Table of Contents

INTRODUCTION
Letter From Dr. Ouart .................................................. 4
Letter to Commissioners and Citizens....... 5

CLARK COUNTY EXTENSION
Serving the Community ................................................. 6
County Extension Council ............................................. 6
2013 State Fair Farm Family .............................. 6
Farm/City Night .......................................................... 7
Back to School Fair ...................................................... 7
Flagship Scholarship .................................................... 7
Clark County Wellness Coalition .......... 8
Youth Development ...................................................... 8
Community Outreach ................................................... 8

HUMAN ENVIRONMENT SCIENCES
Family Financial Education ........................................... 8
Take Control of Your Finances .......................... 9
Making Money Count ................................................ 9
Missouri Saves ......................................................... 10
Missouri Tax Payer Education ...................... 10
Daycare provider Training ....................................... 11
When Creditors are Predators ....................... 11
Matter of Balance ..................................................... 11
Building Strong Families ....................................... 12
Taking Care of You .................................................... 12

YOUTH DEVELOPMENT
Clark County 4-H ....................................................... 12
School Enrichment .................................................... 13
2013 Highlights ...................................................... 14

FAMILY NUTRITION PROGRAM
Family Nutrition Program .............................. 14
Healthy Ever After .................................................. 15

NUTRITION AND HEALTH
Canning Workshop .................................................... 16
Diabetes Education ................................................. 16

AGRICULTURE
Estate Planning ....................................................... 16
Ag. Info Newsletter .................................................. 16
Beef Producer’s Seminar .................................. 16
Agriculture Lender’s Seminar .................. 17
Lady Landowners Workshop .................... 17
Show-Me Quality Assurance ...................... 17
Public Board Training ........................................... 18

HORTICULTURE
Home Horticulture .................................................. 18
Garden Talk Newsletter ................................. 18

LIVESTOCK
Show-Me-Select ..................................................... 19
Beef Improvement .................................................. 19
Greenley Research Field Day .................... 19
Beef Cattle Rations ............................................... 19
Livestock Symposium ............................................ 19

AGRONOMY
Private Pesticide Applicator Training ....... 20
Producer Consultations .................................. 20

BUSINESS DEVELOPMENT
Business Development .......................................... 20

CONCLUSION
Extension Council Financial Report ........ 21
Staff Serving Clark County ......................... 21
December 2013

Dear County Commissioners and Associated Friends of MU Extension:

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

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

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

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

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

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

Sincerely,

Michael D. Ouart
Vice Provost and Director
January 2, 2014

Dear Commissioners and Citizens:

University of Missouri Extension has been serving the citizens in Clark County since 1933. In that time Extension has worked to improve the quality of life for the people here and will continue this effort in the future.

This Annual Report of the Clark County University of Missouri Extension Council is a summary of educational programs and activities of University Extension, which is a part of the University of Missouri System. In addition to the educational programs we offer locally, our office provides a place to link to resources from around the state and nation. We also offer many services including soil, feed and hay testing, insect and plant identification, a wealth of publications, to name just a few. Through programs in 4-H, youth, agriculture, human environmental sciences, community development, business development and continuing education, one of our aims is to make Clark County a better place in which to live and work. We think our Annual Report indicates we are accomplishing that goal.

On behalf of all the faculty and staff of University of Missouri Extension it is an honor to extend the educational resources of the nationwide Land Grant University System to the citizens of our county. We salute the many volunteers, community leaders, extension council members, and staff who have all given of their time and talents to make this a successful year.

We hope you will take the time to learn more about educational programs that will be provided by University of Missouri Extension in Clark County in the future. Please visit us on the Web at http://extension.missouri.edu/clark and find more information there.

Sincerely,

Debby Whiston  Pam Oilar   Paula Fox
County Program Director  Extension Council Chair  Secretary
Serving the Community
The Clark County Extension Office has assisted over 2,300 walk-ins this year. Individuals request information on a variety of topics, services and educational materials. In some cases, specialists in other counties are contacted to answer questions, provide assistance or handle the request in person. Specific services are provided by the Extension Office including test proctoring, soil, hay and feed tests, pressure canner gauge testing and plant and insect identification. We also provide services directly from the University of Missouri including the MU Conference Office which provides high-quality, noncredit educational programs for citizens. Twenty-two Clark County citizens participated in seminars and workshops through the conference office. Clark County Extension Office also reaches its customers through our website: www.extension.missouri.edu/clark and Facebook page: www.facebook.com/ClarkCountyExtension. These sites offer monthly newsletters, local links, upcoming programs and other valuable resources.

County Extension Council
The Clark County Extension Council includes Chairman Pam Oilar, Vice-chairman Miles Cameron, Secretary Paula Fox and Treasurer Joe Thomson. Additional members are Terri Daw, Janice Justice, Chris Sewell, Karen Yancy, Becki Krueger, Laura Gray, Lee Suter, Terry Denham, Judy Pitford, Ron Brewer, David Hess and Wesley Parrish. In addition to overseeing the work of the Extension Office, the council provides leadership on Farm/City Night publishes and sells Plat Books to assist in financing the office and recognizes our State Fair Farm Family and Clark County Fair Family.

2013 State Fair Farm Family
The David and Michelle Hess family was selected as the 2013 Clark County State Fair Farm Family. David and Michelle Hess, Drenda, Derreck, Delana and Drake were among the 108 families honored during the Missouri State Fair’s Farm Family Day on August 12, 2013. The purpose of Farm Family Day is to recognize the outstanding contributions farm families make to the State of Missouri and to Missouri agriculture. University of Missouri Extension, University of Missouri College of Agriculture, Food and Natural Resources, Missouri State Fair and Missouri Farm Bureau jointly sponsor this event.

Each year Clark County Extension Council members participate in a process to determine programs for the coming year. The process involves developing a list of needed programs and then determining the highest priority programs to be presented in the county.

The Hess Family was recognized during a dinner at the Missouri State Fair on Monday, August 12, 2013.
Farm/City Night
The Clark County Extension Council hosted the 28th annual Farm/City Night on Saturday, February 16, at the CCR-1 Middle School in Kahoka, MO with over 300 people in attendance. Clark County Farm Bureau served a soup and sandwich supper at 4:30 p.m. The program was provided by the World Bird Sanctuary from St. Louis, Missouri. The crowd was delighted as birds of prey swooped down over their heads for an up-close look at each bird. Leaders Honor Roll recipients for outstanding contributions to University of Missouri Extension were presented to Anita Arnold and Steve Yates. The local newspapers were also recognized for their contributions to University of Missouri Extension. Receiving Leaders Honor Roll designation were Mike Scott from the Media and Ashley Justice from the Hometown Journal. Century Farms designation was presented to Joe and Ann Edlen. Many local businesses, organizations and banks provided displays and door prizes. The Extension Council is grateful for the community support in planning and preparation for Farm/City Night.

Back to School Fair
The Back-to-School Fair was held August 1, 2013, at the C.A.R.E. building in Kahoka. Debby Whiston provided information on starting the school year off right, Katie Hogan provided information on enrolling in 4-H, and Wendy Ray provided nutrition information. Over 200 participants that attended were given school supplies and back packs. The Extension Office provided a display and discussed services of the Extension Office to all parents attending the fair.

Flagship Scholarship
Thomas Shannan was selected as the Clark County recipient of the University of Missouri Flagship Scholarship for 2013. Thomas Shannan of Kahoka was selected as the 2013 Clark County recipient of the University of Missouri Flagship Scholarship. The University of Missouri Flagship Scholarship is worth up to $15,000 per year and will cover tuition and fees, as well as other educational expenses, including room, board and books at MU. The scholarship was made possible from a donation of $1.4 million given by Mark McAndrew and his wife, Stephanie to honor Jack and Ladene McAndrew, his parents. Recipients give back at least 20 hours per year in their communities promoting education and college attendance.

The family of Wesley and Barb Parrish was chosen as the Clark County Farm Family in 2013. They were recognized at the Clark County Fair.

Debby Whiston, Katie Hogan and Wendy Ray providing information at the Back to School Fair.

The audience enjoyed a show by the World Bird Sanctuary.
The Clark County Wellness Coalition meets on a monthly basis and has plans which include “complete streets” to include sidewalk improvements, better and healthier food choices, improving farmers market, working with vendors to get more fresh fruits and vegetables into our schools and continuing to encourage the use of our parks and trails. Through grants from the Missouri Department of Transportation Safe Routes to School and Missouri Foundation for Health Grant, new sidewalk improvements have been completed by the high school and middle school. The community continues to make infrastructure improvements, increase community engagement and complete street policies. All efforts lead to a healthier and stronger community.

Youth Development
Debby Whiston, Clark County program director and Katie Hogan, 4-H youth program assistant provided programming for the Clark County Middle School requested by Jon Kirchner, Middle School Counselor. The program reaches all of the seventh and eighth-graders at the Middle School for a total of 138 students. The programs were held October 22, 23, November 20 and 21, 2013. Students learned about characteristics of good team members and making responsible decisions. Activities reinforced the concepts taught and students debriefed to fully understand ideas presented.

Community Outreach
University of Missouri Extension is represented by Debby Whiston, county program director on various boards in the county. She is a member of the Domestic Violence Coalition, serves on the Clark County Health Department Home Health Board, Good News of Christmas in Clark County, Soil Water Conservation District Board, Wellness Coalition and Career and Technical Committee at the high school. University of Missouri Extension provides support and information for numerous organizations in the county.

HUMAN ENVIRONMENTAL SCIENCES (HES)
Debby Whiston, Family Financial Education Specialist

Family Financial Education
Financial management classes and one-on-one consultations are provided throughout the year to serve the needs of Clark County citizens. These individuals and families request financial information and assistance with managing their money, paying bills on time, and how to deal with various negative situations involving money management. Over 580 Clark County learners participated in a variety of formats providing
financial education and literacy. Learners included individuals referred by probation and parole, judges, drug court coordinator and others. Community Action Agency, Division of Senior and Family Services, Head Start, Parents as Teachers, Luray School and other agencies also request programs for their families.

**Take Control of Your Finances**

Take Control of Your Finances was presented on March 26, August 22, and November 18, 2013 at the Missouri Career Center in Kirksville. A total of 62 individuals who were unemployed and seeking employment participated in the workshop including seven individuals from Clark County. A packet of materials entitled “When You Lose Your Job, Don’t Panic: Take Control of Your Finances,” was provided to participants to assist them in reviewing resources, developing a budget, setting priorities for debts, contacting creditors and stopping credit purchases. As a result of participating in this workshop, an evaluation concluded that 98 percent of participants plan to track their spending; 82 percent plan to develop a budget; 88 percent plan to analyze their debts and 78 percent plan to communicate with creditors. As a result of Take Control of Your Finances, participants are more able to get and stay current on bills, and develop skills to survive during the period of unemployment. Participants are better able to gain control over their spending and develop a spending plan thus reducing the reliance on public assistance, reducing theft and lowering banking fees.

**Making Money Count**

A long-term relationship has been established with the Clark County Drug Court and both financial management and parenting classes are included in the Drug Court Grant each year. A three-session Making Money Count Workshop was held for 24 Drug Court members. The two-hour workshops were held on May 30, June 6 and 13, at 8:30 a.m. and 6:00 p.m.; each session was repeated at a different time to accommodate working schedules. Information included making wise financial decisions, communicating about money, determining financial goals and tools for developing a spending plan. Participants developed financial goals and discussed steps to bring income and expenses into balance. Discussion topics also included the advantages and disadvantages of using credit, how to check your credit report, how to obtain your credit score, understanding legal liability and reducing family debt.

All 24 participants completed an evaluation of each session. Eighty-eight percent listed they learned ways to track daily expenses, had set a financial goal and felt they would be able to fulfill the goal in the next year. Of the participants, 92 percent listed they were more knowledgeable about sound decision making to be able to pay bills and save for emergencies. At the end of the workshop, 74 percent had a plan in place to reduce their debt, while 94 percent felt they were better prepared to rebuild their credit and what is included in their credit history. All could list at least two things they needed to do when shopping for credit; 98 percent could recognize the warning signs of predatory lending. All participants had written financial goals. Of the 24 participants, 22 learned new strategies to reduce their debt and felt better able to manage their personal finances.
Sherri Rider, drug court coordinator and Associate Circuit Judge, Rick Roberts concluded that participants learned from the experience and were more capable of managing their money. Several Drug Court members had paid down fines and drug court costs which Sherri directly attributed to the class. By developing a spending plan, participants were better able to control their finances. As a result of Making Money Count, participants were able to reduce financial stress and have increase success in reaching their financial goals. The community benefits by lowering the costs for public assistance programs and increasing financial stability of limited resource families.

Missouri Saves

Missouri Saves Week by providing a display at Farm/City Night and at the office where individuals could sign a pledge and commit to work toward a savings goal such as homeownership, school tuition, retirement or even debt repayment. In addition to providing information on KMEM radio and weekly news articles, small piggy banks were provided, along with information on how to sign up and pledge to be a Missouri Saver by saving small amount of money each week or month. The information provided focused on the keys to success in setting a goal, making a plan and paying yourself first by saving automatically. A total of 27 people participated in the program.

Missouri Tax Payer Education

Volunteer Income Tax Assistance (VITA) was provided for Clark County citizens each Thursday from January 31 to March 28, 2013 at Heartland Bank in Canton, Missouri and Gamm, Inc. office in LaBelle, Missouri. The Missouri Tax Initiative includes the VITA program, which provides pre-tax education, free tax preparation for low income families and assistance to help families use their tax refund to the greatest benefit of themselves and their families. The United Way of the Mark Twain Area, University of Missouri Extension and other agencies cooperate to bring the program to Northeast Missouri. The total program reached 359 individuals with federal refunds of $382,248 and earned income credit of $139,007. Every federal dollar brought into the community creates at least a two-fold economic impact. These figures do not include the state refunds and the impact they have on our communities. As a result of the Missouri Tax Initiative, families are able to purchase necessities, increase their case flow, get and stay current

America Saves is a nationwide campaign which helps individuals and families save and build their personal wealth. Clark County participated in the statewide...
on their bills, reduce the family debt and establish an emergency savings fund. The Missouri Tax program stimulates the local economy by adding federal and state refund dollars and dollars from tax credits. It reduces the demand for public assistance and stabilizes the county tax base.

Daycare Provider Training
Taking Care of You was presented to local day care providers who are required to obtain 12 clock hours of training to retain certification as a licensed daycare provider. The workshop was presented on March 20, 2013 at the Clark County Health Department with 15 women present. The program included the iceberg of health activity and discussion; dimensions of wellness, an experiential body scan activity; mindful eating and choosing physical activities that meet your needs, freeing yourself from stress and self-care. As a result of the workshop, participants were more mindful of their eating; including tasting and the size and portions of food, being more tuned into their body, their reactions and sensations related to stress and were able to choose a physical activity that meets their needs. All responded they had better strategies to simplify their life and ways to practice self-care as part of the dimensions of wellness. When people are able to manage stress in healthy ways, they are better able to take care of themselves and maintain their overall health, which ultimately leads to being better able to care for the needs of others.

When Creditors Are Predators
Workshops on predatory lending were conducted in Clark County during 2013 with a total 31 participants. Many limited resource families use payday and title loans as a way to meet monthly bills. Education provided through these workshops allows them to be aware of predatory lending and how it can impact them. Evaluation results included that 93 percent of participants could recognize the warning signs of predatory lending and could identify rent-to-own, payday loans and car title loans and 87 percent felt better informed and more knowledgeable about predatory lending. This workshop teaches participants how predatory loans work and what they cost which leads to reduced stress from debt collectors and reduced cost of credit for low income families. The community benefits by helping families get and stay current on debt payments, creating fuel for the economy.

Matter of Balance: Managing Concerns about Falls
Two six-session Matter of Balance workshops were held this year in Clark County. The sessions were held March 6 through April 10, and September 2 through November 6, 2013 at the Clark County Senior Center. A total of 37 people participated in the program to lessen the fear of falling and learn exercises to strengthen muscles and improve flexibility. The standard evaluation concluded that as a result of the program, participants were better prepared to find ways to reduce falls, protect themselves if they do fall and increase their physical activity to increase strength. Participants also reported they have made changes to their environment to make it safer, feel more comfortable talking with others about their fear of falling and reported being more comfortable increasing their activity level. All planned to continue exercising after the workshop was completed. They reported doing more exercises and being more aware of falling and less afraid of limiting their social activities as a result of the class. When you support MU Extension’s Matter of Balance program, you help participants to increase their physical activity and improve their strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of participants entering a nursing home, which cost on average of over $51,000 per year in Missouri. It also keeps people actively, independently contributing to society longer.

Building Strong Families
Classes and individual consultations were delivered to over 500 people on building strong families in 2013. Topics include positive guidance and discipline, kids and self-esteem, goal setting, communication, healthy house, consumer savvy and family strengths. Sessions are held upon request from the Drug Court Coordinator.
or Child Support Division of Family Services in addition to personal requests. When you participate and support the Building Strong Families program, family members’ relationships will improve and families will work together to support each other’s needs and accomplish goals they have set. Strong families are the backbone of strong communities with lower crime rates, caring citizens, productive workforce and strong schools where children are prepared to learn.

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Taking Care of You: Mind, Body and Spirit
Taking Care of You: Body, Mind and Spirit was held at the Clark County High School as a worksite wellness program in partnership with the Clark County Health Department. The five-session workshop was held weekly from September 25 through October 23 at the Clark County High School. Thirteen teachers participated in the workshop which covered the mind-body wellness connection and practical strategies to help people manage stress. The evaluations show that individuals used breathing techniques to reduce their stress level, were more aware of stress triggers and were better able to handle their stress. They also show that participants regularly use stress-management skills taught in the program, make healthier food choices and live more physically active lives. When people are able to manage stress in healthy ways, they are better able to take care of themselves and maintain their overall health. Follow-up research indicates that program participants significantly lowered their stress levels and made lifestyle improvements immediately following the sessions.

YOUTH DEVELOPMENT
Katie Hogan, Youth Program Assistant

Clark County 4-H
Members build life skills, experiment, innovate and connect to their community with the help of caring volunteers. In 2013, one in every five Missourians between the ages of 5 and 18 participated in an MU Extension 4-H Youth Development program. In Clark County this translates to 99 4-H members involved in the development of leadership skills, engaged in Science Technology Engineering and Math (STEM) projects and community service opportunities through five community clubs. Additionally, 493 youth from 13 classrooms across the county were involved in school enrichment programs like the science-based Chick it Out program. According to the results of Wave Eight of “The 4-H Study of Positive Youth Development” conducted by Lerner at Tufts University, young people in 4-H:

- Report better grades, higher levels of academic competence and an elevated level of engagement at school
- Are more likely to pursue future courses or a career in science, engineering or computer technology
• Are 3.4 times more likely to actively contribute to their communities when compared with youth who do not participate in 4-H
• Are nearly two times more likely to plan to go to college

Youth who earn their bachelor’s degree increase their annual earnings by $2.4 million over their lifetime (NACUBO, 2012). If 70 percent of the Clark County 4-H members participating in 4-H events on campus go on to earn their bachelor’s, 4-H would help young people earn $26.88 million more of lifetime earnings. Clark County 4-H members were actively engaged in the club work of five community clubs and supported by 58 screened volunteers during the 2012-2013 4-H year. Volunteers create and support positive youth development as they mentor youth, lead projects, coordinate their local 4-H clubs and assist in the planning and facilitation of 4-H events. Missouri volunteers surveyed revealed that they contribute on average 100 hours to 4-H throughout the year. Valuing their time at $19 per hour, based on average Missouri incomes, the contribution of Clark County 4-H volunteers in 2013 was more than $110,200. The true value of the impact these volunteers have on the youth of Clark County is priceless.

<table>
<thead>
<tr>
<th>2012-2013 Clark County Top Projects by Enrollments</th>
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<tbody>
<tr>
<td>1 Beef</td>
</tr>
<tr>
<td>2 Arts and Crafts</td>
</tr>
<tr>
<td>3 Photography</td>
</tr>
<tr>
<td>4 Cloverkids</td>
</tr>
<tr>
<td>5 Swine &amp; Woodworking</td>
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<tr>
<td>6 Meat Goats</td>
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<tr>
<td>7 Sheep</td>
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<tr>
<td>8 Shotgun, Rabbits, and Poultry</td>
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<tr>
<td>9 Cake Decorating</td>
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<tr>
<td>10 Horses &amp; Dogs</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Participation in Additional 4-H Activities</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen Conference</td>
<td>7</td>
</tr>
<tr>
<td>State Livestock Judging</td>
<td>4</td>
</tr>
<tr>
<td>MU Livestock Grading Clinic</td>
<td>5</td>
</tr>
<tr>
<td>4-H Camp</td>
<td>3</td>
</tr>
<tr>
<td>Recognition</td>
<td>23</td>
</tr>
<tr>
<td>National 4-H Week Kickoff</td>
<td>43</td>
</tr>
<tr>
<td>Show-Me Quality Assurance Training (SMQA)</td>
<td>20</td>
</tr>
</tbody>
</table>

Local Farmer Steve Oilar donates his winnings from the Monsanto Fund's America's Farmers Grow Communities program to the Clark County 4-H and Clark County FFA to go towards replacing the Livestock Building on the Clark County Fairgrounds. For more information on how to contribute to the Building Fund, please contact the Clark County Extension Office.

School Enrichment
Programs like the Chick it Out program are short-term educational experiences that supplement learning in the classroom. Youth staff coordinates the embryology experience and invests time in the classroom explaining the science behind how the chick comes from the egg. Additional topics explored throughout the experience include animal development, nutrition and the components of the egg and their function. Teachers often share that hatching the chicks often opens the door.

Students at Running Fox explore the parts of the egg with Katie Hogan as a part of the Embryology or Chick it Out program.
for discussion of disabilities and coping with death. The Chick it Out program has grown in popularity within Clark County; teachers across the county enthusiastically welcome Extension staff into their classrooms to provide their students with this valuable experience.

2013 Highlights
Members of the Clark County Junior Livestock Judging team placed 17th at the State Livestock Judging contest.

Kim Schantz was awarded the 2013 Frank Graham Leadership award for Clark County in recognition of her dedication as a 4-H Volunteer.

Clark County 4-H members completed over 500 hours of community service including canned food and clothing collections, trash pick-ups, various projects at the local nursing homes and community improvement projects.

When you support the Clark County 4-H Program, youth in 4-H are provided the opportunity to practice leadership, citizenship, responsibility, teamwork and community service which leads to a generation of young people who are more likely to vote, volunteer and make positive contributions to their communities benefiting all the residents of Clark County.

FAMILY NUTRITION PROGRAM (FNP)
Mary Smyser, Project Director

University of Missouri Extension’s Family Nutrition Program (FNP) reached 2,269 participants directly and 432 indirectly with nutrition education in Clark County during 2012/2013, a significant percentage of which were low income. FNP provides information on nutrition, food safety and physical activity for lifelong health and fitness by working with qualifying schools, community groups and agencies.

Nutrition program associates (NPAs) go into the schools and interact with community members to help them make healthier choices and build healthy habits. They see the difference the program makes in people’s lives. Wendy Ray, who serves Clark County, reported the following successes:

I had the opportunity to host The Food Power [exhibit] at Black Hawk Elementary. I had a lot of feedback afterwards on the exhibit. I had both teachers and parents tell me how much their kids enjoyed the Food Power and some of the things that they learned from it. Wendy Ray, NPA
I was in the office at Black Hawk and the secretary was telling me how she had seen one of the students talking about the food on their plate at lunch and telling what food group each of the foods went into. Then the principal started talking about her kids coming home from school after having me in the class and telling her some things they should try to eat such as sweet potatoes. She thinks this is a great program for our kids. Wendy Ray, NPA

The Family Nutrition Program (FNP) brought $7,653,958 in federal funds to the state of Missouri. These funds were used to provide nutrition education to 1,069,104 food stamp recipients and food stamp eligible citizens of Missouri; of these participants, 2,701 reside in Clark County. It also funds one full-time nutrition program associate position in Clark County with quality benefits, along with expenses for making the programming available to qualified schools and agencies in the county.

Participants in FNP 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 adults 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 health care costs over the participant’s lifetime, saving taxpayers money in reduced public health care benefits and insurance premiums.

Healthily Ever After

Over 230 Black Hawk and Running Fox kindergarten, first and second-grade students participated in Food Power Young Adventure Healthily Ever After, on September 12 at Black Hawk Elementary. Food Power Young Adventure is a statewide program that uses puppetry and music to teach the importance of healthy eating, food safety, and physical activity. Nursery rhyme characters engage the children in a lively learning experience about food and fitness. Humpty Dumpty learns to eat from all the food groups while Little Miss Muffet teaches the spider about milk and other bone-building dairy foods. Jack Be Nimble shows how much fun it is to be physically active and Mother Goose emphasizes washing hands to get rid of dirt and germs. The program promotes Missouri common core state standards, supports the local school wellness

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

Wendy Ray portrays the Power Panther presenting a demonstration for the Women, Infants and Children (WIC) program.

Wendy Ray facilitating with the Food Power Young Adventure Healthily Ever After program at Black Hawk Elementary.
policy and creates excitement for nutrition and health. This program was provided by University of Missouri Extension Family Nutrition Education Programs.

NUTRITION AND HEALTH
Jennifer Mayfield, Nutrition and Health Education Specialist

Canning Workshop
Canning and food preservation are good economical ways for community members to promote health and savings. Workshops were held in the courthouse basement on May 22, 2013. Canning versus commercial canned vegetable provides a saving of approximately 60 percent. There were eight participants who were both beginner and veteran canners, and all stated that they would use the information provided to can at home.

Diabetes Education
Diabetes education has been provided once a month for the past year at the Clark County Health Department for the diabetic support group with a total of 12 members. Diabetes is one of the 10 leading causes of death in the state of Missouri, costing the state over three billion dollars a year in health care costs. Diabetes self-management education can help diabetics learn to keep themselves healthy over the long term, reducing chronic disease and emergencies associated with diabetes.

AGRICULTURE
Joe Koenen, Karisha Devlin and Darla Campbell, Agri-Business specialists

Estate Planning
In 2013, 18 Clark County residents participated in the Farm and Small Business Estate Planning program. The Farm and Small Business Estate Planning program prepares individuals to discuss estate and business succession concerns with their families, as well as making them more comfortable in discussing this matter with attorneys. There was a 60 percent increase in participants that have identified goals and objectives, a 55 percent increase in participants have communicated estate planning issues with heirs, a 34 percent increase in participants could calculate an estimate of their estate value and a 32 percent increase in participants have reviewed insurance policies resulting from attending this program. Participants gained knowledge of estate planning goals and objectives, how property is titled, the importance of communication, available estate planning tools, the role of power of attorney and the difference between gift and estate tax. Some participant statements about this training were: “a lot to learn and figure out,” “Glad I took this class” and “very interesting.”

When you support MU Extension’s Farm and Small Business Estate Planning program, families are better prepared to understand and work with their attorney in planning their estate. This helps to foster family communication, avoid costly litigation and aids in the continuation of the business. If families save three hours of legal time, the value of this class is over $5,000.

Ag. Info Newsletter
The Ag Info Newsletter is a bi-monthly publication with contributions by Extension Specialists Alix Carpenter, Karisha Devlin, Zac Erwin and Daniel Mallory. It contains articles on current issues in farm management, livestock and agronomy. Newsletters are provided to Clark County farmers who request the information. The newsletter is also available on the Clark County Extension Office website.

Debby Whiston presenting her PowerPoint for the participants of Extension’s Farm and Small Business Estate Planning program.

Beef Producers Seminar
The Beef Producers Seminar was facilitated by Zac Erwin, Extension livestock specialist and Karisha Devlin, Extension agri-business specialist. Guest speakers included Dr. Ron Plain, Extension agricultural economist and Dr. Kelly Nelson, research agronomist at Greenley Research Center. Dr. Plain discussed the current trends in beef production, trade, domestic supplies, demand factors and price and profitability prospects for the coming year. Dr. Nelson discussed using cover crops for forage production. This information aided producers in making decisions
regarding marketing and feeding their cattle. Producers and rural communities benefit from improved profitability of livestock operations, in turn, this contributes to Missouri’s agricultural economic strength.

**Agriculture Lenders Seminar**

Forty-eight lenders attended one of the Northeast Missouri Ag Lenders’ Seminars held in Kirksville and Hannibal; three participants were from Clark County. At these one-day seminars, lenders learned about crop and livestock outlook; land rental rates and values; Missouri Agriculture and Small Business Authority programs, legal issues in agriculture; macro-economics and cover crops and pasture varieties. The lenders in attendance handle 3600 different agriculture loans, totaling over $470 million. The agricultural community in northeast Missouri benefits from this program by having lenders who are up-to-date on the latest prices, budgets and resources to help clients manage for risk and profitability.

**Lady Landowner Workshop**

The Lady Landowners Workshop was held September 13 at St. Paul Church in Kahoka with 16 Clark County residents in attendance. The program was designed for women who own or help in the management of their farm. Presentations on conservation and land management, woodland management opportunities, update of farm programs available through Clark County FSA, introduction to estate planning, money habitudes and current garden and landscaping diseases were provided. Speakers for the program were Robert Conley, resource conservationist; Jason Jacobson, resource forester; Sharon Marks, FSA county executive director; Jennifer Schutter, horticulture specialist; Darla Campbell, agri-business specialist and Debby Whiston, family financial education specialist. Lunch was provided by the Soil Water Conservation District. After lunch, a tour was conducted of Roy and Shirley Stice’s garden and flowers and Linda Plenge’s landscape and flowers. The program was sponsored by Clark County University of Missouri Extension, Clark County Farm Service Agency, Clark County National Resource Conservation Service and Clark County Soil and Water Conservation District.

**Show-Me Quality Assurance (SMQA)**

All 4-H members enrolled in food animal projects including beef, sheep, swine, dairy cattle, meat and dairy goats, rabbits and poultry must complete the appropriate level of SMQA certification to be considered a 4-H member in good standing in that project, in addition to other local requirements. Zac Erwin, regional livestock specialist and Katie Hogan, youth program assistant conducted SMQA training with 20 Clark County youth and parents in attendance. Participants learned about overall quality assurance with their meat-product related project animals, including
animal housing, welfare, health care, marketing and appropriate handling. By educating youth on proper care and management of their livestock, youth raise a higher quality product and become more successful livestock producers.

**Public Board Training**
Serving on Public Boards was held May 16, 23 and 30 at the Clark County High School in Kahoka with three participants for a total of 18 hours of learning. Participants learned about Missouri’s Sunshine Law and how to better serve in a public setting. Information covered included specific fiscal responsibilities board members have and how to address them, how to hold an effective board meeting, the importance of having personnel and board policies in writing, length of time and what records need to be maintained and a comprehensive list of University of Missouri Extension resources available to public and non-profit boards. As a result of attending the program 100 percent of participants would recommend this program to others, 85 percent have a better understanding of the Sunshine Law and will update procedures to better serve their constituents, 81 percent plan to amend or adopt their board and personnel policies and 73 percent will utilize online or printed Extension resources in the next year. Participants consider this training very useful and help make them more knowledgeable board members. They also see Extension as a resource for their governmental questions. This prepares them to make better decisions at board meetings, giving their constituents more confidence in their government. This helps Missouri by saving money due to incorrect or illegal decisions that cost investigative and legal time and dollars. Furthermore, it creates more effective leaders.

**HORTICULTURE**

*Jennifer Schutter-Barnes, Horticulture Specialist*

**Home Horticulture**
By supporting MU Extension’s Home Horticulture program, citizens receive high quality horticultural information that is unbiased and research-based. The Clark County Extension Center had several requests for horticulture service in 2013. One Clark County resident completed Master Gardener training in the fall of 2013. They attended 12, three hour classes where they learned about and gained information in the areas of plant growth, vegetables, fruit, lawns, landscaping, flowers, diseases, insects, plant propagation, native plants, woody ornamentals and winterizing the landscape. Master Gardeners are expected to assist with extension horticulture programming.

Citizens of Clark County requested diagnostic assistance during the year. This included positive identification of a plant, insect, disease or plant disorder and in some cases, control methods. One client sought advice and requested a home visit to confirm herbicide damage. Citizens also sought home horticulture assistance on various garden topics. MU Extension publications were consulted and provided to clients.

**Garden Talk Horticulture Newsletter**
Twenty-four people from Clark County receive the Garden Talk newsletter each month informing them of timely gardening tips and other important gardening information. The newsletter also informs them of upcoming horticulture events and activities.

One Clark County resident attended the Local Foods Farm tour held June 7. They learned organic methods for insect control in an orchard, how to use solar energy on the farm to cut costs, various gardening methods and how to raise pastured livestock for meat production.
LIVESTOCK
Zac Erwin, Livestock Specialist

Show-Me-Select Replacement Heifer Program
The Show-Me-Select program focuses on increased adoption rate by farmers in Missouri of management practices that offer potential to improve long-term reproductive efficiency of their herds and resulting profitability. The program also focuses on increasing marketing opportunities for and adding value to Missouri-raised heifers with the creation of reliable sources of quality replacement heifers in terms of genetics and management.

Three beef producers in Clark County are enrolled in the Missouri Show-Me-Select Replacement heifer program. These producers sell heifers in the Show-Me-Select Heifer Sale held in Palmyra each December. The 2013 sale featured 275 heifers that averaged $2177 per head. One producer, Harold Trump, held his own sale in November at Carthage, Illinois where 271 heifers averaged $2,304 per head. Several area producers purchased heifers at both sales.

Beef Improvement Program
Two producers in Clark County are enrolled in the Northeast Missouri Beef Improvement program. Producers involved in the program are able to sell bulls in the Northeast Missouri Performance Tested bull sale held annually in Palmyra as well as off the farm. Public funding helps support the Northeast Missouri Beef Improvement Program where producers utilize research-based information to help them manage their beef operations profitably and efficiently. The producers benefit by increasing access to alternative markets for their products that contribute to a more sustainable business. The state of Missouri benefits from more sustainable businesses and families in rural communities.

Three producers from Clark County purchased bulls in the Northeast Missouri Performance Tested Bull Sale and numerous others purchased bulls off the farm from breeders enrolled in the performance tested program. This value added sale averaged $3,647 on 66 head of bulls.

Greenley Research Field Day
There were 300 area producers who attended the event. Public funding supports on-farm research that helps growers and consultants learn how to objectively evaluate products and management practices leading to improved risk management, enhanced agricultural profitability and environmental sustainability. This benefits Missouri as a whole by improving farm businesses and rural community viability, protecting water quality, and assuring plentiful grain production for food, feed and fuel demand.

Beef Cattle Rations
Zac Erwin worked individually with 28 Clark County beef producers in developing rations. The use of by-product feeds was a major emphasis in many of these cases. Forage analysis was also done in several cases. By including the by-product feeds, producers are able to lower their ration costs. MU Extension’s by-product research and education assists beef producers in effectively storing and utilizing co-products as cattle feed. This results in improved producer sustainability and greater local use of co-products. Rural
communities benefit from improved profitability of both the livestock and ethanol industries contributing to Missouri’s agricultural economic strength.

Missouri Livestock Symposium
The 14th annual Missouri Livestock Symposium was held December 6 & 7, 2013 in Kirksville, Missouri. Although attendance statistics and evaluations have yet to be summarized, it appears the event was once again a big draw. It is estimated that over 2,000 people from all over the Midwest attended the one and one-half day program. The Trade Show was as good as ever with some businesses turned away for lack of space. Educational speakers on horses, beef cattle, forages, stock dogs, sheep, meat goats and food safety were faced with standing room only crowds and all available chairs in the Middle School were utilized. The program was well received by local, regional and statewide media and more than one speaker commented that, “we wish we could do something like this in our state.” Many trade show exhibitors commented that this was one of the best trade shows they attended—if not the best! The Missouri Livestock Symposium planning committee is made up of 20 individuals who work on the event year round. Committee members are from Adair, Macon, Sullivan, Knox, Schuyler, Scotland and Clark counties. The 2014 Missouri Livestock Symposium is scheduled for December 5 & 6 and program updates can be found during the year at missourilivestock.com.

AGRONOMY
Alix Carpenter, Agronomy Specialist

Private Pesticide Applicator Training
Alix Carpenter provided training for 112 private (producer) pesticide applicators in 2013, seven of which were from Clark County. Nine three-hour training sessions were held in Missouri’s northeast region. The courses covered a variety of safety, calibration and pest management issues associated with proper and safe pesticide use. Through this course, agricultural producers were able to obtain certification or recertification of a private pesticide applicator’s license and are then able to purchase restricted-use chemicals for farm use.

Producer Consultations
Alix Carpenter made farm visits and consulted via telephone and email with producers in Clark County this year. The majority of farm visits and consultations revolved around the drought’s effects on forages and feeds. Education on how to make hay from a soybean crop, data on estimating nutrient removal from a field when harvesting grain, data on herbicide restrictions to grazing or haying soybeans, methods for estimating corn and soybean yield, methods to determine the feed and economic value of silage and means of assessing prussic acid and aflatoxin risk were all provided.

BUSINESS DEVELOPMENT
Charles Holland, Business development specialist

In Clark County, during 2013, business development program specialists and business counselors with MU Extension worked with 3 local businesses in determining business start-up, retention, management and counseling. In addition, entrepreneurs and business owners in Clark County reported economic impact and activity as a result of the services provided by the MU Extension Business Development Program.

Missouri Small Business and Technology Development Centers (MO SBTD), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Environmental Program, Missouri Career Options Project and the Missouri Market Development program served 8,030 people and their companies in Missouri. Overall, the University of Missouri’s Business Development Programs (BDP) served 17,207 people and their businesses state-wide. The total impact included 1,981 new jobs; 253 new businesses; retention of 3,514 jobs; 8,030 clients receiving business counseling and over 18,840 participants at business training conferences.

As entrepreneurs and innovators, Missouri’s small businesses are becoming a more diverse group that continues to make the state’s economy productive. 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.
Counties

State and federal funds provide salaries and benefits for University Extension staff and cover expenses for orientation, equipment, and in-service education.

Clark County Commission appropriations fund costs related to the secretarial position and daily operations of the county MU Extension center. We thank them for their support.

Ron Brewer: Presiding Commissioner
Paul Brotherton: Western Commissioner
Henry Deinst: Eastern Commissioner

Officers

Pam Oilar Chair
Miles Cameron Vice-Chair
Paula Fox Secretary
Joe Thompson Treasurer

Elected Members

Terri Daw District 1
Karen Yancey District 2
Terry Denham District 3
Becki Krueger District 3
Laura Gray District 4
Chris Sewell District 5
Janice Justice District 5
Lee Suter District 6
Judy Pitford District 6

Appointed Members

David Hess MFA Co-op
Wesley Parrish Farm Bureau
Ron Brewer County Court

Clark County
University of Missouri
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Ron Brewer County Court

2013 ANNUAL FINANCIAL REPORT

Revenues

County Appropriations $25,987.50
Resale/Education 4544.46
Total Revenue $30,531.96

Expenses

Salaries $17,654.31
Benefits 4,994.76
Travel 4,200.00
Communication 1,717.55
Supplies & Services 1,363.36
Insurance & Bond 601.98

Total Expenses $30,531.96

Clark County
University of Missouri Extension Council

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