HOLT COUNTY UNIVERSITY OF MISSOURI EXTENSION COUNCIL
2011 ANNUAL REPORT

We’re working in our communities to make a difference!

- VICE PROVOST’S OFFICE
- AGRONOMIC PROGRAMMING
- COMMUNITY DEVELOPMENT
- BUSINESS DEVELOPMENT
- 4-H PROGRAM
- LIVESTOCK PRODUCERS PROGRAM & SCIENCE
- COMMUNITY DEVELOPMENT
- MISSOURI TAXPAYER EDUCATION INITIATIVE
- FLOOD RECOVERY
- FAMILY NUTRITION PROGRAM
- COUNCIL MEMBERS, STAFF, FINANCIALS

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. If you have special needs as addressed by the Americans with Disabilities Act and need this publication in an alternative format, write Holt County Extension Center, 101 E Missouri Street, P.O. Box 407, Oregon, MO 64473-0407
About our Council Members...

Educational Program Development and Implementation
Council members assist in planning and carrying out our extension programs, they identify concerns in the community; and make recommendations. They encourage residents, groups and organizations to participate in the Extension is many resources.

Organizational Structure
At the core of this structure are county extension council members, who ensure that the system works by identifying local educational needs, securing funds and ensuring that the research-based information of the state’s land-grant universities is available to people in their communities. Regional extension councils address issues of multi-county or regional concern. Each county extension council is represented on the regional extension council.

Governance
The county extension council administers the local extension budget and operations, including council-employed personnel and fiscal management. The council is responsible for office operations, annual council membership elections, council operations and meetings, legal requirements, regional council relationships, marketing and decision making.

2011 Extension Council

Dennis Ohlensehlen.............President
Tevan Markt.....................Vice President
Annemarie Hunziger.............Treasurer
Alice Derr..........................Secretary

Richard Barrett...Regional Co. President
Don Holstine.............County Commissioner
Karl Noellsch
Glenn Nauman
Nancy Wales
Karen Frede
Phil Morris
Joan Lehmer

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Rebecca J. Travnichek, Ph.D, AFC
Missouri Taxpayer Education Initiative

Extension Professional and Community Development Specialist,
Beverly Maltsberger
Flood Recovery Assistance for northwest Missouri

Family Nutrition Program Program Manager, Sara Brook
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Success Story

Holt County Financials and MU Holt County Extension Staff
January 2012

Dear County Commissioners and Associated Friends of MU Extension:

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

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

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

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

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

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

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

Sincerely,

Michael D. Ouart
Vice Provost and Director

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

EQUAL OPPORTUNITY/ADA INSTITUTIONS
Dear Holt County Commissioners and Residents,

We are pleased to present you with a copy of the 2011 annual report compiled by the Holt County Extension Council. This report is a brief overview of the educational programs conducted by Extension specialists for the citizens of Holt County. This annual report is not intended to give the full scope of all activities in the county. Rather, it is an attempt to provide information regarding the major programming efforts through which educational programs are provided to serve the needs of Holt County residents.

University of Missouri Extension council, faculty and staff would like to thank the Holt County commissioners for their support and funding for programs during this past year. In turn, the council, faculty 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. We do this by focused programming identified in county deliberative group sessions.

Current programming efforts statewide focus on agricultural profitability and viability, building family and individual strengths, building human resources, business, community and economic development, enhancing health and nutrition, environmental quality and stewardship and youth development. The success of MU Extension programming in Holt County would not be possible without the help and support of individual volunteers, groups, organizations, businesses, local and county government officials, and the research-based information provided by the land-grant university system.

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

Respectfully,

Wayne Flanary          Tom Kelso          Teresa Kurtz          Charmaine Flint
Agronomist Specialist  Business Development Specialist  4-H Youth Associate  Support Staff

University of Missouri Extension
Contribution to Holt County
Specialists salary expense and youth salary expense
Full benefits for specialists and cost-share medical benefits for secretary
Training of specialists and other staff
Travel and lodging during training and other University events
Computers
Postage for communications
Computer maintenance, support, updates and training
Access to grants through Extension

Total Value: $ 125,400

Holt County Local Contribution to Extension
Secretary Salary and cost-share with MU for medical benefits
Travel expense in county and region-wide events
Office supplies such as paper
Telephone
Copier

Total Value: $ 35,040
The value of crops in northwest Missouri is an economic driver for the region. The value of all crops including row crop, forages and commercial horticulture are $634 million in the Northwest Region. To maintain a competitive, viable agriculture requires the latest research, education and resources to continue its growth.

The agronomic programming effort is focused on timely delivery of crop management information and research serving 7 counties in NW Region. The programming effort is accomplished through media such as radio, newspaper, newsletters, meetings and answering growers’ questions.

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

Another way we communicate with growers is through the use of an electronic email newsletter with a distribution list of 329 growers. The monthly electronic newsletter allows us to quickly inform producers of a pest outbreak and what control measures should be taken.

Winter Ag Update meetings focus on critical topics such for both row crop and livestock producers. Pest topics such as corn and soybean fungicides, seed treatments and new technologies are presented yearly at these meetings. Private pesticide applicator license recertification and training is conducted also during the Ag Updates. Other meetings such as the Corn Grower’s Association meetings are held annually, along with other timely meetings to address emerging crop pests and issues.

Crop management demonstrations are conducted for local growers at the Graves-Chapple Research Center and forage research at the Hundley-Whaley Research Center. Nitrogen management, planting populations, hybrid and variety selection, pest control practices are demonstrated during field days at Graves Chapple Research Center and nitrogen timing and legumes at Hundley-Whaley Research Center. Research information from the site is delivered through an annual report, on the Web and during winter meetings.
As entrepreneurs and innovators, Missouri’s small businesses are becoming a more diverse group that continues to make the state’s economy productive. There are approximately 500,000 small businesses in Missouri. Nearly 98 percent of all businesses with employees are categorized as small businesses. In assisting the owners and managers of those businesses, MU Extension contributes to a county’s economic development through growth in jobs, sales, innovation, technology development and commercialization.

In Holt County, during 2010, business development program specialists and business counselors with MU Extension, Missouri Small Business & Technology Development Centers (MO SBTDC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Environmental Program, Missouri Career Options Project, and the Missouri Market Development program served 11 people and their companies with business start-up and management counseling, training and other assistance. In addition, entrepreneurs and business owners in Holt County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- New jobs: 1
- Sales increases: $224,543
- New businesses: 1
- Loans and investments in business: $2,500
- Acquired assets: $1,200
- Clients/companies receiving business counseling: 11
- Business training attendees and conference participants: 6

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

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

The business development faculty contributing to these business successes are from the programs identified above. These staff have regional and statewide assignments and work with businesses in all counties across the state.
Business development specialists headquartered at University of Missouri Extension centers; centers located on the University of Missouri campuses at Columbia, Kansas City, St. Louis and Rolla; and centers at most of the state universities across Missouri. The named programs delivered through this network include:

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

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

**Missouri Market Development Program** – This program, which is funded at the Environmental Improvement and Energy Resources Agency via the Missouri Department of Natural Resources, helps business owners find markets for recycled materials and helps other businesses in securing funding for manufacture of new goods using those recycled materials.

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

**Missouri Environmental Program** – is showing businesses how to save money by reducing waste, understanding regulations and using recycled materials.
Teresa Kurtz  
Youth Program Assoc.

Holt County Youth Events 2011

<table>
<thead>
<tr>
<th>County Events</th>
<th>Northwest Regional Events</th>
<th>State Events/Holt Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>After School Money Club</td>
<td></td>
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<tr>
<td>(7 youth for 16 sessions)</td>
<td>Summer Crowder 4-H Camp</td>
<td>State Teen 4-H Conference (3 youth from Holt County)</td>
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<tr>
<td>4-H Achievement Day</td>
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<tr>
<td>(129 projects &amp; 29 activities)</td>
<td>Mozingo 4-H Youth Camp</td>
<td>Missouri State Fair (15 exhibits)</td>
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<tr>
<td>4-H Recognition Night</td>
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<tr>
<td>(32 members, 18 leaders)</td>
<td>FFA Field Day at Graves/Chapple Research Center</td>
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<tr>
<td>Autumn Festival Jr. Pet Show</td>
<td></td>
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<tr>
<td>(21 youth)</td>
<td>4-H Interstate Show in St. Joseph</td>
<td></td>
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<tr>
<td>National 4-H Week Coloring Contest</td>
<td></td>
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<tr>
<td>(91 youth from Holt)</td>
<td></td>
<td></td>
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<tr>
<td>Sunrise 4-H Community Halloween Party</td>
<td></td>
<td></td>
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<tr>
<td>(157 people)</td>
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</table>

Community Service Projects to note: Shiloh 4-H Club in Holt County has collected over 100,000 pounds of paper to be recycled and has continued to maintain their Adopt-a-Highway project for over five years.
Compared to non 4-H Youth, 4-H Youth are:

70% more likely to participate in science, engineering, or computer technology programs
40% more likely to pursue science, engineering, or computer technology courses or career
40% more likely to be doing well in science, engineering, or computer technology courses
300% times more likely to be helping and contributing to their families and communities
300% less likely to engage in risk/problem behaviors
76% more likely to make better grades
70% more likely to go onto college
20% more likely to graduate from college

Compared to non 4-H girls, 4-H girls are:

90% more likely to plan to pursue science, engineering or computer technology courses or careers
200% more likely to participate in after school engineering courses
50% more likely to do well in science, engineering or computer technology courses

http://mo4-h.missouri.edu/resources/evaluation/pyd/pydfacsheet9-25-09.pdf
Forage in-field meeting
Harvested forages are a very significant expense in a beef cow-calf operation. It is economically advantageous for producers to extend the grazing season - the amount of time that cattle spend grazing pastures – and reduce the amount of hay being fed. In addition, feed prices are high and pasture is very limited. Fine-tuning forage management can help reduce costs and allow a producer to get more production out of their pastures. A meeting to discuss those management strategies was held on Monday, September 19 in three locations across northwest Missouri, including the Forest City area. Wayne Flanary, regional agronomist, Shawn Deering, regional livestock specialist, and Amie Schleicher, regional livestock specialist, organized and presented at these in-field meetings.
A producer in the Forest City area generously allowed the meeting to be held at one of his hay fields. The in-field format allowed for greater interaction and hands-on learning. A number of topics were discussed: overgrazing and how it impacts plant productivity, rotational grazing benefits on manure nutrient distribution, pasture fertility, weed control, how to “read” your pastures, adding legumes, resetting pastures, the influence of grazing on different plants, the grazing wedge tool for monitoring and managing pastures, grazing projects in northwest Missouri, maturity effects on quality and fescue (turning a negative into a positive).

Livestock producer programs and services
Beef cattle producers in Holt County and the surrounding area had the opportunity to attend a beef research update and cattle market outlook meeting on March 24 at the Squaw Creek National Wildlife Refuge headquarters building near Mound City. For over a decade, the Show-Me-Select replacement heifer program, developed and delivered by MU Extension, has helped producers develop high-quality replacement heifers and encourage the use of improved genetics through AI and natural-service sires that meet specific EPD (expected progeny difference) requirements. The program has expanded to look at how sires with high accuracy EPDs are producing steer and heifer progeny of higher value. Dr. Dave Patterson, state extension beef reproduction specialist at the University of Missouri, designed the heifer program and discussed his research results in these areas. An outlook for the cattle markets and feed prices was provided by Dr. Scott Brown, associate director of the food and agriculture policy research institute (FAPRI) at the University of Missouri.

Another regional meeting offered to area producers is the Beef Producers Seminar, held in Maryville each November. One producer in Holt County participated in the Show-Me-Select replacement heifer program in 2011. Services provided for beef producers include IRM red books, hay probe, portable AI breeding barn, ration balancing, and assistance with production questions. Producers can also sign up to receive the monthly NW Stock Talk newsletter. All of these are provided at little to no cost and are offered to help producers stay up-to-date, save money, and be profitable.

Amie Schleicher participated in the ALOT (Agricultural Leadership of Tomorrow) program in 2009-2010 which included a two-week study trip in France, Belgium and the UK to learn more about European agriculture and policy—and why it’s important to American agriculture. Presentations on the trip were shared with the South Holt ag students, Forest City Lions Club and Oregon Kiwanis in spring 2011.
The Reap What you Sow series was held in Maryville in the Spring of 2011. Eighteen people from Nodaway, Andrew, Gentry, Atchison, and Buchanan Counties attended the six session series. The program was developed to target new and experienced land owners who would like to operate their farm to help supply their family with home grown products, additional income, or for recreation. Many people have land resources, but are not sure how to utilize them effectively. This course helped land owners set goals, develop a plan, and learn about ways to succeed on their farm. The participants learned about: evaluating resources for their small acreage; resources available to them; pond development and management; wildlife management; forage production; selecting equipment and fencing materials; fence law; small-scale poultry production; raising horses; vegetable and fruit production; raising livestock; beekeeping; and marketing. At the end of the program, participants were asked if they had identified what they will produce on their farm as a result of the program.

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

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

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

Recordkeeping is essential to a successful business. A Farm & Business Accounting class was taught by Randa Doty, Ag Business Specialist, in Worth County. The program targeted business people and farm owners who would like to learn about using QuickBooks for farm record keeping. Fifteen people from Worth County, Nodaway County, and Iowa attend the four session series. The participants learned how to set up QuickBooks for their business, how to use the program to keep farm or business records, and how to run and analyze reports to help their business. The participants of the program have the tools to track receipts and expenses, set up a useful chart of accounts, create budgets, and to generate financial reports.

An Annie’s Project class was taught in Maryville as a part of Northwest Technical School’s Adult & Community Education Spring 2011 classes. Annie's Project is an educational program dedicated to strengthening women's roles in the modern farm enterprise. Currently, classes are being taught in 28 states. The topics of the Annie’s Project class include risk management, record keeping software, ownership of property, insurance, financial statements, spreadsheets, writing a business plan, estate planning, leases, communication issues, true colors, and marketing. Thirteen women from Nodaway, Holt, and Gentry Counties participated in the program. Participants learned how to manage a farm business. They were given the tools to keep financial records and market grain and livestock. They also learned about insurance and how it can be used to help manage risk in their life and farm. The participants learned about programs they can become involved with in the Farm Service Agency. They also learned how probate court works and how the probate process works in Missouri. One participant said, "Before I didn’t want, or care about the farm really. Now I want to be more involved."
Youth and Local Government: More than 1,000 contacts with youth in the region were made explaining multiple ways that federal, state and local governmental units operate and collaborate. Abraham Lincoln’s comment, “Government of the people, by the people, for the people, shall not perish from the Earth,” is one of the basic philosophical principles used in the teaching how citizens help create, fund and maintain local government operations.

Approximately 80 elected local government officials attended training on the principles of the Missouri Sunshine Law. Teaching youth that “It is public policy of this state that meetings, records, votes, actions and deliberations of public governmental bodies be open to the public unless otherwise provided by law” is fostered by the local county government day participation and community service projects available to youth in communities.

Responses to the youth training surveys indicate more than 60 different things were learned from their trainings. The most frequently listed values by student’s as “things learned” include the differences between general and specific purpose governments, how important tax revenues are to local governments and how those governmental units use their allocations, the principles of planning and zoning, the duties of local governmental officers and that participation in local government is important.

Community Disaster Restoration: MU Extension provides a number of resource assistance programs to help communities come through a disaster—whether it is the result of wind, water or fire.

The 2011 flood along the Missouri River Corridor creates a need for community restoration programs. The recent floods from 2010 and 2011 created numerous community issues including the need to bring a local citizen group together to assist qualifying permanent residents whose homes were severely affected by the disaster.

Assistance was provided to two different volunteer groups—one for 2010 and the 2011 disasters.

MU Extension provided numerous resources to the general public from a listing of area agencies that provide services in disasters, print resources and community volunteer committee assistance. FEMA/SEMA, faith-based groups and other collaborators is an ongoing activity for disaster recovery. For the past two years, Community Development has served as an advisor and record keeper for the volunteer committees in the area. Nearly 1,000 direct and indirect contacts were made during these flooding situations.

Entrepreneurship: Ongoing contact continues with those who have been involved with the ExCEED Project. Information promoting entrepreneurship reached approximately 300 youth and many adults at the MU Research Center Field Days. Contact continues with entrepreneurs who have an interest in or who have started a business.

Developing Tourism: Along the Missouri River Corridor from south of Omaha to north of Kansas City, MU Extension is participating in the development of a multi-state tourism project. Along with community participants along both sides of the Missouri River in the four-state area, Extension and volunteers for this project have attended the planning meetings to explore ways to assist communities in their development of tourism. This project, known as MINK (Missouri, Iowa, Nebraska, and Kansas), currently is in the process of identifying tourism themes and partners throughout the region.
Rebecca J. Travnichek, Ph.D, AFC
EXTENSION PROFESSIONAL & FAMILY FIN ED SPECIALIST

Public Value Statement:
As part of the Missouri Taxpayer Education Initiative (MoTax), four (4) tax returns were prepared in Oregon, MO, on March 1, 2011. These taxpayers in Holt County saved an average of $200 in tax preparation fees, which enabled them to get and stay current on bills, which benefits other community members by stimulating the economy, beginning in the taxpayer’s community, through federal and state tax refund dollars and dollars from tax credit.

Webapps Report:
Four (4) tax returns were prepared in Oregon, MO, on March 1, 2011. The taxpayers in Holt County consist of one white married couple, one single white male, and two single white females. Total federal tax refunds for three (3) out of four of the individuals/families was $161, with one individual owing $1,356 in federal taxes. Missouri state refunds totaled $669 for two taxpayers. The other two taxpayers owed a total of $355 to the Missouri Department of Revenue for their state taxes.

Federal and state W-4 forms were provided to those individuals who owed federal or state income taxes this year.

Beverly Maltsberger
EXTENSION PROFESSIONAL AND COMMUNITY DEVELOPMENT SPECIALIST
Flood Recovery Assistance for northwest MO
Beverly Maltsberger, State CEMP Leadership Team Member

University of MO Extension worked to provide resources and information to victims of the MO River flood. The Facebook site MoFloodInfo went live June 6, 2011, and has received over 2 million hits on the site. This site is available to people regardless of where they are living, and is accessible through computers and smart phones. The site provides links to resources at the University, local agencies, and other flood resource sites as well as opportunities to share current news and updates.

In addition to this site, Extension compiled local information in a resources directory flier. This directory was printed and distributed at many locations throughout the county. Every effort was made to put fliers into the hands of flood victims.

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

In the coming months, Extension Specialists will continue to work with flood recovery efforts by providing workshops, individual consultations, newsletters, web resources and involvement with long term recovery committees. Extension specialists live and work in northwest MO. We are here for the long haul and will continue to provide research based information to help the residents and businesses of our region recover.
University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 16,971 low-income participants with nutrition education in the Northwest Region during 2011. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.

Nutrition education for youths provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for 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.

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

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

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

Connie Mower

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

Schools:

Agencies:

Evaluation data collected across the entire state reflects the positive impacts that occur in every county with FNEP.

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

<table>
<thead>
<tr>
<th>Student changes</th>
<th>Percent of teachers who observed each type of student change</th>
<th>Percent of teachers whose students talked about this change</th>
</tr>
</thead>
<tbody>
<tr>
<td>More aware of nutrition</td>
<td>91%</td>
<td>85%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>62%</td>
<td>75%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>47%</td>
<td>51%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>76%</td>
<td>73%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>84%</td>
<td>76%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>36%</td>
<td>40%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>62%</td>
<td>64%</td>
</tr>
</tbody>
</table>
Evaluation data was collected on students who participated in a variety of curricula from Pre-Kindergarten through Grade 12. Adults across the state who participated in FNEP also made significant improvements in each area addressed.

### Teachers’ Changes (self-reported)

<table>
<thead>
<tr>
<th>Behavioral change</th>
<th>Percent of teachers who made each type of change</th>
<th>Percent of teachers already practicing the behavior</th>
<th>Percent of teachers who model or talk about the behavior in front of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>More aware of nutrition</td>
<td>51%</td>
<td>46%</td>
<td>89%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>52%</td>
<td>43%</td>
<td>87%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>37%</td>
<td>53%</td>
<td>76%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>43%</td>
<td>47%</td>
<td>81%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>32%</td>
<td>65%</td>
<td>88%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>34%</td>
<td>61%</td>
<td>70%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>40%</td>
<td>44%</td>
<td>81%</td>
</tr>
<tr>
<td>Make/offer healthier food choices for students</td>
<td>49%</td>
<td>37%</td>
<td></td>
</tr>
</tbody>
</table>

*Evaluation data was collected on students who participated in a variety of curricula from Pre-Kindergarten through Grade 12.

Adults across the state who participated in FNEP also made significant improvements in each area addressed.

### Dietary Quality and Physical Activity

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think about healthy food choices when deciding what to feed your family</td>
<td>60%</td>
</tr>
<tr>
<td>Use the “Nutrition Facts” label to make food choices</td>
<td>75%</td>
</tr>
<tr>
<td>Consume something within 2 hours of waking</td>
<td>69%</td>
</tr>
<tr>
<td>Consume the equivalent of 3 cups of milk, yogurt, and cheese each day</td>
<td>68%</td>
</tr>
<tr>
<td>Eat more than one kind of vegetable each day</td>
<td>53%</td>
</tr>
<tr>
<td>Eat more than one kind of fruit each day</td>
<td>64%</td>
</tr>
<tr>
<td>Exercise for a total of 30 minutes each day</td>
<td>52%</td>
</tr>
</tbody>
</table>

### Food Safety

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let meat and dairy foods sit out for more than 2 hours</td>
<td>70%</td>
</tr>
<tr>
<td>Thaw frozen foods at room temperature</td>
<td>62%</td>
</tr>
</tbody>
</table>

### Food Resource Management

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan meals ahead of time</td>
<td>69%</td>
</tr>
<tr>
<td>Compare prices before bought food</td>
<td>51%</td>
</tr>
<tr>
<td>Shop with a grocery list</td>
<td>58%</td>
</tr>
</tbody>
</table>

**Success Story:** In addition to the numbers, local success stories demonstrate program impact. (1) The Superintendent, and father of 3 elementary students, told me a story. He was being the "short order cook" at home one evening and had food laid out on the kitchen table. His children were discussing what food groups were present. They had a lively discussion about the yellow stripe on MyPyramid. Was it really a food group or not? He told me that his children take everything to heart that they hear during our nutrition lessons and often talk about it at home. They make decisions about food choices based on what we talked about that day at school. (2) When I handout the newsletters at the end of each lesson, I briefly read over the information aloud so the students have an idea of what they will be giving their parents. A kindergarten boy was excited to hear about the recipe for Smiley Apples. The next week when I returned to his classroom he told me that he had brought all the ingredients to make Smiley Apples for snack time to share with his classmates. In this same classroom, each day when the students sit down in the cafeteria, the teacher asks them to tell her what food groups they have on their lunch tray. This is a great way to reinforce what we have been talking about in the classroom during my lessons.
Financial Statement

Income

- County Appropriation 35,040.00
- Contracts, Grants /Income 1,919.52
- Student Fees 1,738.00
- Publications for resale 2,432.42
- Soil Testing & Plant Diagnosis 420.68

Totals $ 41,550.62

Expenses

- Payroll Expenses 19,702.94
- Non-Payroll Salary 3,378.62
- Travel 4,134.43
- Postage 1,150.00
- Advertising 243.10
- Lease Copier 1,680.00
- Publishing/Printing 1,337.73
- Supplies 6,902.50
- Insurance 450.96
- Soil Testing 1,461.15
- Repairs 1,109.19

Totals 41,550.62

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