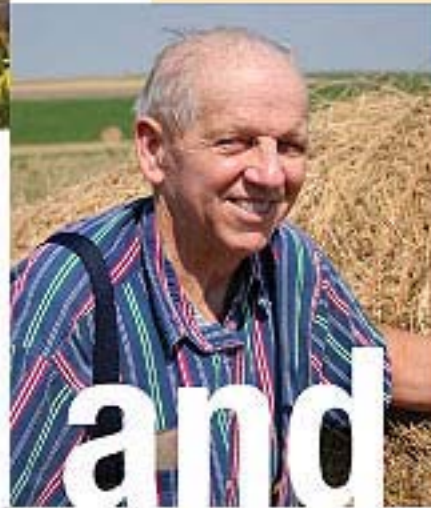


# PROGRAM PLAN

July 1 2006 - June 30 2007

UNIVERSITY OF MISSOURI  
 **Extension**  
extension.missouri.edu



# learn.

UNIVERSITY OF MISSOURI EXTENSION  
NORTHWEST REGION EXECUTIVE SUMMARY

live. and learn.

Karma Metzgar, Northwest Regional Director  
702 S. Woodbine, Suite A  
St. Joseph MO 64507  
816-279-6064  
metzgark@missouri.edu

UNIVERSITY OF MISSOURI  
 Extension

University of Missouri Extension does not discriminate on the basis of race, color, religion, sex, sexual orientation, national origin, age, disability or status as a Vietnam-era veteran.

UNIVERSITY OF MISSOURI  
 Extension

Northwest Region

2006 – 07 County Program Plan

Overview

*“Live as if you were to die tomorrow. Learn as if you were to live forever.”* – Mahatma Gandhi

It is the vision of University of Missouri Extension to improve people's lives through relevant lifelong learning.

University of Missouri Extension is your local link to the University of Missouri campuses and to a nationwide network of land-grant universities. Education that meets high-priority needs is our focus. MU Extension uses science-based knowledge and engages people to understand change, solve problems and make informed decisions. Extension is funded through federal, state and county tax dollars. In addition, grants, contracts, fees and private gifts support our educational program efforts.

**County Extension Council.** In the Northwest Region, our volunteer advisors – members of the county extension councils -- play a vital role in identifying community needs; providing counsel to regional and campus faculty about educational programs and personnel; and assisting in finding resources to support the local educational program. The extension council is statutorily created to work with the University of Missouri in carrying out the local extension program (*Sections 262:550 to 262:620, Revised Statutes of Missouri*).

**Plan of Work Process.** During fall 2005, University of Missouri Extension embarked on a five-year plan of work process by conducting statewide needs assessments, which included:

- A random-sample telephone survey with 1,005 Missourians;
- Conversations on economic development in 16 locations;
- Conversations with extension councils in every county
- Conversations with the eight regional extension councils.

The campus Program Directors also reviewed research literature and demographic and economic trends and identified emerging issues for educational programming.

To ensure that the input was representative, we also conducted discussions among underserved audiences across the state. As a publicly funded institution, University of Missouri Extension is responsible for serving diverse populations and for providing access to educational programs for all. Special efforts will be made to reach underserved audiences as identified in the following program descriptions.

Results of all the needs assessments have been reviewed by state and regional extension specialists, extension administrators and county extension councils to determine program directions for the future. The ultimate goals are to determine extension program needs statewide and, on the county level, to match those needs with appropriate, limited resources.

**2006 – 07 County Program Plan.** After careful consideration of educational needs and available resources, the regional faculty serving the Northwest Region plan to provide the programs listed in the following pages to residents of the Northwest Region during 2006-07. The names of specialists slated to deliver the programs and intended program outcomes on a statewide level are indicated. Given limited resources, it is not possible to deliver programs for all the needs identified during the plan of work process. When possible, we will work with you and others on campus and in the community to find additional resources and plan for ways to deliver needed programs in the future. In some instances, needs may be referred to other agencies, organizations or educational institutions that are better equipped to meet those needs. With your support and the support of the county commissions, every effort will be made to meet high-priority needs and to deliver programs that enhance the lives and livelihood of the residents of the Northwest Region.

Thank you for all you do to support extension programs in the Northwest Region.



## 2006-07 Northwest Region Program Plan Executive Summary

The following educational programs are planned for citizens of the Northwest Region in the coming year. This summary was derived from plans submitted and approved as of July 6, 2006.

### **AGRICULTURE AND NATURAL RESOURCES (ANR)**

**Management of Genetically Improved Crops (MaGIC)** - Program focuses on farming techniques using biotechnology. Results will help modify and improve management, cost, and economic viability of farmland. Includes methods to increase crop yield, and decrease production costs using genetically improved crops.

**Personnel:** Wayne Flanary

**MO Crop Management System** - Sustainable crop production programs for 21<sup>st</sup> century. Focuses on techniques that minimize environmental impact, and offers research on selecting the best crop genetics, as well as proper crop management decisions. **Personnel:** Don Miller, James Crawford, Kevin Hansen, Robert Kelly, Thomas Fowler, Wayne Flanary

**Profit Focused Agriculture** – The objective of this program is to improve the profitability and viability of Missouri's farms and agricultural industry. **Personnel:** Amie Schleicher, James Crawford, Kevin Hansen, Robert Kelly\*

**Annie's Project** - An interactive risk education course for farm women provides training in the fields of production management, financial management, marketing, legal issues, and human resources. It fosters a learning environment for ages 19-84. **Personnel:** Kevin Hansen, Mary Sobba, Rebecca Travnichek, Robert Kelly

**Golden Age Farming** - Workshops provide education on estate planning, retirement issues, and transition planning. It includes techniques to maximize Social Security, alternative health care, and familiarizes participants with new estate tax laws. **Personnel:** Kevin Hansen, Rebecca Travnichek, Robert Kelly

**Plant Protection for the 21<sup>st</sup> Century** - Educational experience that covers the fundamental concepts of pest control (weeds, disease, and insect damage.) Provides a focused examination of identification, pesticide regulations, safety, and Integrated Pest Management (IPM.) **Personnel:** Julie Abendroth, Kevin Hansen, Wayne Flanary

**Private Pesticide Applicator Training** - Initial training and recertification of private pesticide applicators. Trains in methods of safe and proper use of agricultural pesticides on farmland. **Personnel:** Robert Kelly, Wayne Flanary

**Value Added Agriculture** – Interactive programming that prepares producers and producer groups to evaluate the potential marketability of a value added idea. Entrepreneurial-focused approach to developing possible new ideas and products for producers. **Personnel:** Alfred Decker, Carol Parmenter

**Community Food Systems** - Broadens consumer awareness of the community benefits of locally produced foods. Expands the development of community food systems through educational and outreach activities. **Personnel:** Crystal Weber, James Quinn, Joseph Koenen

**Business Management** - Educates farmers and ranchers to plan and undertake a business-like approach to the use of land and resources in agriculture or farm endeavors. Programs focus on financial resources, record keeping, computer use, marketing, and legal issues. **Personnel:** Parman Green, Robert Kelly

**Rural Agriculture Safety and Health** - Preventative program to help reduce the number of deaths and disabling injuries sustained by rural Missourians. Educates Missourians on the proper safety and safety techniques for agriculture and rural living. **Personnel:** James Crawford, Kevin Hansen, Rebecca Travnichek, Robert Kelly

**AgrAbility Program (Assistive Technologies for Farmers with Disabilities: Missouri) - Education,** networking, and assistance for agricultural operators with disease, disabilities, or disorders. Targets rural farm families and collaborative partners. **Personnel:** Beverly Maltsberger, David Davis, Jackie Allenbrand

**Nutrient Management Planning** - Provides animal feeding operation owners and operators with knowledge and skills to manage manure and organic by-products. Addresses natural resource concerns, soil erosion, and by-product impact on water quality. **Personnel:** Wayne Flanary

**Precision Agriculture** - Technological approach to farming, emphasizing benefits of geo-referenced data as a means to optimize production management. Techniques in site specific geo surveys to better match actual needs, in effort to raise profitability and reduce environmental impact. **Personnel:** Robert Kelly, Wayne Flanary

**Forage Production and Management** - Targeted program to teach producers how to improve forage production economic return while protecting the environment. Techniques include management intensive grazing, pasture based dairying, seasonal feeding systems, and fescue toxosis. The program inspires increased economic development and social viability in rural Missouri. **Personnel:** James Humphrey, Shawn Deering, Wayne Flanary

**Home Horticulture and Environment** - Focused program that provides research-based horticulture information for gardeners and homeowners. They will learn techniques through workshops, demonstration plantings, newsletters, and horticulture training. Recaps the benefits of maintaining healthy turf, ornamental, or fruit and vegetable plantings. **Personnel:** James Crawford, Thomas Fowler

**Missouri Grown** - Geared towards small farm families, educational program that focuses on successful techniques, and marketing high horticulture value crops best suited to Missouri's climate conditions. **Personnel:** Don Miller, Robert Kelly, Thomas Fowler

**Turfgrass Management and the Green Industry** - Through workshops, field days, and demonstrations, Green Industry personnel will obtain research-based information that will help them identify and resolve cultural and pest problems in using cost effective and environmentally sound methods. The target audience for this program includes golf course superintendents, sports turf managers, public grounds managers, nursery and greenhouse growers, landscapers and garden center operators. **Personnel:** Thomas Fowler

**Dairy Production Systems** - Provides information about dairy management, facilities and herd management, expansion, labor, improved dairy cattle genetics and health, waste management, reproductive health, and techniques in management of dairy records. **Personnel:** James Humphrey

**Beef Production Systems** - Provides producers with a wealth of information on beef production. Topics span disease prevention, sanitation, vaccinations, site evaluations, appropriate feed rations, nutrition, and reproductive physiology. **Personnel:** Amie Schleicher, James Humphrey, Roger Eakins, Shawn Deering

**MO-PORK** - Program offering applied research and educational practices resulting in application of management protocols and strategies to improve nutrient utilization, reproductive efficiency and management of swine. **Personnel:** Amie Schleicher, James Humphrey

**Missouri Show Me Quality Assurance** – Programming covers information on daily care and management, reading feed labels, withdrawal times and bio-security for livestock. Also focuses on animal health products, and carcass quality. Program that leads to PQA certification. **Personnel:** Rebecca Simpson, Shawn Deering

**Equine** – Programming aimed at equine owners related to horse management issues such as feeding, health management, training, breeding, and management issues. Limited on-site service and seminars geared towards pleasure owners. **Personnel:** Amie Schleicher, Shawn Deering

**Sheep and Goat Production** - Provides knowledge, skills, practices and policies that enhance economic viability and profitability. Strives to improve the competitiveness and diversity of Missouri production enterprises. Topics covered will range from management, genetic improvement, nutrients, health assessment, to marketing strategies. **Personnel:** Amie Schleicher, James Humphrey, Shawn Deering

**Missouri Master Wildlife** - Provides training for landowners in managing wildlife resources and enhancing habitat for a variety of wildlife species. Training will examine alternative management approaches for wildlife in diverse habitats. **Personnel:** Meridith Berry

**Missouri Woodland Steward** - Helps private land owners identify woodland habitats, and introduce them to basic forest and wildlife management concepts and practices. **Personnel:** Kevin Hansen, Thomas Fowler  
**Energy Conservation, Efficiency and Alternatives** – Educational programming for agricultural producers and the public on such issues as energy production, biofuels, alternative cropping systems, and to promote responsible management of energy through conservation, efficiency, and renewable fuels. **Personnel:** Alfred Decker, David Davis, James Crawford

**Water Awareness Festival** - Informational festival stressing the importance of water sanitation, and community economical viability. Demonstrates how to develop strong communities based on clean water, and protection methods. **Personnel:** Amie Schleicher, Beverly Maltsberger, David Davis, Diane Kerns, Don Miller, Jackie Allenbrand, James Crawford, James Humphrey, Janet Hackert Kiralfy, Jerry Baker, Kevin Hansen, Lisa Prichard, Lyndell Larkin, Meridith Berry, Rebecca Simpson, Robert Kelly, Shawn Deering, Thomas Fowler

**Watershed Management and Planning** - Works with local watershed communities to evaluate, plan and implement locally designed watershed management programs. Develop and expand collaboration and partnerships with agencies, individuals, elected officials, and organizations that have responsibility for protecting water resources. **Personnel:** Beverly Maltsberger, Joseph Koenen, Lyndell Larkin

**Your Farm, Your Resources, Your Business** - Provides information through classroom presentations on possibilities, feasibility, and legal issues related to beginning a farming operation or managing your resources. Topics include financial resources, business planning, soils, matching livestock, proper equipment, horticulture production and legality. **Personnel:** Joseph Koenen, Randall Saner, Thomas Fowler

**Master Gardener** - Provides in-depth horticulture training for Missourians who wish to spread their knowledge of gardening. Prepares volunteers for horticulture questions frequently asked by citizens around the state, based on unbiased research based gardening information. **Personnel:** Kevin Hansen, Thomas Fowler, Wayne Flanary

**Show-Me-Select** - Beef production educational experience examining breeding/mating, herd health management, methods of reproduction, and production economics. Participants come from a wide range,

different sizes in herds, forage availability, and experience, and leave with a vast knowledge of beef production.

**Personnel:** Elissa Good, James Humphrey, Roger Eakins, Shawn Deering

**Premier Beef** - Educate small-herd beef producers in concepts of value-based feeder calf marketing. Focuses on herd health, growth, uniformity, and marketing skills necessary to capture the full value of feeder cattle.

**Personnel:** Shawn Deering, Theodore Cunningham

**Quicken For Farmers** – Software tool that integrates financial and Ag production records, Quicken is a popular, inexpensive record-keeping package that is user friendly. Quicken is easy for people unfamiliar with accounting terms to use, making it a good place to start when changing from a hand-kept cash accounting system to computerized records. Quicken can readily be adopted for large and small farms and businesses. **Personnel:** Kevin Hansen, and Rebecca Travnichek

**Introduction to Quick Books for Farms and Agribusinesses** - Program delivery generally is a five to six classroom hour setting, hands on at a computer. The Introduction class covers such topics as Setting up Quick Books; Establishing a Chart of Accounts; Establishing a Class List; Entering Vendors, Customers and Items; Preparing Payroll; and Creating Reports. A manual is provided. **Personnel:** Kevin Hansen, Robert Kelly

**Legal Concerns for Rural Landowner** - Rural Landowner Legal Concerns is designed to be a 6 or 7 session workshop or can be divided into individual sessions or topics. Rural legal issues that will be addressed are: Missouri's Fence & Boundary Laws, Land Leases and Contracts, Government Programs impacting landowners, Employers, Employees & Others (including liability questions,) Environmental Regulations and Issues, Livestock Ownership Concerns & Overall Risk Management Strategies. **Personnel:** Joseph Koenen, Robert Kelly

## **BUSINESS DEVELOPMENT (BD)**

**Conferences and Training Programs** - **NO DESCRIPTOR** **Personnel:** Mary Horvath

**Hotline Calls** - **NO DESCRIPTOR** **Personnel:** Mary Horvath

**Introduction to QuickBooks Pro** - **NO DESCRIPTOR** **Personnel:** Mary Horvath

**Starting and Managing a Business** – Acquaints participants with more focused and in-depth information on starting and managing a small business in Missouri. Participants will learn about business ownership planning and organization, legal and regulatory requirements, recordkeeping and information management, marketing, financing and resources for assistance. 8 hours. **Personnel:** Jacqueline Rasmussen

**Web Resources** - Update Internet resources for Regional Travel database and for Quickbooks. **Personnel:** Mary Horvath \*\*

## **COMMUNITY DEVELOPMENT (CD)**

**EXCEL** - Experience in Community Enterprise and Leadership, builds community leadership capacity. What distinguishes EXCEL from other approaches to leadership development is its high degree of flexibility, local control, inclusiveness, and focus on the future of community governance. **Personnel:** Beverly Maltsberger, Debra Davis, Lyndell Larkin

**The Community Emergency Management Program** - Provides resources, personnel and educational programs and materials to support the mission of the Governor's Disaster Recovery Partnership (established 1993) and assist communities and citizens in all areas of emergency management, including preparedness,

response, and recovery. **Personnel:** Beverly Maltsberger, David Davis, James Crawford, James Humphrey, Lyndell Larkin, Meridith Berry

**Step Up to Leadership!** - Builds the capacity of community-minded people who are wanting to make a difference; willing to assume the responsibilities of board membership; seeking understanding about group processes and the complexities of collaboration; and ready to take on the challenge of leadership. **Personnel:** David Davis

**Enabling Effective Local Government** - Provides assistance and training for local governments to improve government decision making and operations. **Personnel:** Jerry Baker

**CECH-Up (Middle School Local Government Education)** - Program provides middle school students with the opportunity to learn with local government officials about local government, study and make recommendations on local issues, and take action on local issues facing communities. **Personnel:** Lyndell Larkin

**Vision to Action: Take Charge Too** - Provides a community planning structure and inclusionary and participatory process for groups, organizations, and communities to develop a vision, identify priorities, develop an action agenda, and successfully develop and implement programs and projects. **Personnel:** Jerry Baker

**Community Informatics** - The integration of technology into community work is essential for communities as they strengthen local and global connections and economies. Creating Digital Communities can empower local authorities to accomplish more with scarce resources, enhance security, encourage business growth and entrepreneurship and bridge the digital divide. **Personnel:** Jerry Baker, Meridith Berry

**Community Connection** - Provides a comprehensive, statewide database of community resources and consumer information on the World Wide Web. The program improves access to information, community services and resources; enables community resources to make information about their services widely available and easily found; enhances information sharing, referral, and collaboration among community agencies and resources; and aids in community capacity building. **Personnel:** Don Miller, Jerry Baker, Lyndell Larkin

**Community Enterprise and Entrepreneurial Development (CEED)** - A cross-disciplinary program to stimulate entrepreneurial communities and foster a climate of entrepreneurship locally, regionally and statewide. It comprises a fresh approach in particular to rural community revitalization through a special partnership between the University of Missouri Extension and the Rural Policy Research Institute (RUPRI) and its focus on place-based development. **Personnel:** Jerry Baker, Lyndell Larkin

**Alianzas** - An extensive partnership that assists immigrants and communities in accommodating and learning from each other. The goal of Alianzas is to enhance the ability of communities to collaborate with the growing immigrant Hispanic populations through a Hispanic, university and community partnership, using a community-based, co-learner approach. **Personnel:** Beverly Maltsberger, Connie Mefford, David Davis, Don Miller

**Strengthening Community Non-Profit Organizations** - Supports small, community-based groups and nonprofits and they develop their capacity to address important community issues. The program assists groups on a range of development topics including incorporation, planning, collaboration, financial management, marketing, and others. **Personnel:** Beverly Maltsberger, Don Miller, Jerry Baker

**Cambio de Colores Conferences** - Focus on the issues that Missouri confronts as a result of new Latino urban and rural settlers in every region of Missouri. The conferences connect researchers with the people, organizations, and communities that can benefit from their research; provides a forum for the professional

development of people working with the Hispanic community; and identifies best practices and knowledge and service gaps. **Personnel:** David Davis, Elver Pardo

**Global Leadership Education (GLE)** - Devoted to building the leadership capacity of Missouri and Thai community members, community leaders and professionals in a number of sectors—government, education, civic and business, religious, non-profits and others. In partnership with the Community Development Department (CDD) of the Royal Thai Government, this exchange program builds mutual understanding and contributes to this collaborative learning between the people of Missouri and Thailand. **Personnel:** Mary Horvath

**Poll Worker Training** - Provides comprehensive statewide training for those who work in local polling sites during elections. The training is the responsibility of local election authorities and is available in multiple formats (including an online module) and based on HAVA (Help America Vote Act) regulations, election laws, and administrative rules. **Personnel:** Lyndell Larkin, Ronald Higginbotham

**Extension InfoNet** - Extension InfoNet helps consumers find effective answers to everyday questions. This web-based resource is available to consumers 24 hours a day, seven days a week and currently has a data base of more than 400 messages. It is a joint project of University of Missouri Extension and Kansas State Research and Extension. Missouri counties involved in the project are Cass, Clay, Jackson, Platte and Kansas Counties are Johnson, Leavenworth, Miami, Wyandotte. **Personnel:** Cynthia Zluticky \*\*

**Marketing and Media** - This program consists of a variety of activities that draws public attention to the services provided by the local Extension offices. These activities include, but are not limited to: Regional Newsletters, Web Page, Direct Marketing, Community Activities, Community information displays  
**Personnel:** Roberta Jenkins \*\*

**Community Tourism Development** - Community tourism support. How to attract tourists, community and place marketing. Long term goal: improved local economy and increased community economic growth.  
**Personnel:** Jerry Baker \*\*

## **HUMAN ENVIRONMENTAL SCIENCES (HES)**

**Successful Aging** – Provides educational resources to support successful aging and to strengthen the aging family. **Personnel:** Don Miller, Roberta Jenkins

**Aging In Place** - Educates older adults, their families, and caregivers to ensure that older adults can remain in their homes and independent living situations. **Personnel:** Diane Kerns

**Energy Management** - Educates consumers on an integrated approach to energy efficient buildings and homes. Topics include energy systems, energy conservation and efficiency, alternative and renewable energy systems, weatherization, energy-efficient appliances, insulation, renewable and natural building materials, day lighting, and natural ventilation. **Personnel:** David Davis

**Healthy Homes** - A national program educating consumers about sources, health risks, and control measures related to common residential pollutants, and toxins help consumers reduce their health risks. **Personnel:** David Davis, Marsha Alexander

**Indoor Air Quality** - A national consumer education program concerned with increasing awareness among consumers to help improve the quality of indoor air in homes. **Personnel:** Diane Kerns

**RentSmart** - A consumer education program that stresses information that can help participants succeed as tenants and avoid confrontations and legal hassles with landlords. **Personnel:** David Davis, Rebecca Travnichek

**Homeworks** - Homeowners learn about basic home repairs, maintenance and financial management necessary to successfully maintain a home. **Personnel:** David Davis, Rebecca Travnichek

**Home Maintenance and Care** - Assists new and existing homeowners in protecting their investment by learning about basic home repairs, maintenance, life-cycle costs, and routine inspections necessary to successfully keep a home for long term. **Personnel:** David Davis

**Focus on Kids** - Helps divorced and separated parents learn how to support their children through the divorce process and how to work together in co-parenting their children. Focus on Kids satisfies the Missouri law that requires parents who are divorcing or filing a motion to modify the original divorce decree to attend an educational parenting program. **Personnel:** Diane Kerns, Don Miller

**RETHINK** - Teaches parents how to manage their anger when dealing with children's difficult behaviors. The following skills are emphasized: identifying constructive and destructive anger, developing better relationships with children, using appropriate discipline strategies, understanding children's behavior at different ages, and managing anger more effectively. **Personnel:** Diane Kerns, Don Miller

**Building Strong Families: Challenges and Choices** Program (<http://extension.missouri.edu/bsf>) - Designed to help families find their strengths, build on those strengths, and learn skills to create stronger families, improve relationships, and increase communication. The Program draws from an interactive, 13-module curriculum to provide a series of life skills workshops that are supported by strength-based research. **Personnel:** David Davis, Debra Davis, Diane Kerns, Don Miller, Janet Hackert Kiralfy, Karen From, Lyndell Larkin, Meridith Berry, Rebecca Travnichek, Robert Kelly, Thomas Fowler

**Building Strong Families for Youth** - Designed to help youth ages 5 to 12 find their strengths, build on those strengths, and learn skills to create stronger families, improve relationships, and increase communication. The Curriculum for Youth parallels Building Strong Families for Adults and provides youth with interactive experiences that are supported by strength-based research. Building Strong Families for Youth is a joint effort by Human Environmental Sciences Extension and 4-H. **Personnel:** David Davis, Diane Kerns, Michele Kroll

**Students In the Middle** - A school-based program that provides support groups for students who have experienced family transitions such as divorce, separation, and remarriage. This program includes training for school counselors and social workers in the areas of divorce, separation, and step parenting, and an easy-to-use curriculum that includes all materials needed to facilitate weekly support groups for students in grades pre-K-12. **Personnel:** Mary Dothage, Roberta Jenkins

**Missouri Volunteer Resource Mothers (MVRM)** - A community-based mentoring program for pregnant and parenting teens. **Personnel:** Diane Kerns

**Penn State Satellite Series** - this ongoing series, broadcast via satellite from Penn State University, addresses current topics in quality child care and developmentally-appropriate practices. **Personnel:** Diane Kerns

**DESE Pre-K Standards** - These workshops, developed by University of Missouri Extension, teach child care providers to create learning opportunities that foster children's literacy, math, and science understanding. **Personnel:** Diane Kerns

**Child Physical Activity** - This workshop, developed by University of Missouri Extension, addresses national concerns with children's inactivity and centers on the importance of physical activity, one's personal activity beliefs and behaviors, children's motor skill development, and age-appropriate activities to encourage children's movement and motor development. **Personnel:** Brenda Bell

**Indoor Air Quality** - 2-hour workshop, developed by University of Missouri Extension, assists those who provide child care to create a healthier indoor environment for children with asthma and allergies.

**Personnel:** David Davis

**Food Preservation** - A program designed to assist clients in safely preserving their foods. **Personnel:** Cynthia Fauser, Janet Hackert Kiralfy, Karen From, Linda Rellergert

**Financial Champions** - an experiential curriculum for twelve to fifteen year olds composed of two youth guides, and helper's guide, and an interactive web game. It is sponsored by the InCharge Institute of America, Inc. in conjunction with Windermere Communications, Inc. and the 4-H Cooperative System; and Penn University. **Personnel:** Rebecca Travnichek

**Consumer Savvy** - helps youth become informed and responsible consumers in today's dynamic marketplace. Are you a consumer? You bet – we all are! Youth consume more than \$175 billion of goods and services each year. **Personnel:** Rebecca Travnichek

**Money Action Plan** - a curriculum to address the need for financial management education. A train-the-trainer curriculum, targeting helping professionals who are working with people having money problems. Includes seven modules: introduction to money management, developing a spending plan, record keeping, credit, communication about money, insurance and consumer issues. Each module includes background information as well as activities, handouts and worksheets for one-on-one or group settings. **Personnel:** Rebecca Travnichek

**The Missouri Taxpayer Education Initiative (MoTax)** - offers a gateway to financial education through taxpayer assistance. MoTax offers preparation of federal and state tax returns to low-income families and uses this opportunity to emphasize the importance of financial planning management. MoTax is supported by University of Missouri Extension along with federal and local partners. **Personnel:** Rebecca Travnichek

**Financial Success** - debtor education program will help those facing bankruptcy: Meet your bankruptcy education requirement, Improve your financial management skills; Get more from your money. **Personnel:** Rebecca Travnichek

**Financial Security in Later Life** - financial security is the ability to meet future needs while keeping pace with day-to-day obligations. Preparing for retirement and potential long-term care costs takes planning, saving, and debt control. This Cooperative Extension initiative seeks to help people improve personal finance behaviors leading to financial security in later life, enhance the capacity of local educators and their partners to deliver effective programs, and increase economic vitality and quality of life for families and communities. **Personnel:** Diane Kerns

**Adolescent Health/STD/HIV Prevention** -**NO DESCRIPTOR** **Personnel:** Brenda Bell

**Child Care Core Competencies** - series of research-based training opportunities covers the areas described in Missouri's Core Competencies for Early Care and Education Professionals; specifically, child growth and development, learning environments, child observation, families and communities, interactions with children, and program planning. **Personnel:** Diana Milne, Diane Kerns, Don Miller

**Family Nutrition Program (FNP)** - a nutrition and physical activity education program targeted to limited resources audiences. This program provides education in schools, community settings, and through media campaigns. The average participant receives six lessons. The primary audience for FNP is youth and the adults who support them. **Personnel:** Deborah Herrold, Janet Hackert Kiralfy, Karen From, Penny Sherman, Robin Davidson, Stephanie Weddle, Virginia Bidwell, Constance Mowrer, Regina Ripley, Sue Robison

**Expanded Food and Nutrition Education Program (EFNEP)** is a nutrition and physical activity program targeted to limited resource audiences. This program provides education in homes and community settings. Program participants receive 6-12 lessons over the course of the program. The primary audience for EFNEP is adults. **Personnel:** Thomas Fowler, Diane Kerns, Janet Hackert Kiralfy, Karen Elliot, Karen From

**Food Power** - elementary school students travel the path food takes from the farmer's field to the sports field and learn where the food they eat comes from and how it gives them the energy to grow and play. **Personnel:** Janet Hackert Kiralfy

**Show Me Shape Up** - a five-month competition that encourages Missourians to develop healthy activity and eating habits. Missourians are encouraged to form teams of two to ten people and then go the distance! Teams will have the opportunity to compete in two categories, team weight loss and/or accumulated activity. This program is administered through the Show Me State Games. **Personnel:** Karen From

**Stay Strong, Stay Healthy** - an eight week strength training program for middle-aged and older adults. The program's goal is to improve health and quality of life. The program incorporates warm-up exercises, strengthening exercises, and cool down stretches. Over the eight weeks participants learn exercises to improve strength and balance. **Personnel:** Karen From

**Eat Well, Be Well with Diabetes (Dining With Diabetes)** - a four-session series that provides people with type 2 diabetes, their family and friends, with tools for the self-management of diabetes. The series focuses on nutrition, the cornerstone of diabetes management, but also reviews other self-management strategies that can help individuals avoid diabetes complications. Food demonstrations and tasting are included. **Personnel:** Janet Hackert Kiralfy, Karen From

**Cost of Raising a Child** – To Help better understand the actual costs of raising a child to adulthood. **Personnel:** Rebecca Travnichek \*

**Smart Credit Use** – Using resources and activities from multiple curricula, high school students learn to understand credit card use and abuse. **Personnel:** Rebecca Travnichek \*

**Money Apron** – A curriculum to address the need for financial management education. A train-the-trainer curriculum, targeting helping professionals who are working with people having money problems. Includes seven modules: introduction to money management, developing a spending plan, record keeping, credit, communication about money, insurance and consumer issues. Each module includes background information as well as activities, handouts and worksheets for one-on-one or group settings. **Personnel:** Rebecca Travnichek \*

**Using Software for Money Management Education** - Students use financial management software to learn about buying clothing, buying a care, credit, insurance, saving, and about the cost of living in three sizes of communities. Also personal finance trivia software **Personnel:** Rebecca Travnichek \*\*

**Relatives As Parents** - provides education for relative caregivers. Topics included may range from parenting, relationship building, financial, and legal issues. **Personnel:** Diane Kerns, Don Miller

**Tackling The Tough Skills** - a fun, innovative, and highly interactive life skills curriculum to help hard-to-reach adults or teens prepare for success in work and life. **Personnel:** Roxanne Miller

**Prisoner Re-Entry** - The purpose of this program is to work with the Department of Corrections, parole officers and local organizations to provide a community based support system for offenders re-entering the community from prison. **Personnel:** Don Miller, Lyndell Larkin \*

**School Wellness** - Educate teachers and resource staff about ways that they can comply with the new wellness policies. This program will help educators implement a school wellness policy. **Personnel:** Karen From \*\*

**Local Level Issues in Nutrition and Health** - Collaboration with organizations such as local health departments and hospitals, and other groups providing health and physical fitness programs to the community. **Personnel:** Diane Kerns, Karen From \*\*

#### **4-H YOUTH DEVELOPMENT**

**Physical Activity and Recreation** - Health is the fourth “H” in the 4-H Clover and a common topic for youth today. Nutrition, physical fitness and emotional well-being are just some of the health issues that contribute to healthy lifestyles for all individuals. **Personnel:** Annette Deering, Camelia Younger, Dale Hunsburger, Jackie Allenbrand, Julie Schmitt, Karla Parman, Meridith Berry, Patricia Wood, Ronald Walker, Teresa Kurtz

**Family and Youth Wellbeing (Mental and Emotional)** - Health is the fourth “H” in the 4-H Clover and a common topic for youth today. Nutrition, physical fitness and emotional well-being are just some of the health issues that contribute to healthy lifestyles for all individuals. **Personnel:** Annette Deering, Diane Kerns, Don Miller, Ronald Walker, Sharen Hunt, Teresa Kurtz

**Safety** - Safety is everyone’s concern and business. Local 4-H clubs and units should examine the safety needs in their community and develop a safety education program based on these needs. Possible topics might include: abandoned well identification and proper closing, fire alarms, seat belts, water safety, safety with pets, etc. **Personnel:** Karla Parman, Meridith Berry, Teresa Kurtz

**Financial Management** - The 4-H Name and emblem and the youth program they represent have earned wide respect through the United States and the world. In order to protect and promote the good name of 4-H, the Congress of the United States of passed laws concerning the use of the 4-H name and emblem. All groups who use the 4-H name and emblem must follow these polices and rules. This includes, but is not limited to, 4-H clubs, county 4-H councils and advisory boards, 4-H teen or junior leader clubs, 4-H project clubs and 4-H special interest groups. Refer to this website for more details on these policies and rules [http://www.national4-hheadquarters.gov/4h\\_name.htm](http://www.national4-hheadquarters.gov/4h_name.htm) **Personnel:** Jackie Allenbrand, Karla Parman

**Creating Environments for Positive Youth Development** - Through workshops, volunteer forums, leadership roles and web-based instruction, state and county extension faculty will help adult and youth volunteer leaders gain knowledge and skills to communicate, manage programs, design and deliver education events, develop interpersonal skills and create environments that promote positive youth development. **Personnel:** Alan Munday, Annette Deering, Dale Hunsburger, Debra Davis, Jackie Allenbrand, James Crawford, James Humphrey, Julie Schmitt, Karla Parman, Kevin Hansen, Kim Mehl, Lisa Prichard, Mary Baumann, Patricia Wood, Rebecca Simpson, Rebecca Travnichek, Ronald Walker, Teresa Kurtz

**Program Management** – Volunteers demonstrate the ability to involve others in providing the structures necessary to deliver positive 4-H programming in a community. **Personnel:** Dale Hunsburger, Debra Davis,

Jackie Allenbrand, Karla Parman, Lisa Prichard, Mary Baumann, Patricia Wood, Rebecca Simpson, Teresa Kurtz

**Adult Leadership Roles** - Through leadership roles, state and county extension faculty will help adult and youth volunteer leaders gain knowledge and skills to communicate, manage programs, design and deliver education events, develop interpersonal skills and create environments that promote positive youth development. **Personnel:** Annette Deering, Dale Hunsburger, Debra Davis, Jackie Allenbrand, Julie Schmitt, Lisa Prichard, Mary Bauman, Patricia Wood, Rebecca Simpson, Ronald Walker

**Developing Youth Leaders** - Youth join in the dynamic process of learning leadership skills through interactive activities, real life experiences in relationship building, communication group process, and planning and organization. All activities offer a cross-cultural perspective. All activities offer you the ability to become a good leader. **Personnel:** Annette Deering, Dale Hunsburger, Debra Davis, Jackie Allenbrand, Karla Parman, Kim Mehl, Lisa Prichard, Mary Baumann, Patricia Wood, Rebecca Simpson, Ronald Walker, Sarah Staude, Teresa Kurtz

**Promoting Youth/Adult Partnerships** -Youth-adult partnerships may involve youth and adults together in leadership development, philanthropy, entrepreneurship, community mapping, civic activism, and/or governance. **Personnel:** Connie Mefford, Debra Davis, Teresa Kurtz

**Empowering Youth Citizens** - Youth learn about local, state and national governments and how to actively engage as a citizen. **Personnel:** Eleanor Kloeppe, Nancy Mense, Patricia Wood, Rebecca Simpson, Sarah Staude

**Animal Science and Technology – Food Animal Projects** - To increase the knowledge and awareness of Missouri youth about food quality issues related to animal production (beef, sheep, swine, goats and meat rabbits). **Personnel:** Amie Schleicher, Annette Deering, Jackie Allenbrand, James Humphrey, Karla Parman, Kim Mehl, Lisa Prichard, Mary Bauman, Rebecca Simpson, Ronald Walker, Shawn Deering

**Animal Science and Technology – Companion Animal Projects** -Youth gain knowledge and skills for life through working with companion animals --- dogs, cats, horses and rabbits. **Personnel:** Carol Parmenter, Dale Hunsburger, Debra Davis, Karla Parman, Patricia Wood, Shawn Deering

**Plant Science and Technology** -Youth develop knowledge and skills in horticulture, gardening, forestry, soybeans, entomology and beekeeping. **Personnel:** Jackie Allenbrand

**Environmental and Natural Resources Science and Technology** - Youth learn knowledge and skills in stewardship of the environment, shooting sports, sports fishing and aquatic sciences, water quality, forestry and conservation. **Personnel:** Annette Deering, Dale Hunsburger, Debra Davis, James Humphrey, Karla Parman, Kevin Hansen, Sarah Staude, Teresa Kurtz

**Information Science and Technology** - Youth learn through project curricula, camps and educational events knowledge, skills and application of information sciences such as using computers, geospatial technology, digital media and internet sciences. **Personnel:** Meredith Berry, Michele Kroll

**Physical Science, Engineering and Technology** -Youth gain knowledge, skills and application of physical sciences such as aerospace, electricity, robotics, small engines, welding, woodworking and the built environment. **Personnel:** Camelia Younger, Eleanor Kloeppe, Mary Patten, Michele Kroll

**Show Me Quality Assurance** – The main objective of this program is to increase the knowledge and awareness of Missouri youth about food quality issues relates to animal production. **Personnel:** James Humphrey \*

**Livestock Judging and Grading** – The purpose of this effort is to improve Missouri’s livestock industry by teaching youth and adults how to evaluate live animals by applying USDA grade standards. **Personnel:** James Humphrey \*

**Building Character** - Show-Me Character\* is a program that teaches young people to make wise ethical choices. It also encourages adults to become more involved in helping youth develop positive character traits, such as trustworthiness, fairness, respect, caring, responsibility and citizenship. **Personnel:** Annette Deering, Debra Davis, Karla Parman, Rebecca Simpson, Teresa Kurtz

**Workforce and Career Readiness** - Youth gain knowledge and skills such as completing job applications, interviewing, resume and cover letter writing, electronic job hunting skills to prepare them for the world of work. **Personnel:** Karla Parman, Nancy Coleman

**Developing Interpersonal Communications** - All 4-H youth development programs provide opportunities for youth to learn and/or improve communication skills. Learning communication skills enhances learning, fosters healthier interpersonal skills and facilitates leading groups. **Personnel:** Dale Hunsburger, Debra Davis, Jackie Allenbrand, Julie Schmitt, Karla Parman, Rebecca Simpson

**Food and Nutrition** - In Foods, youth have fun learning how to cook the basics and then advance to gourmet and international meals. You also learn about the heritage of many foods as well as consumer buying skills to get the most from your money. In addition, participants learn about their ideal weight and how to maintain it for a long and healthy life. **Personnel:** Annette Deering, Jackie Allenbrand, Julie Schmitt, Mary Baumann, Ronald Walker, Teresa Kurtz

**Good Grief Camp** - Grief Camp is a program for youth who have suffered deaths by deployed parents in the military. This camp will provide group healing and counseling workshops as well as regular camp activities and programs. **Personnel:** Michele Kroll \*\*

**Embryology** - This curriculum brings action and experience to the classroom, using a still-air incubator. Students observe the development of the chick in the egg-hatching and post-hatch care. **Personnel:** Debra Davis, Julie Schmitt, Lisa Prichard, Rebecca Simpson

\* Buchanan County

\*\* Webapps