
Clinton County **2006**

UNIVERSITY OF MISSOURI
Extension



extension.missouri.edu

Annual Report

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***The
Clinton County
Extension Council
&
Extension Office Staff***

***Would like to Thank everyone
in Clinton County for
their support,
volunteering their time and
their financial help.***

Thank You

Extension's Program Guidance Comes From You

The University Missouri Extension council and staff would like to thank the Clinton County commissioners for their support and funding for programs during this past year. In turn, the council and staff remain committed to improving people's lives by helping them meet the opportunities and challenges of the 21st century with research-based education and information.

County residents decide the direction of extension's educational programming. Current emphasis areas in Clinton County focus on Youth, Agriculture, Horticulture, Leadership and Community Development.

The mission of University Missouri Extension, a partnership of the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture, is to: "serve Missouri by extending the unbiased research-based knowledge and problem-solving resources of the University of Missouri and Lincoln University to focus on high-priority needs of people throughout the state." Both the University of Missouri and Lincoln are Missouri's two land-grant universities, charged by federal acts of Congress to deliver extension programs.

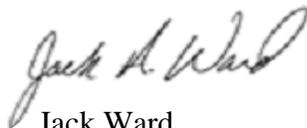
Current programming efforts statewide focus on agricultural profitability and viability, building family and individual strengths, building human resources, business, community and economic development, enhancing health and nutrition, environmental quality and stewardship and youth development.

The contents of this report are a summary of the highlights of our educational efforts during the past year. We hope that this report provides a greater understanding about University of Missouri Extension programming efforts in Clinton County.

Submitted by,



Brenda Grooms
Council Secretary



Jack Ward
Council Chairman



Debra Davis
County Program Director



CLINTON COUNTY COMMISSIONERS

Mark Hoover
Jim Crenshaw
Larry King

Dear Members of the County Commission and Community:

Thank you! Your financial support to our land-grant university partnership makes it possible for University of Missouri Extension to deliver high-quality educational programs where Missourians live, work and experience quality of life.

More than 1 million Missourians annually turn to MU Extension for help in improving businesses, farms and communities and strengthening their families. Your partnership with the U.S. Department of Agriculture, the State of Missouri, and local organizations and businesses enhances the state's economy and brings unique opportunities to families and individuals.

In fact, MU Extension partners with more than 100 entities across the state. Those partnerships enable us to extend our educational reach without duplicating services. In FY2007, MU Extension will leverage \$39 million in federal and state funding resources into more than \$81 million in educational programming to serve Missourians.

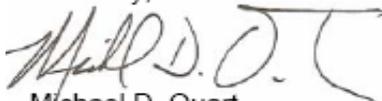
In 2006, dollars allocated by county commissions to support extension at the local level amounted to 17 percent of the total dollars for extension funding statewide. These local dollars were leveraged to provide more programs to more people. Additionally, our local partners across the state (county commissioners and councils) provided significant in-kind contributions in the forms of office space and meeting space. Grants, fees and contract dollars account for almost 23 percent of extension funding. Combined with state and federal funds, every local tax dollar is matched with an average return of \$10.37. We use these funds very efficiently. In FY2007, just four percent of the budget is going toward administration, compared with 12 percent for most non-profits and government agencies.

The return on your investment in MU Extension for your community is great:

- Businesses become and remain profitable -- creating and retaining jobs.
- Improved agricultural yields add to producers' bottom line, and citizens enjoy a safer environment.
- Towns and cities use research-based resources to make better decisions about their future.
- Young people are more likely to stay in school and increase their lifetime earnings.
- Professionals and other workers stay on the cutting edge of career requirements through continuing education.
- Adults and young people live healthier lifestyles and suffer fewer medical costs.

Your local extension faculty and staff, campus faculty, county extension council members, 4-H volunteers, Master Gardeners and other program supporters look forward to a continued fruitful partnership in 2007. If you have suggestions for how University of Missouri Extension can better serve your needs, please contact me or your local extension center.

Sincerely,



Michael D. Quart
Vice Provost and Director

cc: Brian Foster, Provost
Beverly Coberly, Director, Off-Campus Operations
Extension Regional Directors
Extension County Program Directors

Chairman

Jack Ward, elected member term ends 2007

Vice Chairman

Lisa Routh, elected member, terms ends 2007

Secretary

Brenda Grooms, elected member, term ends 2008

Treasurer

Jeannine Hubbell, elected member, term ends 2008

Other Members:

Kim Humbard, appointed member, term ends 2008

Karen Grimes, elected member, term ends 2007

Robert Ficke, appointed, term ends 2008

Luke Jackson, elected, term ends 2008

Ray Schwarz, elected, term ends 2007

Jeff Stottlemire, appointed member, term ends 2008

Cindy Spellman, elected member, term ends 2008

Jim Crenshaw, appointed member from County
Commissioners, term ends 2008



Mary Blanton, County Clerk, swears in the 2006 Council officers at the February Annual meeting.



Unique partnership

Clinton County's University of Missouri Extension County Council is a full partner with Missouri's land-grant universities to deliver high-quality education and research-based information that helps people solve real-world problems and take advantage of opportunities. Council members:

- Work with extension specialists to provide the county with quality educational programs;
- Manage finances of local extension operations;
- Provide personnel to carry out extension activities; and
- Elect and organize the local extension council.

21st Century Extension Strategic Direction

- Teaching
- Research
- Service

University of Missouri Extension's 21st Century Strategic Direction positions extension faculty and staff, county extension council members and partners to meet the challenges of the future. The 21st Century Strategic Direction defines outcomes and measurements to assess continuous improvement. Built on outreach and extension's mission, vision and fundamental principles, the Strategic Direction is supported by program, regional and county strategic plans and by aligned faculty annual performance plans.

Mission

The mission of University of Missouri Extension is to:

Improve Missourians' lives by addressing their highest priorities through the application of research-based knowledge and resources.

As an integral part of the land-grant mission, University of Missouri Extension is a joint venture of:

- University of Missouri campuses
- Lincoln University Cooperative Extension
- The people of Missouri through county extension councils
- Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture
- Other stakeholders and partners.

Vision

"Improve people's lives through relevant lifelong learning."

Fundamental Principles

University of Missouri Extension's educational programs are guided by:

- An integrated, coordinated response by the campuses and the field system to address important issues of wide public concern, including those of underserved audiences.
- Engagement of Missourians as co-learners in a learner-centered environment.
- Application of research-based knowledge and skills by learners.
- Equitable access and inclusion.
- Integration of information technology.
- High-performing faculty and staff working with strong extension councils and stakeholders to achieve specific measurable outcomes.
- Diversity in staffing, advisory groups, county extension councils and learners.
- Flexibility in the allocation and investment of resources.
- Innovation and continuous improvement.

Clinton County University of Missouri Extension

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UNIVERSITY OF MISSOURI
 Extension



Staff Members at the Clinton County University of Missouri Extension



Debbie Davis
County Program Director
4-H Youth Specialist



Dale Hunsburger
4-H Youth
Program Associate



Linda Drummond
Office Manager



Jessica Shrewsbury
4-H Community Service Assistant

Jessica Shrewsbury of Lathrop, chose to return for a second year as the Clinton County CSA. A student of the University of Missouri applies for the 4-H Community Service Assistant position. The 4-H CSA is an employee of the University of Missouri, Columbia, paid by the University and assigned as a temporary member (summer) of the Extension staff in their headquarter county. The MU Work Study program gives students a chance to work in Extension offices working directly with the 4-H program and assisting in community service projects. Jessica was a great asset to the 4-H summer programs as a camp staff member, and again provided leadership with all the 4-H activities, and was the director for the Clinton/Caldwell Clover Kid Day Camp.



Diverse, Experienced and Well Trained Staff

The staff of the University of Missouri Extension office in Clinton County is diverse, representing a variety of backgrounds, experiences and educational levels. Staff members have owned their own businesses, worked for other educational institutions, worked in the public and private sector and collectively have over 60 years of work experience with University of Missouri Extension.

Clinton County Water Festival '06



Science lessons came to life on March 7 & 8 for Clinton County third graders during the Water Festival . Each day, approximately 100 students from the schools of Gower, Lathrop, Plattsburg and Holt traveled to the Lathrop First Christian Church Educational Building. Students moved throughout the day visiting the eight learning stations to experience concepts of point and on-point source water pollution, water quality, soil types and erosion, water cycle, water food webs and food chains, water contamination and aquatic wildlife. Presenters included the NW MO regional University of Missouri Extension staff, Teona Harris, Clinton County Soil and Water District staff; Leland Grooms, EPA Educator; and missouri Department of Conservation staff. Pre and post tests were administered to the students and scores revealed an increase range of 55-85% overall for students. Teachers enthusiastically complemented all the experiential activities which reinforced the classroom science lessons in preparation for the statewide MAP testing. Lathrop FFCLA and Plattsburg FFA Environment students facilitated a learning station and assisted both days. Community financial support for the Water Festival included: Clinton County Extension Council; Clinton County Soil and Water District; Platte Valley Bank, Plattsburg; Shatto Dairy; Larry's Two Stop, Plattsburg; HyKlas Grocery, Plattsburg; Howard's Market, Lathrop; Bread of Life Bakery, Stewartsville; Lathrop First Christian Church.



Master Gardeners

In 2006 the Clinton County Master Gardeners have participated in continuing education and community service projects throughout the county.

Their continuing education consisted of several educational meetings that were open to the public. Some topics were Grafting Fruit Trees, Growing Roses, Homegrown Tomatoes and Entomology. They also had a field trip to the Kansas State Horticulture Research Farm and they were also represented at the State Conference in Springfield.

Education hours: 221.5 for 14 active Clinton County Master Gardener members or an average of 15.8 hours per member.

Many community service projects were:

- Helping FFA plant and tend flowers for annual FFA fund raiser
- Selling FFA raised plants for FFA fund raiser
- Planting barrels in downtown Plattsburg and at several other business locations
- Watering some barrels for Plattsburg businesses
- Writing newspaper articles on gardening
- Caring for plantings at Clinton County Youth Building
- Caring for plantings in front of Clinton County courthouse
- Planting and tending raised flower bed in front of Clinton County courthouse
- Raising heirloom tomatoes for Master Gardener fund raiser
- Handing out information at Master Gardener booth at Plattsburg Fall Festival
- Tending to plantings at a church and other public buildings in Kearney

Volunteer hours: 653.5 for 14 active Clinton County Master Gardener members or an average of 46.68 hours per member.





Clinton County 4-H

Life Skills - Community Service - Leadership



The four Clinton County 4-H clubs--

- **Cameron Keystone Willing Workers**
- **Lathrop Shamrock**
- **Plattsburg Hustlers**
- **Gower Dynamites**

-- offer long-term educational experiences, as well as memories to last a lifetime. . The members learn life skills such as decision making, public speaking and self-esteem while working with others. The 114 youth members learned by doing in 2006 under the guidance of 65 adult volunteers who taught numerous 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. Volunteers are the backbone of 4-H, they create, support and are part of the 4-H community.

Leader Training



On January 5, 2005, over 50—new and returning volunteer leaders of Clinton County met to review, learn and inspire each other about the 4-H experience. New ideas about specific projects, teaching tools that fit all areas and tricks to help you succeed as a 4-H volunteer were presented. With 65 adult volunteers in the Clinton County 4-H program, more than \$206,000 of volunteer dollars have been added to our communities coffers. National statistics suggest that the average volunteer contributes over 208 hours per year. Valuing their time at \$15.24 per hour, this equals more than \$206,00 in 2006.

Rabbit Day



Rabbit Day 2006 was a qualified success. We had over 70 attendees, 4 presenters and a multitude of rabbits available for purchase. This is a project area that is really growing!

Contest Day



The **Spring Contest Day** was very well attended! 59 out of a total of 114 members -52% of all member participated. New project ideas in the fiber arts area were demonstrated. Winners from the March 18 contest advanced to the State Fair Contests. Many of the county winners were also state winners





Clinton County 4-H

Life Skills - Community Service - Leadership



Cameron Willing Workers entertain Group home

Community service plays an important role in 4-H club activities. Members work individually as well as a club group. Several of the clubs participate in the Adopt-A-Highway program, Adopt-A-Family project during the holidays and other community service programs unique to each club. The Cameron club has a great relationship with one of the group homes in their area. Several times a year, this 4-H club hosts the residents of the group home to a holiday get-together. What a great way to participate in a positive activity designed to support and enhance their growth and positive development.



Back to School Fair

On August 2, 2006, Dale Hunsburger attended the Back-to School fair hosted by the Lathrop Elementary School. The purpose of this school fair was to ensure that underprivileged students in the district were provided with the materials necessary to successfully complete the coming school year. Dale attended this event to help give 4-H a more visible presence in the community as well as to educate them on the wide variety of programs that 4-H encompasses. Over 40 individuals were impacted at this community event.

County Council members work hard at winterizing the Youth Building

Clinton County 4-H Council members gathered in December to construct insulated Roman shades for the six windows in the youth building. Materials were obtained using a \$250 grant from Platte Clay Electric Co. Members donated their time and talent to assemble the shades. Paint was donated by a few esteemed citizens and a fresh coat of cream paint was used to freshen those age-plagued windows. The Clinton County Youth building



is managed by the county and a variety of patrons use the facility throughout the year. (See fresh new paint job and new shades in photo to the right.)



Interstate

A new milestone was set in 2006, when Carrie Schwarz was named Interstate Girl. She was the last Schwarz progeny eligible for this award. All 4 of the Schwarz children were named either Interstate Boy or Girl, during their 4-H career.





Clinton County 4-H

Life Skills - Community Service - Leadership

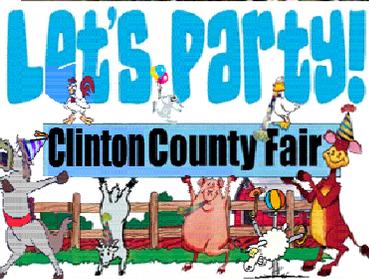


Small Animal Show

Rabbits, chickens, dogs, ducks and guinea pigs galore were judged at the small animal show. The Small Animal show continues to grow and develop. There were over 60 rabbits, 30 chickens and 10 dogs shown this year, a 20% increase over last year. The Clinton County Fair is a combined effort of the Livestock Show Committee, 4-H Council, Extension Staff, 4-H Leaders, and volunteers to provide prize money, trophies, and souvenir fair t-shirts for all fair exhibitors.



Archery Shoot Out



Open Fair

Members of the Shooting Sports program exhibited their archery skills for the community. This program has nearly doubled in size in the past few years. This is a good example of a countywide program success story.





Clinton County 4-H

Life Skills - Community Service - Leadership



Sheep Goat Dairy Beef Swine Horse





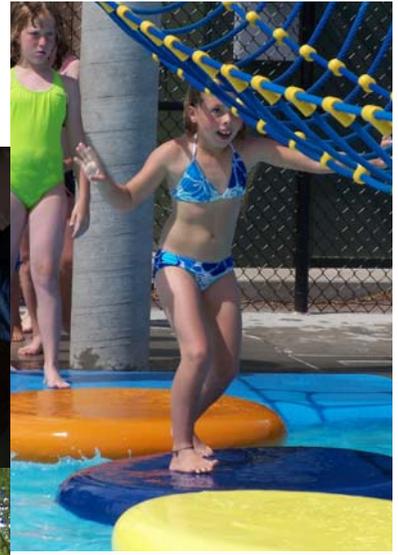
Clinton County 4-H

Life Skills - Community Service - Leadership



Clinton County sent a record number of campers to Camp Crowder this year. 25 Clinton County Campers joined a total of 200 NW regional campers enjoying leather crafts, paintball, canoeing and lots of other fun stuff. The "Cowboy Up" theme was well received with roping, rodeo bull-fighters and conservation themes coming together to teach our youth about teamwork, leadership and the positive side of competition as they acquire friends and self-esteem. Unique leadership opportunities for our older youth as teen counselors enabled them to provide a safe, protective, well-structured environment for youth campers. A state-wide 4-H Camping Evaluation project surveyed nearly 500 youth ages 10-13 and 180 parents. Results are overwhelmingly positive that essential life skills in the areas of Head (Managing and Thinking), Heart (Relating and Caring), Hands (Giving and Working), and Health (Living and Being) are consistently enhanced by children's attendance at 4-H Camps in Missouri.

4-H Camp



4-H Clover kids programs are specifically designed to meet the needs of younger youth, ages 5, 6 and 7. Clover kids in Clinton County make up about 10 % of our total membership.

Clover Kid Camp



Wayne Flanary Producer's Meeting at Grime's Farm



Regional Agronomist Report for Agronomic Programming

The agronomic programming effort is focused on timely delivery of crop management information and research to the 15 counties in NW Region. The programming effort is accomplished through radio, newspaper, newsletters, meetings and personal conversations with growers.

Each week, "Crop News and Notes," an agronomic column is written and distributed to area papers and radio stations in Northwest Missouri. The column communicates information regarding fertilizer usage, pests attacking crops, and various crop management topics. The column is sent to 17 local newspapers and 11 radio stations.

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

Our past winter Ag Update meetings focused on critical topics such as soybean rust, soybean aphid, nitrogen fertilizer management and spraying soybean fungicides. These meetings were presented with all of the Agriculture staff teaching along with the CPDs of each county helping support our efforts. Over 300 growers attended meetings in the 15 county region. Private pesticide applicator training was handled at the Ag Update meetings providing training for growers who needed licenses and those who needed to recertify. Corn growers and soybean association meetings were coordinated by the Extension Ag staff.

This summer, scouting meetings were held in all fifteen counties. The attendance limited but 72 growers attended. This is the first year this educational effort was offered.

Crop management practices for Northwest Missouri are demonstrated at the Graves-Chapple Farm. The farm is a show place to demonstrate no-till farming practices. Soil erosion reduction is a critical issue in Northwest Missouri and we must continue our progress or regulation will force compliance. Nitrogen management, planting populations, hybrid and variety selection, pest control practices are demonstrated during field days and information from the site is delivered through an annual report, on the web and during winter meetings. Jim Crawford, farm coordinator, provides management for Graves-Chapple Farm. Bruce Burdick, superintendent, provides the management and care of the Hundley-Whaley Farm.

Twelve brush control demonstrations on right-of-ways were applied in 2005. Evaluation of the treatments was handled late summer of 2006.

My programming is based on a list of needs supplied by area growers. Continue to be a source of unbiased information and education, help us evaluate new products and technology, help keep us profitable and efficient with fertilizer use and other crop inputs and finally, keep us informed of pests that may attack our crops.

Clinton County 2006 State Fair Farm Family

The John Perry family, Gower, was selected by the Clinton County Extension Council as the Clinton County Farm Family of the year to represent Clinton County at the Missouri State Fair this week in Sedalia. The Perry's will be honored with other farm families from Missouri on August 14 at the State Fair with special activities and gifts. Congratulations to an outstanding farm family who is actively engaged in agriculture and Extension activities in Clinton County. Pictured are John and Sandy Perry; Jason, Susan and son Wyeth Perry.



Annual Summer Council Picnic



The Annual Picnic for the Extension Council featured a program by Bailey O'Reilly, Clinton County Fair Queen and Missouri State Fair Queen Finalist. Bailey presented her unique and entertaining monologue as a corner post at the Missouri State Fairgrounds which she used in the Queen contest. The Council and guests expressed appreciation to Bailey for her success and positive representation of Clinton County at the State Fair.



Century Farm Family

Clinton County University of Missouri Extension honored the Robert Cook family with the presentation of their Missouri Century Farm Award at their annual picnic. Pictured for the award are 1st row, L-R: Robert Allen Cook, Norma and Robert T. Cook; 2nd Row: Kelsi, Hayley & Tari Cook; 3rd Row: Robert Lance Cook, John & Mary Quinn, Chillicothe.



Pet Pals

The value of animals for the physical and mental well being of people has been well established in the medical and sociology fields. Animals can provide the opportunity to enhance the lives of residents in residential care facilities in the county. The Clinton County Pet Pals is a function of the Clinton County Extension Council and was initiated in July 2005. Partnering with financial support of Mid America Enterprises and veterinary services of Dr. Terry and the Plattsburg Animal clinic, the second class of eight volunteers and their domestic pets became certified Pet PALS. A volunteer training and pet certification for health and social skills

was conducted at the Clinton County Youth building.

Volunteers and their pets must be annually recertified to maintain their status in the Pet PALS program. Certified volunteers are encouraged to visit the participating facilities as often as possible and reports are returned to the Extension office from both the facility and the volunteer. Certification classes are held at various times each year to increase the numbers participating in this worthwhile community service project. Pet-PALS is an intergeneration program of Ohio State University Extension, 4-H Youth Development curriculum.

Mission Statement of Clinton County Pet Pals

“To enhance intergenerational communications and relationships through service with animals.”

More Programming and services provided for Clinton County Citizens

The Clinton County Extension Center is the “local gateway” to the University of Missouri. The extension office provides many programs and services to help improve the lives of the county citizens.

Some of the services provided the past year included:

- 82 soil tests were processed for farmers, gardeners and home owners
- 32 private pesticide applicator certifications and re-certifications were administered for farmers
- 5208 regional newsletters were mailed to individuals in Clinton County
- 1020 4-H News and Notes newsletters were mailed to the 4-H families
- More than 800 publications were provided in response to inquires on topics such as horticulture, agriculture, food safety , nutrition, community development and 4-H youth development
- 12 tests for canning pressure gauges
- 10 forage tests were provided to county equine owners

The above Extension services were provided to Clinton County residents in 2006 in addition to the research based answers to hundreds of questions from phone calls or walk-in clients.

County Program Plan

During 2006, the Clinton County Extension Council worked through the steps to develop the Program Plan of Work to guide the programming to meet the identified needs of Clinton County residents. The Council determined that our programming focus on the underserved populations with improved marketing and relations development with county residents. The programs to be implemented in the near future are continued youth program, Excel Leadership, Agriculture, and a focus on economic growth with the NW regional Extension staff. The Plan of Work is designed to be a continual process to better serve the changing needs of our county.

Breakfast Club Radio Show

The first Tuesday of each month, the radio listeners of KMRN-KKWK, 100.1 FM, are treated to a variety of 4-H news from Debbie and Dale on the live 20 minute program, 'The Breakfast Club.' Upcoming 4-H events, 4-H news, interviews with 4-H members focusing on their projects, fairs, camps or community service have been just a few of the topics for 2006. This has been a wonderful opportunity for 4-H youth to gain public speaking experience while spreading 4-H news throughout the communities. The response from this Clinton County 4-H focus continues to be popular and well received by the radio station listeners in Northwest Missouri and we are appreciative of the support received from the radio station management and staff.



Embryology

Hatching chicks in the classroom is one of the most popular named programs 4-H programs and provides elementary students lessons in the life sciences. Fifteen Clinton County classrooms anxiously awaited the incubated eggs in their classrooms for the first hint of life and were rewarded with a successful hatch rate of 80-95% in each classroom. Curriculum with age-appropriate worksheets, posters, and videos help the teachers incorporate embryology into their science lessons for the 300 students, grades K-8.



CHARACTER COUNTS!

CHARACTER COUNTS! curriculum focuses on the six pillars of character: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. Six weekly lessons were taught by Debbie Davis, Youth Specialist to over 250 First and Second Grade students at Ellis Elementary and pre-kindergarten students at Over-the-Rainbow School. Community service projects were created by the Ellis students for the Oakridge Nurse home by creating 'Caring Cards' for all residents. One first grade student was inspired to ask her family to help make Thanksgiving cards for all 65 residents. The family helped with her project and delivered all the cards before Thanksgiving. The CHARACTER COUNTS! fish are loaned to each classroom to emphasize the six pillars during the six week curriculum. The classes find a fair way to select a name, share responsibilities, and must provide a safe and caring environment for the fish. This year all fish survived their classroom tours! CHARACTER COUNTS! is a national program from the Josephson Institute and an integral part of Missouri 4-H.



Family Nutrition Education Program

Changing Lives in 2006

The Family Nutrition Education Program (FNEP) reached **2280** Pre-school – 5th grade students in **Clinton** county during the 2005-2006 school year.

The program’s goals include

- Becoming more aware of nutrition
- Making healthier meal and/or snack choices
- Eating breakfast more often
- Being more willing to try new foods
- Improving hand washing skills
- Improving other food safety skills and

Increasing physical activity

After each 6-7 lesson series of classes, teachers are asked to respond with their observations of how well these goals are being met by their students. Teachers mostly just check off that they have seen improvements. Others make comments though.

Eighteen teachers reported that their students are washing longer, including a 4th and a 5th grade teacher. Twenty two teachers report their students are “singing the ABCs” during restroom breaks and before lunch and snacks are eaten. For hands to be

cleaned properly, the Centers for Disease Control and Prevention recommend they be scrubbed with soap for 20 seconds. This corresponds closely with the length of time it takes to sing the ABCs, sung by children from an early age in school. Teachers also report that students “hold their hands clean,” that is after washing their hands, they clasp them one to the other. This helps them avoid the temptation to touch walls, water fountain, other children and anything else along their way, and so avoid recontaminating them before they eat. Older students are “proud to show their clean hands” to teachers, indicating that they have washed them carefully, as taught by the FNEP educators. Nine teachers said their students were reminding each other to wash their hands and to use the proper method including soap, warm water, scrubbing hands for 20 seconds, rinsing and drying. Students even reminded their teachers if they forgot to let them wash hands before lunch or a snack!

After participating in FNEP classes, teachers also report that students are being more physically active at school. Twenty one teachers reported that students were being more active during their recess time, walking, running and just playing more actively. Others reported that there was less grumbling about having Physical Education class. Older students who previously had not been interested in PE class became excited to have time to add to their goal of the recommended 60 minutes of physical activity each day.

Trying new foods is a challenge for younger students, but after FNEP classes, more are willing to chance it. Teachers report: “Even my picky eaters tried foods” (1st grade); “They (second graders) say, ‘you don’t know until you try’” (repeating what Nutrition Educators taught them); “They will taste it now – before they refused to taste” (PreK); “Found out they liked foods they didn’t think they would” (1st and 2nd grade); and “they are surprised they like (new foods)” (Kindergarten and 1st grade).

These are just a few of the many ways FNEP Nutrition Educators are affecting children’s lives for the better. The successes go on and on. And hopefully choices children make today will become habits for a healthier lifetime.

| 2006 FNP Participants, NW Region | |
|----------------------------------|-------------------------|
| County | Participants per County |
| ANDREW | 957 |
| ATCHISON | 811 |
| BUCHANAN | 4,927 |
| CALDWELL | 851 |
| CLINTON | 2,280 |
| DAVISS | 783 |
| DEKALB | 742 |
| GENTRY | 900 |
| GRUNDY | 541 |
| HARRISON | 785 |
| HOLT | 352 |
| LIVINGSTON | 975 |
| MERCER | 286 |
| NODAWAY | 996 |
| WORTH | 189 |
| Region Totals | |
| Total Participants | 16,375 |

Food Power Volunteers are Key in 2006

During 2006, 2544 students from Andrew, Clinton, Grundy, Harrison, Mercer, and Worth counties participated in Food Power Adventure. Food Power Adventure is a part of the Family Nutrition Program's educational opportunities for schools in northwest Missouri. Key to making this learning experience run smoothly is the many volunteers that help in various ways.

Food Power Adventure is a walk-through exhibit, teaching elementary students where food comes from, how it gets to us safely, and how our bodies use it. As such, the first step in making the event happen is setting up the exhibit. Teachers and other school staff, community members, and high school students pitch in to get the gym ready for the participants to come the next day. With the help of the Food Power Coordinator, they fit lightweight frames, canvases and other pieces together to make an amazing exhibit. Children themselves have even volunteered to help with the set up. Of course, having seen all that is to come, they are warned not to let on to their classmates what is in store for them!

On the day of the Food Power Adventure, teachers escort their students through the Adventure. But with all the excitement, and with classes being split up into smaller groups to fit the Adventure's "rooms," volunteers are needed to escort some groups. Their presence helps kids stay calm and focused.

A major role volunteers serve in is as presenters in the eight stations of the exhibit. Oftentimes parents and other interested community members are asked to present. Janet Hackert, FNEP Co-coordinator for NW Missouri, works with school Food Power coordinators to identify resources for finding volunteers. This year some unique and highly qualified professionals stepped forward. In Harrison County, retired school teachers returned to the school to use their skills at Food Power Adventure. County Health Department staff from Andrew, Grundy, Harrison, and Mercer counties helped out. In Andrew, Grundy and Harrison counties, it was Health Department staff that acted as local coordinator, inviting area schools, scheduling, and arranging for all the volunteers, among many other tasks involved in such an extensive event. Trenton Fire and Ambulance crews were on hand to present the Food Power Adventure for Grundy and Mercer county students. Bethany Parks and Recreation intern and staff got in on the act to help South Harrison students learn about good nutrition, food safety and the importance of fitness. Even a home-schooling group got involved there.

Besides adults in NW Missouri, older students also took on responsibility for making Food Power an effective learning tool for their younger counterparts. High school students in Andrew County presented information in a fun and interactive way to get the younger kids excited about eating well, washing their hands, and having fun by moving. They also made it possible for a small group of physically and mentally challenged high school students to participate, by presenting to them during the elementary school's lunch break. Students at Worth County High School fulfilled many of the volunteer roles needed for the Elementary students to take part in Food Power Adventure. They helped with escorting students through the exhibit, presenting the stations' mini-lessons, and disassembling the exhibit when it was over.

All in all, without the 697 hours that 175 volunteers contributed to Food Power Adventure at these sites, the event simply could not have been as successful as it was in 2006!

FOOD POWER ADVENTURE STATS FOR 2006

| Date | County; School name(s) | Number of Students | Number of Teachers | Teacher Hours | Number of Volunteers | Volunteer Hours |
|---------|---------------------------|-----------------------|-----------------------|------------------|-------------------------|--------------------|
| 3/14/06 | Clinton Lathrop | 369 | 30 | 37 | 33 | 82 |

This year saw some changes in the Family Nutrition Education Program staff. Two Nutrition Program Associates moved on and two new educators joined the Northwest Region's team. Tracy Minnis will be covering Livingston and Caldwell counties. Tracy's background as a child care provider and paraprofessional for Special Education preschool students show her dedication to helping children. She understands the need children have to learn by hands-on experience. Angie Rhoad will be covering schools in Clinton, Daviess, and DeKalb counties. Angie brings years of experience as a Head Start teacher to the team. Her skills in preparing lessons that are interactive and fun are evident as the two of them prepare to go out and teach. They show her focus on the children's needs when it comes to creating a healthy lifestyle that begins early in life.

State, Federal and County Funding for Extension

University of Missouri Extension programs in Clinton County are funded by Clinton County, state and federal appropriations. Local funding for support of the Clinton County Extension Center is provided by the Clinton County Commissioners. They provide office space, funds for office expenses, clerical salaries and travel expenses of extension specialists who conduct educational programs in Clinton County.

A special acknowledgement and appreciation is given to the Clinton County Commissioners for financial assistance.

University of Missouri's Contribution to County Extension Program

University of Missouri provides salaries and benefits for Youth Specialist professional staff member headquartered in Clinton County.

The University provides in-service training expenses, including travel and lodging for staff, postage for staff communications and matching funds for computer equipment costs and maintenance.

In total, the University of Missouri provided support during 2006 to the extension program in Clinton County valued at \$ 70,849.00 .

Clinton County

Financial Statement

REVENUE

| | |
|-----------------------|---------------------|
| County Appropriations | \$ 32,156.00 |
| TOTAL REVENUE | \$ 32,156.00 |

EXPENSES

| | |
|--------------------------|---------------------|
| Secretary Salary | \$ 21,556.60 |
| Council Paid Benefits | \$ 2014.05 |
| Travel | \$ 2403.83 |
| Postage | \$ 145.21 |
| Telephone –local & toll | \$ 660.59 |
| Supplies and Service | \$ 1964.37 |
| Printing | \$ 164.28 |
| Office Network | \$ 300.00 |
| Insurance—Bond | \$ 270.00 |
| Advertising | \$ 109.99 |
| Miscellaneous | \$ 100.00 |
| Copy Machine Lease | \$ 1583.45 |
| Repairs and Maintenance | \$ 0.00 |
| Election | \$ 120.15 |
| TOTAL LIABILITIES | \$ 31,392.52 |

CLOSING BALANCE \$ 763.48

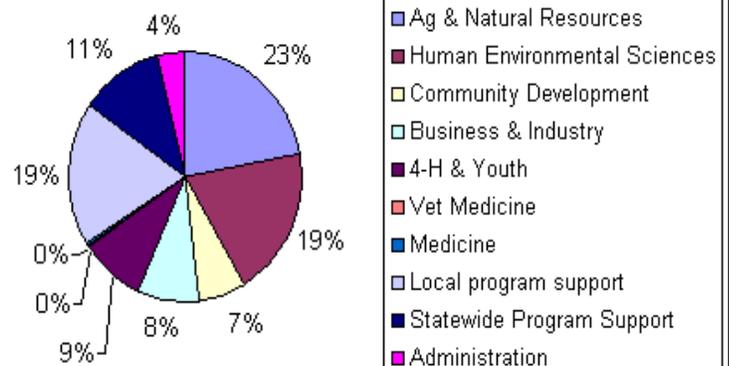
RESTRICTED FUNDS ACCOUNT BALANCES

| | |
|---------------------|--------------|
| Soil Tests | \$ 810.30 |
| Master Gardeners | \$ 1,252.60 |
| Garden & Grow | \$ -162.83 |
| Resale & Service | \$ 69.95 |
| 4-H Endowment | \$ 5,454.73 |
| Van Buren Endowment | \$ 18,882.60 |
| HES Program | \$ 8,293.44 |

TOTAL ACCOUNT BALANCES \$ 34,600.79

Sources of Funding for Statewide University of Missouri Extension in 2006

The variety of resources and educational events offered by the Clinton County Extension office continues to improve Clinton County citizens and the community. The Clinton county Extension staff take pride in their community and the staff works diligently to serve all the needs of the community. For ideas or suggestions on programming, please contact the Clinton County Extension office at 816-539-3765.





"Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a Vietnam-era veteran. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America."