From The Buchanan County Extension Council

We are pleased to present you with a copy of the 2012 annual report from 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 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

Larry Werthmuller
Council Secretary
December 2012

Dear County Commissioners and Associated Friends of MU Extension:

At MU Extension, we know that citizens want their taxpayer-supported institutions to be responsive to their needs. Our distinct land-grant mission is to provide relevant, reliable and responsive education that improves Missourians’ lives, communities and the economy. We fulfill that mission by providing access to many research-based resources of the University of Missouri, in partnership with local and statewide organizations and groups.

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 appropriated from county government is leveraged with $6 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 MU Extension Fire and Rescue Training Institute teaches volunteer and career firefighters how to handle or mitigate fires and disasters, resulting in safer firefighters, citizens and communities. In FY2012, MU FRTI trained 17,096 fire and emergency service personnel through 217,000 instructional hours of training. Enrollees were from all of Missouri’s 114 counties.

This summer’s severe drought put MU Extension faculty in an active leadership role in helping Missourians deal with the crisis. MU Extension developed educational materials and programs and provided technical assistance for homeowners, businesses and the agricultural community. Social media, including Facebook, YouTube and websites, were used to inform citizens on such topics as animal nutrition, including nitrate poisoning; heat-related disabilities; government programs; wildfires; and more. Extension faculty also worked with Soil and Water Conservation Districts to implement drought cost-share practices, which allowed more than 11,000 landowners to apply for state assistance to access adequate water supplies for livestock and crop production.

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. Ouatt
Vice Provost and Director
University of Missouri Extension  
Roles and 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 the 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 Extension 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.
Professional Staff and Support Staff

Professional Staff Headquartered in Buchanan County

Meridith Berry, regional information technology
Tom Fowler, horticulture
Robert Kelly, agricultural business
Beverly Maltzberger, community development

Don L. Miller, human development / county director
(vacant) 4-H youth development
Clinton Dougherty,* business development procurement

County Support Staff

Mary Beth Alpers, office manager
Nicole Arn, office assistant
Julie Schmitt, youth program associate

Connie Mower, nutrition program associate
Gina Ripley, nutrition program associate
Sue Robison, nutrition program associate
Stephanie Weddle, nutrition program associate

Professional Staff Serving Buchanan County Headquartered in Other Counties

Jim Crawford, natural resource engineering
Wayne Flanary, agronomy
Janet Hackert, nutrition and health education
James Humphrey, livestock

(vacant), business development
Rebecca Travnichek, consumer / family economics
Connie Neal, Housing & Environmental Design

University of Missouri System Impact on Buchanan County

UM Students from Buchanan County
342 students
• 234 — Undergraduates
• 108 — Graduates
• 284 — Full time students
• 58 — Part-time students

UM Employees and Retirees Residing in Buchanan County
• 45 people employed by UM
• 10 UM Retires and Beneficiaries

UM Alumni Teaching K-12 in Buchanan County
• 53 teacher
• 6% of all county teachers
• 13 principals / administrators
• 30% of all county principals / administrators

UM Services Received in Buchanan County
• 130 patients seen at UM Health Care, with $58,010 of uncompensated care.
• 155 patients seen at UMKC School of Dentistry with an average of $36 per patient in uncompensated care,
• 83,028 contacts with MU Extension through MU Extension events held in district counties.

Tax Revenue and Income Generated by UM Employees and Retirees Residing in Buchanan County
• $1,554,687 in salary and retirement income returning to the county
• $56,432 State Tax Revenue
• $237,405 Federal Tax Revenue
### 2012 County Appropriations

#### Budget Overview

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<th>Budget</th>
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| Total Expense                  | $99,948.33 | $92,906.00 | 7,042.33      | 107.58%     |

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**University of Missouri’s Contribution to County Extension Programs**

The University of Missouri provides salaries and benefits for the Extension Specialists and also supplements most of the youth program assistants’ salaries throughout the state. The University provides a research base, in-service training expenses, including travel and lodging for staff, and funds for computer equipment costs and maintenance. Access to the resources of the entire University of Missouri System are available to the citizens of Buchanan County through their local extension center.
Long Term Disaster Recovery Committee formed in Buchanan County

Often times after a disaster there are individuals and families who are still in need of assistance. They may have received disaster funds from insurance or FEMA; but, their losses were greater than the funds they received. In situations like this, Long Term Recovery Committees (LTRC) step up to help families get back into their homes. LTRC assistance comes through support funds and volunteer labor from not-for-profit groups or faith based groups as identified by local disaster case managers.

Extension was instrumental in bringing groups and agencies together to form the Buchanan County LTRC in February 2012. Their goal was to identify needs and assist individuals and families still trying to recover from the 2011 MO River flood. Lewis & Clark Village in southern Buchanan County was one place that still had significant recovery needs. The LTRC arranged for five mission teams and other volunteer groups to come in and help with the recovery. Volunteers have logged more than 1,000 hours since the LTRC began its recovery efforts. These teams helped rebuild damaged homes, removed dangerous dead trees and debris, and helped homeowners find a new normal for their lives. The Buchanan County LTRC received $7,500 to assist with purchase of supplies and for support of volunteer disaster case managers.

The Buchanan County LTRC is now working to provide training for volunteers who are interested in becoming case managers who will assist in recovery efforts after future disasters. The LTRC is encouraging faith-based groups to develop disaster plans for their facilities and members of their congregations, as well as developing partnership agreements with local businesses in order to be ready for future disaster needs.

When you support Extension’s Community Emergency Management Program community organizations and nonprofit organizations come together to plan and coordinate disaster response and recovery actions that greatly reduce the recovery period for citizens resulting in the savings of countless dollars in disaster recovery programs, loss of jobs, loss of revenues and prevents citizens from becoming permanently reliant on government social programs. For every dollar invested three dollars and untold lives are saved.

Bi-National Health Fair Helps Families

The St. Joseph Bi-national Health Fair occurs each October in conjunction with Bi-national Health Week. This is one of the major projects supported by the Extension Alianzas (Alliances) Program and the Department of Health and Human Services Office of Minority Health.

In 2012, 106 individuals participated in the Health Fair. There were 71 partners, volunteers and interpreters that provided 26 screenings and educational booths. Screenings included cholesterol, blood sugar, vision, blood pressure, height and weight, body mass index and dental. Flu shots were also available. Participants had the opportunity to participate in all of them. A total of 43 dental screenings were conducted with 31 cleaning referrals and 12 dental referrals. There were 35 cholesterol screenings performed with 13 referrals to primary care for elevated cholesterol. There were also five women’s health referrals. Blood sugars tests were provided to 41 individuals with 10 referrals for high readings to be further reviewed by their primary care provider.

By encouraging individuals to participate in health screenings, illnesses and diseases can be detected and treated earlier. This reduces trips to the emergency room and hospital stays. Better health creates a healthier society overall and saves everyone money on health costs.

When you support the Alianzas program, community organizations partner to reach across cultural barriers, enhance cultural understanding, and improve community cohesion, which will benefit other community members by reducing community conflict, making health and social services more effective, and increasing the contributions of all residents.
Positive Community Efforts Reduce Teen Drug Use

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. As we help our youth to choose healthy life-styles our communities benefit as they make more positive choices.

This past year crash simulations were held at five local high schools. The sites where the Docu-Drama/crash simulations were held included Benton, Central, Lafayette, Bishop LeBlond and Savannah. Out of approximately 1,400 students who attended the simulations almost 1000 surveys were turned in after the programs.

- Out of these 1000 surveys 98 percent said NO when asked if you would drink and drive.
- When asked if you would ride with someone who had been drinking 98 percent said NO.
- 95 percent 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 68 percent answered A LOT, 29 percent answered SOME and only 2 percent answered NONE.
- When the question was asked if the simulation was worthwhile to them 95 percent answered YES.
- Comments made included: “I think kids at our school (in our class) needed this”. “It was startling and very upsetting to watch. I will never be stupid while driving.” “This was genius, it really made me think. I never wear seatbelts, but I will from now on.” “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!” “This simulation made me think real hard about the lives of others. Always wear your seatbelt.”

Building Strong Families Helps Parents Strengthen Parenting Skills

Parenting is a challenge even under the best of situations. It can be even harder when you don’t have the finances to always make ends meet. Working with the Community Action Program (CAP), in Buchanan County the Positive Guidance and Discipline module was taught to clients/families from this agency. These families are in general low-income. The Building Strong Families classes gave parents a chance to interact with each other and gain some new tools and ideas to help them as parents. They also learned that the parenting concerns they had were not much different from each other! As parents learn to be more positive and confident in the disciplining of their children, society as a whole benefits as these children become adults who are then more positive and confident as they raise their own children.

Participants were grateful for the class and made comments such as “I enjoyed coming to the class, it taught me a lot.” “After coming to this class I am going to change the way I correct my children.” “I am going to rethink some of the ways I discipline my kid.” “I am going to try and catch my kids doing good and not just give them attention for bad things.” Most said that they needed to be more patient with their children and listen to them better.
The Missouri Procurement Technical Assistance Program (MO PTAC) is a federally funded non-profit in cooperation with the University of Missouri Extension, created to assist small businesses in the pursuit of federal, state and local government contracting opportunities. In short, the PTAC program helps small businesses navigate through the process of selling their products and services to government agencies.

Outreach is a key component to the PTAC mission. The program continues to seek out economic development agencies, chambers of commerce, and other business development agencies, for the purpose of networking and reaching potential clients. Through this effort, Clint Dougherty met with the Worth County Economic Development Director as well as the St. Joseph Chamber of Commerce. The St. Joseph Chamber meeting led to presentations for both the Eastside Industrial Park Council as well as the Stockyards Industrial Park Council.

For fiscal year 2012, which began August 1, 2011 and concluded July 31, 2012, the northwest region had an active client base of 105 businesses. Of those 105 businesses serviced by the regional PTAC office, 62 were new businesses for the program. A total of 275 follow up sessions were conducted with these businesses. The result of the efforts by the PTAC program in the northwest region was nearly $2,000,000 in government contracts being awarded to area businesses. Since its inception, the Missouri PTAC program as a whole has assisted Missouri businesses in obtaining more than $2.8 billion dollars in government contracts which accounts for more than 24,000 contracts and 56,000 jobs created or retained.

Money Saved - Free Tax Preparation

This was the first year tax returns were prepared in St. Joseph, MO, at the Buchanan County Extension Center. Twelve returns were completed and e-filed. Five white females used the single filing status. Two white females (one with a white daughter and one with a white son) filed as head of household. Five couples filed married filing jointly. Four of these couples are white (2 without children, 1 with a son and daughter, 1 with 3 sons and 2 daughters). One couple is of mixed race (white male/Asian female) with two mixed race sons and one mixed race daughter.

- Adjusted gross income (AGI) ranged from $22,316 up to $61,171; combined AGI was $873,950.
- Total refunds were $40,000. Federal refunds totaled $37,698; including $11,080 Earned Income Credit (EIC) refunds and $4,089 Child Tax Credit (CTC) refunds.
- Missouri state refunds totaled $2,080 and Kansas refunds totaled $222. One taxpayer owed $71 in Missouri income taxes. One taxpayer received the Property Tax or Rent Credit (PTC) in the amount of $228.

When you support the Missouri Taxpayer Educational Initiative, taxpayers avoid high cost refund anticipation loans, leading to families having increased cash flow, which assists in stabilizing the county tax base.
**HD Edition of 'Tom Benton's Missouri' Screened in St. Joseph**

The walls of the House Lounge in Missouri’s state capitol building in Jefferson City come to life with the vibrant, colorful paintings of Thomas Hart Benton. The mural and its creation are profiled in the documentary “Tom Benton’s Missouri,” which has been remastered in a high-definition format.

On Dec. 13, University of Missouri Extension hosted the screening of the HD edition of the award-winning film at the East Hills branch of the St. Joseph Public Library.

The 1992 documentary, directed by Dr. James J. Bogan Jr., Curators’ Teaching Professor emeritus of art history and film at Missouri S&T, and Frank Fillo, former director of University of Missouri Extension’s Cooperative Media Group, was shown widely around the country on PBS stations and exhibited in schools around the state on 16 millimeter film and VHS tapes.

The screening was free and open to the public, and aimed primarily at educators. Michael Hicks, film and video producer with the MU Extension Cooperative Media Group, hosted a discussion on using the film and related materials in the classroom.

“Advances in technology have given us a cost-effective way to distribute this to the classroom and, we hope, excite a new generation of Missourians about the art and history of our state,” says Hicks, who oversaw the technical challenges of turning 16mm film into digital HD format.

“We wanted to try to recreate for the viewer the experience of standing in the House Lounge and looking in wonder at this mural,” Bogan continues. “We hope that seeing the film in high definition will be like looking through the eyes of a sensitive and knowledgeable spectator.”

The restored film also included an enhanced soundtrack, which features narration by Benton himself and by historian Bob Pridy. Historical ballads written and sung by Bob Dyer provide a

Collaboration between campuses, professors of students – and for all Missourians,” says Bogan. “Missouri S&T, the University of Missouri-Columbia, and the UM System president’s office have combined talent and resources so that this vivid and evocative film can be seen by everyone. The digital technology employed will make it downloadable for free to anyone who cares to see it.”

“The Educator’s Guide to Tom Benton’s Missouri” was a collaborative effort of Luce Myers, lecturer in art at Missouri S&T, Kathleen Unrath, associate professor of art education at MU, and Abbey Trescott, a teacher at Rock Bridge High School in Columbia. “This comprehensive study guide is full of interdisciplinary and cooperative learning lessons focusing on three enduring ideas found in the Benton murals – power, story and regional social identity,” says Myers. “It includes Missouri National History Standards for fourth grade and is a good companion for teachers who want to make that history come alive.”

**Classes Offered at the Missouri Career Center**

This year, over 300 unemployed and underemployed people were able to strengthen their computer skills at the Missouri Career Center. Regional Information Technology Specialist, Meridith Berry, teaches classes on Basic Computer skills, Microsoft Office Word, PowerPoint, and Microsoft Office Excel.

Clients taking the basic class learned how to operate a mouse, how to navigate in the Windows environment, create files, copy and paste, save work product, and attach files to their email. With small classes, participants can get the one-to-one help they need to succeed. One client commented, “It’s not so scary.” Most of the clients in Basic Computer are looking for work. “With what I learned, I plan to redo my cover letter and resume.” About 75% of the clients who take Basic Computer sign up for another computer class. “I interviewed for a job and they asked me to work in Excel, I was not confident at all, I feel a little more confident now”. “I wish I had taken this class long ago. It would have helped me so much with my resume and other job seeking skills.”
Annual Farm & Business Tax School

This year’s Farm & Business Tax School was held in October at the Fulkerson Center at Missouri Western State University. The one day school was taught by Mike Hardin, retired professor from Oklahoma State University, Parman Green, University of Missouri Extension Ag Business Specialist, and Catherine Murphy, from the Internal Revenue Service.

One big change for this year is that tax preparers have to be registered/certified with the IRS. And they need to keep current by earning CEU credits.

Mike discussed new changes to the tax laws and went over some of the tax court rulings from 2010-2011. This being an election year there were few changes to the tax codes but he warned that next year could very well be a different story with the Fiscal Cliff and Debt Ceiling negotiations. With both parties promoting either tax rate increases or tax reform.

Parman discussed some of the impacts of the code changes and their impacts on Missouri farmers. He also talked about retirement issues with social security and impacts to taxes from the drought.

Catherine discussed changes occurring with the IRS and some of the problems that they anticipate encountering with filing this year’s returns. She also talked about the potential for an audit and that the IRS had budgeted more funds to conduct audits this coming year. However she did say that the chances for a farm audit this year were greatly reduced as the IRS will concentrate on auditing individual and small business returns.

The attendees could earn CEU credits for their CPA training. Lawyers in attendance also received CEU’s towards their requirements for continuing education.

Women in Boots and Blue Jeans

In August women gathered at four sites throughout the state to participate in the Annual Women in Boots & Blue Jeans ITV Conference. One of the sites was here in St. Joseph. The women were all past participants in Annie’s Project classes.

The women attended sessions on marketing, the outlook for 2012-13, using Options for marketing grain, estate planning, the farm bill debate, and land values and cash rents.

They learned that land values were tied to cash rents and that land values were to continue to increase as long as commodity prices remained high and interest rates remained low. So cash rents are expected to increase as long as commodity prices remain good. They also learned that as long as carryover stocks were at all-time lows and production wasn’t expected to be above average, prices would remain good.
Agronomy Programming

The value of crops in the Northwest Missouri is an economic driver for the region. The value of all crops including row crop, forages and commercial horticulture are $303 Million in the northwest region. To maintain a competitive viable agriculture requires the latest research, education and resources to continue its growth.

The agronomic programming effort is focused on timely delivery of crop management information and research to the 7 counties in NW Region. The programming effort is accomplished through media such as radio, newspaper, newsletters, meetings and answering grower’s questions.

Each week, “Crop News and Notes,” an agronomic column is written and distributed to area papers and radio stations in Northwest Missouri. The column communicates information proper use of fertilizers and other crop inputs, pests attacking crops, and various crop management topics. The column is sent to 17 local newspapers and 11 radio stations.

Another way we communicate with growers is through the use of an electronic email newsletter with a distribution list of 329 growers. The monthly electronic newsletter allows us to quickly inform producers of a pest outbreak and what control measures should be taken.

Winter Ag Update meetings focus on critical topics such for both row crop and livestock producers. Pest topics such as corn and soybean fungicides, seed treatments, and new technologies are presented yearly at these meetings. Private pesticide applicator license recertification and training is conducted also during the Ag Updates. Other meetings such as the Corn grower’s association meetings are held annually along with other timely meetings to address emerging crop pests and issues.

Crop management demonstrations are conducted for local growers at the Graves-Chapple Research Center and forage research at the Hundley-Whaley Research Center. Nitrogen management, planting populations, hybrid and variety selection, pest control practices are demonstrated during field days at Graves Chapple Research Center and forage production using nitrogen timing and legumes at the Hundley-Whaley Research Center. Research information from the site is delivered through an annual report, on the web and during winter meetings.

State Fair Farm Family

Rick & Jenny Tudor of St. Joseph, MO, were among 108 families honored during the Missouri State Fair’s Farm Family Day on August 13. The Tudors 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.
Tomato Fest! 2012

For a number of years we have had a vegetable plot near the Extension office. With Master Gardeners involved, we decided to do an outreach program to showcase the most asked about and most popular garden vegetable — the tomato. In cooperation with the K-State Extension Master Gardener vegetable trial, several tomato varieties were planted. Several heirloom tomato varieties were grown by the Master Gardeners and the Missouri Western State University Tri-Beta honor society.

Master Gardeners, Food and Nutrition Specialist Kelli Wilmes, and Horticulture Specialist Tom Fowler answered questions.

It was estimated that between 200 and 300 people came to see the stake and trellis growing system, examples of how to control pests, and various ways to use and preserve tomatoes.

Tomato Fest! accomplished our goal of reaching more people in the community with MU Extension information on production, preparing and preserving tomatoes.

Master Gardener Training

There were 17 people who received Master Gardener (MG) training at the Buchanan County Extension Office in March - May, 2012. 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 2012 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 can be found on the NWMO horticulture web site:

http://extension.missouri.edu/nwregion/hort/
Youth Gardening

We had three children and families involved in planting a family vegetable plot that they maintained through the season. Master Gardeners and the Horticulture Specialist assisted with planting and some maintenance throughout the growing season. The families scheduled days to come and work their plot. Master Gardeners and the horticulture specialist were available to answer questions the families had about their garden. The families used the vegetables they produced and any excess was donated to second harvest food bank. The gardens did fairly well although the drought reduced production of many of the crops that were planted.

For a second growing season Master Gardener, Larry Werthmuller, established a garden at the Buchanan County Academy. He worked with the youth on a weekly basis as they learned how to plant and maintain a vegetable garden. They learned the skill of growing their own food that should help them throughout their life. They prepared produce from the garden to make salsa, zucchini pancakes, stir fry vegetables and squash blossoms which was served at the Academy throughout the summer. Any excess was donated to second harvest food bank.

Great Plains Growers Conference

The Great Plains Growers Conference, held annually, is for vegetable and fruit growers in a five state area (KS, IA, MO, NE, and SD) plus growers from many other states attend. The two day conference includes a day of pre-conference workshops that provide a day long focus. The workshops for 2012 were for farmers wanting to learn more about high-tunnel vegetable/fruit production, community supported agriculture, good agriculture practices (GAP)/food safety, a beekeeping workshop and a workshop for fruit tree growers.

The second day of the conference had four concurrent sessions that featured many topics that covered conventional and organic production, marketing horticulture crops and small fruit. The third day had five concurrent sessions that featured tracks for conventional and organic growers, cut flowers, farmers’ market and urban and community gardens.

Once again this year we hosted a general session with keynote speakers’ Paul and Sandy Arnold. The Arnolds are from Pleasant Valley Farm in upstate New York. They shared the key lessons learned and developed through 23 years of creating the most satisfying lifestyle in the world. Along with the conference there is a trade show with numerous exhibitors of vegetable/fruit production and marketing products and information. This year we had 44 booths and 8 tabletop displays with 46 businesses and organizations represented.

The Missouri Western State University campus in St Joseph, Missouri is the site for the conference. There was good weather for the conference. The program, weather, and facilities all added up to us having the largest crowd in the sixteen year history of the conference. We appreciate the support from the Buchanan County Extension Council, Buchanan County Commissioners, and Extension in the states involved, area Master Gardeners and the St Joseph Visitor and Convention Bureau.

For more details see the conference web site: http://www.greatplainsgrowers.org
Buchanan County 4-H had a total 110 youth enrolled in 4-H youth development using the traditional 4-H model. The Community 4-H clubs provide opportunity for youth to learn skills, develop leadership and have fun through club and project work.

Forty-one youth brought just under 300 4-H projects to local achievement day. Project were judged in an interview process and awarded ribbons. Over fifty projects were displayed at the Missouri State Fair and over sixty projects were displayed at St. Joseph 4-H Interstate Show.

4-H distinguishes itself as a youth organization in that it encourages family involvement and volunteers working with youth to accomplish individual and club goals. We have dedicated and experienced club leaders in Buchanan County and over 60 volunteers working with the youth.

Buchanan County had a total of six 4-H clubs and four independent members participate in 4-H. Five clubs are traditional 4-H club and one club is transitioning into a traditional club from a 4-H LIFE (Living Interactive Family Education) program. Over 400 young people within county school systems participated in Embryology School Enrichment program.

The Buchanan County 4-H council, made up of youth officers and club representatives, provided leadership for the county 4-H activities. This year we hosted Super Saturday Family Fun Day and Fundraiser, Contest Day, Achievement Day, Pony Express Shoot Out, Livestock Show and Sale and St. Joseph Interstate Show.

Buchanan is joining “the revolution of responsibility” by increasing their participation in regional and state 4-H events. Youth attended regional 4-H Camp, Teen Outdoor Adventure, State Food and Fitness Camp Teen Conference, KC Global, Citizenship Washington Focus Trip, 4-H Horse Trip, 4-H Congress, Poultry Day, State Shooting Sports, State Fashion Revue, State Public Speaking Contest as well as had demonstrations and livestock at the Missouri State Fair.

One youth in Buchanan County, Taylor Faucett, personally has accomplished one goal after another this year in 4-H. Taylor ran for Regional Representative on the State 4-H Council for the second time and this year succeeded, she was also selected to attend the National 4-H Congress in Atlanta this year, and completed the five sections of the 4-H Key Award this past year.

Another Buchanan county youth, Trevor Simmons, continues to dominate in the area of poultry competition throughout Missouri. He won Best of Show at the 2012 Missouri State Fair for the second year in a row. Trevor is pictured below.
Family Nutrition Education Program
Janet Hackert

Reaching Low-Income Children and Families with Nutrition Education

Family Nutrition Education Program (FNEP) provides information on nutrition, food safety, and physical activity for lifelong health and fitness. 6233 elementary students and 336 adults participated in FNEP in Buchanan County.

Programming occurred in the following schools and agencies:

- Bartlett Center
- Buchanan County R4-Rushville Elementary
- Dan Colgan Alternative Resource Center
- East-Buchanan C1 Elementary
- Edison Elementary
- Field Elementary
- Hall Elementary
- Hossea Elementary
- Humbolt Elementary
- Hyde Elementary
- Lindberg Elementary
- Mark Twain Elementary
- Mid-Buchanan R5 Elementary
- Noyes Elementary
- Parkway Elementary
- Peter Rabbit Learning Center
- Pickett Elementary
- St Joseph Youth Alliance
- St. Pat's Head Start
- Skaith Elementary
- Webster Learning Center
- Wyatt Park Christian Church Preschool

Evaluation data collected across the entire state reflects the positive impacts that occur in every county with FNEP. The following are students’ changes reported by teachers after FNEP classes:

- 99% reported one or more changes
- 90% reported students are more aware of nutrition
- 65% make healthier meal and/or snack choices
- 45% eat breakfast more often
- 77% are more willing to try new foods
- 83% improved hand washing
- 37% improved food safety other than hand washing
- 62% increased physical activity

Nutrition Program Associate(s) Connie Mowrer, Gina Ripley, Sue Robinson and Stephanie Weddle goes into schools and interact with community members to help them make healthier choices and build healthy habits.

Stephanie Weddle, nutrition program associate, says, “I have been co-teaching Kids in the Kitchen curriculum to a group of teens at the St. Joseph Youth Alliance class. The first day we had one boy that was very excited to make the deviled eggs. He made them at home. We quickly learned he was very opinionated and stubborn about what he did or didn’t like, although he was very good in the kitchen, he wasn’t about to touch vegetables or fruits! On the last day, we made the Perfect Pumpkin Pancakes. We had each student cook their own pancake to eat and asked them to try one bite before putting the syrup on it. He wanted to know if he needed to make one since he wasn’t going to eat it! I said that yes, I’d like for him to make one, even if it was very small. He made a half-dollar size pancake and he tried one bite without syrup and then finished the rest with syrup. The fact that he was willing to try it at all was a big, big deal!”

The Family Nutrition Education Program brought $10,420,125.00 in federal funds to the state of Missouri. These funds were used to provide nutrition education to 6569 food stamp recipients and food stamp eligible citizens of Buchanan County.

Participants in FNEP in Buchanan County who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. 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.
MU Conference
The MU Conference Office (MUCO) was created in 1963 to provide high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. Whether a meeting is hosted on the MU campus, elsewhere in Missouri or anywhere in the world, the office’s professional staff helps create the best learning environment for participants. For FY2012, MUCO registered 14,865 Missourians in MU Extension conferences. Participants attended local conferences on Agricultural Lending, Health Care Reform, teacher training and advancing renewables, to name a few. The Central Region sent 4,247 participants to conferences held by the MU Conference Office. Moniteau County had 92 registrants, Pettis County 127 and Saline County 124.

For more information, see http://www.muconf.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 23,600 firefighters and the 5.9 million citizens they serve. Courses prepare firefighters for medical emergencies, hazardous materials response, and disaster preparedness and mitigation, as well as fires. (Example: In FY 2012, MU FRTI trained firefighters representing all 114 Missouri counties for a total enrollment of 17,096 fire and emergency responders equating to more than 217,800 student instructional hours of training.) For more information, see http://www.mufrti.org.

LETI
The MU Extension Law Enforcement Training Institute (LETI) 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 working officers. LETI is now taking that expertise to non-traditional areas offering seminars to the general public in personal safety, workplace violence and citizen response to armed subjects. For more information, see http://www.leti.missouri.edu.

MTI
The Missouri Training Institute 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 HR, strategic planning, board development and facilitating board retreats. In FY2012, more than 11,900 people from all 114 counties enrolled in the institute’s 537 programs. For more information, see http://www.mti.missouri.edu.

Nursing Outreach
MU Nursing Outreach (MUNO) is committed to providing high-quality, affordable and accessible professional development programs for Missouri’s nurses. With the half-life of nursing knowledge being less than five years, coupled with the complexities of patient care and health care delivery, it is crucial for professional nurses to have the latest, evidence-based knowledge and skills.

MUNO serves a predominantly rural health care audience through face-to-face, web-based and telecommunication delivery methods. Nurses from 90 (79 percent) of Missouri’s 114 counties and the City of St. Louis attended continuing education programs in FY2012 sponsored by MU Extension. In FY 2012, 2,697 Missourians participated in a nursing outreach program and another 1,310 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 $463,000 in competitive grants and contracts from external agencies during 2011-2012 and $1,794,000 during the last five years. In FY2012, 115 educational programs were held in Columbia, and 1,923 individuals from the Central Region benefitted from MU Nursing Outreach educational programs.

See: http://www.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 FY2012, 608 enrollments in Continuing Medical Education came from the Central Region.

For more information, http://www.medicine.missouri.edu/cme/.

University of Missouri Extension Mission:

The mission of University of Missouri Extension is to improve Missourians’ lives by addressing their highest priorities through the application of research-based knowledge and resources. As an integral part of the land-grant mission, University of Missouri Extension is a joint venture of University of Missouri campuses; Lincoln University Cooperative Extension; the people of Missouri through county extension councils; Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture; and other stakeholders and partners.