Dear Citizens,

The University of Missouri Extension provides educational programs for the citizens of Howard County and other Missouri counties. Last year we provided female calving clinics, pesticide applicators training for producers, we took soil samples, and Howard County producers participated in the sheep and goat program. Missouri’s Extension 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.

Along with supporting agriculture in a variety of ways, MU Extension in Howard County, supports our 4-H clubs, Century Farms, and each year selects a local farm family to represent Howard County as State Fair Farm Family at the Missouri State Fair. For a number of years we have sponsored a Howard County Farm Tour and the 2014 Farm Tour was very educational and also very well attended. Highlights and outcomes of local program efforts in 2014 are included in this annual report. Please visit our website: http://extension.missouri.edu/howard/ or call your office at 660-248-2272 for a printed report.

We, on the Extension Council, are very appreciative of the support we receive from our Howard County Commission as they continue to include our needs in the county budget and have provided us with offices for our new location at the Keller Building. We depend on the citizens of Howard County, extension’s most important resources are people—highly motivated professional and volunteers. Please seriously consider becoming a member of the Extension Council as a way of showing your support in Howard County.

Fred Weiker, Howard County Council Chairperson
Bill Hill, Howard County Council Vice Chairperson
Nancy Symes, Howard County Council Secretary
Michael Cessac, Howard County Council Treasurer
Wendy Flatt, Livestock Specialist/County Program Director

Salaries & Wages $22,618.63
Travel $3,600.00
Telephone (local) $1,070.37
Telephone (Long Distance) $91.41
Publishing/Printing $23.75
Supplies & Services $1,593.66
Professional Services $321.00
Other Contract Services $0.00
Insurance $434.73
Miscellaneous $402.61
Repairs and Maintenance $0.00
Furniture & Equipment $220.38
Advertising $158.70
Postage $203.40
Reproduction/Copy $624.00

Total $31,362.64

University Missouri Extension in Howard County
600 W. Morrison, Suite 17
Fayette, MO 65248
Phone (660) 248-2272
Office Hours 8:30-12:00; 1:00-4:30 M-F
http://extension.missouri.edu/howard

Staff:
Wendy Flatt
Livestock Specialist/County Program Director

Hannah Stluka
Office Manager/Bookkeeper
December 2014

Dear County Commissioners and Friends of MU Extension:

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

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

In the area of agriculture, the Show-Me Select Heifer Replacement program continues to improve the breeding performance of heifers as it helps participants realize record prices for their efforts. Producers from 103 of Missouri’s 114 counties have enrolled heifers in the program. In a record-setting sale, 168 bred replacement heifers sold for an average of $3,033 at the Fruitland (Missouri) Livestock Auction.

Strengthening communities through art, innovation and creativity, Extension’s Community Arts Program is piloting an initiative in Lexington to help the community enhance its image with art businesses and opportunities that reflect the talent of regional artists and benefit a nine-county tourism alliance. The Community Arts Program is also at work in the St. Louis area, overseeing the Saint Louis Storytelling Festival, which engages approximately 25,000 people each year.

Knowing the value of dialogue with those it serves, MU Extension has made a concerted effort with the Mizzou Alumni Association to introduce MU Chancellor R. Bowen Loftin to extension programs, participants, key stakeholders and alumni from all corners of the state. These tour events, which will continue into 2015, are designed to foster understanding and support that lead to a stronger local extension effort across the state.

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

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

Sincerely,

Michael D. Ouart
Vice Provost and Director
Impact on Howard County, Missouri

The County at a Glance
- UM Students: 94
- UM Alumni: 533
- UM Employees: 307
- Population: 10,257

UM Students from the County in 2014
- 94 students
  - 77 - MU
  - 4 - UMKC
  - 12 - Missouri S&T
  - 1 - UMSL
  - 70 - Undergraduates
  - 24 - Graduates
- 83 - Full-time students
- 11 - Part-time students

UM Alumni Residing in the County in 2014
- 533 alumni
  - 491 - MU
  - 23 - UMKC
  - 10 - Missouri S&T
  - 9 - UMSL
  - 214 Selected School Alumni
  - 6 - Medicine
  - 23 - Nursing
  - 19 - Health Professions
  - 5 - Dentistry
  - 5 - Pharmacy
  - 6 - Veterinary Medicine
  - 106 - Agriculture
  - 30 - Engineering
  - 14 - Law

UM Employees and Retirees Residing in the County in 2014
- 307 people employed by UM
  - 175 - MU
  - 1 - Missouri S&T
  - 120 - UM Health Care
  - 11 - UM System
- 127 UM Retirees and Beneficiaries

UM Services Received in the County in 2014
- 5,082 patients seen at UM Health Care, with $1,711,731 of uncompensated care.
- 9 patients seen at the UMKC School of Dentistry with an average of $123 per patient in uncompensated care.
- 2,465 contacts with MU Extension through MU Extension events held in district counties.

UM Alumni Teaching K-12 in the County in 2014
- 39 teachers
- 30% of all county teachers
- 3 principals and administrators
- 43% of all county principals and administrators

UM Footprint in the County
Horticulture and Agroforestry Research Center, Howard County MU Extension Center
2014 Programs of Distinction

Continuing Education

County Based Activities
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Leadership Team
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MU Extension Continuing Education in Howard County

MTI
The Missouri Training Institute provides continuing education programs in business, custom-designed training programs, and business consulting services for business and industry, public and nonprofit organizations, and educational institutions. Training programs cover human resource management, supervision, management, leadership, team building, effective decision-making, dealing with generational differences and business writing. The institute’s consulting services cover human resources, strategic planning, board development and board retreats. In FY 2014, 14,174 people from all 114 Missouri counties enrolled in the institute’s 510 programs. For more information, visit mti.missouri.edu.

MU Conference Office
The MU Conference Office provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. Whether a meeting is hosted on campus, in out-state Missouri or anywhere in the world, the office’s professional staff provides assistance to create the best learning environment for participants. In FY2014, the conference office registered 13,484 Missourians for MU Extension conferences. Participants attended conferences for teacher education in math, science and writing; agricultural lending; plant science; and therapeutic recreation. For more information, visit muconf.missouri.edu.

Continuing Medical Education
The Office of Continuing Medical Education provides rural primary-care physicians with access to education as necessary for them to meet state licensure requirements, learn specialty medicine and for health education. Distance learning via the Missouri Telehealth Network provides access to weekly grand rounds from various School of Medicine departments. In FY 2014, more than 1,800 programs reached 27,322 health care professionals across the state and around the world.

FRTI
MU Extension’s Fire and Rescue Training Institute (FRTI) is charged with providing comprehensive continuing professional education and training to Missouri’s fire-service and emergency response personnel. The institute has a direct effect on the well-being and protection of Missouri’s 24,000 firefighters and the 5.9 million citizens they serve. In addition to preparing them to fight fires, courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation. In FY 2014, FRTI trained firefighters representing 113 of Missouri’s 114 counties for a total enrollment of 13,958 fire and emergency responders equating to almost 170,000 student instructional hours of training. For more information, see mufrti.org.

LETI
The MU Extension Law Enforcement Training Institute brings state-of-the-art, certified, professional training to law enforcement officers as well as continuing professional education to a wide spectrum of other criminal justice and public safety practitioners. Established in 1948, the institute has been the state’s recognized leader for more than 60 years in providing vital training and education services for Missouri’s 20,000 in-service and 3,000 police recruits annually. In FY2014 LETI conducted 75 programs with almost 64,000 contact hours of instruction. There were almost 800 students from 69 Missouri counties and over 500 from around the United States. For more information, visit leti.missouri.edu.

Nursing Outreach
Keeping Missouri nurses up-to-date with the knowledge and skills they need to effectively provide care is a primary goal for MU Nursing Outreach. Nursing Outreach provides high-quality, affordable continuing education programs using face-to-face and Web-based delivery methods, which helps them reach the 88 percent of their audience living in rural areas. Nurses from 85 (75 percent) of Missouri’s 114 counties and the city of St. Louis attended continuing education programs sponsored by MU Extension in FY2014. Solo Nursing Outreach programs saw 1,889 participants, and another 944 nurses partook in co-sponsored multidisciplinary programs. Participants rated the overall quality of their continuing education experience at 1.3 on a 4-point scale, with 1 being the highest, and indicate they plan to change their clinical practices based on what they learned in Nursing Outreach programs.

Osher
The Osher Lifelong Learning Institute at the University of Missouri (Osher@Mizzou) is a membership organization for adults ages 50 and older to enjoy classes, teach, exchange ideas and travel together. The program provides opportunities for intellectual development, cultural stimulation, personal growth and social interaction in an academic cooperative run by its members who volunteer their time and talents. The program focuses on classes developed and led by fellow members and faculty from the University of Missouri, Stephens College and Columbia College.
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<tr>
<td>124 adults and youth from Howard County</td>
<td>124 participants x 3.5 workshop hours = 434 hours</td>
<td>Participants of Town and Country came together for an evening of camaraderie and to recognize residents of Howard County for the towns of New Franklin, Glasgow and Fayette with “Citizen of the Year” awards along with a “Howard County Person of the Year” award. Participants also learned about MU Extension’s Century Farm program, the Extension Council Honor Roll, the 100th Anniversary celebration of extension, 4-H and FFA recognition of outstanding youth.</td>
<td>Participants came to the event, recognized outstanding leaders in their community along with learning more about extension and how to get involved in Howard County’s extension program.</td>
<td>The Town and Country Event makes Howard County and Missouri better by bringing people together from the different towns and areas of the county. Having events like Town and Country increases awareness of what each community in the county is doing, how every day citizens are impacting and improving their communities and how events like Town and Country increase extension’s presence in the county.</td>
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Pictured from Left to Right: Recipient of Century Farm Award, Wendy Flatt (center) and Fred Weiker (right)
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<tr>
<td>73 youth and adults</td>
<td>This workshop lasted a total of 2.5 hours x 73 =182.5 participant hours</td>
<td>Howard County citizens learned more about what their extension office does in their county, along with seeing their new extension facilities that opened at the beginning of 2014. After several years of being located in the basement of the courthouse the move was very much needed due to flooding and mold issues in the old facilities.</td>
<td>Citizens participating in the extension open house better understand what the extension office does for their community, increasing participation in 4-H and other extension activities.</td>
<td>Since the facilities are not moldy or prone to flood and have much better ADA accessibility, more citizens have access to their extension office without becoming ill or worrying about someone falling down the steps (as in the old office), plus there is easy access to a small conference room in the building. This puts MU Extension in a much better light in the county to serve the needs of the local community.</td>
</tr>
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</table>

4-H Kids help with the Extension Open House

Pictured Left to Right Extension Council Members: Rhonda Purdue and Fred Weiker
**COUNTY BASED ACTIVITIES**  
69TH ANNUAL HOWARD COUNTY FARM TOUR

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<tr>
<td>39 Howard County residents included: Young famers Towns people Rural residents Elderly Youth</td>
<td>39 x 4 workshop hours= 156 learner hours by Howard County residents</td>
<td>Participants visited the 1819 Thomas Hickman House is a historical Missouri treasure located at the University of Missouri Horticulture and Agroforestry Research Center, a scenic, historic and scientific setting for development of horticultural- and agroforestry-related studies. The second part of the tour involved Jennings Premium Meats that offers fresh as well as smoked meat products. Whether you are looking for steaks, custom cut to your liking or a smoked ham or turkey to serve at the family dinner, we have it in our retail store.</td>
<td>Townspeople involved with economic and business development in Howard County had a much better understanding of the historical significance of the area and the economic impact and opportunities for businesses in Howard County.</td>
<td>When rural residents and townspeople understand each other, they can better utilize their talents to increase economic and business development opportunities in their county.</td>
</tr>
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Farm Tour participants at Jennings Meat Market getting tour of new facilities in New Franklin.

Farm Tour participants at Hickman House at HARC, the MU Horticulture, Agroforestry Research Center near New Franklin.

Farm Tour participants in a New Franklin church basement for the Annual Carry Dinner associated with the Farm Tour.

Todd Lorenz  
Horticulture/Agronomy Specialist & County Program Director, Cooper County
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<td>3</td>
<td>15</td>
<td>By offering women producers women only programs they feel less intimated asking questions. Animal production topics presented by female industry leaders, spanning current issues in the livestock industry related to genetically modified organisms (GMO), meat labeling, farm safety, taking care of yourself, and being a leader in a man’s world. The second day focused on five areas of production which are key to the Missouri economy (beef cattle, small ruminants, swine, farm management, and forages) through hands on training at the respective University of Missouri research facilities.</td>
<td>The objective of Pearls of Production was to provide an innovative and exciting leadership and hands-on training opportunity for women livestock producers in Missouri. The curriculum was developed to focus on the empowering female livestock producers and provide hands-on teaching principles.</td>
<td>Women are increasingly playing larger roles in livestock production as nearly half of the US women-operated farms are specialized in livestock production. By offering women only programs this makes Missouri and Howard County because as one participant said in the exit survey “women offer a unique perspective on agriculture and through programs like this conference we can learn and share new ideas on raising livestock that can mutually benefit”, “wealth of information”, “safe, non-stressful environment to understand and practice hands-on techniques”, “well worth the time”, “best women in ag conference I have ever attended”, and “we can come together to impact our industry”.</td>
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### Agriculture/Livestock

**Calving Clinic for Female Producers**

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<td>3 youth and adults</td>
<td>This workshop lasted a total of 3 hours x 3 =9 participant hours</td>
<td>Participants learned critical strategies, to help increase survivability of mother and offspring, when the birthing was difficult. These included: how to diagnose calving problems before becoming a problem, when to call the veterinarian, how to take care of the baby and the mother if there were birthing problems, what to feed newborn livestock animals if the mother could not care for it, how to prep the mother if action needed to be taken to make sure the newborn survived and how to &quot;tube&quot; feed a newborn.</td>
<td>Female producers taking this class said they felt much more at ease, talking with their significant other when they saw birthing issues, so more newborn animals were saved because of this workshop. Participants also said they felt more comfortable knowing when to call a veterinarian to their farm when problems did arise and taking care of the newborn after the difficult birth. They also, said they knew how to take care of the mother better after the difficult birth.</td>
<td>When people support livestock programs, such as calving clinics for female producers, women are more empowered to help on livestock operations during the season when livestock give birth. With this empowerment, women can either help the livestock quicker or know earlier when livestock needs professional assistance by a trained veterinarian. This decreases dystocia, increases survivability and health of both the mother and the newborn, increasing profitability of the farm.</td>
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### AGRICULTURE/LIVESTOCK

#### SHEEP AND GOAT PRODUCTION

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<td>6 youth and adults</td>
<td>This workshop lasted a total of 2.5 hours x 6 = 15 participant hours and was done via Adobe Connect.</td>
<td>Participants learned about basic sheep and goat production in Missouri. How sheep and goats differ, how they are similar and how to care properly for sheep and goats in Missouri. Participants also learned what type of veterinary care is required, what breeds fit best in Missouri's climate and what their nutritional needs are at different levels of production.</td>
<td>Three veterinarians participated in the program and said they would utilize the information from the workshop back to their practices to help local producers. The veterinarians said they would utilize the information gained during the workshop to help producers make better production decisions, due to the fact there is a lot of misinformation. Other learners said they would utilize the information gained on breeds, deworming and forages to help their sheep and goat operations be more profitable.</td>
<td>Sheep and goat production in Missouri has increased substantially over the last 5 years, Howard County is no exception to this growth. Providing up to date sheep and goat information to producers or potential producers will allow healthier production of health sheep and goats, increased farm profitability, increasing county based income along with Missouri agriculture receipts as well.</td>
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Wendy Flatt  
Livestock Specialist & County Program Director, Howard County
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<th>Number of Chinese Learners</th>
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<td>9 Chinese adults</td>
<td>This workshop lasted a total of 4 hours x 9 = 36 participant hours.</td>
<td>The Chinese delega-</td>
<td>The Chinese said that such an extension system in their homeland currently does not exist and several of the students commented that they would go back to China and utilize the information I gave them to their professors and administrators to try and improve communication between the universities and the people who need the information (producers) from research.</td>
<td>By hosting international students this makes Howard County and Missouri better as it not only opens communication between people from other countries to people living in Howard County and Missouri, it makes understanding our different cultures a smaller more food secure world. Especially as China's middle class grows and their dependence on food grown in Howard County and Missouri.</td>
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The Chinese delegation came from several universities in China with the help of Jerry Nelson from the University of Missouri Campus.

The Chinese graduate students, were all working toward PhD’s in feeding/aquaculture/livestock studies. A tour was taken by the delegation through the Heart of Missouri feed mill, showing the Chinese how feed for various species was formulated, made and stored, the tour was given by Ryan McDowell who manages the MFA in Fayette.

The delegation then was given a short seminar on how extension in Missouri works and how we get the information from the universities out to the people who utilize that information to make better informed decisions to hopefully make their farms more profitable.
Joseph Koenen  
Agriculture Business Specialist & County Program Director, Putnam County

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| 38                               | 76                                                     | University of Missouri Extension and the Farm Service Agency (FSA) worked together to provide education on the new Farm Bill and the Crop Provisions. Topics included:  
- specific rules and regulations in the bill  
- decision tools available to aid producers in making a decision  
- timeline producers have to make their determinations  
- how Extension Specialists can assist them in understanding and using the decision tools | Some producers will attend another farm bill educational session as the next step.  
Landowners will update yield data and decide on base acre reallocation. Producers will acquire the necessary forms from Farm Service Agency to input their yields into the decision tool. Producers and landowners will utilize the decision tool before enrolling.  
Producers will enroll a minimum of 12,000 acres in ARC-IC, ARC-CO, or PLC. | This decision will affect producers and landowners through 2018. The programs are designed to be risk management tools. By understanding how the different options work, producers can establish the level of risk protection that best fits their operation.  
This provides producers price or revenue protection from influences beyond their control. This helps them stay in business – the business of feeding Missourians and indeed the entire world. |

This decision will affect producers and landowners through 2018. The programs are designed to be risk management tools. By understanding how the different options work, producers can establish the level of risk protection that best fits their operation.  
This provides producers price or revenue protection from influences beyond their control. This helps them stay in business – the business of feeding Missourians and indeed the entire world.
## MISSOURI FARM LEASE PROGRAM

**Joseph Koenen**  
Agriculture Business Specialist & County Program Director,  
Putnam County

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| 10                               | 30                                                     | Attendees learned the value of good communication and how it can make for a better farm lease. Specific topics covered were:  
- Current farmland rental rates and future trends  
- specific items to include in a farm lease  
- how to legally terminate a farm lease in Missouri  
- recreational leases and issues associated with them  
- crop and livestock arrangements and making them fair for both sides | As a result of taking the class:  
• 100% of attendees now have a better understanding of fair rental rates in their area  
• 100% of attendees know the legal, correct way to terminate a farm lease  
• 100% of those that attended understand that a lease is a legal, binding contract | Supporting the University of Missouri Extension Farm Lease Education Program helps educate participants in lease laws and issues that they need to know. This promotes fairer rents which in turn aids in profitability of the land.  
It also promotes better landlord-tenant communication which lowers conflict and avoids costly litigation. |

Supporting the University of Missouri Extension Farm Lease Education Program helps educate participants in lease laws and issues that they need to know. This promotes fairer rents which in turn aids in profitability of the land. It also promotes better landlord-tenant communication which lowers conflict and avoids costly litigation.
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<td>In 2014, 8 applicants were certified for the first time and 15 private pesticide applicators were recertified.</td>
<td>23 participants x 2.5 workshop hours = 57.5 total workshop hours</td>
<td>Pest identification, Economic thresholds and economic injury levels, Principles of biological control and methods of non-chemical pest management, Importance of and information provided by label, Selection and use of protective clothing and safety equipment, Proper handling of various classes of chemicals especially Restricted Use Pesticides (RUP), Consideration for environmental impacts when selecting a pesticide for use, To consider impact of pesticides on water sources when applying pesticide, Understand the need and procedure to develop an emergency plan with local emergency officials.</td>
<td>The proper and judicious use of all pesticides not only protects everyone’s environment it also will help to protect the pesticide technology to prevent resistance build up in the pest population. Utilizing pesticides judiciously will minimize pesticide use to provide control at a more economic level and in a timelier manner. These factors are beneficial to both the producer and the community in that the producer can provide a more affordable and dependable food supply and contribute to the local economy and preserve the environment at the same time.</td>
<td>This is where you list your public value statement By supporting the Private Pesticide Applicator Programming efforts, farmers and producers gain knowledge and skills that lead to improved efficiencies of production, profitability and sustainability in their farming operations. This benefits the citizens of Howard County and Missouri by improving environmental quality through timely applications improved utilization in critical watersheds which protects and enhances natural resources and water quality.</td>
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| 86 participants x 1 workshop hours = 86 total workshop hours | Comparisons of cultivars—where to obtain results and how to interpret results  
Crop rotations and their benefits  
Costs and benefits of various tillage practices  
The importance of proper planting and appropriate population  
Crop health—early identification of potential crop issues  
Resources that can aid in management decision  
How to manage interactions between various crop production factors  
Proper use of pesticides in crop management systems  
Drought stress effects and management  
Additional source of information to manage crop production.  
Increase IPM strategies and systems implementation to reduce pesticide use and environmental impact of pesticides  
Protect pesticide technology through proper and judicious use of pesticides  
Minimize possibility of pests developing resistance to pesticides  
Timely scouting and management of pests reduces producers cost of production  
More dependable and affordable food supply | The ultimate goal is to sustain an economically viable crop production industry in Missouri by better managing the variables that are involved in current agricultural production practices.  
The challenges of working around and with the weather patterns were a situation that affected various areas differently due to rainfall patterns, soil types and management styles. We worked with producers to manage all stresses in an attempt to minimize yield losses. | A vibrant and productive agricultural industry provides many benefits to the local community. Profitable operations provide employment directly and indirectly in the area and across the state. Purchases from the local and area suppliers and services, provides jobs for the people working there. The taxes support schools and various governmental organizations. The proper use of pesticides reduces their environmental impact.  
Additional source of information to manage crop production.  
Increase IPM strategies and systems implementation to reduce pesticide use and environmental impact of pesticides  
Protect pesticide technology through proper and judicious use of pesticides  
Minimize possibility of pests developing resistance to pesticides  
Timely scouting and management of pests reduces producers cost of production  
More dependable and affordable food supply |
### Jennifer Schutter
**ASSOCIATE EXTENSION PROFESSIONAL, HORTICULTURE SPECIALIST AND CO-CPD ADAIR COUNTY & NE REGION**

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<td>1</td>
<td>The Master Gardener volunteered 208.5 total hours in 2014. Of that 125.25 were service hours, which has a value of $2,824 using the 2013 value of $22.55 per hour from the Independent Sector. She had 83.25 continuing education hours.</td>
<td>Master Gardeners continually learn about new plant varieties, landscaping methods, insects and diseases and their control, integrated pest management, lawn care, pruning, among many other areas of horticulture.</td>
<td>The Master Gardener provided horticulture information to the gardening public and answered many horticulture questions throughout the year. She assisted with several Magic City Master Gardener chapter activities such as the library garden display, plant sale, and the Spring Forward Gardening workshop where she taught a class.</td>
<td>When you support MU Extension’s Master Gardener program public awareness of unbiased, research based gardening information is promoted and increased.</td>
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# Community Development
## Cultural Heritage Tourism and the Arts Workshop

<table>
<thead>
<tr>
<th>Number of Howard County Learners</th>
<th>Total Hours of Collective Workshop Participation in 2014</th>
<th>What Did They Learn?</th>
<th>What Action Did They Take?</th>
<th>How Does This Work Make Howard County and Missouri Better?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>210 hours</td>
<td>This training is specifically designed to meet the needs of small towns and rural areas interested in increasing tourism revenue by capitalizing on their cultural heritage and the arts. The workshop was especially for people involved with tourism such as artisans, craftspeople, historians, architects, community activity coordinators and agriculture. The workshop also included people who are involved in community decision-making.</td>
<td>Participants developed action plans for the specific communities and organizations. The enthusiasm created during the workshop has resulted in Extension Specialists being contacted to help initiate activities and meetings. Tracy Daughtery, Community Development, is planning a tri-county conference.</td>
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The workshop was held Tuesday, February 11, 2014 from 9:00 a.m. to 4:00 p.m. at the Comfort Inn in Macon.
<table>
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<tr>
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<tbody>
<tr>
<td>177 4-H members</td>
<td>344 4-H'er Learning hours</td>
<td>4-H project work and related educational experiences help youth explore interests in citizenship, communications and leadership. 4-H Youth report three times more opportunities than their non-4-H peers to engage in meaningfully community leadership roles. This interest in leadership and community service, along with 4-H members’ 70% greater likelihood to go to college, is growing leaders today and for tomorrow. Missouri 4-H volunteers responding to a survey, report they contribute on average 100 hours per year. Valuing their time at $19.00 per hour, based on average Missouri incomes, the contribution of Howard County 4-H volunteers was worth more than $136,800.00 in 2014. More importantly, these adults serve as mentors for our youth helping them transition into healthy adulthood, priceless!</td>
<td>The 4-H Study of Positive Youth Development, an ongoing longitudinal study which began in 2002, discovered some measurable differences between 4-H members and their non-4-H peers. Compared to non-4-H Youth, 4-H Youth are: 41% less likely to engage in risky behaviors 70% more likely to participate in science, engineering or computer technology programs 40% more likely to pursue science, engineering or computer technology courses or careers 70% more likely to go on to college 20% more likely to graduate from college 25% more likely to positively contribute to their families and communities</td>
<td>4-H Youth are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008). Fostering career development is the fact that Missouri 4-H members are connected to college campuses and faculty. MU Extension 4-H connects 8,500 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Hoover, 2006). Youth who earn their earn bachelor’s degree, increase annual earnings by $2 million over their lifetime (NACUBO, 2012). 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 $250 million more of lifetime earnings. Missouri 4-H members, however, also learn to use these talents to engage in their communities. Young people in 4-H are engaged in twice as many leadership roles than their non-4-H peers. This provides them with the experience in problem-solving to step up and lead in a complex, changing world. In Howard County 177 youth were engaged in leadership and service experiences in their communities.</td>
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<tr>
<td>65 trained Volunteers</td>
<td>6500 adult volunteer hours</td>
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<tr>
<td>Howard County 4-H Attendance:</td>
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<td>Achievement Day: 16</td>
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<td>Fashion Revue: 1</td>
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<td>Shooting Sports Competition: 24</td>
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<td>Regional and State 4-H Attendance:</td>
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<tr>
<td>Overnight Summer Camp:</td>
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<tr>
<td>Campers: 26</td>
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<tr>
<td>Counselors: 6</td>
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<td>State Congress: 1</td>
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Pictured Left to Right: 4-H Member Autumn Fuemmeler & Former 4-H YPA, Debbie Brucks
<table>
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<tr>
<th>Number of Howard County Learners</th>
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<tr>
<td>Nine women and four men partici-</td>
<td>There were 32.5 total hours of workshop participation in</td>
<td>As a result of participa-</td>
<td>As a result of participation in the FOK workshop, the par-</td>
<td>Although the research suggests that children from two parent families tend to have more positive outcomes, the Focus on Kids program ensures that divorced parents are mindful of and practice those behaviors that research says best helps the child through divorce.</td>
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<tr>
<td>pated in the Focus on Kids (FOK) workshop for divorcing parents. The event features presentation of the latest divorce research, class discussion and the viewing of 6 video vignettes. Each vignette features a different aspect of divorce that could potentially put kids in the middle of conflict.</td>
<td>2014</td>
<td>tion in this workshop, the parents learned the following: Listening to your child (ren) is the most important thing to be done from a kid’s point of view, Children do better when they are exposed to less inter-parental conflict. Strong parenting and adjustment skills of the primary custodial parents are essential. The involvement of the non-custodial parent is important. Financial stress makes it harder for kids to adjust to the divorce. Other life stressors, in and about the time of the divorce, make it harder for the children.</td>
<td>1) Avoided using the child as a messenger between the parents. 2) Allowed a transition period when child is moving from one household to the other. 3) Made plans for when unexpected expenses arise. 4) Avoid negative statements about the other parent. 5) Made a plan for pick up and drop off of children including who is to feed the kids when. 6) Working on using “I messages” when communicating with each other.</td>
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### Mindful Living Program

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<thead>
<tr>
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<tr>
<td>9 adults</td>
<td>9 individuals attended a 2-hour workshop for a total of 18 hours of collective learning experiences</td>
<td>The World Health Organization calls stress “the health epidemic of the 21st Century.” Many people cope with stress by engaging in unhealthy behaviors like overeating, smoking, self-medicating and not leading a physically active life. Stress is also a contributing factor in many chronic diseases like heart disease and diabetes. Decreased workforce productivity is also strongly correlated with employees having high stress levels. One approach to helping individuals better manage stress levels is to utilize mindfulness practices. Research on how mindfulness works and the positive effect it can have continues to grow. Neuroscientists are discovering how it affects the brain, medical researchers are observing its health benefits, and social scientists are showing how it can positively impact our lives and our society. In an effort to educate the public about the benefits of mindfulness, Mindful Living workshops were developed and offered to provide practical mindfulness strategies and skills to help individuals manage stress and life’s challenges.</td>
<td>Program participants completed surveys at the end of the program. Their responses showed: 100 percent felt they benefited from attending the program. 100 percent would recommend the program to others. 82 percent felt their knowledge, skills and understanding of the topic was “A lot/ A great deal” after participating in the program. (51 percent of the participants reported they had “None/A Little” knowledge, skills and understanding of the topic prior to the program and 38 percent reported only “Some” before attending the program.)</td>
<td>When individuals use mindfulness strategies in their everyday lives they are better able to manage their stress, which leads to lifestyle behaviors that improve health and overall well-being. Individuals who are less stressed have fewer health care costs, saving taxpayers money in reduced public healthcare costs and insurance premiums. Further, higher work productivity levels contribute to a healthier labor force and stronger economy.</td>
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9 adults attended a 2-hour workshop for a total of 18 hours of collective learning experiences. The programs were very well received by the participants and here are just a few of their comments: “Excellent and thought provoking program.” “Very enjoyable, educational and life enhancing!” “Reminded me it’s never too late to learn new things and make changes.” “Enjoyed the program and really made me think about how I want to live my life.” “Thank you MU Extension for offering these types of classes for its citizens.”

93 percent indicated they planned to make changes in their life as a result of participating in the program. (Ex. regularly practice mindful breathing, increasing physical activity and movement, slow down eating, eat less processed foods, eat more fruits and vegetables, limit multitasking, be less judging, be more reflective and less reactive)
**Number of Howard County Learners** | **Total Hours of Collective Workshop Participation in 2014** | **What Did They Learn?** | **What Action Did They Take?** | **How Does This Work Make Howard County and Missouri Better?**
--- | --- | --- | --- | ---
42 | Youth from Pre-school to 12th grade learned nutrition and health information in kid-friendly terms through lessons with hands on activities. These activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults also includes nutrition, food safety, physical activity, and food resource management. | Nutrition Program Associates (NPA’s) go into schools and other grant eligible locations and interact with community members to help them make healthier choices and build healthy habits. They see the difference the program makes in people’s lives. For youths who participated in FNP, results summarized for the state revealed the following positive impacts:

**Two thousand, five hundred eight** (2,508) **teachers gave us feedback.**

52% have participated in FNP for three or more years.

98% (2,461 teachers) reported one or more changes in students after FNP. | The Family Nutrition Program (FNP) brought $8,872,444.71 in Federal funds to the state of Missouri. These funds were used to provide nutrition education to 1,047,203 food stamp recipients and food stamp eligible citizens of Missouri. 850 of these participants reside in Howard County. It funds one full-time job that serves two counties with quality benefits plus expenses for making the programming available to qualified schools and agencies in the county. Participants in FNP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.

University of Missouri Extension’s Family Nutrition Program (FNP) reached 435 participants directly and 415 indirectly with nutrition education in Howard County during 2014 a significant percentage of which were low income.
### Howard County Leadership

<table>
<thead>
<tr>
<th>Howard County Commissioners &amp; County Clerk</th>
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<tbody>
<tr>
<td>Lowell Eaton – Presiding Commissioner</td>
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<tr>
<td>Richard Conrow – Eastern Commissioner</td>
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<tr>
<td>Howard McMillian – Western Commissioner</td>
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<tr>
<td>Kathryn Harp – County Clerk</td>
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<thead>
<tr>
<th>Howard County Extension Office Staff</th>
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<tbody>
<tr>
<td>Wendy Flatt – Livestock Specialist &amp; County Program Director</td>
</tr>
<tr>
<td>Hannah Stluka – Office Manager/Bookkeeper</td>
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<tr>
<th>Additional Faculty Serving Howard County</th>
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<tr>
<td>Shelley Bush-Rowe – Northeast Region</td>
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<tr>
<td>Regional Director</td>
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<tr>
<td>Charles Holland – Randolph County</td>
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<tr>
<td>Business Development Specialist &amp; Co-CPD</td>
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<tr>
<td>Larry Dickerson III – Boone County</td>
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<tr>
<td>Community Development Specialist</td>
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<tr>
<td>Thomas Fuhrman – Co-CPD – Randolph County</td>
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<tr>
<td>Housing and Environmental Specialist</td>
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<tr>
<td>Todd Lorenz – Cooper County</td>
</tr>
<tr>
<td>Horticulture/Agronomy Specialist</td>
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<tr>
<td>Vera Massey – Boone County</td>
</tr>
<tr>
<td>Health &amp; Nutrition Education</td>
</tr>
<tr>
<td>Jeremiah Terrell – Macon County</td>
</tr>
<tr>
<td>Human Development &amp; Family Studies Specialist</td>
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### Howard County Extension Council Members

Fred Weiker – Chair
Bill Hill – Vice Chair
Nancy Symes – Secretary
Michael Cessac – Treasurer
Richard Conrow County Commissioner
Laura Korte – City of Fayette
Virginia Taylor
Tammy Hackman
Scott Cooper
Chris Rohlfing-Farm Bureau
Melissa Duren
Paige Kircher

### Howard County Extension Office Staff

Joe Koenen – Agriculture Business Specialist & CPD – Putnam County
Kent Shannon – Natural Resource Engineering Specialist – Boone County
Letitia Johnson – Community Development Specialist – Boone County
Virgil Woolridge – Family Financial Education Specialist & CPD – Audrain County
Jennifer Schutter – Horticulture Specialist and Co-CPD – Adair County/NE Region
Chris Shoemaker – Business Development Specialist & CPD – Macon County
Christine Mosbrucker – 4-H Youth Specialist – Boone County/NE Region

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