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Cape Girardeau County Extension Council

Extension programs and staff are directed by an elected council of 20 citizens representing a broad spectrum of occupations, interests, locations, race and creed within the county. Also MFA, Co-Op, Farm Bureau, Cities of Cape Girardeau and Jackson and the County Commission each appoint one member to serve on the Council.

Extension Council Members
Chairman: Dan O’Loughlin
Vice Chairman: Rex Meyr
Secretary: Sue Jones
Treasurer: Dr. Bill Meyer

Lee Anderson
Kelli Birk
Allen Clark
Dave Danker
DeVonne Glastetter
Brandi Holder
Jim Kimmel
Paul Koeker
Steven Peel
Octavia A. Scharenborg
Wib.W. Welker

Amanda Aufdenberg
Larry Bock
Avon Crocker
Megan Franke, PhD
Keith Holloway
Jim Hope
Beverly Koehler
Larry K. Miller
Randy Ressel
Larry Simon
David Wichern

Ex-Officio Members
Shirley Palen, Family Community Education Council Representative
Tyler Lappe, 4-H Council Representative
Roger L. Guyot, Mizzou Alumni Representative
Jeremie Nothdurft, Extension Council Past President
The 2014 year started with new challenges of funding for the Cape Girardeau County Extension Center. We would like to take this opportunity to thank our many supporters, the Cape Girardeau County Extension Council, letter writers, 4-H members and their families, school children and others who advocated for research-based educational programming in the county.

A big thank you to the Cape Girardeau County Commission for approving our 2015 budget as submitted. This makes it possible to continue to provide top quality programs and services. As in past years, we will provide workshops and consultations in agriculture, human environmental sciences, 4-H, business and industry.

The Cape Girardeau County Extension Center provides a place for county residents to access the resources of the University of Missouri System. In 2014, the center reached 29,564 contacts to clients through short courses, meetings, newsletters, telephone consultations and personal instruction. Program emphasis includes agriculture, business and economic development, successful aging, strengthening families, enhancing health and nutrition, protecting the environment and youth development. The center is also a convenient site for learners to take tests for their independent study courses.

MU Extension also appreciates the many volunteers, community leaders, organizations and businesses, extension council members and staff who have given their time and talents. Numerous positive outcomes have resulted because of the efforts of our staff and volunteers. We look forward to 2015 and pledge to the public a wise use of our resources.

Dan O’Loughlin,  
Council Chair

Mary Gosche  
County Program Director
Thanks to the citizens of Cape Girardeau County and the Cape Girardeau County Commissioners for their support.

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December 2014

Dear County Commissioners and Friends of MU Extension:

Over the past year, with a theme of Celebrating the Past and Building for the Future, MU Extension marked a century of service to Missouri. While the celebrations have come to an end, the focus on building for the future is strong. The university’s commitment to the mission of bringing relevant, reliable and responsive education to improve lives and local economies is alive and well.

To maintain our position as a valued and trusted resource for Missourians, MU Extension continues to strengthen existing programs, build relationships and explore new opportunities to benefit Missourians. For example:

- In the area of agriculture, the Show-Me Select Heifer Replacement program continues to improve the breeding performance of heifers as it helps participants realize record prices for their efforts. Producers from 103 of Missouri’s 114 counties have enrolled heifers in the program. In a record-setting sale, 168 bred replacement heifers sold for an average of $3,033 at the Fruitland (Missouri) Livestock Auction.

- Strengthening communities through art, innovation and creativity, Extension’s Community Arts Program is piloting an initiative in Lexington to help the community enhance its image with art businesses and opportunities that reflect the talent of regional artists and benefit a nine-county tourism alliance. The Community Arts Program is also at work in the St. Louis area, overseeing the Saint Louis Storytelling Festival, which engages approximately 25,000 people each year.

- Knowing the value of dialogue with those it serves, MU Extension has made a concerted effort with the Mizzou Alumni Association to introduce MU Chancellor R. Bowen Loftin to extension programs, participants, key stakeholders and alumni from all corners of the state. These tour events, which will continue into 2015, are designed to foster understanding and support that lead to a stronger local extension effort across the state. These are just a few examples of MU Extension’s focus on building for the future and continuing to making an impact in local communities.

I thank you for your support of MU Extension and our efforts in your community. I look forward to our continuing partnership and welcome your ideas for improving our partnership.

Sincerely,

Michael D. Ouart
Vice Provost and Director

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

EQUAL OPPORTUNITY/ADA INSTITUTIONS
Impact on Cape Girardeau County, Missouri

The County at a Glance
- UM Students: 314
- UM Alumni: 1,636
- UM Employees: 37
- Population: 77,320

UM Students from the County in 2014
- 314 students
  - 216 - MU
  - 18 - UMKC
  - 60 - Missouri S&T
  - 20 - UMSL
  - 236 - Undergraduates
  - 78 - Graduates
  - 261 - Full-time students
  - 53 - Part-time students

UM Alumni Residing in the County in 2014
- 1,636 alumni
  - 1,118 - MU
  - 142 - UMKC
  - 244 - Missouri S&T
  - 132 - UMSL
  - 831 Selected School Alumni
    - 83 - Medicine
    - 69 - Nursing
    - 66 - Health Professions
    - 41 - Dentistry
    - 20 - Pharmacy
    - 11 - Optometry
    - 26 - Veterinary Medicine
    - 129 - Agriculture
    - 289 - Engineering
    - 97 - Law

UM Employees and Retirees Residing in the County in 2014
- 37 people employed by UM
  - 29 - MU
  - 1 - UMKC
  - 1 - Missouri S&T
  - 3 - UMSL
  - 1 - UM Health Care
  - 2 - UM System
  - 17 UM Retirees and Beneficiaries

UM Services Received in the County in 2014
- 38 patients seen at UM Health Care, with $12,647 of uncompensated care.
- 3 patients seen at the UMSL Center for Eye Care with an average of $77 per patient in uncompensated care.
- 1 patient seen at the UMKC School of Dentistry with an average of $123 per patient in uncompensated care.
- 29,564 contacts with MU Extension through MU Extension events held in district counties.

UM Construction Projects involving Vendors located in the County in 2014
- 1 vendor involved with 1 project, for $196.

UM Footprint in the County
Cape Girardeau County MU Extension Center
Cape Girardeau Extension specialists and staff
Headquartered in the county

Mary Gosche, county program director/human development specialist
Richard Proffer, business development specialist
Anthony Ohmes, agronomy specialist
Lesley Meier, 4-H youth specialist
Roger Eakins, part-time livestock specialist
Erin Larimore, livestock specialist
Mary Ann Knight, nutrition program assistant
Ruth Timberlake, secretary/bookkeeper
Maryann Garvey, secretary
Teresa Meier, secretary

Other specialists serving Cape Girardeau county:

Frank Wideman, natural resource engineer
Bethany Bachmann, food and nutrition specialist
Donna Aufdenberg, horticulture specialist
David Reinbott, agriculture business specialist
Rebecca Blocker, housing specialist
DeNea Gitonga, community development specialist
**Extension Center Operations:** Many meetings have been hosted in our Education Center. Staff may concentrate on educational programming instead of spending time locating space and setting up meeting rooms. Extensive use has been made of the meeting rooms during 2014 bringing over 344 meetings for our clients and community.

**Publications:** The extension center serves as a source for transmittal of research-based information from the University of Missouri and Lincoln University. Thousands of pamphlets, guide sheets, Web information printouts and publications are distributed each year, providing county residents with concise, detailed information on a particular topic of interest to them.

**Requests:** Thousands of requests are handled over the telephone, as callers are provided with answers to their questions; referred to additional sources of assistance; or receive follow-up information to provide the help they need.

**Soil Testing:** Four hundred fifty soil tests were processed through the Cape Girardeau County Extension office in 2014 for farmers, homeowners and business owners. Testing is through the University of Missouri Soil Lab, Portageville, Missouri. Clients will increase profit and practice nutrient stewardship by using the right source, right rate, at the right time and in the right place.

**Independent Study:** The extension center also serves as a testing site for MU Online. Students enroll year-round in courses and have nine months to complete each course. Students take their examinations at the Cape Girardeau County Extension Center either supervised online or in the office. Testing figures for 2014 through the University of Missouri were University Class Testing: 4 students with 14 exams.

**MU Direct:** Continuing Education Classes: non-credit – 476 participants from Cape Girardeau County: includes Fire and Rescue Training Institute, Law Enforcement Training Institute, Missouri Training Institute, Nursing Training and MU Conference Office.

**Related Organizations:**
Many related organizations including Natural Resource Conservation Service, Farm Service Agency, Rural Development, Missouri Department of Conservation, Master Gardeners and Cattlemen’s Association utilize our facilities to benefit our county citizens with informational programs.

**ITV:** Interactive TV is available in the extension center, providing near face to face programs to many citizens, saving clients and staff time and expenses. All staff and several partners are offering programs using this technology.
Cape Girardeau County Century Farms

The University of Missouri Century Farm Program began in the Bicentennial year of 1976 and since 123 farms have been honored in Cape Girardeau County. In 2014 six county Century Farms were recognized at the Annual Extension Council Banquet in February. Those farms’ owners are shown below with Mary Gosche, county program director, receiving their personalized farm signs:
Larry and Susan Ahrens and family of Jackson were among the 110 families honored during the Missouri State Fair’s Farm Family Day August 11, 2014.

The Ahrens were selected as the Cape Girardeau County Missouri State Fair Farm Family by the Cape Girardeau County Extension Council. The family includes Landon, Anna, Kasen and Asher.

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.

The Ahrens operate a row crop and beef operation.

The annual event was sponsored by the Missouri Department of Agriculture, the Missouri Farm Bureau, the Missouri State Fair, the University of Missouri College of Agriculture, Food and Natural Resources and University of Missouri Extension.

Cape Girardeau County State Fair Farm Family
Larry and Susan Ahrens and children, Landon, Anna, Kasen and Asher, with State Fair, University of Missouri and Missouri Department of Agriculture representatives at the Missouri State Fair.
Leader Honor Roll
In Cape Girardeau County

Leader Honor Roll certificates are presented to community members who give outstanding service to University of Missouri Extension by helping with programs and the operations of the extension council. The Leader Honor Roll Certificates are presented at the Annual Extension Council Banquet in February. The 2014 honoree was Jan Devore, who was nominated by Mary Gosche for her support and service.

AgriLand at the Southeast Missouri District Fair
AgriLand offered free display space in their tent at the Southeast Missouri District Fair. Cape Girardeau County extension council members and staff promoted Missouri University Extension. A cardboard “Truman the Tiger” was available for pictures. Fair visitors included day care centers, families, farmers and other fair goers. In the photos below Council Treasurer Bill Meyer awaits visitors to AgriLand and Mary Gosche, county program director poses with the Truman the Tiger cutout.
4-H Youth are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. 4-H is communities of members building life skills, engaging in science and connecting to their community.

**Number of Cape Girardeau County Participants:**

- 257 4-H members
- 216 certified 4-H volunteers

One of every five Missourians between the ages of 5 and 18 participated in a University of Missouri Extension 4-H Youth Development program in 2014.

**What Did They Learn?**

The twelve Cape Girardeau County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from aerospace and arts to veterinary science and sport fishing. Clubs also involve children and teens in community service, camping and educational trips.
National, State, and Regional 4-H Attendance

- National 4-H Conference: 1
- Minnesota 4-H YELLO! Conference: 7
- National Poultry Judging: 2
- State 4-H Congress: 16
- State Teen Conference: 18
- Youth Civic Leaders Summit: 8
- State Legislative Academy: 2
- State Shooting Sports Contest: 8
- State Public Speaking Contest: 4
- State Poultry Judging: 5
- State Livestock Judging: 3
- State Dairy Judging: 1
- State Fair Demonstration: 1
- 4-H Overnight and Day Camps: 103
- Regional Energizer: 23
- Quad County Mock Shoot: 21
- Regional Representative: 1

What Action Did They Take?

Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008). Fostering career development is the fact that Missouri 4-H members are connected to college campuses and faculty. 4-H connects 8,500 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Hoover, 2006).
Missouri 4-H members, however, also learn to use these talents to engage in their communities. Young people in 4-H are engaged in twice as many leadership roles than their non-4-H peers. This provides them with the experience in problem-solving to step up and lead in a complex, changing world. In Cape Girardeau County, 80 percent of the youth were engaged in leadership and service experiences in their communities.

How Does 4-H Make Cape Girardeau County and Missouri Better?

Youths who earn their bachelor’s degree increase annual earnings by $2 million over their lifetime (NACUBO, 2012). If 70 percent of the Cape Girardeau County members participating in 4-H events on the University of Missouri campus go on to earn their bachelor’s degree, 4-H would help young people earn $64.72 million more lifetime earnings.

Volunteers create, support and are part of the 4-H community. Missouri 4-H volunteers responding to a survey report they contribute on average 100 hours per year. Valuing their time at $21 per hour, based on average Missouri incomes, the contribution of Cape Girardeau County 4-H volunteers was worth more than $453,000 in 2014! More important, these adults serve as mentors for our youth helping them transition into adulthood.
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 Cape Girardeau County, during 2014 business development program specialists and business counselors with MU Extension, Missouri Small Business and 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 143 people and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Cape Girardeau County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- New jobs: 36
- Sales increases: $1,720,071
- New businesses: 8
- Jobs retained: 27
- Loans and investments in business: $681,500
- Businesses turned around or failures prevented: 1
- Acquired assets: $628,595
- Clients/companies receiving business counseling: 143
- Business training attendees and conference participants: 396

Overall, the University of Missouri’s Business Development Programs (BDP) served 26,775 people and their businesses statewide.
The Business Development program delivery network includes
Business Development specialists headquartered at University of Missouri Extension centers; centers located on the University of Missouri campuses at Columbia, Kansas City, St. Louis and Rolla; and centers at most of the state universities across Missouri. The named programs delivered through this network include:

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

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

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

Missouri Environmental Program - Assists businesses by showing them how to save money by reducing waste, understanding regulations and using recycled materials.
Family Nutrition Education Programs

Family Nutrition Education Program (FNEP) brings nutrition education to communities where Missourians live, work, and play. The curriculum includes nutrition, physical activity and food safety for both children and adults. This nutrition education for youths provides developmentally appropriate format with hands on activities. Lessons include opportunities for taste testing foods, physical activity and skills that lead to good health. Education for adults includes nutrition, food safety, physical activity, and food resource management. University of Missouri Extension FNEP reached 7,393 low-income participants with nutrition education Cape Girardeau County during FY 2013-2014 for following schools and agencies.

Jackson’s South Elementary
Nell Holcomb School
Cape Girardeau Library
Vision House/Cape
Gibson Recovery Center
Just Babies Daycare
Jackson’s Regional Library
Jackson Senior Center
Cape Girardeau-Juvenile Detention Center
Cape Girardeau Catholic Social Ministries

Jefferson Elementary
Orchard Drive Elementary
Hillcrest Recovery Center
Cape Girardeau Senior Center
Mers Goodwill
Alma Schrader
Franklin Elementary
Semo Area on Aging
Salvation Army

Ann Knight Success Story:
I was teaching Show Me Nutrition-Fun with Food and Fitness to a class of first graders. The food tasting was a carrot and fat free ranch dressing. A little girl said she didn’t like carrots. After everyone else in the class had tried it, she decided to try the carrot, she loved it! The teacher and I pointed out at lunch she has a choice of a bag of carrots or tomatoes. She said “I’m going to start getting carrots tomorrow” Every time I go back to that school, the little girl tells me she now tries all kinds of vegetables and loves them all!

If you have any questions or comments regarding FNEP please contact Dr. Linda J. Morgan, Project Director-SE region/Nutrition Specialist, University of Missouri Extension 573-614-7110
Human Environmental Sciences

Mary Gosche, Human Development specialist

Each year our goal is to offer un-biased, research-based educational programs to families and individuals with the goal of improving their quality of life.

**PARENTING EDUCATION**

**Grandparent Support Group** consists of about seven grandparents who are raising their grandchildren. They take part in educational programs and sharing time monthly at the Cape Girardeau County Extension Center. Grandparents who attend this support group increase their knowledge, find resources readily and benefit from the social interaction.

**Building Strong Families Program** is a 5-part series offered at the Cape Girardeau County Extension Center in Jackson with a multi-cultured group of 28 adults and 3 children and at a church in the southern part of Cape Girardeau with 11 adults and 10 children. Community partners trained by Extension help facilitate the program. One father at the end of Jackson series stated, “The classes taught me how to be a better dad”.

**Parenting Corner** is a permanent display in the extension office to provide printed resources and notices of educational programs for parents and individuals.

**MEDIA**

*Briefings on Family Matters Newsletter* mailed quarterly to 260 county residents. Topics of the articles include successful aging, and family development. Articles are submitted to the *Cash Book Journal* newspaper on parenting and aging issues.

**COMMUNITY COALITIONS**

MU Extension takes an active role in the Community Caring Council, Teen Pregnancy Responsibility Network, United Way, Kinship Care Committee of Southeast Missouri, and other agencies. Efforts are made to avoid duplication of services and share resources to better serve the citizens of Cape Girardeau County.
PROGRAMMING in HUMAN DEVELOPMENT

Abstinence Education Program
Three session program presented to Oak Ridge 8th graders. Approximately 19 youth served. Pre/post test results showed 10% increase in knowledge. Time for Talk puberty classes were taught for boys and girls at Nell Holcomb Elementary School. The total youth that attended was 29.

The Marriage Garden is a folder containing self-study marriage enrichment materials and is available upon request and at a county clerk’s office.

Mental Health First Aid Training was held twice in the county with 28 attendees. Foster parent participants report that this is the best training they had ever attended.

Stay Strong Stay Healthy is a 10 session exercise program with 20 participants. The post assessments showed an improvement in balance and flexibility for all class participants.

A Matter of Balance exercise program designed to prevent falls, was held at the House of Hope Center in south Cape Girardeau with 15 African American females. Participants report more energy and strength.

AARP Walking Program consists of four sessions conducted by several agencies. MU Extension specialist presented on stress management with over 35 attendees.

Grandparents Raising Grandchildren Conference is chaired by Mary Gosche with 48 participants and 21 exhibitors sharing resources. The conference provided new knowledge or ideas that the participants could use.
SPECIAL TRAININGS OFFERED

MU Extension: Health Care Initiative presents the facts and options on the Affordable Care Act. Staff training was conducted in the Cape Girardeau County Extension Center for the regional team. Two workshops and one personal consultation were held in county to help citizens understand the law and to make wise consumer decisions with a total attendance of 22 adults.

Eating from the Garden is a school enrichment program for the fourth grade classrooms at South Elementary in Jackson, Missouri. The number of children served is approximately 94. The garden produced tomatoes, sweet potatoes and cool fall crops for the children to taste and take home to their families. Students learn gardening strategies and healthy food choices. MU Extension personnel coordinate the volunteers for the 13 session program and assist in the gardening lessons.

Home Ownership Made Easier is a mandated seminar for first home buyers who acquire financing through USDA Rural Development. Three seminars with 4 participants were conducted this year.

Family and Community Education (FCE) is an extension partner. Two leader training sessions with eight workshops were offered by MU Extension personnel for their club meetings. The number of volunteer hours recorded by the members estimated to be over 30,000. The county wide service project for autistic children made 378 weighted blankets, 197 lap pads, and 68 special-shaped pillows. Mary Gosche serves as an advisor, attends and coordinates county quarterly council meetings.
**Nutrition and Housing**

**Bethany Bachmann, Nutrition specialist**

**Missouri MOve Smart Certification** The Missouri Department of Health and Senior Services along with the Missouri Child and Adult Care Food Program introduced the Missouri MOve Smart Child Care certification program in 2014. The Missouri MOve Smart Child Care program is designed to help equip Missouri child care facilities with tools to address the physical activity side of healthful habits for its children and provide a structured program to evaluate a child care's physical activity environment.

- Provides a set of physical activity standards, for child care facilities to follow, that will help children reach their full potential in physical growth and health.
- Worked with Just Kids Learning Development Center in Jackson, MO from May – August to improve physical activity practices in the center.
- Just Kids received Advanced Level MOve Smart Certification on August 26, 2014.

**Rebecca Blocker, Housing & Environmental Design specialist**

**Home Safety Workshop Helps Prevent Falls** Family and Community Educators learned to identify safety and fall hazards inside and outside of their homes. Each plans to adopt one or more simple universal design concepts, strategies and products to make their homes safer, more convenient and more comfortable for everyone. The eleven participants shared the information with 120 FCE club members.

Falls are the most common reason for adult emergency room visits. If falls can be prevented, adults can save thousands of dollars in healthcare expenses. Falls that may require elderly to enter a residential care facility, can be reduced by applying universal design principles.

**Household Hazardous Products Workshop** Family and Consumer Educators improved decision making skills to reduce potential exposure to hazardous household and pest management products. Evaluations show increased knowledge of selection, storage, proper use, disposal, and non-toxic alternatives. These skills will reduce the risk of accidental poisonings, save the consumers money, improve indoor air quality, protect their safety and health and reduce their impact on the environment. The nine leaders will share the information with 120 FCE members.
Regional Commodity Meetings
University of Missouri Extension provides educational events that reach a diverse audience of producers, consultants, industry representatives, legislators, federal and state agency personnel and other stakeholders. These educational efforts include regional conferences specific to commodities produced in southeast Missouri. Those commodity events include: soybean, corn, wheat, forage, rice and cotton. Although, not all of these commodities are represented in Cape Girardeau County, there are some producers, consultants, agriculture industry, and agency representatives that cover multiple counties and, therefore, are impacted by this programming.

Soybean Crop Management Meeting
National Agricultural Statistics Service indicates that approximately 40 million bushels of soybeans are produced in southeast Missouri out of which approximately 2 million bushels are produced on 64,000 acres in Cape Girardeau County. University of Missouri Regional Extension Specialists organized, facilitated and provided information to 200 producers, certified crop advisors, industry representatives, state and federal agencies. This meeting provides non-biased research based information that is relevant to those who work in or with the agricultural industry in southeast Missouri. This regional meeting provides an opportunity for citizens from every county in southeast Missouri to hear University State Specialists from both Missouri and neighboring state land-grant institutions such as University of Tennessee and University of Arkansas. Topics for this meeting included weed resistance, insect and disease management, soybean varieties, unmanned aerial vehicles and 100 bushel soybeans. This program is co-sponsored by the Missouri Soybean Association and industry.
Regional Corn Meeting
Approximately 450,000 acres of corn are grown in southeast Missouri out of which approximately 40,000 acres are grown in Cape Girardeau County. University of Missouri Regional Extension Specialists organized, facilitated and provided information to 140 producers, certified crop advisors, industry representatives as well as representatives from federal agencies such as United States Department of Agriculture/Natural Resource Conservation Service (USDA/NRCS), legislator offices and agriculture publications. Research-based information was provided by state university specialists from Missouri and Kentucky on corn-wheat disease relationships, water management, fertility, weeds and marketing. In addition, farm bill education was provided. Those in attendance produce or provide a service to the production of corn in all corn producing counties in southeast Missouri including Cape Girardeau County. As a result of attending this event, attendees indicated they plan to make changes in the areas of soil testing, using an urease stabilizer, timely weed control while adjusting droplet size, and delaying wheat planting to optimize disease management. This meeting was co-sponsored by Corn Growers Association and industry.

Regional Fall Crops Meeting
In 2014 a regional meeting that emphasized fall crop education. The crops of interest to stakeholders include: wheat, forage, and cover crops. In 2014, 18,600 acres of wheat were planted in Cape Girardeau County. Cape Girardeau County is one of the leading forage producing counties in southeast Missouri. In addition, stake holders continue to express interest in learning the potential benefits of cover crops. University of Missouri Regional Extension Specialists organized, facilitated and provided information to 30 producers, consultants, industry representatives and agents from USDA-NRCS who provide information to producers throughout southeast Missouri. This meeting was held at the Cape Girardeau Extension Center. Regional extension specialists provided research-based information on wheat development, insect and disease management, wheat marketing, plant fertility, and pasture renovation. In addition, cover crop management was provided by USDA/NRCS. This meeting was sponsored by industry.

Certified Crop Advisor Meeting
University of Missouri Extension, in conjunction with University of Missouri Fisher Delta Research Center, co-hosted the Certified Crop Advisors meeting for 67 southeast Missouri crop consultants who needed continuing education units in integrated pest management, nutrient management, crop production and soil and water management. This regional meeting attracts crop advisors from counties throughout southeast Missouri, including Cape Girardeau County. The regional agronomist provided crop management information on wheat and facilitated the CEU certification. Crop consultants can obtain 4 hours in each subject area for a total of 16 hours over two days. This research based information then in turn helps these consultants make informed decisions on row crops in southeast Missouri.
**USDA Farm Bill Education**

In 2014, USDA partnered with University of Missouri Extension to provide education on the new farm bill passed by U.S. Congress in 2014. University of Missouri Extension provided several educational meetings throughout southeast Missouri. The first regional event was held at the Miner Convention Center. There were over 140 producers in attendance. In addition, there were multiple county meetings. Cape Girardeau Extension Center hosted a meeting. University of Missouri Extension Agriculture Business Specialist provided information on the changes legislated in the new farm bill. Seventy-three producers were in attendance. The impact from this information resulted with producers leaving with information to make informed decisions.

**Grazing Management and Forage Production**

Research-based information was provided to forage producers throughout southeast Missouri. In September, in partnership with USDA/NRCS, a two day grazing school was taught at the extension center. The benefits of intensive grazing management for forage quality, persistence and yield were discussed. Following one of the worst droughts in recent decades (2012), producers were still faced with many challenges including the loss of established stands of pasture grass and legumes and increased weed pressure. University of Missouri Extension provided information in the form of one-on-one consultation, field visits, walk-ins and electronic communication via phone and email to over 100 clients in 2014 on seeding rates and planting dates of forages common to our area. Forage fertility, insect and weed management recommendations were also provided.

**Soil Testing Consultation**

Soil tests results on all major agronomic crops which include corn, soybean, wheat, grain sorghum, pasture, hay and wildlife food plots are reviewed by local agronomist. Consultation is provided to producers specific to their soil test results for these particular crops either face-to-face, written correspondence or electronic communication via email or phone. In 2014, 497 soil tests from Cape Girardeau County were reviewed and information was provided on soil pH and nutrient management in agronomic crops.
Private and Commercial Applicator Training
Research-based information in the areas of Integrated Pest Management (IPM), environmental stewardship, and pesticide safety training to 34 applicators over the 2014 growing season either one-on-one or groups. In addition, IPM information was presented to over 60 commercial pesticide applicators at the southeast Missouri Regional Commercial Applicator Recertification Training hosted by University of Missouri in partnership with Missouri Department of Agriculture and facilitated in Cape Girardeau County. Both of these educational areas help applicators and handlers of pesticides make informed decisions that are both economically and environmentally sound.

Pest and Crop Injury Identification and Management Consultation
Research-based information was provided to producers and those in the agriculture service industry in the areas of weed, insect and disease identification and crop injury identification as well as management decisions on each individual case. One area in particular that is negatively impacting agriculture production is herbicide resistant weeds such as pigweed and horseweed. Weeds can cause more than 27 percent loss in soybean yield the first three weeks after crop emergence. When weeds become resistant to an herbicide it increases the likelihood of yield loss because of the void in herbicide choices. New herbicide tolerant crop choices are becoming available and with those choices come crop injury risk from drift to non-tolerant crops. Information on herbicide management to reduce these losses through herbicide programs was provided via field visits, walk-ins, and electronic communication via phone or email.

Home Pest Management
Information was provided to citizens via walk-in, phone calls, email, home visits, and social media. Management of plants and plant pests in many instances requires timely hands-on identification and recommendations. The presence of a plant specialist in the county extension office provides a resource for citizens that have questions or concerns in areas of: home invading insects, such as Asiatic laby beetles, termites or brown recluse spiders; lawn weeds, such as crabgrass; and aesthetically displeasing fungus, such as artillery fungus which sticks to siding and windows.
Roger Eakins, Part-time Livestock specialist

Since his retirement in 2011, Roger has continued to work as a part-time specialist serving the county and region for the Missouri Performance Tested Bull Sales and the Show Me Select Replacement Heifer program and sales. County cattle producers also participate in sending finished cattle to U.S. Premium Beef where premiums have averaged $75 above base price because of value added genetics as the result of using genetically superior bulls.

Erin Larimore, Livestock specialist

Erin began employment on October 1, 2014 and partnered with Roger on the October Performance Tested Bull Sale and the December Show Me Select Replacement Heifer program. The duo assisted Cape Girardeau County cattle producers throughout the county with livestock questions as well as farm visits. Additionally, a newsletter was circulated to 532 individuals throughout the counties served for the months of November and December. The SEMO Livestock News is designed to update livestock producers and personnel on upcoming events, program summaries, and advancements in management techniques or technologies relevant to the livestock industry. Featured articles included:

1) Nutritional effects on bull reproductive development
2) Is an extended calving season costing you?
The Show Me Select Replacement Heifer program has continued to be a statewide and regional program. The Livestock specialist housed in Cape Girardeau County coordinates the SEMO Region 3 Heifer Program and the SEMO Show Me Select sale. Sales are held at Fruitland Livestock Sales in Cape Girardeau County. In 2014, 10 producers in Cape Girardeau County enrolled 235 heifers in the program. The program objectives are:

1) Producers implement a Total Quality Management Strategy to on-farm heifer development
2) Enhance marketing opportunities for and add value to Missouri raised heifers
3) Provide a reliable source of quality replacement based on management preproduction and genetics by retained ownership or marketing heifers for added income

The two sales held in Cape Girardeau County in 2014 grossed $869,100 for producers on 304 heifers sold. Since the program started in 1998, producers have sold 6309 heifers for a gross of $8,759,285. Fifty-two Cape County producers requested buyer numbers at the two 2014 sales and 19 Cape County producers purchased 70 heifers from sales in 2014. The added-value of genetics and calving has added $423 to the value of a Show Me Heifer over a non-Show Me Heifer.

Producers have requested information on artificial insemination programs, genetics, bull selection, health programs and nutrition because of the Show Me Select Program.

The Southeast Missouri (SEMO) Performance Tested Bull Sale adds quality genetics to the region and also added value in sales to producers selling seed stock. The Livestock specialist in Cape Girardeau County answers questions and relays information on genetics, selection, nutrition and value added cattle production. Two sales are held each year in Farmington, MO. The March sale averaged $3543 each on 21 bulls and the October sale averaged $4487 on 15 bulls. Buyers realize that 50% of their calf crop is made up of the bull and buying good genetics greatly improves quality and weight gain of the calves. Producers selling finished cattle have purchased bulls from the bull sales and have added-value of $120 per head sold over other cattle in their herd, directly because of the sire purchased.
The Cape Girardeau County Annual Program Input Process was facilitated by Community Development Specialist DeNae Gitonga, headquartered in Madison County. The 2014 topic for discussion and mind mapping was entrepreneurship. After briefly reviewing basic statistics for Cape Girardeau County, the Extension Council provided examples of current entrepreneurial activities in the area. Entrepreneurship can provide an enriched atmosphere for creative competition or collaboration which can boost an economy, and, therefore, boost a community.
Donna Aufdenberg, Regional Horticulture specialist and Master Gardener coordinator

In 2014, 19 Master Gardeners turned in 1122.60 volunteer hours. The Cape Girardeau County Master Gardeners group has 79 “active” members, unfortunately, many turn in minimal hours even though they do so much!

The Master Gardener Spring Seminar was held at the Nature Center on March 8, 2014. There 160 participants learned about native landscaping, soil health, alternatives to invasive plants, garden journaling, herbs, pollinator friendly gardens, and shiitake mushrooms.

The Master Gardener Spring Festival and Plant Sale in Cape Girardeau drew over 250 people on April 12, 2014.

As horticulture specialist news articles submitted to the Cashbook Journal Newspaper included topics on Gardening mistakes, Fighting tomato diseases, Basics of weed control, and Journaling to a better garden.

The Southeast area horticulture specialists write a monthly “Garden Spade” newsletter which circulates to over 124 gardeners in Cape Girardeau County.