

INDOOR AIR QUALITY AND YOUR HOME

by Connie Neal, Housing & Environmental Design Specialist

As winter approaches, we will be spending more time indoors. Now is a good time to think about measures that we should take to ensure the air we breathe in our homes will not put us at risk for health problems. Understanding and controlling some of the common pollutants in our homes may help improve our indoor air quality and reduce the risk of related health concerns. Pollutants can cause health problems such as sore eyes, burning in the nose and throat, headaches, fatigue, respiratory illnesses, heart disease, cancer, and other serious long-term conditions.

According to the U.S. Environmental Protection Agency, you can take the following steps to improve air quality and reduce related health risks at little or no cost.

Controlling the sources of pollution: Usually the most effective way to improve indoor air is to eliminate individual sources of pollution or reduce emissions. Ventilation is key. Increasing the amount of fresh air brought indoors helps reduce pollutants. By using bathroom and kitchen fans which exhaust to the outdoors, ventilation is increased and pollutants are removed. Weather permitting, open doors and windows. Outdoor air enters and leaves a house by infiltration, natural, and mechanical ventilation. When you use products or appliances that may release pollutants into the indoor air, always ventilate and follow manufacturers' instructions.

Changing filters regularly: Make sure to change or clean the filters regularly on central heaters or air conditioners. Changing filters once a month is recommended by the National Environmental Health Association.

Adjusting humidity: The concentration of some indoor air pollutants can be increased by humidity which keeps the air moist thus increasing the likelihood of mold. The key to mold control is moisture control. The EPA recommends keeping the indoor humidity between 30 and 50 percent. You can check the humidity levels in your home with a humidity gauge available at most hardware stores. To increase humidity, use a vaporizer or humidifier. You can also adjust the humidity setting on the humidifier.

Asthma is a serious, sometimes life-threatening respiratory disease that affects millions of Americans, especially children. Environmental asthma and other respiratory illnesses can be triggered or exacerbated by

numerous things in the home such as secondhand smoke, mold, pet dander, and pests such as roaches, rodents, and dust mites. Although we can't see dust mites, they live in carpets, upholstered furniture, stuffed animals and bedding. The National Environmental Health Association recommends washing bedding, including blankets, pillow coverings, and mattress pads in hot water once a week. Temperatures above 130 degrees will kill dust mites.

Radon is another health threat found in our homes. It is the second leading cause of lung cancer. It enters your home through cracks and openings in floors and walls that are in contact with the ground. You can test your home with a do-it-yourself radon kit that you can purchase at a hardware or home supply store. If the test results indicate you should fix it, call a qualified radon mitigation specialist. There are two types of mitigation, active and passive. Active is recommended as it uses a fan to draw the radon up and out of the house.

VOCs or Volatile Organic Compounds are chemicals that are emitted by a wide array of products used in homes including paints, lacquers, paint strippers, varnishes, cleaning supplies, air fresheners, pesticides, building materials, and furnishings. Most paint companies now offer low to no VOC products. When installing new carpet, it is a good idea to unroll it, perhaps in a garage first and leave for 24 hours before installing. That allows many of the VOCs to evaporate. Make sure there is plenty of ventilation when remodeling or using products that may release VOCs. Never mix products such as household cleaners unless directed to do so on a label.

As we all know, carbon monoxide can be deadly. If you have not already, you should invest in a good carbon monoxide alarm that will help protect you and your family. Check the batteries every 6 months. Every home should have at least one. It is best to place one near each sleeping area on each level of the home. They do not take the place of checking and taking good care of your home's furnace, space heater, fireplace, or gas oven.

Addressing the issues that can improve your home's indoor air quality can make for a healthier home as well as reducing you and your family's risk for health concerns related to indoor air quality.

“WHERE WOULD YOU SUGGEST WE SHOP?”

by Jerry Baker, Community Development Specialist

When searching for ways on how to increase shopping within local communities, media inputs play a large role.

Potential customers are directed to many sites through a variety of means.

Shopping places people recommend often reflect personal preference or places that are well advertised. Knowing that consumers are motivated by convenience, sales, and good service, shoppers also have certain tendencies related to their general economic conditions, the day of the week, a recognizable product or service, and other attractive options within their spending limitations.

Shopping patterns indicate that differences exist between gender, generations, and household income levels. Several surveys indicate that adults tend to shop at fewer stores and many are cutting back on their spending patterns.



It appears that shoppers prefer non-intrusive advertising. Nearly half of the adults say they go to stores that are traditionally advertising their sales. Slightly more than one-third of the adults indicate they shop for the lowest prices.

Shopping reportedly peaks during the 18-49 age range; and, it declines as the shopper ages, especially after retirement. This same pattern correlates with how consumers check advertisings. Generations under the age of 50

are more likely to shop from Friday through Sunday while the older generation often prefers to shop mid-week on days they also shop for groceries.

Checking accessible advertisings from various media to determine if the sale items fits into anticipated future purchases is a common generality that exists among various shopping groups in today's marketplace.

4-H PROGRAM STRENGTHENS TIES BETWEEN CHILDREN AND INCARCERATED PARENTS

Prison isn't normally thought of as a place to nurture family growth, but one weekend each month dozens of sons, daughters, mothers and grandmothers travel across the state for that very reason.

A University of Missouri Extension 4-H program, 4-H LIFE, works to help both inmates and their children learn skills that will help them succeed in life, both inside and outside of prison walls.

“4-H LIFE just opens up the door to communicate, to be able to address issues that we wouldn't be able to address in another setting,” said Judy Henderson, an inmate at the Chillicothe Correctional Center. “It lets me see a different side of them that I wouldn't normally have the opportunity to see because of the kind of sentence I'm serving.”

That experience is one of the goals of 4-H LIFE, which stands for Living Interactive Family Education. Inmates meet weekly to tackle topics like anger management, parenting, communication and other life skills. They discuss their values as well as how their life decisions led them to where they are today. When

their families come once a month, they have the opportunity to be a positive influence on them.

The National 4-H Council awarded \$577,000 from a U.S. Department of Justice grant to replicate Missouri's 4-H LIFE program in 12-15 federal prisons in other states. Through the 4-H National Mentoring Program, prisons in New Hampshire, Alabama, Louisiana, and Washington, D.C., hope to mirror the success of Missouri's 11-year program, which operates in prisons in Potosi, Chillicothe, Pacific, Vandalia, and Jefferson City.

“It makes a big impact on the children, because visiting your parent in prison in a traditional visiting room is kind of rigid, very strict, and that makes it hard for kids to connect with their parents,” said Lynna Lawson, a University of Missouri Extension 4-H youth development specialist. “Offenders in the program also become positive leaders that are involved in other positive activities within the prison like hospice, restorative justice or whatever is available at that

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prison.”

During visits, parents, children and caregivers all participate in a 4-H club meeting. They often share in community service activities like Puppies for Parole, where they make items that benefit dogs from a local shelter that inmates train.

“When the kids and parents work together it is quality time, and they are given the opportunity to practice the skills they learn,” said Rick Smith, a MU Extension 4-H LIFE mentoring program educator who works with the Chillicothe program. “These life skills not only help them be a more effective parent but also help them improve relationships between themselves, their children and with their children’s caregivers.”

Henderson knows life in prison before programs like 4-H LIFE gave families the opportunity for a deeper interaction with their incarcerated loved ones. She has served more than 30 years in prison for a capital offense, but said this program allows her to develop a more substantial connection to her daughter and grandchildren.

“Years ago when my daughter was young, all we did was sit at a table. We didn’t have any activities to do and didn’t have any discussions going on that comfortably opened up topics like the subject of teen problems,” Henderson said. “Now my grandchildren see me in a leadership role, see what their grandmother is really about, and it shows me a side of my grandchildren and even my daughter I didn’t know.”

Jordan, 15, is one of her grandchildren. She said that unlike in other correctional facilities – where she visited her grandmother and could not talk or interact fully – 4-H LIFE allows her a different sort of experience.

“We’ve met a lot of friends here, other kids like us and that makes you feel like you’re not alone,” Jordan said. “It feels more like home, like you can be yourself, and that has really brought us closer to grandma and each other.”

That closeness can be heard each visit, especially when exuberance overflows in the 4-H meetings. Talking about service projects and values, recognizing birthdays and reciting the 4-H pledge starts to unite them in their common experience.

“Everyone is busy with their daily lives. Teenagers don’t really want to sit with their parents, but they get excited for these 4-H meetings,” said Angel, Judy Henderson’s 43-year-old daughter. “This has become our family time to the point that for the whole two-hour drive down we didn’t even turn on the

radio. We just talked and laughed.”

The Missouri Department of Corrections recognizes this benefit inside and outside prison walls.

“The 4-H LIFE program is a family-strengthening program that teaches offenders to be good parents and helps them teach their children leadership skills, said Chris Cline, communications director for Missouri DOC. “A goal of the program is to help children avoid following in their incarcerated parents’ footsteps, and over time it has proven to change lives for the better.”

How it changes lives becomes even more apparent as inmates make parole or get released. More than 96 percent of those in Missouri prisons are eventually released.

The program makes a difference for people like Erin Markley, who participated in 4-H LIFE for nearly two years. After being released in July, Markley returned home to take care of her 7-year-old daughter, Nevaeh.

“Through 4-H and other programs here, I’ve got goals in mind today and realize the value that I’m missing in being a mom,” Markley said. “It has given me all the opportunity as a mom to instill values, morals and teaching techniques from a distance, and I recognize how important it is to be a positive example for Nevaeh and how my actions reflect in her growth.”

For more on 4-H LIFE, go to www.extension.missouri.edu/4hlife.



Above, Rick Smith, MU Extension 4-H LIFE mentoring program educator, engages a group of inmates and children during a 4-H club meeting in the Chillicothe Correctional Center.

ALL SALTS ARE NOT CREATED EQUAL

by Janet Hackert, Nutrition & Health Education Specialist

All salts – table salt, rock salt, and sea salt – are not created equally, but have basically the same effect when it comes to heart health. And yet according to an American Heart Association survey, “Sixty-one percent of respondents incorrectly agreed that sea salt is a low-sodium alternative to table salt.”

Table salt and rock salt versus sea salt are all mostly sodium chloride and in fact have approximately the same amount of sodium chloride by weight. But they come from different sources. Table salt and rock salt are mined from underground deposits and are refined to remove trace elements. Table salt is finer and often has an additive to prevent clumping. It also usually has iodine added to help with normal thyroid function.

Rock salt is the less refined product of mining the deposits. It is coarser and does not usually have any additives. Its larger crystals are useful in curing meats by drawing moisture from the meat.

As its name implies, sea salt comes from evaporating the water from sea water. The salt that

remains contains tiny amounts of minerals, such as magnesium, iron, sulfur, calcium and/or potassium, that were present in the sea water. These trace minerals give sea salts their unique flavors and colors.

So although they differ some in flavor, texture, and processing, sea salt, rock salt, and table salt are all *sodium* chloride. And, “High-sodium diets are linked to an increase in blood pressure and a higher risk for heart disease and stroke,” according to Dr. Gerald Fletcher, M.D., American Heart Association spokesperson and professor of medicine - cardiovascular diseases, Mayo Clinic College of Medicine, Mayo Clinic, Jacksonville, Fla.

The *2010 Dietary Guidelines for Americans* recommends adults consume no more than 1500 mg/d, or just about one half teaspoon. So regardless of what kind of salt is chosen, watch for salt in processed foods and used at the table to keep levels at or below 1500 mg/d for a healthy heart.

PRESERVING HERBS

by Janet Hackert, Nutrition & Health Education Specialist

The 2010 Dietary Guidelines for Americans recommends that we use much less sodium than most of us are accustomed to using: only 1500 mg/day for about half of the U.S. population, including children, and the majority of adults. It seems like a good time to learn more about preserving and using herbs instead of salt.

Many herbs can be grown in a small quantity in a pot, or for more production, in a garden. Some herbs can even be grown indoors, given plenty of sunlight and well drained soil.

Harvesting such herbs as basil, cilantro, mint, oregano, parsley, sage, rosemary, and thyme for their leaves is typically best done when the flower stems are just beginning to open. This is when the essential oils that give them their fragrance and flavor are at their peak. It is also best to harvest herbs in the morning, just after the dew has evaporated, on a day following at least two sunny days.

Many herbs can be dried to preserve them. Place cut herbs loosely in a basket to avoid crushing leaves and damaging them. Cut perennials to about half their height and annuals to just a few inches. For herbs with larger leaves, remove the leaves from the stems after washing in cool water and patting dry. Spread the

leaves out in a single layer and let dry in a dark, dry place with good air circulation. Ideal drying temperature is between 70 and 90 degrees Fahrenheit. Drying should take 3-4 days.

For smaller leaves, leave on the stem and hang several stems inside a brown paper bag with small holes poked in the sides for ventilation. Tie the bag closed and hang upside down, catching in the bag any of the small leaves that fall off as they dry.

Herbs can also be frozen. Harvest and wash. Blanch in boiling, unsalted water for 50 seconds, cool quickly in ice water and pat dry with paper towels. Freeze in a single layer on a cookie sheet. Once frozen, place in airtight containers or bags. Mark with contents and date.

Using herbs instead of salt can help us achieve those lower sodium recommendations.

For more information on growing and preserving herbs ask for publication [G6470 Growing Herbs at Home](#) at your local University of Missouri Extension Office, or contact me at 660-425-6434. You can also ask for the handout, “Instead of Salt... Use Herbs and Spices” from your local MU Extension office for ideas on using herbs in everyday meal preparation.

TILLAGE CONSIDERATIONS FOR FLOODED SOILS

by Wayne Flanary, Agronomy Specialist



The common question coming into the Holt County Extension office is “Should I be tilling my fields that were flooded?” Before anyone conducts any tillage on the Missouri river bottom, they should consider the possibility of the Corp releasing water next year. As of this date, the Corp of Engineers policy is to release water again in 2012. Hopefully, this policy may change.

Another concern is broken levees. What is the risk of flood to my farm with broken levees? Resources to repair levees may be limited with Federal levees receiving aid first. Also, if they are repaired, they will be weaker than a levee that has the tops and sides seeded. Water hitting a levee can erode soil easily.

If you decide to conduct tillage, here are some general guidelines. Water saturated soils will break down soil structure causing soils to be “run-together.” It will seem like the soils are compacted, but it is a different process where the structure breaks down, as would be the bottom of a farm pond. When a farm pond is drained, it resembles some of the same issues that you will find in long-term flooded soils. Saturated soils filled with water do not compact because the pore space is filled with water.

Soil particles during a flood can be deposited, scalped or no change. The best way to make the appropriate decision is to use a tile spade and look at the profile. Take some time and make comparisons between various areas of the fields.

Sand deposits are the worse issue to resolve. If the sand is too deep, it is best to focus on other field areas because of the expense of sand removal. Also, if you are going to deep plow, look at a soil map and determine the texture of the original soil so one can determine if there will be any benefit by diluting the

sand with other soil textures.

If you have silt deposits, there can be a distinct and abrupt change in textures. It is generally preferable to mix these abrupt changes which will ease water movement downward and also crop rooting. Also, breaking the surface of deposits that do not have any structure will help get oxygen moved into the soil and thereby dry.

Before conducting deep tillage, check soils with a tile spade. Soils that are too wet will ribbon and not fracture.

As we have looked at the Heitman side of the Graves Chapple Farm, the soils still have structure. We are planning on leaving the plots as is. This area has been no-tilled for a number of years and upon examination, you can see a tremendous difference among the tillage plots at this site. Again, take a spade and look at the soils.

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



GREAT PLAINS
Growers Conference

January 5-7, 2012
St. Joseph, MO

A conference for beginning & seasoned growers.

Friday's featured keynote speakers:
Paul & Sandy Arnold, New York.

University extension staff and growers cover topics including:

Thursday Workshops:	Friday/Saturday Tracks:
Community Supported Ag (CSA)	Small & Tree Fruit
High Tunnels	Cut Flowers - Linda Chapman
GAP/Food Safety - Chris Blanchard	Marketing & Agritourism
Honey Bees	Organic & Conventional Growing
Tree Fruit	Urban Horticulture & Gardens
	Farmers' Market

Come visit the trade show with over 50 exhibitors!

For more information:
greatplainsgrowers.org or cookkm@missouri.edu

Host hotels: Ramada Inn (816) 233-6192 or Stoney Creek Inn (816) 901-9600

BACTERIAL CANKER

by Tim Baker, Horticulture Specialist

In a newspaper column earlier this summer, I mentioned that we had found Bacterial Canker in a local tomato field. In an outdoor setting, wind and rain can spread a bacterial disease throughout an entire field in short order. In this particular situation, these conditions had not let the plants develop very far. Many of them were dying at a stage not far beyond transplanting.

After that initial call, I had several growers call me about problems in their greenhouses. When I took a look at the problems the growers were having, I didn't like what I saw. They looked exactly like tomatoes I had seen in Indiana: brown and crispy leaves throughout the entire plant. Since I knew that there was Bacterial Canker in the area, this was not a good sign.

I asked some of my colleagues in other parts of the state if they had seen any Bacterial Canker this summer. James Quinn, Horticulture Specialist in central Missouri, said that there were three confirmed Bacterial Canker cases in tomatoes in the Versailles area.

Many of the other cases, along with that initial case of Bacterial Canker, were in a field that had never had tomatoes in it before, and I suspected that the disease had come in on the transplants. Ultimately, that meant it had come in on some tomato seeds, which a greenhouse had grown, unknowingly passing the disease along. Some diseases are very difficult to detect on transplants, so I am not blaming the greenhouse.

Dr. David Trinklein, MU State Greenhouse Specialist, heard about the situation that I was dealing with. After comparing it to the situation in Versailles, he felt that there was a strong enough case for the seed transmission idea that we should try to see if we could point to a specific variety that the disease may have come in on.

My second call had been from a grower who had a brand new multi-bay high tunnel and, as suspected, these tomatoes were confirmed as having Bacterial Canker.

At this point, I knew we had a major problem. I had visited a lot of growers whose tomatoes were showing signs of this disease. So I started asking what variety was being grown. These tomatoes came from greenhouses, high tunnels, and open fields. In every case, the same variety of tomato was being grown.

Statewide, this same tomato variety was found to have Bacterial Canker in several locations. Only one

other tomato variety was found with the disease, and it may have been spread to the second variety in the greenhouse.

At this point, all of us involved in the investigation strongly suspected that a single variety was involved. The bacterial organism was probably associated with a specific lot number of this variety, and we were working to identify that lot number.

I'm not going to predict whether Bacterial Canker will be a problem next year for these growers or not. However, given the history of Bacterial Canker infestations in other states, I would not be surprised if the disease stuck around to haunt us again next year.

So how should a grower plan to fight this disease, in case it surfaces again next year?

First, realize that bacterial disease can overwinter on plant debris. That means that growers should remove as much of the plant as possible, including the roots. The bacterium that causes this disease has been known to remain in infected debris for up to 5 years.

Since Bacterial Canker can be spread by seeds, growers should take care to remove any volunteer plants the next year.

Tomato stakes may also harbor the disease. Growers will need to sterilize their tomato stakes before using them again. To do that, submerge the stakes in a sterilizing solution containing household bleach. An easy formula would be 5 gallons of 5.25% sodium hypochlorite per 100 gallons of water. Add a surfactant to help penetration into the wood.

Other solanaceous plants can harbor the disease. This includes solanaceous weeds such as horsenettle. One experiment found Bacterial Canker on the roots of weeds growing in fields without tomatoes for up to two years.

If you are using a greenhouse or high tunnel, sterilize all surfaces to reduce the disease. This includes benches and tools.

Growers will need to consider rotation. For fields, this shouldn't be a problem. Find a non-solanaceous crop to plant. Solanaceous crops include tomatoes, peppers, eggplants, and potatoes. You should not return to the field with a solanaceous crop for at least three years.

For growers under plastic, this presents a problem. Ideally, you should rotate to a non-solanaceous crop. Greenhouses do have the advantage of not allowing rain to contact the plants. This prevents splashing, a major method that bacterial diseases are spread.

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If you insist on growing tomatoes in your greenhouse again next year after having seen Bacterial Canker, you may luck out, and not have a serious problem with it next year. Diseases are dependent on the right environmental conditions to grow, and if those are not present, you may get by. This is especially true if you have taken proper control measures.

But, crop rotation is best. You stand a good chance that the disease will return again, and you may have a serious problem that will continue for years. One grower in central Missouri, found bacterial canker one year, and even with good control measures, took four years to eliminate the problem.

I have only skimmed the surface on what needs to

be done if you have encountered Bacterial Canker this year. If you have been affected by this disease, we have an excellent guide sheet from Rutgers University that will help. Just give me a call for a copy at (660) 663-3232.

We are also planning a meeting on December 5th in the Jamesport area. We will be covering numerous topics, including Good Agricultural Practices (GAPs). In addition, I will give a presentation on Bacterial Canker, and will show you what the disease looks like, and what you should do. In the meantime, if you think you have Bacterial Canker, and you live in one of the counties that I serve, give me a call, and I'll be happy to visit your farm.

INPUT COSTS 2012

As the harvest winds down and you get a chance to review your records and notes, you begin to plan for next year. This year depending on your location has been a total disaster or has been better than average. With the floods, wind, hail, and heat we have all been impacted to some degree. But as farming goes, we plan for next year.

I know that some of you that farm in the bottoms are very concerned about potential flooding again next year and are not planning to do much, even if you could, to your land until you have a grasp of the potential situation for next year. Those of you who don't farm bottom land or have some in the "hills" will be making decisions about next year. Some of the things on your mind will of course be crop mix, seed selection and ordering, fertilizer rates and application timing, chemical planning, and market opportunities.

One thing that is almost certain is that input costs are going to go up. Sometimes in agriculture we are our own worst enemies. We tend to "bid away" our profits. This usually comes in the form of cash rents, input costs, and machinery updating. We have seen cash rents increase by 25-30% in the past year and there will be some increase next year. The figures I am seeing are in the 10-15% range unless commodity grain prices rebound then we might see the 25% range again.

As far as input costs, we are going to see an increase again next year. Fertilizer is already showing some hefty increases. A survey of 300 retailers nationwide shows that prices for phosphate fertilizers (MAP & DAP) has risen 11% from this time last year and 4.5% from spring until now. Sources of nitrogen have also taken large increases with anhydrous increasing 21% from last year and 10% from last

spring. Urea has increased 36% from last year and 27% from last spring. UAN28 and UAN32 have increased 26% from last year and 8% from last spring. Potash has increased 31% from last year and 11.5% from last spring. With these types of increases already what might we expect for next spring? Economists at Purdue University project fertilizer costs for corn to be in the \$165- 200 per acre range.

Seed costs have been continually increasing and that is predicted to continue. With early pay, quantity, and other discounts seed costs per acre for corn are projected at \$85-105. Soybeans are projected at \$45-60 per acre.

Herbicide costs have remained fairly flat for the past couple of years and because of the prices for glyphosate herbicides they are projected to remain flat.

Machinery costs have been increasing the past few years as you have replaced equipment and technology. This is expected to continue as long as prices remain good.

So what does this mean for you? Plan for higher costs in your budgeting. Price your inputs and if you need to reduce income for this year you might want to buy ahead to get better prices and to reduce income for this year.



*Bob Kelly
Ag Business Specialist*

INTERSTATE 2011 RESULTS

Interstate 2011 was held October 6 - 8. There were displays from 14 counties at the East Hills Mall in Saint Joseph.



Winning county display went to: Andrew County (pictured above) & Buchanan County (pictured below)



Additional contest winners were as follows:

Public Speaking: Halle Vanataa, Daviess
Drew Williams, Andrew

Demonstrations: Madelyn Derks, Gentry
Logan Cusick, Buchanan

Working Demonstration:
Madelyn Derks, Gentry
Danielle Pike, Buchanan

Fashion Revue - Clothes You Make:
Jacey Cook, Clinton
Amber Kelly, Atchison, KS
Ashton Carpenter, DeKalb
Heather Vanderweide,
Atchison, KS

Talent: Lagan Cusick, Buchanan



Pictured, Interstate Boy Award Winner: Drew Williams, Andrew Co. & Interstate Girl Award Winner: Courtney Brown, Livingston Co.

4-H CAMP FOOD & FITNESS

The eighth annual 4-H Camp Food and Fitness is January 14-15, 2012 on the MU campus. Check the 4-H website for details and registration materials - <http://4h.missouri.edu/events/foodandfitness/>. Registration is due in the State 4-H office by December 15, 2011. Enroll quickly in this popular program because it is limited to 30 people!

The primary audience for the camp is youth age 12-14 enrolled in 4-H Foods projects but young people associated with any Extension program are eligible to attend if they meet the age criteria. Cost is \$90/person and includes lodging at Stoney Creek Inn, meals, and take home materials. Start time is 10:00 a.m. on January 14 and the camp adjourns at 10:30 a.m. on January 15. 4-H faculty and staff serve as chaperones.

Here's cool stuff youth get to do:

- Perform food science experiments
- Tour a local grocery store
- Learn about cooking skills and practices
- Learn about food/nutrition and healthy eating
- Increase physical activity

Participants should check with a county 4-H staff member about scholarships

Registration materials should be returned to the county office by December 9th.

CITIZENSHIP WASHINGTON FOCUS

Who: Missouri 4-H members ages 14 and older
(4-H age as of January 1, 2012)
Dates: June 30-July 9, 2012
Cost: \$1,800.00 per participant

Citizenship Washington Focus (CWF) is a citizenship program conducted by the National 4-H Council for high school youth. Delegations of 14-19 year-olds from across the country attend the six-day program at the National 4-H Center, just outside of Washington, D.C. The program gives participants hands-on opportunities to learn and practice skills that promote "Better Citizens Today, Better Leaders Tomorrow." Participants learn by attending workshops, committees, field trips, and social events.

The NW Region 4-H youth staff will be coordinating a trip for a Missouri 4-H delegation to attend CWF, which will also include a one-day visit in New York! The dates of our delegation trip will be June 30-July 9, 2012. Participants will stay at the National 4-H Center and attend CWF July 1-6. (We will experience Independence Day in Washington D.C.!) June 30 will be a travel day out, with an overnight stay in Columbus, Ohio. July 7 will be spent touring New York, with an overnight stay in New Jersey. July 8 will be a travel day/overnight headed home, getting us back on the 9th. Our delegation will be traveling by Sunset Tours Bus. The NW Region 4-H youth staff will be providing chaperones.

Payment Schedule

December 15, 2011 -- \$450 due with completed application and signed payment agreement
January 15, 2012 -- \$450 due
February 15, 2012 -- \$450 due
March 15, 2012 -- \$450 due

How to Apply

Please make checks payable to "Nodaway County Extension." Send check, completed application, and completed payment agreement/cancellation policy to:

Annette Deering, 4-H Youth Specialist
Attention: CWF Trip
County Administration Building
403 North Market, Room 308
Maryville, MO 64468

You may contact Annette at DeeringA@missouri.edu or (660) 582-8101 with questions.



MISSOURI 4-H EQUINE TRIP, 2012

by Debbie Davis, 4-H Youth Specialist

They're off and running....to the horse capital of the world... Lexington, Kentucky! 4-H teens dreaming of an equine related career will want to participate in the Sixth Annual Missouri 4-H Equine Tour, May 23-29, 2012.

The tour begins at the Keeneland Race Track catching the early morning 'breeding' of the horses and a day at the Kentucky Horse Park, the premier international equestrian facility. Participants will explore the wide range of equine industry opportunities through visits to world renowned equine medical and research facilities. The itinerary will include farm tours of famous Thoroughbreds, Saddlebreds, Morgans, Quarter Horses, and Haflingers. Higher education equine programs and facilities such as the Univer-

sity of Kentucky will be visited as well as opportunities to meet nationally recognized leaders in the equine industry. And, of course, the tour will include a visit to Churchill Downs!

Make your plans to be in the winner's circle! The \$550 tour fee includes the transportation on a charter bus, tours, hotels, meals, tour t-shirt, travel bag and other associated costs. Applications are available at 4h.missouri.edu/events/horse/ and are due on or before March 1, 2012 with initial deposit. 4-H staff and Marci Crosby, MU Equine Program Coordinator will be 2012 tour chaperones.

Questions? Contact Debbie Davis at davisdd@missouri.edu or (816) 539-3765.

REGIONAL PROGRAM & ACTIVITY CALENDAR

NOVEMBER 2011

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- 14 Excel for Beginners**, Monday, November 14, 1:30 pm to 4 pm, Missouri ABCD Center, 307 South 7th Street, Saint Joseph. The session will cover the interface of Excel, navigation, editing, copy-paste functions, creating a series, Headers/Footers and creating charts, functions and hyperlinking worksheets. No cost. Facilitated by Meridith Berry. Register through the Career Center at (816) 387-9675.
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- 15 Beef Producers Seminar**, Tuesday, November 15, 6 pm to 9 pm, Nodaway County Administration Building, Maryville. Ky Pohler-Brazils Beef Industry and Their Reproductive Management Strategies; Blake Hurst-Agriculture and Governmental Update; Beef Supper 7 pm; Bob Salmon and Al Decker-Southern Missouri New Zealand Style Intensive Forage Management. Cost \$20.00. Contact Jim Humphrey at (816) 324-3147 or humphreyjr@missouri.edu
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- 16 Word for Beginners**, Wednesday November 16, 1:30 pm to 4 pm, ABCD Career Center, 301 South 7th Street, St. Joseph. Word for beginners will cover the interface of Word 2007, the formatting tools, and inserting graphics and tables. Facilitated by Meridith Berry. No cost. Register through the Career Center at (816) 387-9675.
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- 17 In Field Forage Meeting**, Thursday, November 17, 1:30 pm, From Whitesville, MO: go east on Hwy 48 1.5 miles to County Road 96, then 1.5 miles north on CR 96, then east on County Road 99 roughly 0.6 mile. Discussions to include maximizing pasture forage quality, measuring forage available, utilizing grazing records and wedge, and winter feeding plans using hay test results. Contact Andrew County Extension Office at (816) 324-3147, Jim Humphrey humphreyjr@missouri.edu or Bob Kelly, kellyr@missouri.edu
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- 22 Understanding Financial Statements**, Tuesday, November 22, 9 am to noon, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. During this course, you will learn how to identify information that is captured on the income statement and balance sheet. Cost is \$59.00. Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu to register.
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- 28 Basic Computer Course**, Monday, November 28, 1:30 pm to 4 pm, ABCD Career Center, 301 South 7th Street, St. Joseph. This session focuses on the basic functions of the XP operating system. Students will learn basic navigation, file management, and operational tasks. Students will have a chance to set up an email account and navigate the Career Center web page. Facilitated by Meridith Berry. No cost. Register through the Career Center at (816) 387-9675.
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- 30 Missouri Grown-Watermelon Meeting**, Wednesday, November 30, 8 am to 1 pm, American Legion Building, 1615 First Street, Kennett. Annual Meeting for melon producers in Missouri and surrounding area. Speakers will provide basic information and new strategies that can be used by producers. Lunch is provided. Contact the Butler County Extension Center, (573) 686-8064, if you need further information or would like to register. Facilitated by Sarah Denkler, denklers@missouri.edu

DECEMBER 2011

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- 1 Marketing**, Thursday, December 1, 9 am to noon, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. Educational offering to assist small businesses in their marketing and decision making. Covers various marketing ideas and concepts to help business owners make clear, educated decisions with their marketing efforts. Registration deadline November 28. Cost is \$35.00. Contact Holt County Extension Office at (660) 446-3724 or Tom Kelso at kelsot@missouri.edu to register.
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- 3 Creating Special Moments: Daycare Provider Training**, Saturday, December 3, 8 am to noon, Livingston County Health Center, 800 Adam Drive, Chillicothe. Jessica Trussell, MA, Human Development Specialist with MU Extension will focus ways create special moments with infants and toddlers. Mary Taylor, RN, with LCHC will focus on the importance of obesity prevention. No cost. Contact Jessica Trussell at (660) 646-0811 or trusselljl@missouri.edu
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- 7 Winning Government Contracts: The First Steps**, Wednesday, December 7, 1 pm to 4 pm, Buchanan County Extension Office, 4125 Mitchell Avenue, St. Joseph. Gain the knowledge and skills necessary to propel your business into the realm of government contracting. Learn about required registrations, the different agencies and their buying practices, and how to effectively market your business to get the winning edge in contract bidding. Cost is \$50.00. Register in advance. Contact Buchanan County Extension Office at (816) 279-1691 or Clint Dougherty doughertycb@missouri.edu
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- 13 2011 Farm Income Tax School in Kirksville**, Tuesday, December 13, 9:30 am to 3:30 pm, Missouri Department of Conservation Regional Office, 3500 South Baltimore, Kirksville. Yearly program to update tax preparers and farmers on changes in tax laws and to discuss topics of interest to farm tax clientele. Cost is \$50.00. Register through Putnam County Extension Center at (660) 947-2705 or Joseph Koenen koenenj@missouri.edu

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>			
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Wilson Majee, Princeton	(660) 748-3315		
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<i>Ag Business</i>		<i>Livestock</i>	
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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	Ron Walker (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	Julie Schmitt (Buchanan)	(816) 279-1691
Dale Hunsburger (Clinton, DeKalb, Caldwell)	(888) 449-2201(x 704)	Rick Smith (Buchanan 4-H LIFE)	(660) 646-0811
Teresa Kurtz (Holt, Atchison)	(660) 446-3724	Kari Stock (Harrison)	(660) 425-6434
Karla Parman (Worth)	(660) 564-3363	Carol Williams (Andrew)	(816) 324-3147
Elizabeth Richards (Livingston Reunification)	(660) 646-0811	Pat Wood (Livingston)	(660) 646-0811
Janet Sager (Gentry)	(660) 726-5610		
<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>			

FEATURE ARTICLES INSIDE THIS ISSUE:

Human Environmental Sciences & Business Development

Indoor Air Quality and Your Home

4-H Program Strengthens Ties Between Children and
Incarcerated Parents

All Salts Are Not Created Equal

Preserving Herbs

Community Development

“Where Would You Suggest We Shop?”

Agronomy

Tillage Considerations for Flooded Soils

Horticulture & Ag Business

2012 Great Plains Growers Conference

Bacterial Canker

Input Costs 2012

4-H Youth Development

Interstate 2011 Results

4-H Camp Food & Fitness

Citizenship Washington Focus

Missouri 4-H Equine Trip, 2012

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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