December 2015

Dear County Commissioners and Friends of MU Extension:

Each year, University of Missouri Extension carries out the University of Missouri’s land-grant mission — bringing the university’s knowledge and research to all Missourians. For more than a century, we have been the “front door” to higher education in Missouri — helping to improve lives and create vibrant, resilient communities.

MU Extension is known as a valued and trusted resource for Missourians, touching the lives of nearly 2.3 million citizens. Our presence in all 114 Missouri counties, coupled with our network of councils, enables us to listen to the needs of communities, and respond with programming that addresses those needs. From our well-known programs in agriculture, nutrition and health, 4-H, and small business development, to lesser known continuing education programs for professionals such as fire and law enforcement training, nursing and medical continuing education and labor education, MU Extension makes a difference with programs that are in demand. The following are examples of program impact.

- **MU Extension’s Business Development Program** helps Missouri entrepreneurs succeed in private enterprise and promotes statewide economic growth. In the past fiscal year, this program helped businesses increase sales by more than $157 million, secure loans and equity of nearly $100 million, create 1,832 jobs, and retain an additional 1,436 jobs. The program also helped to launch 213 new businesses in our state.

- **Alianza**, a joint initiative of MU Extension and the Institute for Human Development at the University of Missouri – Kansas City, provides intercultural training to the growing segment of Latino farmers, and pairs them with the knowledge and services they need to help Missouri meet its agricultural needs.

- **4-H Youth Futures: College Within Reach**, is designed to help high school youths who are not encouraged to attend college realize the benefits of a college degree. Studies show that an individual’s lifetime earning potential increases by an average of $2.3 million with a bachelor’s degree. This program makes a difference for many young people.

- Strengthening communities through art, innovation and creativity is the focus of MU Extension’s **Community Arts Program**. The program’s 2015 St. Louis Storytelling Festival, which brought curriculum to life for 12,000 local school children, shows how extension adds value to communities through engagement with MU.

These examples are a small representation of the many ways MU Extension works to enrich lives, businesses and communities to strengthen Missouri. I encourage you to read the attached annual report to view the impact made in your county. On behalf of MU Extension, thank you for your support and partnership with us to better serve your community.

Sincerely,

Thomas A. Henderson
Interim 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,

Vickie Flenniken
Council Secretary

Andrew Pennington
Council Chair

Janet LaFon
County Program Director
Year in Review

University of Missouri Extension Contacts: Extension faculty and staff made over 11,625 direct contacts and 54,499 indirect contacts in Jasper County during 2015. Of those, 225 were walk-in consultations and incoming telephone calls that were personally recorded by support staff.

Testing Services: One hundred thirty-three lawn and garden soil samples, 126 agricultural soil samples, one commercial soil sample, two manure samples, 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; Veterinary Medical Extension and Continuing Education; Labor Education; and MU’s Nursing Outreach. There were 389 Jasper County learners in these programs.

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 2015.

Andrew Pennington, Carthage, is a vineyard owner and winemaker. He is completing his second term on the Jasper County Extension Council. Andrew has served three years as chair of the Council and representative to the Regional Council.

Eileen Nichols, Webb City, is the manager of the Webb City Farmers Market. She has partnered with MU Extension on a variety of educational projects for several years. Eileen has served on the Jasper County Extension Council during the past two years.

MU Students Provide Service in Jasper County through Mizzou Alternative Breaks: Mizzou Alternative Breaks (MAB) is a student-led program on the MU campus that sends groups of students on trips to serve communities in a variety of ways. In 2014, MAB, in conjunction with MU Extension, created a goal to serve all 114 counties in Missouri by 2020. Two different groups came to Jasper County in 2015. The first group of ten students came in April and served the Ronald McDonald House in Joplin and the Carthage Crisis Center. The second group of eleven came in October and served Children’s Haven and a parishioner of the New Creation Church, both in Joplin.

MAB students helped with spring cleaning at the Ronald McDonald House.
State Fair Farm Family: Clint and Mercedes Wilkerson of Carthage were among the 110 families honored during the Missouri State Fair’s Farm Family Day on August 17, 2015.

The Wilkersons were selected as the Jasper County Missouri State Fair Farm Family by the Jasper County Extension Council and local Farm Bureau.

Each year, the fair sets aside a day to recognize farm families from across the state who are active in their community, involved in agriculture, and participate in local outreach and extension programs such as 4-H and FFA.

Breast Cancer Dialogues: A group of performing arts students from the University of Missouri Theater Department came to Carl Junction in April to present “Dialogues About Breast Cancer.” Three short scenes featured doctor-patient interactions surrounding breast cancer diagnosis and treatment. The performance was geared toward physicians, nurses and nursing students, breast cancer patients and survivors, as well as members of the general public who may be touched in some way by breast cancer.

Television interviews: Specialists, the nutrition program associates (NPAs) and Master Gardeners worked with KSN-TV, Joplin on a variety of interviews. Included were monthly interviews on their “Living Well” program, four interviews on the “Carol Parker Show” and an interview on their “Local News Today” program. One interview was a collaboration between the horticulture specialist and NPAs, providing information on different apple varieties and a recipe for sweet baked apple wedges.

Horticulture information on Facebook: A new Facebook page was started to share horticulture information of interest to local residents. Check out the University of Missouri Extension Horticulture Jasper County Facebook page.

Newsletters: Local specialists contributed to two monthly newsletters, 4-H News and Notes and Ag News and Views, that reached over 350 Jasper County families. The newsletters are also available online at extension.missouri.edu/jasper.

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

At the request of the newspaper staff, a University of Missouri Extension weekly column in the Carthage Press was started in June. The three specialists and two nutrition program associates headquartered in Jasper County have taken turns writing articles for the column that appears in their Saturday newspaper.

Expanding Our Outreach with Media: The Southwest Region News Service operates out of the Greene County Extension office and reaches about 300,000 residents every week with research-based MU Extension information. Some of the tools used include an e-mailed weekly news service that reaches nearly 9,000 individuals. The use of social media such as Facebook, Flickr, a blog, and YouTube reach an additional 10,000-plus people per week. Three weekly columns in newspapers reach an audience of over 105,000.

Regular interviews of MU Extension specialists on Springfield and Joplin television and radio stations expand the weekly audience further (with an estimated 40,000 households reached). In addition, over 120,000 people each week read printed versions of the media releases sent out via the weekly Southwest Region News Service in a variety of print publications in southwest Missouri and beyond.
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.

Horticulture

Food Safety from Farm to Fork
A farm food safety workshop was presented for 19 producers interested in selling at the Webb City Farmers Market. The presentation has become a requirement to sell at the Webb City Farmers Market, to ensure that vendors have an appreciation for food safety and produce. University of Missouri Extension, the Missouri Department of Health, and the Webb City Farmers Market have cooperated on this program for four years.

Webb City Farmers Market First Fridays
“Ask the Expert” informational displays were provided at the Webb City Farmers Market as a part of their first Friday morning markets. Dozens of contacts were made each week, sharing information about programs and horticultural publications and advice. This was a joint venture between University of Missouri Extension, Lincoln University Cooperative Extension and the Webb City Farmers Market. The display targeted commercial producers and home gardeners.

Farm Visits
Local farms in the county were visited as part of a supplier’s tour through the Webb City Farmers Market. These growers supply vegetables, fruits, meats, honey, and value-added items for local farmers markets.

Apple Grafting Workshop
Ten people learned to graft apple trees at the Apple Grafting Workshop in Carthage. Each person grafted at least three trees of different varieties. Most said they would use their new skills to rejuvenate older apple trees at home.

Seed Savers Workshop
By request of the Ozark Gateway Master Gardeners, a Seed Savers workshop was organized. The class was open to all, with 22 registrants learning techniques of seed harvesting, cleaning and storage. Additional topics included preservation of genetic integrity of heirlooms and protecting from cross-pollination by unwanted varieties. Master Gardeners supplied tools and seed, which they then donated to future classes on the subject.
Site Visits

In response to requests of local fruit and vegetable producers, over a dozen site visits to local farms were conducted in 2015. Farmers were concerned about conditions brought on by heavy and frequent soaking rains in spring and summer. These conditions fostered several problems with fruits and vegetables including blights on tomatoes, fungal diseases on many leaf crops and melons, and dry-pocket on blackberries and raspberries. These problems were identified for the farmers, and remedial action was advised.

Office Visits and Phone Contacts

Over 230 people called or visited the Jasper County Extension office with horticulture questions. Most questions were weather related. Spring rains lasted into the summer with great frequency and intensity, resulting in flooded areas and fields leached of nutrients. Physiological problems were noted on fruits and vegetables including fungal diseases, blights, and nutrient deficiencies. However, some plants benefitted from the conditions.

If it had not been for the excessive spring rains, followed by a dry, late summer and fall, then followed again by excessive rains and flooding, 2015 would have been remembered as the year of the webworm. Infestations were intense and long lasting. The result was significant numbers of trees completely defoliated by late September. Nut trees suffered the worst of the onslaught, as did sweetgums and sycamores, but nearly all trees showed at least some sign of webworms.

Local Boards Receive Assistance

The Jasper County Soil and Water Conservations District Board (SWCD) meets monthly to monitor grant-funded programs concerning soil and water conservation on farms and fields. Robert Balek serves as secretary on that board. He also serves as an adviser to the Carthage Tree Board.

Master Gardener

The Master Gardener program in Jasper County started in 1992, and is still going strong. Since then, over 472 area residents have attended the annual training courses, and have donated over 51,812 hours of volunteer time within their local communities.

A total of 53 Master Gardeners reported volunteering 2,841 hours during 2015. They made 1,154 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 $60,513.

Volunteer projects included: beautification projects at churches, parks, schools, the Carthage library, the Joplin Humane Society, the Carthage Humane Society and agencies such as the Carthage C.A.N.D.O. Senior Center; community gardens in Joplin and Alba; a demonstration garden at the Wildcat Glades Conservation and Audubon Center; working on gardening projects with youth in the Webb City area; and garden produce donated to and educational workshops provided at the Joplin Crosslines.

There were eight volunteers who completed their certification by donating 30 or more hours of volunteer service since completing their training program. In addition, 33 maintained their certification by donating at least 20 hours of volunteer service, plus completing at least six hours of continuing education during 2015.
Awards presented in 2015 were: Rookie of the Year, Linda Wenger; Lou Ann Herron Community Service Award, Bev Sturgis; Coordinator’s Service Award, Chuck Evans; and Volunteer of the Year Award, Eric Osen.

Master Gardener Core Training
A core training course was held in Carthage with 12 participants. Thirteen, 3-hour sessions were offered, giving the participants some options for obtaining their 30 hours of training. Topics covered included an orientation to the program, plant growth and development, woody ornamentals, home lawn and turf, soils and plant nutrition, plant diseases, insects, plant propagation, pest management, vegetables, pruning, herbaceous perennial flowers, home fruit production, and an orientation to working the local Master Gardener helpline.

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 13 Master Gardener volunteers who assisted 84 citizens by answering 101 questions and giving horticulture advice to callers and office walk-ins.

Ozark Gateway Master Gardeners
Ozark Gateway Master Gardeners organize many of the Master Gardener projects in the area. Members of the Ozark Gateway Master Gardeners held chapter meetings at various locations, such as at Keltoi Winery and Spiva Park in 2015.

Joplin Parks — Ewert Park Youth Activity
The Joplin Park District invited the Ozark Gateway Master Gardeners to lead a flower bed planting at Ewert Park as part of the summer program for youth. Fourteen youths ages 7 to 15 were involved in learning about annuals and learning to plant flowers in amended soil.

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.

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Livestock

Beef cattle interest was high throughout the year as prices were at record highs. This prompted many beef farmers to expand their herds and make major investments that will lighten their loads in the future.

The beef cattle improvement programs involved were Show-Me-Select Heifers (SMS) and the Performance Tested Bull Sales. Two sales were held for SMS at Joplin Regional Stockyards. The May sale averaged $2,861 and the November sale averaged $2,477. Sellers at these sales included Goodnight Angus, Carthage. Buyers were: Tom Elliston, Carl Junction; Janet Hebert and Lavon Schrock, Sarcoxie; Todd Clements, Jasper; and Jim Honey, Rick Stramel, Tumblin T, and Gary Wampler all of Carthage.

The Southwest Missouri Beef Cattle Improvement Association sponsors two tested bull sales each year in Springfield. There were no sellers from Jasper County, but Tom Fix of Carthage and Tom Elliston, Carl Junction each bought two bulls at these sales.

Cattlemen were given an opportunity to evaluate their genetics through the Missouri Steer Feedout. During 2015 cattlemen participated by sending steer calves to Iowa where they were fed five to six months then sold and carcass data was gathered on their beef. Participants were Goodnight Angus, Carthage and Aaron Walker of Lakeview Farms, Joplin. It was not a good year to feed cattle out to slaughter. However, Feedout participants viewed this program as an opportunity to learn more about the genetic makeup of their herds rather than feel they had to make a profit.

Another popular event for beef cow-calf folks is our Bull Breeding Soundness Clinics. Jasper Countians brought bulls to Diamond and Miller to have their fitness checked for turnout in the breeding pastures. Participants were: Jerry Carnes, Diamond; Terry Paradeis, Johnny Hankins, Mark Bright, Levi Calvin, Martin Wagner all of Sarcoxie; and Chris Cloud, Mike York, Heath Cobine, Alex Riddle, and Chris Byerly, Carthage.

Beef cattle information is sent regularly to the Southwest Region’s News Service which has a wide coverage area. A monthly Beef Newsletter is sent to a number of households in Jasper County.

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 28 participants. In addition, 25 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 on topics such as their ability to safely apply pesticides according to label, correct calibrations and their ability to measure and spray the correct rate of pesticide.

Jasper County Livestock and Forage Conference

A Livestock and Forage Conference was held in Carthage in February, with 75 participants. Extension specialists presented information on antibiotic regulations for livestock and hay and forage quality. Sponsorships for the conference were provided by Race Brothers, Southwest Missouri Bank, FCS Financial, Garrett Hay, Legacy Farm and Lawn, Custom Labs of Golden City, Jasper County 4-H, the Jasper County Commission, and the Jasper County Soil and Water Conservation District (SWCD).
Joplin FFA Agriculture Expo
The purpose of the Ag Expo was to enlighten high school students to the constantly changing world of agriculture. The expo helped students understand that there is more to agriculture than “farming.” The expo helped promote and enlighten students to this field which employs more than 20 percent of the workforce and ensures that we spend a lower percentage of our annual income on food than any other country. There is a large percentage of the workforce in Joplin who are employed in an agriculture industry and those careers are part of the largest industry in the United States. Approximately 150 students and 25 adults attended.

Agricultural Business

2015 Farm Bill Computer Labs
The 2014 Farm Bill set the federal support base that will be in place until September 2018. To assist local producers with making decisions as to which programs would be best for their operations, University of Missouri Extension provided two computer labs in the Jasper County Extension Center. The regional agribusiness and agronomy specialists helped ten producers utilize an online decision tool to explore their options.

Lincoln University Cooperative Extension Efforts
Lincoln University Cooperative Extension continued their work in Jasper County 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:

- Two high tunnels were constructed on a local farm.
- A total of 77 farm visits were made. Eleven of these visits were with Hispanic farmers.
- Two farmers were helped in obtaining over $15,000 worth of assistance in the drought relief program through the Farm Services Agency (FSA). Two farmers were also assisted in obtaining Beginning Farmers Loans through FSA.
- In cooperation with MU Extension, an informational booth was operated from the beginning of May through September at the Webb City Farmers Market for vendors and guests to ask questions concerning agriculture. One hundred and sixty-nine people stopped by for assistance.
- Six educational workshops were attended by 43 Jasper County residents.
- Workshops are being conducted on a local Jasper County Hispanic radio station.
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 local Master Naturalist Chert Glades Chapter celebrated ten years as Missouri Master Naturalists in 2015. In August the new website chertglades.org was rolled out. Approximately 200 to 300 people a month visited the website and over 1,000 people a month were “reached” on the Chert Glades Facebook page.

In 2015, the Chert Glades Master Naturalists reported donating 3,166 hours of volunteer service valued at over $67,435. There were 28 members who completed their certification in 2015 and over 800 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 over 1,500 people in attendance this year, coming from 20 states and 10 countries. Thirty-three chapter members helped with viewing, educational material and many fun handouts.
- Chert Glades Chapter members, along with the Missouri Department of Conservation (MDC), provided a booth for Carver Day at George Washington Carver National Monument. Members highlighted Missouri wildlife, conservation measures, recycling, and held games and demonstrations. There were over 2,000 attendees at this event.
- Waterfest was held in conjunction with our partner Wildcat Glades Conservation and Audubon Center. Hundreds of visitors attended this annual event.
- Habitat management activities at MDC Conservation Areas.
- A Monarch/Milkweed booth was provided in September at George Washington Carver National Monument for Prairie Day. Members gathered and distributed over 400 packets of milkweed seeds along with instructions for planting. They also provided over 400 packets to MDC for use statewide. Several members made presentations locally to various groups and organizations regarding their monarch projects.
- Joplin tree planting and tree watering.
- Harvesting wildflower seeds at several prairies.
- Naturescaping/rain garden demonstrations and education.
- Kellogg Lake Kid’s Day, Carthage.
- Redings Mill Bridge glade restoration project.
- Trash/litter clean up at local areas.
- Stream Team water quality monitoring.
- Prairie monitoring/recording at Linden Prairie, Cook’s Prairie, Woods Prairie, Golden Prairie and Diamond Grove.
- Prairie cleanup of Joplin’s remnant prairie.
- Butterfly garden at Cunningham Park in Joplin.
- Prairie Seed Mixing Day and seed identification.

*Photos courtesy of Chert Glades Master Naturalists.
4-H Youth

Making a difference
4-H project work helps youth explore interests from animal science to aerospace, resulting in increased interest in science at a rate three times that of non-4-H peers. Interest in science is a predictor for young people to choose science-related careers. This interest in science, along with 4-H members’ 70 percent greater likelihood to go to college than youth participating in other out-of-school programs, is helping grow future scientists. Future scientists are critical to our state, national and global economy; three-quarters of Missouri’s $13.9 billion in products and services exported in 2012 were science, engineering and technology-based industries (Lerner and Lerner, Wave 6; MERIC).

4-H in Jasper County is a community of 412 youths building life skills, engaging in science and contributing to their communities.

One of every five Missourians between the ages of 5 and 18 participated in a MU Extension 4-H Youth Development program in 2015.

4-H Connects Kids to a Higher Quality of Life
4-H Youth are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. Missouri 4-H members spend more of their leisure time than peers engaged in projects of interest anchored in science (Khan, 1989). It is no wonder that 4-H members are three times more likely to go into science-related careers than similar peers (Lerner and Lerner, 2008).

4-H youth are more connected to college campuses and faculty than their friends. MU Extension 4-H connects 8,700 young people to University of Missouri campuses each year. Being on campus is a predictor of youth going on to higher education (Hoover, 2006). 4-H youth are nearly twice as likely to expect to go on to college (Lerner and Lerner, 2011).

Youth who earn a bachelor’s degree increase annual earnings by $2.3 million over their lifetimes (NACUBO, 2012). If 50 percent of the Jasper County members participating in 4-H events on the MU Campus go on to earn a bachelor’s degree, 4-H would help these young people earn $415,065,000 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 Jasper County, 237 club members were engaged in leadership and service experiences in their communities.

Jasper County 4-H

4-H Club Information
Jasper County had nine 4-H clubs and 237 members during 2015. 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 4-H school program in Jasper County is basic electricity, with 175 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 $385,530 in 2015! 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 181 youth and adult volunteers.

County Achievement Day and Fashion Revue
Members competed in demonstrations, judging, personal development, fashion revue, public speaking, and Clover Kid Sharing. Thirty-two members participated in 19 different project areas. Top members in fashion revue were Abigail Dumm, Hannah Andrews, MaKensey Dumm, and Livia Dumm. Top demonstrators were: junior division—Hannah Andrews, Hannah Baugh, Savanna Fisher, and Grady Weaver; senior division—Grace Maples and Sadie Maples.

Jasper County Youth Fair
The 2015 Jasper County Youth Fair had a total of 1,697 exhibits. These participants earned $6,133.25 in premiums. Entries included 131 beef, 17 dairy, 129 goats, 182 horses, 190 poultry, 129 rabbits, 88 sheep, 72 hogs, 427 4-H non-animal exhibits, and 177 FFA non-animal exhibits. There were 332 individual exhibitors this year.

The animals sold at the Market Sale brought a total of $114,855. There were 57 exhibitors who qualified for the sale. Animals sold were two market turkeys, two market broilers, two rabbit meat pens, two beef feeder steers, one dairy feeder steer, 10 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.
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. Project members made 10 weighted blankets for area agencies. The project group also made nine receiving blankets for Choices in Carthage.

Regional 4-H Events

Regional Achievement Day
The following 4-H members received a blue ribbon at the Jasper County Achievement Day which qualified them to represent Jasper County at the regional event. Those competing were: Demonstrations: junior division animal science—Grady Weaver, 2nd place and Lane Allen, 5th place; foods—Izzy Baldwin, 2nd place and Aubri Fisher, 4th place; and intermediate division clothing—Lacey Allen, 5th place; Personal Development: junior division—Rachel Baugh, 4th place; and intermediate division—Johnathon Baugh, 3rd place and Marissa Thorn, 6th place; Project judging: junior division clothing—Lacey Allen, 2nd place; poultry—Mackenzie Bell, 1st place; horse—Mackenzie Bell, 1st place; Emily Egger, 2nd place; Savanna Fisher, 3rd place; Tannah Cassatt, 5th place; and Grady Weaver, 6th place; beef—Emily Meyer, 1st place and Tannah Cassatt, 2nd place; arts and crafts—Garrett Egger, 1st place; shooting sports—Savanna Fisher, 1st place; and foods—Marissa Thorn, 4th place; Public speaking: intermediate division—Garrett Egger, 1st place and Emily Egger, 2nd place; and junior division—Laura Thorn, 1st place.

Southwest Regional 4-H Member and Leadership Camps
The camps held at Camp Smokey, Roaring River State Park, Cassville, were attended by 16 club members and two 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 junior: Grace Maples and senior: Isaiah Chandler.

Regional Shooting Sports
The 2015 Southwest Missouri Regional 4-H Shooting Sports Contest was held at the Andy Dalton Range in Bois D’Arc, Mo., as well as in Polk County in the West Central region with over 140 participants from 12 counties. Those competing from Jasper County were: archery intermediate division—Emma Ryan, 1st place traditional recurve; Broc Ratliff, 1st place and Brett Rockers, 3rd place compound fingers; Ashly Ryan, 7th place and Luke Lage competed in compound release; and senior division—Rileigh Ratliff competed in compound release.
**Ozark Empire Fair**
Seventy-eight Jasper County 4-H’ers exhibited 191 non-animal projects at the Ozark Empire Fair. This resulted in 161 blue ribbons, 30 red ribbons, one overall grand champion, 28 grand champion and 14 reserve champion winners. Demonstration were given by Emily Egger, Garrett Egger and 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 2015:
- Thirty new adult leaders took the volunteer orientation in order to become certified 4-H leaders.
- Forty-seven 4-H members were certified in Jasper County to show their livestock at fairs through the Show Me Quality Assurance program.
- One hundred eighty-one 4-H members and leaders were trained in 104 different project areas.

**State 4-H Events**

**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: junior division—Livia Dumm, 5th place clothes you buy and Abigail Dumm participated in clothes you make; intermediate division—Hannah Andrews, 2nd place clothes you buy and MaKensey Dumm, 5th place clothes you make.

**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. Members were: senior team—Hannah Hale, Hannah Rockers and Kara Cloud (5th place individual) and junior team—Kaitlyn Cloud (8th place individual), Kallie Cloud, Sadie Ramirez and Shila Winder.

**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 Sam Anibal and Isaiah Chandler.

**Missouri State Fair**
Members receiving blue ribbons at the Ozark Empire Fair may exhibit at the Missouri State Fair in Sedalia. Sixty-nine Jasper County members exhibited at the State Fair. Nathaniel Hudson gave a demonstration at the fair.
**State Public Speaking**
This contest is open to any 4-H member. Members give a speech on any subject of their choice. Two county winners in each age category may be selected to represent the county at the State Public Speaking event held in October on the MU Campus in Columbia. Emily Egger placed 1st in *dramatic interpretation* and Garrett Egger placed 2nd in *humorous interpretation*.

**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: intermediate division—Emily Bowles, 5th place *archery recurve*, 3rd place *American 600 recurve*, 8th place *traditional*, and 1st place *freestyle*; Brett Pennington, 5th place *archery compound 3D*, 6th place *American 600 recurve*, and 10th place *compound release*; and Sadie Ramirez, competed in .22 *rifle*; senior division—Parker Athey, 8th place *hunting skills* and 10th place *muzzleloading*; Christopher Bowles, 3rd place *archery recurve 3D*, 5th place *American 600 recurve freestyle* and 3rd place *traditional freestyle*.

**State Hippology Contest**
Hippology is an activity that can enhance learning for 4-H members by letting them exhibit their knowledge and understanding of equine science and husbandry in a competitive setting. Attending from Jasper County were Mackenzie Bell (4th place individual), Emilee Block (6th place individual), Savanna Fisher, Evelyn Gilbreath, Katherine Macy, Grady Weaver, Emily Egger, Laura Thorn, Marissa Thorn, Tannah Cassatt, and Garret Egger.

**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 junior team—Luke Anibal, Nathaniel Hudson and Grady Weaver. The senior team of Anne Marie Anibal (2nd place individual), Sam Anibal (4th place individual) and Levi Hale (9th place individual) placed second at the state contest.

**State Poultry Day**
This is a youth training and skills demonstration event, a fun poultry quiz bowl and a production judging contest, including egg and carcass grading and laying hens placing. Jasper County 4-H members attending were Kaleb Bell, Mackenzie Bell and Nathaniel Hudson.
State Horse Judging
The difference between 4-H and many other horse related opportunities is that the various competitions available focus first on youth development and “winning” a distant second goal. The junior team placed 2nd at this event. Team members included: Mackenzie Bell (3rd place individual), Emilee Block (5th place individual), Mikayla East (7th place individual), Tannah Cassatt, and Laura Thorn. Isaiah Chandler competed in the senior division.

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 Alyssa Rockers.

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, Sam Anibal and Isaiah Chandler.

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. Sam Anibal served the southwest region on the state council.

State Teen Conference
4-H members ages 11-13 took part in leadership, communication, and community service workshops, and toured the MU campus. Luke Anibal, Aubri Fisher, Savanna Fisher, Katherine Macy, Sadie Ramirez, Grady Weaver, and Anne Marie Anibal attended from Jasper County.
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.

Grace Ziler has served as a 4-H club leader for eight years and a project leader in Jasper County for 13 years, leading projects in clover kids, foods, public speaking and other leadership projects. Grace served as the Jasper County 4-H Parents’ Association secretary and as a board member for 10 years. In addition to her project leadership, Grace has managed the county fair concession stand. Grace 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.

Missouri Extension 4-H Hall of Fame

The Missouri 4-H Foundation inducted Ruth Kolpin-Rubison and the late George Kolpin into the 4-H Hall of Fame during the 2015 Missouri State Fair. Neither Jasper County 4-H nor the Jasper County Youth Fair would be what it is today if it wasn’t for the contributions of George and Ruth Kolpin. George was the President of the Jasper County Youth Fair Board and even today his influence can still be felt after his passing. Ruth is still involved in the fair by contributing to its success, most recently by being one of the major contributors for the construction of the 4-H concession stand.

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.
- A vibrant environment where youth want to participate.

In 2015, the Avilla, Forest Mill Friends, Lincoln and Mt. Moriah 4-H clubs each received this award.
Human Environmental Sciences

Making a difference

Through MU Extension’s Human Environmental Sciences programs, participants develop skills to select and prepare healthy, delicious meals and snacks; spend, save and borrow more responsibly; become more engaged and effective in parenting and child care; and provide safe, affordable housing for themselves and their families. This benefits others by fewer resources being spent on food, health care, housing, etc., which can maximize household resources; having a healthier labor force; providing increased access to safe, healthy and nurturing environments for children and families; and a more stable tax base.

Family Financial Education

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 2015 to help first-time homebuyers meet this requirement. In addition, three, two-hour workshops were presented for customers of Lamar Bank and Trust to meet the requirements of a special grant program they have to assist low-income residents. Included in these workshops was information on what you should consider before buying a home, the home buying process, managing personal finances, choosing a home, making a purchase, caring for the home after purchase, and record keeping. Fourteen adults, representing nine households from Jasper, Barton, and Newton counties, participated in these workshops.

Conservative calculations indicate that these nine 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 $540,000 of economic activity in Southwest Missouri, of which, $180,000 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. One workshop was presented in Carl Junction in 2015, with seven participants. This workshop was co-sponsored by University of Missouri Extension, the Carl Junction Chamber of Commerce and Freeman Health System of Joplin. On an end-of-session evaluation, all six participants either agreed or strongly agreed that as a result of the workshop, the decisions they make about health insurance would be affected, that they would recommend this program to others 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 stabilities of communities.
Thrifty Estate Planning
A program titled "Thrifty Estate Planning" was presented in Joplin as a part of a retirement seminar for 49 Empire District Electric Company employees and spouses. 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. 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.

Making Money Count!
Making Money Count is a comprehensive money management curriculum that was co-authored by Janet LaFon. It is being used statewide, as well as by other states. Included are eight units focusing on various areas of personal finance. Information from this curriculum was used in the following programs:

Carthage Head Start
A program on basic money management and saving money was presented for five Carthage Head Start staff members and volunteers.

Circles Program in Joplin
Two workshops were presented for participants in the Circles program in Joplin. This is a program offered locally through the United Way of Southwest Missouri and Southeast Kansas. According to their website, "Circles creates a framework for people to build intentional relationships across class and race lines with the goal of ending poverty."

The first workshop was presented in June and provided information on basic money management for 20 participants. A follow-up evaluation was completed by 14 of the participants. Nine of the respondents reported that they had reduced their expenses each month, with amounts ranging from $20 to $200. Six reported that they had increased the money they saved in amounts ranging from $30 to $100 per month. The second workshop was presented in September and provided basic information on credit. There were 17 participants. On the end-of-session evaluation, 16 shared that they would recommend this workshop to others.

Carthage Technical Center Nursing Students
Two, one-hour workshops were presented for nursing students and faculty at the Carthage Technical Center. The first workshop was presented in May and focused on basic money management, with 26 in attendance. Twenty-three of the participants completed a follow-up evaluation. Eight reported reducing their expenses, with amounts ranging from $30 to $150 per month. Seven reported increasing the money they saved. The amounts ranged from $10 to $100 per month.

The second workshop was presented in October for 26 participants. It provided information on credit. As a result of the workshop, half or more of the respondents planned to accomplish the following actions within the next three months: review my credit reports from all three credit bureaus, learn what my FICO credit score is, calculate my family’s total debt load, take steps to raise my credit score, take steps to rebuild my credit, and will pay more than the minimum on credit cards.

Janet LaFon presented a program on money management at the Carthage Technical Center.


**Nutrition**

**Home Food Preservation Workshops**

Two home food preservation workshops, with a total of 22 participants, were held in Jasper County. The first workshop provided information on making salsas, jams and jellies. The second workshop covered basic home food preservation, including how to pressure can. In both workshops class members rolled up their sleeves and participated in each project, start to finish. They canned mango salsa, blueberry-spice jam, strawberry jam, and green beans. Most of the participants got to take jars of their handiwork home. At the end of the workshops, one of the participants stated, “You answered all of my questions and some I didn’t know to ask!”

**Cooking Matters at the Store**

As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters teaches participants to use nutrition information to make healthier choices. Cooking Matters at the Store tours provide families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition. Six tours were held in four counties with a total of 26 participants. One of these tours was in Carl Junction, with six participants.

Participants learned:

- Money saving strategies like buying fresh produce in season.
- How to use a nutrition food label.
- How to check the unit prices for the best deal.
- That fresh, frozen, or canned vegetables or fruit, contribute to total intake of fruit and vegetables.
- How to find whole grains.

The participants were given a $10 gift card to use the skills they learned on the tour. After attending the tours, 100 percent of participants plan to either compare unit prices to find the best deal, read ingredient lists to find whole grains, or compare nutrition labels to make healthier choices.
Family Nutrition Education Program

University of Missouri Extension’s Family Nutrition Program (FNP) provided SNAP-Ed nutrition education to 39,230 low-income participants in Jasper County during 2015. FNP is one of MU Extension’s Family Nutrition Education Programs (FNEP), and teaches 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.

New in programming for 2015:
Mary Ann Pennington and Gayle Fahrenbruch, both Nutrition Program Associates, presented “Eating from the Garden” to a group of children in the spring and summer of 2015. They loved picking “the crops” and were taught the importance of safe food handling and kitchen safety while Mary Ann and Gayle prepared their harvest items. The students were receptive to tasting what they had grown and enjoyed the process.

During 2015, 2,888 youth and 36,342 adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served:

- **Eating Smart, Being Active**: an eight-lesson nutrition curriculum for adults. This program was offered at Fair Acres Family Y, Carthage and at the Jasper County Economic Security Corporation (ESC), Jasper County Food Stamp Office, Community Support Services of Missouri, Lafayette House, and We Care of the 4 States 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 at North Joplin Head Start and Pumpkin Patch Daycare Center in Joplin; Sarcoxie Head Start; Webb City Head Start; Carterville Elementary; Carl Junction Head Start; and in Carthage at Fairview Elementary, Mark Twain Elementary, Steadley Elementary, Columbian Elementary, Carthage Middle School, and Head Start. Classes were also offered at the Webb City Farmers Market, Bess Truman Primary Center and Head Start 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 and Harps Foods in Joplin; Helping Hands Ministries, Carl Junction; Salvation Army, Carthage; Freedom Fellowship Church Outreach Food Pantry, Sarcoxie; Webb City Farmers Market and Bess Truman Primary Center, Webb City; and Crosslines and Jasper County Health Department in Carthage.
Evaluation data collected across the entire state reflects the positive impacts that occur in every county. For youth who participated in FNP, results summarized for the state revealed the following positive impacts:

- Feedback was received from 2,826 teachers.
- 51 percent have participated in FNP for three or more years.
- 99 percent (2,790 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>92%</td>
<td>90%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>68%</td>
<td>80%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>49%</td>
<td>53%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>83%</td>
<td>82%</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>40%</td>
<td>44%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>62%</td>
<td>68%</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>52%</td>
<td>47%</td>
<td>95%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>51%</td>
<td>45%</td>
<td>94%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>35%</td>
<td>55%</td>
<td>82%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>43%</td>
<td>51%</td>
<td>90%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>32%</td>
<td>66%</td>
<td>94%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>34%</td>
<td>61%</td>
<td>76%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>40%</td>
<td>45%</td>
<td>88%</td>
</tr>
<tr>
<td>Make/offter healthier food choices for students</td>
<td>49%</td>
<td>39%</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>67%</td>
</tr>
<tr>
<td>Consume something within 2 hours of waking</td>
<td>56%</td>
</tr>
<tr>
<td>Consume the equivalent of 3 cups of milk, yogurt and cheese each day</td>
<td>55%</td>
</tr>
<tr>
<td>Eat more than one kind of vegetable each day</td>
<td>56%</td>
</tr>
<tr>
<td>Eat more than one kind of fruit each day</td>
<td>57%</td>
</tr>
<tr>
<td>Exercise for a total of 30 minutes each day</td>
<td>53%</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>47%</td>
</tr>
<tr>
<td>Thaw frozen foods at room temperature</td>
<td>62%</td>
</tr>
</tbody>
</table>

Food resource management

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan meals ahead of time</td>
<td>60%</td>
</tr>
<tr>
<td>Compare prices before buying food</td>
<td>46%</td>
</tr>
<tr>
<td>Shop with a grocery list</td>
<td>50%</td>
</tr>
</tbody>
</table>

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

Mary Ann Pennington, nutrition program associate, wrote the following:
“I’ve been teaching an adult women’s class and the lesson that seems to have made the biggest impression is the protein lesson. When we start talking about food safety, most of them tell me they thaw foods at room temperature. I show them the germ bags and how many germs have grown on the food in two hours’ time when it sits out at room temperature. They are shocked. Most tell me that is how they grew up – their mom’s always thawed meat that way. I can tell by their responses and the evaluation cards that this is one habit they are willing to change.”

Gayle Fahrenbruch, nutrition program associate, wrote:
“During a recent summer school class, I was elated with the response when I asked, ‘Who made the recipe at home that we made when I last saw you?’ In several classes, over one-half of the children raised their hands. Of those children, almost every one said that their family had also eaten the wholesome snack. There were children in every one of the 16 classes I was teaching that said they had made and eaten the recipe at home.”

In summary, it has been a successful year in Jasper County for FNP.
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. Twenty-three parents attended FOK in Jasper County during 2015.

Some comments given in past 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 in May to help providers meet this state-mandated requirement. A total of eight 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, “Conflict Management,” “Moving and Learning,” “Making Secure Attachments,” and “Every Child Counts: Building Community.” Pre-test and post-test comparisons showed that participants gained from 42% to 86% in knowledge and understanding of the four topics due to the programs presented. Additionally, all agreed they planned to apply something of what they learned. Several said they planned to listen more, while one said he/she would stop negotiating when there was no solution. Another said he/she would work more on letting the other side state his/her point.
Business Development

Making a difference
When you support MU Extension’s Business Development Program, enterprising Missourians receive information and training to successfully start, run and expand businesses. This increased business activity creates jobs, increases consumer demand, promotes economic development and generates tax revenue for the public’s welfare.

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 2015, 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 901 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: 70
- Sales increases: $6,893,583
- Government contracts: $690,194
- New businesses: 7
- Jobs retained: 60
- Loans and investments in business: $4,045,063
- Acquired assets: $468,000
- Clients/companies receiving business counseling: 183
- Business training attendees and conference participants: 719

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: 2,057
- Sales increases: $174,934,851
- Government contracts: $438,777,708
- New businesses: 219
- Jobs retained: 1,590
- Loans and investments in business: $110,460,065
- $5,089,000 in SBIR/STTR or research proposals submitted with $538,084 awards received
- Clients/companies receiving business counseling: 3,572
- Business training attendees and conference participants: 13,980

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 missouribusiness.net.
Jasper County, Missouri

The County at a Glance

- UM Students: 182
- UM Alumni: 1,136
- UM Employees: 33
- Population: 116,803

UM Students from the County in 2015
- 182 students
  - 91 - MU
  - 44 - UMKC
  - 41 - Missouri S&T
  - 6 - UMSL
  - 146 - Undergraduates
  - 36 - Graduates
- 151 - Full-time students
- 31 - Part-time students

UM Alumni Residing in the County in 2015
- 1,136 alumni
  - 682 - MU
  - 228 - UMKC
  - 192 - Missouri S&T
  - 34 - UMSL
  - 617 Selected School Alumni
  - 41 - Medicine
  - 74 - Nursing
  - 26 - Health Professions
  - 39 - Dentistry
  - 23 - Pharmacy
  - 7 - Optometry
  - 20 - Veterinary Medicine
  - 100 - Agriculture
  - 209 - Engineering
  - 78 - Law

UM Employees and Retirees Residing in the County in 2015
- 33 people employed by UM
  - 9 - MU
  - 1 - UMSL
  - 23 - UM Health Care
- 14 UM Retirees and Beneficiaries

UM Services Received in the County in 2015
- 779 patients seen at UM Health Care, with $307,173 of uncompensated care.
- 22 patients seen at the UMKC School of Dentistry with an average of $209 per patient in uncompensated care.
- 71,410 contacts with MU Extension through MU Extension events held in district counties.

UM Construction Projects involving Vendors located in the County in 2015
- 2 vendors involved with 1 projects, for $10 thousand.

UM Alumni Teaching K-12 in the County in 2015
- 31 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

Office of University Relations
309 University Hall • Columbia, MO 65211 • 573-882-2720
www.umsystem.edu/umsftr
Jasper County Extension Council

**Chairman**    Andrew Pennington  
**Vice Chairman**    Shawn Pryer  
**Secretary**    Vickie Flenniken  
**Treasurer**    Jim Honey  

**Elected Members**
- Jann Amos    Carson Maneval  
- Kristy Ball    Karen Moll  
- Jennifer Chandler    Eileen Nichols  
- Andrea Cullers    Susan Pittman  
- Tom Fix    Shawn Pryer  
- Vickie Flenniken    Mark Russell  
- Larry Jackson    Suzanne Russell  
- Doug Joyce    Dorothy Shull  
- Brenda Kirn    Susan Spry  
- Karen Latimer    Gary Stubblefield  

**Appointed Members**
- Mike Woolston (resigned)    City of Joplin  
- Andrew Pennington    City of Carthage  
- Clint Lambeth    City of Webb City  
- vacant    MFA  
- Jim Honey    County Commission  
- Barbara Hunter    Farm Bureau  
- William Cade (resigned)    Farm Bureau  

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**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.

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**2015 Jasper County Commission**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Bartosh</td>
<td>Presiding Commissioner</td>
</tr>
<tr>
<td>Jim Honey</td>
<td>Associate Commissioner (East)</td>
</tr>
<tr>
<td>Darieus Adams</td>
<td>Associate Commissioner (West)</td>
</tr>
</tbody>
</table>
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.
Faculty and Staff

Headquartered in Jasper County

Janet LaFon
Family Financial Education Specialist
and Jasper County Program Director

Robert Balek
Horticulture Specialist

Gayle Fahrenbruch
Nutrition Program Associate

Bob McNary
4-H Youth Specialist

Mary Ann Pennington
Nutrition Program Associate

Virginia Bryan
Administrative Assistant

Jay Chism
Regional Director

Jeff Barber
Housing and Environmental Design Specialist

Reagan Bluel
Dairy Specialist

Lincoln University
Randy Garrett
Farm Outreach Worker

David Burton
Civic Communications Specialist

Eldon Cole
Livestock Specialist

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.

Terri Fossett
Family Nutrition Program Project Director

Bob McNary
4-H Youth Specialist

Gayle Fahrenbruch
Nutrition Program Associate

Dr. Mark Jenner
Agriculture Business Specialist

Virginia Bryan
Administrative Assistant

Kathy Macomber
Community Development Specialist

Robert Balek
Horticulture Specialist

Gayle Fahrenbruch
Nutrition Program Associate

Jill Scheidt
Agronomy Specialist

Gayle Fahrenbruch
Nutrition Program Associate

Lindsey Stevenson
Nutrition and Health Education Specialist

Gayle Fahrenbruch
Nutrition Program Associate

Bob Schultheis
Natural Resource Engineering Specialist

Gayle Fahrenbruch
Nutrition Program Associate

Dr. Jim Wirth
Human Development Specialist

Gayle Fahrenbruch
Nutrition Program Associate
Jann Amos receives new council member packet from Janet LaFon.

Master Gardeners meet at Keltoi Winery.

Bob McNary, 4-H youth specialist, provided information at the FFA Ag Expo.

2015 Master Gardener recognition and graduation.

Ozark Gateway Master Gardener meeting.

2015 MU Extension annual picnic.

State 4-H Fashion Revue.

2015 Master Gardener class.

Lincoln 4-H Club members display project items at informational booth at Race Brothers.

Mizzou Alternative Breaks students at Children’s Haven in Joplin.

2015 Master Gardener class.