

The staff at Pulaski County Extension Office in Waynesville, Missouri would like to invite you to call with any questions you might have to 573-774-6177. Office hours are 8am—4:30pm Monday through Friday.

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Newsletter gets started at Pulaski Extension

Around the second week of October, Melissa Bushley and Antoinette Williams were trying to think of ways how to get the word out in the community more about the idea of a community garden and other Extension programs. A newsletter idea was born.

The idea was then discussed with Sarah Traub, County Program Director. She thought it was a great idea. The ideas of having a calendar of events, special stories from different people in the office about what is going on, and research-based

information pertinent to the season were just some of the things to be found in the newsletter. Survey's for the possible implementation of future programs, questions about how Extension can better serve our community, and an opinion column are other things you might find.

University of Missouri Extension covers areas of agriculture, horticulture, human environmental services, 4-H, and more. The mission of Pulaski Extension is to serve Pulaski County by extending research-based knowledge and

top quality educational programs to citizens at the local level. University Extension faculty help individuals and organizations turn knowledge into action, thus improving the quality of life for all.

The intent of the newsletter is to keep community leaders and other interested parties up to date with what we at the extension office do, why we do it and any upcoming events that may benefit families and various organizations in Pulaski County.

Youth EXCEL... youth leaders in training

29 young teens from Pulaski, Camden and Laclede counties gathered at Windermere on October 10 and 11th for the beginning of Youth EXCEL, a leadership training program sponsored by the University of Missouri Extension, 4-H Youth Development program. In all, these young people spent 2 days discovering the importance of the choices they make today and how those choices impact their lives years from now. This program focuses on leadership training, life skills and citizenship opportunities, all basic components of

the 4-H Youth Development program. From learning how to encourage one another on a giant balance beam to flying across the field on a parachute cable, these teens learned how important it is to work as a team to accomplish a goal. They also chose volunteer opportunities, made scarves for a shelter and learned how poverty in and out of our area still affects them. As they go back to their respective counties, they will be studying local history, attending civic meetings and will be donating items and services to the needy in

their area. Some will be spending a day with a local business person in a job shadowing segment of this program and others will be spend time in a mentoring program. All with the basic goal of encouraging our youth to be engaged members of their local communities by giving them leadership opportunities to serve.

If you would like to know more about 4-H Youth Development programs or other programs offered by the University of Missouri Extension, please call 573-774-6177.

Upcoming Events:

- Nov 5—Focus on Kids @ 5:30pm
- Nov 9, 16, 23—Basic Parenting Classes @1:00pm
- Nov 11—Veteran's Day—office is closed
- Nov 11—Veteran's Day Parade
- Nov 21—Childcare Provider Training @8am
- Nov 26—Thanksgiving Day—office is closed
- Nov 30—Pulaski Extension Council Meeting @ 5:30pm—open to the public

TRI-COUNTY FAIR

PLEASE MARK YOUR CALENDAR FOR THE TRI-COUNTY STEER WEIGH-IN DATE:
JANUARY 16, 2010
8 AM-10 AM

Inside this issue:

Cattle Poisoning	2
About 4-H...	2
HINI	3
Trail Mix	3
Grab-and-go Box	3
Landscape Exit 156	4

It has been a very good summer and fall for the nut producing trees. Included in this is the oak trees and acorn production which can be a problem for cattle producers. Cattle with access to oak trees should be watched closely during the fall for symptoms of oak/acorn poisoning. Symptoms include constipation followed by diarrhea, anemia, frequent drinking, pale urine, and a tendency to stand off to themselves. Stools may be slightly bloody and have a dark brown, sticky consistency. The disease may have a rapid course of only 2 to 14 days or it may be exhibited as a lingering debilitating condition. Oak poisoning causes kidney damage known as urine poisoning and can result in death. Over consumption of the acorns can result in compaction of the digestive tract. It is somewhat undetermined which parts of the oak tree cause the problem, but most feel that all parts may be involved. For example

problems have been seen when oak buds and leaves are eaten from the tree and most often problems are seen in the fall when there are abundant acorn and leaf crops that drop to the ground. Cattle seem to be more likely to consume acorns when we have dry conditions with short pasture supplies which is not a problem this year. However, sometimes particular animals seem to take a liking to the acorns and over eat on them. The toxic components of oak trees are tannins found in all parts of the plant. The tannins are converted to chemicals such as tannic acid and gallic acid in the digestive tract which cause the kidney damage as well as damage to the digestive tract and blood vessels. It is not known for sure which oak species contain the tannins. Treatment of oak poisoning should focus on restoring the nutritional status of the animal, removing cattle from oak tree access and dealing with effects of kidney failure.

Removing cattle from pastures with heavy acorn crops is the best prevention. If this is impossible, a supplement containing 10% calcium hydroxide (hydrated lime) may help prevent poisoning. A suggested mixture is 1000 lbs cottonseed meal, 600 lbs alfalfa meal, 200 lbs calcium hydroxide, and 200 lbs molasses or vegetable oil. In our area it would probably be more feasible to use soy hulls and/or corn gluten feed to replace the cottonseed meal and alfalfa meal. Feed 2-4 pounds per head per day depending on the age and weight of the animal. The calcium hydroxide is very fine and dusty and not very palatable, hence the need for the molasses. It also helps prevent cattle from sorting out the hydrated lime. I have often heard and read that the problem is reduced following a hard freeze. However, some articles disagree with this concept.

What you may not know about 4-H...

What you may not know about 4-H... We are more than 100 years old and today have more than 6.5 million (yes, million) members! 4-H offers youth hands-on-learning opportunities in safe environments with the help of 540,000 caring adult volunteers!!

4-H has clubs, after-school and in-school programs in all 50 states, Washington, D.C., American Samoa, Guam, Northern Mariana Islands, Puerto Rico, the US Virgin Islands and on US Army and Air Force installations worldwide.

4-H programs focus on three mission mandates: Science, engineering and technology, healthy living and citizenship. Our members can choose from more than 1000 topic areas including rocketry, GPS mapping, animal science, nutrition, photography, robotics; and community service.

4-H is part of the Cooperative Extension System of the US Department of Agriculture and 106 land-grant universities across the nation including the University of Missouri. Funding for 4-H is provided through University of Missouri Extension Service by Federal, State and your local government monies.

In a recent study by Tufts University, Institute for Applied Research in Youth Development found children who participate in 4-H for at least one year by eighth grade were 3.5 times more likely to contribute to their families, themselves and their communities. They also identified 5 fundamental characteristics: competence, confidence, connection, character and caring found in youth participating in 4-H programs. Not only that, but the longer they participate the more likely they are to

develop and retain these qualities.

For more information on this study and the programs offered by 4-H Youth Development, you can go to our state website at: <http://4h.missouri.edu>, the national website at: <http://4-h.org> and to check out the research study from Tufts University at: [http://4-h.org/d/Assets/National%204H%20Tufts%20Report_highres%20\(2\).pdf](http://4-h.org/d/Assets/National%204H%20Tufts%20Report_highres%20(2).pdf) For more information locally, please call the Pulaski County University of Missouri Extension Center at 573-774-6177

H1N1 Information

Because the current H1N1 flu (swine flu) outbreak is a rapidly evolving situation, MU Extension recommends that you visit the following Web sites for information. You will find additional news and recommended Web sites related to this and other disease outbreaks in the tabs above.

Flu.gov—One-stop access to U.S. Government H1N1, avian and pandemic flu information.

<http://flu.gov>

Ask Dr. C., Mizzou's flu expert—Dr. Michael Cooperstock, University of Missouri's immunology expert, provides answers to some of the most frequent pandemic and swine flu questions.

<http://askdrc.missouri.edu>

Centers for Disease Control and Prevention (CDC) - CDC provides comprehensive information about the scope of the swine flu outbreak and what you can do to reduce transmission and illness severity.

<http://www.cdc.gov/h1n1flu/>

Missouri Department of Health and Senior Services—Missouri Department of Health and Senior Services provides detailed information related to the swine flu outbreak in Missouri and lists specific resources available within the state.

http://www.dhss.mo.gov/BT_Response/_H1N1Flu.html

Autumn Toasted Trail Mix by Jami Nolen

After school snacks are important in order to keep the kids energized all day. Here's a quick trail mix recipe that uses pumpkin seeds.

Yield: 24—1/4 cup servings

Ingredients:

- 1 cup soy nuts
- 1 cup whole raw almonds
- 1 cup dried pumpkin seeds
- 1 tablespoon canola oil
- 1 tablespoon granulated sugar
- 1/2 to 1 teaspoon cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon allspice

1 cup dried cranberries

2 cups fat-free mini pretzels

Preparation:

To dry seeds: Spread pumpkin seeds out on paper towels and place on cookie sheet to dry overnight.

Heat canola oil in large, heavy-bottomed, skillet over medium heat.

Add seasoning to pumpkin seeds, soy nuts and almonds. Then pour nuts/seeds into skillet stirring constantly. When seeds begin to get

golden, start to pop open and release their aroma, they are done.

Cool slightly. Add dried cranberries and pretzels.

Nutritional Information:

Calories: 233

Fat: 10 g (*heart-healthy mono-saturated fat)

Protein: 10 g

Carbohydrates: 31 g

Fiber: 3 g

Sodium: 387 mg

Grab—and—go Box: Being prepared in case of an emergency

Get your family prepared to grab-and-go should an emergency arise. Consider gathering all of your emergency files and other important papers and putting them in a durable, sealed, waterproof box or backpack.

Some items to include are:

- Medical prescriptions, including eyeglasses
- Copies of children's immunization records
- Copies of all insurance cards and policies
- Copies of the back and front of your credit cards
- Cash or traveler's checks for several days of living expenses (credit cards may not work)
- Rolls of quarters (banks might not be open for several days)
- List of bills and when they are due
- Copies of the tax form 1040 for the last three tax years
- Copies of your home inventory list, which should include everything you own with serial numbers and purchase prices as well as photographs and/or video of these items
- Copies of any wills, durable powers of attorney, deeds, marriage certificates, military discharge papers, divorce papers and birth certificates

The list of information in the grab—and—go box is do extensive because it is meant to help your family rebuild if your house gets destroyed or you don't have access to it for a long period of time.

On October 3, 2009 the Pulaski County Master Gardeners descended in mass to I-44 Exit 156. Their goal for the day was to landscape the western interstate entrance to the city of Waynesville, Missouri. They brought shovels, pick axes, wheel barrows, and lots of determination. They were joined by eight Waynesville High School Skills USA students, and Waynesville Mayor Pro Tem Luge Hardman.

This project was a wispy and elusive dream of Mayor Pro Tem Hardman. She contacted several organizations, and just couldn't get the venture off the ground. Then in 2008 she contacted the Pulaski County Master Gardeners. In the late spring of 2009, Master Gardener Lynn Richardson took on the project and met with Mayor Pro Tem Hardman. The landscaping plan started to come together. The basic idea was to have an eye catching design that contained local wildflowers. Mayor Pro Tem Hardman made the request that she would like to see the area outlined in something like junipers that stay green year round. The city gave the Master Gardeners a budget of \$773 dollars that was supplemented by the local Korean Women's Association with another \$300. The Missouri Department of Transportation (MoDOT) had specific guidelines for the project. It had to be circular for mowing purposes, did not look like weeds, and we had to submit a landscaping plan to them for approval. MoDOT also agreed to put up a sign designating the area for the Pulaski County Master Gardeners.

Prior to planting there was quite a bit of site preparation and coordination. Mayor Pro Tem Hardman and MG Richardson met at the west bound I-44 exit 156, and did the measuring and outlined the area to be land-

scaped. The area measured 50 feet at the top, 40 feet at the bottom, and each side was 60 feet long. The area would be rounded top and bottom. Mayor Pro Tem Hardman was able to get the Waynesville Roads and Grounds workers to come out and spray the fescue to kill it. After it was good and brown, they came back out, and tilled the area. By then it was mid June and we were into the hot days of summer. The Master Gardeners met and agreed that any plants would have a hard time surviving the heat. Planting was delayed until fall. By now all the Master Gardeners were getting excited about the project, and the delay was disappointing.

When September rolled around MG Richardson started to work. She worked out a discount with Lowe's, and got with Mayor Pro Tem Hardman to get the plants tax free. Mr. Bobby Laughlin donated approximately 20 tons of ¾" limestone gravel from his quarry. Ms. Cindy Grizzell was contacted to see if any students would like to volunteer to help with the project. The date for planting was set for October 3, 2009. The City of Waynesville did one last tilling of the soil.

October 3rd dawned a little chilly and overcast. At 10:30 am the Pulaski County Master Gardeners, Mayor Pro Tem Hardman, and eight enthusiastic Waynesville High School students, accompanied by Ms. Grizzell arrived at exit 156. The land was tilled, and the gravel delivered the night before. MG Richardson brought all the plants. Everyone set to work. It was a good thing that it was chilly. Approximately six inches down we hit "dirt spacers". You know, the cash crop of all Missouri Farmers...rocks. We were so glad for the picks. Shovels alone just didn't work. With about 30 people working steady the planting took about three hours. When the

planting and distribution of the limestone was done the group was worn out, but had that inner glow of accomplishment.

The final design is an oval a little wider at the top. It is outlined with juniper bushes. We used Blue Star juniper for the sides and bottom, and a taller variety called Blue Vase across the top. In the center of the oval from top to bottom we planted an upside down "V" created using Maudry Ornamental grass. We then put down outlined the oval, junipers, and ornamental grass with limestone gravel. This gives the passer by an image of a large "W". In the spring we plan to go back and plant orange flowers in the openings. The orange flowers we plan to use are Blackberry Lily, Butterfly weed, and some Royal Catchfly to fill in throughout.

In the week after we completed the planting MoDOT came out and put in a very large sign. It is blue with a flower in the corner. It states, "Pulaski County Master Gardeners". We are pretty happy with the results, and so is the City of Waynesville. They are planning to recognize our efforts at the November City Council meeting. The project is far from over. We plan to do maintenance on the area at least twice a year in the spring and fall. It may also require some weeding in between. It is also very good project to help some of our members accumulate the required annual volunteer hours. Please drive by and view our handiwork. Next spring when we plant the flowers please feel free to stop by with gloves, and trowel, and shovel, and pick, and auger, and drill...



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We're on the Web!

<http://extension.missouri.edu/pulaski>

Our Mission.....

To serve Pulaski Co. by extending research-based knowledge and top quality educational programs to citizens at the local level. University Extension faculty help individuals and organizations turn knowledge into action, thus improving the quality of life for all.

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