Barton County
Annual Report

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Dear Barton County Commission and Community,

University of Missouri Extension strives to provide research-based information and education to improve the lives of the citizens of Missouri. This 2011 Annual Report looks back over the last year, including the programs and progress the Barton County Extension program has provided.

The citizens of Barton County have been provided with the opportunity for lifelong education and timely relevant information for better decision making through the programs and information provided by the Barton county office. With this information the people of the county are able to grow and prosper as individuals, families, and community members. As we remember our friend and colleague, Rick Mammen, we pay tribute to his love of Extension and years of work in and for Barton County.

MU Extension in Barton County has encouraged innovation and growth through five major program areas. Access to relevant research-based information is critical in today’s environment, where information abounds, but accuracy and rigor may not. Through classes offered throughout 2011, participants learned more about current agronomy and horticulture practices; nutrition, food preservation and the importance of exercise; information about starting and growing a business, community planning and development, leadership and youth development.

Through partnerships and collaboration, MU Extension in Barton County leverages the reach of programming efforts. Whether working in collaboration with primary and secondary schools, Barton County Memorial Hospital, or the Chamber of Commerce, relevant information and programs reach wide audiences in the county. Continuing to build on these and other partnerships maintains the reputation for innovation and leadership that MU Extension in Barton County has provided for citizens and stakeholders.

The University of Missouri Extension Council and local faculty and staff thank the Barton county Commission for the support and funding of education programs. The council remains committed to providing information and programming to help Barton county citizens grow as individuals and as a community through the local Barton County Extension office.

We honor Rick’s legacy with creative and innovative programming and dedicate this annual report to the memory of Rick Mammen.

Submitted by:

Lee Howard
Council Chairman

Judy Gastel
Council Secretary

Kathy Macomber
County Program Director
Dear County Commissioners and Associated Friends of MU Extension:

“Efficiency” and “Innovation” are two watchwords of citizens and government in our currently challenging economy. I am pleased to report that University of Missouri Extension has kept these words in the forefront and acted accordingly for the benefit of Missouri residents statewide.

Funded through the support of federal, state and county government; grants and contracts; fees for services; and private gifts, MU Extension leverages every dollar received to create expanded educational opportunities. Every dollar provided from counties is leveraged with an additional $6.00 to create a significant return on investment.

MU Extension creates value for citizens – including those who do not participate directly in its programs. For example:

The federal Expanded Food and Nutrition Education Program provided $1.6 million to the state of Missouri. These funds provide nutrition education to limited-resource families. Participants who graduate from the program improve the way they manage their food dollars; demonstrate acceptable food safety practices and make healthier food choices. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important program reduces healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.

2011 has been a difficult year due to natural disasters in Missouri. The MU Extension statewide Community Emergency Management Program and local emergency management groups provided immediate on-site assistance by coordinating with the State Emergency Management Agency, Red Cross and other groups and by providing online resources through web pages and other media. As a result, citizens learned how to avoid scammers, ensure safe drinking water and food, and recover from a disaster. MU Extension’s emergency management program helps communities, businesses, schools and residents reduce a community’s disaster recovery period. This action saves lives and countless dollars in emergency recovery operations and avoids job loss. Additionally, the whole community builds a greater sense of cohesion.

These are just two examples of MU Extension’s public value impact. I’m sure you will find many other examples in your local community.

I want to thank you for your support of MU Extension as a critical team player in your locale. Your ideas for improving our partnership are always welcome.

Sincerely,

Michael D. Ouart
Vice Provost and Director

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension Councils Cooperating

EQUAL OPPORTUNITY/ADA INSTITUTIONS
2011 Highlights

Mark, and Trudy Peterson and their family represented Barton County as the 2011 Missouri State Farm Family.

Brian Bunton, a Lamar student, was award the 2011 Barton County Master Gardeners scholarship.

MOHOCOLA “Missouri 4-H Homegrown Community Leaders Project” received 1st place at the Community Betterment Conference.

Jill Hankins served Barton County as an Agronomy Assistant during the summer of 2011.

Isaac and Betty Bull and Jim and Bonnie O’Neal were recognized as Missouri Century Farms in 2011.

Sonda Smith was the recipient of the 2011 Leaders Honor Roll for her support of MU Extension in Barton County.

Ham curing was introduced as a new 4-H project at the Lamar Fair in 2011.
Linda and the late Richard Morgan were inducted into the Missouri 4-H Hall of Fame.

Ruth Bunton was honored for 50 years of volunteer leadership with Irwin 4-H club.

John Danforth “I Dare You Award” Recipients - Lynzee Flores and Caitlin Moreno.

State 4-H Key Award Recipients - Tai Thrasher, Luke Proctor and Ciara Shoff.

Tammy Roberts received the Distinguished Service Award from the National Extension Association of Family and Consumer Sciences.

Kathy Macomber was presented three awards for her work with businesses after the Joplin tornado, meeting her Revenue Generation goal and the Buchanan Professional Development Award.

County newsletters, Ag News & Views, Clover Grower and Silver Threads, reached over 400 Barton County families with research based information and activity updates on a monthly and bi-monthly basis.

In 2011, 193 soil samples were sent to the University of Missouri Soil Testing Lab for analysis.

Lynzee Flores won the national Prudential Spirit of Youth Award for her volunteer service in her community.

Helen Wilson and Kelli Sheat were winners of the MU items given away during the Lamar Fair.
Barton County Extension Council

Chairman
Lee Howard, elected member, term ends 2012
Vice Chairman
Paul Crabtree, elected member, term ends 2013
Secretary
Judy Norton, elected member, term ends 2012
Treasurer
Tom Dingman, elected member, term ends 2013

Other Members:
Mark Clements, elected member, term ends 2012
Judy Gastel, elected member, term ends 2012
Cinda Miller, elected member, term ends 2012
Joe Pace, elected member, term ends 2012
Dale Robertson, elected member, term ends 2012
Ted Frieden, elected member, term ends 2013
Derenda Gariss, elected member, term ends 2013
Dean McKibben, elected member, term ends 2013
Joyce Moser, elected member, term ends 2013
Susan Roland, elected member, term ends 2013
Sondra Smith, elected member, term ends 2013
Barb Thrasher, elected member, term ends 2013
Lynn Calton, appointed member from City of Lamar
Dennis Wilson, appointed member from Barton County Commission
Chad McCulloch, appointed member from Farm Bureau
Sherry Keith, appointed member from MFA
Kelly Davis, youth representative
Bradley Morgan, youth representative
Kelsey Peckman, youth representative

Unique partnership
Barton County’s University of Missouri Extension County Council is a full partner with Missouri's land-grant universities to deliver high-quality education and research-based information. This helps people solve real-world problems and take advantage of opportunities. Council members:

- Work with extension specialists to provide the county with quality educational programs;
- Manage finances of local extension operations;
- Provide personnel to carry out extension activities; and
- Elect and organize the local extension council.

Barton County Commissioners

Mike Davis
Presiding Commissioner

Dennis Wilson
District I Commissioner

Bonda Rawlings
District II Commissioner
Barton County Staff

Regional Staff Serving Barton County

**Jeff Barber,** Housing and Environmental Design, Greene County  
**Ed Browning,** Natural Resource Engineer, Jasper County  
**David Burton,** Civic Communication, Greene County  
**Patrick Byers,** Horticulture, Greene County  
**Wayne Dietrich,** Community Development, Taney County  
**Dona Goede,** Livestock Specialist, Cedar County  
**John Hobbs,** Agriculture and Rural Development, McDonald County  
**Janet LaFon,** Family Financial Education, Jasper County  
**Robert McNary,** 4-H Youth, Jasper County  
**Jodie Pennington,** Small Ruminant, Newton County  
**Tony Rickard,** Dairy, Barry County  
**Wesley Tucker,** Agriculture Business, Polk County
Providing programs to help families develop and maintain healthy eating habits so they can enjoy healthier more productive lives is one goal of nutrition education in Barton County. Overweight and obesity rates have been climbing for the past ten years. Obesity is associated with more than 30 medical conditions including type II diabetes, heart disease, high blood pressure and osteoarthritis. Healthy eating habits can delay the onset of some of these conditions and lessen the severity of the symptoms.

**Supermarket Tours**- Barton County was a pilot site for Share Our Strength’s *Shopping Matters* curriculum. Three tours were conducted at Summer Fresh Market with WIC Program participants. One participant used her WIC vouchers for fruits and vegetables on this trip to the grocery store. She hadn’t used them in the past because she didn’t know they could be used for frozen foods. Another person stated that she learned how to know if bread is whole grain or not.

**Strong Women Healthy Hearts**- This series of 24 classes was offered February 7 thru May 2 at Lamar First Baptist Church. Heart disease is the number one killer of women but many women don’t think they are at risk. This class focuses on two ways of lowering the risk for heart attack; aerobic exercise and nutrition. In each class there is 30 minutes of aerobic activity and 30 minutes of nutrition education. Some nutrition education includes food preparation and tasting. During the class, the participants lost an average of 6 pounds. At the end of the class, the average participant was consuming one more fruit or vegetable serving than they were when the class began. One person wrote “Great program! I lost some weight and intend to continue working on it.”

**Nutrition Education at Lamar High School**- Think Your Drink was taught in three classes, Don’t Supersize Me was taught in three classes, No Time No Money was taught in 2 classes and Childhood Obesity was taught in one class. Eighty-nine percent of the students agreed or strongly agreed they had more knowledge after the classes. When asked what the most important thing they learned was, many students stated they didn’t know 66% of the adult population was overweight or obese. When asked what they were going to do as a result of the class, many students stated they were going to start reading food labels.

**Eat Well Be Well with Diabetes**- This series of four classes was taught August 9-23 at Barton County Memorial Hospital. Eat Well Be Well with Diabetes provides participants with knowledge and skills for diabetes self-management. Message maps are utilized to facilitate discussions and active learning on topics such as carbohydrate counting, communicating with healthcare providers, symptoms of high and low blood sugar and dealing with the emotions of having diabetes. Food demonstrations of diabetes-friendly recipes and tasting were a part of each class. Some comments participants made after participating in this class included: “This class has been very helpful and taught in clear words- nothing complicated.” “I was reminded I was not alone in this health situation.” “It has given me the extra push I needed to get eating more healthy again.”
“Stay Strong Stay Healthy” class members exercise to strength muscles and enhance flexibility.

**Nutrition in the Media** - Readers had the opportunity to learn more about nutrition and health in a weekly article published by the Lamar Democrat. Those same articles provided subject-matter for radio interviews, which included USDA Radio, in 2011. Healthy food preparation was the topic for four television interviews with Carol Parker on KSN-16, Joplin.

**Strong Women Across America** - Lamar was a stop on Dr. Miriam Nelson’s Strong Women Across America Tour. Dr. Nelson from Tufts University visited one site in each of eight states from Alaska to Pennsylvania. She wanted to visit towns that offer her programs which include Strong Women Healthy Hearts and Stay Strong Stay Healthy. As a part of this program, a Change Club was formed in Lamar. The Change Club is a diverse group of strong and unified citizens committed to improving the health of the people of Lamar. During Dr. Nelson’s visit, she took the Change Club and some guests on a walkabout of Lamar. The purpose was to help us look at ways to make Lamar more ‘walkable’ and ‘bikeable’. The Change Club planned a physical activity challenge which was a 5K walk/run from the city park to the walking trail behind the First Baptist Church. Dr. Nelson’s goal for the physical activity challenge was to have participants break through physical activity barriers. The goal of the Change Club was to create awareness of the need for more ‘walkable’ and ‘bikeable’ streets. Both goals were met! There were approximately 80 participants in the 5K walk/run and there was at least one person who completed the 5K walk/run for the first time in her life.

**Stay Strong Stay Healthy** - This series of 10 classes was held at Lamar First Baptist Church July 14 thru September 8. As we age, we lose muscle mass that is replaced by fat. This loss of muscle mass and chronic disease can limit a person’s ability to carry about activities of daily living. Loss of muscle mass also means a loss of flexibility and an increase for a risk of falls. Strength training can help re-build muscle mass that has been lost and has been shown to help provide arthritis relief, improve balance, enhance flexibility, help with weight control, lift depression, reduce risk for heart disease and help maintain healthy blood sugar levels. At an end of session survey, 100% of participants stated they felt physically stronger, felt they had more energy and felt their health was better because of the program. Ten out of 11 participants improved in four or five measures of balance and flexibility during the ten-week class.

Change Club members with Dr. Miriam Nelson and her assistant, Eleanor Heidkamp-Young, passing the torch to other strong women in communities across America.
Business Development

As entrepreneurs and innovators, Missouri’s small businesses are becoming a more diverse group that continues to make the state’s economy productive. There are approximately 500,000 small businesses in Missouri. Nearly 98 percent of all businesses with employees are categorized as small businesses. In assisting the owners and managers of those businesses, MU Extension contributes to a county’s economic development through growth in jobs, sales, innovation, technology development and commercialization.

In Barton County, during 2011, business development program specialists and business counselors with MU Extension, Missouri Small Business & Technology Development Centers (MO SBTDC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Environmental Program, Missouri Career Options Project, and the Missouri Market Development program served 24 people and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Barton County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- New jobs: 4
- Sales increases: $42,724
- New businesses: 1
- Jobs retained: 4
- Loans and investments in business: $100,000
- Acquired assets: $100,000
- Clients/companies receiving business counseling: 24
- Business training attendees and conference participants: 35

The Business Development Program Delivery Network includes:
Business Development Specialists headquartered at University of Missouri Extension centers; centers located on the University of Missouri campuses at Columbia, Kansas City, St. Louis and Rolla; and centers at most of the state universities across Missouri. The named programs delivered through this network include:

Missouri Small Business & Technology Development Centers (MO SBTDC) – Funded by the U.S. Small Business Administration, this award is matched on the local level by state university hosts and private sector partners. Services include individualized business counseling and a wide variety of educational opportunities. One of the products offered through those centers is the MoFAST SBIR/STTR assistance. Specialists in this area work with university faculty and other innovators to win awards in support of the commercialization of technology.

Missouri Procurement Assistance Centers (MO PTAC) -- Funded by the U.S. Defense Logistics Agency, this program helps businesses win government contracts for a wide range of products and services.

Missouri Market Development Program – This program, which is funded at by the Environmental Improvement and Energy Resources Agency via the Missouri Department of Natural Resources, helps business owners find markets for recycled materials and helps other businesses in securing funding for manufacture of new goods using those recycled materials.

Career Options – Improving individual capacity is the focus of the MU Extension Career Options program, which is funded through a partnership with the Missouri Department of Economic Development Workforce Development unit. This program assists displaced workers and others in many ways, including through the exploration of business ownership and career repositioning following company closings, layoffs and other employment-related changes.

Missouri Environmental Program – Showing businesses how to save money by reducing waste, understanding regulations and using recycled materials.
State-wide Business Development program impact – Overall, the University of Missouri’s Business Development Programs (BDP) served 17,207 people and their businesses state-wide. The total impact for all businesses assisted by the BDP was:

- New jobs: 5,765
- Sales increases: $235,430,804
- Government contracts: $191.5 Million
- New businesses: 249
- Jobs retained: 1,708
- Loans and investments in business: $199,474,000
- Acquired assets: $77,573,861
- Investment in commercialization: $151,567,881 in SBIR/STTR or research proposals submitted with $4,337,056 awards received
- Clients/companies receiving business counseling: 3,095

Business training attendees and conference participants 14,111

The business development faculty contributing to these business successes are from the programs identified above. These staff have regional and statewide assignments and work with businesses in all counties across the state.
Agriculture in Barton County continues to drive the local economy in Barton County. Educational programs were developed to meet the high priority needs of today’s agriculture sector and home gardeners in Barton County. 2011 was another transition year in the county. Due to the health-related resignation of Rick Mammen, SW Regional Director, Jay Chism continued the intermittent role he began in May of 2009 as interim director. The agronomy position was left open, but programming was delivered by agronomist in neighboring counties and with the addition of Agronomy Assistant Jill Hankins.

**Field Crop Scouting Program** – Over sixty farmers signed up to receive a message to their cell phones each week for 20 weeks to hear the latest field crop scouting report in Barton County. Each farmer paid $35/year to participate in the program. The program covers the fundamental concepts of proper pest control (weeds, diseases, insects…) including pest identification, scouting, and IPM. Long-term impacts were that farmers developed an understanding what to look for when scouting and when treatment is necessary reduce the amount of pesticides used and reduce the amount of pesticides in the environment. University of Missouri agronomy specialists, Tim Schnakenberg, Brie Menjoulet, Livestock Assistant Andy McCorkill and Agronomy Assistant Jill Hankins, scouted fields and then recorded a message that provided researched information about pests in area field crops. An automated phone system was used to call all participants at one time. The information was sent within 24 hours from scouting to each participant. Images of plants and/or links to MU Guides were also posted along with the field crop scouting information to the Barton County Extension website. The program was very popular and has received positive feedback.

**Examples of a diseases and pests found while crop scouting in Barton County.**

- Heat damage to soybeans.
- Corn crazy top.
- Aphids on wheat.
- Hatched stink bugs.

**Soils and Crops Conference** - Speakers at this annual agriculture conference included, Jay Chism, Patrick Davis, Laura Sweets from University of Missouri and Drexel Atkisson from NRCS. Over eighty farmers participated in this one day conference that was sponsored by the Barton County Commission, Missouri Soybean Association, Barton County Soil and Water Conservation District, US Bank, Metropolitan Bank, Lamar Bank and Trust and Heritage Bank of Lamar and University of Missouri Extension in Barton County.
Barton County Wheat Tour – This annual event resumed in 2011, after the previous year’s planting season was too wet for University personnel to get the plots planted. The plot area was provided courtesy of the David Sheat farm. Jill Hankins, Agronomy Assistant and Andy McCorkill, Livestock Assistant prepped the plots and facilitated this program. Presentations were provided by Laura Sweets, Kevin Bradley, and Wayne Bailey, State Agronomy Specialist from MU Extension.

Southwest Irrigators Conference - The Southwest Chapter of Missouri Irrigation and Water Management Association collaborated with Jasper and Barton County University of Missouri Extension to provide this educational conference for irrigators. MAESTRO, a new energy grant program available to livestock producers in Missouri was highlighted at this annual meeting. Other energy programs discussed included Energize Missouri and Rural Energy for America Program (REAP) that offer low interest loans or grants for upgrading farm operations. Some of the energy programs might offer an opportunity to switch from diesel to electric powered irrigation systems for example. Another presentation at the conference focused on Missouri’s changing climate. Missouri has recorded weather data since the 1890s. New technologies that can be adapted to irrigation systems to possibly reduce water use or at least allow for better efficiencies and reduced energy consumption were also covered at this event that was organized and facilitated by Ed Browning, Agriculture Resource Engineer in Jasper County.

Grain Bin Storage Tour – The tour started at the Howard Overman farm, continued to the Jerry Davis farm and ended on the Eric Lawrence farm. A meal was provided by Feed and Seed in Liberal. Speakers included specialists from Columbia as well as surrounding counties. Ray Massey, MU professor of Ag Economics, Wayne Bailey, MU state entomologist; Ed Browning, Jasper County Natural Resource Engineer, covered topics concerning grain bins. Marty Bunton of Feed and Seed also discussed new technologies and future outlooks on grain storage. The tour covered topics such as economics of grain bins, management of insects in stored grain, grain storing, drying, handling and prices and new technologies in grain bins. This tour was designed to help farmers gain a better understanding of the use and justification of personal grain bins. Jill Hankins, Barton County Agronomy Assistant planned and promoted this program that was determined by the Barton County Extension County as a high priority.

Private Pesticide Applicator Training - Was provided by Pat Miller, Agronomy Specialist in Vernon County. Society’s demands for a cleaner environment encourage private applicators (farmers) to increase their knowledge and put new practices into use. This program enables farmers to purchase restricted-use pesticides.

Winter Feeds Workshop - The cost of feeding the cow herd is one of the greatest expenses on a beef farm. On November 15th cattle producers had the opportunity to learn some options for lowering those feed costs. Participants were encouraged to have their hay supply tested to see how much nutrition it was providing the herd and what extra nutrition they need to feed, or even didn’t need to feed. Wesley Tucker, Agriculture Business Specialist, discussed the actual cost of producing hay versus buying hay or extending the grazing season. Dona Goede, Livestock Specialist, helped the producers calculate how to supplement the cow herd for the lowest price by using alternative feeds or purchasing feed in bulk. One participant opted to try a feed tote which allowed her to purchase her feed in bulk saving $30 per ton of feed she used.

Regional Events - Farmers and gardeners of Barton County also traveled to other counties to attend MU Extension programming. The following is a list of programs attended by local citizens outside of Barton County:

Bull Breeding Soundness Exam Clinic, Missouri Steer Feedlot, Show-Me Select Heifer Program, MU Extension Tax School, SW Missouri Ag Lenders Seminar, Spring Forage Conference, Dallas County Soils and Crops Conference, Missouri Master Gardener Conference, Produce Auction Pest Review Program, Great Plains Vegetable Growers Conference, Commercial Vegetable Growers Tour, Western Produce Auction Annual Meeting, Missouri Blueberry School, Sheep and Goat Fiber Daze, SW Missouri, SW Missouri Boer Goat Meeting, Southwest Center Research Field Day.
Barton County 4-H, a community of 222 youths building life skills, engaging in science and connecting to community. One of every four Missourians between the ages of 5 and 18 participated in 4-H during 2011.

Barton County 4-H is built on eleven organized 4-H clubs, 197 4-H club members and 25 clover kids led by 65 adult/volunteers who provide positive youth development during monthly meetings, project work, and special club activities. 4-H members have the opportunity to compete on county, regional, state and national levels.

**Barton County 4-H Key Points to “Making the Best Better”**

**4-H “Personal Growth”** - Barton County 4-H offers youth the opportunity to learn and experience personal growth. Various events are planned by volunteers to help youth follow goals they have for themselves. 4-H youth learn through interactive activities, real life experiences, and communication groups. Barton County Teen Leaders hosted 2nd annual Clover Kids Day camp at the Wolf Center. 9 Teen leaders interacted as 4-H camp counselors helping 17 youth age 5-7 years old learn more about 4-H through songs, games, crafts, and community service. Barton County Livestock Judging Day assisted 17 4-H youth in workshops and judging evaluation of four species of livestock. These decision making skills are crucial as youth advance into other project areas. The 2011 Barton County Achievement Day had participation of 10 youth public speaking, 12 project Demonstrations, 16 personal development and 77 project judging events. This is event qualified 39 youth for Regional Achievement Day. The “4-H Learning by Doing” process offers youth the ability to learn and use practical life skills as they grow through personal development.

**4-H “Project Excellence”** - The 52nd Annual 2011 4-H Recognition Banquet presented 70 4-H members meritorious awards from 44 Mo 4-H Report Forms. 4-H County, State, Regional and National levels of excellence were reached by 117 outstanding 4-H youth from Barton County. 4-H clubs met their goal of achievement through project exhibition. The 2011 exhibition of 4-H project work included: 4-H members providing 31 exhibits to the Missouri State Fair and Ozark Empire Fair received 49 exhibits. Lamar Free Fair featured a 4-H conference judging program that showcased 126 exhibits. This opportunity provides youth with duel credits in communication skills and project completion.

**4-H “Leadership”** - Barton County 4-H Youth seized the opportunity to “TEACH Leadership, LIVE history, EXPLORE our Nation” during Citizenship Washington Focus a six-day leadership trip at the National 4-H Conference Center, Chevy Chase, MD. 4-H youth have hands on opportunities to learn and practice skills that promote “Better Citizens Today”. “Better Leaders Tomorrow”. The ultimate goal is to strengthen leadership, communication and life skills. Barton County 4-H youth joined a delegation of 53 4-H members and adults from Missouri on a 10 day trip which included Washington D.C., Philadelphia and New York City.

Barton County 4-H members attended Citizenship Focus in Washington DC.
Barton County 4-H was represented at 2011 Civic Youth Leadership Summit with two teams of outstanding youth. Each team worked together to define a need in the community and received a mini grant from Mo 4-H Foundation and Monsanto to work on that community project. Barton County Teen Leaders Community service planted a seed with Monsanto grant of $100.00 for The Rick Mammen Memorial side walk projects. Community donors and organizations matched that grant with $3,920.00 toward completion of project.

4-H “Community Service” - Barton County 4-H members gained life skills by building community partnerships with local organizations. The Barton County Teen leaders were selected to receive a USDA Grant funding the “Missouri 4-H Home Grown Community Leaders Project.” The MOHOCOLA Core team formed a partnership with Youth EXCEL, LHS FCCLA and other community organizations. Working with a budget up to $2,000.00. Collaboration of partnerships resulted in 291 youth and adult volunteers providing cash and in kind donations of $42,638.80. MOHOCOLA Core team projects included Snack Back pack meals for 150 students, Good Samaritan Food Drive collecting over 3,000 food items for Thanksgiving and Christmas food baskets. The Barton County youth were recognized with 1st place Missouri Community Betterment Youth Award from category 5. Lynzee Flores, youth nominee was present one of 10 outstanding MCB youth awards.

Barton County 4-H assisted Economic Security in a Back to School program reaching 252 youth with 4-H Literature, school supplies and backpacks. Other organizations reached were: American Cancer Society-Relay for Life, American Red Cross, MODOT Adopt-A-Highway, Community Betterment, Cystic Fibrosis Walk, Salvation Army, Good Samaritan, and Moss House for abused women and children, American Flag hanging around Lamar Square, Barton County Memorial Hospital, Barton County Theatre Arts Council, Maple Leaf Nursing Care Facility, as well as other individual club projects.

Barton County 4-H along with Lamar and Liberal FFA Chapters received the BOAC Grant “Building Our American Community” The youth received $1,000.00 matching grant to build livestock pens to be used at the Moore Pavillion for Lamar Fair and community events.

**Barton County 4-H School Enrichment** – Short term educational experiences were presented to 375 youth who received the opportunity to experience life skill learning in nontraditional 4-H club settings. “Show Me Character” a 4-H program that instructs young people about the six pillars of character, which are Responsibility, Caring, Respect, Trustworthiness, Fairness, and Citizenship. This program was Lamar Head Star, Tiger Preschool. Lamar East Elementary and Lamar High School student participated in several small term projects that included Hatching Chicks in the Classroom, Building personal leadership skills, Youth entrepreneurship, Leadership for life, Communication toolkit, healthy lifestyles and independent study.

Preparing backpacks meals to be sent home with students to provide them with meals during the weekend.
Youth EXCEL – Barton County 4-H Youth EXCEL Leadership Club in Lamar High School. The club was organized under the leadership of Linda Eggerman, Family and Consumer Science teacher at Lamar High School. The Leadership program was comprised of 57 students who participated in 12 sessions of various seminars, featuring speakers that enhance personal and leadership development, healthier life styles and community awareness. 4-H Youth development formed a partnership with Lamar High School F.C.C.L.A. and the Barton County Adult E.X.C.E.L (Experience in Community Enterprise and Leadership Development) program. The funding for this club was provided by the City of Lamar.

Barton County 4-H members who participated in the Jefferson City trip. This event is always a highlight for the young adults.

Family Financial Education Program

When you support MU Extension’s Family Financial Education programs, participants spend and borrow responsibly, save more and gain control over their financial health. These behaviors benefit other community members by reducing predatory lending and reliance on public assistance programs, reducing theft and lowering banking fees.

“Money and You” - This workshop was presented in Lamar in June, with 12 participants. This workshop was co-sponsored by the Barton County Drug Court and was designed to help their clients improve their money management skills. Included was information on goal setting, decision making, income/expenditure analysis, developing and using a spending and saving plan, credit and record keeping. All 12 participants completed an end of session evaluation. As a result of the workshop, six reported that they had learned new strategies to reduce their debt and felt more able to manage their personal finances. Five of the participants shared that they understand that saving on a regular basis helps to reduce financial stress and understand the benefits of saving money on a regular basis.

Family Estate Planning - At the request of the Barton County Extension Council, a committee was formed to plan a program on estate planning. As a result, a two-part course which focused on family estate planning issues was presented in the fall of 2011. During the first session, Janet LaFon, family financial education specialist, shared information on what you need to know before seeing an attorney, tips for transferring property and health care directives and durable power of attorney for health care. All ten of the participants completed an end of session evaluation. They all stated that they would recommend this program to others. When asked “What do you feel are the two most important things you learned tonight,” participants listed the transfer on death (TOD) and pay on death (POD) information, communicating their wishes, the health care directive information, the information on types of property (real and untitled) and ways to title property. During the second session, George Nichols, an attorney from Lamar, shared information on wills, probate, non-probate transfers, trusts, guardianship, and durable powers of attorney. There were nine participants, with all responding to an end of session evaluation. All stated that they would recommend this program to others. When asked, “What information will you use almost immediately?” respondents stated such things as “change my titles and CDs,” “make an inventory of personal assets,” and “make a simple will.”
University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 8,953 low-income participants with nutrition education in Barton County during 2011. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.

Nutrition education for youths provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults includes nutrition, food safety, physical activity, and food resource management.

During 2011: 6,636 youth and 2,317 adults were served through schools, community groups and agencies.

**Eating Smart, Being Active** - an eight lesson nutrition and physical activity curriculum for adults with kids offered through the Barton County Health Department.

One of my participants shared this exciting story: “You are always reminding us that we need to incorporate physical activity into our daily routine. I can’t tell you the number of times I’ve heard this from you. As I was sitting in my hot car waiting for my son to get done with football practice, I thought, ‘Man I need to get me a book to read, or learn how to knit or crochet’. Then the light came on - I could walk! I could walk the school’s track! How many times have I been parked this close to the track and had nothing to do except grumble because practice had gone late again. That very moment I opened the door and leaped out of the car. Yep, I was so close to the track that I could see it from where I was. I walked 10 minutes that day. I was so proud of myself. I felt so good about myself! I didn’t realize until later, I found myself showing up earlier and earlier to pick up my son from practice just so I could walk. Those 10 minutes turned into 20 minutes. Those 20 minutes turned into 30 minutes. Now, I walk 3 miles almost every day. I have lost 12 lbs.! Thanks for that reminder during nutrition class to incorporate physical activity into our lives.”

**Show Me Nutrition** - in classroom nutrition, physical activity and food tasting for Pre-K – 8th Grades implemented in the following schools: Golden City Elementary, Lamar East Primary, Lamar West Elementary, Liberal Elementary, Liberal Middle School and Lamar Middle School.

**Show Me Nutrition** - Show Me Nutrition Education Displays are professionally designed bulletin board displays with handouts that feature researched based information from the University Of Missouri Extension. They provide training for teachers and school staff, and support school wellness policies. Teachers chosen in Liberal Elementary utilized the benefits of these displays.

**Jump Into Fun and Fitness** - a curriculum focused on physical activity was provided at About Our Kids Summer Program.

**Kids in the Kitchen** - a curriculum focused on cooking and nutrition and food safety was provided at Nathan’s Place Summer Day Camp.

*Melissa McKarus teaching students that it’s good to stretch. Students also learn that physical activity is fun.*
Master Gardeners

The Master Gardener program provides in-depth horticultural training to individuals throughout Missouri who volunteer their time applying what they have learned about gardening to help others in their communities. To become trained to be a Master Gardener, an individual attends a 30 hour core training course. Then the Master Gardener trainee participates in 30 hours of volunteer service in approved University of Missouri Extension activities.

**Annual Plant Sale** – The 8th Annual Plant Sale was held May 14th at the Moore Pavilion. Money raised during this event is used to fund the annual horticulture scholarship sponsored by the Barton County Master Gardeners. This sale also funds projects for the year. For this event Master Gardeners donate starts from their favorite annuals, perennials, grasses, ground covers, houseplants, vegetables, shrubs and trees. Garden art containers and books were offered this year. The sale begins in the brisk early morning and continues until everything is sold. Public support and encouragement prompted a Fall Plant Sale held in September.

**Master Gardeners, Lendi Davis and Mary Kuhn, prepare for the 8th Annual Plant Sale.**

**Demonstration Garden** – The Master Gardeners’ Demonstration Garden, located in the Lamar City Park, next to the fish pond, continues to impress and educate all who walk through it. The garden is visible from the roadway and is an enticing stop for those wishing to explore its pathways. All of the plants have markers that provide the common name and botanical name. The garden provides almost continuous color and a huge variety of plants, varieties of hostas, day lilies, iris, small shrubs, and ground covers. Some plants are featured because of their attractive foliage and others for their blossoms, texture, and form. The garden has served as an educational tool for many elementary students on fieldtrips and has been used often as a backdrop for pictures. It is also a refreshing break from a busy day.

**Other Activities** – In addition to public service projects, the Barton County Master Gardeners have enjoyed many, many activities. They have done the plantings at the Moore Pavilion, large pots on the Lamar Square and Wolf Center beds. They have enjoyed potluck suppers and touring private gardens. The tour and shopping at Stone House Perennials was amazing, beautiful, and educational. Master Gardeners always love hands-on projects and creating garden art. This year they painted flowers in a garden landscape with the guidance of Maxine Rader. They also made outdoor hypertufa containers, a mixture which looks like cement but is much lighter, and participated in a variety of educational programs from maintaining garden tools, care of bulbs and cultivating hellebores. Several members also attended the State Master Gardener conference held in Hannibal, Missouri.

Lots of hard work and volunteer effort at the Demonstration Garden at the Lamar City Park.
**Rotary Rural-Urban Day** - The Barton County Extension office facilitated the participation of Dr. Jon Hagler, the Director of the Missouri Department of Agriculture as the keynote speaker at the Lamar Rotary Club’s Rural/Urban Day luncheon on Tuesday, May 17. The event, held in Memorial Hall, was attended by 161, including Senator Mike Parson, and Representative Mike Kelley.

Many local Barton County farmers and Lamar residents enjoyed a meal and heard Missouri Department of Agriculture Director, Jon Hagler; Missouri Representative, Mike Kelley; and Missouri Senator, Mike Parson during the Rotary Rural-Urban Day program.

**Portable Livestock Panels** – Barton County University of Missouri Extension contracted with United States Department of Homeland Security to house a set of portable small livestock panels. This collaboration will benefit local residents and southwest Missouri during times of disasters and emergencies. The panels can also be used at the Lamar Fair.

Livestock panels acquired through a partnership with Homeland Security.
State, Federal and County Funding for Extension

University of Missouri Extension programs in Barton County are funded by Barton County, state and federal appropriations. Local funding for support of the Barton County Extension Center is provided by the Barton County Commission. They provide office space, funds for office expenses, clerical salaries and travel expenses of extension specialists who conduct educational programs in Barton County.

A special acknowledgement and appreciation is given to the Barton County Commission for financial assistance.

University of Missouri’s Contribution to Barton County’s Extension Program

University of Missouri provides salaries and benefits for three professional and two educational assistants, all headquartered in Barton County.

The University provides in-service training expenses, including travel and lodging for staff, postage for staff communications and matching funds for technology equipment.

Financial Statement

BEGINNING BALANCE $29,891.74

REVENUE

County Appropriations $74,385.05
City of Lamar $8,000.00
Postage $2,054.00
Soil & Plant Testing Fees $2,467.00
Items for Resale $213.30
Short Course Fees $5,215.59
Grants $4,195.62
Student Fees $5,107.58
Endowment Fund Gifts $300.00
Misc. $790.73
Interest Income (Checking Acct.) $2.87

TOTAL REVENUE $101,941.01

EXPENSES

Salaries $43,176.52
Staff Benefits $2,263.82
Travel $8,069.01
Postage $2,582.91
Telephone $1,528.49
Advertising $711.50
Rent/Utilities $8,638.57
Supplies and Service $9,802.60
Surety Bond/Insurance $1,810.50
Miscellaneous $4,866.66
Soil Lab Testing charges $1,122.00
Resale Items $256.60
Repair/Maintenance $2,219.36
Equipment $3,784.87
Capital Repairs $2,651.50

TOTAL LIABILITIES $93,484.91

CLOSING BALANCE $38,347.84

Certificate of Deposit Balance $10,979.53
Building Savings $5,015.40