RETURN ON INVESTMENT

Jasper County
2014 Annual Report
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
Extension’s Program Guidance Comes from You

The University of Missouri Extension council and staff would like to thank the Jasper County Commissioners for their support and funding for programs. The council and staff remain committed to improving people’s lives by helping them meet the opportunities and challenges of the 21st century with research-based education and information. County residents decide the direction of extension’s educational programming. Current emphasis areas in Jasper County focus on agriculture, business and workforce, children and teens, family life, home and garden, and nutrition and health.

University of Missouri Extension is a partnership of the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the U. S. Department of Agriculture’s National Institute of Food and Agriculture. The mission of MU Extension is to "serve Missouri by extending the unbiased research-based knowledge and problem-solving resources of the University of Missouri and Lincoln University to focus on high-priority needs of people throughout the state." The University of Missouri and Lincoln University are Missouri’s land-grant universities, charged by federal acts of Congress to deliver extension programs.

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

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

Submitted by,

Brian Fosdick
Council Secretary

Andrew Pennington
Council Chair

Janet LaFon
County Program Director
Cooperative Extension Celebrates a Milestone: The Smith-Lever Act of 1914 established the Cooperative Agricultural Extension Service, which allows people from across the nation to benefit from the knowledge of our land-grant universities. In May of 2014, we celebrated 100 years of University of Missouri Extension extending university-based research and knowledge beyond the campus into all 114 Missouri counties. In doing so, MU Extension has strengthened families, businesses and communities.

University of Missouri Extension Contacts: Extension faculty and staff made over 10,935 direct contacts and 59,421 indirect contacts in Jasper County during 2014. Of those, 323 were walk-in consultations and incoming telephone calls that were personally recorded by support staff.

Testing Services: Eighty-five lawn and garden soil samples, 141 agricultural soil samples, 28 commercial soil samples, one manure sample and two plant disease samples were submitted for testing.

MU Continuing Education Enrollment: This includes programs such as MU Direct, which is credit and non-credit continuing and distance education, MU Extension Fire and Rescue Training Institute, MU Extension Law Enforcement Training Institute, Office of Continuing Medical Education, Osher Lifelong Learning Institute, Missouri Training Institute, and MU’s Nursing Outreach. There were 338 Jasper County learners in these programs.

Century Farm: The Missouri Century Farm Program annually recognizes Missouri farms that are still productive and have been in the same family for 100 years or more. The newest additions to the Century Farm Program include one farm in Jasper County.

Robert Rees and his wife Norma, Jasper, own 240 acres that have been in his family since 1905. The farm was originally owned by Mr. Rees’ great-grandparents, Freeman and Sarah Rees.

Extension Leaders Honor Roll: Each year, extension leaders from across Missouri are recognized for their outstanding support of our programs. Their names are added to the Extension Leaders Honor Roll. Two leaders in Jasper County received this recognition in 2014.

Brian Fosdick comes from a family who has been supportive of the Jasper County Extension program for many years. He is completing his second term on the Jasper County Extension Council, having served as secretary for the past four years.

Lori Meyer grew up in the Jasper County 4-H program and has been an active 4-H leader for a number of years. She has been instrumental in giving direction and visioning of 4-H in Jasper County.
State Fair Farm Family: Robert and Stacey Pope and family of Jasper were among the 110 families honored during the Missouri State Fair’s Farm Family Day on August 11. Each year, the fair sets aside a day to recognize farm families from across the state who are active in their communities, involved in agriculture, and participate in local outreach and extension programs such as 4-H and FFA.

The annual event was sponsored by the Missouri Department of Agriculture; the Missouri Farm Bureau; the Missouri State Fair; the University of Missouri College of Agriculture, Food and Natural Resources; and University of Missouri Extension.

Bob McNary achieved the academic rank of Associate Extension Professional as part of the University of Missouri Extension non-tenure track faculty promotion system. Bob is currently serving as interim State 4-H Agriculture Specialist as part of the State 4-H Staff in Columbia.

Janet LaFon served as chair of the 2014 University of Missouri Extension statewide program conference. The conference was attended by over 600 employees. Janet attended the national meeting of the Association for Financial Counseling and Planning Education in Bellevue, Washington and was part of a team who presented a concurrent session on the Health Insurance Education Initiative curriculums that were developed and are being used in Missouri.

In November, Robert Balek was hired as a horticulture specialist headquartered in Jasper County. He participated in training and two interviews on the KSNF-TV “Living Well” program in Joplin.

Nutrition Program Associate Lindsay Supplee resigned in July to accept another position. In November, Gayle Fahrenbruch, was hired. Gayle was previously employed in this position for over three years.

Newsletters: Local specialists contributed to two newsletters that reached over 200 Jasper County families. 4-H News and Notes and Ag News and Views are produced monthly. The newsletters are also available online at http://extension.missouri.edu/jasper.

Extension specialists from across the region continued providing monthly articles for the Joplin Area Chamber of Commerce Newsletter. There are 2,400 newsletters distributed monthly.

Expanding Our Outreach with Media: The Southwest Region News Service operates out of the Greene County office and reaches over 210,000 residents every week with research-based MU Extension information. Some of the tools used include an e-mailed weekly news blast that reaches over 9,000 subscribers; the use of social media such as Facebook, Flickr, LinkedIn and YouTube to reach an additional 3,000-plus people per week; three weekly columns in newspapers that reach an audience of over 100,000; and our website. Over 100,000 people read our regional MU Extension media releases each week in a variety of local and regional print publications.

Information about University of Missouri Extension and the programs provided was presented for 28 members of the Webb City and Carl Junction Rotary club.
Agriculture and Environmental Quality

Making a difference
Through MU Extension’s Agriculture programs, participants keep better farm records, are better prepared to identify crop and livestock problems and increase farm production. This benefits others by providing increased tax base for public services, reducing the potential for water quality and other environmental impacts and providing a more dependable and affordable food supply.

Livestock

2014 was an amazing year for beef cattle producers in Jasper county. Prices reached all-time highs in late November, with 450-pound steers selling for $1,400 to $1,500 per head at the Joplin Regional Stockyards.

Two Show-Me-Select bred heifer sales held at the Joplin Regional Stockyards saw a full house attend the sales. The November sale posted an average price of $2,889 on 521 head. Goodnight Angus of Carthage sold six heifers in that sale for $3,217 per head. Jireh Acres (Jerry Carnes), Diamond sold in both the May and November sales. His averages were $2,300 and $2,700 on a total of six head.

Buyers at the two sales included: Janet Hebert, Sarcoxie, four head; Felix Wright, Carthage, 15 head; Tumblin T Ranch, Carthage, nine head; Don Shoup, Carl Junction, seven head; and Tom Elliston, Carl Junction, 15 head. Janet, Tom and Don are all repeat buyers and for the May, 2014 sale, all of their purchases calved within two weeks of their due date with no assists.

Another big activity held at the Joplin Regional Stockyards in November was the Steer Feedout Weigh-in and Evaluation. At this event, 77 head of steers from 11 different farms went through the ring and were evaluated by a panel for value, grade and desirability to buyers. Goodnight Angus, Carthage and Aaron Walker, Lakeview Farms, Joplin had a total of 17 head. One of the Goodnight steers that was harvested in 2014 made Prime minus Quality Grade which was the highest grade of steers in that group.

The steers were sent from the yards to southwest Iowa where they were fed about 170 days to finish weight. The program allows producers a low-risk way to learn how their cattle perform in the feedlot and on-the-rail. This can be used to make breeding and management decisions in the future.

Agricultural Business

2014 Farm Bill Education
The 2014 Farm Bill has direct and indirect effects on virtually every farm business in the state. The bill sets the federal support base that will be in place until September 2018. University of Missouri Extension provided programs statewide to assist farm managers in deciding how to participate in the new farm programs, or not. Three educational sessions were presented in Jasper County, including a crop insurance meeting, a presentation for the Jasper County Cattlemen’s Association and a county-wide workshop. Approximately 90 area residents attended these meetings.
**Agronomy**

**Pesticide Applicator Training**

The pesticide applicator training program was developed to provide information and training for farmers to enable them to purchase and use restricted-use pesticides. Producers learn about pest identification, control methods, reading the pesticide label, protective wear, pesticide storage, spill containment, sprayer calibration, record keeping, and environmental concerns. Certification is required by the Missouri Department of Agriculture and licenses are renewed every five years. A training workshop was held in Carthage in February, with 13 participants. In addition, 20 clients utilized a computer training program at the Jasper County Extension Center. On an end-of-session evaluation, participants shared that they had increased their knowledge in the following areas: ability to safely apply pesticides according to label, correct calibrations and what adjuvants are and when to use them. Participants’ comments included, "I know to triple rinse my containers" and "Buffer strips are important to protect water quality."

**Lincoln University Cooperative Extension Efforts**

During 2014, Lincoln University Cooperative Extension expanded their programming by hiring Randy Garrett as a Farm Outreach Worker serving Jasper and Newton Counties. This position is designed to help disadvantaged farmers increase their agricultural skills, develop sound economic practices and help them understand and use practices in sustainable agriculture. Programming that benefited Jasper County residents included:

- Eight farmers were able to take advantage of a United States Department of Agriculture (USDA) Drought Relief program, resulting in $18,000 of increased income.
- By recommending a fertilizer ration for tomatoes, one producer increased production by 300 pounds.
- Approximately 2,000 contacts were made with individuals at the Webb City, Joplin and Carthage Farmers Markets. As a result, one producer increased her yearly income by $2,000. Another producer started selling asparagus, which increased his income by $1,500.
- Fifty-seven individual farm visits were made.
- A small gas engine preventative maintenance workshop was attended by seven individuals from Jasper County. The workshop provided information on such things as general maintenance, blade sharpening and how to rewind a rope starter. An evaluation of the workshop showed that the participants went from basically no knowledge on these topics to feeling they had gained some useful information.

**Horticulture**

**The Webb City Farmers Market**

Four “Ask the Expert” informational displays were provided at the Webb City Farmers Market as a part of their First Friday morning markets. This was a joint venture between MU Extension, Lincoln University Cooperative Extension and the Webb City Farmers Market. The display targeted commercial producers and home gardeners.

As a result of his work with the Webb City Farmers Market, horticulture specialist Patrick Byers received the "Friend of the Market" award at their season celebration event.
Food Safety from Farm to Fork
A farm food safety workshop was presented for two farmers interested in selling at local farmers markets. The workshop topics included such things as water usage, sanitation, manure usage, market issues, postharvest handling, and recordkeeping.

Midwest Winter Vegetable Production Conference
The second Midwest Winter Vegetable Production Conference was held in November in Webb City. The conference attracted over 70 people who benefited from presentations and tours designed to increase the amount of produce grown in Jasper County and elsewhere during the winter months. The conference is a joint program of MU Extension, Webb City Farmers Market, and Lincoln University, and was partially funded through the Missouri Department of Agriculture.

Master Gardener
The Master Gardener program in Jasper County started in 1992, and is still going strong. Since the program’s beginning in Jasper County, over 460 area residents have attended the annual training courses, and have donated over 48,948 hours of volunteer time within their local communities.

Master Gardener Volunteer Service worth $49,272 to Southwest Missouri
A total of 48 Master Gardeners reported volunteering 2,327 hours during 2014. They made 973 contacts with area residents. By valuing their time based on the latest value of a volunteer’s time for Missouri, the contribution of these volunteers was worth $49,272.

Volunteer projects included beautification projects at churches, parks, schools, the Carthage Library, the Joplin Humane Society and agencies such as the Carthage C.A.N.D.O. Senior Center and the Ronald McDonald House; a demonstration garden at the Wildcat Glades Conservation and Audubon Center; working with youth in the Webb City area; educational programs and workshops for community groups and at lawn and garden centers; and judging horticulture exhibits at the Jasper County Youth Fair. Produce was donated to the Joplin Crosslines, the Carthage Salvation Army and the Sarcoxie Senior Center.

There were nine volunteers who completed their certification by donating 30 or more hours of volunteer service since completing their training program. In addition, 28 maintained their certification by donating at least 20 hours of volunteer service, plus completing at least six hours of continuing education during 2013.

Awards presented in 2014 were: Rookie of the Year, Mary Jean Hockman; Lou Ann Herron Community Service Award, Eric Osen; Coordinator’s Service Award, Glenita Browning; and Volunteer of the Year Award, Debbie Fedie.

Jasper County’s Master Gardener Helpline
Master Gardener volunteers operated a helpline three days a week from April to mid-August, answering lawn and garden questions. It was staffed by 15 Master Gardener volunteers who assisted 107 citizens by answering 118 questions and giving horticulture advice to callers and office walk-ins.

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Master Gardener Core Training
A core training course was held in Carthage with 18 participants. Thirteen, three-hour sessions were offered, giving the participants some options for obtaining their 30 hours of training. Topics covered included an orientation to the program, home lawn and turf, plant growth and development, soils and plant nutrition, woody ornamentals, plant diseases, home fruit production, naturescaping and Missouri tropical connection, insects, vegetables, herbaceous perennial flowers, and an orientation to working the local Master Gardener helpline.

Thirteen of the class participants completed an end-of-course evaluation. All thirteen of the respondents strongly agreed that they felt they understood what they needed to do to complete their certification as a Master Gardener. Eleven strongly agreed that the information presented will have an influence on the horticulture-related decisions they make and that they would recommend the class to their friends. Eight strongly agreed that they felt they have a better awareness of University of Missouri Extension, and seven strongly agreed that they are regarded as a valuable member of our county Master Gardener program. All of the respondents stated that they had learned information they planned to use. Nine expressed an interest in continuing their certification in the program beyond the initial 30 hours of volunteer commitment.

Annual Master Gardener Plant Sale a Success
The Ozark Gateway Master Gardeners held their annual plant sale in Carthage in May. In addition, they sold plants left over from the main sale at the Joplin Crosslines later in May.

Each year, the members gather plants from their own gardens and/or start plants from seeds to sell at bargain prices to eager gardeners. The proceeds of the sale are used to support various community projects sponsored by the organization, such as the Carthage Library Garden, a garden area at the Carthage C.A.N.D.O. Senior Center, a community garden project at the Joplin Crosslines, and a demonstration garden area at the Wildcat Glades Conservation and Audubon Center in Joplin. In addition, they provide training course scholarships to help lower the fees for new Master Gardener trainees.
Master Naturalist

The Master Naturalist program is a partnership between the Missouri Department of Conservation and University of Missouri Extension. The Master Naturalist’s mission is to promote awareness and citizen stewardship of natural resources through science-based education and community service. The program’s purpose is to develop a corps of well-informed volunteers to provide education, outreach and service dedicated to the beneficial management of natural resources and natural areas within local communities.

The local Master Naturalist program was started in 2005 and the local chapter is named Chert Glades Naturalists. Six training courses have been offered in the area: 2005, 2007, 2008, 2010, 2012 and 2014. The 2014 training course included twelve classroom sessions and three field trips. There were 17 participants. The volunteers receive certification after completing 40 hours of basic training, eight hours of advanced training and 40 hours of volunteer service. They maintain their certification by completing an additional eight hours of advanced training and 40 hours of approved volunteer service each year.

In 2014, the Chert Glades Master Naturalists reported donating over 4,434 hours of volunteer service. According to an independent nonpartisan coalition, the estimated dollar value of volunteer time in Missouri for 2014 was $21.17 per hour. This would suggest that Master Naturalist volunteer time during 2014 could be valued at $93,868.

There were 37 members who completed their certification in 2014. Over 1,000 hours of advanced training was completed by chapter members.

Many of the naturalists assist at the Wildcat Glades Conservation and Audubon Nature Center, Prairie State Park, George Washington Carver National Monument, and with various other projects including:

- Stella Eagle Day is the chapter’s signature outreach program. There were about 1,500 people in attendance this year. Chapter members were on hand to help with viewing, educational material and many fun handouts. They demonstrated the size and volume of a real eagle nest by building a life-sized nest and allowing children to sit in it for photo opportunities.
- Members and their families helped plant several thousand native plants and flowers at Prairie State Park after renovations were made to the two entrances.
- Chert Glades Chapter members, along with the Missouri Department of Conservation (MDC), provided a booth for Carver Day at George Washington Carver National Monument. The booth highlighted recycling activities and included numerous demonstrations, handouts and games for kids. There were over 2,000 attendees at this event.
- Waterfest was held at the Wildcat Glades Conservation and Audubon Center along Shoal Creek. Chapter members manned a booth with source point pollution as the topic, and helped at various locations during the event. The chapter built their first boat for the very popular cardboard boat race and won two awards.
- Habitat management activities at MDC Conservation Areas.
- Joplin tree planting and tree watering in the tornado zone.
- Harvesting wildflower seeds at several prairies.
- Naturescaping/rain garden demonstrations.
- Kellogg Lake Kids Day, Carthage.
- Redings Mill Bridge Restoration project.
- Trash/litter clean up at various streams.
- Stream Team water quality monitoring.

*Photo courtesy of Chert Glades Master Naturalists.

Waterfest crowd at Master Naturalist booth.
4-H in Jasper County is a community of 655 youth building life skills, engaging in science and connecting to community.

One of every five Missourians between the ages of 5 and 18 participated in a MU Extension 4-H Youth Development program in 2014.

**4-H Connects Kids to a Higher Quality of Life**

4-H Youth are equipped with the knowledge, skills, attitudes and health needed 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 each year. Being on one of these campuses is a predictor of youth going on to higher education (Hoover, 2006).

Youth who earn their bachelor’s degree increase annual earnings by $2 million over their lifetimes (NACUBO, 2012). If 70 percent of Jasper County’s members participating in 4-H events on the MU Campus go on to earn their bachelor’s degrees, 4-H would help young people earn $49,245,000 more of lifetime earnings.

Missouri 4-H members also learn to use these talents to engage in their communities. Young people in 4-H are engaged in twice as many leadership roles than their non-4-H peers. This provides them with the experience in problem-solving to step up and lead in a complex, changing world. In Jasper County, 231 youth were engaged in leadership and service experiences in their communities.

**Jasper County 4-H**

Jasper County is growing future scientists. 4-H’ers are more likely to pursue future courses or a career in science, engineering or computer technology. Jasper County 4-H-aged youth participated in 975 science-related projects in 2014.

**4-H Club Information**

Jasper County had nine 4-H clubs and 271 members during 2014. These clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers who teach projects ranging from aerospace and arts to veterinary science and sport fishing. Clubs also involve children and teens in community service, camping and educational trips.
4-H School Programs
Jasper County 4-H school enrichment programs are short-term educational experiences that supplement learning in the classroom. Most are led by teachers or 4-H volunteers. The most popular 4-H school program in Jasper County is electricity, with 384 participants.

Jasper County Teen Council
Teen council consists of 4-H members ages 12-18. These teens help with county and fun events, as well as service projects. Approximately 20 county 4-H members meet on a monthly basis.

4-H Council (Parents’ Association)
The Jasper County 4-H Parents’ Association is composed of club leaders, project leaders and parents of 4-H club members from every club in the county. Average attendance is 15. There must be more than half of the clubs represented for the association to transact business.

4-H Volunteers
Volunteers create, support and are part of the 4-H community. Missouri 4-H volunteers have reported they contribute on average 100 hours per year. Based on average Missouri incomes, the contribution of Jasper County 4-H volunteers was worth more than $350,000 in 2014! More importantly, these adults serve as mentors for our youth, helping them transition into healthy adulthood, which is priceless. 4-H members were supported by 156 youth and adult volunteers.

Weights Work Wonders
This is a community service project created by the Jasper County Mt. Moriah 4-H Club clothing project group to provide inexpensive weighted blankets and vests for children affected by autism. When a child affected by autism becomes agitated or upset, lying under a weighted blanket or wearing a weighted vest helps the child calm down and regain control. Eight project members made seven receiving blankets, 12 weighted blankets and five weighted vests for area agencies.

County Achievement Day and Fashion Revue

Jasper County Youth Fair
The 2014 Jasper County Youth Fair had a total of 1,494 exhibits. These participants earned $5,411.25 in premiums. Entries included 127 beef, 20 dairy, 124 goats, 190 horses, 130 poultry, 119 rabbits, 95 sheep, 64 hogs, 439 4-H non-animal exhibits, and 186 FFA non-animal exhibits. There were 329 individual exhibitors this year.

The animals sold at the Market Sale brought a total of $133,760. There were 58 exhibitors qualifying for the sale. Animals sold were one market turkey, two market broilers, two rabbit meat pens, two beef feeder steers, one dairy feeder steer, 12 market steers, 18 market hogs, 10 market lambs and 10 market goats. The Jasper County Fair Board keeps 10 percent of the market sale total to pay class premiums to all exhibitors. This year the fair paid $.25 per premium point.
Jasper County Shooting Sports Contest
Twenty-six 4-H members participated in the Jasper County contest. Results were: archery: senior division — traditional recurve longbow: Chris Bowles, 1st place; compound fingers: Emily Brown, 1st place; compound release aids: Matthew Beatty, 1st place; Breanna Osterdyk, 2nd place; and Mariah Poindexter, 3rd place; junior division — traditional recurve longbow: Emily Bowles, 1st place; compound release aids: Riley Roper, 1st place and Audrey Osterdyk, 2nd place; compound fingers no release aids: Joseph Beatty, 1st place; Caden Hoover, 2nd place; and Walker Phipps, 3rd place; intermediate division — compound release aids: Hunter Hinds, 1st place; Eli Adel, 2nd place; Halle Roper, 3rd place; and Brett Pennington; compound fingers no release aids: Stephen Brown, 1st place; .22 rifle: senior division — Zach Morris, 1st place; Mike Lane, 2nd place; and Clayton Morris, 3rd place; intermediate division — Sadie Ramirez, 1st place; Baylor Brouwer, 2nd place; and Hunter Drake, 5th place; junior division — Mackaiden Morris, 1st place; air rifle: senior division — Parker Athey, 1st place; and intermediate division — Ethan Webb, 1st place.

Regional 4-H Events

Regional Achievement Day
The following 4-H members received a blue ribbon at the Jasper County Achievement Day allowing them to represent Jasper County at the regional event. Those competing were: Demonstrations: junior division — Sadie Maples, arts and crafts; Harmouni Cundiff and Marissa Thorn, foods; Abigail Dumm and Livia Dumm, sewing; Hannah Andrews, child development; Emily Egger, horse; Nathaniel Hudson, dairy; Halle Roper, rabbit; Personal Development: senior division — Alyssa Rockers and Isaiah Chandler; junior division — Grace Maples and Hannah Baugh; elementary division — Hannah Hilsenbeck, Carly Simpson and Riley Roper; Project judging: senior division — Hayley Lown, arts and crafts; Alyssa Rockers, foods; Isaiah Chandler, horse; Hannah Rockers, photography; Matthew Meyer, poultry; Sam Anibal, shooting sports; junior division — Abe Maples and Lydia Rockers, arts and crafts; Eli Meyer, Garrett Egger and Nathaniel Hudson, beef; Sadie Maples, Hannah Hilsenbeck and Carly Simpson, cake decorating; Abigail Dumm and Livia Dumm, clothing; Emily Meyer and Hannah Baugh, foods; Leah Hilsenbeck, Emily Egger and Tannah Grigg, horse; Grace Maples, Caden Hoover, Riley Roper, and Caleb Hilsenbeck, shooting sports; Public speaking: senior division — Hannah Rockers and Sam Anibal; intermediate division — Lydia Rockers, Emily Meyer and Eli Meyer; junior division — Brett Rockers and Garrett Egger; and elementary division — Luke Anibal.

RATT - (Regional Action-Packed Trip for Teens)
The RATT trip is a “just for fun” trip. Garrett Dunn and Callie Ummel, along with 42 other 4-H youth from southwest Missouri participated in an Amtrak ride from Sedalia to Jefferson City. While in Jefferson City, the group toured the Capitol and Central Dairy.

Southwest Regional 4-H Member and Leadership Camps
The camps held at Camp Smokey, Roaring River State Park, were attended by 19 club members and four adult leaders from Jasper County. Most of those members are now serving as officers in their respective clubs.
Southwest Super 4-H’ers

The Super 4-H’er/Best of the Best Award is designed to recognize outstanding members from the 17 counties of the University of Missouri Extension’s southwest region. A junior and senior 4-H member from each county is chosen to receive the award. The criteria for choosing the award winners are determined by each individual county. The overall award is sponsored by the Greene County 4-H Foundation. Chosen this year from Jasper County were senior: Eli Meyer and junior: Hannah Andrews.

Regional Shooting Sports

The 2014 Southwest Missouri Regional 4-H Shooting Sports Contest was held at the Andy Dalton Range in Bois D’Arc, Mo., with 54 participants from eight counties.

Those competing from Jasper County were: intermediate division — .22 rifle: Sadie Ramirez, 3rd and senior division — air rifle: Parker Athey, 4th; archery traditional recurve and freestyle: Christopher Bowles, 1st; compound fingers no release aids: Emily Brown, 1st; compound release aids: Breanna Osterdyk, 14th and Mariah Poindexter, 15th; intermediate division — compound fingers no release aids: Stephen Brown, 3rd; compound release aids: Brett Pennington, 13th and Hunter Hinds, 15th; and junior division — compound release aids: Audrey Osterdyk, 15th.

Ozark Empire Fair

Seventy-four Jasper County 4-H’ers exhibited 186 non-animal projects at the Ozark Empire Fair. This resulted in 124 blue ribbons, 30 red ribbons, 15 grand champion and 17 reserve champion winners. A demonstration was given by Nathaniel Hudson. In addition, several members exhibited animals at the fair.

Member/Leader Trainings

Making the Best Better and Bright and Bold are annual member/leader training workshops. The events provided workshops on leadership, public speaking and demonstrations, as well as project-related sessions. Certifications for volunteer orientation and Show Me Quality Assurance (SMQA) were conducted as well.

The goals of these trainings were:

- Youth and leaders develop improved knowledge of project materials.
- Youth and leaders develop increased skills in making decisions, speaking in public, thinking critically and solving problems.
- Youth and leaders develop increased capability to listen and to respect the opinions of other people.
- Youth and leaders develop increased skills to work in groups.

Members and leaders trained during 2014:

- Twenty-seven new adult leaders took the volunteer orientation in order to become certified 4-H leaders.
- Thirty-three 4-H members were certified in Jasper County to show their livestock at fairs through the Show Me Quality Assurance program.
- One hundred fifty-six 4-H members and leaders were trained in 31 different project areas.
State and National 4-H Events

State Livestock Judging Contest
First place junior and senior members are determined by scores they receive during the county contest. The State 4-H Livestock Judging Contest is hosted by MU Extension. The senior team included Sam Anibal, Matthew Beatty and Hannah Rockers; and junior team: Luke Anibal, Lydia Rockers, Tate Maneval and Garrett Wolf.

Youth Civic Leadership Summit
This was a statewide weekend retreat for young people who are active or aspiring leaders and decision-makers in their communities. Attending from Jasper County were Brynna Brouwer, Isaiah Chandler and Ethan Chandler.

State Shooting Sports
Members enrolled in the Shooting Sports project may be selected to represent Jasper County by accruing points in local events. Members competing were: senior division — 22 rifle: Sam Anibal, 27th; Parker Athey, 3rd in hunting skills; 15th in muzzleloading; and 26th in archery American 600 compound; archery traditional recurve: Christopher Bowles, 2nd; American 600 recurve freestyle: 3rd and freestyle bow: 7th; intermediate division — .22 rifle: Sadie Ramirez, 12th; archery compound release aid: Brett Pennington, 15th; and junior division — archery traditional recurve longbow: Emily Bowles, 1st; freestyle recurve longbow: 2nd and American 600 recurve freestyle: 3rd.

State 4-H Fashion Revue
Representatives were selected during county fashion revue events. The State 4-H Fashion Revue is hosted by University of Missouri Extension. Members competing were: senior division — MaKensey Dumm, 2nd, Clothes You Make; Reagan Dumm, 3rd, Clothes You Buy; intermediate division — Hannah Andrews, 4th, Clothes You Buy; junior division — Abigail Dumm, 2nd, Junior Wool Contest; and Livia Dumm, 4th, Clothes You Buy.

State 4-H Teen Council
Council members represent over 20,000 youth who participate in Missouri 4-H clubs. They play a major role in statewide 4-H event planning, advise on policy issues and help coordinate two major youth leadership conferences each year. State council members must be elected as representatives from their regions. Anne Marie Anibal served the southwest region on the state council.

Missouri State Fair
Members receiving blue ribbons at the Ozark Empire Fair may exhibit at the Missouri State Fair in Sedalia. Sixty-eight Jasper County members exhibited at the State Fair. Hannah Andrews and Nathaniel Hudson gave demonstrations at the fair.
State 4-H Meats Judging Contest
The meat industry is an important component in Missouri agriculture. The Meat Identification and Judging Contest encourages 4-H members to develop skills and abilities needed to enter and advance in careers in the meat industry. These activities are designed to encourage the development of broader analytical skills, critical thinking, the use and understanding of appropriate meat terminology, and the evaluation of meat animal products to optimize economic returns not only to them as producers, but as consumers as well. Jasper County 4-H members who competed in the contest, hosted by MU Extension, included senior team: Anne Marie Anibal (1st high individual), Sam Anibal (7th high individual) and Brynna Brouwer (8th high individual); junior team: Nathaniel Hudson, Luke Anibal, Grady Weaver, and Makayla Todd.

State 4-H Congress
This event was held in Columbia on the MU campus. Members participated in a variety of leadership, project and career workshops. Attending from Jasper County were Anne Marie Anibal, Breanna Osterdyk, Hannah Rockers, Sam Anibal, Ethan Chandler, Isaiah Chandler, and Matthew Meyer.

Missouri 4-H Foundation Frank Graham Volunteer Leadership Award
In recognition of Frank Graham, past director of Missouri 4-H Youth Programs, local volunteers can be recognized for their dedication to Missouri’s youth. Each county may honor one or two outstanding 4-H volunteers annually.

Jennifer Chandler has served as a 4-H project leader in Jasper County for 15 years, leading projects in visual arts, arts and crafts, sewing, dairy, horse, and all areas of horsemanship. Jennifer served as the Jasper County 4-H Parents’ Association secretary for four years. In addition to her project leadership, Jennifer has managed the county fair concession stand, and served as a chaperone for Legislative Day, livestock judging, meats judging, and hippology contests. Jennifer always steps up when help is needed to lead a project, help out with an event or serve as a chaperone. Her strong creativity, enthusiastic leadership and willingness to do whatever it takes to help the club makes her the perfect volunteer.

Bob McNary with senior meats judging team: Brynna Brouwer, Sam Anibal, and Anne Marie Anibal.

State 4-H Congress representatives: Sam Anibal, Breanna Osterdyk, Isaiah Chandler, Hannah Rockers, Matthew Meyer, Anne Marie Anibal and Ethan Chandler.

Judy Layher (left), daughter of Frank Graham, presents the 2014 Frank Graham Volunteer Leadership award to Jennifer Chandler.
State 4-H Foundation Scholarships
These scholarships are for high school seniors and current college students who are or have been 4-H members. There are approximately sixty $500 and $1,000 scholarships administered by the Missouri 4-H Foundation. Emphasis is on leadership and community service. One of these $1,000 scholarships is funded by Jasper County 4-H and was awarded to Molly Russell. Alyssa Rockers was awarded the $1,000 Orscheln 4-H scholarship.

State Teen Conference
4-H members took part in leadership, communication, and community service workshops and toured the MU campus. Lydia Rockers, Hannah Andrews and Anne Marie Anibal attended from Jasper County.

Service to Communities Recognition Award
The purpose of Standards and Seals is to provide recognition for 4-H clubs and groups reaching Missouri 4-H standards of excellence. The goal of standards and seals is to provide 4-H clubs with an external, pre-determined target for their group's learning experience. Standards and Seals encourage

- a quality educational program for all members,
- a safe environment where all youth feel as if they belong,
- an environment where youth have opportunities to connect with caring adults,
- an environment where youth are actively engaged in exploring and learning about their interests,
- opportunities for youth to strive for mastery in subject matters of interest,
- opportunities for youth to set goals and be actively involved in planning, implementing and evaluating of the group’s program,
- opportunities to experience and value service to others and community, and
- a vibrant environment where youth want to participate.

In 2014 the Lincoln 4-H club received this award.

Missouri Extension 4-H Hall of Fame
The Missouri 4-H Foundation inducted Mike and Pat Cloud into the 4-H Hall of Fame during the 2014 Missouri State Fair. Mike and Pat Cloud have devoted most of their lives in service to Jasper County, especially the youth. They have served tirelessly for several years as very strong supporters of the Jasper County Youth Fair, as well as many of the other fairs in local communities in the county. They have also supported and helped train several meats judging teams for both 4-H and FFA. They are always willing to lend a helping hand wherever and whenever they can. They have always been there to help and encourage members to do their best.

National 4-H Congress
Anne Marie Anibal was among the nearly 900 youth delegates from 45 states and Puerto Rico who attended the 2014 National 4-H Congress in Atlanta, Georgia. The National 4-H Congress experience provides a great opportunity for 4-H members from across the country to come together and learn about community involvement, cultural diversity and service to others.

Selection as a delegate to National 4-H Congress is one of the highest honors in Missouri 4-H. Youth must complete a written application which is judged at the regional and state levels. Those with the highest scores at the state level are asked to return for an interview and the top 30 youth are selected as delegates.
First-Time Homebuyers Can Save Thousands of Dollars by Attending Workshops

Homebuyer education classes are a requirement to qualify for a special low-income, first-time homebuyer loan program through USDA Rural Development. University of Missouri Extension serves as a provider for these classes. Six, two-hour workshops were presented in Carthage during 2014 to help first-time homebuyers meet this requirement. Included was information on what you should consider before buying a home, the homebuying process, managing personal finances, choosing a home, making a purchase, caring for the home after purchase and record keeping. Thirteen adults, representing eight households from Jasper, Barton, Newton, Lawrence, Greene and Polk counties, participated in these workshops.

Conservative calculations indicate that these eight families will save more than $11,000 each over the life of their loans as a result of attending the homebuyer education workshops provided in Carthage by University of Missouri Extension. This is due to a lower interest rate than they could qualify for at other financial institutions, plus the savings from not having to pay points or purchase private mortgage insurance. These loans resulted in approximately $640,000 of economic activity in Southwest Missouri, of which, $240,000 was in Jasper County.

Health Insurance Education Initiative

The Health Insurance Education Initiative is designed to provide education about the Affordable Care Act as it relates to health insurance in an effort to prepare Missourians to make informed health insurance decisions. Two curriculums were developed at the state level to provide factual, unbiased information to Missourians. One focuses on individuals and families and the other targets employers and businesses. Regional specialists used these curriculums to present educational workshops across the state. Three workshops were presented in Jasper County in 2014: two in Joplin and one in Carthage. One of these was for employers and the other two were for individuals and families. These workshops were co-sponsored by University of Missouri Extension and Freeman Health System of Joplin.

A total of 27 area residents, plus Certified Application Counselors from Freeman Health System, participated in the workshops. On end-of-session evaluations, participants either agreed or strongly agreed that as a result of the workshops, they had the information they need to make an informed decision for themselves and their families, they know where to go to get help with enrolling in health insurance if they need to enroll and that the program was worth their time. More people having adequate health insurance coverage benefits local communities by reducing the amount of debt discharged in bankruptcy, which is often caused by financial problems related to large health care expenses. This leads to increased financial stability of communities.
Thrifty Estate Planning
A program titled "Thrifty Estate Planning" was presented in Joplin as a part of a retirement seminar for Empire District Electric Company employees and spouses. There were 52 participants. Included was information on the basics of estate planning, such as tips for transferring property (both titled and untitled), strategies for reducing conflict, health care directives and durable power of attorney for health care. The presentation was well received by the employees, as shown by the questions asked and the comments they made to the coordinator of the seminar. Participants in estate planning programs are better prepared to reduce conflict within families over the distribution of estate property. This can provide for more time and cost efficient distribution of assets, as well as easing stress on overburdened probate courts.

Make Your Money Count!
Two workshops titled “Make Your Money Count!” were presented in Joplin for 22 clients and staff members of the Joplin Area Habitat for Humanity. Included was information on basic money management: goal setting, decision making, income/expenditure analysis and developing and using a spending and saving plan. During the programs, the participants wrote down financial goals, which can lead to increased success in attaining their personal goals.

Nineteen participants completed an end-of-session evaluation. They were asked to identify some items they planned to accomplish within the next three months. Items shared included: review written financial goals; revise written financial goals when needed; track spending for at least 30 days; incorporate saving as part of my spending plan; set aside some money in my spending plan for unexpected expenses; plan ahead for large expenses that don’t occur each month — such as car insurance premiums, property taxes, holiday gifts; replace impulsive spending with deliberate and planned spending; share my goals with people who will be supportive; develop a plan for spending and saving; figure out my household income; balance my income and expenses and increase my income. Ten of the participants stated that they planned to increase their savings, with amounts ranging from $10 to $200 per month.

People with Disabilities Learn about Managing Money and Credit
A new project was started in 2014 for people with disabilities. It was designed to help them sharpen their money management skills. Missouri Assistive Technology is a statewide agency that is directed by the Missouri Technology Council. This Council was established by state statute in 1993. Their mission is “to increase access to assistive technology for Missourians with all types of disabilities, of all ages.” They recognized that one barrier faced by their clients trying to obtain needed assistive devices was lack of financial literacy. They came to University of Missouri Extension as a resource for financial education. As a result, a pilot project was developed to provide educational workshops on money management and credit. The first pilot was held in Joplin at The Independent Living Center. A two-hour workshop was presented for thirteen clients and staff members.

The participants were asked to complete both pre- and post- evaluations. Twelve responded to the pre-evaluation and eleven responded to the post-evaluation. Ten questions were asked, with respondents showing improvement in eight of the ten. The greatest increases were on the following (percent responding yes): I have written financial goals (47 percent increase), I have the information and forms I need to make a financial plan (58 percent increase), I will track spending for at least 30 days and I am working to replace impulsive spending with deliberate and planned spending (40 percent increase, to 100 percent of the respondents).

Don’t Be a Victim
“Don’t Be a Victim — Protect Yourself from Identity Theft” was the title of a program presented for twenty members of the Carthage Kiwanis Club. Included was information on recognizing ways you can become a victim, tips for protecting yourself and what to do if you are a victim.

A television interview was also presented on this topic on the KSNF-TV, Joplin, “Living Well” program.
Making Money Count Curriculum Webinar Held for Alabama Extension Agents

Making Money Count is a comprehensive money management curriculum that was co-authored by Janet LaFon. It is being used statewide, and copies have been sold to extension services in other states. As a result, Janet was contacted by a state extension specialist from Alabama to provide training for their county agents on the curriculum. A two-hour webinar was presented for eleven agents. As a part of their training, the agents were developing strategies for using the curriculum in statewide programming. Some had already had the opportunity to begin reviewing the curriculum and were very complimentary as to the quality of the materials, format and ease of use. Two had begun scheduling multi-session workshops using the curriculum.

Nutrition

Chronic Disease Self-Management Course Presented in Joplin

Chronic disease self-management is a six-week course for adults living with a chronic condition and their family members. Classes are highly participative, where mutual support and success builds confidence in participants’ ability to manage their health, while maintaining active and fulfilling lives. This workshop focuses on such things as improving knowledge of living a healthy life with a chronic condition; identifying and learning the latest pain management approaches; learning to manage fatigue and stress more effectively; finding solutions to problems caused by the condition; and identifying ways to deal with anger, fear, frustration, and depression.

There were 24 contacts made throughout the course. As a result of the course, the participants reported improved health behaviors, such as exercise, cognitive symptom management, coping, and communications with physicians. They also shared that they had improved health status.

Cooking Matters for Teens

As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters teaches participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals. It is a six-week course for adults, teens and children who want to make healthy meals on a budget. They learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. The course combines hands-on cooking experience with nutrition education. Participants take home the ingredients for one recipe to make at home after each class.

Three courses were held in Jasper County in 2014, targeting teens. A total of 210 contacts were made through these courses. As a result of this program, fifty percent of the teens made three to five of the recipes that were made in class. All of the teens reported that they would make meals that include at least three food groups and fifty percent planned to eat at least two and one-half cups of vegetables each day. Eighty percent reported that they would eat within two hours of waking up and would use the “Nutrition Facts” label to make food choices.
Family Nutrition Education Program

University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) reached 40,819 low-income participants with nutrition education in Jasper County during 2014. FNEP provides information on nutrition, food safety and physical activity for lifelong health and fitness.

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

During 2014, 4,039 youth and 36,780 adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served during 2014:

- **Eating Smart, Being Active**: an eight-lesson nutrition curriculum for adults. This program was offered at the River Street Food Pantry, Carthage and at the Jasper County Economic Security Corporation (ESC), Jasper County Food Stamp Office, Community Support Services of Missouri, The House, The Independent Living Center, and Region X Area Agency on Aging in Joplin.

- **Show-Me Nutrition Education Program**: a six-lesson program for pre-school through eighth grade. Topics included food safety, My Plate, physical activity, and food tasting. These classes were offered in Joplin at North Joplin Head Start, East Middle School and St. Mary’s Elementary; in Sarcoxie at the Sarcoxie Head Start and Wildwood Elementary; Webb City Head Start; Carl Junction Intermediate and High Schools; Carterville Elementary; and in Carthage at Fairview Elementary, Pleasant Valley Elementary, Mark Twain Elementary, Steadley Elementary, St. Ann’s Catholic School, and Columbian Elementary. Classes were also offered at the Carthage Public Library and the Family Neighborhood Center in Carthage; Forest Park Baptist Church, Boys and Girls Club, Lafayette House and Pumpkin Patch Daycare Center in Joplin; and Webb City Farmers Market and Bess Truman Primary Center in Webb City.

- **Show-Me Nutrition Education Displays** incorporate nutrition messages around a variety of relevant topics (such as: Supersizing of America, Healthy Eating on the Run, Childhood Obesity, Nutrition and Learning, Facts on Fats, etc.). There are 20 distinct displays that are used along with a corresponding handout to educate adult audiences. These displays were utilized with audiences at St. Peter’s Outreach House, Crosslines, Joplin Health Department, Community Clinic, Souls Harbor, and We Care of the 4 States, in Joplin; Helping Hands Ministries, Carl Junction; Salvation Army, Carthage; Freedom Fellowship Church Outreach Food Pantry, Sarcoxie; Webb City Farmers Market and Webb City Housing Authority.

- **Cooking Matters** classes were held at Fair Acres Family Y in Carthage, Joplin Family Y and Joplin Family Y South.
Evaluation data collected across the entire state reflects the positive impacts that occur in every county with FNEP. Within FNEP are two key programs, each with its own system for evaluating impact: the Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP).

For youth who participated in FNP, results summarized for the state revealed the following positive impacts:

- Feedback was received from 2,508 teachers.
- 52 percent have participated in FNP for three or more years.
- 98 percent (2,461 teachers) reported one or more changes in students after FNP.

<table>
<thead>
<tr>
<th>Student changes reported by teachers</th>
<th>Percent of teachers who observed each type of student change</th>
<th>Percent of teachers whose students talked about this change</th>
</tr>
</thead>
<tbody>
<tr>
<td>More aware of nutrition</td>
<td>90%</td>
<td>89%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>67%</td>
<td>80%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>50%</td>
<td>55%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>80%</td>
<td>80%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>83%</td>
<td>79%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>39%</td>
<td>43%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>65%</td>
<td>69%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teachers’ changes (self-reported)</th>
<th>Percent of teachers who made each type of change</th>
<th>Percent of teachers already practicing the behavior</th>
<th>Percent of teachers who model or talk about the behavior in front of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>More aware of nutrition</td>
<td>51%</td>
<td>48%</td>
<td>95%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>50%</td>
<td>45%</td>
<td>93%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>36%</td>
<td>55%</td>
<td>82%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>44%</td>
<td>49%</td>
<td>90%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>32%</td>
<td>67%</td>
<td>93%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>34%</td>
<td>60%</td>
<td>77%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>39%</td>
<td>45%</td>
<td>87%</td>
</tr>
<tr>
<td>Make/offer healthier food choices for students</td>
<td>52%</td>
<td>38%</td>
<td></td>
</tr>
</tbody>
</table>

Evaluation data was collected on students who participated in a variety of curricula from pre-kindergarten through grade 12.
Adults who participated in FNP also made significant improvements in each area addressed.

**Dietary quality and physical activity**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think about healthy food choices when deciding what to feed your family</td>
<td>56%</td>
</tr>
<tr>
<td>Use the “Nutrition Facts” label to make food choices</td>
<td>71%</td>
</tr>
<tr>
<td>Consume something within 2 hours of waking</td>
<td>53%</td>
</tr>
<tr>
<td>Consume the equivalent of 3 cups of milk, yogurt and cheese each day</td>
<td>47%</td>
</tr>
<tr>
<td>Eat more than one kind of vegetable each day</td>
<td>57%</td>
</tr>
<tr>
<td>Eat more than one kind of fruit each day</td>
<td>58%</td>
</tr>
<tr>
<td>Exercise for a total of 30 minutes each day</td>
<td>43%</td>
</tr>
</tbody>
</table>

**Food safety**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let meat and dairy foods sit out for more than 2 hours</td>
<td>61%</td>
</tr>
<tr>
<td>Thaw frozen foods at room temperature</td>
<td>75%</td>
</tr>
</tbody>
</table>

**Food resource management**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan meals ahead of time</td>
<td>68%</td>
</tr>
<tr>
<td>Compare prices before buying food</td>
<td>53%</td>
</tr>
<tr>
<td>Shop with a grocery list</td>
<td>59%</td>
</tr>
</tbody>
</table>

In addition to the numbers, local success stories demonstrate program impact:

**Mary Ann Pennington, nutrition program associate, wrote the following:**

“This has been a year for exploring new places to program. For the first time in the 17 years of my employment, I have finally been able to get my ‘foot in the door’ of a local women’s shelter. I am thrilled! I am now teaching an ongoing class that is offered to first-tier clients. On average there are eight or nine women in each class and they seem to love the program. I’m so glad I persisted!”

“One food pantry client told me how she enjoyed the recipes and reading the handout I gave her. Also, what good information the Show-Me Nutrition Education (SMNED) poster had. She told me they had inspired her to make changes to get healthier. As a result, she had lost 40 pounds so far. She told me she felt better than she had in a long time. She would definitely be staying on this healthy track.”

Mary Ann Pennington explaining My Plate.
Human Development

Focus on Kids (FOK)
Focus on Kids is a 2 ½-hour face-to-face program provided by University of Missouri Extension in collaboration with the circuit court system.

The purpose of Focus on Kids is to help parents learn how to nurture and support their children during and after separation and divorce. Specific goals include the following:

- Avoid putting children in the middle of parental disputes by encouraging divorcing parents to discuss differences and problem areas in a respectful manner or when children are not present.
- Encourage both parents to remain actively involved in the life of their child following divorce/separation (if it is healthy for the child).
- Provide research-informed suggestions of helpful parental behaviors related to transitions between households and discussing financial issues.
- Provide information on how divorce often affects children’s socio-emotional adjustment, and potential developmental differences based on children’s age and understanding.
- Provide research-based information and community resources related to human service agencies and other organizations that may be helpful to children and parents as they attempt to adjust to the process of divorce.

Each parent receives a take-home packet of information, including publications, book lists, websites, and a directory of parent resources. Thirty-nine parents attended FOK in Jasper County during 2014.

Some comments given in last year’s classes were:

- “Wish I would’ve known this information when I first separated. I think I would’ve been able to help my son adjust easier.”
- “I liked the program. It helped me find ways to say things to my ex-spouse without causing a fight.”
- “This is a good program and it helped me realize how important the divorce is to the child, to be very patient with my child and to help him understand what’s going on.”

Childcare Providers Receive Required Training

Each year, childcare workers in Missouri who are employed in licensed facilities are required to receive continuing education. Four classes were provided in Carthage to help providers meet this state-mandated requirement. A total of five center and home-based childcare providers attended the sessions. The classes provided useful resources and ideas to help them improve their childcare facilities. Topics included, “Sparking Kids’ Curiosity,” “Science for Young Children,” “Art Appreciation for Young Children,” and “What Does Time Mean to Children?” Pre-test and post-test comparisons showed that participants gained 60% more knowledge and understanding due to the programs presented. Additionally, all reported wanting to do something with what they learned, such as "using more open-ended questions."

Hope Conference Attendees Learn to Reduce Stress

University of Missouri Extension assisted the Alliance of Southwest Missouri with the 2014 Hope Conference in Joplin by providing a session on Managing Daily Stress for 15 conference participants. The session shared information on specific ways to deal with stress, how stress can affect the body, how the inability to manage stress can have a negative impact on children, and ways to improve a child’s self-esteem, as well as their own self-esteem. The participants had the opportunity to practice using good communication techniques. They also learned to identify strengths in their families and how to build on those strengths. Comments about the session included: “I learned a lot about how to be a better parent," "This workshop is just what I needed. I have so much family stress right now," and "Thank you for doing this class. I need a lot of help when it comes to managing stress and taking good care of my family."
Housing and Environmental Design

Webb City 2040: The City Of Choice
During the spring of 2014, work continued on a seven-year collaboration with the Drury University Center for Community Studies (CCS). They provided five, fourth-year architecture students to work with citizens and city staff to develop concepts for a more comprehensive vision of Webb City in 2040. This process encouraged participation and broader thinking about how the city can become more connected and focused on the development of newly available land, parks, revitalization of existing neighborhoods, develop “village centers” and diversify the housing options available to future residents.

Key issues that were explored focused on connecting the quadrants of the community that are physically separated by MacArthur Drive/Highway 171 and Madison Street, while helping each of six unique areas develop a better “sense of place.” One goal of the project was to foster the concept of Webb City being a “Live — Work — Play” community. A core group of six Webb City High School students attended the public meetings. This helped capture the broader citizens’ attention when they began to talk about what they would like to see in Webb City as a place young adults might consider moving back to after college.

This was the third visioning effort for Webb City following both the King Jack Park Vision during the fall of 2013 and the original downtown revitalization effort in the spring of 2008. The students each typically invest about 300 hours in the semester-long effort, resulting in a total of 1,500 hours donated by the students. The value of this time to the community was around a $90,000 return for their $5,560 cost for the semester long engagement.
The Business Development Program Delivery Network

Business Development specialists are headquartered at University of Missouri Extension centers; centers located on the University of Missouri campuses at Columbia, Kansas City, St. Louis and Rolla; and centers at most of the state universities across Missouri, including Missouri Southern State University in Joplin. The named programs delivered through this network include:

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

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

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

- **Missouri Environmental Program** — This program shows businesses how to save money by reducing waste, understanding regulations and using recycled materials.

Business Development Programs in Jasper County

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 Jasper County during fiscal year 2014, 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 809 people and their companies with business start-up and management counseling, training and other assistance. In addition, entrepreneurs and business owners in Jasper County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- new jobs: 124
- sales increases: $10,176,663.41
- government contracts: $341,055
- new businesses: 13
• jobs retained: 77
• loans and investments in business: $7,243,900
• acquired assets: $542,300
• clients/companies receiving business counseling: 190
• business training attendees and conference participants: 619

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

• new jobs: 2,674
• sales increases: $207,464,049
• government contracts: $349,593,124
• new businesses: 238
• jobs retained: 1,616
• loans and investments in business: $204,377,650
• investment in commercialization: $222,209,689
• $8,965,684 in SBIR/STTR or research proposals submitted with $3,814,347 awards received
• clients/companies receiving business counseling: 14,381
• business training attendees and conference participants: 12,394

The business development program entities contributing to these business successes are from the programs identified above. These staff members have regional and statewide assignments and work with businesses in all counties across the state.

Visit the state business development program website at www.missouribusiness.net.
Impact on Jasper County, Missouri

The County at a Glance

- Population: 116,398

UM Students from the County in 2014
- 189 students
  - 98 - MU
  - 51 - UMKC
  - 36 - Missouri S&T
  - 4 - UMSL
  - 142 - Undergraduates
  - 47 - Graduates
  - 162 - Full-time students
  - 27 - Part-time students

UM Alumni Residing in the County in 2014
- 1,123 alumni
  - 676 - MU
  - 224 - UMKC
  - 190 - Missouri S&T
  - 33 - UMSL
  - 604 Selected School Alumni
    - 39 - Medicine
    - 72 - Nursing
    - 24 - Health Professions
    - 40 - Dentistry
    - 23 - Pharmacy
    - 6 - Optometry
    - 19 - Veterinary Medicine
    - 93 - Agriculture
    - 209 - Engineering
    - 79 - Law

UM Employees and Retirees Residing in the County in 2014
- 40 people employed by UM
  - 9 - MU
  - 2 - UMKC
  - 1 - UMSL
  - 28 - UM Health Care
- 17 UM Retirees and Beneficiaries

UM Services Received in the County in 2014
- 1,057 patients seen at UM Health Care, with $269,108 of uncompensated care.
- 21 patients seen at the UMKC School of Dentistry with an average of $123 per patient in uncompensated care.
- 89,378 contacts with MU Extension through MU Extension events held in district counties.

UM Construction Projects involving Vendors located in the County in 2014
- 3 vendors involved with 2 projects, for $56 thousand.

UM Alumni Teaching K-12 in the County in 2014
- 30 teachers
  - 2% of all county teachers
  - 6 principals and administrators
  - 8% of all county principals and administrators

UM Footprint in the County
Jasper County MU Extension Center
Jasper County Extension Council

Chairman: Andrew Pennington
Vice Chairman: Bradley Moll
Secretary: Brian Fosdick
Treasurer: Jim Honey

Elected Members
Anna Ruth Crampton-Mosbaugh
Tom Fix
Vickie Flenniken
Brian Fosdick
Steve Fredrickson
Larry Jackson
Doug Joyce
Brenda Kirk
Carson Maneval
Bradley Moll
Karen Moll
Jennifer Pryer (resigned)
Shawn Pryer
Mark Russell
Dorothy Shull
Jeff Simpson
Jennifer Simpson
Gary Stubblefield
Julie Voelker (resigned)
Kristy Watts

Appointed Members
Mike Woolston
Andrew Pennington
Clint Lambeth
vacant
Jim Honey
Suzanne Russell
William Cade
City of Joplin
City of Carthage
City of Webb City
MFA
County Commission
Farm Bureau
Farm Bureau (appointed in October)

Unique partnership
Jasper County’s University of Missouri Extension Council is a full partner with Missouri's land-grant universities to deliver high-quality education and research-based information that helps people solve real-world problems and take advantage of opportunities.
Council members
- work with extension specialists to provide the county with quality educational programs,
- manage finances of local extension operations,
- provide personnel to carry out extension activities, and
- elect and organize the local extension council.

2014 Jasper County Commission
John Bartosh
Jim Honey
Darieus Adams
Presiding Commissioner
Associate Commissioner (East)
Associate Commissioner (West)
University of Missouri Extension programs in Jasper County are funded by Jasper County, state and federal appropriations. Local funding for support of the Jasper County Extension Center is provided by the Jasper County Commission. The commission provides office space, funds for office expenses, clerical salaries, and travel expenses of extension specialists who conduct educational programs in Jasper County.

University of Missouri’s Contribution to County Extension Program
The University of Missouri provides salaries and benefits for three professional and two paraprofessional staff members headquartered in Jasper County. The university provides in-service training expenses, including travel and lodging for faculty and staff, communications, and funds for computer equipment costs and maintenance.

Statewide Extension
Budgeted Sources of Funding

<table>
<thead>
<tr>
<th>Source</th>
<th>Total</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>State and University allocation</td>
<td>$24.7</td>
<td>30.8%</td>
</tr>
<tr>
<td>Federal</td>
<td>$10.5</td>
<td>13.0%</td>
</tr>
<tr>
<td>County</td>
<td>$18.6</td>
<td>23.0%</td>
</tr>
<tr>
<td>Gifts and Contracts</td>
<td>$21.7</td>
<td>27.0%</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td>0.0%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$80,939,240</strong></td>
<td></td>
</tr>
</tbody>
</table>

Beginning Balance $65,796.69
Revenue

<table>
<thead>
<tr>
<th>Revenue Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>0100 - Student Fees</td>
<td>$10,797.00</td>
</tr>
<tr>
<td>0210 - County Appropriations</td>
<td>55,941.00</td>
</tr>
<tr>
<td>0220 - 4-H United Way Appropriation</td>
<td>6,500.00</td>
</tr>
<tr>
<td>0300 - Investment Income</td>
<td>39.77</td>
</tr>
<tr>
<td>0400 - Gift/Grants/Contracts</td>
<td>7,221.27</td>
</tr>
<tr>
<td>0900 - Resales/Educational Services Fees</td>
<td>4,053.50</td>
</tr>
<tr>
<td>1300 - Miscellaneous Income*</td>
<td>17,751.94</td>
</tr>
<tr>
<td>1500 - Postage fund</td>
<td>2,619.00</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$104,923.48</strong></td>
</tr>
</tbody>
</table>

Expense

<table>
<thead>
<tr>
<th>Expense Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2700 - Personnel Services - Wages</td>
<td>$25,456.59</td>
</tr>
<tr>
<td>2800 - Payroll Expenses</td>
<td>8,664.18</td>
</tr>
<tr>
<td>3100 - Travel</td>
<td>5,638.54</td>
</tr>
<tr>
<td>3600 - Postage</td>
<td>4,577.41</td>
</tr>
<tr>
<td>3800 - Telephone Service</td>
<td>3,773.27</td>
</tr>
<tr>
<td>4300 - Rent/Lease Space</td>
<td>25.00</td>
</tr>
<tr>
<td>5100 - Supplies/Services</td>
<td>18,225.33</td>
</tr>
<tr>
<td>5600 - Professional Services</td>
<td>77.00</td>
</tr>
<tr>
<td>6400 - Other Contract Services</td>
<td>850.00</td>
</tr>
<tr>
<td>6800 - Insurance</td>
<td>1,828.25</td>
</tr>
<tr>
<td>7000 - Miscellaneous Expenses*</td>
<td>19,435.18</td>
</tr>
<tr>
<td>7100 - Test Services Expenses</td>
<td>2,803.51</td>
</tr>
<tr>
<td>7200 - Publications for Resale</td>
<td>228.50</td>
</tr>
<tr>
<td>7300 - Repairs/Maintenance</td>
<td>2,429.88</td>
</tr>
<tr>
<td>7700 - Furniture/equipment</td>
<td>689.57</td>
</tr>
<tr>
<td>7999 - Fee Generation Distribution</td>
<td>3,960.50</td>
</tr>
<tr>
<td><strong>Total Expense</strong></td>
<td><strong>$98,662.71</strong></td>
</tr>
</tbody>
</table>

Revenue less Expense $72,057.46

*Miscellaneous income and expenses reflect Master Gardener, Master Naturalist and 4-H activities, account transfers, copies, publishing and printing.
### Faculty and Staff

#### Headquartered in Jasper County

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Janet LaFon</td>
<td>Family Financial Education Specialist</td>
</tr>
<tr>
<td></td>
<td>and Jasper County Program Director</td>
</tr>
<tr>
<td>Bob McNary</td>
<td>4-H Youth Specialist</td>
</tr>
<tr>
<td>Robert Balek</td>
<td>Horticulture Specialist</td>
</tr>
<tr>
<td>Gayle Fahrenbruch</td>
<td>Nutrition Program Associate</td>
</tr>
<tr>
<td>Mary Ann Pennington</td>
<td>Nutrition Program Associate</td>
</tr>
<tr>
<td>Lindsay Supplee</td>
<td>Nutrition Program Associate</td>
</tr>
<tr>
<td>Terri Fossett</td>
<td>Family Nutrition Program Project Director</td>
</tr>
<tr>
<td>John Hobbs</td>
<td>Agriculture and Rural Development Specialist</td>
</tr>
<tr>
<td>Dr. Mark Jenner</td>
<td>Agriculture Business Specialist</td>
</tr>
<tr>
<td>Dr. Lydia Kaume</td>
<td>Nutrition and Health Education Specialist</td>
</tr>
<tr>
<td>Jill Scheidt</td>
<td>Agronomy Specialist</td>
</tr>
<tr>
<td>Bob Schultheis</td>
<td>Natural Resource Engineering Specialist</td>
</tr>
<tr>
<td>Dr. Jim Wirth</td>
<td>Human Development Specialist</td>
</tr>
<tr>
<td>Kathy Macomber</td>
<td>Community Development Specialist</td>
</tr>
<tr>
<td>Reagan Bluel</td>
<td>Dairy Specialist</td>
</tr>
<tr>
<td>David Burton</td>
<td>Civic Communications Specialist</td>
</tr>
<tr>
<td>Patrick Byers</td>
<td>Horticulture Specialist</td>
</tr>
<tr>
<td>Eldon Cole</td>
<td>Livestock Specialist</td>
</tr>
<tr>
<td>Robert Garrett</td>
<td>Farm Outreach Worker</td>
</tr>
<tr>
<td>Dr. Jodie Pennington</td>
<td>Small Ruminant Nutrition Specialist</td>
</tr>
<tr>
<td>Lincoln University</td>
<td></td>
</tr>
<tr>
<td>Randy Garrett</td>
<td></td>
</tr>
</tbody>
</table>

#### Other Regional Faculty Serving Jasper County

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jay Chism</td>
<td>Regional Director</td>
</tr>
<tr>
<td>Jeff Barber</td>
<td>Housing and Environmental Design Specialist</td>
</tr>
<tr>
<td>Reagan Bluel</td>
<td>Dairy Specialist</td>
</tr>
<tr>
<td>David Burton</td>
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<tr>
<td>Patrick Byers</td>
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In addition to our regional Extension faculty, local individuals and businesses can receive assistance through the Small Business and Technology Development Center located on the Missouri Southern State University campus. The Director is Lisa Robinson.