For those who are concerned about falling, University of Missouri Extension has a class starting on March 31st in Albany, and April 8th in Hamilton that can help them stay independent longer. It is a Matter of Balance.

The Matter of Balance class uses a curriculum developed by the Frank L. Mitchell Trauma Center and Boston University that helps people address concerns about falling. The eight-session class is designed to benefit community-dwelling older adults who have sustained a fall in the past, or perhaps simply are having balance issues and are worried that they may fall and lose the ability to take care of themselves. It is also for anyone who is making choices to restrict their usual activities because of a fear of falling. But the class is really for those who are interested in making some changes so that they can feel more comfortable and confident living on their own.

Participants in the class will identify their challenges and concerns (those things that might keep them from leading the active social lifestyle they have enjoyed earlier in life) and find solutions that work for them as individuals. More specifically they will learn to:

- View falls and the fear of falling as controllable.
- Set realistic goals for increasing activity.
- Change their environment to reduce fall risk factors.
- Promote exercise to increase strength and balance.

The Matter of Balance classes will be offered at two locations this spring. Janet Hackert and Connie Neal will offer it in Albany from 1-3 p.m. on Tuesdays and Thursdays, March 31 – April 23, 2015 at the Gentry County Extension Center, 1109 Birch St. Hackert and Jessica Trussell will teach the class in Hamilton on Monday and Wednesday mornings, 9-11, April 8 – May 6 at the Hamilton United Methodist Church, 104 Samuel St. Both of these classes have a $10 participant fee and scholarships are available. This program is funded, in part, by the Northwest Missouri Area Agency on Aging with funding from the Older American’s Act of 1965, as amended through a contract with Missouri Department of Health and Senior Services.

Those interested in attending any of the classes are asked to contact Janet Hackert (660-425-6434 or HackertJ@missouri.edu), Connie Neal (660-582-8101 or NealCA@missouri.edu) or Jessica Trussell (660-646-0811 or TrussellJL@missouri.edu) to register. Also, if you need special accommodations to participate, please inform us when you register. Class size is limited so registration is strongly encouraged to insure a spot in the class.
Part of being healthy involves making choices. This includes choosing to consume fats in foods that are healthier ones and eating them in moderation.

Fat in food is considered a nutrient. It is needed for absorption of fat-soluble vitamins such as Vitamins A, D and K and the carotenoids. Although carbohydrates are the ideal source of energy, fat from foods also provides energy for the body. This energy is measured in calories.

But not all fats are created equal. For example, the human body can convert saturated and trans fats to cholesterol. For this reason, getting too much is not a good thing, so it is important to limit intake of these. Animal sources of fat contain saturated fat. Saturated fat is found in the fat on meats such as beef, chicken and pork, in milk and milk products including butter and cheese, and in lard. Saturated fat, as well as trans fat, tends to be solid at room temperature. Trans fat is made by processing liquid forms of fat, making it just enough different chemically to make it react differently in the body. Saturated fat is also present in a significant proportion in coconut, palm and palm kernel oils, ranging from 52-92%.

On the other end of the spectrum, there are foods that contain linoleic acid, one of many fatty acids that are considered the building blocks of fat. This nutrient is needed for healthy skin. Also, according to a recent study reported in the February 2015 issue of Tufts Health and Nutrition Letter, “People who swap 5% of the calories they consume from saturated fat sources... with foods containing linoleic acid – the main polyunsaturated fat found in vegetable oil, nuts and seeds – was associated with a 9% lower risk of coronary heart disease events.” This switch was also “associated with a 13% lower coronary heart disease mortality risk.”

Notice though that this report is not saying ‘linoleic acid is good for you so eat all you want.’ Whether it is saturated, trans or unsaturated like linoleic acid, fat provides twice as many calories as carbohydrates or protein. As such, it is key to remember that fat in any form is to consumed sparingly as part of a healthy eating plan.

For more information on healthier fat options or any other nutrition topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.

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**Choosing a Heart Healthier Fat**

By: Janet Hackert, Regional Nutrition and Health Education Specialist

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**Choose Food First, Supplement if Needed**

By: Janet Hackert, Regional Nutrition and Health Education Specialist

When it comes to eating well for good health, selecting nutritious foods is the best first choice. Under certain circumstances, a dietary supplement may be needed though.

When possible, eat a variety of foods from all the food groups, including fruits and vegetables of many colors. And for the ‘all or nothing’ kind of person – wanting the best vegetables or the most effective work out or the highest fiber cereal or whole grain – know that if an all or nothing attitude leads to nothing, ‘something’ is better. So, for example, while looking for the most nutritious vegetables, eat vegetables: a carrot as a snack, a salad with lunch (on the side or pile it on a sandwich), or chop up the jicama that is on sale to eat with low-fat dressing (instead of the candy bar for a snack, sandwich with no greens or any other color veggies, and supper going by with no plant foods on the plate). Eat the old standbys or try some new ones, but eat those vegetables. It is all about choices.

But sometimes, even while trying to make the best choices, there is a legitimate reason for not getting all the nutrients a person needs from daily food intake and a supplement may be used. Keep in mind, though, that a supplement is just that – not a meal replacement or a license to make poor food choices, but a means of supplementing the nutrition intake for the day.

Those who may benefit from a dietary supplement do so for several reasons. Older adults whose systems no longer absorb certain nutrients as well may need the extra boost of a supplement. Women who are pregnant or may become pregnant are recommended to supplement their regular eating plan to get the extra nutrition they need in that stage of life. People who are unable to eat certain foods or groups of food, including vegetarians, vegans, people with celiac disease or are lactose intolerant, and those on restrictive diets (1600 calories per day or less) may also need a dietary supplement to bridge the gap.

When taking a supplement, beware – a person can get too much of a good thing. There are upper limits on some nutrients. Getting too much of certain nutrients may actually be harmful. Check with a medical professional or registered dietician before taking a supplement.
Tofu: How much do you know about it?
By: Shanshan Chen, Nutrition & Health Education Specialist

Tofu, also known as soybean curd, was first invented in China over 2000 years ago and is a staple of the Asian diet. You may still think tofu as an exotic food, but nowadays, tofu has gained more popularity in America due to its nutritional benefits and versatility in cooking. Have you ever tried tofu before? From this article you will learn more about tofu, in hopes that you will give it a try in the future.

Tofu itself is almost tasteless, but it can be prepared in a number of different ways and serves like a sponge to soak up flavors. There are two categories of tofu:

- **Firm/Extra Firm tofu:**
  - It is dense and solid and holds up well for stirfries, baking and grilling.
  - **Silken/Soft tofu:**
  - It is creamy and soft and is usually used in soups.
  - It can also serve as an ideal additive for dressings, sauces, dairy-free ice cream, etc.

In terms of nutritional value, tofu is rich in high-quality proteins. In fact, tofu contains all the 9 amino acids that our bodies cannot make but must have to build and repair tissues. It is also a good source of calcium (coming from the curdling agent), B-vitamins and iron. Tofu has low saturated fat and sodium, and contains no cholesterol. Below is the nutrition facts of 3oz of firm tofu.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serv Size 3 oz (85g)</th>
<th>% Daily Value</th>
<th>Serv Size 3 oz (85g)</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat Cal. 15</td>
<td>3%</td>
<td>Sodium 65mg</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Total Fat 1.5g</td>
<td>0%</td>
<td>Total Carb. 1g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td>Fiber &lt;1g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Polyunsat. fat 1g</td>
<td>0%</td>
<td>Sugars 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monounsat. fat 0g</td>
<td>0%</td>
<td>Protein 9g</td>
<td>15%</td>
<td></td>
</tr>
</tbody>
</table>

As highlighted above, tofu is a very healthy food with high amounts of protein, calcium and iron. Other than these nutrients, tofu also contains a group of plant hormones called “phytoestrogens”, these hormones have been studied and are believed to contribute to lower risk of heart disease by reducing the “bad” LDL cholesterol in the blood, lower risk of osteoporosis, breast cancer and prostate cancer, as well as less menopausal symptoms among women. Eating tofu can benefit your health in many ways!

**Garden Stir-Fry Vegetables with Tofu**

**Ingredients:**
1 10½ oz package of firm tofu
2 teaspoons vegetable oil
1 clove garlic, minced
2 cups fresh broccoli or spinach, cut up
6 medium carrots, sliced ¼-inch thick
1 medium green pepper, chopped
3 stalks celery, cut into ¼-inch pieces
1 medium onion, chopped
2 cups cabbage, shredded
1 tablespoon low-sodium soy sauce, if desired

**Directions:**
1. Wrap tofu in several layers of paper towels; press lightly to remove excess moisture. Cut tofu into cubes. Set aside.
2. Heat oil in large frying pan over medium heat.
3. Add garlic and cook for 2 minutes. Stir in tofu, broccoli or spinach, carrots, green pepper, celery, onion, and cabbage. Add 2 tablespoons of water. Cover and cook 10 to 15 minutes until tender. Add small amounts of water as needed throughout the cooking period.
4. Add low-sodium soy sauce (if desired) and serve with rice.

Source: Cornell University Cooperative Extension in New York City

**Silken Shake**

**Ingredients:**
1 10½ oz package of silken tofu
½ teaspoons vanilla
2 teaspoons sugar
2 cups cranberry juice
3 cups fresh or frozen strawberries or any other fruit you like

**Directions:**
Combine all ingredients until smooth in a blender, chill well and serve.

* Source: Rutgers Cooperative Research & Extension in New Jersey
In spite of the wild winter we have experienced, spring will arrive and along with it thunderstorms. Spring storms can be very violent at times and can include heavy rain, hail, lightning, high winds and tornadoes. In the Midwestern states, peak tornado occurrence is in mid-March through late June. Missouri is considered at high risk from tornadoes and is in “tornado alley” which places the state in the top 5 for tornado activity. That means we experience a high number of tornadoes.

A tornado is defined as a violently rotating column of air extending from a thunderstorm to the ground. In an average year, 800 tornadoes are reported nationwide, resulting in 80 deaths and over 1500 injuries. Tornadoes can occur anywhere at any time of the year.

Know what to listen for...

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

Know what to look for... Environmental Clues

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

Know what you can do... Tornado Safety

Before the Storm

- Develop an emergency plan for you and your family for home, work, school, and when outdoors. You can download a fillable plan on this Extension website. [http://extension.missouri.edu/p/EMW1011](http://extension.missouri.edu/p/EMW1011)
- Have frequent drills.
- Know the county in which you live, and keep a highway map nearby to follow storm movement from weather bulletins.
- Invest in a NOAA emergency warning/weather radio with SAME technology for local area programming
- Listen to local radio and television for additional information.
- If planning a trip or activity outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.
- Know who is most at risk: people in automobiles; the elderly, very young and people with physical or mental disabilities; people in manufactured (mobile) homes or people who may not understand the warning due to a language barrier

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

- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead, leave it immediately.
- If caught outside or in a vehicle, lie flat in a
Dormant oil sprays for fruit trees
By: Tim Baker, Horticulture Specialist

Sometimes I will receive a call in mid-summer from a homeowner who describes a problem on their fruit trees, and then asks, “What can I spray for it?” While I am always happy to give them an answer, it is often too late. The disease or insect is well-established by that time, and the homeowner should have been spraying long before they called me, if they wanted to have a good crop.

For the best quality fruit crop, you need to start spraying in the next few weeks. Then you need to keep spraying periodically, throughout the season. Now this may sound strange, since fruit trees don’t have a leaf on them yet. You may ask, “What is there to spray now?” But while it may seem odd to be spraying a bare tree, conscientious orchard growers know that they need to start their spray program during the dormant season, if they want high quality fruit.

The first sprays of the season are called dormant oil sprays, and are applied in late winter or early spring, before the trees leaf out. The purpose of a dormant spray is to kill pests such as scale insects. Dormant sprays also help control aphids and mites to some degree. They can be used on fruit trees as well as many other deciduous trees and shrubs. Sometimes referred to as “horticultural oils,” dormant sprays consist of highly refined petroleum oils combined with an emulsifying agent. To use them, mix horticultural oils with water and spray them on your tree.

These oils work by physically blocking the air holes through which the insects breathe. With no access to oxygen, the insects suffocate and die. This works particularly well for scale insect adults, but can also help control other insects in the larvae and egg stage.

Agricultural sprays vary greatly in their risks to people. Fortunately, horticultural oils are among the safest to use, when applied properly. They are also relatively safe for the environment, eventually dissipating through evaporation.

When you apply dormant oils, keep in mind that they do need to make good physical contact with the pest you are trying to control. Thus, you should make sure that you cover the tree or shrub well. One precaution should be noted. Dormant oils should not be sprayed when temperatures are freezing. Freezing temperatures can cause the emulsion to break down which leads to uneven coverage. It’s best to wait until temperatures are at least in the 40’s before spraying horticultural oils.

If you are growing fruit trees, there are a few other sprays that are applied very early in the season. One example is Bordeaux mixture, which is used in apple trees to control fire blight. Peach trees need to be sprayed with materials to control peach leaf curl. Grapes need to be sprayed before bud swell to control a number of diseases.

For good quality fruit, you need to start spraying early, and so if you are growing fruit, I would encourage you to contact your local University of Missouri Extension Center and ask for guide sheet G6010, “Fruit Spray Schedules for the Homeowner.”
Show-Me-Select results, sign up and Beef Marketing Trends

By Wendy Flatt, Livestock Specialist and County Program Director

Show-Me-Select fall sales took place in November and December throughout the state of Missouri with very good results, producers selling their heifers at a sanctioned sale or directly off the farm fared very well. Sign up for the program is currently occurring so if you have been thinking about participating in Show-Me-Select, now is the time to do it. Annual fees are $25.00 for producers and the sign up for heifers is $5.00 per head along with a $15.00 per head “tag fee” for those heifers that are eligible to be tagged “Show-Me-Select” heifers. Heifers can either be sold through a sanctioned sale or directly off the farm as long as the heifers meet the requirements of the program. Below are the averages from the sales across the state and the number of head in each sale. If interested contact your local livestock specialist. On average, the heifers that were artificially inseminated heifers brought approximately $100.00 or more per head, verses naturally serviced heifers.

<table>
<thead>
<tr>
<th>Sale</th>
<th># head</th>
<th>Average</th>
<th>Maximum</th>
<th>Minimum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joplin</td>
<td>521</td>
<td>$2,889.00</td>
<td>$3,700.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Green City</td>
<td>151</td>
<td>$2,883.00</td>
<td>$3,350.00</td>
<td>$2,500.00</td>
</tr>
<tr>
<td>Kingsville</td>
<td>298</td>
<td>$2,769.00</td>
<td>$3,750.00</td>
<td>$2,350.00</td>
</tr>
<tr>
<td>Fruitland</td>
<td>168</td>
<td>$3,033.00</td>
<td>$3,600.00</td>
<td>$2,600.00</td>
</tr>
<tr>
<td>Palmyra</td>
<td>286</td>
<td>$3,208.00</td>
<td>$4,050.00</td>
<td>$2,650.00</td>
</tr>
</tbody>
</table>

Beef Marketing Trends

Ever wonder what happens to all that beef we produce here in the US? Well Dr. Deb VanOverbeke, who I went to graduate school with at Colorado State (she was what we called a meat head (meat science) while I was doing my nutrition work (they had other names for us)) now works at Oklahoma State University as a meat science professor and recently completed a research review of consumer trends through foodservice data and beef check off research data. Currently, 14 to 15% of beef ends up on the export market, of the remaining portion, about 50% of it is sold at grocery stores and the other 50% is sold at restaurants. In 2014 there were 91 branded beef programs with 43% of those having a Prime or Choice certification, of which 70% of those had an “Angus” claim. According to the American Meat Institute (AMI) 91% of consumers are spending less on meat, but 72% of those consumers list beef as their first choice for protein, which has increased since 2007. The number of steak entrees on menus in restaurants has dropped in the past 6 years, marked by a 100 million pound decline in steak volume in full-service restaurants, however, the same restaurants say having a strong steak presence drives traffic (which sounds counterintuitive to me). The real restaurant trend is greater use of ground beef and new growth in “higher-end” burger restaurants. Thirty-four percent of shoppers indicate that they have purchased natural or organic meats, yet price continues to be a barrier to this category. Consumers are increasingly interested in knowing more about the beef production process, yet with rising beef prices comes a greater emphasis on price, value and quality. Producers know that beef demand is the key to maintaining current cattle prices. Clearly, consumer trends suggest that people want to know more about what they are eating, are focusing on quality and value. Producers need to understand that American beef is among the highest quality beef in the world and if US producers want to stay competitive in the global market, the trend for quality beef needs to keep increasing to keep up with demand for high quality beef.
This is the fourth year of corn fungicide application tests. The local replicated four hybrid tests provide insight into the value of fungicide applications to control corn fungal diseases. In the past three years, fungicide treatments did not result in higher corn yields compared to untreated controls. This year, one of the four corn hybrids responded significantly to the fungicide application.

To determine the need for a fungicide application, fields should be scouted for fungal diseases. Disease infection during the early growing season indicates the need for close monitoring. Weather conditions can speed or slow disease development.

If a disease is starting lower in the crop canopy and moving upward, one should check the resistance of the hybrid in question to determine if it is resistant or not. If it is resistant, fungicide application would not be beneficial. However, if susceptible, the disease should be monitored to determine how fast it is progressing and injuring the crop.

Some fungal diseases will affect the top of the corn canopy and so knowledge the common fungal diseases is important.

Once the disease moves up the plant, it is important to examine the ear leaf or the leaf below the ear to determine if the disease is present on those leaves. If lesions are on or below the ear leaf prior to or at silking, often a fungicide application is recommended. As corn plant grows past R-2 stage, the need for fungicide application should be carefully scrutinized as the impact on yield lessens at later growth stages.

To establish the experimental plots, an off-set boom was attached to the loader bucket of our spray tractor to apply the fungicide. Six rows of corn and soybeans were planted alternating allowing one to drive in the soybeans and reach over the corn to apply the spray. The water carrier was applied at 26 GPA. Headline was applied July 10th at a rate of 9 ounces per acre. The test was a randomized complete block design with five replications. Each test hybrid was planted into soybean residue.

As far as results, Northern corn leaf blight was the primary disease affecting corn during the 2014 growing season. This disease was often confused with Goss’s Wilt, a bacterial disease, in which fungicides would have no control.

In the following graph, Pioneer 1498 hybrid did show a significant difference between Headline treated and the untreated control. Also, Pioneer 1248 did not statistically indicate a significant response; there was a trend of a higher yield.

The other two hybrids did not show any significant differences due to the fungicide treatment. The differences in hybrid’s yield response indicate differences in disease resistance to fungal diseases.
MU extension northwestern region job openings
By: Karma Metzgar, Regional Director of the Northwest Region

Do you have interest in a career working with youth, agriculture business, nutrition, business development or other extension subject areas? University of Missouri Extension in the Northwest region currently has several regional specialist positions open and we are recruiting. The positions currently posted that require a master’s degree in the respective fields are:

- **Business Development** located in Carroll County with programming in Saline, Ray, Lafayette and Carroll Counties.
- **Community Arts** located in Lafayette County and covering surrounding counties.
- **Nutrition and Health Education Specialist** located in Buchanan County with programming in Buchanan, Andrew, Nodaway, Atchison and Holt Counties.
- **Ag Business** located in Livingston County with programming in Livingston, Caldwell, Daviess, Grundy and Mercer counties.
- **Family Financial Education** located Andrew county with programming in Andrew, Atchison, Holt, Nodaway, Worth, Gentry, DeKalb, Buchanan and Clinton Counties.

Review the position descriptions and the on-line application procedure on the University of Missouri Extension webpage—[http://extension.missouri.edu/](http://extension.missouri.edu/). At the bottom of the page click on the **JOBS** tab and you will see the list of positions for which we are recruiting statewide and you can see those in the NW Region. Positions remain posted until filled.

You are encouraged to check the vacancy list often for positions for which we are recruiting. Also, as there are vacancies and positions approved, additional positions will be posted for regional specialists as well as for youth program associates. With University of Missouri Extension, employees are part of a statewide and nationwide network that transforms research results into real-world solutions for agriculture, businesses, communities, families and young people.

Our specialists, located in more than 100 communities across the state, work side-by-side with local people to solve problems, make decisions, access resources and chart a course for success. As a regional specialist, you are a faculty member of the University of Missouri.

Regional specialists provide collaborative leadership and subject-matter expertise to develop, deliver and evaluate educational programs focused on improving lives, communities and economies.

University of Missouri Extension knows there is more to who you are than your career. As a regional specialist, you are part of the community – living and working alongside your neighbors. We know that lifestyle, family and personal interests are important considerations when making career decisions.
JEFFERSON CITY, Mo.—The youth delegates who gathered at the state Capitol Feb. 16-18 for the 11th annual University of Missouri Extension 4-H Legislative Academy.

The academy, presented by FCS Financial and Gamble & Schlemeier, brought more than a dozen youth from across the state to share 4-H stories and experiences with legislators, law firms, commodity groups and state agency leaders.

While in Jefferson City, the delegates were hosted in the state Capitol by Sen. Brian Munzlinger. The group heard from Missouri Bar Executive Director Sebrina Barrett and local attorneys, met with Missouri Supreme Court Chief Justice Mary Rhodes Russell and talked with legislators, sponsors and special guests at a dinner sponsored by Ameren Missouri. Delegates went on an evening tour of the Capitol led by Rep. Mike Kelley.

The youth delegates spent an afternoon shadowing State officials.

The following day, academy delegates met with executive branch officials, including tours of the offices of Secretary of State Jason Kander and Gov. Jay Nixon.

The delegates discussed trends and current events with agricultural leaders from the Missouri Soybean Association, Missouri Beef Industry Council, Missouri Cattlemen’s Association, Missouri Corn Growers Association, Missouri Pork Association and Missouri Farm Bureau.


Missouri 4-H is a community of more than 260,000 youth ages 5-18 from rural farming communities, suburban schoolyards and urban neighborhoods. 4-H youth are learning leadership, citizenship, and life skills, guided by more than 10,000 caring adult volunteers statewide. University of Missouri Extension 4-H is the youth development program of the nation’s Cooperative Extension System. For more information, go to http://4h.missouri.edu.
March 2015

13-14 **2015 Missouri Blueberry School Conference**, Friday, March 13, 2015, from 8 a.m. to 5:30 p.m. at the MSU Bond Learning Facility, Darr Agricultural Center — 2401 S. Kansas Expressway, Springfield MO. The Missouri Blueberry School Conference includes two days of informational presentations and tours. Nationally and regionally recognized blueberry experts will discuss a wide range of topics, including blueberry farm establishment, pest management, soil management, disease control, postharvest handling, economics of production, and cultural practices. The first day includes informational presentations, followed by the blueberry farm tour on the second day. Cost is $60 per family or farm, $45 for an additional family member or farm. For more information contact Patrick Byers at byerspl@missouri.edu or 417-881-8909 at the Greene County MU Extension Center.

18 **Make Your Workday More Efficient-5 Simple Rules to Live By**, Wednesday, March 18, 2015. There will be three sessions: 11 a.m. to Noon, 1 to 2 p.m., and 3 to 4 p.m. Located at NWMSU Student Union Building, 800 University Drive, Maryville, MO. 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. For more information contact Rebecca Evans at evanssbdc@saintjoseph.com or at 816-232-4461.

20 **Heart to Heart Health Forum for Women**, Friday, March 20, 2015, from 3 p.m. to 8 p.m. at First Baptist Church, 1907 Peach Street, Higginsville, MO. There will be mini-workshops, health screenings, and information booths. Register by calling 660-584-3658, registration deadline is March 14th. For more information contact Shanshan Chen at chensha@missouri.edu or at 660-584-3658.

21 **Beginning Beekeeping Workshop**, Saturday, March 21, 2015, registration beginning at 8:30 a.m., event from 9 a.m. to 5 p.m. Located at the Northwest Missouri Technical School, 1515 Munn, Maryville MO. This all day event will include: bee biology and behavior, bee health, equipment, honey production, colony management, and more! Cost is $25 per person, which includes lunch, refreshments, a bee book, and handouts. To register or for more information contact the Buchanan County Extension Office at 816-279-1691.

31 **A Matter of Balance (Session 1 of 8)**, Tuesday, March 31, 2015, from 1 p.m. to 3 p.m. Located at the Hundley Whaley Research Center, 1109 Birch Street, Albany MO. 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, pre-register by contacting Janet Hackert at 660-425-6434 or Connie Neal at 660-582-8101.

*The class will also be offered April 8th in Hamilton, MO.*

April 2015

2 **Winning Government Contracts: The First Steps**, Thursday, April 2, 2015, from 1 p.m. to 4 p.m. Located at the Troost Building, 4747 Troost Ave, Kansas City MO. This introductory 3-hour seminar is an overview of the critical first steps associated with winning government contracts. The Missouri Procurement Technical Assistance Center (MO PTAC) host a bi-monthly seminar on how to get started in the government contracting arena including federal, state and local government registrations and certifications. The seminar will also cover MO PTAC services available to assist Missouri businesses in all aspects of government contracting. Cost is $50 per person, for more information or to register contact Michelle Cunningham at 816-235-2891 ext. 2.

15 **“The Profit Maker”**, Wednesday, April 15, 2015, from 1 p.m. to 3 p.m. at Maryville Northwest Technical School, 1515 S. Munn, Maryville MO. Learn how to make better business decisions using the most vital information in order to increase your profits and safeguard your business. The cost is $40 per person, for more information contact Rebecca Evans at evanssbdc@saintjoseph.com or at 816-232-4461.
**Regional Director**
Karma Metzgar, St. Joseph  (816) 279-6064

**Regional Administrative Associate**
Jill Knadler, St. Joseph  (816) 279-6064

**AGRICULTURE**

*Ag Business*
Randa Doty, Maryville  (660) 582-8101
Vacant, Chillicothe  (660) 646-0811
Bob Kelly, St. Joseph  (816) 279-1691
Vacant, Higginsville  (660) 584-3658

*Livestock*
Shawn Deering, Albany  (660) 726-5610
Jim Humphrey, Savannah  (816) 324-3147
Amie Schleicher, Rock Port  (860) 744-6231

*Horticulture*
Tim Baker, Gallatin  (660) 663-3232
Tom Fowler, St. Joseph  (816) 279-1691

*Natural Resource Engineering*
(Graves-Chapple Research Center Superintendent)
Jim Crawford, Rock Port  (660) 744-6231

**BUSINESS DEVELOPMENT AND PROCUREMENT**
Clint Dougherty, PTAC, St. Joseph  (816) 279-1691
Vacant, Carrollton  (660) 542-1792

**COMMUNITY DEVELOPMENT**
Jerry Baker, Rock Port  (660) 744-6231
Beverly Maltsberger, St. Joseph  (816) 279-1691

**4-H YOUTH DEVELOPMENT**

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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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