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
Impact on Howard County, Missouri

**UM Students from Your County in 2011**
- 96 students
  - 84 - MU
  - 7 - UMKC
  - 4 - Missouri S&T
  - 1 - UMSL
  - 67 - Undergraduates
  - 29 - Graduates
  - 73 - Full-time students
  - 23 - Part-time students

**UM Alumni Residing in Your County in 2011**
- 505 alumni
  - 465 - MU
  - 19 - UMKC
  - 10 - Missouri S&T
  - 11 - UMSL
  - 197 Selected School Alumni
    - 3 - Medicine
    - 21 - Nursing
    - 16 - Health Professions
    - 4 - Dentistry
    - 3 - Pharmacy
    - 4 - Veterinary Medicine
    - 105 - Agriculture
    - 25 - Engineering
    - 16 - Law

**UM Employees and Retirees Residing in Your County in 2011**
- 333 people employed by UM
  - 187 - MU
  - 1 - Missouri S&T
  - 134 - UM Health Care
  - 11 - UM System
  - 94 UM Retirees and Beneficiaries

**Tax Revenue and Income Generated by UM Employees and Retirees Residing in Your County in 2011**
- $456,576 in Missouri State Taxes
- $2,005,393 in Federal Taxes
- $13,586,399 in Salary and Retirement Income returning to the county

**UM Services Received in Your County in 2011**
- 4,796 patients seen at UM Health Care with $1,273,390 of uncompensated care.
- 7 patients seen at the UMKC School of Dentistry with an average of $37 per patient in uncompensated care.
- 2,078 educational contacts with MU Extension through MU Extension events held in your county.
Impact on Howard County, Missouri

Statewide Impact

UM Research Expenditures Funded by Federal and Private Sources

Financial Aid Provided to UM Students in 2011
- $830.3 million
  - $401.9 million - MU
  - $200.1 million - UMKC
  - $92.2 million - Missouri S&T
  - $136.1 million - UMSL

Electronic Services to the State in 2011
- The Missouri Research & Education Network (MOREnet) provided internet connectivity and technical services to members that include:
  - 64 higher education institutions with approximately 295,000 students.
  - 500 school districts with 856,000 students and 76,000 faculty.
  - 134 public libraries connecting 320 library buildings that serve 5.7 million Missourians.
  - MOREnet paid $16 million in telecommunications expenditures to companies doing business in Missouri.
  - The Missouri Bibliographic Information User System (MOBIUS) loaned 203,289 books from higher education institutions to state students.

Impact on Education in 2010
- UM enrolled 47% of first-time undergraduates attending four-year public institutions in 2010.
- UM awarded 46% of the 1,134 doctoral degrees earned in Missouri.
- UM awarded 43% of the 1,880 first-professional degrees earned in Missouri.
- UM awarded 53% of the 28,656 degrees awarded by Missouri’s four-year public institutions.

Economic Development Highlights
- With $2.92 billion in total revenues in 2011, UM would have been the 18th largest publicly-held Missouri-headquartered company in the state in 2009.
- With more than 31,000 employees in the state, UM was Missouri’s 2nd largest employer in 2010.
- In 2009, UM’s $164 million in federal science and engineering research expenditures represented 91% of these expenditures at Missouri public universities.
- In 2011, UM’s $24 million in National Science Foundation (NSF) awards represented 84% of all NSF awards made to Missouri public universities.
- UM earned $7.8 million in licensing income in 2011.
- UM received 157 new invention disclosures in 2011.
- 5 startups were created around UM technologies in 2011.
- UM was issued 31 U.S. patents and filed 58 new U.S. patent applications in 2011.

Select UM Properties in Your County
Horticulture and Agroforestry Research Center
**2011 Howard County Council:**
The County Council is the link between University of Missouri Extension and the people of the state. Established and directed by Missouri state law. The council assists the staff in educational program development and implementation, personnel and fiscal management and membership. County councils are comprised elected and appointed members who service two-year terms.

**2011 Howard County Council members are:**
- **Elected Members:**
  - Tracey Frevert – Chair
  - Leah McCallister – Vice Chair
  - Cheryl Adams - Treasurer
  - Mark Adams
  - Nancy Symes
  - Bryan Monckton
  - Fred Foley
  - Richard Crowley
  - Jeri Hubbard

- **Appointed Members:**
  - Richard Conrow – Howard County Commissioner
  - Laura Korte - Secretary-City of Fayette
  - Farm Bureau Representative

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**Howard County Extension Council Budget**

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**A message from your Howard County Extension Council:**

Dear Citizens,

The University of Missouri Extension provides educational programs for the citizens of Howard County and other Missouri counties. Your support makes it possible and we depend on the citizens of Howard County for that support; please seriously consider becoming a member of the Extension Council as a way of showing your support in a concrete way. Consider the following facts:

- For almost 100 years, the University of Missouri has provided cooperative extension services to Missouri residents.
- Missouri's extension has its roots in federal acts (the Morrill Act of 1862, the Hatch Act of 1887, and the Smith-Lever Act of 1914) that enabled the university to create and sustain an Extension service.
- Without Missouri Extension in Howard County we would not have a viable 4-H program.
- Missouri's Extension's business development programs help entrepreneurs succeed in private enterprise and promote local and statewide economic development efforts.
- MU Extension programs strive to maximize the quality of human and family life with, among other things; a Focus on Kids program and a Family Nutrition Education Program.

Howard County's University of Missouri Extension has sponsored a Howard County Farm Tour, Howard County Town & Country and State Fair Farm Family for a number of years. Highlights and outcomes of local program efforts in 2011 are included in this condensed annual report. For the full report, please visit our website: [http://extension.missouri.edu/howard/](http://extension.missouri.edu/howard/) or call your office at 660-248-2272 for a printed report.

We, on the Extension Council are very happy to have Wendy Flatt Rapp, our County Program Director/Livestock Specialist, back on the job after she spent 18 months in Iraq—we are proud of her for going and sharing her expertise, but we are glad she is home safe and sound. Again, we ask you to think about how you can help Howard county make your Extension office an even more vital part of the community.

Tracey Frevert, Howard County Council Chairperson

Laura Korte, Howard County Council Secretary

Wendy Flatt Rapp, County Program Director/Livestock Specialist
Livestock Programming

Wendy Flatt-Rapp - County Program Director/ Livestock Specialist.

Back from Iraq

Wendy served for 18 months overseas in Iraq as an Agriculture Advisor with a Provincial Reconstruction Team (PRT). A PRT was a joint effort between the Departments of Defense, State, Agriculture, Justice, Energy, USAID and the United Nations. Ms. Rapp used her skills as a Livestock Specialist, helping the farmers of Kirkuk (250 km northeast of Baghdad) increase their capacity in the areas of dairy, grain, sheep production, veterinary medicine, soil conservation, and drought management. Ms. Rapp also helped with several women’s projects that increased their skills as business owners and farmers, which is integral to not only improving women’s rights, but also to stabilizing a war torn country. Ms. Rapp’s impact on working with Iraqis was felt most, as she left her position to come back to Mid-Missouri. Ms. Rapp, either lead or assisted with: $3,852,000 of grants from CERP (Commanders Emergency Response Program), QRF (Quick Release Funds) and TDP (Targeted Development Program) funds to purchase equipment and training for the Iraqis. These funds purchased; Four micro-dairy processors worth a total of $2 million. Dairy training for 52 men and women farmers, 16 technicians and engineers that will work inside the processors once running. One silage cutter and wagon, which is very new technology to Iraq. Two hoop-house heaters and a two-wheeled tractor with sickle bar to cut forage at the extension farm (they were doing it by hand). Artificial insemination and estrous synchronization training and equipment for 57 Iraqi men and women private veterinarians, who were part of the Kirkuk Veterinary Syndicate (private veterinarians). Ten no-till drills (and training), which went to the agri-

Consultations, phone calls, farm visits:

Livestock related programming is open to all producers and any other interested people, throughout the year; however, many times producers require individualized help. It is the consultations, phone calls and many farm visits during the year that provide the best one-on-one educational programming possible on top of getting producers the most up-to-date information on a range of topics.

Howard County Ag Café:

Anthony Schreiner from Wray-Carroll Coop outside of Carrollton, MO came to Glasgow and talked about what was needed for producers to take advantage of distillers grains, 7 producers from Howard County were in attendance. Producers learned how to get modified and dry distillers from the Carrollton plant, who to call, pricing, how to utilize it once it was at their farm, how to store and when to buy it. Hay and feed prices are the biggest cost to cow-calf producers, especially this year. So this topic was especially timely as the weather gets colder. Four out of the 7 producers, found the information “extremely helpful” and rated it a 8.5 out of 10 (best). Distillers grains is a fantastic feed by-product of the ethanol industry and this session provided vital information to the producers to get through the winter. Anthony also discussed storage issues with the modified distillers product and what the best time of year to buy this product, as this could potentially save producers thousands of dollars every year in feed costs.
Performance Testing bulls and heifers—Performance testing bulls and heifer is an important facet in the purebred business. It is needed for breed information (hip height, weight, sire and dam) that goes back to a producer's particular breed association. The breed association then enters the data into a database and computes certain ratios and performance information, which goes back to the producer. The producer can then make decisions pertinent to his/her herd and how to best manage the livestock. The data can also be used by a potential bull buyer or someone looking at heifers to decide what would fit best for their herd as well. It is another tool producers can use to make informed decisions.

Quality System Assessment (QSA) - Missouri Department of Agriculture (MDA) came out with a source and age verification program on October 11th of 2005. The program is exclusively for beef cattle producers in the state of Missouri. Greg Onstott and Mark Murphy of MDA have been integral in getting the program set-up for Missouri's Livestock producers, so they not only have another marketing option for their calves, but also give their global and domestic consumers what they desire; source and age verified beef. University of Missouri Livestock Specialists across Missouri went through the MDA sponsored training program in 2005 and again in 2006, after several program changes took place. In 2005, over 500 QSA evaluators state-wide were able to go onto farms and do the necessary evaluations for producer eligibility into the QSA program. The number of eligible evaluators changed in 2006 from over 500 to less then 100. The changes were mandated from USDA, that QSA evaluators "had no financial gain" by evaluating a producer. Consumers in the Asian Pacific Rim and even domestically in the US increasingly demand source and age verified beef due in part to the BSE incidence in December of 2003. QSA on-farm evaluation consists of getting a premise ID and then having a MU Extension Livestock Specialist going to a producer's farm and looking at his/her farm records. The farm records must be able to tie a cow or group of cows with birth records of either an individual or group birth date (using the oldest animal as the group's birth date). Cattle not born on an individual's farm are not qualified to be QSA certified, calves HAVE to be born on the individuals' farm. Birth records are required to be kept for three-years after the animal is sold, audits will be conducted annually on 10% of Missouri's producers by MDA personnel.

Consultations, phone calls, farm visits- Livestock related programming is open to all producers and any other interested people, throughout the year; however, many times producers require individualized help. It is the consultations, phone calls and many farm visits during the year that provide the best one-on-one educational programming possible on top of getting producers the most up-to-date information on a range of topics. Not only do I do outreach programs, I also balance rations, which has become increasingly important as the price of corn has skyrocketed, take forage and hay samples, interpret their results, troubleshoot and face-to-face consultations in the 4-county area I am assigned to which includes; Howard, Chariton, Carroll and Saline counties. Also, I am asked to help with programs not only in other counties outside my 4-county region, but also other regions in Missouri.

Show-Me-Select Heifers—Wendy Flatt, Livestock Specialist is responsible for the Show-Me-Select program in her four-county area (Howard, Carroll, Saline and Chariton Counties). One-producer took advantage of the premiums associated with selling commercial heifers through the "Show-Me-Select" heifer program in 2011 within her four-county area. Dr. Dave Patterson, State Beef Specialists with MU Extension and co-founder of this program says; "The Show Me Select Replacement Heifer Program is focused entirely on Missouri's farmers and is dependent upon active participation from regional extension livestock specialists and local veterinarians, each of which are critical components of the agricultural sector of this state. This program is unique in that it is first and foremost, an educational program targeted at improving production efficiency through increased use of existing technology, coupled with the marketing component."

The targeted outcomes of this program include:

- Increased adoption rate by farmers in Missouri of management practices that offer potential to improve long-term reproductive efficiency of their herds and resulting profitability
- Expanded working relationships among farmers, regional livestock specialists and veterinarians that will enhance information exchange and improve management of cow herds across Missouri
- Improved heifer development programs through a Total Quality Management approach
- Increased marketing opportunities and added value for Missouri-raised heifers
- Creation of reliable sources of quality replacement heifers in terms of genetics and management
Howard County State Fair Farm Family 2011

The McGuire family (Nathan, Lisa, Addison, Dustin, Rebecca, Grace & Miles) were honored at the Missouri State Fair as the Howard County Farm Family of 2011. The event was sponsored by Missouri Farm Bureau, Missouri Department of Agriculture, Missouri State Fair, MU Extension, and MU College of Agriculture, Food and Natural Resources.

2011 Farm Tour:
The August 2011 Farm Tour started at the Howard County Courthouse. Adams Farms featured strip farming and “old tractors” that dated back to the early 20th century. Charlie Adams, talked about how they converted CRP back into tillable land through a program with USDA. Participants learned how strip farming could bring land back into production, which will be evermore important as global population increases. Adams also showed off several decades of tractors of all varieties and what purpose they served. The second stop was Bart and Christine Fuhlage, who raise Angus Cross Cattle, roping horses and hunting dogs. They also showed off their new roping arena and did a roping demonstration to 20 participants and showed them how to take care of their athletic horses, which need to be fed and taken care of differently than typical pasture horses, that get very little exercise. The Howard County Extension Council partnered with the Howard County Cattlemen and 4-H to serve hamburgers and drinks. The farm tour participants learned more about how their food is grown and how livestock, like horses, are taken care of. In a time of growing population, decreasing land resources and more scrutiny on animal caretakers, participants learned how Howard County producers are not only taking care of the land, but their animals.

2011 Town & Country

The twelfth annual Howard County Town & Country Event was held on February 12, 2011 at the Fayette High School. Howard County 4-H Achievement Day was held in conjunction with the MU Extension Faculty education activities throughout the day which included MAESTRO (Missouri Agricultural Energy Saving Team) presented by Sam Orr, Mediterranean Diet with Arthur Schneider, Preserving the Harvest with Vera Massey, Proper Pruning with Todd Lorenz, Free Business Assistance with Virgil Woolridge, Pesticide Applicator Training with Todd Lorenz. Genealogy and the Internet taught by: Harold Kerr from the Howard County Genealogical Society, Tax Tips for Small Business and Small Farms was taught by Cheryl Adams with H&R Block. The silent auction was again run by the Howard County Extension Council which raised $757.00 for the Youth Program Assistant for Howard County. The evening included a banquet during which citizens in Howard County were honored for their work in the community. Awards for Howard County’s “Citizen of the Year” for the towns of Fayette, Glasgow and New Franklin were given, as well as the Howard County’s Extension Honor Roll, which was presented to Gale Schafer & Cathy Daniels by the Extension Council Treasurer Cheryl Adams. The evening entertainment was performed by Andrew McCrea Nationally syndicated radio broadcaster, keynote speaker and leadership trainer.

Results from 2011 PAT & Soil Samples

In 2011 The Howard County Extension office processed 64 soil samples for area residents.

Private Pesticide Applicator Training:
The private pesticide applicator training (PPAT) program consisted of initial training for first time applicants and re-certification of private pesticide applicators.

Training hours and attendance:
In 2011, 1 applicant was certified for the first time and 8 were re-certified. All applicants were from Howard County. This contributed to 18 hours of total workshop participation in 2011.
Howard County 4-H: a community of youth building life skills, engaging in science and connecting to their community.

Deborah Brucks  
Howard County  
4-H Youth Program  Assistant

Amanda Struchtemeyer  
4-H Development Specialist  
& Co CPD Saline County

Number of Howard County Learners  
204 4-H members  *  75 trained volunteers

Hours of Learning  
7,150 4-H'er learning hours in 2011  *  7,500 adult volunteer hours

Howard County 4-H serves youth through 4 organized clubs, school enrichment groups, camps, and more. Howard County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. The youth of Howard County have demonstrated advanced learning through the following activities:

Regional, State and National 4-H Attendance:
- Teen Conference – 2 member  * 4-H Summer Camp – 25 members *
- Clover Kids Day Camp – 17 members  *State Shooting Sports Contest – 30 members
- Achievement Day – 25 members  * Regional Energizer – 10 members *
- National 4-H Congress – 1 member. One of every four Missourians between the ages of 5 and 18 participated in a Missouri 4-H program in 2011

How Did Howard County Participants Benefit?
4-H project work and related educational experiences helps youth explore interests from animal science to aerospace, resulting in increased interest in science at a rate three times that of non-4-H peers. Projects such as robotics, water quality, conservation, livestock, veterinary science, and computer soft-ware allow 4-H’ers to practice: wise use of resources, decision making, goal setting, marketable skills, and self-motivation.

Interest in science is a predictor for young people to choose science-related careers. Compared to non 4-H Youth, 4-H Youth are 70% more likely to participate in science, engineering, or computer technology programs and 40% more likely to pursue science, engineering, or computer technology courses or career. This interest in science, along with 4-H members’ 70 percent greater likelihood to go to college than youth participating in other out-of-school programs, is helping grow future scientists.

How Does This Work Make Howard County and Missouri Better?
Youth who earn their earn bachelor’s degree, increase annual earnings by $2.01 million over their lifetime (Porter, 2003). If 70% of the Howard County members participating in 4-H events on the MU Campus go onto earning their Bachelors, 4-H would help young people earn more than $8 million over a lifetime of earnings.

Missouri 4-H volunteers responding to a survey report they contribute on average 100 hours per year. Valuing their time at $18.70 per hour, based on average Missouri incomes, the contribution of Howard County 4-H volunteers was worth more than $140,250 in 2011! These adults serve as mentors for our youth, priceless.

4-H project work and related educational experiences help youth explore interests in citizenship, communications and leadership. 4-H Youth report 3 times more opportunities than their non-4-H peers to engage in meaningfully community leadership roles.
MU Extension
Business Development Programs

BD Specialist Name: Virgil Woolridge

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 Howard County, during 2011, 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 Howard 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
- New businesses: 1
- Jobs retained: 1
- Loans and investments in business: $9,000
- Acquired assets: $7,500
- 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 BDP 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

To find more information about the Howard County Business Development Program, you can go to our website, [http://extension.missouri.edu/howard/](http://extension.missouri.edu/howard/) or contact Virgil Woolridge, Howard County Business Development Specialist at 573-581-3231 or email at [woolridgev@missouri.edu](mailto:woolridgev@missouri.edu).
New tax laws with the potential to affect many small businesses and agricultural producers were covered during late October and early November 2011 at the MU Extension Business/Farm Income Tax Schools. The six schools were presented in Cape Girardeau, O’Fallon, Columbia, St. Joseph, Warrensburg, and Springfield. Topics for the schools included coverage of New 2011 Tax Legislation; Rulings and Cases; Small Business and Individual Taxpayer Issues; and Agricultural topics.

The schools were taught by Dr. Mike Hardin, Ph D., enrolled agent, retired professor of Ag Economics at Oklahoma State University; Catherine Murphy, Stakeholder Liaison with the Internal Revenue Service; and Parman Green, Ag Business Management specialist with University of Missouri Extension.

The schools are designed for 8 Continuing Education credits for CPAs, Public Accountants and Enrolled Agents and as 8.4 credits of Continuing Legal Education. The registration fee for the school was $130. Regarding the usefulness and the value of information presented at these schools, each received a 9 on a scale of 1 to 10, where 10 is the highest usefulness and value.

Seventy-nine paid participants from 41 counties attended the schools held in Columbia and Warrensburg. Participants from the following central Missouri regional extension counties attended these schools: Audrain(1), Benton (3), Boone(7), Callaway(1), Carroll(6), Chariton(2), Cole(9), Cooper(6), Howard(1), Moniteau(8), Morgan(1), Osage(2), Pettis(5), and Saline(12).

Selected comments from participants of these schools:
If I went to only one tax seminar a year, the Missouri Extension Farm Tax School would be the one I’d go to. Year after year, it’s the best!
Dr. Hardin provides the most comprehensive, pleasing, and analysis of all aspects of the tax code and unique opportunities to provide for beneficial use of clients for our practice.
The best 8 hours of continuing professional education time I have attended!
Workbook is one of my best (tax resources).
I get my money’s worth twice – a great conference and a great workbook!
The tax workbook is a “must have tool” in the toolbox, it will be open on my desk all through the tax season!
I was made aware of a “step-up in basis provision” for grain passed through an estate that will save a client several thousands of dollars – thanks!

QuickBooks – Farm/Business Record Keeping
QuickBooks has become a “standard” and popular computerized accounting tool for farm record keeping. While QuickBooks is not difficult to use, establishing a good chart of accounts and enterprise lists will greatly enhance the efficiency and effectiveness of this tool. This program was co-sponsored by the Carrollton Public Library and was presented in their computer lab. Participants:
- Customized a chart of accounts
- Utilized enterprise accounting
- Recorded check and deposit transactions
- Reconciled the checking account
- Customized and generated financial reports

Participants have indicated:
- I am now better prepared and have the confidence to switch from a manual accounting system to a computerized accounting system.
- I was most impressed by the ease of generating reports and how easy it is to customize reports.
- The ability to receive instruction and then utilize a computer at the instruction site to utilize the new knowledge was a great benefit in learning how to use this accounting software.

Women in Boots & Blue Jeans
The Women in Boots & Blue Jeans program is designed to help participants develop and hone farm management skills and concepts to make better business decisions relative to their farm land and/or farm business. These skills and concepts will lead to more profitable farms and more money to be spent in the local community.

The Women in Boots & Blue Jeans conference was held in Carrollton on August 23rd at the Carrollton Public Library Conference Center. The Carrollton site was one of three sites that audio-visually hosted the conference. The other two locations were Albany and Warrensburg. Twelve participants attended the Carrollton conference to learn about issues dealing with agricultural risk management issues. The topics included an agricultural outlook, estate and income tax update, crop insurance options, and leasing/land value trends. Participants reported as a result of this program they will review their insurance, estate plan, farm leases, and communicate better with family and neighbors/tenants/landlords. One participant best summed-up the expression made by many participants: “Great, great, great learning experience!!!”

The participants included land owners and farm operators. The conference was targeted towards farm women. This program was partially funded through a grant from the USDA Risk Management Agency.
Women in Ag Regional Conference:
The 8th annual Women in Ag Regional Conference was held at the Martin Community Center on March 11, 2011 at Marshall, MO. This is a one day conference with the primary mission of meeting the needs of women in agriculture by addressing the personal, family, and farm issues affecting their lives, families, and farm businesses. The planning committee for this conference is comprised of representative from University of Missouri Extension, USDA - FSA and NRCS, Saline County Commission, Lincoln University, and private business; working together for the common goal of providing a wide variety of useful information to women involved in the agricultural community.

Conference funding is provided through donations from USDA FSA, University of Missouri Extension, USDA NRCS grant, local tourism grant, sponsorship from private businesses, and through registration fees. One of the goals of the planning committee is to keep registration cost at a minimum to encourage attendance. Attendees were asked to indicate why they decided to attend this conference (they were asked to check all that were applicable).

- 76% - the topics were interesting
- 67% - to learn about topics important to me
- 65% - wanted to hear one or more of the speakers
- 47% - the people are always so friendly at this conference
- 46% - get a lot of value for the registration fee
- 42% - meet people with the same interests
- 39% - spend a day with fun people
- 37% - meet professionals who can help me

To get a handle on the impact of this annual conference - attendees who had attended prior conferences were asked how the prior conference(s) had impacted them.

- 78% - worked more effectively with state and federal government agencies
- 76% - read, studied, and used information from the handouts
- 75% - shared information with others
- 71% - communicated more effectively with family & partners about the farming operation
- 62% - recommended the workshop to others
- 42% - made better informed decisions about their farm
- 38% - reviewed or revised their estate plan
- 24% - kept better farm records

Participants from the following central Missouri regional extension counties attended this conference: Audrain(1), Benton(5), Boone(11), Callaway(1), Carroll(16), Chariton(5), Cole(12), Cooper(13), Howard(18), Moniteau(3), Osage(2), Pettis(12), and Saline(95).

Community Development

Larry Dickerson - Community Development Specialist:

Community Development Programs conducted in Howard County:

Focus on Fayette - the Focus on Fayette program continued from 2010. Accomplishments of Task Forces for the past year included:

Local Business
- Surveys of Central Methodist students shopping – results presented to Chamber of Commerce
- Survey of community shopping – results being compiled * MU Dept. Of Rural Sociology surveys – ongoing

Economic Development:
- Ordinance on vacated and abandoned buildings passed by City council – on April ballot*
- Articles for newspaper – infrastructure on utility bills *Shell buildings listed on State website/local website*
- Small businesses on square opened

Store Fronts
- Cleaned up square by students on community service day * Displays created and put in vacant storefronts
- Planter built and plants put in them and put on square * Edward Jones moving into Fayette on the square
- New restaurant – Maggie’s - opening on square

Publicity
- Web site for community * Linkages to many community organizations

Changes and accomplishments that have evolved since the original planning sessions include:
- New Farmers Market to open in spring * New folks involved in organic farming * Community Garden started -10 plots
Ideas to pursue in the next year include:

- Community profile
- Local Business Assistance Guide
- Business financing – low cost loan fund
- Know what is here - a business directory
- Buy Local
- Promote the community
- Business planning
- Agricultural business expansion

New priorities for the next year include:

- Leadership development for younger people
- Active Chamber of Commerce - JAYCEES
- More people involved
- Brochure/flyer/resources for people wanting to start a business
- On line business assistance
- Buy local Howard county – business directory
- Business mentorship program

New task force areas to consider:

**Leadership**
- Develop a leadership program

**Business Development**
- Mentorship
- Planning
- Directory
- Buy Local
- Businesses work together
- Revitalize Chamber
- Marketing

**Economic Development**
- Resources for promotion of community
- Marketing the community
- Publicity

**Town Square**
- Continue cleanup
- Displays in storefronts
- Bring businesses together

**Organizing for Action**
- People selected with their feet into 3 action groups. These are:
  - Small Business
  - Store Fronts/Town Square
  - Economic Development/Publicity

The Focus on Fayette group continues to work, organizing to revive the Downtown organization and using the results from the research project described below.

**Fayette Research project in conjunction with the Rural Sociology Department at the University of Missouri** – this included:

1. A Baseline Survey of Household Consumption Behaviors to Identify General Patterns of Consumption – Graduate Survey Research Class & (Dr. O’Brien and Dr. Grigsby)
2. An In-Depth Qualitative Study of Selected Households to Provide “Real Person” Accounts of How and Why People Consume as they do and how it affects their Community Attachment (Dr. Grigsby)
3. Facilitation of Community Planning on Consumption and Community Development (Drs. Reed-Adams and Grigsby)
4. Sharing what we have found in Fayette with Other Rural Communities - Workshops, Publications, Outreach

Findings included information on local spending patterns, what people bought in Fayette, interest in starting new businesses and how folks felt about the local farmers market. Suggestions were made on how to use the information in the study to help the community of Fayette.

Community Connections Radio Show on KOPN 89.5fm in Columbia - members of the Focus on Fayette group were guests on the radio show and talked about the activities and successes of the group. This is hosted by Larry Dickerson of University Extension.

Many of the programs conducted had a regional approach and provided services and resources for Howard County and had direct or indirect impacts for Howard County.

These programs and services included:

**Hospitality Training:** 1 day hospitality training was held in Marshall in April that included 80 participants from counties in our region. This focused on two tracks. The first was for businesses and their employees to learn the basics of hospitality and how to treat customers. The second focused on the public sector and on economic development and tourism organizations, local government officials, and other local organizations interested in tourism development. This looked at how to assess a community’s readiness for tourism and provided an inventory tool to determine what a community has to pursue tourism. The outcomes included a better sense of how to treat and keep customers, how to assess tourism capacities and hospitality as an integral component of tourism development.

**Heritage Tourism Curriculum Development:** Faculty from the Central Region, other states in the North Central area of the U.S., and other Missouri Extension Staff applied for and received a grant to create curriculum to help communities pursue heritage tourism as an economic development strategy. The hospitality training above was the first of these to be created and used in our region. Several more, including marketing your community and the economic impacts and benefits of tourism are currently being developed and planned for presentation in 2012.
Community Emergency Management Program (CEMP) – The statewide CEMP has existed for some time. The CEMP program in the Central Region has been very active in 2011. Regional staff have received training in the basics of emergency management, presented at the Commissioners meeting in September on the CEMP program and activities, assisted communities and organizations with the results of the tornado in Sedalia and the impacts of the Missouri river flooding the past year. The Central Region CEMP team assists in the preparation and training for disasters in the region.

Women’s, Infants and Children’s Program (WIC) State Board development and planning – every county in Missouri and the Central Region have WIC programs. The state board contacted me to help them in a transition period in building as strong WIC board and state organization. These WIC programs are essential to the health and nutrition of low income residents in all counties. Services and programs provided included:

- Board Duties and Responsibilities 1 day workshops leading to a better understanding of the role of a board member and what a board does and how it functions
- Workshop on how to restructure the board, leading to a new board makeup
- Board processes and parliamentary procedure – how to better conduct and have effective board meetings leading to better meetings
- Short term strategic planning session leading to a plan of action and a structure on how to implement the work plan.

This organization in meeting its mission serves all the counties of our region.

Legislative Workshops – These were presented in Cole and Pettis counties this year to educate lawmakers and local government officials in the Central Region on the services and resources available through the Office of Social and Economic Data Analysis (OSEDa) and the Center for Agricultural Research and Environmental Studies (CARES). These services include census data and analysis, the Community Issues Management (CIMS) that provides issues management services for communities and organizations. Mapping and reports are a key service of both that help in policy and decision making processes.

Assisting Organizations in Economic Development – Several organizations with a regional focus have been assisted over the past year. These serve many, if not all counties in the Central Region. These include:

- Missouri River Bluffs Association (MORBA) – This group was formed to promote business and communities for tourism in central Missouri. Assistance was provided by Extension in strategic planning, marketing, and organizational development. MORBA is developing a marketing strategy for the region, developing a web page and creating funding mechanisms to be sustainable. Counties include. Boone, Callaway, Cole, Osage, and Moniteau. They hold tourism tours of attractions and businesses in the region.

- Katy Trail Merchants Association (KATYMAC) – This organization focuses on the promotion of businesses, attractions and services around the KATY trail. Extension has provided planning and organizational development services to KATYMAC and helped promote programs that it offers. KATYMAC has sponsored running events, water events, and business specials that past year. It has an agreement with the Department of Natural Resources to promote KATY trail events and businesses on their web page, creating economic activity and benefits for Missouri river and surrounding communities.

- Centralia Regional Economic Development Inc. (CREDI) – this organization has developed over the past year and serves communities in northern Boone County and southern Audrain County. Extension provided organizational development and strategic planning services that has led to a nonprofit status designation, creation of a short term and long term strategic plan and a feature article about CREDI in the Columbia Daily Tribune around their programs and successes in a short period of time. CREDI focused on a local job fair, networking night and a Live Local in Centralia program. Extension continues to work with them on board training and fundraising strategies.

Community Connections Radio Show on 89.5 fm Columbia – This radio show held the first Monday of every month reaches all the counties of the Central Region and includes guests from many of the counties, and provides information on activities, programs and series for the counties in our region. Programs included: United States Department of Agriculture Rural Development State Director and Community Development Director describing the wide range of programs, grants and loans available to local communities, organizations and individuals for community infrastructure, betterment and home loan programs. This information is critical for rural residents to be aware of. Brunswick Chamber of Commerce representative – they described the downtown revitalization occurring in Brunswick, Chamber programs and the innovative and unique individual spurring the economic and community revitalization taking place in Brunswick. They shared what has worked in Brunswick, and Extensions role in helping them to be successful. Extension assisted in community and economic development planning, organizational development and community engagement. Focus on Fayette – representatives from Fayette discussed and described the Focus on Fayette activities and successes to date. These included: Local Business Surveys of Central Methodist students shopping – results presented to Chamber of Commerce to help understand Central Methodist University students shopping needs and how to meet them Survey of community shopping – results being compiled and MU Dept. Of Rural Sociology consumer spending patterns research to help determine new business opportunities.
The effort to develop the store was initiated through University Extension. Art Schneider, human development/family studies specialist, contacted Jana Hawley, currently professor and department chair of the M. U., department of textiles and apparel management, and they met with Vicki McCarrell. Dr. Hawley, who had a part-time state faculty appointment with University Extension, selected the project for a service learning project class.

Workers with disabilities work alongside employees without disabilities to sort donated items, tag and display them in the store, clean the store and run the cash register. All employees, with and without disabilities, meet and greet people who donate items to the store and carry the items into the sorting area. Savvy Seconds has become a favorite shopping spot for people in the mid-Missouri area.

Savvy Seconds’ success has been broader than economic. It has received the Cutting Edge Award from the Missouri Association of County Developmental Disabilities Services for “programs that are unique, inclusive, person centered, respectful and dignified; lead to more interdependence or independence for people with disabilities, and promote a learning culture in which creativity, innovation and risk taking are supported and where staff feel empowered to provide excellent support”. The store has increased in size three times since 2004, was voted Best Clothing and Best Thrift Shop by the readers of the Boonville Daily News in 2009 and 2010, employs 10 men and women with disabilities.

Focus On Kids
Conservative estimates of the impact of the past year Focus On Kids (FOK) program in Howard County suggest that custodial mothers receive additional child support of more than $7000 a year. Between December 1, 2010 and November 10, 2011, 34 parents attended the class. In addition to economic benefits, nearly 90% of all parents attending the 2 ½ hour Focus on Kids, a mandated program for divorcing parents with children under age 18, agreed or strongly agreed that the program should be required for divorcing parents.

Success in school, lower delinquency, delayed sexual activity and reduced drug experimentation are higher for children who have two involved parents—even divorced—co-parenting the children. More than 90% of the parents also reported the program presented new ways to help resolve conflicts with the co-parent; it also provided helpful suggestions to support both the children’s and the attendees relationships with the other parent; and it also included useful ideas for reducing their children’s stress. “This is very high because most parents do not like being told to attend the program which also costs them $25,” according to Art Schneider, human development specialist.

Representative comments on what parents liked about the class included: “Understanding the needs of my children and getting a better idea on how to fill them.” “The information on media- tion and courts, the parenting plan.” “Learning that kids have an equal amount of stress during separation and divorce.” “The ‘do’ and ‘don’t’ of how to talk to each other afterward. Disciplining your own self…” Least helpful was rarely noted. “Parental conflict resolution. (but had I been in a different situation I would have found it very helpful).” “Remarry topic.” In the section for other comments, they included: “I think it gives a good overall perspective kids and both parents more of understanding.” “I think it’s great. Everyone should attend.” “Eye opener.”

Mo-River.Net
Mo-River.Net (MRN) community information network continues to grow as a significant worldwide source of information about the Boonslick area with 24,577 visits in 2011—a 3.59% increase over last year! A totally volunteer network, it began in 1997 as a state, local and University Extension collaboration known as Missouri Express to develop Internet services and local information in all Missouri counties. It was the only Missouri information network that did not secure government funding and has emphasized developing information on the historical Boonslick region. It is the only information network initiated under Missouri Express that continues to operate. Art Schneider remains as a member of the board. Robert Stinnett, a former Extension Council member, is Mo-River.Net president.

Site visitors came from 3,741 cities from around the world. Interestingly, Cairo, Egypt, ranked seventh in the number of site visitors (291). Ranking first was Columbia (1,960), followed by Kansas City (1,614), Boonville (1,208), St. Louis (922), Jefferson City (595), Springfield (3834), New York (352) and Chicago (313).

Site visitors came from 143 countries and territories. After the United States (18,894), countries with the most visitors were India (1122), Canada (724), United Kingdom (697), Australia (454), Egypt (305), Philippines (276) and Singapore (119).
Boonslick Outdoor Arts Initiative

In January the City of New Franklin was awarded $111,700 in grant funds to help construct a monument acknowledging Franklin (just outside Boonville and New Franklin) as the trailhead of the Sante Fe Trail. The city submitted the grant to MO-DOT’s Missouri Transportation Enhancement program in conjunction with the South Howard County Historical Society and the Boonslick Outdoor Arts project.

The grant expands monument enhancements from five large black granite figures to include relocating the Katy caboose from New Franklin’s Main Street to a site across from the monument, expand period lighting and further enhance landscaping. The funding is in addition to the $12,300 of in-kind matches and $20,000 in donations already raised. Since the grant award, additional engineering expenses have been identified and will require raising additional $20,000 to $25,000 in donations. $20,000 to $25,000 tional expenses have been identified an will requir door Arts project. More than $5,000 of that additional amount has been raised and plans for further solicitations and a concert are in the planning stages for 2012.

Fifteen grant proposals were submitted to MO-DOT. Only six awarded statewide. The goal is to have the dedication by September 1, 2012.

History and the arts have a substantial economic impact on the three-county Boonslick area of Cooper, Howard and Saline counties. According to the Missouri Division of Tourism’s 2009 report tourism already is a big industry in the Boonslick with 2047 employees (965 Cooper, 308 Howard, and 774 Saline) in 17 tourism-related occupations and generates revenue of nearly $37,500,000 ($15.2 million Cooper, $4 million Howard, and $18.1 million Marshall. Historic sites and churches rank ninth among the top 49 tourism activities and represent 5.37% of tourism traffic. While the Boonslick is not a destination point for tourists, it is on the routes to several tourist heavy destination points and provides an opportunity for one-day and overnight side trips.

The lead 501C3 organization accepting donations is the South Howard County Historical Society. Since its initial meeting organized in November 2002 by Cooper County Extension, the arts project has partnered with four lead agencies and, not including the Santa Fe Trail monument funds, raised more than $125,000. More than two-thirds of the funds have come from private donations and fundraisers. One bronze statue, five bronze busts and replacement of the eagle head of a World War I monument have been completed.

Annual

Other Community Memberships and Roles

Art Schneider is on the board of Neighbors Helping Neighbors food pantry that serves Cooper and south Howard county, and is a member of the Cooper County Human Services Council. He also serves on the 18th Missouri Circuit Court Youth Court Steering Committee and the 17th Missouri Circuit Court juvenile justice center advisory committee. He also is a member of the Boone County Offender Transition Network (BCOTN) to assist released prisoners and families adjust to community living. Darlene Kraus maintains the web pages for the food pantry and for BCOTN.

Town and Country event February 12

Art Schneider, human development specialist, presented a program on the Mediterranean Diet that emphasized lifestyle by how community design encouraged activity.
Research has shown that older adults who increase their physical activity and strength train regularly improve 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 $24,455 per year in Missouri. The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer.

Twenty people in Howard County participated in the Stay Strong, Stay Healthy program series in 2010. Program participants were fortunate to have part of their registration fee covered by a grant through the Howard County Wellness Council.

After the 10 week program series, participants completed a post-assessment of strength, flexibility and balance, as well as a class evaluation. Evaluation results revealed:

100% felt they were physically stronger and had more energy as a result of participating in the program.

93% felt they were more flexible and their health was better.

With those who had painful joints and sleep difficulties before the class, 50 percent felt they had less joint pain and slept better because of the classes.

100% gained in at least two or more measures of strength, flexibility and balance, with 57% improving in all five measures.

87% did the exercises at home at least one more time per week.

When asked if they had added other physical activities to their weekly schedule, 43 percent said they had, most commonly walking.

93% were confident or very confident they would be able to continue doing the exercises on their own.

100% would recommend this program to others and felt the instructor was helpful.

Here’s more the participants had to say about how the program has impacted their lives: “My balance is better and posture improved.” “I can walk up steps and get up from a chair easier.” “Has helped my balance and strengthened my joints.” “I’ve got better balance and mobility now!” “Feeling better and want to exercise more to keep feeling better.” “More confidence when moving around and feeling more flexible.”

To learn more about the Stay Strong, Stay Healthy program check out our website: http://missourifamilies.org/sssh. If you would like to participate in a future Stay Strong, Stay Healthy program, contact the extension center for more information.

Stay Strong, Stay Healthy Program Gets People Moving

Stay Strong, Stay Healthy is a ten-week exercise program designed for middle-aged and older adults that was developed by researchers at the Friedman School of Nutrition Science at Tufts University and is offered by University of Missouri Extension.
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Managing Stress Improves Health of Participants

Everyone endures stress in one form or another in their everyday lives. Stress has a direct and indirect effect in every dimension of our health—physical, mental, social and spirit. Stress is also a contributing factor in many chronic diseases like heart disease and diabetes.

_Taking Care of YOU: Body-Mind-Spirit_ is an eight-week program that offers practical strategies to manage stress and life’s challenges. When participants use these strategies in their everyday lives they are able to better manage their stress, which leads to healthier lifestyle behaviors that improve health. Individuals who are less stressed and healthier have fewer health care costs, saving taxpayers money in reduced public healthcare benefits and insurance premiums, and higher work productivity levels which contribute to a healthier labor force and economy.

Taking Care of You programs were offered in Boone (14 participants) and Howard (17 participants) counties during 2011. At the end of the 8-session program series, participants reported the following:

- 100% felt the program met their needs and would recommend the program to others
- 100% felt this program improved their life
- 100% were using the stress management skills learned in the program, with 64% percent using them “Several times per day or daily” and the rest a few times per week.
- 100% reported their knowledge, skills and understanding of how to deal with stress had improved.

100 percent felt motivated to continue improving their health habits, with 68% indicating they were “Quite a Bit/Extremely” motivated.

The following changes were also reported by participants at the end of the 8-week program:
- Stress levels were significantly decreased
- Nutrition behaviors improved
- Physical activity levels increased

Participant shared many positive comments about the program including:

“This program has changed my life for the best interest of myself and my family! I have changed with a lot of hope, choices and awareness!”

“I have learned ways to cope and relieve the stress in my life. I am not letting some things stress me out anymore.”

“I am a calmer person when upsetting things happen in my life.”

“I came for my wife but have enjoyed these classes and hope to be better because of this program.”

“Being in this program has gotten me to start exercising again for my health.”

“This program was definitely worth the time and money!”

In addition to the Taking Care of YOU multi-session programs, more than 600 people participated in one of thirteen different single-session workshops that were offered: four in Boone County, two regional conferences, six statewide conferences and one national conference.
Interest in Home Food Preservation Continues

The interest in preserving food at home continues to grow along with the interest in gardening and eating locally grown foods. The weakened economy and rising food costs have also contributed to an increased interest in growing and preserving foods. Unfortunately many people do not have the necessary skills to safely preserve foods and some are using unsafe recipes and processes that could endanger lives.

University of Missouri Extension provides research-based home food preservation information to help consumers safely preserve foods at home. Individuals who develop skills in home food preservation can decrease their risk of food-borne illness, reduce food costs, as well as improve their eating habits and health. They also help improve the environment by eating and preserving foods that are locally grown.

Three hundred sixty nine individuals (275 Boone, 29 Howard, 12 Cooper, 9 Cole, 8 Callaway, 36 statewide) increased their food preservation knowledge and skills through workshops and other learning experiences offered by University of Missouri Extension in 2011. Thousands of others learned about safe home food preservation through multiple radio, television and newspaper feature stories.

Four 2 ½–hr food preservation workshops were held in Columbia, with 136 participants from Boone, Callaway, Cole, Cooper and Howard, counties.

Post-program surveys completed by participants showed:
100% increased their knowledge/skills in preserving foods as a result of attending the workshops and would recommend the workshops to others

A five month post-program survey revealed that:
100% found the workshops were helpful in improving their understanding, knowledge or skills in home food preservation, as well as feeling more confident in their ability to preserve foods. (Prior to the workshops, 63% reported none to very limited experience preserving foods.)
85% shared the food preservation information/skills/resources they received with others
70% adopted/changed some of their previous food preservation practices/techniques (ex. using tested recipes, venting pressure canners, water bathing pickles and sweet spreads, blanching vegetables before freezing, adding acid to canned tomatoes)
71% preserved foods, exceeding more than 2,600 pints of frozen, canned and dehydrated foods.

Participants shared the following comments about the workshops:
“Everyone should take these classes! You’ll learn the right way to preserve your fresh garden produce!”
“I learned so much valuable information on canning safety. I would highly recommend these classes to anyone who wants to learn how to can and even for those who have been canning for years like me!”
“Instructor is awesome! Very knowledgeable and makes everything easy to understand and we had FUN learning! She makes sure to answer your questions with clarity. I am ready to preserve those foods from my garden now!”
“Really enjoyed the workshops! A great teacher who made it look so easy as she led us through the canning steps. No more fears about canning! Yes, I can!”
Horticulture/Agronomy for Howard County

Todd Lorenz - Horticulture/Agronomy Specialist
In 2011 there were 136 Howard County agricultural and horticulture contacts to provide information and/or resources to manage the situations that were being encountered. Those university program areas and corresponding contacts are listed below.

-Forage Production Management 22
  Program provides the latest research related to forage production, management, and harvests.

-Home Horticulture and Environment 40
  Provide resources and information to home gardeners to allow them to better manage their wide variety of turf, ornamental, fruit and vegetable plantings.

-Crop Management Systems 15
  Program informs producers of the latest research related to crop, water and soil management. It also provides information on how various techniques can be used to incorporate that information to build efficient crop management systems.

-Nutrient Management Planning 26
  Provides animal feeding operation owners and operators with knowledge and skills to manage manure and organic by products. Addresses natural resource concerns, soil erosion, and by product impact on water quality.

-Plant Protection 26
  Program works with producers to develop proper pest control through pest identification, scouting, determining economic thresholds and management plans.

Human Nutrition Program

Carol Ivy—Nutrition Program Assistant
During 2011, Carol Ivy, nutrition program assistant, provided classes to students at Howard County Elementary at Glasgow, Daly Elementary in Fayette and New Franklin Elementary. Show Me 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. At each of the seven lessons taught, a newsletter goes home to the family. It provides a summary of the lesson taught, sometimes using a game or puzzle as an interactive way for parents to discover what their student learned.

Family Financial Planning

Cynthia Crawford — Family Financial Education Specialist
Number of learners: 61 Howard County learners participated in Extension family financial education in 2011, including: College students * First-time home buyers * Unemployed adults * Agriculture landowners * Retired teachers * Community leaders * Adults experiencing financial stress or crisis.
Collective learning hours:
In total, nearly 100 hours were spent in financial learning by Howard Countians. What did they learn? How to take control of their personal finances* Strategies for financial security in later life *Estate planning tools * How to monitor a credit report (and why) – Annual-CreditReport.com * Having savings is life changing
To continue to use University of Missouri Extension as an important source for quality, unbiased, science-based information
What action did they take? They found that learning about financial management with Extension is a positive experience and they would recommend it to others.
100% of workshop participants had written financial goals by the conclusion of their work.
Participants reduced their financial stress by taking positive actions such as: Acting on financial *planning goals *Avoiding predatory lenders * Building wealth, not debt *Making more deliberate, well-informed financial decisions * Tracking spending for at least 30 days *Reducing costs *Balancing income with spending.
How is Howard County and Missouri better?
Many individuals coming for financial education are behind on bills or see that they are dangerously close to being unable to pay for necessities. Quality financial education can help families get and stay current on bills. When families can pay their bills, it helps community businesses stay in business. It fuels a stable tax base. That’s fundamental economic development for Howard County and for Missouri.
When you support financial education for Howard County people, participants learn quality financial strategies which result in increased success in reaching financial goals, stronger credit reports and better-informed consumer purchasing decisions. This helps lower costs for public assistance programs, reduce debt discharged in bankruptcy and results in more productive employees.

Extension in Action, Scenes from 2011

2011 Clover Kid Camp with Deputy Dennis White

2011 Farm Tour: Everyone enjoying the Antique Tractors at Mark & Charlie Adams farms.
Extension in Action, Scenes from 2011–Continued

Extension Council Members Tracey Frevert & Bryan Monckton at the County Fair.

Roping demonstration at the Fuhlage farm during the 2011 Farm Tour.

Checking out a potential microdairy site in Riyadh District. Wendy Rapp, Mr. Ken Apple, Mr. Jalal Mizner, Dr. Kamal (interpreter) and Mr. Mohammed Nassi

Team Kirkuk, PRT coming back from a mission. Ms. Rapp is in the middle Front Row L to R: PFC Jover, Wendy Rapp, SGT Troung, Peter Lee, SGT Danny Acala, Burdin Hickok