FROM THE BUCHANAN COUNTY EXTENSION COUNCIL

We are pleased to present you with a copy of the 2010 annual report presented by the Buchanan County Extension Council. This report is a brief overview of the educational programs conducted for the citizens of Buchanan County. Current programming efforts statewide focus on agricultural profitability and viability, building family and individual strengths, building human resources, business, community and economic development, enhancing health and nutrition, environmental quality and stewardship and youth development. The success of University of Missouri Extension programming in Buchanan County would not be possible without the help and support of individual volunteers, groups, organizations, businesses, local and county government officials, and the research-based information provided by the land-grant university system.

We are thrilled to announce that the Extension Council officially partnered with the Agri-Business Expo Center Board this year. The future Extension Office will be housed on the 145 acres the Expo Board purchased in 2010. We are “AgX”cited about it!

We appreciate the continuing support that you have provided to Extension as we strive to enrich people’s lives. We hope that this report provides a greater understanding about University of Missouri Extension programming efforts.

Sincerely,

Don Miller,
County Program Director

Jill Huntsman,
Council Secretary

BUCHANAN COUNTY ANNUAL REPORT 2010
December 2010

Dear Members of the County Commission and the Community:

When you invest public funds, you want to know that those funds are making a real difference – that the program has value to the public. And in these tough economic times, you especially are interested in programs that create and retain jobs. Fortunately, that is exactly the case with your investment in University of Missouri Extension programs.

Here are just a few examples:

The **FastTrac NewVenture** course creates new jobs by providing tools to those who want to start their own business. Entrepreneurs determine the economic feasibility of their business concept, design a business model that matches their personal vision, and create a business plan to communicate the opportunity to investors.

**Pasture-based Dairies**, modeled on MU Extension’s rotational grazing systems, have generated 1,100 jobs and added more than $124 million to Missouri’s economy.

The Office of Social and Economic Data Analysis works with the Missouri Department of Economic Development to provide an **online career exploration tool**, which provides information about promising employment arenas.

**Eat Well Be Well with Diabetes** provides practical information and skills to self-manage the disease and promote optimum health. Employees who have better control of their blood glucose levels have reduced rates of job absenteeism.

**4-H science, engineering, math and technology projects**, such as robotics and computing, are preparing youth for jobs of the future. Teens are learning how to be team players, to be lifelong learners, and to approach problem-solving with confidence.

**Leadership education** for steelworkers, pipe fitters and other union workers prepares shop stewards and others to understand how global issues affect today’s workforce and how to secure jobs using practices that reflect joint employer-employee goals.

MU Extension programs are tailored to meet local needs. Visit your local extension center or go online to learn more about the MU Extension programs that create and retain jobs in your community.

Sincerely,

Michael D. Ouart  
Vice Provost and Director
University of Missouri Extension
Roles & Responsibilities

In Extension, three levels of government—federal, state and local—work together. At each of these levels, Extension involves a great number of participants. Each participant has prescribed roles and responsibilities. The success of University of Missouri Extension depends upon each participant performing his or her role effectively and efficiently.

This is an overview of participation in the Extension system at each level.

**Federal**
The federal partner is the U.S. Department of Agriculture, which administers the Cooperative Extension System. ES-USDA roles:
- Identification of issues and trends that affect and can be affected by Extension;
- Recommendation of appropriate legislation and policy to Congress;
- Communication of funding needs to Congress;
- Consultation on program development with state Extension services; and
- Evaluation of program implementation and progress.

**State**
At the state level, Extension is implemented through land-grant universities. In Missouri, these are the University of Missouri - Columbia and Lincoln University, working under an agreement to cooperate in programming. The UM Extension’s responsibilities:
- Maintenance and promotion of the land-grant system, including research, resident teaching and Extension;
- Receipt and disbursement of funds for Extension activities from a variety of sources;
- Cooperation with USDA and other federal agencies that affect Extension or participate with Extension in the delivery of programs;
- Identification of issues and trends that may affect the state’s residents;
- Provision of information to regional specialists related to research, trends and issues;
- Employment of professional staff at state and local levels to carry out Extension programs; and
- Supervision of county Extension offices.

**County**
At the county level, MU Extension field faculty specialists work in partnership with local people to identify, plan and execute appropriate educational programs.

Each county has a county program director (CPD) who has coordination duties in addition to his/her programmatic responsibilities. The CPD assists the county Extension council in planning and implementing local educational programs using available resources—financial, professional staff and volunteers.

County commissions have three roles related to Extension:
- Participating in extension council deliberations through an appointed member to the council;
- Helping identify local educational needs and priorities; and
- Providing funds from county revenues for support of local Extension office and programs.

The county extension council’s responsibilities in Extension education include:
- Assisting in the identification, planning and delivery of educational programs to meet local needs, including the collection of fees, solicitation of contributions, and cooperation with other counties;
- Approving the assignment of regional specialists headquartered in the county;
- Managing the finances of local Extension activities, including working with county commissioners to prepare a local budget that will meet the needs of the county plan of work; paying salaries and expenses related to operation of the local office; and providing the commission with an accounting of expenditures;
- Electing and organizing the local extension council.

University of Missouri Extension is a complex organization requiring the involvement of many participants to be successful. It is a three-way partnership with federal, state and local governments cooperating to provide educational resources to the citizens of the state.
University of Missouri System Impact on Buchanan County

In 2010, University of Missouri System had a powerful impact on the lives of the citizens of Buchanan County. Three hundred and seventy one students from Buchanan County attend one of the four campuses either full or part-time. The alumni residing in the county number 1,383. The majority are employed in the health field, agriculture, engineering and law. Twenty five percent of the school leadership has a degree from the University of Missouri System.

The University of Missouri is the second largest employer in the state. There are 41 employees and 7 retirees of the system residing in Buchanan County. Salary and retirement benefits to Buchanan County citizens exceed $885,000. Through the teaching colleges, the University provides health care to citizens who are unable to afford private care. In 2010, 143 Buchanan County residents were given $114,469 in uncompensated health care. Uncompensated dental care, valued at $5945 was provided for 145 residents.

Through the outreach of the University of Missouri Extension, 24,439 educational contacts were made with the citizens of the county, including 5,650 direct contacts with elementary school students. The University of Missouri system continues to make an economic impact on the state. The University of Missouri was awarded 153 million dollars in federal science and engineering grants, 42 million in National Science Foundation grants. Thirty four new patents were granted to UM in 2010. Revenue from licensing exceeded 10 million dollars.

Through Missouri Research and Education Network, 65 higher education institutions, 514 school districts and 135 libraries are given access to the internet. The Missouri Bibliographic Information User System loaned over 217,000 books from higher education institutions to state students. In 2010, over 794 million dollars in scholarship was provided to students attending UM. Over half of the Missouri students receiving a four year degree graduated from a college in the UM System, including University of Missouri – Columbia, University of Missouri – Kansas City, University of Missouri- Saint Louis, and Missouri Science and Technology (Rolla).

*source- Office of Government Relations, 309 University Hall Columbia, MO 65211*
## Buchanan County Extension Office Staff Changes

Clint Dougherty, a St. Joseph native, joined the Extension family in January 2010 as a PTAC Business Development Specialist. Clint has an educational background in business and operations management and practical, real world business experience.

Then in August, Pam Dexter, who had been the Office Assistant/Receptionist for the past thirteen years, decided it was time to pursue a new and exciting career path. She and her husband Jeff Dexter opened P&J’s Family Restaurant in DeKalb, MO. Nicole Arn of St. Joseph was hired as the new Office Assistant.

**Pictured below left:** Clint Dougherty. **Middle:** Pam Dexter with her going away cake. **Below Right:** The front office was decorated to celebrate College Colors Day. Personnel who were in the office that day to celebrate were - Back row L-R: Don Miller, Beverly Maltzberger, Meridith Berry; Front row L-R: Pam Dexter, Bob Kelly, and Katie Cook.
Helping New Not-for-Profit Organizations Succeed

This past year has provided opportunities to help two new not-for-profit organizations get started on the right path. Training for these groups has focused on board development and strategic planning. Impacting Lives International and Dwelling Place have completed a series of workshops about board roles and responsibilities. They have developed a strategic plan for the future direction of their organization. Comments from participants included:

Dwelling Place
- "Now if someone asks us if we have a plan for our organization, we can say yes and show them this plan."
- "I am learning so many things that are all new to me."
- "Thank you so much for believing in us and helping us."
- "We could never do this alone. Thank you so much for helping us."

Impacting Lives International
- "We are so grateful for all of your help throughout these months. Now we have a plan that we can follow."
- "Thank you, your help was so valuable to us."

As a result, these two organizations are now moving forward to provide services to the community. They have board members who understand their roles and responsibilities, organizational bylaws, have obtained their 501 (c) 3 status, and have a written plan for the direction and future of their organizations. Armed with these skills, they are providing services to the citizens of Buchanan County. They have completed the requirements necessary to pursue grants and accept donations for program support. As they move forward in establishing and growing their programs, there will be new jobs created to deliver programming.

Leadership Northwest Missouri Grows Leaders for the Region

Leadership Northwest Missouri, is continuing to grow leaders in the region. A survey was conducted among graduates of the class. The goal was to determine the impact the program is having on individuals as leaders and the region as a whole. The results were very positive. Graduates are taking leadership positions in their communities and are using the regional network that they become a part of during this program. 89% of respondents to the survey indicated the program had helped them establish a network of contacts throughout the region. Graduates of LNWMO are establishing and growing a regional network of leaders who want to work together on projects that are important not only to their individual communities but the entire region.
Positive Outcomes for Teen Drug Use Through Community Collaboration

Extension has been involved with drug education for many years. As part of a collaborative effort known as the Community Drug Council and other groups in the Buchanan County area, Extension has provided leadership on the educational programs and activities needed to help reduce the use of alcohol and other drugs. With dollars provided by the Buchanan County Commission, the Drug Council is able to help fund Drug Free Super-Stars in the schools, lock-ins, after prom activities, crash simulations, motivational speakers, Red Ribbon Week and many other positive programs.

This past year crash simulations were held at 5 local High Schools. The sites where the Docu-Drama/crash simulations were held included Benton, Central, Lafayette, Mid-Buchanan and Savannah. Out of approximately 1,500 students who attended the simulations 912 surveys were turned in after the programs. Out of these 912 surveys 98% said NO when asked if they would drink and drive. When asked if they would ride with someone who had been drinking 96% said NO. Almost 98% said YES when asked if they would call for a safe ride rather than ride with someone who has been drinking. When asked how much impact the simulation had on them, 63% answered A LOT, 32% answered SOME and only 5% answered NONE. When the question was asked if the simulation was worthwhile to them, 94% answered YES. Comments made included: “This simulation made me think real hard about the lives of others. Always wear your seatbelt. Do not drink and drive. I would miss all of my friends and also family, etc.” “I’ve always been scared to get in the car with someone who’s been drinking. I think it’s good to be scared of something like that.” “I think kids at our school (in our class) needed this.” “This was very informative I will never drink and drive.” “This really impacted me! I will never again get in a car with someone who has been drinking.” “I will not drink and drive and I will wear a seatbelt!”

Building Strong Families for Deaf Parents

Parenting is a challenge even for parents who can hear what is going on even though at times they might wish they had not heard some things their children have said. In September, Extension was contacted by MERIL (Midland Empire Resources for Independent Living) about teaching parenting classes parents who are hearing impaired. A schedule was set for dates to start in November and end in December. MERIL provided the interpreters for the classes. Topics included Family Strengths, Self-Esteem, Managing Stress, Communicating and Positive Discipline. It was a great time for learning by all and the plan is to do this again in 2011.

Participants were grateful for the class and made comments such as “the ideas I learned will help me make better efforts to work as a family team” another related that the things she gained from the class would “help her save her family” still another stated that what she had learned would help “make a better future for her children and family.” Most said that they needed to be more patient with their children and listen to them better. They also shared how hard it can be at times to parent when you don’t hear but they also pointed out that sometimes there are positives such as noticing behavior that people that hear might not pick up on.

State Fair Farm Family

Scott & Debra Gann of St. Joseph, MO, were among 108 families honored during the Missouri State Fair’s Farm Family Day, Aug. 16. The Ganns, along with their children, Jenny, Becky, and Kelly, were selected as the Buchanan County Missouri State Fair Farm Family. The annual event was sponsored by Missouri Farm Bureau, Missouri Department of Agriculture, Missouri State Fair, University of Missouri Extension and the University of Missouri College of Agriculture, Food and Natural Resources.
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 Buchanan County, during 2010, 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 204 clients and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Buchanan County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- New jobs: 28
- Sales increases: $4,133,820
- Government contracts: $2,612,739
- New businesses: 12
- Jobs retained: 37
- Loans & investments in business: $3,199,700
- Acquired assets: $194,000
- Clients/companies receiving business counseling: 204

Overall, the University of Missouri’s Business Development Programs (BDP) served 25,096 people and their businesses state-wide. The total impact for all businesses assisted by the BDP was:

- New jobs: 12,939
- Sales increases: $514,599,270
- Government contracts: $467,712,268
- New businesses: 265
- Jobs retained: 3,234
- Loans & investments in business: $204,073,294
- Acquired assets: $88,254,348
- Investment in commercialization: $47,083,591 in SBIR/STTR or research proposals submitted with $8,457,408 awards received
- Clients/companies receiving business counseling: 3,096

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.

**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 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 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.
The Missouri Procurement Technical Assistance Center (PTAC), new to the Buchanan County Extension this year, had a substantial positive impact on the business community in northwest Missouri. The PTAC program assists businesses in selling products and services to the government at the federal, state and local levels. This is done through one-on-one counseling and seminars. Clients are assisted with vendor registrations, certifications, finding appropriate bidding opportunities and bid/proposal preparation and submittal.

Fiscal year 2010 was a stellar year for the PTAC program. Counselors throughout the state serviced more than 1000 active clients; 55 of those being in Buchanan County. Throughout the state, $467 million in contract awards were reported by PTAC clients. Clients of the Buchanan County office reported nearly $1.2 million in awards. More than $2.5 billion in awards have been reported since the state-wide program’s inception.

In a time when the down economy is on every business owner’s mind, many are finding that the slack in sales can be overcome by expanding their customer focus to include government agencies. Although the process a company must go through to be eligible to sell to the government is tedious and time consuming, the rewards for the effort can far outweigh the initial effort. Construction, janitorial services and defense manufacturing are all examples of contracts that many local businesses are having success in winning.

Empowering businesses with the knowledge to bid on and win government contracts can be the difference between outstanding sales growth and bankruptcy.

The United States government is the largest customer in the world and buys nearly everything. Tapping into that market is a great way for an existing business to maintain its livelihood and remain in business. For his 2010 outstanding performance, Clint received the Rookie of the Year Award among newly hired specialists in the State of Missouri.

The Missouri Procurement Technical Assistance Center (PTAC), new to the Buchanan County Extension this year, had a substantial positive impact on the business community in northwest Missouri.
Annie’s Project Teaches Useful Risk Management Tools

Annie’s Project is an educational program that was created specifically for farm women. The program was created by Ruth Hambleton, University of Illinois Extension, Farm Business Management and Marketing Educator, who was inspired by her mother’s challenges and successes in agriculture. Annie’s Project is a program that takes her experiences and shares it with farm women living and working in a complex business.

An Annie’s Project course was held in Buchanan County this past year and an Annie’s Project II- Marketing class was held in Holt County. The programs were delivered through face-to-face instruction.

The Annie’s Project topics include risk management, record keeping software, ownership of property, insurance, financial statements, spreadsheets, writing a business plan, estate planning, leases, communication issues, personality traits, and marketing. Annie’s Project II focuses in-depth on marketing.

All participants indicated a gain in knowledge as a result of participating in Annie’s Project. All participants said they increased their understanding of personality traits and how to work with all types of personalities. Participants indicated they have or plan to make changes including: checking how property is titled, reviewing/evaluating leases, adding POD/TOD on titles and accounts, communicating with family and business partners, preparing/analyzing balance sheets, using a financial scorecard and reviewing insurance policies.

A few comments about how participants are using the information:
• "It’s difficult to choose "just" two helpful areas. The sections on Insurance, Estate Planning, Leases and Titling were VERY important and helped highlight weaknesses my husband and I had in our current plans. The class helped us see our weaknesses and take corrective action immediately."
• "Grain Marketing and figuring how much you must get for your crop to make a profit."
• "We sat down with all the property owners we rent land from and discussed why & what changes we felt needed to be made regarding the land leases - and how the changes benefitted all parties involved. We also reviewed all our insurance policies and sat down with our agent to negotiate better rates for existing plans, and added new plans to cover each of us as equal breadwinners to our farming operations (should anything happen..."

Ag Update

Our winter meetings and education efforts were focused on providing research that helps growers manage crop inputs and new technologies. The Winter Crop Conference, Corn and Soybean Grower Association Meeting and County Ag updates were used to deliver this information. The County Ag Updates were taught by regional specialists and were used to localize research information for each county. More than 300 growers and agricultural related businesses attended those meetings.

Graves Chapple

Graves Chapple Field Experiment Station, Rock Port, Missouri provides local crop demonstrations for area growers. Many of the plots focused on nitrogen management. Nitrogen demonstrations included anhydrous ammonia application timing, urea nitrogen application rates, and nitrogen rates with different corn populations and supplemental nitrogen applications. Plots were highlighted during the Graves Chapple field day and student field day.

Also, other plots at Graves Chapple demonstrated insecticide seed treatments, new herbicide products to control glyphosate resistant waterhemp, and high yield corn and soybeans. More than 275 individual plots were planted, maintained and harvested for local demonstration data.

Hundley-Whaley

The nitrogen timing and legume plots were established at Hundley-Whaley, Albany, Missouri in 2008 and continued into 2010.
Agriculture continues to provide a solid base for the economy of Northwest Missouri, and livestock production continues to be a significant part of that economy. During 2010 Extension held several livestock and forage educational meetings on a local and regional basis throughout Andrew, Buchanan, Caldwell, Clinton, DeKalb and Livingston counties. Additionally we provided an electronic livestock newsletter “Stock Talk” on a monthly basis as well as news releases and radio programs throughout the year. Below is a list of the major educational programs Extension has provided to livestock producers this past year.

**Missouri Steer Feedout**

Over the last few years we have had several beef producers participate in the Missouri Steer Feedout Program. Producers only need to enter 5 head of steers to participate. During the steer feed-out process participants get feedback and documented data of how their cattle perform in the feedyard. Additionally, producers get approximately 20 different data points on their cattle at harvest time. During the feedout phase we make at least one trip to the feedyard were our cattle are being fed so producers can develop a relationship with feedyard managers/owners. We encourage participants to contact the feedyards on a regular basis to further develop their understanding of retaining ownership through the feeding phase of beef production. We also work with producers that want to take the next step and feed an entire pen of their own cattle. This program is a cooperative effort between Iowa State University, Tri-County Steer Carcass Futurity and University of Missouri Extension.

**Show-Me-Select Replacement Heifer Program**

Several beef producers from the area continue to participate in the Show-Me-Select Replacement Heifer Program in Northwest Missouri. We held a sale in December, with heifers averaging $1365/head. Additionally several of the heifers enrolled in the program do not go through our sales, they are either sold at the farm or the producers retain these heifers as their own replacements. This program is open to any beef producer in Missouri.

**Youth Livestock**

During 2010, we held a beef, sheep, swine, rabbit and poultry educational clinic for youth and adults. We had 55 participants. The program was held on a Saturday to try and accommodate all interested. The program was very well received. Additionally, we continue to hold several of the Show Me Quality Assurance educational programs throughout the region, some by ITV and some as face to face. These programs are designed to educate youth livestock producers about animal ethics, proper handling of livestock, quality assurance and that the livestock our youth are showing can have a positive or negative impact on the rest of the livestock industry. These programs are usually well attended and we have several hands-on activities we do with the participants to help get our message across to them.

**Dairy Production**

In February, approximately 20 dairy producers attended the annual Northwest Missouri Dairy Group Meeting in Savannah at the Fire Station. Topics were presented by University of Missouri State and Regional Specialists. This program is very well attended by local dairymen as well as students and instructors from Northwest Missouri State University. Additionally, the local DHIA group held a business meeting following the program.

**Grazing Wedge & Digital Pasture Plate Meter**

In 2010 Bob Kelly and Jim Humphrey started working with the New Zealand Feed Reader as well as continuing their work with the Digital Pasture Plate Meter they purchased from New Zealand. With the help of several area producers we continued measuring the density and quantity of forages on locations throughout Northwest Missouri. In addition to the forage measurements we were obtaining we kept track of management practices producers were performing on their individual operations. This information is being kept for future comparisons. Once forage measurements were taken they were entered in a web based program developed by the University of Missouri Extension Plant Sciences Division called the “Grazing Wedge”. Additionally, the grazing wedge creates charts that allow producers to monitor and track forage growth and yield over multiple months and years.
Vegetable Demonstration Plot

For the 2010 growing season the vegetable plot was relocated just west of the Buchanan County Extension office. This new plot was cultivated in the spring and lime and fertilizer was applied according to the soil test and noxious weeds had to be eradicated before planting. Preparing a new plot plus cool wet conditions led to a late start. Tomatoes, peppers and sweet corn were planted the last part of May through the first part of June. This plot was planted in cooperation with Dr. Chuck Marr (professor emeritus) at Kansas State University and sweet corn seed companies. MU Extension Master Gardener volunteers, Missouri Western State University and MU Extension personnel and the Buchanan County Academy youth assisted with the plots this year. Produce from the plots is harvested and data is collected. Approximately 3,444 pounds of fresh produce was delivered to the Second Harvest Food Bank in St. Joseph for distribution to regional food pantries.

Great Plains Vegetable Growers Conference

The Great Plains Vegetable Growers Conference is for vegetable growers in a five state area (KS, IA, MO, NE, and SD) and beyond. It is the annual meeting for the vegetable growers associations from Kansas, Missouri and Nebraska. The conference was three days long. The workshops for 2010 were for farmers wanting to learn more about high-tunnel vegetable production and Community Supported Agriculture.

The conference had four concurrent sessions that featured conventional and organic production and marketing of horticulture crops. We also had a group session with a keynote speaker. Kamyar Enshayan from the University of Northern Iowa shared his experiences with the local food movement in Northern Iowa.

Some comments from some of this year’s participants:
- "I learned to prospect new markets and how to attract more customers."
- "I will try onions on plastic."
- "The high tunnel sessions were excellent and I picked up some new and helpful information from the cut flower sessions."

Along with the conference is a trade show with numerous exhibitors of vegetable production and marketing products and information. The conference was held on the Missouri Western State University campus at the Fulkerson Center. Although we had extreme winter weather conditions we had near record attendance.

Master Gardener Training

Through the Adobe Connect (a computer based conferencing system) Master Gardener (MG) classes were offered to area residents. Fifty-four Northwest Missouri residents took the training held on Tuesday evenings from March through early May. There were three sites in Northwest Missouri that held trainings. One site for the MG training was in Buchanan County at the Buchanan County Extension Office.

The MG program provides in depth horticultural training to individuals who then volunteer their time applying what they have learned to teach gardening to others in their communities. To become trained as a MG, an individual must attend the 30 hour core course training. The 2010 Northwest Missouri program offered 36 hours of training to participants. The topics covered during the MG training were: introduction to plants, insects, soils, herbaceous perennials, turf grass, plant diseases, growing vegetables, home fruit production, woody ornamentals, basic landscaping, growing native plants, and pesticide use/safety.

Presenters for the program were Area MU Extension specialists, state and regional MU Extension horticulture specialists and Missouri Department of Conservation naturalists. More information about MG training on the NWMO horticulture web site- http://extension.missouri.edu/nwregion/hort/.
Buchanan County 4-H started the 2010 4-H year with seven clubs. There were 125 members – 111 regular members and 14 Clover Kids. Community 4-H clubs provide opportunities for youth to learn, develop leadership and have fun through club and project work with the help of a network of over 40 community volunteers. The start of the 4-H year brought 5 new club leaders into the picture with the addition of a new club and retirement of three from club leadership.

Youth brought over 200 projects to achievement day for conference judging and over 50 blue ribbon projects went to the State Fair and over 70 projects were displayed at Interstate Show along with youth giving demonstrations, speeches and participating in state and regional fashion revue.

The Buchanan County 4-H Council made up of youth officers and representatives from each club, provided leadership for county 4-H activities. This year offering clover kids activities, Super Saturday family fun night, contest day, achievement day, pony express shootout, livestock show and sale, horse show and Interstate show.

State wide we had youth participate in regional 4-H camps as campers and counselors; area workshops, contests and livestock shows. Youth and clubs participated in Move Across Missouri, State 4-H Teen Conference, 4-H Congress, Summers at Mizzou, Poultry Day, State Shoot, Fashion Revue, Public Speaking, State Livestock Show and other 4-H events at the State Fair.

The county youth staff worked in Buchanan County and Northwest Region to bring programming at regional teen leadership event, regional 4-H camp, embryology in the classroom, shooting sports safety, and Show Me Quality Assurance. The staff continues to work with Master Gardeners in a youth garden through the Garden ‘n Grow program.

Garden ‘n Grow ... Youth Gardening

A vegetable garden for youth has been established next to the Buchanan County Extension office. Called Garden ‘n Grow, the vegetable gardening project is a 10-week summer program for area youth ages 9-13. A curriculum developed by MU Extension was followed with all 20 sessions covered plus 4 more sessions were added due to the wet weather that prevented the gardeners from working their plots. We added other activities during these sessions. We made some garden art and used produce from the garden to make salsa, zucchini pancakes and we ate squash blossoms! Even though the group sessions ended the youth gardeners tended their garden plot and harvested until frost.

Taught by adult Master Gardener volunteers and county MU Extension staff the youth gardeners learned about seeds, transplants, garden planning and design, site preparation, soils, plant growth and development, costs of production, garden pests, plant health care, human nutrition, food value, food needs in the local community.

The goals of the Garden ‘n Grow Program are for the youth to experience the fun of gardening, to enjoy a feeling of success, and to have the satisfaction of sharing harvested food with others in need. Vegetables harvested from the gardens were for home use and donated to the Second Harvest Food Bank. One of the parents made a comment that "Our son learned a lot this summer, it is an excellent program".

Buchanan County Extension, Buchanan County 4-H, Missouri Western State University, area Master Gardener Volunteers, Second Harvest Food Bank and others helped support the youth garden. For more information on the Garden ‘n Grow program see the website- http://plantsci.missouri.edu/gng/.

Above: Larry Wurthmuller, council member & Master Gardener, assists Katherine Moore with whisking the ranch dressing for their vegetables during a Garden ’n Grow class.
Cyberbullying Program

Parents provide cell phones to their children to keep them safe. It is ironic that many of these children will fall victim to cyberbullies. Most children over the age of 8 have access to electronic media, be it the Internet or cell phones. With these connections, children are experiencing attacks at home as well as school.

Along with financial damage, bullies can cause emotional damage which erodes the confidence and self esteem of the victim. According to the Cyberbullying Research Center, victims of cyberbullying are nearly twice as likely to attempt suicide compared to adolescents who do not experience bullying.

In response to the national distress over cyberbullying, Information Technology specialist, Dr. Meridith Berry developed a program for parents of school age children to help them recognize the signs of being a victim of a cyberbully as well as identifying cyberbully behavior in their own children. With this information, parents were encouraged to talk to their children about responsible use of electronics as well as situations where they or a friend were bullied. They were also asked to assess their own reactions to situations caused by bullies such as extra charges on a cell phone bill.

According to the Center for Disease Control, 43% of teens were victims of cyberbullying in 2009. Parents can teach their children to STOP communicating with the bully, BLOCK the bully from communicating with them, then TELL a responsible adult. This is the most effective action to take. The program was presented for the Heartland Health Wellness Connections program.

Legislative Forum & Extension Showcase

Approximately 75 people, including the nine state legislative candidates attended the legislative forum and Extension Showcase at the EmPower Plant on September 30, 2010. Extension specialist from the NW Missouri region as well as representatives from the Continuing Education department of MU presented information about the programming offered in the region. Topics included business development, entrepreneurship, nutrition, community information tools, finance education, agriculture education, fire and rescue training, 4-H youth programs and energy conservation education.

Following the showcase, legislators and candidates had the opportunity to discuss their support for higher education and Extension programs, the challenges facing the state economy and its impact on higher education, and the importance of creating jobs. Legislators and candidates who participated in the forum included Senator Brad Lager, R-Savannah; Rep. Rob Schaaf, R-St. Joseph; Rep. Martin Rucker, D-St. Joseph; Rep. Pat Conway, D-St. Joseph; Jason Gregory, R-St. Joseph; Delus Johnson, R-St. Joseph; Mark Sheehan, D-St. Joseph, Bill Caldwell, D-Dearborn; and Galen Wayne Higdon, Jr., R-St. Joseph.

The panel was moderated by radio host Tom Brand. The forum was sponsored jointly by MU Extension, the Mizzou Alumni Association, and the Mizzou Flagship Council.

Above: Candidates Delus Johnson, Mark Sheehan, Bill Caldwell, and Galen Higdon were among the candidates fielding questions concerning higher education.

Above: Natural Resource Engineering Specialist, Jim Crawford explains program impacts to candidate Delus Johnson and Kirk Search, Nodaway County council member.
University of Missouri Extension’s Family Nutrition Education Programs (FNEP) reached 5,650 low-income participants with nutrition education in Buchanan County during the 2009-2010 school year. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness by working with schools, community groups and agencies.

Youth from Pre-school to 5th or 6th grade learned through kid-friendly, hands-on lessons and activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults also includes nutrition, food safety, and physical activity, as well as food resource management.

During the 2009-2010 school year the FNEP team used Show-Me Nutrition Educational Displays to get the message out to teachers and families in a greater way. A variety of posters were used with information on such topics as food safety, the “Supersizing of America,” eating well on a budget, and MyActivity Pyramid. Posters were set up in more than half of the schools FNEP served this year. Teachers garnered information by reading the posters themselves and by reading the associated handouts. The majority of the teachers then took what they had learned to their students. These teachers were not only in the elementary schools where FNEP classes are held, but also in the middle and high schools associated with them, increasing the reach and impact FNEP makes. 3,411 teachers gave us feedback.

- 65% have participated in FNP for 3 or more years
- 99% (3,375 teachers) reported one or more changes in students after FNP.

This year the program saw some personnel changes. The FNEP team bid farewell to Karen From as co-coordinator of the program. Seeking to make this a positive opportunity for change, the northwest team did some restructuring and hired Sara Brooke as FNEP Program Manager. Her role is to manage the NPAs and keep the program running smoothly.

She also took on responsibility for special programs such as Food Power Adventure and Food Power Young Adventure. Food Power Adventure is an interactive walk-through exhibit that helps students in kindergarten through 5th grade learn where their food comes from, how it gets safely to us and how it is used in our bodies. 2082 students participated in Food Power Adventure during the 2009-2010 school year.

Food Power Young Adventure has two components – Healthily Ever After for younger elementary students and Food Power Round Up for 2nd – 4th grade. 388 students participated in this program. Both of these are based on an interactive puppet performance, with Round Up having a longer segment of audience participation directly with the puppet master/instructor.

FNP brought $9,003,921.00 in Federal funds to the state of Missouri. In combination with in-kind support from agency partners, these funds were used to provide nutrition education to 21,251 citizens of the Northwest Extension Region. 6,657 were Buchanan County residents.

When a child participates in the Family Nutrition Program they learn to increase their fruit and vegetable intake. It is estimated that this one behavior change can prevent 1% of the children from becoming overweight adults. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age.

In addition, this important programming effort serves to reduce healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.

Diseases that are attributable to being overweight or obese cost Missourians over $1.6 billion dollars a year; this is $4793 per overweight person or $293 for each Missourian.

School-based prevention programs that increase fruit and vegetable intake and help children to be more active are estimated to prevent 1% of children from becoming overweight adults. Applied to the 226,878 youth enrolled in FNP in 2010 this would be an estimated health care savings of $10.1 million.
MU Extension
CONTINUING EDUCATION

CDIS
The Center for Distance and Independent Study provides high-quality, self-paced, online courses for independent learners at every level – from elementary grades through graduate study – as well as noncredit courses. Students enroll year-round and have nine months to complete each course. In FY2010, the center’s enrollments exceeded 19,000, including students from 50 countries. Through the center’s MU High School, students can supplement classroom learning, enroll in Advanced Placement courses, or complete a high school diploma. The center registered a total of 118 enrollments from the Northwest Region. For more information, see edis.missouri.edu.

MU Direct
MU Direct brings high-quality academic degree and certificate programs to individuals unable to access the MU campus because of location or career and family obligations. Students interact with the instructor and with one another in these fully to partially online, term-based programs designed for busy adults. In FY2010, MU Direct worked with 11 schools and colleges to offer 48 degree and 20 certificate options to adults across the nation and internationally. Three doctoral, four educational specialist, 36 master’s and four undergraduate degree completion programs resulted in 9,961 enrollments in the 767 courses offered. For more information, see mudirect.missouri.edu.

FRTI
MU Extension’s Fire and Rescue Training Institute (MU FRTI) is charged with providing comprehensive continuing professional education and training to Missouri’s fire service and emergency response personnel. The institute has a direct impact on the well-being and protection of Missouri’s 25,000 firefighters and the 5.8 million citizens they serve. Courses prepare firefighters for medical emergencies, hazardous materials response, and disaster preparedness and mitigation, as well as fires. In FY2010, MU FRTI trained firefighters representing all 114 Missouri counties for a total enrollment of 18,143 fire and emergency responders (266 were from Buchanan County). For more information, see mulrti.org.

LETI
The MU Extension Law Enforcement Training Institute brings state-of-the-art, certified, professional training to law enforcement officers as well as continuing professional education to a wide spectrum of other criminal justice and public safety practitioners. Established in 1948, the institute has been the state’s recognized leader for more than 60 years in providing vital training and education services for Missouri’s 20,000 in-service and 3,000 police recruits annually. For more information, see leti.missouri.edu.

MTI
The Missouri Training Institute in the Trulaske College of Business provides continuing education, custom-designed training programs and business consulting services for business and industry, public and nonprofit organizations, and educational institutions. Training programs include subjects such as human resource management, supervision, management, leadership, team building, effective decision making, generational differences and business writing. The institute’s consulting services include human resources, strategic planning, board development and facilitating board retreats. In FY2010 more than 9,100 people from all 114 counties enrolled in the institute’s 392 programs. For more information, see mti.missouri.edu.

MUNO
Keeping Missouri nurses up-to-date with the knowledge and skills they need to effectively provide care and fully participate in the state’s healthcare efforts is a primary goal for the Nursing Outreach Office. Nursing Outreach serves a predominantly rural healthcare audience with high-quality, affordable continuing education programs using face-to-face, Web-based and telecommunications delivery methods. Nurses from 104 (90 percent) of Missouri’s 114 counties and the City of St. Louis attended continuing education programs sponsored by MU Extension. In FY2010, 1,788 Missourians participated in a Nursing Outreach program, and another 955 nurses were served through co-sponsored multidisciplinary programs. Participants rate the overall quality of their continuing education experience as 1.3 (4-point scale with 1 being the highest) and indicate they plan to change their clinical practices based on what they learned at Nursing Outreach programs. The office received close to $300,000 in competitive grants and contracts from external agencies during 2009-2010 and over $1,000,000 during the last five years. See nursingoutreach.missouri.edu.

CME
The Office of Continuing Medical Education serves rural primary-care physicians with access to education that allows them to meet requirements for state licensure. Additional programs include specialty medicine as well as health education. Distance learning via the Missouri Telehealth Network provides access to weekly grand rounds from various School of Medicine departments. In FY2010, 60 enrollments in Continuing Medical Education came from the Buchanan County. For more information, see som.missouri.edu/CME.