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.
December 2014

Dear County Commissioners and Friends of MU Extension:

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

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

- In the area of agriculture, the Show-Me Select Heifer Replacement program continues to improve the breeding performance of heifers as it helps participants realize record prices for their efforts. Producers from 103 of Missouri’s 114 counties have enrolled heifers in the program. In a record-setting sale, 168 bred replacement heifers sold for an average of $3,033 at the Fruitland (Missouri) Livestock Auction.
- Strengthening communities through art, innovation and creativity, Extension’s Community Arts Program is piloting an initiative in Lexington to help the community enhance its image with art businesses and opportunities that reflect the talent of regional artists and benefit a nine-county tourism alliance. The Community Arts Program is also at work in the St. Louis area, overseeing the Saint Louis Storytelling Festival, which engages approximately 25,000 people each year.
- Knowing the value of dialogue with those it serves, MU Extension has made a concerted effort with the Mizzou Alumni Association to introduce MU Chancellor R. Bowen Loftin to extension programs, participants, key stakeholders and alumni from all corners of the state. These tour events, which will continue into 2015, are designed to foster understanding and support that lead to a stronger local extension effort across the state.

These are just a few examples of MU Extension’s focus on building for the future and continuing to making an impact in local communities.

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

Sincerely,

Michael D. Ouart
Vice Provost and Director
Dear County Commissioners and residents of Harrison County,

We are pleased to present you with this 2014 annual report highlighting some of University of Missouri Extension’s programming in the county.

MU Extension is the statewide outreach of all four campuses of the University of Missouri and Lincoln University. MU Extension staff provide educational resources to help citizens apply researched knowledge to solve individual and community problems.

Through conferences, short courses, workshops, one-on-one consultations, printed and recorded materials, mass media and social media, the MU Extension team brings to the public practical information in six program areas:

- 4-H Youth Development
- Agriculture and Natural Resources
- Business and Workforce Development
- Community Development
- Continuing Education
- Human Environmental Sciences

These solutions in Harrison County are made possible by the financial and programming support of the University of Missouri, Lincoln University, U.S. Department of Agriculture, County Commission and the County Extension Council. Our impact relies on the additional support of individual volunteers, groups, agencies, organizations and businesses.

We appreciate all those who made 2014 such a big success in improving people’s lives and we look forward to continuing this effort together. We hope this report increases understanding about what University of Missouri Extension has done in Harrison County in 2014.

Leon Hicks
Council Chair

Janet Hackert
County Program Director

Extension Council Roles and Responsibilities
The Harrison County University of Missouri Extension Council serves as a governing body for MU Extension programs in the county. Their responsibilities include:

- Making recommendations and suggestions to the University concerning extension programs.
- Making recommendations and suggestions to the University concerning the appointment or removal of extension personnel.
- Arranging for and administering the county’s share of the cost of the extension services over which the council has jurisdiction.
- Receiving, holding and/or selling real and personal property reasonably required for the extension program.

Leon Hicks, Chair; City of Bethany
Robin Frank, Vice Chair
Lela Stottlemyer, Secretary
Jennifer Prest, Treasurer; 4-H, Farm Bureau
Jim Holcomb, County Commissioner
Rebecca Prest, Youth Representative
Richard Morgan, MFA
Anita Milligan
O. Dee Smith
Courtney Whitney

Janet Hackert
Nutrition and Health Education Specialist
County Program Director
Heather Benedict
Agronomy Specialist
Micah Doty
Nutrition Program Associate
Kyla Payne
Youth Program Associate
Bart Skroh
Youth Program Associate
Marcia Evans
Office Manager

2014 Harrison County Council Members

Office Staff
Federal and state funds provide salaries and benefits for professional staff assigned to the county, expenses for professional development, official mail and cost-sharing on computer technology. The University also provides educational materials and faculty support for extension programs.

2014 Financial Statement
Harrison County Extension

<table>
<thead>
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<th>Income</th>
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<td>Total Income</td>
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<table>
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<tr>
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<td>Salary and Payroll</td>
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<td>Council Expenses</td>
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<td>Insurance</td>
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<td>Miscellaneous</td>
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<td>Extension Council Election</td>
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<td>Total Expenses</td>
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We would like to thank Harrison County Commissioners Jim Holcomb, Jack Hodges and Rick Smith for their ongoing support of University of Missouri Extension in Harrison County.
## Summary of 2014 Programs of Distinction

<table>
<thead>
<tr>
<th>Program/Event</th>
<th>Number of Learners</th>
<th>What They Learned</th>
<th>How this Benefits the Community</th>
<th>More Details</th>
</tr>
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<tbody>
<tr>
<td>Agriculture Field Day</td>
<td>45 county high school students</td>
<td>-Digestion of cattle -How UAVs work</td>
<td>-More prepared agricultural sector</td>
<td>Page 6</td>
</tr>
<tr>
<td>Insects and Earthworms</td>
<td>96 students in Ridgeway</td>
<td>-Identifying specific insects -Pest versus beneficial insects</td>
<td>-Reduced use of pesticides -Protecting the environment</td>
<td>Page 6</td>
</tr>
<tr>
<td>Ag Programs – Fence Laws 2014 Farm Bill</td>
<td>110 ranchers and farmers</td>
<td>-More profitable and responsible land owners -Better financial decisions</td>
<td>-Improved revenue base from ag-related businesses</td>
<td>Page 7</td>
</tr>
<tr>
<td>Hay Contest at Fair</td>
<td>4 hay producers with 7 entries</td>
<td>-Importance of hay and forage testing</td>
<td>-Improved livestock production -More reliable and affordable food supply</td>
<td>Page 7</td>
</tr>
<tr>
<td>4-H</td>
<td>105 youths and 196 volunteers</td>
<td>-Leadership skills -Importance of serving others</td>
<td>-More prepared workforce -Increased potential for income in county</td>
<td>Page 8-10</td>
</tr>
<tr>
<td>Extension Council Expands its Outreach</td>
<td>Council sponsors 4th of July parade entry MU Extension at the fair</td>
<td></td>
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<td>Page 11</td>
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<tr>
<td>Community Garden – Commitment to Health</td>
<td>55 adults and youths</td>
<td>-How to plant a garden -Motivation to eat well -Cooking from the garden</td>
<td>-200 pounds of food to food pantry -Families choosing healthier options</td>
<td>Page 12</td>
</tr>
<tr>
<td>Food Preservation</td>
<td>184 food preservers and food sellers</td>
<td>-Safe steps to can, pickle, freeze and dehydrate</td>
<td>-Safer food supply for individuals, their families and the community -Safe preserved foods bought at farmers market</td>
<td>Page 13</td>
</tr>
<tr>
<td>Staying Healthy</td>
<td>40 adults</td>
<td>-Strengthening exercises to stay strong -Techniques to manage chronic conditions</td>
<td>-Active, independent adults contributing to society longer</td>
<td>Page 14</td>
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<tr>
<td>Family Nutrition Education Program</td>
<td>1022 youths and adults</td>
<td>-Tried new foods -Made healthier food choices -Were more physically active</td>
<td>-Healthier labor force -Reduce healthcare costs for publicly-paid assistance</td>
<td>Page 15</td>
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<tr>
<td>Healthy Families</td>
<td>19 adults</td>
<td>-How to improve family life</td>
<td>-Lower family services costs -Added income to use in the community</td>
<td>Page 15</td>
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<tr>
<td>Awards</td>
<td>Leaders Honor Roll State Fair Farm Family Century Farm</td>
<td></td>
<td></td>
<td>Page 16</td>
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</table>
Harrison County High School Students Attend Agriculture Field Day

Over 45 Harrison County high school students participated in the annual Hundley Whaley youth field day. Students from the high schools in Harrison County spent September 18 at the Hundley Whaley Research Farm to learn about a wide variety of topics. Bruce Burdick, superintendent of Hundley Whaley, invited University of Missouri specialists, Missouri Conservation agents, a Missouri state trooper and others to educate the young people about topics ranging from fire control to drones. This is just one of the ways to educate youths about the importance of agriculture in the world.

One of the stops on the tour included a cow with a hole in her side into the rumen which is part of the cow’s digestive tract. Amie Schleicher, MU Extension livestock specialist from Atchison County, allowed the students to use plastic gloves and to put their hands into the rumen of the cow. The students learned more about the digestion of cattle and some of the reasons why a cow with a hole in her side would be helpful to researchers.

Kent Shannon, natural resource engineering specialist with MU Extension, showed the students the unmanned aerial vehicles (UAVs), more commonly termed drones, and explained how they could be used in agriculture. Researchers at universities would like to use the drones for precision agricultural tools. The drones can capture photos of the crops in the middle of a field without destroying the crops. Currently universities are working with the Federal Aeronautics Administration (FAA) to come up with the rules they will need to follow in order to operate the UAVs.

The representative from the Missouri State Troopers gave a demonstration about the importance of wearing seatbelts and helped the students realize their role as drivers in keeping the roads safe. Other speakers taught about corn and soybean problems, trapping nuisance mammals, deer, insects and the role of Missouri agriculture in many of the products we use every day. Many of the stops included interactive learning opportunities.

After a full day of hands-on learning, students were sent home with new ideas and stories to share with their families and a new appreciation for the range of agriculture in Missouri. And having youths more informed about agricultural research and advances leads to a more prepared agricultural sector.

Insects And Earthworms In Ridgeway

Teaching youths about topics in agriculture was a goal for University of Missouri Agronomy Specialist Heather Benedict this year. One of the programs used to do this was as a guest speaker in the Ridgeway School. Benedict had the opportunity to address 85 students in the school about insects.

Some of the topics Benedict covered included insects that are emerging as pests, beneficial insects and the need to properly identify the insect in order to know if it should be managed or left alone. These are all Integrated Pest Management (IPM) techniques. It is important for youths to learn this so they can apply it throughout their lives as well as to carry the information home to their families. Use of IPM techniques leads to reduced use of pesticides, benefiting the community by protecting the environment and non-targets.

Benedict also had a chance to speak to 11 elementary school children about earthworms during Ridgeway’s summer school program. The students learned some of the benefits earthworms provide as well as biological information about the worms. By far the most engaging portion was when the children examined live worms.
Ag Programs Aid Producers in Decision Making

In 2014 University of Missouri Agricultural Extension Specialists offered a variety of programs to help farmers make decisions regarding their operations. One of the topics that is often misunderstood by farmers is Missouri’s fence law. Consequently, on March 13, Harrison County took part in a program offered by Agricultural Business Specialist Joe Koenen.

For this online meeting, 25 people squeezed into the Harrison County Extension Center. While Koenen could not physically be at each location, technology allowed him to interact with participants in a number of locations at once. The attendees in Harrison County were able to ask questions and to learn from questions asked by those in other counties.

On December 10, Harrison County Extension was able to offer a program regarding the 2014 Farm Bill. The meeting was sponsored by five banks in Harrison County and 85 people attended. BTC Bank, Flowers Bank, Bank Northwest, Farmers Bank of Northern Missouri and Great Western Bank all helped to defray the cost of the meal and the room rental. Agricultural producers learned about new provisions in the Farm Bill from Whitney Wiegel, agricultural business specialist, Peter Zimmel, representative from Food and Agricultural Policy Research Institute (FAPRI) and Brett Gilland, agent with the Farm Service Agency (FSA).

The information from the farm bill meeting allowed producers to make vital decisions that will affect their farming operations for years to come.

These and other programs offered to the citizens of Harrison County help the agricultural producers become more profitable and responsible as landowners and producers.

With agriculture playing a major role in county and regional economics, producers making more informed financial decisions can improve the revenue base for the area.

Hay Contest Introduced At Northwest Missouri State Fair

University of Missouri specialists introduced a hay contest at the Northwest Missouri State Fair in 2014. Agronomy Specialist Heather Benedict and Livestock Specialist Shawn Deering found a way to promote forage testing by instituting a contest at the local fair.

One of the goals of Benedict and Deering was to help the local producers recognize the importance of testing their forages. The tests allow producers to mix feed rations, insure the safety of the feed for the livestock and value their product based upon its nutritional content. Despite these advantages, many producers are reluctant to pay for forage testing. They have many reasons for not testing the hay they sell or feed to their livestock. Benedict and Deering used a contest to encourage producers to test their hay.

In the inaugural year of the contest, there were only seven hay entries from four producers. However, a number of people learning of the contest reported they would likely enter next year. The seven entries represented alfalfa hay and mixed grass and legume hay. The samples were judged based on the relative feed value, color, aroma and condition. Prizes were awarded to the top three in each category. The contest was sponsored by Harrison County Extension as well as several local feed suppliers.

When forages improve, livestock production improves, providing a more reliable and affordable food supply.
Service and leadership skills are key components in 4-H youth development and in 2014 opportunities for service and leadership abounded in Harrison County.

Bart A. Skroh joined the Harrison County Extension team in August to lead its 4-H program as youth program associate (YPA). As YPA, he aids Youth Specialist Becky Simpson in planning, implementing and evaluating positive youth and volunteer development programs through 4-H clubs, schools, youth-serving agencies, community collaborations, camps and fairs. Skroh has a 4-H background as a member of the Grand River 4-H club for 10 years. He took on a greater leadership role when he served in 2006 as the youth representative to the Harrison County Extension Council. He understands and has a commitment to positive youth development since he is also a minister with the Assemblies of God. Now as YPA, Skroh says, “It is fun to be around the 4-H clubs and the kids to see their excitement for 4-H. It takes me back to my old 4-H days in Cainsville.”

In 2014, there were 105 Harrison County youths in 4-H from five clubs. The youths themselves serve as officers both at the club and county levels. The countywide 4-H Advisory Board is composed of three youths from each club that chooses to participate. As Simpson says, “The board has become a self-sufficient and highly functioning group.” They organized 62 4-H members to serve the Grundy Electric annual dinner to approximately 500 people as a major fundraiser. Attendees reported having new and better impression of youths from Harrison County because of this positive interaction with them. The board also worked cohesively to strategize and then make some significant financial decisions. Skroh has provided guidance to the group through some of the more complex situations. Youths also serve local and regional members as camp counselors, junior leaders and assistant project leaders.

In addition, Cooper Sadowsky, from the Pawnee Peppers Club of Eagleville, was elected as secretary to the 4-H State Council in 2014. Sadowsky previously served as the regional representative to the state council in 2013.

Harrison County 4-H is producing outstanding young men and women who are able to compete in the world marketplace. For example, the Harrison County livestock judging team is going to compete at the National Western Roundup livestock judging competition in Denver, Colo. The team is coached by Teela Sadowsky, a cattle rancher herself, and Adam Carrothers, a member of the Iowa State University judging team. Sadowsky is the club leader for the Pawnee Pepper 4-H Club. She says, “I got to do this... when I was in 4-H and I just think it is a great thing for the kids to do. They learn so much from participating in livestock judging. I am really proud of all of their hard work and appreciate the parents’ commitment to their kids.” The four-person team is made up of members of multiple clubs which brings our youths together to accomplish this praiseworthy task while learning skills they will be able to use in their own agricultural and other businesses in the future.

Other leadership and service activities include:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Members</th>
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<tbody>
<tr>
<td>St Louis Discovery Trip</td>
<td>3 members</td>
</tr>
<tr>
<td>State 4-H Congress</td>
<td>3 members</td>
</tr>
<tr>
<td>Clover Kids Overnight Camp</td>
<td>4 members, 7 members</td>
</tr>
<tr>
<td>4-H Summer Camp</td>
<td>7 members</td>
</tr>
<tr>
<td>Nodaway County Shoot</td>
<td>30 members</td>
</tr>
<tr>
<td>Missouri State Fair</td>
<td>35 members</td>
</tr>
<tr>
<td>Water Festival</td>
<td>93 youths</td>
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Missouri 4-H Council  
Cooper Sadowsky, second from left.

Harrison County Livestock Judging Teams  
Back row: Kinslee Vandiver, Cooper Sadowsky, Grant Taylor, Adam Carrothers (coach), Tanner Daugherty;  
front row: Jared Milligan, Mardee Sadowsky, Tyler Daugherty.
Drake Fordyce, from the Harrison County Shooting Sports Club, gave an outstanding performance at the National Shooting Sports competition. The Missouri Compound Archery team was fifth and Drake took second place. He missed first place by only 0.0005 percent. Another 23 4-H members from Harrison County are also involved in shooting sports.

Missouri 4-H members also learn to use these talents to engage in their communities. Young people in 4-H are engaged in twice as many leadership roles than their non-4-H peers. This provides them with the experience in problem-solving to step up and lead in a complex, changing world. In Harrison County, 105 youths were engaged in leadership and service experiences in their communities.

Volunteers help make it possible for 4-H members to step in leadership roles and participate in service activities. They create, support and are part of the 4-H community. Missouri 4-H volunteers responding to a survey report they contribute on average 100 hours per year. Valuing their time at $21 per hour, based on average Missouri incomes, the contribution of Harrison County’s 196 4-H volunteers was worth approximately $411,600 in 2014. More important, these adults serve as mentors for our youths helping them transition into healthy adulthood and that is priceless.

4-H youths are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to go into science-related careers than similar peers (Lerner and Lerner, 2008). Fostering career development is the fact that Missouri 4-H members are connected to college campuses and faculty. MU Extension 4-H connects 8,500 young people to University of Missouri campuses. Being on campus is a predictor of youths going on to higher education (Hoover, 2006).

Youths who earn their earn bachelor’s degree increase annual earnings by over $2.01 million over their lifetime (NACUBO, 2012). If 70 percent of the 105 Harrison County members participating in 4-H events on the MU campus go on to earn their bachelor’s degree, 4-H would help Harrison County youths earn $147,735,000 more of lifetime earnings. If these youths return to the county, these extra earnings can help stimulate the economy, benefiting the entire community.

References:


4-H Members Learning What They Need to Be Adults

2014 Recognition Day

Clover Camp Counselors
Kinslee Vandiver and Rebecca Prest with
4-H Youth Specialist Becky Simpson (back row).

2014 Clover Camp attendees

Harrison County 4-H club officers training.
Members of the Harrison County Extension Council utilized several new opportunities in 2014 to promote extension. One of the events the council participated in was the Bethany Fourth of July parade. Council members and staff used a pickup truck float to hand out 500 ice pops to the children and adults attending the parade. The float helped to link 4-H, University of Missouri, and Extension in Harrison County together in the minds of the public.

One of the hits of the float was the large stuffed tiger attached to the roof. Also, both young and old alike appreciated the ice pops at the parade as a welcome refreshment on a hot day. Interaction between the extension council and the public increased visibility for MU Extension and promoted programming.

In August of 2014, the Harrison County Extension Council set up a booth at the Northwest Missouri State Fair. The booth was in the liberal arts building. This was a change from previous years when the booth was a part of the exhibitors building. The extension council and the fair board felt that the extension booth had much in common with the exhibits in the liberal arts building.

The Northwest Missouri State Fair Board repaired the exterior of the fair building. The extension council used their time and efforts to improve the interior. The 4-H clubs volunteered to help with the cleanup, including 25 youths and 15 adults. As the walls were not suitable for painting, plastic table covers were stapled as a backdrop for the exhibits. Extra lights were suspended from the beams to help accentuate the handcrafts shown in the building. The help of the extension council and staff was essential to making the liberal arts building an inviting and interesting stop at the fair.

The extension booth at the fair highlighted the 100 year anniversary of extension in Missouri. Banners helped to express both the extension anniversary and 175 years since the founding of the University of Missouri. Photos and memorabilia from extension’s history in Harrison County were displayed for visitors to view. Helium balloons and folded MU Extension fans were used as takeaway items for those who viewed the booth. Both of the promotional items were a success and, as in years past, bags with the MU Extension logo were appreciated by the attendees of the fair.

The efforts of the Harrison County Extension Council were appreciated by the others in the liberal arts building as well as the visitors to the booth. In coming years, the council hopes to expand its visibility at the fair by including signs in the livestock pavilion and in the horse and pony ring. Signs will help those who attend the fair to understand the wide range of help provided by MU Extension.
In 2014 University of Missouri Extension specialists teamed up with the Harrison County Health Department to initiate the Mike O’Neal Memorial Community Garden. The health department pulled together a team of community members, agencies and businesses to create a community garden to supplement the nutritional needs of low-income families and others who do not have the space and/or know-how to raise a garden at home. As an University of Missouri alumnus and former extension council member, Mike O’Neal’s commitment to the health of people in the county was an inspiration to all in Extension and beyond.

In the spring, Nutrition and Health Education Specialist Janet Hackert and Agronomy Specialist Heather Benedict joined the planning team. Benedict offered her expertise with determining the suitability of the location’s soil for vegetables and other horticultural tips. Both helped in planting the garden, giving guidance to the 30 planters. Hackert also provided MU Extension publication G6226 Vegetable Planting Calendar. By the end of the morning, the seven newcomers to gardening understood where to get the details they needed to plant a healthy garden and had successfully planted various vegetables and fruits on their own. Hackert gave guidance on how to use the food that would be produced in the garden. The team harvested 200 pounds of produce and donated it to the Harrison County Food Pantry, providing a source of fresh vegetables and fruit to community members who might not otherwise be able to afford them.

Nutrition Treasure Hunt led by Hackert and Hy-Vee Dietitian Cindy Eivins. Eleven participants joined the hunt and learned interesting facts about produce from clues posted in the fresh produce, canned and frozen food aisles. The parents said it was a fun way for them and their children to learn about new fruits and vegetables they had never tried before. Several were surprised by some of the facts they had read, such as finding melatonin in cherries. Melatonin is a naturally-occurring compound that can help a person fall asleep. One participant reported at the end of the hunt that she had purchased frozen cherries because she had been having trouble sleeping and preferred the healthy, natural option of eating cherries. The nutrition facts clues were left in the store for several days. This allowed the general public to benefit from the program by understanding how choosing fruits and vegetables in various forms can improve a person’s eating plan.

Eivins and Hackert later partnered with representatives from Bethany Hy-Vee, Harrison County Community Hospital, Bethany Parks and Recreation, Missouri Department of Conservation, area fitness clubs and businesses throughout the county, greenhouse owners and commercial vegetable growers to sponsor the first county-wide wellness challenge. This included a Nutrition Treasure Hunt led by Hackert and Hy-Vee Dietitian Cindy Eivins. Eleven participants joined the hunt and learned interesting facts about produce from clues posted in the fresh produce, canned and frozen food aisles. The parents said it was a fun way for them and their children to learn about new fruits and vegetables they had never tried before. Several were surprised by some of the facts they had read, such as finding melatonin in cherries. Melatonin is a naturally-occurring compound that can help a person fall asleep. One participant reported at the end of the hunt that she had purchased frozen cherries because she had been having trouble sleeping and preferred the healthy, natural option of eating cherries. The nutrition facts clues were left in the store for several days. This allowed the general public to benefit from the program by understanding how choosing fruits and vegetables in various forms can improve a person’s eating plan.

Eivins and Hackert also offered Cooking from the Garden classes for children and their parents using produce found in the garden. Fourteen participants first went to the garden to see how their food grows. They helped Sarah Linthacum, public health educator at the health department, weed the garden and harvest the week’s produce. Next they learned how to wash their hands and the produce and how to peel some vegetables and which ones have edible skins. They cut up, measured and cooked what they had harvested using four simple recipes. Each participant also had the opportunity to taste the raw vegetables and, though some were a bit leery at first, all did taste them. One 4-year-old participant tasted a raw green bean and discovered how good they taste raw. A mother showed the impact on her family when she said, “This was really good! My kids got to jump right in and cook for themselves. Now they are ready to help me make their meals at home.”
Like the Mike O’Neal Community Garden, other gardens in the area did very well during the 2014 growing season, leading many to turn to food preservation as a way to take economic advantage of their bumper crops. Nutrition Specialist Janet Hackert’s background in food science and preservation served the county well as she answered individuals’ questions, taught a food preservation series and met with groups to prepare people for the harvest. Seeking help with food-related issues, 66 Harrison County residents and over 200 others contacted the extension center. Concerns ranged from ripening peaches and selecting the optimal preservation method for the best end product to a good way to preserve pumpkins, beets, fruit pie filling, fruit salsa, zucchini, pepper jelly, okra and sweet potatoes. People also received solutions to problems such as why canned tomatoes separate, how to prevent canning jar lids from buckling, how to preserve if one has a glass-top stove and how to can more efficiently using two layers at once in an appropriate canner. Hackert disseminated information about the more common problems to the wider community through articles, radio spots, newsletters and the office’s web site and Facebook page.

As part of Ridgeway School’s 21st Century Learning grant, Hackert taught a food preservation series at the school’s kitchen. Eight participants learned about pressure canning, boiling water canning, freezing and dehydrating. They successfully canned green beans and salsa and froze carrots. Based on exit survey results, all eight gained the skills and knowledge they needed to preserve on their own. More specifically, when asked what the most important thing they learned was, they responded:

- It is so important to follow the steps exactly.
- It is okay to reprocess canned goods within 24 hours.
- The canner should not be bigger than one inch [on each side] more than the diameter of the burner.
- Pretreatments are needed for freezing and drying.

One participant summed it up well when she said the most important thing for her was, “Everything from start to finish. I feel like I can can now without killing my family.” As a result of this series of workshops, seven out of the eight reported that they plan to preserve food and use tested recipes from a reliable source. All were able to preserve and use the produce from their expanded gardens throughout the year.

Members of the general public also had the opportunity to learn safe food preservation tips at the 2014 Women’s Expo and a pressure gauge testing event at the Bethany Farmers Market. At the expo sponsored by the Bethany Chamber of Commerce, Hackert gave an overview of various home food preservation methods and took questions from the crowd of nearly 100 women, men and children. Participants also received specific answers on dehydrating, pickling and storage conditions of fresh produce for maximum shelf life. As a result of this event, one participant volunteered to help at the community garden and one donated canning jars for use in classes. At the farmers market event, ten gauges were tested including five that were no longer accurate and needed to be replaced. Participants also received answers about how to use the pressure canner itself, how to know if it would hold pressure and how to can products that do not require pressure canning such as jams, jellies, salsa and pickled peppers. People who were new to canning had one-on-one consultation time to ask the many questions they had and to calm their fears and concerns about new and supposedly dangerous processes of canning. They left with step-by-step instructions, ready to safely can their gardens’ produce. Vendors at the market had an opportunity to confirm that their recipes and procedures for canned goods that they sell were safely aligned with USDA recommendations. They also confirmed safe procedures for dehydrated products they use at home and sell.

When people follow these tested recipes and procedures for canning, freezing and dehydrating foods, they avoid the potential dangers of unsafe food preservation, helping to keep themselves, their families and others in the community they share these foods with healthier and free from lost productivity that occurs with food-borne illness. Knowledge of these techniques also helps to safely increase the usable harvest of growers, whether on a small scale or commercial operation.
Harrison County Individuals Stay Healthy in 2014

People in Harrison County are keeping themselves healthy by participating in Stay Strong, Stay Healthy classes and Living a Healthy Life with Chronic Conditions classes.

The Stay Strong, Stay Healthy course was offered three times in 2014, with 28 older adults participating, including one in conjunction with Ridgeway School’s 21st Century Learning grant. Participants included four men and 24 women. Nineteen participants completed both a pre- and post-assessment that uses five tools to measure strength, balance and flexibility – all skills needed for a person to live independently. All 19 improved in at least one measure. In fact, six people improved in two, three and four measures each. Participants reported how the class had affected them. One participant who had dealt with a couple of strokes said, “I have done similar exercises in physical therapy but it is only after taking this class that I finally understand what I am supposed to be doing. I can feel my muscles working. I can do these.” A woman who came to the class each week using a walker elaborated on the exit survey’s question about feeling stronger by adding, “I am now walking at home without needing a walker.” Of the eight respondents to a follow-up survey three months later, all said they continue to be physically active and six said they are more active.

They were feeling more able to do everyday tasks, and feel more energetic and stronger. One participant said, “Exercise is better than medicine.”

As the assessments indicate, participants in the Stay Strong, Stay Healthy program 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 a participant entering a nursing home, which costs on average $51,465 per year in Missouri. With 19 participants completing the class, that creates a potential savings of $977,835. The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer.

Twelve local residents participated in Living a Healthy Life with Chronic Conditions classes in 2014. All reported having learned something significant to help them better manage their own or a family member’s conditions and thereby be able to be more active, contributing members of their communities. Three participants started doing the exercises their doctors recommended because of the encouragement in the class to write and report on weekly action plans. One participant said, “I have become more mindful – more mindful of time management especially. It helps me fit all I need to do to be healthy into my life.” Another said, “I walk because I enjoy it, but I discovered that walking and exercise help relieve stress and shortness of breath, helps me sleep better… really it breaks the symptom cycle in all its phases.” The symptom cycle is a graphic showing how one symptom affects another symptom and so on, increasing the discomfort and radically complicating the lives of people with chronic conditions. By breaking this cycle, the sufferer can improve quality of life considerably. This participant’s walking is also how she gives back to the community – picking up litter as she goes. Another participant had been a professional caregiver in the community before her chronic condition interrupted her life. She plans to offer her services again since she will be able to manage her condition because of what she learned in the class. She said, “I see that I am not being selfish when I take care of myself. I can ask for help for those things I cannot do for myself. In order to be able to take care of others again I have to take care of me first.” Another participant wrote a letter to her doctor describing the class and its benefits and recommending that she refer her patients to participate.

Stay Strong, Stay Healthy class warms up in Ridgeway.

Bethany residents work to Stay Strong and Stay Healthy.

1 The MetLife Market Survey of Adult Day Services & Home Care Costs, 2011
University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 1022 low-income youths and adults with nutrition education in Harrison County during the 2013-2014 school year. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.

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

Although the county was without a nutrition program associate (NPA) for much of the year, Hackert offered a few classes at the health department and some mini-lessons at the Cainsville Health Fair for students and parents. South Harrison Elementary teachers valued the FNEP program so much that they made a special request for nutrition classes. NPA Angie Rhoad fit them in at the end of the year for kindergarten through fourth grade. As she said, “It is so wonderful that schools love this program enough to search for us to assure that the students do not miss out.”

Later Micah Doty joined the effort as full time NPA through Missouri’s federally-funded FNEP grant. She has come full circle as she participated in FNEP classes growing up in Cainsville. Now, teaching the classes herself, she says, “It is exciting to see kids wanting to feel good and being willing to try new foods and wash their hands and generally doing what it takes to be healthier.”

Doty, Rhoad, Hackert and partnering teachers see participants in FNEP become more aware of nutrition; make healthier meal and snack choices; eat breakfast more often; are more willing to try new foods; and increase their physical activity. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.

Other Harrison County residents participated in programming to help them make their families and homes healthier.

Human Development Specialist Jessica Trussell helped eight people have healthier family relationships through the Focus on Kids and Building Strong Families programs. With the Focus on Kids program, the community benefits as parents are better able to meet the social and emotional needs of their children, reconfigured households are more stable, and both the children and parents have action solutions for reducing stress and building upon strengths.

Five people participated in Housing and Environmental Design Specialist Connie Neal’s programs called Healthy Homes and Energy Savings.

Family Financial Education Specialist Meridith Berry worked with six individuals through the Volunteers in Tax Assistance program to help them file their taxes and get the most back. Federal refunds amounting to $1,481 and property tax credits of $182 led to the repair of a vehicle and stimulation of the local economy, benefiting the individuals as well as the community at large.
Leaders Honor Roll

Leaders Honor Roll is an award given to members of the community who have gone above and beyond to support MU Extension and to help promote their programming.

Dee Smith has been a valued member of the MU Extension council in Harrison County for four years. She has served on a number of committees and as vice-chair. She has done a great job of promoting MU Extension at the fair and in the community. Smith has participated in MU Extension classes and shared the benefits with others to encourage them to participate themselves.

Glenda Mercer has been an active volunteer for Harrison County 4-H for more than 22 years and has led the Grand River 4-H Club even after her kids aged out. She has been inducted into the Missouri 4-H Hall of Fame and her family has received the prestigious Century 4-H Family Award. Mercer is the epitome of the 4-H volunteer—she cares about every child as if they are her own.

State Fair Farm Family

The State Fair Farm Family Award is sponsored by University of Missouri Extension and Missouri Farm Bureau. The families are active in their community and are in leadership roles.

They are respected by their neighbors and support youth organizations such as 4-H, FFA and other farm organizations.

This year’s recipients are Scott and Rhonda Taylor and sons.

Century Farm Award

The Century Farm Award is given to farms that have at least 40 acres and have been in the same family for at least 100 years.

Ed and Karen Wooderson were awarded the Century Farm Award for their 110 acres that has been in the family since 1899. It had originally been homesteaded by his great-uncle, Alfred Clinkenbeard.

Gerald and Charlotte Tripp were awarded the Century Farm Award for their 40 acres located near Ridgeway. It was originally purchased in 1913 by his grandfather, Ralph E. Tripp.
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