Get fit for summer
By: Shanshan Chen, Nutrition and Health Education Specialist

Have you recently noticed the number on the scale go up during the past three months? You are NOT alone. Many people gain one or two pounds during winter due to holiday overeating and less physical activity. While a pound or two may not sound like too much, those who gain during the coldest months tend to keep the extra weight and carry more over time.

But, don’t rush into feeling guilty or giving it up, I’ve got some good news for you! You are still wearing puffer coats or winter jackets, right? Yes, it is still early spring. In other words, yes, you still have a couple months to get work out and have a beautiful body and refreshed mind ready for the summer fun! So wake up now from the “hibernation” and start following this simple plan.

1. Set the goal – a realistic goal.
Remember, losing weight too fast can be detrimental to your health because your body is losing tremendous amount of water and this kind of weight loss won’t last. Talk to your doctor and set a weight goal together. To learn more and get your index today, visit http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

2. Eat right – you decide how!
Eating is personal and differs from individual to individual. Some people give up sugary desserts to help lower calorie intakes, while others may find keeping their food portion sizes small a better approach. Often, making a few changes of your choice can help with the weight loss. Pick your favorite from below.
- Limit high-calorie snacks.
- For example, switch from chocolate bars, donuts, cookies, and regular sodas to light popcorn, granola bars, fruit cups, low-fat yogurt and 0-calorie flavored water.
- Share desserts or choose alternatives.
- By sharing, everyone consumes less calories. Or, you may eat a piece of fresh fruit or add low-fat yogurt instead.
- Cut back on high-calorie beverages.
- Choose water or diet beverages instead of regular sweet beverages. Serve water with meals and always carry a water bottle and refill it throughout the day. If choosing fruit drinks, 100% juice is a good option, but still need to keep the portion small (such as a small glass).
- Eat smaller portions.
- How big is big and how small is small, that’s a question. Many people will be surprised to learn they are eating or drinking much more than they think! For example, do you know that the smallest cup at McDonalds is 12 fluid oz., actually 1.5 cups in U.S standard unit? Not to mention the medium size (16 fluid oz. or 22 fluid oz.) and large size (32 fluid oz.)., they are actually 2 cups, 2.75 cups, and 4 cups in U.S standard units.

3. Add activity – every movement counts!
Staying physically active can help you arrive and stay at a healthy weight. It is recommended that adults need 30 minutes of exercises per day. Check these physical activities that may work for you and add them into your day. Also, there are many others not on the list but you could do too! Remember, some is better than none!
- Take the stairs
- Walk at lunch
- Hike with your kids
- Ride a bike
- Jog in place while talking on the phone/watching TV.
Also, it is a great idea to track changes (like using smart phones) and reward yourself wisely (better not with food or if you really want to, small portion please) whenever you real a goal. Think of small steps and one change at a time. While the daily progress may seem slow, it’s the time that will gradually make a difference. Do what you love and love what you do, enjoy every minute while working on your goal. When summer comes, you will be confident and feel good about yourself. I hope this article helps you, now count down and start your own plan!
Summer Workout – Taking Care of Your Nutritional Needs

By: Shanshan Chen, Nutrition and Health Education Specialist

Summer fun means a lot of time spent outdoors and exercises. It has many mental and physical health benefits such as making you happier and boosting your vitamin D level. But increased activity in the hot and humid weather can also increase your internal temperature, the fluid loss and put extra stress on your body. If you don’t take care of your nutrition needs when exercising in the heat, some serious illness can occur. To help you understand more, here are some tips on how to stay cool and still function at your full capacity while exercising on a hot summer day.

Drink smart
- Drink 16-20 ounces of fluid 2 to 4 hours prior to exercising.
- Consume 4-8 ounces of fluid every 15 minutes of moderate to vigorous exercises, such as tennis, soccer, hiking, bicycling fast, etc.
- For sports lasting longer than 60 minutes, sports drinks should be added because overconsumption of plain water may lead to hyponatremia, a potentially life-threatening condition caused by low sodium levels in the body.
- Consume 1.5 times the amount of fluid loss during exercise. For example, 20-24 ounces of fluid for each pound of weight lost (=fluid loss).

Eat smart
- Eat a small, easily digestible meal 2-3 hours prior to an exercising event. For example, 2 cups of pasta with meatless tomato sauce, or a whole wheat turkey sandwich with an apple. Remember to drink water with this meal.
- After the event, there are two time options for refueling.
- Eat a balanced meal within 1 hour. Look for carbohydrate-rich foods like rice, pasta or bread, or bananas; high-protein foods like chicken breast, eggs, yogurt or beans; and some healthy fats like seeds or nuts.
- Eat a snack (such as a granola bar, a piece of fruit, or a small bag of trail mix) within 15-20 minutes and then a balanced meal within 2 hours.
- On a tournament day with multiple games, it’s always important to refuel and hydrate between events. Here are some time specific suggestions for refueling.
- Less than 1 hour between events: consume a small meal as soon as the first game ends, this meal should include carbohydrates, salt, some protein and very little fat.
- 1-2 hours between events: consume a small meal as soon as the first game ends, this meal should include carbohydrates, salt, some protein and very little fat.
- 2-3 hours between events: consume an easily digestible balanced meal as soon as the first game ends, examples are as above.
- Longer than 3 hours between events: consume a regular balanced meal.

Listen to your body
Be aware of signs and symptoms including confusion, irritability, dizziness, nausea, visual change and fatigue. In this case, stop exercising immediately and move to the shade or an air-conditioned area, while seeking medical attention at the same time. Of course, the most effective way to manage exercising in the heat is staying well-informed and knowing how to prevent potential problems. Following these tips will help you enjoy the fun of exercising in the heat and taking care of yourself.
Think what you drink doesn’t matter? What you drink makes more difference than you think. Many people don’t realize how calories from beverages can add up. Choose beverages that contain vitamins and other nutrients like calcium and protein. Milk and 100 percent fruit juice are good examples. They have calories but important nutrients, too. An 8 ounce glass of 1% milk gives you 100 calories with vitamin D, A, C, calcium and protein. A 12 ounce can of soda gives you 150 calories with no vitamins, calcium or protein. Limit your intake of empty calorie beverages with lots of sugar or fat like regular soda, fruit drinks and coffee drinks.

Read labels carefully, size matters! Bigger is not always better because super-sized beverages can mean super-sized calories. Watch serving sizes—there may be several servings in a can or bottle. How much do you really drink? If you drink the entire container, you may be drinking several servings. For example a 12 ounce can of soda contains 9 to 11 teaspoons of sugar, which equals 150 calories. A 20 ounce bottle of soda contains 15 to 18 teaspoons of sugar, which equals 250 calories. When reading the label be sure to compare calories and nutrients too.

Whole milk and flavored syrups can add hidden fat and sugar calories to your coffee beverage. Ask that your drink be made with skim milk instead of whole milk to reduce the fat. Skip the extra sugar calories that flavored syrups add. Look for hidden calories in the form of sugar. Sweeteners often go by names other than sugar. Check the ingredient list for these common sweeteners. If any of these are the first or second ingredient, the drink has a lot in it:

- High-fructose corn syrup
- Fruit juice concentrate
- Honey
- Syrup
- Fructose
- Sucrose
- Dextrose
- Corn syrup
- Sugar

It’s easy to make better drink choices with plenty of ways you can reduce the amount of calories in what you drink.

- Choose water, fat-free or low-fat milk and diet or low-calorie beverages instead of sugar-sweetened drinks
- 100 percent fruit juice still has calories, so don’t overdo it
- Try drinking vegetable juice for a snack
- Go for the smaller size if you choose a sugar-sweetened beverage
- Serve water with meals
- Add flavor to water by adding a slice of lemon or lime, or a splash of 100 percent fruit juice

Think about what you drink and be a role model for family and friends by choosing healthy, low-calorie beverages.

For more information contact Penny Crawford, NW Regional FNEP Project Director/Coordinator Connie Mower, NW Regional FNEP Program Manager  816-632-7009.

Drink to your health
By: Penny Crawford, FNEP Director
Be prepared for severe weather

By Beverly Maltsberger, Community Development Specialist

We are entering the height of severe storm season in Missouri which runs March through May. This means severe storms with flash flooding, hail, wind, and tornadoes are more likely to occur during this time. Listen to NOAA weather radio for weather watches and warnings and know what to do during severe weather.

**WATCH:** Conditions are favorable for the development of severe weather. Stay informed and be ready to take shelter if severe weather develops. Be sure your safe shelter room is ready.

**WARNING:** Severe weather is happening NOW! Take shelter immediately.

**Flooding** - Flash flooding is the number one killer associated with severe weather. Due to snowmelt and heavy rain from thunderstorms, flooding is common across much of the U.S. in the spring. In May of last year, widespread flooding in Texas left 17 dead. A mere six inches of fast-moving flood water can knock over an adult. It takes just 12 inches of rushing water to carry away a small car, while two feet of rushing water can carry away most vehicles.

- Know what to do before, during, and after a flood.
- Consider purchasing flood insurance.
- Listen to local authorities.
- Evacuate when advised by authorities or if you are in a flood or flash flood prone area. Evacuation is the best action to protect yourself and your family.
- If you are on high ground above flooded areas, being prepared to stay where you are may be the best protection.
- Turn Around, Don’t Drown! Do not go through flood waters.

**Lightning** - In 2015, there were 26 lightning fatalities five in Florida alone. 62% of fatalities were men. Lightning strikes the United States about 25 million times a year. Although most lightning occurs in the summer, people can be struck at any time of year. When Thunder Roars, Go Indoors!

**Lightning: What You Need to Know**

**NO PLACE** outside is safe when thunderstorms are in the area!!

If you hear thunder, lightning is close enough to strike you. When you hear thunder, immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up. Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

**Indoor Lightning Safety**

Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity. Avoid plumbing, including sinks, baths and faucets. Stay away from windows and doors, and stay off porches. Do not lie on concrete floors, and do not lean against concrete walls.

**Last Resort Outdoor Risk Reduction Tips**

If you are caught outside **with no safe shelter anywhere nearby** the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

**Tornadoes** – a tornado is a violently rotating column of air that can destroy anything in its path. Missouri is located in what is called “tornado alley.” This means we are in the part of the country most prone to the development of tornadoes. Long-term data collection shows that Missouri has an average of 32 tornadoes per year.

- Make sure all family members know the tornado safe location in your home.
- Store an emergency kit in your safe location.
- Identify where to go if you are at work or school.
- Make a family communications plan.
- If a tornado warning is issued, immediately take shelter.
- Go to a safe location away from windows on the lowest level of a sturdy building.
- If you are caught outside, get in a car, buckle up, and try to drive to the closest sturdy shelter.
- Leave and go to a storm shelter if you are in a mobile home.
- Get your pets ready at first sign of an approaching storm.
- Put your dog on a leash and your cat in a carrier.
- Move all pets to the shelter well ahead of the storm.
- Include pet food and medicines in your emergency kit.

Preparing you and your family for severe weather is very important. Don’t wait, make a plan, educate your family, know where to go for shelter, and make your safe room ready. A little planning now will make a great difference if an emergency occurs. For more information, check out our website: [http://extension.missouri.edu/emergency](http://extension.missouri.edu/emergency) and our Facebook page at: [https://www.facebook.com/MoFloodInfo/](https://www.facebook.com/MoFloodInfo/)
Every five years the U.S. Department of Agriculture and Health and Human Services review the research and revise the Dietary Guidelines for Americans. The 2015 – 2020 guidelines have a slightly different focus than in the past, looking more at the big picture of eating patterns rather than individual nutrients, and the importance of eating well wherever we are. The specific guidelines, in summary, are:

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease. Sample healthy eating patterns, such as a healthy Mediterranean-style eating pattern, can be found in the appendices of the Dietary Guidelines which can be found at [http://health.gov/dietaryguidelines/2015/guidelines/](http://health.gov/dietaryguidelines/2015/guidelines/). There are also charts showing estimated calorie needs per day by age, sex, and physical activity level.

2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts. A list of foods that are rich in certain nutrients, such as Calcium, vitamin D and fiber, can be found in the appendices of the guidelines.

3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

The recommendations, similar to past ones, now look at overall eating patterns rather than focusing on single nutrients and there has been a shift to consider the broader community in supporting healthy eating environments.

For more information on the 2015-2020 Dietary Guidelines for Americans, go to [http://health.gov/dietaryguidelines/2015/guidelines/](http://health.gov/dietaryguidelines/2015/guidelines/). Or for information on any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office. University of Missouri Extension - your one-stop source for practical education on almost anything.
Homework for the Homebuyers
By: Trish Savage, Financial Education Specialist

Springtime is typically the start of a new home-buying season, though purchases occur all year round. Buying a home is exciting and a dream for many. Because it is such a major financial decision and commitment, it’s important to know what’s involved. A good start for potential buyers, especially the first-time home-buyer, is to do some homework before calling a professional real-estate agent. Up-front planning can make a big difference in post-purchase satisfaction.

The first step is to identify needs and wants in a home and summarize finances. Knowing priority features and a “walk-away” price limit can help with choosing homes to view and in making a final decision, especially when it comes down between two or three favorites. Summarizing finances means having current net worth and cash-flow statements, credit report and score. It is also very important to make a future spending plan that incorporates the house payment, probable home improvement and maintenance costs, property taxes and insurance premiums for that possible new home. Seeing financial information in black and white can reveal financial strengths and weaknesses. Planning ahead gives time to take steps for any necessary improvements. For instance, a credit score of 620 vs. 760 can mean the difference between receiving an interest rate of 5.1 instead of a 3.5 percentage interest rate or, $185 dollars per month for a mortgage payment. There are ways to improve a credit score, but, it does take time. It is a good idea to shop around with local financial institutions to find out specific loan interest rates, requirements and possible pre-authorization for a home mortgage for individual circumstances.

To learn more, research for unbiased and accurate information from sources like the local University Extension office or the Consumer Financial Protection Bureau (CFPB) for a program or publication. For example: http://extension.missouri.edu/hes/housing/homebuyer.htm, http://extension.missouri.edu/p/GH5002, or http://www.consumerfinance.gov/owning-a-home/.

If you have questions or comments, please contact me through the Saline County Extension Center: 660-886-6908 or savaget@missouri.edu. I serve the counties of Saline, Ray, Lafayette, Chariton and Carroll.

Scout Winter Wheat for Disease
By: Wayne Flanary, Regional Agronomy Specialist

Growers should aggressively scout winter wheat fields for fungal diseases. Conditions suitable to disease progression include wet and warmer weather. Check lower parts of canopy for disease along with the upper parts of the plant.

Strip rust has been reported in Missouri and surrounding states. This disease can affect wheat during cooler conditions and growers should be scouting fields.

Also, growers should consider the risk of scab disease which can infect flowering wheat during rain. Those growers who are looking at timing a fungicide only have a very short window of 5 to 6 days for application. The stage would be Feeks 10.5.1. Fungicides that are effective include Carmamba, Prosaro and Proline. Do not apply fungicides past label restrictions. Other fungicides can increase this disease, so be aware!

After poor yields last year, it is important to scout fields regularly and be prepared to take action.

For more information, contact Wayne Flanary at 660-446-3724 or Kurt Nagel at 816-776-6961, Extension Agronomists, University of Missouri Extension.
Use herbs more effectively
By: Janet Hackert, Regional Nutrition and Health Education Specialist

Using herbs is a great way to increase and enhance the flavors of foods and reduce the use of salt. Here are some tips for using herbs effectively.

Herbs get their rich flavors from volatiles in the plants. It is also what gives them their distinctive aromas. To maximize these flavors for cooked foods, do not add fresh herbs and spices during the hottest part of the process. Rather, if high heat is to be used, wait to add the seasonings until the dish is simmering or closer to the end of the process. If using dried herbs, add these to slow-cooked dishes like pastas, stews, soups and casseroles. Incorporate them early on so they have time to rehydrate and infuse their flavor throughout the dish.

University of Missouri Extension publication N362 Herbs and Spices has two charts that help a cook who is new to the use of an herb or spice figure out how or when to use it. The one chart lists commons herbs and spices then shows what dishes it is used in. For example, thyme can be used in dishes like soups, stews, sauces and meat loaf, and with vegetables like onions, carrots and beets. In the other chart, there is a list of vegetables and seasonings that are popular with each one. For example, Brussel sprouts can be seasoned with basil, caraway or dill and squash can be enhanced with allspice, basil, cinnamon, cloves, ginger, mustard, nutmeg or rosemary, depending on the taste desired.

Storing herbs well can prolong their shelf life and keep them flavorful. Fresh herbs can be kept fresh for up to a week by snipping the ends of their stems, wrapping them in wet paper towels, placing in a plastic bag and storing in the produce bin of the refrigerator. Keep them in sight, though, so they get used and not wasted. If there is more in the bunch than will be used while they can stay fresh, extra can be dried or frozen for later use. Larger quantities of many leafy herbs can be crushed and frozen in ice cube trays. Remove frozen herb cubes and place in a freezer container for conveniently-sized quantities – just thaw and use.

Dried herbs will last up to one year if stored in airtight containers, out of direct light and away from strong heat. Keeping them dry is also key to retaining their flavor.

CookingMatters.org has a handout, 10 Tips on Using Herbs and Spices, on their web site. For more information on using herbs effectively, or any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.

Growing Degree Tool Forecasts Corn Development
By: Wayne Flanary, Regional Agronomy Specialist

Spring corn planting across Northwest Missouri varied considerably with the ability of growers to plant into wet soils. So what is the impact of delayed planting and different planting dates across the region?

A tool called U2U Decision Support Tool for Corn GDD has been designed on the web so growers can compare current conditions to long term historical records so one can project trends through the end of the growing season.

You select the geographical area, planting date, maturity of corn and then project the current year’s development with that of historical weather information. Using this tool, one can run any number of scenarios to answer questions that are specific to the growers needs.

This tool was developed by nine Midwest universities and funded by USDA.

For more information, contact Wayne Flanary at 660-446-3724 or Kurt Nagel at 816-776-6961, Extension Agronomists, University of Missouri Extension.
Bed Bugs—Reduce risk while thrift shopping
By: Connie Neal, Housing & Environmental Design Specialist

Thrift shopping can be fun and help you save money. Don’t spoil your fun by taking home unwanted pests. Bed bugs are a significant pest! They hide in cracks and crevices, especially in box springs, mattresses, clothing and furniture. Bed bugs can build up large numbers before noticed and are very hard to eliminate from the home environment. According to Oklahoma State Cooperative Extension, because they are hitchhikers they can be brought into thrift stores on clothing, furniture and other used items from bed-bug infested homes. They are very good at hiding and sometimes very difficult to find. They can live a long time, at least a year without a blood meal. Picking up used furniture at thrift stores could mean a higher risk for bed bugs but there are steps to prevent them and still enjoy thrift shop items.

Prevention is free and easier than treatment. If bed bugs invade your home, treatment is very expensive. Bed bugs require professional treatment. Search for signs of bed bugs. Young bed bugs are light tan. They become darker in color as they get older. Adult bed bugs are about the size of an apple seed, reddish brown in color. The eggs are very small and white in color. Females can produce as many as 500 eggs. Bed bugs like to hide near their host. The mattress, box springs and headboard are common places for hiding. Any bug, alive or dead indicates a problem. Bed bugs defecate often as they process their blood meal leaving black or rusty spots which will appear in the seams of fabric, on top of the mattress, on sheets or other fabric covering furniture. These spots can also be found on wood. Bed bugs like to hide together and will produce a dirty looking area containing cast skins, eggs and fecal material. If you see a dirty spot on a piece of furniture, be sure to examine it closely for bed bugs.

Before purchasing household textiles and clothing, ask the thrift shop owner what precautions they take to ensure items are bed bug free. Heat treatment would be a good answer, especially for beds and other upholstered furniture.

Check garments for obvious signs of bed bugs. When taking them home, wash household textiles and clothing immediately and dry using normal setting on the dryer. Heat kills bed bugs and eggs. If an item cannot be washed, place it in the dryer for one cycle. Inspect sofas and upholstered chairs thoroughly. Vacuum and empty the vacuum cleaner bag into the outside trash. If you have a steamer, steam the couch by slowly running the steamer over the entire couch from top to bottom. After sanitizing, if possible, place in a garage or storage area for at least a few days. In summer, consider covering items with clear plastic and setting them in the sun.

It is important to teach family members how to reduce risk when thrift shopping. Remember, bed bugs can thrive in the cleanest house because there are still plenty of places to hide. Taking a holistic approach to bed bug control means reducing or eliminating clutter. Prevention is the best form of bed bug control.
Occasionally, I will receive a call from a home gardener who has beautiful tomato plants, but little if any fruit. They have spent a lot of time and money and have gorgeous, lush plants. But no fruit. What went wrong?

There are several possibilities that can lead to this problem. One of the more common problems is excess nitrogen. When you see a large, beautiful tomato plant, with little fruit, this is the likely cause. The tomato is putting all its energy into vine, and little into fruit. I remember visiting a gardener once that had put lots of compost into his garden site, and then fertilizer on top of that. He had no tomatoes. In this case, it was too much of a good thing. Compost is great, but don’t overdo it.

Temperature affects tomato fruit set as well. If it’s too hot or too cold, tomatoes will not set fruit. If night time temperatures are below 55 degrees, tomatoes may not set fruit. They are, after all, a warm season plant.

But too much heat can be just as bad, even though tomatoes like warm weather. When daytime highs reach 95 degrees or above, many tomatoes will not set fruit. Flowers will still form, but no fruit will set. Just as critical is the night time temperature. If the temperatures remain above 70 degrees at night, this can create problems for many tomato varieties.

So generally, tomatoes like to see night time temperatures between 59 and 68 degrees, and daytime temperatures less than 95 degrees. “But wait a minute,” you say, “I live in Missouri and want to grow tomatoes.” If you are having problems with tomato fruit set due to high temperatures, there is hope. Plant breeders have bred tomato plants which are more tolerant of high heat, and will set fruit better under those conditions. Just pick one of those varieties.

A couple of other weather-related factors can inhibit tomato fruit set. One is low humidity. In some instances, low humidity, especially during periods of high temperatures, will cause poor fruit set. I would hazard a guess that low humidity won’t be a problem for most of Missouri. But low moisture can certainly be a problem and contribute to low fruit set. During periods of drought, stressed tomato plants will not set fruit well. So be sure to water your tomatoes regularly, but not excessively.

It has also been found that tomatoes under continuous light do not set fruit well. The key here is to avoid garden sites that are under lights that remain on all night, such as security lights or street lights.

Finally, are your tomatoes getting enough light? Tomatoes like full sunlight, and while they can tolerate some shade, if there is too much shade, they may not set fruit well.

Ok, so you’ve done everything right, and your tomatoes are still not setting fruit. What can you do? There are sprays based on plant hormones that will encourage fruit set. Just go to your local garden center and ask for them.
July 2016

7  Winning Government Contracts: The First Steps  Thursday, July 7, 2016, 1 p.m. to 4 p.m. 4747 Troost Bldg 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. Registration information call Michelle Cunningham at 816 235 2891 ext. 2. Cost is $50. Facilitator Michelle Cunningham, cunninghammic@umkc.edu University of Missouri-Kansas City SBTDC.

7  Make My Strawberry Jam  Thursday, July 7, 2016, 3 p.m. to 5 p.m. Location, Ray County Health Department 820 E. Lexington St., Richmond MO. Junior food preservation class. Cost is free. Facilitator Shanshan Chen chensha@missouri.edu MU Extension in Lafayette County Phone: 660/584-3658.

8  Stay Strong, Stay Healthy  Friday, July 8, 2016, 9 a.m. to 10 a.m. Saline County Health Department 1825 Atchison Ave, Marshall MO. Cost is Free. Facilitator Shanshan Chen, chensha@missouri.edu MU Extension in Lafayette County phone: 660/584-3658.

11 A Matter of Balance-Marshall Living Center  July  Monday, July 11, 2016, 1 p.m. to 3 p.m. The Living Center, TLC Classroom 2506 Linden Tree Pkwy, Marshall MO. An award winning program, Matter of Balance is designed to reduce the fear of falling and increase the activity levels of older adults. The eight two-hour sessions help participants learn how to view the issue as something controllable and practice exercises that can increase flexibility, strength and balance. Call (660) 886-6908 or stop by the Saline County Extension Center, 353 S. Lafayette. Questions? Contact Trish Savage, Family Financial Education Specialist at 660-886-6908, savaget@missouri.edu . Cost is $20. Facilitator Trish Savage, savaget@missouri.edu MU Extension in Saline County Phone: 660/886-6908.

13 High School Financial Planning Program  Wednesday, July 13, 2016, 9:30 a.m. to 2 p.m. Carrollton Public Library 1 N. Folgers St., Carrollton MO. This program is to help educators who work with older youth. It is targeted to personal finance teachers who teach financial concepts in the classroom, but, it may benefit others who work with youth, like 4-H group leaders or youth ministers in churches, etc. The program reviews the free curriculum from the National Endowment for Financial Education (NEFE) and the free instructional resources available. It is also a great opportunity to network with teachers from other schools. It will also offer a few teaching ideas to make financial education more fun and engaging to your students. To register, call Linda at the University of Missouri Extension Center in Marshall: 660-886-6908. Cost is Free. Facilitator is Trish Savage, savaget@missouri.edu MU Extension in Saline County phone: 660/886-6908.

For additional Northwest Region events, please contact your local extension office or visit www.extension.missouri.edu
### Northwest Region Extension Specialists

#### Regional Director
Karma Metzgar, St. Joseph  
(816) 279-6064  
Regional Administrative Associate  
Jill Knadler, St. Joseph  
(816) 279-6064

#### AGRICULTURE

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<td>Randa Doty, Maryville</td>
<td>Ag Business</td>
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<td>Wayne Flanary, Oregon</td>
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<td>Kurt Nagel, Richmond</td>
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<td>Shawn Deering, Albany</td>
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#### BUSINESS DEVELOPMENT AND PROCUREMENT

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<td>(816) 279-1691</td>
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<tr>
<td>Gk Callahan</td>
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#### COMMUNITY DEVELOPMENT

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<th>Phone</th>
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<tbody>
<tr>
<td>Jerry Baker</td>
<td>Rock Port</td>
<td></td>
<td>(660) 744-6231</td>
</tr>
<tr>
<td>Beverly Maltsberger</td>
<td>St. Joseph</td>
<td></td>
<td>(816) 279-1691</td>
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#### 4-H YOUTH DEVELOPMENT

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<th>Name</th>
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<tbody>
<tr>
<td>Nancy Coleman</td>
<td>4-H Life Specialist</td>
<td></td>
<td>(816) 776-9691</td>
</tr>
<tr>
<td>Debbie Davis</td>
<td>Vacant (Clinton, DeKalb,</td>
<td></td>
<td>(816) 539-3765</td>
</tr>
<tr>
<td>Annette Deering</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shaun Murphy</td>
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<tr>
<td>Becky Simpson</td>
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<tr>
<td>Cindy Wells Buchanan</td>
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<tr>
<td>Taylor Bryant</td>
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<tr>
<td>Susan McNickel</td>
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<td></td>
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<tr>
<td>Jena Eskew</td>
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#### HUMAN ENVIRONMENTAL SCIENCES

<table>
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<th>Name</th>
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<tbody>
<tr>
<td>Meridith Berry</td>
<td>Family Financial Education</td>
<td></td>
<td>(660) 359-4040</td>
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<tr>
<td>Trish Savage</td>
<td></td>
<td></td>
<td>(660) 886-6908</td>
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<td>Vacant, Savannah</td>
<td>Housing &amp; Environmental Design</td>
<td></td>
<td>(816) 324-3147</td>
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<tr>
<td>Connie Neal</td>
<td></td>
<td></td>
<td>(660) 582-8101</td>
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<td>Vacant, St. Joseph</td>
<td>Human Development</td>
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<tr>
<td>Jessica Trussell</td>
<td>Nutrition &amp; Health Education</td>
<td></td>
<td>(660) 646-0811</td>
</tr>
<tr>
<td>Katie Buchs, St. Joseph</td>
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<td>(816) 279-1691</td>
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#### HUNDLEY WHALEY SUPERINTENDENT

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<tbody>
<tr>
<td>Bruce Burdick</td>
<td>St. Joseph Satellite Office</td>
<td></td>
<td>(660) 726-3698</td>
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#### NEWSLETTER EDITORS

<table>
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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Clint Dougherty &amp; Bob Kelly</td>
<td>Newsletter Editors</td>
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#### LAYOUT DESIGNER

<table>
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<th>Name</th>
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<tbody>
<tr>
<td>Maranda Acton</td>
<td>Layout Designer</td>
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#### BOTTLED county name indicated headquartered county

#### 4-H Life

<table>
<thead>
<tr>
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#### FAMILY NUTRITION EDUCATION

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<th>Name</th>
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<tbody>
<tr>
<td>Penny Crawford</td>
<td>Family Nutrition Education</td>
<td></td>
<td>(816) 632-7009</td>
</tr>
<tr>
<td>Connie Mowrer</td>
<td></td>
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<td>(816) 632-7009</td>
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#### FNEP Nutrition Program Assistants/Associates

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Micah Doty</td>
<td></td>
<td></td>
<td>(660) 425-6434</td>
</tr>
<tr>
<td>Pamela Gladbach</td>
<td></td>
<td></td>
<td>(660) 584-3658</td>
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<tr>
<td>Connie Griffith</td>
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<td>(816) 632-7009</td>
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<tr>
<td>Tracy Minnis</td>
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<td>(660) 646-0811</td>
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<tr>
<td>Lacy Pearl</td>
<td></td>
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<td>(816) 279-1691</td>
</tr>
<tr>
<td>Lauren May</td>
<td></td>
<td></td>
<td>(816) 279-1691</td>
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<tr>
<td>Julie, Meek</td>
<td></td>
<td></td>
<td>(816) 632-7009</td>
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<tr>
<td>Gina Ripples</td>
<td></td>
<td></td>
<td>(660) 446-3724</td>
</tr>
<tr>
<td>Sue Robison</td>
<td></td>
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<td>(660) 582-8101</td>
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#### Natural Resource Engineering

<table>
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<th>Name</th>
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<tbody>
<tr>
<td>Jim Humphrey</td>
<td>Natural Resource Engineering</td>
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<td>(816) 324-3147</td>
</tr>
<tr>
<td>Amie Schleicher</td>
<td></td>
<td></td>
<td>(660) 744-6231</td>
</tr>
<tr>
<td>Tim Baker</td>
<td></td>
<td></td>
<td>(660) 663-3232</td>
</tr>
<tr>
<td>Tom Fowler</td>
<td></td>
<td></td>
<td>(816) 279-1691</td>
</tr>
<tr>
<td>Vacant, Carrolton</td>
<td></td>
<td></td>
<td>(660) 542-1792</td>
</tr>
<tr>
<td>Jim Crawford</td>
<td></td>
<td></td>
<td>(660) 744-6231</td>
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#### Technology Development Centers

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Rebecca Evans Lobina</td>
<td>St. Joseph Satellite Office</td>
<td></td>
<td>(816) 364-4105</td>
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</table>
**Feature Articles Inside this Issue:**

**Nutrition and Health**
- Get Fit for Summer
- Summer Workout – Taking Care of Your Nutritional Needs
- Drink to Your Health
- Use Herbs more Efficiently
- 2015-2020 Dietary Guidelines for Americans

**Family Financial Education**
- Housework for the Homebuyer

**Agronomy**
- Scout Winter Wheat for Disease
- Growing Degree Tool Forecast Corn Development

**Horticulture**
- Why Tomatoes Don’t Set Fruit

**Housing & Environmental Design**
- Bed Bugs - Reduce the Risk While Thrift Shopping

**Community Development**
- Be Prepared for Severe Weather

**Regional Program & Activity Calendar**

**Northwest Region Extension Specialists & Staff**

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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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**Vision:** University of Missouri Extension is a valued and trusted educational solution to improve the quality of life in Missouri, the nation and the world.

**Mission:** Our distinct land grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.

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University of Missouri Extension
Buchanan County
4125 Mitchell Avenue
St. Joseph, MO 64507

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