# Table of Contents

**Introduction**
- Letter from Council................................................................. 3
- Letter from Vice Provost............................................................ 4
- Council and Staff........................................................................ 5 - 6

**Human Environmental Services**
- Strength Training and Exercise .................................................. 7
- Focus on Kids ............................................................................. 7

**Livestock Programming**.............................................................. 8

**Horticulture Programming**........................................................ 9

**Agriculture Business**................................................................ 10

**Food and Nutrition**................................................................. 11

**Housing and Design**................................................................. 13

**4-H and Youth Education**
- Enrollments ............................................................................. 14
- Volunteers ................................................................................. 14
- School Enrichment ................................................................. 14

4-H LIFE......................................................................................... 15

**Office**
- Financials .................................................................................. 16
- Staff Letter................................................................................. 17

**County Contact**....................................................................... 17
January 20, 2014

Dear Livingston County Constituents,

This document contains information about our existence in the county and our ability to provide relevant, reliable and responsive information to the public. Our office is staffed with an office secretary, two part time extension associates and three full time extension specialists. The work represented in this annual report may only be a partial listing of the total educational programming that goes on in the county. Therefore, we take pride in knowing that this is just a sample of the outstanding work generated within the county by extension personnel. From their efforts, citizens of the county learn to be effective with managing time, money and resources when achieving their goals. Workshop participants gain knowledge in health and nutrition, communication, family dynamics and youth enrichment activities that will enhance their life long well-being as an individual and a productive citizen in society.

Understanding that today’s economy has placed burdens on the public through fewer jobs, less discretionary dollars and rising costs to maintain the lifestyle of recent times, University of Missouri Extension has paved the way for citizens to remain the primary focus of their intentions by delivering crucial information in programs that build jobs within the community, conserve energy in businesses and homes and create economic wealth through estate planning and financial savvy class exercises.

With this in mind, we hope that you enjoy reading of the wonderful opportunities presented this past year. A huge thank you goes out to the Livingston County Commission, Livingston County 4-H Foundation, Wombles Endowment, City of Chillicothe and all the businesses and individuals that contributed financially to the success of our well being.

Sincerely,

Bette Atwell
Extension Council Secretary

Jackie Woodworth
County Council Chair

Kevin Hansen
County Program Director
Dear County Commissioners and Associated Friends of MU Extension:

As we enter 2014, we at University of Missouri Extension celebrate our 100-year partnership with you, with the State of Missouri and with the federal government. Through the Smith-Lever Act of 1914, the Cooperative Extension Service was established to provide practical application of research knowledge “to persons not attending or resident in said colleges in the several communities.” Over the years, the mission to bring you relevant, reliable and responsive education to improve lives and local economies remains the same. Yet, we also have changed to help you meet emerging issues and to take advantage of emerging opportunities.

Every day, MU Extension helps create value for citizens. For example:

- Throughout the state, MU Extension provides information to help address issues and opportunities related to Missouri’s economic infrastructure, public services, economic development, jobs and educational access. **Counseling more than 3,000 business clients** in FY12 resulted in 9,328 new jobs, sales increases of $188 million, $213 million in new business financing, and government contracts of more than $195 million.

- Our state and nation are in need of workers who are highly proficient in science, technology, engineering and math (STEM). Research has shown that 4-H members develop an increased interest in science three times higher than their non-peers. Both non-traditional activities, such as robotics, and more traditional activities, such as livestock judging and food preparation, are doorways to science-related careers.

- Livestock production accounts for about 53 percent of the state’s agricultural receipts. MU Extension’s **Tier Two Show-Me-Select Replacement Heifer Program**, which improves reproductive efficiency of beef herds, has garnered producers $237 to $357 per heifer, depending on breeding protocol followed. Statewide economic impact of the program has exceeded $65 million.

These are just three examples of MU Extension’s impact – made possible through your support of MU Extension in your community. I look forward to our continuing partnership, and as always, your ideas for improving our partnership are welcome.

Sincerely,

Michael D. Ouart
Vice Provost and Director
21st Century Strategic Direction

University of Missouri Extension's 21st Century Strategic Direction positions extension faculty and staff, county extension council members and partners to meet the challenges of the future. The 21st Century Strategic Direction defines outcomes and measurements to assess continuous improvement. Built on extension's mission, vision and fundamental principles, the Strategic Direction is supported by program, regional and county strategic plans and by aligned faculty annual performance plans.

Mission  Improve Missourians’ lives by addressing their highest priorities through the application of research-based knowledge and resources.

As an integral part of the land-grant mission, University of Missouri Extension is a joint venture of:

- University of Missouri campuses
- Lincoln University Cooperative Extension
- The people of Missouri through county extension councils
- Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture
- Other stakeholders and partners

Vision  "Improve people’s lives through relevant lifelong learning.”

Council and Local Staff

Council Officers
Chair – Jackie Woodworth
Vice Chair – Katie Woodworth
Secretary – Bette Atwell
Treasurer – Amy Prokop

Council Members
Charlene Thompson – Eastern District
Dustin Buell – Eastern District
Louise Reasoner – Eastern District
Daniel Savage – Eastern District
Amy Prokop – Eastern District
Vacant – Eastern District
Jackie Woodworth – Western District
Katie Woodworth – Western District
Keith Rademacher – Western District
Kim Martin – Western District
Tanya Stimpson – Western District
Brent Kline – Western District
Ken Lauhoff – Appointed Commissioner
Darrell Cooper – Appointed MFA
Russ Hardy – Appointed Farm Bureau
Bette Atwell – Appointed City of Chillicothe

Office Staff
Ag Business Specialist – Kevin Hansen
Human Development Specialist – Jessica Trussell
4-H Youth Specialist – Shaun Murphy
Youth Program Associate – Pat Wood
4-H Life Program Associate – Jena Eskew
Nutrition Program Associate – Tracy Minnis
Secretary – Joyce Hall

University Investment
Federal and state funds provide salaries and benefits for professional staff assigned to the county, expenses for professional development, official mail and cost sharing on computer technology. The University also provides educational materials and faculty support for extension programs. For the past year, 2013, University of Missouri Extension’s investment on average for direct support of three professional staff amounted to over $216,000
### Staff Assigned to Livingston County

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Youth Specialist</td>
<td>Shaun Murphy</td>
<td>660-646-0811</td>
</tr>
<tr>
<td>4-H Youth Program Associate</td>
<td>Pat Wood</td>
<td>660-646-0811</td>
</tr>
<tr>
<td>4-H Youth Program Associate</td>
<td>Jena Eskew</td>
<td>660-646-0811</td>
</tr>
<tr>
<td>Nutrition Program Associate</td>
<td>Tracy Minnis</td>
<td>660-646-0811</td>
</tr>
<tr>
<td>Ag Business/County Program Director</td>
<td>Kevin Hansen</td>
<td>660-646-0811</td>
</tr>
<tr>
<td>Human Development Specialist</td>
<td>Jessica Trussell</td>
<td>660-646-0811</td>
</tr>
<tr>
<td>Agronomy Specialist</td>
<td>Heather Benedict</td>
<td>660-425-6434</td>
</tr>
<tr>
<td>Nutrition &amp; Health Education</td>
<td>Janet Hackert</td>
<td>660-425-6434</td>
</tr>
<tr>
<td>Natural Resource Engineer</td>
<td>Jim Crawford</td>
<td>660-474-6231</td>
</tr>
<tr>
<td>Horticulture Specialist</td>
<td>Tim Baker</td>
<td>660-663-3232</td>
</tr>
<tr>
<td>Family Financial Education</td>
<td>Rebecca Travnichek</td>
<td>816-324-3147</td>
</tr>
<tr>
<td>Livestock Specialist</td>
<td>Jim Humphrey</td>
<td>816-324-3147</td>
</tr>
<tr>
<td>Information Technology Specialist</td>
<td>Meridith Berry</td>
<td>816-279-1691</td>
</tr>
<tr>
<td>Community Development Specialist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Business Development Specialist</td>
<td>Clint Dougherty</td>
<td>816-279-1691</td>
</tr>
<tr>
<td>Regional Director</td>
<td>Karma Metzgar</td>
<td>816-279-6064</td>
</tr>
</tbody>
</table>

### Livingston Extension Council Duties

The Livingston County University of Missouri Extension Council serves as the governing body of the county Extension program. The council has four purposes assigned by law:

- Make recommendations and suggestions to the University concerning the Extension program
- Make recommendations to the University concerning the appointment or removal of Extension personnel
- Arrange for and administer the county's share of the cost of the extension services over which the council has jurisdiction
- Receive, hold or sell real and personal property reasonably required for the Extension program
**Program or Workshop** | **What Did They Learn?** | **What Action Did They Take?** | **How Does This Work To Make Livingston County and Missouri Better?**
--- | --- | --- | ---
Stay Strong, Stay Healthy  
Advanced Stay Strong, Stay Healthy  
- 84 Sessions  
- 90 hours of learning  
- 477 total contacts  
Focus on Kids  
- 4 Sessions  
- 159 hours of learning  
- 53 total contacts  

Stay Strong, Stay Healthy is a 10 week strength training program for middle-aged and older adults. The program is designed to increase aging adults' access to a safe, structured, and effective strength training program. At each session a prescribed set of 8 upper and lower-body strengthening exercises are done. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.

These parents of children age 18 and younger attending the Focus on Kids class for divorcing parents overwhelmingly reported they were more knowledgeable about the effect of divorce on children and that the class provided them with tools to reduce their children’s stress and enhance their co-parenting together. Participants were from the following counties: Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Putnam, Saline & Ray.

Individuals who participated in both the pre-tests and post-tests in 2013, found the following:
- 100% improved in at least 2 of the 5 test areas
- 90% improved their flexibility
- 80% improved their endurance
- 100% increased their speed
- 10% improved their balance

The participants reported the following:
- 100% plan to avoid arguing/fighting with their children’s other parent in front of the children
- 100% plan to avoid questioning their children about their other parent’s finances or relationships.
- 100% plan to avoid saying negative things about their children’s other parent in front of them.
- 100% agreed that the class should be required of all divorcing parents who have children.

When you support MU Extension’s Stay Strong, Stay Healthy program, participants will increase their physical activity and may improve strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average $51,465 per year in Missouri. The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer.

When you support the Focus on Kids program the county and state benefit as parents are better able to meet the social and emotional needs of their children, reconfigured households are more stable, and both the children and parents have action solutions for reducing stress and building upon strengths.
<table>
<thead>
<tr>
<th>Number of Learners</th>
<th>Topic</th>
<th>What Did They Learn?</th>
<th>How Did Participants Benefit?</th>
<th>How Does This Work Make Our Counties and Missouri Better?</th>
</tr>
</thead>
<tbody>
<tr>
<td>831 plus Beef Cattle and Forage Producers</td>
<td>In total approximately 1014 hours were spent in learning beef cattle production, forage production and utilization, nitrate management, nutrition management and ration balancing by area participants as well as the continuation of the North Missouri Grazing Group.</td>
<td>Strategies to optimize beef production and improve costs on their operations, including managing feedstuffs, pregnancy checking females, documenting individual animal performance throughout the entire production phase, including what determines value on each animal.</td>
<td>With the drought conditions in 2012 and part of 2013 beef and forage producers are better prepared to make informed decisions on their operations regarding, animal health, genetic selection, nutrition, as well as income and expenses that affect the bottom-line for their respective operations. Including reducing feed wastage and marketing low or non-productive animals in a more-timely manner.</td>
<td>Many beef producers contacting me are looking for answers to questions specific to their operation. By taking a total quality management approach for each operation we can help producers get the information and resources they need to improve the bottom line for their operations.</td>
</tr>
<tr>
<td>744 plus Youth participants</td>
<td>In total approximately 889 hours were spent by area youth learning conservation, water cycles and good agricultural production practices.</td>
<td>Strategies to best determine the value of their forages, the variation in quality of forages and how best to manage these feedstuffs, while maintaining productivity, maximizing nutrient utilization, while minimizing soil and nutrient losses and other negative impacts on the environment.</td>
<td>Furthermore individual feeding programs were designed based on feedstuff availability, nutritional analysis and cost structure for each operations animal’s production stage requirements.</td>
<td>When you support beef and forage production for the clients in our area, participants learn high quality unbiased research based production strategies which result in increased success for producers in reaching their production and financial goals.</td>
</tr>
</tbody>
</table>

Jim Humphrey
Livestock Specialist

BEEF and FORAGE PRODUCTION EDUCATION

Many beef producers contacting me are looking for answers to questions specific to their operation. By taking a total quality management approach for each operation we can help producers get the information and resources they need to improve the bottom line for their operations.

When you support beef and forage production for the clients in our area, participants learn high quality unbiased research based production strategies which result in increased success for producers in reaching their production and financial goals.

By maintaining or improving soil health and water quality through better distribution of nutrients on our forage and beef cattle operations, we ensure future generations will have safe and plentiful natural resources.

With over 80,000 head of beef cattle in the area a viable agriculture economy has a positive impact on our area and plays a key role in our local, regional, state, national and world economies.

Well-informed youth are better prepared to make decisions based on research based results. Youth are our future and provide great opportunities for our area.
**AGRICULTURE – COMMERCIAL AND HOME HORTICULTURE**

**EDUCATION FOR BETTER CROPS**

Program Names: Missouri Grown
Home Horticulture and Environment
Turfgrass Management/Green Industry

<table>
<thead>
<tr>
<th>Number of Learners</th>
<th>Topic</th>
<th>What Did They Learn?</th>
<th>How Did Participants Benefit?</th>
<th>How Does This Work Make My Assigned Area and Missouri Better?</th>
</tr>
</thead>
<tbody>
<tr>
<td>2760 Commercial and home contacts in ten counties</td>
<td>On-site visits with Commercial Ag producers</td>
<td>Identification and control of plant diseases and insects</td>
<td>Commercial producers growing horticultural crops have great potential for profits. However, diseases and insects can act very quickly to wipe out a crop and produce significant losses. By timely intervention, these growers' crops may be saved.</td>
<td>Keeping the rural economy going means keeping families on the farm, and doing so profitably. Commercial horticultural production has some of the greatest potential for profits in modern agriculture. By keeping these farming enterprises going, and dealing with problems as they arise, the farmer is kept on the farm, and the trickle-down effect of his success is spread across the entire community as he purchases inputs for his farm and conducts everyday commerce with his friends and neighbors.</td>
</tr>
<tr>
<td></td>
<td>Working with Produce Auction</td>
<td>Proper use of pesticides</td>
<td>The proper use of pesticides is critical for both grower and consumer safety. Growers trained in this area learn to safely use these materials, leading to better health.</td>
<td>Producing a good and safe food supply is critical for our nation. Whether it is thorough the safe handling of pesticides or following Good Agricultural Practices, a farmer who produces high quality and safe food passes on a product that inspires confidence in the consumer. Food such as this is more nutritious, producing better health. This ultimately leads to decreased health care costs.</td>
</tr>
<tr>
<td></td>
<td>Meetings for Commercial Ag producers</td>
<td>Introduction to Good Agricultural Practices and food safety</td>
<td>Commercial fruit and vegetable producers are coming under increasing pressure to conform to the standards of Good Agricultural Practices (GAPs). By offering training in GAPs, Extension helps these growers produce safer food. They are also made aware of the regulatory environment surrounding GAPs, and how to satisfy requirements in this area.</td>
<td>Homeowners who practice horticulture, whether it is producing food or planting ornamentals, increase the value of their homes. When this is practiced on a community-wide scale, the effect can be remarkable. Communities with poorly-developed landscaping are not as attractive as those where homeowners seek to beautify their properties. Collectively, these improvements lead to increased property values throughout the entire community.</td>
</tr>
<tr>
<td></td>
<td>Educating homeowners for their horticultural needs</td>
<td>Marketing options</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>County Ag Updates and Pesticide Applicator Training</td>
<td>Starting a horticultural farming operation</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Landscaping for homeowners</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant care for homeowners</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Ag Updates offer growers the opportunity to obtain or renew their Private Applicator’s License. In addition, each agricultural discipline (Agronomy, Livestock, Farm Management, Ag Engineering, and Horticulture), offer updates of interest to growers on current problems. Here, Heather Benedict, Agronomy Specialist, teaches about soybean pests at the Grundy County Ag Update, held at a local church’s activity center, in Trenton.*

Tim Baker
Horticulture
## AGRICULTURE BUSINESS
Profit Focused Ag and Much More

![Image of Kevin Hansen, Ag Business Specialist](image)

### Program or Workshop
- **Ag Lender Seminar**
- **Estate Planning**
- **Farm and Grain Bin Safety**

<table>
<thead>
<tr>
<th>Program or Workshop</th>
<th>What Did They Learn?</th>
<th>What Action Did They Take?</th>
<th>How Does This Work Make Livingston County and Missouri Better?</th>
</tr>
</thead>
</table>
| **Ag Lender Seminar**       | Risk Management Policy Issues
Current Land Value Trends
Crop Insurance Trends
Current Market Prices and Predictions | Participated in land value survey
Requested more information regarding crop insurance | More guidance when purchasing land and lending money.
Less chance of defaulting on loans.
Increase in dollars coming back to Missouri through disaster payments.
Knowledge of markets creates better managerial decisions. |
| **Estate Planning**         | KNOWLEDGE GAINED AS RESULT OF ATTENDING CLASS (1 being lowest, 5 highest): before & after
2.32 estate planning goals 3.92
2.35 how property is titled 3.96
3.29 communication 4.60
1.89 1031 exchanges 2.98
2.04 planning tools available 4.02
2.26 durable power of atty 3.68
2.06 stepped-up basis 4.06
1.66 probate 4.04 | Visit with family to identify goals
95% identified goals and objectives (only 35% before class)
82% have communicated estate planning issues with heirs (only 27% before class)
82% calculated an estimate of their estates value (48% had before)
83% have reviewed insurance policies (compared to 51% before class) | Family knows exactly the wishes of the deceased.
Funds diverted to special projects.
Reduces the need for probate and directs the wishes for the family in a timely manner. |
| **Farm and Grain Bin Safety** | In 8 seconds, one can become trapped
All ages can become victims | Family sit down and discussion time about safety
Work outside with another person
Utilize safety precautions at all times | Fewer accidents and healthier working conditions
Sharing knowledge prepares others of dangers that exist around the farm.
Working with others is two fold – it increases the working population and it also increases family time if the other person is a family member.
Fewer meaningless deaths to occur due to carelessness |
**COOKING MATTERS**

Empowering families with the skills, knowledge, and confidence to prepare healthy and affordable meals

---

<table>
<thead>
<tr>
<th>Number of Buchanan County Learners</th>
<th>Topic</th>
<th>What Did They Learn?</th>
<th>How Did Participants Benefit?</th>
<th>How Does This Work Make the County and Missouri Better?</th>
</tr>
</thead>
</table>
| 10 members of the Chillicothe community participated in the six workshops at the Chillicothe Housing Authority for total contact time of 62 hours | Healthy cooking basics | Based on pre and post survey results, participants improved in the following areas:  
• 7 of 7 (100%) improved in making healthier choices more often when eating and cooking foods.  
• 5 of 7 (71%) chose low-sodium options more often when buying easy-to-prepare, packaged foods.  
• 4 of 7 (57%) read the Nutrition Facts labels more often.  
• 4 of 7 (57%) adjusted meals to be more healthy, like by adding vegetables to a recipe, using whole grains or baking instead of frying.  
• 3 of 7 (43%) ate foods from all the food groups more often.  
• 3 of 7 (43%) ate some form of dried beans more often.  
• 3 of 7 (43%) chose whole grains more often when eating grain products like bread, pasta or rice. | When asked on an exit survey which recipes she had made, one woman wrote, “ratatouille – well, every recipe we did in class I took home so my kids and husband could try these foods. They loved them and they want me to make them often.” | Seven out of the seven (100%) adult participants filling out an exit survey said they would share things they learned in this class with their family and friends. |
| | Choosing fruits, vegetables and whole grains | | When asked how this course affected her life, a woman wrote on the exit survey, “This course has shown me how to make good food that is healthy for me, and how to budget these foods into my shopping list. I have really used these tips and have really enjoyed this class.” | Participants in the Cooking Matters for Adults program become more aware of nutrition, make healthier meal and snack choices, are more willing to try new foods, and make healthier food choices. Those who practice healthy eating and physical activity are more likely to enjoy a high quality of life as adults and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. This important programming reduces healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums. |
| | Cooking lean and low-fat | | Another said, “I learned to pay attention to the labels, to read the first word in the ingredients” to know for sure it is a whole grain. | |
FAMILY NUTRITION EDUCATION PROGRAM
FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.

Program or Workshop | What Did They Learn? | What Action Did They Take? | How Does This Work To Make Livingston County and Missouri Better?
--- | --- | --- | ---
2258 – youths | For youths who participated in FNP, **student changes** reported statewide by teachers reveal:  
91% more aware of nutrition  
68% make healthier meal and/or snack choices  
82% more willing to try new foods  
82% improved hand washing  
65% increased physical activity | NPA Tracy Minnis shares: I’m excited to be teaching at our local food pantry about the importance of eating healthy foods & sharing tasty recipes using foods the Pantry distributes. It’s a great way to help participants stretch their food dollars by showing ways to use their food pantry items.  
One day, I made Yogurt Sundaes using frozen blueberries from the Pantry. Most participants loved the Sundaes, but one gentleman refused saying he didn’t like yogurt. After encouraging him to try a little, he reluctantly agreed and later told me he liked the yogurt after all. Now he can make his own Yogurt Sundaes with other fruits from the Pantry.  
While teaching at Southwest Elementary, I ran into a substitute from another school where we program. When teacher introduced me to the substitute, she said, “Why yes, I know all about Ms. Tracy.” She shared that she could not get her son to try anything new, until Ms. Tracy came into his life. Now when they sit down to eat dinner, he is always saying, “Well I am going to try this, because Ms. Tracy said it is important for me to try new foods.” | The Family Nutrition Program brought $7,653,958.00 in Federal funds to the state of Missouri. These funds were used to provide nutrition education to 1,069,104 food stamp recipients and food stamp eligible citizens of Missouri. **2455 of these participants reside in Livingston County.**  
Participants in FNEP make healthier meal & snack choices, increase their physical activity, and in general make healthier food choices. They are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri.  
In addition, this important programming effort serves to reduce healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.

Education for adults includes nutrition, food safety, physical activity, and food budgeting.

NPA Tracy Minnis is teaching the students about the wide variety of fruits, the many different ways to eat these fruits and why fruits are important for us to eat every day. As Tracy shows the picture of each fruit, the students show her a thumbs up if they have tried and like that fruit.
<table>
<thead>
<tr>
<th>Number of Livingston County Learners</th>
<th>Topic</th>
<th>What Did They Learn?</th>
<th>How Did Participants Benefit?</th>
<th>How Does This Work Make My Assigned Area and Missouri Better?</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Green Hills Community Action Agency (GHCAA) participants</td>
<td>Renters Rights from the Rent Smart program</td>
<td>Landlord/Tenant rights and responsibilities according to the Missouri Landlord/Tenant Laws.</td>
<td>Participants benefited by learning their rights and responsibilities as tenants and expectations of landlords as outlined in the Missouri Landlord/Tenant Laws handbook. Each participant received a copy of the booklet as well.</td>
<td>It provides a practical education opportunity to help people acquire and keep decent rental housing.</td>
</tr>
<tr>
<td>Money Matters - budgeting</td>
<td>Participants learned how to identify their own personal money styles, practice family resource allocation and learn the importance of a spending plan.</td>
<td>Participants benefited by understanding what motivates personal financial decisions, understand trade-offs among competing resource demands within the family, increase communication skills within the family and reduce family stress.</td>
<td>Families make fewer demands on community and agency resources. It also reduces the demand for predatory financial products and services.</td>
<td></td>
</tr>
<tr>
<td>Healthy Homes – Green Cleaning</td>
<td>Participants learned how to reduce indoor pollutants by limiting the number of chemicals used and by following three basic guidelines for improving their indoor environment.</td>
<td>Participants benefited by learning how to improve their indoor environment, save money and help conserve natural resources. Participants received recipes and the supplies for making their own cleaning products.</td>
<td>It provides citizens with the information needed so that they can simplify their cleaning, save money and improve their indoor environment.</td>
<td></td>
</tr>
<tr>
<td>Energy and Weatherization</td>
<td>Measures they can take to save energy and money. Participants learned tips for weatherizing their home.</td>
<td>Participants benefited by learning the importance of an energy audit which the GHCAA provides free of charge. They learned measures they can take to save energy and money by replacing their light bulbs, using caulk, weather stripping and replacing faucets with energy efficient devices. All participants received an energy and weatherization kit from the GHCAA.</td>
<td>By increasing the energy efficiency of homes by including the importance of weatherization and insulation of homes as well as strategies for saving energy and water.</td>
<td></td>
</tr>
<tr>
<td>5 Green Hills Community Action Agency (GHCAA) participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

HOUSING AND ENVIRONMENTAL DESIGN
EDUCATION PROGRAMS AND ASSISTANCE TO CITIZENS

Building Strong Families; Rent Smart; Healthy Homes; Energy and Weatherization

HOUSING AND ENVIRONMENTAL DESIGN SPECIALIST
CONNIE NEAL
Number of Livingston County Learners | What Did They Learn? | What Action Did They Take? | How Does This Work Make Livingston County and Missouri Better?
---|---|---|---
439 4-H members | Livingston County 4-H special-interest programs include conferences, distance learning programs, day camps and other educational activities. | Livingston County 4-H focuses on learning by doing through experiential learning. This learning better prepares youth for jobs – critical for economic recovery. Youth are given the opportunity to put this learning into action through opportunities in leadership, citizenship, teamwork, community service and other life skills. | 4-H is a great return on investment. For every $1 invested from public resources for Missouri 4-H, the programs leveraged $3.42 for our citizens. According to a Carnegie report the value of youth development programming provided by MU Extension 4-H faculty and staff is $9,968,600 or a return on investment of $1.47 on the public investment. County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking, citizenship and working with others. Members learn by doing under the guidance of adult volunteers.
81 screened volunteers | Regional, State and National 4-H Attendance 4-H Camp – 63 members State Teen Conference – 21 State Congress – 6 State 4-H Council – 3 Other State 4-H Events or Contests – 59 National 4-H Congress – 1 National Shooting Sports - 1 Livingston County 4-H school enrichment programs are short-term educational experiences that supplement learning in the classroom. The most popular 4-H school program in Livingston County is Embryology (Hatching Chicks). 4-H staff are able to educate youth in schools about embryology and science by taking incubators and eggs into the classroom. 4-H Connects Kids to College and a Higher Quality of Life Missouri 4-H Members are twice more likely to have been on a college campus than their non-4-H peers. 4-H is the second most reported reason to be on the MU Campus (Lerner, 2008). In 2011, MU Extension 4-H connected 8,500 young people age 8 to 18 to University of Missouri. | Life skills are defined in a variety of ways. 4-H, in recent years, has given special attention to youth interest, attitudes and engagement in science, engineering and computer technology. Active 4-H members spend almost ten times more of their out-of-school time engaged in science-based activities than their non-4-H peers. Project work builds important life skills. 4-H’s S.E.T. (Science, Engineering and technology) program helps close the gap in the demand for trained scientists and engineers. 4-H provides 332,090 youth contacts and 19,018 adult contacts in projects such as robotics, water quality, conservation, livestock, veterinary science, and computers. | Volunteers create, support and are part of the 4-H community. Missouri 4-H volunteers contribute on average 100 hours per year. Valuing their time at $19 per hour, based on average Missouri incomes, the contribution of Livingston County 4-H volunteers was worth more than $153,900 in 2013! More importantly, these adults serve as mentors for our youth helping them transition into health adulthood, priceless.
182 School Enrichment Youth | Livingston County 4-H members spend almost ten times more of their school time engaged in computer technology. Active 4-H members spend almost ten times more of their out-of-school time engaged in science-based activities than their non-4-H peers. Project work builds important life skills. 4-H’s S.E.T. (Science, Engineering and technology) program helps close the gap in the demand for trained scientists and engineers. 4-H provides 332,090 youth contacts and 19,018 adult contacts in projects such as robotics, water quality, conservation, livestock, veterinary science, and computers. | Youth are given the opportunity to put this learning into action through opportunities in leadership, citizenship, teamwork, community service and other life skills. | Studies show the youth in programs like 4-H are 70% more likely to attend college and increase their earning potential $2.01 million dollars over their lifetime. This would create $14 billion of additional earning potential for Missouri youth involved in 4-H. |
<table>
<thead>
<tr>
<th>79 Adult 4-H LIFE Participants</th>
<th>The University of Missouri Extension 4-H Living Interactive Family Education (LIFE) Program at the Chillicothe Correctional Center (Level 1-5, Livingston County) is a 4-H program for youth with active visits with an incarcerated parent. Incarcerated parents qualify for 4-H LIFE by meeting stringent criteria, including participation in parenting classes, leadership meetings and 4-H family club meetings. Leadership and project work done during the prison-based 4-H club meeting provide the youth with opportunities to experience mastery, proficiency, generosity, independence and belonging. Youth participants are connected with 4-H on the &quot;outside&quot; which helps build relationships and skills to strengthen their development. Youth attend camps, conferences and leadership training as part of their 4-H experience.</th>
<th>The parents plan and co-facilitate experiential activities with the children and caregivers each month during the 4-H Family Club meetings held inside the prison visiting room. During that time, the youth lead a 4-H business meeting. The 4-H LIFE staff meet with the parents during the following parenting class to reflect on the 4-H Family Club meeting, incorporating lessons learned into plans for the next 4-H Family Club Meeting. At least 80% of respondents report 4-H LIFE Family Club activities help youth to learn and demonstrate communication and healthy lifestyle choices (i.e., decision-making). The 4-H LIFE youth also attended local and state 4-H events, and were active members of their community 4-H programs.</th>
<th>The cyclical nature of the 4-H LIFE Program model components (i.e., parent education, leadership meetings and 4-H family club meetings) is critical to providing incarcerated parents a real world opportunity to build their parenting and leadership skills in a safe, structured and supportive environment. The 4-H LIFE Family Study will provide scientific evidence about prison family relationships, contact, parenting competence, co-parenting and prison visits. These results can help guide and improve offender family and community reintegration efforts. By supporting MU Extension’s 4-H LIFE Program, we anticipate children of offenders will make healthier lifestyle choices and avoid contact with the juvenile and adult criminal justice systems. The projected tax payer savings is $56,885* per child. The program served 304 youth and 230 of their adult family members (i.e., incarcerated parent, caregivers) in 2008 for a projected savings of $17,293,040. This includes $16,690 in juvenile delinquency costs &amp; $40,195 adult crime costs (Small and O’Connor, 2007).</th>
</tr>
</thead>
<tbody>
<tr>
<td>68 Youth 4-H LIFE Participants</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Above: State 4-H Congress delegates

Left: Teresa Childs demonstrates how to give an injection at a 4-H Show Me Quality Assurance Workshop.
# Livingston County Extension Council

## Annual Income and Expense Financial Report

January through December 2013

<table>
<thead>
<tr>
<th>Income</th>
<th>Jan - Dec 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>0100 · Student Fees</td>
<td>750.00</td>
</tr>
<tr>
<td>0210 · County Appropriations</td>
<td>25,000.00</td>
</tr>
<tr>
<td>0220 · City Appropriations</td>
<td>4,000.00</td>
</tr>
<tr>
<td>0300 · Investment Income</td>
<td>4,771.37</td>
</tr>
<tr>
<td>0400 · Gift/Grants/Contracts</td>
<td>23,411.40</td>
</tr>
<tr>
<td>0900 · Resales/Educ Services Fees</td>
<td>4,543.83</td>
</tr>
<tr>
<td>1300 · Miscellaneous Income</td>
<td>304.00</td>
</tr>
<tr>
<td>1500 · Postage Income</td>
<td>2,525.90</td>
</tr>
<tr>
<td>1600 · Balance Transfers</td>
<td>0.00</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>65,306.50</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gross Profit</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>65,306.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expense</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2700 · Persnrl Serv - Salaries &amp; Wag</td>
<td>22,021.91</td>
</tr>
<tr>
<td>2800 · Payroll Expenses</td>
<td>1,690.78</td>
</tr>
<tr>
<td>2900 · Non Payroll Salaries</td>
<td>15,292.48</td>
</tr>
<tr>
<td>3100 · Travel</td>
<td>2,939.24</td>
</tr>
<tr>
<td>3600 · Postage</td>
<td>1,589.55</td>
</tr>
<tr>
<td>3700 · Telephone Serv - Local</td>
<td>2,514.39</td>
</tr>
<tr>
<td>3800 · Telephone Serv - Tolls</td>
<td>606.02</td>
</tr>
<tr>
<td>3900 · Advertising</td>
<td>95.00</td>
</tr>
<tr>
<td>4300 · Rent/Lease Space</td>
<td>4,800.00</td>
</tr>
<tr>
<td>4700 · Publishing/Printing</td>
<td>38.70</td>
</tr>
<tr>
<td>5100 · Supplies/Services</td>
<td>7,114.51</td>
</tr>
<tr>
<td>6400 · Other Contract Services</td>
<td>1,555.51</td>
</tr>
<tr>
<td>6800 · Insurance</td>
<td>500.00</td>
</tr>
<tr>
<td>7000 · Miscellaneous</td>
<td>87.17</td>
</tr>
<tr>
<td>7010 · Extension Council Election Exp.</td>
<td>70.65</td>
</tr>
<tr>
<td>7100 · Soil Test Expenses</td>
<td>220.00</td>
</tr>
<tr>
<td>7200 · Publications for Resale</td>
<td>1,163.00</td>
</tr>
<tr>
<td>7300 · Repairs/Maintenance</td>
<td>50.00</td>
</tr>
<tr>
<td>7700 · Furniture/Equipment</td>
<td>64.95</td>
</tr>
<tr>
<td>7999 · Fee Generation Distribution</td>
<td>132.00</td>
</tr>
<tr>
<td><strong>Total Expense</strong></td>
<td><strong>62,545.86</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Net Income</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>2,760.64</strong></td>
</tr>
</tbody>
</table>
Letter from the County Office Staff

In closing of this annual report, the staff would like to thank the many individuals who assisted with the programming in the county. Without you providing the necessary help and guidance, we would not be as successful as we are today. We are thankful of the funding provided by the county, city, 4-H foundation and local businesses, without it, we could not exist. We are thankful for the many hours that our county extension council puts in to see that the office runs smoothly. Our volunteers whether or not they are 4-H or general in nature, we appreciate everything you do to guide us in doing right for the community in which we live. Therefore, accept our commitment to continue to do good work and knowing that we are here to serve you.

Kevin Hansen       Jessica Trussell       Shaun Murphy

Joyce Hall         Pat Wood

Jena Eskew         Tracy Minnis

Contacts For The County

Livingston County Commissioners
- Presiding Commissioner: Eva Danner Horton 660-646-8000
- Eastern District: Ken Lauhoff 660-646-8000
- Western District: Todd Rodenberg 660-646-8000

Missouri House of Representatives
- Mike Lair 573-751-2917

Missouri Senate
- David Pearce 573-751-2272

US House of Representatives
- Sam Graves Jr. 816-749-0800

US Senate
- Roy Blunt 202-224-5721
- Claire McCaskill 202-224-6154