The Pony Express statue, in downtown St. Joseph, commemorates the mail service that linked the U.S. from St. Joseph to Sacramento, Calif. Riders carried mail nearly 1,900 miles each way between April 1860 and October 1861. The statue was sculpted by Hermon Atkins MacNeil and dedicated in 1940. (Photo: Maxine Arnoldy, Jefferson City, Mo.)
Chair, Jim Yount presented Extension's Leader Honor Roll Award to DeWayne Budine for his long support to the University of Missouri Extension 4-H program. 

Ron Hook, Buchanan County Commissioner, swears in the newly elected council members at the Annual Council Meeting Dinner.
From The Buchanan County Extension Council

We are pleased to present you with a copy of the 2013 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 L Miller
County Program Director

Larry Werthmuller
Council Secretary

4125 Mitchell Ave
St. Joseph MO 64507
816-279-1691
millerd@missouri.edu

University of Missouri Extension does not discriminate on the basis of race, national origin, sex, sexual orientation, religion, age, disability or status as a Vietnam era veteran in employment of programs.
December 2013

Dear County Commissioners and Associated Friends of MU Extension:

As we enter 2014, we at University of Missouri Extension celebrate our 100-year partnership with you, with the State of Missouri and with the federal government. Through the Smith-Lever Act of 1914, the Cooperative Extension Service was established to provide practical application of research knowledge “to persons not attending or resident in said colleges in the several communities.” Over the years, the mission to bring you relevant, reliable and responsive education to improve lives and local economies remains the same. Yet, we also have changed to help you meet emerging issues and to take advantage of emerging opportunities.

Every day, MU Extension helps create value for citizens. For example:

- Throughout the state, MU Extension provides information to help address issues and opportunities related to Missouri’s economic infrastructure, public services, economic development, jobs and educational access. Counseling more than 3,000 business clients in FY12 resulted in 9,328 new jobs, sales increases of $188 million, $213 million in new business financing, and government contracts of more than $195 million.

- Our state and nation are in need of workers who are highly proficient in science, technology, engineering and math (STEM). Research has shown that 4-H members develop an increased interest in science three times higher than their non-peers. Both non-traditional activities, such as robotics, and more traditional activities, such as livestock judging and food preparation, are doorways to science-related careers.

- Livestock production accounts for about 53 percent of the state’s agricultural receipts. MU Extension’s Tier Two Show-Me-Select Replacement Heifer Program, which improves reproductive efficiency of beef herds, has garnered producers $237 to $357 per heifer, depending on breeding protocol followed. Statewide economic impact of the program has exceeded $65 million.

These are just two examples of MU Extension’s impact – made possible through your support of MU Extension in your community. I look forward to our continuing partnership, and as always, your ideas for improving our partnership are welcome.

Sincerely,

Michael D. Ouart
Vice Provost and Director
1114 youth participants from 8 area high schools (this is how many filled out surveys) more were in attendance. Also teachers and administration from the various schools were present as well as several parents.

Approximate overall attendance was 1600 - 1700 participants.

The schools have done surveys with their students following the crash simulations in Buchanan County. Results say that teens would be less likely to ride with someone who has been drinking after viewing the presentation, they would also be less likely to drive after drinking. They also have a much greater understanding of the legal consequences of drinking and driving and that it is illegal for them to be drinking at all. All High Schools - Surveys Completed - 1114 1. Will drink & drive? Yes-1% No-99% 2. Will ride with someone drinking? Yes-2% No-98% 3. Will you call someone for a ride? Yes-98% No-2% 4. Who will you call? Parent-72% Friend-38% Other-12% 5. How much impact did the simulation have on you? None-3% Some-24% A Lot-75% 6. Was the simulation worthwhile? Yes-96% No-4%

It hurts to see people my age have this impact. I think this will affect me for life. I believe that this was very good for all of us. It is kind of a wakeup call and it lets us know that we are not invincible and accidents can happen. I would never drink and drive or ride with someone who is intoxicated. After watching this simulation, this was a lesson that I will never forget. The program made me have a reality check. It has made me think of time and choices I make. This simulation showed me how short life can be and you need to make smart choices. I will never drink and drive or get in a car with someone who is under the influence and stop speeding. This showed me that a bad choice can change your life forever. I will also make sure no one is drinking when I get in the car with someone. Made me reconsider my weekend and who I’m with.

The teens that were part of this learning experience are less likely to drink and drive or to ride with someone who has been drinking.

This can result in fewer teen deaths and/or debilitating accidents.

More teens understanding the consequences of their choices make for more informed citizens making better choices in the future.
FAMILY NUTRITION EDUCATION PROGRAM

FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.

Nutrition Program Associates: Stephanie Weddle (pictured), Sue Robison, Gina Ripley, Connie Griffith

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| 6181 – youths                     | In St Joseph:                                          | For youths who participated in FNEP, **student changes** reported statewide by teachers reveal:  
                                      306 – adults                                           | • 91% more aware of nutrition                          | NPA Stephanie Weddle shares this comment from a teacher:  
                                                                                     • 68% make healthier meal and/or snack choices         | “Since you’ve been in my classroom for many years, I’ve already made these [healthy behavior] changes by making a few at a time.” She realized the changes made were because of our program. |
                                                                                     • 82% more willing to try new foods                    | • 82% improved hand washing                             | The Family Nutrition Program brought $7,653,958.00 in Federal funds to the state of Missouri. These funds were used to provide nutrition education to 1,069,104 food stamp recipients and food stamp eligible citizens of Missouri. **6487 of these participants reside in Buchanan County.** |
                                                                                     • 82% improved hand washing                             | • 65% Increased physical activity                       | Participants in FNEP make healthier meal & snack choices, increase their physical activity, and in general make healthier food choices. They 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. |
                                                                                     • 65% Increased physical activity                       |                                                                 | 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. |
                                                                                     | 14 Elem. Schools Colgan ARC Webster Learning Family Guidance 4 Head Start Centers Health Dept. Public Library Salvation Army Second Harvest YWCA YMCA Wyatt Park Christian Church |                                                                 | |

Nutrition Educators provide kid-friendly lessons that include taste-testing healthy foods and practicing skills that lead to good health.

Education for adults includes nutrition, food safety, physical activity, and food budgeting.

Stephanie Weddle, Nutrition Program Associate, reads a book to a group of kindergarten students about how “Uncle Bunny” learns to try different vegetables and likes them. After reading the book, the students got to be like “Uncle Bunny” and taste several different vegetables. While tasting the vegetables the students learned that vegetables can be eaten in many different ways and vegetables help us to heal faster, see better in the dark and to have shiny hair.
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<td>8 members of the Mom’s Time group at the YWCA in St. Joseph, and 6 of their older children, participated in the six workshops for total contact time of 86 hours</td>
<td>Healthy cooking basics, Choosing fruits, vegetables and whole grains, Cooking lean and low-fat foods, Planning to make the most of meals, Shopping Smarts, Recipe for success</td>
<td>Participants filled out a pre/post reflective survey. The following results show what they learned: • Don’t let dairy and meat foods sit out for more than two hours: 6 of 7 (86%) • Think about healthy choices when deciding what to feed your family: 6 of 7 (86%) • Don’t thaw frozen foods by leaving them out at room temperature: 5 of 7 (71%) • Plan meals ahead of time: 5 of 7 (71%) • Don’t add salt when preparing or eating food: 4 of 7 (57%) • Compare prices before buying food: 4 of 7 (57%) • Eat at least two cups of fruit a day: 4 of 7 (57%) • Eat at least 2.5 cups of vegetables a day: 3 of 7 (43%) • Family eats something within two hours of waking up: 3 of 7 (43%) • Make meals that include at least three food groups: 3 of 7 (43%) • Shop with a grocery list: 3 of 7 (43%) • Get at least 30 minutes of moderate physical activity each day: 3 of 7 (43%)</td>
<td>Several participants reported that they liked getting to see all the steps in the process of making the recipes, even if they didn’t actually do all the steps themselves. One said, “I like getting to see it start to finish, and to see how the tasks can be divided out.” There was concern about having her children whining to her as she stepped in the door from work about when supper would be. She was armed with tasks for them to help with to get the meal on the table faster, even when making healthy meals from scratch. Another participant said, “It has made me a more aware parent. It has shown me healthier choices to feed my kids. It has also introduced me to foods I had never tried.” In talking about bargains at the grocery store, a participant learned that produce in season is cheaper. Since she was excited to add the colors of fresh vegetables and fruit to her menus, this could mean considerable savings for her. One young man, 13 years old, had participated in every class. Though his prior experience was very limited, he became an expert vegetable and fruit cutter. He even reminded an adult near him to hold her knife properly so she wouldn’t get hurt.</td>
<td>Six out of the seven (86%) adult participants filling out an exit survey said they would share things they learned in this class with their family and friends. A participant told the class that after learning the week before about how quickly bacteria can grow in foods left in the danger zone (40-140˚F), she had warned a group of her college classmates about a potentially hazardous situation. The class had had refreshments, including chips and dip. It was a hot day and they had been sitting out in the classroom with no air conditioning for several hours. She said she told the professor to “THROW IT OUT” because it was probably growing a lot of bacteria that “will make you sick!” She said, “the food safety lesson really made an impact on me – and now also on my classmates.”</td>
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<td>Twelve Community Action Partnership (CAP) participants.</td>
<td>Lease Agreements from the Rent Smart program</td>
<td>Landlord/Tenant rights and responsibilities according to the Missouri Landlord/Tenant Laws.</td>
<td>Participants benefited by learning their rights and responsibilities as tenants and expectations of landlords as outlined in the Missouri Landlord/Tenant Laws handbook. Each participant received a copy of the booklet as well.</td>
<td>It provides a practical education opportunity to help people acquire and keep decent rental housing.</td>
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<td>Seventeen Universal Design workshop participants</td>
<td>Universal Design – Plans for Better Living Workshop</td>
<td>Participants learned what the term Universal Design means and how it can be incorporated in both new construction as well as retrofit. They learned about many products as well as building concepts that can be incorporated into both new construction and retrofit. Many stated that they had learned something that they could apply either personally or professionally.</td>
<td>Participants benefited by understanding the difference between accessible, adaptable and universal design.</td>
<td>It provides a working understanding of the concepts and how they can apply them to their own lives whether it is for personal benefit or if working on a community or commercial project designed for those citizens wishing to age in place or make changes in their living environment due to unexpected circumstances.</td>
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<td>Twenty-seven Missouri Association for Family and Community Education (FCE) participants</td>
<td>Universal Design – Now and in the Future</td>
<td>Participants learned what the term Universal Design means and how it can be incorporated in both new construction as well as retrofit.</td>
<td>Participants benefited by understanding the difference between accessible, adaptable and universal design.</td>
<td>It provides a working understanding of the concepts and how they can apply them to their own lives whether it is for personal benefit or if working on a community or commercial project designed for those citizens wishing to age in place.</td>
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<td>Taking Care of You</td>
<td>Participants learned how to better deal with stress and life’s demands in a healthier way.</td>
<td>Participants benefited by practicing the various techniques to manage stress.</td>
<td>It provides opportunities to better deal with stress through providing participants with practical strategies they can use in their everyday lives to better cope with the stress and challenges they endure leading to improved health behaviors including physical, mental and spiritual health.</td>
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<td>831 plus Beef Cattle and Forage Producers</td>
<td>In total approximately 1014 hours were spent in learning beef cattle production, forage production and utilization, nitrate management, nutrition management and ration balancing by area participants as well as the continuation of the North Missouri Grazing Group.</td>
<td>Strategies to optimize beef production and improve costs on their operations, including managing feedstuffs, pregnancy checking females, documenting individual animal performance throughout the entire production phase, including what determines value on each animal.</td>
<td>With the drought conditions in 2012 and part of 2013 beef and forage producers are better prepared to make informed decisions on their operations regarding animal health, genetic selection and nutrition, as well as income and expenses that affect the bottom-line for their respective operations. This includes reducing feed wastage and marketing low or non-productive animals in a more timely manner.</td>
<td>Many beef producers contacting me are looking for answers to questions specific to their operation. By taking a total quality management approach for each operation we can help producers get the information and resources they need to improve the bottom line for their operations.</td>
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<td>744 plus Youth participants</td>
<td>In total approximately 889 hours were spent by area youth learning conservation, water cycles and good agricultural production practices.</td>
<td>Strategies area beef and forage producers are using to optimize their operations while minimizing soil and nutrient losses and other negative impacts on the environment.</td>
<td>By having a better understanding of the research based information and good production practices that producers utilize on their operations, youth will be better able to understand why they, as producers themselves, need to be good stewards of their land and resources.</td>
<td>When you support beef and forage production for the clients in our area, participants learn high quality, unbiased, research-based production strategies which result in increased success for producers in reaching their production and financial goals.</td>
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Well-informed youth are better prepared to make decisions based on research based results. Youth are our future and provide great opportunities for our area.
New precision ag technology and biotechnology and how technology fits into a growers operation
1. New hybrids and varieties through our testing program
2. Improved weed control research and teaching
3. New weed, insect, and disease pests that potentially can attack crops and utilizing our pest monitoring program
4. Product evaluation to determine if the product is effective and how to adopt and utilize this in a growers operation
5. Pesticide safety
6. Product costs and determining their cost effectiveness
7. Choosing and applying fertilizers

Formal surveys of growers attitudes to teaching in formal meetings as follows:
1. Over the past 8 years, the value of the agronomic meetings rated a 4.25 on a scale of 1 to 5 with 5 being excellent and 1 being poor.
2. Also, data summarized over past 8 years indicated that growers would recommend this meeting to other growers rated a 4.38 average on a scale of 1 to 5 with 5 being excellent and 1 being poor.
3. As speaker being knowledgeable, data summarized was 4.58 on the same scale.

Agronomic programs vary with methods of delivery. The result is an action or a decision and knowledge is gained by growers. Also, growers request what the research indicates, what are the advantages and disadvantages of using a product, a strategy, or sometimes how to address a situation or problem.

Winter Ag Update meetings focus on critical topics for row crop and livestock producers enabling them to be competitive.

Private applicator training provides growers with the knowledge to apply pesticides safely while protecting the environment.

Cooperation with commodity groups help growers expand markets and produce food not only locally but globally.

Certified crop adviser meetings provide technical information to crop advisers.

Graves Chapple Research Center and Hundley-Whaley Research Center provides the latest research to help growers remain competitive and provide an economic driver for northwest Missouri.

As world population continues to increase, the need for food production continues to grow. It is critical to continue to increase crop yields while maintain competitiveness to increase food production in an environmentally responsible manner.
**Agriculture Business Specialist**

**Bob Kelly**

**Serving The Counties of Andrew, Buchanan, Clinton, Dekalb, and Holt**

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<td>413 children ages 8-10 attended the day long Safety Acres Camp. The camp was repeated a second day.</td>
<td>14 hours were spent in the learning environment as the kids moved through the 7 learning stations.</td>
<td>Learning station 1: A representative from the Missouri State Highway Patrol covered the proper use of seat belts and showed the rollover potential for injury if not using a seat belt. Learning station 2: Sun safety was discussed at this station. The children learned about avoiding exposure to UV rays and how to select a lotion by its' SPF rating. Learning Station 3: A deputy from the sheriff’s department discussed firearms safety. Learning Station 4: A university extension specialist discussed grain safety and used demonstrations to show entrapment and rescue procedures. Learning Station 5: A university extension specialist discussed lawn mower safety. Learning Station 6: A university extension specialist discussed large animal safety. Learning Station 7: A university extension specialist discussed power take-off safety by using a demonstration where a dummy gets caught in a power take-off shaft.</td>
<td>From past evaluations the children carry the safety message home to their parents and the incidence of children treated by the Heartland Health Trauma Center for farm related accidents has decreased steadily since the inception of Safety Acres.</td>
<td>By teaching our children and farm kids about the safety issues they face on the farm we are insuring that the next generation of farmers understands that safety is important and that they understand how to avoid certain types of accidents and hazards around the farm and farming operations.</td>
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The Master Gardener training class had 19 enrolled in 2013 class.

There is also an organized chapter that meets monthly with around 40 active members.

Master Gardener classes were held in St. Joseph and Gallatin. Master Gardener projects provide volunteer service to communities. Master Gardeners work with youth gardeners, demonstration gardens, educational programs for groups and other horticulture related activities.

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<td>2013 Master Gardener Class</td>
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<td>Basic plant botany</td>
<td>The trainees of the class received knowledge in the area of horticulture. The knowledge they gained can be used to educate others and for their own use.</td>
<td>With the hard work of Master Gardener volunteers we can reach more people in the county with horticulture information than one person can. The volunteers assist with community gardens, give educational talks to groups, and encourage youth gardening, assist with beautification projects, provide gardening consultations with friends and neighbors and a host of other activities.</td>
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<td>Maintaining soils</td>
<td>Participating in a local Master Gardener chapter provides further education for individuals. Each meeting has an educational component. Plus there are opportunities to work together for a common horticulture related goal. Master Gardeners share interests and learning experiences.</td>
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<td></td>
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<td>Plant disease identification and control</td>
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<td>Vegetable production</td>
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<td>Insect identification and control</td>
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<td>Home fruit production</td>
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<td>Plant propagation</td>
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<td>Use of native plants</td>
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<td>Basic landscape design</td>
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One event that is educational and very popular is Tomato Fest! Between 200-300 area residents attend this event to learn all about tomatoes. They get to see and evaluate 49 varieties of tomatoes. They also learn how to maintain, harvest and preserve tomatoes. This year nearly 5,000 pounds of produce was donated to the 2nd Harvest Food Bank.

Master Gardeners provide many hours of volunteer services to the community and extension. Bottom left: master gardeners helping youth in the youth garden program. Bottom middle: master gardener, Debra Meier, providing information about extension and the master gardener program during the Home and Garden Show. Bottom right: master gardener, Larry Werthmuller discussing the different varieties of tomatoes on display at TomatoFest 2013 and grown at the extension garden.
Number of Buchanan County Learners | Total Hours of Collective Workshop Participation in 2013 | What Did They Learn? | What Action Did They Take? | How Does This Work Make Buchanan County and Missouri Better?
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70 individual businesses received one-on-one counseling assistance from the Missouri Procurement Technical Assistance Center in St. Joseph, MO. Through 7 conferences and trainings, 284 individuals received additional education through the St. Joseph Missouri Procurement Technical Assistance office. | Clients received 234 hours of one-on-one counseling and participated in 7 workshops totaling 27.5 hours of learning and interaction. | Clients learned how to effectively prepare to sell products and services to government agencies. Clients learned how to complete vendor registrations, vendor certifications, search bid opportunities, prepare bid documents and develop effective marketing techniques in the government marketplace. | Clients taking advantage of the services provided by the Missouri Procurement Technical Assistance Center registered as vendors for appropriate government agencies such as the Federal Government and State of Missouri which allowed the client to sell goods and services to those agencies. Clients also submitted applications for appropriate socio-economic certifications such as woman-owned, minority owned, HUBZone and service-disabled veteran-owned small business providing the client with a competitive advantage during the bidding process. Clients searched for bidding opportunities and submitted bids/proposals for appropriate contracting activities. Clients taking advantage of Missouri PTAC services through the St. Joseph office received $5.7 million in contract awards. Nationwide contracts for Missouri Procurement Technical Assistance clients totaled more than $184 million. | Government agencies spend well over a trillion dollars annually to purchase goods and services. The federal government has a statutory goal to give 23% of federal contracting dollars to small businesses. The Missouri Procurement Technical Assistance Center educates small business owners to assist them in becoming successful government contractors. Vendors that continuously pursue government contracts become increasingly successful as they understand the process more fully. Successfully obtaining a government contract keeps government dollars flowing into our county and state helping to create and retain jobs. The awards received by clients through the St. Joseph Procurement Technical Assistance office equate to more than 114 jobs created or retained. Statewide contracts equate to more than 3,683 jobs created or retained. |
Number of Buchanon County Learners | Total Hours of Collective Workshop Participation in 2013 | What Did They Learn? | What Action Did They Take? | How Does This Work Make Buchanan County and Missouri Better?
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11 board members and staff | 110 hours | The participants expressed a great deal of self-confidence because they have developed a plan that they all support. 62% of participants indicated they had increased their understanding of how they could participate in community planning as a result of participating in this program. | The board members and staff of the Bartlett Center participated in a long-range planning process to develop a 5 year planning guide for the Center. They developed a vision and mission statement and identified their core values. They identified needs and programs that would address those needs as their guide. | The Bartlett Center board and staff used the Planning Guide to help their organization focus on local needs. In addition, the Guide served as a planning piece to share with funders and supporters to help them understand the value of their investment in Bartlett Center programs. This will insure delivery of much needed programming in the underserved Mid-Town area. |
134 Bi-National Health Fair participants | 38 volunteers and partners contributed a total of 190 hours of service to the Bi-National Health Fair conducted during Bi-National Health Week. Participants spent an average of 4 hours at the event for a total participant contact time of 536 hours. | One of the goals of BHW is to promote a greater awareness of healthcare resources and improve the overall well-being of residents. Participants at the Health Fair learned the importance of health screenings and immunizations so they can live healthier lifestyles. They learned about health services and other community services available through the 17 exhibitors that participated in the health fair. | 35 participants received cholesterol screenings and three were referred for further testing. 43 dental screenings were completed and 38 referrals were made for additional care. 100 people received vision screenings and 60 were fitted with reading glasses. 37 people received Tdap vaccinations. 55 individuals received flu shots. One child was evaluated and sent to the emergency room for a serious illness. 87 blood sugar screenings were completed with 7 referrals for further testing. | The Bi-National Health Fair provides free screenings, referrals, and immunizations targeted at the immigrant community of St. Joseph. Early detection of illness helps individuals seek needed health care in a timely manner. This is accomplished through increased public awareness, understanding, and knowledge of services available at the local level, regardless of health insurance coverage or immigration status. This reduces the cost of health care for the individual and improves the health of the overall community through early detection of health problems. Many participants indicated that attending the Bi-National Health Fair was their only opportunity to receive health care. |
### Buchanan County Disaster Long-Term Recovery Committee (LTRC)

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<td>12 members of the Buchanan County Disaster Long-Term Recovery Committee (LTRC)</td>
<td>During 2013, LTRC board members contributed over 130 volunteer hours in order to develop the LTRC and secure support within the community.</td>
<td>Board members are well aware of the needs and procedures used in responding to the needs of disaster survivors.</td>
<td>$7,600 grants/donations received to support LTRC individual response efforts.</td>
<td>Through Extension’s Community Emergency Management Program, community organizations, nonprofit organizations and faith based groups 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 prevent citizens from becoming permanently reliant on government social programs. For every dollar invested, three dollars and untold lives are saved. Buchanan County now has 30 trained disaster case managers who are ready to assist individuals and families in the long term disaster recovery process.</td>
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<td>34 community volunteers were trained as disaster case managers</td>
<td>34 people donated a total of 680 hours to receive disaster case manager training. In addition, 3 trainers provided a total of 28 hours of training.</td>
<td>Disaster case managers learned the correct process for collecting and documenting information from disaster survivors and how to help those survivors develop their recovery plan. They also learned how to access community, state and national resources in order to help disaster survivors.</td>
<td>A $6577.49 LTRC grant request was approved for development of a regional Emergency Response Trailer funded by Region H, RSOC. This training was sponsored by the Buchanan County LTRC The total cost of this training was funded through FEMA funds. 30 people completed all requirements and were certified and badged as Disaster Case Managers. Upon completion of the training, 66% of participants indicated they plan to be an active case manager in future disasters, 33% are unsure at this time.</td>
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<td>Sample Events</td>
<td>Participants and hours of collective participation</td>
<td>Program learning objectives</td>
<td>How does this benefit Buchanan County and Missouri citizens?</td>
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<td>4-H Clubs</td>
<td>116 students participate in the six 4-H clubs.</td>
<td>Buchanan County 4-H focuses on learning by doing experiential learning. This learning prepares youth for jobs critical for economic recovery. 4-H provides the opportunity to put learning into action through opportunities in leadership, citizenship, teamwork, community service and other life skills.</td>
<td>Research shows membership in 4-H clubs leads to higher scores in the following developmental assets for youth.</td>
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<td>• Educational aspiration</td>
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<td></td>
<td>• Achievement motivation</td>
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<td></td>
<td>• Desire to help others</td>
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<td></td>
<td>• School grades</td>
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<td></td>
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<td></td>
<td>• Self-esteem</td>
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<td>• Decision Making</td>
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<td>• Having a value system</td>
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<td>• Interaction with adults</td>
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<td>• Ability to make friends</td>
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<td>(Lerner, 2008)</td>
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<td>4-H National Mentoring Program</td>
<td>77 youth and 27 adult mentors participated in the 4-H LIFE program at the Buchanan County Academy.</td>
<td>Critical life skills are developed using strengths based approach to prepare youth in becoming contributing members of society.</td>
<td>National studies indicate youth participating in positive youth development programs such as 4-H LIFE are less likely to participate in risky behavior such as:</td>
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<td>• Shoplifting or stealing</td>
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<td>• Illegal drug use</td>
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<td>• Riding in a car with someone who has been drinking</td>
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<td>• Smoking</td>
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<td>• Vandalism</td>
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<td>• Truancy</td>
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<td>(Zaff et al, 2003)</td>
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<td>4-H Connects Kids to College</td>
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<td>Youth earning a bachelor’s degree, increase annual earnings by $2.4 million over their lifetime (NACUBO, 2012).</td>
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<td>Trevor Simmons, Taylor Faucett, and Cara Valazquez attended the 2013 State 4-H Congress at the University of Missouri campus.</td>
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<td>In 2011, MU Extension connected 8,500 young people age 8 to 18 to University of Missouri campuses and faculty.</td>
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<td>Being on campus is a predictor of youth going on to higher education (Hoover, 2006)</td>
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Buchanan County Farm Family

Lanny and Monie Frakes were among the 108 families honored during the Missouri State Fair’s Farm Family Day on August 12, 2013. The Frakes were selected as the Buchanan County Missouri State Fair Farm Family by the Buchanan County Extension Council and local Farm Bureau. Each year, the fair sets aside a day to recognize farm families from across the state who are active in their community, involved in agriculture and participate in local outreach and extension programs such as 4-H and FFA. Pictured with the Frakes are (from back left to right) Dr. Tom Payne, Blake Hurst, Lowell Mohler, Barbara Hayden and Dr. Jon Hagler.

Annual Meeting and June Picnic

The Buchanan County Extension Council enjoyed delicious food and fellowship at two of their monthly-held meetings during the year; February and June. This year’s picnic was held at the unique and beautiful home of Milton and Judith Moore. Pictured to the left are the many dishes and desserts brought by council members and staff to accompany the renowned tenderloins and homemade fries prepared by Donnie Miller, Council Vice Chair and Dan Hausman, Commissioner and Donnie’s grandson. Pictured at the bottom right are council members, staff and guests at the annual meeting held at the Ebenezer Church Fellowship Hall.
Professional Staff and Support Staff

Professional Staff Headquartered in Buchanan County

Don Miller, human development and county program director  
Tom Fowler, horticulture  
Robert Kelly, agricultural business  
Beverly Maltsberger, community development  
Clinton Dougherty, business development procurement  
Rick Smith, 4-H youth development  
Karma Metzgar, NW Regional Director

Mary Beth Alpers, office manager  
Nicole Arn, office assistant  
Julie Schmitt, youth program associate  
Stephanie Weddle, nutrition program associate  
Connie Mowrer, nutrition program associate  
Gina Ripley, nutrition program associate  
Sue Robison, nutrition program associate  
Connie Griffith, nutrition program associate

County Support Staff

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 and environmental design

Professional Staff Serving Buchanan County Headquartered in Other Counties

UM Services Received in Buchanan County

- 688 patients seen at UM Health Care, with $136,153 of uncompensated care.
- 115 patients seen at UMKC School of Dentistry with an average of $26 per patient in uncompensated care,
- 93,911 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
- $56,432 State Tax Revenue
- $237,405 Federal Tax Revenue

UM Students from Buchanan County

- 321 students
  - 225 — Undergraduates
  - 96 — Graduates
  - 257 — Full time students
  - 64 — Part-time students

UM Employees and Retirees Residing in Buchanan County

- 34 — People employed by UM
- 11 — UM Retires and Beneficiaries

UM Alumni Teaching K-12 in Buchanan County

- 60 — teachers
- 6% of all county teachers
- 12 principals / administrators
- 27% of all county principals / administrators

Alumni residing in the Buchanan County

- 1534 alumni
2013 County Appropriations
Budget Overview

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.
Missouri University Conference Office

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.

One hundred and sixty five Buchanan County residents attended non credit education programs offered through the University of Missouri Conference Office.

For more information, see http://www.muconf.missouri.edu.

Fire and Rescue Training Institute

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.)

A total of 113 fire and emergency responders from Buchanan County received continuing education and training from the Fire and Rescue Training Institute.

For more information, see http://www.mufrti.org

Law Enforcement Training Institute

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.

Eight law enforcement practitioners from Buchanan County attended law enforcement training continuing education programs.

For more information, see http://www.leti.missouri.edu.

Missouri Training Institute

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.

Sixty-five residents of Buchanan County participated in the Missouri Training Institute continuing education program.

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 FY2012, 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.

Thirteen nurses from Buchanan County received face-to-face and web-based education.

See: http://www.nursingoutreach.missouri.edu/

Continuing Medical Education

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.

Two physicians received continuing education from the program.

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