

SEASONAL INFLUENZA (FLU) AND COLDS PREVENTION

by Beverly Maltzberger, Community Development Specialist

The flu and cold season is upon us. Whether you are at home or out in the community, there are several higher risk areas that can facilitate germ transmission. To name a few, there are dining facilities, shopping areas, high occupancy classrooms, offices, laboratories, and social or athletic events. This is the time to observe good personal hygiene habits/practices.

How Germs Spread

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

How to Help Stop the Spread of Germs

Take care to:

- Cover your mouth and nose when you sneeze or cough
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick and check with a health care provider when needed
- Practice other good health habits

Cover Your Mouth and Nose When You Sneeze or Cough

Cough or sneeze into a tissue and then throw it away. Cough or sneeze into your upper sleeve, not your hands, if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean Your Hands Often

When available, wash your hands – with soap and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.



Avoid Touching Your Eyes, Nose, or Mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for two hours or more) on surfaces like doorknobs, desks, tables, cell phones, keyboards, telephones, chairs, paperwork, pens and pencils, etc.

Stay Home When You are Sick and Check with a Health Care Provider when Needed

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Remember, keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme fatigue
- cough
- sore throat
- runny or stuffy nose
- muscle aches
- nausea, vomiting, and diarrhea, (much more common among children than adults)

Practice Other Good Health Habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

More Facts, Figures, and How-To Ideas

CDC and its partner agencies and organizations offer a great deal of information about hand washing and other things you can do to stay healthy and avoid the germs that cause flu, the common cold, and other illnesses. Other resources of information are also available at: <http://www.cdc.gov/flu/protect/stopgerms.htm>

Source: Roger Riddlemoser, Assistant Director, MU Environmental Health and Safety

GARDENING NEW YEARS RESOLUTIONS

by Tim Baker, Horticulture Specialist

A new year is already underway, and for those people who failed to make their gardening new year's resolutions, I thought I would devote my column this month to a few suggestions. I will base these on a few of the common questions and problems that I see every year, as well as a few recommendations for better gardening.

- Get a soil test. This is the foundation for gardening. Do not pass "go" without this one.
- Start a compost pile. Free nutrients! And compost promotes better soil health.
- Plant new varieties of your favorite vegetables. You might find something you like.
- Try new types of plants. Experiment. It's fun!
- Plant a fall garden. Some plants do great in the fall, and you'll extend your season.
- Rotate your crops. It's best to rotate between plant families to lessen disease issues.
- Try some culinary herbs. Fresh herbs make fantastic dishes at meal time!
- When planting your vegetable garden, plant a little extra for someone else. Your elderly neighbor who loved to garden but finds it difficult now will appreciate it!
- Use raised beds. By elevating your garden rows a few inches, your plants will have better drainage, leading to better health.
- Learn your bugs, or get an ID before you spray. Don't spray needlessly. You may even be spraying a beneficial insect.
- Get the correct ID on plant diseases. The type of spray needed could greatly vary, depending on whether the disease is fungal, bacterial, or viral in origin.
- Consider season extension with plastic. A little plastic, used properly, can protect your plants from frost. It can let you plant earlier and harvest later, extending your season.
- Before planting fruit, research its needs. Some fruit-producing plants

may require a special soil pH. Others may have cross-pollination requirements.

- Don't cut your grass too short. Taller grass is healthier, with fewer weeds.
- Don't over-fertilize your grass... or any plant for that matter. The right amount promotes healthier plants. Your soil test will tell you how much fertilizer to apply.
- When planting trees... think "Future". How tall and wide will that cute little tree be in 20 years?
- Use pesticides safely and follow label directions.
- Sign up for a Master Gardener class. You'll learn a lot about gardening and meet a lot of interesting fellow-gardeners.
- Call your local MU Extension center for guide sheets on all your gardening needs.

UNIVERSITY OF MISSOURI Extension

Vegetable Gardening Class

Friday, January 20 at 10:00AM

The Klub, Mound City, MO

Please pre-register at 660-446-3724 so we can have accurate count of handouts needed. .

A \$5 fee is required to cover handouts!

- **Site Selection**
- **Planting Date**
- **Spacing**
- **Soil Testing and Fertility**
- **Types of Vegetables**
- **Watering**
- **Season ExtensionAnd more!**
- **Plenty of time to answer questions!**

Taught by Tom Fowler, Regional Horticulture Specialists

Program Sponsored by Holt County Extension Council

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AGRICULTURE EMPLOYMENT REFRESHER

by Kevin Hansen, Ag Business Specialist

As with many situations in life, we tend to get in a routine of operating our business or life in the manner we have done for years. However, over the years, the laws may change or people we deal with come and go, and there are times when we just need to analyze our business operations to make sure we are in compliance with the law. It is just good and sound business practice to do so. With that in mind, this article is intended to be a summarization of the major compliance practices you should be aware of when operating in the agriculture industry.

As an employer, there are specific posters and informational sheets that need to be posted where employees can find them if the employer is covered under those law requirements. Knowing which criteria one falls under can be located by viewing documents at www.dol.gov

Information that employers really need to stay on top of include OSHA (occupational safety and hazards act) and new potential rulings on youth employment. Nothing as of yet has changed for youth recently but future rulings could have an impact on how you recruit help during the school year and throughout the summer when one can have extended work weeks. Employers also need to be aware of how they get their work done. Are they using employees or are they hiring contractors? Being able to identify how the work is being done, with what, and whether or not direct supervision is involved, can be major determining factors in how wages are reported and deductions taken.

As we continue to move more into the electronic filing for taxes, monthly, quarterly, and annual reporting becomes much easier to report and change via online services. Getting started with the initial setup and selecting a password to verify your business saves you time and diminishes lost or

misplaced paper work. One can go to www.irs.gov/efile for more information.

Things that can assist producers and agriculture businesses alike is to have a good filing system. No one filing system is correct. The catch is to have a system that works and works for you when you need to use it. Records retention on your employees is a must. Furthermore, even after they are gone, one wants to maintain records for future needs if it would ever arise. Having specific references on hand for current operations is also helpful. Some of those references might include but are not limited to:

- IRS Pub 51 – Agriculture employer tax guide
- IRS Pub 15 – Federal tax withholding contributions
- IRS Pub 225 – Farmers tax guide
- Division of Employment Security – Employer rights and responsibilities
- Missouri tax withholding contributions
- Employee handbook

Following up on making sure you are in compliance can save you some headaches down the road if an employee were to file a claim. Furthermore the potential fines from the government can be substantial if you are found to be negligent.



MISSOURI CROP PERFORMANCE TESTS AVAILABLE

by Wayne Flanary, Agronomy Specialist

The corn and soybean Missouri Crop Performance tests are available at your local Extension office for free. The northern testing sites included Craig, but was flooded, Albany, Novelty and LaGrange. The corn trials at Albany had a range from 178 to 70 bushels per acre. The soybean yields ranged from 74 to 54 bushels per acre. When using the data, look at the sites across northern Missouri which represent different yield environments.

Different yield environments provide an opportunity to see how a hybrid or variety will perform with different weather risks. Stop by your local Extension office and pick up your free copy.

For more information, contact Wayne Flanary at (660) 446-3724 or Heather Benedict at (660) 425-6434, Regional Agronomists, University of Missouri Extension.

INTER-SEEDING LEGUMES INTO EXISTING FORAGES

by Jim Humphrey, Livestock Specialist

Many forage areas in Northwest Missouri have adequate amounts of grasses, but several lack the quantity and diversity of legumes producers desire. Inter-seeding legumes can be done for several reasons including decreasing nitrogen fertilizer costs and improving forage quality, especially in endophyte infected pastures. The first step in establishing legumes into existing forage stands is to take a good set of soil samples that adequately represent the area you are planning to inter-seed legumes. These samples can be analyzed for around \$15 per sample at commercial labs or at the University of Missouri. Make sure you indicate on the soil test information sheet you are establishing legumes. Once soil sample results are obtained, apply the necessary lime and fertilizers per the soil test recommendations. Obtaining optimum soil pH and phosphorous levels are the most important when establishing and maintaining legume stands. Once soils are limed and fertilized, you are ready to seed your legumes.

Be prepared to seed in a timely manner to

minimize weed competition and ensure legume seedlings have the best chance to get adequately established. Usually the best time to inter-seed legumes is in late winter, for our area it is usually during the month of February or March. When possible get your legume seed from a certified seed representative. This should ensure varietal purity and proven performance. Legumes can be inter-seeded easier in bunch grasses such as orchardgrass, timothy, and some of your warm season grasses. Minimum seeding rates for broadcasting your legume seed on top of undisturbed soils are: alfalfa and lespedeza 10 lbs/acre, red clover 4 lbs/acre, and birdsfoot trefoil 6 lbs/acre.

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

NEW SMART PHONE APP FOR WINTER SURVIVAL

by Beverly Maltzberger, Community Development Specialist

A new smart phone application from the North Dakota State University Extension Service will help motorists stuck in winter weather, according to Beverly Maltzberger, MU Extension Community Development Specialist.

The Winter Survival Kit app can be as critical as a physical winter survival kit if you find yourself stuck or stranded in severe winter weather conditions, says Bob Bertsch, NDSU Agriculture Communication Web technology specialist. It's available free for both Android and iOS systems.

"Our app will help you find your current location, call 911, notify your friends and family, calculate how long you can run your engine to keep warm and stay safe from carbon monoxide poisoning," Bertsch said. "You can use the Winter Survival Kit app to store important phone and policy numbers for insurance or roadside assistance. You can also designate emergency contacts you want to alert when you become stranded."

The Winter Survival Kit app will alert you every 30 minutes to remind you to turn off your vehicle's engine periodically and check the exhaust pipe for snow buildup. These alerts are critical in helping you avoid deadly carbon monoxide poisoning, Bertsch says.

The Winter Survival Kit app also provides NDSU Extension Service information on how to put together a

physical winter survival kit, prepare your vehicle for winter driving and stay safe when stranded in a storm or stuck in snow.

The app was developed by Myriad Devices, a company based in the NDSU Research and Technology Park incubator, which was founded by students and faculty in the NDSU Electrical and Computer Engineering Department and College of Business. The NDSU Extension Service provided design and content input, and funded the project with a U.S. Department of Agriculture National Institute of Food and Agriculture (NIFA) Smith-Lever Special Needs grant.

This is the second smart phone app developed jointly by the NDSU Extension Service and Myriad Devices with NIFA support. The Disaster Recovery Journal app lets users record information about damages as they enter their flooded homes using text, images and audio, and provides Extension information on how to clean or deal with flood-damaged items. Learn more about the apps at <http://www.ag.ndsu.edu/extension/apps>. For additional information about preparing your home, family and auto for winter weather in Missouri, visit: <http://extension.missouri.edu/main/DisplayCategory.aspx?C=261>

A “SIGN” OF GOOD MARKETING

by Tom Kelso, Business Development Specialist

Small businesses in this economy, especially those that are just getting started, don't have money to waste on marketing campaigns and forms of media that do not have a good return on investment. Marketing budgets are tight and so are the pocketbooks of most intended customers. Small business owners need a vehicle which will reach the customers they need without sapping the company of sometimes desperately needed working capital.

Research shows that 85% of a business's customers live, or work, within a five mile radius of that business. Data from the US Census Bureau shows that 18.6% of the US population relocates every year. This means that a majority of a business's customers are traveling through and around the community in which that business is located. The bad news is a certain percentage of those customers are leaving the area on a regular basis and need to be replaced.

In addition to being relatively inexpensive, signs are the most durable form of advertisement. Well designed signs placed at the location of the business itself, and in the community in which the business is located, have the potential of being seen by the majority of the customers the business should be targeting. Moreover, unlike print and broadcast media, signs will be around long after the program is over and the newspaper has been recycled. Websites and social media, such as FaceBook and industry blogs, require constant updating as postings are continually being pushed down the page. Once you design a sign, you may not need to think about it for years.

Some points to keep in mind when designing signs:

- Keep it simple. You can make a better point by saying less and not diluting your message. “Just do it” “Take it to B.J.'s” “Eat at Joe's.” Try to keep the main message on the sign down to 10 words or less. Seventy-five percent of all people will pick out one word of a sign to remember the first time they see it.
- Try to position your signs to be seen from as many different directions as possible.
- Keep the colors, the slogan, the logo, and the style of font consistent with all of your other marketing materials. When you hand someone a business card, when they see the magnetic sign on the side of your truck, when they see a sign in the yard of the house you are remodeling the customer should say to themselves: “I've seen this before.”
- Use colors which have a high contrast. Black lettering on a yellow background is generally

accepted as being the most readable. Followed by black lettering on a white background and white lettering on a black background.

- Unless there is a city ordinance, or a neighborhood covenant against it, make your sign stand out from its surroundings, and other nearby signs. Blue and green complement each other very well. But if your sign is going to be surrounded by sky and trees, you might to go with another color scheme.
- Make sure that you locate your signs where they will be, or can be, well illuminated at night.
- Before you order a sign, be sure the size of lettering you are using can be easily read from the street. Check the size lettering used by neighboring businesses.
- Put magnetic signs on work vehicles and construction locations where your company is performing its work. If you are doing your job well, others who want the same type of work done will want to know how to contact you.
- Make sure to always include a phone number and/or a website on all signage. You want to make it as easy as possible for a potential customer to find you.
- Because we read from left to right and from top to bottom, put the logo and/or key graphic at the top, and to the left. You don't want people driving by to be confused or unable to quickly gather the information you want them to have from your sign.
- If the sign you are placing is visible from a Missouri State Highway, it must be approved by the Missouri Department of Transportation. Stacie Armstrong is the Roadside Management Supervisor with the Maintenance and Traffic Division. Their phone number is (573) 751-8647.

How important and valuable is signage? Best Buy discovered that about 17% of its customers never intended to stop at their store, but came in anyway because they saw the sign outside the store.

Another great example is a carwash in southern California. They had a sign, but it was small, and didn't stand out from the other signs in the area. You couldn't even tell from the signage that the business behind it was a car wash. The owner invested \$15,000.00 in a digital graphic pictorial sign, which immediately caught the eye and made it easy to tell it was a carwash. As a result, sales increased the first year by \$135,000.00, almost 9 times the cost of the sign.

WHAT DO I NEED TO BRING TO A TAX PREPARATION SITE?

by Dr. Rebecca Travnichek, AFC, Family Financial Education Specialist

Save your MONEY!

Get your taxes done for FREE!



You can get free tax preparation assistance from IRS certified VITA/TCE preparer.

You could qualify for the Earned Income Tax Credit for up to \$5,600.

Tax preparation sites in Savannah, Unionville, Gallatin, and other locations across Northern Missouri!

To schedule your appointment, contact your local University of Missouri Extension office.

For more information, call Kathy at University of Missouri Extension in Andrew County at 816-324-3147.

EARN IT. KEEP IT. SAVE IT.

UNIVERSITY OF MISSOURI
 **Extension**

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension Councils Cooperating
an ADA/Equal opportunity institution
Please let us know if you have any disability that requires special materials or services.

- Birthdates of all primary, secondary and dependents on the tax return. If married and filing jointly, both spouses should be present.
- All wage and income statements for 2011 (e.g., W-2, W-2G, 1099-R forms).
- Interest and dividend statements from financial institutions (Form 1099) if applicable.
- Proof of day-care expenses paid in 2011 including: provider's name, address, phone number, and federal ID number.
- Receipt totals for any expenditures you want to be considered for itemized deductions.
- A copy of last year's federal and state returns, if available.
- To directly deposit your refunds, bring a check or savings book with you to verify the account and bank routing numbers.

To file taxes electronically on a Married Filing Jointly tax return, both spouses must be present to sign the required forms.

Trained community volunteers can help eligible taxpayers with all special credits, such as the Child Tax Credit or Credit for the Elderly. Also, many sites have language specialists to assist people with limited English skills.

In addition to free tax return preparation assistance, most sites use free electronic filing (e-filing). Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper—even faster if taxpayers have their refund deposited directly into their bank accounts. If taxpayers owe, they can make a payment April 18 by authorizing an electronic funds withdrawal (direct debit) from a checking or savings account, paying by credit (Discover Card®, American Express®, MasterCard® or VISA® Card), or by check or money order (made out to the United States Treasury) using Form 1040-V, Payment Voucher.

Dr. Travnichek will be traveling to county extension centers and/or family services agencies across the 15 northwest Missouri counties to prepare FREE income tax returns for low- to moderate-income individuals and families. Each county will have specific days for appointments. Contact your local extension office to find out when appointments are being scheduled, or contact Kathy Hoffman at (816) 324-3147.

Source: <http://www.irs.gov/newsroom/article/0,,id=203141,00.html>

Nearly 12,000 free tax preparation sites will be open nationwide this year as the Internal Revenue Service continues to expand its partnerships with nonprofit and community organizations performing vital tax preparation services for low-income and elderly taxpayers.

The IRS Volunteer Income Tax Assistance (VITA) Program offers free tax help to people who earn less than \$42,000. The Tax Counseling for the Elderly (TCE) Program offers free tax help to taxpayers who are 60 and older.

Today, partners and local officials will be hosting news conferences or issuing news releases nationwide to highlight the Earned Income Tax Credit and their free tax preparation programs. The EITC is already the government's largest cash assistance program targeted to low-income Americans. However, not all eligible taxpayers may be aware or claim the credit.

Taxpayers need to bring to the VITA/TCE sites the following items:

- Government issued Photo Id (Driver's License) for taxpayer and spouse.
- Valid Social Security cards or ITIN numbers for taxpayer, spouse, and all dependents.

EARNED INCOME TAX CREDIT: DO YOU QUALIFY?

by Dr. Rebecca Travnichek, AFC, Family Financial Education Specialist

As we start the New Year, money might be tight. Paying bills and meeting financial obligations can be even tougher when someone has limited income or has been laid off from work.

Fortunately, there is help. Tax season is approaching, and many working individuals are eligible for the Earned Income Tax Credit, or EITC. Households that qualify for the EITC could receive a tax refund of *up to \$5,751*. The EITC is a powerful work incentive and the *single most effective anti-poverty program* in existence. It's money that families can use to put food on the table... move into better housing... invest in education... save for the future... and contribute back to the community.

- Families with one child who earn less than \$36,052 in 2011 (or less than \$41,132 for married workers) are eligible for a credit of up to \$3,094.
- Families with two children who earn less than \$40,964 in 2011 (or less than \$46,044 for married workers) are eligible for a credit of up to \$5,112.
- Families with three or more children who earn less than \$43,998 in 2011 (or less than \$49,078 for married workers) are eligible for a credit of up to \$5,751.
- Workers without a qualifying child who earn less than \$13,660 in 2011 (or less than \$18,740 for married workers) are eligible for a credit of up to \$464.

How do families claim the EITC?

Families can claim this credit by completing Schedule EIC along with their tax returns. Many people pay tax preparation services to do their returns, not knowing that they might be eligible for free tax assistance. The Volunteer Income Tax Assistance Program, or VITA, provides IRS-trained and certified volunteers to prepare and file tax returns for **FREE** for qualified individuals and families.

This service can help individuals and families **SAVE** money and bring **EXTRA** money home. VITA sites are available beginning January 27 to April 18, 2012. All VITA tax preparation is provided **FREE** of charge, made possible by assistance from the IRS, University of Missouri Extension, and local family service agencies and organizations in your community. Contact your local county extension office to find the VITA site nearest you.

Dr. Travnichek will be preparing **FREE** tax returns, by appointment, at the following locations:

- Andrew County Extension Center, Savannah (816) 324-3147 - January 27 - February 1; dates after March 5th
- Buchanan County Extension Center, St. Joseph (816) 279-1691 - February 3
- Putnam County Extension Center, Unionville (660) 947-2990 - February 6-10
- Daviess County Extension Center, Gallatin (660) 663-3232 - February 14-16
- Grundy County Extension Center, Trenton (660) 359-4040 - February 17
- Atchison County Extension Center, Rock Port (660) 744-6231 - February 22
- Holt County Extension Center, Oregon (660) 446-3724 - February 24
- Community Action Partnership, Cameron (660)632-7345 - February 27-28
- Clinton County Extension Center, Plattsburg (816) 539-3765 - March 2
- Mercer County Extension Center, Princeton (660) 748-3315 - March 5
- Harrison County Extension Center, Bethany (660) 425-6434 - March 6



NORTHWEST REGIONAL 4-H STATE WINNERS

by Debbie Davis, 4-H Youth Specialist

Top county winners of Missouri 4-H Recognition Forms are annually submitted for regional judging to receive state honors. Debbie Davis, 4-H Youth Specialist and NW Regional Awards Coordinator, has announced the 2011 Level I and II NW winners: "Our community judges are continually amazed at the depth and breadth of our 4-H programs seen through the summaries submitted by our youth. Within the report's 4-H stories, the youth have a chance to share their passion for 4-H and what a difference it has made in their life. Their stories of lessons learned through a wide variety of projects and contributions to communities with service and citizenship are priceless."

Level I winners, ages 8-10, will receive a 4-H camp scholarship: Terryn Dodson, Livingston County; Latorrie Johnson, Grundy; Kaitlyn Rechterman, Caldwell; Mardee Sadowsky, Harrison; and Tessa Travelute, Gentry. The Level II winners, ages 11-13, will receive a scholarship to the Missouri 4-H Teen Conference or Missouri 4-H Congress: Lauren Adams, Clinton County; Meredith Clevenger, Caldwell; and Alysa Lyle, Worth. Congratulations to our regional winners and to all 32 NW 4-H youth who had their form selected to be judged at the regional level.

WHO WANTS TO WEAR THE GREEN JACKET?

by Debbie Davis, 4-H Youth Specialist

If you are elected to the Missouri 4-H State Council, you'll have the honor of wearing THE Green Jacket! The Missouri State 4-H Council is an annually elected body of 4-H youth who are the ambassadors and spokespersons for Missouri 4-H. They help plan and carry out State 4-H Congress and State 4-H Teen conference. Council members represent Missouri 4-H at volunteer hours at the Missouri State Fair, State 4-H Contest national, regional, and state events, and other 4-H events. How do you get there? You need to be 14-18 years old by January 1, 2012, have been a 4-H member in good standing for at least one previous year, be willing to make the commitment for the multiple week end council meetings, and apply! The application is available on the Missouri 4-H web site: <http://mo4h.missouri.edu/go/getinvolved/council/> and needs to be returned to Debbie Davis before March 1. Applicants will be scheduled for regional interviews at the Cameron First Christian Church, March 11 between 2-4 pm. As a candidate, you will want to make your plans to attend State Congress at the University of Missouri, Columbia, May 30-June 1, during which the NW Congress delegation will elect their three regional representatives. Good Luck and we hope to see you wearing THE State council green jacket next year! Questions? davisdd@missouri.edu or 816-539-3765. 101 S. Main, Plattsburg, MO 64477.

YOUTH SUMMIT 2012 REGISTRATION IS OPEN

by Steve Henness

2012 Youth Civic Leaders Summit team registration is open starting Monday, Nov. 28, 2011. Registration forms are available on the 4-H website at 4h.missouri.edu/events/summit or by contacting your county extension office. Your county's local registration deadline is January 25th. The state deadline is Wednesday, Feb. 1, 2012, and early team registrations are encouraged!

JOIN | THE REVOLUTION OF RESPONSIBILITY 

7th ANNUAL YOUTH CIVIC LEADERS SUMMIT
"JOIN THE REVOLUTION OF RESPONSIBILITY!"
MARCH 2-4, 2012
age: 13 - 18 year olds

Windermere Conference Center □ Lake of the Ozarks
 Youth/adult team registration period □ December 1, 2011 □ February 1, 2012
 Fee \$120/person (some recreation options extra)
 Some partial scholarships available
 Up to 150 youth/adults capacity

IN MEMORIAM: RON WALKER, 4-H YOUTH SPECIALIST



Ron passed away December 7, 2011 after a long fight with cancer. Ron loved life, his family, and working with kids. In recent years Ron served as Youth Specialist for Andrew, Buchanan and Holt counties as well as program director for DeKalb county.

“As a kid, Ron was a tenured 4-H member. As a 4-H parent, Ron spent most of his years guiding his children down the same path. Ron Walker spent the last ten years of his life as a 4-H youth specialist helping future generations discover their passions while they developed strong life and leadership skills. He was especially proud of giving new life to

the 4-H camp program at Camp Crowder. Under his guidance it has become one of the strongest camp programs in the region.” *~taken from Ron’s obituary~*

Ron will be greatly missed by his friends and family, the youth he served, the Buchanan County Extension Office, the Northwest Regional Camp, and Missouri Extension.

Ron believed in the merit and value of the camp experience for youth, and a 4-H Camp Scholarship Fund has been established in his honor. If you wish to contribute, please mail your contributions to:

Buchanan County Extension
Ron Walker Memorial
4125 Mitchell Avenue
Saint Joseph, MO 64507

THE ULTIMATE GIFT FOR YOUTH: CAMP

Ron Walker’s memorial fund will go towards providing kids the opportunity to attend 4-H camp. As Ron believed, the camp experience is unique and can have positive impacts on a young person’s emotional, social, physical, and cognitive development. When a child is given the gift of the camp experience, they are given lifelong lessons and memories that can help them navigate a successful future.

4-H camp can boost a child’s sense of self. Of course, families want their children to develop genuine confidence and an awareness of their place in the world. These are things that can not be taught or bought by parents, they must be allowed to develop naturally. The camp experience can help facilitate that.

Participation in programs like 4-H camp assists in developing twenty-first century life skills. By performing tasks in camp, campers are learning problem-solving and teamwork skills. The confidence they are gaining is another benefit as well.



For kids, the main benefit of 4-H camp is the fun! They are given the opportunity to relax, have fun, and be kids. They will experience the joy of canoeing with others, the excitement of camp dances, or the wonder of sitting by a quiet lake taking in nature.

By giving a child the opportunity to attend camp, they are receiving the ultimate gift: independence,

friendships, self-confidence, and competencies. The gift of camp is real, giving children and youth real experiences, real opportunities for genuine growth, and unlimited potential.



Ron Walker at 4-H Camp, 2009

REGIONAL PROGRAM & ACTIVITY CALENDAR

JANUARY 2012

- 20 Returning to Farming After the Flood** (1 of 2), Friday, January 20, 9 am to noon, Velma Houts Fair Building, Rock Port. Presentations and discussion by state and federal agencies to address programs and assistance available to local producers to help return flooded farm ground to production. No cost. Contact Atchison County Extension Office at (660) 744-6231 or James Crawford crawfordj@missouri.edu
- 20 Returning to Farming After the Flood** (2 of 2), Friday, January 20, 1:30 pm to 4:30 pm, The Klub, Mound City. Presentations and discussion by state and federal agencies to address programs and assistance available to local producers to help return flooded farm ground to production. No cost. Contact Atchison County Extension Office at (660) 744-6231 or James Crawford crawfordj@missouri.edu
- 23 Missouri Corn Growers Association Meeting**, Monday, January 23, 9 am to 3 pm, Ramada Inn, St. Joseph. Missouri Corn Growers provide an information meeting including marketing, agronomy, and association business. No cost. Contact Holt County Extension Office at (660) 446-3724 or Wayne Flanary flanaryw@missouri.edu
- 26 Advanced Excel**, Thursday, January 26, 1:30 pm to 4 pm, Missouri Career Center, 301 South 7th, St. Joseph. The 2.5 hour class is designed for people who want to use Excel to set up formulas for spreadsheets. It requires knowledge of the Excel environment. Excel class is recommended as a pre-requisite. No cost. Register through the Career Center at (816) 387-9675.
- 26 Taking Care of You** (1 of 8), Thursdays, beginning January 26, 6 pm to 7 pm, Maryville Community Center, Large Meeting Room, 1407 North Country Club Road, Ste. 200, Maryville. This program was developed to help participants reduce stress levels and improve lifestyle behaviors. Participants will learn about concepts and practical strategies to better deal with life's challenges/stresses through discussions, mini-lectures, and experiential opportunities. Cost is \$15.00. Register through Nodaway County Extension (660) 582-8101 or Kelli Wilmes wilmesk@missouri.edu
- 27 PowerPoint Basics**, Friday, January 27, 9:30 am to noon, Missouri Career Center, 301 South 7th, St. Joseph. Participants will learn how to create PowerPoint slides, format, add action, photos, charts, videos, and text. No cost. Register through the Career Center at (816) 387-9675.

FEBRUARY 2012

- 7 Private Pesticide Applicator Training**, Tuesday, February 7, 9 am to noon, Youth Building, Plattsburg. Private pesticide applicator training will be conducted. Cost \$12.00 for materials. Contact Holt County Extension (660) 446-3724 or flanaryw@missouri.edu
- 13 Annies Project II - Marketing** (1 of 4), Mondays, beginning February 13, Andrew County Courthouse Basement, 411 Court Street, Savannah. Cost is \$40.00. Contact Buchanan County Extension Office at (816) 279-1691 or kellyr@missouri.edu

AG UPDATES & PESTICIDE TRAININGS PLANNED FOR NORTHWEST REGION

Ag updates are sessions designed to provide private pesticide applicators the training needed to obtain a license or to recertify an existing license. Following the pesticide training, livestock, ag business, ag engineering, and horticulture specialists will provide updates.

The ag update sessions are no cost, however pesticide licensing or recertification cost is \$12.00, which includes materials. The dates and location are:

- Holt County: Wednesday, January 25, Holt County Extension, Oregon, Begins at 8 am, (660) 446-3724
- Atchison County: Tuesday, January 13, Atchison County Extension, Rock Port, Begins at 8 am, (660) 744-6231

- Nodaway County: Wednesday, February 1, Nodaway County Administration Center, Maryville Begins at 8 am, (660) 582-8101
- Buchanan County: Wednesday, February 15, Buchanan County Extension, Saint Joseph Begins at 8 am, (816) 279-1691

The following locations are offering pesticide training ONLY:

- Clinton County: Tuesday, February 7, Youth Building, Plattsburg Begins at 9 am, (660) 446-3724
- DeKalb County: Friday, February 10, Community Room in DeKalb County Courthouse, Begins at 9 am, (660) 446-3724

NORTHWEST REGION EXTENSION SPECIALISTS

<u>REGIONAL DIRECTOR</u>		<i>Regional Administrative Associate</i>	
Karma Metzgar, St. Joseph	(816) 279-6064	Jill Knadler, St. Joseph	(816) 279-6064
<u>HUMAN ENVIRONMENTAL SCIENCES</u>			
<i>Family Financial Education</i>		<i>Nutrition & Health Education</i>	
Rebecca J. Travnichek, Savannah	(816) 324-3147	Janet Hackert, Bethany	(660) 425-6434
		Kelli Wilmes, Maryville	(660) 582-8101
<i>Housing and Environmental Design</i>		<i>Nutrition Program Associates</i>	
Connie Neal, Trenton	(660) 359-4040	Connie Griffith, Maryville	(660) 582-8101
		Debbie Herrold, Maryville	(660) 582-8101
<i>Human Development</i>		Tracy Minnis, Maryville	(660) 582-8101
Don L. Miller, St. Joseph	(816) 279-1691	Connie Mowrer, Maryville	(660) 582-8101
Jessica Trussell, Chillicothe	(660) 646-0811	Angie Rhoad, Maryville	(660) 582-8101
		Gina Ripley, Maryville	(660) 582-8101
<i>Family Nutrition Education Program Manager</i>		Sue Robison, Maryville	(660) 582-8101
Sara Brooke, Maryville	(660) 582-8101	Stephanie Weddle, Maryville	(660) 582-8101
<u>BUSINESS DEVELOPMENT AND PROCUREMENT</u>			
Clint Dougherty, PTAC, St. Joseph	(816) 279-1691	Tom Kelso, Oregon	(660) 446-3724
<u>COMMUNITY DEVELOPMENT</u>			
Jerry Baker, Rock Port	(660) 744-6231	Beverly Maltsberger, St. Joseph	(816) 279-1691
Wilson Majee, Princeton	(660) 748-3315		
<u>AGRICULTURE</u>			
<i>Ag Business</i>		<i>Livestock</i>	
Randa Doty, Maryville	(660) 582-8101	Shawn Deering, Albany	(660) 726-5610
Kevin Hansen, Chillicothe	(660) 646-0811	Jim Humphrey, Savannah	(816) 324-3147
Bob Kelly, St. Joseph	(816) 279-1691	Amie Schleicher, Rock Port	(660) 744-6231
<i>Agronomy</i>		<i>Horticulture</i>	
Heather Benedict, Bethany	(660) 425-6434	Tim Baker, Gallatin	(660) 663-3232
Wayne Flanary, Oregon	(660) 446-3724	Tom Fowler, St. Joseph	(816) 279-1691
<i>Natural Resource Engineering (Graves-Chapple Superintendent)</i>			
Jim Crawford, Rock Port	(660) 744-6231		
<u>4-H YOUTH DEVELOPMENT</u>			
<i>Specialists</i>			
Debbie Davis (Clinton, DeKalb, Caldwell)	(816) 539-3765	Becky Simpson (Davies, Harrison, Gentry)	(660) 663-3232
Annette Deering (Nodaway, Worth, Atchison)	(660) 582-8101	Vacant (Buchanan, Andrew, Holt)	(816) 279-1691
Shaun Murphy (Livingston, Mercer, Grundy)	(660) 646-0811		
<i>(Bolded county name indicates headquartered county.)</i>			
<i>Youth Program Assistants or Associates</i>			
Lisa Delameter (Mercer, Grundy)	(660) 748-3313	Rick Smith (Buchanan 4-H LIFE)	(660) 646-0811
Dale Hunsburger (Clinton, DeKalb, Caldwell)	(888) 449-2201(x 704)	Vacant (Harrison)	(660) 425-6434
Teresa Kurtz (Holt, Atchison)	(660) 446-3724	Carol Williams (Andrew)	(816) 324-3147
Karla Parman (Worth)	(660) 564-3363	Pat Wood (Livingston)	(660) 646-0811
Janet Sager (Gentry)	(660) 726-5610		
Julie Schmitt (Buchanan)	(816) 279-1691		
<u>HUNDLEY WHALEY SUPERINTENDENT</u>			
Bruce Burdick, Albany	(660) 726-3698		
<u>INFORMATION TECHNOLOGY</u>			
Meridith Berry, St. Joseph	(816) 279-1691		
<u>NEWSLETTER EDITORS</u>		Toll-Free Numbers:	
Meridith Berry & Bob Kelly, St. Joseph			
<u>LAYOUT DESIGNER</u>		DeKalb County	
Nicole Arn, St. Joseph		(888) 449-2101	
<p style="text-align: center;">Northwest Region's Small Business & Technology Development Centers</p> <p>Northwest Missouri State University, Maryville SBTDC Regional Office Dr. Frank Veeman (660) 562-1701</p> <p>St. Joseph Satellite Office Rebecca Evans (816) 364-4105</p> <p>Chillicothe Satellite Office Steve Holt (660) 646-6920</p>			

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[New Smart Phone App for Winter Survival](#)

[A "Sign" of Good Marketing](#)

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[Agriculture Employment Refresher](#)

[Inter-Seeding Legumes into Existing Forages](#)

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Regional Program & Activity Calendar

Northwest Region Extension Specialists & Staff

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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