FROM THE BUCHANAN COUNTY EXTENSION COUNCIL

We are pleased to present you with a copy of the 2011 annual report presented by the Buchanan County Extension Council. This report is a brief overview of the educational programs conducted for the citizens of Buchanan County. Current programming efforts statewide focus on agricultural profitability and viability, building family and individual strengths, building human resources, business, community and economic development, enhancing health and nutrition, environmental quality and stewardship and youth development. The success of University of Missouri Extension programming in Buchanan County would not be possible without the help and support of individual volunteers, groups, organizations, businesses, local and county government officials, and the research-based information provided by the land-grant university system.

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

Sincerely,

Don L. Miller
Don Miller,
County Program Director

Larry Werthmuller
Larry Werthmuller,
Council Secretary
January 2012

Dear County Commissioners and Associated Friends of MU Extension:

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

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

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

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

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

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

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

Sincerely,

Michael D. Ouart
Vice Provost and Director

University of Missouri Extension provides equal opportunity to all participants in extension program and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability, or status as a protected veteran.
University of Missouri Extension Roles & Responsibilities

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

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

**Federal**

The federal partner is the U.S. Department of Agriculture, which administers the Cooperative Extension System.

ES-USDA roles:
- Identification of issues and trends that affect and can be affected by Extension;
- Recommendation of appropriate legislation and policy to Congress;
- Communication of funding needs to Congress;
- Consultation on program development with state Extension services; and
- Evaluation of program implementation and progress.

**State**

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

**County**

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

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

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

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

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

**UM Students from Your County:** 379 students
- 264 - Undergraduates
- 115 - Graduates
- 305 - Full-time students
- 74 - Part-time students

**UM Alumni Residing in Your County**
- 1,430 alumni
- 600 Selected School Alumni
  - 39 - Medicine
  - 77 - Nursing
  - 19 - Health Professions
  - 56 - Dentistry
  - 46 - Pharmacy
  - 3 - Optometry
  - 13 - Veterinary Medicine
  - 119 - Agriculture
  - 121 - Engineering
  - 107 - Law

**UM Alumni as K-12 Teachers and Administrators in Your County in 2011**
- 53 teachers
- 6% of all county teachers
- 13 principals and administrators
- 29% of all county principals & administrators

**UM Employees and Retirees Residing in Your County in 2011**
- 37 people employed by UM
- 8 UM Retirees and Beneficiaries

**Tax Revenue and Income Generated by UM Employees and Retirees Residing in Your County in 2011**
- $45,416 in Missouri State Taxes
- $181,505 in Federal Taxes
- $1,250,676 in Salary and Retirement Income returning to the county

**UM Services Received in Your County in 2011**
- 123 patients seen at UM Health Care with $145,100 of uncompensated care.
- 174 patients seen at the UMKC School of Dentistry with an average of $37 per patient in uncompensated care.
- 33,806 educational contacts with MU Extension through MU Extension events held in your county.

*source* - Office of Government Relations, 309 University Hall Columbia, MO 65211
## 2011 County Appropriations Budget Overview

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<thead>
<tr>
<th>Income</th>
<th>Jan - Dec '11</th>
<th>Budget</th>
<th>$ Over Budget</th>
<th>% of Budget</th>
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<tr>
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### Expense

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<th>$ Over Budget</th>
<th>% of Budget</th>
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-50,460.12  0.00  -50,460.12

## Budget Cut Short Due to Flooding Situation in Buchanan County

The downhill trickle affect also disturbed the Buchanan County Extension Council’s budget this year. In Buchanan County, our annual budget is allocated out of the county’s gaming revenues generated from the St. Joseph Frontier Casino. Since the casino shut down for three months while under water and renovating, the county’s revenues were affected; hence, our appropriated amount was cut in half. The loss was covered by past year’s programming revenues. While we were able to cover the deficit in 2011, we can only hope, along with others, that the Missouri River stays within it’s banks for a long time.

For 2012, the county commission appropriated $92,900.

## 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.
Flood Recovery Assistance for Northwest Missouri

University of Missouri Extension worked to provide resources and information to victims of the Missouri River flood. The Facebook site MoFloodInfo went live June 6, 2011, and has received over 2 million hits. This site is available to people regardless of where they are living, and is accessible through computers and smart phones. The site provides links to resources at the University, local agencies, and other flood resource sites as well as opportunities to share current news and updates. In addition to this site, Extension compiled local information in a resources directory flier. This directory was printed and distributed at many locations throughout the county. Every effort was made to put fliers into the hands of flood victims.

Extension specialists from across the region participated in the Disaster Recovery Centers located in Mound City and St. Joseph. Specialists were there to answer questions about home clean-up, pest control, landscape recovery, financial management, and other issues. Participants who visited with Extension Specialists received follow-up calls to see if they needed additional assistance or resources.

Bev Maltsberger serves as an EDEN (Extension Disaster Education Network) delegate for MO. Reports were submitted electronically to EDEN all through disasters. These reports were then sent to representatives at USDA-NIFA. From there, they were sent on to federal legislators so they would have first-hand knowledge of the activities and impacts that Extension makes on the lives of Missouri residents suffering from disasters.

In the coming months, Extension Specialists will continue to work with flood recovery efforts by providing workshops, individual consultations, newsletters, web resources and involvement with long term recovery committees. Extension specialists live and work in Northwest MO. We are here for the long haul and will continue to provide research based information to help the residents and businesses of our region recover.

Bi-National Health Fair

The 2011 Bi-National Health Fair was a great success this year. It was conducted on Sunday, October 2, 2011, from 11 AM – 3 PM, at St. Patrick’s School. We had approximately 200 participants. There were 60 volunteers/exhibitors manning exhibits and conducting health screenings. Interpreters provided translation of information to the participants about the screenings and health information. Very few participants had any type of health coverage. By providing these screenings, we are helping people take better care of themselves and encouraging them to be pro-active about their personal and family health and wellness. This health fair improves the overall health of the entire community.

The following screenings and educational materials were provided:

- 32 cholesterol screenings with 7 people being referred to clinics for further testing
- 60 flu shots were given
- 100 glucose screenings with 15 individuals being referred to clinics for further testing
  Note: One participant had extremely high glucose levels. This individual was given information, test strips and a monitor. He was shown how to monitor his glucose until he could make an appointment to see a physician.
- 75 vision screenings and 25 sets of reading glasses provided
- 100+ blood pressure, height and weight, BMI assessments
- In addition, one child attending the fair was obviously quite ill. We were able to communicate with the parents, through an interpreter, and they met privately with a nurse practitioner during the event. He was not in immediate danger: but the parents were told he needed to see a physician and they were directed where to take him the following day.
- 400 books in Spanish were distributed free by Hispanic Outreach
- 20 children’s books in English/Spanish were provided by University of MO Extension
- 15 books in Spanish were provided by the Mexican Consulate
- Many other give away items were provided to participants including posters, grab bag items, etc.
- Lunch was provided

Above: A house underwater at Big Lake, Missouri.

Below: Blood pressure screenings being conducted at the Bi-National Health Fair.
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 educational programs and activities needed to help reduce the use of alcohol and other drugs. With dollars provided by the Buchanan County Commission, the Drug Council is able to help fund Drug Free Super-Stars in the schools, lock-ins, after prom activities, crash simulations, motivational speakers, Red Ribbon Week and many other positive programs.

This past year crash simulations were held at 5 local High Schools. The sites where the Docu-Drama/crash simulations were held included Benton, Central, DeKalb, East Buchanan and Savannah. Out of approximately 1,200 students who attended the simulations over 800 surveys were turned in after the programs. Out of these 800+ surveys 97% said NO when asked if you would drink and drive. When asked if you would ride with someone who had been drinking 97% said NO. 98% said YES when asked if they would call for a safe ride rather than ride with someone who has been drinking. When asked how much impact the simulation had on them 72% answered A LOT, 25% answered SOME and only 3% answered NONE. When the question was asked if the simulation was worthwhile to them 96% answered YES. Comments made included: “This simulation made me think real hard about the lives of others. Always wear your seatbelt. Do not drink and drive. I would miss all of my friends and also family, etc”. “I’ve always been scared to get in the car with someone who’s been drinking. I think it’s good to be scared of something like that”. “I think kids at our school (in our class) needed this”. “This was very informative; I will never drink and drive”. “This really impacted me! I will never again get in a car with someone who has been drinking”. “I will not drink and drive and I will wear a seatbelt”!

Building Strong Families 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. During September thru November classes were taught every other Monday at Hall Elementary School and all parents from the title schools in St. Joseph were invited to attend. Topics included Family Strengths, Positive Discipline, Kids & Self-Esteem, Stress Management, Budgeting and Communication. Not all families that have children at title schools are low income but many are. These classes gave parents from all situations a chance to interact with one another and gain some new tools and ideas to help them as parents. They also learned that the parenting concerns they each had were not much different from one another.

Participants were grateful for the class and made comments such as “I enjoyed coming to the classes, they 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 kids”, “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
As entrepreneurs and innovators, Missouri’s small businesses are becoming a more diverse group that continues to make the state’s economy productive. There are approximately 500,000 small businesses in Missouri. Nearly 98 percent of all businesses with employees are categorized as small businesses. In assisting the owners and managers of those businesses, MU Extension contributes to a county’s economic development through growth in jobs, sales, innovation, technology development and commercialization.

In Buchanan County, during 2011, business development program specialists and business counselors with MU Extension, Missouri Small Business & Technology Development Centers (MO SBTDC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Environmental Program, Missouri Career Options Project, and the Missouri Market Development program served 187 people and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Buchanan County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- New jobs: 73
- Sales increases: $2,530,000
- Government contracts: $842,141
- New businesses: 10
- Jobs retained: 64
- Loans and investments in business: $724,700
- Acquired assets: $20,000
- Clients/companies receiving business counseling: 187
- Business training attendees and conference participants: 150

Overall, the University of Missouri’s Business Development Programs (BDP) served 17,207 people and their businesses statewide. The total impact for all businesses assisted by the BDP was:

- New jobs: 5,765
- Sales increases: $235,430,804
- Government contracts: $191.5 Million
- New businesses: 249
- Jobs retained: 1,708
- Loans and investments in business: $199,474,000
- Acquired assets: $77,573,861
- Investment in commercialization: $151,567,881 in SBIR/STTR or research proposals submitted with $4,337,056 awards received
- Clients/companies receiving business counseling: 3,095
- Business training attendees and conference participants: 14,111

The business development faculty contributing to these business successes are from the programs identified above. These staff have regional and statewide assignments and work with businesses in all counties across the state.
The Missouri Procurement Technical Assistance Center (MO PTAC) in St. Joseph continues to be an invaluable resource to the business community in Buchanan County. Through the efforts of procurement counselor, Clint Dougherty, more than 67 businesses have received counseling and training in government contracting in 2011. Clients of the St. Joseph PTAC office have been awarded nearly $1.2 million in government contracts in 2011. For nearly 20 years the MO PTAC program has worked with Missouri businesses and has assisted those businesses in obtaining more than $2 billion in awards.

The Procurement Technical Assistance Program was created in 1985 by Congress to assist small businesses in becoming successful government contractors. Small businesses can get assistance in vendor registrations and business certifications such as 8(a), HUBZone, and Woman-Owned Small Business at the federal level and Minority/Woman Business Enterprise certifications at the state level. Clients also receive assistance in finding potential bid opportunities and writing quotes/proposals for submission to government agencies. The MO PTAC office also assists with marketing efforts and serves as a source of information for updates to government rules and regulations related to the purchasing environment. Courses are offered quarterly through the St. Joseph office that provide clients with a general overview of government contracting.

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 seven counties in the northwest 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 regarding fertilizer usage, 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 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 nitrogen timing and legumes at Hundley-Whaley Research Center. Research information from the site is delivered through an annual report, on the web and during winter meetings.
Annie’s Project Teaches Useful Risk Management Tools

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

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

Annie’s Project provided farmwomen with the knowledge, skills, and abilities to make informed risk management decisions regarding their farming operations. This enables farmwomen to become better managers and helps them increase the viability of their operations. Annie’s Project also allows them an opportunity to develop networks and to interact with other farmwomen.

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

Reap What You Sow

The Reap What You Sow series was held in Maryville in the Spring of 2011. Eighteen people from Nodaway, Andrew, Gentry, Atchison, and Buchanan Counties attended the six session series. The program was developed to target new and experienced land owners who would like to operate their farm to help supply their family with home grown products, additional income, or for recreation. Many people have land resources, but are not sure how to utilize them effectively. This course helped land owners set goals, develop a plan, and learn about ways to succeed on their farm. The participants learned about: evaluating resources for their small acreage; resources available to them; pond development and management; wildlife management; forage production; selecting equipment and fencing materials; fence law; small-scale poultry production; raising horses; vegetable and fruit production; raising livestock; beekeeping; and marketing.

At the end of the program, participants were asked if they had identified what they will produce on their farm as a result of the program.

- 20% had identified what they will produce before the program
- 20% identified what they will produce while attending the program
- 40% will identify what they will produce within the next 3 months
- 20% will identify what they will produce within the next 6 months

As a result of the Reap What You Sow program, small farm owners were given tools to develop a successful small farm. An increase in small farm production can stimulate local economies and help communities develop resources for local foods. The program’s topics will also help small farm owners be good stewards of the land. After this program, 100% of the participants indicated that they would recommend this program to another person.

Four Northwest Region Specialists worked together on this program to make it successful. The coordinators were: Randa Doty, Ag Business Specialist; Jerry Baker, Community Development Specialist; Tom Fowler, Horticulture Specialist; and Amie Schleicher, Livestock Specialist. They also utilized other regional specialists, Missouri Department of Conservation, and USDA for program presenters.

Agriculture continues to provide a solid base for the economy of Northwest Missouri, and livestock production continues to be a significant part of that economy. During 2011 we held several livestock and forage educational meetings on a local and regional basis throughout Andrew, Buchanan, Caldwell, Clinton, DeKalb and Livingston counties. Additionally we provided an electronic livestock newsletter “Stock Talk” on a monthly basis as well as news releases and radio programs throughout the year. Below is a list of the major educational programs we have provided to livestock producers this past year.

COMMERCIAL AGRICULTURE STATE BEEF TOUR

A one-day tour was held at four beef/forage operations located in Andrew County, Missouri. These operations showcased how they upgrade cattle, the construction and design of new livestock hoop buildings, dealing with receiving cattle, managing trichomoniasis, New Zealand Feed Reader, managing for maternal and carcass traits, Show Me Beef University, water and grazing systems, using ultrasound in pregnancy diagnosis, not feeding hay until February, managing your genetics, and beef nutrition. Over 150 producers from throughout the state of Missouri and Iowa attended the beef tour on Saturday August 27, 2011. Over $5,500 was generated through donations acquired by the University of Missouri Extension Commercial Agriculture Program, the Andrew County Extension Council, and Jim Humphrey, to ensure this was a top notch educational program for all attendees.

SHOW-ME-SELECT REPLACEMENT HEIFER PROGRAM

Several beef producers from the area continue to participate in the Show-Me-Select Replacement Heifer Program in Northwest Missouri. Several of the heifers enrolled in the program do not go through a Show-Me-Select Replacement Heifer Sale, but are sold at the farm or the producers retain these heifers as their own replacements. This past year we had 2 producers sell over 70 Show-Me-Select Replacement Heifers on the farm for $1,500/head. This program is open to any beef producer in Missouri.

YOUTH LIVESTOCK

Extension continues to hold several of the Show-Me-Quality Assurance educational programs throughout the region, some by ITV and some as face-to-face. These programs are designed to educate youth livestock producers about animal ethics, proper handling of livestock, quality assurance and that the livestock our youth are showing can have a positive or negative impact on the rest of the livestock industry. These programs are usually well attended and we have several hands on activities we do with the participants to help get our message across to them.

BEEF CARCASS & GENETIC EVALUATION

Jim Humphrey has been working with four beef producers representing over 1,400 offspring born each year on analyzing their calf, feedlot, and carcass information. This is being done to give producers additional information on their cattle to help them make more informed decisions on the genetics they are using and why they are using these genetics. Recorded information includes dam, sire, birth dates, weaning information, additional weight information, herd health, treatments, feedlot performance, carcass weights, rib-eye areas, backfat thickness, quality grades, yield grades, carcass premiums, carcass discounts, death loss, shipping weights, total carcass values; as well as additional information specific to each producer. This information is recorded in a spreadsheet customized for each producer’s data set. Additionally, this information is shared with state specialists on the University of Missouri campus and other producers with permission from the data originators. One producer’s 2009 calf crop harvested in spring 2010 was 98% choice or higher, the national average is 63%. The 2010 steer crop harvested in summer 2011 was 100% choice or higher, again the national average is 63%. Additionally, this producer received a $53.33/carcass premium on his 84 steers harvested in 2011.

GRAZING WEDGE & DIGITAL PASTURE PLATE METER

In 2011 Bob Kelly and Jim Humphrey continued working with the New Zealand Feed Reader as well as their work with the Digital Pasture Plate Meter they purchased from New Zealand. With the help of several area producers we continued measuring the density and quantity of forages on locations throughout Northwest Missouri. In addition to the forage measurements we were obtaining we kept track of management practices producers were performing on their individual operations. This information is being kept for future comparisons. Once forage measurements were taken they were entered in a web based program developed by the University of Missouri Extension Plant Sciences Division called the “Grazing Wedge”. Additionally, the grazing wedge creates charts that allow producers to monitor and track forage growth and yield over multiple months and years.
Great Plains Growers Conference

The Great Plains Growers Conference is for vegetable and fruit growers in a five state area (KS, IA, MO, NE, and SD) plus growers from many other states to attend. It is the annual meeting for the vegetable growers associations from Kansas, Missouri and Nebraska. This year the Mid-America Fruit Growers Association joined the Great Plains Vegetable Growers. We changed the name of the conference from Great Plains Vegetable Growers to Great Plains Growers Conference to reflect this partnership. So the conference is the annual meeting for the Mid-America Fruit Growers Association also.

The conference is two days and includes a day of pre-conference workshops that provide a day long focus. These workshops are now considered a regular part of the conference. The workshops for 2011 were for farmers wanting to learn more about high-tunnel vegetable production, how to farm smarter not harder, Community Supported Agriculture and a workshop for fruit tree growers. The second and third days of the conference had four concurrent sessions that featured many topics that covered conventional and organic production and marketing of horticulture crops. Once again this year we hosted a general session with a keynote speaker. Chris Blanchard from Rock Spring Farm near Decorah, Iowa gave a well received presentation "Values and Scales in the Local Foods Market Place". Prior to the presentation we had a clicker survey that people seem to enjoy plus we get some data to help us in planning.

Along with the conference we have a trade show with numerous exhibitors of vegetable/fruit production and marketing products and information. This year we had 51 businesses and organizations represented. The Missouri Western State University campus in St Joseph, Missouri is the site for the conference. We had good weather for the conference and a record number of participants and exhibitors. The farmers and exhibitors seemed to have a renewed vision/optimism for the future of vegetable and fruit production which gave the 2011 conference a real “positive” feel. See the conference web site for more information greatplainsgrowers.org.

Vegetable Plot

This was the second season for the vegetable plot west of the Buchanan County Extension office. Wet conditions prevented timely soil preparation so the crops were planted later than anticipated. Tomatoes and peppers were planted the 3rd week of May. Sweet corn and squash were put in on June 8th. The tomatoes, peppers and squash were planted in cooperation with Charles Barden and Dr. Chuck Marr (professor emeritus) of K-State Extension. Summer and winter squash varieties were planted at the Extension office, a community garden, and at the Buchanan County Academy Youth Garden. Those involved with the plot this year include: Master Gardener volunteers, Missouri Western State University staff, Buchanan County Academy youth and MU Extension personnel. A wind and hail storm on August 18th destroyed the tomatoes, peppers and squash. There was some harvest after the storm but most was of poor quality. Around 1,900 pounds of produce was delivered to Second Harvest Food Bank in St. Joseph for distribution to regional food pantries.

Master Gardener Training

Through the Adobe Connect (a computer based conferencing system) Master Gardener (MG) classes were offered to area residents. We had 75 people from Northwest and West Central Missouri who took the training held on Tuesday evenings from March through early May. There were two sites in Northwest Missouri and three locations in West Central Missouri that held trainings.

One site for the MG training was in St Joseph at the Buchanan County Extension Office. The MG program provides in depth horticultural training to individuals who then volunteer their time applying what they have learned to teach gardening to others in their communities. To become trained as a MG, an individual must attend the 30 hour core course training. The 2011 Northwest Missouri program offered 36 hours of training to participants. The topics covered during the MG training were: introduction to plants, insects, soils, herbaceous perennials, turf grass, plant diseases, growing vegetables, home fruit production, woody ornamentals, basic landscaping, growing native plants, and pesticide use/safety.

Presenters for the program were Area MU Extension specialists, state and regional MU Extension horticulture specialists and Missouri Department of Conservation naturalists. More information about MG training on the NWMO horticulture website: extension.missouri.edu/nwregion/hort/.

The Master Gardeners formed a chapter that includes Buchanan and other counties. By-laws were established and officers were elected. The group meets monthly and has educational programs and organizes group activities. More information about the Northwest Missouri Master Gardener Chapter can be found on their webpage: corclay.com/nwmomg/index.html.

Above: Master Gardener class participants listen to Bob Kelly, give a Pesticide Safety seminar.
Garden ‘n Grow ... Youth Gardening

A vegetable garden for youth has been established next to the Buchanan County Extension office. Called Garden ‘n Grow, the vegetable gardening project is a 10-week summer program for area youth ages 9-13. A curriculum developed by MU Extension was followed with all 20 sessions being presented. We added other activities that included using produce from the garden to make salsa, zucchini pancakes, stir fry vegetables and we ate squash blossoms! A project of the gardeners was to work a shift at the food kitchen serving food to clients. After the group sessions ended the youth gardeners and families tended their garden plot and harvested until frost.

Taught by adult Master Gardener volunteers and county MU Extension staff the youth gardeners learned about seeds, transplants, garden planning and design, site preparation, soils, plant growth and development, costs of production, garden pests, plant health care, human nutrition, food value, food needs in the local community. For more information on the Garden ‘n Grow program see the website- plantsci.missouri.edu/gng/.

This year Master Gardener, Larry Werthmuller, established a garden at the Buchanan County Academy. He worked with the youth through the summer on a weekly basis as they learned how to establish and maintain a vegetable garden. They learned the skill of growing their own food that should help them throughout their life. They also established a squash variety plot with summer and winter squash. They maintained and kept records on the ten different summer and winter squash varieties. They prepared and served some of the produce throughout the summer.

A raised bed garden for youth was also established at the Youth Alliance facility. The youth group maintained the planting bed and observed tomatoes and squash growing throughout the season.

Above: Squeezing fresh limes. Each member from the Garden ‘n Grow class then used the lime juice to make their own version of fresh salsa.

In 2011, over 160 unemployed and under-employed 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, 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. One client commented, “Because of what I learned, I now plan to not be scared of a computer and use one.” The computer lab is located at the Missouri Career Center. The partnership allows Extension to use the computer lab. “My favorite part of the session was that I learn with hands on and doing it myself” (Client comment on evaluation).

The Microsoft Word classes focus on formatting and using the tools in Word. Most clients have used Word to create their resumes, but few know how to format the document for a polished, professional look. Those who are employed found new ways to do things at work. “In my job, I use a computer but I have been afraid to do things for fear of deleting something important. Now I am not so afraid to try new things” (Client comment). Employers also benefit through increased efficiency. “I will use this to increase my productivity at work.”

The Excel class emphasis is on creating spreadsheets and using the data to create graphics, formatting cells with formulas for dynamic data entry, and using correct syntax to utilize Excel tools. For some, the class was a refresher, “The best thing I learned in this class was remembering that what I thought I lost really wasn’t lost”. Others plan to use what they learned to teach co-workers, “I plan on using what I learned to help teach others how to do charts and formulas.” Most importantly, clients in the class gained self-confidence. “I feel like I will be capable of going into a workplace and perform.” (Client comment on class evaluation).

Adults who have had no computer experience are not going to be proficient after one class. “If they do not feel confident, I encourage them to repeat the class as often as they want”, explained Berry. Several of the students who have had one class, will take the other classes offered. The classes are offered without cost to participants through the Missouri Career Center. “This class was a real blessing” (Client comment on class evaluation).
Buchanan County 4-H had seven clubs and 6 Independent members in 2011. There were 116 4-H members – 102 regular members and 14 clover kids. The Community 4-H clubs provide opportunities for youth to learn skills, develop leadership and have fun through club and project work. 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 41 volunteers working with the youth. A long time 4-H leader and volunteer, Phyllis Fisher, was honored this year with induction into the State Fair Hall of Fame. Youth brought over 300 projects to local achievement day, this is an increase of 100 project from last year. Projects are judged in an interview process and awarded ribbons. Forty nine projects were displayed at the Missouri State Fair under a newly designed county banner.

The start of the new 4-H year in September brought together the 4-H LIFE (Living Interactive Family Education) program and a traditional club to form a new pilot 4-H Club model. This group meets weekly in a format that allows adult volunteers to develop mentoring skills, youth and adults to work on 4-H projects and have traditional club meetings in a family friendly environment.

The Buchanan County 4-H Council, made up of youth officers and club representatives, provide 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, horse show and the St. Joseph Interstate Show.

State wide we had youth participate in Move Across Missouri, State Excellence Award, Teen Conference, 4-H Congress, Summers at Mizzou, State Horse Trip, Poultry Day, State Shooting Sports, State Fashion Revue, State Public Speaking and other 4-H events at the State Fair.

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

Buchanan County 4-H program was served by Youth Specialist, Ron Walker; Rick Smith, 4-H LIFE Mentoring Program Educator and Youth Program Associate, Julie Schmitt.

Live. And Learn.

textextension.missouri.edu
University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 16971 low-income participants with nutrition education in the Northwest Region during 2011. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.

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

This year, FNEP was able to extend the importance of nutrition and physical education to the adult audience. For example, Connie Mower, Nutrition Program Associate, worked with a diversified audience this last summer. This is what she had to say:

This summer, I focused on trying to reach a more diversified audience with my teaching. One new audience for me was the Cathedral of St Joseph. I contacted the Coordinator of their Early Childhood Center to see if they would be interested in having me come in July and August to teach the Show Me Nutrition Preschool curriculum. Let’s Read, to their 3 year old and 4 year old groups. They were pleased to be offered the lessons and excited each time I was there. Each lesson highlights one of the food groups. Participants would learn about the ‘food group of the day’ by discussion (naming foods in the group and why that group is important), reading a book and having a food tasting. These are some of the comments shared by the teachers: “Wonderful program – builds on things we discuss and focus on daily. Let’s continue to do the program in the future!” “Very conscious about what they (students) are served at snack, ask for fruits.” “Very effective for you and teachers to model trying the new foods and healthy behaviors.”

I am looking forward to teaching more nutrition classes at the Early Childhood Center and possibly at the Cathedral of St Joseph School “to teach them (students) how to make behavior changes to achieve lifelong health and fitness.” - Connie Mower

During 2011, 14,744 youths and 2,227 adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served—

**Elementary Schools:** Mid-Buchanan, Noyes, Mark Twain, Rushville, Lindbergh, Parkway, Hyde, Humboldt, Hosea, Edison, Hall, Lake Contrary, East Buchanan, Pickett, and Skaith.

**Other Schools:** Truman Middle School, Helen M. Davis State School, Colegan Alt. Resource Center, and CAP Head-Start

**Agencies:** Northwest Health Services, St. Joseph Buchanan County Health Department/ WIC, America’s Second Harvest of Greater St. Joseph House Pantry, CAPSJOE, Dan Colgan Alternative Resource Center/ Youth Buchanan County, Wyatt Park Christian Church/Day Out Program, Cathedral of St. Joseph/ Early Childhood Center, and Salvation Army.

For youths who participated in FNEP, results summarized for the state revealed the following positive impacts:

### Student Changes Reported by Teachers

<table>
<thead>
<tr>
<th>Change</th>
<th>Percent of teachers who observed each type of student change</th>
<th>Percent of teachers whose students talked about this change</th>
</tr>
</thead>
<tbody>
<tr>
<td>More aware of nutrition</td>
<td>91%</td>
<td>85%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>62%</td>
<td>75%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>47%</td>
<td>51%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>76%</td>
<td>73%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>84%</td>
<td>76%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>36%</td>
<td>40%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>62%</td>
<td>64%</td>
</tr>
</tbody>
</table>

- Three thousand three hundred sixty (3,360) teachers gave us feedback.
- 53 percent have participated in FNEP for three or more years.
- 98 percent (3,305 teachers) reported one or more changes in students after FNEP.

The Family Nutrition Program (FNEP) brought $8,951,100.00 in Federal funds to the state of Missouri. These funds were used to provide nutrition education to 433,152 food stamp recipients and food stamp eligible citizens of Missouri. 5,871 of these participants reside in Buchanan County.

Participants in FNEP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. 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.
CDIS
The MU Conference Office provides 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 campus, in out-state Missouri or anywhere in the world, the office’s professional staff provides assistance to create the best learning environment for participants. For FY2011, the MU Conference Office registered 14,583 Missourians in MU Extension conferences. Participants attended conferences on teacher training, natural areas, advancing renewables and greening homes. The Northwest Region sent 841 participants to conferences held by the MU Conference Office. Buchanan County had 168 registrants. For more information, see 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 25,000 firefighters and the 5.8 million citizens they serve. Courses prepare firefighters for medical emergencies, hazardous materials response, and disaster preparedness and mitigation, as well as fires. In FY 2011, MU FRTI trained firefighters representing all 114 Missouri counties for a total enrollment of 13,048 (147 from Buchanan County) fire and emergency responders equating to over 243,000 student instructional hours of training. For more information, see mufrti.org.

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

MTI
The Missouri Training Institute in the Trulaske College of Business provides continuing education, custom-designed training programs and business consulting services for business and industry, public and nonprofit organizations, and educational institutions. Training programs include subjects such as human resource management, supervision, management, leadership, team building, effective decision making generational differences and business writing. The institute’s consulting services include human resources, strategic planning, board development and facilitating board retreats. In FY2011 more than 2,398 people from all 114 counties enrolled in the institute’s 420 programs. For more information, see mti.missouri.edu.

MUNO
Keeping Missouri nurses up-to-date with the knowledge and skills they need to effectively provide care and fully participate in the state’s health-care efforts is a primary goal for the MU Nursing Outreach Office. Nursing Outreach serves a predominantly rural health-care audience with high-quality, affordable continuing education programs using face-to-face, web-based and telecommunication delivery methods. Nurses from 79 (69 percent) of Missouri’s 114 counties and the city of St. Louis attended continuing education programs sponsored by MU Extension. In FY 2011, 1,519 Missourians participated in a nursing outreach program, and another 1,210 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 more than $360,000 in competitive grants and contracts from external agencies during 2010-2011 and more than $1.3 million during the last five years. See nursingoutreach.missouri.edu.

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