

2006

UNIVERSITY OF MISSOURI  
 Extension

Lewis County  
*University of Missouri Extension  
Annual Report*

University of Missouri Extension  
Lewis County  
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University of Missouri Extension does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status in employment or in any program or activity.

## Extension's Program Guidance Comes From You

The University of Missouri Extension council and staff would like to thank the Lewis County commissioners for their support and funding for programs during this past year. In turn, the council and staff remain committed to improve 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 Lewis County focus on community and economic development, agricultural profitability, building family and individual strengths, business, enhancing health and nutrition, environmental quality and stewardship and youth development.

The mission of University of Missouri Extension, a partnership of the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture, 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." Both the University of Missouri and Lincoln are Missouri's two land-grant universities, charged by federal acts of Congress to deliver extension programs.

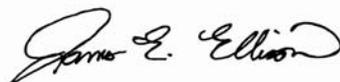
Current programming efforts statewide focus on agricultural profitability and viability, building family and individual strengths, building human resources, business, community and economic development, enhancing health and nutrition, environmental quality and stewardship and youth development.

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 Lewis County.

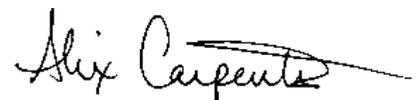
Submitted by,



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### Diverse, Experienced and Well Trained Staff

The staff of the University of Missouri Extension is diverse, representing a variety of backgrounds, experiences and educational levels. Staff members have owned their own businesses, worked for other educational institutions, worked in the public and private sector and collectively have years of work experience with University of Missouri Extension.

# 4-H Youth Development

Ongoing participation in extracurricular activities, such as 4-H, can lead to long-term payoffs. Regardless of family background, studies find that teens who consistently participate in extracurricular activities from eighth through 12<sup>th</sup> grade are 70 percent more likely to attend college. The College Board's Trends in Higher Education Series highlights benefits to individuals and society when young people attend and complete college. For example, over their lifetime, college graduates will earn an average of \$2.5 million, or \$1 million more than peers with high school educations.

## Impact in 2006

A study commissioned by the Ohio State University explored the economic impact of Extension programs and offers one way to measure the impact of 4-H programs. Assuming that a 4-H experience motivates just 10 percent of Missouri's 105,463 4-H members to receive a bachelor's degree, 10,546 degrees would be earned. The College Board study suggests that this would mean an additional \$19,100 in earnings per year for those with a degree. Increased annual earnings for just this group would be nearly \$201.4 million!

### **134 4-H participants in Lewis County**

Lewis County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. 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.

### **16 4-H youth participate in special-interest programs**

Lewis County 4-H special-interest programs include conferences, distance learning programs, day camps and other educational activities, such as school-age care. They often reach youths with special needs, such as those living in group homes or youths who are physically or mentally challenged.

### **262 participants in 4-H school programs**

Lewis 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. Popular 4-H school programs in Lewis County are Going the Distance and Chick It Out Embryology,

### **4-H members supported by 61 youth and adult volunteers—Time valued at \$193,365.12.**

Volunteers create, support and are part of the 4-H community. National statistics suggest that the average volunteer contributes 208 hours per year. Valuing their time at \$15.24 per hour, based on average Missouri incomes, the contribution of Lewis 4-H volunteers was more than \$193,365.12 in 2006!



# Agriculture and Natural Resources

The purpose of the agriculture program is to provide information and make recommendations that will help individuals, groups and agribusiness firms apply this knowledge. Academic support for this program comes from the MU College of Agriculture, Food and Natural Resources in cooperation with Lincoln University and county, state and federal governments.

## Impact in 2006

### **Annie's Project**

Annie's Project is an educational program that was created specifically for farm women. The program was created by Ruth Hambleton, University of Illinois Extension, Farm Business Management and Marketing Educator, who was inspired by her mother's challenges and successes in agriculture. Annie's Project is a program that takes her experiences and shares it with farm women living and working in a complex business.

Two Annie's Project programs were held in the Northeast Region this fall. The locations were Palmyra and Kirksville. Twenty-six women attended the 6-part series in general agricultural education. Three of the participants were from Lewis County. Topics include: risk management, record keeping software, ownership of property, insurance, financial statements, spreadsheets, writing a business plan, estate planning, leases, communication issues, personality traits, and marketing.

Annie's Project provides farm women with the knowledge, skills, and abilities to make informed risk management decisions regarding their farm business operations. This will enable farm women to become better managers, and in turn, increase the viability of their farming operation. It also gives farm women an opportunity to network and interact with other women involved in agriculture. Instructors included MU Extension Specialists Darla Campbell, Joe Koenen, Karisha Devlin, Wendy Brumbaugh, and Al Kennett.

### **Annie's Project 2: Women Marketing Grain**

Women Marketing Grain is an in-depth course on grain marketing. Participants learned about effective ways to market corn and soybeans and how to protect marketing plans with crop insurance. Specific topics included: Developing a Marketing Plan, Finding Market Information on the Internet, Forward Contracting, Futures Contracts and other Useful Marketing Tools, Grain Storage, Options, Puts and Calls. The course ended with a field trip to Chicago, IL. The participants toured the Chicago Board of Trade and Mercantile Exchange. Two participants were from Lewis County.

### **Value-Added Agriculture in Lewis County**

Karisha Devlin, MU Extension Agri-Business Specialist, serves as an Agribusiness Counselor from the Missouri Value-Added Center. She is the value-added contact for Northern Missouri and assists producers who are interested in value-added, non-traditional activities. This past year, Karisha assisted two Lewis County residents with business plans for a value-added business.

### **Northeast Missouri Ag Lenders Seminar**

A Northeast Missouri Ag Lenders Seminar was held on December 5<sup>th</sup> at the Hannibal Quality Inn and Suites with three banks from Lewis County with five lenders represented. Those banks were United State Bank, Town and County Bank, and Bank of Monticello. Topics and speakers included Crop and Livestock Outlook, Biofuels, SBA, Annie's Project, Missouri Department of Agriculture, and the Federal Reserve Bank of St. Louis on the Regional Economy.

# Agriculture and Natural Resources

## **Nitrate Testing**

The University of Missouri-Columbia Veterinary School provided nitrate testing solution to Extension staff who requested it. The testing solution was used in the field and local Extension centers to check the nitrate levels in plants such as corn, milo, and summer forage annuals prior to their being fed to livestock as supplemental feed. Approximately 50 tests were performed in 2006. The tests enabled staff to provide a valuable service for producers as well as educate the producers on methods to reduce the danger of nitrate poisoning for livestock.

## **News Articles & Radio**

At the height of the drought, five newspaper articles on drought related topics were written by staff and distributed to area news media. Topics included using soybeans for hay and silage; nitrates in growing plants; using by-products to supplement pastures; aflatoxin in corn; and estimating silage value. Articles from state extension staff were also used by several papers. Some staff were interviewed by both area radio and newspaper reporters, concerning various drought-related topics. At least six of these interviews were conducted.

## **Ag Info Newsletter**

The Ag Info Newsletter is a bi-monthly publication with contributions by Extension Specialists Alix Carpenter, Amanda Cook, Karisha Devlin, and Al Kennett. It contains articles on current issues in farm management, livestock, and agronomy. The publication also highlights upcoming program events and is sent to 937 agricultural producers and business persons in Lewis, Marion, Monroe, Pike, and Shelby counties.

Due to the severe drought which severely affected most of the region in 2005 and into 2006, much of the content of the 2006 newsletters dealt with drought mitigation options for producers, and cost-cutting measures which could be taken to minimize expenses during a time of very low profits.

Crop producers learned about crop rotations and their effects, nutrient management practices and their financial, production, and environmental consequences, and how management choices in one area affect appropriate choices in other areas. Producers used appropriate crop rotations, optimized nutrient management to maintain production which reduced nutrient movement to water, and optimized pest management practices. Nutrient use was reduced in spring 2006, based in part upon articles in the newsletter concerning reduced crop uptake of nutrients during a drought year.

## **Private Pesticide Applicator Training**

Ten, three-hour long training sessions were held in Marion, Lewis, Ralls, Pike, and Monroe counties in late winter 2006. The courses covered a variety of safety, calibration, and pest management issues associated with proper and safe pesticide use. Through this course, agricultural producers were able to obtain certification or recertification of a private pesticide applicator's license. Those who were not able to attend these meetings were able to review the same information and become (re)certified on a walk-in basis in their respective county extension offices.

161 new and renewal licenses were issued at these training sessions. Pesticide applicators met the legal need of certification by improving their knowledge of pesticides. They also learned responsible use of pesticides, which resulted in a cleaner and safer environment; improved use of pest management strategies; increased number of acres protected from pests through the use of integrated pest management; and increased profitability for agricultural producers.

## **4-H Livestock Judging**

The livestock specialist worked closely with the youth staff in conducting a county livestock judging day for 4-H members for Lewis County. After county teams were selected, he also helped prepare those teams for the state judging contest by holding training sessions for them and then attended the state contest with them.

# Agriculture and Natural Resources

## **Management Intensive Grazing (MIG) Seminar**

A two-day seminar was taught by Alix Carpenter, Al Kennett, Darla Campbell, Leon McIntyre, and Tim Clapp (Natural Resource Conservation Service - NRCS) and was held in Canton.. This seminar is a prerequisite for obtaining cost-share funds (DSP-3 and DSP-33) from the NRCS and county SWCDs (Soil and Water Conservation Districts). Activities included classroom sessions, a farm tour (in Monticello), and on-site pasture evaluation exercises. Alix taught components dealing with pasture species growth, species selection, tall fescue toxicosis problems and management techniques, pasture fertility and nutrient cycling, and weed control.

Number of Participants: 36 (8 Lewis county, 5 Pike county, 7 Ralls county, 3 Clark county, 2 Monroe county, 2 Marion county, 1 Shelby county, 2 Randolph county, 1 Schuyler county).

Producers gained knowledge on optimal harvest practices for forages, including grazing, as well as the tools necessary to design and implement an intensive grazing system. They also learned about adoption of proper pasture management practices, resulting in increased forage use efficiency, reduced livestock production problems associated with fescue toxicosis, reduced soil erosion, proper fertilizer use, and increased profitability.

## **Beef Improvement Program**

Seven beef producers in Lewis County are enrolled in the Northeast Missouri Beef Improvement program. The regional livestock specialists assist these producers with their performance record program by taking weaning and yearling weights and measuring frame scores on all calves born. These producers all sell bulls in the Northeast Missouri Performance Tested bull sale held annually in Palmyra as well as sell off the farm.

Six producers from Lewis County purchased bulls in the N.E. Mo. Performance Tested Bull Sale and numerous others purchased bulls off the farm from breeders enrolled in the performance tested program. This value added sale averaged \$2460 on 51 head of bulls.

## **Show-Me-Select Replacement Heifer Program**

Four beef producers in Lewis County are enrolled in the Missouri Show-Me-Select Replacement heifer program. These producers sell heifers in the Show-Me-Select Heifer Sale held in Palmyra.

Six producers from Lewis County purchased heifers in the Show-Me-Select heifer sale held in December, where 230 head of heifers were sold for an average price of \$1323.00. The regional livestock specialist, Al Kennett, coordinates the Show-Me-Select heifer program and sale and works directly with the producers in the program.

## **Lewis/Marion County Cattleman's Association**

University Extension and the regional livestock specialist work closely with the Lewis/Marion County Cattleman's Association in conducting educational meetings and tours that benefit area cattlemen. Three educational beef meetings and a bus tour were held in 2006. Average attendance at the meetings were 70 and 55 people went on the bus tour to the S. E. Iowa farms. Also a very successful fund raising event was held to raise funds for scholarships for kids from Lewis and Marion Counties.

## **Beef Cattle Rations**

The regional livestock specialist worked individually with 15 beef producers in Lewis County in developing beef rations. The use of by-product feeds was a major emphasis in many of these cases. Forage analysis was also done in several cases. Use of wet by-product feeds has been an increasing topic demand. By including the by-product feeds, producers are able to lower their ration costs.

# Community Development

University of Missouri Extension helps people create communities of the future. Community development education helps citizens tap into local strengths and University resources. Two programs offered are Discovering Common Ground, and The Community Development Academy. Through Discovering Common Ground, Missouri communities deliberate, people with divergent views come together to discuss and resolve controversial issues in their communities. The Community Development Academy explores ideas and develops practical skills for involving and empowering local citizens and leaders in addressing community issues.

## Impact in 2006

### **Tri-State Workforce Housing Summit held in Canton**

A day was spent discussing plans to address continuing housing needs in the Tri-State area. Community leaders looked at ways to expand housing opportunities in the “state of mind,” 35 counties linked by the Mississippi River. Featured topics were: new dollars designated for the region, impact of new homeowners and incentives to offer down payment and closing cost assistance. Roundtables discussed financing workforce housing development, linking job creation with housing issues, getting housing higher on the national issue agenda and the role of local governments in housing development. A key result of the Extension lead roundtable identified the need to assess the current state of the local housing market in the Tri-States so the “Summit Committee” can develop a presentation for our Congressional delegation of priorities agreed upon by the previously competing entities in order to simply put more people in their own home.

### **Ewing, Durham, LaGrange**

Extension staff worked with committees in Ewing and Durham to assist in the development of exercise, fitness and pleasure trails in addition to overall park development. We assisted in small group organization, grant research, and committee review of trail sites and design. Each community received leads on funding sources to assist with recreation area development.

Ewing will receive \$11,250 in federal funds for park improvements and received \$7000 from the Nichols Foundation. LaGrange obtained \$57,788 in grants to improve tables, benches and trash receptacles in the parks as well a tree planting grant.

### **Multi-County Housing Dialog Series**

Partnering with Northeast Area Community Action Agency, affordable housing initiative reaches all counties in the southern tier of Northeast MO.

MU specialists at quarterly meetings in Hannibal since Feb 2001 contribute information, data, deliberation and networking skills to the effort. Lewis, Marion, Pike and Ralls County are in this discussion cluster. Lenders, developers, realtors, NECAC staff and board, city and county officials join in discussions and deliberation regarding demolition of blighted houses, rehabilitation of existing structures, lower cost new construction options, innovating financing for first-time buyers plus creative public/private funding packages to encourage single family housing construction in the \$75-90,000 price range. Average attendance has been 20 persons with a range of 10 – 30 per session, 5 from Lewis County on any given night. A spin-off of this effort is a \$250,000 grant to NECAC and the United State Bank of Lewistown to make repairs to 25-30 homes in Lewis County. This is in addition to the 85 families in the region who became home owners this year.

### **Business Expansion**

MU Community Development Specialist David Hill assisted with a Lewis County entity’s grant application dealing with High Growth Job Training Initiative for the Advanced Manufacturing Industry. This grant supports new and innovative approaches to meet the workforce challenges of the advanced manufacturing industry under the President’s High Growth Job Training Initiative. “Advanced manufacturing” is defined as the use of technology or other productivity-enhancing business processes in the manufacturing enterprise and/or value-added supply chain.

# Business Development

Small businesses continue to be a source of economic strength in Missouri and nationally. In Missouri, nearly 98 percent of all businesses are categorized as small businesses with fewer than 500 employees. In assisting the owners and managers of those businesses, MU Extension contributes to a county's economic development and the well-being of its citizens. 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.

## Impact in 2006

During 2006, in Lewis County, business development program specialists and business counselors with MU Extension, Missouri Small Business Development Centers (MO SBDC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Small Business and Technology Development Centers (MO SBTDC)—including the MO-FAST program, and the Missouri Market Development program assisted 7 clients and their companies with business start-up and business management issues. Ten people participated in the business training program, Quicken: Record Keeping Made Simple. This program helped local entrepreneurs more accurately track their financial and business profitability.

Overall, the University of Missouri's Business Development Programs (BDP) served 3,540 clients and their businesses state-wide. The total impact for all businesses assisted by the BDP was:

- New jobs: 6,054
  - Sales increases: \$168,908,759
  - Government contracts: \$186,010,945.00
  - New businesses: 83
  - Jobs retained: 570
  - Loans and investments in business: \$73,666,326.00
  - Businesses turned around or failures prevented: 18
  - Acquired assets: \$24,863,597.00
  - Government investment in commercialization: \$8,720,277.00 in SBIR proposals submitted.
- 6,048 people participated in business training programs and conferences.

### **THE BUSINESS DEVELOPMENT PROGRAM DELIVERY NETWORK INCLUDES:**

Ten Business Development Specialists headquartered at University of Missouri Extension centers; the University of Missouri campuses at Columbia, Kansas City, St. Louis and Rolla; and state colleges and universities across Missouri. The named programs delivered through this network include:

- ◆ Missouri Small Business Development Centers (MO SBDC)
- ◆ Missouri Procurement Assistance Centers (MO PTAC)
- ◆ Missouri Small Business Technology Development Centers (MO SBTDC)
- ◆ Missouri Market Development Program
- ◆ 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 were completed in preparation for tax season.

# Human and Environmental Sciences

The area of Human Environmental Sciences is an important asset to individuals who need to understand developmental stages in children and how to deal with changes in a child's environment. Some of the programs include: Information for childcare providers, Human Development Newsletter, Center on Adolescent Sexuality, Pregnancy and Parenting, and Kids Count in Missouri. Numerous other programs are available upon request and individualized programs can also be developed for specific circumstances.

## Impact in 2006

### **Business Etiquette: More Than Knowing Which Fork To Use**

Debby Whiston, Family Financial Education Specialist, again received a request from Michele Munzlinger, Family and Consumer Science Teacher at Canton R-5 School District, to present a program entitled "Business Etiquette: More Than Knowing Which Fork To Use." The program presented on April 7, 2006, to the FACS class, focused on business etiquette, rules for business dining, what is business casual and telephone etiquette 101. Debby also used the opportunity to discuss University of Missouri Extension and what educational services and outreach we provide.

### **University Extension Nights**

MU Specialist Debby Whiston provided programs on Identity Theft and the New Medicare Drug Plan at the Lewis County Extension Night on February 20, 2006 at Highland High School in Ewing.

MU Specialist Debby Whiston speaking to a Lewis County Extension Night audience about preventing Identity Theft.



### **True Colors**

On February 28, 2006, members of the Lewis County Extension Council participated in a personality assessment program called The Matrix System. For centuries, people have searched for a convenient way to peek into the human mind to examine personality characteristics. In fact, Hippocrates wrote over twenty-three hundred years ago that all human beings could be divided into four distinct personality types. Temperament theory is a methodology for helping people understand human behavior and it helps people recognize, accept and learn to value the differences in others. The Matrix System divides personality types into four distinct categories based on colors, and increases understanding, empathy and communication. It is an exciting, practical, and enjoyable tool that brings temperament theory into real-life applications. This program was presented by Wendy Brumbaugh, Family Financial Education Specialist.

# Consumer and Family Economics

University of Missouri Extension can help you balance the responsibilities of everyday living with research-based programs for people, professionals and communities. The Consumer and Family Economics division of Human Environmental Sciences Extension promotes optimal well-being of individuals, families and communities, with special recognition for the needs of vulnerable populations.

## Impact in 2006

### Development and Implementation of VITA Marketing Plan

Pre-tax-season education provides information and outreach materials to inform taxpayers who are eligible for the federal Earned Income Tax Credit, Child Tax Credit, Family and Dependent Care Credit, and the Missouri Property Tax Credit. Tax season education provides money management workshops and information for those who are receiving a large refund—many EIC-eligible families receive as much as \$6,000 in total tax credits.

A marketing plan was developed to promote VITA in Clark and Lewis County's. The following items were completed in preparation for tax season.

- Fliers were placed in all food boxes prepared for low-income families at Thanksgiving and Christmas.

- Fliers were sent home with all students in all schools in Clark and Lewis Counties. This included Clark County R # 1, Black Hawk Elementary, Running Fox Elementary, Clark County Middle School, Revere C # 3, Wyaconda C# 1, Luray # 33, Canton R # 5 and Lewis County C # 1.

- Announcements were sent to all churches to be placed in all church bulletins in Clark and Lewis Counties.

- Newspaper articles were used to advertise VITA times and locations beginning in January 2006.

- Four (4) weekly news paper columns which I provide for the Canton Press News, LaBelle Star, Media and Home-town Journal highlighted information about VITA and strategies to prepare for tax time.

- Posters describing places, location, times and qualifications were placed in businesses and agencies such as Division of Family and Senior Services, Community Action Agency, Domestic Violence Against Women Office, Child Support and Enforcement Office, Sever Library, Canton Library, and GAMM Office.

- Programs describing the qualifications and project details of VITA were presented at the Clark County and Lewis County Human Service Coalitions. Agency personnel became familiar with the program, benefits of the program and how to refer clients to the VITA program.

- A five-minute bi-monthly radio spot on KMEM radio was used to publicize VITA.

### VITA Impact

Statewide for this tax year, we saved 2,381 individuals or families approximately \$416,675 in tax preparation fees and processed approximately \$2.4 million in refunds. We also eliminated the need for costly refund anticipation loans by filing returns electronically so they can be direct deposited to taxpayer accounts within a week to ten days. The total statewide impact of the refunds and taxpayer fee savings was \$5.7 million, which does not include the additional impact of helping taxpayers avoid refund anticipation loans.

In Clark and Lewis counties we prepared 125 federal tax returns and 160 state returns for a total of 285 returns. The total amount in federal refunds for Clark and Lewis counties was \$178,511. We had projected increasing our number of returns by 25%, but we increased our number of returns by 38% this year.

Sherri Rider, VITA volunteer and I reminisced about tax season. We discussed one woman who had lost her job as one of the major manufactures in Keokuk went through downsizing. The client then began school at a community college. With her husband working at a local sawmill for minimum wage and two school age children, she was particularly appreciative of our group's help in getting her tax refund.

# Consumer Family Economics

## **VITA: Volunteer Recruitment and Training**

Volunteers for Clark and Lewis counties were recruited October through December of 2006. Volunteers received a packet of IRS materials and the 2006 Volunteer Resource Guide to review prior to the training in January.

Debby Whiston, Wendy Brumbaugh, and Amanda Cook trained our local volunteers on January 20, 2006 at the Luray School. The school has a computer area with a bank of 10 computers suitable for the training. All participants completed the IRS web-based Link and Learn series and received certification for basic and wage earner status as IRA VITA volunteers at the training. Packets were provided for all volunteers from Clark and Lewis counties.

Whiston provided leadership, coordination, technical support and transmitted all federal and state returns. Amanda Cook, Ag and Rural Development Specialist assisted Debby with the VITA program in Lewis County. We used the "teachable moment" that a large tax refund provides to link VITA clients to other Extension programming. VITA sites were located in Lewis County at the Lewis County Extension Office and the GAMM, Inc. office in LaBelle, MO. The VITA sites in Clark County were located at the Clark County Extension Office, and Luray School in Luray, MO.

## **Financial Management for College Students at Culver Stockton College**

Culver Stockton College in Canton, MO invited University of Missouri Extension to participate in their college fair to assist new students become acquainted with college life. Debby Whiston, Family Financial Education Specialist developed a display on the Managing Money for Freshman. Topics included: Go Easy with Credit Cards; Look Ahead; Track It; Get a Plan; Pace Yourself; and Get Real. Key points were to encourage new college students to map out a budget to manage their money; develop a spending limit each week; track where their money is going; and plan for large expenses. Wendy Brumbaugh and Whiston provided handouts and discussed topics with students as they visited our table at the fair. This event was held September at Culver Stockton College in Canton, MO. This was the third year we have participated in the student fair.

Debby Whiston, Family Financial Education Specialist provided a program on "Credit and College Students" on October 16, 2006 at Culver Stockton College to Kim Gaither, Assistance Professor of Finance class. Students learned the importance of sound financial management practices, the pitfalls of credit and how to effectively manage their limited resources.

Debby Whiston and Wendy Brumbaugh provided a program to Kim Moore's class at Culver Stockton College introducing them to the Volunteer Income Tax Program and encouraging students to serve as VITA volunteers. Dr. Dell Ann Janney, Chairman of the Business Division of Culver Stockton is supportive of the program and Culver student's will be taking part in the program as part of a service learning project implemented at the school. Whiston will provide training and certification for the students.



# Horticulture and Master Gardeners

Due to the demand for horticulture goods and services, there is also a strong demand for horticultural education and programming. To help address the general horticulture and gardening needs of the public, a strong Master Gardener program is present. Master Gardeners are University of Missouri trained volunteers who assist with organized horticulture education programs for the gardening public.

## Impact in 2006

### Master Gardener Program in Lewis County

Five Master Gardeners from Lewis County reported a total of 148.5 hours of service and continuing education in 2006. Of that, 99 were service hours. The Federal Bureau of Labor Statistics reports the value of volunteer time is \$18.04. Using this figure, the Lewis County Master Gardeners volunteered \$1,785.96 worth of their time to projects benefiting the Lewis County and the cities of Canton, LaGrange and Monticello. Some of their projects include planting, watering and maintaining the flower gardens at a church and other various locations; a landscaping project at the Lewis County Extension Office; consultations; helping senior citizens and elderly residents with their yards and gardens; and giving a garden program to local youth. Several attended horticulture workshops and tours during the year. The Master Gardeners use the information they gain at these events to inform and help other citizens with gardening and beautification.



Members of the Great River Master Gardeners Club finish landscaping in front of the Courthouse Annex.



### Horticulture Newsletter

Twenty-nine people from Lewis County receive the Garden Talk newsletter each month informing them of timely gardening tips and other important gardening information. The newsletter also informs them of upcoming horticulture events they can attend.

# Food and Nutrition Education Program

University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 617 low-income participants with nutrition education in Lewis County during 2006. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness. Nutrition educators meet participants in home, schools, and agencies. Children learn to try new foods, that physical activity is fun, health means lots of energy to play and learn, and food safety means better health. Adults learn how to fix healthy foods that taste great, how to keep foods safe, and how to stretch food dollars.

## Impact in 2006

Deann Turner is the Nutrition Program Assistant (NPA) for Lewis County. Positive teacher and student feedback keep the Family Nutrition Program coming back year after year impacting participants to understand and apply the importance of healthy nutrition and physical activity habits in their lives beginning at an early age. “Success Stories” are comments and observations made by teachers, students, parents and the NPA’s themselves that are shared throughout the State so others can hear first hand what is being said about the program.

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

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).

### Impact Upon Graduation

#### Food Safety

48% of participants more often followed the recommended practice of not thawing foods at room temperature

#### Managing Food Dollars

50% of participants more often planned meals in advance  
44% of participants more often compared prices when shopping  
48% of participants more often used a list for grocery shopping  
34% of participants less often ran out of food before the end of the month

#### **Healthy Food Choices**

49% of participants more often thought about healthy food choices when deciding what to feed their families  
38% of participants more often prepared foods without adding salt  
61% of participants more often used the “Nutrition Facts” on food labels to make food choices  
41% of participants reported that their children ate breakfast more often

Two thousand nine hundred fifty-six (2,956) teachers whose classrooms participated in FNP gave us feedback. Here is what the teachers told us:

- 97% want the program again
- 97% said class response was excellent or good
- Most enjoyable parts of the program: activities, games, and tasting food!

99% (2,916 teachers) reported one or more changes in students after FNP.

# Food and Nutrition Education Program

Chrissy Abel, Highland Elementary third grade teacher, put together a program with Jim Meyer, MU Nutrition and Health Education Specialist, and Deann Turner, Nutrition Program Assistant, to combine expository writing and making a recipe.

The 25 students of Mrs. Abel's class began the program by each receiving a cook's hat and apron. Mrs. Turner explained to the students that when cooking they often need to wear something on their heads to prevent hair from falling in the food that is being prepared. Mr. Meyer shared that the aprons would protect their clothing. During the class time Mrs. Turner and Mr. Meyer explained how to keep food safe, what liquid and dry ingredient measuring utensils look like, and how to use them. Then Mr. Meyer demonstrated the steps for following a recipe.

Afterward, the class prepared the food using the recipe on their own. The Red, White and Blue Fruit Burritos were enjoyed by about 80% of the students in Mrs. Abel's, but all the students enjoyed the process of making the recipe. Lead by Mrs. Abel, this program was followed up by food preparation with parents after school. Students then explained their food experience by writing a composition.



**Above:** This student is assembling a Red, White, and Blue Fruit Burrito.



**Above:** Nutrition and Health Education Specialist Jim Meyer demonstrates how to prepare a recipe to a third grade class.



**Left:** Nutrition Program Assistant Deann Turner works with a student measuring fruit.

## Daycare Training headed by MU Nutrition and Health Education Specialist.

Jim Meyer conducted a training for Head Start employees on Oct. 20, 2006 on childhood obesity. The training covered ideas the day care providers could do to foster good nutritional habits in the children they serve. The training lasted approximately one hour and there were 4 providers from Lewis county in attendance.

# Lewis County Council

## Chairman

Jim Ellison, elected member, term ends 2007

## Vice Chairman

Karen Porter, elected member, term ends 2007

## Secretary

Kim Porter, elected member, term ends 2007

## Treasurer

Kristy Elder, elected member, term ends 2007

## Elected Members:

Jane Whan, elected member, term ends 2008

Marjorie Murphy, elected member, term ends 2008

Tammy Knoche, elected member, term ends 2008

Jere Taylor, elected member, term ends 2007

Dennis McCutchan, elected member, term ends 2007

Russell May, elected member, term ends 2008

Holly Platt, elected member, term ends 2008

David Schaffer, elected member, term ends 2008

## Appointed Members:

Linda Williams, City of Canton

Rick Hinton, M.F.A

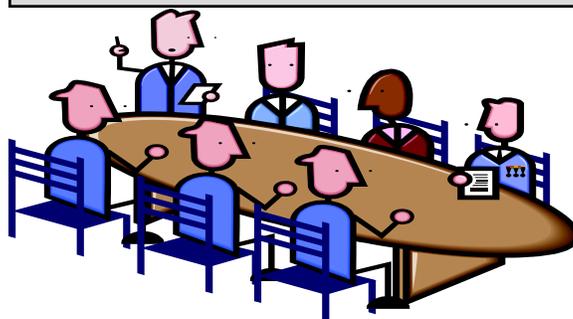
Dan McCutchan, Farm Bureau

Jesse Roberts, County Commission

## Unique partnership

Lewis County's University of Missouri Extension County 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.



Lewis County Courthouse

## LEWIS COUNTY COMMISSIONERS

Nancy Goehl - Presiding Commissioner

Jesse Roberts - Southern District

John Campen - Northern District

# Lewis County's University of Missouri Extension Center

**The Place To Go When You Need To Know.**

**Office is located at:**  
**106 East Lafayette**  
**Monticello, MO**  
Tel: (573) 767-5273  
Email: lewis@missouri.edu

**Office hours:**  
Monday - Friday  
9 a.m. to 3:30 p.m.



**Exterior of Lewis County's Extension Center**

**How many citizens did we serve in 2006?**

Walk-ins - 520 Phone calls - 1519

*These numbers don't include the hundreds of people who attend University of Missouri Extension Education Programs throughout the year.*

# 2006

## Federal, State, and County Funding for Extension

University of Missouri Extension programs in Lewis County are funded by Lewis County, state and federal appropriations. Local funding for support of the Lewis County Extension Center is provided by the Lewis County Commission. They provide office space, funds for office expenses, clerical salaries and travel expenses of extension specialists who conduct educational programs in Lewis County.

A special acknowledgement and appreciation is given to the Lewis County Commission for financial assistance.

## Financial Statement

### REVENUE

|                       |                     |
|-----------------------|---------------------|
| Beginning Balance     | \$ 0.00             |
| County Appropriations | \$ 22,621.60        |
| <b>TOTAL REVENUE</b>  | <b>\$ 22,621.60</b> |

### EXPENSES

|                          |                     |
|--------------------------|---------------------|
| Secretary Salary         | \$ 13,026.00        |
| Council Paid Benefits    | \$ 996.49           |
| Travel                   | \$ 4,980.00         |
| Postage                  | \$ 168.21           |
| Telephone                | \$ 879.26           |
| Supplies and Service     | \$ 1,193.26         |
| Miscellaneous            | \$ 648.60           |
| Furniture and equipment  | \$ 729.78           |
| <b>TOTAL LIABILITIES</b> | <b>\$ 22,621.60</b> |

**CLOSING BALANCE** \$ 0.00

### Planned 2007 Extension Programs:

- ◆ Volunteer Income Tax Assistance Program
- ◆ Estate Planning
- ◆ Web-based tools for the classroom
- ◆ Quickbooks
- ◆ Fence Law
- ◆ Professional Development Day
- ◆ Basic Computer Course
- ◆ Pasture Management
- ◆ Extension Night Programs
- ◆ Farm Safety Day

### University of Missouri's Contribution to the County Extension Program

University of Missouri provides salaries and benefits for one professional and one para-professional staff member headquartered in Lewis County.

The University provides in-service training expenses, including travel and lodging for staff, metered postage for staff communications and matching funds for computer equipment costs and maintenance.