground around your house slopes away from the foundation.

For more information, see the MU Extension guide "How to Prevent and Remove Mildew — Home Methods" at <http://extension.missouri.edu/publications/DisplayPub.aspx?P=Gh5928>.



## GETTING INVOLVED WITH 4-H AT THE STATE FAIR

There are lots of fun ways to get involved with 4-H at the fair this year, including three days of interactive, educational activities and fun displays that focus on science, engineering and technology, Aug. 20-22. Make sure you plan to be there for these special events:

Clover kids have their moment to shine on **Clover Kid Day, Aug. 16**, from 9 a.m. to 3 p.m. The young people can give a demonstration, participate in crafts and science activities, and display an item they have made to show what they've learned in Missouri 4-H.

Stop by Mizzou Central on **Aug. 16** to see volunteers and supporters inducted into the **Missouri 4-H Hall of Fame**. Don't forget to shake their hand or give them a pat on the back and say thank you for all they've done!

**Leroy Van Dyke's Country Gold Tour** is playing the Pepsi Grandstand **Aug. 19**, and the Auctioneer wants to see you there! He's going to auction a guitar signed by country legends, such as The Gatlin Brothers, Lefty Frizzell, Moe Bandy and Van Dyke himself. Proceeds from the auction go to Missouri 4-H and FFA, so come show your support!



The **Show Me Robots** on **Aug. 20** in the Lowell Mohler Assembly Hall from noon to 6:00 p.m. will feature robots and robot education in Missouri. There will be exhibits, robot demonstrations, competitions and hands-on robot activities. More information can be found at <http://4h.missouri.edu/events/fair/robots.htm>.



Be part of a world record attempt during the **Mentos Soda Launch** on **Aug. 22** as 2,500 participants see what happens when you drop Mentos into soda—all at the same time! Participant check-in will begin at 1 pm with the launch at 2 pm on the Pepsi Grandstand infield. All launch participants must sign a waiver. This form and more information can be found at website <http://www.mostatefair.com/other.html>. Many volunteers are needed for the event, so please contact Mike Razim at [mrrb6b@mizzou.edu](mailto:mrrb6b@mizzou.edu) if you are interested in volunteering.

### Missouri State Fair 4-H Events

#### Saturday, August 15

International Day  
International Demonstration Contest  
Egg Demonstration Contest

#### Sunday, August 16

Pork Demonstration Contest  
Soy Foods Demonstration Contest  
Clover Kid Day  
2009 Missouri 4-H Hall of Fame induction ceremony, 2 p.m.

#### Monday, August 17

Chicken BBQ Contest

#### Tuesday, August 18

State 4-H/FFA Dog Show

#### Wednesday, August 19

Leroy Van Dyke's Country Gold Tour, 7:30 p.m.

#### Thursday, August 20

Show-Me Robots—Lowell Mohler Assembly Hall, noon-6 p.m.

#### Saturday, August 22

Agri-Missouri Foods Demonstration Contest  
Mentos Soda Launch—Pepsi Grandstand infield, 2 p.m.

## CLOVER KIDS CORNER

Through Clover Kids clubs, children learn how to get along, share, and work in groups, explore their interests, and build self-confidence. Each Clover Kids Corner provides an activity, information or other materials that Clover Kids leaders can use in planning and implementing experiences that introduce five to seven-year olds to the 4-H concept of learning by doing.



### Do different colors absorb heat better?

#### What you need:

- Four sheets of colored paper: white, yellow, red, black
- Newspaper
- Scissors
- Four ice cubes
- Sunny day or heat lamp
- Notebook to record observations

#### What you do:

- 1) Ask children to imagine that it is 100°F outside. What kinds of things will they do to stay cool? What kinds of clothing will they wear? What about the color of the clothing?
- 2) Have pre-stenciled five-sided boxes ready to cut out and assemble. You will need one per color, for a total of four colored boxes.
- 3) Lay newspaper under the sunlight and place color boxes side by side with the opening facing away from the sunlight so the youth can see inside.
- 4) Place one ice cube in each of the colored cubes.
- 5) Have the children check the ice cubes every few minutes and record in the notebook which melted first, second, third and fourth.
- 6) Discuss the children's observations. Why do ice cubes melt? How does the sun affect ice? Which color absorbs heat the quickest in the sun? What kinds of clothes do people wear outside in winter/summer?

#### Science and Engineering Connection

The study of light and its behavior is a major component in the design of optical instruments such as cameras, microscopes, CD players and medical systems. Different sources of light carry different quantities of energy. For example, lasers are very powerful and can cut through stone or even metal. Using this information, engineers can improve existing equipment designs.

*Source: Ohio State University Extension*

<http://cloverbudconnections.osu.edu/summer2009.htm#story1>

## FARM SAFETY COLLEGE

*submitted by Katie Steen, Missouri's Cattlemen Foundation*

The Farm Safety College is quickly coming upon us again! The date has been set for **Tuesday, September 15** from 8:00-2:00 at Trowbridge Livestock Center. The classes we hope to be offered that day are in the areas of ATV, Electricity, Firearm Safety, Sun Safety, and an exceptional presentation about First Aid. The cost is \$2 per person with most of the proceeds going to help fund Collegiate Cattlemen's. If you are interested, send an email with the approximate number of participants to [mofarmsafety@mocattle.com](mailto:mofarmsafety@mocattle.com).



If you have any further questions, don't hesitate to call Katie Steen at (573) 449-4923 or Dawn Shellabarger at (573) 817-8681.

# REGIONAL PROGRAM & ACTIVITY CALENDAR

## JULY 2009

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**28 Intermediate Supervisory Training**, 11 am - 1 pm, St. Joseph Area Chamber of Commerce, 3003 Frederick Ave., St. Joseph. This luncheon is for supervisors who have some supervisory experience but need additional professional development for motivating employees. \$35 registration fee. Contact Rebecca Evans via phone or email to register: (816) 364-4105 or evanssbdc@saintjoseph.com.

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**27 Corn, Soybean, Alfalfa Insect and Disease Management**

9-11 am, North Meeting Room in Basement of Andrew County Courthouse, Savannah

1-3 pm, Clinton County Youth Building, Plattsburg

7-9 pm, Conley Building, Maysville

These free meetings will focus on timely insect and disease pests of corn, soybean and alfalfa with recommendations on control and management. Also, there will be a brief discussion on fall preparation for forage establishment. Contact Wayne Flanary at (660) 446-3724 with questions.

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**30 Focus on Forages**, 5:30 - 9:30 pm, Hundley Whaley Research Farm, 1109 S. Birch St., Albany. Area producers should make plans to attend this meeting. Topics to be covered by MU Regional Extension Specialists include: soil fertility, soil sampling, interpretation of soil test results, hay testing and result interpretation, fescue management, fescue and legume plot tours, review of economic analysis of nitrogen fertilization versus legume over-seeding, and fixed-time artificial insemination of beef cows. \$10 registration fee includes an evening meal and copies of presentations. Producers are asked to RSVP to the Gentry County Extension Office by calling (660) 726-5610. Contact Heather Benedict at (660) 425-6434 with questions concerning the programming.

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**31 - Aug. 2 3rd Annual Women's Health Symposium**, Tan-Tar-A Resort, Lake Ozark, MO. Who should attend: Family Practice, Internal Medicine, Generalist OB/GYN, Nurse Practitioners, and Midwives. At the conclusion of the program, you as a participant will be able to: differentiate between migraine headaches, ocular headaches and sinus headaches in the female patient, and recommend current evidence-based therapies; understand the etiology, workup and management of dysfunctional uterine bleeding; counsel patients about the potential efficacy, risk and benefit of bio-identical hormones; discuss the impact of sports medicine on women's health; understand fibromyalgia from a psychiatrist's perspective; delineate the current diagnosis and management of thyroid disease in the female patient; discuss the diagnosis and management of systemic lupus erythematosus in the female patient; explain to your patients the elements of the basic infertility workup; counsel patients regarding proper nutrition throughout life; recognize and manage vulvodynia; delineate the current workup and management of deep venous thrombosis and pulmonary embolus in pregnancy; understand the etiology, workup and management of urinary incontinence in the female patient. For registration information, refer to website: <http://som.missouri.edu/CME>.

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## AUGUST 2009

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**17 Stay Strong, Stay Healthy**, 6 - 7:30 pm, Ridgeway Lions Club, 601 Main Street, Ridgeway. This course will be held on Mondays and Wednesdays for a six week period of time. This strength training program is 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. \$20 registration fee, plus \$1 per visit for Lion's Club use. Contact Harrison County Extension office at (660) 425-6434 to register and for questions.

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**27-28 Percolation Test Certification Training**, 12:45 pm - 5 pm, Johnson County Extension Center, 135 W. Market, Warrensburg, MO. Percolation Test Certification Training course for individuals who want to obtain a license to conduct soil percolation tests for determining soil absorption qualities of sites being considered for installation of an on-site sewage system. Instructors for the 2-day event will be David Lindell, retired University of Missouri Extension agronomy specialist and John Tharp, University of Missouri water quality/community development specialist. At the end of the training course an exam will be given by the instructors and mailed for grading by the MO Dept of Health. DOH certification cards will be mailed to those who successfully complete the exam. \$250 registration fee. The cost of the 2-day course is \$160 per person, cash or money order paid to Johnson County Extension. The fee includes course materials and refreshment breaks. The additional \$90 is to be paid to the state for the licensing. It is due at the end of the class. For more information, please contact June Butler in the Johnson County Extension office at (660) 747-3193.

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# NORTHWEST REGION EXTENSION SPECIALISTS

## REGIONAL DIRECTOR

Karma Metzgar, St. Joseph (816) 279-6064

## HUMAN ENVIRONMENTAL SCIENCES

### *Family Financial Education*

Rebecca J. Travnichak, Savannah (816) 324-3147

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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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