Although we often think of pumpkins in terms of pie or Halloween decorations, pumpkins are more versatile than most people think.

The flesh of the pumpkin can be used in a variety of cooked dishes as a good source of vitamins K and A, magnesium, fiber and potassium. Vitamin A helps maintain eye health, potassium helps maintain healthy blood pressure, and vitamin K and magnesium work together with calcium and vitamin D to build and maintain strong bones. Pumpkins also provide vitamin C, folic acid, pantothenic acid and copper.

When choosing a pumpkin for eating, select varieties bred for flavor, known as pie or sweet pumpkins. These are usually smaller, sweeter and have more pulp than the types used for jack-o-lanterns. Larger, waterier, decorative pumpkins can also be eaten. When using a pumpkin for both decoration and food, keep it safe to eat by drawing on it with non-toxic paint or markers instead of carving it. Or better yet, get one for carving and one for eating.

Under cool running water, use a vegetable brush to scrub dirt and germs away from the pumpkin. This helps to avoid driving any harmful bacteria that may be lurking on the outside surfaces into the flesh when it is cut.

Pumpkin can be canned, frozen or dried for later use. Can pumpkin in chunks — pureed pumpkin is too thick to can safely, and no research-based recipe or procedure has been developed for home canning. The University of Georgia Cooperative Extension Service has a procedure to can pumpkin or other winter squash on their website.

To freeze, select full-colored mature pumpkins with fine texture. Wash, cut into cooking-sized sections and remove seeds. Cook until soft in boiling water, steam, pressure cooker, oven or microwave. Small pumpkins can be pierced and baked whole on a tray in an oven or microwave until soft.

Bake at 325°F until a fork or knife pierces the skin easily. Let cool and scoop out the flesh. It should fall away from the skin when done. To cool cubed, steamed pumpkin, place pan containing the pumpkin in cold water and stir occasionally. Then remove the pulp from the rind and mash. Package the pumpkin in sealable containers or bags in amounts to match your recipes, label and freeze until ready to use it.

Pumpkin can be used to make pies. But it can be used in many other ways. Try it as squash chunks, with just a little margarine drizzled on them. Or puree the squash, add a little margarine, sprinkle with cinnamon, cloves and nutmeg, mix it in and you have a quick and easy crust-less mock-pumpkin pie. The puree can also be used in cakes, cookies and bread.

Pumpkin and other winter squashes can also be grilled. Wash them, cut in slivers or slit in half the long way, remove seeds and membranes, and lay the open side down toward the heat. Place in a cooler part of the grill for slow even cooking. Season with garlic, cumin or other spices you use for vegetables.

If you end up with more than you can use in a few days, freeze the rest for best results. Simply place in freezer bags or boxes in quantities that suit your favorite recipe or your table and then thaw in the refrigerator when you are ready to use later.

For more information on pumpkins or 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.
Preventing sunscald in young trees

By: Tim Baker, Horticulture Specialist

When examining a young tree that is having major problems with cracking on its trunk, or possibly even losing bark, I often blame the initial cause of the problems to sunscald. Sunscald usually occurs when the tree is very young, with thin bark. It is most commonly seen on the southwest side of the tree, but can occur anywhere the sun can hit it.

Sunsclad damage normally occurs in the winter, when the tree is subject to frequent freeze/thaw cycles. Think about it...you have a nice sunny January day, and the sun warms up the trunk, perhaps thawing it out. Then what happens that night, if the clear skies continue? The mercury heads for the bottom of the thermometer, and everything refreezes.

This constant freezing and thawing damages the bark, and a crack may develop which eventually widens and exposes the wood underneath the bark. Needless to say, this is a bad situation. If the tree is healthy and vigorous, some healing may occur. But often the damage is permanent.

Trees that are most susceptible to sunscald damage have smooth, thin bark. These include most fruit trees, but also ornamental species such as maples, willows, oaks, and many more.

The key to sunscald prevention is to reflect light. In some places, people will paint the lower trunks of susceptible trees with a thin coating of white latex paint. Be sure it’s latex paint, if you decide to take this approach.

The high-tech way to reflect light off the trunk of the tree is to use a tree wrap. The best kind for this purpose is the expandable white plastic type. This not only reflects light, and keeps temperatures cooler on the trunk of the tree, but it also offers some protection from nibbling animals such as mice, voles, and rabbits.

Late fall is a good time to put tree wrap around trees you wish to protect. It’s best to remove tree wrapping materials in the early spring. March would be ideal. If left on the tree, these wrapping materials may girdle the tree if they are too tight. The expandable tree wrap may prevent this to some degree, but I still think it’s a good idea to remove it every spring.

There is good news. As trees age, and develop thicker bark, they are less subject to sunscald. Therefore, as a thicker bark develops, you usually won’t need to be putting tree wrap on your tree each fall.

Prevent alarming fire deaths

By: Janet Hackert Nutrition and Health Specialist

“Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries,” says the National Fire Protection Association (NFPA). Learn how, then follow up – it could save lives.

According to NFPA, “Three of every five home fire deaths resulted from fires in homes with no smoke alarms (38%) or no working smoke alarms (21%).” So the first step is to install smoke alarms properly: have enough of them, in the right places and be sure they all work.

Some recommended locations for smoke alarms are obvious, others not as much. Since a person is less likely to notice a pending danger while asleep, smoke alarms should be installed inside all sleeping areas, as well as outside those rooms. There should be one on each level of the house, including the basement. In the basement, the best placement is on the ceiling at the bottom of the stairs that lead up to the rest of the house. Avoid false alarms by placing a smoke alarm at least 10 feet away from a stove, oven, microwave or other cooking appliance. Do not place smoke alarms near windows, doors or ducts since drafts can interfere with their proper operation. Place alarms no more than 12 inches from the ceiling on a wall or on the ceiling itself since hot smoke rises. For peaked ceilings, locate alarms at least 4 inches from the peak, but still within three feet of the peak.

Smoke alarm maintenance is three-fold. 1.) Test the alarm monthly to make sure it is still working properly. If it is not, replace the battery or the whole alarm, as needed. 2.) Replace regular batteries if an alarm is chirping (that is, signaling a low battery). 3.) Replace the entire alarm every ten years. There is a date on the back that indicates when it was manufactured.

There are two kinds of smoke alarms. Ionization smoke alarms do best detecting flaming fires and “photoelectric smoke alarms are generally more responsive to fires that begin with a long period of smoldering,” according to NFPA. Best case scenario is to have a mix of the two types and to have them interconnected so that when an alarm sounds anywhere in the house, they all alert the occupants to the danger.

The Federal Emergency Management Agency reports, “The risk of dying in a home fire is cut in half in homes with working smoke alarms.” Update your home’s smoke alarm system today.

For more information on smoke alarm use or any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.
Pawpaws anyone?
By: Tim Baker Horticulture Specialist

If you happen to be out in the woods this fall, you may come across an interesting fruit that resembles a short, stout banana from 2 to 5 inches long. The skin is initially a light green, turning brown when the fruits are ripe. Ripe fruits have the consistency of egg custard. What have you found? Assuming you have identified it correctly, (and DON'T eat it unless you're sure), you have found a pawpaw.

The pawpaw (Asimina triloba) is a member of the custard apple family (Annonaceae). Most members of this family are found in the tropics, but the pawpaw is well adapted to much of the United States. It is also known as the Missouri banana, Nebraska banana, winter banana, or custard-apple. It usually grows as a large shrub or small tree. Fruits normally ripen in September or October, depending on the part of the country where it is growing.

Like many wild edibles, you may or may not like the flavor. And some people have noted allergic reactions to pawpaws, so proceed with caution. The custard-like pulp surrounds several large, dark brown, flat seeds. While fresh, ripe, soft to the touch pawpaws are eaten raw, some prefer to use them in cooked foods such as puddings, ice cream or other desserts.

In their natural habitat, pawpaws are found along river bottoms or wooded slopes near streams, usually in the shade of other trees. They can be grown successfully as a landscape plant. Pawpaws can grow in shade, but also grow well in full sunlight. If you decide to grow them, keep in mind that they will reach a height of from 15 to 20 feet. They could become larger. The leaves are oblong, deep green and smooth margined, from 6 to 12 inches long. They remain on the plant until late fall, when they finally turn yellow and fall. The flowers are a deep purple-red color, but are not especially showy.

Pawpaws do not transplant well as large plants. If you order them from a nursery, try to get smaller plants. You can also start them from seed. Just plant the seeds in the site where you want them to grow, in the fall. But it may take several seasons for them to get started, because the seed coat must be decomposed by microorganisms in the soil before they can germinate. Another caution: left undisturbed, pawpaws will form a grove or thicket of plants. This is because they propagate from root suckers. So if you don't want them to spread, you will need to keep the new plants mowed down. Grafted cultivars planted in full sun yield more and larger fruits than those grown in the shade.

You will need several plants for cross pollination. Even then, pollination by insects is sometimes a problem. The flowers are pollinated by flies and beetles attracted to rank smells and are not attractive to bees.

Will pawpaws ever catch on as a popular fruit? Some people hope so. Pawpaw cultivar research has been conducted at several universities for years. Our MU Center for Agroforestry has research plantings at several Missouri locations. This includes both named cultivars and selections from the wild. Both individuals (Neal Peterson) and groups (e.g, the North American Fruit Explorers, Kentucky State University), have found better strains in the wild, and cultivated them as superior selections. Who knows? Perhaps we will eventually see commercial pawpaw operations come of efforts such as this.

Minimize soil compaction during harvest
By: Wayne Flanary, Agronomy Specialist

Wet soils can impact harvest. A couple of combines have been badly stuck in mud in the region. We have had some localized heavy rains. Also, as crops mature, we create conditions where plants do not use water so that in turn creates saturated soil conditions.

A good way to reduce soil compaction is to have dedicated travel lanes. Many growers use on the go unloading but this may impact high yields of next year’s crop.

Tire inflation should be adjusted for the axle load being carried. Larger tires with lower air pressure allow for better flotation and reduced pressure on the soil surface.

Of course, soil moisture is a concern. Avoid operations when soil moisture is near field capacity and extremely wet.

Last, hold off fall tillage until soil conditions are drier or avoid fall tillage completely.

For more information, contact Wayne Flanary at 660-446-3724, University of Missouri Extension Regional Agronomist.
Grapes for Home Gardens

By Tim Baker Horticulture Specialist

As I travel around Northwest Missouri helping homeowners with their horticultural problems, I sometimes find a few grapevines in their yards. This is an interesting plant, with both food and landscaping potential. And its fruit can be used in a number of versatile ways. I often wonder why more people don’t grow them.

Grapes are included in the family Vitaceae, and the common genus we see in Missouri is *Vitis*. This genus includes both wild and domestic species. There are two major types that we see cultivated in Missouri. These include native American bunch grapes, such as ‘Concord’, and the French-American hybrid grapes that are used for wine. True European grapes, which includes the major wine varieties and some table/raisin grapes such as ‘Thompson Seedless’, are difficult to grow in Missouri, and are not as common here. Another type that is sometimes seen in Southeast Missouri is the muscadine grape. Unfortunately, they do not do well in most of Missouri, since they can be damaged when temperatures fall below 10 degrees.

In selecting a site for grapes, remember that they are subject to frost damage, and thus known frost pockets should be avoided. The sides of open, rolling hills are ideal. Grapes will tolerate a variety of soil types, but the soil should be well-drained.

For table grape use, the native American grapes are best suited to our area, and are less prone to disease problems. Grapes such as ‘Concord’, ‘Niagara’, and ‘Delaware’ are excellent choices. Some seedless varieties such as ‘Reliance’ and ‘Suffolk Red’ are good choices as well.

A few problems can be expected with grapes each growing season. Perhaps the biggest disease problem is black rot. This disease can be controlled, but you must spray regularly to keep it from taking over. A few other diseases and insects can be troublesome from year to year, and I strongly suggest you get a copy of our guide sheet “Fruit Spray Schedules for the Homeowner”. This will tell you exactly what problems to look for, and when to spray for them.

Perhaps the most common question from homeowners that I get with grapes is how to prune them. Grape pruning is no mystery, but you do have to be very aggressive with the vines, and you should remove a lot of wood every year, if pruning is done correctly. If you are growing grapes, I would suggest that you call me and request some of the bulletins that I have on pruning grapes. These publications show the different training systems, and how to prune them.

Grapes are normally planted in the spring when the weather begins to warm up. They may be propagated from cuttings, or bought as nursery stock.
Changes to the Fair Labor Standards Act

The Fair Standards Labor Act’s new overtime regulations may alter the classifications of your employees and their eligibility for overtime pay. This seminar is designed to help business, HR departments, payroll clerks, elected leaders, and workers to better understand and implement the new overtime requirements.

Topics covered will include:
- What is the Fair Standards Labor Act (FLSA)
- What are the new changes to the regulations
- Who is newly eligible for overtime pay
- When does this regulation go into effect
- What are the changes going forward
- Who to contact for compliance questions

Seminar Details
Date: November 30th, 2016
Time: 4-5:30 p.m.
Location: East Hills Library
502 N Woodbine Rd. St. Joseph, MO 64506
Cost: $30 per person

To Register: Make checks payable to Buchanan County Extension 4125 Mitchell Ave., St. Joseph MO 64507. Contact Maranda Acton to pay by credit card by calling the Buchanan County Extension office at 816-279-1691 or actonma@missouri.edu. Pre-registration is required. No payments will be accepted at the door. Stick around for a seminar on Prevailing Wages for no additional cost.

Lodged Soybeans
By: Wayne Flanary, Regional Agronomy Specialist

Some area soybean fields have lodging and growers are asking the cause. Often, when we have good rainfall conditions during the vegetative stages, we will have lodging. Also, the wind storms that occurred this summer could have contributed to lodging.

Population is always a concern. High populations can contribute to lodging but most growers are planting lower populations.

Low potassium soil test levels can cause soybeans to lodge. Be sure to check soil test levels to determine if this is contributing to lodging.

Finally, variety selection is also critical. Probably, one of the critical issues is to examine the lodging scale of the variety from sales literature. Later planted soybeans such as mid-May will produce the tallest plants compared to typical planting.

For more information, contact Wayne Flanary at 660-446-3724, University of Missouri Extension Regional Agronomist.
Finding Help to Enroll in a Health Insurance Plan

By: Trish Savage, Financial Education Specialist

For those who need help finding or enrolling in a Health Insurance plan for 2017, there is free assistance available. Individuals and families can work with a Navigator or Certified Application Counselor (CACs). They are trained professionals who help consumers apply, enroll and learn if they qualify for help paying premiums (tax credits) or other forms of financial assistance. Navigators and CACs are paid with federal, state or local funding. You should never be charged a fee for help enrolling in the Marketplace.

Individuals and families who may buy a plan in the Missouri Marketplace include: those who live in Missouri, are a U.S. citizen or national and will be lawfully present in the U.S. during the time of coverage and who are not incarcerated.

To find a local Navigator or CAC, visit https://LocalHelp.Healthcare.gov or https://covermissouri.org. At the LocalHelp.healthcare.gov website, enter your ZIP code, and then choose “Coverage for Myself or My Family.” and click “Search.” You will get a list of local Navigators or CACs with their addresses and phone numbers. At the covermissouri.org website, use the “findlocalhelp” tab, then follow the instructions to find an assister, or call 1-800-466-3213. Both sites offer help in English and Spanish.

Additional sources for help include: the MU Extension website: http://extension.missouri.edu/insure, and the Marketplace Call Center (open 24 hours a day), call 1-800-318-2596.

Licensed agents and brokers can help consumers find a health insurance plan in or outside the Marketplace. Agents and brokers will be compensated by the health insurance company in accordance with state law. Federal and state training and certification will apply. Agents or brokers who meet all the Navigator standards can be a Navigator; however, if they are Navigators, they cannot receive direct or indirect consideration from an issuer related to enrolling people into the issuer’s plan(s). They must be appropriately registered to conduct business in the individual Marketplace. To locate those who are certified to operate in the Health Insurance Marketplace, visit https://LocalHelp.healthcare.gov.

For more information, contact me at the University of Missouri Extension Center in Marshall by calling 660-886-6908. I serve the counties of Saline, Ray, Lafayette, Chariton and Carroll.

Area Growers Conduct Crop Tests

By: Wayne Flanary, Regional Agronomy Specialist

Seven area growers allowed the University of Missouri Extension Service to conduct strip trials on their farms in 2015. The focus of these trials was phosphorus, nitrogen timing, cover crop comparisons and cover crop termination studies.

This year, we hope to continue the work with these growers and are seeking to add additional strip trials. The trials will be focused in the Holt, Atchison, Nodaway, Buchanan, Andrew, Clinton and DeKalb counties.

These tests are replicated strip tests using grower’s equipment and harvested using yield monitors to record yield data. The trials are field length plots. The Extension regional agronomist will coordinate trials with growers.

If you are interested in participating, please call Wayne Flanary, Regional Agronomist, University of Missouri Extension at 660-446-3724.
Plan to Attend the 21st Annual Great Plains Growers Conference

The Great Plains Growers Conference will be held on January 12-14, 2017 at the Fulkerson Conference Center on the Missouri Western State University Campus in St. Joseph, Missouri.

Grower tested and research-based information on optimizing your production of fruits, vegetables and mushrooms are the highlights of this conference. As well as a full day of great information on honeybee management. It doesn’t matter if you are an experienced grower or someone with a dream about starting to grow and sell produce, there will be something for you.

The conference and trade show is a collaborative effort by University of Missouri Extension, Lincoln University, Iowa State University Extension, K-State Research and Extension, and Nebraska Extension. Last year the conference drew over 500 producers and exhibitors from 22 states.

On Thursday January 12th, the conference kicks off with six daylong workshops, including greenhouse & hydroponic production, soil health, tree fruit production, honeybees, Food Safety Modernization Act grower training and mushroom production.

Concurrent sessions on Friday and Saturday January 13th and 14th provide a total of over 60 presentations on a wealth of subjects. In addition to presentations on conventional and organic vegetable production, there will be tracks on tree & small fruit production, beginning & advance organic production, season extension, farm mechanization, selling local foods, farm to school and a research update.

Friday also features keynote speaker Jean-Martin Fortier, author of "The Market Gardener: A Successful Growers Handbook for Small-Scale Organic Farming", whose 10-acre micro-farm in Quebec, Canada grosses more than $100,000 per acre each year. His farming strategy emphasizes intelligent farm design, appropriate technologies and harnessing the power of soil biology to optimize production, making the farm more lucrative and viable each year.

“The trade show is also a big draw for conference participants” said Tom Fowler, Buchanan County Extension Specialist, “we had over 50 booth spaces last year that filled the Fulkerson Conference Center and expect the same or more this year,” he added.

Registration, which includes meals and breaks, for the Thursday workshops is $55 per person and $45/day per person for Friday and Saturday sessions. Student registration is $25.00/day with valid student identification.

The conference is going to be held at the Fulkerson Conference Center on the Missouri Western State University campus in St. Joseph, MO. Headquarter hotels include:

- Stoney Creek Inn, 1201 Woodbine, (816) 901-9600
- Drury Inn and Suites, 4213 Frederick, (800) 325-0720
- Hampton Inn, 3928 Frederick, (888) 370-0981

A full program, registration information and updated details of the conference can be found at the conference website: www.greatplainsgrowersconference.org for more information about the program and a registration form, contact Buchanan County Extension at buchananco@missouri.edu or phone (816) 279-1691.

For More Information Visit www.greatplainsgrowersconference.org or email buchananco@missouri.edu

www.facebook.com/GreatPlainsGrowersConference

50+ Trade Show Fruit & Vegetable Exhibitors will have information about seeds, insects, equipment, chemicals and many other products.
Give the gift of health
By: Janet Hackert, Nutrition and Health Specialist

As the holidays approach, this is a great time to start thinking about gifts for those we care about. What better gift than the gift of good health. Although no one can infuse into another’s life the guarantee of good health, we can encourage one another toward healthier choices.

Physical Activity
One way to show we care is to find the perfect things, wrap them up and give them as gifts to loved ones. Another way is to take care of our health or theirs by being physically active.

Being physically active has a positive influence on health in a number of ways. For example, being physically active can lower the risk of heart disease and stroke, high blood pressure and cholesterol, type 2 diabetes, and colon and breast cancer. It can also help maintain a healthy weight and prevent falls. Being active can also reduce depression and maintain cognitive function in older adults.

According to the 2008 Physical Activity Guidelines for Americans, adults should get at least 150 minutes per week of moderate cardiovascular activity and children 6-17 years olds should get 60 minutes or more a day of aerobic activity. Both should also be doing muscle-strengthening activities three times a week. For children and youth, this can be part of their daily hour of activity. At any age, these activities can involve a sport, exercise, or just moving for fun.

Helping oneself or a loved one meet these recommendations provides lots of great ideas for gift giving. Walking is an easy way to fit fitness in and a pedometer is one way to get motivated to walk more. They come in an assortment of styles, from simple and inexpensive ones that just count steps and clip on a waistband to elaborate ones that can be worn as a bracelet and that measure steps, heart rate, miles, location and may even have other useful features like time and a music player. There are also apps for a mobile device that go along on a walk that will map out a route for a desired distance or time.

Other gifts include exercise equipment such as weights, kettle balls, weight machine, yoga mat or exercise DVDs; or sports equipment such as soccer balls, footballs, bats, cleats, singlets, surf boards or skis. And there are lots of games that can be given that encourage physical activity, such as balls, Frisbees, jump ropes, running or sliding toys, or tossing games.

An IOU for time together to move is another option: as a walking partner, a swim pass, or a trip to a park or hiking trail.

Give the gift of health by getting physically active and encouraging loved ones to do so too.

Eating Well
Eating well is another part of a healthy lifestyle. A gift of a healthy eating option may come in the form of what is offered at a party or shared meal or what is given as a present.

Here are some suggestions for a healthier way to experience eating at holiday festivities.

Team up! Make a plan with the friend or family member who will also be attending the meal, party or other eating event and who shares your interest in good health. Strategize on how to make healthier food choices based on what can be expected. For example, choose to fill a small plate only once and munch on it throughout the time spent sharing holiday cheer, keeping the quantity eaten to a reasonable amount. Or decide together the healthier choices, like veggies and dip or whole grain crackers and cheese, and fill up on those with only a little of the high-fat, high-sugar, high-calorie options usually prevalent at such gatherings. And support one another in those choices to avoid the temptation of eating too much or too many calories.
Bring a fun, healthy choice to the meal or party. There are many delicious AND nutritious options. For example, to get closer to making half the plate vegetables and fruits as recommended by USDA’s MyPlate symbol, bring a casserole of spaghetti squash and meatballs, or veggies and a low-fat dip. Mix 1 cup fat-free yogurt, 1 cup low-fat sour cream, a packet of ranch dressing mix and top with red and green bell peppers. Or focus on fruits like sliced star fruit, kiwis and strawberries, or baked apples.

For the person on your present list who is trying to be health-conscious, make a present of something that will help the recipient make healthier choices. Perhaps a beautiful set of plates that are smaller than the usual dinner plate size to help with portion control. Or a delicate cut-glass or pottery bowl or dessert dish that could make even a smaller amount of pudding or ice cream a delightful (and small) culinary experience. Or offer the gift of a nutritious delicacy – a mix of dried fruit, an exotic whole grain, or a well-aged, tangy low-fat cheese.

Screenings
Another way to show we care for others is to take care of our own health or theirs by keeping up with screenings.

Along with eating well and being physically active, screenings are a great preventative measure. Most screenings check on diseases or conditions which, if caught early, can be more easily treated and/or managed. There are many screenings that may or may not be useful, depending on a person’s age, gender, personal and family medical history and other factors. And there are other screenings that simply notify the individual as to what his or her medical status is.

Hypertension, or high blood pressure, is among the simplest and least invasive screenings and only takes a few minutes. Sometimes called the ‘silent killer,’ blood pressure can creep up unnoticed and have significant ill effects. It should be measured every two years, starting after age 18, and more often when it is above normal (or 120/80 mg Hg).

For all adults over 20 years of age, the Mayo Clinic recommends that, “Total cholesterol, low-density lipoprotein (LDL) and high-density lipoprotein (HDL) cholesterol, and triglyceride levels be tested every five years… If any values are elevated, more frequent monitoring is appropriate.” They also recommend that, “adults with hypertension or a body mass index (BMI) above 25 should have their fasting blood glucose level checked,” in agreement with the US Preventative Services Task Force recommendations.

To catch breast cancer early, the American Cancer Society recommends that, “women in their 20s and 30s should have a clinical breast exam as part of a periodic health exam by a health professional, at least every 3 years. After age 40, women should have a clinical breast exam every year,” along with a screening mammogram every year for as long as they are in good health.

Other screenings that may be appropriate, depending on one’s circumstances, include colorectal cancer, prostate cancer, vision, hearing and dental screenings, glaucoma testing, skin cancer and osteoporosis testing. Consult a medical professional to see who should have these screenings.

Give the gift of health by getting screened and encouraging loved ones to do so also.

For more information on giving the gift of healthy activity, giving the gift of healthy eating, giving the gift of health screenings or any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.
November 2016

29  **Getting Down to Brass Tracks of Farm Leases.** Tuesday, Nov. 29, 2016, 6 p.m. to 8:30 p.m. MU Extension in Johnson County 135 W Market Street, Warrensburg MO. This workshop will cover the "ins and outs" of developing a successful lease for cropland and pasture. Topics to be discussed include: Items needed for leases; How to terminate a farm lease; Missouri leasing law; Cash rental trends; and Options in farm rental agreements . Registration is $5 per person. Pre-registration is required by November 22nd. Contact the MU Extension Center in Johnson County at 660-747-3193 to get registered or for more information. Facilitator Nathaniel Cahill, cahilln@missouri.edu MU Extension in Johnson County phone: 660-747-3193.

30  **Changes to the Fair Labor Standards Act** Wednesday, Nov. 30, 2016, 4 p.m. to 5:30 p.m. East Hills Library 502 N Woodbine Rd. St. Joseph, MO. This seminar is designed to help businesses, HR departments, payroll clerks, elected leaders, and workers better understand and implement the new overtime requirements. Registration is $30 per person. Pre-registration only, no payments will be accepted at the door. You can register by mailing a check to Buchanan County Extension 4125 Mitchell Ave. St. Joseph, MO 64507 or by credit card by calling 816-279-1691 or emailing actonma@missouri.edu. Two-for-one special: Join us at 6 p.m. to learn more on Prevailing Wage standards and how they may apply to your business, school district, local government, or your workers.

30  **An Introduction to Prevailing Wage** Wednesday, Nov. 30, 2016, 6 p.m. to 8 p.m. East Hills Library 502 N Woodbine Rd. St. Joseph, MO. This seminar is designed to help businesses, public officials, and workers better understand these laws. Registration is $30 per person. Pre-registration only, no payments will be accepted at the door. You can register by mailing a check to Buchanan County Extension 4125 Mitchell Ave. St. Joseph, MO 64507 or by credit card by calling 816-279-1691 or emailing actonma@missouri.edu

December 2016

1  **Family Medical Leave Act and Americans with Disabilities Act Compliance Seminar** Thursday, Dec. 1, 2016, 8 a.m. to 12:30 p.m. Stoney Creek Hotel & Conference Center 18011 Bass Pro Drive, Independence MO. During this briefing, we will review recent developments under the ADA and FMLA and walk through, step by step, how employers should administer FMLA leave and engage in the interactive accommodation process under the ADA. A working knowledge of the FMLA and ADA is recommended. Registration deadline is 11/29/16, cost $129 Member Rate/$149 Non-Member Rate. Facilitator Kelly Dyer, kdyer@mochamber.com Business Development Program SBTDC, MU Extension phone: 573-634-3511.

6  **Building Strong Families at Ridgeway Elementary School** Tuesday, Dec. 6, 2016, 5:30 p.m. to 6:30 p.m. Tuesday, Dec. 6, 2016, 5:30 p.m. to 6:30 p.m. Session Topic: BSF: Positive Discipline . Registration contact Kristi Weldon at Ridgeway School. Cost is free to attend. Facilitator Jessica Trussell, trusselljl@missouri.edu MU Extension in Livingston County phone: 660-646-0811.

17  **Calving Clinic** Saturday, Dec. 17, 2016. 21262 Genoa Road, Linneus MO. This consists of a one day seminar with topics including how to identify dystocia, winter feeding and nutrition during gestation, economic importance of fall and spring calving, and more. This will include lunch. Early registration will be $5 less than at-event registration. Cost is $25.00. Facilitator Anita Snell, snella@missouri.edu MU Extension in Sullivan County phone: 660-265-4541

For additional Northwest Region events, please contact your local extension office or visit www.extension.missouri.edu
### Regional Director
Karina Metzgar, St. Joseph  (816) 279-6064

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

### Agriculture
- **Ag Business**
  - Shawn Deering, Albany  (660) 726-5610
  - Jim Humphrey, Savannah  (816) 324-3147
  - Amie Schleicher, Rock Port  (660) 744-6231

- **Livestock**
  - Tim Baker, Gallatin  (660) 663-3232
  - Tom Fowler, St. Joseph  (816) 279-1691
  - Kathi Mecum, Carrollton  (660) 542-1792

- **Agronomy**
  - Vacant, St. Joseph
  - Vacant, Trenton

- **Horticulture**
  - Vacant, Maryville
  - Vacant, Savannah

- **Natural Resources 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

### Community Development
Jerry Baker, Rock Port  (660) 744-6231
Beverly Maltsberger, St. Joseph  (816) 279-1691
Gk Callahan, Lexington  (660) 259-4633

### 4-H Youth Development
- **Youth Program Associates**
  - Steven Steiner (Clinton, DeKalb, Caldwell)  (816) 539-3765
  - Kelly Todd (Holt)  (660) 446-3724
  - April Meighen (Mercer, Grundy)  (660) 748-3313
  - Samantha O’Riley (Atchison)  (660) 744-6231
  - Carisa O’Dell (Carroll)  (660) 542-1792
  - Janet Sager (Gentry)  (660) 726-5610
  - Bart Skroh (Harrison)  (660) 425-6434
  - Devan Voss-Rolofson (Andrew)  (816) 324-3147
  - Sharon VanDusen (Livingston)  (660) 646-0811
  - Vacant (Buchanan)  (816) 279-1691
  - Cody Green (Worth)  (660) 582-8101
  - Joan Zeller, (Lafayette)  (660) 584-3658

- **4-H Life**
  - Nancy Coleman (Ray, Lafayette)  (816) 776-6961
  - Debbie Davis (Clinton, DeKalb, Caldwell)  (816) 539-3765
  - Annette Deering (Nodaway, Worth, Atchison)  (660) 582-8101
  - Shaun Murphy (Livingston, Mercer, Grundy)  (660) 646-0811
  - Becky Simpson (Daviess, Harrison, Gentry)  (660) 663-3232
  - Cindy Wells Buchanan, Andrew, Holt)  (816) 279-1691
  - Taylor Bryant (Saline, Carroll)  (660) 886-6908
  - (Bolded county name indicated headquartered county)

- **Specialists**
  - Susan McNickle (Buchanan)  (816) 279-1691
  - Jena Eskew (Livingston)  (660) 646-0811

### Human Environmental Sciences
- **Family Financial Education**
  - Meridith Berry, Trenton  (660) 359-4040
  - Trish Savage, Marshall  (660) 886-6908
  - Vacant, Savannah  (816) 324-3147

- **Housing & Environmental Design**
  - Vacant, Maryville  (660) 582-8101

- **Human Development**
  - Katie Buchs, St. Joseph  (816) 279-1691
  - Jessica Trussell, Chillicothe  (660) 646-0811

- **Nutrition & Health Education**
  - Janet Hackert, Bethany  (660) 425-6434
  - Vacant, Trenton  (660) 359-4040
  - Vacant, St. Joseph  (816) 279-1691

- **Family Nutrition Education**
  - Micah Doty, Bethany  (660) 425-6434
  - Pamela Gladbach, Higginsville  (660) 584-3658
  - Connie Griffith, Cameron  (816) 632-7009
  - Tracy Minnis, Chillicothe  (660) 646-0811
  - (Vacant), St. Joseph  (816) 279-1691

- **Youth Program Associates**
  - Penny Crawford (Project Director), Cameron  (816) 632-7009
  - Connie Mowrer (Program Manager), Cameron  (816) 632-7009

### Northwest Region’s Small Business & Technology Development Centers
**St. Joseph Satellite Office**
- Rebecca Evans Lobina  (816) 364-4105

### Newsletter Editors
Clint Dougherty & Bob Kelly

### Layout Designer
Maranda Acton, St. Joseph
Feature Articles Inside this Issue:

Nutrition and Health
- Pumpkins: What to do with them
- Prevent Alarming Fire Deaths
- 2015-2020 Dietary Guidelines for Americans
- Give the Gift of Life

Family Financial Education
- Finding Help to Enroll in a Health Insurance Plan

Business Development and Procurement
- Changes to the Fair Labor Standards Act

Agronomy
- Minimize Soil Compaction During Harvest
- Lodged Soybeans
- Area Growers Conduct Crop Tests

Horticulture
- Preventing Sunscald in Young Trees
- Pawpaws Anyone
- Grapes for the Home Gardens
- Plan to Attend 21st Annual Great Plains Grower’s Conference

Regional Program & Activity Calendar
- Northwest Region Extension Specialists & Staff

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