Master Gardener Classes

by Tim Baker, Horticulture Specialist

Extension horticulturists certainly have an interesting job. We get to work with everyone from commercial growers to homeowners. Another enjoyable group of folks are our Master Gardeners. Master Gardeners meet monthly to learn about gardening. They also serve the community through volunteer projects.

Master Gardeners are trained through a series of 12 classes, held in Northwest Missouri every spring. Training locations are determined on interest. It usually takes a minimum of 15 people to hold a class.

This year, we are concentrating on Plattsburg and St. Joseph for training locations. If one of these locations will not work for you, please call me at 660-663-3232 and let me know. If we can find enough students for a site, we can consider adding another class there. If not, I can put your name on our interest list for a potential class in the future.

Another option for MG training is our campus-based online class. The next class is this coming fall, and you can enroll at any time online.

Master Gardeners are taught about all aspects of gardening. Topics include plant growth, soils, diseases, insects, fruits, vegetables, flowers, trees, and many others.

After they graduate, Master Gardeners are required to fulfill 30 hours of service to the community. That’s really not too difficult. Every month, Master Gardeners meet as a group, and come up with volunteer projects to work on.

Volunteer service can include many types of projects. Many groups focus on beautification projects in their communities. Some teach gardening knowledge through speaking or writing. Youth gardening projects, and working with the elderly are good projects as well. There are many other projects that are possible, and as long as it’s some type of community service, only your imagination is the limit.

If you wish to sign up for our classes in Plattsburg or St. Joseph, the deadline is March 12. We will be meeting on Thursday evenings, from 6 to 9 PM, starting on March 19.

Master Gardeners receive a USB thumb drive containing an electronic version of the Master Gardener core manual from University of Missouri Extension. A hard copy of the core manual is available for an additional charge. The cost for the training classes will be $110.00. If spouses attend together, the cost for the couple will be $195.00.

For more information about Master Gardening, and a registration form, please call Tim Baker in Gallatin at 660-663-3232, or Tom Fowler in St. Joseph at 816-279-1691. You may also download a registration form and find more
Effect of Row Spacing on Soybean Yield
by Wayne Flanary, Agronomy Specialist

Growers have debated which row spacing is best for soybean yields. This past year, nine soybean varieties were compared in 30 and 15-inch row spacing at the Graves Chapple Research Center. Each variety was an individual test with five replications.

The following chart compares each variety at 15 and 30-inch row spacing. The means are at the top of the bar and the whisker bars indicate the standard deviation. Each variety performed better planted May 6 in 15-inch rows compared to 30-inch, however, only four out of the nine were statistically different significantly. Overall, when the nine varieties are averaged, there was a 5.3 bushel increase with 15-inch row spacing compared to 30-inch. Also, this represents an average 11 percent yield increase.

When to Intervene When a Cow or Heifer is Having Trouble Calving
by Shaun Deering, Livestock Specialist

Spring-calving season is fast approaching or already here for some of our area beef producers. While calving difficulties can be addressed to some extent by using lower birth weight sires and having females in proper body condition, it seems that there will always be some cows or heifers that have difficulty and need assistance. Research shows that calves born alive from prolonged deliveries are weaker and more prone to disease. In addition, cows or heifers with extended deliveries return to heat later and are less likely to be bred for the next calf crop. So, the question is when should assistance be given? A good rule of thumb is that if a heifer is not making significant progress one hour after the water bag or feet appear, you should examine the heifer to see if you can provide assistance. Mature cows should be watched for only thirty minutes before a rectal examination should be conducted. Producers should make sure the cervix is completely dilated before attempting to pull with chains. If the producer is inexperienced or feels that they cannot safely deliver the calf, they should contact their veterinarian immediately. Another strategy that several producers use is the concept of evening feeding. Research has shown that by feeding in the evening, more females will calve during the daytime. This makes it easier to check on bred females and provide more timely assistance if it is necessary.
Livestock, rowcrop and forage producers interested in converting cropland back to hay and forage production are encouraged to attend a meeting on Thursday, February 19th, at the Clasbey Center in Savannah, Missouri. Registration begins at 10:30 a.m. with the program to start at 11:00 a.m. There is no cost to attend the event but we ask you RSVP by Tuesday February 17th to help us ensure adequate amounts of handouts and lunch.

Allyson Wells, Andrew County Executive Director of the Farm Service Agency (FSA) will be discussing resources available to producers when converting cropland back into forage production. Following lunch (which is provided), Wayne Flanary, Regional Agronomist with University of Missouri Extension will discuss considerations when seeding new forages, species selection for your operation as well as the first couple of years management. Next Rodney Saunders, Andrew County District Conservationist with Natural Resources Conservation Service (NRCS) will be discussing water and fencing programs available through their office as well as establishment and management of warm season grasses. Wrapping up the program will be Bob Kelly, Ag Business Specialist, with University of Missouri Extension discussing cash rental rates, establishment costs and potential returns for your operations.

For more information regarding the Converting Cropland to Hay and Forage Production or to pre-register (which is requested for the meal count), please contact the Andrew County MU Extension Center at 816-324-3147 or the Andrew County FSA/NRCS offices at 816-324-3196. Pre-registration is requested by February 17. If you need any special accommodations due to a disability, or if you need materials in an alternative format, please contact us before February 9th.
You are invited to attend the 2nd annual…

S.A.L.E.
(Small Acreage & Land Entrepreneurs) Conference

Gain practical knowledge and explore the possibilities for your small acreage at this informative conference.

Saturday, March 7, 2015
9:00 a.m.-3:30 p.m.

Trade show begins at 8:30 a.m.

Spratt Hall, Missouri Western State University
St. Joseph, MO

$40 per person if received by February 27
$60 per person after February 27 or at the door
Youth - $25 by February 27, $30 after February 27

Topics:
beekeping • growing mushrooms • livestock • rabbits • aquaculture •
organic topics • butterflies • resources • fruit trees •
tomatoes • green cleaning • alternative energy • farmstead planning •
food preservation • saving seeds • farm to school •
marketing strategies • poultry •


For more information or to register, contact:
Randa Doty, Nodaway County MU Extension
660-582-8101 / dotyr@missouri.edu

Tom Fowler, Buchanan County MU Extension
816-279-1691 / fowler@missouri.edu

If you need accommodations because of a disability; if you have emergency medical information to share; or if you need special arrangements; in case the building must be evacuated, please inform us as soon as possible.
America Saves Week Challenge
by Meridith Berry, Family Financial Education Specialist

America Saves Week is February 23-28. You can win an awesome prize by setting a financial goal and working toward the goal during the next year. Send your contact information including name, address (including city, state and zip), your email address and phone number along with your savings goal to Meridith Berry, 700 Main Suite 2, Trenton MO 64683 OR to berrym@missouri.edu. There will be 2 categories, one for adults, and one for kids. Please specify adult or kid on your entry.

You can set a goal to save $5 a week by cutting back three cigarettes a day or buying one less gourmet coffee a week. You can open a new savings account and pledge to deposit money on a regular basis. You can even pledge to pay off your credit card bills. You goal should be one to save for something specific or pay off debts.

No matter what you choose, make it a SMART goal. It should be Specific – simple, written, and clearly define what you are doing; Measurable – having tangible evidence like a paid off credit card; Achievable- reach high, but make sure it is something you can do (winning the lottery is not a realistic goal); Results-focused-state the goal so the outcome is clear; Time-bound- set a deadline.

An example of a SMART goal would be “I will set up an automatic transfer from my checking account to my savings account of $50 each month beginning March 2015, so at the end of the year I will have saved $500 for a vacation to Branson, Missouri.”

Tell me what you are doing, how you are doing it, when you plan to achieve the goal, and what the results will be at the end. Deadline to enter the NW Missouri drawing is March 30.

Share Your Savings Goal and Win the #imsavingfor Contest

Share Your Savings Goal and Win the #imsavingfor Contest
To celebrate the upcoming America Saves Week, America Saves is launching the #imsavingfor contest. It’s easy to enter. Just share a picture of you and what you are saving for and then enter to win $500 at AmericaSavesWeek.org/imsavingfor.

Get creative with your pictures!

- You can take a picture in front of the item you are saving for – like a new car or house
- Photoshop yourself with your goal – like a trip to the Grand Canyon or Mount Rushmore. You can even use a photo app to add a caption to your picture

How to enter:

- Share a picture of what you’re saving for to your favorite social media platform (Twitter, Google+, Facebook, Instagram, Pinterest, Vine, LinkedIn, Tumblr) using #imsavingfor
- Enter to win at AmericaSavesWeek.org/imsavingfor

Bonus chance to win:

Only one entry per person, but you can get an extra 3 entries by taking the next step in saving and completing the America Saves Pledge. After you enter, look for an email with your bonus opportunity information.

The contest runs from January 21 – March 6. America Saves will pick one entre at random on March 9 and contact them by email. http://www.americasavesweek.org/how-can-individuals-participate/imsavingfor/imsavingfor-photo-contest-rules
By this point in time, most of us are familiar with the Energy Star emblem and the fact that it is a government backed program that promotes energy savings and environmental conservation through the use of energy-efficient products and services.

Whether you are replacing old appliances, remodeling your home or buying a new house, ENERGY STAR can help and we have come to rely on what it represents as far as quality in the aforementioned areas.

Participating is something everyone can do, simply by taking the following five steps one can save energy and reduce air pollution:

1. Change five lights.
2. Look for products that have earned the ENERGY STAR.
4. Seal up your home.
5. Tell family and friends.

ENERGY STAR offers programs for both existing and new homes. For existing homes, one can find tips on common household problems as well as tips to incorporate energy efficiency into a home remodeling project.

Home Performance with ENERGY STAR is another program for existing homes that focuses on a whole-house approach to improve the comfort and energy efficiency of your home. In Missouri one can find ENERGY STAR Partners promoting Home Performance with ENERGY STAR in Kansas City, the St. Joseph area and north as well as St. Louis and Columbia.

The Home Performance with ENERGY STAR Program offers a comprehensive approach to home improvement, remodeling and renovation that will make your home more efficient, reduce energy costs, improve indoor air quality and create a more comfortable, healthier home. At the same time, you’ll help protect the environment through energy conservation. This is achieved by conducting a comprehensive home assessment and implementing at least one qualifying improvement.

Sponsored by the Missouri Department of Natural Resources’ Energy Center, and designed by the U.S. Department of Energy and U.S. Environmental Protection Agency, this nationally recognized program trains and certifies auditors in the advanced techniques and state-of-the-art equipment needed to evaluate your home from top to bottom.

Each Home Performance with ENERGY STAR assessment includes diagnostic tests of your house. Rather than focusing on a single component, such as drafty windows, leaky ductwork or an old air conditioner, your auditor will assess how improvements to all components can work together to provide:

- Fewer drafts
- Consistent temperature distribution across rooms
- Better humidity control, proper ventilation
- Lower utility bills

Advanced techniques used by your auditor will include:

- A blower door test to locate major paths of air leakage in homes, one of the largest causes of energy loss.
- Infrared video of key spaces in your home is common. Inspectors will record heat loss in key areas like the attic, the basement sill plate and around windows and doors.
- Many inspectors (though not all) use modeling software to provide the most detailed picture possible of where your home needs weatherproofing assistance.

Some common recommendations made include sealing air leaks, adding insulation, sealing ductwork, improving heating and cooling systems and upgrading lighting and appliances. In addition to your auditor’s verification, the Metropolitan Energy Center of Kansas City spot checks a percentage of projects done by participating contractors and ENERGY STAR auditors to ensure their assessments and completed work follow program protocols.

According to David Albrecht, Project Manager with the Metropolitan Energy Center of Kansas City, the Kansas City Power & Light and MGE/LaClede are promoting the Home Performance with ENERGY STAR Program for interested homeowners served by one or both of these entities in the Northwest region. This program is an opportunity for homeowners to
receive up to $1,200 in rebates for making their home more affordable and comfortable. To qualify, participants must implement at least one energy-efficiency improvement approved by KCP&L and/or MGE, and hit the program target with before-and-after blower door tests. This program focuses on “shell improvements” — sealing air leaks, adding insulation and installing new windows and doors — rather than HVAC and appliances.

Albrecht notes that once you’ve hit your targets, your analyst can help you apply for the rebates. The amount depends on how much you’ve invested, but could total $600 from each utility. Rebates can be applied as credit towards your KCP&L or MGE bills.

You also have the option of redirecting payment to the energy analyst you’re working with. Up-front costs of an energy analysis typically run somewhere around $400, and it is required. You can also redirect your rebate to the contractor who provided the upgrades. Some, though not all, energy analysts are also efficiency contractors — but you’ll need to ask when you start the process.

If you would like further information, assistance in finding a certified auditor or to download a participant application, visit www.hpwes.net or call 816-531-7283.

Mystery Meal or Culinary Delight
by Janet Hackert, Nutrition and Health Education Specialist

It is time to eat. You open the fridge and find some brown rice or a small piece of meat or some leftover vegetables or (fill in the blank) … or all of the above. How can this possibly become a meal? Here are some tips on converting a mystery meal of leftovers into a culinary delight.

Start by considering what you have available. To minimize the grocery bill and for food safety’s sake, check the leftovers first. Then see what is on hand in the pantry, refrigerator and freezer. Look for interesting ways to combine what is available. Choose a vegetable or combination of vegetables. Fresh, frozen and canned are good sources of many nutrients. Add a starch. It could be a starchy vegetable like potatoes or dried beans, or a grain like brown rice, whole wheat pasta or couscous. Include a little meat, fish, or eggs for some protein. Dairy foods can be included to flavor the meal or as part of a sauce. Keep in mind that sauces can be ready-to-eat sauces like spaghetti sauce, or easy to create sauces like cottage cheese or stewed tomatoes.

Next look for the spices, sauce or condiments that will make the ordinary extraordinary. Sometimes all it takes is to change up the seasonings of food to create a new and interesting flavor with familiar mundane foods. University of Missouri Extension has several publications available online at http://extension.missouri.edu or by contacting the local MU Extension office. For example, MU Extension publication N362 Herbs and Spices describes which herbs and spices complement which types of food. On http://missourifamilies.org the handout called Help for Hypertension – A Dietary Guide gives recipes for salt-free herb blends such as Chinese Five-Spice, Italian Blend, Curry Blend, and Mexican Chili Blend, to name just a few. And if the specific ingredient needed is not available, In a Pinch: Ingredient Substitution is a helpful guide.

Another option is to add a little of this and a little to that to a pizza, macaroni and cheese or other casserole or pancakes. The New Missouri Mix, MU Extension publication GH1055, has some great recipes for easy, inexpensive sides to dress up the meal. It starts with a basic baking mix then gives recipes for such possibilities as biscuits, cobbler, pancakes, or muffins.

For more information on making a mystery meal into a culinary delight or any other topic, contact me, Janet Hackert, at 660-425-6434 or
Congratulations to the Missouri 4-H Senior Livestock judging team who participated in the 2015 Denver Stock Show 4-H and FFA Livestock judging event. The team, who placed in the top 14 teams, was made up of 4-Hers from Harrison County! Those competing in Denver were Cooper Sadowsky, Grant Taylor, Tanner Daugherty, and Kinslee Vandiver. The team is coached by Teela Sadowsky and Adam Carrothers.

Sadowsky is the club leader of the Pawnee Pepper 4-H Club in Eagleville. When asked if she thought the team would stay together for another chance to qualify to judge in Louisville, KY this year she stated, “That is their plan. We are getting ready to judge in March in Columbia and then are hoping to hit a few other opportunities. I think they are really serious about wanting to do well. They all understand it takes time and practice to compete at the top level.”

The top finisher for the Harrison County team was Cooper Sadowsky, who placed fifth overall, at the January event.

Pictured Below, Left to Right: Coach Adam Carrothers, Mardee Sadowsky, jr. member; Kinslee Vandiver, Cooper Sadowsky, Tanner Daugherty, Grant Taylor and Coach Teela Sadowsky.

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**4-H Scholarship 2015**

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 2015 thanks to generous donor support, the Missouri 4-H Foundation will offer 60 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 is available on the Missouri 4-H website at [http://www.4h.missouri.edu/recognition/](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, 2015.

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
Missouri 4-H Foundation announces $250,000 Matching Gift Challenge to Support 4-H Youth Futures

Taken from Missouri 4-H Foundation website
http://4h.missouri.edu/foundation/news/youthfutureschallenge.shtml

The Missouri 4-H Foundation board of trustees has announced a $250,000 matching gift challenge to support 4-H Youth Futures: College Within Reach, a successful long-term mentoring program that prepares underserved youths to succeed in college.

The goal is to secure permanent support for the Youth Futures program by establishing a $2 million endowment, which will provide the $100,000 in annual program funding needed to sustain the program. To help meet this goal, the Missouri 4-H Foundation will match funds raised to support Youth Futures dollar-for-dollar up to $250,000.

"Sustaining 4-H programming is becoming increasingly challenging, and Youth Futures is a high priority for the Missouri 4-H Foundation," said Bill Crouch, Missouri 4-H Foundation trustee. "We hope the foundation's commitment to Youth Futures will encourage others to partner with us to secure this important program."

4-H Youth Futures: College Within Reach was established in 2002 by the University of Missouri Extension 4-H Center for Youth Development and Lincoln University Cooperative Extension. It was designed to help first-generation college students and minorities—who have historically lagged others in college enrollment and degree attainment—to go to college and stay in college by guiding them through an extensive program that includes ongoing local mentoring and an on-campus college orientation conference.

"We recognize the significant impact of Youth Futures in helping underserved and minority youths overcome obstacles on the path to obtaining a college degree," said Cheryl Reams, Missouri 4-H Foundation executive director. "This challenge gift reflects the Missouri 4-H Foundation's dedication to ensuring Youth Futures continues to benefit all of the young people who need it."

For more information about how to support the Youth Futures program or to make a gift please call the Missouri 4-H Foundation at 1-800-642-8041.
February 2015

18 Rent Smart, Wednesday, February 18, 9:30 to 11:30 am, Salvation Army Booth Center, Saint Joseph. Legal aspects of Renting - Participants learn about the legal aspects of renting according to the Missouri Landlord-Tenant Law. No cost. For additional information, contact Connie Neal at 660-582-8101 or nealca@umsystem.edu

19 Converting Cropland to Hay and Forage Production, Program is designed to support producers planning to convert existing cropland into productive hay and pasture land. Topics include: species selection, establishment costs, management, return on investment, FSA and NRCS programs available for producers.

24 A Matter of Balance (Session 1 of 8), Tuesday, February 24, 9 to 11 am, Independent Farmers Bank, West side of square, 201 West Main Street, Maysville. A Matter of Balance is an award winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Cost is $10.00. Pre-register by contacting Janet Hackert 660-425-6434 or Connie Neal 660-582-8101.

March 2015

7 Small Acreage & Land Entrepreneur Conference, The northwest region agriculture specialists will be hosting the first annual Small Acreage and Land Entrepreneur conference. The conference will be a day-long learning opportunity for people who are excited to learn more about opportunities with small acreages and ways they can make income on their land.

18 Make Your Workday More Efficient-5 Simple Rules to Live By, Are you as productive as you’d like to be? Would you like to make your workday more streamlined? Learn 5 simple things you can do to make your workday more efficient. This is not just another time management or desk organization seminar. This will be an interactive learning experience that will leave you with knowledge you can immediately apply to your workday. There will be three sessions: 11 a.m. to Noon, 1 to 2 p.m., and 3 to 4 p.m.

20 Heart to Heart Health Forum for Women, Tuesday, February 24, 9 to 11 am, Independent Farmers Bank, West side of square, 201 West Main Street, Maysville. A Matter of Balance is an award winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Cost is $10.00. Pre-register by contacting Janet Hackert 660-425-6434 or Connie Neal 660-582-8101.

21 Beginning Beekeeping Workshop, This all day event will include: bee biology and behavior, bee health, equipment, honey production, etc. It will be held Saturday, March 21, 2015 at Northwest Technical School (1515 Munn, Maryville, MO). More information is available by calling (816) 279-1691 or by email at Buchananco@missouri.edu.

Free VITA Tax Preparation for northwest, MO

If you are low to moderate income, and would like help with filing your taxes, we will help you at no cost to you. Free tax returns can also be prepared for high school and college students; as well as individuals and families who do not own a business.

You do need to make an appointment. You can make your appointment by calling your local University of Missouri Extension Center or call the Grundy County Extension Center at 660.359.4040 ext 8, Monday thru Friday, 8:00 AM to 4:30 PM or you can leave a message and Vickie or Meridith will return your call. Bring picture IDs for all adults, Social Security cards for everyone you are claiming, W-2s, 1099s, etc. It is also a good idea to bring anything you receive in the mail that indicates it is tax related and a copy of your last years’ tax return. If you have last year’s return, bring it along as well. **There are still a few appointment spots left, make an appointment today!**

For additional Northwest Region events, please contact your local extension office or visit [www.extension.missouri.edu](http://www.extension.missouri.edu)
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- **Debbie Davis** (Clinton, DeKalb, Caldwell)  
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- **Becky Simpson** (Daveys, Harrison, Gentry)  
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- **Rick Smith** (Buchanan, Andrew, Holt)  
  (816) 279-1691  
- **Taylor Bryant** (Sable, Carroll)  
  (866) 866-6908  

- **Susan McNickle** (Buchanan)  
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### Human Environmental Sciences

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### Human Development’s Small Business & Technology Development Centers

- **Northwest Missouri State University, SBTDC Regional Office**, Maryville  
  (660) 562-0823  
- **Larry Lee**, Maryville  
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  (816) 364-4105  
- **Rebecca Evans**, St. Joseph  
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- **Chillicothe Satellite Office**  
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- **Nicole Phelan**, St. Joseph  
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- **Layout Designer**
  Nicole Arn, St. Joseph
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.

If you would prefer to receive an electronic version of News You Can Use, or if you have received this in error or no longer wish to continue receiving it, contact your local extension office or Buchanan County Extension at (816) 279-1691 or by email arnn@missouri.edu

Disclaimer: Special endorsement of products mentioned in this newsletter is not intended, nor is criticism implied of similar products not mentioned.